

# KNOW YOUR GOLDEN PLOVER

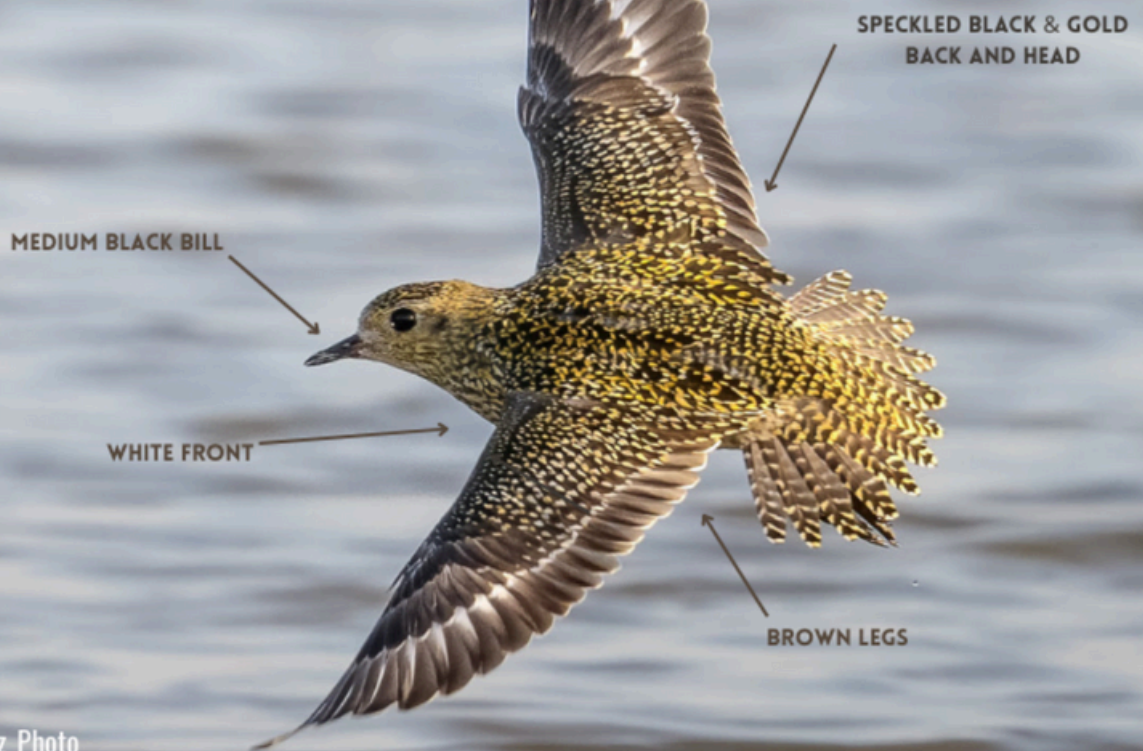


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## Golden Plover *Pluvialis apricaria*

Summer: 32,500 - 50,500

Winter: 410,000

UK conservation status: **Green**

Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

Up to 50,500 pairs nest in the UK, with extra individuals arriving from Iceland and Scandinavia taking the wintering total up to 410,000.

### Voice

Call is a lonely-sounding 'pu-we'. Songflight has a longer, far-carrying 'per-we-oo-, per-wee-oo'.

### Food

Eats a variety of small creatures, especially beetles and earthworms. Also caterpillars of moths, larvae of crane flies, ants, earwigs, spiders, snails and plant material.

### Threats

Drainage of moorland and peatland, changes in farming intensity are this birds main threats. As well as loss of roosting sites and disturbance from recreational activity.

### Migration:

1,185-1,375 miles

### Flight Initiation

**Distance:**  
63 metres

### Wingspan:

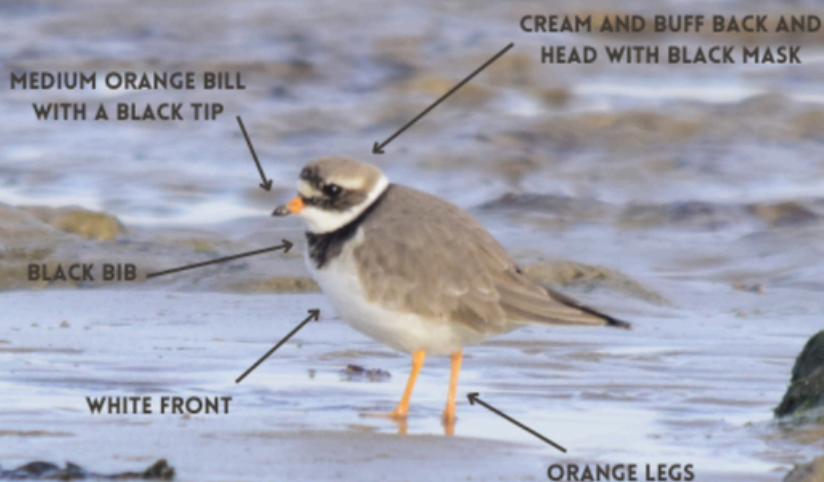
67-76 cm

### Oldest Bird:

12 years



# KNOW YOUR RINGED PLOVER



## Ringed Plover *Charadrius hiaticula*

Summer: 5460+ pairs

Winter: 42,500

UK conservation status: **Red**

Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

Over 5,000 pairs of Ringed Plovers breed in the UK, but wintering numbers are boosted to 42,500 with individuals from Iceland, Greenland and Canada.

### Voice

Call is a distinctive low whistle, 'toolip'. Song during its display flight is yodelling 't'lew, t'lew, t'lew'.

### Food

Feeds on a variety of small insects, worms, crustaceans and other creatures, including shrimp, marine snails, beetles, spiders and small fish.

### Threats

These ground nesting birds face threats from nest trampling from holiday makers, dog walkers and other recreational activities. As well as disturbance whilst roosting and feeding. Also sea level rise.

### Migration:

1,185-3,000 miles

### Flight Initiation Distance:

43 metres

### Wingspan:

48-57 cm

### Oldest Bird:

20 years





# KNOW YOUR PURPLE SANDPIPER

MOTTLED PURPLED GREY BACK

SHORT GREY & ORANGE BILL

SHORT YELLOW LEGS

LIGHT PURPLED GREY  
FRONT



## Purple Sandpiper *Calidris maritima*

Summer: 0  
Winter: 9,700

UK conservation status: **Red**  
Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

9,700 individuals arrive from Greenland, Svalbard and Scandinavia for winter. It is rare to see these birds breeding in the UK apart from a couple attempts in northern Scottish islands.

### Voice

Although usually silent, flocks sometimes make a Swallow-like twittering 'wee-wit' as they take off.

### Food

Picks up food left stranded by the tide or pecks amongst mussels or seaweed. In winter, eats small winkles, mussels, dog whelks, shrimps, small crabs, insects and other tiny creatures washed up by the tide or among living seaweed.

### Threats

Breeding sites in the UK are kept secret to protect the birds from egg thieves and disturbance. Also disturbance from recreational activity along coastal sites during winter period.

### Migration:

1,375-2,000 miles

### Flight Initiation

**Distance:**  
36 metres

### Wingspan:

40-44 cm

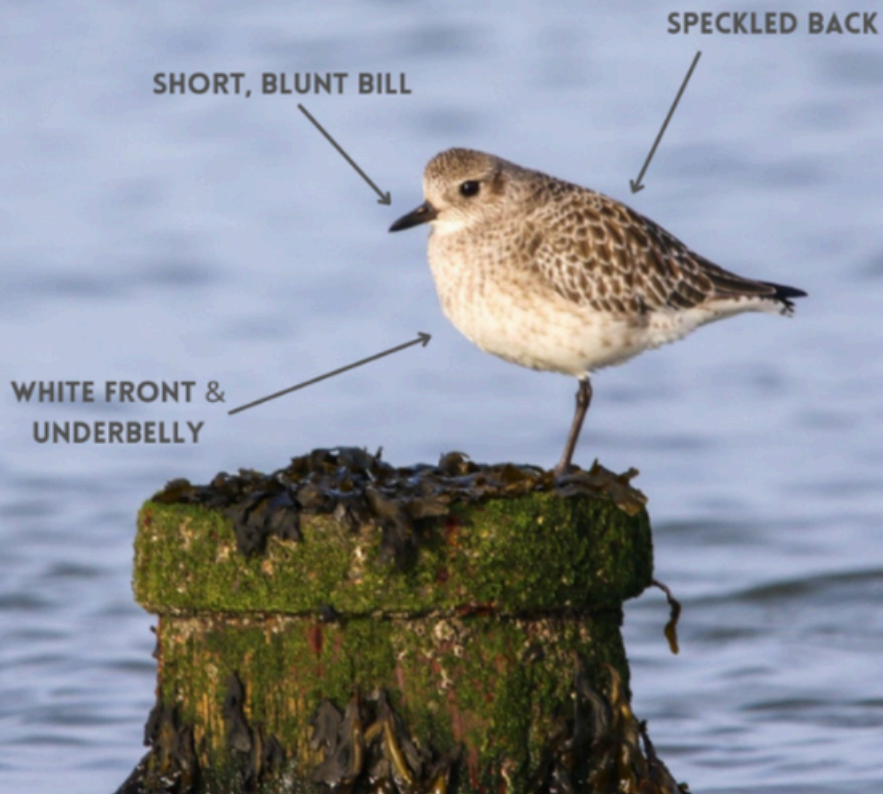
### Oldest Bird:

20 years





# KNOW YOUR GREY PLOVER



## Grey Plover *Pluvialis squatarola*

Summer: 0  
Winter: 33,500

UK conservation status: **Amber**  
Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

These birds begin to arrive in the UK from Scandinavia and Russia in July. Males tend to winter further north than females, and so a high proportion of birds wintering in the UK may be males. They are capable of completing non-stop flights of up to 6,500km.

### Voice

Most usual call is a lonely-sounding and far carrying 'plu-oo-wee', often given in flight.

### Food

Feeds on cockles, other small shellfish marine snails, lugworms, ragworms and bristle worms.

### Threats

Main threat to Grey Plovers is the loss of habitat along their staging grounds on both the European and North American coasts. And disturbance from recreational activities along their coastal wintering grounds.

**Migration:**  
1,375-3,000 miles

**Flight Initiation Distance:**  
69 metres

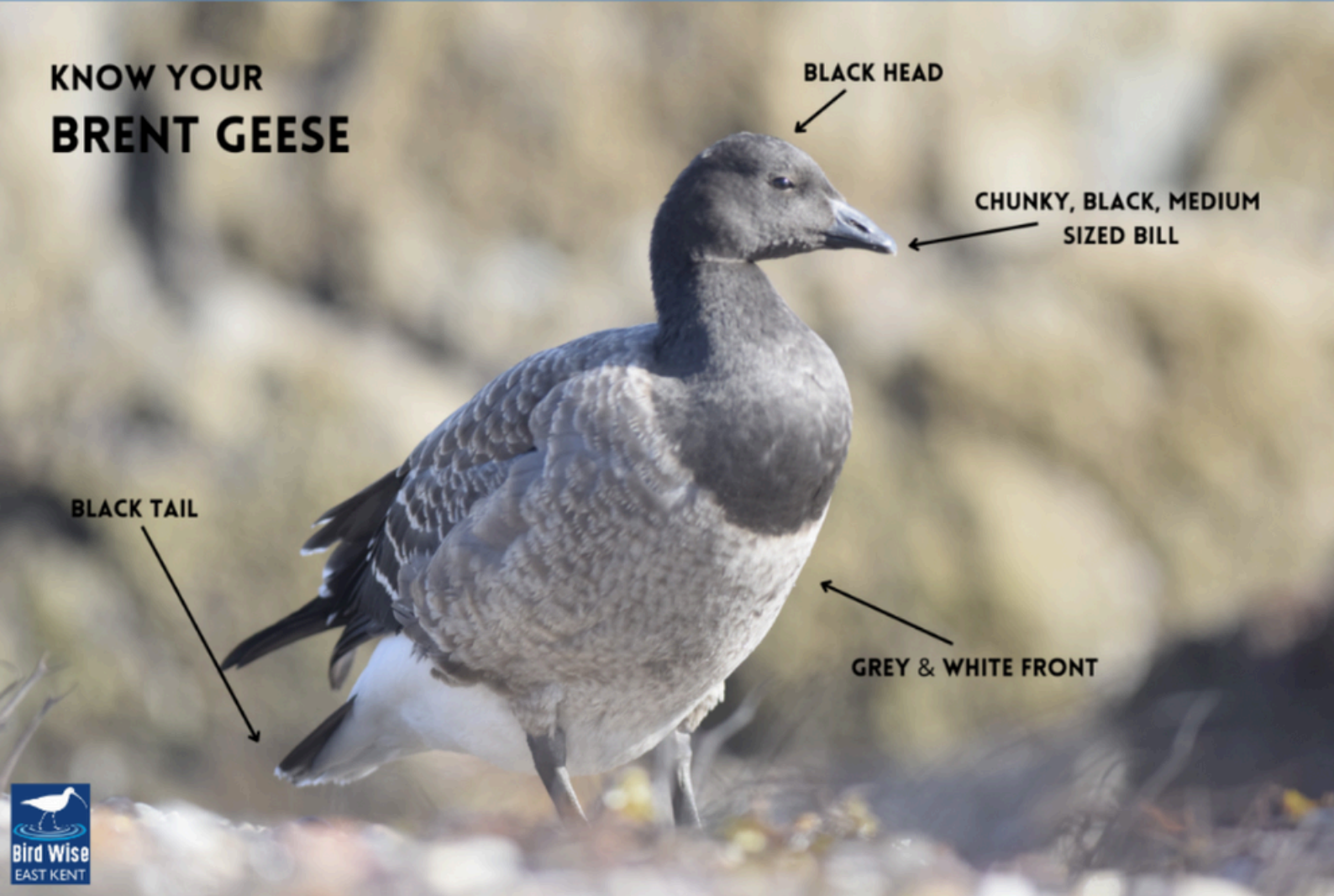
**Wingspan:**  
77 cm

**Oldest Bird:**  
25 years





# KNOW YOUR BRENT GEESE



BLACK TAIL

BLACK HEAD

CHUNKY, BLACK, MEDIUM  
SIZED BILL

GREY & WHITE FRONT



## Brent Goose *Branta bernicla*

Summer: 0  
Winter: 91,000

UK conservation status: **Amber**  
Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

Breeding birds leave Russia by early September and start to arrive at their wintering grounds in the UK by October. Their migration takes 3 weeks on average, stopping over in many staging posts in northern Europe along the way.

### Voice

A single 'cronk' call mix together in flocks to create a babbling that carries a long way, and the clamour grows louder as flocks take to the air.

### Food

Grazes vegetation on land or finds food in water. Traditional food is eel grass that grows in some estuaries. In the UK some birds feed on Sea Lettuce and birds that visit agricultural land graze the shoots of winter cereals, grass and oilseed rape.

### Threats

Shortages of Eel Grass in the 1930s had devastating effects on population. Other concerns are sea level change and disturbance by human recreational activity.

**Migration:**  
3,000 miles

**Flight Initiation  
Distance:**  
66 metres

**Wingspan:**  
110-120 cm

**Oldest Bird:**  
28 years



# KNOW YOUR CURLEW



## Curlew *Numenius arquata*

Summer: 58,500 pairs

Winter: 125,000

UK conservation status: **Red**

Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

UK breeding birds migrate south-west into France and Spain, but numbers are replenished by birds migrating from Scandinavia and Russia.

### Voice

Common call is a distinctive 'cour-ee' from which it gets its common name. In spring, songflight is accompanied with a lonely-sounding, bubbling trill.

### Food

In winter, it probes into soft mud for crabs, lugworms, ragworms, small shellfish, cockles, marine snails and shrimps. And in pastures for earthworms. Males and Females have different length beaks so they can live alongside each other feeding at different levels in the mud.

### Threats

Loss of breeding and roosting habitat is the Curlews main threat. As well as disturbance along coastal sites. Their flight initiation distance is 214 metres.

**Migration:**  
1,375-3,000 miles

**Flight Initiation  
Distance:**  
214 metres

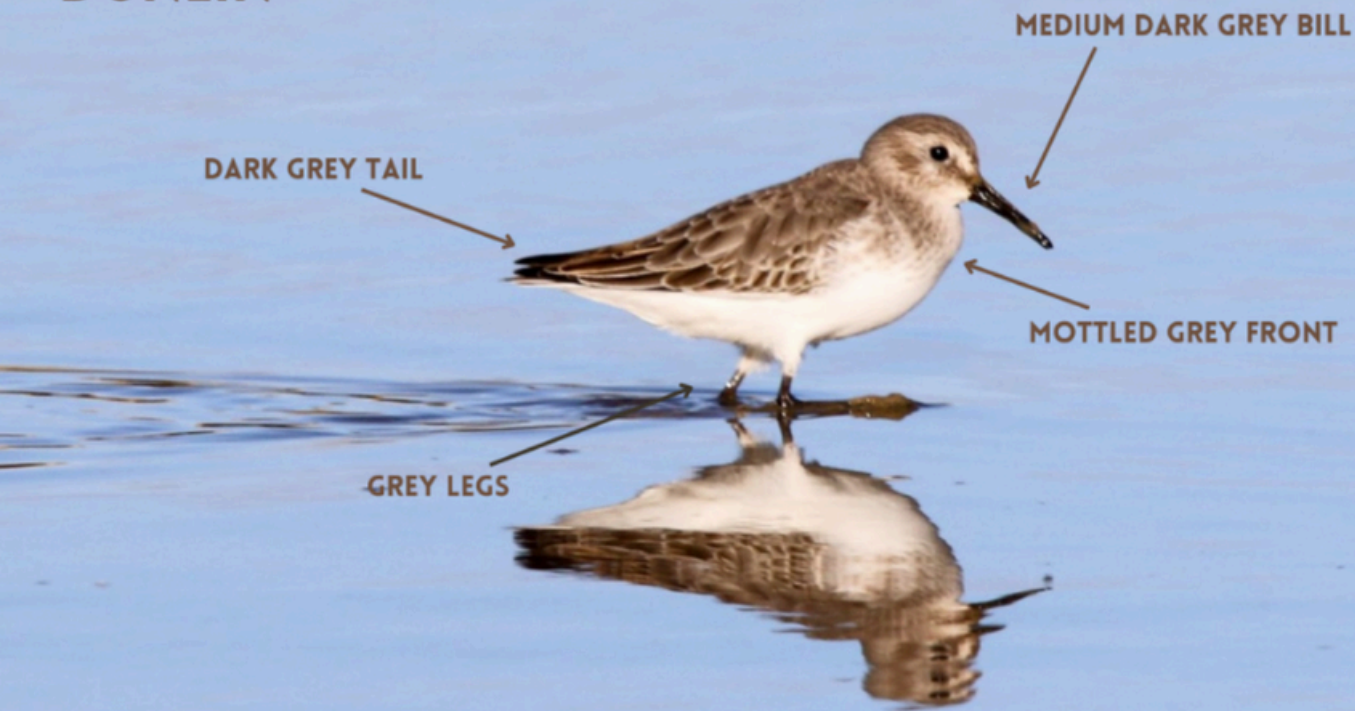
**Wingspan:**  
80-100 cm

**Oldest Bird:**  
32 years





# KNOW YOUR DUNLIN



## Dunlin *Calidris alpina*

Summer: 9,600 pairs  
Winter: 350,000

UK conservation status: **Red**  
Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

There are many different sub-species of Dunlin, the most common in the UK being *alpina* from Iceland. Other birds from Greenland pass through during migration. And some others from Scandinavia winter in the UK. British breeding birds migrate South.

### Voice

Usual flight call is a rough 'treep'. Display song on breeding grounds is a piping trill.

### Food

Food is taken from the surface, by probing mud or wading in water. Eats insects such as beetles and fly larvae. Also molluscs, microscopic crustaceans and worms.

### Threats

Changes in agricultural practices is the Dunlins main threat. But also recreational activities on the coast can disturb roosts, especially during winter.

**Migration:**  
1,185-1375 miles

**Flight Initiation  
Distance:**  
38 metres

**Wingspan:**  
45-50 cm

**Oldest Bird:**  
28 years



# KNOW YOUR OYSTERCATCHER



## Oystercatcher *Haematopus ostralegus*

Summer: 95,500 pairs

Winter: 305,000

UK conservation status: **Amber**

Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

The UK has a healthy population of breeding birds, but numbers are boosted in the winter with birds from Iceland and Scandinavia. Some British breeders stay year round, other migrate south for winter.

### Voice

Usual call is an unmistakable, loud, shrill, piping 'kleep, kleep'.

### Food

In coastal areas main food is shellfish such as mussels and cockles. Inland the main food is worms. Also eats crabs and lugworms. Uses its powerful beak to break into shells and despite its name does not feed on oysters due to the strength of their shells.

### Threats

Oystercatchers were once culled to protect the commercial cockle industry. Coastal breeding is now largely on protected sites, but are still vulnerable to disturbance from recreational activities along the coast in winter.

**Migration:**  
1,185-1,375 miles

**Flight Initiation  
Distance:**  
77 metres

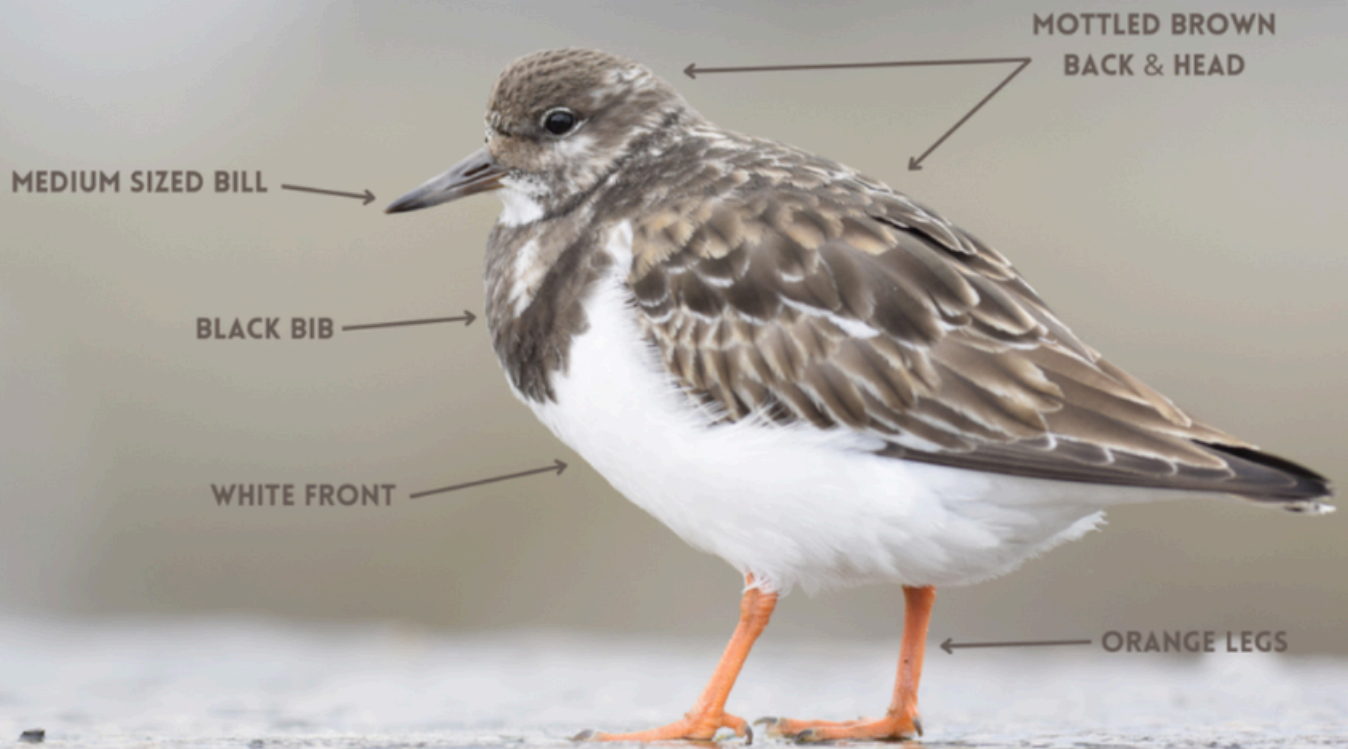
**Wingspan:**  
72-83 metres

**Oldest Bird:**  
43 years





# KNOW YOUR TURNSTONE



## Turnstone *Arenaria interpres*

Summer: 0  
Winter: 43,000

UK conservation status: **Amber**  
Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

British Turnstones travel up to 3,000 miles from Greenland and north-east Canada. They arrive between August and October. Some birds can be seen year round, these are likely failed breeders and young that are not yet sexually mature enough to breed.

### Voice

Usual call in flight is a rather metallic, twittering 'kit-it-it'. It also has rippling song on breeding grounds that ends in rattling 'quitta, quitta, quitta'.

### Food

Feeds on mussels, barnacles, sandhoppers, periwinkles, crabs and insects. An opportunist feeder, a wide variety of food has been recorded, from household scraps to a human corpse washed up on a beach. Gets its name by using its beak to turn over stones and find food beneath.

### Threats

Changes in distribution of shellfish and other food may affect numbers, but main threat is human disturbance on coastal sites during winter months.

**Migration:**  
1,175-3,000 miles

**Flight Initiation  
Distance:**  
25 metres

**Wingspan:**  
50-57 cm

**Oldest Bird:**  
22 years



# KNOW YOUR SANDERLING

SHORT STUMPY GREY BILL

GREY AND WHITE  
FLECKLED BACK

WHITE FRONT



Greg Bessant

## Sanderling *Calidris alba*

Summer: 0  
Winter: 20,500

UK conservation status: **Amber**

Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

Long distance migrants coming from Iceland and Scandinavia. They are capable of flying up to 5,000km non-stop and will increase their body weight by up to 60% in order to prepare for the journey.

### Voice

Call given in flight or when flushed is a liquid 'twick, twick'.

### Food

Takes food from the surface or probes in mud. Eats small crabs, shrimps, shellfish, sandhoppers and marine worms that live in mud and sand or are washed in by the tide.

### Threats

Like other waders, Sanderlings need to feed undisturbed to obtain enough food to sustain their long flights and survive the winter. Disturbing feeding birds in winter should therefore be avoided.

**Migration:**  
1,185-1,375 miles

**Flight Initiation  
Distance:**  
26 metres

**Wingspan:**  
36-39 cm

**Oldest Bird:**  
18 years





# KNOW YOUR LAPWING



## Lapwing

*Vanellus vanellus*

Summer: 97,500 pairs

Winter: 635,000

UK conservation status: **Red**

Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

97,500 pairs of Lapwing breed in the UK and wintering number are boosted by migrants from Russia, arriving between June and November. Birds will react to cold weather by moving further south if needed.

### Voice

Call, from which it gets its alternative name of Peewit, is a rather wheezy, drawn-out 'pee-wit'. The song that accompanies its display is 'pee-wit, wit, wit-eeze wit'.

### Food

Eats a variety of invertebrates living on or in the ground, including earthworms, leatherjackets, beetles, flies, moth caterpillars and ants. Also spiders, small frogs, snails and some plant matter.

### Threats

Agricultural changes are the Lapwings biggest threat. Lapwings rely on damp grasslands as well as coastal sites for survival. Disturbance from human along coastal sites is also a threat.

**Migration:**  
3,000 miles

**Flight Initiation  
Distance:**  
32 metres

**Wingspan:**  
82-87 cm

**Oldest Bird:**  
24 years





# KNOW YOUR REDSHANK



## Redshank *Tringa totanus*

Summer: 22,000 pairs  
Winter: 100,000

UK conservation status: **Amber**  
Protected by The Wildlife and  
Countryside Act 1981.

### Movements and Migration

Half of the UK wintering population is from Iceland, with others from Greenland, and some from Scandinavia. Some UK breeding birds stay year round, other move into France and Spain. Young Redshank tend to travel further than adults.

### Voice

Noisy and nervous wader that alerts other birds to approaching danger with ringing 'tew, tew' call. In spring, has a yodelling 'tu-udle, tu-udle' that accompanies display flight.

### Food

In coastal areas feeds on shrimps, small fish, shellfish such as cockles, marine snails, small crabs, ragworms and other marine worms. Inland feeds on earthworms, crane fly larvae, beetles, flies and spiders.

### Threats

Cold winters increase mortality, as do dry summers when young find it difficult to feed. Drainage of agricultural land, and overgrazing of coastal marshes has caused loss of breeding and feeding grounds.

**Migration:**  
1,185-1,950 miles

**Flight Initiation  
Distance:**  
59 metres

**Wingspan:**  
62 cm

**Oldest Bird:**  
26 years





# KNOW YOUR AVOCET



## Avocet

*Recurvirostra avosetta*

Summer: 1,950 pairs

Winter: 8,700

UK conservation status: **Amber**

Protected by The Wildlife and  
Countryside Act 1981  
Schedule 1 Species

### Movements and Migration

Up to 1,950 pairs now breed in the UK after successful conservation efforts. Numbers increase to 8,700 in winter with birds from Scandinavia. Although other birds from there will move further into Europe.

### Voice

Usually silent away from nest. Most common call is pleasant 'clute, clute' which becomes more urgent and strident if the bird is seriously alarmed.

### Food

Feeds on insects, crustaceans and worms. The most common food includes shrimps, ragworms, sandhoppers, the larvae of midges and other flies and beetles.

### Threats

Breeding numbers in the UK are becoming more stable since becoming extinct as a breeding species in 1840. Loss of coastal habitat was the main cause. Now it is threatened by rising sea levels and human disturbance near nesting and roosting sites.

**Migration:**  
1,375 miles

**Flight Initiation  
Distance:**  
102 metres

**Wingspan:**  
77-80 cm

**Oldest Bird:**  
27 years



# KNOW YOUR BLACK TAILED GODWIT



## Black Tailed Godwit *Limosa limosa*

Summer: 53 pairs

Winter: 41,000

UK conservation status: **Red**

Protected by The Wildlife and  
Countryside Act 1981  
Schedule 1 Species

### Movements and Migration

UK and other European breeding populations move south for winter crossing the Sahara Desert in September. UK wintering individuals leave their breeding site in Iceland as soon as their young can fly, usually in July.

### Voice

Most common call is a loud, clear 'weeka-weeka-weeka'.

### Food

In spring and summer feeds on insects, especially the adults and larvae of beetles and flies. Also feeds on worms and small snails.

### Threats

Overgrazing, trampling of nests by animals and sudden summer floods can be a problem. Also drainage of coastal wetlands and disturbance from recreational activities on the coast.

**Migration:**  
1,185 miles

**Flight Initiation  
Distance:**  
150 metres

**Wingspan:**  
70-82 cm

**Oldest Bird:**  
23 years





