

- Trail
 - Water
 - Marsh
 - Hardwood Forest
 - Conifer Stand
 - Open Field
 - Education Center
 - Parking
 - Toilet
 - Fire Tower
- 1 Patch Cut Field**
 - 2 Conifer Stand**
 - 3 Marsh Wetland**
 - 4 Summer House**
 - 5 Boardwalk**
 - 6 Viewing Blind**
 - 7 Vernal Pool**
 - 8 Waterfall**
 - 9 Stream**

Habitats at Sessions Woods

Upland hardwood forest - Most of the property is composed of this habitat type. Oak, birch, and maple predominate, with an understory that includes mountain laurel, huckleberry, and witch hazel. Look for migrant vireos, warblers, and tanagers. Nesting species include whip-poor-will and broad-winged hawk.

Conifer stands - White pine and hemlock are scattered throughout the property. The trail map indicates locations of dominant conifer stands. Birds that may be encountered in this habitat include pine warbler and great horned owl.

Riparian (streamside) areas - Negro Hill Brook and its tributaries flow through Sessions Woods, providing a rich diversity of streamside habitat. This watercourse has been dammed by beavers, creating a large marsh. The forested riparian areas have red maple, yellow birch, and black gum trees. Bird species to expect include Louisiana waterthrush and eastern wood pewee.

Open field - Small forest openings have been created to provide field habitat for a variety of animals. Red fox, coyote and wild turkey have been seen in these areas. Along field edges is a good place to find Eastern towhee, great-crested flycatcher, and a variety of sparrows.

Beaver marsh - Beavers have built many dams on the west end of the property, creating wetland habitat for wildlife, including river otter, muskrat, and mink. This is where the greatest diversity of bird species can be found at Sessions Woods. Look for wood duck, great blue heron, Virginia rail, flycatchers, migrating warblers, and possibly bald eagle.

Standing dead trees (snags) - High water levels have killed a number of trees in the beaver marsh. Most are red maples. Holes created in dead trees by pileated, red-bellied, hairy, and downy woodpeckers are also used by tree swallows, chickadees, nuthatches, bluebirds, and wood ducks.

Laurel thickets - Dense thickets of mountain laurel occur in a few locations, providing excellent nesting cover for a variety of birds, including black-throated blue warbler and veery.

Please Remember:

- Trails open at sunrise and close at sunset.
- Dogs must be leashed (7-foot max.) at all times.
- Mountain bike use is restricted to the gravel trails.
- Poison ivy and ticks are found on the property.
- Carry out what you carry in.
- Fires and unauthorized camping are not allowed.
- Collecting of plants and/or wildlife is prohibited.
- Large animals, including black bears and coyotes, may be present.

The Future Is Now for Connecticut's Wildlife Heritage

The biggest threat facing Connecticut's wildlife is the loss of habitat. As more land is developed across the state, there is less habitat that wildlife can call home. Because almost 90% of our state's land is privately owned, all residents must play a critical role in conserving wildlife and habitat. To meet this need now and into the future, the DEEP Wildlife Division established the Sessions Woods Wildlife Management Area (WMA) and Conservation Education Center, located in Burlington, Connecticut.

More than just a tract of natural land set aside for wildlife, Sessions Woods introduces visitors to wildlife and natural resources conservation and management through various educational programs, demonstration sites, self-guided hiking trails, and exhibits. Visitors will gain an understanding about how Connecticut's wildlife and habitats are conserved and managed. They also will learn how to have a positive role in conservation efforts.

The land purchase and development of the facility were made possible with the use of sportsmen-generated Federal Aid in Wildlife Restoration (Pittman-Robertson) funds. Commitment from the department, combined with active participation from the Friends of Sessions Woods volunteer organization, have helped make Sessions Woods what it is today.



The Federal Aid in Wildlife Restoration Program was initiated by sportsmen and conservationists to provide states with funding for wildlife management and research programs, habitat acquisition, wildlife management area development, and hunter education programs. Sessions Woods Wildlife Management Area is funded in part with Federal Aid in Wildlife Restoration (Pittman-Robertson) funds.

The Connecticut Department of Energy and Environmental Protection is an Affirmative Action/Equal Opportunity Employer that is committed to complying with the requirements of the Americans with Disabilities Act. Please contact us at 860-418-5910 or deep.accommodations@ct.gov if you: have a disability and need a communication aid or service; have limited proficiency in English and may need information in another language; or if you wish to file an ADA or Title VI discrimination complaint.

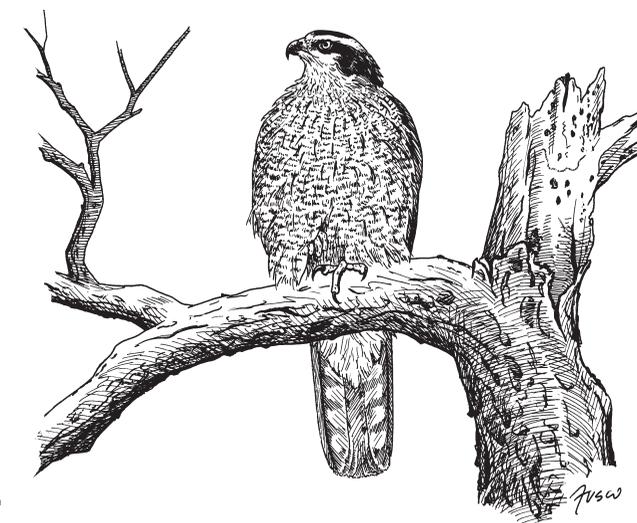


Sessions Woods
Wildlife Management Area
341 Milford Street (Route 69)
Burlington, CT 06013



The Birds of Sessions Woods

Wildlife Management Area



777 Acres of Diverse Habitat
Including Forests, Fields,
and Wetlands



Connecticut Department of Energy and Environmental Protection
Bureau of Natural Resources
Wildlife Division

www.ct.gov/deep

- The Birds of Sessions Woods -

	Sp	Su	F	W
— Common Loon	R	R	R	
— Pied-billed Grebe	R	R	R	
— Double-crested Cormorant	U	U	U	
— American Bittern	R			
— Great Blue Heron ^N	C	C	C	
— Great Egret	U	U	U	
— Green Heron	U	U	U	
— Mute Swan	R	R	R	
— Canada Goose ^N	C	C	C	
— Wood Duck ^N	C	C	C	
— Green-winged Teal	R	R	R	
— American Black Duck	U	R	U	
— Mallard ^N	C	C	C	
— Northern Pintail	R	R	R	
— Blue-winged Teal	R	R	R	
— Ring-necked Duck	C		U	
— Bufflehead	R		R	
— Hooded Merganser ^N	C	C	C	
— Common Merganser	U	U	U	
— Red-breasted Merganser	R	R	R	
— Black Vulture	U	U	U	
— Turkey Vulture	C	C	C	
— Osprey	U	U	U	
— Bald Eagle	R	R	R	
— Sharp-shinned Hawk	U	U	U	U
— Cooper's Hawk ^N	U	U	U	U
— Northern Goshawk ^N	R	R	R	R
— Red-shouldered Hawk ^N	U	U	U	R
— Broad-winged Hawk ^N	C	C	C	
— Red-tailed Hawk ^N	C	C	C	U
— American Kestrel	R		R	
— Merlin	R		R	
— Ring-necked Pheasant	R	R	R	
— Ruffed Grouse ^N	U	U	U	U
— Wild Turkey ^N	C	C	C	U
— Virginia Rail ^N	R	R	R	
— Semipalmated Plover	R	R	R	
— Killdeer	U	U	U	
— Lesser Yellowlegs	U	U	U	
— Solitary Sandpiper	U	U	U	
— Spotted Sandpiper	U	U	U	
— Least Sandpiper	U	U	U	
— Semipalmated Sandpiper	U	U	U	
— American Woodcock ^N	U	U	U	

- The Birds of Sessions Woods -

	Sp	Su	F	W
— Rock Pigeon	U	U	U	U
— Mourning Dove ^N	C	C	C	C
— Yellow-billed Cuckoo	U	U	U	
— Black-billed Cuckoo	U	U	U	
— Eastern Screech Owl ^N	U	U	U	U
— Great Horned Owl ^N	C	C	C	C
— Barred Owl ^N	C	C	C	C
— Northern Saw-whet Owl	R	R	R	R
— Common Nighthawk	U	U	R	
— Whip-poor-will ^N	U	U	R	
— Chimney Swift	C	C	R	
— Ruby-throated Hummingbird ^N	C	C	R	
— Belted Kingfisher	U	U	U	
— Red-bellied Woodpecker ^N	C	C	C	C
— Yellow-bellied Sapsucker ^N	C	C	C	
— Downy Woodpecker ^N	C	C	C	C
— Hairy Woodpecker ^N	C	C	C	C
— Northern Flicker ^N	C	C	C	U
— Pileated Woodpecker ^N	U	U	U	U
— Eastern Wood-Pewee ^N	C	C	U	
— Least Flycatcher ^N	U	U	R	
— Eastern Phoebe ^N	C	C	C	
— Great-crested Flycatcher ^N	C	C	U	
— Eastern Kingbird ^N	C	C	U	
— Tree Swallow ^N	A	A	U	
— Northern Rough-winged Swallow	U	U	U	
— Bank Swallow	U	U	U	
— Barn Swallow	C	C	U	
— Blue Jay ^N	C	C	C	C
— American Crow ^N	A	A	A	A
— Fish Crow	U	U	U	U
— Common Raven	U	U	U	U
— Black-capped Chickadee ^N	A	A	A	A
— Tufted Titmouse ^N	A	A	A	A
— Red-breasted Nuthatch	U	U	U	U
— White-breasted Nuthatch ^N	C	C	C	C
— Brown Creeper	U	U	U	R
— Carolina Wren ^N	U	U	U	R
— House Wren ^N	C	C	U	
— Winter Wren	U	U	U	U
— Golden-crowned Kinglet	C	U	C	U
— Ruby-crowned Kinglet	C	U	C	R
— Blue-gray Gnatcatcher ^N	C	C	U	

- The Birds of Sessions Woods -

	Sp	Su	F	W
— Eastern Bluebird ^N	C	C	C	U
— Veery ^N	C	C	C	
— Swainson's Thrush	U		U	
— Gray-cheeked Thrush	R		R	
— Hermit Thrush ^N	U	U	U	
— Wood Thrush ^N	C	C	U	
— American Robin ^N	A	A	A	R
— Gray Catbird ^N	C	C	C	
— Northern Mockingbird	U	U	U	
— Brown Thrasher	R	R	R	
— Cedar Waxwing	C	C	C	R
— European Starling ^N	U	U	U	U
— White-eyed Vireo	R	R	R	
— Yellow-throated Vireo ^N	U	U	R	
— Blue-headed Vireo ^N	U	U	U	
— Warbling Vireo ^N	C	C	U	
— Philadelphia Vireo	R	R	R	
— Red-eyed Vireo ^N	C	C	C	
— Blue-winged Warbler ^N	C	C	C	
— Tennessee Warbler	U		U	
— Nashville Warbler	U		U	
— Northern Parula	U		U	
— Yellow Warbler ^N	C	C	U	
— Chestnut-sided Warbler ^N	C	C	U	
— Magnolia Warbler	U		U	
— Black-throated Blue Warbler ^N	C	C	U	
— Yellow-rumped Warbler	C	C	C	
— Black-throated Green Warbler ^N	C	C	U	
— Blackburnian Warbler ^N	C	C	U	
— Pine Warbler ^N	C	C	U	
— Prairie Warbler ^N	C	C	U	
— Palm Warbler	C		U	
— Bay-breasted Warbler	U		U	
— Black-and-white Warbler ^N	C	C	U	
— American Redstart ^N	C	C	U	
— Worm-eating Warbler ^N	U		U	
— Blackpoll Warbler	U		U	
— Ovenbird ^N	C	C	C	
— Northern Waterthrush	U		U	
— Louisiana Waterthrush ^N	C	C	U	
— Common Yellowthroat ^N	C	C	U	
— Wilson's Warbler	U		U	
— Canada Warbler ^N	U	U	U	
— Scarlet Tanager ^N	C	C	U	
— Northern Cardinal ^N	C	C	C	C

- The Birds of Sessions Woods -

	Sp	Su	F	W
— Rose-breasted Grosbeak ^N	C	C	U	
— Indigo Bunting ^N	C	C	U	
— Eastern Towhee ^N	C	C	C	R
— American Tree Sparrow	U		U	
— Chipping Sparrow ^N	C	C	C	R
— Field Sparrow ^N	C	C	U	
— Fox Sparrow	U		U	
— Song Sparrow ^N	C	C	C	U
— Lincoln's Sparrow	U		U	
— Swamp Sparrow ^N	C	C	U	
— White-throated Sparrow	C		C	C
— Dark-eyed Junco	C		C	A
— Red-winged Blackbird ^N	C	C	U	
— Eastern Meadowlark	U		U	
— Common Grackle ^N	C	C	U	
— Brown-headed Cowbird ^N	C	C	C	U
— Baltimore Oriole ^N	C	C	U	
— Purple Finch	U	U	U	U
— House Finch ^N	C	C	C	U
— Common Redpoll				R
— Pine Siskin	U		U	U
— American Goldfinch ^N	A	A	A	A
— Evening Grosbeak	R			R
— House Sparrow ^N	U	U	U	U

Other Species:

Checklist Key

- A abundant
- C common
- U uncommon
- R rare
- ^N confirmed or probable nesting

Please report any new bird sightings or nestings to the DEEP Wildlife Division's Outreach Program at the Sessions Woods office.

- Sp** Spring: Mar. - May
- Su** Summer: Jun. - Aug.
- F** Fall: Sep. - Nov.
- W** Winter: Dec. - Feb.



Sessions Woods
Wildlife Management Area
341 Milford Street (Route 69)
Burlington, CT 06013