

hillside nature trail



Mourning Doves, Baltimore Orioles and Yellow-billed Cuckoos are just a few of the many bird species you might encounter as you hike along the Hillside Nature Trail. This easy-access trail is a half mile long, and more than 30 types of birds are at home in the natural and man-made habitats here.

You can access the Hillside Nature Trail from the area behind the Seven Points Visitor Center or from the Dogwood picnic shelter in the Miller picnic area. Follow the simple loop trail back to your starting point. A portion of the trail is wheelchair accessible behind the Visitor Center.



The area immediately behind the Visitor Center is being converted to naturalized habitat. Birds are attracted to the sound of trickling water found in the ponds and stream area constructed by the Pennsylvania Conservation Corps.



Birds are attracted to areas that provide them with food and cover. As you hike the Hillside Trail, you'll see natural bird habitats ranging from fields to forests. Many of the trees, shrubs and vines have grown here naturally, while others have been planted to improve the bird habitat. Among the native species that attract our feathered friends are viburnum, blueberry, hemlock, dogwood, grapevine, beech and maple.

Natural food supplies have been augmented by a variety of man-made feeders designed to appeal to certain bird species. For example, feeders near the edge of an open area are filled with the berries, fruits and small seeds that bluebirds prefer. You may spot birds making homes in piles of brush cleared from the trails. You'll also see artificial nesting structures for owls, bluebirds, bats and squirrels.

Pause along the trail to watch and listen, and you'll be rewarded with the sights and sounds of several bird species. To make the most of your hike, bring along a field guide and binoculars for help in identification.



The hemlock was planted for cover, where other species were planted as a food source.



scavenger hunt

What Did You Do on Your Hike?

Kids, fill out the hiking journal below and bring this page to the Visitors Center for a free "I Hiked the Hillside Trail" certificate!

- I hiked ___ miles.
- I saw _____
- I heard _____
- I touched _____
- I smelled _____
- What I liked best _____

What Did You Find on Your Hike?

Try to spot the items below on the trail:

- Acorn or other nuts
- Bat box
- Bird feeder
- Bird singing
- At least two kinds of trees
- Source of water for birds

For updated trail conditions or more information, visit our website:

www.raystown.nab.usace.army.mil



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Baltimore District

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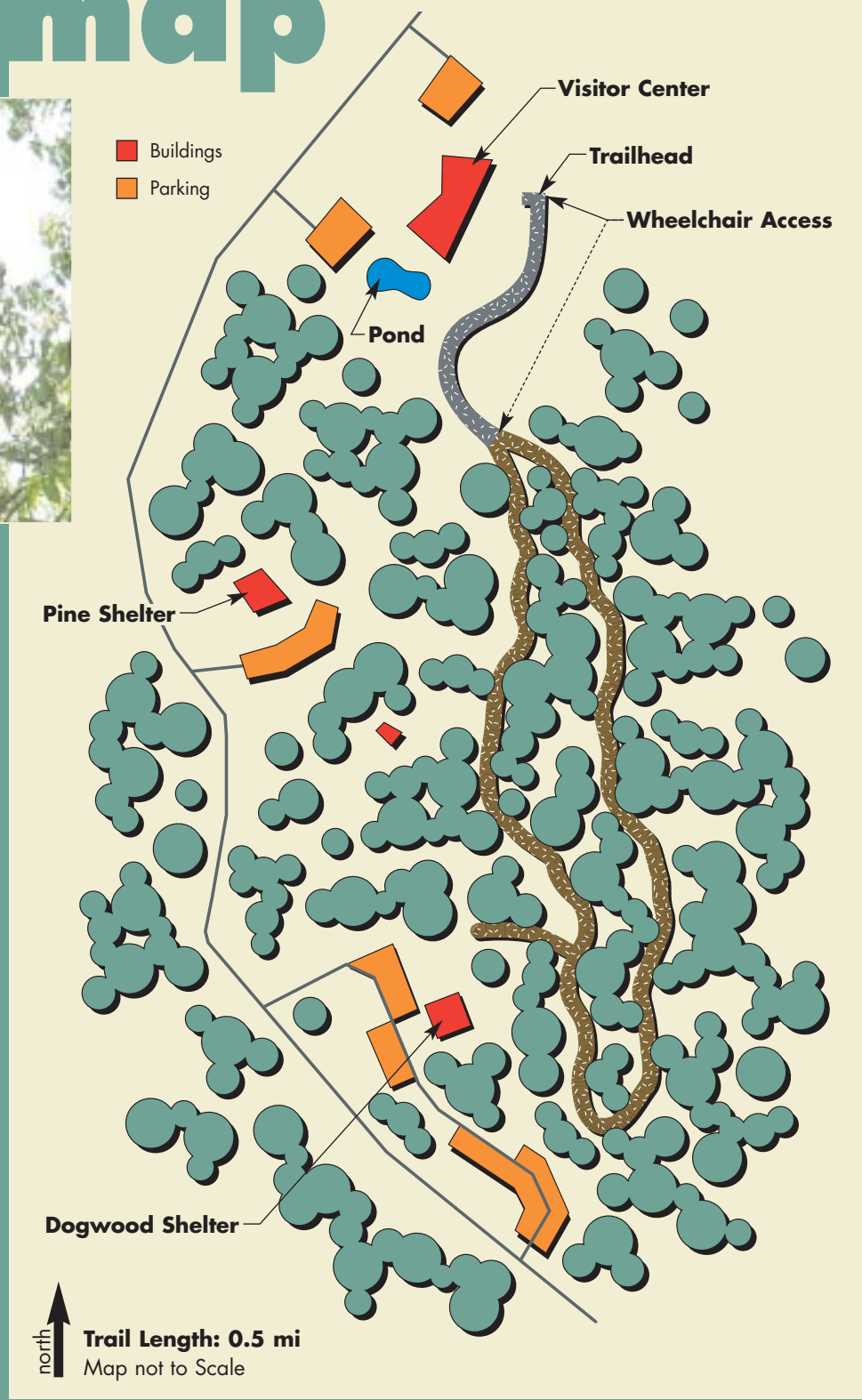
map

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 Woodpeckers, as forest insect predators, can help improve timber production. They spear insects hidden deep inside the tree.

Natural beauty is abundant.



Stroll or jog the trail at your own pace.

 Look for hummingbirds that construct their nests from lichen, spider webs, plant down and tiny twigs.




Flowers provide both beauty and a food source.

be a safe & courteous hiker

- Carry drinking water and a first aid kit
- Let someone at home know your plans
- Dress for the terrain and the weather
- Leave only footsteps, not litter
- Stay on designated trails
- Don't smoke or start fires outside official camping areas
- Don't disturb plants or animals
- Share the trail with other users
- Keep your dog on a leash
- Take time to look and listen



 Grapevines along the Hillside Trail are particularly attractive to songbirds because of the food source and dense cover provided.

