

# Introduction:

Created in 1951 by then Parks Commissioner Robert Moses, the East Pond is located across from the Jamaica Bay Wildlife Refuge visitor center on the east side of Cross Bay Boulevard.

Consisting of about 100 acres of fresh water and its accompanying marshes and wetlands, the pond area supports a substantial variety of plant and animal life. Though natural in appearance, the water level of the pond is lowered between June and September to provide mudflats for migrating shorebirds. Thousands of birds stop here to rest and feed during their summer migrations southward along the Atlantic Flyway. Lowering the water level also allows visitors access to the pond. At other times of the year access is limited to the trail head. As part of 9155 acres that make up the Jamaica Bay Wildlife Refuge, the pond is carefully managed to encourage the greatest diversity of plants and animals. The East Pond and the Jamaica Bay Wildlife Refuge are important parts of the roughly 26,000 acres that comprise Gateway National Recreation Area.

Be sure to prepare for a visit to the East Pond. Wear waterproof walking shoes or shoes you won't mind getting wet and dirty, since a good part of the trail takes you along the edge of the pond. We recommend bringing insect spray and sun screen. You may find a small canteen of water can make your trip more enjoyable too.

## For a safe and enjoyable trip please observe the following rules:

1. A free permit is necessary for any visit to the refuge. Pick one up at the visitor center on the west side of Cross Bay Boulevard before you begin.
2. No fishing or hunting is permitted at the wildlife refuge.
3. Collecting plants or wildlife is prohibited.
4. Smoking is not allowed in the refuge.
5. Radios and other sound producing equipment are not allowed.
6. Picnicking is permitted only in designated areas at the visitor center.
7. Bicycles, motor bikes and cars are not allowed at the refuge.
8. Feeding wildlife is prohibited.

### Emergency Phone Numbers:

Wildlife Refuge Headquarters  
(718) 318-4340

United States Park Police  
(718) 338-3988 (24 hours)



# EAST POND TRAIL GUIDE

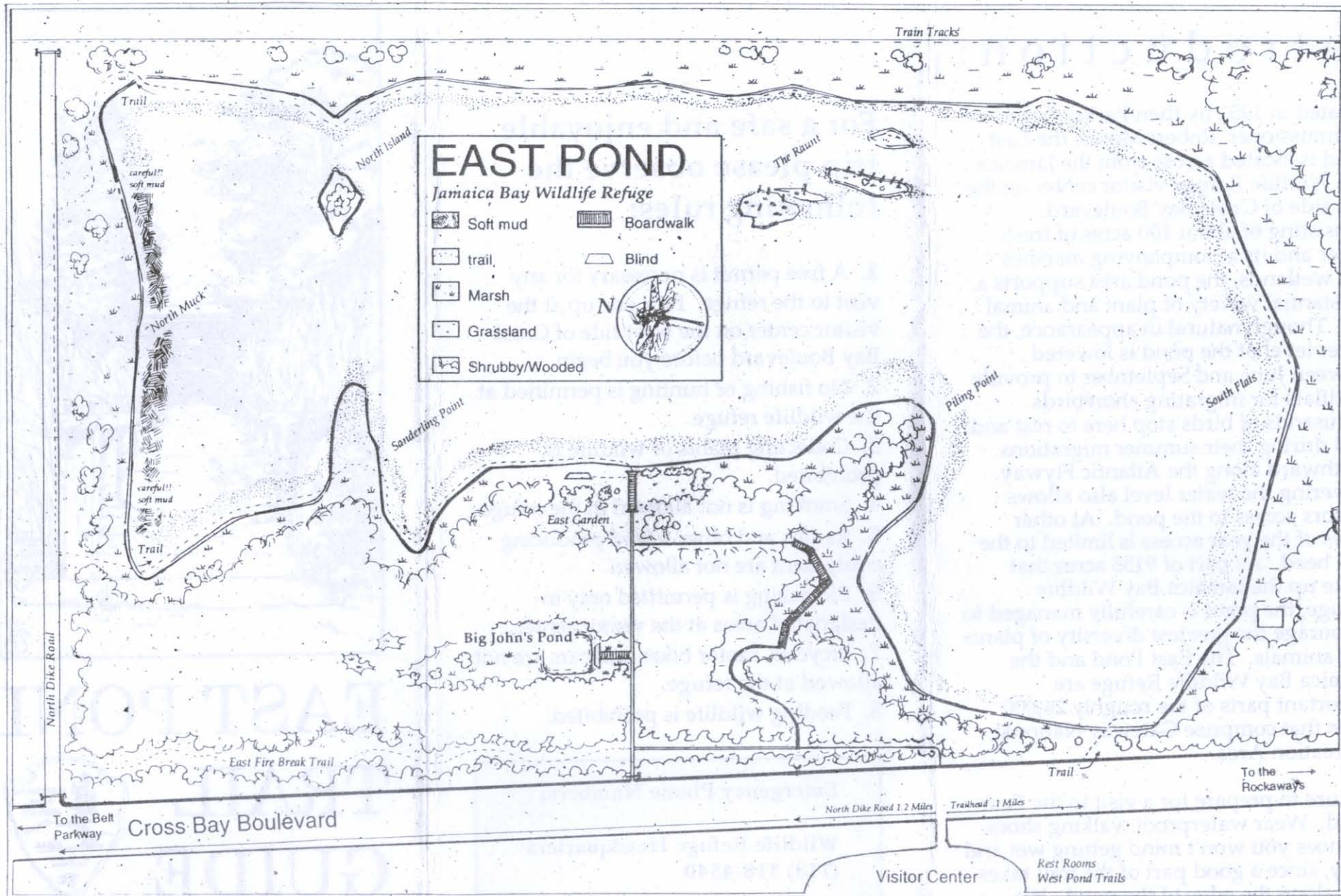


Jamaica Bay Wildlife Refuge  
Gateway National Recreation  
Area



*Text, map and illustrations  
by Dave Taft, NPS staff*





## SHOREBIRDS AT THE JAMAICA BAY WILDLIFE REFUGE:

- Black Bellied Plover
- Lesser Golden Plover
- Semipalmated Plover
- Piping Plover
- Killdeer
- Amer. Oystercatcher
- Black-necked Stilt

- American Avocet
- Greater Yellowlegs
- Lesser Yellowlegs
- Solitary Sandpiper
- Willet
- Spotted Sandpiper
- Upland Sandpiper

- Whimbrel
- Hudsonian Godwit
- Marbled Godwit
- Ruddy Turnstone
- Red Knot
- Sanderling
- Semipalmated Sandpiper

- Western Sandpiper
- Least Sandpiper
- White Rumped Sandpiper
- Baird's Sandpiper
- Pectoral Sandpiper
- Dunlin
- Curlew Sandpiper

- Stilt Sandpiper
- Buff Breasted Sandpiper
- Ruff
- Short-billed Dowitcher
- Long-billed Dowitcher
- Common Snipe
- American Woodcock
- Wilson's Phalarope
- Northern Phalarope

- Red Phalarope

Accidentals:

- Wilson's Plover
- Sharp Tailed Sandpiper
- Purple Sandpiper
- Little Stint
- Rufous-necked Stint