The three arches carved by nature out of a sandstone cliff inspired the naming of Natural Bridges. Reclaimed by the sea, the inner and outer arches have fallen, leaving only the central bridge.
Natural Bridges State Beach is a magnificent oasis of natural beauty located between the edge of the ocean and the outer limits of the city of Santa Cruz. This popular 65-acre park is known for its wave-carved sea arch, family-friendly beach, tide pools, and visiting monarch butterflies.

THE “BRIDGES”

Natural Bridges State Beach is named for three naturally occurring arches that were once part of a large cliff that jutted out into the sea. The bridges formed as wave power eroded the mudstone, deepening depressions in the cliff that grew until the rock formed a cave, and eventually, a bridge.

Of the three original arches, only the middle one remains. The outermost arch fell during the early 20th century, and the inner arch collapsed during a 1980 storm.

PARK HISTORY

Native Americans

The first people to inhabit this area were the Uypin tribe, as recorded in the registers of the Spanish missionaries who arrived in the 1780s. The Uypin were among about fifty inter-related tribes spread throughout the Monterey and San Francisco Bay areas. Their descendants are collectively called the Ohlone today.

In the past, the Uypin people hunted marine mammals and inland game, fished, and harvested shellfish and a variety of seeds, berries, herbs and bulbs. They also depended on storable plant foods like acorns, hazel, laurel, and buckeye nuts. The Uypin people practiced land-management techniques that enhanced nature’s productivity. They were also skilled in various crafts like making baskets, fiber cordage, stone tools, and shell ornaments for trade to people in the interior. Many of today’s Ohlone people work to reestablish the knowledge and traditions of their past.
TIDE POOLS—LIFE ON THE EDGE
Twice each day, the tide uncovers the park's rocky shore, where sea stars, hermit crabs, urchins, kelp and many more species live among the pools and crevices. This area is also a state marine reserve; its sea life receives extra protection as residents of the Monterey Bay National Marine Sanctuary.

Animals and plants living in tide pools survive by adapting to rapid changes in temperature, water salinity, pounding surf and human activity. They also adapt to specific areas of the rocky intertidal zone. Please leave all plants and animals attached to the rocks. Prying or pulling them off may harm or kill them.

RECREATIONAL ACTIVITIES
Day Use—Natural Bridges State Beach is a haven for the outdoor enthusiast.
• View wildlife: The beach is an excellent vantage point for viewing the remaining natural bridge, as well as shore birds, migrating whales, seals and sea otters.
• Relax: The sheltered pocket beach between two headlands is also ideal for relaxing and playing in the sand, enjoying the sun and watching the waves.
• Fly or surf: Frequent afternoon winds take flying kites to soaring heights and windsurfers for an exhilarating sail on the bay. Large winter swells are popular with experienced surfers and boogie boarders.

Euro-American Settlers
Spanish colonists eventually took over the Ohlone people's traditional lands. When the Ohlone were brought into the mission system, their population was nearly decimated by European diseases to which they had no resistance.

By 1834 this area was governed by newly independent Mexican authorities, who used coastal land for cattle grazing. After the Mexican-American War ended in 1848, Alta California was ceded to the United States; California became a state in 1850.

Over the years, this land supported a dairy farm, a hotel, a brussels sprouts farm, housing for workers at the Antonelli Mill Pond, a South Seas movie set, and an unfinished housing development.

The State of California purchased the land in 1933. Until the 1970s, open space surrounded the park, now enclosed by development. Both local residents and visitors can find respite on the beach or hiking among a dozen natural habitats.

HABITATS AND WILDLIFE
Egrets, herons, and other residential and migratory birds traveling along the Pacific Flyway rely on Natural Bridges for safe shelter or an inviting meal.

The Moore Creek Wetlands Natural Preserve provides an important habitat for a variety of birds, invertebrates, fish and amphibians. The preserve has both saltwater and freshwater marshes.

Above: Carefully examining life in the tide pools. Right: Giant green sea anemone. Left: Guided walk on the Monarch Trail.
October, welcome the monarch butterflies back to Natural Bridges. Music, food, games, guided walks and activities explore the wonder and science of monarch butterflies.

The Migration Festival
From 11 a.m. to 4 p.m. on the second Saturday in February, learn about the journeys of the many animals that migrate to and through Natural Bridges and the surrounding area. Educational booths, guided walks, entertainment, games and more make for a day of fun and discovery.

In addition to these activities, organized groups of ten or more may schedule guided walks on weekends by calling the park. School group walks are offered on weekdays by appointment.

Docent Training Classes
Volunteer docents lead guided walks, host the visitor center, help with park restoration, and assist with special events. Contact the visitor center to apply for the next docent training class.

EDUCATIONAL ACTIVITIES
Guided Walks
Natural Bridges docents offer guided tide pool walks, butterfly walks and habitat hikes.

Monarch Butterfly Tours
At 11 a.m. and 2 p.m. on weekends during fall and winter, meet at the visitor center to discover more about the monarch’s miraculous life cycle.

Exploring Tide Pools
Docents lead tide pool explorations year round during low tides.

SPECIAL EVENTS
Welcome Back Monarchs Day
From 10 a.m. to 4 p.m. on the second Sunday in

NEARBY STATE PARKS
- Wilder Ranch State Park
  2 miles north of the Santa Cruz city limits, off Highway 1
  (831) 423-9703
- Henry Cowell Redwoods State Park
  6 miles north of Santa Cruz on Hwy. 9
  (831) 335-4598
- New Brighton State Beach
  4 miles south of Santa Cruz on Hwy. 1
  (831) 464-6329
- Sealcliff State Beach
  5½ miles south of Santa Cruz on Hwy. 1
  (831) 685-6500

DIRECTIONS:
Hwy. 1 North turns into Mission Street when traveling through the westside Santa Cruz business district. Turn left onto Swift Street and follow it to the ocean. Turn right on West Cliff Drive, which ends at the park.
ACCESSIBLE FEATURES

- Parking, the picnic area, and the boardwalk into the monarch grove are accessible.
- The accessible visitor center has exhibits, interactive and interpretive displays, and videos (some with large-print formats and scripts).
- Restrooms are accessible.
- An accessible beach viewing platform adjoins the overflow parking lot and entrance kiosk.
- A beach wheelchair may be checked out at the visitor center.

Accessibility is continually improving. For the latest updates, visit the website at [http://access.parks.ca.gov](http://access.parks.ca.gov).

PLEASE REMEMBER

- Natural Bridges State Beach is open year round from 8 a.m. to sunset.
- Surf Safety—Enter tide pools only during periods of low tide. Often there is no lifeguard on duty, and the surf can be unpredictable. Hazardous rip currents and large waves can appear out of nowhere and sweep people out to sea.
  The beach and tide pools can be extremely dangerous. Do not run on the wet rocks of the intertidal area, and never turn your back to the waves. Check with the lifeguard or at the entrance station or visitor center before entering the ocean and the tide pool areas.
- Collecting—Do not disturb tide pool residents or the butterfly clusters in any way. The park’s plants, animals, and all natural and cultural features are protected by law.

- Except for service animals, dogs are allowed only in the parking lots and picnic areas, but not on the beach and trails. All dogs must be on a six-foot-maximum leash and under human control at all times. Please do not leave your dog in a car.
- Stay on designated trails to protect plants, to prevent erosion and to avoid poison oak and stinging nettles.
- Bicycles are permitted only on paved roads.
- Fires and glass containers are not allowed on the beach.
- Alcoholic beverages are only allowed in the park with a previously issued special-event permit. Submit permit applications at least 30 days before the event date.
- Do not smoke, ride bikes, roller skate, skateboard or speak loudly in the monarch butterfly grove.
Natural Bridges is home to one of the largest monarch butterfly over-wintering sites in California. Each fall, the migratory butterflies arrive on the coast from across the western United States to seek sanctuary from the winter’s cold. They roost in the monarch preserve from October to mid-February, with the greatest numbers from November to mid-December.

The monarchs cluster in rings of trees, intertwining their legs to avoid being dislodged from their companions by the wind and rain. With their tan undersides, the clusters resemble clumps of dead leaves. When the air temperature rises above 55 degrees, the butterflies burst from their clusters, floating through the trees and into the surrounding area in search of flower nectar and dew.

In January and February, the monarchs begin a daring 1,500 mile migration—a journey that spans five generations—as they spread out across the Western United States. Monarchs lay their eggs on milkweed plants inland—from the Bay Area to the eastern Sierra Nevada and the Rocky Mountain foothills. Each generation hatches and travels further inland, where another generation fans out even further. The final generation returns to California, where their great-great grandparents originated. Monarch lifespans vary from two weeks to nine months. Those that migrate to the coast in autumn live longer; the last generation at Natural Bridges live as long as nine months and begin the cycle once more.