

Birds of the Mar Menor

Enjoy your time near the Mar Menor more, by spotting and identifying the many birds which live and breed here. In this article I will look at Egret. There are two types commonly seen around the Mar Menor; Little Egret and Cattle Egret.

Little Egret are large Heron like white birds frequently seen around the Mar Menor. They are generally seen alone and feed on fish and insects around the waters edge and in the shallows. You can spot them near areas of open countryside but also on beaches. I have frequently seen them on the edge of Mar de Cristal and between Los Urrutias and Los Nietos. They nest in colonies, a large colony may be found on Isla Redonda at the southern end of the Mar Menor.



Little Egret



Cattle Egret

Cattle Egret are normally found further from the waters edge, among herds of sheep or goats. They often travel on the back of the animals and feed off insects which are attracted by the animals or disturbed by them as they graze. The type of things they eat are; crickets, spiders, flies, moths and small lizards. Several birds will normally be seen among one herd of cattle as food is plentiful.

Cattle Egret may be spotted in areas of open countryside among sheep and goats which are grazing. They are frequently seen in the countryside around El Carmoli. If you have ever been on safari in Africa you will have seen them riding on the back of zebra or buffalo.

Egret are native to southern Spain and may be seen in the Mar Menor throughout the year. Some Little Egret will migrate to central Africa for the winter but many remain.



El Carmoli

Both types of Egret breed in the Mar Menor in during spring.

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