

# 7 benefits of restoring wetlands



A well restored wetland can provide many of the services performed by the original natural wetland. Here are seven ways restored wetlands can benefit us directly:

## 1 Revive biodiversity

40% of the world's species live or breed in wetlands. Restoring wetlands powers the local food chain and attracts wildlife.

## 2 Replenish and filter water supply

Wetlands naturally filter water, remove pollutants and boost the local water supply.

## 3 Store carbon

Specific types of wetlands, especially peatlands, mangroves, intertidal marshes and seagrass beds are exceptionally efficient carbon sinks.

## 4 Blunt the impact of floods and storms

Restored wetlands can act as sponges against excess rainfall and flooding, buffer coastal storm surges, and can shield communities in extreme weather.

## 5 Improve livelihoods

Wetlands create livelihoods in fishing and aquaculture, and also provide goods like reeds and grasses. These opportunities often benefit indigenous populations.

## 6 Boost eco-tourism

A restored wetland can be a sustainable magnet for visitors; a natural attraction that draws tourists along with opportunities to serve them.

## 7 Enhance well-being

Revitalized wetlands provide a place to relax, experience nature – and enjoy sense of satisfaction at their resurgence.

