WILD ROCK CHILD POOLIN

Mysterious, intriguing and teeming with life, rock pools are guaranteed to engage even the most screen-obsessed child. Set in beautiful locations, they provide the perfect introduction to Ireland's sea life. The value of experiencing nature to the health and well-being of children, as opposed to watching it on a screen, cannot be overestimated.

Ireland's coast is rich with marine life and rock pools themselves are like aquaria containing a mix of life from the adjacent seas. The seashore is a harsh environment. At the cyclical mercy of the tides, much of our sea life lies hidden beneath the waves for large parts of the day and night. These rocky shores contain a myriad of specialised fauna and flora that give us a window into what lies beneath the adjacent waters. Animals and plants living high on the shore are exposed to air and sunlight for up to 80% of their lives and so we find fewer species there. The lower on the shore we get, the more species we find, as those areas are perhaps exposed only for an hour or two per day.

Rock pooling is a brilliant way to **Explore Your Shore** not just today but any time of year. Anyone can do it and you don't even need to get your toes wet! With a good seashore guide and a small bucket, you can take your Wild **Child** on a free Rocky Shore Safari!

DAY 2019

Promoting engaging, creative outdoor activities for children

Enniscrone Pier, Enniscrone, Sligo

A large area of rocky shore with rockpools extends north of the pier.

Irish moss, dabberlocks,

The Flaggy Shore, New Quay,

A long area of bouldery shore to

Species: Hermit crab, brown

crab, shore crab, tortoiseshell

explore at low tide.

breadcrumb sponge.

North Beach, Inishbofin, Galway

pecies: Bladder wrack, dog

whelk, nudibranchs, cushion

and boulders.

Pollock Holes, Kilkee (West End), Clare

pollack, shore crab, common starfish, dog whelk

The Pollock Holes are lovely, clear sea pools uncovered when the

tide is out. Make sure to time your visit and check the tide times.

ecies: Common mussel, sea hare, egg and serrated wrack,

stars, periwinkles.

A large area of rocky shore with rockpools

ecies: Hermit crab, dog whelk,

Seashore Code: Be Safe

Check the weather and the tides before heading for the shore. Ideally, aim to be on the shore 1-2 hours before low water and be leaving the shore as the tide turns. Tide Tables are widely available and there are many phone apps to

- Tell someone where you are going and when you expect to be back.
- Dress for the weather, whether it needs to be sunhat and suntan lotion or wind cheater and warm jumper.
- Wear sturdy shoes or boots as the shore will be uneven and slippy, with sharp shells.
 - Stay away from deep water and from the base of cliffs, as falling rocks can be a hazard.
- Bring a fully charged mobile phone with you. Beware of getting trapped by the incoming tide and if you need help or rescue call 999 or 112 and ask for the Coast Guard.



Brinlack, Bunaninver, Donegal Inlet with wide area of rocky shore,

cobbles and rockpools. Species: Broad-clawed porcelain crab, Montagu's crab, carrageen, china limpet, cuvie

Slipway Shore, Ballygally, Antrim Large area of bouldery shore with plenty of

pecies: Egg wrack, coral weed, common prawn, shore crab, beadlet anemone.

almon Rock Beach,

boulders at low tide.

Area of rocky shore, rockpools and

pecies: Sea hare, beadlet anemone,

gem anemone, purple topshell, serrated

St. John's Point Beach, Donegal An area of rocky shore is available to explore at low tide. Beware the incoming tide! Species: Hermit crab, sandmason worm

long-clawed porcelain crab, tortoiseshell limpet, common starfish.

Point, Groomsport, Down

Areas of rocky shore available to explore at low tide on Groomsport beach or at Ballymacormick Point, to the west of the town. Species: Bladder wrack, shore crab, mussels, beadlet anemone, cushion stars.

Rossglass Beach, Rossglass, Dow Bouldery shore with some rockpools

available to explore at low tide. Species: Shore crab, common starfish, brittlestar, chitons, nudibranchs, snakelocks anemone



Beside RNLI, Skerries, Dublir A large area of rocky shore and rockpools available to explore, just

A nice area of rocky shore to explore at low tide, with a mix of rockpools and boulders

pecies: Limpets, barnacles, beadlet anemone, dog whelk



Wicklow Town Small area of rocky shore to explore behind the pier on this

Below Lighthouse, Hook Head, Wexford

Set below the towering Hook Lighthouse, this flat rocky headland holds a range of different sized pools at low tide and a vast array of marine fossils set to stone. Species: Common prawn, blue-rayed limpet, common acorn barnacle, sea lettuce, common mussel, hermit crab

otherwise sandy stretch of coast.

Slaidín Beach, Dingle, Kerry

Blacksod Lighthouse,

Set behind the scenic Blacksod

Lighthouse at the end of the Mullet Peninsula, this site is only available on

Species: Limpets; common acorn

both sides of this beach.

pecies: Sandmason worm, hermit

crab, grey topshell, mermaid's tresses.

barnacle; beadlet anemone; hermit

White Strand, Clifden,

Areas of rocky shore to explore

low tide and a short boulder area must be crossed to access the flaggy shore.

Belmullet, Mayo

Just a 10 minute walk from Farraneesteenig, off the N86 walk past Hussey's Folly to Slaidín Beach: the pools are on your right. ecies: Tube worms, common acorn barnacle, edible periwinkle, channelled wrack, egg and serrated wrack.

Areas of rocky shore available to explore at low tide either side of the beach ecies: Serrated wrack, coralweed, brown crab, common limpet, beadlet anemone.

> Owenahincha Beach, Rosscarbery, Cork Outcrops of rocky shore and rockpools available to explore. Beware the incoming tide.



porcelain crab, periwinkles, bladder wrack

Recording our Coastal Biodiversity

Help the National Biodiversity Data Centre to collect records of our coastal plants and animals. Take a photo of the animals and plants you see during your Rocky Shore Safari, identify them using one of the many online guides available, and submit them to us online at www.ExploreYourShore.ie

> **Expl⊕re** Shore!



An Chomhairle Oidhreachta The Heritage Council

Photographs by Ivan Donoghue, Dave Wall and Lorcán Scott



We hope this guide provides some useful information that encourages you to access nature that is beneficial to everyone and is free to enjoy.

SPECIES CHECK LIST

Every time you find one of these species, check it off the list below. How many can you find?

Flat Periwinkle

Painted Topshell

Shore Crab

Thongweed



Bladder Wrack

Blue-rayed Limpet





Sea Hare



Serrated Wrack

Shanny

Egg Wrack

Hermit Crab





Snakelocks Anemone







































































Common Limpet

Common Prawn Common Starfish

































