

Sensitive plants and animals! • Please stay on the trail.

# Is YOUR footprint heavier than an ATV?

You can help preserve this cove by not walking on the marsh plants or mud flats.

A man exerts **4 times more** ground pressure than an ATV!

Who would do the most damage?

<b>Mountain bike:</b>	40 psi	↑ Pounds per square inch (psi) scale
Elephant:	35 psi	
Army tank:	15 psi	
<b>6 foot tall man:</b>	8 psi	
Wheeled ATV:	2 psi	
Man on snowshoes:	.5 psi	



## Don't crush me please!

Footprints crush delicate layers of mud where creatures live.

### Why do mud flats smell like farts?

As bacteria decompose organic matter, smelly sulphur and methane gas is released.



**Ghost Shrimp**  
(*Palaemonetes*)

These transparent creatures dig long tunnels which collapse if trampled. Some clams, worms, and crabs are only found in ghost shrimp burrows.



**Ribbon Worms**  
(*Tubulanus polymorphus*)

Can grow up to 3 metres long. Worms are an important recycler for nutrients and a food for many birds.



**Little-neck Clam**  
(*Protothaca staminea*)

h̓ičin (clams) are an important Yuuʔuʔiʔath First Nation food. Rock walls were built for thousands of years in coves like this to make clam gardens. Fish weirs were also built here to catch seafood on falling tides. This area is closed to harvesting.

