

## Operation: Aliso Beach

Aliso Beach has played an interesting role in the historical development of Orange County. Aliso Creek, its surrounding salt marshes, and the overlooking coastal mountains were all once barriers to travel. Transportation across this area was made easier when Mr. Thurston, one of Laguna's early pioneers, created the Aliso Canyon Wagon Trail and the Old Coast Wagon Trail. As a result, Aliso Beach became a popular stopping place.

What other creatures share this beach with humans? Find the tide pools to investigate. Remember, "Look but don't touch."



Clue: Find the fire pit at the edge of the sand, next to the Beach Cafe. The key is near the edge of the sand.

Aliso Beach provides a great opportunity for you to visit the beach and get some physical activity in at the same time! Once you get on the beach, try to run as fast as you can in the sand for 10 seconds. Was this difficult?

Try running in the sand for 20 seconds. Were you able to run the whole 20 seconds? Once you get tired from running, relax and build a sand castle.

Some benefits of regular physical activity include: building and maintaining bones, muscles, and joints and improved self-esteem.



Did you know that there are different tidepool zones? There is the splash/spray zone, the high and mid tide zone, and the low tide zone. What tide zone do you think you can see now? Can you find any of these animals in the tide pools?



Crab



Sea Star



Sea Anemone