



## San Elijo Lagoon CONSERVANCY

*Connecting communities. Protecting nature.*

### SUMMER FUN AT SAN ELIJO LAGOON

*San Elijo Lagoon Conservancy Presents Free Programs for All Ages*

Solana Beach — With daily tides and changing seasons, no visit is the same at San Elijo Lagoon. This summer is a peaceful time to explore one of San Diego's largest protected coastal wetlands with free walks, family days, and community habitat restoration:



#### Lagoon Walks: Aromatic Summer

Saturdays: 10-11 a.m.

3<sup>rd</sup> Sunday Strolls: June 15, July 20, August 17 from 3-4 p.m.

Discover the serenity of warmer days, fragrant coastal sage, and summer color, such as the bright yellow petals of the native bush sunflower. Observe social Bushtits that play “follow-the-leader” in flocks and pluck insects off leaves and twigs. This guided walk is an overview of life between the tides at San Elijo Lagoon. Visitors might see mullet splash from the surface of the water, or glimpse Herons and Egrets hunting fish and invertebrates in the salt marsh. Recommended all ages. Walk begins/ends at San Elijo Lagoon Nature Center.

#### Summer Evening Walks

3<sup>rd</sup> Wednesdays: June 18, July 16, & August 20 from 5:30-7 p.m.

See what comes out when the sun goes down. This is “nature’s happy hour”. With approaching dusk and soft summer winds, night becomes day for some animals. Listen for the call of the Clapper Rail hiding in the reeds or mule deer rustling in the distance. Recommended Ages 9+. Walks occur on Santa Carina Trail (check web for map).

#### Wildlife Walks

2<sup>nd</sup> Saturdays: June 14, July 12, and August 9 from 9-11 a.m.

Along Santa Carina trail (June), visitors will discover broken bits of shells, reminders of the native people who once lived here. View the freshwater marsh below and possible mule deer sightings. In July and August, Santa Helena trail is explored to access the heart of the East Basin. Walk through patches of coastal sage scrub and grasslands west to find remnant salt-tolerant plants and coast cholla. Shorebirds head north in summer, but wading birds stick around. Trailgoers might see a patient Great Egret uncoil its neck in a quick snap to catch a fish. Recommended ages 9+

*Public walks are made possible by membership in San Elijo Lagoon Conservancy, and environmental education sponsors: SDG&E, Coastal Conservancy, California Coastal*

**FOR RELEASE—May 6, 2014**

Attention Event Calendars, Arts, Nature & Entertainment

*Commission Whale Tail Grant, Qualcomm, Union Bank, City of Encinitas, and County of San Diego.*

## **Family Fun Days**

1<sup>st</sup> Sundays: June 1, July 6, and August 3 from 11:30 a.m.-1:30 p.m.

San Elijo Lagoon Nature Center

Kids will get closer to nature through arts and crafts, artifacts, nature walks and story times. The Family Fun Days summer theme is Kumeyaay—the Native Americans who once relied upon this wetland for food, shelter, clothing and medicine. Families in June can practice acorn grinding in the program “Kumeyaay Life: Acorns on the Rocks!” In July’s program, “Ancient Artifacts & Skulls”, kids can uncover secrets of our past in a mock dig site. What did native people eat? Find out in the August Family Fun Day “Living Off the Land.” Suggested donation \$1

*Family Fun Days is presented in partnership with county rangers at the nature center.*



## **Lagoon Platoon**

3<sup>rd</sup> Saturdays: June 21, July 19 (dark in August) from 9 a.m.-12 p.m.

Join the thrill of hands-on conservation at San Elijo Lagoon. Lagoon Platoon volunteers learn about local wildlife and how their efforts contribute to ecological restoration. Conservancy biologists demonstrate techniques and lead a nature hike. Gloves, equipment and training are provided. Activities include nurturing installed native plants, invasive weed and debris removal, and trail maintenance. Ages 13+. Register: [www.SanElijo.org/restoration-events](http://www.SanElijo.org/restoration-events) to receive confirmation of location and activities.

*Lagoon Platoon is made possible with funding from US Fish & Wildlife Service Coastal Program and Earth Island Institute, and support from California Coastal Conservancy, Wildlife Conservation Board, Southern California Wetlands Recovery Project, and The San Diego Foundation.*

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San Elijo Lagoon Conservancy is the community-supported nonprofit land trust for San Elijo Lagoon Ecological Reserve. More information is online at [www.SanElijo.org](http://www.SanElijo.org)

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Images for publication are online: [www.SanElijo.org/press-releases](http://www.SanElijo.org/press-releases)

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