AVALON PENINSULA, NEWFOUNDLAND AND LABRADOR · CANADA

Newfoundland's East Coast

Sea cliffs and headlands at the eastern edge of North America, where puffins crowd the Witless Bay islands, gannets pack the cliffs of Cape St Mary's, humpbacks feed on capelin close to shore and moose roam the barrens.

136 animals 24 mammals, 96 birds, 1 reptile, 2 amphibians, 3 fish, 6 other sea life and 4 butterflies

Best time: Jun to Aug

Seen _____ of 136

01 Whales and dolphins 9

ANIMAL	DATE AND PLACE
☐ Humpback Whale	
☐ Minke Whale	
☐ Fin Whale	
☐ Atlantic White-sided Dolphin	
☐ White-beaked Dolphin	
☐ Harbour Porpoise	
☐ Long-finned Pilot Whale	
☐ Orca Rare	
☐ Blue Whale Rare	

02 Seals 3

ANIMAL	DATE AND PLACE
☐ Harbour Seal	
☐ Grey Seal	
☐ Harp Seal Rare	

03 Land mammals 12

ANIMAL	DATE AND PLACE
☐ Moose	
☐ Red Fox	
☐ Snowshoe Hare	
☐ Caribou Rare	
☐ Red Squirrel (American)	
☐ Coyote Rare	
☐ River Otter	
☐ American Mink	
☐ North American Beaver	

03 Land mammals continued

ANIMAL	DATE AND PLACE
☐ Short-tailed Weasel (Ermine) Rare	
☐ Canada Lynx Rare	
☐ Black Bear Rare	

04 Seabirds 17

ANIMAL	DATE AND PLACE
☐ Atlantic Puffin	
☐ Common Murre	
☐ Black-legged Kittiwake	
☐ Northern Gannet	
☐ Razorbill	
☐ Thick-billed Murre	
☐ Black Guillemot	
☐ Leach's Storm Petrel Rare	
☐ Northern Fulmar	
☐ Great Shearwater	
☐ Sooty Shearwater	
☐ Parasitic Jaeger	
☐ Common Tern	
☐ Arctic Tern	
☐ Double-crested Cormorant	
☐ Great Cormorant	
☐ Dovekie Rare	

Tick them off in Wilder

ANIMAL | DATE AND PLACE

05 Gulls, sea ducks and divers 15

- [ ] Herring Gull
- [ ] Great Black-backed Gull
- [ ] Iceland Gull
- [ ] Glaucous Gull
- [ ] Ring-billed Gull
- [ ] Black-headed Gull
- [ ] Common Eider
- [ ] Long-tailed Duck
- [ ] Harlequin Duck
- [ ] King Eider Rare
- [ ] Black Scoter
- [ ] White-winged Scoter
- [ ] Red-breasted Merganser
- [ ] Common Loon
- [ ] Red-throated Loon

06 Ponds and shorebirds 15

- [ ] American Black Duck
- [ ] Mallard
- [ ] Canada Goose
- [ ] Tufted Duck
- [ ] Eurasian Wigeon
- [ ] Green-winged Teal
- [ ] Great Blue Heron
- [ ] Spotted Sandpiper
- [ ] Greater Yellowlegs
- [ ] Semipalmated Plover
- [ ] White-rumped Sandpiper
- [ ] Ruddy Turnstone
- [ ] Purple Sandpiper
- [ ] Whimbrel
- [ ] Wilson's Snipe

ANIMAL | DATE AND PLACE

07 Birds of prey and owls 10

- [ ] Bald Eagle
- [ ] Osprey
- [ ] Northern Harrier
- [ ] Sharp-shinned Hawk
- [ ] Merlin
- [ ] Rough-legged Hawk
- [ ] Peregrine Falcon Rare
- [ ] Great Horned Owl Rare
- [ ] Short-eared Owl Rare
- [ ] Snowy Owl Rare

08 Barrens, woods and village birds 39

- [ ] Willow Ptarmigan
- [ ] Canada Jay
- [ ] Blue Jay
- [ ] American Crow
- [ ] Common Raven
- [ ] Black-capped Chickadee
- [ ] Boreal Chickadee
- [ ] Red-breasted Nuthatch
- [ ] Golden-crowned Kinglet
- [ ] American Robin
- [ ] Hermit Thrush
- [ ] Grey-cheeked Thrush Rare
- [ ] Yellow-rumped Warbler
- [ ] Blackpoll Warbler
- [ ] Yellow Warbler
- [ ] Wilson's Warbler
- [ ] Fox Sparrow
- [ ] White-throated Sparrow
- [ ] Savannah Sparrow
- [ ] Song Sparrow
- [ ] Dark-eyed Junco
- [ ] Horned Lark
- [ ] American Pipit

ANIMAL | DATE AND PLACE

08 Barrens, woods and village birds continued

- [ ] Snow Bunting
- [ ] Purple Finch
- [ ] Pine Grosbeak
- [ ] Redpoll
- [ ] Pine Siskin
- [ ] White-winged Crossbill
- [ ] Red Crossbill Rare
- [ ] American Goldfinch
- [ ] Tree Swallow
- [ ] Belted Kingfisher
- [ ] Hairy Woodpecker
- [ ] Northern Flicker
- [ ] Common Grackle
- [ ] European Starling
- [ ] House Sparrow
- [ ] Rock Pigeon

ANIMAL | DATE AND PLACE

09 Sea and shore life 10

- [ ] Capelin
- [ ] Ocean Sunfish Rare
- [ ] Basking Shark Rare
- [ ] Lion's Mane Jellyfish
- [ ] Green Sea Urchin
- [ ] Common Starfish
- [ ] Dahlia Anemone
- [ ] Common Mussel
- [ ] Common Periwinkle
- [ ] Leatherback Turtle Rare

10 Butterflies and amphibians 6

- [ ] Short-tailed Swallowtail
- [ ] Canadian Tiger Swallowtail
- [ ] Red Admiral
- [ ] Painted Lady
- [ ] Green Frog
- [ ] American Toad

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 136

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Newfoundland passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.