

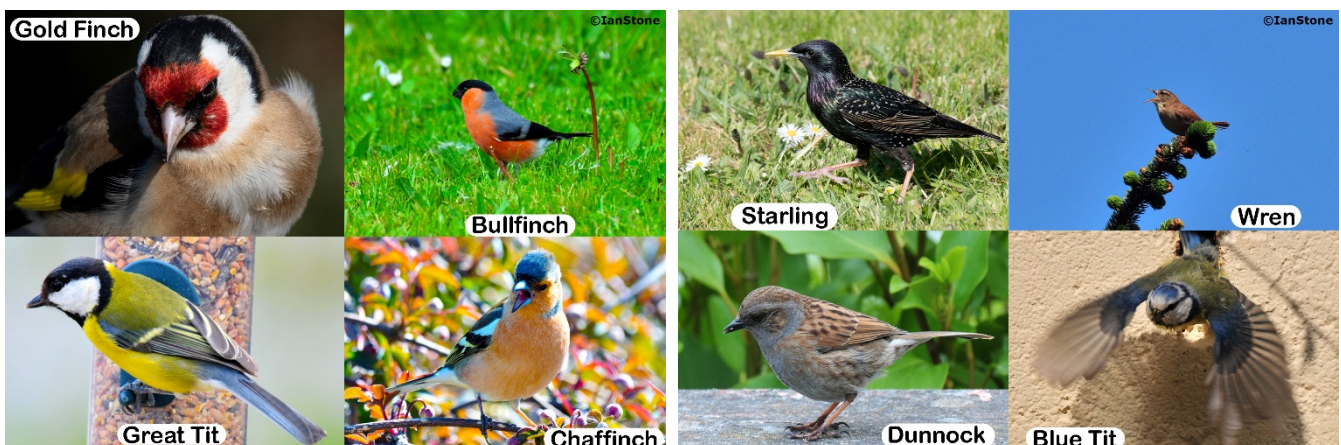
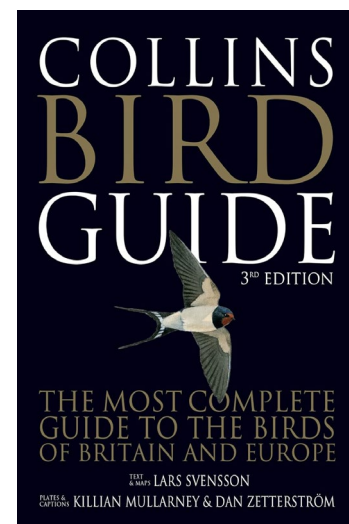
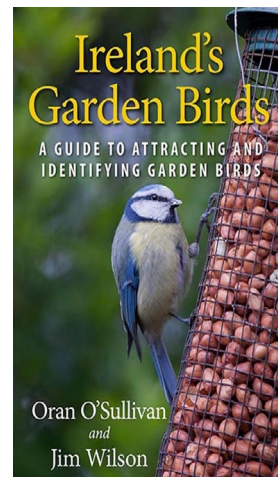


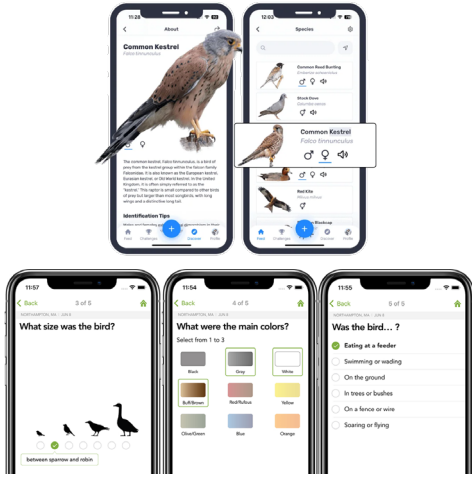
So, you want to Start Bird Watching?

The best place to start Bird watching – right at home in your back garden! There are lots of Birds that visit our Gardens on daily basis – especially if you put food out for them on a Bird Table or in Feeders. Now you have your first Birds to watch, what Next?

Choose a Good Bird Identification Book (Field Guide). You may be able to get one from your local Library to start with. You can also pick up books from Amazon reasonably Priced. Good books to start Bird Watching with are “Irelands Garden Birds” and “The pocket Guide to the Common Birds of Ireland”.

Once you spent some time Bird watching, you will need to get yourself the “Collins Bird Guide” it is referred to as “The ultimate reference book for bird enthusiasts” and without question, it is the most important Bird Book you will ever buy. One thing to remember... most birds roost (sleep) at night and are most active first thing in the morning. This is where the expression “The early Bird catches the worm” comes from. So, you may have to get up early if you want to see more Birds!





As well as Books to use for Identification, you can also use Online Resources and Apps on your phone. Two of the Best Apps to use are Merlin Bird ID and Birda. Both of these Apps are available for iPhone and Android.

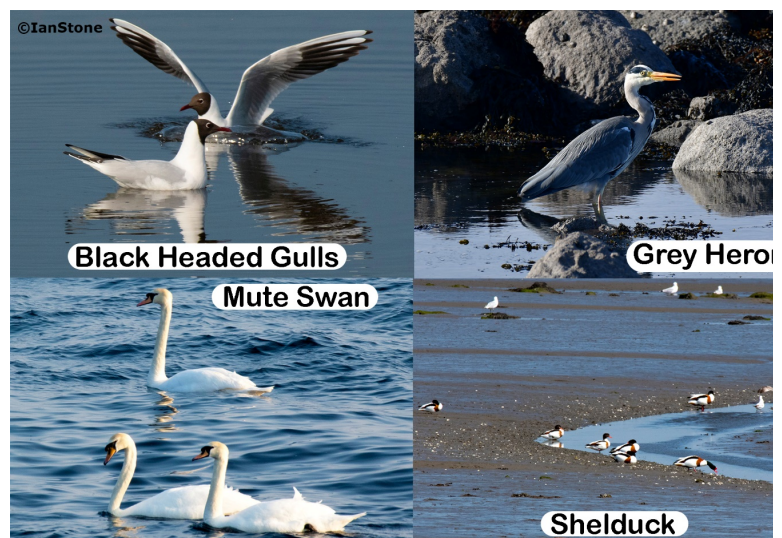
These Apps will help you identify birds and allow you to collate your own lists and share that data with other users. You will also be able to see lists of popular bird watching sights near you and what has been spotted there recently.

A lot of Birds that come into our Gardens are small. Even though we may not be that far away from them, they can still be hard to see. That is where a pair of Binoculars becomes invaluable. You can get many different types ranging up to hundreds of Euros. You do not need to spend that when you are starting Bird watching – you can get good Binoculars for under €75.



I would recommend getting a pair compact Binoculars – they are easier to hold for longer periods of watching. I suggest going for a pair that are at least “10x40” This means that they will give you 10x magnification and 40 means the lens diameter – the larger the lens, the more light that can be seen through the lenses. Many Bird watching Binoculars come with attachments for mobile phones, so you can capture images and video through them. This is a great way to record the different species you have seen, until you are able to upload your latest sightings.

So, you now you have a list of Birds (and maybe some images and video too) that frequent your Garden. Want to see more? Your in luck! The Kinvara Bay and the wider Galway Bay has some of the best bird watching spots in Ireland for Shoreline and inter coastal waterways. Do not forget – the earlier you go Bird Watching, the more you will see!





There are many great spots around Kinvara Bay - around the Shoreline near Dunguaire Castle, Traught beach and also Aughnish Bay. The nearby Burren Lowlands will always give you a wide variety of Birds, including numerous Birds of Prey and waterfowl on the Lakes and Turloughs, including large numbers of Migratory Birds.

I strongly recommend that you also continue your Bird Watching Journey by becoming a member of Bird Watch Ireland. They provide you with three issues of our print magazine, "Wings". Give you full access to all of their on-line content, including back-issues of our publications, a special welcome pack and the opportunity to take part in over 450 outings and talks throughout the year. Receive regular news and updates about a wide range of birdwatching and wildlife events and activities happening near you throughout the year via email. This will also allow you to get in contact with your local branch of Bird Watching Ireland – in our case both the Galway and Clare Branch- who organise field trips around the Counties.

You can visit Birdwatch Ireland's website by [Clicking Here](#)





Some very important information on visiting Bird Watching sites in the Countryside and on the beach or shoreline. Follow the motto “Leave only footprints – Take only Photographs”. You are in Nature – it is a finely balanced Ecosystem that must not be disturbed. Do not collect Wild Flowers or take items from the beach such as small pebbles or rocks from the shore.

By doing so, you are destroying a vital habitat within the Ecosystem and its actually illegal!

This fits in well with an excellent resource available online called “Leave No Trace”.

They have some excellent advice on what to and what not to do whilst out in the country and the beach. You can find about Leave No Trace Ireland by [Clicking Here](#) They have The Seven Principles of “Leave No Trace” that provide an easily understood framework of minimum impact practices for anyone visiting the outdoors. Also, please remember that if you take your dog with you, they must remain on a short lead at **ALL** times, in **ALL** areas.

www.leavenotraceireland.org

7 PRINCIPLES

- 1 Plan Ahead and Prepare
- 2 Be Considerate of Others
- 3 Respect Farm Animals and Wildlife
- 4 Travel and Camp on Durable Ground
- 5 Leave What You Find
- 6 Dispose of Waste Properly
- 7 Minimise the Effects of Fire

ENJOY YOUR BIRDWATCHING!!

