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Mozambique experiences a tidal range that is nearly double the 2 m range in South Africa; around Maputo, enormous tidal flats form in the bay. Sunrise and an early-morning fishing dhow on the horizon contrast with the ripple-etched tidal flats, which extend for kilometres at low tide. The bay is highly productive and extensively harvested by artisanal fishers who gather everything from crabs to fish.

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