

A Long Journey: Shorebird Migration



Spotted Sandpiper

Sandra Noll

September 7, 2018 • Nora Livingston

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

As birds fly south for winter, the common questions are “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 our very own Lead Naturalist Guide. She has spent nine years migrating in and out of the Mono Basin along with the birds, until she finally became a resident in 2016.

ITINERARY

Friday, September 7 at 7:00am: Meet at the Mono Lake Committee Information Center & Bookstore in Lee Vining. After brief introductions, we will spend the day travelling 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.

TO BRING

- binoculars and/or spotting scope
- field guide of your choice
- notebook and pen/pencil
- camera
- 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