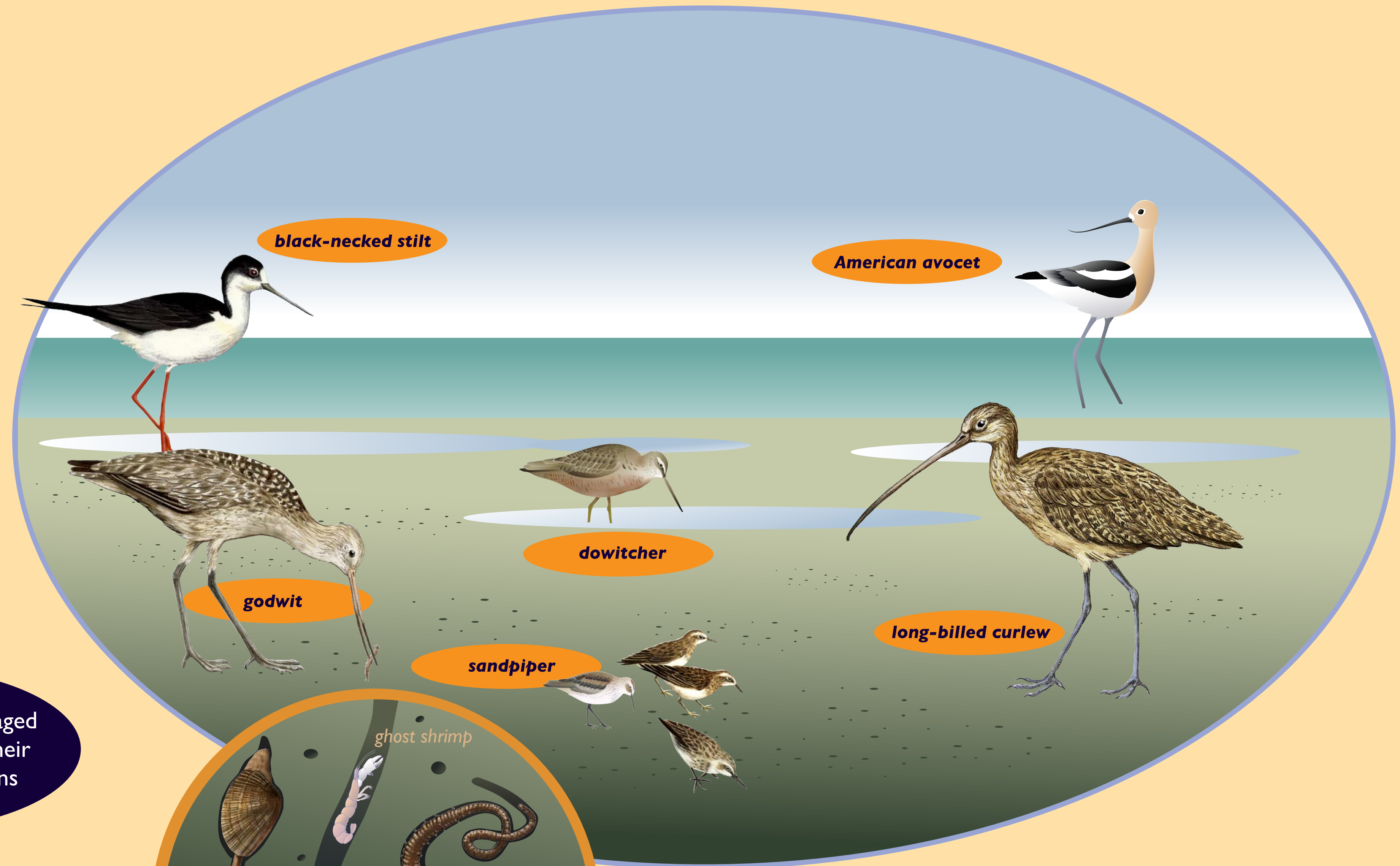




Shore Patrol


Trail users see shorebirds more frequently than any other form of wildlife. Scurrying across the mud flats and stopping abruptly to probe for a meal, shorebirds have a fascinating range of shapes and sizes. With long legs and short legs, upturned bills and downturned bills—each species has adaptive features, making it best suited for locating and capturing prey in a particular part of the mudflats.

Feeding of birds is discouraged here because it disrupts their natural behavioral patterns and diet.



TAKE A CLOSER LOOK IN THE MUD

What are the shorebirds eating in the mud? Avocets sweep the surface for small clams and other animals; sandpipers peck for isopods; dowitchers probe for a variety of invertebrates; and curlews reach 8 inches under the surface, using their long beaks to search for burrowing worms. Stilts can stalk similar prey in deeper water, and godwits search for worms and insect larvae just below the surface.

 **Enjoy your visit along the paved trail.**
Shorebirds feed primarily at low tide, and often rest at high tide in the scrub and marsh along this trail. If disturbed, the extra energy needed to fly away requires more feeding, and this upsets the delicate balance of their lives. So, to avoid disturbing the birds, please leash dogs, stay on the trail, and avoid excessive noise. Thank you.



The Pt. Isabel to Miller/Knox trail is part of the San Francisco Bay Trail, a hiking and bicycling trail system that extends around San Francisco Bay.