

Olympic Forest Park

A Site Guide



Olympic Forest Park

(奥林匹克森林公园)

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Overview

Beijing's Olympic Forest Park is a large, man-made nature park at the north end of the Olympic Green, built for the 2008 Beijing Olympics games. The park covers 6.8 square kilometres and is split into two sections - north and south - joined by a bridge or corridor that runs over the 5th ring road. The southern section has a wooded hill that gives an excellent view over the north of the city.

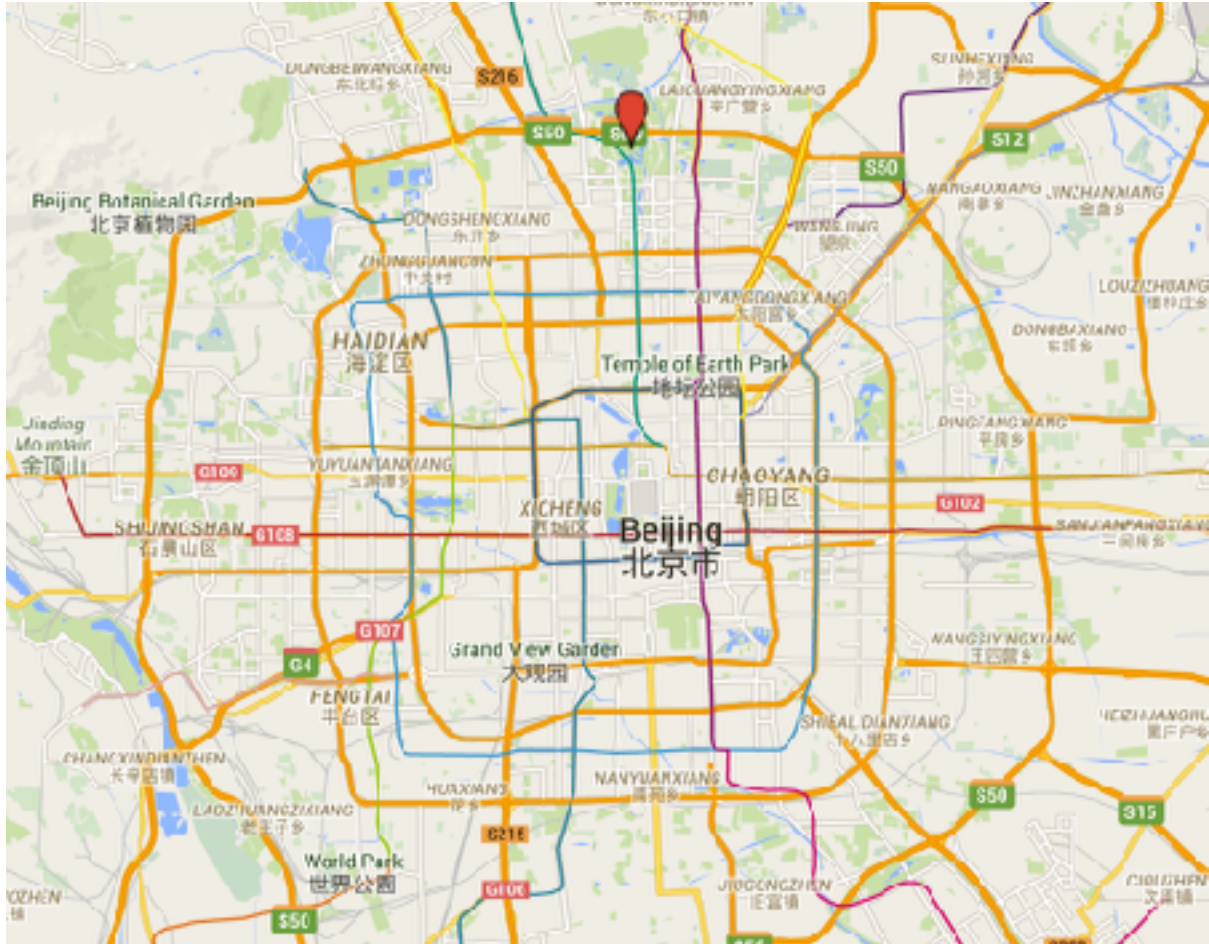
The park features many walking paths and a jogging path. Several small islands in the main lake are linked by bridges. The south-east part of the park has a handful of carnival rides for children and the south-west part is a large wetland area with small lakes and reedbeds. This wetland area, just 15 minutes walk from the south or west gates, is probably the best area for birds. In summer it hosts breeding **YELLOW BITTERN** and **ORIENTAL REED WARBLER**, and in winter often hosts **GREAT BITTERN**, *blakistoni* **WATER PIPIT** and **BRAMBLING** amongst others. **WATER RAILS** (both 'Eastern' and 'Western') and **BEARDED REEDLINGS** are occasionally seen.

Trees to be found in the park include mature pines, juniper and birch. During migration season, the wooded parts of the park (especially the wooded hill to the north of the main lake) host a variety

of migrants (thrushes, including **WHITE'S** and **EYEBROWED**, flycatchers including **ASIAN BROWN**, **DARK-SIDED**, **GREEN-BACKED**, **GREY-STREAKED** and **YELLOW-RUMPED**, buntings, such as **BLACK-FACED**, **LITTLE** and **TRISTRAM'S** and several species of *phylloscopus* warbler). In late May and early June, the wetland area is a good site for **PALLAS'S GRASSHOPPER WARBLER**, one of the later migrants through Beijing. Rarities in the Olympic Forest Park have included *tristis* **CHIFFCHAFF**, *caudatus* **LONG-TAILED TIT**, **RED-BREASTED FLYCATCHER** and **STREAKED REED WARBLER**.

If you visit, please send your sightings to birdingbeijing@gmail.com.

Location and Directions



By Public Transport

Take the metro to **Beitucheng 北土城** on Line 10. Here, transfer to Line 8 and travel north for 3 stops to a station called **South Gate of Olympic Forest Park 森林公园南门**. Here, take either northern exit (northwest or northeast) from the station and the entrance to the park is immediately to the north.

By Taxi

Taxis can access the north, east or west gates. There is no vehicular access to the south gate.

Show the taxi driver the Chinese name of the Olympic Forest Park

- For the west gate use: 奥林匹克森林公园 西门
- For the east gate use: 奥林匹克森林公园 东门
- For the north gate use: 奥林匹克森林公园 北门

Remember: if you plan to take a taxi home, take the name of your hotel or Beijing address in Chinese for the taxi driver for the return journey.

By Car

There are car parks at the north, east and west gates. A small fee is payable.

Opening Times:

March 15-November 15: 0600 to 2100

November 16 - March 14: 0600 to 2000

Entrance Fee:

There is no entrance fee to the Olympic Forest Park.

Note: It is possible to buy drinks and snacks at any of the numerous stalls at the Olympic Forest Park but note that, as with many of Beijing's parks, most if not all stalls are closed on weekdays in winter, so do bring something to eat and drink if you are visiting at this time of year.



The reedbed habitat in the southwest part of the park in winter. This area is often productive throughout the year. In summer Yellow Bitterns breed and, in winter, Great Bittern, Brown-cheeked (Eastern Water) Rails, Bearded Reedlings, and Chaffinch have all been seen.

Hints and Tips:

I usually focus my time on the wetland area in the southwest part of the park. This area, with substantial reedbeds and flowing water (even in winter) can be productive at any time of year and has hosted some of the most interesting birds seen in the park (for example, Streaked Reed Warbler, Chiffchaff, Chaffinch, Western and Eastern Water Rails). I have also found that the area of mature trees to the northeast of the main lake can be productive for flycatchers, thrushes and warblers during spring and autumn migration. The wooded hill in the southern section can host migrants and, occasionally, roosting birds of prey. The northern section is much less visited by birders and could, potentially, host interesting birds, especially the northwest area where there are some mature pines and patches of scrubby habitat. If you have time, this section might be worth exploring.

There are often many Chinese bird photographers in the park and most will be very willing to show you photos of the birds they have seen and to describe where they are... Even if you cannot speak any Chinese, it's worth asking!

Cover photos (clockwise from top): A map of the Olympic Forest Park; Pallas's Grasshopper Warbler, a passage migrant; and Yellow Bittern, a breeding summer visitor.

Species possible at the Olympic Forest Park

Status: R=Resident; P=Passage Migrant; S=Summer Visitor; W=Winter Visitor; V=Vagrant

English and Scientific Names	Chinese Name	Status
JAPANESE QUAIL <i>Coturnix japonica</i>	鸕鶿	P
COMMON PHEASANT <i>Phasianus colchicus</i>	雉雞	R
TUNDRA SWAN <i>Cygnus columbianus</i>	小天鹅	W
COMMON SHELDUCK <i>Tadorna tadorna</i>	翘鼻麻鸭	P
RUDDY SHELDUCK <i>Tadorna ferruginea</i>	赤麻鴨	P/W
MANDARIN DUCK <i>Aix galericulata</i>	鴛鴦	P
GADWALL <i>Anas strepera</i>	赤膀鴨	P
FALCATED DUCK <i>Anas falcata</i>	罗纹鸭	P
EURASIAN WIGEON <i>Anas penelope</i>	赤頸鴨	P
MALLARD <i>Anas platyrhynchos</i>	綠頭鴨	R
CHINESE SPOT-BILLED DUCK <i>Anas zonorhyncha</i>	斑嘴鴨	P/S
NORTHERN SHOVELER <i>Anas clypeata</i>	琵嘴鴨	P
NORTHERN PINTAIL <i>Anas acuta</i>	针尾鴨	P
GARGANEY <i>Anas querquedula</i>	白眉鴨	P
EURASIAN TEAL <i>Anas crecca</i>	綠翅鴨	P
RED-CRESTED POCHARD <i>Netta rufina</i>	赤嘴潛鴨	P
COMMON POCHARD <i>Aythya ferina</i>	紅頭潛鴨	P
FERRUGINOUS POCHARD <i>Aythya nyroca</i> NT	白眼潛鴨	P
COMMON MERGANSER <i>Mergus merganser</i>	普通秋沙鴨	P
LITTLE GREBE <i>Tachybaptus ruficollis</i>	小鸕鷀	R/S
GREAT CRESTED GREBE <i>Podiceps cristatus</i>	凤头鸕鷀	S
GREAT BITTERN <i>Botaurus stellaris</i>	大麻鵝	P/W
YELLOW BITTERN <i>Ixobrychus sinensis</i>	黃苇鵝	P/S

VON SCHRENCK'S BITTERN <i>Ixobrychus eurhythmus</i>	紫背苇鹇	P
CINNAMON BITTERN <i>Ixobrychus cinnamomeus</i>	栗苇鹇	V
BLACK-CROWNED NIGHT HERON <i>Nycticorax nycticorax</i>	夜鹭	S
STRIATED HERON <i>Butorides striata</i>	绿鹭	P
CHINESE POND HERON <i>Ardeola bacchus</i>	池鹭	P/S
EASTERN CATTLE EGRET <i>Bubulcus coromandus</i>	牛背鹭	P
GREY HERON <i>Ardea cinerea</i>	苍鹭	R/S
PURPLE HERON <i>Ardea purpurea</i>	草鹭	S
EASTERN GREAT EGRET <i>Ardea modesta</i>	大白鹭	P
LITTLE EGRET <i>Egretta garzetta</i>	白鹭	P
OSPREY <i>Pandion haliaetus</i>	鵟	P
CRESTED HONEY BUZZARD <i>Pernis ptilorhynchus</i>	凤头蜂鹰	P
BLACK KITE <i>Milvus migrans lineatus</i>	黑鸢	P
HEN HARRIER <i>Circus cyaneus</i>	白尾鹞	P
JAPANESE SPARROWHAWK <i>Accipiter gularis</i>	日本松雀鹰	P
EURASIAN SPARROWHAWK <i>Accipiter nisus</i>	雀鹰	P, W
NORTHERN GOSHAWK <i>Accipiter gentilis</i>	苍鹰	P
EASTERN BUZZARD <i>Buteo japonicus</i>	普通鵟	P
GREATER SPOTTED EAGLE <i>Aquila clanga</i> VU	乌雕	P
COMMON KESTREL <i>Falco tinnunculus</i>	红隼	R
AMUR FALCON <i>Falco amurensis</i>	阿穆尔隼	P
EURASIAN HOBBY <i>Falco subbuteo</i>	燕隼	P
PEREGRINE FALCON <i>Falco peregrinus</i>	游隼	P
WESTERN WATER RAIL <i>Rallus indicus</i>		W/V
BROWN-CHEEKED RAIL <i>Rallus indicus</i>	普通秧鸡	W
WHITE-BREASTED WATERHEN <i>Amauornis phoenicurus</i>	白胸苦恶鸟	P/S
BAILLON'S CRAKE <i>Porzana pusilla</i>	小田鸡	P
RUDDY-BREASTED CRAKE <i>Porzana fusca</i>	红胸田鸡	P/S
COMMON MOORHEN <i>Gallinula chloropus</i>	黑水鸡(红骨顶)	P/S

COMMON COOT <i>Fulica atra</i>	骨顶鸡(白骨顶)	P
YELLOW-LEGGED BUTTONQUAIL <i>Turnix tanki</i>	黄脚三趾鹑	P
BLACK-WINGED STILT <i>Himantopus himantopus</i>	黑翅长脚鹬	P
NORTHERN LAPWING <i>Vanellus vanellus</i>	凤头麦鸡	P
GREY-HEADED LAPWING <i>Vanellus cinereus</i>	灰头麦鸡	P
LITTLE RINGED PLOVER <i>Charadrius dubius</i>	金眶鸻	P
KENTISH PLOVER <i>Charadrius alexandrinus</i>	环颈鸻	P
COMMON SNIPE <i>Gallinago gallinago</i>	扇尾沙锥	P
LITTLE CURLEW <i>Numenius minutus</i>	小杓鹬	V
EURASIAN CURLEW <i>Numenius arquata</i> NT	白腰杓鹬	V
SPOTTED REDSHANK <i>Tringa erythropus</i>	鹤鹬	P
COMMON REDSHANK <i>Tringa totanus</i>	红脚鹬	P
MARSH SANDPIPER <i>Tringa stagnatilis</i>	泽鹬	P
COMMON GREENSHANK <i>Tringa nebularia</i>	青脚鹬	P
GREEN SANDPIPER <i>Tringa ochropus</i>	白腰草鹬	P
WOOD SANDPIPER <i>Tringa glareola</i>	林鹬	P
COMMON SANDPIPER <i>Actitis hypoleucos</i>	矶鹬	P
MONGOLIAN GULL <i>Larus mongolicus</i>	黄脚(银)鸥	P
COMMON TERN <i>Sterna hirundo</i>	普通燕鸥	P/S
ORIENTAL TURTLE DOVE <i>Streptopelia orientalis</i>	山斑鸠	R
SPOTTED DOVE <i>Spilopelia chinensis</i>	珠颈斑鸠	R
LESSER COUCAL <i>Centropus bengalensis</i>	小鸦鹛	V
LARGE HAWK-CUCKOO <i>Hierococcyx sparverioides</i>	鹰鹛	P
INDIAN CUCKOO <i>Cuculus micropterus</i>	四声杜鹃	P/S
COMMON CUCKOO <i>Cuculus canorus</i>	大杜鹃	P/S
ORIENTAL SCOPS OWL <i>Otus sunia</i>	红角鸮	P
LONG-EARED OWL <i>Asio otus</i>	长耳鸮	P
GREY NIGHTJAR <i>Caprimulgus jotaka</i>	普通夜鹰	P
COMMON SWIFT <i>Apus apus</i>	普通楼燕	S

FORK-TAILED SWIFT <i>Apus pacificus</i>	白腰雨燕	P
BLACK-CAPPED KINGFISHER <i>Halcyon pileata</i>	蓝翡翠	P
COMMON KINGFISHER <i>Alcedo atthis</i>	普通翠鸟	P/S
EURASIAN HOOPOE <i>Upupa epops</i>	戴胜	P/S/W
EURASIAN WRYNECK <i>Jynx torquilla</i>	蚁鴛	P
RUFIOUS-BELLIED WOODPECKER <i>Dendrocopos hyperythrus</i>	棕腹啄木鸟	P
GREY-CAPPED PYGMY WOODPECKER <i>Dendrocopos canicapillus</i>	星头啄木鸟	R
GREAT SPOTTED WOODPECKER <i>Dendrocopos major</i>	大斑啄木鸟	R
GREY-HEADED WOODPECKER <i>Picus canus</i>	灰头绿啄木鸟	R
BROWN SHRIKE <i>Lanius cristatus</i>	红尾伯劳	P
BLACK-NAPED ORIOLE <i>Oriolus chinensis</i>	黑枕黄鹂	P
BLACK DRONGO <i>Dicrurus macrocercus</i>	黑卷尾	P
HAIR-CRESTED DRONGO <i>Dicrurus hottentottus</i>	发冠卷尾	P/V
AZURE-WINGED MAGPIE <i>Cyanopica cyanus</i>	灰喜鹊	R
RED-BILLED BLUE MAGPIE <i>Urocissa erythrorhyncha</i>	红嘴蓝鹊	R
COMMON MAGPIE <i>Pica pica</i>	喜鹊	R
DAURIAN JACKDAW <i>Coloeus dauuricus</i>	达乌里寒鸦	P/W
CARRION CROW <i>Corvus corone</i>	小嘴乌鸦	P
LARGE-BILLED CROW <i>Corvus macrorhynchos</i>	大嘴乌鸦	R
BOHEMIAN WAXWING <i>Bombycilla garrulus</i>	太平鸟	P/W
JAPANESE WAXWING <i>Bombycilla japonica</i> NT	小太平鸟	P/W
MARSH TIT <i>Poecile palustris</i>	沼泽山雀	R
COAL TIT <i>Periparus ater</i>	煤山雀	P/W
YELLOW-BELLIED TIT <i>Periparus venustulus</i>	黄腹山雀	P
JAPANESE TIT <i>Parus minor</i>	大山雀	R
CHINESE PENDULINE TIT <i>Remiz consobrinus</i>	中华攀雀	P
BEARDED REEDLING <i>Panurus biarmicus</i>	文须雀	P/W
ASIAN SHORT-TOED LARK <i>Calandrella cheleensis</i>	(亚洲) 短趾百灵	P
EURASIAN SKYLARK <i>Alauda arvensis</i>	云雀	P

LIGHT-VENTED BULBUL <i>Pycnonotus sinensis</i>	白头鹎	R
BROWN-EARED BULBUL <i>Microscelis amaurotis</i>	栗耳短脚鹎	V
SAND MARTIN <i>Riparia riparia</i>	崖沙燕	P
BARN SWALLOW <i>Hirundo rustica</i>	家燕	P/S
RED-RUMPED SWALLOW <i>Cecropis daurica</i>	金腰燕	P/S
ASIAN STUBTAIL <i>Urosphena squameiceps</i>	鳞头树莺	P
MANCHURIAN BUSH WARBLER <i>Cettia canturians</i>	远东树莺	P
LONG-TAILED TIT <i>Aegithalos caudatus</i>	银喉 (长尾) 山雀	V
SILVER-THROATED TIT <i>Aegithalos glaucogularis</i>	北长尾山雀银喉长尾山雀	P/W
DUSKY WARBLER <i>Phylloscopus fuscatus</i>	褐柳莺	P
RADDE'S WARBLER <i>Phylloscopus schwarzi</i>	巨嘴柳莺	P
PALLAS'S LEAF WARBLER <i>Phylloscopus proregulus</i>	黄腰柳莺	P/W
YELLOW-BROWED WARBLER <i>Phylloscopus inornatus</i>	黄眉柳莺	P
ARCTIC WARBLER <i>Phylloscopus borealis</i>	极北柳莺	P
TWO-BARRED WARBLER <i>Phylloscopus plumbeitarsus</i>	双斑绿柳莺	P
EASTERN CROWNED WARBLER <i>Phylloscopus coronatus</i>	冕柳莺	P
ORIENTAL REED WARBLER <i>Acrocephalus orientalis</i>	东方大尾莺	P/S
BLACK-BROWED REED WARBLER <i>Acrocephalus bistrigiceps</i>	黑眉苇莺	P
STREAKED REED WARBLER <i>Acrocephalus sorghophilus</i> VU	细纹苇莺	V
THICK-BILLED WARBLER <i>Iduna aedon</i>	厚嘴苇莺	P
CHIFFCHAFF <i>Phylloscopus collybita</i>	叽喳柳莺	V
BAIKAL BUSH WARBLER <i>Bradypterus davidi</i>	斑胸短翅莺	P
LANCEOLATED WARBLER <i>Locustella lanceolata</i>	矛斑蝗莺	P
PALLAS'S GRASSHOPPER WARBLER <i>Locustella certhiola</i>	小蝗莺	P
ZITTING CISTICOLA <i>Cisticola juncidis</i>	棕扇尾莺	P
PLAIN LAUGHINGTHRUSH <i>Pterorhinus davidi</i>	山噪鹛	W
VINOUS-THROATED PARROTBILL <i>Sinosuthora webbiana</i>	棕头鸦雀	R
CHINESE HILL BABBLER <i>Rhopophilus pekinensis</i>	山鹛	W
CHESTNUT-FLANKED WHITE-EYE <i>Zosterops erythropleurus</i>	红胁绣眼鸟	P

JAPANESE WHITE-EYE <i>Zosterops japonicus</i>	暗绿绣眼鸟	P
GOLDCREST <i>Regulus regulus</i>	戴菊	W
WINTER WREN <i>Troglodytes troglodytes</i>	鹪鹩	W
CRESTED MYNA <i>Acridotheres cristatellus</i>	八哥	R
RED-BILLED STARLING <i>Spodiopsar sericeus</i>	丝光椋鸟	S
WHITE-CHEEKED STARLING <i>Spodiopsar cineraceus</i>	灰椋鸟	R
PURPLE-BACKED STARLING <i>Agropsar sturninus</i>	北椋鸟	P
BLUE WHISTLING THRUSH <i>Myophonus caeruleus</i>	紫啸鸫	V
WHITE'S THRUSH <i>Zoothera aurea</i>	虎斑地鸫	P
COMMON [CHINESE] BLACKBIRD <i>Turdus merula mandarinus</i>	乌鸫	P/W
EYEBROWED THRUSH <i>Turdus obscurus</i>	白眉鸫	P
BLACK-THROATED THRUSH <i>Turdus atrogularis</i>	黑颈鸫	W
RED-THROATED THRUSH <i>Turdus ruficollis</i>	赤颈鸫	W
NAUMANN'S THRUSH <i>Turdus naumanni</i>	红尾鸫	W
DUSKY THRUSH <i>Turdus eunomus</i>	斑鸫	W
BLUETHROAT <i>Luscinia svecica</i>	蓝喉歌鸫 (蓝点颏)	P
SIBERIAN RUBYTHROAT <i>Luscinia calliope</i>	红喉歌鸫 (红点颏)	P
SIBERIAN BLUE ROBIN <i>Luscinia cyane</i>	蓝歌鸫	P
ORANGE-FLANKED BLUETAIL <i>Tarsiger cyanurus</i>	红胁蓝尾鸫	P/W
DAURIAN REDSTART <i>Phoenicurus aureus</i>	北红尾鸫	P/W
COMMON STONECHAT <i>Saxicola maurus</i>	黑喉石脚	P
WHITE-THROATED ROCK THRUSH <i>Monticola gularis</i>	白喉矶鸫	P
GREY-STREAKED FLYCATCHER <i>Muscicapa griseisticta</i>	灰纹鸫	P
DARK-SIDED FLYCATCHER <i>Muscicapa sibirica</i>	乌鸫	P
YELLOW-RUMPED FLYCATCHER <i>Ficedula zanthopygia</i>	白眉姬鸫	P
GREEN-BACKED FLYCATCHER <i>Ficedula elisae</i>	黄眉姬鸫	P
RED-BREASTED FLYCATCHER <i>Ficedula parva</i>	红胸姬鸫	V
TAIGA FLYCATCHER <i>Ficedula albicilla</i>	红喉姬鸫	P
EURASIAN TREE SPARROW <i>Passer montanus</i>	(树) 麻雀	R

SIBERIAN ACCENTOR <i>Prunella montanella</i>	棕眉山岩鹟	W
FOREST WAGTAIL <i>Dendronanthus indicus</i>	山鹡鸰	P
EASTERN YELLOW WAGTAIL <i>Motacilla tschutschensis</i>	黄鹡鸰	P
GREY WAGTAIL <i>Motacilla cinerea</i>	灰鹡鸰	P
WHITE WAGTAIL <i>Motacilla alba</i>	白鹡鸰	P/S
RICHARD'S PIPIT <i>Anthus richardi</i>	理氏鹟	P
OLIVE-BACKED PIPIT <i>Anthus hodgsoni</i>	树鹟	P
RED-THROATED PIPIT <i>Anthus cervinus</i>	红喉鹟	P
BUFF-BELLIED PIPIT <i>Anthus rubescens japonicus</i>	黄腹鹟	P
WATER PIPIT <i>Anthus spinoletta</i>	水鹟	P/W
EURASIAN CHAFFINCH <i>Fringilla coelebs</i>	苍头燕雀	V
BRAMBLING <i>Fringilla montifringilla</i>	燕雀	W
GREY-CAPPED GREENFINCH <i>Carduelis sinica</i>	金翅(雀)	R
EURASIAN SISKIN <i>Carduelis spinus</i>	黄雀	W
COMMON REDPOLL <i>Carduelis flammea</i>	白腰朱顶雀	W
COMMON ROSEFINCH <i>Carpodacus erythrinus</i>	普通朱雀	P
RED CROSSBILL <i>Loxia curvirostra</i>	红交嘴雀	V
HAWFINCH <i>Coccothraustes coccothraustes</i>	锡嘴雀	W
CHINESE GROSBEAK <i>Eophona migratoria</i>	黑尾蜡嘴雀	R
TRISTRAM'S BUNTING <i>Emberiza tristrami</i>	白眉鹀	P
CHESTNUT-EARED BUNTING <i>Emberiza fucata</i>	栗耳鹀	P
LITTLE BUNTING <i>Emberiza pusilla</i>	小鹀	P
RUSTIC BUNTING <i>Emberiza rustica</i>	田鹀	P
YELLOW-THROATED BUNTING <i>Emberiza elegans</i>	黄喉鹀	P/W
PALLAS'S BUNTING <i>Emberiza pallasi</i>	苇鹀	W
REED BUNTING <i>Emberiza schoeniclus</i>	芦鹀	P