

Bodega Marine Reserve Guidelines for Retreat Groups

Thank you for your interest in holding a meeting or retreat at the Bodega Marine Laboratory and Bodega Marine Reserve. Although we understand that your group will primarily be using indoor spaces at the Bodega Marine Laboratory (i.e., meeting rooms, the South Lounge, or the Cadet Hand Library), there are some important things you should know about the outdoor areas for your visit.

Bodega Marine Laboratory is located within Bodega Marine Reserve, one of 39 reserves in the UC Natural Reserve System designed to protect natural areas for research, teaching, and public outreach. It is a “living laboratory” and outdoor classroom. Access to the Reserve is restricted to protect the high number and density of research projects here.

If you'd like to take an outside break during your visit, please follow these guidelines:

- For outdoor breaks, participants can access the following areas: (1) the Tidepool Exhibit area at the main entrance of the Lab, (2) the Freeman Terrace on the ocean side of the Lab, and (3) the South Lounge deck.
- The following locations are approved for short walks during breaks (see map provided):
 - (1) The Lab entrance road (from the Lab to Westshore Road).
 - (2) The Overlook Trail (a public trail) at the eastern end of the Lab entrance road that goes in two directions, either south up the hill to Bodega Head or north through the Bodega Dunes to Salmon Creek Beach (please see attached map for the location of this trail).
 - (3) If staying overnight at Housing, the Dorm Trail (through the sand dunes) can be used to walk between Housing and the Lab.
 - (4) There are many other options for hikes, depending on whether you're on foot or you'd like to drive to another nearby location. Please ask us if you need more recommendations.
- Recreation is not allowed on the Reserve outside of the above areas. Please do not access areas of the Reserve other than those listed above — including other trails — without Reserve staff approval first.

Importantly, if retreat participants would like to walk on the Lab entrance road or any of the Reserve trails, they will need to sign a liability waiver and review current BMR guidelines and hazards (attached). Waivers are accessible online or at the BML main office:

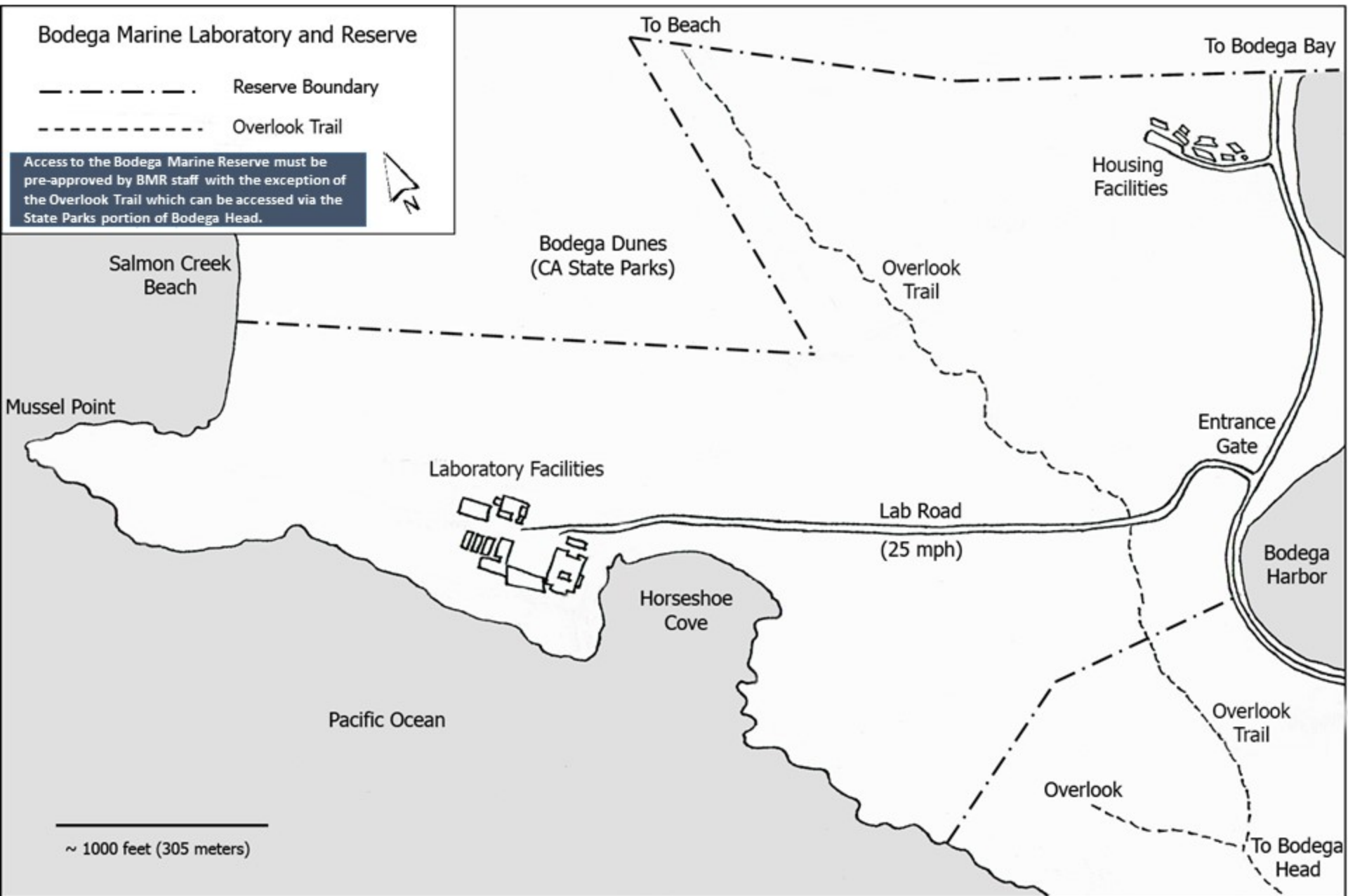
<https://bml.ucdavis.edu/bml/facilities/forms/waivers>

Thank you for taking the time to review these guidelines. Please share all relevant information with retreat participants. If you have additional questions, please contact Suzanne Olyarnik (svolyarnik@ucdavis.edu) or Jackie Sones (jlsones@ucdavis.edu).

Bodega Marine Laboratory and Reserve

- . - . - . Reserve Boundary
- - - - - Overlook Trail

Access to the Bodega Marine Reserve must be pre-approved by BMR staff with the exception of the Overlook Trail which can be accessed via the State Parks portion of Bodega Head.



Bodega Marine Reserve Rules and Regulations

Bodega Marine Reserve (BMR) lands and waters surrounding the Bodega Marine Laboratory (BML) are some of the most active research sites in the world. To protect on-going research and education, researchers, students, staff and visitors are required to abide by the following rules:

1. **Access** – Obtain permission to access the Reserve from the Reserve Director. This process is initiated by submitting an on-line application: <https://rams.ucnrs.org/>. BMR staff will contact you after receiving an application or inquiry. The lab entrance gate is locked on weekdays from 5:30 p.m.–7:30 a.m. and at all times on weekends and holidays. The new housing entrance gate is locked 24 hours/day. Let us know if you need gate access.
2. **Waivers** – Return a signed waiver to BMR staff before accessing the Reserve. All minors (under 18) must have a parental/guardian signature. Waivers may be found at <http://bml.ucdavis.edu/facilities/forms/waivers/>. Note for long-term users, waivers need to be renewed every 5 years.
3. **General use** –
 - Drive only on established roads and obey speed laws as posted (25 mph or less).
 - When walking on the Reserve, stay on designated trails and walk in single file. Permission from the Reserve Director is required to walk off-trail, including beaches, dunes, and the rocky intertidal zone.
 - Recreation is not allowed on the Reserve; this includes picnicking, jogging, surfing, and camping. Please use nearby state and county parks for these activities. Note that recreation rules are relaxed within the laboratory enclaves — e.g., volleyball near the South Lounge and basketball near the housing facilities.
 - Pets are not allowed on the Reserve.
 - Avoid research sites, markers, wires, and other equipment.
 - Collecting is prohibited unless authorized by the Reserve Director.
4. **Research and class use** –
 - Please review our Additional Guidelines for Researchers.
 - **Before** engaging in research, obtain approval from Reserve staff for collecting and study site locations.
 - Mark plots and other equipment with name and date.
 - Moving plants, animals or soil within the Reserve or into the Reserve is not allowed without prior authorization. For more information on non-native genotypes concerns, contact BMR staff.
 - Using chemicals and hazardous materials is not allowed without prior authorization. If approval is granted, substances must be maintained and disposed of according to approved UC and BML procedures.
 - At the end of your study, remove all equipment, including flags, stakes, bolts, etc.
5. **Permits** – Acquire necessary permits, certifications, and licenses to conduct your proposed activities. Reserve staff can help you identify necessary permits, but you are responsible for obtaining them. Required permits are dependent on your proposed activities and may include:
 - State and federal scientific collecting permits and Memoranda of Understanding
 - UCD Animal Care and Use protocols: <https://safetyservices.ucdavis.edu/article/institutional-animal-care-and-use-committee-iacuc>
 - Land owner permission
 - Work with non-native species must be approved by BML’s Nonindigenous Species Group.
 - UC research diving certification. Researchers wanting to dive within the Reserve must meet with the BML/UCD Diving Safety Officer to review potential diving safety hazards and obtain approval to dive.
6. **Publications** – Provide two copies (paper or pdf) of any publication or report (only one bound copy of a thesis or dissertation is required) within six months of publication. For each publication include “Bodega Marine Reserve” as a keyword and acknowledge Bodega Marine Reserve, University of California Davis, and UC Natural Reserve System.
7. **Data registration** – Register long-term datasets developed during your work at the Reserve in our nationally-linked registry (<https://knb.ecoinformatics.org/#>). Please note that registration in this registry fulfills data registry requirements for NSF and the Ecological Society of America.
8. Please report any sightings of uncommon plants and animals on or near the Reserve.
9. Notify Reserve staff of safety hazards or rule violations (trespassing, poaching, etc.).

Bodega Marine Reserve Hazards

The California coast is a beautiful but rugged place. We remind those working in the field of the following potential hazards in the region around the Reserve:

SLEEPER WAVES: The Sonoma coastline is notorious for its "sleeper waves" — large waves that appear unpredictably and break further up shore than the preceding series of waves. Sleeper waves sweep people off rocks and beaches. Because the ocean water is extremely cold (usually 10–15° C), those washed into the sea have little chance of survival if not rescued immediately. When working near waves, don't turn your back to the ocean, work with a buddy, and do not wear chest waders since they can fill with water and be difficult to take off if you are swept into the ocean.

POISON OAK: This shrub is widespread in grassland and dunes, often in a very low form unlike inland plants which are taller. Oils from all parts of the plant can create a painful rash. If you have been exposed to poison oak, wash with soap and water within 10–15 minutes of exposure. If this is not possible, wash with Tecnu (a poison oak prevention product) as soon as possible to remove oils from your skin.

STEEP CLIFFS: Ocean cliffs are steep, and, because they are often composed of crumbling weathered rock, unstable. Do not walk close to the cliff edge or climb on the cliffs.

LYME DISEASE: The western black-legged tick (*Ixodes pacifica*), can be infected with the spirochete that causes Lyme disease in humans. Best estimates indicate that less than 10% of western black-legged ticks in western Sonoma County carry the spirochete. Lyme disease symptoms can take 3–30 days to appear and include a bulls-eye rash 5–6 inches in diameter (30–60% of the cases), joint pain, chills, fever, and fatigue. If not treated, the disease can develop into long-term severe fatigue, a stiff, aching neck, tingling or numbness in the extremities, facial palsy, severe headaches, painful arthritis and swelling of joints, cardiac abnormalities, and cognitive disorders. To reduce your chances of contracting Lyme disease: (1) avoid tick habitat (dunes, grassland) especially during spring and summer when nymphs feed; (2) remove tick within 24 hours after it embeds; and (3) dress appropriately by wearing light-colored clothing and long-sleeved shirts; tucking pants into socks or boot tops; wearing high rubber boots (since ticks are usually close to the ground); and applying insect repellents (DEET and permethrin). If you get a tick bite, and think you are developing symptoms of Lyme disease, see a doctor immediately.

HANTAVIRUS: This potentially lethal virus has been associated with rodents and rodent droppings in many counties in California. Symptoms can take 2 weeks to appear and include fatigue, fever (101–104° F), muscle aches, plus headaches, dizziness, chills, nausea, vomiting, diarrhea, and abdominal pain. These symptoms can develop into coughing, shortness of breath, and severe respiratory distress. To avoid hantavirus, stay away from areas infested with rodent droppings, especially in closed areas. If you need to enter a building that has been closed for any length of time, air out the structure, wear gloves, and wet mop with a bleach solution. Report any rodent activity at the Laboratory to BML staff.

SHARKS: White sharks are common on the Sonoma Coast and have attacked divers, kayakers, surfers and swimmers. To reduce your chances of shark attack, avoid areas known for white sharks (e.g., Farallon Islands, Año Nuevo, Bird Rock at Point Reyes), avoid areas where marine mammals congregate (sea lion and harbor seal rookeries and river mouths), avoid times of reduced sunlight (fog and dusk) and minimize your time at the surface of the ocean.

MOUNTAIN LION: There have been several sightings of mountain lions on Bodega Head in recent years. To reduce your chances of being attacked, do not approach or run from a mountain lion and do not crouch down or bend over. Do all you can to appear larger (raise your arms, open your jacket) and speak slowly, loudly, and firmly. If you are attacked, fight back.

Things to do in the Bodega Bay Area

The Bodega Marine Reserve is one of 36 reserves maintained by the University of California for research and teaching. Because of the high density of research projects, the Reserve cannot support recreational activities. However, there are many opportunities available nearby. Note that the Dorm Trail and Salmon Creek Beach Trail (or Overlook Trail) pass through the Reserve, so please stay on the trails at all times. Thank you!

OUTDOOR ACTIVITIES

Hiking/beach walking

- **Dorm Trail** – through dunes from BML lab facilities to housing facilities – 0.7 mile one way.
- **Salmon Creek Beach Trail** (or Overlook Trail) – crosses Dorm Trail and lab entrance road (see map). Walk down lab entrance road towards Bodega Harbor. Then hike north to Bodega Dunes and Salmon Creek Beach; or hike south to Overlook and Bodega Head.
- **Bodega Head Trails** – drive to the end of the lab entrance road, turn right onto Westshore Road. At Campbell Cove, turn right up hairpin turn, continue to outer parking lot. Follow trail south along coastal bluffs, with views of Bodega Rocks, Point Reyes/Tomales Bay, and Bodega Harbor. Or follow trail north to Overlook.
- **Campbell Cove** (Hole-in-the-Head) – small beach and access to Bodega Harbor (see directions above).
- **Doran Beach** – Drive Highway 1 south through Bodega Bay; turn right onto Doran Park Road (just after the Bodega Coast Inn). Approximately 2 miles of protected sandy beach. (Note: \$7 fee/car)
- **Bird Walk Coastal Access Trail** – Drive Highway 1 south through Bodega Bay, look for dirt pull-off or county parking area just after the Bodega Coast Inn (south of Smith Brothers Road). A 1-mile walking loop with views of Bodega Harbor. Includes a trail extension that crosses the salt marsh and provides access to Doran Beach. (Note: \$7 fee/car in county parking lot)
- **Pinnacle Gulch Coastal Access Trail** – in Bodega Harbour Community, at 20600 Mockingbird. Drive Highway 1 south through Bodega Bay, turn right onto South Harbour Way (at Bodega Harbour Resort sign), and follow the small signs to the Pinnacle Gulch trail head parking lot. Half-mile trail to beach/rocky intertidal area.
- **Coastal Prairie Trail** – Drive Highway 1 north from Bodega Bay and park at the Bodega Bay Community Center (2255 Highway 1). 1-mile walking trail from the community center to the village of Salmon Creek.
- **Kortum Trail** – along bluffs/grassland in Sonoma Coast State Beach (Wright's Beach to Goat Rock Beach, parking also at Shell Beach). Drive Highway 1 north and park at any of these beaches (Note: \$8 fee/car at Wright's Beach.)
- **Pomo Canyon Trail** – 5.5 mile hike through grasslands, redwoods, oaks/bays, with views of Russian River. Drive Highway 1 north and park in Shell Beach parking lot. Trail head is across Highway 1.
- **Sonoma Coast State Beaches** (especially North Salmon Creek Beach, Portuguese Beach, Goat Rock Beach) – Drive Highway 1 north and watch for signs/pull-offs.
- **South Salmon Creek Beach Trail** – in Bodega Head Dunes Campground. Drive north on Highway 1 to Bodega Dunes, follow signs to outer parking lot. (Note: \$8 fee/car.)

Swimming/surfing/boogie boarding/kite-flying/etc.

- **Doran Beach** (see above)
- **Salmon Creek Beach** (see above)
- Rentals available at Bodega Bay Surf Shack, located in Pelican Plaza on Highway 1 (707)875-3944

Picnicking

- Picnic tables at Campbell Cove, Bodega Head, Bodega Dunes, Doran Beach, Duncan's Landing, Wright's Beach, Goat Rock Beach, and other Sonoma Coast State Beaches.

Things to do in the Bodega Bay Area

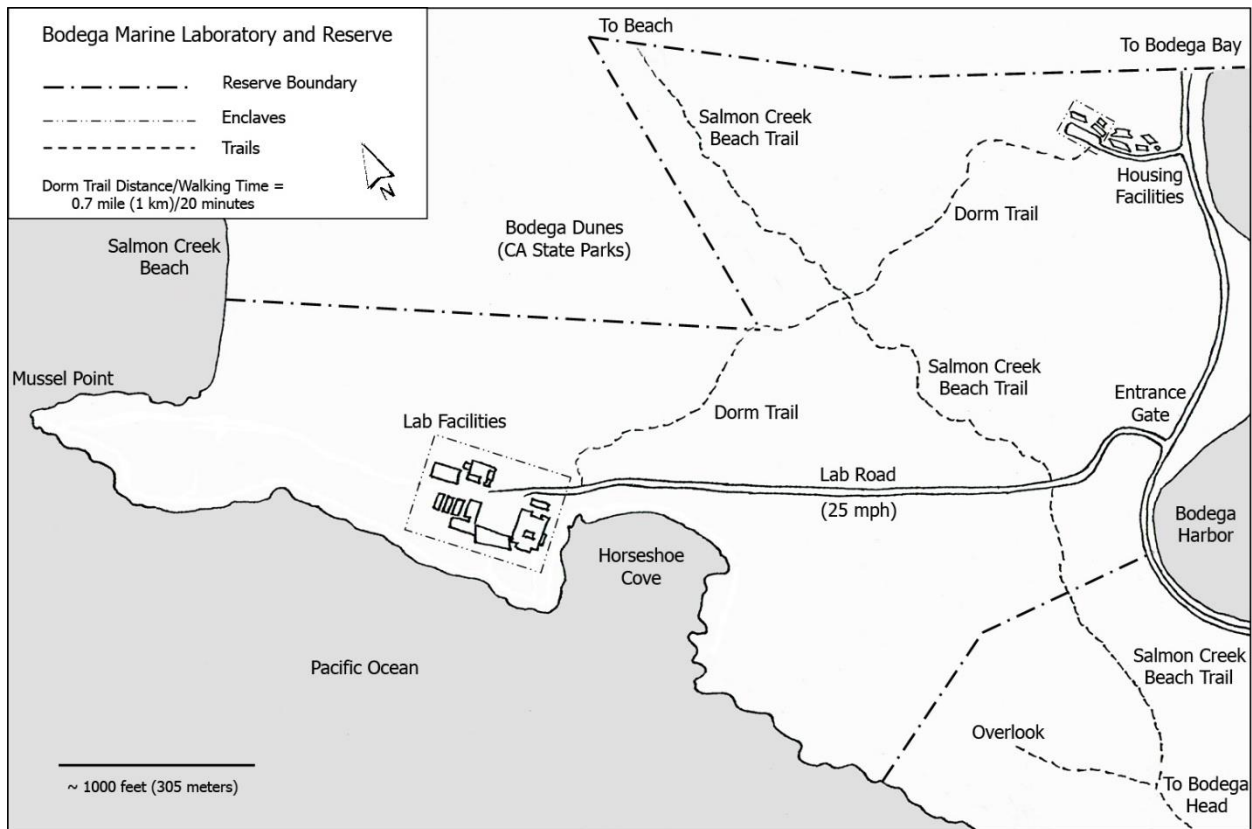
Kayaking/fishing/whalewatching

- **Bodega Bay Kayak** – (1580 Eastshore Drive) – drive towards Highway 1; before highway turn left into Blue Whale Center. (707)875-8899
- **Fishing and Whalewatching** – see local options at <http://www.bodegabay.com/things-to-do/#activities>

INDOOR ACTIVITIES

Art galleries

- **Ren Brown Collection Gallery** – (1781 Highway 1) – drive to Highway 1, turn right and immediate right into parking lot.
- **Pacific Bay Gallery** – (1785 Coast Highway 1) – drive to Highway 1, turn right and immediate right into parking lot.
- **Bodega Landmark Studio Collection** – in the town of Bodega (15-20 minute drive). Take Highway 1 south to turn-off for Bodega Highway (Route 12). Turn left and continue to Bodega. Landmark is first building on left.
- **Artisans' Co-op** – also in the town of Bodega. On your left about mid-way through town.



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