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The Lazio region provides many opportunities for birdwatching

Waterbirds such as ducks, herons, gulls and waders can easily be found both in **coastal wetlands**, such as Circeo National Park, Litorale Romano Nature Reserve, Torre Flavia Marsh, Macchiatonda Nature Reserve and Tarquinia Salt Pans, and in inland wetlands such as Lago di Posta Fibreno Nature Reserve, Laghi Lungo e Ripasottile Nature Reserve, Nazzano Tevere Farfa Nature Reserve, Bracciano Martignano Regional Park, Lago di Vico Nature Reserve. In these protected areas people can appreciate and photograph the animals from the windows of the observation huts without disturbing.

Apart from cape Circeo during the migration, one of the best places to see birds of prey is the Monti della Tolfa Special Protection Area, that includes Marturanum Regional Park and Monterano Nature Reserve.

Mountain birds can be found in the Abruzzo Lazio and Molise, Monti Simbruini and Monti Lucretili Parks, but also in the Montagne della Duchessa and Monti Navegna e Cervia Nature Reserves.

One of the best places to observe bird migration is the Isole di Ventotene e Santo Stefano Marine Reserve where, like in the Tenuta di Castelporziano, people can attend the **ornithologists' work** at the centres for scientific ringing.

Realized in June 2019 by the **Lazio Region Natural Heritage, Parks and Protected Areas Department**

www.parchilazio.it

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Birdwatching

Outdoor birdwatching with notebook and field glasses



REGIONE LAZIO

Walking and birdwatching in nature

Walking in nature exploring fields and landscapes, most of all trying to observe birds and other animals. But also looking from a window, towards a feeder or an artificial nest that have been put into place to attract particular species. Or even connecting via internet to a webcam pointing the nest of a peregrine or a white stork. All of this is birdwatching, that means the **observation of birdlife**.

Birdwatching is a very popular activity in northern Europe and the Anglo-Saxon Countries where there is widespread interest towards nature. Its origin is rooted in history, since the Etruscan and Roman priests were able to detect the favour of Gods from the observation of bird flight, behaviour and singing. These signs were called *auspicia* (from the Latin *aves* = birds, and *specere* = to observe).

But... why birds? Because these animals display fascinating features such as **flight, singing and the most diverse plumage and colours**. Furthermore, a strong adaptability enabled, mainly, day birds to occupy any kind of possible environment. So that, wherever we are, we can easily get in visual or auditive touch with common or rare birds.

The main birdwatcher's tools are accessible to all: a **guide** to the identification of species and **field glasses** (usually from 8 to 10 magnifications). True experts also rely on **spyglasses** (up to 60 magnifications), that are often also used as camera lenses for reflex or compact cameras (*digiscoping* technique).



Mennini



Muratore

Once experts always had a **pencil and a notebook** at their fingertips to write down notes and observations. Nowadays several *smartphone* apps are available, in order to georeference and store data directly in the field. These data are immediately shared with a *database* that researchers and experts use, either to produce or consult environmental reports at a regional, national and international level.

Actually, very often **birdwatcher's** skills are only the first step towards a more thorough knowledge of nature and the environments around us. The field of interest can thus be broadened from birds to other animals and plants (**biowatcher**, that means observer of natural life). Finally, those who perform a systematic monitoring of some specific sites can also be defined as real **citizen scientists!**



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