



# Nature Newfoundland & Labrador Guide to Birding



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# Birding in Newfoundland & Labrador

Newfoundland and Labrador is a spectacular place for birdwatching. The province's geographical location allows over 400 species, both native and occasional visitors, to be seen.

The province has 311 known seabird breeding colonies and is home to the world's largest Leach's storm-petrel colony, which can be found on the largest protected seabird island in Newfoundland and Labrador, Baccalieu Island.



## Provincial Bird:

The Atlantic Puffin is the provincial bird of Newfoundland and Labrador. Puffins nest underground in burrows, typically at the top of steep cliffs along the coastline. The best time to see them is from early May through mid-September. The best place to see puffins is at the Witless Bay Ecological Reserve, however these colonies are only accessible by tour boat. The closest land-viewing site is at Elliston Point on the Bonavista Peninsula. See the "Where to Bird" sections for more details on these locations.



# Ways to Watch

There are many different companies and organizations in the province that offer birding tours, both on land and by boat.

## Bird the Rock - Jared Clarke

Bird The Rock offers custom bird and nature tours that are flexible and designed just for you. From guided day tours, to week long excursions, Jared can lead your group, big or small, and help you plan the best route for birding in the province. Visit [birdtherock.com](http://birdtherock.com)



## Gatheralls Puffin and Whale Watching - Boat Tours

From May to September, book your boat tour from Bay Bulls with Gatherall's. Visit the Witless Bay Ecological Reserve, the home of the Atlantic Puffin and one of the best whale watching destinations. Visit [gatheralls.com](http://gatheralls.com)



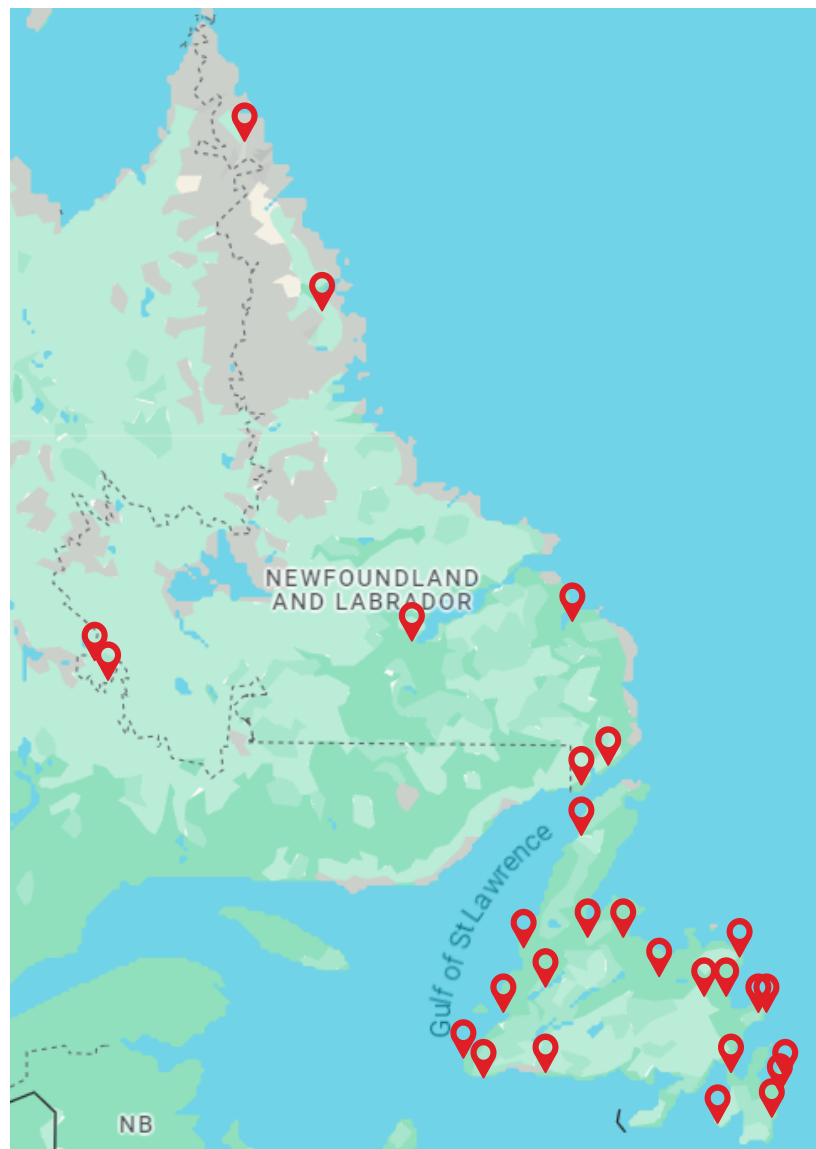
## Sea of Whales Adventures - Boat Tours

Located in Trinity, Sea of Whales offers Zodiac boat tours for whale watching. You can also expect to see eagles, and offshore sea birds including puffins and northern gannets. Visit [seaofwhales.com](http://seaofwhales.com)

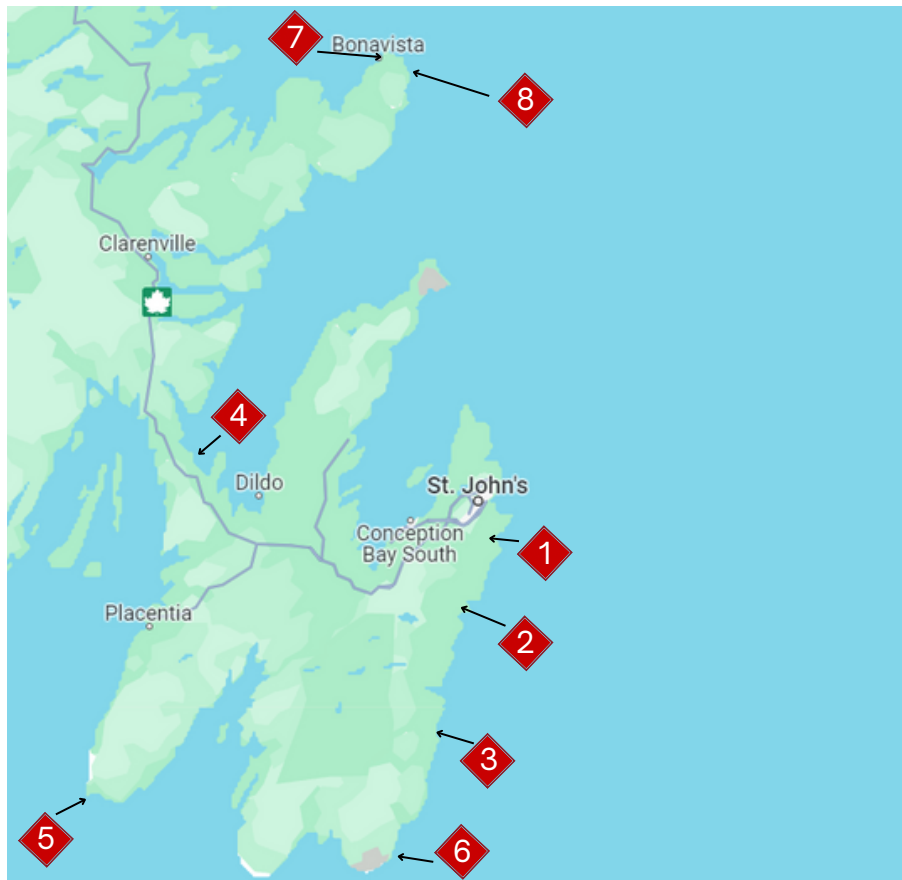


# Where to Bird

There are many great locations to bird watch in Newfoundland & Labrador. We have outlined some of the best hotspots across the province.



# Where to Bird - Eastern Newfoundland



## 1 Bidgoods Park

Located in Goulds, Bidgoods Park is a forested wetland that provides habitat for a rich variety of bird species. The trails are well marked, well maintained and family-friendly. The park is located at the intersection of Back Line and Power's Road with parking lots accessible from both streets.

## 2 Witless Bay Ecological Reserve

Located along Route 10, the Irish Loop Drive, the Witless Bay Ecological Reserve is a major hub for watching and learning about seabirds. It is comprised of 4 islands: Gull, Great, Green, and Pee Pee, which teem with seabird life during breeding season. The reserve contains North America's largest Atlantic puffin colony, as well as the world's second-largest colony of Leech's storm petrels. As public access to the islands is restricted, this is best done using the services of commercial tour boat operators.

### **3** **Renews Bay**

Renews bay and beach are found right along Hwy-10 with a pull-off parking area from the highway. The bay is a great spot to look for waterbirds and shorebirds. Follow the road on the south side of the bay to discover plenty of songbirds in the shrubs and forest.

### **4** **Chance Cove Beach**

This rocky beach and pond attract a variety of birds throughout the year. There is a hiking trail that passes along the side of the pond and through the forest along the rocky coast beside the beach. There is a parking area at the trailhead along Main Rd in Chance Cove.

### **5** **Cape St. Mary's**

This ecological reserve is known as the Seabird Capital of North America. It is one of the best places in the world to view seabird colonies in the summer and wintering waterfowl in the winter. View razorbills, murre, northern gannets, cormorants, scoters, long-tailed ducks, harlequins, dovekeys, eiders and kittiwakes, all from land or sea.

### **6** **Cape Race**

The barrens of Cape Race attract tundra-breeding birds during the fall and winter and provide great views of waterfowl on the ocean. The lighthouse is a national historic site located at the end of the Road to the Cape which starts near the community wharf in Portugal Cove South.

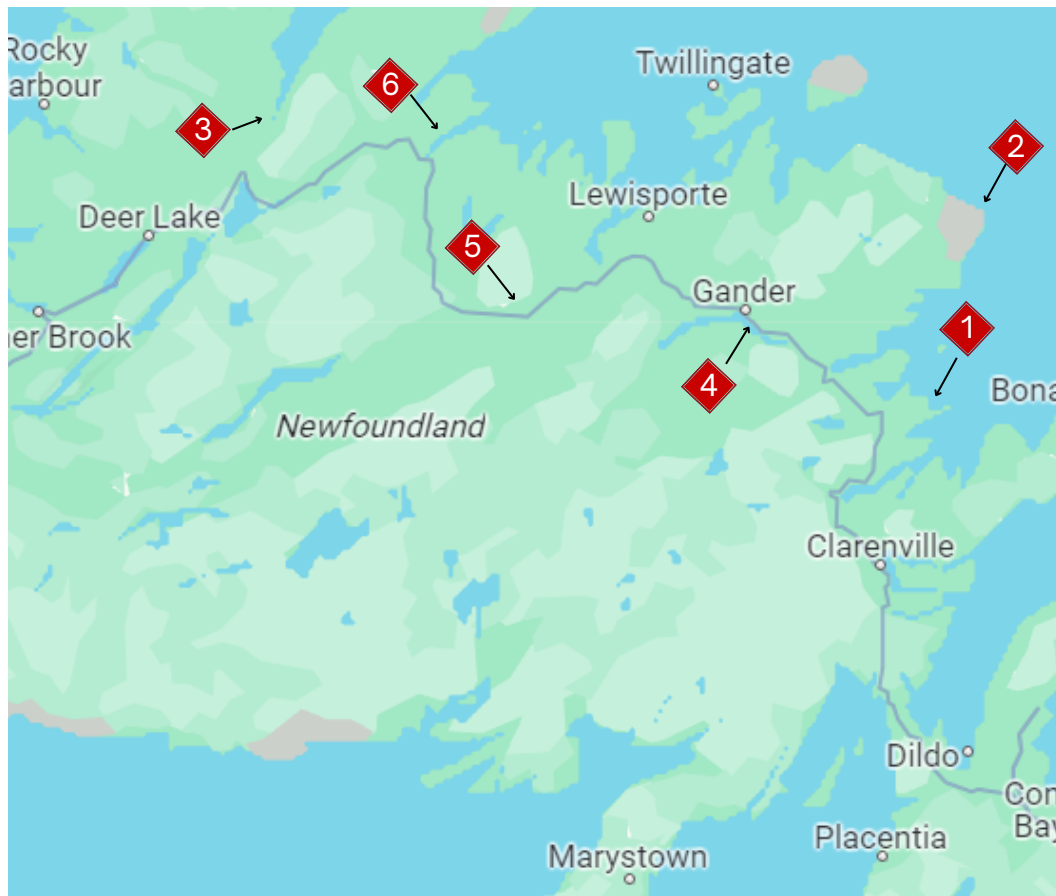
### **7** **Cape Bonavista**

Cape Bonavista is home to plenty of trails that wind through barrens, forests and shrubs. The Cape Shore Trail, in particular, starts on Cape Shore Road and ends at the Bonavista Lighthouse where seabirds can be seen along the cliffs.

### **8** **Elliston Puffin Viewing Site**

Located along Maberly Road in Elliston, this viewing site offers the closest view of puffins, from the land, in all of North America. Puffins fly close to viewers and often land on the cliffs just several feet away. The site is open from May to September, but the best time to visit is in June and July.

# Where to Bird - Central Newfoundland



## 1 Terra Nova Migratory Bird Sanctuary

Terra Nova National Park is found along the Trans-Canada Highway between Clarenville and Glovertown. The boreal forest meets the sea along an extensive coastline making this a great spot for seabirds and songbirds! It is home to the Terra Nova Migratory Bird Sanctuary. Since 1967, this area has been a protected habitat for many seabirds and shorelines.

## 2 Cape Freels

The sandy beaches of Cape Freels are an excellent spot to look for shorebirds and the dunes are home to plenty of small songbirds. Follow Cape Freels Rd to a small parking area at a fork in the road. There will be a pond on the right and a beach on the left. Follow the trail to the right alongside the pond to access the sandy beach!



### **3 Hampden**

The town of Hampden is found about 20 km north of the Trans-Canada Highway about 45 km east of Deer Lake. The river meets the sea in a long bay surrounded by boreal forest. Look at out for water-birds and forest birds near the river outflow!

### **4 Cobb's Pond Rotary Park - Gander**

This Park found off of Magee Rd in Gander includes a 4 km wheelchair accessible scenic trail around Cobb's Pond. The trail provides great views of the water and surrounding forest.

### **5 Corduroy Brook Walking Trail - Grand Falls-Windsor**

The Corduroy Brook Walking Trail is found in the middle of Grand Falls-Windsor. The majority of the trail network is accessible from Conservation Pl. The trail follows the Corduroy Brook and travels through diverse marsh, forests and open habitats.

### **6 Springdale Indian River Trail**

This 5.6 km walking trail follows the Indian River and travels through lush wetlands and forests. This area attracts a great variety of birds throughout the year.

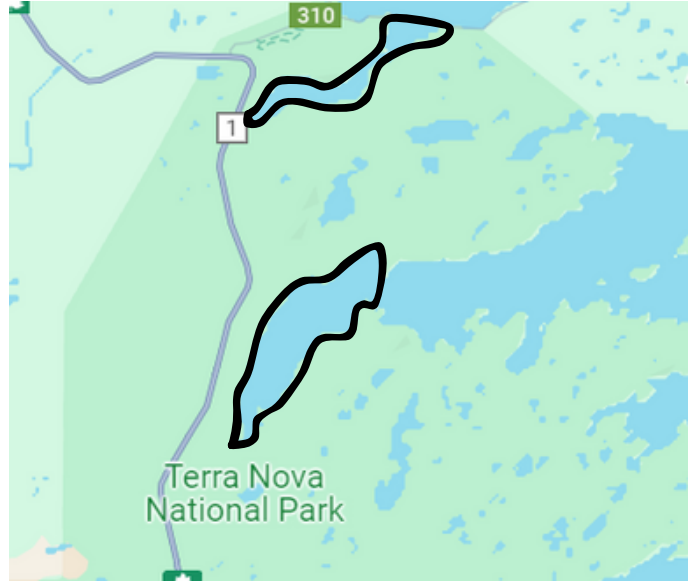
# Special Highlight - Terra Nova Migratory Bird Sanctuary

## What it is:

Created in 1967, this area has been a protected habitat for many seabirds and shorelines. It is made up of two distinct areas: Southwest Arm, and the westernmost portion of Newman Sound. The Migratory Bird Sanctuary is managed by Environment and Climate Change Canada

## Why it's important:

Migratory Bird Sanctuaries protect migratory birds from human activities such as the killing, harm and harassment during a critical part of their life cycle, such as breeding, nesting, moulting, or staging and stopover during their migration.



## Types of Birds Here:

Approximately 30 species are regularly spotted and nearly half of the birds on the list of species recorded at Terra Nova National Park have been observed in or flying over this sanctuary. The main groups of bird species to be found here are shorebirds, waterfowl and seabirds. Shorebirds are particularly visible during the summer months and the early fall when they can be spotted along the tidal flats.

Key Species: Canada Goose (*Branta canadensis*), American Black Duck (*Anas rubripes*), Common Goldeneye (*Bucephala clangula*), and Common Merganser (*Mergus merganser*).

## How to visit

The Terra Nova National Park Visitor Centre is located along the Newman Sound portion of the Terra Nova Migratory Bird Sanctuary. Here, you can walk along the many trails and watch seabirds along the shoreline.

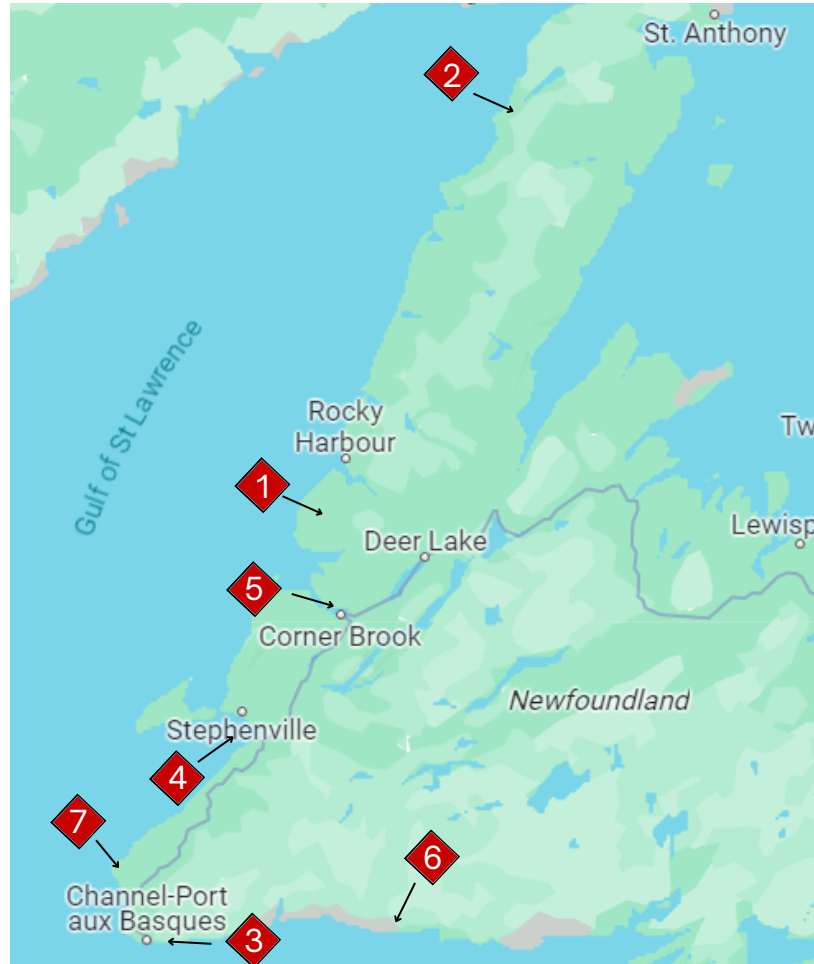
Although entry and access to most sanctuaries is not restricted, human activities are controlled as per the Migratory Birds Convention Act and Regulations.

Read more about the Terra Nova Migratory Bird Sanctuary: [Here](#)

There are two other Migratory Bird Sanctuaries in Newfoundland & Labrador.

Read about them: [Here](#)

# Where to Bird - Western Newfoundland



## 1 Gros Morne National Park

This park contains a huge range of habitats and landscapes from beaches and bogs to forests and wetlands. Because of this variety, it is home to an incredible diversity of birds. The park is found along Hwy 430 with several parking lots providing access to well-developed trails.

## 2 Plum Point

With plenty of beaches along a winding coast, there is plenty of opportunities to spot seabirds, shorebirds and waterfowl in Plum Point. Travelling along Michaels Drive will take you past several bays and inlets that are perfect for birdwatching.

### **3 JT Cheeseman Provincial Park**

JT Cheeseman Provincial Park park includes bogs and forests as well as sandy beaches along the coast. This found on Park Road off of the Trans-Canada Highway about 10 km north of Port-Aux-Basques. Find more info here: <https://www.parksnl.ca/parks/j-t-cheeseman-provincial-park/>.

### **4 Stephenville Crossing Estuary**

The estuary in Stephenville Crossing attracts a great variety of bird species throughout the year. The estuary can be accessed from Hwy 490 where the Trailway walking path runs parallel to the road.

### **5 Corner Brook Stream Trail**

This 2.7 km trail loops along the river through Corner Brook. It is an easy walking trail with access from multiple surrounding streets (Park St, Brook St, O'Connell Dr). The forest and stream attracts lots of songbirds and waterbirds.

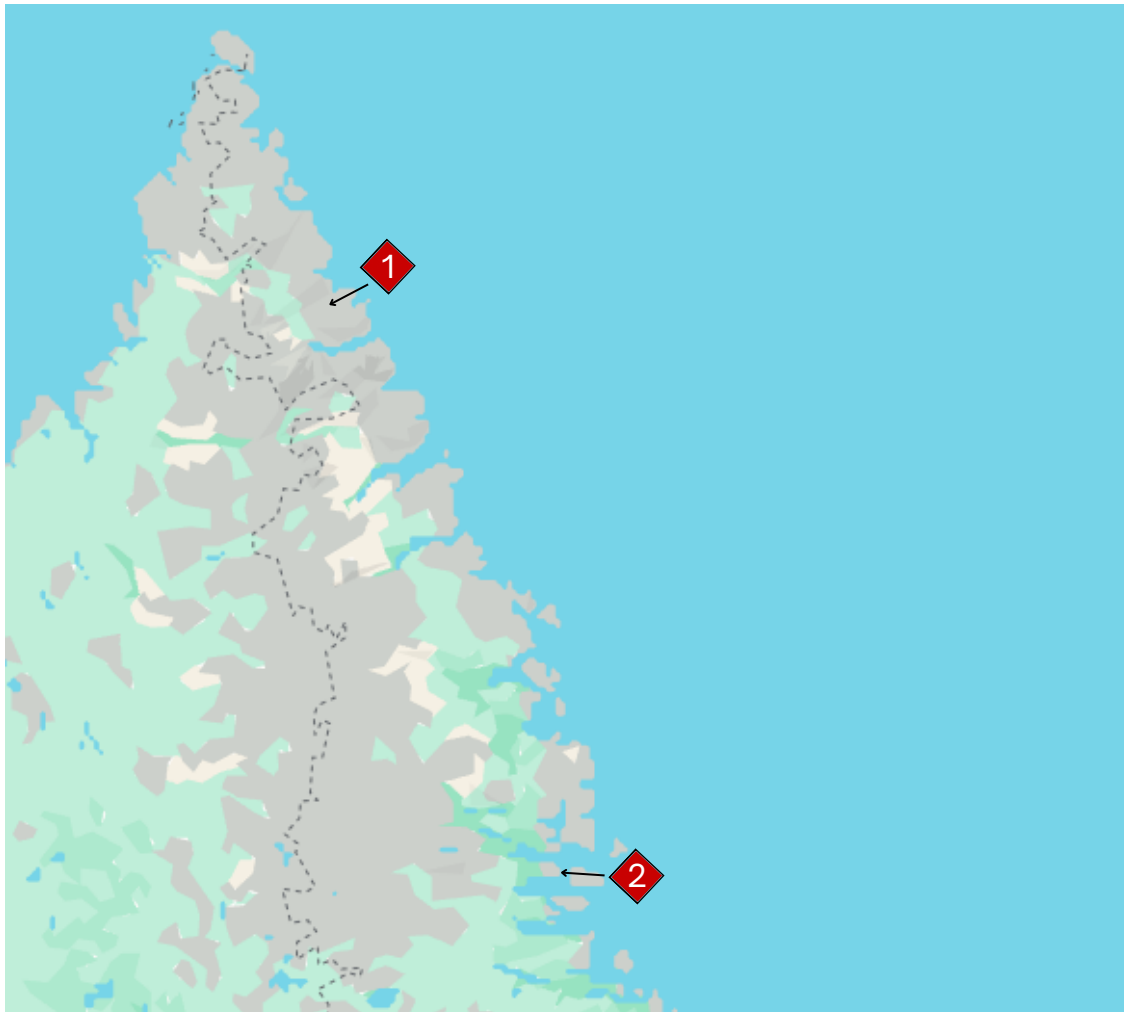
### **6 Sandbanks Provincial Park**

Sandbanks Provincial Park is found near Burgeo, 150 km from the Trans-Canada Highway on Route 480. The park has amazing sand dunes and beaches alongside barrens and forest. Find more info here: <https://www.parksnl.ca/parks/sandbanks-provincial-park/>.

### **7 The Grand Codroy Estuary**

The Grand Codroy Estuary is a 925 hectare protected wetland on the southwestern coast of the island. Located just off of highway 406, It is home to 2 internationally recognized Important Bird Areas.

# Where to Bird - Northern Labrador



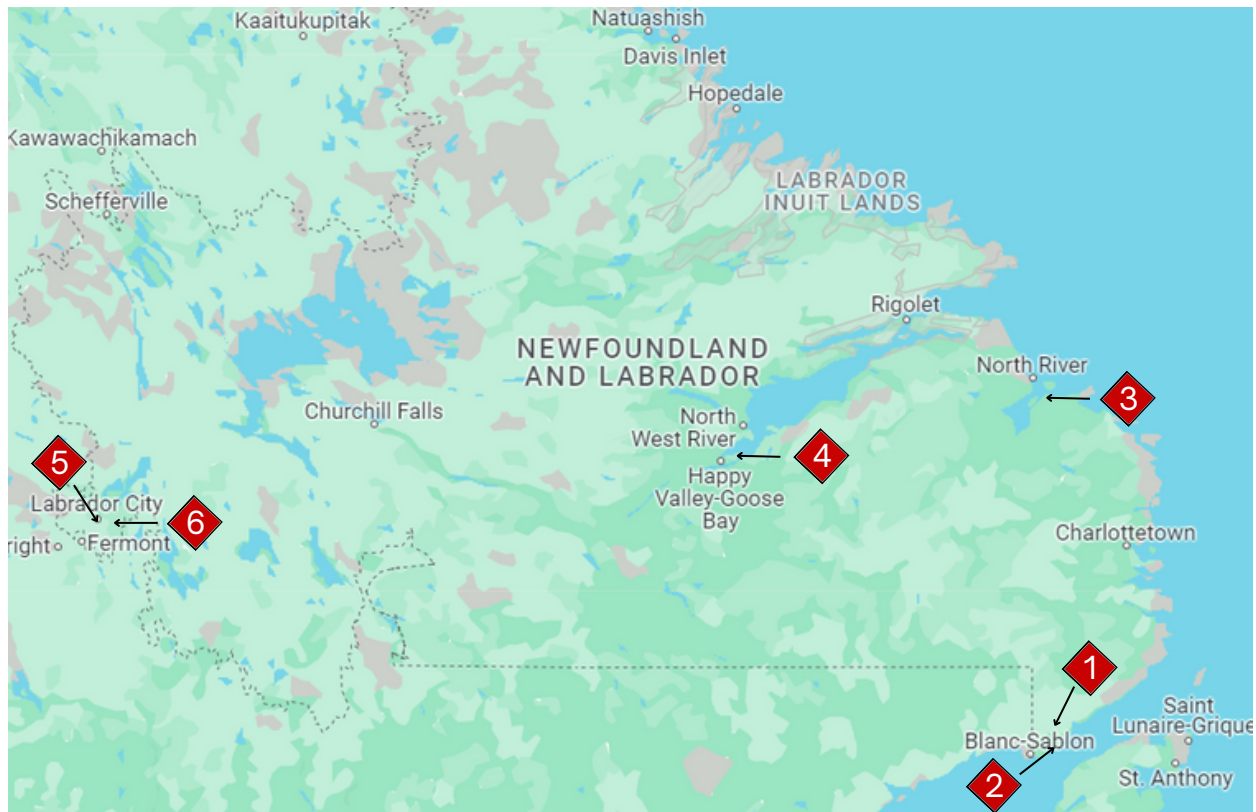
## 1 Torngat Mountains National Park

Torngat Mountains National Park is the traditional homeland of the Inuit of Labrador and Nunavik. Birding here provides the opportunity to see many northern species on their remote breeding grounds.

## 2 Nain

Hop on a plane or a ferry from Happy Valley-Goose Bay and visit the northernmost permanent settlement in Newfoundland & Labrador. Nain is home to a variety of seabirds and forest birds, and has a great visitors center with displays on local birds and wildlife.

# Where to Bird - Southern Labrador



## 1 English Point

English Point is a great place to get beautiful views of Forteau Bay and all the birds spending time there. The beach area is a critical re-fueling stop for migrating shorebirds in the fall. The point can be accessed from Water St off the Trans-Labrador Highway.

## 2 Point Amour

This is a great location to walk along a shoreline and view shorebirds and seabirds. You may also spot a whale or two! You can reach Point Armour by driving along L'Anse Amount Branch Rd off the Trans Labrador Highway.

### **3 Cartwright Harbour**

The area between the large dock/Gateway convenience and the fish plant is a great area year-round for bird watching! You can stop by the dock or walk along the road and see what birds you might find. A great place to watch newly hatched eiders in the summer and migrating fall shorebirds!

### **4 Birch Island Creek - Happy Valley-Goose Bay**

This is a beautiful trail and boardwalk that is very active with birds, especially in the spring and summer. The trail is found at the corner of Birch Island Rd and Pump House Rd in Happy Valley-Goose Bay. The area has been undergoing extensive restoration to create healthy wetland, forest and beach ecosystems.

### **5 Tanya Lake Walking Trail - Labrador City**

The Tanya Lake Trail is a gentle 3 km walk along the lake that includes great views of the water and the surrounding forest. Tanya Lake can be accessed from Baden Powell Rd in Labrador City. Find more info here: <https://labradorwest.com/stay/things-to-do/summer/parks-trails/>

### **6 Jean Lake - Wabush**

This trail is a 5 km loop around Jean Lake. It is a gentle trail that passes along the lake, through surrounding forests, past a sandy beach area and grassy fields. The trail is accessible off of Grenfell Dr in Wabush.



# When to Bird

Deciding when to go birding, depends on what types of birds you want to see. The Merlin ID app and eBird are great resources for finding what kinds of birds are visiting your area during different times of the year.

## Summer

Summers in Newfoundland & Labrador is the prime time for birding. A variety of different songbirds such as sparrows, warblers, finches and chickadees, can be seen and heard in parks and along trails. This is also a great time to see the provinces provincial bird, the Atlantic Puffin. Late summer is a great time to see shorebirds.

## Winter

Many bird species migrate elsewhere in the winter time, so birding can be slow. However, there are a number of birds that migrate to Newfoundland & Labrador during the winter months, including:

- Dovekies
- Purple Sandpiper
- Tufted Duck
- Bohemian Waxwing
- Willow Ptarmigan





# How To Watch

## Important Things to Remember when Bird Watching:

Dress for the weather and terrain.

The weather in Newfoundland & Labrador can be unpredictable. Make sure to check the forecast, and dress accordingly. A good pair of supportive, waterproof footwear is also recommended if going hiking.

Pack a bag.

Here is a list of items and equipment you should bring along on your bird watching adventure:

- Binoculars
- Field Guides/ Apps
- Water
- Snacks

Bring a friend!

Or tell a friend where you're going and when you expect to be back.

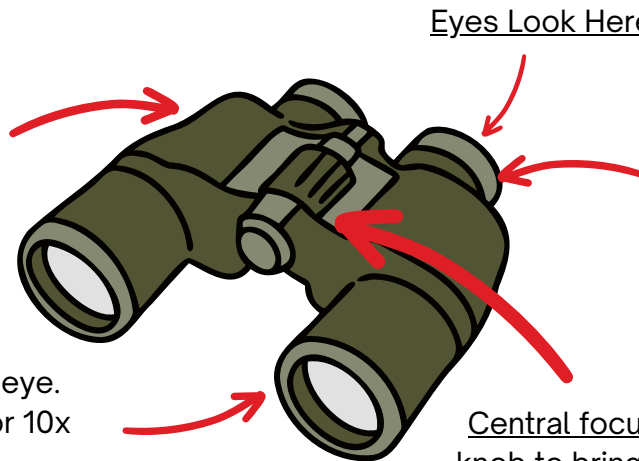
# Using Binoculars

Spotting birds with binoculars for the first time can be hard. However, with some practice and a little knowledge about the binoculars themselves, you'll learn to locate birds quickly and how to view them clearly through your binoculars.

## About Binoculars:

Central width adjustment hinge that allows you to adjust the distance between the barrels to best match the distance between your eyes.

Two lenses, one for each eye. Most binoculars have 8x or 10x magnification.



Eyes Look Here!

Diopter focus adjuster, to adjust for the differences between your two eyes, since many of us have different vision quality in different eyes.

Central focus adjustment knob to bring the birds into crisp view.

## Adjusting Your Binoculars:

- 1 Hold the binoculars up to your eyes with one barrel in each hand. You'll need to adjust the distance between them to fit your eyes.
- 2 Next, practice with the central focus. Looking through your binoculars, find an object at least 3 meters away, even if it's fuzzy. With both eyes open, use your index fingers to turn the focus ring until the object becomes clear.
- 3 Lastly, you'll want to adjust the diopter focus to ensure both eyes see clearly together. Close your right eye and fine-tune the central focus while looking through your left eye only. Next, close your left eye, and adjust the diopter focus ring with your right hand until the object is clear in your right eye. Open both eyes – it should be crisp and clear!

# Nature NL Birdwatching Backpacks

We're pleased to offer birdwatching backpacks available at local libraries across Newfoundland and Labrador – all you need is a library card. The backpacks come in 3 sizes (Kids, Adults, and Family) and have everything you need for a great birdwatching experience: Binoculars, birdwatching guide, instructions and tips for how to get started with birding, and an overview of local birdwatching hotspots.



Backpacks are available in English and French, and the Labrador ones are also available in Innu.

## Available here:

### Labrador:

Labrador City  
Wabush

### Newfoundland:

Carbonear  
Clareville  
Conception-Bay-South  
Corner Brook  
Gander  
Grand Falls-Windsor  
Mount Pearl  
Pasadena  
St. John's  
Stephenville





# Birdwatching Tips

## **Be patient.**

Birds move around a lot and can sometimes scare easily. It's important to be patient, move slowly, quietly, and wait for birds. Some species are more secretive and require a little more patience than others, but it's always exciting when you finally spot them! It's also important to be patient as you learn to identify birds. It can be overwhelming trying to learn hundreds of bird species as a beginner, but the more time you spend birdwatching, the easier it will be.

## **Use your eyes and ears.**

To identify bird species, you need to take note of the distinctive features of the bird. When looking at a bird, these features include the size, shape and colour. Take note of where the colours are on the bird. What colour is the chest? What colour are the wings? Are there markings on the wings? The more you watch and observe the bird, the more details you will gather. After you've noted the appearance, you can look at your field guide to see what species it might be. Birds also have very distinctive songs and sounds. When identifying a bird, listening can be just as important as seeing a bird. This is especially true when the birds are hard to spot by sight, such as in a thick forest. With practice, you can learn to identify birds by sound alone!

## **Habitat is an important clue in identifying and finding bird species.**

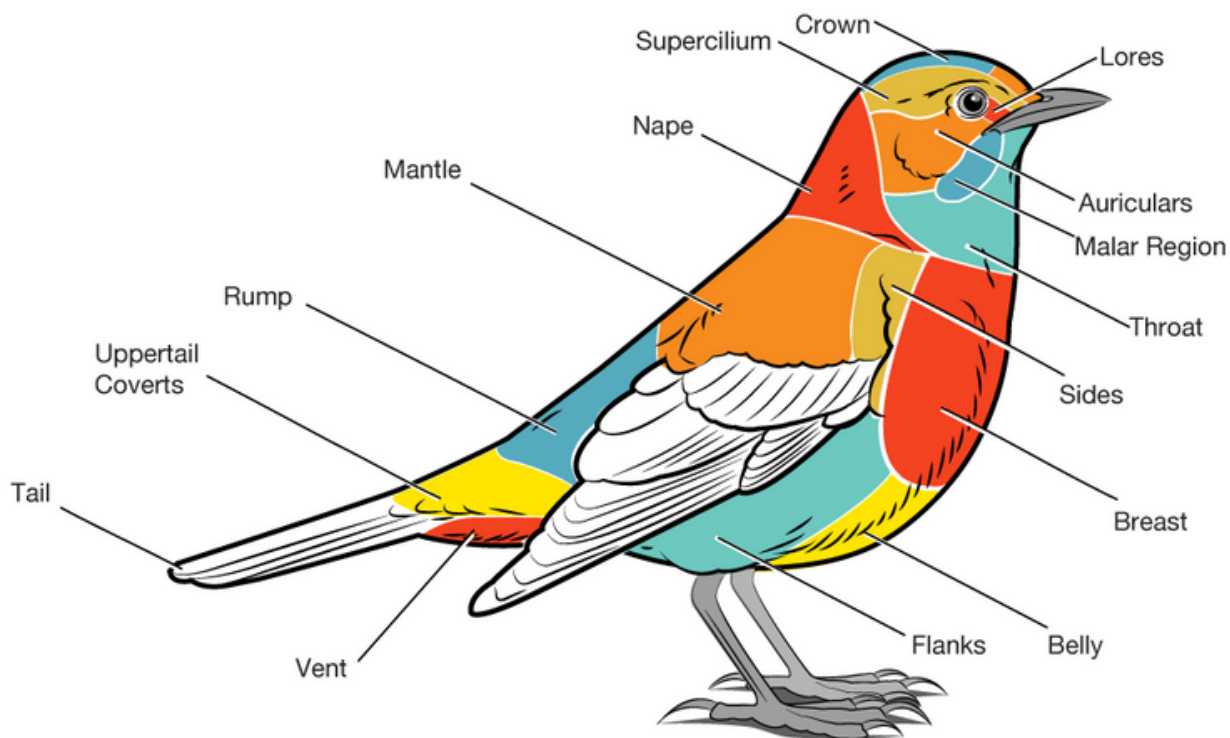
Learning the habitats that different species of birds prefer can be a very useful tool in identifying unknown birds and to find particular birds of interest. For example, you're unlikely to spot a seabird in the middle of the forest. Using this logic can be a very useful way to narrow down the possibilities when trying to identify an unknown bird. Similarly, if you are keen to spot a certain bird species in particular, knowing what habitat they live in will help guide you to places you are most likely to find it.

## **Take note of bird behavior.**

The behavior of birds can also be an important clue to identify the bird species. For example, ducks can be divided into "dabblers" and "divers". If you see a duck actively diving or, alternatively, dabbling by dipping its head to feed in the shallows, this can help narrow down the duck species you are looking at.

# Basic Bird Anatomy

To better understand birds and how to properly identify them, it's important to know the basic anatomy of birds. Below is a diagram of some of the terminology used to describe parts of birds.



Thompson, M. (2014, November 25). [Basic-parts-of-a-bird](#). Bird Academy | the Cornell Lab.

# Field Guide Resources

## Nature NL Guides

**Guide to Common Winter Gull Species of Quidi Vidi Lake (Adults in Winter)**  
February 2016

**Black-backed Gull (*Larus marinus*)**  
Large gull, extensive streaking on head, gray legs, white head, very dark gray back, black wing tips, pink legs

**Glaucous Gull (*Larus hyperboreus*)**  
Very large gull, white head or limited streaking, pale gray back, white wing tips, pink legs

**Herring Gull (*Larus argentatus*)**  
Large gull, extensive streaking on head, gray back, black wing tips, pink legs

**Lesser Black-backed Gull (*Larus fuscus*)**  
Large gull, streaked head, gray back, black wingtips, yellowish legs

**Island Gull (*Larus glaucopterus*)**  
Large gull, white/streaked head, gray back, wingtips from very pale to dark, pink legs

**Ring-billed Gull (*Larus delawarensis*)**  
Small gull, streaked head, gray back, black wing on tail, yellow/greenish legs

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**Guide to Common Seabird Species of Newfoundland and Labrador**

**Atlantic Puffin (*Fregata aetidea*)**  
Small and plump black and white seabird with a very thick, curved and colorful bill. Common NL Names: Sea Parrot, Hatchet-bill, Hatchet-face

**Dovekie (*Alle alle*)**  
Tiny and plump with short neck and stubby bill, black wings and white belly. Mostly seen during winter. Common NL Names: Bull Bird, Ice Bird

**Northern Gannet (*Morus bassanus*)**  
Large white, heavy-bodied seabird, very sharp pointed bill & black wing tips, black legs & blue around eyes. Often seen plunging-diving for food.

**Leach's Storm-Petrel (*Oceanodroma leucorhoa*)**  
Smallest seabird, with faded chocolate brown feathers, white patch on rump, small head and small down-curved black bill. Often seen performing buoyancy, erratic flight. Common NL Names: Carey's Chick, Carey Chickens, Mother Carey's Chickens

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### Winter Gulls

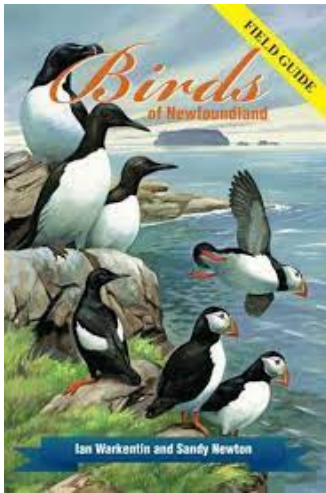
### Seabirds

<b>INDEX</b> ...Glossy Ibis <b>AMERICAN VULTURES</b> Turkey Vulture <b>OSPREY, EAGLES &amp; B.</b> Osprey Golden Eagle Northern Harrier Sharp-shinned Hawk Northern Flicker Bald Eagle Red-tailed Hawk Sharp-shinned Hawk <b>RABBIT, GALLINULES &amp; COOTS</b> Coot Chipping Sparrow Yellow Rail Parula Goldfinch American Coot <b>CRANES</b> Sandhill Crane <b>STILTS</b> Black-necked Stilt American Avocet <b>OSTRECHERES</b> Tundra Oystercatcher <b>SANDPIPERS &amp; PHALAROPES</b> Black-bellied Plover Semipalmated Plover American Golden Plover Pacific Golden Plover Northern Lapwing Common Ring-billed Gull Semipalmated Plover Parasitic Jaeger Spotted Sandpiper Red-throated Loon Common Goldeneye <b>SKUES</b> Common Murre Black-throated Loon Black-throated Loon Black-throated Loon <b>GULLS, TERNS &amp; SKuas</b> Black-legged Kittiwake Ivory Gull Sabine Gull	<b>WINGS</b> Chimney Swift <b>WOODPECKERS</b> Red-bellied Woodpecker Black-bellied Woodpecker Yellow-bellied Sapsucker Downy Woodpecker Hairy Woodpecker American Three-toed Woodpecker Northern Flicker <b>FALCONS</b> American Kestrel Merlin Gyrfalcon Peregrine Falcon <b>BOVES</b> White-tailed Ptarmigan <b>CUCCOONS</b> Yellow-billed Cuckoo Black-billed Cuckoo <b>OWLS</b> Barn Owl Great Horned Owl Snowy Owl Northern Saw-whet Owl <b>SHREKBIRDS</b> Common Nighthawk Black-winged Nighthawk <b>SWIFTS</b> Chimney Swift <b>WINGS</b> White-crowned Vireo Yellow-throated Vireo Blue-headed Vireo
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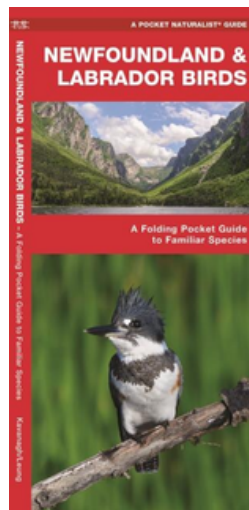
## Newfoundland & Labrador Birding Checklist

# Field Guide Resources

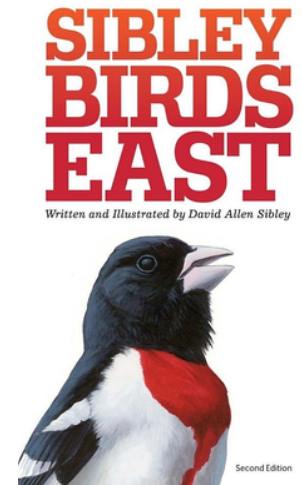
## Other Useful Field Guides



Birds of Newfoundland: Field Guide  
By: Sandy Newton and Ian George Warkentin



Newfoundland & Labrador Birds: A Folding Pocket Guide to Familiar Species



The Sibley Field Guide to Birds of Eastern North America: Second Edition  
By: David Allen Sibley



# Additional Resources

## Websites/ Apps

[Merlin ID - https://merlin.allaboutbirds.org/](https://merlin.allaboutbirds.org/)

Identify the birds you see and hear! Developed by Cornell Lab of Ornithology, this free app allows you to find the identity of birds using sound, photos, or a step-by-step guide. You can save birds to your list, and also explore the types of birds that are near you.

[eBird - https://ebird.org](https://ebird.org)

eBird is one of the world's largest biodiversity-related science projects, with more than 100 million bird sightings contributed annually by eBirders around the world. Birders enter when, where, and how they went birding, and then fill out a checklist of all the birds seen and heard during the outing. With this website you can: Keep track of your bird lists, photos, and sounds; Explore latest sightings from around the world; Join the world's largest birding community; Contribute to science and conservation.





# Get Involved

## Nature NL Events:

### Bird Learning Nights

Join Nature NL and our experienced naturalists for our online Bird Learning Nights. We will walk you through a series of bird identification using bird photography (similar to birding in a group outdoors). Learn to use identification clues like looking at the shape of the bird, plumage, beak, behaviours, etc. This is a great chance to improve your skills, while learning in a playful manner.

### Guided hikes

We offer a variety of different guided walks and hikes including family guided walks and themed guided walks like our annual lady slipper walk.

### Bird related workshops

We host a number of different fieldtrips and workshops including our Gull ID Workshop.

### Public Talks

Our public talks feature diverse speakers (e.g. naturalists, scientists, adventurers, lawyers, educators, etc.) focused on everything from backyard biodiversity to rare and endangered species. Our talks run in-person and online every 3rd Thursday\* of the month from September – April.

## Other Groups and Organisations



### Newfoundland Breeding Bird Atlas

This five-year project teams citizen scientists with professionals to map the distribution and relative abundance of bird species breeding on the island of Newfoundland. A collaborative effort between conservation organizations, federal and provincial governments, the private sector, and the public, the Atlas will provide an invaluable tool for wildlife conservation, education, and research in the province. Visit <https://nf.birdatlas.ca/> for more information.

### MUN Botanical Garden Guided Birdwatching Walks:

During the spring/summer months, guided birdwatching walks are held on a biweekly basis on Sunday mornings at the MUN Botanical Gardens. These walks are led by experienced birders who are happy to share their bird knowledge with new bird-watchers. The schedule is posted on the MUN Botanical Gardens website:

<https://www.mun.ca/botanicalgarden/events/>



The Newfoundland & Labrador Birdwatching Group (Facebook): A forum for birders to share sightings and photos of local birds. This can be great place to get input from other local birders on identifications for unknown birds in photos.

# Check out our Bird-Friendly Coffee!

Nature NL is excited to be in partnership with Cafe Avia, purveyors of Bird Friendly coffee from Canadian coffee roasters, Totem Roasters. The coffee is certified organic, Fairtrade, and Bird Friendly®. For each bag you purchase you not only support migratory birds (including some that breed in Newfoundland and Labrador and winter in coffee-growing regions), but also Nature NL's programming in Newfoundland and Labrador. This would make for a lovely gift for the bird and/or coffee lover in your life!

## How is it “Bird-Friendly”?

In order to grow coffee in the sun, many coffee farms clear cut tropical forests resulting in deforestation which destroys habitat for many flora and fauna, including migratory birds that winter in these areas. This is a big problem as habitat loss is the leading cause for biodiversity loss and can be detrimental to the survival of entire ecosystems.



Scientists at the Smithsonian Migratory Bird Center created the Bird Friendly coffee certification to combat biodiversity and habitat loss resulting from coffee production. First introduced in the 1990s, this certification ensures that coffee farmers follow strict growing standards and are paid premiums for being certified. Some of these standards include ensuring that there is the proper mix of foliage coverage, tree height and diversity. This makes Bird Friendly coffee shade grown to higher standards than other shade grown coffees, meaning that the coffee is produced on farms with a canopy cover that provides important habitat for migratory and resident birds – species that are often threatened by global deforestation. This coffee is also certified organic and Fairtrade, meaning it is grown in a way that reduces its overall environmental impact and supports farmers and their communities.

## Where to Buy:

[Click here](#) for Cafe Avia's online store and make sure to select the coffee or gift set for “In Support of Nature Newfoundland and Labrador.”