

Ruddy Turnstone

Arenaria interpres

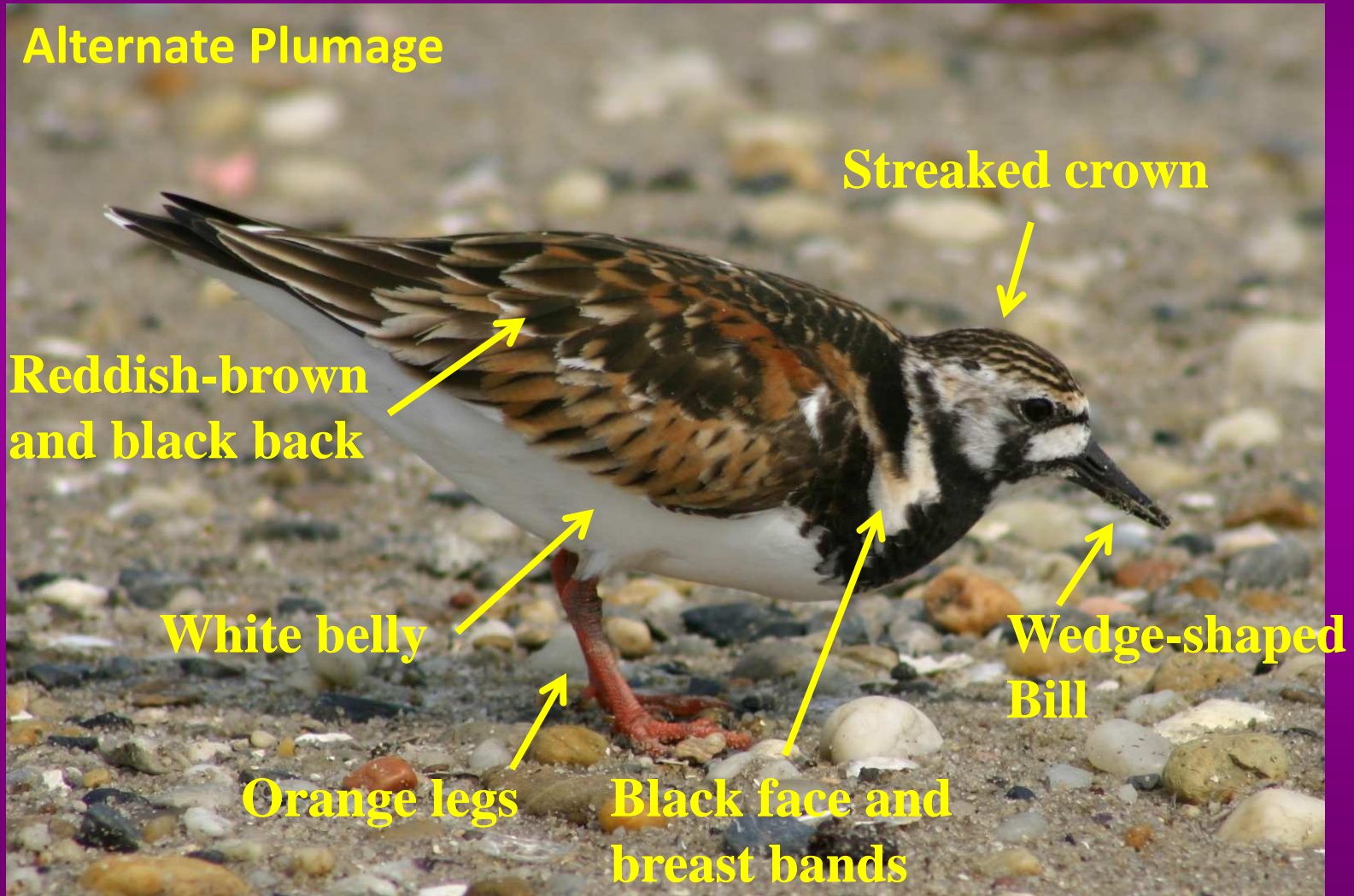


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Feeds by flipping stones and other objects to get at invertebrates underneath – uses its bill to dig holes to expose buried horseshoe crab eggs

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Basic Plumage

Paler, washed-out version of
Alaternate plumage



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Prominent white wing bands



**Bold black face and
breast markings**

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The sex of some some Ruddy Turnstones can be determined by plumage.



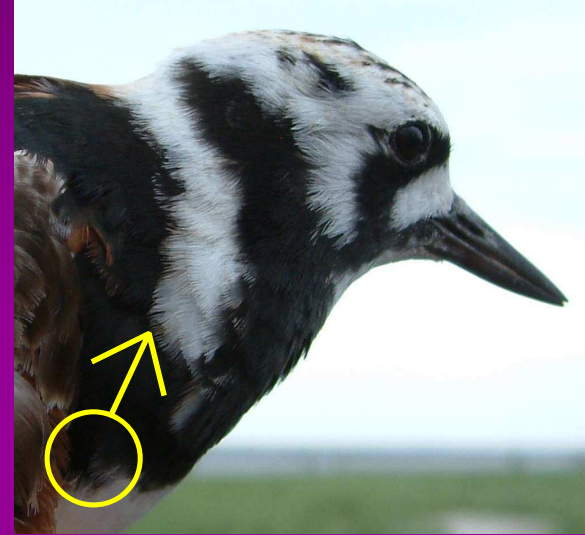
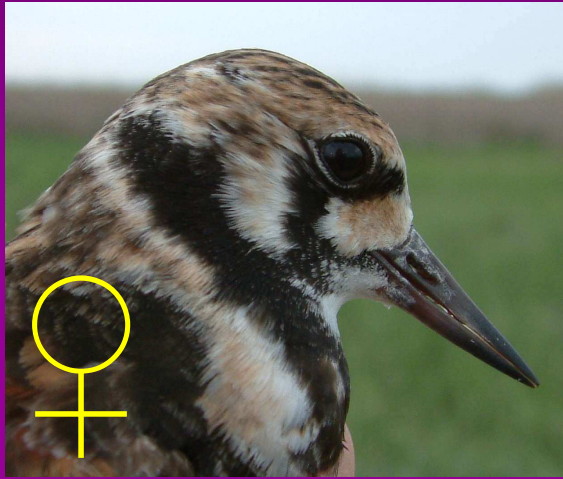
Males tend to be brighter red, and have limited, thin streaking and little or no brown on the crown

Females tend to be duller red to brown, with heavy, thick streaking and a lot of brown on the crown



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As you can see in these photos there is overlap in the thickness and amount of streaking and amount of brown on the crown. Care should be taken when determining sex by plumage.