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In the 20th century rivers of the Polish Carpathians were considerably modified due to human impacts, with significant detrimental effects of the impacts revealed in the channels and on the valley floors. Many reaches of these rivers run far from settlements and infrastructure and this makes their restoration possible without a danger to human life and property.

Environmental changes that occurred in the catchments of Carpathian rivers during the 20th century invalidate the historical state of the rivers as reference conditions for their restoration. Instead, reference conditions should be defined as those which exist or would exist under present environmental conditions in the catchment but without human influence on the channel, riparian zone and floodplain of the river.



