

Falmouth, Estuaries & Beaches

THREE TO SEE:

From tiny sea squirts to giant basking sharks, Falmouth is home to a wealth of fantastic marine life that live in and around unique marine habitats. The Fal and Helford is a designated Special Area of Conservation (SAC), which means increased protection to the variety of animals, plants and habitats that can be found here.

When you are out and about, take a closer look and see if you can spot three of our favourites.

FAL & HELFORD SPECIAL AREA OF CONSERVATION (SAC)

-  SALT MARSH
-  MUDDY SHORES
-  SANDY / SANDY MUD SHORES
-  ROCKY SHORES
-  REEFS
-  LIVE MAERL BEDS
-  EELGRASS BEDS

SQUAT LOBSTER

The squat lobster is the most commonly found species of lobster on the north European coastline. This juvenile has blue stripes in its carapace (shell), which will disappear when it reaches adulthood. They live under rocks and stones where they feed by scavenging and filtering the seawater to pick out small zooplankton (tiny swimming creatures) to eat. Their stripey claws and tail make them excellent swimmers, and they can often be seen darting around the rockpools of the lower shore.



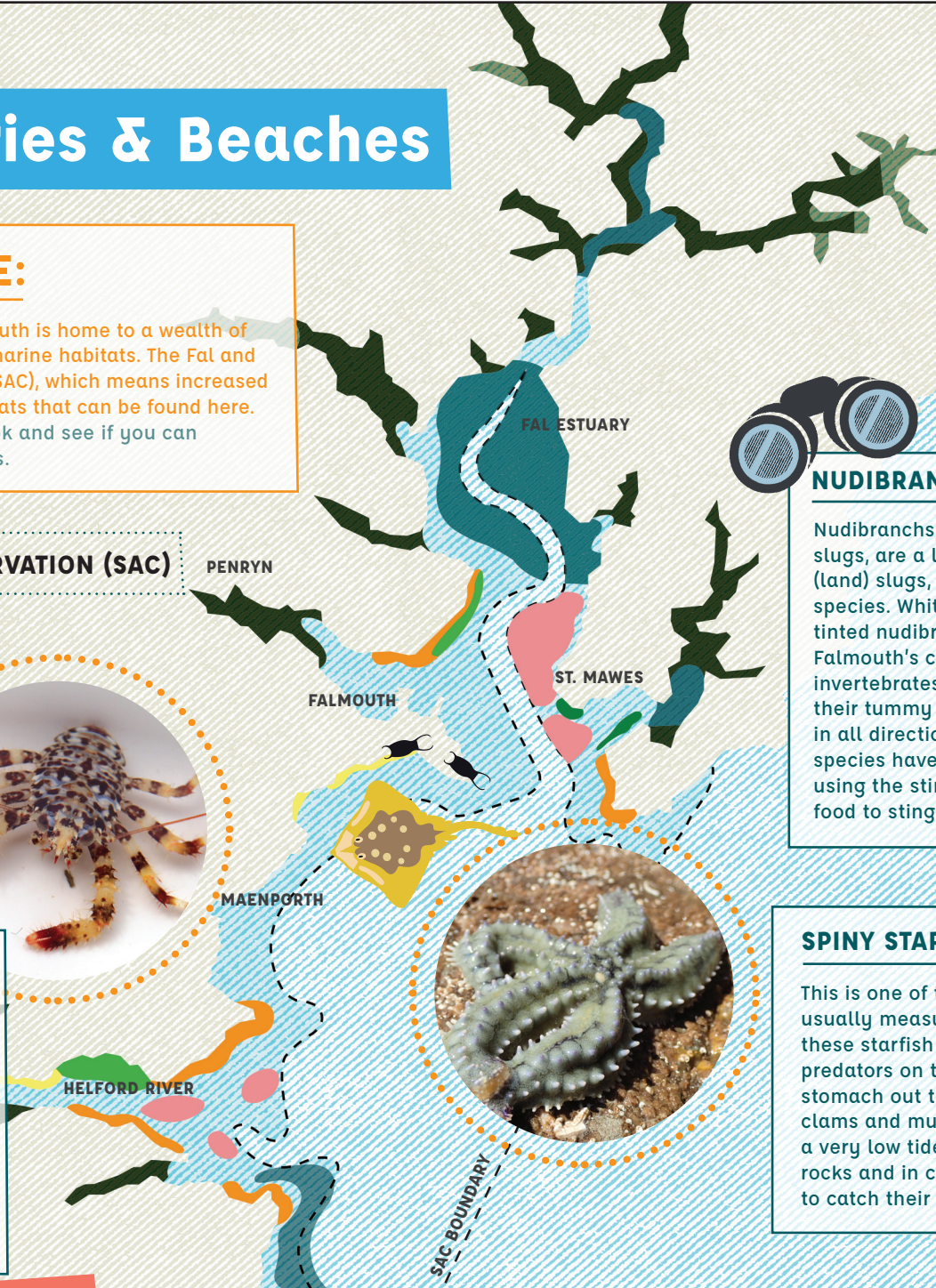
NUDIBRANCH (SEA LEMON)

Nudibranchs, or more commonly known as sea slugs, are a lot more colourful than terrestrial (land) slugs, and include over 3,000 known species. White, brown, orange, and yellow tinted nudibranchs have all been seen along Falmouth's coastline. Despite being soft bodied invertebrates, they have three sets of muscles in their tummy (abdomen), allowing them to move in all directions (including diagonally!). Some species have adapted to protect themselves by using the stinging cells they get through their food to sting any predators trying to eat them!



SPINY STARFISH

This is one of the largest species of starfish, usually measuring 20-35cm! Even though these starfish look delicate, they are in fact top predators on the rocky shore, and can push their stomach out through their mouths to eat large clams and mussels. The spiny starfish is found at a very low tide, as it likes to hide on the sides of rocks and in caves covered by seawater, waiting to catch their prey!



Photos by Matt Slater

WHAT'S ON 2018!

To **BOOK** onto our events and to see a full list of our 2018 events please go to our website: falmouthmarineconservation.co.uk or email info@falmouthmarineconservation.co.uk.

JAN 6TH

ESTUARY CLEAN

Blow away the Christmas cobwebs and join FMC for a New Year estuary clean-up along the banks of Greenbank. No booking necessary.

Date: Saturday 6th January, 1pm - 3pm **Location:** Greenbank

FEB 13TH

TALK: PLASTICS AND TURTLES: THE FAR REACHING EFFECTS

Join the inspiring Professor Brendan Godley of the University of Exeter and Sarah Nelms of the Plymouth Marine Laboratory to learn more about the far reaching effects of single use plastics on marine mammals and turtles. Booking essential.

Date: Tuesday 13th February, 7.30pm - 9pm **Location:** The Poly, Falmouth

MAR 3RD

A LOOK AT OLD FALMOUTH

A walk down the main street of Falmouth looking at the history of how Falmouth developed with emphasis on its maritime heritage; led by Peter Searle, member of The Falmouth History Archive at The Poly. Booking essential.

Date: Saturday 3rd March, 11am - 1pm **Location:** Meet at Killigrew Monument, opposite Arwenack House on the car park for Events Square

APR 8TH

SURFERS AGAINST SEWAGE BIG SPRING BEACH CLEAN

Be part of the solution to tackle ocean plastic, join us with the SAS Big Spring Beach Clean series. Gloves/bags will be provided. No booking necessary.

Date: Sunday 8th April, 2pm - 4pm **Location:** Swanpool Beach

MAY 19TH

MUDDY SHORE 'CRABS AND CRITTERS'

An extreme rockpool ramble finding all things slimy and squiddy within the upper reaches of Falmouth Harbour, a haven for weird and wonderful marine creatures. Expect to get muddy! Booking essential.

Date: Saturday 19th May, 1pm - 3pm **Location:** Greenbank

JUNE 2ND

ROCKPOOL RAMBLE WITH CORNWALL WILDLIFE TRUST

Discover how to find and identify some of the wonderful marine creatures and seaweeds that inhabit the rockpools of Castle Beach including the infamous St Pirans crab. Booking essential.

Date: Saturday 2nd June, 2pm - 4pm **Location:** Castle Beach

JUL 17TH

SUMMER SNORKEL SAFARI & BBQ

Join FMC on an underwater guided tour of the gullies and rockpools of Falmouth's beaches. Equipment provided. Over 9's only. Booking essential.

Date: Tuesday 17th July, 6pm - 8pm **Location:** TBC (dependent on conditions)

AUG 10TH

NIGHTTIME ROCKPOOL

Rockpooling is even better at night. See what weird and wonderful creatures you can find under the night sky using UV torches. All equipment provided. Booking essential.

Date: Friday 10th August, 9pm - 11pm **Location:** Gyllngvase Reef

SEP 27TH

FRESHERS' SNORKEL

Looking for ways of getting involved with community activities outside of your studies? Come along and meet the FMC team and join us for a sunset snorkel. Equipment provided. Booking essential.

Date: Thursday 27th September, 5pm - 7pm **Location:** Gyllngvase Reef

OCT 21ST

SEAQUEST PUBLIC SEA WATCH

Join marine life experts to look for and learn about whales, dolphins, sunfish, seals and sharks as part of the Cornwall Wildlife Trust's Seaquest Southwest Project. No booking necessary.

Date: Sunday 21st October, 11am - 1pm **Location:** Pendennis Point

NOV 11TH

BIG SEAWEED SEARCH

Help us monitor the effects of environmental change on Britain's sea life by exploring the seashore and recording the living seaweeds we find there. Booking essential.

Date: Sunday 11th November, 11.30am - 1.30pm **Location:** Gyllngvase Reef

DEC 8TH

SEAWEED PRESS AND FORAGE

Come and learn about the astounding variety of beautiful seaweeds found in Falmouth Bay and how to preserve them for scientific purposes or just for arty fun. Booking essential.

Date: Saturday 8th December, 10am - 12pm **Location:** Castle Beach

SEAQUEST SUNDAYS

We are linking with our marine and coastal wildlife Groups around the county to set up a local sea watching site to gather more information about the marine wildlife that resides around Falmouth. Join us for our monthly Seaquest Sundays with Cornwall Wildlife Trust's Seaquest Southwest Programme and the FXU Seaquest team.

Date: First Sunday of every month, 11am - 1pm **Location:** Pendennis Point

FMC WINTER TALKS

Throughout the winter months we will be hosting an exciting programme of talks at 8pm on the second Tuesday of every month at The Poly. We have a number of brilliant speakers scheduled, including Professor Brendan Godley (University of Exeter) and Dan Jarvis (British Divers Marine Life Rescue). Find out more on our website:

falmouthmarineconservation.co.uk