**Additional file 1**

**Table S1** Habitat types and shapefiles used in the analysis.

| Habitat | Shapefile |
|---|---|
| North Sea and Wadden Sea | GDAM January 2012 European boundaries polygon (Hijmans, 2012) |
| Urban areas | OpenStreetMap data (OpenStreetMap contributors, 2017) |
| | CORINE Urban morphological zones 2006 (European Environment Agency (EEA), 2017) |
| Beach | LGN5 (Landelijke Grondgebruikskartering 5) (Hazeu, 2005) |
| Breakwaters | Delineated based on QGIS openlayer plugin google earth (QGIS Development Team, 2009) |
| Tidal flats | Rijkswaterstaat (http://www.rijkswaterstaat.nl) |
| Agricultural and natural | OpenStreetMap data (OpenStreetMap contributors, 2017) |
| | Netherlands Natural Features shapefile (MapCruzin, 2017) |

**Table S2** Average number of foraging trips per individual bird ID per habitat category and the total number of trips per day. The table is ordered in ascending order of total number of trips per day. The highest value per individual (favored habitat category) is underlined.

| | **Average number of trips per day** | | | | | |
|---|---|---|---|---|---|---|
| **Bird ID** | *Urban* | *Marine* | *Intertidal* | *Terrestrial* | *Mixed* | *Total* |
| 6217 | <u>0.72</u> | 0.31 | <u>0.72</u> | <u>0.72</u> | 0.62 | 3.10 |
| 6206 | 0.96 | 0.48 | <u>1.44</u> | 0.24 | 0.72 | 3.83 |
| 1600 | 0.00 | 0.91 | <u>2.73</u> | 0.13 | 0.13 | 3.90 |
| 6004 | 0.56 | 0.42 | <u>1.25</u> | 1.11 | 0.56 | 3.90 |
| 6006 | <u>1.95</u> | 0.00 | 0.43 | 1.19 | 0.33 | 3.90 |
| 6009 | 0.00 | 0.42 | 1.58 | <u>2.00</u> | 0.00 | 4.00 |
| 6076 | 0.10 | 0.50 | <u>1.80</u> | 0.90 | 0.70 | 4.00 |
| 6073 | 0.00 | 0.99 | 1.44 | <u>1.66</u> | 0.11 | 4.20 |
| 6080 | <u>1.56</u> | 0.78 | 0.39 | 1.17 | 0.39 | 4.29 |
| 6014 | 0.80 | <u>1.60</u> | 0.40 | 1.00 | 0.60 | 4.40 |
| 6205 | 0.00 | 0.39 | <u>2.70</u> | 0.64 | 0.77 | 4.50 |
| 6210 | 1.07 | 0.59 | <u>2.13</u> | 0.36 | 0.36 | 4.50 |
| 6202 | 1.02 | 0.87 | <u>1.60</u> | 0.87 | 0.44 | 4.80 |
| 6015 | <u>1.61</u> | 1.38 | 0.69 | 1.15 | 0.00 | 4.83 |
| 6071 | 0.00 | 0.83 | <u>2.50</u> | 1.04 | 0.52 | 4.90 |
| 6016 | 0.05 | 0.56 | <u>3.63</u> | 0.87 | 0.31 | 5.42 |
| 6208 | 0.00 | 0.63 | <u>4.28</u> | 0.32 | 0.48 | 5.70 |

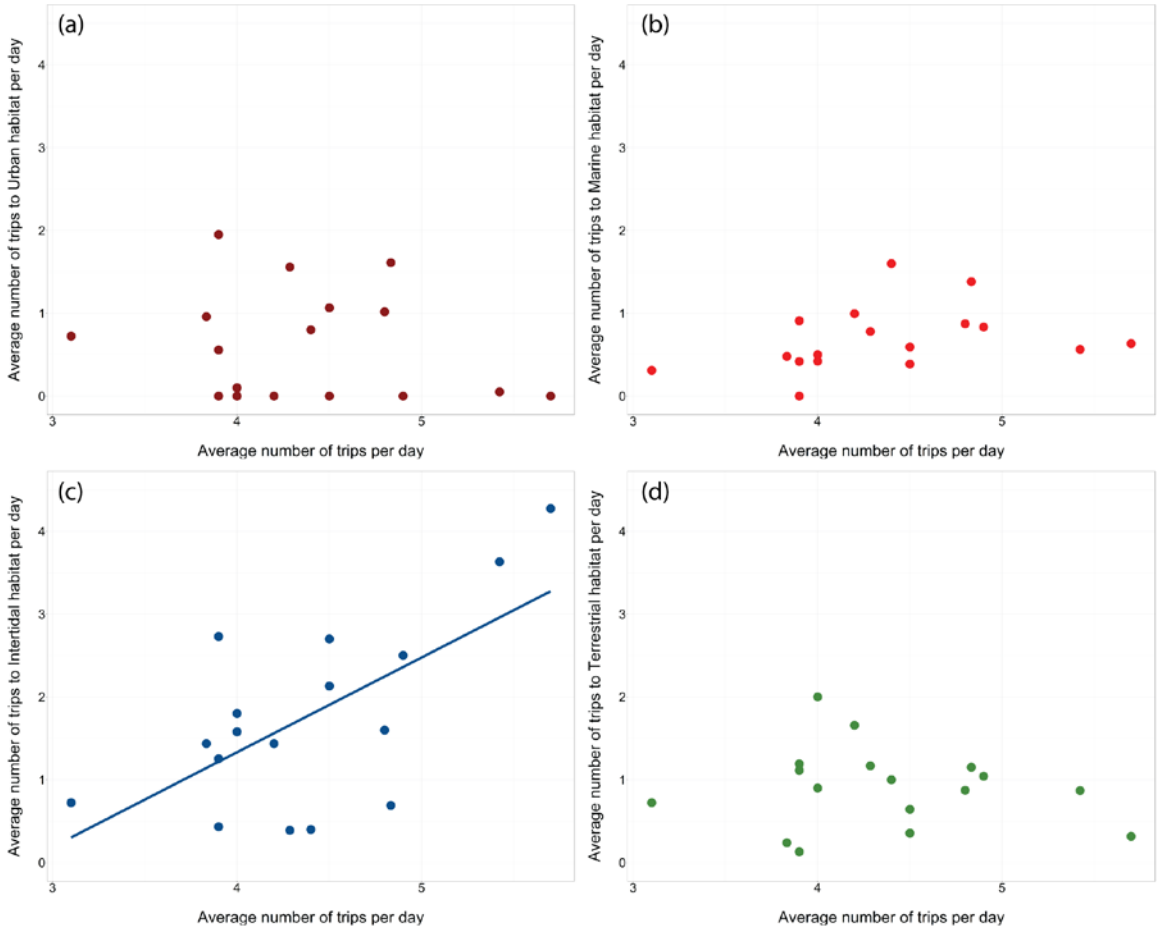


**Figure S1** Relationship between average number of trips per day on the x-axis and average number of trips to the specific habitats per day per bird ID on the y-axis per bird-ID. Every point represents one Bird ID. Figures (a)-(d) show average trips per day against average trips to (a) urban habitat, (b) marine habitat, (c) intertidal habitat and (d) terrestrial habitat. Only the relationship between average number of trips per day and average number of trips to intertidal habitat is statistically significant (linear model intercept= 3.74±0.23, estimates = 0.36±0.11, p=0.006, $R^2$=0.37).