

Welcome

Thank you for visiting Thousand Acre Swamp, one of the finest protected natural areas in upstate New York. This Ice Age remnant supports a unique variety of habitats from moist lowlands to upland forests, all supporting a diversity of plant and animal life.

Highlights of the Trails

The **Entrance Trail** from the parking lot leads to a kiosk, where you can register and take advantage of our educational displays and literature. Seasonal wildflowers border the path through this successional field. Listen for the song of the yellow warbler from May to June.

Song Bird Trail

In spring and fall, watch for warblers flying from the large butternut tree to the gray-stemmed and red-osier dogwoods. In winter, look for small nests of warblers that were occupied last spring. Listen for ruffed grouse and catbirds.

Weasel Way

Early spring flowers such as marsh marigold and blue cohosh grace this trail. Weasel and fox have been sighted here. In summer, a sharp eye and a quiet manner might reward the visitor with a view of a ruby-throated hummingbird feeding from the jewelweed blossoms. Look for the yellow blossoms of witch hazel in late October.

Deer Run

This is the easement road for Rochester Gas and Electric Corp. Note the difference between Virginia creeper and poison ivy. Early in the morning one might see a wood thrush or a veery along the trail or hear the rose-breasted grosbeak singing while sunning itself on a treetop. White-tailed deer often run along this trail in the morning or evening.

Boardwalk

Both narrow and broadleaf cattails, as well as purple loosestrife and swamp milkweed can be identified from the boardwalk. This is a prime habitat for woodpeckers, red-winged blackbirds and swamp sparrows. Around and below the boardwalk live snapping turtles. In spring and summer, listen to the concert of spring peepers and other frogs.

Warbler Fen

Warblers and other colorful birds frequent this fern covered area. Look for the American redstart, red-bellied woodpecker and scarlet tanager. Squirrels and chipmunks scamper among the ash and maples that shade marsh marigold and foam flower.

Trillium Trail

Trillium, jack-in-the-pulpit, and trout lily grow throughout this thicket in spring. Sightings of thrushes, tanagers and vireos are frequent during spring migration - especially in mid-May.

Hermit Walk

Along the wet area, spicebush line the path. As the path becomes drier, note the red oak, sugar maple, American beech and tulip trees. Listen during an evening visit for the hoot of the great horned owl or the drumming of the ruffed grouse.

The Meadows

See if you can find an American chestnut tree that survives near the edge of the woods. Scan the treetops bordering the meadow for hawks and owls. Deer feed at the prickly ash hedgerow. In the meadow, eastern bluebird and tree swallow nest. Many species of butterflies visit Indian hemp and other wildflowers to sip nectar.

Way Pond Trail

Canada geese, mallard and wood ducks may be seen here. Watch also for belted kingfisher, as well as green and great blue heron. You may spot painted turtles sunning on the logs. In the summer, dragonflies and damselflies dart along the pond's edge. In fall, prickly ash and elderberry fruit attract flocks of cedar waxwings.

The Central and Western New York chapter of The Nature Conservancy has protected nearly 100,000 acres and manages over 30 nature preserves, including Thousand Acre Swamp.

Volunteer Opportunities

The Central and Western New York Chapter of The Nature Conservancy welcomes volunteers for assistance with office work, trail maintenance, preserve clean-up, and more. Please call (585) 546-8030 ext.32

We Need Your Support

The Thousand Acre Swamp Sanctuary (TAS) is a local project of the Central & Western New York (CWNY) Chapter of The Nature Conservancy, funded by private donations. Volunteers maintain the trail system, provide leadership for a wide variety of public and group hikes, and oversee the operation of TAS, while donations enable the acquisition of additional wetlands and buffer areas. You are invited to share in the ongoing protection and preservation of the Swamp.

To volunteer your time at TAS please call (585) 385-3907.

To provide tax-deductible financial support please make checks payable to:

The Nature Conservancy CWNY Chapter
Notation: TAS

Mail to: The Nature Conservancy, 1048 University Avenue,
Rochester, NY 14607

THE THOUSAND ACRE SWAMP SANCTUARY

TRAIL GUIDE



The Nature Conservancy 
Protecting nature. Preserving life.™

The Nature Conservancy
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nature.org

The mission of The Nature Conservancy is to preserve the plants, animals and natural communities that represent the diversity of life on Earth by protecting the lands and waters they need to survive.

