

Canadian Rockies

Calgary to Vancouver

Mon 17 June – Mon 01 July 2019



Rockies highlights (Clockwise from top left): American White Pelican • Clark's Nutcracker • California Quail • Cascade Golden-mantled Ground-squirrel • Common Yellowthroat • Great Grey Owl • Photos © Chris Charlesworth/Limosa

**Report compiled by tour leader:
Chris Charlesworth**

Canada | Calgary to Vancouver**Leader:** Chris Charlesworth**Participants:** Louise Earnshaw & Clive Meadows, Chris & Lesley Smith, Gerry & Sandy Studd, Hilary Woodhead.**Day 1 June 17th** - The group assembled in Calgary this evening after their Transatlantic flights from the UK.**Day 2 June 18th** - After breakfast we ventured south of Calgary to Frank Lake. The weather was quite variable today, beginning with cool, windy conditions and some light rain, then ending with sunshine and warm temperatures. Along the way we saw the usual things like American Crow, Black-billed Magpie, Double-crested Cormorant and Swainson's Hawk. Once along the gravel access road to the N.W. corner of the lake, we began to see some other interesting species such as Clay-coloured and Savannah sparrows, Tree and Bank Swallows, Brown-headed Cowbirds, Western Meadowlark and more. We explored the area around the blind, or hide, whichever you prefer. It was very active with birds here, dozens of Franklin's Gulls were on a pond, along with a Bonaparte's Gull, Forster's Tern and Black Tern. Yellow-headed and Red-winged blackbirds were numerous and both favourites amongst the group. Wilsons Phalaropes were also about in good numbers. The female Wilson's Phalarope is the more attractive of the pair and she does nothing more than lay the eggs then lets the male do the rest. Other waders found in the vicinity of the hide included several stunning American Avocets, some Willets, a lone Greater Yellowlegs and several Killdeer, the latter of which were doing the 'broken wing' act in order to lure us away from nest or youngsters.

The showing of waterfowl at Frank Lake was very nice today and some of the more common species included Gadwall, Cinnamon Teal, Blue-winged Teal, Lesser Scaup, Redhead, Canvasback, Bufflehead, Ruddy Duck and Mallard, with small numbers of Barrow's Goldeneye, Green-winged Teal, Northern Pintail and Ring-necked Duck. There were plenty of Black-necked Grebes about, which we saw very well from the hide, including some adults with tiny stripe-headed chicks riding on their backs. We also saw a number of Western Grebes, again with tiny chicks riding on their parents. Today was also the day of the pelican; we must have seen at least 150 American White Pelicans in the area of Frank Lake. Quite a few White-faced Ibis, one of the more sought-after species at Frank Lake, were noted, though mostly in flight. Great Blue Herons and Black-crowned Night Herons lazily flapped their way over the marshes, while the marshes themselves held American Coots, chattering Marsh Wrens and the ever-elusive Sora - I headed back to retrieve the van at one point and a Sora came out and paraded around for the group in my absence! We found just two species of mammal today, Richardson's Ground-squirrels (which were quite numerous) and a single Muskrat.

We had lunch at Smitty's in High River. As we sat inside, a Common Grackle flew by. Once we were finished lunch, we checked a small reservoir next to the parking lot where grackles can sometimes be found, but none were cooperative. We did see a female and four young Common Goldeneye here, though. Back out in the direction of Frank Lake, we checked a road through open agricultural country where, along the fenceposts, we saw Eastern Kingbird, Western Meadowlark, Brewer's Blackbird, Vesper Sparrow and Savannah Sparrow. We stopped at a hedge where a pair of Swainson's Hawks were nesting. Presumably, the female was sitting on the nest with just her head showing, while the male was screaming at us from above. We were happy to see the hawks, but we were really looking for owls here - Great Horned Owl to be exact and, after a lengthy search, we spotted one, an adult, roosting in the hedge. We took a drive down to a flooded field where I hoped there might be some Marbled Godwits and sure enough there were ten or so of them there, along with Willet, American Avocet and the likes. In the distance I could hear calling Upland Sandpipers and singing Horned Larks, but neither made any appearances. We headed back to Calgary, had a nice dinner then headed off for the night.

Day 3 June 19th - We loaded up the van and rode west towards the Rocky Mountains, which were mostly shrouded in clouds. The weather today was the big story. Overnight there had been electrical storms and in the morning, it was cold, windy and there were spotty rain showers. These conditions made the birding a little tricky, but we did still manage to see many fantastic birds. Along Grand Valley Road we stopped at a pond where a single Trumpeter Swan was a new bird for many people on the tour. Also here were several species of waterfowl for our daily list, including Mallard, Northern Pintail, American Wigeon, Ruddy Duck, Lesser Scaup, Ring-necked Duck and Bufflehead. Foraging over the surface of the pond were mixed hirundines, including Barn Swallow, Tree Swallow and our first Northern Rough-winged Swallows of the trip. Double-crested Cormorants loafed on rocks in the middle of the pond as well. All of a sudden, the ducks took to the air frantically and a moment later, we spotted the reason for the panic. An adult Bald Eagle appeared and flew across the pond, eventually perching on a fence post on a hill nearby. As we carried north along Grand Valley Road, a flash of bright blue on a fence post next to the road alerted us to the presence of a male Mountain Bluebird. Soon thereafter, we saw two more Mountain Bluebirds (a male and a female) and by the end of the day we had passed several on fence posts. The mixed forest here along Grand Valley Road offered up some good birds, despite the weather. We had

Lincoln's and White-throated Sparrows, Black-headed Grosbeak, Yellow-bellied Sapsucker, Lesser Yellowlegs, Wilson's Snipe, Yellow-rumped Warbler, Tennessee Warbler, Townsend's Solitaire, Western Wood-Pewee and more here. Our first large mammal of the trip, White-tailed Deer, were about in ones and twos and later on in the day we saw a Mule Deer, displaying its enormous ears. Out over a grassy field, a few lucky birders saw a male Bobolink doing flight songs. A Le Conte's Sparrow gave its thin, wheezy song from the grass, but wouldn't show itself.

We headed back into Cochrane for lunch then spent the afternoon exploring Horse Creek Road. Winds had kicked up along with rain showers and this is perhaps why we didn't see a Le Conte's Sparrow. A great sighting of a Nelson's Sparrow more than made up for missing the Le Conte's, however. Our first Yellow Warbler popped out of the bushes for a few minutes before disappearing and a Grey Catbird showed for a moment before scooting off across the road. Way out in the marsh we could hear the ticking calls of a Yellow Rail. We strolled up a dirt road through some aspens and were rewarded with a Downy Woodpecker, as well as a Northern Flicker and a pair of Red-breasted Nuthatches. In the conifer woods near the Dartique Lodge, we had some more nice species, such as a male Rose-breasted Grosbeak, a stunning little Golden-crowned Kinglet, Mountain Chickadees and a couple of Evening Grosbeaks, making for a three grosbeak day! We began the journey to Banff, enjoying views of the scenic mountaintops peeking out from behind the clouds.

Day 4 June 20th - It was supposed to be a cold, rainy day according to the weather forecast, but overall, the conditions turned out better than we expected. We began before breakfast at Vermilion Lakes, a lovely place nestled amongst the Rocky Mountains near Banff. We hoped to see some wildlife this morning and we did, although it was a single Least Chipmunk running along a rocky hillside. We saw our first striking Common Yellowthroats, as well as our first, of many, Song Sparrows. Willow Flycatcher, our first member of the difficult *Empidonax* genus, was seen here. On the lakes themselves we watched a gorgeous pair of adult Common Loons come in for a smooth landing and then swim together on the calm waters. Cinnamon Teal, Hooded Merganser and Ring-necked Duck were also tallied here. We saw an Osprey and an adult Bald Eagle, while an adult Peregrine Falcon flew over rather laboriously with prey dangling from its talons. We had a short stop in a patch of mixed deciduous/coniferous forest where more new birds appeared, including Swainson's Thrush, Ruby-crowned and Golden-crowned kinglets, a female-type American Redstart and a rather stunning Townsend's Warbler.

After a tasty breakfast at Melissa's, we headed out to explore the Bow Valley Parkway. Our first stop, at the Muleshoe Picnic Area was very good. Right next to the parking area, an impressive male Pileated Woodpecker poked its head out from its nest hole in an aspen. The bird disappeared into the hole, then seconds later flew out. Then, the female stuck her head out of the hole as well. Shortly thereafter we found another woodpecker nest, that of a pair of Red-naped Sapsuckers. A Northern Flicker flew past, making this stop a three-woodpecker stop. As we were loading into the van, I spotted a Brown Creeper in the trees nearby, so everyone hopped back out and we saw the creeper. As far as mammals are concerned, we saw a Columbian Ground-squirrel at Muleshoe this morning. We drove along the parkway, stopping now and then to look at birds. Every passing vehicle, it seemed, stopped and asked us what we were doing. Of course, their loud vehicles and yelling voices had scared all the birds away. It was a futile attempt, so we headed for Johnston Canyon where a walk up to the Lower Falls was most enjoyable. Some of the birds we encountered, though there were not too many, included Swainson's Thrush, Townsend's Warbler, Chipping Sparrow, Dark-eyed Junco, Canada Jay, Common Raven and, best of all, an American Dipper. We got our cuteness overload here as a couple of Golden-mantled Ground-squirrels posed for photos. We returned to the bottom of the canyon and had lunch in the café.

After lunch we headed for Lake Louise, one of Canada's most iconic lakes. Even though it was cloudy, we still could see the glaciers hanging high over the crystal blue waters of the lake. Barn, American Cliff and our first Violet-green Swallows of the tour were seen here, skimming low over the water's surface. In the bushes next to the lake were both Myrtle and Audubon's Warblers, along with various hybrids between two as well. A lovely male Wilson's Warbler sat in the bushes right in front of us, which was much appreciated, since we had just tried to see one in another location and which had led us on a chase, ending up with almost nobody seeing the bird. Leslie spotted a fantastic mammal, a Red-backed Vole, as it nibbled on things beneath a bench. Just before we left, a couple of very cooperative Boreal Chickadees graced us with their presence. I got a Pine Siskin in the scope view. One person looked through the scope and saw the siskin, the next person looked through the scope and saw a Pine Grosbeak! Unfortunately, the grosbeak didn't hang around long. Varied Thrushes sang from the thick forests but would never come out to investigate this afternoon.

Taking advantage of the fact that it wasn't raining, we decided to head up to Moraine Lake this afternoon as well. Once we got out of the vehicle, the rather haunting song of the Varied Thrush rang out from the forests, but again, the birds stayed hidden. Canada Jays patrolled the areas around the parking lot. The views at Moraine Lake were spectacular today, as always, with the lake glassy calm and the colour of jade. Here, we saw another

Pine Grosbeak, this one a male, however it also did not stick around long enough. Back in Banff we had dinner and retired for the evening. The sound of falling rain and the hooting of distant trains could be heard as dusk fell.

Day 5 June 21st - On our way out of Banff, we stopped at one more location, the Cave and Basin Boardwalk. It rained fairly steadily as we explored this area, where some of the interesting birds we found included a rather obliging MacGillivray's Warbler, a White-crowned Sparrow and a Northern Waterthrush. The rain chased us back to the van and we began the drive to British Columbia. As we travelled west the weather improved and by the time we were in Golden it was sunny and warm. Along the way we saw Bighorn Sheep on hillsides above the freeway. We finally left the Bow River behind and it was replaced with the Kicking Horse River, which also had a milky blue colour, due to glacial silt from runoff. Before we went for lunch, we had a stroll at Eidelweiss Slough in Golden. Wetlands here held Red-winged Blackbirds, several Common Yellowthroats, Spotted Sandpiper, Willow Flycatcher, Cedar Waxwings and much more. A male Black-chinned Hummingbird sat atop a dead tree and was a bit of a surprise find for this location.

After lunch, we drove on into the Pacific Time Zone and up and over the Rogers Pass, into the Selkirk Mountains. We stopped at Skunk Cabbage Boardwalk, where it was a lovely sunny and warm afternoon. The vegetation was lush here, including the giant namesake Skunk Cabbages. There were several good birds here, but a couple of them just mostly played hide and seek with us, including a Veery and a Rufous Hummingbird. We did have nice views of male American Redstarts, as well as Pine Siskin, Cedar Waxwing and a brief flyby Pileated Woodpecker. A couple of us were lucky enough to be looking in the right place at the right time when a Short-tailed Weasel dashed across the path with some prey dangling from its mouth. Just then, a gentleman was coming back from the boardwalk and stopped to inform us of a bear up ahead on the path. We slowly headed onwards, looking around each corner for the bear, which Chris saw as it disappeared over a log and into the wetland. Moments later we heard people clapping and yelling for help from the direction of where the bear had been. We headed down the path a little more and found four folks, two from Singapore and a couple from Belgium, on the boardwalk and afraid to proceed. We told them to follow us and as a group we headed towards the boardwalk exit. Then, I spotted the Black Bear, feeding on the greenery next to the boardwalk. It was not a large bear, perhaps a three-year-old, who was so intent on eating the lush plants that he barely moved as we quickly walked by the area he was in. Everyone was very excited that we had seen a bear, though we were not expecting it to be so close up and personal!

We made a short stop at a place along the railway east of Revelstoke, called Greely. Unfortunately, the lovely riparian forest and meadows here are slated to be developed. I had found an Alder Flycatcher here, along with Lazuli Buntings several days earlier when I was traveling through the area towards Calgary. It didn't take us long to find both of these birds and I think the bunting may have won out in the beauty department, though I preferred seeing the flycatcher since it is not a bird I see very often. We crossed the Columbia River in Revelstoke and carried on to Salmon Arm. As we drove along the south side of Shuswap Lake, it seemed to go on forever. Today, we had started in the mountains where it was cold and raining and ended up with sunshine and warm temperatures by the late afternoon.

Day 6 June 22nd - We were out birding before breakfast and began at the pier in Salmon Arm. There was a slight chill in the air this morning, but the sun was out and the birds were active. Several Ospreys, including one on a nest, posed at close range for photos. Swallows, including Violet-green, Tree, Barn, American Cliff and Northern Rough-winged were all tallied. Several times, the swallows got all excited, giving alarm calls then chased and mobbed a male Merlin. Another good raptor sighting this morning was an immature Cooper's Hawk that flew in and perched in a Russian Olive tree. We scanned through dozens of Western Grebes and eventually spotted our target species for the morning, a Clark's Grebe. A Black-necked Grebe was seen far out on the lake, and a Pied-billed Grebe frustratingly lurked in the vegetation at the edge of the lake, where it was difficult to see. A female Common Merganser swam across the water at the marina and we also saw our first House Finches this morning, as they fed on a feeder that was suction-cupped right to somebody's living room window. High overhead, we spotted at least two or three Black Swifts as they sailed on set wings against the clouds above.

Feeling as though we'd earned our breakfast, we returned to the hotel and ate, before packing up the van. We headed back to the waterfront, but this time we walked along the Christmas Island Trail, where the birds were busy. There were plenty of Common Yellowthroats and several Willow Flycatchers to be seen, as well as an inquisitive little family group of Black-capped Chickadees. We had good looks at Wood Ducks and enjoyed watching the bustling colony of Ring-billed Gulls, especially when a Bald Eagle flew over and put the whole colony into the air. Another highlight this afternoon was a male Belted Kingfisher that posed nicely for us. We enjoyed scope views of a singing male Yellow-breasted Chat as well, a bird that is not normally found as far north as Salmon Arm in B.C. Some of the group lagged behind and saw a Beaver transporting a horsetail near its lodge.

We had lunch on the patio of a restaurant and watched a dark storm cloud move in our direction. Luckily the rain held off just long enough for us to finish lunch. We then drove to Kamloops and headed out to Tranquille for one last stop of the day. We saw several glorious Lazuli Buntings, as well as Eastern and Western Kingbirds, Grey Catbird, Yellow Warblers and our first Pacific-slope Flycatcher of the tour. Overhead, Vaux's Swifts were flying about with the swallows and we saw an adult Peregrine Falcon in the sky as well.

Day 7 June 23rd - We began in grasslands near Kamloops where one of our first birds was perhaps the bird of the day for many, a Burrowing Owl. In the same area as the owl, we saw our first Spotted Towhee, a lovely male. As we travelled up through the sagebrush we saw the usual Western Meadowlarks, Vesper Sparrows, Eastern Kingbirds and Mountain Bluebird. We spent some time exploring a little grove of aspens where we had our first Dusky Flycatcher of the trip as well as Western Wood-Pewees, Red-naped Sapsucker, Warbling Vireo and Cedar Waxwing. Three Sandhill Cranes were a surprise as they called from a ridge to the north. There were several nice little wetlands along our route today, where we added some waterfowl to the daily tally such as Lesser Scaup, Bufflehead, Hooded Merganser, Ruddy Duck, Gadwall, Northern Shoveler and more. An adult Pied-billed Grebe proved rather difficult to see as it surfaced for mere seconds each time before diving back down beneath the surface.

Our next stop, at a small lake, produced lovely sightings of breeding Red-necked Grebes, as well as Marsh Wren, Yellow-headed Blackbird, Ring-necked Duck, Bufflehead and nearby, a stunning male Calliope Hummingbird. We heard a Least Flycatcher singing in an aspen copse, so most of us trudged into the forest to look for the bird, however, as soon as a swarm of mosquitos emerged, most people retreated. Hillary and I persisted and eventually got good views of the flycatcher, the only one for the tour. The next new species to be added, was a gorgeous male Western Tanager in the coniferous forest near McQueen Lake. Our lunch stop, at Isobel Lake, was very nice. Our picnic table overlooked a little marsh and lake where Common Loons were swimming about and Marsh Wrens were chattering away. We had great views of a Virginia Rail here as well. After it was all said and done, several people on the tour voted today's picnic spot, the best lunch spot on the trip. I tried to call in a Northern Pygmy Owl, with no luck, however, a nice assortment of birds, including Orange-crowned Warbler, Hammond's Flycatcher, Red-breasted Nuthatch, Mountain Chickadee, Western Tanager, Ruby-crowned Kinglet and Lincoln's Sparrow, came in to investigate.

After lunch we headed back towards Kamloops then we drove up Hwy 5A, stopping in at Separation Lake. The target species here was Say's Phoebe and we saw a pair, although they were a little far away. The phoebes were busily feeding their second brood of the season inside a distant dilapidated barn and we watched through the scope. Our next stop was at Planet Mine Road, where open grasslands, dotted with large pines and firs, are good for Lewis's Woodpeckers, one of the more sought-after woodpecker species here. It didn't take us too long to find a pair of Lewis's Woodpeckers as they fed young inside a snag. Our first Hairy Woodpecker of the tour was a nice surprise here as well. Another species new for the trip here was Pygmy Nuthatch. Back in Kamloops we had a delicious dinner at a local Indian establishment.

Day 8 June 24th - This morning we were treated to views of an adult and two 'brancher' Great Grey Owls. Upon arrival at the location, I was shocked to see 30 vehicles lining the road and dozens of people with hunting dogs and guns. I was also surprised to see that the owls didn't seem to mind all the activity. We viewed them from a distance through the scope before leaving them 'in peace'. After a short 'pit-stop' we tried another road where an American Three-toed Woodpecker had been nesting. Unfortunately, the woodpeckers were not there anymore as the young had most likely fledged. We did, however, add a couple of birds to the trip list here, including White-winged Crossbill and Hermit Thrush. We paused for lunch in Merritt then stopped in at my house, along Trepanier Creek in Peachland. Because of bear problems, I had to take most of my feeders down this spring unfortunately, though there was still one hummingbird feeder up. We had good views of Calliope, Rufous and Black-chinned hummingbirds here, all the while enjoying a cup of tea/coffee that my better half, Cindy, had prepared for us. My son Carsen was pretty excited to see dad again too.

Our next stop was at Rose Valley in West Kelowna. It was quite hot and sunny at this point in the day, but the birds didn't seem to mind. There were Western Tanagers, Lazuli Bunting, Veery, Dusky Flycatcher, Black-headed Grosbeak and Spotted Towhee here, as well as quite a few other species. Violet-green Swallows were foraging in numbers, skimming inches above the ground all along the trail, making for some good entertainment. The best bird was heard only, a Lesser Goldfinch, calling up a wooded slope. While this species has recently colonized an area near Osoyoos, there have been no records as far north as Kelowna in the Okanagan up until now. Try as we might, we never did see the goldfinch, so we had to put it down as heard only. We drove on into the bustling city of Kelowna, checked into our hotel then went out for dinner at a Greek restaurant.

Day 9 June 25th - First thing, we headed for Mission Creek in Kelowna, to look for a roosting Western Screech Owl. 'I get it 50% of the time', I explained to the group. Unfortunately, today was one of those times when the owl

wasn't present. A little walk through Sutherland Hills Park ensured we saw some nice things anyhow, such as male Calliope Hummingbirds, Pygmy Nuthatch, Cedar Waxwing and more. We returned to the hotel and had breakfast, before heading back out into the field. We enjoyed a sunny morning on Beaver Lake Road, north of Kelowna. In the grassland habitat we had some nice birds including our first Western Bluebirds and Lark Sparrow. Bullock's Orioles, Lazuli Bunting, Eastern Kingbird, Western Meadowlark and Vesper Sparrow were also noted. We tried, unsuccessfully, for a Northern Pygmy Owl, but were successful in finding a lovely Barred Owl. The owl sat on a branch over the trail for a moment before flying off into the forest.

We picked up lunch at the supermarket and took it down to Mission Creek Park where we enjoyed a picnic while dozens of children played on the nearby playground. A couple of Eastern Grey Squirrels hopped about on the grass here in the park, though I rarely hear anyone from the U.K. say nice things about this rather pesky species. We drove up Hwy 33, east of Kelowna and paused to watch two adult Golden Eagles soar next to the highway. Up in the Big White Ski Village, at over 6000 feet elevation, we enjoyed watching our first Steller's Jays of the tour as they came in to feed at a feeding station, along with Yellow Pine Chipmunks, Red Squirrels and Columbian Ground-squirrels. A walk along an old logging road through the boreal forest produced our first Varied Thrush, as well as Canada Jay, Boreal Chickadee and, most surprising of all, a Solitary Sandpiper calling from high atop a spruce tree. Along McCulloch Road, it didn't take us too long to find an Olive-sided Flycatcher, one of just two seen on the trip. One final stop, along Philpott Road, yielded several Chestnut-backed Chickadees, as well as the usual Mountain Chickadees, Red-breasted Nuthatches, Red Crossbills and a Brown Creeper. Dinner this evening was at an Asian buffet.

Day 10 June 26th - Leaving Kelowna, we followed Hwy 97 south, back across Okanagan Lake via the Bennett Bridge. We stopped in Penticton, to check a large field near the airport where a Grasshopper Sparrow had been present. It didn't take us long to find the sparrow and we enjoyed excellent close-up views of this rather rare and local species. Our next stop was along White Lake Road at Three Gates Farm. I went and asked Doreen for permission to come into her lovely garden and see the birds. We lined up in front of her log house and watched the hummingbird feeders. We were only there for about 15 minutes, but we had excellent views of several Calliope, Rufous and even Black-chinned Hummingbirds. Down a wooded slope, we saw a Great Horned Owl fly into the thick forest, undoubtedly spooked from its roost by us. Next up, we spotted three introduced Grey Partridge as they unsuccessfully tried to blend in with the grasses. In the sagebrush at White Lake we could hear a Sage Thrasher singing in the distance. We climbed over a fence and walked down towards the song, eventually obtaining good views of the thrasher, another rare and local bird in Canada. As we walked back towards the van, I said, 'I'll bet there's a Sage Thrasher next to the van now', and surprisingly there they were, two Sage Thrashers, in a bush next to the van.

We made a short stop in the pine forest near Mahoney Lake where yet another target species, Grey Flycatcher, gave itself up quite easily. We enjoyed lunch at the south end of Skaha Lake before beginning the bumpy journey up Shuttleworth Creek Road, east of Okanagan Falls. We followed a little track through the forest along Dutton Creek where luck was on our side as the local Northern Pygmy Owl came in to investigate us. A stop in the larch trees along Venner Meadows Road added the third out of four possible sapsucker species to our list. The male and female Williamson's Sapsuckers are very different from one another and we saw them side by side, the male decked out in black, white, red and yellow and the female a study in subtle brown and black barring. On our way back down towards the valley, we paused at a nice viewpoint where a pair of Lewis's Woodpeckers were busily feeding youngsters in a large Ponderosa Pine snag.

After a short drive we were in Osoyoos, a tourist town situated right on the U.S. border with Washington state just to the south of us. We had a nice dinner at the Wildfire Grill and then we headed out to try some evening birding. We began at Road 22 where Common Nighthawks were numerous at dusk. We also had nice views of a Say's Phoebe in the fading light. We drove up towards White Lake again, to an area good for Western Screech-Owls, but we couldn't elicit any response from them. We did see a Great Horned Owl perched atop a power pole, however, and then it began to rain and there was thunder and lightning, so we decided to call it a night.

Day 11 June 27th - It was a sunny morning as we explored Road 22, where in the hayfields we had great views of several Bobolinks. We then had a nice hike up to 'The Throne', a prominent cliff near the north end of Osoyoos Lake, that, if you use your imagination, is in the shape of a throne. We had several target species to find this morning and most of them cooperated nicely. We had great views of both Canyon Wren and Rock Wren here this morning and we were treated to views of a pair of Peregrine Falcons as they chased each other high up against the cliffs. There were White-throated Swifts soaring high overhead as well. After we picked up lunch in Osoyoos, we headed up Hwy 3 into the Richter Pass area, west of town. At Kruger Mountain Road we were able to see a pair of the rather newly discovered population of Lesser Goldfinch that have been in the area for at least a year now. There were a lot of other birds up in this area as well, such as Say's Phoebe, Red Crossbill,

Black-headed Grosbeak and a House Wren, the latter of which was perched on a cow's skull that was adorning the gate to a property.

We drove up another bumpy dirt road, this time to Mount Kobau, where a forest fire devastated the woods a few years earlier. Burned forests are good for woodpeckers and we hoped to perhaps find a Black-backed or American Three-toed woodpecker here today. Not for lack of trying, we couldn't find either of those two tricky species. We kept bumping into Hairy Woodpeckers, many of them, some of which had their white underparts stained sooty from rubbing up against the trunks of burned trees. There were still quite a few other birds about as well, including Dusky Flycatchers, Lazuli Buntings, MacGillivray's Warbler and Red-naped Sapsuckers. At the Nighthawk Border Crossing we were able to find a Brewer's Sparrow, along with Lark Sparrow, Western Meadowlark and Western Kingbird. We had dinner at an Italian restaurant this evening and then some of us headed out after dark to look for Common Poorwills. We had good looks at a poorwill as it fluttered about above Kilpoola Lake Road, while we also heard begging young of Northern Saw-whet Owl and Long-eared Owl.

Day 12 June 28th - Today was to be mostly a travel day. We left Osoyoos and headed directly to Princeton, making one stop *en route*, at Taylor Way, to look for Mountain Goat. We spotted a Mountain Goat high on the cliffs, with a fluffy little youngster following close behind. A lady came out of her house walking her dog and approached us. She told us to be careful as she'd just seen a bear in the neighbourhood. Soon thereafter, the bear appeared. It was a brown and rather scruffy looking Black Bear and it crossed the road and proceeded to stroll through the gardens. A doe Mule Deer was not happy with the bear's presence and we speculated there was a fawn somewhere nearby hidden in the grasses. In Princeton we picked up lunch then drove on to Manning Park where we walked the Strawberry Flats Trail. Birds were not abundant, but we did see several nice Chestnut-backed Chickadees, along with Red-breasted Nuthatch, Hermit Thrush, Swainson's Thrush, Ruby-crowned Kinglet and Dark-eyed Juncos. New for the burgeoning list of sparrows we'd seen on the tour was a 'Slate-coloured' Fox Sparrow, and we saw two female Pine Grosbeaks here quite nicely as well.

We had lunch at the Manning Park Lodge where we finally saw our first Clark's Nutcracker of the trip, along with Steller's Jays, Common Raven and Columbian Ground-squirrels, all of which were looking for an easy handout from picnickers. We drove up to the Cascade Lookout and we were inundated with 'moochers' once again. There were several Clark's Nutcrackers here as well, including at least one noisy, begging fledgling. A well fed Common Raven sat on the edge of the parking lot, waiting for scraps and a number of Yellow Pine Chipmunks, and Cascade Golden-mantled Ground-squirrels pushed the cuteness levels into overdrive. On our way back down towards Hwy 3, Clive spotted a pair of Sooty Grouse at the road's edge. Surprisingly, these were the only grouse seen on the tour. The rest of the day was spent on the road as we headed to our hotel in Richmond.

Day 13 June 29th - From Richmond we drove straight through Vancouver's bustling downtown, though it wasn't too busy this morning as it was Saturday. We crossed over the Lion's Gate Bridge and made our way to West Vancouver's Lighthouse Park. The walk from the parking lot down to the shore should take about 15 minutes, however, since we were stopping to look at birds and things, it took us much longer. Tiny Pacific Wrens belted out their loud songs from the moss-laden forest, a male Black-throated Grey Warbler showed nicely and a Hutton's Vireo appeared, though it didn't hang around for long. We had seen an impressive array of mammals on the tour and here at Lighthouse Park we saw the last of many squirrel species, the Douglas's Squirrel, which looks quite a bit like an American Red Squirrel, only less red. At the lighthouse itself we were treated to views of a beautiful male Anna's Hummingbird, the hardest of Canada's five regular hummingbird species and the only one that regularly spends the winter on the west coast. Watching out over the sea, we saw our first Pelagic Cormorants fly past and we saw a few Double-crested Cormorants for comparison, the latter being the larger and chunkier of the two.

We picked up lunch and had a picnic at Ambleside Park in West Vancouver. The usual Northwestern Crows and Glaucous-winged Gulls watched intently as we ate, waiting for scraps - and they found some. More Pelagic Cormorants were noted here and we had scope views of our only Pigeon Guillemot of the trip. After some scanning, I finally found a single, female-type Harlequin Duck sitting on some rocks. Our next location was Cypress Mountain, where we headed straight up to the cross-country ski trails. It didn't take us long to find some Red-breasted Sapsuckers, the fourth species of sapsucker we had seen on the tour, completing the North American set of sapsuckers. On our way down to Vancouver, we stopped at a viewpoint where we enjoyed great views of the city below. As an added bonus there were several flocks of Band-tailed Pigeons wheeling about over the treetops. Back in Richmond, we went out for dinner at The Keg.

Day 14 June 30th - It was the last morning of the tour and we went out for a nice breakfast before heading down to the Tsawwassen Ferry Jetty. Here, we searched for and found several Black Oystercatchers. Three Caspian Terns flew past and we saw some distant scoters that were probably Surf Scoters, but they were just too far away. A Whimbrel was a nice surprise here and perhaps an early southbound migrant. Several Harlequin Ducks

were diving for food close to the road, so we had a quick stop to look at them. We made our way to the famous George C. Reifel Migratory Bird Sanctuary - known by locals simply as Reifel. Here, a network of ponds and waterways, as well as an extensive marsh complex and riparian bottomland, combine to make for a nice variety of habitats and birds. Upon arrival we were inundated by the usual Feral Rock Doves, Mallard, Canada Geese and even a pair of Sandhill Cranes. Once we began exploring the trails of Reifel, more interesting birds began to pop up. Song Sparrows, Spotted Towhees, Black-capped Chickadees and Red-winged Blackbirds were all fairly common songbirds. In the wetlands, Marsh Wrens were seen quite well, alongside Common Yellowthroats. We saw our first Purple Martins of the tour, as several males and females sailed through the sky. From the outer ponds there were few shorebirds, unfortunately, but there was a Wilson's Phalarope and both Greater and Lesser yellowlegs. We spotted three fledgling Great Horned Owls in the large maple trees this morning and eventually we enjoyed excellent views of our only Bewick's Wren of the tour. Back at the visitor centre we saw more Anna's Hummingbirds at feeders. A short walk down the entrance road produced yet one more west coast songbird, the tiny Bushtit. A female, with her pale yellow eye, was feeding young in a hanging 'sock' nest.

We had lunch at Moxie's then visited Iona Island in Richmond for one last birding stop before the tour's end. What is a birding trip without a visit to the local sewage ponds after all? There were not too many birds here though and shorebirds were particularly lacking in numbers. We saw a Spotted Sandpiper, two Killdeer, a Lesser Yellowlegs and best of all about 20 Least Sandpipers, the 220th species for the tour! At Vancouver International Airport we said our goodbyes and the tour was over. Thanks again for the great company and birding skills brought forth by members of the Rockies tours this summer.

Day 15 July 1st – Arrive back in the UK...

Systematic list of species recorded
(Total bird species recorded by group = 222)

Canada Goose *Branta canadensis*

Common throughout.

Mute Swan *Cygnus olor*

We saw a pair of these introduced swans at Ambleside Park in West Vancouver. Also, we saw them at the Westham Island Bridge on our way to the Reifel Refuge.

Trumpeter Swan *Cygnus buccinator*

One on pond along Grand Valley Road, near Cochrane, in Alberta.

Wood Duck *Aix sponsa*

Found at Salmon Arm, as well as at Road 22 near Osoyoos, where two flew past. Near Vancouver, we saw several Wood Ducks at the Reifel Refuge.

Cinnamon Teal *Spatula cyanoptera*

In Alberta, seen at Frank Lake, Vermilion Lk and Cave & Basin. In B.C., found at Salmon Arm and at Road 22, near Osoyoos.

Blue-winged Teal *Spatula discors*

Found at Frank Lake and at Salmon Arm.

Northern Shoveler *Anas clypeata*

Seen at Frank Lake and on pond on Grand Valley Road near Cochrane, AB. In British Columbia, found at Salmon Arm and at the Reifel Refuge.

Gadwall *Mareca strepera*

Fairly common throughout and seen on many lakes and ponds.

American Wigeon *Mareca americana*

Seen regularly on lakes and ponds throughout.

Mallard *Anas platyrhynchos*

Common throughout.

Northern Pintail *Anas acuta*

Noted at Frank Lake, as well as at pond on Grand Valley Road, near Cochrane.

Green-winged Teal *Anas carolinensis*

At Frank Lake, Cave & Basin, Salmon Arm and at the Reifel Refuge we saw Green-winged Teal.

Canvasback *Aythya valisineria*

Several at Frank Lake.

Redhead *Aythya americana*

Sightings at Frank Lake in Alberta, Salmon Arm and at Separation Lake.

Ring-necked Duck *Aythya collaris*

Found regularly on lakes and ponds throughout.

Greater Scaup *Aythya marila*

One male at Christmas Island in Salmon Arm.

Lesser Scaup *Aythya affinis*

Found in numbers at Frank Lake and on pond along Grand Valley Road near Cochrane. Also noted on ponds along Lac du Bois Road, Kamloops and Tunkwa Lk Road.

Harlequin Duck *Histrionicus histrionicus*

One female resting on rocks in distance at Ambleside Park in West Vancouver. At the Tsawwassen Ferry Jetty, several Harlequins were noted also.

Bufflehead *Bucephala albeola*

Found at Frank Lake and Vermilion Lake. Also on ponds along Lac du Bois Road and on Tunkwa Lake Road.

Common Goldeneye *Bucephala clangula*

Several on small reservoir in High River, Alberta.

Barrow's Goldeneye *Bucephala islandica*

Found at Frank Lake, in Alberta, and at Eidelweiss Slough in Golden, as well as on ponds and lakes along Lac du Bois Road and Tunkwa Lake Road near Kamloops.

Hooded Merganser *Lophodytes cucullatus*

Four were at Vermilion Lakes in Banff. In B.C., noted at Salmon Arm and at Isobel Lake, west of Kamloops.

Common Merganser (Goosander) *Mergus merganser*

Seen only at Salmon Arm.

Ruddy Duck *Oxyura jamaicensis*

Common at wetlands including Frank Lake, Salmon Arm, ponds on Lac du Bois Road, Separation Lake, etc.

California Quail *Callipepla californica*

Seen at various locations in the Okanagan Valley. First sightings were near Rose Valley in West Kelowna, and subsequently we saw little groups in the Osoyoos area.

Ruffed Grouse *Bonasa umbellus* (Heard only)

Two heard drumming in forests along Kilpoola Lake Road, west of Osoyoos.

Sooty Grouse *Dendragapus fuliginosus*

Two seen along the road to the subalpine meadows in Manning Park.

Chukar *Alectoris chukar*

Adult and brood scurried across Hwy 3, west of Osoyoos.

Grey Partridge *Perdix perdix*

Three at White Lake, amongst the sagebrush, near Okanagan Falls.

Common Pheasant *Phasianus colchicus*

Seen at Salmon Arm, along Christmas Island Trail. In Osoyoos, we flushed a female and her brood from the sagebrush at Haynes Lease Ecological Reserve.

Common Loon (Great Northern Diver) *Gavia immer*

First nice sightings were at Vermilion Lakes in Banff. In B.C., loons were on Shuswap Lake at Salmon Arm, and at Lac du Bois and Isobel Lake near Kamloops.

Pied-billed Grebe *Podilymbus podiceps*

Rather elusive. Found on ponds along Lac du Bois Road near Kamloops, and on a pond along Tunkwa Lake Road as well. First sightings, though, were at Salmon Arm.

Red-necked Grebe *Podiceps grisegena*

Several rather stunning individuals nesting at Lac du Bois near Kamloops.

Black-necked (Eared) Grebe *Podiceps nigricollis*

Fantastic views at Frank Lake in Alberta. A singleton was at Salmon Arm, and we saw a few on ponds along Tunkwa Lake Road, west of Kamloops.

Western Grebe *Aechmophorus occidentalis*

Quite a few at Frank Lake in Alberta. Many in B.C., at Salmon Arm, where there is a large nesting colony.

Clark's Grebe *Aechmophorus clarkii*

Watched from the end of the pier in Salmon Arm, alongside Western Grebes for direct comparison of the two similar species.

White-faced Ibis *Plegadis chihi*

A dozen or more at Frank Lake, Alberta.

Black-crowned Night Heron *Nycticorax nycticorax*

Seen in flight at Frank Lake, AB.

Great Blue Heron *Ardea herodias*

Seen regularly wherever there were wetlands, mudflats, lakes and ponds.

American White Pelican *Pelecanus erythrorhynchos*

Many on our visit to Frank Lake, AB. In B.C., two were resting at the south end of Stump Lake, along Hwy 5A, south of Kamloops.

Pelagic Cormorant *Leucocarbo pelagicus*

Sightings in flight, at West Vancouver's Lighthouse Park, as well as at Ambleside Park, in West Vancouver. Also, at Tsawwassen Ferry Jetty.

Double-crested Cormorant *Phalacrocorax auritus*

Quite numerous at Frank Lake, AB. Also one on a rock in small lake along Grand Valley Road, near Cochrane. In BC, noted at Lighthouse Park and Ambleside Park, West Vancouver, as well as at Tsawwassen Ferry Jetty.

Turkey Vulture *Cathartes aura*

Fairly common and seen almost daily from about the midway point of the tour to near the end of the trip. Usually along roadways where they search for roadkill.

Western Osprey *Pandion haliaetus*

Common throughout at larger bodies of water.

Golden Eagle *Aquila chrysaetos*

Two soaring along Hwy 33, east of Kelowna.

Cooper's Hawk *Accipiter cooperii*

Single birds at the Salmon Arm Pier, as well as at Mount Kobau near Osoyoos and at the Iona Sewage Ponds in Vancouver.

Northern Harrier *Circus cyaneus*

Found in Alberta at Frank Lake, and in B.C., at Tranquille near Kamloops, as well as at Separation Lake, along Hwy 5A, south of Kamloops and at Road 22, near Osoyoos.

Bald Eagle *Haliaeetus leucocephalus*

Fairly common throughout, with our first sightings along Grand Valley Road near Cochrane, AB. Also at Vermilion Lake in Banff, and in B.C., at many locations.

Swainson's Hawk *Buteo swainsoni*

In Alberta, Swainson's Hawk is common in the Calgary and Cochrane areas, where we saw many. In B.C., we saw some Swainson's Hawks in the Kamloops area and in the Kelowna area.

Red-tailed Hawk *Buteo jamaicensis*

Common throughout, though outnumbered by Swainson's Hawks in the Calgary area.

Yellow Rail *Coturnicops novaeboracensis* (Heard only)

Heard only, calling in marshes along Horse Creek Road, Cochrane, AB.

Virginia Rail *Rallus limicola*

One seen well in wetland at Isobel Lake, near Kamloops.

Sora *Porzana carolina*

Excellent views at Frank Lake, and heard elsewhere on the tour.

American Coot *Fulica americana*

Fairly common in wetland areas throughout.

Sandhill Crane *Grus canadensis*

Three in grassland area along Lac du Bois Road in Kamloops. Also found at the Reifel Refuge in Ladner.

Black Oystercatcher *Haematopus bachmani*

Several at Tsawwassen Ferry Jetty south of Vancouver.

Black-necked Stilt *Himantopus mexicanus*

At least a pair of stilts were at Frank Lake in Alberta.

American Avocet *Recurvirostra americana*

Excellent views of several avocets at Frank Lake in Alberta.

Killdeer *Charadrius vociferus*

Common throughout in open country.

Whimbrel *Numenius phaeopus*

One was at the Tsawwassen Ferry Jetty compensation lagoon.

Long-billed Curlew *Numenius americanus*

One flew over us at the north end of Frank Lake.

Marbled Godwit *Limosa fedoa*

Several in shallow pond near north end of Frank Lake. Alberta.

Wilson's Snipe *Gallinago delicata*

Noted along Horse Creek Road near Cochrane, AB., on fence posts and flying about over marshes.

Wilson's Phalarope *Phalaropus tricolor*

Fantastic views of many at Frank Lake in Alberta. Single bird at the Reifel Refuge in Ladner as well.

Spotted Sandpiper *Actitis macularius*

In Alberta, we had a brief sighting at Muleshoe Picnic Area in Banff. In B.C., seen at Eidelweiss Slough in Golden, the foreshore of Shuswap Lake in Salmon Arm, Isobel Lake near Kamloops, etc.

Solitary Sandpiper *Tringa solitaria*

One acting as though on nesting territory near Big White Ski Hill, S.E. of Kelowna, B.C.

Lesser Yellowlegs *Tringa flavipes*

A couple of Lesser Yellowlegs were on fence posts at edge of meadow on Grand Valley Road, near Cochrane, AB.

Willet *Tringa semipalmata*

Several noted in the Frank Lake area in Alberta.

Greater Yellowlegs *Tringa melanoleuca*

Single birds at Frank Lake, Alberta, and at the Reifel Refuge in Ladner.

Bonaparte's Gull *Chroicocephalus philadelphia*

One was at Frank Lake in Alberta.

Franklin's Gull *Leucophaeus pipixcan*

Numerous at Frank Lake in Alberta, where there is breeding colony.

Ring-billed Gull *Larus delawarensis*

Some at Frank Lake. Many at Salmon Arm at Christmas Island, where there is a breeding colony. Also noted at Osoyoos Lake.

California Gull *Larus californicus*

We encountered this species at Frank Lake in Alberta, as well as a few other locations like Salmon Arm, and the Tsawwassen Ferry Jetty.

Glaucous-winged Gull *Larus glaucescens*

Common in Vancouver area.

Caspian Tern *Hydroprogne caspia*

One at the Tsawwassen Ferry Jetty, south of Vancouver.

Forster's Tern *Sterna forsteri*

Fairly common at Frank Lake.

Black Tern *Chlidonias niger*

Several noted at Frank Lake, AB.

Pigeon Guillemot *Cepphus niger*

One seen at Ambleside Park in West Vancouver.

Feral Rock Dove *Columba livia*

Common throughout in cities and towns.

Band-tailed Pigeon *Patagioenas leucocephala*

A number seen in West Vancouver on Mount Cypress.

Eurasian Collared Dove *Streptopelia decaocto*

Seen often throughout tour, though not in the Rocky Mountains.

Mourning Dove *Zenaida macroura*

Seen in Alberta near Frank Lake, and at many locations in the interior of B.C.

Great Horned Owl *Bubo virginianus*

One adult was roosting in hedge row, along road north of Frank Lake in Alberta. In B.C., we saw another along White Lk Road on a telephone pole during an evening outing. We flushed a Great Horned Owl at Three Gates Farm near OK Falls, and we saw at least 3 youngsters roosting at the Reifel Refuge, Ladner.

Barred Owl *Strix varia*

One seen briefly, but well, along trail off Beaver Lake Road, near Kelowna.

Great Grey Owl *Strix nebulosa*

Adult and two youngsters seen in forest near Tunkwa Lake, west of Kamloops.

Northern Pygmy Owl *Glaucidium gnoma*

One in a wooded ravine east of Okanagan Falls along Dutton Creek Road.

Burrowing Owl *Athene cunicularia*

One seen exceptionally well along Lac du Bois Road near Kamloops.

Northern Saw-whet Owl *Aegolius acadicus* (Heard only)

Several fledglings heard calling in forest along Kilpoola Lake Road, west of Osoyoos, during our night outing.

Long-eared Owl *Asio otus* (Heard only)

Fledglings heard begging in thick forest along Kilpoola Lake Road, west of Osoyoos, on our night outing.

Common Nighthawk *Chordeiles minor*

Seen well at Tranquille near Kamloops and at Road 22, near Osoyoos.

Common Poorwill *Phalaenoptilus nuttallii*

Good views of birds on gravel part of Kilpoola Lk Road near Osoyoos, after dark.

American Black Swift *Cypseloides niger*

Several noted overhead at Salmon Arm.

Vaux's Swift *Chaetura vauxi*

Several seen well overhead at Tranquille, near Kamloops.

White-throated Swift *Aeronautes saxatilis*

Noted over towering cliff called 'The Throne' at N. end of Osoyoos Lake.

Black-chinned Hummingbird *Archilochus alexandri*

One male at Eidelweiss Slough in Golden. Another male at my feeders along Trepanier Creek in Peachland. Also seen near Okanagan Falls at Three Gates Farm.

Anna's Hummingbird *Calypte anna*

Found at West Vancouver's Lighthouse Park, at feeders near the lighthouse itself. Also found at feeders near entrance at the Reifel Refuge in Ladner.

Rufous Hummingbird *Selasphorus rufus*

Found at a variety of locations including the Skunk Cabbage Boardwalk in Revelstoke National Park, my feeders in Peachland, feeders at Three Gates Farm near Okanagan Falls and other locations.

Calliope Hummingbird *Stellula calliope*

First sighting was a stunning male atop perch near shore of Lac du Bois, near Kamloops. Also noted in Peachland at my feeder along Trepanier Creek and at Rose Valley in West Kelowna, as well as at Three Gate Farm near Okanagan Falls.

Belted Kingfisher *Megasceryle alcyon*

One seen well at Christmas Island near Salmon Arm.

Lewis's Woodpecker *Melanerpes lewis*

Good views of nesting birds along Hwy 5A, south of Kamloops at Planet Mine Road. Also seen well at nesting tree along Shuttleworth Creek Road, east of Okanagan Falls.

Williamson's Sapsucker *Sphyrapicus thyroideus*

We saw a pair of these rare and local woodpeckers along Venner Meadows Rd, east of Okanagan Falls.

Yellow-bellied Sapsucker *Sphyrapicus varius*

One was encountered along Grand Valley Road, near Cochrane in the foothills.

Red-naped Sapsucker *Sphyrapicus nuchalis*

Seen quite often in B.C., but in Alberta, just seen once, near Banff, at Muleshoe Picnic Area.

Red-breasted Sapsucker *Sphyrapicus ruber*

Excellent views at the cross-country ski area at Cypress Provincial Park.

Downy Woodpecker *Dryobates pubescens*

One seen quite well along Horse Creek Road, in the foothills near Cochrane. In B.C., found at Tranquille and Lac du Bois Road near Kamloops and in Kelowna, at Sutherland Hills Park.

Hairy Woodpecker *Leuconotopicus villosus*

First sighting was along Planet Mine Road, off Hwy 5A, south of Kamloops, with later sightings at Dutton Creek Road, east of Okanagan Falls, Kruger Mtn Road, near Osoyoos and a number were in the burn on Mt. Kobau near Osoyoos.

Northern Flicker *Colaptes auratus*

Common throughout. All seen were of western 'Red-shafted' race.

Pileated Woodpecker *Dryocopus pileatus*

Pair at nest in aspen next to parking area at Muleshoe Picnic Area in Banff N.P. In B.C., found at Skunk Cabbage Boardwalk, where one flew past briefly.

American Kestrel *Falco sparverius*

In Alberta, seen at Horse Creek Road, near Cochrane. In B.C., many sightings, mostly of birds along roadways, on fence lines and telephone wires.

Merlin *Falco columbarius*

One hunting along the foreshore in Salmon Arm.

Peregrine Falcon *Falco peregrinus*

One flew across Vermilion Lake carrying prey. Another was at Tranquille near Kamloops, and two were at nesting cliffs at 'The Throne' near N. end of Osoyoos Lake.

Say's Phoebe *Sayornis saya*

Two adults feeding youngsters inside an old barn near Separation Lake, in the Kamloops area. Also noted at Road 22 and along the lower reaches of Kruger Mountain Road near Osoyoos.

Olive-sided Flycatcher *Contopus cooperi*

Found at boggy area near McCulloch Lake, S.E. of Kelowna, as well as at the cross-country ski area on Cypress Mountain in Vancouver.

Western Wood Pewee *Contopus sordidulus*

Fairly common in mixed woodlands throughout.

Willow Flycatcher *Empidonax traillii*

Seen at Cave & Basin in Banff, as well as at Eidelweiss Slough in Golden. Found along Christmas Island Trail at Salmon Arm, Tranquille and Lac du Bois near Kamloops, Rose Valley, West Kelowna, Venner Meadows, near OK Falls and at Lighthouse Park in Vancouver, amongst other locations.

Alder Flycatcher *Empidonax alnorum*

One seen along railroad tracks at Greeley, east of Revelstoke, off Hwy 1.

Least Flycatcher *Empidonax minimus*

One in a bug infested grove of small aspen trees along Lac du Bois Road near Kamloops.

Hammond's Flycatcher *Empidonax hammondii*

Found at Isobel Lake, near Kamloops, as well as in woods near Big White Ski Resort, S.E. of Kelowna.

American Dusky Flycatcher *Empidonax oberholseri*

Found along Lac du Bois Road, near Kamloops, and along Tunkwa Lake Road, west of Kamloops. Also, in burned forests on Mount Kobau, near Osoyoos.

American Grey Flycatcher *Empidonax wrightii*

One at Mahoney Lake, on Green Lake Road, near Okanagan Falls.

Pacific-slope Flycatcher *Empidonax difficilis*

Seen well at Tranquille, near Kamloops and at West Vancouver's Lighthouse Park.

Western Kingbird *Tyrannus verticalis*

Noted at Tranquille, near Kamloops, and near Kelowna along the lower reaches of Beaver Lake Road. In Osoyoos, found at 'The Throne' and on Mt. Kobau.

Eastern Kingbird *Tyrannus tyrannus*

First encounter was at Frank Lake, AB. Numerous sightings in B.C.

Cassin's Vireo *Vireo cassinii*

Seen first along Lac du Bois Road near Kamloops, with later sightings at Rose Valley, West Kelowna, lower Beaver Lake Road near Lake Country, Philpott Rd east of Kelowna and at Lighthouse Park, West Vancouver.

Warbling Vireo *Vireo gilvus*

Fairly common throughout in woodland habitats.

Red-eyed Vireo *Vireo olivaceus*

Found at Skunk Cabbage Boardwalk near Revelstoke and along the Christmas Island Trail in Salmon Arm.

Canada Jay *Perisoreus canadensis*

Canada's unofficial national bird. Noted at Johnston Canyon, Lake Louise, Moraine Lake and Cave & Basin in Alberta. In B.C., found at Big White Ski Resort, S.E. of Kelowna, and at Cypress Mtn in West Vancouver.

Steller's Jay *Cyanocitta stelleri*

B.C.'s provincial bird! Sightings at Big White Ski Village, S.E. of Kelowna, and at Manning Park's Cascade Lookout, as well as at Cypress Mtn in West Vancouver.

Black-billed Magpie *Pica hudsonica*

Common throughout, except in Vancouver area where magpies are absent.

Clark's Nutcracker *Nucifraga columbiana*

Several noted in Manning Park, at the lodge and at the Cascade Lookout.

American Crow *Corvus brachyrhynchos*

Common throughout, except in Vancouver area, where replaced by Northwestern Crow.

Northwestern Crow *Corvus caurinus*

Abundant in the Vancouver area.

Northern Raven *Corvus corax*

Common throughout.

Cedar Waxwing *Bombycilla cedrorum*

Common throughout and seen most days.

Black-capped Chickadee *Poecile atricapilla*

Common throughout.

Mountain Chickadee *Poecile gambeli*

Common throughout in coniferous forests. Not found around Vancouver.

Boreal Chickadee *Poecile hudsonica*

Boreal Chickadees were found at Lake Louise and at Cave and Basin Trail, in Banff N.P.

Chestnut-backed Chickadee *Poecile rufescens*

One or two seen along Philpott Road, near Kelowna. Also, several seen at Manning Park, along the Strawberry Flats Trail and at Lighthouse Park and Cypress Mountain in West Vancouver.

Sand Martin (Bank Swallow) *Riparia riparia*

Found at Frank Lake, as well as at Tranquille and Separation Lakes near Kamloops. Also, at Penticton Airfield.

Tree Swallow *Tachycineta bicolor*

Common throughout.

Violet-green Swallow *Tachycineta thalassina*

Common throughout.

Purple Martin *Progne subis*

Several at the Reifel Refuge in Ladner and at Iona Island in Richmond.

Northern Rough-winged Swallow *Stelgidopteryx serripennis*

Fairly common throughout, especially near water.

Barn Swallow *Hirundo rustica*

Common throughout.

American Cliff Swallow *Petrochelidon pyrrhonota*

Common throughout, especially near bridges under which they nest.

Bushtit *Psaltriparus minimus*

Found on last day at the Reifel Refuge in Ladner.

Golden-crowned Kinglet *Regulus satrapa*

In the Banff area, we saw Golden-crowned Kinglets at Vermilion Lake, Lake Louise, Johnston Canyon and Cave and Basin. In B.C., several sightings in coniferous forests.

Ruby-crowned Kinglet *Regulus calendula*

Found on Horse Creek Road in the foothills near Cochrane, as well as at Banff locations including Vermilion Lake, Cave and Basin and Johnston Canyon. In B.C., found at Isobel Lake and Tunkwa Lk Road near Kamloops and in West Kelowna at Rose Valley Regional Park and at Big White Ski Village.

Canyon Wren *Catherpes mexicanus*

Two seen quite well, and another heard at the 'The Throne' at N. end of Osoyoos Lake.

Marsh Wren *Cistothorus palustris*

Marsh Wrens were at Frank Lake in Alberta, Eidelweiss Slough in Golden, wetlands along Lac du Bois Road near Kamloops and at the Reifel Refuge in Ladner.

Bewick's Wren *Thryomanes bewickii*

One noted at the Reifel Refuge in Ladner area, south of Vancouver.

Pacific Wren *Troglodytes pacificus*

Seen by some at Johnston Canyon in Banff N.P., and seen by all at Lighthouse Park in West Vancouver.

House Wren *Troglodytes aedon*

In Alberta, found along Horse Creek Road and Grand Valley Road. In B.C., quite a few sightings.

Pygmy Nuthatch *Sitta pygmaea*

Fairly common in dry coniferous forests of southern interior of B.C. Noted at Planet Mine Road, near Kamloops, as well as at Rose Valley in West Kelowna, and Sutherland Hills Park, also in Kelowna. Found in the South Okanagan Valley at Three Gates Farm and at Mahoney Lake.

Red-breasted Nuthatch *Sitta canadensis*

Common in coniferous woods throughout.

White-breasted Nuthatch *Sitta carolinensis*

One at Rose Valley Regional Park in West Kelowna and one at Three Gates Farm in Okanagan Falls.

Brown Creeper *Certhia americana*

First one was seen in Banff N.P. at Muleshoe Picnic Area. In B.C., noted in West Vancouver at Lighthouse Park and in Ladner at the Reifel Refuge.

Grey Catbird *Dumetella carolinensis*

One along Horse Creek Road near Cochrane, AB. In B.C., fairly common in the Kamloops, Kelowna and Osoyoos areas

Sage Thrasher *Oreoscoptes montanus*

Three seen in sagebrush at White Lake near Okanagan Falls.

Common Starling *Sturnus vulgaris*

Abundant throughout.

Varied Thrush *Oxoreus naevius*

Views of this somewhat elusive species at Big White Ski Resort near Kelowna, and at Cypress Mountain in West Vancouver.

Western Bluebird *Sialia mexicana*

Near Kelowna, seen on lower portion of Beaver Lake Road. In the Osoyoos area, seen at 'The Throne' at N. end of Osoyoos Lake, as well as on Mt. Kobau and on lower bits of Kruger Mountain Road.

Mountain Bluebird *Sialia currucoides*

In Alberta, we saw Mountain Bluebirds along Horse Creek Road and along the Grand Valley Road near Cochrane. In B.C., noted along Lac du Bois Road and Tunkwa Lake Road near Kamloops and on Beaver Lake Road, north of Kelowna. In the south Okanagan, we had them at White Lake and on Mt. Kobau.

Townsend's Solitaire *Myadestes townsendi*

One along Grand Valley Road, near Cochrane, AB.

Veery *Catharus fuscus*

Noted at Skunk Cabbage Boardwalk in Revelstoke N.P. and in West Kelowna at Rose Valley Regional Park.

Swainson's Thrush *Catharus ustulatus*

Alberta sightings at Vermilion Lake, Johnston Canyon and Cave & Basin near Banff. In B.C., noted at Lac du Bois near Kamloops, as well as along Paska Lake Road near Logan Lake. Also seen in Manning Park, as well as at Lighthouse Pk.

Hermit Thrush *Catharus guttatus*

First encounter was along Paska Lake Road near Logan Lk. Also noted at Big White Ski Resort, and Manning Park, as well as at Cypress Mt.

American Robin *Turdus migratorius*

Common to abundant throughout.

American Dipper *Cinclus mexicanus*

Found at Johnston Canyon in Banff N.P. and at the Skunk Cabbage Boardwalk, in Revelstoke N.P.

House Sparrow *Passer domesticus*

Common in cities and towns throughout.

Evening Grosbeak *Hesperiphona vespertina*

Adult feeding fledgling along Horse Creek Road, near Cochrane, AB, in the foot-hills.

Pine Grosbeak *Pinicola enucleator*

Seen in distance through scope at Lake Louise in AB. In B.C., seen at Strawberry Flats in Manning Park.

Cassin's Finch *Haemorhous cassinii*

Found at a number of locations in the southern interior of B.C., including Lac du Bois Road near Kamloops, my house along Trepanier Creek in Peachland, Three Gates Farm near Okanagan Falls, Mahoney Lake, Kruger Mtn Road and at Mt. Kobau.

House Finch *Haemorhous mexicanus*

Seen on pre-breakfast walk in Salmon Arm at feeder. Also, noted at Road 22 near Osoyoos.

Red Crossbill *Loxia curvirostra*

Found along Philpott Road, east of Kelowna, and at Mahoney Lake near OK Falls. Seen also at Mt. Kobau and lower Kruger Mountain Road.

White-winged Crossbill *Loxia leucoptera*

Group of White-winged Crossbills seen in mixed forests along Paska Lake Road, near Logan Lake, B.C.

American Goldfinch *Carduelis tristis*

Fairly common throughout.

Lesser Goldfinch *Carduelis psaltria*

One heard at Rose Valley Regional Park in West Kelowna, where species is virtually unknown. Two or more also, west of Osoyoos, on lower Kruger Mtn Rd.

Pine Siskin *Carduelis pinus*

Common throughout in pine forests.

Slate-coloured Fox Sparrow *Passerella schistacea*

Heard at Vermilion Lake near Banff, and seen quite well along Strawberry Flats Trail in Manning Park.

Song Sparrow *Melospiza melodia*

Common throughout, especially in wetland areas.

Lincoln's Sparrow *Melospiza lincolni*

Found along Grand Valley Road near Cochrane. In Banff area, at Vermilion Lakes and at Cave & Basin. In B.C., found along Lac du Bois Road near Kamloops and at Venner Meadows, east of Okanagan Falls.

White-crowned Sparrow *Zonotrichia leucophrys*

In the Rockies, noted at Cave and Basin & Vermilion Lakes in Alberta, and in B.C., found at Lighthouse Park and at Cypress Mountain in West Vancouver.

White-throated Sparrow *Zonotrichia albicollis*

In Alberta, along Grand Valley Road and Horse Creek Road in the foothills and at Vermilion Lakes near Banff.

Dark-eyed Junco *Junco hyemalis*

Common in coniferous forests throughout. First good sightings were at Johnston Canyon in Banff. All birds seen were of the 'Oregon' race.

Savannah Sparrow *Passerculus sandwichensis*

Common in grasslands around Frank Lake. Also seen in open country in the foothills near Cochrane on Grande Valley and Horse Creek roads. In B.C., found on Lac du Bois Road near Kamloops and at the Reifel Refuge in Ladner.

Nelson's Sparrow *Ammodramus nelsoni*

One seen very well in wetlands along Horse Creek Road, near Cochrane.

Le Conte's Sparrow *Ammodramus leconteii* (heard only)

Heard in grassy areas in foothills near Cochrane, along Horse Creek Rd, and along Grand Valley Rd.

Grasshopper Sparrow *Ammodramus savannarum*

One seen well in grassland on First Nations land near the Penticton airport.

Chipping Sparrow *Spizella passerina*

Common throughout.

Clay-coloured Sparrow *Spizella pallida*

Found in numbers in Alberta at Frank Lake and in the foothills near Cochrane.

Brewer's Sparrow *Spizella breweri*

Nice views in the sagebrush at the Nighthawk Border Crossing, west of Osoyoos.

Vesper Sparrow *Poocetes gramineus*

Fairly common in grassland areas. Seen at Frank Lake, Lac du Bois Road, Beaver Lake Road, Mt. Kobau and Nighthawk Border Crossing, to name a few locations.

Lark Sparrow *Chondestes grammacus*

One seen well near Kelowna in grasslands along lower Beaver Lake Road. Also found near Osoyoos, at the Nighthawk Border Crossing and at 'The Throne', at the north end of Osoyoos Lake.

Spotted Towhee *Pipilo maculatus*

Quite common in the Okanagan and in the Vancouver areas in scrubby habitat.

Yellow-breasted Chat *Icteria virens*

Singing bird, also seen, in deciduous woods along Christmas Island Trail near Salmon Arm.

Yellow-headed Blackbird *Xanthocephalus xanthocephalus*

Many at Frank Lake in Alberta. Not as many, but still quite a few in marshes of Salmon Arm. Also noted at Separation Lake near Kamloops.

Bobolink *Dolichonyx oryzivorus*

Seen by some in large fields along Grand Valley Road in the foothills near Cochrane, AB. Several males, seen quite well, in hayfields along Road 22, north of Osoyoos.

Western Meadowlark *Sturnella neglecta*

Common throughout in grassland and open agricultural areas.

Bullock's Oriole *Icterus bullockii*

Found at Tranquille near Kamloops, as well as in aspen groves along lower Beaver Lake Road, north of Kelowna. In Osoyoos, found at north end of Osoyoos Lake, at 'The Throne' and at Road 22.

Baltimore Oriole *Icterus galbula*

Male singing in yard with large cottonwood trees along a farm road, just north of Frank Lake, Alberta.

Red-winged Blackbird *Agelaius phoeniceus*

Common throughout, especially in wetland areas.

Brown-headed Cowbird *Molothrus ater*

Common throughout.

Brewer's Blackbird *Euphagus cyanocephalus*

Common throughout.

Common Grackle *Quiscalus quiscula*

One or two seen around city of High River, near Frank Lake.

Northern Waterthrush *Parkesia noveboracensis*

One seen quite well at Cave and Basin in Banff N.P.

Tennessee Warbler *Leiothlypis peregrina*

Several in the foothills near Cochrane, AB, along Horse Creek Road and along Grand Valley Road.

Orange-crowned Warbler *Leiothlypis celata*

Found at Vermilion Lakes in Banff N.P., as well as at Venner Meadows, east of Okanagan Falls, and at Lighthouse Park in West Vancouver.

Nashville Warbler *Leiothlypis ruficapilla*

Seen well along Beaver Lake Road, north of Kelowna.

MacGillivray's Warbler *Geothlypis tolmiei*

Several good sightings of this somewhat elusive species on tour. Found at Skunk Cabbage Boardwalk near Revelstoke, as well as along Beaver Lake Road, in Lake Country, Lac du Bois Road near Kamloops, Venner Meadows and at Mt. Kobau.

Common Yellowthroat *Geothlypis trichas*

Fairly common in marshy areas throughout. Just a few locations we found yellowthroats included Vermilion Lakes in Banff, Salmon Arm's Christmas Is. Trail, wetlands near ponds on Lac du Bois Road, Kamloops, and at the Reifel Refuge in Ladner.

American Redstart *Setophaga ruticilla*

A few seen in the Rocky Mountains, with sightings at Vermilion Lakes and Cave and Basin in Banff, as well as the Skunk Cabbage Boardwalk in Revelstoke.

American Yellow Warbler *Setophaga petechia*

Common throughout in deciduous woods.

Myrtle Warbler *Setophaga coronata*

Variety of pure and hybrid Myrtle and Myrtle x Audubon's seen in the foothills and in the Rocky Mountains.

Audubon's Warbler *Setophaga auduboni*

Common throughout tour, with the exception of areas east of the foothills in Alberta.

Black-throated Grey Warbler *Setophaga nigrescens*

One male seen well at Lighthouse Park in West Vancouver.

Townsend's Warbler *Setophaga townsendi*

Summer resident in mostly coniferous forests. Found at Vermilion Lakes, near Banff, as well as at in boreal forests near Big White Ski Resort near Kelowna. Also at Manning Park along Strawberry Flats Trail and at Cypress Mountain in West Vancouver.

Wilson's Warbler *Wilsonia pusilla*

Found at Lake Louise and at Cave and Basin in Banff, N.P. In B.C., at Big White Ski Resort, as well as at Venner Meadows, east of Okanagan Falls, and at West Vancouver's Lighthouse Park.

Western Tanager *Piranga ludoviciana*

Fairly common in coniferous and mixed forests. First sighting was along Lac du Bois Road near Kamloops, with quite a few other sightings in the Okanagan area after that.

Rose-breasted Grosbeak *Pheucticus ludovicianus*

Male found along Horse Creek Road in the foothills near Cochrane, AB.

Black-headed Grosbeak *Pheucticus melanocephalus*

Our only sighting was a male along Grand Valley Road in the foothills near Cochrane, AB.

Lazuli Bunting *Passerina amoena*

Our first encounter was of a male at Greeley, along the railroad tracks, east of Revelstoke. Also found at Tranquille near Kamloops, Rose Valley Park in West Kelowna, Beaver Lake Road near Lake Country, 'The Throne' near north end of Osoyoos Lake and at Mt. Kobau.

LIST OF MAMMALS RECORDED ON TOUR (21 species)

Eastern Grey Squirrel *Sciurus carolinensis*

Douglas's Squirrel *Tamiasciurus douglasii*

American Red Squirrel *Tamiasciurus hudsonicus*

Yellow-bellied Marmot *Marmota flaviventris*

Golden-mantled Ground Squirrel *Spermophilus lateralis*

Cascade Golden-mantled Ground Squirrel *Spermophilus saturatus*

Richardson's Ground Squirrel *Spermophilus richardsonii*

Columbian Ground Squirrel *Spermophilus columbianus*

Yellow-pine Chipmunk *Tamias amoenus*

Least Chipmunk *Tamias minimus*

American Beaver *Castor canadensis*

Common Muskrat *Ondatra zibethicus*

Southern Red-backed Vole *Clethrionomys gapperi*

American Black Bear *Ursus americanus*

Harbour Seal *Phoca vitulina*

Stoat (Short-tailed Weasel) *Mustela erminea*

Wapiti (American Elk) *Cervus elaphus*

White-tailed Deer *Odocoileus virginianus*

Mule Deer *Odocoileus hemionus*

Bighorn Sheep *Ovis canadensis*

Rocky Mountain Goat *Oreamnos americanus*

BUTTERFLIES RECORDED ON TOUR (9 species)

Common Swallowtail *Papilio machaon*

Western Tiger Swallowtail *Papilio rutulus*

Two-tailed Swallowtail *Papilio multicaudata*

Small White *Pieris rapae*

Clouded Sulphur *Colias philodice*

Mourning Cloak *Nymphalis antiopa*

Painted Lady *Vanessa cardui*

Lorquin's Admiral *Limenitis lorquini*

Large Heath (Common Ringlet) *Coenonympha tullia*

REPTILES & AMPHIBIANS (5 species)

Painted Turtle *Chrysemys picta*

Red-eared Slider *Trachemys elegans*

Common Garter Snake *Thamnophis sirtalis*

Northern Alligator Lizard *Elgaria coerulea*

Long-toed Salamander *Ambystoma macrodactylum*