



Image courtesy of © John Joyce, Marine Institute

**SPLASH ZONE**  
(Usually dry –  
Location is wet only by sea spray and extremely high tides)

**Upper Shore**  
(Wet only during high tide)

**Middle Shore**  
(Wet / Dry for half the day with tides)

**Lower Shore**  
(Wet for most of the day)

**SUB-TIDAL ZONE**  
Only exposed when there is an extremely low tide

**INTER-TIDAL ZONE**  
Mid Tide Zone which is between the high and low tide mark.