

Supplement 7.

GPS tracks shown separately per individual bird and breeding stage. GPS positions were interpolated to regular 15 min intervals (see Methods). Large dots represent GPS positions with diving activity (i.e. foraging sites; see Methods), small dots GPS positions without diving activity. Yellow lines represent the Southern Antarctic Circumpolar Front and the Southern boundary of the Antarctic Circumpolar Front. Black lines show the 0 m, 200 m and 1000 m depth lines. The location of the breeding site (Hop Island) is marked with a red dot. Sea ice concentration is presented in shades of blue from white (100% of sea ice to blue (0% sea ice; refer to Fig. 1 in main manuscript for scale).













