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The Black-capped Vireo breeds in Oklahoma and Texas, and migrates to Mexico—a *one-way distance* of 400 to 1,250 miles.



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The Red Knot breeds in northern Canada and might migrate all the way to the tip of South America—a *one-way distance* that ranges between 1,500 and 10,000 miles.

<b>Species</b>	<b>One-way migration distance (miles)</b>	<b>Breeding Range</b>	<b>Wintering Range</b>
Northern Parula	300–3,000	southeastern Canada, eastern U.S.	Florida, West Indies, Mexico to Nicaragua
Wood Thrush	600–3,750	southeastern Canada, eastern U.S.	Mexico to Panama
Scarlet Tanager	600–4,350	southeastern Canada, eastern U.S.	northwestern South America
Blackpoll Warbler	2,500–5,000	Alaska, Canada, New England	northern South America
Purple Martin	600–6,000	southern Canada, U.S., Mexico	Brazil, Bolivia to northern Argentina
Cliff Swallow	1,250–6,800	Alaska, Canada, U.S., northern Mexico	southern Brazil, Bolivia to central Argentina
Common Nighthawk	2,500–6,800	most of Canada and U.S.	Colombia to central Argentina
Bobolink	5,000–6,800	southern Canada, northern U.S.	southern Brazil to northern Argentina

Table compiled with information found from the Smithsonian Migratory Bird Center factsheet "[Neotropical Migratory Bird Basics.](http://nationalzoo.si.edu/ConservationAndScience/MigratoryBirds/Fact_Sheets/default.cfm?fxst=9)" ([http://nationalzoo.si.edu/ConservationAndScience/MigratoryBirds/Fact\\_Sheets/default.cfm?fxst=9](http://nationalzoo.si.edu/ConservationAndScience/MigratoryBirds/Fact_Sheets/default.cfm?fxst=9))