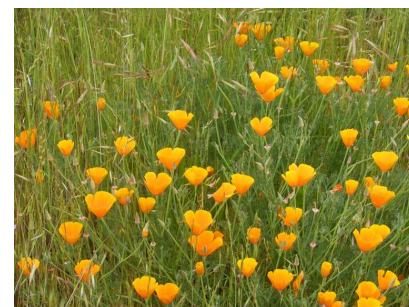




Quick Overview – My first trip to Fremont Peak was back in the 1980's when biology teacher Don Stoner took his class to the top. As a student I was blown away by the habitat, birds & views & to this day I get just as much joy being there. Only an hour from the Bay Area, one feels like they are far away from the hassle of city life. Many of this day's participants had never been to [Fremont Peak](#) which made the trip that much more exciting. Our first stop was at the bottom of the mountain. We pulled up next to open cattle country and had two Greater Roadrunners before most got out of the cars. The rancher that owned the herd asked us what we were doing and said the roadrunners were all over the place. It was here we also had fantastic views of a Golden Eagle that apparently lives in this immediate area. Our next stop was a little ways up in the shade of a huge eucalyptus tree and surrounded by many types of trees, bushes and open land. While standing in one spot all we had to do was pivot to see Bullock's Orioles, Cooper's Hawk, Ash Throated Flycatchers, Lawrence's Goldfinch, Black Phoebe, House Wren, Lazuli Bunting and more. It was here we met more landowners. Fourteen year old Grandson Ben is also a birder and shared some species locations with us. We wanted to stay longer but needed to get to the top. Once there the bird activity was quiet, except for a pair of Western Kingbirds, Wrentits and nuthatches. Temps were to be nearly 100 degrees down in the valley, so we enjoyed the cooler temps found at our 3100 foot elevation. A (2nd) hike to the south side of the peak afforded us great views of Golden Eagles, American Kestrels and Red Tail Hawks working out territory disputes and a Rock Wren came out to see what we were doing. On our way back down the mountain we tried unsuccessfully for Sage Sparrow, but had a great view of one of the many heard only California Thrashers. A creek side stop gave us Wilson's Warbler and we watched a pair of Western Bluebirds feeding young in their telephone pole nesting cavity. On our way back we made a quick stop in Coyote Valley & added some area residents to our day.



From the south side of the mountain, the group looking down into the valley as Golden Eagles and Red Tail Hawks share the landscape – Lisa Myers / Lawrence's Goldfinch male provided by Tom Grey / California Poppies alive on the mountain – Lisa Myers

Total Species Counted for the Day = 75 includes heard only (H) and those observed in Coyote Valley (CV) on our way home

Ring-necked Pheasant (CV)	Greater Roadrunners	Violet Green Swallow	Wilson's Warbler (H)
Wild Turkey	Anna's Hummingbird	Cliff Swallow	Western Tanager
California Quail	Salasphorus Hummer (H)	Tree Swallow	Spotted Towhee
Double-crested Cormorant	White Throated Swift (CV)	Barn Swallow	California Towhee
Great Blue Heron	Nuttall's Woodpecker	Oak Titmouse	Song Sparrow
Great Egret	Northern Flicker	Bushitit	White-crowned Sparrow
Turkey Vulture	Acorn Woodpecker	Chestnut Backed Chick...	Golden-crowned Sp
Golden Eagle	Black Phoebe	White Breasted Nuthatch	Dark-eyed Junco
White-tail Kite	Western Kingbird	Bewick's Wren	Black Headed Grosbeak
Red Shouldered Hawk	Pacific Slope Flycatcher (H)	House Wren	Lazuli Bunting
Red-tail Hawk	Western Wood Pewee (H)	Rock Wren	Red-winged Blackbird
Cooper's Hawk	Ash Throated Flycatcher	Western Bluebird	Brewer's Blackbird
American Kestrel	Loggerhead Shrike (CV)	American Robin	Brown-headed Cowbird
Killdeer	Warbling Vireo	European Starling	Western Meadowlark (CV)
California Gull	Western Scrub-Jay	Wrentit	Bullock's Oriole
Rock Pigeon	Steller's Jay	Northern Mockingbird	House Finch
Mourning Dove	Yellow Billed Magpie	California Thrashers	Lawrences Goldfinch
Eurasian Collared Dove	American Crow	Yellow-rumped Warbler	Lesser Goldfinch
Band Tailed Pigeon	Common Raven	Orange Crowned Warbler (H)	House Sparrow