

Exmoor's wild coast has some of the most extreme tides in the world. Twice a day the sea retreats, exposing a wonderful world of rockpools and boulders. These rocky shores are home to a fascinating range of plants and creatures that are specially adapted to the challenges of living between the land and the sea.



Living on the seashore is tough. Twice a day the sea retreats leaving the shore exposed to sun and wind, cold and rain. Waves break on the shore and powerful tides sweep the beaches. The animals and plants that live here have evolved to be able to survive these challenging conditions and make the shore their home. Limpets cling tightly to the rocks in a perfectly fitting groove. This keeps them safe from predators and strong waves, until they emerge at high tide to graze on algae from the rocks. Beadlet anemones have the ability to retract their tentacles and store water which prevents them from drying out; their relatives the snakelocks anemone cannot do this and so are usually only found in rockpools and gullies that always have water. Many animals seek the shelter of a moist rock or boulder to sit out the dry hours and these can be great places to discover crabs, fish and a wealth of other creatures.

As well as animals, an amazing range of seaweeds can be found on the Exmoor coast. Higher up the beach species such as spiral wrack and channelled wrack are common, while lower down the shore and in the rockpools red seaweeds such as dulse and corallina can be discovered.

When exploring the shore always make sure you are aware of the tides and don't get cut off, always treat animals with respect and release them where you found them and be careful of slippery rocks.

Some great places to explore Exmoor's rockpools:
 Lynmouth, Combe Martin, Lee Bay.



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| 1 Herring gull | 7 Saw wrack | 13 Corallina seaweed |
| 2 Rock pipit | 8 Limpet | 14 Common starfish |
| 3 Spiral wrack | 9 Barnacle | 15 Brittlestar |
| 4 Channelled wrack | 10 Prawn | 16 Edible crab |
| 5 Dulse | 11 Thick topshell | 17 Beadlet anemone
(in and out of the water) |
| 6 Bladder wrack | 12 Snakelocks anemone | 18 Keel worm |
| | | 19 Cornish sucker |
| | | 20 Common blenny |
| | | 21 Strawberry anemone |
| | | 22 Broad clawed porcelain crab |
| | | 23 Flat periwinkle |
| | | 24 European cowrie |
| | | 25 Hermit crab |
| | | 26 Shore crab |
| | | 27 Chiton |
| | | 28 Pink paint seaweed |