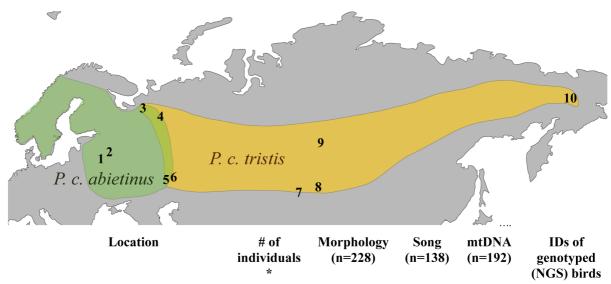
1 Supplementary Figure S1.

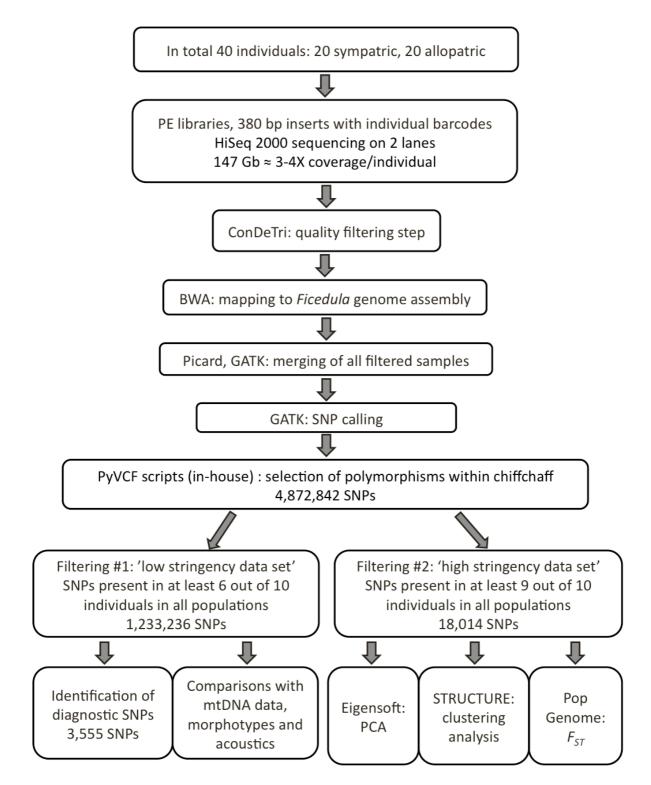
Approximate distribution ranges of *P. c abietinus* (green) and *P. c. tristis* (yellow). Numbers refer to sampling locations for all samples included in the study. Sample sizes for each respective location are listed in the table. * the same individual may be present in several categories of characteristics.



		*	~ /	× ,	× ,	(NGS) birds
1	Moscow, Vladimir region	10	10	10	6	A6-A7
2	Kostroma region	6	6	6	5	A1-A5
3	Arkhangelsk region	52	51	21	48	N1-N10
4	Komi republic	15	12	10	5	-
5	Southern Ural National Reserve	105	93	44	75	S1-S10
6	Ilmenski National Reserve	20	20	11	16	-
7	Altai mountains	3	3	3	3	Т9
8	Sayan mountains	11	11	11	11	T1-T4
9	Middle Enisey	22	22	22	22	Т5-Т8
10	Chukotka	1	1	-	1	T10

13 Supplementary Figure S2.

14 An illustration of the different steps in the generation and analysis of nuclear DNA.



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