## **IMPORTANT SHOREBIRD AREA**



Trans-Atlantic migration route of the Semipalmated Sandpiper

Weighing only a few ounces shorebirds complete annual migrations of up to 20,000 miles round trip between Arctic nesting areas and South American winter habitats.

Hundreds of shorebirds stop at Biddeford beaches to rest and refuel for the next leg of their migration, a nonstop over the ocean flight to South America (2,000 miles or more).

Disrupting these birds means they use up the vital energy they need to fly to their wintering grounds.

Please give them lots of space and keep your dog on leash. We encourage you to enjoy less sensitive areas with your pet.



## **Biddeford Pool Land Trust**

Saving species through Stewardship.

Thank you!