

1    **Restoration increases transient storages in boreal headwater streams**

2    Hannu Marttila<sup>a\*</sup>, Jarno Turunen<sup>b,c</sup>, Jukka Aroviita<sup>b</sup>, Simo Tammela<sup>a</sup>, Pirkko-Liisa Luhta<sup>d</sup>, Timo  
3    Muotka<sup>c,b</sup>, Bjørn Kløve<sup>a</sup>.

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5    <sup>a</sup>Water Resources and Environmental Engineering Research Unit, PO Box 4300, 90014 University  
6    of Oulu, Finland; hannu.marttila@oulu.fi, bjorn.klove@oulu.fi

7    <sup>b</sup>Finnish Environment Institute, Freshwater Centre, PO Box 413, 90014 Oulu, Finland;  
8    jarno.turunen@environment.fi, jukka.aroviita@environment.fi

9    <sup>c</sup>Department of Ecology and Genetics, PO Box 3000, 90014 University of Oulu, Finland;  
10    timo.muotka@oulu.fi

11    <sup>d</sup>Metsähallitus, Parks & Wildlife Finland, Karhukunnaantie 2, 93100 Pudasjärvi, Finland; pirkko-  
12    liisa.luhta@metsa.fi

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14    \*Corresponding author at: Water Resources and Environmental Engineering Research Unit, PO Box  
15    4300, 90014 University of Oulu, Finland. *Telephone: +358 294 48 4393, E-mail address:*  
16    *hannu.marttila@oulu.fi* (H.Marttila)

17  
18    **Abstract**

19    Bed siltation can drastically alter the physical conditions of headwater streams and is therefore a  
20    stressor for stream ecosystems. We studied 32 headwater streams that represented near-natural  
21    (reference) (N = 11), sediment-impacted (N = 12) or wood (N = 4) or stone-restored (N=5) streams  
22    to quantify how extensive siltation and restoration with either large woody debris (LWD) or boulder  
23    structures influence transient storage conditions. We carried out repeated stream tracer experiments,  
24    field measurements of habitat characteristics, and numerical simulations to determine the effects of  
25    siltation and restoration on total transient storage (TTS). Compared with reference streams, impacted

streams had a smaller storage zone cross-sectional area ( $A_s/A$ ) ratio and fraction of median travel time due to transient storage ( $F_{200}$ ), whereas restored streams had transient storage conditions similar to near-natural conditions. Both of the two restoration methods had positive but differing impacts on bed sediment and transient storage properties. The LWD restoration created diverse TTS conditions whereas boulder restoration decreased fine sediment cover. Addition of both LWD and boulders could thus aid the recovery of headwater streams from excessive sediment input and increase transient storage and in-stream habitat complexity.

**Keywords:** restoration, transient storage, headwaters, sedimentation, siltation, modelling

## 1 Introduction

Increased sediment deposition to stream beds from human alteration of catchment land use is a global concern and poses a particular challenge for the restoration of headwater streams with limited sediment transport capacity. Headwaters form ecotones with their terrestrial surroundings and often support unique elements of regional biodiversity (Turunen et al. 2017). Because of their intimate links with the surrounding catchment, headwater streams are highly sensitive to anthropogenic land use stressors. While sediment transport and deposition is a natural phenomenon and is essential for many stream processes, any additions to natural transport rates may alter the stream bed and hydraulic conditions and, consequently, the stream biota (Jones et al. 2012).

The impact of increased sediment flux on stream biota is typically related to deposits rather than suspended material. Extensive sediment load reduces natural depth variation (Marttila et al. 2012) and can be a stressor for stream organisms (Louhi et al. 2011, Jones et al. 2012). Decreased depth variation reduces availability of deep pools and movement of sediments causes streambed instability. Furthermore, deposits influence transient storage processes, as well as water exchange between the storage and the main channel (Brunke and Gonser et al. 1997). In natural streams,

51 variations in substratum and streambed morphology create diverse transient stores within the  
52 hyporheic zone and backwater areas, eddies and pools (Bencala and Walters 1983), providing habitat  
53 for benthic algae and accumulation zones for organic matter (Mulholland et al. 1994). Transient  
54 storage is also essential for solute transport and many biogeochemical processes in stream networks  
55 (DeAngelis et al. 1995).

56 Total transient storage (TTS) zones are features where water velocity is slower than in the  
57 advective flow of the main channel (Bencala and Walters, 1983). These zones, such as hyporheic  
58 transient storage (HTS) and surface transient storage (STS) zones (e.g. side pools, eddies, vegetation,  
59 debris dams, wood material), provide shelter and refugial habitats for stream biota and are essential  
60 for several biogeochemical processes (Johnson et al. 2016). A major benefit of woody structures is  
61 the control of local flow conveyance and shaping of the bed structure. In stream restoration,  
62 estimation of transient storage properties has received limited attention, despite its potential for  
63 measuring restoration success (Mason et al. 2012). In previous studies, Bukavestas (2007)  
64 demonstrated changes in median travel times in channelized streams after restoration, whereas TTS  
65 was largely unaffected, except in reaches where backwater areas were created. Restoration has been  
66 shown to enhance transient solute exchange (Becker et al. 2013), increase residence time (Mason et  
67 al. 2012), and extend the spatial and temporal extent of hyporheic flow paths and, consequently, TTS  
68 (Smidt et al. 2015). In general, restoration alters TTS because of increased heterogeneity in flow  
69 patterns.

70 Most restoration projects in Finland have targeted medium to large rivers, while headwater  
71 streams have received much less attention. Another recent development in stream restoration has been  
72 the adoption of a more holistic approach to evaluate restoration success, by accounting for both  
73 ecological, sociological and cultural services provided by stream ecosystems (Palmer et al. 2014).  
74 Nevertheless, there is still a lack of even a basic understanding of how restoration modifies the  
75 transient storage properties of streams, especially in headwaters where sediment deposits affect

transient storage conditions (Hünken and Mutz 2007). Addition of boulders and/or large woody debris (LWD) are the most typically used in-stream restoration measures. Unlike natural streams, streams draining forestry-impacted catchments are typically devoid of LWD (Turunen et al. 2017). Large woody debris modifies habitat characteristics (Pilotto et al. 2014), traps sediments and organic matter (Koljonen et al. 2012) and controls hyporheic-zone exchange processes (Mutz et al., 2007). Therefore, the benefits of LWD for restoration have been recently acknowledged (Louhi et al. 2017).

The aim of this study was to improve our currently limited understanding of the potential changes in reach scale transient storage conditions caused by (i) siltation from land use and by (ii) headwater stream restoration. We hypothesize TTS conditions and bed sediment conditions should differ between i) near-pristine (reference) streams, ii) streams impacted by anthropogenic land use-induced sedimentation, and iii) streams restored with additions of either boulders or LWD. We expected i) greater fine sediment accumulation in impacted streams, ii) sediment deposits to have impaired reach-scale TTS conditions in impacted streams, and iii) that restoration measures have shifted TTS conditions closer to pristine. We also examined whether transient storage modelling via solute breakthrough analysis could be a beneficial tool for evaluating restoration success, especially in headwater streams.

92

## 93 **2 Methods**

### 94 **2.1 Study streams**

All the study streams lie within the mid-boreal ecoregion in north-east Finland, in the headwaters of the River Iijoki basin (total catchment area 14,191 km<sup>2</sup>) (Fig. 1). The selected streams represent typical headwater streams of the region, being circumneutral and slightly colored by dissolved organic carbon (DOC) due to high peatland cover in stream catchments. By ‘headwater’, we refer to first- and second-order streams by Strahler classification, varying from 0.5 to 3.5 m wide. The ground vegetation near stream channels is composed of forbs, *Sphagnum* moss, sedge (*Carex* sp.), and willow

101 (*Salix* sp.) species, whereas tree stands are mixed stands of Scots pine (*Pinus sylvestris* L.), Norway  
102 spruce (*Picea abies* Karst. (L.)), and downy birch (*Betula pubescens* Ehrh.). The geology of the region  
103 consists predominantly of glacial fine lodgement till and esker formations, with peat in sloping or  
104 valley fens. Long-term mean annual precipitation is 695 mm, mean air temperature 0.2°C, and mean  
105 evapotranspiration approximately 230 mm, resulting in base flow throughout the year. Permanent  
106 snow cover typically lasts from December to April, with snowmelt-induced spring floods in early  
107 May.

108         The main anthropogenic pressure in the region generally, and also in the catchments of our  
109 study streams, is forestry. Finland has a strong tradition of peatland drainage. Many peatlands,  
110 including those in the study region, were drained by ditching during the 1960-1980s to support forest  
111 growth, resulting in extensive impacts on headwaters. Peatland drainage operations typically increase  
112 inputs of sediments and nutrients to downstream water courses (Marttila and Kløve, 2010). In the  
113 study region, many ditch networks in the past drained directly into a stream channel and some stream  
114 sections were straightened to improve water withdrawal. While the finest sediments have flushed  
115 from the stream network since drainage, sand-sized particles have deposited within the streambeds.  
116 This extensive deposition has reduced water depth, decreased habitats for fish and invertebrates, and  
117 covered natural stream substrates such as wooden debris and aquatic mosses (Marttila et al. 2012).  
118 Drainage activity largely ceased during the 1990s but old forest drains are still being maintained in  
119 economically productive areas.

120         In this study, we selected nine first-order streams that had been impacted by fine sediment  
121 accumulation and were restored 3-7 years (median: 6 years) prior to sampling. Four of the streams  
122 were restored using mainly wooden restoration structures (hereafter Res-w) to i) increase flow scour  
123 to the stream bed, and thereby potentially promote transport of deposited fine sediments, and to ii)  
124 increase TTS. The volume of added wood was on average 7 dm<sup>3</sup> m<sup>-2</sup> (range: 4.7-9.1 dm<sup>3</sup> m<sup>-2</sup>). Five  
125 of the streams were restored using stony structures (Res-b), consisting of boulders (Ø 30-50 cm),

126 large cobbles ( $\varnothing$  10-20 cm), and gravel ( $\varnothing$  3-7 cm), with the aim of increasing in-stream  
127 heterogeneity. Some wood (average  $3 \text{ dm}^3 \text{ m}^{-2}$ , range:  $1.3\text{-}6.7 \text{ dm}^3 \text{ m}^{-2}$ ) was also present naturally in  
128 these streams, but much less than in the wood-restored streams. Restoration focused on woody  
129 structures to increase variation in water depth and enhance sortation of the settled bed sediment  
130 (Tammela et al. 2010). Restoration actions were extended to the surrounding catchment to prevent  
131 transport of additional sediment inputs from the drained areas. These actions were carried out at all  
132 sites and typically included filling of old ditches and constructing overland flow fields. Additionally,  
133 we sampled 11 near-natural reference (Ref) streams with near-absence of drainage activities in their  
134 watersheds, as well as 12 streams impacted (Imp; no restoration) by fine sediment deposition from  
135 drainage. The latter streams were in a similar condition to the restored streams prior to their  
136 restoration.

137

## 138 **2.2 Tracer measurements**

139 Channel hydraulics and transient storage variations in streams were studied by injecting a  
140 conservative tracer pulse (NaCl) into the stream (Stofleth et al. 2008). All tracer tests were conducted  
141 during base flow conditions between August and October 2013. The selected sampling reach was a  
142 300-m long section of a stream containing both riffle and pool areas, and influenced by substantial  
143 sediment siltation (except reference sites). We selected study streams and reaches with similar  
144 geomorphology (width:depth ratio, bankfull depth and width, and baseflow conditions, Table 1),  
145 allowing a better comparison between different stream groups. In all streams, channels were well  
146 defined, allowing us to quantify bank-full statistics. Channel gradient was on average higher in the  
147 boulder restored streams, but even then the differences were minor. The study reach was divided into  
148 six 50-m sections, and cross-sections and detailed channel properties were measured for each section.  
149 Five electrical conductivity (EC) data loggers (HOBO U24.001) were installed to the main flow, in  
150 the middle of each cross-section ( $0.6 \times$  water depth), and EC was measured at 10-s intervals. Sites for

151 logger placement were carefully selected and unmixed zones were avoided (see Becker et al. 2013).  
152 A 10-min constant rate injection was added to the upper part of the study reach and EC was measured  
153 until the pulse disappeared completely from the lowest cross-section location. Locations for the tracer  
154 injection and the conductivity logger were selected based on mixing conditions in a stream so that the  
155 tracer immediately achieved laterally well mixed conditions. Furthermore, movement of the tracer  
156 pulse was monitored with hand-held conductivity meters along the reach during the experiment to  
157 ensure constantly well-mixed conditions throughout the study reach. Suitable tracer mixing  
158 conditions were also tested in a separate trial before the tracer tests, and we concluded that the tracer  
159 remained well-mixed throughout the entire reach. The pulse was repeated 2-3 times to minimize  
160 random measurement error. Each sensor was calibrated with stream water and EC values were  
161 transformed to NaCl concentrations.

162

#### 163 2.2.1 Stream channel characteristics

164 All six cross-sections selected for the tracer experiment were measured for water depth, width, and  
165 flow velocity (MiniWater®20, Schiltkecht, Switzerland), and discharge was calculated based on  
166 these measurements. The cross-sections were placed at 50 m intervals and they included both riffles  
167 and pools. Bankfull depth and width were estimated from stream banks using standard procedures.  
168 Sediment grab samples (0-5 cm depth) were taken from five locations per cross-section using a small  
169 scoop, and they were sieved for particle size distribution in the laboratory using phi intervals of 31.5  
170 mm, 16 mm, 8 mm, 4 mm, 2 mm, 1 mm, 0.5 mm, 0.25 mm, 0.125 mm, 0.063 mm and <0.063 mm.  
171 Sediment depth at each sediment sampling location was measured with a metal measuring stick  
172 pushed into the bed sediment. Fine sediment cover was estimated by placing 15 plots, each measuring  
173 0.5 m x 0.5 m, across the sampling reach. For each quadrat, we estimated visually the percentage (%)  
174 of fine sediment cover.

175

176

## 177 **2.3 Data analyses**

178 We used a one-dimensional solute transport model (OTIS, Runkel 1998) to estimate transient storage  
179 in the study streams. OTIS employs a finite-difference model to solve paired partial differential  
180 equations describing solute transport in channels (see <https://water.usgs.gov/software/OTIS/>). The  
181 OTIS model is commonly used in riverine environments to estimate transient storage values.  
182 Although the model only accounts for a single-storage zone, and thus cannot separate surface transient  
183 storage (STS) and hyporheic transient storage (HTS) exchange, it still offers a flexible tool to estimate  
184 total transient storage (TTS) change. The model calculates estimates of the storage zone cross-  
185 sectional area ( $A_s$ ,  $m^2$ ), dispersion coefficient ( $D$ ,  $m \text{ sec}^{-2}$ ), and storage zone exchange coefficient ( $\alpha$ ).  
186 We used these estimates to determine the following storage parameters: dimensionless residence time  
187 ( $\tau_R$ ) ( $= TU/L$ , where  $T = A_s/\alpha A$  (Harvey et al. 1996),  $L$  is reach length,  $m$ , and  $U$  is flow velocity,  $m$   
188  $s^{-1}$ ) and the fraction of the median travel time due to transient storage  $F_{med}$  (Runkel, 2002). The  $F_{med}$   
189 parameter reflects the interaction between advective velocity and transient storage. For the purposes  
190 of comparing values of  $F_{med}$  from different streams and experiments, we used a reach length  $L = 200$   
191  $m$  to standardize the values (Runkel, 2002); thus, all values reported are  $F_{200}$ .

192 We tested for differences between treatments in the physical stream characteristics and  
193 sediment condition responses by using generalized linear models with gaussian error distributions  
194 and identity link function. Differences from reference streams were tested using treatment contrasts,  
195 and effect sizes are reported in terms of differences of a treatment from reference streams, together  
196 with the 95% confidence interval for the differences.

197

## 198 **3 Results**

### 199 **3.1 Bed sediment and channel characteristics**



200 Peatland drainage has transported fine sediments into both impacted and restored streams and bed  
201 sediments in these streams were therefore dominated by sand-sized particles. Sediment size  
202 distribution (d50) did not differ between reference and impacted streams (effect size = -0.3, 95%  
203 confidence intervals (CI<sub>95</sub>) = -0.8-0.06,  $t = -1.7$ ,  $P = 0.102$ ), and reference and boulder restored streams  
204 (effect size = -0.5, CI<sub>95</sub> = -1.0-0.04,  $t = -1.8$ ,  $P = 0.078$ ). Wood-restored streams had significantly finer  
205 sediments than did the reference streams (effect size = -0.6, CI<sub>95</sub> = -1.2- -0.05,  $t = -2.1$ ,  $P = 0.043$ ).

206 Fine sediment cover (%) varied from 9.3 to 100 % (20, 52, 22, and 63 % for reference, impacted,  
207 boulder-restored, and wood-restored streams, respectively) (Table 1, Fig. 2). Fine sediment cover in  
208 reference streams was significantly lower than in impacted (effect size = 30 % (i.e. difference in  
209 percentage cover of fine sediment), CI<sub>95</sub> = 18-42 %, ,  $t = 4.9$ ,  $P < 0.001$ ) and wood-restored streams  
210 (effect size = 42 %, CI<sub>95</sub> = 26-60 %,  $t = 5.0$ ,  $P < 0.001$ ), but similar to that in boulder-restored streams  
211 (effect size = 2 %, CI<sub>95</sub> = -13-18 %,  $t = 0.3$ ,  $P = 0.780$ ). The boulder-restored streams had less sediment  
212 cover than the impacted streams ( $t = -3.57$ ,  $P = 0.001$ ). LWD volume was significantly higher in  
213 reference than in impacted (effect size = -0.008 m<sup>3</sup>, CI<sub>95</sub> = -0.012- -0.004,  $t = -4.1$ ,  $P < 0.001$ ) and  
214 boulder-restored streams (effect size = -0.008 m<sup>3</sup>, CI<sub>95</sub> = -0.013- -0.003,  $t = -3.18$ ,  $P = 0.004$ ), whereas  
215 it did not differ from wood-restored streams (effect size = -0.002 m<sup>3</sup>, CI<sub>95</sub> = -0.007-0.003,  $t = -0.74$ ,  
216  $P = 0.465$ ). LWD volume was significantly higher in wood-restored than in impacted streams ( $t =$   
217  $2.19$ ,  $P = 0.037$ ).

218 There was considerable variation between treatments in channel morphology and several key  
219 environmental variables (Table 1). The width:depth ratio was significantly higher in reference than  
220 in impacted streams (2.11) (effect size = -0.93, CI<sub>95</sub> = -1.7- -0.2  $t = -2.4$ ,  $P = 0.022$ ), and nearly so  
221 when reference was compared to boulder-restored streams (2.07) (effect size = -0.97, CI<sub>95</sub> = -1.7- -0.2,  
222  $t = -2.03$ ,  $P = 0.052$ ), whereas wood-restored streams (2.55) did not differ from reference streams  
223 (effect size = -0.48, CI<sub>95</sub> = -1.5- 0.5,  $t = -0.945$ ,  $P = 0.353$ ) (Table 1, Fig. 2).

224

## 225 **3.2 Transient storage modelling**

226 Restoration did not affect dimensionless residence time (generalized linear model,  $P > 0.097$  for all  
227 comparisons) (Fig. 3a), partly because of considerable variation between streams. The  $As/A$  ratio in  
228 reference streams was significantly higher than in impacted streams (effect size = -2.9,  $CI_{95} = -4.8-$   
229  $0.9$ ,  $t = -2.92$ ,  $P = 0.007$ ) and also higher than in boulder-restored streams (effect size = -2.4,  $CI_{95} = -$   
230  $4.9-0.04$ ,  $t = -1.93$ ,  $P = 0.064$ ), whereas reference streams and wood-restored streams did not differ  
231 (effect size = -0.3,  $CI_{95} = -3.0-2.4$ ,  $t = -0.21$ ,  $P = 0.823$ ). Boulder-restored streams did not differ from  
232 impacted streams ( $t = 0.34$ ,  $P = 0.738$ ) but wood-restored streams had a slightly, albeit non-  
233 significantly, higher  $As/A$  than the impacted streams ( $t = 1.90$ ,  $P = 0.069$ ). Boulder- and wood-  
234 restored streams did not differ from each other ( $t = 1.36$ ,  $P = 0.184$ ).

235 F200 was higher in reference than in impacted streams (effect size = -0.2,  $CI_{95} = -0.4- -0.04$ ,  $t$   
236  $= 2.42$ ,  $P = 0.022$ ), but boulder ( $t = 0.726$ ,  $P = 0.474$ ) and wood restored ( $t = 0.989$ ,  $P = 0.331$ ) streams  
237 did not show any increase in F200 compared with the impacted streams.

238

## 239 **4. Discussion**

### 240 **4.1 Impaired in-stream bed sediment conditions**

241 Extensive siltation (mean siltation depth 15 cm, max. 51 cm,  $d_{50} = 0.78$  mm) following peatland forest  
242 drainage operations had changed local bed conditions and decreased transient storage conditions in  
243 our impacted streams. Restored streams showed lower sediment cover than the impacted streams, but  
244 did not achieve the bed characteristics of pristine streams. Bed sediments in both impacted and  
245 restored streams consisted predominantly of sand-sized particles and restoration efforts thus did not  
246 show any noticeable effect on the particle size distribution of bed sediments. This was presumably  
247 caused by extensive sediment inputs (up to 51 cm siltation depth) and the streams likely need much  
248 more time to recover from the initial drainage disturbance. The mean sediment cover in the impacted  
249 streams was 52%, but up to 100% cover was observed in some streams. In reference streams, only

250 around 20% of the surface area was covered by fines, suggesting a substantial change in bed substrate  
251 cover as a result of peatland drainage. While boulder restoration clearly reduced bed sediment cover,  
252 only a few wood-restored streams had recovered to close-to-pristine bed conditions.

253

#### 254 **4.2 Restored sites show improved transient storage conditions**

255 Our results indicate that restoration structures increase total transient storage conditions (TTS) as  
256 reflected in higher values of  $A_s/A$  (Fig. 3), but had no effect on the residence time. This accords with  
257 Bukaveckas (2007), who also found no major effect of restoration on travel time. Restoration in our  
258 case mainly involved addition of LWD structures such as underminers (Tammela et al. 2010) and  
259 deflectors, or boulders that modify local flow conditions and bed topography. The overall mechanism  
260 for transient storage in restored reaches was most likely a combination of increased surface transient  
261 storage and hyporheic transient storage zones around restoration structures. However, the OTIS  
262 model cannot separate different transient storages and thus we cannot analyze variation between  
263 storage types. Becker et al. (2013) also observed faster transient storage exchange and increased  
264 transient storage conditions in sites restored using various flow-steering structures. In our restored  
265 streams, the main physical change was increased scouring close to the added structures and increased  
266 variation in water depth. Such local bed modification did not always result in clear impacts on the  
267 reach scale but even a local reduction in fine sediments creates diversity in terms of habitat patchiness,  
268 thus yielding favorable restoration outcomes. Our results emphasize the need for more intensive  
269 restoration efforts in boreal headwater streams. If restoration aims to reach near-natural bed  
270 conditions, then clearly more wood and boulder material should be added to streams that currently  
271 suffer from siltation problems.

272 Using a larger amount of LWD resulted in a slightly higher  $A_s/A$  ratio, indicating that more  
273 wood should be added to improve transient storage conditions. In boulder-restored streams the cover  
274 of bed surface sediments generally reduced, reinforcing the importance of using multiple restoration

measures to improve both benthic and riparian habitat conditions (Turunen et al. 2017). Boulder-based restoration seems to be more effective than wood-based restoration at restoring benthic habitat structure in sediment-stressed streams, with benefits for the recovery of in-stream biota such as bryophytes and benthic invertebrates (Turunen et al. 2017). However, wood-based restoration changes riparian plant communities towards those of natural streams, suggesting changes in riparian soil moisture and flood regime (Turunen et al. 2017). Individual wooden structures (Tammela et al. 2010) may be effective for only a few meters from the structure, creating localized transient storage areas. This was particularly evident in silted headwater streams with limited transport capacity.

Our modelled values are largely in agreement with previous studies in corresponding environmental conditions. Values of  $A_s/A$  averaged  $3.05 \pm 2.61$  (SD), which is higher than reported for sandy ( $0.32 \pm 0.22$ ) or coarse-bed streams ( $0.47 \pm 0.64$ ) (see Stofleth et al. 2008 for a comparison). However, our study streams are boreal headwater streams, where the width:depth ratio is generally different from that of sand or gravel-bed streams (Marttila et al. 2010). Boreal , headwater streams typically have stable vertical banks that create a lower width:depth ratio and deeper water areas. The parameter  $F_{200}$ , a useful measure of TTS for inter-site comparisons (Runkel 2002), responded variably, but within the range of values generally reported for streams (Stofleth et al. 2008). The influence of storage properties typically tends to decrease as stream velocity increases (Runkel 2002). This was also evident for the  $F_{200}$  values in our data. This forms a potential source of temporal variation for TTS in the OTIS model output. For this reason, we conducted our experiments during base flow conditions and in similar stream reaches to ensure comparability across the streams. We also selected our study streams so that they represent similar geomorphological properties, allowing a better comparison between the groups. To our knowledge, this is the first study documenting transient storage conditions in boreal headwater streams, and thus our values cannot be directly compared with data for other types of streams.

299 Our results are in agreement with previous solute transport studies in that channels with woody  
300 obstructions had higher median travel times associated with transient storage ( $F_{200}$ ) and proportionally  
301 greater transient storage areas ( $A_s/A$ ) (Ensign and Doyle 2005, Stofleth et al. 2008). In those studies,  
302 solute retention was attributed to changes in surface storage, such as eddies, pool volumes, and  
303 meanders, rather than retention in the hyporheic zone. In the present study, the change in surface  
304 storage was indicated by a large  $A_s/A$  ratio and high storage zone exchange coefficient ( $\alpha$ ) in near-  
305 natural and wood-restored streams. In contrast, impacted and boulder-restored streams had smaller  
306  $A_s/A$ , demonstrating the increasing influence of hyporheic zone storage in these streams. While LWD  
307 clearly influences transport of solutes, hyporheic exchange rates near the structures are too slow or  
308 small to influence reach-scale transient storage (Sawyer and Cardenas, 2012). While our analysis  
309 could not separate between different storage types, even a small proportional increase in hyporheic  
310 exchange can be ecologically and biogeochemically beneficial, as it increases habitat complexity of  
311 the stream bed (Wondzell 2011).

312 Headwaters form a major proportion of stream networks and are highly connected to the  
313 surrounding terrestrial environment; thus any disturbance to these small streams will also affect  
314 downstream habitats (Wipfli et al. 2007). Headwater streams offer multiple ecosystem services  
315 beyond local stream channels, and their protection and restoration are therefore essential for  
316 maintaining the integrity of river networks (Hill et al. 2014). Adding LWD and boulders is important  
317 for stream biota and also has benefits for local hydraulic conditions, thermal conditions (Sawyer and  
318 Cardenas, 2012) and total transient storage conditions, as shown in this study. Moreover, the benefits  
319 of channel restoration are not limited to the stream, but extend to the riparian zone (Hasselquist et al.  
320 2015, Turunen et al. 2017) and to downstream areas (Alexander et al. 2007). Indeed, future restoration  
321 operations, especially in headwaters, should be performed simultaneously in channels and the riparian  
322 zones.

323

## 324 **5 Conclusions**

325 Restoration with either wood or boulders resulted in several positive impacts on bed sediment and  
326 transient storage conditions, creating more diverse total transient storage conditions and decreasing  
327 fine sediment depth and cover. Restored sites showed a higher storage zone cross-sectional area  
328 ( $As/A$ ) than impacted streams, but had no effect on residence times. LWD had a stronger effect on  
329 TTS conditions than did boulder additions, whereas boulders were more effective at reducing fine  
330 sediment cover.

331 These results emphasize the need to combine multiple measures in the restoration of headwater  
332 streams, since different restoration methods had different effects on stream TTS and bed substrate  
333 characteristics. Additionally, boulder vs LWD restoration have divergent impacts on stream biota  
334 (Turunen et al. 2017). The restored streams had less added wood than in pristine conditions, and we  
335 recommend using more LWD in headwater stream restoration. While our study does not provide  
336 direct information to guide stream managers about the optimal amount of wood to be added, previous  
337 studies have suggested values exceeding  $30 \text{ m}^3 \text{ ha}^{-1}$  (Louhi et al. 2017) which is still much lower than  
338 what was observed by Liljaniemi et al. (2002) in historically unmodified, pristine streams in the  
339 Russian Karelia. Finally, our study shows that transient storage modelling can be used to evaluate the  
340 success of hydro-physical restoration.

341

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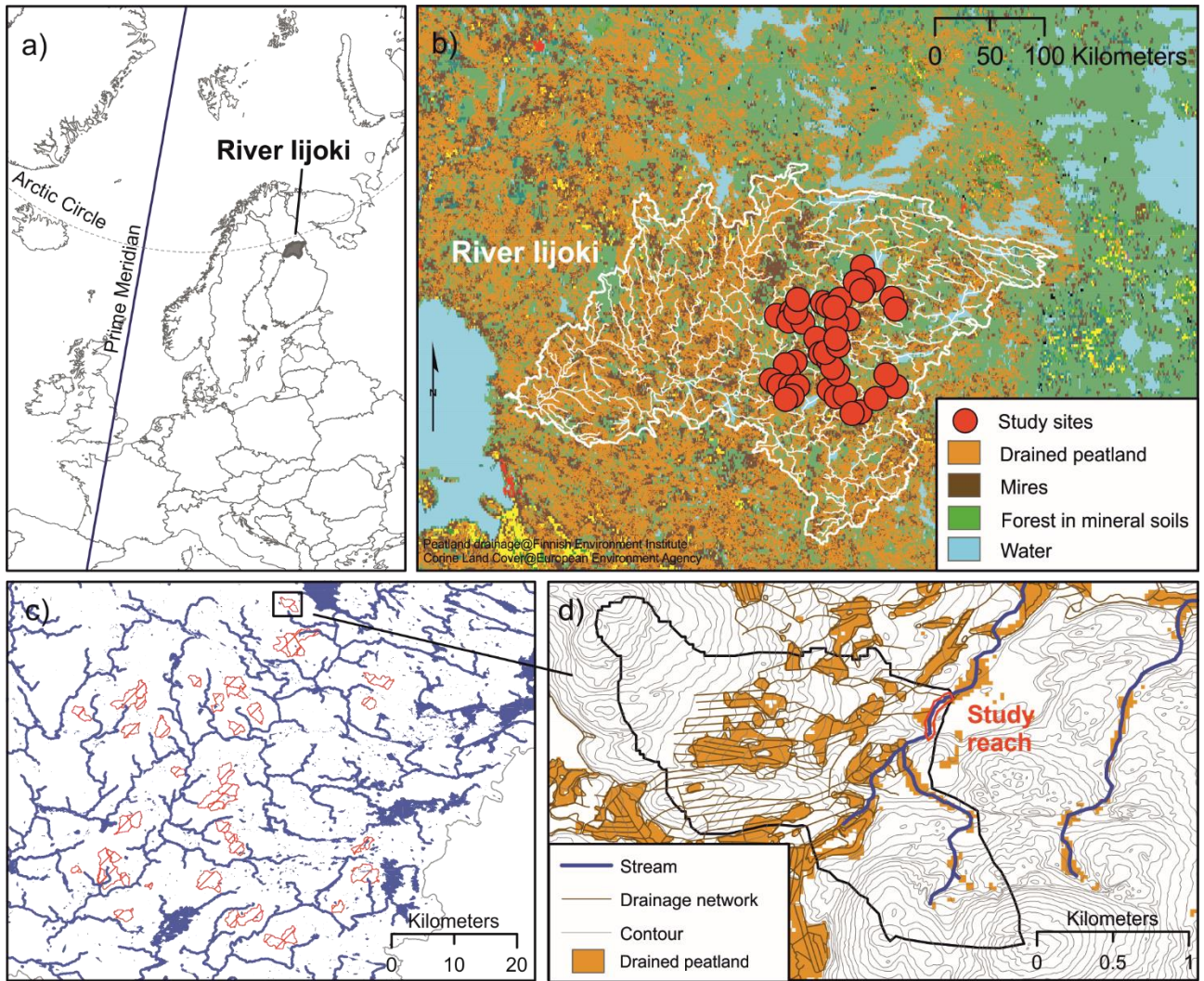
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468 Figure 1. a) Location of the study area in Finland, and of b) study streams and c) catchments in the  
 469 River Iijoki basin. A representative study reach (the restored stream Vantunlamminoja) is also  
 470 shown (d).

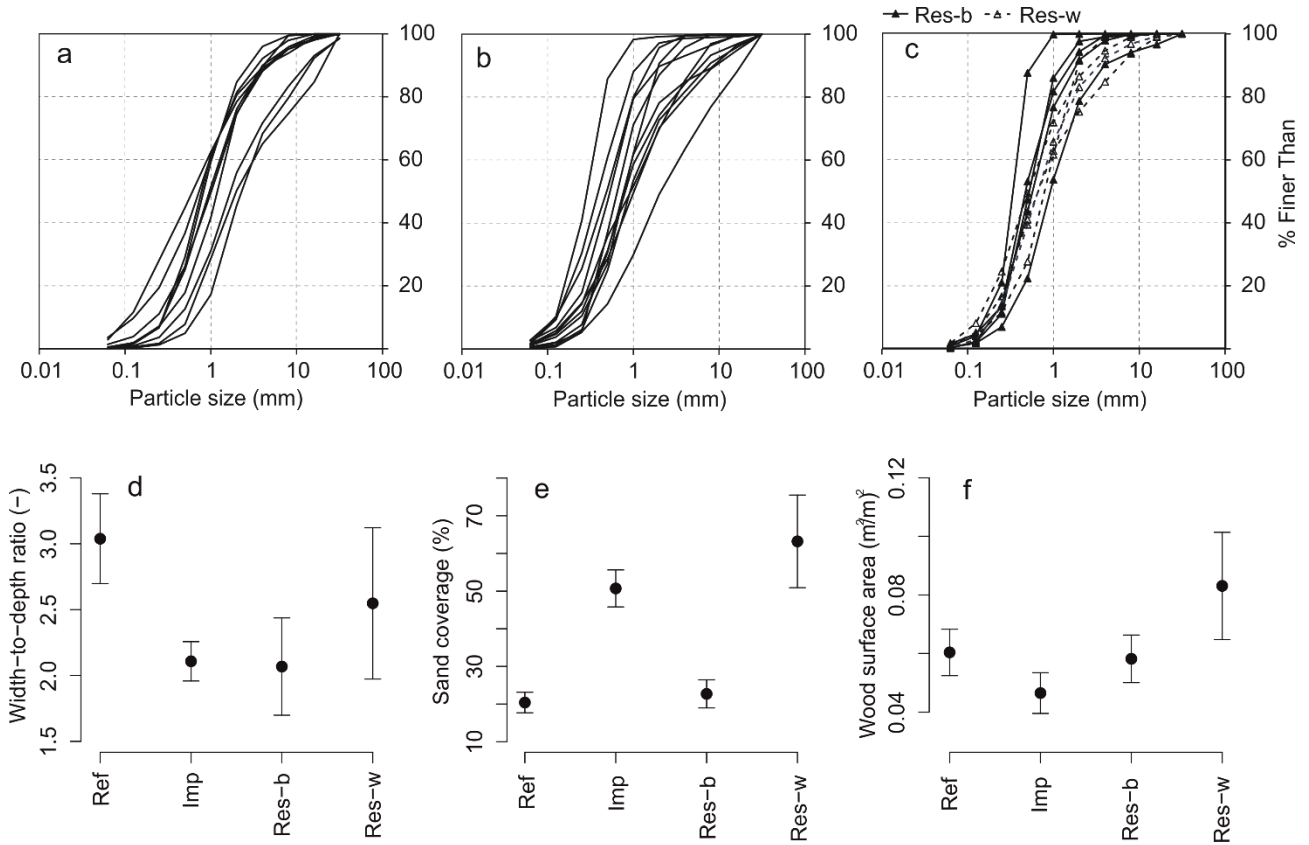


Figure 2. Cumulative particle size distribution of bed sediments in a) reference, b) impacted, and c) boulder-restored (Res-b) and wood-restored (Res-w) streams. Also shown are d) width-to-depth ratio, e) sand coverage and f) wood surface area in each treatment.

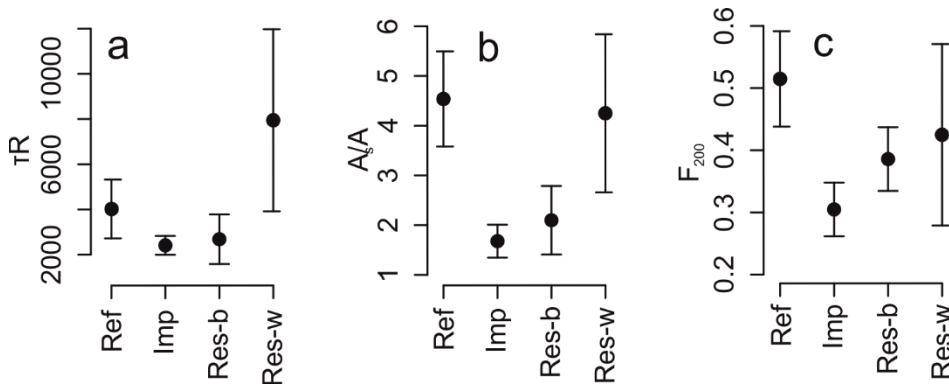


Figure 3. Variation in a) dimensionless residence time ( $\tau_R$ ), b)  $A_s/A$  ratio, and c) fraction of median travel time due to transient storage ( $F_{200}$ , standardized to 200 m) in reference (Ref), impacted (Imp), boulder-restored (Res-b), and wood-restored (Res-w) streams.

480 Table 1. Means and standard deviations of environmental variables for each stream group.

Treatment	Reference	Impacted	Boulder-restored	Wood-restored
Catchment area (km <sup>2</sup> )	3.4 ± 1.6	4.5 ± 2.2	3.7 ± 1.9	2.9 ± 1.5
Channel gradient (-)	0.0094 ± 0.01	0.0053 ± 0.005	0.007 ± 0.007	0.01 ± 0.01
Bankfull depth (m)	0.54 ± 0.12	0.65 ± 0.17	0.65 ± 0.17	0.55 ± 0.1
Bankfull width (m)	1.55 ± 0.37	1.35 ± 0.32	1.30 ± 0.45	1.29 ± 0.25
Discharge during test (L s <sup>-1</sup> )	0.98 ± 0.22	1.07 ± 0.31	1.16 ± 0.32	0.67 ± 0.19
D (m <sup>2</sup> s <sup>-1</sup> )	0.25 ± 0.25	0.15 ± 0.11	0.06 ± 0.05	0.03 ± 0.02
α (s <sup>-1</sup> )	4.1×10 <sup>-4</sup> ± 3×10 <sup>-4</sup>	2.8×10 <sup>-4</sup> ± 1×10 <sup>-4</sup>	3.7×10 <sup>-4</sup> ± 2×10 <sup>-4</sup>	4.9×10 <sup>-4</sup> ± 4×10 <sup>-4</sup>
Dal (-)	2.82 ± 2.62	1.36 ± 0.59	4.10 ± 5.45	1.25 ± 0.97

481 D is dispersion coefficient; α is storage zone exchange coefficient; Dal is Damkohler number.

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