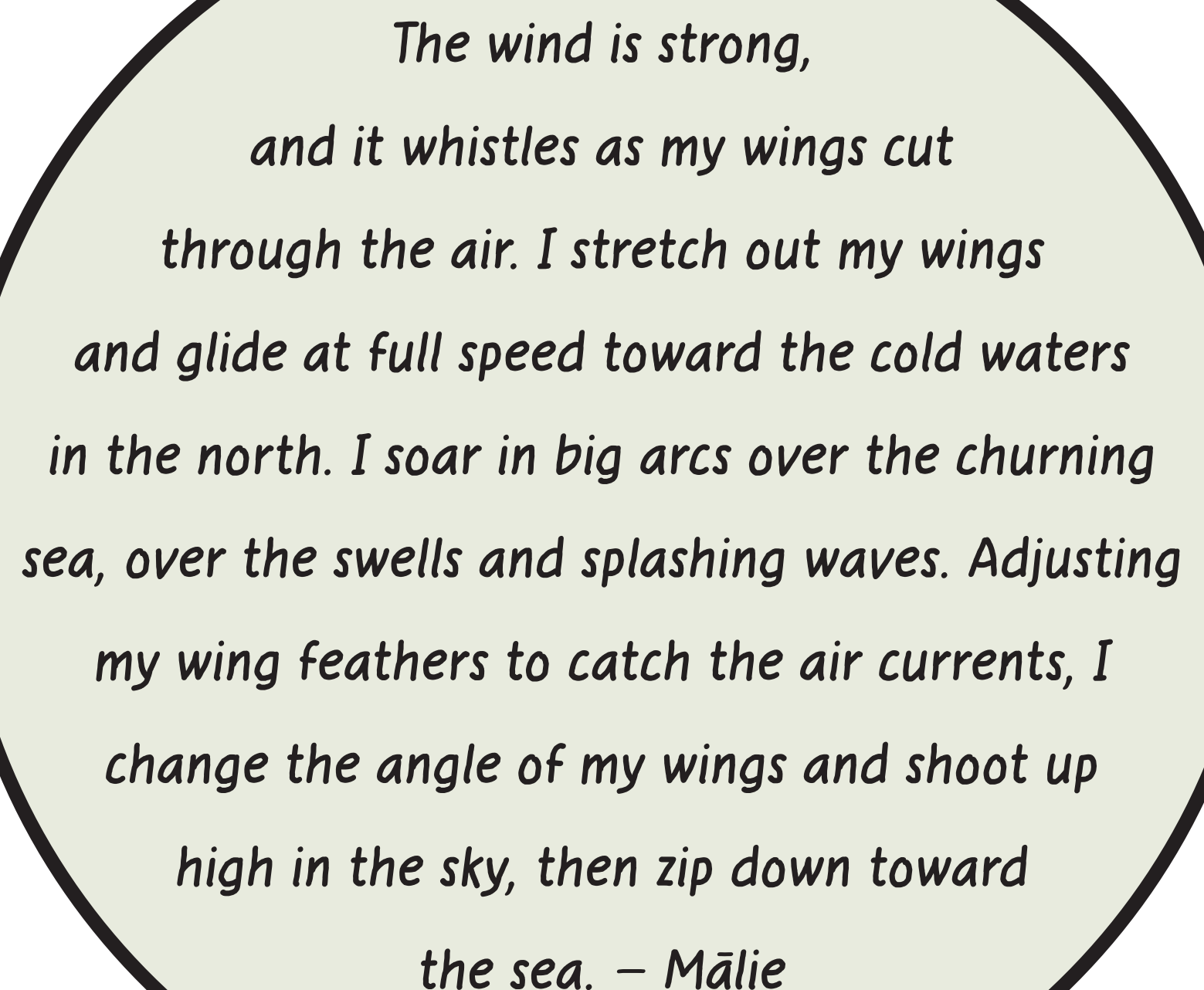




# Flying

Laysan Albatrosses soar on long, strong wings for thousands of miles, gliding along on the air's currents. This allows them to find food far away from their nesting grounds without using much energy. Because of their large wingspan of 6 ½ feet, these huge birds use less energy in flight than they do while walking on land. They can even sleep while flying!

Albatrosses can both take off from land and from the ocean's surface, running, flapping, and then taking to the air.



*The wind is strong,  
and it whistles as my wings cut  
through the air. I stretch out my wings  
and glide at full speed toward the cold waters  
in the north. I soar in big arcs over the churning  
sea, over the swells and splashing waves. Adjusting  
my wing feathers to catch the air currents, I  
change the angle of my wings and shoot up  
high in the sky, then zip down toward  
the sea. – Mālie*

