

Seals and Sea Lions

Frisky or Napping Today?

Graceful? Seals and sea lions twirl and somersault like ocean acrobats. On land, seals flop along on their bellies. The bigger sea lions lumber across rocks, using their front and back flippers. Both are “pinnipeds,” meaning fin or flipper-footed. You’re most likely to see harbor seals diving for fish, surfing the waves or lounging on rocks. Keep watch for California and Steller sea lions, too. All three species swim in the sea off Cape Meares.

Pinniped Profiles

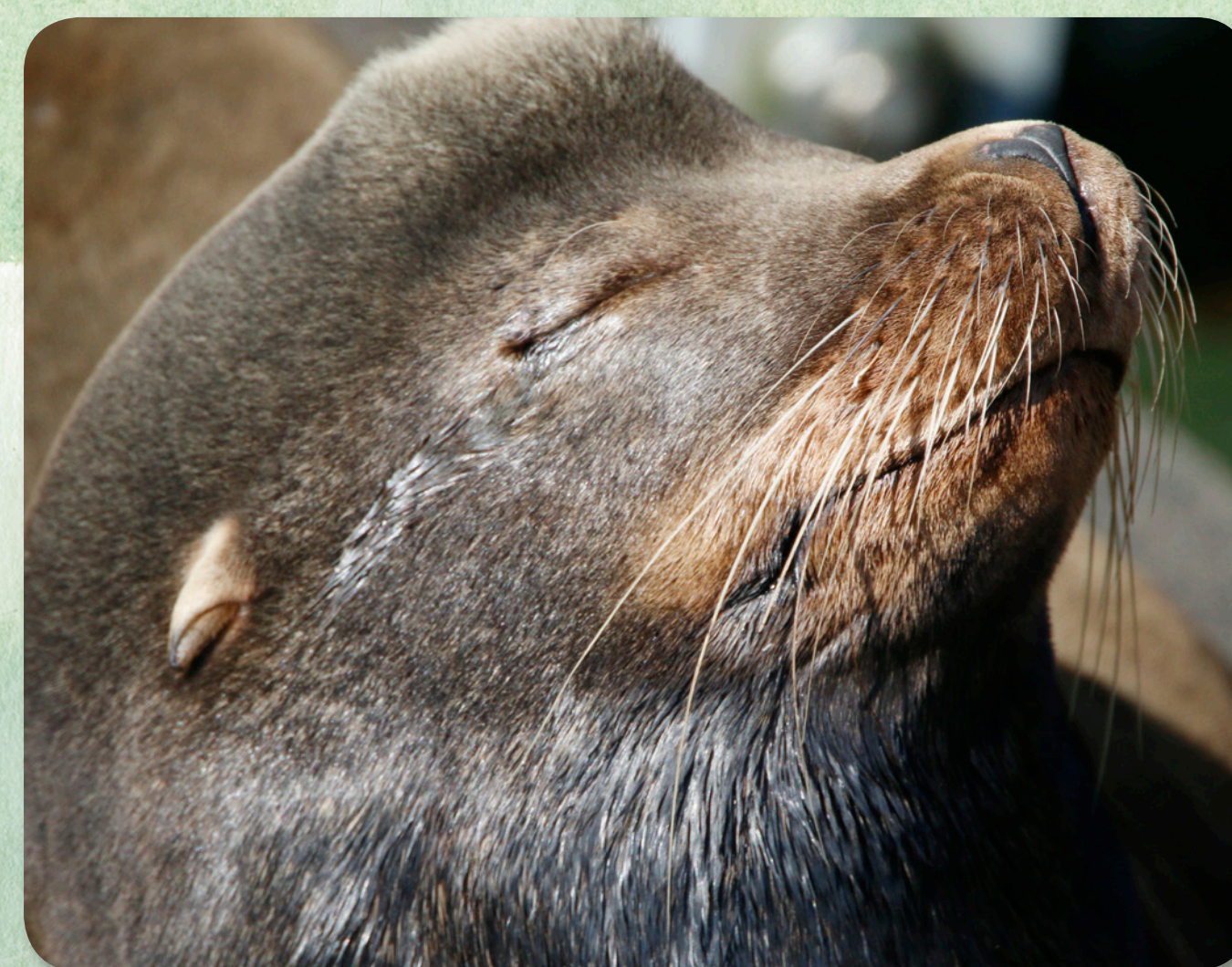
Harbor seals live year-round along the Oregon coast. They may grow to six feet long and weigh 300 pounds. Females give birth to pups in April and May.

California sea lion males swim north to Oregon in late summer to spend the winter. They can reach seven feet long and weigh 850 pounds.

Steller sea lions, less common residents, tend to stay offshore. Males are the giants—up to 11 feet long and weighing a ton. They rest nearby at Three Arch Rocks National Wildlife Refuge, south of Cape Meares.



Harbor seals



California seal lion



Steller sea lions



Steller Sea Lion

Cut the Loop

Plastic packing bands enter our oceans in wadded balls that attract playful seals and sea lions—entangling and strangling them. Cut loops before throwing out. Reduce use. Pick up litter.



Federal laws protect seabirds and marine mammals from disturbance. All islands, sea stacks and rocks of Oregon Islands National Wildlife Refuge are closed to public use. Help wildlife by reporting climbing violations to Oregon State Police 800.452.7888.

This panel was paid for by the following agencies and tribes using restoration funds from the 1999 New Carissa oil spill.

