

Nature Based Solutions: Lakes and ponds



Lakes are areas filled with freshwater, surrounded by land, that are fed and drained by rivers or streams. Ponds are smaller than lakes and may be fresh, saltwater, or a mixture of fresh and saltwater (brackish). Lakes and ponds may be natural or man-made and are particularly common in urban parks and gardens. The ecosystem services they provide include:

- Carbon storage.
- Removal and storage of nitrogen and other chemicals
- Filtering of water and sediments by species inhabiting the lake/pond.
 - Flood control.
- Retention of water in the area, making it available for irrigation
 - Source of drinking water for humans and animals.
 - Food source for humans, such as fish and waterfowl.
 - Supports biodiversity.
 - Store heat energy.
- Recreation and tourism activities.