



Photo: Gregor Beck

# Wetlands, Waterways, and Waterbirds

## *The Boreal Connection*

### THE BOREAL

The Boreal is one of the biggest biomes, or ecological regions, on Earth. Although it is considered a forest ecosystem, it contains more freshwater than any other biome. Boreal breeding birds can fly upwards of thousands of kilometres during their migration, and can use the water features that are on our properties or in our neighbourhoods as a life-saving resource. In fact, many birds travel straight through southern Canada during their migration.

### MEET A BOREAL BIRD: GREATER YELLOWLEGS

They breed in northern Canada and can overwinter as far south as South America. They look for, or "forage", food on mudflats and in shallow water, eating invertebrates, frogs, fish, and occasionally seeds and berries.



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### HOW CAN I HELP BOREAL BIRDS?

- Restore your shoreline using the [Natural Edge Program](#).
- Keep, and enhance, existing native aquatic vegetation and dense ground cover on your property.
- Stop the spread of invasive species. If they are present, [learn how](#) to safely remove them.
- Don't discard fishing line, plastics, tackle, bait, pesticides, or antifreeze into water bodies.
- Practice safe boating techniques and watch your speed around water birds.
- Contribute to citizen science projects: [Canadian Lakes Loon Survey](#), [Marsh Monitoring Program](#), [eBird](#), [iNaturalist](#), and [Breeding Bird Atlases](#).

Join the free Freshwater Stewardship Community to  
learn more: [watersheds.ca/freshwater-stewardship](https://watersheds.ca/freshwater-stewardship)

Handout created by:  
 Watersheds  
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