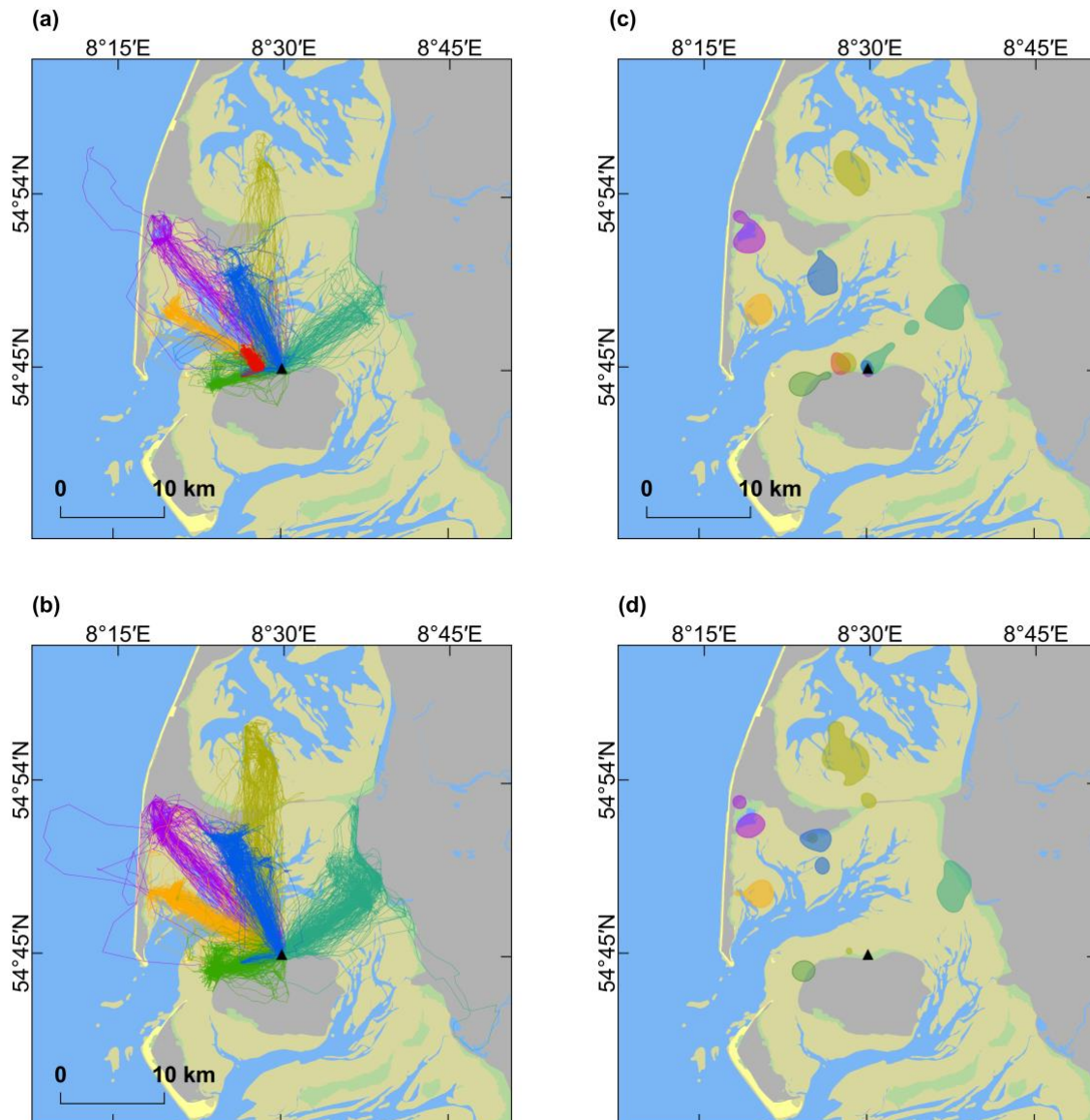
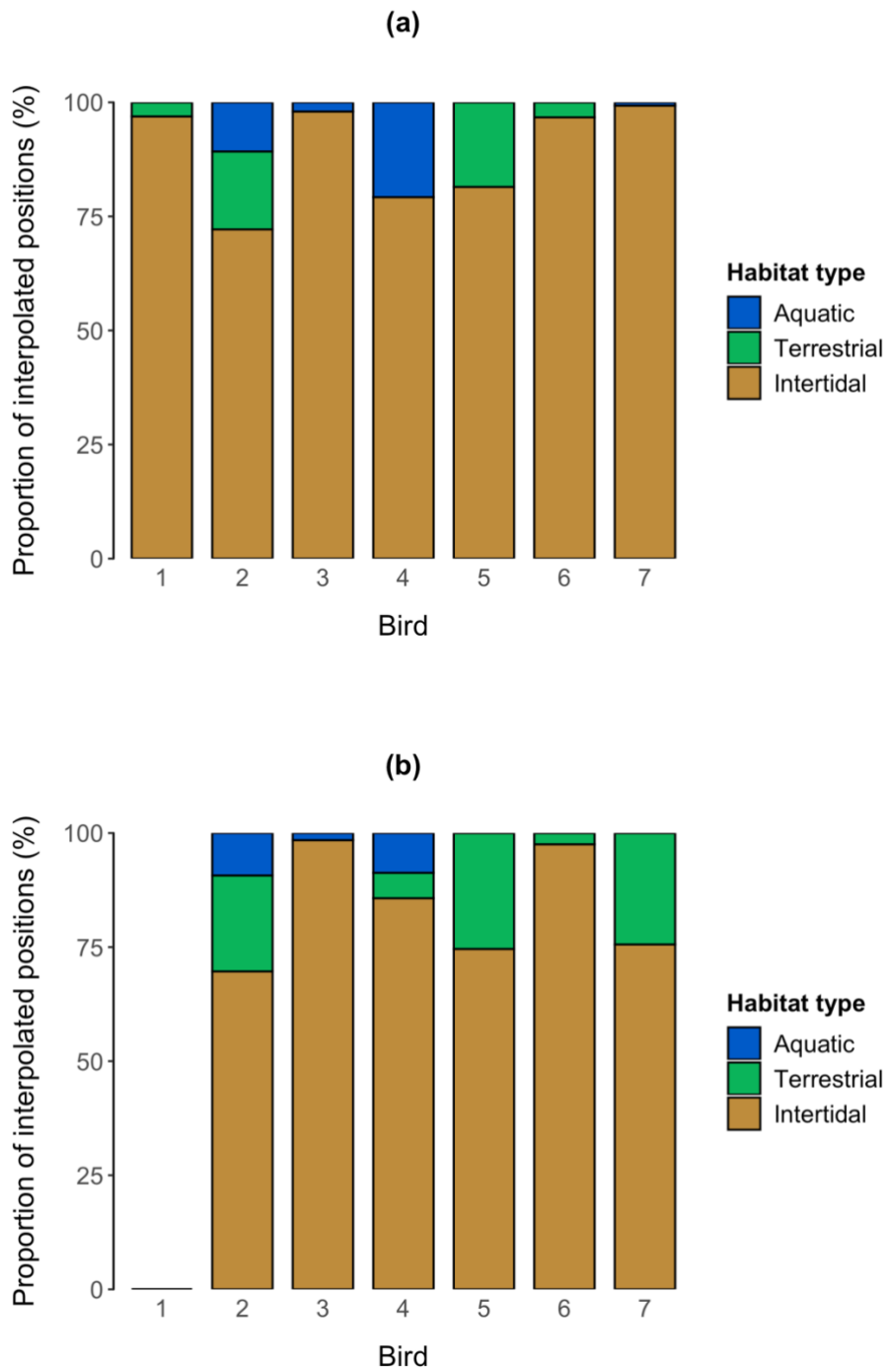


**Supplementary material**

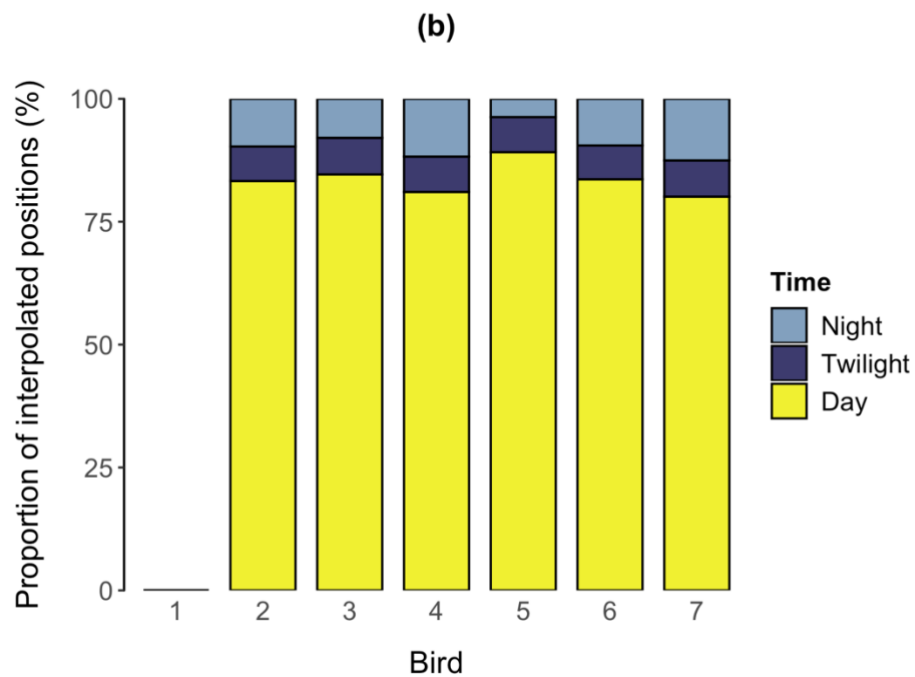
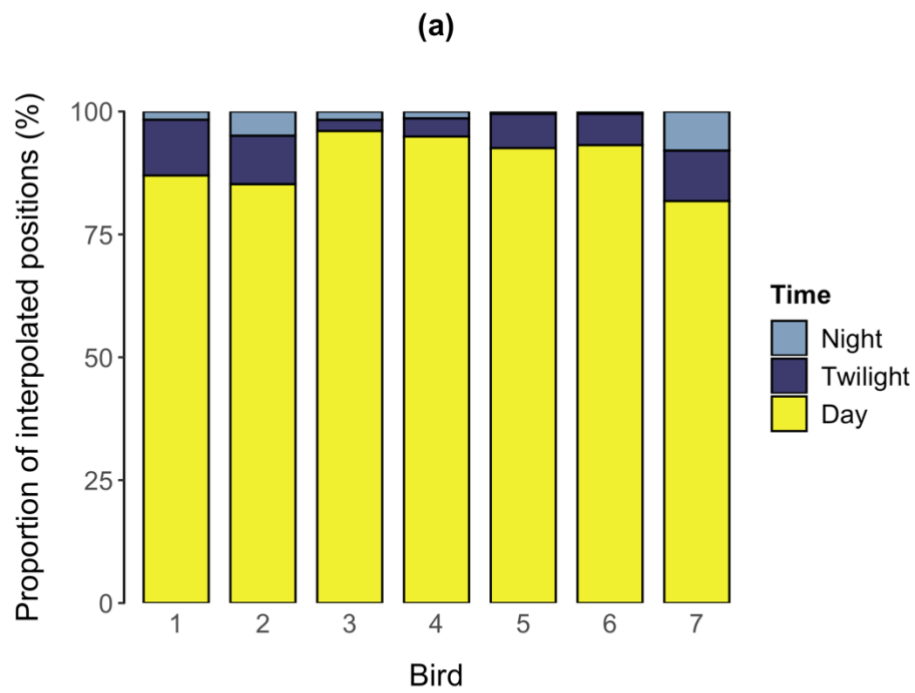
## Appendix 1.



**Figure A1.** (a-b) Movement patterns of seven great black-backed gulls *Larus marinus* tracked using GPS loggers during (a) incubation and (b) chick-rearing in 2016. The colony is marked as a black triangle. (c-d) 50% utilisation distributions (UDs) of seven great black-backed gulls tracked using GPS loggers during (c) incubation and (d) chick-rearing in 2016 (maps produced with QGIS 3.4.9-Madeira software, <https://qgis.org>).



**Figure A2.** Proportion of interpolated foraging positions (%) of seven great black-backed gulls *Larus marinus* tracked using GPS loggers during **(a)** incubation and **(b)** chick-rearing in 2016. Use of habitats in core areas (50% utilisation distributions): intertidal (mud flats, salt marshes), terrestrial and aquatic (freshwater, marine).



**Figure A3.** Proportion of interpolated foraging positions (%) of seven great black-backed gulls *Larus marinus* tracked using GPS loggers during (a) incubation and (b) chick-rearing in 2016. Different periods day, night and twilight are distinguished based on estimated times for sunrise and sunset.