

Folsom Lake

Now You See It, Now You Don't

As the lake levels change throughout the seasons, so do the wildlife associated with the open water and lakeshore.

The constantly changing lake levels favor plants and animals that can rapidly adjust to these fluctuations. Non-native annual grasses and weedy plants quickly grow on exposed banks and set seed before the next high water. Many bird species come and go with the water as they follow their favorite foods. When water levels are high, fish-eating birds such as the great blue heron, egret and kingfisher can be seen from the trail. During low water, grazing Canada geese, seed-eating finches and blackbirds, and ground-nesting killdeers move into the area.

Try This:

Watch quietly, look for movement and listen for calling birds. Compare the types of birds you see. Water and shore birds are shaped differently and act differently than birds living in trees, but be ready for an occasional surprise.

Watch for great blue herons roosting in shoreline oak trees.

