

# Birding the White Mountains



Pinyon Jays in a Jeffrey Pine

Nora Livingston

## **August 19, 2017 • Nora Livingston**

\$95 per person / \$85 for Mono Lake Committee members  
enrollment limited to 15 participants

The gradient from the Owens Valley up to the White Mountains provides a great swath of diverse habitat, from desert oasis up to high-elevation pinyon-juniper woodland. On a day of birding like this, one could easily see over 100 species in eight hours, though our focus will be to get quality looks at the birds we see as well. This one-day field seminar will search high and low for a great variety of species and end the day tallying up the list at the Mountain Rambler Brewery in Bishop. We will be spending a significant amount of time over 8,000 feet above sea level, with easy hiking on level ground.

Nora Livingston is our very own Lead Naturalist Guide. 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**

**Saturday, August 19 at 6:30am:** Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will carpool to Bishop, where we will begin our birding day at a few special spots before heading south to Westgard Pass and up to the White Mountains, stopping on several hotspots on the way. Around 2:00pm, we will return to Bishop to

tally up our list at the Mountain Rambler Brewery and refresh with a beer (optional), before returning to Lee Vining by 3:30pm.

***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.

## **TO BRING**

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



## **Mono Lake Committee Field Seminars**

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