

**Ocean Park Plants**

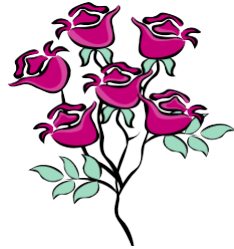
The following list of plants was compiled by Theodore Wells of the faculty of Milton (Mass.) Academy, a member of the New England Botanical Club, and an authority on our local botany. It is selected from the 13th (1988) of the booklet, "The Plants of Ocean Park," prepared by Mr. Wells, assisted by Dorothy E. Wells, and updated by Bethany Nichols and John Bird in 2014.

**BEACH**

- |                     |                    |
|---------------------|--------------------|
| <i>Early Summer</i> | <i>Late Summer</i> |
| False Heather       | Beach Grass        |
| Dusty Miller        | Coast Jointweed    |
| Rosa Rugosa         | Low Umbrella Sedge |
| Sand Sedge          | Sea Rocket         |

**SALT MARSH**

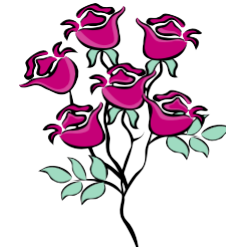
- |                     |                    |
|---------------------|--------------------|
| <i>Early Summer</i> | <i>Late Summer</i> |
| Great Bulrush       | New York Aster     |
| Cat-tail            | Seaside Gerardia   |
| Squirrel-tail Grass | American Germander |
| Sea Milkwort        | Seaside Goldenrod  |
|                     | Seaside Lavender   |
|                     | Seaside Silverweed |



**Ocean Park Plants**

**FOREST ~ Early Summer**

- |   |                     |
|---|---------------------|
| Wood Anemone  | Black Ash           |
| Old Man's Beard   | Bellwort            |
| Partridge Berry   | White Birch         |
| Blackberry  | Blueberry           |
| Bunchberry  | Checkerberry        |
| Indian Cucumber Root                                    | Goldthread          |
| Ferns: Lady, Long Beach, Mass., N.Y. and Spinulose Wood | Hobblebush          |
| Jack-in-the-Pulpit                                      | Mountain Holly      |
| Marigold  | Wood Lily           |
| Moss : Fern, Painted Plume, Reindeer                    | Mayflower           |
| Wild Sarsaparilla                                       | Indian Pipe         |
| Painted Trillium  | Fringed Polygala    |
| Dogtooth Violet   | Pink Lady's Slipper |
| Withered  | Twinflower          |
|   | White Violet        |
|   | American Yew        |



*Late Summer*

- |                   |            |
|-------------------|------------|
| Gall-of-the-Earth | Turtlehead |
| Witch Hazel       |            |

**Ocean Park Plants**

**ROADSIDE ~ Early Summer**

- |   |                           |
|---|---------------------------|
| Arrowhead                                     | Bayberry                  |
| Bouncing Bet                                  | Bluecurls                 |
| Bluets  | Chicory                   |
| Rabbit-foot Clover                            | White Sweet Clover        |
| Cranberry                                     | Daisy                     |
| King Devil                                    | Fireweed                  |
| Ferns: Cinnamon, Ostrich, Royal and Sensitive | Fireweed                  |
| Forget-me-not                                 | Blue Flag                 |
| Wild Morning Glory                            | Blue-eyed Grass           |
| Queen Anne's Lace                             | Water Horehound           |
| Purple Loosestrife                            | Tall Blue Lettuce         |
| Meadowsweet                                   | Evening Lynchnis          |
| Mint  | Swamp Milkweed            |
| Wild Radish                                   | Northern Evening Primrose |
| Wild Strawberry                               | Rhodora                   |
| Ladie's Tobacco                               | Black-eyed Susan          |

*Late Summer*

- |                     |                 |                |          |
|---------------------|-----------------|----------------|----------|
| Jerusalem Artichoke | Butter-and-Eggs | Fall Dandelion | Pinkweed |
| Downy Goldenrod     | Early Goldenrod | Joe Pye Weed   | Silverod |

**Ocean Park Birds**

The following list was compiled by Genevieve (Mrs. Phillip) Webb. She was an authority on local ornithology, had been a member of the Maine Audubon Society, and was a director of the Maine Chapter of the Nature Conservancy.



**OCEAN ~ OFF SHORE**

- |                          |                        |
|--------------------------|------------------------|
| Double-crested Cormorant | Common Scoter          |
| Surf Scoter              | Common Loon            |
| White-winged Scoter      | Red-breasted Merganser |

**ALONG BEACH AND BROOK**

- |                               |                        |
|-------------------------------|------------------------|
| Dowitcher                     | Bonaparte's Gull       |
| Great Black-backed Gull       | Herring Gull           |
| Laughing Gull                 | Ring-billed Gull       |
| Killdeer                      | Black bellied Plover   |
| Piping Plover                 | Semipalmated Plover    |
| Least Sandpiper               | Semipalmated Sandpiper |
| Spotted Sandpiper             | Arctic Tern            |
| Common Tern                   | Roseate Tern           |
| Ruddy Turnstone               | Whimbrel               |
| Greater and Lesser Yellowlegs | Willet                 |

**Ocean Park Birds**



**MARSH**

- |                    |                            |                  |
|--------------------|----------------------------|------------------|
| American Bittern   | Red-winged Blackbird       | Black Duck       |
| Mallard Duck       | Common Egret               | Snowy Egret      |
| Common Grackle     | Marsh Hawk                 | Pigeon Hawk      |
| Eastern Meadowlark | Black-crowned Night Heron  |                  |
| Great Blue Heron   | Yellow-crowned Night Heron |                  |
| Green Heron        | Belted Kingfisher          | Common Merganser |
| Savannah Sparrow   | Sharp-tailed Sparrow       | Blue-winged Teal |

**WOODS**

- |                              |                         |                   |
|------------------------------|-------------------------|-------------------|
| Brown Creeper                | Clack-capped Chickadee  | Brown Creeper     |
| Olive-sided Flycatcher       | Rufous Grouse           | Blue Jay          |
| Red-breasted Nuthatch        | White-breasted Nuthatch | Oven-bird         |
| Wood Pewee                   | American Redstart       | Swamp Sparrow     |
| White-throated Sparrow       | Scarlet Tanager         | Yellow-Throat     |
| Rufous-sided Towhee          | Hermit Thrush           | Swainson's Thrush |
| Northern Water-Thrush        | Wood Thrush             | Veery             |
| Red-eyed Vireo               | Solitary Vireo          | Canada Warbler    |
| Blackburnian Warbler         | Black & White Warbler   | Myrtle Warbler    |
| Black-throated Green Warbler | Parvia Warbler          | Magnolia Warbler  |
| Chestnut-sided Warbler       |                         | Pine Warbler      |
| Pileated Woodpecker          |                         |                   |

**Ocean Park Birds**

**LAWNS, SHRUBBERY, ANYWHERE**

- |                          |                           |
|--------------------------|---------------------------|
| Brown-headed Cowbird     | Black-billed Cuckoo       |
| Yellow-billed Cuckoo     | Mourning Dove             |
| Gold Finch               | Purple Finch              |
| Yellow-shafted Flicker   | Great Crested Flycatcher  |
| Least Flycatcher         | Broad-winged Hawk         |
| Cooper's Hawk            | Sharp-shinned Hawk        |
| Sparrow Hawk             | Ruby-throated Hummingbird |
| Eastern Kingbird         | Baltimore Oriole          |
| Eastern Phoebe           | Robin                     |
| Yellow-bellied Sapsucker | Chipping Sparrow          |
| Field Sparrow            | Song Sparrow              |
| Vesper Sparrow           | Barn Swallow              |
| Cliff Swallow            | Tree Swallow              |
| Chimney Swift            | Brown Thrasher            |
| Yellow Warbler           | Cedar Waxwing             |
| Whip-poor-will           | Downy Woodpecker          |
| Hairy Woodpecker         | House Wren                |

Since this list was compiled, cardinals, titmice, mockingbirds, glossy ibises, blue-winged warblers and Carolina wrens have become Maine residents.

## Ocean Park Trails

There are several Ocean Park trails. **Three** are open to the public year-round, and they are described below. Other trails are on Oceanwood and New England Baptist Council property and are reserved for horses.

### Guild Park Trail

The Red Dot Trail is the oldest trail. It circles through the Ocean Park Association's famous Guild Park Cathedral Pines. The first half of the trail is generously wide and allows for easy walking.

From Temple Avenue go northeast on Free Street. At the junction of Free and Winona Avenue, look for the Guild Park sign. Follow the red blazes as the trail circles through pines and hemlocks until it reaches Hemlock Brook where it turns right and follows the brook back to Free Street.

The Red Dot Trail is also accessible from the Covered Bridge and from the small parking area on Temple Avenue, across from Manor Street, where there is an information kiosk.

### Manor Street Trail

The Blue Dot Trail begins on Free Street, just down from Winona Ave. At the entrance is a short boardwalk. Follow the blue blazes. The trail follows Hemlock Brook on the north side and eventually comes out at the Red Dot Trail on the west side of the brook.

Crossing the brook is a boardwalk bridge which takes you back to the pine grove and the Red Dot Trail.

### The Ted Wells Memorial Trail

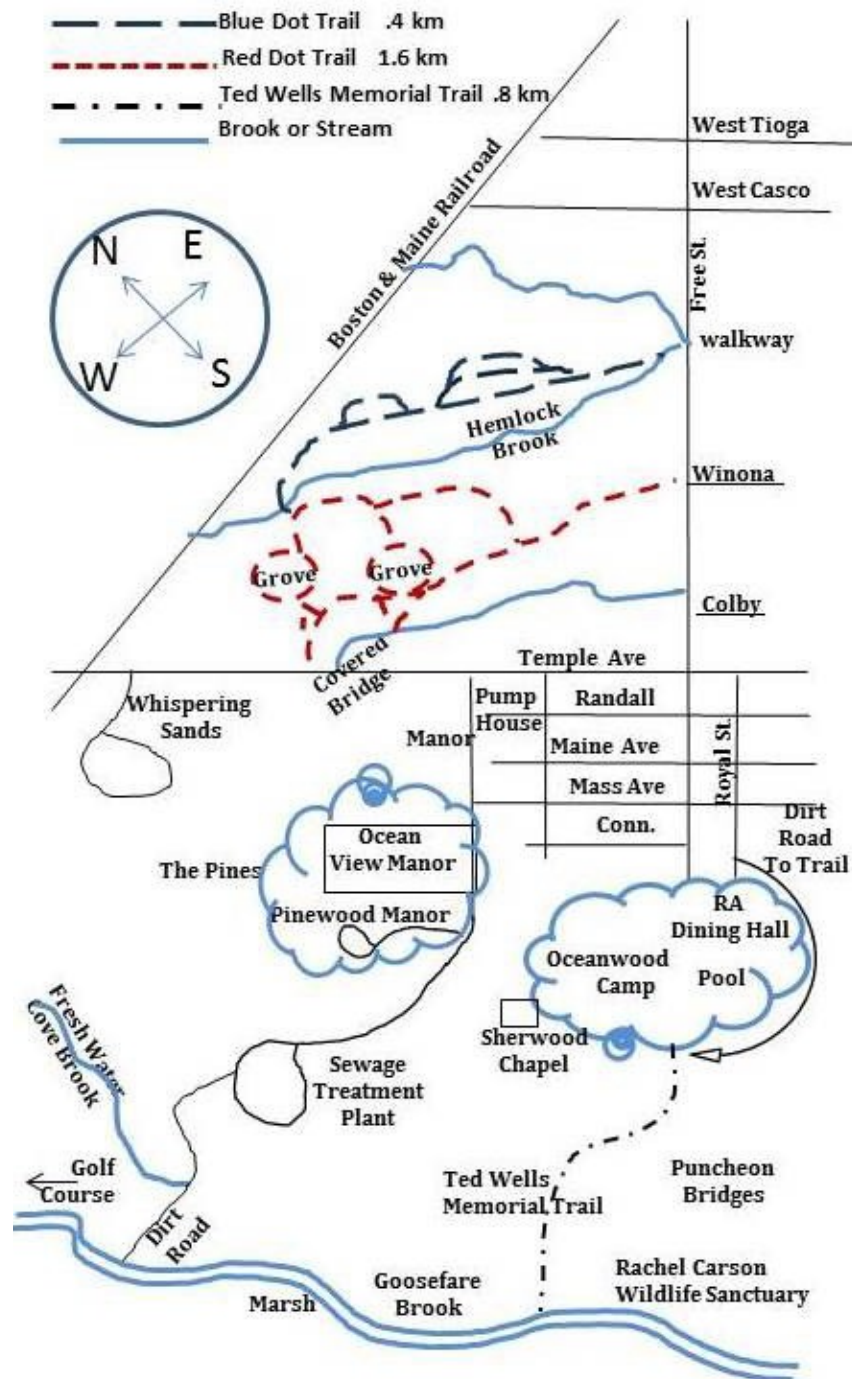
(formerly the White Dot Trail)

This woods-to-salt marsh trail offers excellent bird observation and an opportunity to see plant succession. The trail crosses property belonging to Oceanwood Camp and the Rachel Carson National Wildlife Refuge. It ends near the Goosefare Brook. A pre-existing boardwalk and platform have been permanently removed.

Take Royal Street to Camp Oceanwood. Follow the road around the dining hall and look for the swimming pool. The trail begins at the rear left of the swimming pool. Sign in at the information kiosk and take a Trail Guide. Follow the white blazes. Notify Oceanwood (207-934-9655) prior to using this trail.

*In 1963 Ocean Park was designated as an official game preserve and game sanctuary. "No person shall at any time hunt, pursue, molest, trap, catch, shoot, kill or destroy any wild bird or wild animal" within the boundaries of Ocean Park. In keeping with this protection, pets should be leashed or clearly under an owner's control, and waste material should be removed.*

## Ocean Park Trails as of 2015 By John Bird and Bethany Nichols



**Trails,  
Plants,  
and  
Birds**



**in Ocean Park,**

**Maine**

