

MARSHES PLAY A VITAL ROLE IN THE CONSERVATION OF OUR NATURAL RESOURCES

Marshes are a complex ecotone where three clearly differentiated environments converge: fresh water brought by rivers, salt water from the sea, and the land on which the marshes grow.

The organisms that inhabit the marshes live in very special conditions, as the salinity varies every six hours, in accordance with the tides: at low tide, they appear on the surface or under the fresh water of the rivers, which, as the tide comes in, gradually mixes with the seawater, turning it first brackish, until at high tide, the wetlands are completely inundated with salt water.

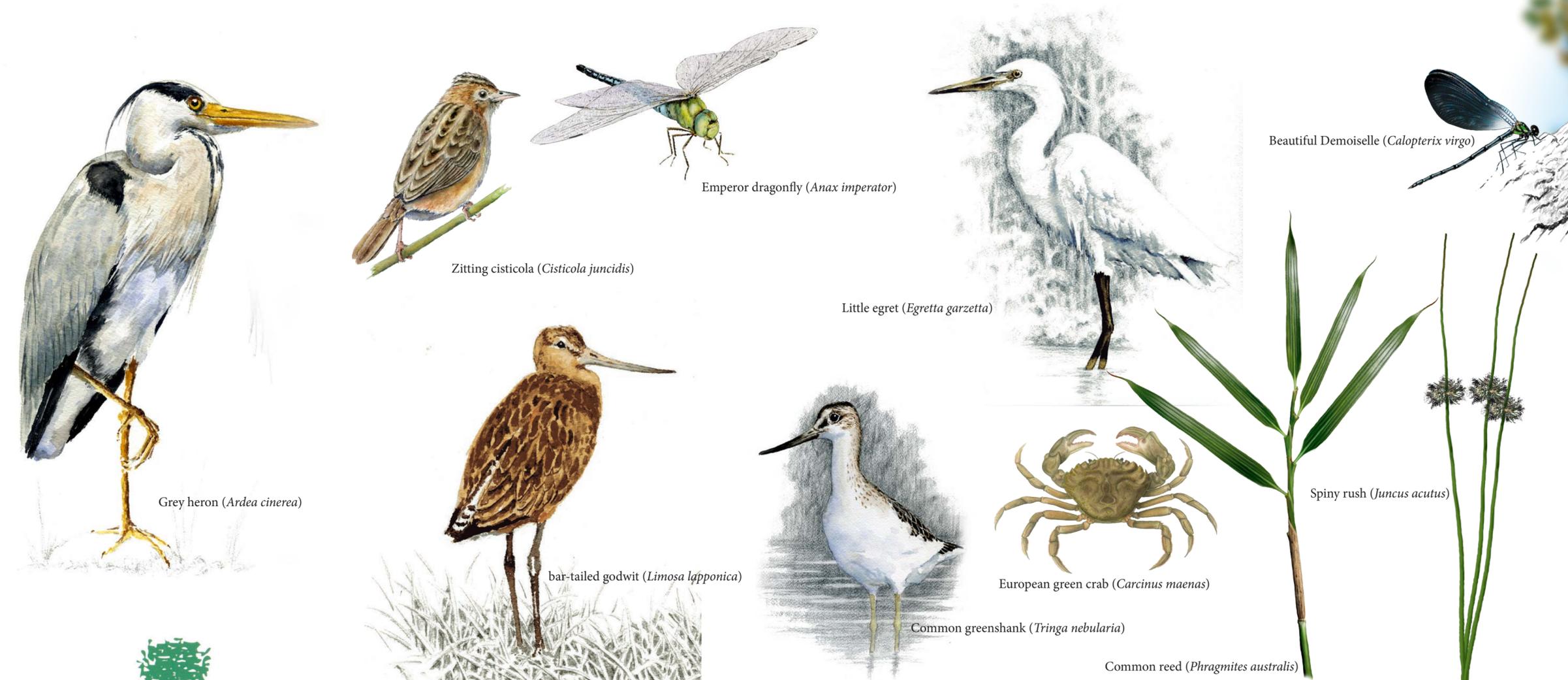
Marshes boast a wealth of biological resources, making them one of the richest ecosystems on Earth in terms of their ecological productivity.

The vegetation has adapted to the constant variations in salinity. Some of the plants that grow there, such as Rushes, Tiger Nut, Elephant Grass and Willow Herb... give the setting its characteristic appearance: a vast expanse of dullish ash grey tones, dotted with gleaming threads of blue that make their way down to the sea.

For many organisms, the marshes are a source of food (fish such as Sea Bass, European Eels or Plaice); many other species of fish and crustaceans spend their larval stage in these fragile ecosystems; a number of migratory birds stop here to feed before continuing their journey; and insects (such as Damselflies and Dragonflies) also come here in search of sustenance.

Several long-legged billed birds - waders - feed on the small invertebrates they find among the mud and silt. Particularly worth looking out for are the Sandpiper, Curlew, Redshank and Plover, but you may also spot Herons and Great Egrets. All busy and in constant movement, searching for food whilst the tide is low.

-  Respect the plants and animals: they are an inextricable part of nature and many species are extremely delicate or endangered.
-  Remember to take away with you all the litter you create during your visit; alternatively, place it in the waste segregation bins.
-  Do not drive vehicles in the dunes or off the designated tracks and only park in authorised areas.
-  Fire can destroy life. Do not light fires or throw away cigarette butts.
-  Do not free camp or spend the night in your caravan or motorhome. Use the specially designated areas located nearby.
-  Do not introduce exotic animals or plants, as they seriously disrupt the balance of nature.
-  Your collaboration is essential to conserve the ecological balance and the species that live in this important natural space.



Marshes and lagoons play a crucial role in the fight against the loss of biodiversity and climate change. There has been a dramatic reduction in their surface area in recent years, and consequently there is an urgent need for their restoration and conservation.