

YOU CAN HELP THE BIRDS



Morecambe Bay is a great place for you to see and enjoy birds.

Please avoid disturbing the birds by keeping your distance as they feed, rest and nest. Here's why:



1 Birds need to feed up to survive, thrive and fuel their long-distance flights. If a bird stops eating or raises its head please move away.



2 Birds need rest (known as roosting) during high tide. They use 12 times more energy when they fly, so please leave them in peace.



3 Birds can be easily scared by dogs. If there are birds on the beach, keep your dog on a lead and well away from them.



4 Keep your impact on wildlife to a minimum by staying on well-trodden routes.



5 In spring and summer waders and wildfowl nest on the ground but are very difficult to see. Keep on the paths (and dogs under close control) on coastal fields, saltmarsh and shingle.



6 Don't forget to tell your friends and family about the birds of the Bay. Together we can protect the birds and other wildlife of the Bay.

For more info visit morecambebaycoastalcode.org

MORECAMBE BAY

Morecambe Bay is the largest intertidal area in the UK. The Bay forms the heart of a network of estuaries in England's North West.

Birds of the Bay

Morecambe Bay has the maximum level of legal protection for its wildlife. Its saltmarshes, sands and mudflats are designated as internationally important. It's one of the top three places in the UK for wintering birds, along with the Wash and the Ribble Estuaries.

Morecambe Bay Partnership

We celebrate and conserve, connect and collaborate. From birds to beach cleans, from cycle ways to catching fishing tales, we deliver projects that make great things happen for our communities.

You can help. Volunteer, come to an event, donate, share a story and help to care for this spectacular place.

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morecambebay.org.uk

For more information about the Bay's wildlife, go to morecambebaynature.org.uk

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MORECAMBE BAY PARTNERSHIP



With help from Natural England, National Trust, the RSPB and our many supporters and volunteers.

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BIRDS OF THE BAY

Get to know the birds of Morecambe Bay



MORECAMBE BAY

BRILLIANT FOR BIRDS

Morecambe Bay makes the perfect pit-stop for migrating birds. They travel thousands of miles from the Arctic regions during the colder months and stay for days, weeks or months to feed on the millions of creatures that live in the mud, sand and saltmarsh.

Vast mudflats and sands, and rocky skears are covered and uncovered twice-daily by the Bay's high tides. Low tide reveals a rich abundance of food for birds. At high tide the Bay provides safe spots, such as saltmarshes, piers

and jetties, for birds to gather and rest.

Morecambe Bay supports over **210,000** individual birds, and is listed in the **top three** sites in the United Kingdom for wintering waders and wildfowl.

To find out more about waders and wildfowl visit rspb.org.uk or download an app – we like Chirp!

BIRD JARGON BUSTER

High tide roost – a place where birds come together to rest or sleep at high tide

Intertidal – the key feeding area between low and high tide

Mudflat – a stretch of mud uncovered at low tide

Saltmarsh – an area of grassland that is regularly covered by seawater

Skear – a rock or mound of cobbles in the sea

Wader – birds that live in coastal environments with long legs that allow them to wade through water

Wildfowl – birds such as ducks, swans and geese

The England Coast Path will be the longest managed and waymarked coastal path in the world. The Morecambe Bay section is due to open by 2020. For more information go to nationaltrail.co.uk/england-coast-path

BAY BIRD BINGO

Look out for more information on and near the coastal paths. If you are lucky you might bump into one of the Natural Ambassadors, Morecambe Bay's local enthusiasts who can tell you more about the Bay and its birds.

When to see the birds of the Bay

The birds you see will depend on the tide, the time of day and time of year.

You can often see birds:

- Resting on their roost sites during high tide
- Feeding where the water ebbs and flows, for two hours before and after high tide

We all enjoy the Bay. Please take care not to disturb the birds when you're having fun, exercising or relaxing.



Check off these birds when you see them...



Turnstone

The turnstone does just that – turns stones to find insects to feed on. Turnstone travel from Arctic Canada to winter at Morecambe Bay, where they take advantage of abundant food and look for undisturbed roosts.



Redshank

The redshank is known as the sentinel of the marsh as they loudly repeat their piping call when disturbed, notifying other birds of your presence.



Eider

The eider is the world's fastest flying duck, able to reach 55mph in level flight. Listen out for their strange cooing during courtship in spring. Your best chance of seeing eider is on the Furness Peninsula.

Roost sites

Visit a roost site between September and March when you'll see large numbers of birds gathering. Roost sites are marked on the map.



Knot

You'll see thousands of knot in winter when they visit this rich feeding-ground from Arctic Canada. They are known as red knot in Canada due to their brick-red breeding colour.



Lapwing

The lapwing has a slightly rubbery squeal and performs amazing aerial acrobatics in spring.



Curlew

The curlew has a long downwards-curving bill. In spring and summer listen out for its beautiful melodic song.

Shelduck

Unlike other ducks, both male and female shelduck have the same colouring – a dark green head and neck, a chestnut belly stripe and a red bill. They like to nest in old rabbit burrows.



Ringed plover

Ringed plover nests are mere scrapes in the shingle or sand so can be hard to see. They'll get very angry if you disturb them on their nest, so keep your eyes peeled, your ears open and keep your distance.



Sanderling

The sanderling is often busily chasing the line of the tide in and out and capturing food between breaking waves. They do a good imitation of a clockwork toy!

WHAT A SITE TO SEE!

Morecambe Promenade and Stone Jetty

The many rocky breakwaters, skears and groynes stretching out from the Prom provide fantastic high tide roosts. You'll see birds here throughout the year, and in larger numbers in the colder months.

Middleton

Potts Corner at Middleton is known for its impressive display of knot and dunlin, which perform twists and turns in the air as they flock together. These displays are called murmurations. They happen when birds are looking for roost sites after a high tide. Murmurations are best seen between December and March.



Oystercatcher

Despite its name an oystercatcher's diet consists mainly of cockles and mussels. The oldest recorded oystercatcher was 46 years old. Their bills grow continuously throughout their long lives to make good the wear and tear of chiselling into cockles and mussels.

Be sure to check out the tide times at: tidetimes.org.uk

TOP TIPS

Look high and low!

You may see birds flying or scuttling across the mud flats.

Hello, can you help me?

If you see a bird-watcher talk to them! They will share their sightings and knowledge.

Zoom in!

You can see birds with the naked eye but you can get up close and personal with a pair of binoculars.

Listen!

Each bird has its own sound or call. You can often hear the difference between them.