



The importance of lake sediment research is evident in modern lake management and restoration projects. As shown in this work, the information obtainable from well planned paleolimnological studies can provide solutions to questions, which are hardly solvable without the knowledge of the natural background stage and sedimentation history of a lake basin. Moreover, a thorough sediment study is a key for the selection, successful use and focusing of the restoration activities.



Lake sediment research as a part of lake management – case studies and implications from southern Finland

Samu Valpola

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