

**LOOK  
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**ZEPHYR COVE  
RESORT**  
LAKE TAHOE



FEMALE/  
IMMATURE

# CALLIOPE HUMMINGBIRD

*Selasphorus calliope*

## SIZE & SHAPE

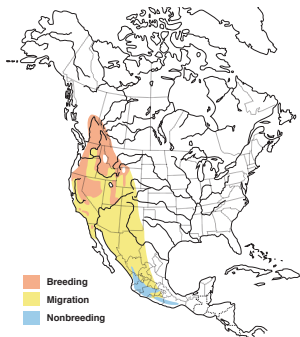
Length: 3.5 in • Wingspan: 4.3 in

Smaller than many hummingbirds, with a hunched posture that makes them look even smaller. They also have short tails and wings and a thin short beak, even by hummingbird standards.

## COLOR PATTERN

Male Calliope Hummingbirds have magenta rays on the throat. Both sexes are greenish above, but males wear a greenish vest while females have a peachy wash below. Females and immature birds look very similar.

## RANGE MAP



## HABITAT



Calliope Hummingbirds breed in cool mountain environments. During the fall they fly south via the Rocky Mountains. In winter months, they use the forests and bushy edges in Mexico.

## FOOD



Calliope Hummingbirds take nectar from cup-shaped flowers or isolated tubular flowers. They forage for small flying insects by perching on a branch and flying out to catch an insect in midair.

## NESTING



Females typically nest in evergreen trees. They build a cup-shaped nest of plants that is bound together with spiderwebs and camouflaged with lichen, moss, or bark.

## BEHAVIOR



They often forage low to the ground on flowering plants and perch on exposed branches. Males make U-shaped dives to attract females.

Photos by: Marja Moosman/Macaulay Library (male) and Bill Maynard/Macaulay Library (female/immature).

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# MOUNTAIN CHICKADEE

*Poecile gambeli*

## SIZE & SHAPE

Length: 4.3-5.5 in • Wingspan: 8.5 in

Mountain Chickadees are tiny, large-headed but small-bodied songbirds, with a long, narrow tail, a small bill, and full, rounded wings.

## COLOR PATTERN

Like most chickadees, this species is strikingly black and white on the head, and gray elsewhere. The white stripe over the eye distinguishes Mountain Chickadees from all other chickadees.

## RANGE MAP



## HABITAT



Common across most evergreen forests of the Western mountains, particularly pine, mixed conifer, spruce-fir, and pinyon-juniper forests.

## FOOD



Mountain Chickadees eat many kinds of insects including beetles, caterpillars, wasp larvae, aphids, and leafhoppers. They also eat spiders, seeds, and nuts. They come to bird feeders year-round.

## NESTING



Mountain Chickadees nest in cavities, relying on other birds such as woodpeckers and nuthatches to make the holes. They also nest in natural crevices and nest boxes.

## BEHAVIOR



Active and acrobatic, they cling to small limbs and twigs or hang upside down from pine cones. In winter, they flock with kinglets and nuthatches, with birds following each other one by one from tree to tree.

Photo by Nick Saunders

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# STELLER'S JAY

*Cyanocitta stelleri*

## SIZE & SHAPE

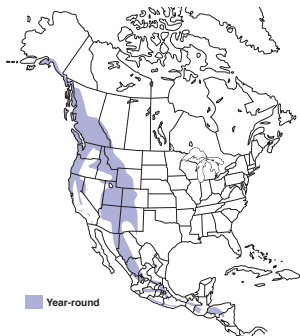
**Length: 11.8-13.4 in • Wingspan: 17.3 in**

Steller's Jays have large heads, chunky bodies, rounded wings, and a long tail. The bill is long and straight, with a slight hook. They have a triangular crest that often stands up from their head.

## COLOR PATTERN

Steller's Jays are a real standout, with a charcoal black head and blue body (lightest, almost sparkling, on the wings). White markings above the eye are fairly inconspicuous.

## RANGE MAP



## HABITAT



Look for Steller's Jays in evergreen forests of western North America, at elevations of 3,000-10,000 feet (lower along the Pacific coast).

## FOOD



Steller's Jays eat insects, seeds, berries, nuts, small animals, and eggs. Around people, they also eat garbage and feeder fare such as peanuts, sunflower seeds, and suet.

## NESTING



Steller's Jays build a cup-shaped nest composed of stems, leaves, moss, and sticks held together with mud. The inside is lined with pine needles, soft rootlets or animal hair.

## BEHAVIOR



Like other jays, Steller's are bold, inquisitive, intelligent, and noisy. They fly through the forest with patient wingbeats and hop along the ground looking for food.

Photo by Kim Beardmore/Macaulay Library

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FEMALE

# WHITE-HEADED WOODPECKER

*Picoides albolarvatus*

## SIZE & SHAPE

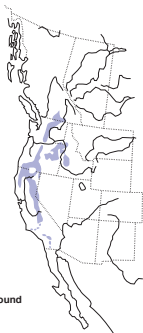
Length: 8.3-9.1 in • Wingspan: 16 in

White-headed Woodpeckers are medium-sized woodpeckers with a stout bill and stiff tail feathers.

## COLOR PATTERN

A glossy black body contrasts with a bright white head and a white patch on wings. Males are distinguished by a red patch at the back of their head, while females have a completely white head.

## RANGE MAP



## HABITAT



Look for White-headed Woodpeckers in mountain forests of the American West, particularly in areas dominated by pines.

## FOOD



White-headed Woodpeckers feed primarily on insects and conifer seeds. They cling to unopened pine cones and chip at the scales to get at the seeds.

## NESTING



White-headed Woodpeckers generally nest in holes in trees, frequently those in dead or dying trees.

## BEHAVIOR



White-headed Woodpeckers hitch up trees using their stiff tail feathers to brace themselves. They peck and chip bark from trees in search of food, but rarely hammer deep into them.

Photos by Ken Phenicie, Jr.

## LISTEN

