

Birding on the Coast — A Beginner's Guide



Use binoculars - Getting familiar with binoculars is key to birding

Tip: Try resting your elbows on something stable to see birds more clearly further from shore



Avoid disturbing birds - Most birds use the coast to rest or feed, and some breed on beaches in the summer - disturbing birds during these times can negatively affect them

Practice counting birds - Counting large flocks is one of the biggest challenges

Tip: Estimate bird numbers in groups (10 in red box), then extrapolate



Look for different birds - Look in flocks for birds that look different than the rest and try to identify them (blue circles)