

What is a Floodplain?

When a river overflows and spills onto its banks, it leaves behind layers of rock and mud. These layers gradually build up and create a flood plain on the flat land next to the river.

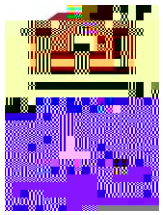
WHY ARE FLOODPLAINS IMPORTANT?

Floodplains are important because they support [a wide variety of life](#). A floodplain can contain 100 times as many plant and animal species as a river.



ALL THAT MUD!

When the river overflows, nutrients are deposited onto the banks, and the water helps to speed up the breakdown of organic material. This makes floodplain soils particularly rich in nutrients for plants and microscopic organisms and great for farming.



Floodplain Plants

Floodplains are challenging environments