

American Lobster of New England & Eastern Canada Wildlife Guide

Meet the Icon of the North Atlantic



The **American Lobster** is one of the most iconic animals of New England and Atlantic Canada. Found among rocky reefs, kelp forests, and the cold waters of the North Atlantic, these fascinating crustaceans have become symbols of the region's maritime heritage, thriving fishing communities, and world-famous seafood traditions.

For travelers on a **New England & Canada cruise**, lobsters are everywhere—from working fishing harbors and colorful lobster boats to waterfront restaurants serving fresh catches each day. While most visitors know them as a delicious meal, few realize that American lobsters are remarkable animals capable of living for decades, regenerating lost claws, and continuing to grow throughout their lives.

Whether you're watching lobster boats haul traps or spotting a lobster in an aquarium or tidal pool, learning about these incredible creatures adds another layer to your coastal adventure.

Meet the American Lobster



American lobsters are the largest clawed lobsters in the world.

Adults typically measure:

- **8–24 inches (20–60 cm)** long
- **1–5 pounds (0.5–2.3 kg)**

Exceptionally large individuals may exceed:

- **40 pounds (18 kg)**

They are recognized by:

- Two large claws
- Long antennae
- Hard protective shell
- Powerful tail
- Blue-green or olive-brown coloration

Each claw serves a different purpose—one is a powerful **crusher claw** for cracking shells, while the other is a more delicate **cutter claw** for tearing food.

Where Do Lobsters Live?



American lobsters inhabit the cold waters of the Northwest Atlantic.

Excellent places to learn about them include:



Maine

- Bar Harbor
- Portland
- Penobscot Bay



New Brunswick

- Bay of Fundy



Nova Scotia

- South Shore

- Cape Breton

Prince Edward Island

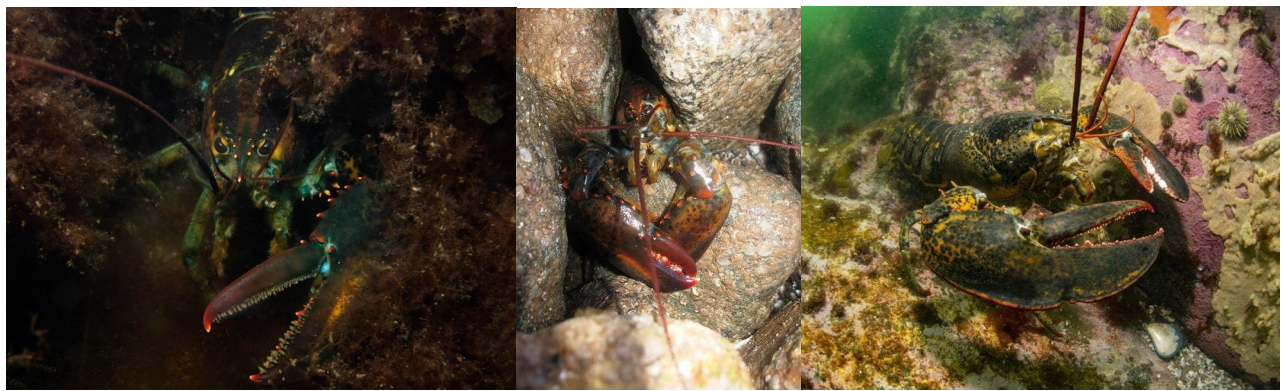
- North Shore

Newfoundland

- Coastal fishing villages

They prefer rocky ocean bottoms where they can hide in crevices during the day.

Life Beneath the Waves



Lobsters are mostly nocturnal.

They spend their days:

- Sheltering under rocks
- Exploring reefs
- Searching for food at night
- Molting as they grow

Unlike many animals, lobsters continue growing throughout their lives by shedding their shells.



What Do Lobsters Eat?



American lobsters are opportunistic feeders.

Their diet includes:

- Clams
- Mussels
- Crabs
- Sea urchins
- Snails
- Small fish
- Marine worms

They also help keep the seafloor ecosystem healthy by scavenging.



Lobster Fishing Tradition



Lobster fishing has been part of coastal life for generations.

Modern fisheries emphasize sustainability through measures such as:

- Escape vents for undersized lobsters
- Returning egg-bearing females to the water
- Minimum and maximum size regulations
- Seasonal management in many areas

These practices help protect future lobster populations.



Wildlife Photography Tips



You may not photograph many wild lobsters underwater, but you can capture the culture surrounding them by photographing:

- Colorful lobster buoys
- Working lobster boats
- Fishermen hauling traps
- Coastal harbors
- Lobster pounds and wharves

These scenes are some of the most recognizable images of New England and Atlantic Canada.



Seeing Lobsters During Your Cruise



While you're unlikely to see lobsters from your ship, you'll almost certainly notice:

- Thousands of lobster trap buoys
- Working fishing vessels
- Busy waterfront wharves
- Coastal lobster communities

Many ports also offer lobster boat demonstrations and fishing excursions.



Premium Travel Group Tip

One of the best ways to appreciate the American lobster isn't just by ordering one for dinner—it's by visiting a working fishing harbor. Watching local fishermen haul traps and learning about generations of maritime tradition gives you a whole new appreciation for the communities that make New England and Atlantic Canada so unique.



Continue Exploring New England & Canada Wildlife

Continue your wildlife adventure with our related guides:

- Atlantic Salmon Guide
- Harbor Seals Guide
- Grey Seals Guide
- Humpback Whales Guide
- Fin Whales Guide
- Minke Whales Guide
- Atlantic Puffins Guide
- Bald Eagles Guide

- Moose Guide
 - Wildlife You Can See from Your Cruise Ship (*coming soon*)
-

Fun Facts

- American lobsters can live **50 years or more**, and some scientists believe exceptionally large individuals may live even longer.
 - Lobsters **continue growing throughout their lives** by shedding their shells in a process called molting.
 - The largest recorded American lobster weighed **over 44 pounds (20 kg)**.
 - Rare genetic color variations include **blue, yellow, orange, calico, cotton-candy, and even split-colored lobsters**, though the familiar bright red color almost always appears **after cooking**.
 - Lobsters can regenerate lost claws or legs over several molts, although it may take years for them to fully regrow.
-

Why You'll Love Learning About American Lobsters

The American lobster is much more than a famous seafood dish—it's a symbol of the hardworking coastal communities that define New England and Atlantic Canada. From the rocky seafloor where they spend their lives to the colorful harbors where lobster boats head out before dawn, these remarkable creatures connect visitors to centuries of maritime tradition and one of the world's most sustainable fisheries.

Joe's Logbook

When most people think about lobsters, they picture a seafood dinner. But spending time along the New England and Atlantic Canadian coast gives you a whole new perspective.

Some of my favorite memories aren't from sitting in a restaurant—they're from watching lobster boats leave the harbor before sunrise, seeing rows of brightly colored buoys stretching across the water, and talking with local fishermen whose families have made a living from the sea for generations.

It's a reminder that behind every lobster dinner is a rich maritime tradition built on hard work, respect for the ocean, and sustainable stewardship of one of the region's most valuable natural resources.

If you have the chance during your cruise, take a few minutes to stroll through a working harbor. You'll gain a deeper appreciation for the American lobster—not just as a local delicacy, but as one of the true icons of the North Atlantic. 🦞 🌊