

Rare Birding in Mono County



Sabine's Gull

Nora Livingston

September 24–25, 2022 • Nora Livingston
\$195 per person / \$180 for Mono Lake Committee members
enrollment limited to 8 participants

This birding seminar will scour the county looking for rare birds that show up during the fall migration. We will seek out rare birds that have been reported and we will bird several hotspots where rarities tend to show up looking for more! This seminar requires patience and enthusiasm for long days. There are no guarantees of seeing the rare birds, but we will do our best to find them as well as to enjoy what we see, regardless of rarity.

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, September 24 at 6:30am: Meet at the Mono Lake Committee Information Center & Bookstore. After brief introductions, we will travel to carefully-planned locations within the Mono Basin watershed in an attempt to see as many species as possible. We will return to the Mono Lake Committee by 4:30pm.

Sunday, September 25 at 6:30am: Meet at the Mono Lake Committee Information Center & Bookstore. After brief introductions, we will travel to carefully-planned locations within the Mono Basin watershed in an attempt to see as many species as possible. We will return to the Mono Lake Committee by 4:30pm.

ACTIVITY LEVEL: DIFFICULT

This seminar's activity level: *difficult*. Because we cannot plan this seminar in advance, participants will need to be prepared for anything! This seminar will consist of two long, tiring, rewarding days in the field. We may be walking up to five miles a day, some of which will be over uneven terrain,

off trail, and will include stepping up and over obstacles. This type of walking requires good balance, some agility, and stamina. Be prepared for short, steep sections of trail.

WEATHER & ALTITUDE

Temperatures in early fall can be hot and dry, comfortably warm, or downright chilly, with possible windy, rainy, and snowy conditions. Average temperatures in September in Lee Vining are 76°F (max) and 45°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, plus plenty of snacks and drinking water.

TO BRING

- face mask (N95 or KN95 recommended)
- binoculars and/or spotting scope
- notebook and pen/pencil
- appropriate field clothing: hat, sunglasses, warm layers, rain gear
- day pack including **plenty of water**, sunscreen, insect repellent, etc.
- packed lunch and snacks
- field guide of your choice (optional)
- camera (optional, but recommended)

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