Birding Opportunities at Lady Tresses Swamp SNA

Ladies Tresses Swamp Scientific and Natural Area, is a fairly remote lowland conifer forest site, located in Itasca County, Minnesota. This 40 acre site is difficult to reach, and does not have a maintained trail or road leading to it. However to those with orienteering capabilities, the site is a beautiful example of unspoiled lowland conifer forest.

The site is dominated by lowland forest trees such as black ash, white cedar, black spruce and tamarack. Several orchid species are found here including ladies tresses. This site was gifted to the SNA program by the United States Department of the Interior—Bureau of Land Management.

There have been 60 bird species observed here. Boreal conifer obligates such as Gray Jay, Connecticut, Boreal Chickadee, Northern Parula and Swamp Sparrow are highlights. Other more “common” bird species found in northern forests include Broad-winged Hawk, Golden-crowned Kinglet, Golden-winged Warbler, Black-throated Green Warbler and Cedar Waxwing.

The area is accessed from the town of Bigfork. Drive 8.3 miles SE on County Road 7, then 3.1 miles NE on County Road 344, then .25 miles NW (left) on unimproved road to gate, then .15 miles to Y, stay left, continue 1 mile. Walk 260’ NW to SE corner of site. Map/compass or GPS recommended.
Taxonomy, Season and Abundance Key
The names and taxonomic arrangement of species follows that of the Checklist of the Birds of Minnesota (January, 2009) prepared by the Minnesota Ornithological Union (MOU) Records Committee.

The seasons in the checklist are defined as follows:

Sp (Spring) = March, April, May
Su (Summer) = June, July
Fa (Fall) = August, September, October, November
Wi (Winter) = December, January, February

Abundance codes are defined as follows:

C = Common — present, relatively easy to find
U = Uncommon — observed, may be difficult to find
O = Occasional — may or may not be present in any year
R = Rare — has occurred at least once, may recur

This checklist contains the names of all birds that have been documented at this site by reliable observers, including principal observer Robert Janssen, MOU records, and data contained in research reports. Checkist layout by Jennifer Lintelmann. Persons interested in the sources used in preparation of this list may contact Project Supervisor/Nongame Specialist at 218-308-2641.

For more information contact DNR Information Center, 500 Lafayette Rd. St. Paul, MN 55155-4040 651-296-6157 or toll-free 888-MIN-NDNR (646-6367).

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