

Track Your Migration Miles

Migratory birds have no choice but to use the power of their wings to make their amazing migrations every year. Can you match a small portion of their efforts?

Challenge yourself and your family to travel by walking or cycling, on journeys when you would normally take the car.

It's great for your health and reduces your carbon footprint!



Match a Least Sandpiper by traveling **3 km**. They travel 3,000 to 4,000 km from the Gulf of St. Lawrence and New England to wintering grounds in northeastern South America.

<https://birdsoftheworld.org/bow/species/leasan/cur/movement>

Match a Prothonotary Warbler by traveling **8 km**. One study reported that a Prothonotary Warbler travelled about 8,000 km, round-trip, from Louisiana in the US to wintering grounds in Columbia.

<https://www.audubon.org/news/new-audubon-study-reveals-prothonotary-warbler-5000-mile-migration-path-first>

Match a Bobolink by traveling **10 km**. They make a 20,000 km, round-trip between breeding grounds in North America and wintering grounds in South America.

<https://birdsoftheworld.org/bow/species/boboli/cur/movement>



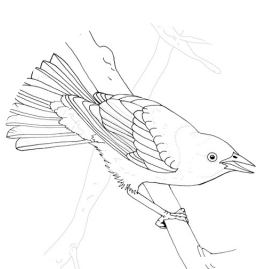
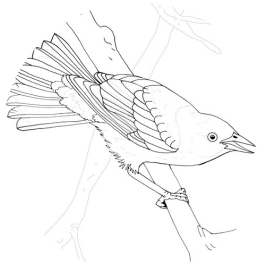
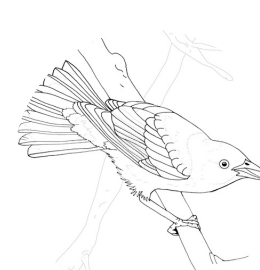
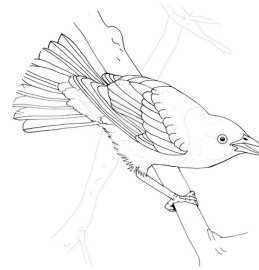
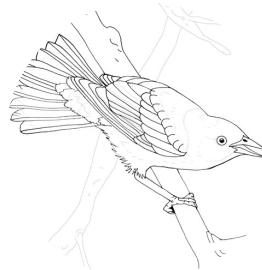
Print the chart below to keep track of distance travelled!

ALWAYS TAKE A PARENT OR GUARDIAN WITH YOU or let them know when and where you will be traveling to.

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For each KM walked or cycled, color a bird, starting with the Least SandPiper.



KEEP
ON GOING

