

# World Migratory Bird Day

Migrating birds know where to migrate and how to navigate back home. They use the stars, the sun, landmarks, and earth's magnetism to help them find their way.



There are 450 species of birds in Canada. 80% of these species migrate out of Canada each fall to spend winters down south.

To help birds prepare themselves for the long journey away from home for the winter, they build up body fat. They fuel up with certain foods and reserve up to 50% of their body weight.



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