

Birding the White Mountains



Pinyon Jays in a Jeffrey pine

Nora Livingston

July 12, 2019 • Nora Livingston

\$140 per person / \$130 for Mono Lake Committee members
enrollment limited to 9 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. We will bird our way up into the mountains and spend some time in the Ancient Bristlecone Pine Forest at 10,000 feet above sea level. This one-day field seminar will search high and low for a variety of species, including Juniper Titmouse, Rock Wren, Pinyon Jay, Clark's Nutcracker, and Black-throated Sparrow. We will end the day tallying up our 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 the Mono Lake Committee's 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

Friday, July 12 at 6:30am: Meet at the Visitor Center in Bishop (690 N Main Street)*. After brief introductions, we will begin our birding day at a few special spots in Bishop before heading south to Westgard Pass and up to the White Mountains, stopping at several birding hotspots on the way.

Around 3:00pm, we will return to Bishop to tally up our list at the Mountain Rambler Brewery and refresh with a beer (optional).

*Carpooling is encouraged—if you wish to carpool from Lee Vining to Bishop, please email Nora and she will make sure you have a ride: nora@monolake.org.

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, snacks for the day, and plenty of drinking water.

TO BRING

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