

# Blackpoll Warbler

*Setophaga striata*



## About this Bird

The Blackpoll Warbler breeds in northern forests in the summer. It puts on lots of weight eating insects, caterpillars and fruits to prepare for migration. It undertakes the longest migration of any warbler, with some individuals traveling over 8,000 km (5,000 mi) from Alaska to Brazil. To reach the Caribbean some birds fly up to 3,000 km (1,850 mi) over the Atlantic Ocean from North America, flying non-stop for nearly four days! The male changes colour from a neat black, white and grey to a dull, green brown when migrating. Can you think why? Bird Size 14 cm, 5.5 in.

## Where this Bird Can Be Found

