

## Why Do Birds Migrate?

Birds travel to where there's plenty of food to feed their families. During spring and summer in North America, trees and plants produce nutritious fruits and berries. Insects, spiders, worms, frogs, fish, and other prey are abundant. It's a feast for hungry chicks.

## How Do Birds Find Their Way?

Different kinds of birds use different skills and techniques to get where they need to go. Some learn from their parents. Others use landmarks, sound, the sun and stars, or Earth's magnetic field to find their way.

## Birds Need Your Help

Wild places are disappearing and the climate is warming. As habitats change, birds face many challenges and struggle to find what they need wherever they are.

# Birds' Amazing Journeys

Every year in spring and again in fall, millions of birds migrate, taking to the air to travel between their summer and winter homes. For some, it's a relatively short trip. Others, like these Common Terns, travel thousands of miles, and some birds fly for days at a time without landing.

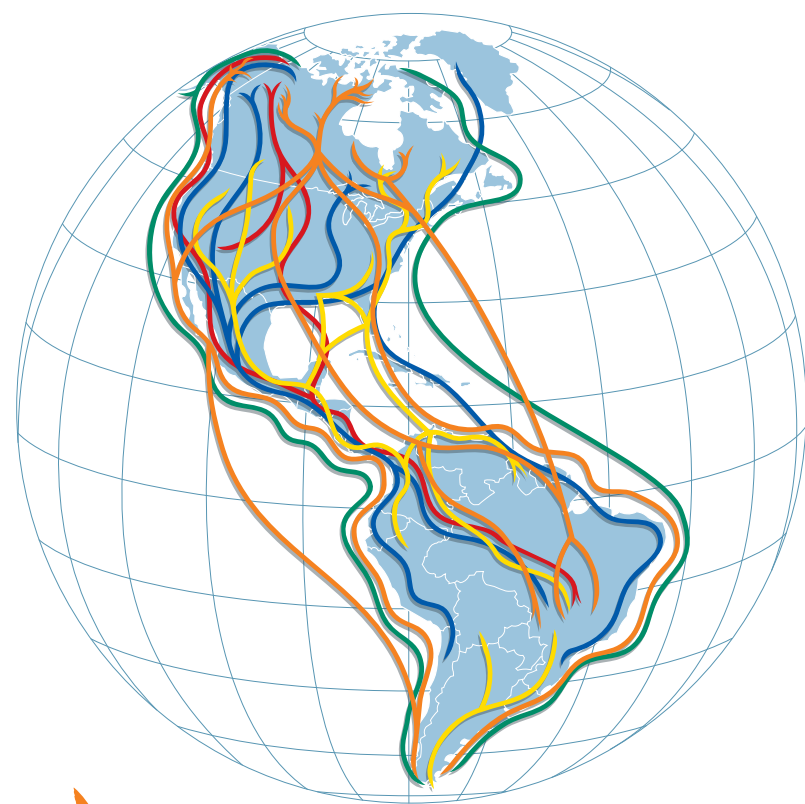
## Migrating Birds Are Everywhere

No matter where you live, birds migrate through your neighborhood. This map shows some of the routes taken by different kinds of birds through North and South America each year.



### Here's how you can help migrating birds and resident birds:

- Keep shorelines clean and don't disturb birds nesting on the beach.
- Plant native trees and plants to provide food and places to rest and nest.
- Provide a source of clean water.
- Turn out lights or close curtains at night to help birds stay safe and on course.
- Keep cats indoors.



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**Ask an Expert!** Send questions about migrating birds and share your ideas for helping birds to: [Audubon\\_Adventures@Audubon.org](mailto:Audubon_Adventures@Audubon.org)  
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Photos, from top: Common Terns by Joseph Samela/Audubon Photography Awards; Toyota TogetherGreen. Map by Peter and Maria Hoey

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