

Ruddy Turnstone *Arenaria interpres*

When to look:

*Year round. Migrates
August - April*

Stocky, medium-sized shore-bird. Back, head and upper chest marked with black-brown and pale areas (tortoise-shell like)

Short black edge-shaped bill, slightly up-tilted

White breast

Short orange legs

Similar species:

Similar to other Sandpipers including the Red Knot that is distinguished by the robin-red colour on its chest. The Ruddy Turnstone's characteristic behaviour of turning over stones while foraging can help distinguish species.

Image courtesy of Flickr user Corine Bliet 2018