



Fennoscandia's largest **aapa-mire system in the Ponoy River valley** (Murmansk Region, Russia), listed as a Ramsar site by Wetlands International, as well as an important bird area by Russian Bird Conservation Union and

BirdLife International. The image shows the complex structure of the wetland system with its various mire types. The system is heavily flooded (dark blue and black colors ) over the spring season (May).