Mniotilta varia

This small, stripy bird climbs up and down the trunks of trees and branches, probing in the bark with its long bill for insects and spiders. It can even hang upside down as it feeds, holding on with its long toes. These birds can be seen all over the Caribbean from August to April. Look closely and you will see that some birds have black cheeks while others have white. The ones with black cheeks are the males.

Bird Size 13 cm, 5.25 in.