

# Basic Flight Concepts

Raptors typically want to maximize the use of the environment to reduce their energy expenditure. This is especially true during migration, when they are flying across large distances.

Less flapping means less energy expenditure.

There are two ways where a raptor can conserve energy.

## 1) Soaring – to gain lift

- Updrafts: winds that strike a ridge and are deflected upwards
- Thermals: large pockets of rising warm air

## 2) Gliding – to cross a distance with minimal lift

- Projects the wrists forward and tucks in wings
- Will tuck in more closely to the body to gain speed

