**Coastal Lowlands**

In the zone of coastal lowlands, several types of landscapes occur. There are flat coasts with sandy beaches, steep cliffs, and tall "wandering dunes." A characteristic feature of the Polish coast is long spits, such as the Hel Peninsula. Some of them have enclosed former sea bays, forming coastal lakes, e.g., Łebsko Lake. The largest rivers – the Vistula and the Oder – build deltas at their mouths. Pine trees prevail in coastal forests. In summer, there is lively tourist traffic on the Baltic Sea coast.

A close-up of a map

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