



Buscador de aves

☰ MENÚ



¿Birding es divertido? Los 15 beneficios de la observación de aves

Es un escenario que la mayoría de los observadores de aves conocen muy bien. Estás en una fiesta, hablando con un amigo no observador de aves. Cuando mencionas que eres un ávido observador de aves, te encuentras con una mirada de asombro sorprendido. “Observación de aves? ¿Eso es divertido?”

¡Por supuesto, la observación de aves es divertida! La actividad tiene millones de adherentes en todo el mundo, sin embargo, las alegrías de la observación de aves se pierden en personas que nunca han estado. Birding ofrece toneladas de beneficios para personas de todas las edades y habilidades. Aquí hay 15 sorprendentes beneficios de la observación de aves.

1. APTITUD FÍSICA

¿Sorprendido de ver este primero? No se! Mientras que el acto de la observación de aves en sí implica poco más que la energía requerida para abrir los ojos y levantar sus binoculares, consiguiendo *a* y *desde* su punto de observación de aves por lo general requiere una caminata que está obligado a comenzar a sudar.

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

desarrollar masa muscular magra. Los observadores de aves novatos pronto apreciarán la importancia de la fuerza del brazo cuando los brazos débiles comiencen a tambalearse y sufrir calambres después de cinco minutos de mantener firmes un par de binoculares.

Si eres un observador de aves lo suficientemente audaz como para caminar por el bosque en busca de una especie rara, es probable que tampoco vayas con las manos vacías. Su mochila está cargada de equipos de cámara, almuerzo, botella de agua, trípodes, manuales de observación de aves y equipo de lluvia. Todo este equipo puede pesar mucho, pero lo bueno es que estás haciendo un entrenamiento de resistencia de bajo impacto, simplemente haciendo una caminata tranquila de parche en parche.

2. GRAN CARDIO

Hablando de senderismo, es una gran actividad cardiovascular. Y debido a que camina sobre terreno blando, es de muy bajo impacto y fácil para las articulaciones, por lo que es una excelente opción para cualquier persona. Las personas que sufren de artritis y las personas con rigidez, dolor en las articulaciones o lesiones viejas generalmente encuentran que el senderismo es una forma de ejercicio relativamente libre de dolor. El terreno irregular, las rocas, las raíces de los árboles y la maleza que se encuentran en la mayoría de las expediciones de observación de aves ayudan a mantener el equilibrio y la agilidad fuertes.

La observación de aves tiene mucho espacio para los intrépidos, y se sabe que los observadores de aves escalan árboles, acantilados y montañas solo para echar un vistazo o una imagen de un buscavidas buscado. Usted tiene control total sobre la cantidad o poca actividad física que decide hacer mientras observa aves.

3. REDUCE EL ESTRÉS

The positive impact of birding on lowering stress levels is mentioned time and again by birders, and the connection between mental stress and physical health has been known for decades. Being stress-free isn't just all about good vibes and zen-level chill. Stress has real, damaging physical effects (to say nothing of the disastrous effect it has on mental health).

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

cardiovascular diseases, gastrointestinal diseases, sexual dysfunction, hair and skin problems, and obesity.

Luckily, most birders report very low incidences of these problems. Being immersed in natural stimuli, including birds and birdsong, trees and nature scenes, trigger the human parasympathetic nervous system and induce a state of hyperawareness and hyperactivity. This state is *relaxation*.

According to the [International Journal of Environmental Research and Public Health](#), this kind of nature therapy is producing evidence-based results (like those based on monitoring brain activity, endocrine, immune, and nervous system activity), which support the stress-reducing effects of nature therapy and bird watching.

4. INCREASES MENTAL FITNESS

The physical benefits of birding pale in comparison with the profound mental health benefits of bird watching. Most birders describe birding using words like calm, relaxing, peaceful, and stress-relieving. And with good reason! Birdwatching pulls you away from the screen and out into the fresh air, real life, and nature. It demands quiet attention to the world around you, as you scan for your bird or contemplatively watch it go about its daily life, unaware of your prying eyes.

Exercising the mental faculties involved in observation and identification helps to keep the mind sharp. And the visual stimuli of the natural world is just enough novelty to keep the mind engaged. This makes birding a great hobby that one can enjoy into their golden years and can help to keep the mind sharp, helping to fend off diseases like Alzheimers and dementia.

5. MORE BIRDS = LESS DEPRESSION & ANXIETY

It's not just anecdotal evidence telling us how relaxing birding is. A study, called "[Doses of Neighborhood Nature](#)" from Exeter University, the British Ornithological Trust in the UK, and the University of Queensland in Australia, conclusively found that people who live in areas with more birds had better mental health.

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

and Luton. The study found that the more birds the respondents were able to see in the afternoon, the less likely they were to report feelings of depression and anxiety. Rates of feeling depressed and anxious were highest amongst those who had spent more time indoors than in previous weeks.

The ability to identify birds had no bearing on whether or not respondents were more or less depressed and anxious, indicating that the mere act of interacting with the birds is what is pleasurable, not the ability to identify them or the thrill of seeing a new or rare bird.

6. MINDFULNESS AND MEDITATION

Just seeing a bird, any bird, in its natural environment is enough to trigger feelings of relaxation, stress relief, and contentment. How much more profound could the implications be if one was a deliberate, intentional birdwatcher? It turns out, one of the great benefits of birdwatching that many tout is the meditative quality of the activity, and the host of excellent benefits it entails.

If closing your eyes, counting your breath, and trying to concentrate on nothing isn't quite your idea of enlightenment, you may find birding a great intro to mindfulness meditation. Noticing and focusing on what is happening in the moment is a hallmark of birding, which requires constant and quiet, steady focus. Watching the head bob, tail-flick, and inquisitive hop takes the watcher outside of their own consciousness. Add birdsong to the equation, and birdwatching becomes an almost immersive sensory experience that gently draws one's attention away from the inner monologue and away from the self.

7. IT MAKES YOU A BETTER PERSON

... Or at least a more patient one. And who wouldn't want to be a bit more patient?

Birds are easily frightened and startle at the smallest sound or movement. Any would-be birder needs to be stealthy if they're to be successful. That means standing still and staying quiet for as long as necessary to get the shot you want. This ability to delay gratification and tolerate delay and trouble for the purpose of a further future purpose is the very definition of patience.

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

And that's just the way it goes. A wise birder picks up and moves on, understanding that only a fool thinks the birds roost for him. While we may take birds for granted, birding teaches us that to experience life, even to observe it, is still a privilege. When the birds reveal themselves to us, we are lucky to have seen them.

Clinging to expectations is bound to cause suffering- so much so that it is the Second Noble Truth of Buddhism. Experienced birders, however, find joy in the *process* of birding, rather than at the fulfillment of the expectation of seeing a sought after bird.

8. COMMUNITY

Here's a birding benefit that isn't immediately obvious to a lot of people – community. Birding's universally relaxing appeal, low barrier to entry, availability of birds, and kinship with the natural world appeal to a wide range of people from all walks of life.

In fact, according to the 2016 [National Survey of Fishing, Hunting, and Wildlife-Associated Recreation](#), from the U.S. Fish & Wildlife Service, an impressive 45 million people watch birds, either at home or away from home.

With so many people interested in birding, chances are you already know a few birders in your day to day life. Whether at work, in your family, or even a parent on your kid's sports team, birders are everywhere. When two birders meet in the field, instant friends are made. Even if they're from two completely different worlds, there's always a story or two to share.

9. ECONOMIC IMPACT

Birders spend about \$41 billion annually on trips and equipment and give nearly \$15 billion to local economies where they buy food, lodging, and transportation for birding purposes. They helped create an additional 666,000 jobs as a result of birding activity, according to a 2011 [Birding in the United States: A Demographic and Economic Analysis](#).

While your average recreational birder can enjoy the hobby easily on the cheap, partaking in something that generates so much wealth for your community helps you to be a part of

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

Birding is a hobby that is usually done in groups, so friendships are almost inevitable. You can meet folks from the local parks, join local groups that meet regularly and even be part of thriving online communities where you can interact with birders from all over the world (including where you are, too!)

Apps like the super-popular [eBird](#) and [eBird Canada](#) allow birding enthusiasts to track bird sightings and keep lists, but also let you see sightings that other community members have reported. Not only does this make your own local birding better, but it keeps you engaged with other local birders in your area.

The online community [BirdingPal](#), called “the airBnB of birding” connects birders from all over the world, for the purpose of going birding with one another. For \$10 a year, birders can sign up and meet other interested birding pals all over the world, and organize birding trips.

11. OLD FASHIONED FRIENDSHIPS

While the birding community has admirably embraced apps and online communities to share stories, information and make new friends, any list on the benefits of birding would be remiss if we didn't mention the prospect of meeting new friends face to face! In an era of decreasing human connection, it's a rare hobby that still draws people out of their homes and brings them together outside.

A notable migration heading through your town? It's quite likely you won't be the *only* person at the park that morning sporting your binos and sensible outdoor clothing. Most birders happily consider anyone else similarly attired in binoculars to just be a birding friend they haven't met yet. Within a few minutes of seeing a similarly attired person, all but the most anti-social of birders will usually say hello and offer a quick introduction (if not an invite to the pub after!).

For someone looking to get out of the house, enjoy a little fresh air, enjoy some nature and a little friendly camaraderie, birding can't be beat.

12. FAMILY FUN

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

Birding is a great, low-cost way to get kids out of the house and spend some quality time as a family. It helps instill an appreciation for nature and the environment in children and helps teach them patience and dedication. Researching different birds, migratory patterns, and weather patterns help pique a child's curiosity and research ability. And a day of hiking is excellent exercise for the whole family.

Anyone who dates a birder is likely to end up going bird watching a few times, and it's not a bad budget date idea, either!

13. LADIES LOVE IT

While bird watching has traditionally been male-dominated in the past, birding really is for everyone. Female birders and birding groups have become increasingly common, and are making great strides. According to a 2011 study, women now make up over half of American birders.

There are at least six US states with female birding groups, as well as global and online groups. Three clubs in Africa train women to be birding guides, providing the women with an independent source of income.

The [Royal Society for the Protection of Birds](#), the UK's preeminent birding society, was founded by a woman and had the Duchess of Portland as their first president. At the turn of the century, "birding" often involved shooting and killing the birds in order to hold and identify them.

The idea of birding as a bloodless sport in which birds were *observed* and identified, rather than shot and identified, is largely credited to women – namely Florence Merriam, who published a field guide in 1889 imploring the benefits of watching and not killing birds.

14. FESTIVALS

Birders aren't just a healthy, relaxed, egalitarian group of pals who walk around with their families looking at birds – they also like to party!

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

events in your area. There are presently at least 180 different events in its database – that's one birding festival every two days of the year!

15. NATURALISM

Study after study shows that being a nature nut is great for your health. Time outside in the sun lets your body soak up tons of natural Vitamin D. Vitamin D is integral in the healthy functioning of your immune system, nervous system, and muscles. It helps your body absorb calcium, which builds strong teeth and bones. And it's not something you'll get sitting in front of a computer screen!

It's nearly impossible to be a birding enthusiast without some kind of appreciation for nature, and most birding societies recognize it. For instance, membership in the UK's Royal Society for the Protection of Birds includes unlimited free entry to over 170 different nature reserves, which are operated by the charity. Anyone who claims to be a naturalist or lover of the outdoors has certainly gone bird watching at least once or twice, and many birders are naturalists and conservationists, with a keen interest in taking care of the environment.

THAT'S A WRAP!

There you have it! 15 reasons why birding isn't only fun, it's healthy, relaxing, social, environmental, and all-around excellent for improving the quality of your life and even the world we live in. Save the world. Go bird watching.

 blog

SOBRE NOSOTROS

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)



¡Bienvenidos! ¡Somos un grupo de entusiastas de las aves que adoran escribir sobre las aves! Hemos pasado innumerables horas investigando las respuestas a las preguntas que pueda tener. Nuestra esperanza es ser lo más útil posible. ¡Disfruta el sitio!

MENSAJES RECIENTES



10 mejores aplicaciones de observación de aves (IOS y Android)

9 de noviembre de 2019



¿Se puede utilizar un telescopio para la observación de aves?

9 de noviembre de 2019



Elección de binoculares para observación de aves: la guía definitiva

19 de octubre de 2019



Cómo identificar aves en vuelo: una guía completa con consejos y trucos

19 de octubre de 2019



¿Birding es divertido? Los 15 beneficios de la observación de aves

17 de octubre de 2019

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)

Este sitio web utiliza cookies para mejorar su experiencia. Asumiremos que está de acuerdo con esto, pero puede optar por no participar si lo desea. [Configuración de cookies](#) [ACEPTAR](#)