

Late Summer Birding



Spotted Sandpiper

Sandra Noll

August 26–27, 2023 • Nora Livingston

\$195 per person / \$180 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 26 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. We will return to Lee Vining around 12:00pm.

Sunday, August 27 at 7:00am: Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. We will continue to bird several different locations to maximize our species diversity. Possible locations include Navy Beach, Grant Lake, DeChambeau and County Ponds, Crowley Lake, and Bridgeport Reservoir. We will return to Lee Vining around 12:00pm.

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.

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

- 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