



Wales is home to a variety of marshes—wet, boggy habitats teeming with fascinating wildlife. These unique ecosystems provide a safe haven for rare birds like the secretive bittern, which hides among the tall reeds using its streaky brown feathers to blend in perfectly. You might also spot the elegant heron standing still as a statue, waiting to strike at an unsuspecting fish. Dragonflies, with their shimmering wings, dart across the surface of the water, while frogs, toads, and smooth newts hop and slither through the damp grass and muddy pools. Hidden beneath the water are insects and larvae that play vital roles in the food chain, quietly recycling nutrients and keeping the marsh healthy.

Marshes are not just important for wildlife—they also help people by soaking up excess rainwater, which reduces flooding, and by filtering out pollution to keep rivers clean.

Many marshes in Wales are protected nature reserves, where scientists and conservationists work to preserve these precious places for future generations. Exploring a Welsh marsh is like stepping into a living science book, full of mysteries waiting to be discovered. With a sharp eye and a quiet step, you might uncover the secrets of one of nature's most enchanting landscapes.