Surreal blue waters, spectacular beaches and lush forests make the Andaman and Nicobars some of the most beautiful islands in the world. Whether it's a family vacation, diving expedition, trek through the forest or a great meal of fresh seafood, there is much to enjoy here! Even when on holiday, there are ways in which we can take responsibility and help preserve its beauty.

Leave no trace behind!

Do ensure that the spaces you visit remain as you found them even after you leave. Plastic bags are banned in the islands, so make sure that you dispose waste responsibly and take back the plastic you bring with you.

Be mindful of consumption.

Electricity and most food produce is imported to the islands, so do consume only as much as needed. Try to eat local and support small-scale fisheries.

Avoid disturbing marine life.

When snorkelling, diving or walking on the beach at low tide do not touch, step on or break the living reef. Do not collect seashells, coral or any marine life.

Stay informed and aware to **PROTECT these ECOSYSTEMS!**

FOR FURTHER DETAILS, CONTACT:

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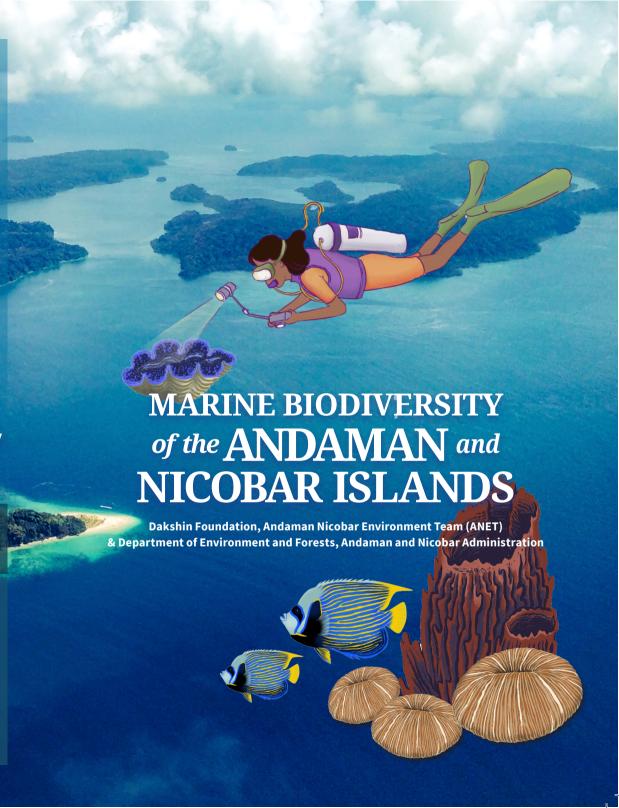
Reef creature illustrations by: Prabha Mallaya for Dakshin Foundation's REEF LOG initiative, supported by PADI Foundation Diver & Coral reef Background illustration: Shruti Kabo

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The Andaman and Nicobar Islands, home to 6 indigenous tribes, harbour a variety of highly biodiverse ecosystems.

The Andaman Islands are extensions of the submerged Arakan Yoma mountain range of Myanmar, while the Nicobar Islands form part of the Sumatra range. These islands have been separated from the Asian continent by deep seas for over 20,000 years, leading to the evolution of unique ecosystems and more than 180 species that aren't found anywhere else in the world! Such unique species are called endemic.

Over 80% of the Andaman and Nicobar land area is covered in evergreen and deciduous **Tropical Rainforests.** More than a quarter of the animals and plants found here are endemic.

Littoral Forests are those found between the seashore and the tropical rainforest, they contain species like the Sea Mahua, Pandanus and Nypa Palms.

Rocky Beaches

Today, the population of Andaman & Nicobar is over 4 lakh people comprising primarily settler groups from the Indian mainland and Myanmar. The indigenous tribes form less than 8% of the total population and include the Great Andamanese, Jarawa, Sentinelese and Onge in the Andamans, the Nicobaris and Shompens in the Nicobars. The Islands are visited by over 5 lakh tourists annually and thus, tourism plays an important role in the local economy and island ecology.

Given the social and ecological fragility of these islands, significant portions are protected in tribal reserves, nine national parks, 96 wildlife sanctuaries and one biosphere reserve. The Andaman Islands have the largest marine national parks in India including the Mahatma Gandhi Marine National Park (MGMNP) to the west and the Rani Jhansi Marine National Park (RJMNP) to the east.

Ross Island -Sanctua<u>ry</u>

Rani Jhansi Marine National Park

Lohabarrack Crocodile Sanctuary

- Mahatma Gandhi Marine National Park



Coral Reefs support a high diversity of marine life (see the center fold for more information).

Valid permissions from the Chief Wildlife Warden are required to enter protected areas. Use of plastics, lighting fires, damage to flora and fauna is strictly prohibited.



Sandy Beaches

Mangrove Trees are saltwater tolerant and well adapted to the intertidal zone.

Seagrass Beds are important feeding grounds for threatened species like green turtles and the dugong, which is also the state animal.

Great Nicobar Biosphere Reserve

