

Where
land
meets
sea

A Teacher's Guide
to
San Diego's Lagoons

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What is a Lagoon?

The lagoon is a unique place...

...where land meets sea

...where fresh rivers merge with salty sea

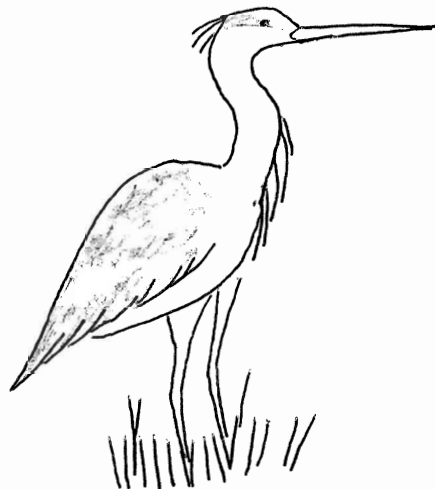
...where native plants struggle to thrive

...where Native Americans prospered

...where animals seek shelter for their young

...where migrating birds rest and feed

...where humans encounter nature.



Introduction

San Diego's coastal lagoons are unique treasures along the California coastline. The lagoons link land to sea, as well as linking humans to nature.

These lagoons encompass an amazing variety of native plant and animal life, and are important stopovers for birds migrating along the Pacific coastline.

This guide is an introduction to San Diego's coastal wetlands and lagoons. It covers physical features such as ocean tides and watersheds, precipitation and sedimentation.

What plants and animals live in lagoons? A wide diversity of habitats surround the lagoons. The guidebook helps identify native plants, insects, birds, and signs of animal life.

How have humans affected lagoons? The guidebook outlines human history of the area, ranging from the Kumeyaay to developments in modern times.

There are simple experiments to help understand wetlands. The last part includes field observations to be filled out during your visit to San Diego's wetlands.

Be a careful observer.

Respect the life of the lagoons.

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