



HIGH ISLAND MIGRATION

April 15 – 22, 2027



Scissor-tailed Flycatcher © Michael O'Brien

Every spring, millions of birds migrate north from the American tropics to the forests of the eastern United States. Just after sunset, they take off from Central America for the long journey over the open waters of the Gulf of Mexico. Typically, they are riding a south wind, so when they reach the Texas/Louisiana coast, most of them continue inland before putting down. But if the trans-Gulf migrants encounter north winds or rain during their flight, they are forced down into the isolated groves and bushes of the Texas and Louisiana coastal prairie. The result can be a staggering phenomenon, a fallout, as thousands of migrants reach the safety of the coast. The greatest of these fallouts occur only once or twice a spring when conditions are just right, but some birds put down along the coast every day, and a great variety can always be seen over the course of the week.

This tour is designed to focus on spring migration along the upper Texas coast. Most nights will be spent near High Island, where isolated groves of live oaks and other trees always attract migrants, sometimes in large numbers. . Each day's activities will depend on the weather, and our schedule will be flexible. If fallout conditions occur, we will bird High Island and other migrant traps. If the weather

is good, with a south wind, we will concentrate on the rice fields for shorebirds, the extensive marshes for wading birds, and the great Bolivar Flats for coastal shorebirds, terns, and wading birds. We will visit Anahuac National Wildlife Refuge, which is famous among birders as a good place to observe such notoriously secretive marsh-dwellers as Least and American bitterns, King Rail, Purple Gallinule and



Sora. Fulvous Whistling-Duck, White-faced Ibis, and occasionally Glossy Ibis are also seen at Anahuac. Nearby, flooded rice fields are often swarming with migrant shorebirds. Sometimes thousands of shorebirds are present, including such scarce species as Hudsonian Godwit, Buff-breasted Sandpiper, American Golden-Plover, White-rumped Sandpiper, Wilson's Phalarope, and Stilt Sandpiper. Upland Sandpipers migrate through here too, most often found in pastures near grazing cattle.

We will make a special trip into the pine forests and bayou country farther inland to look for Red-cockaded Woodpeckers, Red-headed Woodpeckers, Brown-headed Nuthatches, and other specialty nesters such as Swainson's and Prairie warblers. Regardless of the weather, every day on the Texas coast in late April will be an eventful one.

April 15, Day 1: Arrival in Houston

Participants should plan to arrive in Houston at George Bush Intercontinental Airport (IAH) today and transfer to our hotel where a room will be reserved in your name. The hotel offers a complimentary shuttle service from the airport. We will meet in the hotel lobby at 6:30 p.m. for a brief orientation and dinner.

NIGHT: SpringHill Suites Houston Intercontinental Airport, Houston

Ventbird.com | High Island Migration

April 16, Day 2: Jones State Forest to High Island

An early morning visit to W.G. Jones State Forest, about an hour north of Houston, offers our best chance on the tour to find the endangered Red-cockaded Woodpecker. This scarce southeastern endemic shares these woods with other woodpeckers including Pileated, Red-headed, and Red-bellied, as well as such other nesting species as Brown-headed Nuthatch, Carolina Chickadee, Pine Warbler, and Wood Duck. Departing the pine woods, we will be on our way toward High Island, birding any flooded rice fields en route for shorebirds and watching pastures for migrating Upland Sandpipers.

NIGHT: Holiday Inn Express, Winnie



Pineywoods © Erik Bruhnke

April 17-20, Days 3-6: High Island Area



Black-throated Green Warbler © Erik Bruhnke

Our activities at High Island for the next four days will depend on the weather. Wet or stormy weather on the Texas coast in the spring often means good birding – in the sense of more migrant songbirds stopping in the High Island sanctuaries – and we will hope that a “norther” hits while we are here. The rain and winds associated with such frontal movements can cause a large number of migrants to take sanctuary in the coastal groves. If this happens, we will tailor our plans to take advantage of the spectacle.

The Texas coast is the perfect place to get a feel for migration, and High Island is the best migrant arrival site on the entire coast. Despite the name, High Island is not an island but a geologically raised area that stands about 30 feet above the coastal plain, high enough to support groves of larger trees

within a sea-like expanse of coastal marshlands.

We will check the High Island woods on most days and should see many migrants including Hooded, Blackburnian, Black-throated Green, Kentucky, Chestnut-sided, Blue-winged, Tennessee, and Black-and-White warblers, among others. Both Scarlet and Summer tanagers are regulars in the sanctuaries, as are Rose-breasted Grosbeak, Painted Bunting, Yellow-billed Cuckoo, and both Baltimore and Orchard orioles. Our tour typically records 20 or more species of warblers over the

week. At a breeding colony of large waders at High Island, we'll get amazingly close views of nesting Roseate Spoonbills, Snowy and Great egrets, Tricolored Herons, and other species.

On at least one day we will visit Anahuac National Wildlife Refuge. Established in 1963, Anahuac is a haven for thousands of marsh animals, among them birds, otters, and alligators. Anahuac is famous among birders as a good place to observe such notoriously secretive marsh-dwellers as Least and American bitterns and King Rail, as well as Fulvous Whistling-Duck, Gull-billed Tern, Sora, Purple Gallinule, White and White-faced ibises, and Marsh Wren.



Roseate Spoonbill © Erik Bruhnke



White-faced Ibis © Erik Bruhnke



American Avocets © Erik Bruhnke

Near Anahuac and along adjacent farm roads are rice fields that, when flooded in April, are magnets for migrating shorebirds. Sometimes thousands of shorebirds are present, with 20 or more species including such scarce species as American Golden Plover, Hudsonian Godwit, Buff-breasted Sandpiper, White-rumped Sandpiper, Wilson's Phalarope, and Stilt Sandpiper.

We will visit renowned Bolivar Flats and nearby Rollover Pass, two of the best Gulf shoreline birding locales in Texas. Over 50

species of birds gather on the tidal edges and sandbars, including plovers, sandpipers, waders, terns, and gulls. Species typically include bright, breeding plumaged American Avocets; American Oystercatcher; Wilson's, Semipalmated, Piping, and Snowy plovers (there isn't a better place to study small plovers); dowitchers; Whimbrel; Long-billed Curlew; Semipalmated, Western, and Least sandpipers; Marbled Godwit; Herring, Ring-billed, and Laughing gulls; Forster's, Common, Least, Royal, Sandwich, Caspian, and Black terns; and Black Skimmer. Seaside and Nelson's sparrows and Clapper Rails frequent the nearby brackish marshes. One of the great things about the flats is how very close one can get to the birds. It is an excellent opportunity to study and compare a wide array of shorebirds and terns at once.

On one of our days, we will visit the East Texas "Piney Woods" region and bayou country within about an hour of Winnie. Here we'll search for a number of other species including Painted Bunting, Yellow-breasted Chat, and Prairie Warbler. Canebrakes and cypress bayous are a likely spot for nesting Northern Parula, Prothonotary, Yellow-throated and Swainson's warblers, as well as Wood Ducks and Barred Owls.

NIGHTS: Holiday Inn Express, Winnie

April 21, Day 7: High Island to Houston

After a final full day of birding, we'll make our way to Houston by late afternoon.

NIGHT: SpringHill Suites Houston Intercontinental Airport, Houston

April 22, Day 8: Departures for Home

Participants may arrange departing flights from George Bush Intercontinental Airport (IAH) at any time today.

ESSENTIAL TOUR INFORMATION

TOUR SIZE: This tour will be limited to 12 participants.

TOUR LEADERS: Louise Zemaitis & Michael O'Brien



Louise Zemaitis is an artist and naturalist based in Cape May, New Jersey, where she combines her love of art and nature as a popular field trip leader and instructor. As an Associate Naturalist with New Jersey Audubon's Cape May Bird Observatory, she teaches birding workshops and leads tours that reflect her broad curiosity and enthusiasm for all aspects of natural history.

In addition to her guiding work, Louise has long been active in Cape May's conservation community. She served as field coordinator for the Monarch Monitoring Project, tracking the migration of these iconic butterflies, and as compiler of the Cape May Christmas Bird Count for many years. Alongside her husband, Michael O'Brien, Louise has guided and mentored young birders at events and conferences across the country, inspiring the next generation of naturalists.

An honors graduate of Temple University's Tyler School of Art and owner of Swallowtail Studio, Louise works as a freelance artist whose illustrations have appeared in numerous publications. She takes special pride in her role as a mother to two creative sons: Bradley, a conservation educator and artist, and Alec, a library scientist and musician.



Michael O'Brien is a freelance artist, author, and environmental consultant based in Cape May, New Jersey. A lifelong student of the natural world, he is especially passionate about bird vocalizations, field identification, and the thrilling spectacle of migration—both diurnal and nocturnal. His curiosity and expertise have taken him across North and Central America and beyond in pursuit of birds, sounds, and new experiences in the field.

At home in Cape May, Michael serves as an Associate Naturalist with the Cape May Bird Observatory, where he leads workshops and guided outings and, for many years, conducted the fall songbird migration count. His contributions to ornithology and bird education include coauthoring *The Shorebird Guide*, *Flight Calls of Migratory Birds*, and *America's 100 Most Wanted Birds*. He is also the primary author of *Larkwire*, a popular app for learning bird sounds.

Michael's artwork has appeared in numerous books and field guides, including the *National Geographic Field Guide to the Birds of North America* and the *Peterson Field Guide* series. Beyond birds, he shares a deep enthusiasm for butterflies and co-leads "Birds & Butterflies" tours with his wife, Louise Zemaitis. He also coordinates the annual Cape May Butterfly Count.

TOUR COSTS & PAYMENT INFORMATION

TOUR FEE: **\$3,840** per person based on double occupancy or **\$4,450** for a person requiring single accommodation. This includes all meals from dinner on Day 2 through dinner on Day 7, accommodations as stated in the itinerary, all ground transportation during the tour, and guide services provided by the tour leaders. It does not include airfare to nor from the starting/ending city; however, flights within the tour (if any) are included. The fee also excludes laundry, personal expenses, and other items of a personal nature. For information about gratuities, please see the "TIPPING" sub-section below.

REGISTRATION & DEPOSIT: You may register for this tour through the VENT [website](#) or by calling our office (512-328-5221). The deposit for this tour is \$500 per person. We accept MasterCard and Visa

PAYMENTS: All tour payments may be made by credit card (MasterCard or Visa), check, money order, or bank transfer (contact the VENT office for bank transfer information). These include initial deposits,

second deposits, interim payments, final balances, special arrangements, etc. Full payment of the tour fee is due 120 days (December 16, 2026) prior to the tour departure date.

EXTRA ARRANGEMENTS: Should you wish to make arrangements to arrive early or extend your stay, please contact the VENT office at least two months prior to your departure date. We can handle the hotel arrangements and often at our group rate, if we receive your request with enough advance time.

FUEL SURCHARGES: Our prices are based on fuel prices at the time of itinerary publication. While we will do everything possible to maintain our prices, it may be necessary to institute a fuel surcharge.

TIPPING: An important part of the value of a VENT tour is knowing that tips for local service providers at our destinations—restaurant staff, hotel staff, drivers, local guides, and various other support staff—are included in your tour fee. If you would like to offer any of your local guides an additional tip, \$5 to \$10 a day is a common amount.

Tips for your VENT tour leader(s) are not included, but it is customary to tip one or both if you feel that you have received exceptional service. To assist in your planning, we recommend tipping your VENT tour leader(s) \$15 to \$20 per day, or the equivalent of approximately 2–4% of the tour fee.

If you plan to give tips by cash, they should be given directly to your tour leader at the end of the tour and not sent to the VENT office. Some of our tour leaders use mobile payment applications such as Venmo, PayPal, and Wise. If you would like to use this method, please ask your tour leaders directly whether they can accept tips through such an application.

We emphasize that tipping is optional and that these amounts are only recommendations. The amount you decide to tip is based entirely on your experience and at your discretion.

CANCELLATION & REFUNDS

CANCELLATION BY PARTICIPANT:

- **More than 120 days prior to the tour start date:** A refund of all monies paid will be issued, less 50% of the deposit.
- **120 days or fewer prior to the tour start date:** No refund will be provided.
- **Optional add-ons:** Some tours offer optional add-ons that are designated as non-refundable. Any such add-ons are clearly identified as non-refundable at the time of booking. By selecting

and purchasing an optional add-on, the participant acknowledges and accepts its non-refundable status. Fees paid for non-refundable add-ons are not refundable under any circumstances, regardless of when the tour is cancelled.

This cancellation policy applies to all participants and all tours. Because unexpected events can occur, we strongly recommend the purchase of travel insurance.

CANCELLATION BY VENT:

If VENT cancels a tour prior to departure without cause or good reason, VENT will provide the participant a full refund, which will constitute full settlement to the participant.

If VENT cancels or delays a tour or any portion of a tour as a result of any Force Majeure event, VENT will use its reasonable best efforts to refund any payments on the balance of the tour fee to participant; provided that, VENT will have no obligation to provide a participant with a refund and will not be liable or responsible to a participant, nor be deemed to have defaulted under or breached any applicable agreement, for any failure or delay in fulfilling or performing any term of such agreement. A "Force Majeure" event means any act beyond VENT's control, including, without limitation, the following: (a) acts of God; (b) flood, fire, earthquake, hurricane, epidemic, pandemic or explosion; (c) war, invasion, hostilities (whether war is declared or not), terrorist threats or acts, riot or other civil unrest; (d) government order, law or actions; (e) embargoes or blockades; (f) national or regional emergency; (g) strikes, labor stoppages, labor slowdowns or other industrial disturbances; (h) shortage of adequate power or transportation facilities; and (i) any other similar events or circumstances beyond the control of VENT.

This VENT Cancellation & Refunds policy does not apply to air tickets purchased through VENT or to any special arrangements, such as additional hotel nights, that fall outside of the services described in the tour itinerary.

Victor Emanuel Nature Tours is not a participant in the California Travel Consumer Restitution Fund. California law requires certain sellers of travel to have a trust account or bond. This business has a bond issued by Travelers in the amount of \$50,000. CST #2014998-50.

TRAVEL INSURANCE

SUGGESTED OPTIONS: To safeguard against losses due to illness, accident, or other unforeseen circumstances, we strongly recommend the purchase of travel insurance as soon as possible after

making a deposit. VENT has partnered with Redpoint Travel Protection as our preferred travel insurance provider. Through Redpoint, we recommend its [comprehensive](#) Ripcord plan, which includes a medical evacuation benefit. With this in mind, it is important to note that medical evacuation is not offered by Redpoint as a stand-alone policy or benefit. For travelers not interested in comprehensive travel insurance, VENT recommends Medjet and its MedjetAssist® plan. Medjet is not an insurance company, and Medjet Assist is not an insurance product; rather, Medjet is a membership-based air-medical transport company specializing in moving hospitalized travelers from an admitting hospital to a medical facility of choice. Medjet does not provide medical evacuation service from the point of injury or illness; yet, the MedjetAssist plan offers robust enough travel protection to satisfy the medical evacuation insurance requirement in place for many VENT tours.

About Redpoint Travel's Ripcord Plan

Ripcord is a completely integrated travel insurance program with single contact for emergency services, travel assistance, and insurance claims. Critical benefits include comprehensive travel insurance for trip cancellation/interruption, medical evacuation from your point of injury or illness to your hospital of choice; medical expense coverage, death of pet, and much more. Optional expanded insurance coverage is available and includes items such as evacuation coverage in case of a natural disaster or political or security reasons, waiver for pre-existing medical conditions exclusion, and a "Cancel for Any Reason" benefit. Ripcord is available to U.S. and non-U.S. residents.*

For a price quote or to purchase travel insurance, please visit: [Ripcord Travel Insurance](#); or click the Ripcord logo on our website (click Help > Preparation and Insurance > Trip Insurance); or call +1-415-481-0600. Pricing is based on age, trip cost, trip length, and level of coverage.

*To be eligible for the pre-existing medical condition exclusion waiver and the optional Cancel for Any Reason (CFAR) upgrade, you must purchase your policy within 15 days of making your first trip payment. The CFAR benefit provides reimbursement for 75% of covered costs, and increases the policy premium by approximately 50%. Policies may be purchased either for the full value of the tour fee at the time of deposit or in segments as individual tour payments are made (deposit, second deposit, final balance, additional arrangements, etc.). The "pay as you go" approach reduces up-front expense and ensures that the amount paid toward your full policy premium is in proportion to the amount paid toward the full tour fee. If you choose to "pay as you go," you must cover each deposit

or payment within 15 days, and insure all non-refundable trip costs in order to maintain the CFAR benefit. Please refer to the policy for a full description of coverage.

Redpoint considers COVID-19 illness as any other seasonal respiratory illness. Providing only a positive Covid-19 test result will likely not be considered a covered event per the terms and conditions of the company's policy. Redpoint maintains a [Coronavirus FAQ page](#) on its website that addresses questions and concerns travelers may have regarding COVID-19 and Redpoint's policy. We strongly recommend that you visit the page for an overview of relevant topics.

About Medjet's MedjetAssist Plan

MedjetAssist is a membership program that functions like AAA for motorists. The company's primary service is air medical transport. Critical benefits of MedjetAssist include a staff on call and ready to provide assistance 24 hours a day, 7 days a week; all-expenses-paid air medical transport in the United States and internationally to medical facility of choice, regardless of medical necessity; repatriation of remains; and no exclusions for pre-existing conditions.

For travelers under 75, MedjetAssist may be purchased as Short-Term Memberships of 8, 15, 21, and 30 days, or Regular Annual Memberships from 1 to 5 years. For travelers 75–84, Medjet offers a Diamond Membership that is the same program but with a few additional conditions.

For a price quote or to purchase MedjetAssist, please visit: [Medjet.com/VentBird](https://www.Medjet.com/VentBird) or call 1-800-527-7478. Pricing is based on type and term of membership.

GETTING THERE & REQUIRED TRAVEL DOCUMENTS

AIR TRAVEL: Victor Emanuel Travel is a full-service travel agency and wholly owned subsidiary of Victor Emanuel Nature Tours (VENT). Victor Emanuel Travel will be happy to make any domestic or international air travel arrangements from your home and return. Per-person fees apply for each set of travel arrangements: \$50 domestic; \$75 international.* Many of our travelers choose to make their own air travel arrangements, but we emphasize the benefits to using our services. If you book your air arrangements yourself, Victor Emanuel Travel is unable to provide support in managing any flight delays and/or cancellations that could occur before and during a tour. When you purchase air tickets through Victor Emanuel Travel, our staff has ready access to your air ticket record and can provide assistance as problems arise. Please feel free to call the VENT office to confirm your air arrangements.

*An air ticket will be purchased by Victor Emanuel Travel on behalf of the traveler with the traveler's consent. A purchase is considered final upon receipt of payment. If a ticket is subsequently reissued at the behest of the traveler (i.e. voluntary change of plans), the same fee rates apply for the reissue process, in addition to any fees that may be charged by the airline.

BAGGAGE: Please limit baggage to one piece of luggage and one carry-on. The airlines now strictly enforce baggage regulations. Excess baggage charges, which can be substantial, are the personal responsibility of each participant. Please consult your pre-departure materials and/or airline to find out specific weight restrictions.

As a precaution against lost luggage, we suggest that you pack a change of clothes, toiletries, medications, important travel documents, optics, and any other essential items in your carry-on bag. Due to ever-changing circumstances in the government's attempts to improve airport security, we recommend that you check the website of the [Transportation Security Administration \(TSA\)](#) for information pertaining to permissible carry-on items.

WHAT TO BRING

CLOTHING: Dress will be informal throughout. Light field clothing is the norm, you should also bring along a warm sweater or light jacket and raingear. Lightweight, long pants and long sleeve shirts are ideal for woods birding where some mosquitoes are typical. Dull colors or earth tones are preferable in the woods.

FOOTWEAR: Comfortable walking shoes or boots are essential. If there has been a good bit of rain, the trails can be muddy, in which case you might want to consider bringing along a pair of rubber boots that come up over your ankle. A hat and sunscreen for protection from the sun are essential.

EQUIPMENT: Having the right equipment makes the travel experience more enjoyable.

A hat and sunscreen for protection from the sun is essential as is an alarm clock, and it is also recommended that you bring a refillable water bottle to carry water. The hotel in Winnie does have a coin laundry. A compact travel umbrella can come in handy when birding away from the van.

Binoculars: We strongly recommend you bring a pair of good binoculars of 8x32, 8x42, or 10x42 magnification. Please do not bring mini-binoculars of any kind. Some people like them because they are small and lightweight; but they have an extremely small field of view and very poor light gathering power. You will find that 8x32 binoculars are compact and light enough.

Spotting Scopes: Your tour leaders will have scopes available for group use throughout the trip, but if you have one and wish to bring it, please feel free to do so.

DESTINATION INFORMATION & TOUR CONDITIONS

CLIMATE & WEATHER: Temperatures on the upper Texas coast in April normally involve lows in the 60s and highs in the 80s, with the possibility of even warmer weather. However, a late 'norther' may bring rain and temperatures in the 50s so you should bring along a warm sweater or light jacket and raingear.

CONDITIONS: Much of the tour will be based in Winnie at the comfortable Holiday Inn Express. Winnie is about half an hour from High Island. Birding activities will include easy walks on trails and along roadsides (most less than 1 mile) and drives to important birding areas. The tour involves a good bit of level, slow walking and standing in the wooded sanctuaries; although the walks are not long you will be on your feet a good bit. Walking in the rain is possible.

A typical day will begin with continental breakfast at the hotel and departure for the field at 7:00 a.m. We will bird in the field throughout the morning, breaking for lunch. Most lunches will be in local cafes. Most days we will take a break at the hotel after lunch. All travel will be aboard 15-passenger vans to various nearby natural areas. Because many migrant birds arrive late afternoon, we often bird until about 6 p.m., then have dinner at a local restaurant on the way back to the hotel.

HEALTH & SAFETY

HEALTH: VENT follows Centers for Disease Control and Prevention (CDC) recommendations for standard travel precautions, which includes vaccination against a variety of preventable diseases. Among these so-called Routine Vaccinations are measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine (boosters for adult travelers), and Varicella (Chickenpox). You should also be up-to-date with Hepatitis A and Hepatitis B vaccinations.

If you are taking personal medication, prescription or over-the-counter, be sure to bring an ample supply that will allow you to get through the tour safely. Please consult your physician as necessary. Remember to pack all medication in your carry-on baggage, preferably in original containers or packaging. As airline baggage restrictions can change without warning, please check with your airline for procedures for packing medication.

COVID-19: We continually emphasize that our number one priority is the health and safety of our customers and employees. Although VENT no longer maintains any of its COVID-era prevention protocols, we strongly recommend best practices for protecting yourself and your fellow travelers against COVID-19 illness. These measures include receiving the primary series vaccinations for those eligible, staying “Up to Date” with COVID-19 booster shots, wearing high filtration N-95 or KN-95 masks when in airports and on airplanes, and avoiding risky social settings in the lead-up to your tour. These recommendations are firmly rooted in CDC guidance for avoiding COVID-19.

SUN EXPOSURE: The sun’s ultraviolet rays are dangerous under prolonged exposure (sometimes only a matter of minutes), even in winter and early spring. Anytime you are outdoors you will want to protect your skin, including your lips, eyes, nose, and ears. A severe sunburn is potentially very painful and will affect your level of enjoyment. Always protect yourself when outdoors and be sure to bring an ample supply of high SPF sunscreen and lip balm. We strongly recommend the use of ultra-violet blocking, polarized sunglasses.

INSECT REPELLENTS: There are insect repellents for the skin and an insect repellent used to treat clothing that should not be applied to the skin.

Insect repellents for the skin are commonly available in three forms:

- **DEET:** (N,N-diethyl-meta-toluamide): A chemical compound that is marketed under various brand names (OFF!®, Cutter™, Ultrathon™, etc.) and offered in a variety of formulations including sprays, lotions, time-release preparations, and disposable wipes. The formulations will state a percentage of the active ingredient DEET on the packaging. DEET may be applied to exposed skin directly and/or sprayed on clothing. Please be careful when applying DEET as it can damage plastics and lens coatings.
- **Picaridin:** A synthetic formulation that is derived from piperine, a substance found in plants that produce black pepper.
- **Herbal insect repellents:** Various mixtures of organic ingredients such as oils from eucalyptus, citronella, cedar, and other herbs. The herbal repellents are more difficult to categorize because of the difference in ingredients from one brand to another. There is considerable variation in their effectiveness.

Insect repellent for clothing is marketed in one approved formulation:

- **Permanone®** (Permethrin): is an odorless spray-on repellent that may be used for pre-treatment of clothing, gear, and tents. It should not be used directly on the skin or sprayed on clothing while it is being worn. The pre-treatment process requires a number of hours to complete and must be done outdoors, so it is best completed in advance of travel. Do-it-yourself pre-treatment must be repeated more often than commercial treatment using Insect Shield® technology. It is available at various outdoor stores and can easily be found online.
- **Insect Shield® apparel:** Clothing pre-treated with Permanone is made by a variety of manufacturers. It is available for purchase from some sporting goods suppliers. The clothing is advertised as retaining its repellency for up to 70 washings.

The US EPA offers a search tool to help choose a repellent that is best for a particular situation. For example, some repellents work for mosquitoes, but not for ticks.

<https://www.epa.gov/insect-repellents/which-insect-repellent-right-you>

In addition to your physician, a good source of general health information for travelers is the United States Centers for Disease Control and Prevention (CDC) in Atlanta Georgia. The CDC operates a 24-hour recorded Travelers' Information Line at 800-CDC-INFO (800-232-4636), or you can check their website at www.cdc.gov/travel. Canadian citizens should check the website of the Public Health Agency of Canada: www.phac-aspc.gc.ca/new_e.html (click on travel health).

MISCELLANEOUS: Restaurants able to accommodate vegetarian, vegan, diabetic, low-cholesterol or other special dietary requests are rare in the High Island area. Your leaders may be unable to fulfill these requests at many locations. Please feel free to bring food to supplement what is available on the tour.

SUGGESTED READING & TRIP PREPARATION

A number of traditional booksellers and online stores list excellent inventories of field guides and other natural history resources that will help prepare you for this tour. We recommend www.amazon.com which has a wide selection; www.buteobooks.com and www.nhbs.com which specialize in ornithology and natural history books; and www.abebooks.com for out-of-print and hard-to-find titles.

FIELD GUIDES:

Birds

Dunn, Jon & Kimball Garrett. A Field Guide to the Warblers of North America. New York: Houghton Mifflin, 1997.

Kaufman, Kenn. Birds of North America. Kaufman Focus Guides. New York: Houghton Mifflin, 2000.

National Geographic Society. Field Guide to the Birds of North America. Sixth Edition. Washington, D.C., National Geographic Society, 2011.

Sibley, David Allen. The Sibley Guide to Birds. 2nd Edition. New York: Knopf, 2014. Excellent for all levels and highly recommended.

Sibley, David Allen. The Sibley Field Guide to Birds of Eastern North America. 2003. Older than the above book but small, quite portable and still very serviceable.

Peterson, Roger Tory. Peterson Field Guide to Birds of Eastern and Central North America. 6th edition. The most recent of a long and classic series by the man who almost single-handedly invented modern bird identification. Particularly good for beginning and intermediate birders.

O'Brien, Michael, R. Crossley, and K. T. Karlson. The Shorebird Guide. 2006. A particularly valuable reference for this trip where so many shorebirds are on stage.

Paulson, Dennis. Shorebirds of North America: The Photographic Guide. Princeton: Princeton University Press, 2005.

Stephenson, Tom and Scott Whittle. The Warbler Guide. Princeton: Princeton University Press, 2013.

General and reference

Choate, Ernest A. The Dictionary of American Bird Names. Boston: Harvard Commons Press, 1985.

Ehrlich, Paul R., David S. Dobkin & Darryl Wheye. The Birder's Handbook. A Field Guide to the Natural History of North American Birds. NY: Simon and Schuster. 1988.

McFarlane, Robert W. A Stillness in the Pines: The Ecology of the Red-cockaded Woodpecker. New York: Norton, 1992.

Peterson, Roger Tory and James Fisher. Wild America. Boston: Riverside Press, 1963. See chapters 16 and 17 for the adventures of two great naturalists as they bird their way through Texas.

Oberholser, Harry C. Edited by Edgar Kincaid. The Bird Life of Texas. Austin: University of Texas Press, 1974. The definitive two-volume reference work on the Texas avifauna, including distribution maps; with a few paintings by Louis Agassiz Fuertes. Detailed description material. A classic 2 volume set but useful primarily as a library reference.

Wildflowers

Loughmiller, Campbell and Lynn. Texas Wildflowers. Austin: University of Texas Press, 1984. Field guide with nice photos of many representative wildflowers.

Irwin and Wills. Roadside Flowers of Texas. Austin. University of Texas Press. Good selection of typical wild flowers and attractive line drawings. Press, 1993. The wildflower guide most appropriate to the area of the tour.

CORNELL LAB OF ORNITHOLOGY APPS & ONLINE RESOURCES

eBird: Among the largest and most successful citizen science projects in existence, eBird is an essential tool in promoting bird study and conservation. Among a range of benefits, eBird allows users to keep a variety of lists in a single application. When taxonomic splits are incorporated, lists are automatically updated. Additionally, trip leaders can share daily lists, so one only needs accept a shared list and it will upload to your files! Highly recommended.

MERLIN BIRD ID: Merlin is an app designed as a birding coach for beginning and intermediate bird watchers. Excellent for use in the field, Merlin asks the observer a series of questions regarding his or her bird sighting, including date and location, and color, size, and behavior of a bird. Merlin then processes the viewer's responses to present a shortlist of possible identifications, from which the user can choose the likely bird. Species profiles include a brief physical description, photographs, and sound samples. The Photo ID feature allows anyone with a camera to snap a photo and obtain a list of suggestions. Merlin's Sound ID feature allows identification of birds through audible recognition. To use Merlin, download the app, followed by the appropriate regional "pack."

TERMS, CONDITIONS & RESPONSIBILITIES

Victor Emanuel Nature Tours, Inc., a Texas corporation, and/or its agents (together, “VENT”) act only as agents for the participant in regard to travel, whether by railroad, motorcar, motorcoach, boat, or airplane and assume no liability for injury, damage, loss, accident, delay, or irregularity which may be occasioned either by reason of defect in any vehicle or for any reason whatsoever, or through the acts or default of any company or person engaged in conveying the participant or in carrying out the arrangements of the tour. VENT accepts no responsibility for losses or additional expenses due to delay or changes in airfare or other services, sickness, weather, strike, war, quarantine, terrorism, or other causes. All such losses or expenses will be borne by the participant, as tour rates only provide for arrangements for the time stated.

VENT reserves the right (i) to substitute hotels of similar category, or the best reasonable substitution available under the circumstances, for those indicated and (ii) to make any changes in the itinerary that are deemed necessary by VENT or which are caused by third party transportation schedules (i.e. railroad, motorcar, motorcoach, boat, airplane, etc.).

VENT reserves the right to substitute leaders or guides on any tour. Where VENT, in its sole discretion, determines such substitution is necessary, it will notify tour participants.

VENT reserves the right to cancel any tour prior to departure with or without cause or good reason. See the VENT Cancellation & Refunds policy set forth above.

Tour prices are based on tariffs and exchange rates in effect on August 24, 2026 and are subject to adjustment in the event of any change thereto.

VENT reserves the right to decline any participant’s Registration Form and/or refuse to allow any participant to participate in a tour as VENT deems reasonably necessary, in its sole discretion. VENT also reserves the right to remove any tour participant from any portion of a tour as VENT deems necessary, in its sole discretion, reasons for such removal include but are not limited to, medical needs, injury, illness, inability to meet physical demands of a tour, personality conflict or situations in which such removal is otherwise in the best interest of the tour, the tour group and/or such participant. A participant may also voluntarily depart from a tour. If a participant is removed from a tour or voluntarily departs from a tour, such participant will be responsible for any expenses associated with such removal or departure, including but not limited to, transportation, lodging, airfare and meals, and VENT will have no obligation to refund or reimburse any such removed or departed participant for any tour payments or deposits previously paid by such participant.

Baggage is carried at the participant's risk entirely. No airline company, its employees, agents and/or affiliates (the "Airline") is to be held responsible for any act, omission, or event during the time participants are not on board the Airline's aircraft. The participant ticket in use by any Airline, when issued, will constitute the sole contract between the Airline and the purchaser of the tickets and/or the participant. The services of any I.A.T.A.N. carrier may be used for VENT tours, and transportation within the United States may be provided by any member carrier of the Airlines Reporting Corporation.

View the complete [Terms and Conditions](#) on our website.

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