

SAN DIEGO MARINE LIFE



Exploring
San Diego's
"underwater parks"

MARINE PROTECTED





Images on this page were taken by Dana Roeber Murray, Bryan Murray and Winand Hess

MARINE PROTECTED **AREAS**

What is a Marine Protected Area (MPA)?

MPAs are areas off the coast of California dedicated to the protection of marine resources, habitat and wildlife. Like national parks on land, these "underwater parks" have been established so ocean ecosystems may recover and future generations can enjoy marine life for years to come!

There are three types of Marine Protected Areas in San Diego:

State Marine Reserves (SMR) -Take, damage, injury, or possession of any marine resource (living, geological or cultural) is prohibited. While resource extraction is NOT permitted, marine based recreational activities are encouraged! Areas include Matlahuayl, South La Jolla and Cabrillo. Some recreational activities are not allowed within Cabrillo National Monument's jurisdiction. Please be aware that other rules and regulations may apply.

No-Take State Marine Conservation Areas (SMCA) - Take, damage injury, or possession of any natural resource (living, geological or cultural) is prohibited. Areas include Batiquitos Lagoon and San Elijo Lagoon

State Marine Conservation Areas (SMCA)

-Take, including fishing/harvest of some marine/resources is permitted. Some consumptive recreational and commercial activities are allowed at Swami's, San Dieguito Lagoon, San Diego-Scripps, outer water portion of South La Jolla and Tijuana River Mouth.



Kayaking

Kayaking is one of the easiest and most popular ways to explore most MPAs in San Diego County and marine wildlife viewing can



Photo Credit: Hike Bike Kayak Sports

be amazing! In places like La Jolla's Matlahuayl MPA you can find dolphins, sea lions, a diversity of fish, and migratory sea birds. During November through March you could even spot a migrating gray whale! Naturalist guides can be hired to accompany you on your kayak tour. For information on kayak shops please check your local listings.

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Fishing

Each MPA has specific fishing rules and regulations. Before heading out to fish, please check all restrictions and allowed



Photo Credit: NOAA

practices at the California Departent of Fish and Wildlife.

website: www.dfg.ca.gov/marine/mpa

Or download the fishing guide for San Diego MPAs at www.californiampas.net



Diving/ Snorkeling

San Diego's coastline boasts some of the richest marine ecosystems in the

world, and is a prime destination for thousands of divers and snorkelers each year. Divers have the opportunity to see unique wildlife such as black sea bass, sharks and garibaldi, the California state marine fish.

When you dive into one of our many MPA's in San Diego don't be surprised to see a group of seals swimming next to you! For more information on equipment rental, best places to dive, and SCUBA certification courses visit one of San Diego's many local dive shops.

Tidepooling

You don't have to get in the water to experience San Diego's marine life.



During low tide look for pools of water forming in rocky intertidal zones in South La Jolla SMR, Cabrillo SMR, and San Diego-Scripps Coastal SMCA. Sea stars, mussels, sea urchins, anemones, shore crabs, and sea hares are just some of the sea life found in San Diego's tidepools. Enjoy and explore these areas, but remember that removal and disturbance (including touching) are prohibited. You can find "Good Tidepooler Rules" in this brochure. And don't forget: kids love tidepooling! Consult a tide chart before you plan your trip.



Photo Credit: WiLDCOAST

Surfing is an essential part of California's beach culture. San Diego County offers

Surfina

quality waves year-round. Many of San Diego's most well known surf spots are found within our MPAs. Beginners can rent wetsuits and surfboards at many local San Diego surf shops.



Birding/Bird Watching

Casual bird watchers and serious birders alike flock to San Diego's many diverse

ecosystems to take advantage of the impressive array of local and migratory bird life. MPAs such as Matlahuayl and the Tijuana River Mouth offer opportunities for sighting a variety of shorebirds, waterfowl, hawks, and more. Remember to keep a respectful distance from all wildlife, avoid using flash photography, and take care when walking along the beach as some bird species, such as Snowy Plovers, nest in the sand.

For more information on San Diego shops please check your local listings.



PROTECTING OUR OCEAN LEGACY FOR FUTURE GENERATIONS TO ENJOY

TIDEPOOLING



The "Good Tidepooler Rules"

The following guidelines have been set up to help tidepool explorers minimize their impact on tidepool organisms and habitat.

> It is unlawful to disturb the tidepool habitat in SMR and some SMCAs. Follow the good tidepooler rules:



Never remove animals, shells or rocks from the tidepools.



Never pick up animals... observe them where they are.



Walk gently, taking care not to step on plants or animals.



Never turn over rocks.

The San Diego MPA Community Collaborative is partnering with the Department of Fish and Wildlife to inform the local community about San Diego's MPAs

TO REPORT VIOLATIONS IN ANY MARINE PROTECTED AREA CALL 1-888-334-CaITIP (888-334-2258)

> For detailed maps and regulations visit: www.dfg.ca.gov/marine/mpa

Or view MPAs on your mobile device at: www.dfg.ca.gov/m/MPA

for more information, please visit: www.wildcoast.net





