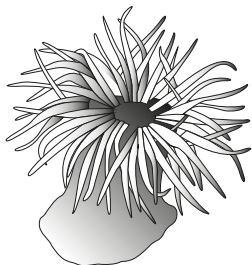
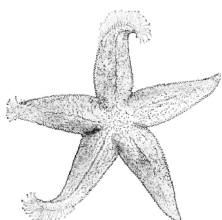


Guide to rock pooling



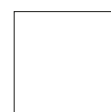
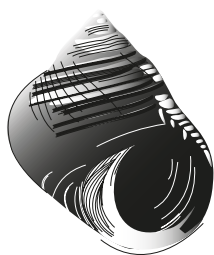
Sea Anemones

The classic red beadlet anemone has waving tentacles and can be seen in lots of rock pools, slightly more rarely the strawberry anemone is red with lighter coloured spots - keep an eye out!



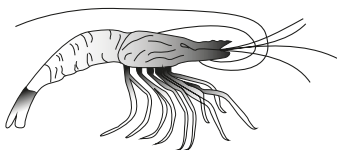
Starfish

The two main types of starfish you will come across are the common starfish, which is normally orange and yellow in colour and has short thick arms, and the brittle star, which is darker in colour and has a much smaller body but much longer, spiny arms! Be careful with starfish as they can easily shed one or more of their limbs and often have spines.



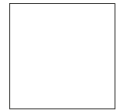
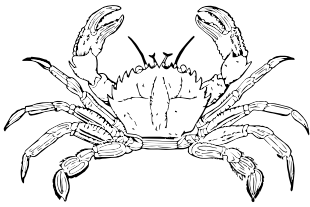
Periwinkles

There are two main types of periwinkle you'll find - flat periwinkle and edible periwinkle. The 'flat' variety are smaller, and more colourful - ranging from yellows and oranges right through to a purplish brown. The 'edible' variety are larger, sometimes striped and not as colourful, normally a grey-brown and often banded with white.



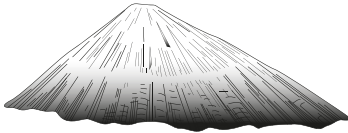
Shrimps

Confusingly, one of the most common types of shrimp is called the 'common prawn' - but you will notice it easily by its stripy, translucent body. The other variety is harder to spot due to its brownish-grey body often looking like sand! This is the brown shrimp.



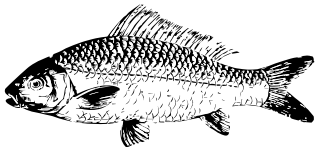
Crabs

There are lots of different types of crab to be found in our waters, including hermit crabs (in a large conical shell), shore crabs (small and dusky orange), velvet crabs (dark shells covered in spiny hair) and even spider crabs (large, orange, spiny crabs with very long legs!). If you think you've found one and you can't identify it - take a picture and look it up at home!



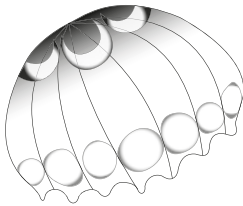
Regular Limpets

You're guaranteed to find limpets stuck to the rocks! Often they have stripes on their cone-shaped shells and you will definitely find a few empty shells washed up on the beach to take home.



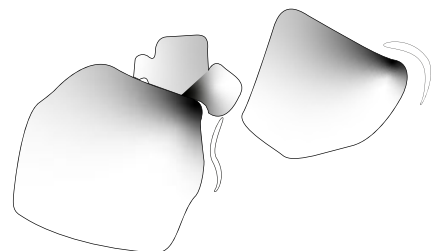
Fish

Most of the little fish you will find in rock pools are a type of goby, small fish with thicker heads and shiny, darting bodies. However it is possible to see all sorts of fish, so make sure to take a photo and check at home later if you see something unusual!



Jellyfish

Be careful with jellies! They sting, even if they're washed up on the shore. The common (or moon) jellyfish is entirely translucent apart from the four half moons on its back and is found almost everywhere in the world. Keep an eye out for the lion's mane jelly- it has a large frilly red ring on its back and is easily recognized!



If you like rock pooling, how about foraging with a local expert? You'll learn about the wild produce found along Pembrokeshire's coast and ancient byways as well as how to cook it, prepare drinks, cosmetics, and more. Itineraries and ingredients vary according to season and location but book with any of the following guides and you are promised a fascinating and enjoyable experience.



Discover more about our amazing [wildlife and nature](#) in Pembrokeshire.