

# Coastal wetlands: nature-based solutions to extreme weather



From droughts and heatwaves to storms and floods, the climate crisis is causing stronger and more frequent extreme weather events around the Mediterranean. Restoring wetlands will offer long-term protection against extreme weather while conventional infrastructure is increasingly overwhelmed.



## Storms

Coastal wetlands - seagrass beds, dunes etc - protect coastlines from storm damage



## Droughts

Marshes, ponds etc store excess water and replenish low flows in times of drought - which are expected to rise in the coming decades



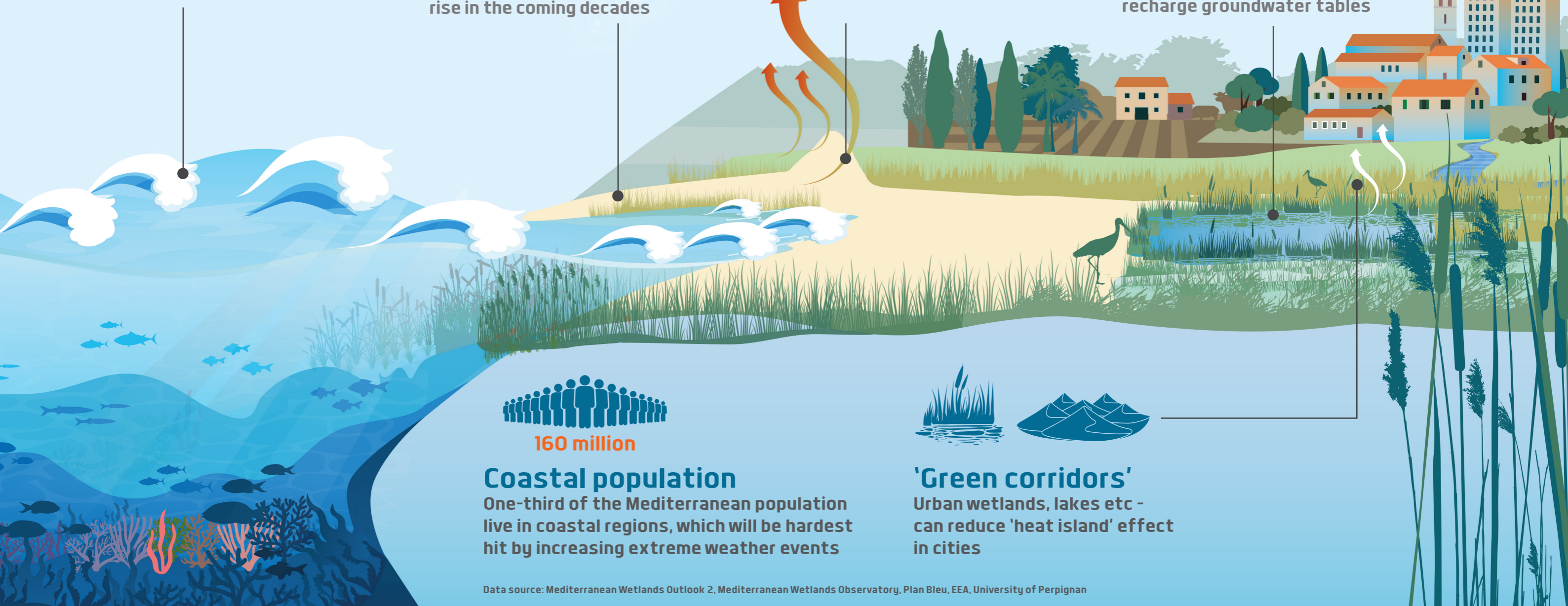
## Heatwaves

Wetlands regulate local climate, cooling the atmosphere in case of high temperatures



## Floods

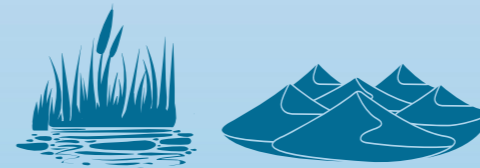
Wetlands work as a sponge, soaking up intense rainfall. Marshes and floodplains absorb excess water, limit run-off, and recharge groundwater tables



160 million

## Coastal population

One-third of the Mediterranean population live in coastal regions, which will be hardest hit by increasing extreme weather events



## 'Green corridors'

Urban wetlands, lakes etc - can reduce 'heat island' effect in cities

Data source: Mediterranean Wetlands Outlook 2, Mediterranean Wetlands Observatory, Plan Bleu, EEA, University of Perpignan