

Late Summer Birding



Spotted Sandpiper

Sandra Noll

August 27, 2022 • Nora Livingston

\$145 per person / \$130 for Mono Lake Committee members
enrollment limited to 8 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. Her bird knowledge of the Eastside is exceptional and she leads birding trips all summer long.

ITINERARY

Saturday, August 27 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.

ACTIVITY LEVEL: EASY

This seminar's activity level: *easy*. We will be walking about two miles total for the day, over several stops, at "birding pace," which is slow. We will stick to established roads and trails. Birding includes time standing still in the field, some of which may be in the sun without much shade.

WEATHER & ALTITUDE

Temperatures in summer will be hot during the day and drop to chilly at night, with possible windy conditions and afternoon thunderstorms. Average temperatures in August in Lee Vining are 83°F (max) and 52°F (min).

This seminar will take place at elevations ranging from about 6,000 to 10,000 feet above sea level. It is a good idea to acclimate at the elevation of Lee Vining for at least 24 hours prior to the start of the seminar. Those with a history of heart, ear, or respiratory problems should consult their doctors before attending. Anyone restricted to lower elevations should not enroll. *Note: If you have residual respiratory effects from having Covid-19, activities at altitude may be particularly difficult for you.

Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is intense 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

- face mask (N95 or KN95 recommended)
- 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

COVID-19 REQUIREMENTS FOR 2022

All participants and instructors must be fully vaccinated and boosted. Proof of vaccination will be required after you register for a seminar.

Please minimize your exposure to Covid in the time leading up to your seminar. We recommend obtaining a negative PCR test result within 72 hours prior to your seminar starting.* If your PCR test comes back positive for Covid, you must cancel your registration and stay home. If you begin to feel sick in the days leading up to your seminar, you must cancel your registration and stay home. You will receive a full refund in either case.

*Depending on the regional Covid situation we may need to *require* a negative PCR test result within 72 hours prior to your seminar starting.

During the seminars masks will be required indoors and in carpools/Mono Lake Committee van in accordance with Mono County requirements (N95 or KN95 masks offer the best protection). If Mono County has lifted the mask requirement, masks will not be required indoors and in vehicles during the seminars. (You may wear a mask at any time if you wish to.)

If you begin to feel ill with Covid symptoms at any time during the seminar, you must immediately notify the instructor or staff member accompanying the group and leave the seminar.

Please keep in mind that conditions may change at any time and we may have to change our procedures in order to provide the opportunity for everyone involved with the Field Seminars to safely participate. Depending on the Covid situation in the weeks leading up to your seminar, we may have to plan to hold the seminar completely outdoors. Mask requirements may change. There's a chance we may have to cancel seminars altogether. We will communicate with you about any of these changes, and you can always get in touch with us if you have questions or need more clarification about specific circumstances, by emailing fieldseminars@monolake.org or by calling (760) 647-6595.



Mono Lake Committee Field Seminars

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