

THE SUPERPOWERS OF SALTMARSH

Saltmarshes might look like grass and mud, but these spectacular coastal wetlands are bursting with benefits:



MOOD-LIFTING

Just 10 minutes in a wetland setting¹ can lead to an increase in positive feelings.



BIODIVERSITY-BOOSTING

Saltmarshes are dynamic ecosystems that support an array of life, from salt-tolerant plants to fish like European eels and flocks of wading birds.



FLOOD-BUSTING

Saltmarshes protect areas rich in cultural history and reduce flood risk for coastal communities.



CARBON-SINKING

Saltmarshes can store carbon 40 times faster than temperate forests².

WATER-PURIFYING

Saltmarshes act as natural filtration systems to improve water quality.

¹ Reeves, J.P. *et al.* 2019

² McLeod, E. *et al.* 2011