

Monterey Bay Region: Eco-Adventures & Beaches



OUTDOOR ACTIVITIES AROUND THE MONTEREY BAY

The waters of the **Monterey Bay National Marine Sanctuary** (MBNMS) are home to a remarkable variety of wildlife. A federally protected marine area, the MBNMS encompasses a shoreline of 276 miles and 5,322 square miles of ocean, including a submarine canyon that is one of the deepest underwater canyons off the coast of the continental United States. Supporting one of the world's most diverse marine ecosystems, the MBNMS is home to many mammals, seabirds, fish, invertebrates and plants in an incredibly productive coastal environment. www.seemonterey.com

Monterey Bay Marine Sanctuary

- A number of entities have established marine research centers along Monterey Bay, including Stanford University's **Hopkins Marine Station** in Pacific Grove. Founded in 1892, it was the first marine laboratory on the west coast of North America. **The Monterey Bay Aquarium Research Institute** (MBARI) in Moss Landing collaborates on a wide range of cutting edge marine research projects enabled by innovative technology. www.montereybayaquarium.org
- Every year, MBARI opens its doors to visitors with an **Open House** event at its location in Moss Landing. Children's activities and many exhibits and presentations are all offered in order to teach about the ocean and its stewardship.
- Stanford University, the Monterey Bay Aquarium and MBARI recently joined forces to create the **Center for Ocean Solutions**, a new collaboration that will bring together international experts in marine science and policy to find innovative ways to protect and restore the world's oceans.
- The **Monterey Bay National Marine Sanctuary** can be enjoyed daily with kayaking, bird watching, bay tours, diving and more.

Monterey Beaches

- Monterey County has 99 miles of spectacular coastline encompassing every coastal landscape. From dramatic cliffs with breathtaking waterfalls, to rocky shores perfect for the avid tide pooler or rock hunter, to sandy California beaches suitable for surfing, fishing and swimming, Monterey County has it all. No matter what the activity you enjoy, you'll find a Monterey County beach that's perfect for it.
 - Divers find Monterey's **MacAbee Beach** the perfect launching point from which to explore Monterey Bay's incredible kelp forests.
 - Birders flock to **Carmel River State Beach** for record days of bird spotting.
 - Rockhounds head down to Big Sur's **Jade Cove** to find the elusive stone it's named after.

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- Surfers frequent **Asilomar State Beach** and **Moss Landing State Beach** to catch that perfect wave.
- **Know Before You Go:** Bonfires are allowed at several Monterey Bay beaches, including **Carmel Beach** and **Del Monte Beach**; double check before you go. Monterey beaches generally do not have lifeguards, and at even the most protected beaches—bathers and waders should remain aware of our cold water and unpredictable surf. Small children and pets should not play in waves outside their depth on any Monterey beach.
- **Learn More:** Find a comprehensive list of public access Monterey County beaches online. www.seemonterey.com/tourist-activities/beaches