Scan the water’s surface and imagine fish and other animals struggling for survival as they hide and hunt below. The Bay is teeming with life!

Fish, harbor seals, sea lions, and countless others make their home here. They find food and shelter among the Bay’s natural mudflat habitats. Even the occasional visit of a whale is not unheard of.

Lush beds of eel grass provide an underwater nursery where Pacific herring lay their eggs in the winter. The herring spawn draws massive white sturgeon and hungry sea lions into the shallows. Year-round, small fish find food in the eel grass and hide there from larger predators.

Ducks and other migrating water birds forage here. Pelicans, peregrine falcons, and osprey hunt from high above, while diving double-crested cormorants nest nearby on the Bay Bridge. Terns that travel from as far as South America and the Arctic raise their chicks at the former Navy base on Alameda Point.