

## NATURE NANAIMO TRAIL GUIDE- LOW TIDE BEACH WALKS- SEASHORE EXPLORATION

Beach walks present some unique challenges of changing tides, wet and slippery terrain and potential extreme weather (winds, waves).

It is important to check the predicted low tide time and height and the weather forecast (information is available online). Generally, low tides should be less than 3.2 m (5 ft.) and ideally less than 0.6 m (2 ft.) for the best viewing of intertidal life. The walk should start on the falling tide, hours before the predicted low.

- Depending on the location, there may be wildlife on the beach, seals, sea lions, river otters and a possibility of bears, cougars, raccoons and deer. *Do not disturb, approach or feed wildlife.*
- *Be aware of and avoid beach logs that pose hazards of rolling.*
- *Wear appropriate clothing* and be aware that extreme weather conditions can occur and the conditions can change quickly.
- *Wear appropriate foot wear* for wet conditions on the beach.
- *Use a walking stick* for balance on potentially slippery areas on the beach.
- Be gentle and cautious when examining sea life. Be aware of where you walk and the creatures that may be present .
- Replace overturned or moved rocks to original locations and positions.
- Remember, even dead materials serve a purpose in the intertidal community and should not be removed.

