



# Edmonds Marine Sanctuary

## Spring Trip Planner

### What is the best time to explore the beach?

Edmonds beaches are located in the Puget Sound, where high and low tides occur twice per day. You'll see the most marine plants and animals if you visit the beach at low tide, so you'll want to time your visit for the lowest tide height of the day, preferably a minus (-) tide. The timing of tides are very predictable, and are published in tide tables which you can access online at <https://tidesandcurrents.noaa.gov/>.



### What should we wear to the beach?

Rain boots are the perfect shoes for exploring the beach. They'll keep your feet warm and dry, and protect them from cuts from sharp rocks and barnacles. It can be cold and windy at the beach, so a sweater or windbreaker is a good idea, as well as rain gear in case it rains. You might also want a hat and sunscreen.

### How Can we protect the plants and animals during our visit?

All of Edmonds beach parks are considered Marine Sanctuaries, which means that the plants and animals that live there are counting on us to do our part to keep them safe from harm. You can help!

- Remember that you are a visitor to the home of the plants and animals that live here.
- Walk slowly and gently to avoid crushing plants and animals.
- Never pry animals or plants off a rock.
- Leave all shells, rocks, and driftwood – these are all valuable habitat!
- Take trash with you, even if it's not your own.



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Parks, Recreation, and Cultural Services  
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# How to be a beach hero



1. Handle animals gently—never pry them loose.
2. Step slowly and gently to avoid crushing animals.
3. Leave all rocks, shells, and driftwood—they're habitat!
4. Tell your friends and family how to take care of the beach



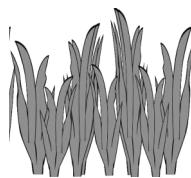
## MARINE SANCTUARY FIELD GUIDE



Bull kelp



Rockweed



Eelgrass



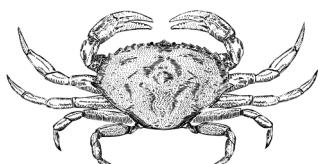
Sea lettuce



Anemone



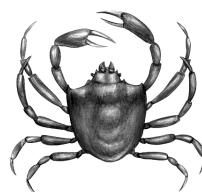
Shore crab



Dungeness crab



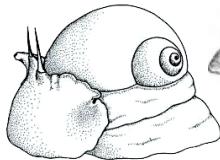
Hermit crab



Kelp crab



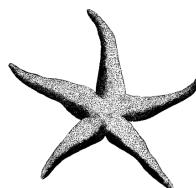
Barnacles



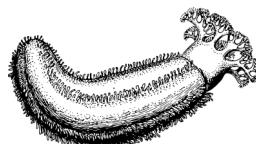
Moon snail and egg collar



Whelk



Sea star



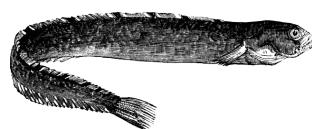
Sea cucumber



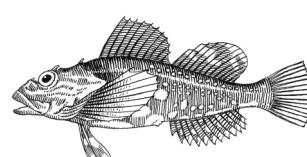
Cockle



Mussels



Gunnel



Tidepool sculpin





mudUp  
MudUp.org