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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

San Diego Whale Watching

By Burt Cotton

It's no secret to anyone that the coast of San Diego is the ideal place to watch the annual migration

of the gray whale. Looked upon as one of nature's ultimate spectacles; the migration of gray whales is nothing short of breathtaking. The coastline of San Diego is one of their migratory points as they travel from the waters of the Arctic to the warmer regions of the Baja (California), where females also give birth.

Every year, roughly 26,000 gray whales will make the long journey of 10,000+ miles from the Arctic to the Baja and back. If you look at this journey and compare it to any other mammal, you'll notice that the gray whale by far has the greatest amount of traveling at hand.

If you've never experienced whale watching, you'll be happy to know that anyone will find it memorable – young or old. Spotting a gray whale along the coastline is something that is truly a memorable moment, making you stop for a second and truly appreciate these awesome mammals.

If you ask the Birch Aquarium in San Diego, you'll find that gray whales are seen most frequently from December through March. While they travel in dozens normally, it's nothing to see pods of them (2 – 3) as they travel during migration. Throughout the coast of San Diego, you can easily spot these whales as they are somewhat slow swimmers.

During their swimming, they will normally dive to a depth of 100 feet or more for a few minutes, then surface and blow. Then, they will do a few shallow dives, before making that deep dive again. When watching whales, figuring out this pattern makes the success of watching them all the more fun and exciting.

While there are many common places to watch whales, nothing seems to compare to the excitement of watching them from aboard a cruise. There are many cruises that take place in San Diego, many of which offer unbeatable deals. From H&M Landing to the Birch Aquarium, cruises are some of the best ways to see the beauty and tranquility of the traveling gray whales.

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The beauty of the gray whales can also be seen from many points of the San Diego coast, including the Cabrillo National Monument on Point Loma or the cliffs of Torrey Pines State Beach. Along these points, you can see the whales as they make their travels.

Whether it's a cruise or just watching from the coast, whale watching in San Diego is something you truly have to see to appreciate. You can take your kids, family, or even your friends. Whale watching can definitely be exciting, all you have to do is plan your day and enjoy everything that the beauty of the gray whale will provide you with.

Burt Cotton

<http://www.about-san-diego.com>

Welcome to Paradise in America's Finest City, San Diego

By Barry Berndes

Welcome to Paradise in America's Finest City, San Diego by Barry Berndes

San Diego is a fabulous place to live, work and play. Yes, San Diego has the best of everything. It has over 50 miles of beautiful beaches and bays, which are an invitation to explore.

San Diego is also home to a casual California lifestyle, which is a result of its wonderful, warm, year-round weather. In fact, the National Weather Service describes San Diego's climate as being the most ideal in America.

Yes, San Diego has a big population. In fact, it's the seventh largest city in the nation and the second largest in the state, but it has a small town mentality. Most of its residents are happy-go-lucky people, who are delighted to live in beautiful San Diego. This happy feeling is reflected in the friendliness of its residents. It's all here in San Diego and a whole lot more.

....to be continued...

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