

**Table S1.** Summary of the presence/absence of phylogeographic breaks for each of 14 co-distributed forest-dependent bird lineages across the sky islands of East Africa Mountains of Tanzania. STZ Volcanic corresponds to Southern Tanzania Volcanic Highlands.

Lineage	Usambara-Nguu/Nguru	Nguu/Nguru-Ukaguru	Rubeho-Uluguru	Rubeho-Udzungwa	Udzungwa-STZ Volcanic
<i>Stactolaema olivacea</i>	Yes				
<i>Artisornis metopias</i>	Yes		Yes		Yes
<i>Crithagra striolata</i> complex	Yes				
<i>Modulatrix stictigula</i>	Yes	Yes	Yes	Yes	
<i>Sheppardia sharpei</i>	Yes	Yes			
<i>Sheppardia montana</i> complex	Yes			Yes	
<i>Chamaetylas fuelleborni</i>	Yes				Yes
<i>Pogonocichala stellata</i>					
<i>Cinnyris mediocris</i> complex	Yes	Yes	Yes		Yes*
<i>Cyanomitra olivacea</i>					
<i>Batis capensis</i> complex		Yes			
<i>Arizelocichla milanjensis</i> complex	Yes			Yes	Yes
<i>Phyllastrephus flavostriatus</i>		Yes	Yes		Yes
<i>Turdus abyssinicus</i> complex	Yes				
# of lineages with break	10	5	4	3	4

\*For the Eastern Double-collared sunbird complex, there is a contact zone between two lineages (*C. moreaui* and *C. fuelleborni*) that replace each other in the Udzungwa Mountains [45].