1. **Los Penasquitos Canyon Preserve - East**

Los Penasquitos Canyon Preserve is beautiful year-round with a rich ecosystem supporting a diverse collection of flora and fauna including over 500 plant species, more than 175 recorded species of birds, and a great variety of reptiles, amphibians and mammals. Red-tailed Hawks, White-tailed Kites, and Northern Harriers soar overhead, and there is the potential for migrating warblers along the trails shaded by western sycamores and coast live oaks. Trails are easy and parking is free.

**Departure Time:** 6:30 AM  
**Departure Location:** The Dana  
**Return Time:** 11:00am  
**Miles:** 40  
**Difficulty:** Easy

2. **Tijuana Estuary**

Designated as a national estuarine research reserve in 1982, the estuary is home to several endangered species, including the Least Tern, Snowy Plover, and Ridgway’s Rail. The Tijuana River estuary is the second-largest tidal wetland remaining in southern California. On this trip we will look for Ridgway’s Rail, Belding’s Savannah Sparrow and resident Yellow-crowned Night-Herons as well as diverse migratory waterbirds. Scope helpful. Restrooms are available at the estuary visitors center.

**Departure Time:** 6:30 AM  
**Departure Location:** The Dana  
**Return Time:** 11:00am  
**Miles:** 42  
**Difficulty:** Easy
3. **Tijuana River Valley  Dairymart and B&B Garden**

Much of the Tijuana River Valley is within an 1,800 acre regional park. More than 340 bird species have been recorded here—that is two-thirds of all bird species recorded in the entire county! The ponds and surrounding riparian wetlands provide habitat for songbirds, sparrows, rails, waterfowl, and shorebirds. The riparian woodland supports the southernmost populations of the Downy Woodpecker and American Goldfinch. We would visit several key locations where Common Ground Doves and the exotic Black-throated Magpie-Jay can usually be found.

**Departure Time: 6:30 AM**
**Departure Location: The Dana**
**Return Time: 11:00am**
**Miles: 44**
**Difficulty: Easy**

4. **San Diego Flood Control Channel, Robb Field, Famosa Slough, Mission Bay**

The San Diego River Estuary adjacent to Robb Field is one of the most productive and rewarding birding sites in our region. The salt marsh mudflats, sand islands, and wetlands, always changing with the fluctuating tides, provide rest spots and foraging areas for a wealth of bird species. The ebb and flow of the ocean tides allow for considerable birding and wildlife viewing opportunities. As you walk along the estuary, keep your eyes peeled for long-legged waders like Great, Snowy and Reddish Egrets, Little Blue and Great Blue Herons, and both Night-Herons. During low tides, shallow mudflats emerge allowing large numbers of shorebirds of all shapes and sizes – from Long-billed Curlews to Least Sandpipers . Free Parking, restrooms at Robb Field. Scope very helpful.

**Departure Time: 6:30 AM**
**Departure Location: The Dana**
**Return Time: 11:00am**
**Miles: 10**
**Difficulty: Easy**
5. **La Jolla Cove Seawatch and Rocky Shore**

The seaside resort of La Jolla features some rocky shoreline, scarce in southern California, and a good place for the Black Turnstone, Wandering Tattler, Surfbird, and Brandt’s and Pelagic Cormorants. Marine mammals easily seen here are the California Sea Lion and Harbor Seal. The productivity of the nearby submarine canyon makes the adjacent ocean good for seabirds. Our visit to La Jolla will include a seawatch. If the winds are favorable, tubenoses and alcids can be seen from shore, ranging from the often abundant Black-vented Shearwater to occasional rarities. Scope very helpful. Nearby restroom is available.

**Departure Time:** 6:00 AM  
**Departure Location:** The Dana  
**Return Time:** 11:00am  
**Miles:** 22  
**Difficulty:** Easy

---

6. **Tecolote Canyon Natural Park**

Centuries ago, the Kumeyaay Indians found food and shelter in Tecolote Canyon, a place that today is rich with history. It has been designated as a cartographic feature on area maps for nearly two centuries. Expected species include California Gnatcatcher, California Thrasher, and Blue-gray Gnatcatcher. Easy trail walking.

**Departure Time:** 6:45AM  
**Departure Location:** The Dana  
**Return Time:** 11:00am  
**Miles:** 14  
**Difficulty:** Easy

---

7. **Mission Trails Regional Park**

Mission Trails Regional Park encompasses more than 8,000 acres of both natural and developed recreational areas. Its rugged hills, valleys and open areas represent a San Diego prior to the landing of Cabrillo in San Diego Bay in 1542. Centrally located Mission Trails Regional Park provides a quick, natural escape from the urban hustle and bustle. There are several areas with prime birding habitat. Sora and Least Bittern are
frequently seen in October as are White-breasted Nuthatch and several woodpeckers. Easy trail walking. Restrooms are available.

**Departure Time:** 6:45 AM  
**Departure Location:** The Dana  
**Return Time:** 11:00 am  
**Miles:** 26  
**Difficulty:** Easy

### 8. San Dieguito River Park

The San Dieguito River Park was established in 1989 as a result of grassroots efforts. It is a regional greenway that stretches 55 miles from the ocean in Del Mar to Volcan Mountain near Julian, providing striking example of San Diego County’s natural beauty along the corridor of the San Dieguito River. 269 species have been recorded during the monthly bird counts including Ridgway’s Rail, Sora, California Thrasher, and California Gnatcatcher, and California Quail.

**Departure Time:** 6:30 AM  
**Departure Location:** The Dana  
**Return Time:** 11:00 am  
**Miles:** 36  
**Difficulty:** Easy

### 10. Santee Lakes

In the town of Santee, on the northeastern flank of metropolitan San Diego, recycled water has been used to generate a series of ponds managed as a public park. The area’s resident birds range from the Least Bittern and Green Heron to the Wood Ducks. The spacing of the trees surrounding the ponds and the birds’ habituation to people makes Santee Lakes one of those places where birds are particularly easy to spot and observe. Parking is $7 per vehicle. Easy walking and restrooms are available.

**Departure Time:** 6:30 AM  
**Departure Location:** The Dana
12. Workshop: Preparation of Bird Specimens

Specimens are as fundamental to ornithology today as they were 100 or 200 years ago. But the art of making bird skins is a skill that must be handed down from one generation to the next, as from master to apprentice. In this workshop experienced WFO members will demonstrate some diverse ways in which research specimens of birds are prepared.

We’ll talk about the kinds of information recorded during preparation and the ways in which specimens are used for research once prepared and integrated into museum collections. This will be an excellent opportunity to learn more about birds’ external and internal anatomy. We’ll show how we learn about molt, fat deposition (migration), gonadal development (breeding phenology), parasites, and diet during the process of specimen preparation. With multiple preparators demonstrating, participants can see the different approaches different species and uses require and compare various techniques.

If you have experience in skinning birds and would like to work on one with us, notify Phil Unitt (birds@sdnhm.org or 619-255-0235) by Friday October 4th so we have adequate tools and specimens ready—even experienced preparators learn from each other.

The workshop will take place at the San Diego Natural History Museum, four miles from the hotel. All participants must either carpool from the hotel at 7:15 AM or meet outside the museum at 7:30 AM. Because we will be entering the museum before it is open to the public, we cannot accommodate late arrivals. We welcome questions and discussion throughout the workshop.

Start Time: 7:15 AM
End Time: 11:00 AM
Presenter: Phil Unitt
Location: San Diego Natural History Museum
14. Workshop: Advanced Spectrogram Reading

Nathan Pieplow will lead a workshop on advanced spectrogram reading. More info will be forthcoming.

Start Time: 8:00 AM  
End Time: 11:00 AM  
Presenter: Nathan Pieplow  
Location: TBD Meeting Room at The Dana

13. Workshop: Photo ID Panel

Sharpen your identification skills during Ed Harper’s Photo ID panel. Ed will present a series of photos to an expert panel. Each set has a photo problem ranging from easy(ish) to hard. Audience members try to make their own ID and listen in on the panel discussing the identification problems raised by the photos.

Start Time: 3:30 PM  
End Time: 5:00 PM  
Presenter: Ed Harper  
Location: Mission Ballroom, The Dana


One of the most vibrantly colored families of birds are the tanagers. But what, exactly, is a tanager? This question has puzzled ornithologists for decades, but recent research has revealed there is much more to tanagers than just their beautiful colors. The tanagers are now considered the largest family of songbirds and come in all colors, have diverse beak shapes and sizes, and fill a variety of ecological niches. For example, tanagers include birds such as the famous Darwin’s Finches, as well as nectar-feeding honeycreepers, multicolored rain forest species, and the newly described Inti Tanager. In this talk, we will step into the remarkable world of tanagers, as I reveal some of the surprising findings of this research, highlighting unique aspects of tanager behavior, ecology, and evolution.

Start Time: 6:30 PM  
End Time: 9:00 PM