
rock-pooling

On our 'must do' list with the kids is rock-pooling! Just a hop skip and jump from the end of our lane is Greenaway beach- the perfect spot for some low-tide exploring. Follow our top tips to ensure your rock-pooling expedition is an adventure to remember...

Check the weather and tides

You'll find much more and be safer if you visit the beach at low tide. Aim to start an hour or two before low tide so that you can get out further and not risk being cut off. Choose a calm, dry day so that you can see into the water easily.

Dress the part

You don't need much equipment to go rock pooling – a bucket, identification guide and magnifying glass are useful, but nets can harm the soft-bodied creatures so are best left at home. Beaches are exposed to the elements, so wrap up warm or slap on the sun cream as appropriate. Above all, choose footwear that you can get wet in and that will protect your feet from sharp rocks and pincers – wellies or beach shoes are ideal.

Head for the lower shore

Beaches slope downwards, so the further towards the sea you go, the deeper the underwater habitat you'll be exploring. Start your rockpooling as far down the beach as you can to find some amazing creatures. You can work back up the beach as the tide comes in.

Look under rocks and overhangs

Sea creatures like to stay cool and damp, so you're not going to find many by looking on exposed rocks. Look deep into pools, crevices and holes in the rock and gently lift stones and seaweed. Take time to look really carefully before replacing stones, the longer you look, the more you'll see. Watch out for any movement, shapes or colours that stand out. Listen for crabs clicking and fish flicking the water with their tails.