



Bird Checklist:

Cypress Provincial Park

West Vancouver

compiled by **Al Grass and Brian Self**

Cypress Provincial Park is located in the North Shore Mountains above West Vancouver, and extends beyond the Lions to Deeks Lake. Established in 1975, this 2996 hectare park is named after the yellow cypress, a dominant tree species in the higher elevation areas. Roadside stops on the access road allow panoramic views of Vancouver and the Strait of Georgia, from Mount Baker to Vancouver Island.

The park's diverse natural areas include several types of old-growth forest, some mixed second-growth forest, sub-alpine wetlands, rocky bluffs and mountain top plateaus. Within the park boundaries there are old fire-scarred areas, and some areas that were logged prior to park establishment.

Recreational opportunities range from hiking, picnicking, wildlife viewing and nature study to snowshoeing and all forms of skiing. There are excellent hiking opportunities, including the Baden-Powell Trail and the rugged Howe Sound Crest Trail. The 2 kilometre wheelchair accessible Yew Lake Trail loops through old-growth forest.

Cypress Provincial Park is identified as a wildlife viewing site of **British Columbia Wildlife Watch**, the provincial wildlife viewing program. The diversity of habitats and existing trail access provide good opportunities for birding and the observation of other wildlife species.

A map of the park is available from the Vancouver District Office of BC Parks [(604) 924-2200; 1610 Mt. Seymour Parkway, North Vancouver, B.C. V7G 1L3].

The following is a list of the bird species that have been observed in Cypress Provincial Park. The status of each species is indicated by an abundance level in each of four seasons. The standard four letter code is shown for each species.

Explanation of Symbols

Seasonal Occurrence

- Sp** = **Spring** March - May
- S** = **Summer** June - mid August
- F** = **Fall** mid August - November
- W** = **Winter** December - February

Relative Abundance

- c** = **Common**: almost always seen; large numbers
- f** = **Fairly Common**: usually observed; moderate numbers
- u** = **Uncommon**: often seen, but not on every visit
- r** = **Rare**: seen a few times each year; may be hard to find
- ca** = **Casual**: few known records, but to be expected
- ac** = **Accidental**: only 1 or 2 records; outside normal range

Other Symbols

- fo** = **Flyover**: sighting(s) of birds flying over the park and general area
- *** = known to breed, in the checklist area
- [I]** = introduced species

		Sp	S	F	W
COLO	Common Loon (fo)		r	r	
PBGR	Pied-billed Grebe		r	r	
GBHE	Great Blue Heron		r	r	
TUSW	Tundra Swan (fo)			r	r
TRUS	Trumpeter Swan (fo)			r	r
SNGO	Snow Goose (fo)			r	
CAGO	Canada Goose (fo)			r	
GWTE	Green-winged Teal			r	
MALL	Mallard		r	r	
BAGO	Barrow's Goldeneye			r	
BUFF	Bufflehead		r	r	
HOME	Hooded Merganser			r	
TUVU	Turkey Vulture (fo)	r	u	r	
OSPR	Osprey		r		
BAEA	Bald Eagle	f	f	f	f
NOHA	Northern Harrier		r	r	
SSHA	Sharp-shinned Hawk	r	r	f	r
COHA	Cooper's Hawk	r	r	r	r
NOGO	Northern Goshawk				r

		Sp	S	F	W
BWHA	Broad-winged Hawk (fo)			ac	
RTHA	* Red-tailed Hawk	u	u	u	u
RLHA	Rough-legged Hawk			r	
GOEA	Golden Eagle	r	r	r	
MERL	Merlin		ca	ca	
PEFA	Peregrine Falcon			r	
BLGR	* Blue Grouse	c	c	c	c
ROPT	Rock Ptarmigan	r	r	r	r
VIRA	Virginia Rail		ca		
LEYE	Lesser Yellowlegs			r	
SOSA	Solitary Sandpiper		r	r	
SPSA	Spotted Sandpiper		r		
GWGU	Glaucous-winged Gull (fo)		u	u	
MAMU	Marbled Murrelet (fo)		r		
BTPI	* Band-tailed Pigeon	u	u	u	u
WSOW	* Western Screech-Owl	r	r	r	r
GHOW	* Great Horned Owl	r	r	r	r
NPOW	* Northern Pygmy-Owl	r	r	r	r
SPWO	* Spotted Owl	r	r	r	r
BAOW	* Barred Owl	r	r	r	r
CONI	* Common Nighthawk		u		
BLSW	* Black Swift		f		
VASW	* Vaux's Swift		f		
RUHU	* Rufous Hummingbird	r	f	r	
BEKI	Belted Kingfisher		r	r	
RBSA	* Red-breasted Sapsucker	u	u	u	u
DOWO	* Downy Woodpecker	r	r	r	r
HAWO	* Hairy Woodpecker	u	u	u	u
TTWO	* Three-toed Woodpecker	r	r	r	r
NOFL	* Northern Flicker	r	u	u	r
PIWO	* Pileated Woodpecker	u	u	u	u
OSFL	* Olive-sided Flycatcher		f		
WWPE	* Western Wood-Pewee		r		
WIFL	* Willow Flycatcher		f		
HAFL	* Hammonds Flycatcher		f		
PSFL	* Pacific-slope Flycatcher		c		
TRSW	* Tree Swallow		r		
VGSW	Violet-green Swallow		f		
NRWS	Northern Rough-winged Swallow		r		
BASW	Barn Swallow		c		
GRJA	* Gray Jay	f	f	f	f
STJA	* Steller's Jay	f	f	f	f
NOCR	* Northwestern Crow	c	c	c	c

		Sp	S	F	W
CORA	* Common Raven	c	c	c	c
BCCH	* Black-capped Chickadee	f	f	f	f
MOCH	Mountain Chickadee				r
CBCH	* Chestnut-backed Chickadee	c	c	c	c
BUSH	Bushtit		r	r	
RBNU	* Red-breasted Nuthatch	u	u	u	u
BRCR	* Brown Creeper	u	u	u	u
WIWR	* Winter Wren	c	c	c	c
AMDI	* American Dipper	r	r	r	r
GCKI	* Golden-crowned Kinglet	f	f	f	f
RCKI	Ruby-crowned Kinglet			f	
TOSO	Townsend's Solitaire	r	r	r	
SWTH	* Swainson's Thrush		c		
HETH	* Hermit Thrush		c	r	
AMRO	* American Robin	r	c	r	r
VATH	* Varied Thrush	c	c	c	c
AMPI	American Pipit	f		f	
BOWA	Bohemian Waxwing				r
CEWA	* Cedar Waxwing		u		
SOVI	* Solitary Vireo		u		
HUVI	* Hutton's Vireo		r		
WAVI	* Warbling Vireo		f		
OCWA	* Orange-crowned Warbler		f		
YEWA	Yellow Warbler		r		
YRWA	* Yellow-rumped Warbler	f	r	f	
BTGW	* Black-throated Gray Warbler		c		
TOWA	* Townsend's Warbler		c		
MGWA	* MacGillivray's Warbler		u		
WIWA	Wilson's Warbler	u	r	r	
WETA	* Western Tanager		f		
BHGR	* Blackheaded Grosbeak		f		
SPTO	* Spotted Towhee	f	f	f	f
SAVS	Savannah Sparrow			r	
FOSP	* Fox Sparrow		r		
SOSP	* Song Sparrow	r	r	r	r
LISP	Lincoln's Sparrow	r		r	
GCSP	Golden-crowned Sparrow		r		
WCSP	* White-crowned Sparrow	r	r	r	
DEJU	* Dark-eyed Junco	f	f	f	f
BHCO	* Brown-headed Cowbird	u			
GCRF	Gray-crowned Rosy Finch			r	
PIGR	Pine Grosbeak			r	
PUFI	* Purple Finch	f	f	f	f
HOFI	House Finch		ca		

		Sp	S	F	W
RECR	* Red Crossbill	c	c	c	c
WWCR	White-winged Crossbill			u	u
PISI	* Pine Siskin	c	c	c	c
EVGR	* Evening Grosbeak	c	c	c	c

Total Species: 110

Additional Sightings

(date, location, species, number, behaviour)

Recommended Birding Areas

The old-growth forests, marshy areas, streams and lakes of Cypress Provincial Park provide for the needs (food, water and cover) of birds and other wildlife. By visiting different habitats, you will see a greater variety of birds. Even though birds may be found throughout the park, the following locations include a range of habitats and offer a variety of viewing opportunities.

Hi-view and Quarry Lookouts - These roadside areas provide opportunities to observe Cypress Provincial Park's well-known fall hawk migration, especially in September. Sharp-shinned, Cooper's and Red-tailed Hawks are frequently seen in these locations. Hi-view Lookout also offers good tree-top birding.

Yew Lake Wetlands - This wheelchair accessible area provides a great range of birding opportunities. Commonly observed species include Hooded Merganser, Lesser Yellowlegs, Solitary Sandpiper, Gray Jay and Steller's Jay. American Dipper are often found along the nearby creeks. The wildlife trees (dead and dying trees) around the lake are used by Hairy and Three-toed Woodpeckers. In the summer Townsend's Warbler, Black Swift and Vaux's Swift may be observed.

Hollyburn Old-growth Forests - The Hollyburn Mountain section of the Baden-Powell Trail and several other hiking trails in the Hollyburn Ridge area provide good opportunities to observe old-growth dependent species. These include Red-breasted Sapsucker, Chestnut-backed Chickadee, Gray Jay and Blue Grouse. The old-growth forests in and around the park are also home to Common Raven and Winter Wren.

Black and Strachan Mountains - The Yew Lake Lookout above Cabin Lake on Black Mountain offers good fall viewing of hawks as they pass through the Cypress Creek valley. The Howe Sound Crest Trail on the lower slope of Strachan Mountain is considered the most consistent site in the Lower Mainland for viewing Three-toed Woodpeckers. Blue Grouse and migrating hawks can also be seen or heard on the regenerating lower slopes of both mountains.

Baden-Powell Trail - This 41.7 kilometre trail, named after Lord Baden-Powell of Boy Scout fame, extends from Horseshoe Bay in West Vancouver to Deep Cove in North Vancouver. The park sections are located near the transition between two forest zones, the mountain hemlock zone and the Western hemlock zone. Look for a range of species, including Red-breasted Sapsucker, Hutton's Vireo, Hermit Thrush, Varied Thrush, Barred Owl and Red Crossbill.

Other Wildlife

Easily viewed mammal species include the Douglas squirrel, yellow pine chipmunk and pika. Other mammals seen may include coyote, black-tailed deer, snowshoe hare and Northern flying squirrel. Pacific tree frogs may be heard, and garter snakes may be seen on sunny summer days. Common butterflies include the clouded parnassian and the Western tiger swallowtail. Caution: Black bears and cougars frequent the park and may be encountered on hiking trails and in open areas.

Viewing Ethics for Conservation

Wildlife viewing demands courtesy and common sense. For the well being of the wildlife and habitats please follow these guidelines:

Be Considerate of Wildlife - Use binoculars to view wildlife from a distance rather than approaching them too closely.

Be Considerate of Habitat - Plants and the landscape are important parts of wildlife habitat. Please do not damage or remove them, and stay on designated trails or roads.

Be Considerate of Other People - Respect private property and the wildlife viewing activities of others.

Control Pets - Pets can harm wildlife and hinder viewing opportunities.

Do Not Approach Young Wildlife - Young wildlife are rarely 'abandoned' or lost. An adult is usually at a safe distance waiting for you to leave.

Tips for Wildlife Viewers

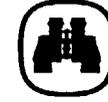
These tips will improve your chances of seeing wildlife in their natural habitats. Remember, wildlife are 'wild' and they may choose not to be seen.

Choose the Right Season and Time of Day - Many species are most active during the cooler morning and evening hours. A hot, dry, sunny afternoon is usually not the best time to look for wildlife.

Be Patient and Be Quiet - Wildlife may be difficult to observe even though you have heard the species or detected their signs. If you remain still and quiet, wildlife will determine that you are no threat, and may become active and more visible.

Use Binoculars or a Spotting Scope - Visual aids can let you scan wide areas and will increase your chances to observe wildlife without disturbing them.

Move Slowly and Reduce Visibility - Wildlife will usually sense your presence long before you have sensed theirs. Most animals have a keen sense of hearing and smell, and most birds and large mammals have keen sight.



British Columbia Wildlife Watch is the Ministry of Environment, Lands and Parks' program designed to promote viewing opportunities within British Columbia. The protection of wildlife and their habitat, and a positive, safe experience for the viewer are the primary objectives of this program. Many local communities, other agencies and public conservation groups are involved. For more information on this or other wildlife viewing sites, contact the Regional BC Environment office in Surrey [(604) 582-5200 or 1-800-665-7027; #300-10334-152A Street, Surrey, B.C. V3R 7P8].

Cypress Provincial Park Access

Road access to this park is from Highway 1 in West Vancouver. Take Exit #8 and follow the park signs. The park can also be accessed by bus routes to trail heads in neighbouring communities. For a *Bus to Hiking Trail* brochure contact the Federation of Mountain Clubs of B.C. [(604) 737-3053].

Friends of Cypress Provincial Park Society

This organization was formed in 1990, and became a registered charitable society in 1995. Its members are involved in several park projects. For more information, or to become a member, write 2604 Lawson Ave., West Vancouver, B.C. V7V 2G2.

The sighting information was compiled by Al Grass and Brian Self from documented records. Many thanks go to the Friends of Cypress Provincial Park Society, BC Parks and the Vancouver Natural History Society for providing information and sighting records.

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The **Federation of British Columbia Naturalists Foundation** supports the goals, objectives and activities of **British Columbia Wildlife Watch**.

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Additional Sightings Requested

Bird sighting records are requested for all seasons. This will assist in determining the abundance level for each species. If you bird at Cypress Provincial Park, please forward your sightings to the Vancouver Natural History Society (Bird Records Committee, c/o Birding Section Chair, P.O. Box 3021, Vancouver, B.C. V6B 3X5).