



Grey seal © Martha Tressler

### **Celebrate National Marine Week.**

The Wildlife Trusts' **National Marine Week** (01-16 August 2009) is a great opportunity to enjoy a guided rockpool ramble at some of the UK's best sites. There are also boat trips, exhibitions, family fun days and much more -and there are even 'seaside' events at inland locations. Visit [www.wildlifetrusts.org](http://www.wildlifetrusts.org) and click on 'Events' then 'summer events' for more information.

### **Go rockpooling and beachcombing**

Sneak up on a shanny, ogle an urchin and sniff some seaweed! Download our 'Seashore Code' and 'Favourite rockpooling sites' for more information and advice.

### **Take a boat trip to look for seals and seabirds**

You might even be lucky enough to spot a whale, dolphin or basking shark. Remember to check to see whether the operators are WiSe accredited [www.wisescheme.org](http://www.wisescheme.org) – this means they have been trained in observing wildlife to minimise disturbance.

### **Look for mermaid's purses**

Have your very own 'Beach adventure' with our strandline scavenger search and beach art extravaganza! Download 'Beach adventure' for more information.

### **Create a shingle garden**

If you live near the coast, create a haven for native seashore life by planting yellow horned sea poppy, sea holly, sea kale, sea beet and other shingle-loving plants. Collect the seed yourself (taking only what you need), or buy plants or seed from a specialist supplier. Make sure you choose native varieties from local sources.

### **Choose sustainable seafood**

Only buy seafood that has been harvested without damaging the environment. Look for 'sustainable' options when buying – and if you can trace your fish from the sea to the table, all the better!

### **Buy environmentally-friendly products**

Help keep our beaches and seas clean by choosing detergents and garden treatments that are kind to the environment.