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*Tsitsikamma Coastal National Park is one of the oldest Marine Protected Areas (MPAs) in the world, and provides protection to all ecosystems within its boundaries. Most of the coastline is sheer, rugged and pounded by wave action, but the Storms River incises a narrow tree-lined passage of tranquillity that can be visited by boat or viewed from a suspension bridge straddling the mouth. Marine life has been demonstrated to recover in MPAs such as this, and fish within them have increased in abundance and number, which can benefit surrounding areas in two ways: by export of eggs and larvae from the MPA, and by 'spill-over' of adults as they move beyond the bounds of the MPA. The tourism, educational and research benefits of MPAs are also substantial.*

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