

SWALLOW



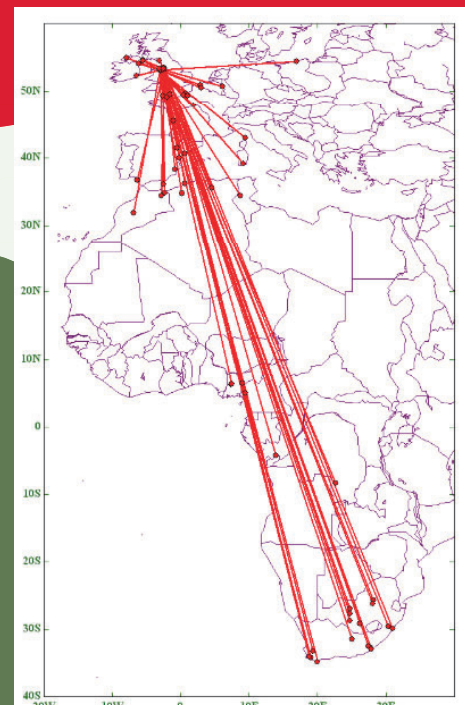
Swallows are a common summer visitor to Ireland, usually seen from mid-March to late September.

They are easy to recognise, with glossy black wings and back, a white underside, and a long, forked tail. You will often hear them before you see them, as they are very vocal birds. You may spot them flying



Swallows feed mainly on insects such as midges and flies, which they catch while flying.

They spend the winter in southern Africa and make a long journey each spring and autumn, crossing the Mediterranean Sea and the Sahara Desert.



Activities you can carry out:

- Tune in your ears and check out our sound mapping resource [here](#).
- this is a great time of year to hear all the beautiful bird song around us, check out the app Merlin to help identify these songs
- Watch this lovely [video](#) to find out more!