

EXPERIENCE MPAs:
YOUR "UNDERWATER
PARKS!"

**San Diego
Marine Protected Areas**

Detail Map
EFFECTIVE **JANUARY 1, 2012**
For more information
and complete regulations
and boundaries,
see www.dfg.ca.gov/mlpa



SAN DIEGO MARINE LIFE

MARINE PROTECTED AREAS



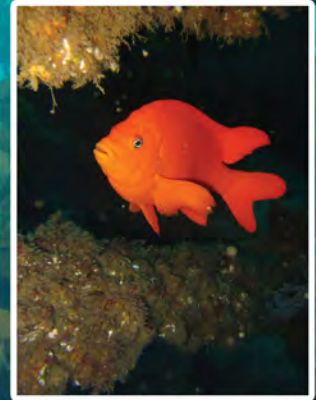
California Spiny Lobster
Panulirus interruptus



California Sheephead
Semicossyphus pulcher



Purple Sea Urchin
Strongylocentrotus purpuratus



Garibaldi
Hypsypops rubicundus



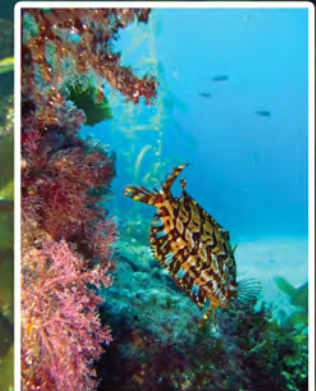
Sea Lion
Zalophus californianus



Sea Star
Echinaster sepositus



Giant Kelp
Marcocystis pyrifera



Painted Greenling
Oxylebius pictus

Exploring
San Diego's
Underwater Parks

**WILD COAST
COSTA SALVAJE**



All the images on this page were taken by Dana Roeber Murray and Bryan Murray

MARINE PROTECTED AREAS

What is a Marine Protected Area (MPA)?

MPAs are areas off the coast of California dedicated to the protection of marine habitat and wildlife. Like parks on land, these “underwater parks” have been established so that ocean ecosystems may recover so 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, including fishing/harvest of all living marine resources is prohibited. While resource extraction is NOT permitted, marine based recreational activities are encouraged! Areas include Matlahuayl, S. La Jolla, & Cabrillo.

State Marine Conservation Areas (SMCA) –Take, including fishing/harvest of some marine resources is prohibited. Some consumptive recreational and commercial activities are allowed at Swami’s, San Dieguito Lagoon, SD-Scripps, outer water portion of South La Jolla and Tijuana River Mouth.

No-Take State Marine Conservation Areas (SMCA) – Take, including fishing/harvest of all living marine resources is prohibited. Areas include Batiquitos Lagoon & San Elijo Lagoon.

ENJOY MPAs
YOUR “UNDERWATER
PARKS!”

Kayaking

Kayaking is one of the most popular and easy ways to explore the MPAs in San Diego County. No experience is necessary, and the marine wildlife viewing can be amazing! La Jolla Cove is located within a Marine Protected Area and is a great place to start. Here you’ll 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.



Photo Credit: Hike Bike Kayak Sports



Photo Credit: WILDcoast

Surfing

Surfing is an essential part of California’s beach culture. San Diego County offers quality waves year-round. Many of San Diego’s most well known surf spots are also found within our Marine Protected Areas like Swami’s, La Jolla Shores and Tijuana River Mouth. Beginners can rent wetsuits and surfboards at many local San Diego surf shops.



Photo Credit: Bryan Murray

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 dolphins, seals, leopard and horn sharks, California spiny lobster, kelp forests, rocky reefs, and a variety of fish, like the California sheephead and Garibaldi, the California State Fish.

When you dive into one of our many underwater parks 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.

Fishing

Quality fishing opportunities exist in some of San Diego’s MPAs for recreational species like Pacific Bonito, white sea bass and yellowtail.



Photo Credit: NOAA

Each MPA location has specific fishing rules and regulations. Before heading out to fish, make sure you understand the MPA rules for permissible activities.

For fishing restrictions and allowed practices please go to the California Department of Fish and Game’s website: www.dfg.ca.gov/mlpa

Or download WILDcoast’s fishing guide for San Diego MPAs at www.wildcoast.net

Tidepooling

You don’t have to get in the water to experience San Diego’s marine life; take a walk to your nearest tidepool along the



Photo Credit: Cabrillo National Monument

coast and you’ll find an accessible window into the underwater world. 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 just remember that some of these animals are very sensitive to human touch. You can find “Good Tidepooler Rules” on the back of this brochure. And don’t forget: kids love tidepooling! The best times for tidepooling are during the negative tides. Generally afternoon negative tides can be found in winter months and morning negative tides in the summer. Consult a tide chart before you plan your trip.

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 Marine Reserve and some SMCA’s.

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.

WILDcoast is partnering with the California Department of Fish and Game to inform the local community about San Diego’s MPAs

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

For detailed maps and regulations visit:
www.dfg.ca.gov/mlpa

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

To get involved in the protection of your new MPA and for more information, please visit:
www.wildcoast.net



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