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)

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.

Short black edge-shaped bill, slightly up-tilted
White breast
Short orange legs

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