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<b>Type</b>	oral presentation
<b>Category</b>	<b>Innovative Watershed and Stream Restoration Approaches/Methods</b>
<b>Title</b>	<i>Restoration of Zero and First Order Low Gradient Coastal Plain Streams</i>
<b>Abstract</b>	<p>The restoration strategy for low gradient coastal plain riverine systems has traditionally focused on creating stable, meandering single-thread channels. While this methodology can be effective at reducing erosion and downstream sedimentation, it often does so at the expense of water quality and both aquatic and terrestrial habitat. Typically, undisturbed zero and first order headwater "streams" in low gradient settings on the coastal plain have no single defined channel, and function more as broad riverine wetland systems. By "restoring" these streams to single thread channels designed to effectively move water downstream, the water quality, floodflow attenuation, and habitat values and functions found in natural systems are not realized. Recently, a methodology for restoring headwater coastal plain stream systems using "swamp run" morphology has gained acceptance and is proving to be a viable alternative to traditional single thread meandering conduit channels. Case studies from eastern North Carolina and the Eastern Shore of Maryland demonstrate the design methodology and construction techniques for several restored headwater swamp run systems.</p>