

***If you're a visiting birder who wants to make the best use of your time in the area...***

***Take advantage of local knowledge and the most up-to-date information on where the birds are.***

Carol will tailor an itinerary to your interests, time available and target species. Areas visited include the Blue Mountains, Lithgow, Hawkesbury wetlands, Capertee Valley or further afield. Night spotlighting also available.

If you're a beginning birdwatcher she can provide tuition and advice combined with an introduction to the area's habitats and birds.

Tours can be run on any day (subject to availability) for individuals or small groups (up to 4). Larger groups by arrangement. Early morning, half day, full day and multi-day options.

### **What's included**

- Birding from sunrise to sunset, taking advantage of the best times to see birds.
- Comprehensive birdlist and checklist.
- Use of field guides and spotting scope where required. It is expected you will have your own binoculars, however extra pairs can be provided (prior notice advised).
- Morning tea and coffee.
- Pick-up from your accommodation, train station or other convenient location in the Upper Blue Mountains (e.g. Katoomba, Wentworth Falls, Blackheath) or Lithgow area. Travel is in an air-conditioned 4WD Landcruiser.

*Current rates available on request.*

## **Your guide**

Carol Proberts has been fascinated by birds since childhood. Since moving to the Blue Mountains in 1982 she has accumulated a comprehensive knowledge of the mountains environment and is now regarded as an authority on the native birdlife of the Blue Mountains. With many years experience working as an adventure guide, she gradually made the shift to nature and bird guiding as it became clear this was her main passion and expertise and she has been concentrating on full-time birding since 2001. One of her main strengths is in finding and identifying birds by sound, a particularly valuable skill for a guide.

Carol also has extensive experience in bird surveying, banding (ringing), wildlife rehabilitation and radio-tracking. She is on the committees of the Blue Mountains Bird Observers and the Capertee Valley Regent Honeyeater Recovery Project. She regularly assists with field research on the endangered Regent Honeyeater including two recent seasons of radio-tracking these elusive birds.

Carol is also one-third of the Whacked Out Woodswallows, the team which won the NSW Twitchathon 4 years out of the past 6 (three times breaking the record for the number of birds found in 24 hours in NSW), raising money for bird conservation.

Apart from birding, Carol enjoys regular solo trips into the outback, bushwalking and appreciates all forms of art. Most of all she enjoys sharing with others her enthusiasm for the special places and fascinating birds of her local area.

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*Special thanks to Fiona Lumsden for the bird drawings.*

*Recycled paper. © November 2006*

**BLUE MOUNTAINS • CAPERTEE VALLEY**

# **Birding Tours**

## **with Carol Proberts**



Rockwarbler (*Origma solitaria*)

- Personalised guided birdwatching for individuals or small groups
- Morning, half day or full day options
- Catering for all levels of experience

***Specialising in the Blue Mountains & Capertee Valley • NSW, Australia***



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# The area and its birds

## The Blue Mountains

Situated just 1–2 hours west of Sydney (Katoomba is 100km from the city's downtown area), the Blue Mountains is an area of breathtaking views and hidden natural wonders. It consists of a string of small townships surrounded by a chain of National Parks encompassing 1.03 million hectares and stretching 240 kilometres from north to south. These are not mountains in the traditional sense so much as a giant plateau dissected by deep canyons and gorges.

More than 250 species of birds have been recorded in the central Blue Mountains area. Here you'll find many different habitats in close proximity – it's possible to visit lush rainforest gullies and eucalypt woodland within minutes of walking on a windswept rocky heathland.



Crescent Honeyeater (drawing by Fiona Lumsden)

The forest and heathland birds which characterise the Blue Mountains include many colourful parrots, abundant honeyeaters and such wonders of the bird world as the **Superb Lyrebird** and **Satin Bowerbird**. Whistlers, fantails, treecreepers, thornbills and scrubwrens are among the most common birds here. Other specialities of the area include the **Gang-gang Cockatoo**, **Yellow-tailed** and **Glossy Black-Cockatoos**, **Flame** and **Scarlet Robins**, **Satin Flycatcher**, **Beautiful Firetail**, **Pilotbird** and **Red-browed Treecreeper**. And the Blue Mountains is possibly the best place in the world to see the locally endemic – and very charming – **Rockwarbler**.

Ducks such as the **Australasian Shoveler**, **Pink-eared** and **Blue-billed Duck**, and the very unusual **Musk Duck** can easily be found a short distance west of the mountains.

Trains run regularly throughout each day between Sydney and the Blue Mountains, and there is a very wide range of accommodation and restaurants in the area.

## The Hawkesbury

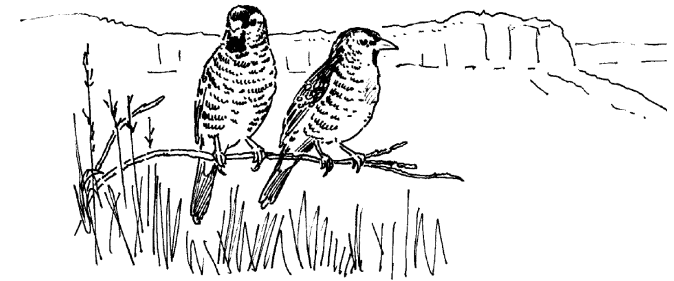
Within an easy drive back towards Sydney at the foot of the mountains lies the Hawkesbury River valley (Richmond and Windsor area), well-known for its wetlands and rich flood plain making it a great place to see a variety of waterbirds and wading birds as well as grassland species and raptors.

## The Capertee Valley

Tucked into the western edge of the vast Wollemi National Park, about 90 minutes drive north-west of Katoomba or 3 hours from Sydney, is one of the most outstanding birding places in Australia. The Capertee Valley is well-known as a

stronghold for declining woodland birds, those species which have suffered most as a result of extensive clearing for agriculture throughout inland south-eastern Australia. These birds include the **Hooded Robin**, **Diamond Firetail**, **Black-chinned Honeyeater**, **Speckled Warbler** and **Turquoise Parrot**. The valley is also the most important breeding area for the endangered **Regent Honeyeater**.

The Capertee Valley is a meeting point for coastal and inland species. It's the closest point to Sydney where one can easily see a number of typically western birds such as the **Painted Honeyeater**, **Red-capped Robin**, **Southern Whiteface**, **White-browed Babbler**, **Plum-headed Finch** and **White-backed Swallow**.



Plum-headed Finches (drawing by Fiona Lumsden)

This valley is said to be the largest canyon in the Southern Hemisphere – more than 30 kilometres wide in its upper reaches, but narrowing like a bottleneck to a gorge barely one kilometre wide near Glen Davis and further downstream.

It's also a great place to see a variety of other Australian wildlife including kangaroos, wallabies, wombats and reptiles like the Bearded Dragon and Lace Monitor.

Birders' accommodation is available in a number of excellent farmstay, self-contained cottages within the valley.