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From Sea to Shore: Peer into the Captivating World of Tidepools

Birch Aquarium kicks off Tidepooling Adventures January 7.



La Jolla, CA (November 29, 2022) — From sea anemones to hermit crabs, there is no shortage of life in San Diego's tide pools. Starting this January, nature lovers will have the opportunity to

explore local tide pools with a naturalist from Birch Aquarium at Scripps Institution of Oceanography at UC San Diego with the return of Tidepooling Adventures. Winter is the ideal time for exploring tide pools as the water recedes far enough to expose a vast area of beach.

During Tidepooling Adventures, guests will hear about the incredible animals that live in the intertidal zone, those rocky spots that are exposed during low tide. In addition, guests will learn how to safely navigate slippery rocks and spot the most elusive creatures in this rugged environment. Though often mistaken as lifeless, tide pools are home to unique and specialized creatures such as snails, mussels, urchins, sea stars and small fish. Tide pools along the California coast are protected. Guests are encouraged to be respectful of these living habitats while exploring.

“We are fortunate to have such a unique habitat so close to us,” said Cari Paulenich who leads outdoor programming for Birch Aquarium. “Tidepooling is a great outdoor activity that allows us to observe amazing animals. Through responsible tidepooling practices, our exploration of these barnacle-covered rocks and piles of seaweed brings a whole new appreciation for this rugged habitat.”

Tidepooling Adventures are currently on sale and they make a great experience gift this holiday season. Tidepooling locations are at Dike Rock, north of Scripps Pier in La Jolla and False Point in Bird Rock.

The weekend excursions kick off on January 7, just in time to unwind after the holidays. Dates and times vary based on tides; please check the aquarium’s [website](#) for details. Tickets are \$20 for aquarium members, \$25 for nonmembers and pre-purchase is required. Participants must be at least 3 years old, and minors must be accompanied by a paid adult. Guests are encouraged to dress in layers, wear sunscreen and closed-toe shoes with a good grip. For more information or to purchase tickets, visit aquarium.ucsd.edu.

About Birch Aquarium at Scripps

Birch Aquarium at Scripps is the public exploration center for Scripps Institution of Oceanography at UC San Diego. Perched on a bluff overlooking the Pacific Ocean, Birch Aquarium features the groundbreaking work of Scripps Oceanography and UC San Diego scientists as well as conservation breeding programs, and interactive exhibits. Birch Aquarium’s mission is to connect understanding to protecting our ocean planet, which the aquarium

achieves by engaging, hands-on learning opportunities for nearly 500,000 guests as well as more than 50,000 pre-K-12 students each year. Visit aquarium.ucsd.edu for more information.

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