Birding is a great way to engage with nature safely, relieve anxiety, and otherwise slow down.

Do not disturb the birds’ habitats - you are an observer.

Use appropriate gear! Binoculars, a field guide, and a notebook should suffice for beginners.

For those with mobile devices, try the Audubon Bird Guide App for iPhones and Androids!

Find a quiet spot to sit and observe. Your backyard can offer quite a selection!

Try different times of day.

Find other birders in the community!

CHECKOUT THESE LIBRARY MATERIALS FOR YOUR BIRDING ADVENTURES:

Books on Birding are available on Overdrive/Libby.

Check out Colorado State Parks Pass.
Learn more at ppld.org/check-out-state-parks.

Try one of our databases or suggested websites.
Learn more at research.ppld.org/animalresources.