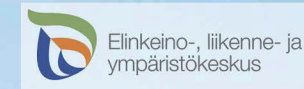


Itä-Uudenmaan ja Porvoonjoen  
vesien- ja ilmansuojeluyhdistys r.y.  
Runeberginkatu 17, 06100 PORVOO



Föreningen vatten- och luftvård  
för Östra Nyland och Borgå å r.f.  
Runebergsgatan 17, 06100 BORGÅ



Euroopan maaseudun  
kehittämisen maatalousrahasto:  
Eurooppa investoi maaseutualueisiin

# 10

## Things to do Before You Leave the Island

find see experience learn experiment think play

Juha Niemi  
Mikael Henriksson  
Tero Myllyvirta  
Sampo Vainio

Water and Air Protection Association of Itä-Uusimaa and Porvoonjoki river  
Itä-Uudenmaan ja Porvoonjoen vesien- ja ilmansuojeluyhdistys  
Föreningen vatten- och luftvård för Östra Nyland och Borgå å  
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# 1. Before you start

It is worthwhile to land to islands with caution. An island that seems empty at a first glance still harbors much that requires carefulness from the traveler. Caution can also help you see shy and interesting wildlife.



Island that have nesting birds shouldn't be visited at all during nesting season.



If you find unhatched eggs or young birds lacking flying ability, withdraw immediately. If disturbed the nesting mother can abandon the eggs.



Minimize your impact on the island and avoid stepping on slow-growing lichens and plants.



The thin and tough lichens on the shore cliffs and on stones are durable, but the thick and porous ones are sensitive and easily worn down if stepped on.

From the air I can see everything on my island! If you take nature into account and keep your senses open, you too can experience the mysteries of the island.



Remember that every step and action leaves a trace on the island.

Now it's time to go forward and open your ears. You will notice, that sounds can reveal a lot that eyes can't see.

Can you minimize your impact on the island by stepping on stones and cliffs only? (Attn. Don't do this if the stones are wet and slippery). You don't litter, do you?



# 2. Close your eyes and listen to the sounds of the island

Before you start to explore the island, it is worthwhile to stop for a moment and listen to the sounds quietly. By listening carefully you can sense a lot that otherwise would go unnoticed.



Is it Mozart? Is it ABBA? Or is it a woodpecker drumming on a tree?



The sound of the motor boat can almost be heard this far. Can you hear the silence once it is gone as well?



Ingenting går upp mot vågornas skvalp och måsarnas skrån. Det är skärgårdens egen symfoni.



Some of the sounds are so silent, that you rather feel them than hear them.

How many different sounds did you hear? Did you recognize them all?

woodpecker

motor boat

aeroplane

seagull

singing naiads or water nymphs

wind

waves

the wind in the common reed

mosquitos

Did you hear me? I might be very noisy especially if my nest or my chicks are disturbed.



Close your ears with your palms for a few seconds and then continue listening. If you are alert, you may hear voices that you didn't recognize earlier, after the short quiet moment.

With senses open to the sounds, you could try the world of odors. Sea salt and bladder wrack... mmm what a combination.

Now with your senses open you can proceed to get familiar with all the peculiarities on the island. Bon voyage!



# 3. Find the compass points using natural signs

It is not entirely accurate to orientate using signs of nature, but it can tell you many interesting things about the nature and it may help you find the way if you are lost.



Ants normally build their nests on the southern side of the tree, and also the longest side of the anthill faces to south.



Lichens grow better and are more abundant on the northern side of the tree trunks.



You can figure out the compass points if you see the sun and know the time. The sun shines from the south at 1 pm and from the west at 7 pm during summer time.



Once navigation was different than today. There are still left many cairns and landmarks on the islands, that were built to help navigation in the shallow and rocky archipelago.

Did you find where north and south are?

What kind of orienteering marks did you find?

ant nest

lichens on trees

the sun

an information board

a route sign

birch bark (there are more white bark on the south side)

tree branches (there are more and bigger branches on the north side)

**Did you know that birds are expert navigators? We orientate using landmarks, the sun, stars, and even the earth's magnetic field. From my migratory trips to southern Africa I always find my way back here to the island I was born on.**



Now when you are able to move around without getting lost, you can circle and look for traces of animals on the island!



# 4. Find tracks of animals on the island

Lots of animals, big and small, live on islands. Even though you can't see them, they leave many different traces of their presence.



Whit a bit of luck you find a tree that the woodpecker uses when opening cones? The marks of a woodpecker's bill in a tree trunk is edgy, while insect larvae bury round holes in the trunks.



Birds leave feathers, eggshells, droppings and footprints on the beach sand. Beak marks on the rotten trees tell that woodpecker has been around.



Carcasses, skeletons and pellets reveal the presence of predatory animals.



Moose and deer leave piles of droppings and hoof-marks.

Besides traces of foots, paws and claws, animals also leave marks when they feed, build nests or hatch from the egg.

Did you recognize the tracks you found?

- feathers
- footprints
- droppings
- bones
- eggshells
- woodpecker's holes
- marks of insects
- unidentified traces
- human campfire site

Islands are excellent for studying skeletons, because bones preserve in the dry and rocky surroundings. With a little practice you can find out whether the bones belong to birds, mammals or fish.



Along with the traces of animals there are also traces of greater forces on the island. Go forward and get familiar with the marks of the ice age.



# 5. Find marks of the ice age

If you had been on this island during the ice age 10 000 years ago, you would have found yourself under a kilometer-thick layer of ice. Now you only see the marks of the ice all over the archipelago. Try to find a few of those marks on the island.



The ice sheet transported huge boulders, often referred to as erratic blocks, that were left at their current places when the ice melted.



Thanks to the ice age there are smooth polished bedrock surfaces on the island, where you can relax and enjoy the sun.



The cracks on the island remind us of the huge forces and pressure caused by the ice sheet, which have shaped the archipelago to its present appearance.

Cracks and grooves are the few places where plants are able to get rooted on the island's smooth rock surfaces. Excellent crack experts are for example chives and goldmoss.



When the ice sheet moved it left scars and grooves when the stones attached underneath the ice scraped the bedrock.

What different marks of the ice age did you find on the island?

- erratic blocks
- scratches in the rock
- crevices
- mammoths
- smooth bedrock
- rough/smooth side on an islet
- goldmoss



If you find a boulder that is of different color than the bedrock of the island, you know that it has come from really far away.

The marks of the ice age are kind of nature's own monuments and artworks. Can you find the artist in you with the help of inspiration from the nature?



# 6. Create an artwork on the island

Nature has always inspired artists. Let your inner artist out and make a piece of art of materials that nature has to offer you!



Hmm... what do this artist's try to express?



Imagination is the only limit.

What materials are your artworks made of?

stone

sand

water

branches

living creatures

rotten plants

imagination



Shadow theatre on the islands red granite setting. Free tickets.



Also nature is full of work of art, one more magnificent than the other. Lichens grow slowly, but in the course of time they create wonderful pieces of art on the rocks.



Also terns make art by crying harmoniously and looping and swooping when they fly.

Remember to make ecological art, that doesn't leave a permanent mark or damage the island!

Now it's about time to step out of the artist's slippers and leap into the boots of a biologist!



# 7. Search for animals in rockpools

The rockpools on the island are not as empty as they may seem. If you look at them closely and patiently, you will see that they are full of life.



Like a ocean in miniature, Rockpools are home for a variety of plants and animals.



They flourish in rockpools. Small green tubes filled with gas bubbles are gutweed.



The three-spined sticklebacks have taken the strange rockpool habitats in possession. Here they can find lots to eat and shelter from the predators of the sea.

**Did you know, that the rockpools filled with rainwater have a almost completely different flora and fauna compared to those filled with salty sea water?**



All the shrimps, sea snails, water fleas and other inhabitants of the pools taste different but are all very tasty according to the stickleback.

What kind of animals and plants did you find in the pool?

gutweed

tadpoles

stickleback

sea-snails

shrimps

tubes of non-biting midges

hattifatteners

water fleas



**You can find a variety of rockpools on most islands. Fish and shrimps often live in the pools close to the shore, where the waves reach. Farther from the shore, in pools with abundant vegetation, you can find tadpoles and smooth newts.**

**After this close-up its time to stretch your legs and view the island from a wider perspective!**





# 8. Climb a high spot on the island

After the end of the ice age, when the enormous pressure of the ice cover relieved, land has been rising in these areas by 0,5 - 1 meter in every hundred years. Therefore the islands are growing constantly and their highest points are also their oldest points.



Islands have their own microclimate which causes the vegetation to grow in zones. The zonation is best observed when one rises from the shoreline towards higher ground.



From the islands vantage point one can almost see the roundness of the earth.



Trees and bushes like pine, juniper and spruce grow higher up in a dry environment.



Towards the shoreline vegetation changes as low-growing maritime plants take over the shore.

What did you see from your vantage point?

heavy low flying cumulus clouds

light feathery clouds floating high in the atmosphere

sails in the open sea

cargo ships

the horizon

vegetation in zones

sea monsters at world's end

a grey sky



If you can estimate how high above the sea level the highest point of the island is, you can calculate how many years ago the whole island was still beneath the water.

Terns stand out white and beautiful against the blue sky, but have you noticed that the sky isn't evenly blue but rather it turns white towards the horizon?

Feeling dizzy? Also the thought that this island has been under a three kilometers thick ice sheet is so overwhelming that it makes one dizzy.

From the height down to the beach!



# 9. Take a close look at the shore

Algae grow in distinct zones on the rocky shores of islands. In shallow water you find **green algae**, in deeper water **brown algae** and in even deeper water **red algae**.



The filamentous green algae are the green grass of the archipelago. If you look at it closely, you might see small shrimps rushing about in and between the tufts.



The bladders of the bladderwrack are full of air, and therefore the biggest algae of the Baltic Sea floats effortlessly in the water.



By turning stones that are under the surface you can take a peep at the secret world. Remember to put the stones back in their places once you have finished.

The algal zones are the kindergartens of the archipelago. In them a variety of the inhabitants of the Baltic are looking for shelter and food and are having a ball while growing up.



The bladderwrack forest is full of surprise and hustle and bustle of fish and small grooving sea animals.

What did you find on the beach?

- barnacles
- bladders of bladderwrack
- sea-snails
- shrimps
- green filamentous seaweed
- algae in zones
- fish
- message in a bottle

On the shore terns and many other sea birds, find their daily food as well as food for their constantly hungry chicks.



From the beach towards the future!



# 10. Do a good deed for your island

Stop for a minute and think about the threats to the islands and what you can do for the island here and now.



Respect the animals and plants on the island and leave as small a footprint as possible on the island.



Look at the island with the tern's eyes. Plastic trash and fishing lines are especially dangerous to terns. Birds and other animals on the island get tangled in the lines and drown.



Learn to observe nature and to notice the behaviour of birds to make sure you don't disturb the nesting or young birds.



Right choices make a difference! Where to land? Where to stay? Where to camp? Where to walk? On islands small choices can have a huge impact.

What did you do for the island?

I found a fishing line and picked it up

I picked litter from the shore

I thought about the eutrophication of the coastal waters and the causes for it

I thought about my own ways and means to contribute to water protection in my daily life

I thought about what the terns think of me

I thought about how the time spent on the island have altered my will to protect the archipelago

Eutrophication, oil spills, environmental toxins, waste waters...

The list is long and the archipelago has many threats. You may think that you cannot influence such big matters, but in the different stages of life you sure can. A good start in solving the problems of the archipelago is that you are aware of the problems!



Trash, pollutants and toxins often travel great distances from their place of origin before they end up in the sea and on shores. Therefore many of your daily activities near shores as well as at home, have an effect on the state of the coastal waters. Spending leisure time here in the archipelago generates will and motivation to protect it when one is back in daily life again.