

# GET INTO YOUR SANCTUARY



SPLASH,  
EXPLORE,  
AND RELAX

#ILOVEMYSANCTUARY

NATIONAL MARINE SANCTUARIES:

MEMORIES HAPPEN HERE



**#ILOVEMYSANCTUARY**







Photo: Ian Armor

## FROM THE DIRECTOR

As director of NOAA's Office of National Marine Sanctuaries, I'm pleased to welcome you to "Get Into Your Sanctuary - Memories Happen Here," a publication that shares the ways recreation can be enjoyed in your national marine sanctuaries. Within these

pages, you will learn why we believe few places on the planet can compete with the diversity of recreational experiences found in national marine sanctuaries.

Enjoyment and appreciation of the great outdoors is a fundamental American value. Like our iconic parks on land, America's ocean parks – national marine sanctuaries – are sources of national pride. They are places we all can go to experience the power and beauty of the ocean and form lasting memories.

The National Marine Sanctuary System spans more than 600,000 square miles from Washington state to the Florida Keys, and from Lake Huron to American Samoa. The network includes a system of 13 national marine sanctuaries and Papahānaumokuākea and Rose Atoll marine national monuments.

Whether you like to swim, explore tide pools, scuba dive, bird-watch, paddle, fish, surf, watch whales breach, or just lounge on your boat to catch an ocean breeze, national marine sanctuaries are great places to create life-long memories and connect with nature.

For example, Stellwagen Bank National Marine Sanctuary near Boston offers some of the best whale watching in the country. Florida Keys National Marine Sanctuary is a great place to fish, boat, and dive. You can paddle among kelp forests, fish for salmon, or view seabirds and otters

in Monterey Bay National Marine Sanctuary. History lovers can dive back in time in Thunder Bay National Marine Sanctuary in Lake Huron and view an amazing collection of sunken schooners that carried settlers and goods to the burgeoning towns of America's West. Like to surf? Some of the most revered surf spots on Earth – Mavericks, Waimea Bay, Pipeline – are all found within Monterey Bay and Hawaiian Islands Humpback Whale national marine sanctuaries.

So whether you're a hard-core adventure seeker, or someone who simply enjoys the peaceful feeling of an ocean view, do yourself a favor and add national marine sanctuaries to your next outdoor recreation experience. Get into a sanctuary - the memories you make will last a lifetime!



Photo: David J. Ruck/NOAA

John Armor, Director



Cover: Children boogie board in Hawaiian Islands Humpback Whale National Marine Sanctuary. Photo: David J. Ruck/NOAA

Inside cover: Kayaks wait for their next trip in Greater Farallones National Marine Sanctuary. Photo: Bruce Bowser

Above: A boy fishes in National Marine Sanctuary of American Samoa. Photo: Apulu Veronika Molio'o Mata'utia Mortenson/NOAA



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# MEMORIES

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Planning an adventure or dreaming of your next vacation? Look no further than your national marine sanctuaries! These jewels of the ocean and Great Lakes hold possibilities for everyone. Discover the ocean and Great Lakes, and yourself, in national marine sanctuaries.



## HAWAIIAN ISLANDS HUMPBACK WHALE

Hawaiian Islands Humpback Whale National Marine Sanctuary protects one of the world's most important humpback whale habitats and the only place in the U.S. where humpback whales reproduce.



## AMERICAN SAMOA

Travelers seeking an off-the-beaten-path experience can enjoy snorkeling, fishing, hiking, and cultural excursions. National Marine Sanctuary of American Samoa is home to one of the largest known coral heads in the world.



## OLYMPIC COAST

Visitors will find that the spectacular, sparsely populated, and undeveloped shoreline of Olympic Coast National Marine Sanctuary makes it one of the most dramatic natural wonders in the United States.



## GREATER FARALLONES

Greater Farallones National Marine Sanctuary protects the wildlife and habitats of one of the most diverse and bountiful marine ecosystems in the world. Outdoor enthusiasts can view blue and humpback whales, white sharks, and a quarter-million seabirds.



## CORDELL BANK

Cordell Bank National Marine Sanctuary is a lush feeding ground for many marine mammals and seabirds. Humpback whales, Dall's porpoises, albatrosses, shearwaters, and countless other animals flourish here.



## MONTEREY BAY

From the pristine beaches and jewel-like tide pools to the lush kelp forests, this "Serengeti of the Sea" offers some of the best wildlife viewing and diving in the world, and plenty of offshore boating opportunities.



## CHANNEL ISLANDS

The waters that swirl around the five islands within Channel Islands National Marine Sanctuary host more than 27 species of whales and dolphins. A day kayaking among the numerous sea caves or diving in the kelp forests can satisfy a traveler's thirst for exploration.



PAPAHĀNAUMOKUĀKEA

HAWAIIAN ISLANDS HUMPBACK WHALE

AMERICAN SAMOA

OLYMPIC COAST

CORDELL BANK

GREATER FARALLONES

MONTEREY BAY

CHANNEL ISLANDS

# PAPAHĀNAUMOKUĀKEA MARINE NATIONAL MONUMENT



Papahānaumokuākea Marine National Monument is one of the largest marine conservation areas in the world. It was created to protect and perpetuate ecosystem health and diversity and the Native Hawaiian cultural significance of the Northwestern Hawaiian Islands. Immerse yourself in the interactive natural and cultural exhibits at the Mokupāpapa Discovery Center.

## RECREATION ACTIVITIES

-  DIVE
-  SURF
-  FISH
-  PADDLE
-  WATCH WILDLIFE
-  SNORKEL
-  STAND-UP PADDLE
-  BOAT

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       THUNDER BAY

STELLWAGEN BANK     

MONITOR    

GRAY'S REEF    

FLOWER GARDEN BANKS    

FLORIDA KEYS       





To many, the ocean and Great Lakes are our planet's greatest playground – and national marine sanctuaries protect some of the best, most iconic places to play. In these ocean parks, you can dive in technicolor coral reefs, explore historic shipwrecks, paddle around lush kelp forests, watch a humpback whale's majestic breach, explore a shoreside tide pool, and more. There's no end to the adventure in national marine sanctuaries!



### THUNDER BAY

Nicknamed "Shipwreck Alley," the national marine sanctuary in Lake Huron protects one of America's best-preserved collections of shipwrecks. There are opportunities for paddlers, snorkelers, divers, or passengers on glass-bottom boat tours to view the wrecks.



### GRAY'S REEF

Rocky outcroppings and ledges provide homes for marine life, including black sea bass, snapper, and loggerhead sea turtles. The sanctuary is also within the only known winter calving grounds of the highly-endangered North Atlantic right whale.



### STELLWAGEN BANK

Stellwagen Bank National Marine Sanctuary is one of the premiere whale watching destinations in the world. Fishing, bird-watching, and diving are also within easy reach for visitors. Ports along the New England coastline offer charter boats bound for Stellwagen Bank.



### FLORIDA KEYS

Florida Keys National Marine Sanctuary's mangroves, seagrass beds, and coral reefs make this a prime fishing and snorkeling destination. Visitors are encouraged to book their trips with Blue Star operators that promote responsible recreation.



### MONITOR

Monitor National Marine Sanctuary protects the wreck of the Civil War vessel *USS Monitor*. Today, the *USS Monitor* lies 240 feet below the ocean surface and provides habitat structure to a variety of corals and sponges, as well as sea turtles, sharks, and manta rays.



### FLOWER GARDEN BANKS

Flower Garden Banks National Marine Sanctuary is a true treasure of the Gulf of Mexico and a diver's paradise—a Caribbean oasis in an unexpected place. Every August, corals in this national marine sanctuary put on a fantastic spawning display.





# DON'T BE THAT GUY.

# 5

# TIPS

## for Viewing and Protecting Wildlife

National marine sanctuaries are some of the best places in the world to see wildlife. From birdwatching to whale watching, these special places have something for everyone. But what are the best ways to watch wildlife without disturbing the animals or putting yourself in harm's way?



### 1. KNOW BEFORE YOU GO

Read about the wildlife, viewing sites, and local regulations to get the most from your wildlife viewing experience. Research online, stop by your sanctuary visitor center, buy regional viewing guidebooks, and hire local guides to increase your chances of seeing marine wildlife.



### 2. DON'T BE THAT GUY

While that elephant seal may be the first one you've seen all day, you're probably not the first human it's seen, and you may be interrupting time it needs to rest or eat. Always give animals plenty of space—if it's looking at you, or if you're close enough to take a selfie, you're too close.



### 3. BINOCULARS ARE YOUR FRIEND

Come prepared to watch from afar! Binoculars can help you see a distant whale, and a zoom lens can help you snap the perfect photo.



### 4. TAKE ONLY PICTURES

Souvenirs are best left on the beach! Resist the temptation to collect shells, rocks, or other underwater artifacts, because they provide homes for sea creatures and good surfaces for young plants to hold to. If you must collect something, gather your friends together for a beach cleanup.



### 5. KEEP YOUR DISTANCE

If you're paddling or boating around whales, keep your distance and let them come to you. Never follow a whale or get between a mother and calf.

For more information, visit:

[SANCTUARIES.NOAA.GOV/PROTECT/OCEANETIQUETTE.HTML](https://sanctuaries.noaa.gov/protect/oceanetiquette.html)

This poster was created by Cal Poly San Luis Obispo students Reid Vizcarra, James Butler, Felix Ng, Emma Lacey, Alice Terz, and Hannah Jacobson to help protect the wildlife of Monterey Bay National Marine Sanctuary. It was modified to fit this magazine. Original image courtesy of Cal Poly SLO



A diver enjoys the variety of life in Gray's Reef National Marine Sanctuary.

Photo: Greg McFall/NOAA



# DIVING HAPPENS HERE

Some of the best diving in the world can be found in your national marine sanctuaries. From coral reefs to shipwrecks, you'll find opportunities for divers of all experience levels. Dive in!



## Dive these national marine sanctuaries:

- Monterey Bay
- Channel Islands
- Monitor
- Flower Garden Banks
- Olympic Coast

A diver enjoys the beauty of the reefs in National Marine Sanctuary of American Samoa.

Photo: David J. Ruck/NOAA



Divers swim near the *Nordmeer* shipwreck in Thunder Bay National Marine Sanctuary.

Photo: Tane Casserley/NOAA





Surfers take in the sunset in Olympic Coast National Marine Sanctuary.

Photo: Matt McIntosh/NOAA



# CATCH A WAVE



Mavericks, California. Waimea Bay and Pipeline, Hawai'i. The names evoke images of the raw beauty of ocean swells exploding on solid reefs, and crowds gathered to watch in awe as expert surfers take on world-class waves. From beginner waves to expert tubes, national marine sanctuaries provide opportunities for surfers of all skill levels. In these special places, you'll find some of the most famous surf spots in the world.

## Surf these national marine sanctuaries:

Hawaiian Islands Humpback Whale

Monterey Bay

Greater Farallones

Channel Islands



A child runs into the water to surf in Hawaiian Islands Humpback Whale National Marine Sanctuary.

Photo: Kate Thompson/NOAA

# FISHING HAPPENS HERE

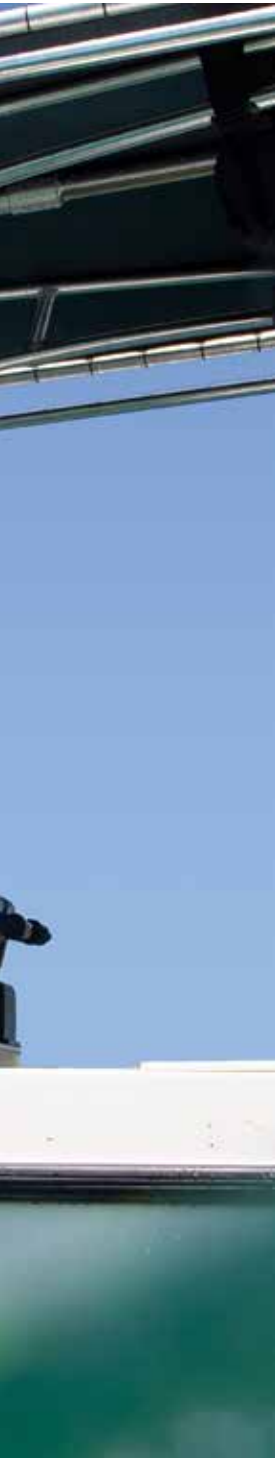
Recreational fishing is one of the most popular pastimes in the United States—and 98 percent of national marine sanctuary waters are open to recreational anglers. These ocean parks provide excellent opportunities for sustainable recreational fishing and boating!



Florida Keys National Marine Sanctuary is a popular fishing destination for all ages.

Photo: Matt McIntosh/NOAA





## Fish these national marine sanctuaries:

- Florida Keys
- Flower Garden Banks
- Olympic Coast
- Monterey Bay
- Stellwagen Bank
- Gray's Reef

Fishing gives young people the opportunity to get out on the water and connect with their national marine sanctuaries.

Photo: Sanctuary Classic

Below: (left) A child fishes from the beach in Hawaiian Islands Humpback Whale National Marine Sanctuary. (right) An angler releases a fish in Stellwagen Bank National Marine Sanctuary.

Photos: Matt McIntosh/NOAA



# PADDLE AWAY

Canoeing and kayaking provide participants with a unique, interactive avenue to experience all that national marine sanctuaries have to offer. Paddling opportunities for all skillsets are readily available and accessible from shore at most national marine sanctuaries. Paddle away to start your new adventure!



Kayakers partake in Get Into Your Sanctuary activities in Monterey Bay National Marine Sanctuary.

Photo: Matthew Stout/NOAA





Visitors launch a kayak in the proposed  
Mallows Bay-Potomac River National Marine Sanctuary.

Photo: David J. Ruck/NOAA

## Paddle these national marine sanctuaries:

Thunder Bay

Hawaiian Islands Humpback Whale

Channel Islands

Florida Keys

Monterey Bay



A kayaker paddles through Florida Keys  
National Marine Sanctuary.

Photo: David J. Ruck/NOAA

# AMAZING WILDLIFE LIVES HERE



Where else can you encounter the majestic animals of the ocean in their natural habitats? In your national marine sanctuaries, you can see whales, dolphins, seals, sea lions, birds, sea otters, manta rays, and more. Before you go, take a moment to educate yourself on the responsible way to watch wildlife.

Volunteers watch for humpback whales in Hawaiian Islands Humpback Whale National Marine Sanctuary.

Photos: Paul Wong/NOAA



Northern gannets can be viewed on-shore or offshore along the Atlantic Coast, including in Stellwagen Bank National Marine Sanctuary.

Photo: Peter Flood







**Watch wildlife in these national marine sanctuaries:**

Olympic Coast

Hawaiian Islands Humpback Whale

Cordell Bank

Greater Farallones

Monterey Bay

Stellwagen Bank

# SNORKELING HAPPENS HERE



Sometimes a snorkel and fins are all you need to experience the beauty of our national marine sanctuaries. Whether you're exploring shallow-water shipwrecks or coral reefs, there are endless snorkeling opportunities.



The waters of Florida Keys National Marine Sanctuary are perfect for beginner snorkelers.

Photo: Matt McIntosh/NOAA





**Snorkel these  
national marine  
sanctuaries:**

Thunder Bay

Florida Keys

American Samoa

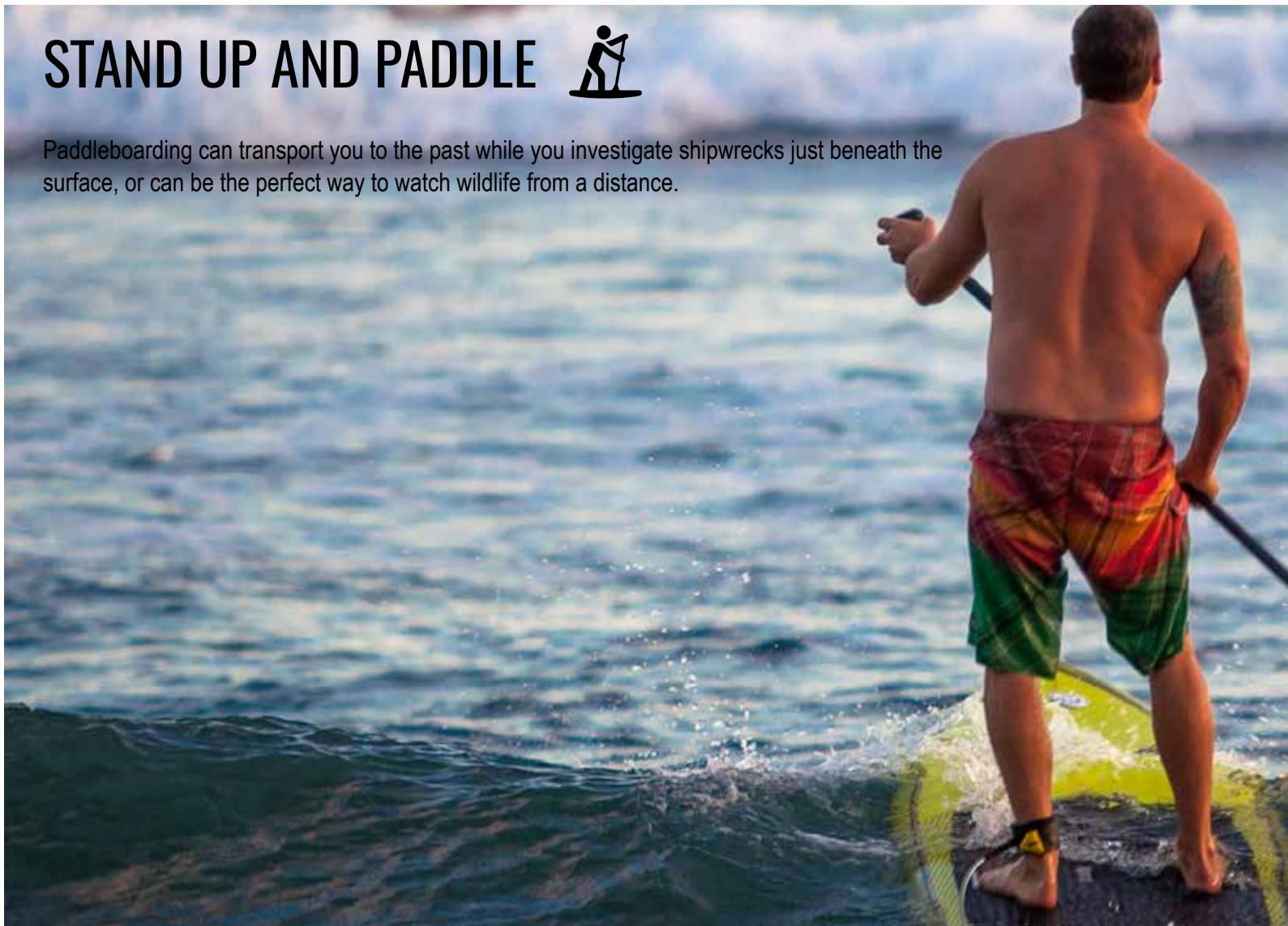
Hawaiian Islands Humpback Whale

Shallow shipwrecks in Thunder Bay National Marine Sanctuary can be easily explored with a snorkel.

Photo: David J. Ruck/NOAA

# STAND UP AND PADDLE

Paddleboarding can transport you to the past while you investigate shipwrecks just beneath the surface, or can be the perfect way to watch wildlife from a distance.



A paddleboarder explores the shipwrecks of Thunder Bay National Marine Sanctuary.

Photo: David J. Ruck/NOAA





**Stand up paddle in these national marine sanctuaries:**

- Thunder Bay
- Monterey Bay
- Florida Keys
- Olympic Coast
- Channel Islands

A stand up paddleboarder heads out into the waves of Hawaiian Islands Humpback Whale National Marine Sanctuary.

Photo: Matt McIntosh/NOAA



Northern elephant seals watch a paddleboarder pass by in Channel Islands National Marine Sanctuary.

Photo: Robert Schwemmer/NOAA



# SPLASH, EXPLORE, AND RELAX

Dip your toes in! The waters and coastline of national marine sanctuaries are waiting for you. Whether swimming for sport or sheer enjoyment, or exploring the tide pools along the coastline, national marine sanctuaries offer opportunities for all.

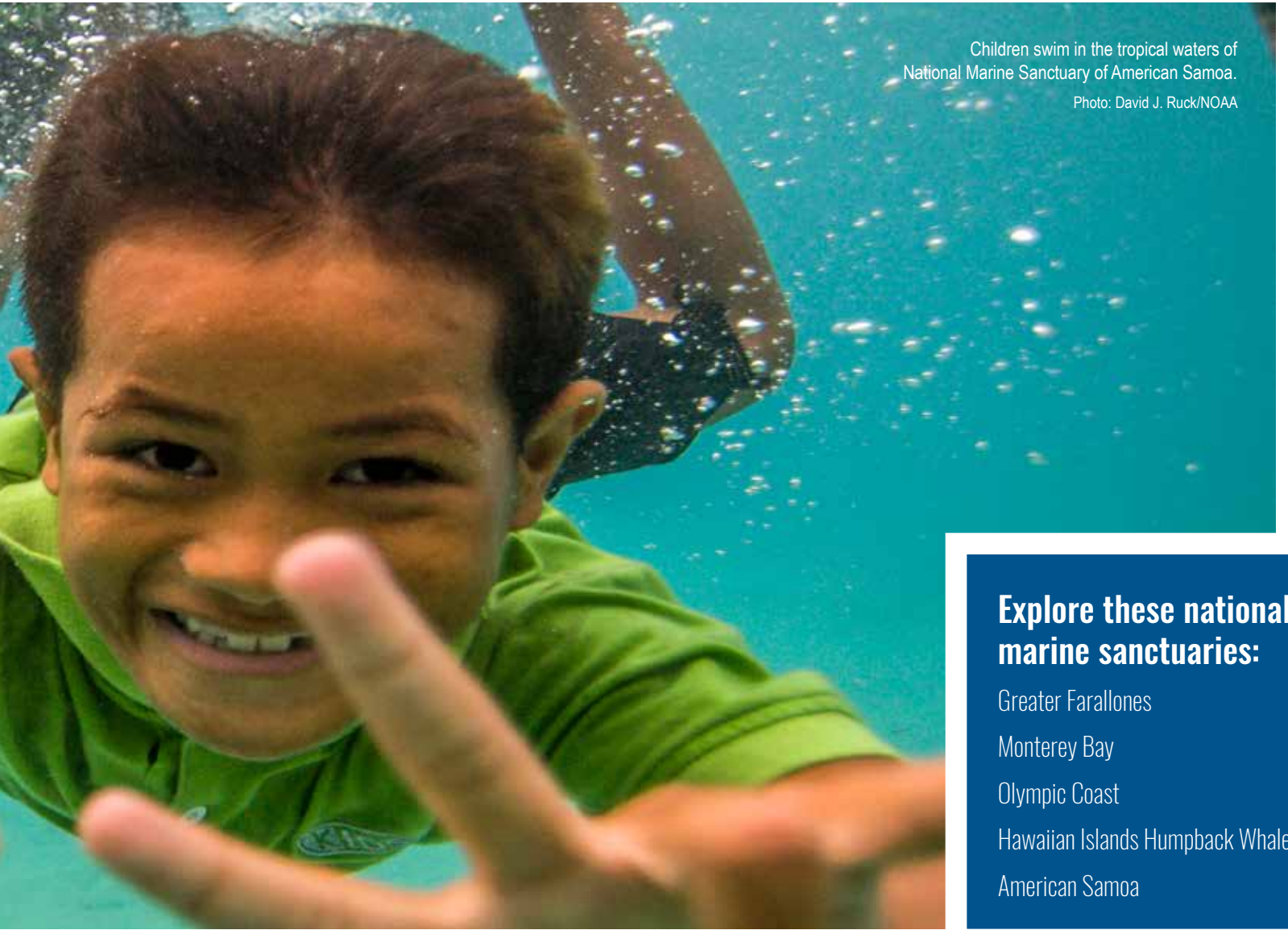


Below, left to right: Hiking, Monterey Bay NMS; beach exploration, Hawaiian Islands Humpback Whale NMS; splashing, Thunder Bay NMS; tidepooling, Olympic Coast NMS; jumping for joy, Monterey Bay NMS.

Photos: Allison Formica; Matt McIntosh/NOAA; David J. Ruck/NOAA; David J. Ruck/NOAA; David J. Ruck/NOAA







Children swim in the tropical waters of National Marine Sanctuary of American Samoa.

Photo: David J. Ruck/NOAA

**Explore these national marine sanctuaries:**

Greater Farallones

Monterey Bay

Olympic Coast

Hawaiian Islands Humpback Whale

American Samoa





# BOATING HAPPENS HERE



Visitors to national marine sanctuaries interested in staying above the waterline can enjoy the scenic surroundings, wildlife viewing opportunities, and fishing spots accessible by boat. We welcome you to venture out to sea while being conscious and respectful of other boaters and marine life. Plan ahead and take advantage of navigational maps and marine forecasts to make for a pleasant and safe experience on the water!



Above: (top) Fishermen enjoy the water in Flower Garden Banks National Marine Sanctuary; (bottom) A family feels the ocean breeze in Florida Keys National Marine Sanctuary.

Photos: Emma Hickerson/NOAA; David J. Ruck/NOAA





Boaters enjoy the coastline of the Channel Islands while sailing through Channel Islands National Marine Sanctuary.

Photo: Robert Schwemmer/NOAA



**Boat in these national marine sanctuaries:**

Monterey Bay

Channel Islands

Thunder Bay

Stellwagen Bank

Hawaiian Islands Humpback Whale



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Planning an adventure or dreaming of your next vacation? Look no further than your national marine sanctuaries! These jewels of the ocean and Great Lakes hold possibilities for everyone. Discover the ocean and Great Lakes, and yourself, in national marine sanctuaries.



Above, left to right: child kayaking, Channel Islands NMS; windsurfing, Monterey Bay NMS; diving, Flower Garden Banks NMS; whale watching, Stellwagen NMS.

Photos: Claire Fackler/NOAA; Robert Schwemmer/NOAA; Emma Hickerson/NOAA; Matt McIntosh/NOAA



Below: (left) Camping, Olympic Coast NMS; (right) surfing, Hawaiian Islands Humpback Whale NMS

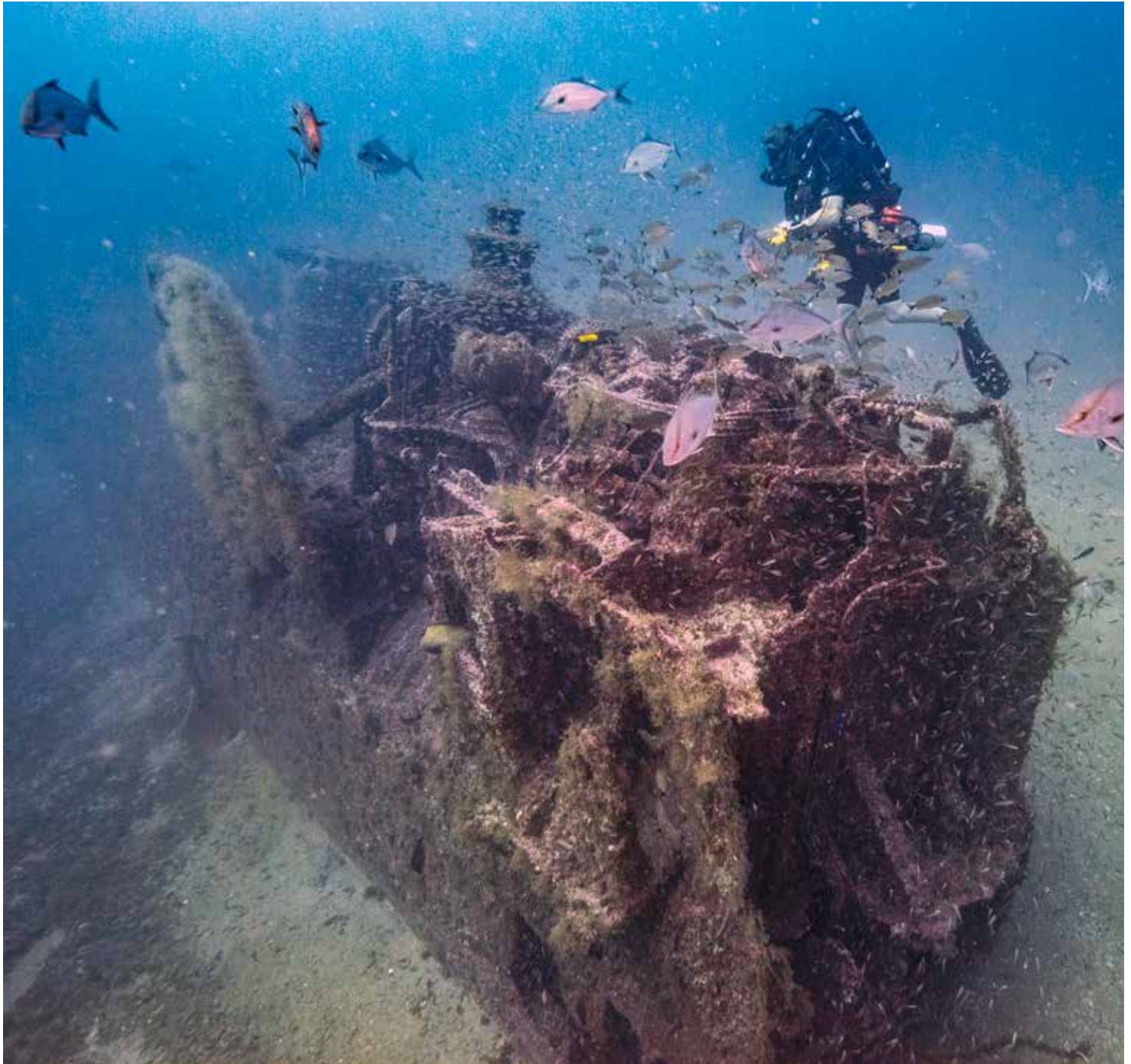
Photos: Matt McIntosh/NOAA





# WHERE WILL YOUR NEXT ADVENTURE TAKE YOU?

National marine sanctuaries work with tour operators to promote responsible and sustainable diving, snorkeling, fishing, and boating practices to reduce the impact of these activities on ecosystems. The ocean and Great Lakes are calling you to explore and enjoy. Which national marine sanctuary will you visit next?



Monitor National Marine Sanctuary's ANCHOR (Appreciating the Nation's Cultural Heritage and Ocean Resources) operators promote sustainable boating and diving practices, such as respectfully interacting with shipwrecks as both maritime heritage resources and as thriving artificial reefs.

Photo: Tane Casserley/NOAA





Blue Star tour operators in Florida Keys National Marine Sanctuary are committed to promoting responsible and sustainable diving, snorkeling, and fishing practices to reduce the impact of these activities on ecosystems in the Florida Keys.

Photo: Nick Zachar/NOAA







Whether you're already an avid outdoors person looking for a new adventure or you've never been kayaking, fishing, or taken advantage of our amazing underwater parks, "Get Into Your Sanctuary" days are perfect for YOU! This annual nationwide celebration showcases recreational opportunities for all types of outdoor enthusiasts.

Share your adventures in national marine sanctuaries through our annual "Get Into Your Sanctuary" photo contest. Through photography, show the world our special ocean and Great Lakes treasures through your eyes. Learn how you can submit your photos at [sanctuaries.noaa.gov/photo-contest.html](http://sanctuaries.noaa.gov/photo-contest.html).

We look forward to hearing about (and seeing) your memories and adventures!

Follow NOAA's Office of National Marine Sanctuaries on Facebook, Twitter, Instagram, Tumblr, and Flickr for more incredible images of your National Marine Sanctuary System.

Twitter: @sanctuaries  
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Flickr: [flickr.com/photos/onms](http://flickr.com/photos/onms)  
Facebook: [facebook.com/NOAAOfficeofNationalMarineSanctuaries](http://facebook.com/NOAAOfficeofNationalMarineSanctuaries)

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Winner of the 2018 "Sanctuary Portraits" category: Bryan Dort. A paddleboarder floats over the shipwreck of the steamer *Albany* in Thunder Bay National Marine Sanctuary.





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**GET INTO YOUR SANCTUARY**

**PHOTO CONTEST ENTRIES** ..... Bruce Bowser  
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Bryan Dort  
Allison Formica  
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Winner of the 2017 "Sanctuary Portraits" category: Douglas Croft. A surfer contemplates the swell at Lighthouse Point in Monterey Bay National Marine Sanctuary.



Winner of the 2016 "Sanctuary Portraits" category: Selah Preskey Martin. A photographer captures the sunset in Olympic Coast National Marine Sanctuary.

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