

A Long Journey: Shorebird Migration



Spotted Sandpiper

Sandra Noll

September 1, 2019 • Nora Livingston

\$140 per person / \$130 for Mono Lake Committee members
enrollment limited to 9 participants

As birds fly south for winter, people often wonder: “Where exactly are they going? Where are they coming from? How long does it take them to get there? How do they know where to go?” This seminar strives to answer those questions during a fun time in the field observing these lightweight travelers as they fuel up along the way. We will focus on shorebirds, but there will be plenty of songbird migrants to see as well.

Nora Livingston is the Mono Lake Committee’s Lead Naturalist Guide. She spent eight years migrating in and out of the Mono Basin along with the birds (studying birds on the Channel Islands, the Farallon Islands, and in the Eastern Sierra), until she finally became a resident in 2016. She holds the Mono County Big Day record after seeing 153 species on July 26, 2011. Her bird knowledge of the Eastside is exceptional and she leads birding trips all summer long.

ITINERARY

Sunday, September 1 at 7:00am: Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will spend the day traveling to several locations to maximize our species diversity. Possible locations include Navy Beach, Grant Lake, DeChambeau and County Ponds, Crowley Lake, and Bridgeport Reservoir. This class will return to Lee Vining around 3:00pm.

Altitude and Dehydration Cautions: Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Experts recommend that you begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is rather fierce at high elevations, capable of burning even on cool and cloudy days, so be sure to protect yourself thoroughly using sunscreen, sunglasses, and hat.

MEALS

Please bring a bag/picnic lunch, snacks for the day, and plenty of drinking water.

TO BRING

- binoculars and/or spotting scope
- field guide of your choice
- notebook and pen/pencil
- camera
- appropriate field clothing: hat, sunglasses, warm layers, rain gear
- day pack including plenty of water, sunscreen, insect repellent, etc.
- packed lunch and snacks



Mono Lake Committee Field Seminars

P.O. Box 29 • Lee Vining, CA 93541 • (760) 647-6595 • monolake.org/seminars