

Natural Tunnel State Park

Backyard Bird Guide

Red-breasted Nuthatch (*Sitta carolinensis*)



ID: A small bird with a gray back, red underside and a white face with a black cap and eyeline. Females have a paler red breast.



Feeding: Walks headfirst down trees in search of insects; also eats conifer seeds.

White-breasted Nuthatch (*Sitta canadensis*)



ID: A small bird with a blue-gray back, white underside. Males have a black cap, whereas a female's cap is also blue-gray.



Feeding: Walks headfirst down trees in search of insects; also eats conifer seeds.

Eastern Towhee (*Pipilo erythrophthalmus*)



ID: Males have a black head, back and tail, with a white underside, red flanks. Females are brown rather than black.



Feeding: Hops backwards to disturb leaf litter; eats insects, spiders, lizards, snakes and seeds.

*Red-tailed Hawk (*Buteo jamaicensis*)



ID: A large bird with broad wings; held in a V-shape in flight. Red tail feathers with horizontal white banding, and a white belly with vertical, brown/red striations.



Feeding: Perches or hovers in air when hunting small mammals, reptiles and birds.

Red-bellied Woodpecker (*Melanerpes carolinus*)



ID: White head and belly with black and white barring on wings, back and tail. A male's forehead and nape are red. Females have a red nape and gray forehead.



Feeding: Drills into trees to eat wood-boring insects; also eats fruit, berries and seeds.



Natural Tunnel State Park
1420 Natural Tunnel Parkway
Duffield, Va, 24244
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Natural Tunnel State Park offers a variety of trails that allow park-goers to experience the wonders of nature. Whether you're checking out the tunnel, visiting the Blockhouse, or leisurely strolling through the park, you may find yourself curious about the birds you see.

This helpful guide will walk you through identifying some of the most common birds in the park!

***denotes birds without notable sexual dimorphism**

American Robin
(*Turdus migratorius*)

ID: Males have a black head, gray back and red breast. Females have a dark gray head and pale red breast.

Feeding: Hop around in the grass to search for earthworms. They also eat insects, fruit and berries.



***Tufted Titmouse**
(*Parus bicolor*)

ID: A small gray bird with a black forehead or crest, white chest and reddish underwing.

Feeding: Eats insects, seeds and berries



Northern Cardinal
(*Cardinalis cardinalis*)

ID: Males are bright red with black around the bill and a prominent head crest. Females are brown along the chest and gray along the back.

Feeding: Hop along the ground; eat insects, fruits and berries



***Carolina Chickadee**
(*Parus carolinensis*)

ID: A small bird with a black cap and bib, white cheek and gray back.

Range overlaps here in the park with the less common black-capped chickadee.

Black-capped Chickadee



Feeding: Flits through tree branches to find insects. Also eats seeds and berries.

***Blue Jay**
(*Cyanocitta cristata*)

ID: A vibrantly blue bird with a white underside, a prominent crest and white and black spotting along the wings and tail.

Feeding: Eats acorns, nuts, fruit, insects, eggs and nestlings.



***Mourning Dove**
(*Zenaida macroura*)

ID: A gray and brown bird with a long tail and black spotting along wings.

Feeding: Eats various seeds and occasionally insects.



***Northern Mockingbird**
(*Mimus polyglottos*)

ID: A bird with a gray back, white breast and white patches along the wings and tail. The white wing patches are easily visible during flight.

Feeding: Eats insects, spiders, snails, crayfish and small reptiles, as well as fruits/berries.



American Goldfinch
(*Spinus tristis*)

ID: Males are bright yellow with a black cap during summer. Winter plumage is yellow-brown with a yellow face and white wing bars. Females are gray-brown with a yellowish face.

Feeding: Eats seeds, insects and berries from the ground.

