

# Go with the Flow:

## Understanding How Water Moves Onto, Through and Away from Your House Site

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Water travels through a watershed (the catchment area) in two ways, across the land surface and down through the ground. As water traveling on the land surface moves along, following the path of least resistance, it passes across various types of land and land uses. In a state as geographically diverse as New Hampshire, a drop of water from irrigation, rain or snowmelt might travel across neighborhood roads and your driveway, through a wooded area or an open field. Unless it infiltrates down into the ground, gets intercepted by a plant or evaporates into the atmosphere, the drop will end up in a lake, pond, stream, wetland or estuary. As water travels downhill on the landscape it picks up small particles and soluble materials and carries them along to the waterbody at the end of its journey. It might pick up pesticides or fertilizers from a backyard garden or salts and oils from a driveway or patio. In times of heavy rain, fast moving waters can pick up large particles of soils and sediments and deliver large pollutant loads to our surface waters. This flow of water and materials from a given location across the land surface and into our water is called “runoff”.

Controlling water runoff should be a major objective of any shoreland landscape design. As water collects and flows through channels, it gathers energy and increases its erosive force. The faster water flows, the greater the particle size and quantity of pollutants it can carry along to the receiving water body (pond, lake, stream, river, wetland or coastal water). Modifying the landscape with any type of development has the potential to degrade soil and water, resulting in changes in water flow, nutrient- and pollutant-loading, and groundwater recharge. However, if you start with a plan that takes into consideration the specific water runoff situation on your house site, your new landscape design could even improve the quality of water coming off it.

This overview will guide you through the process of assessing your current runoff situation and offer various strategies you can use to minimize the runoff from your house site. Combining these approaches with appropriate choices of plants and horticultural products is key to ensuring a healthy shoreland environment. More detail and instructions on how to map out your site assessment and design an integrated landscaping plan can be found in the UNH Cooperative Extension publication: **Landscaping at the Water's Edge: An ecological approach (2<sup>nd</sup> edition)** which can be ordered from the publications office : [www.extension.unh.edu/publications](http://www.extension.unh.edu/publications).

### Common Runoff Control Strategies

**Infiltration** - allowing water to percolate into the ground where it can be filtered by soils rather than running across the land surface where it can cause erosion and collect pollutants.

**Detention** - holding back or “ponding” a volume of water to slow the speed of its outflow. In some cases water detention may also allow for infiltration and evaporation to reduce the resulting outflow volume.

**Diversion** - preventing water from traveling over the area of concern, thereby reducing surface runoff damage and minimizing the potential for erosion and the transport of nonpoint source pollutants.

**Flow Spreading** - allowing a concentrated flow to spread out over a wide, gently sloping area to reduce the water velocity and encourage infiltration.

**Plant absorption and transpiration** - the movement of water from the shallow soil into the plant roots, up through the stems and leaves and the release of water vapor through the leaf stomates (under-leaf openings) to the atmosphere.

## Typical Techniques used to control runoff

**Berm** – a stabilized mound of dirt or stone to create a diversion and/or redirect water flow

**Check dam** – A small mound of stabilized dirt or stone that breaks up the flow of water in a drainage ditch or trench to slow down velocity and allow for the settling of heavier materials.

**Cut-in (or Cut-out)** – A small trench that diverts water flow away from the direction of the major flow stream to prevent a significant volume of water from collecting as it runs down a driveway, walkway, or path. Multiple cut-ins may be required for long distances or high slopes.

**Infiltration trench** – A dug-in trench commonly used for roof runoff that allows for storage of runoff and encourages infiltration into the ground.

**Plunge Pool** – A dug-in hole stabilized by stone, typically placed adjacent to a drainage ditch or trench. This allows water to fall below the level of the surface to slow the runoff velocity and capture heavy particle. These are often constructed in a series along a sloped route.

**Rain Garden** – A shallow infiltration basin planted with water tolerant plant species, designed to capture concentrated runoff. Rain gardens are designed to pond water for just a few hours at a time, allowing it to be taken up and transpired by plants or infiltrate into the ground.

**Swale** – A stabilized trench that can act to store water (detention), sometimes also engineered to enhance infiltration.

**Vegetated buffer** – A relatively flat area stabilized with vegetation that allows water flow to spread out, slow down, infiltrate and be filtered by the soil, and/or be intercepted and transpired by plants.

**Waterbar** – A diversion device that diagonally crosses a sloped trail, path or road to capture and divert runoff to the side. Commonly made of a log, a stone, a small reinforced drainage channel, or a partially buried flexible material, a waterbar is most useful for small contributing areas (watersheds less than one acre) that receive light foot and vehicle traffic. Waterbars are spaced according to the slope of the land.

## Following the flow

Paying attention to how water flows (or will flow) into, over and through your home site before, during and after development or landscaping, is critical in determining current and potential negative impacts. Some questions you'll want to answer before proceeding:

- What is the extent of lands and roads above the site that contribute runoff water, and where does the runoff enter your property?
- Where does the water run off impervious surfaces (paved driveways and walkways, roofs, patios, compacted soils, etc) and piped sources (sumps, gutters, etc.) go?
- Where does that water, along with the additional runoff generated in your new design, run over the site? Is it treated by vegetation and infiltrated or does it accumulate?
- Where will that water flow off your site? Does it enter the water body directly?
- Most importantly, how might you modify your design to take advantage of these factors in creating diversions, detention and infiltration areas?

## Investigate the drainageways

Since water moves downhill, you need to walk your property boundary and note where the major water flows occur after a heavy rainstorm. Does the runoff from abutting roads or a neighbor's driveway flow onto your property? Are there any adjacent steeply sloped lands that rise above the level of your property? Are they extensive enough to contribute water flows during rains and snow melts? Make note of all of these off-site contributors to flow. Also note any occasional or perennial wet areas or streams at your property boundary that encroach on your site.

## Investigate onsite runoff generation

**Note any wet areas or seeps on your property.** Now consider how your house and current landscaping features generate runoff. It is always easy to point uphill and blame runoff on other properties, but many people are surprised at how much runoff their own site creates, even in low-density development. Also note whether areas on your land divert runoff onto neighboring properties.

**Take inventory of all paved and compacted areas,** such as driveways, patios and walkways. Can you find evidence of water flow moving off these areas and heading downhill? You may see just a small area of sheet erosion, indicated by the appearance of worn-down gravelly areas with small stones and roots showing because finer soil particles have been washed away. Or you may see rill, visible channels where water has eroded away materials a fraction of an inch to a few inches deep. In the worst cases, you'll find gullies where water flows through channels deep enough for you to step into them.

The potential for erosion and runoff increases with site steepness, area of impervious surfaces, and size of contributing watershed area (land above your site).

**Investigate the point sources of flows on your property** from culverts, drain pipes, and hoses, as well as rain gutters, sump pumps, and tile drainage outlets. Culverts, drain pipes, etc. concentrate diffuse flows that need treatment and diversion to ensure they don't contribute to runoff. If the house doesn't have gutters, look for areas where the roof design intercepts and dumps rainwater onto the property. As you develop your landscape plan, consider ways you might reduce the impacts of those flows.

**Account for any paths, trails and cleared areas that lead to the water.** Shoreland properties almost always have pathways and cleared areas which runoff follows directly into the water body. In the worst cases, a driveway at the top of the property allows water from the road above and the gutter runoff to collect and concentrate. Runoff flowing down a pathway directly into a cleared beach area and into the water often takes a lot of sand with it.

Note how the paths follow the slope of the land. Meandering paths may function to break up runoff before it concentrates, but straight downhill paths encourage flow directly to the water. Also, note the flow-contributing areas that lie above the access area or beach. Do swaths of vegetation above help break up the flow, or does the water pretty much flow straight down and onto the area below?

**Finally, look for areas where water tends to pond** after it rains. Even flat areas may pond water if the soils don't drain well or if there is a lot or shallow ledge or hardpan present. Be sure to keep track of these areas and prevent additional water from reaching these locations.

## **Minimize and divert runoff**

Significant flows coming onto your site may create runoff and erosion problems. Your design should take into account all flows that will come in contact with your newly landscaped area, as well as those flows that may cause runoff concerns in other areas on your property (or your neighbor's).

Of all the methods that can help deal with these situations, diversion and flow-spreading are the most reliable. If you can treat all of the incoming runoff by diverting it and spreading it out over a stable vegetated area before it leaves the property, then by all means do so. However, in situations of high runoff flow coming from off-property sites such as roads, diverting some of the flow may be warranted to keep it from entering your property. The sources of offsite runoff can be diverse and you may not be able to take action without involving neighbors, road associations and municipalities, since road-drainage diversions and treatment systems require professional design and installation.

Use what you have (or can design) to break up, slow down and spread out the flow over or into a vegetated area. The goal is to prevent offsite and onsite flows from accumulating and divert them from impervious areas. You may be able to break up the flow by using shallow channels, stone check dams, small vegetated berms, or alternating areas of low and high vegetation.

Simple drainage cut-ins can break the flow and move the water from long driveways and pathways. In more challenging situations, for example, when sites are very steep or narrow you may need to hire a professional to install a waterbar or similar diversion.

If you can't divert the flows coming onto your site and can't find ways to prevent the flow from concentrating to a significant volume, then consider diverting the water into your existing vegetated areas. Or, create additional vegetated areas to allow the water to slow down, spread out and infiltrate the ground, thus losing most of its destructive force and most of its pollutant load. For this to work, you need an adequately sized vegetated area with minimal slope.

The denser the root systems of the plants in vegetated areas, the greater the volume of water the area can process. Mixed types of vegetation with different root depths will have the greatest impact, as contrasted with lawn like monocultures, which grow a single type of plant. However any type of vegetation is better than a bare, cleared, compacted, or impervious area.

The same holds true for dealing with runoff from pavement, roofs, tile drainage, sump flows, and existing drainageways: capture the water and/or divert it by any means possible (plunge pools, waterbars, berms, swales and drainage trenches) to prevent it from running directly down to the shore. Conditions such as lack of space, steep slopes, and/or proximity to the shore create special challenges to diverting the water from a rain gutter or other concentrated flow. In these situations, consider alternative controls such as rain barrels, storage cisterns and infiltration trenches.

You may be able to cut down runoff generation at the source by replacing impervious areas with porous alternatives. For problematic and excessive stormwater volumes you may need to have something engineered to capture water and pump it into other areas for treatment.

If you have enough space, consider installing a rain garden, a shallow, dug-in area planted with water-tolerant plant species. Rain gardens can collect a significant volume of water during a storm, allowing the water that doesn't get used by plants to infiltrate the ground quickly and prevents it from becoming runoff. When designed and constructed correctly, the surface of a well-designed rain garden will not flood, eliminating concerns about standing water. The publication, **Landscaping at the Water's Edge**, includes resources for more information on rain garden design and appropriate plants. Or call your county Cooperative Extension office for more information.

Properly designed pathways and trails should meander across the slope and allow each segment to throw water off the trail, rather than letting it flow in a straight path, accumulating velocity and pollutants as it moves downhill. The best trails are those that follow the ridges and contours of the property. Some low vegetation planted at the corners of the meanders or staggered alternately on the sides of steeper pathways will help break up, capture, and slow down the flow of water as it moves downhill.

To maximize water quality protection as you consider the ways you want to use and enjoy your waterfront property, the key is to remove as little vegetation as possible. For all lake shores and large rivers, the state's Comprehensive Shoreland Protection Act requires that in the "waterfront buffer" (0-50 feet from shore) natural ground cover and duff (forest litter) shall remain intact. No cutting or removal of vegetation under 3 feet in height (excluding lawns) is allowed. Stumps, roots and rocks must remain intact in and on the ground. In addition, within the waterfront buffer, tree coverage is managed with a 50 foot by 50 foot grid and point system that ensures adequate forest cover and prevents new clear cutting. Within the "natural woodland buffer" (50-150 feet from shore) there are additional protections where 25 to 50 percent of that buffer must remain undisturbed dependent on lot size. See the NH DES Comprehensive Shoreline Protection Act web site for more detailed information (<http://des.nh.gov/organization/divisions/water/wetlands/cspa/index.htm>).

Plan to stabilize a major portion of the shoreline area with a good mix of plants. The more protective vegetation you remove from near the shore, the more you increase the area's potential for transporting pollutants to the lake or stream. Removing taller plants also opens the shore area to receive more sunlight. Exposure to more sun heats up the water, making it less desirable for aquatic organisms and more conducive to submerged and emergent weed growth including exotic invasive species.

Where you locate your water access area is also important. Areas that don't receive significant runoff from the land above make the best locations for minimizing potential impacts. Water access areas that lie directly below a runoff flow may allow the runoff to reach the water without any reduction in impact. If you have no choice of access location, try to create a diversion of the flow away from the shoreline opening and into a more vegetated area using one or more of the approaches discussed above.

**Note:** State wetland laws forbid dumping sand or other materials on the shoreline to make a beach. Wetland permits are required for any beach construction. Sand beaches not naturally present are discouraged as they tend to get washed away. In locations where a small opening, with stable groundcover and perhaps a few flat stones or steps will not do, you can apply for a permit for a small perched beach located just above the shoreline. Contact the Department of Environmental Services Wetlands Bureau for more information, (<http://des.nh.gov/organization/divisions/water/wetlands/index.htm>).

## **Structural approaches**

Most structural modifications for dealing with flow and runoff require professional design and installation. However, homeowners might try one or more of these simpler approaches before calling in the pros:

- Clear existing drainage-ways of accumulated materials, including loose sediments and litter, before the snow melts and the spring rains arrive. Encourage vegetative growth in these drainageways however, as the vegetation removes sediments and pollutants from the water as it passes through.

- If possible, divert other flows into your existing drainageways (as long as they themselves don't directly flow into the water body) by some shallow channeling, the use of check dams of stone or gravel, or by using small berms.
- Break up the water flow by alternating small berms down a sloped area, diverting water off into vegetated areas before it can accumulate in significant volume.

In general, anything you can do by hand or using hand tools doesn't require a permit, as long as you stay at least 25 feet away from the shoreline. Any time you have to use a power tool, vehicle or power equipment, or your project requires significant earth-moving within the 250 foot Shoreland Protection Zone, you will probably need a state permit, and possibly one or more local permits as well.

## Making a Difference

A typical small shorefront lot on a moderate slope with conventional development (house, paved driveway, vegetation cleared for lawn) can increase water runoff, phosphorus pollution and sediment erosion about 5, 7, and 18 times, respectively, compared to an undisturbed, forested lot. By re-growing out a shoreland buffer of 50 feet and infiltrating the roof runoff through trenching or a rain garden, the impacts can be reduced significantly: to only 1.5 times the runoff, 2 times the phosphorus loading and less than 3 times the sediment erosion compared to the undisturbed lot.

With the knowledge of how water flows over and currently runs off your site, you now may want to consider adding water diversions, as well as vegetated buffers and infiltration areas into your landscape design to take advantage of the water-treatment properties of vegetation. The full publication: **Landscaping at the Water's Edge** contains further information on how to maintain and establish shoreline buffers, choose the appropriate plant systems for low impact and low maintenance, and how to plant and maintain lawn areas in an environmentally-friendly way.

Adapted by Jeff Schloss, UNH Extension Professor of Biological Sciences and Cooperative Extension Water Resources Specialist from his contributed chapter in: **Landscaping at the Water's Edge: An ecological approach, 2<sup>nd</sup> edition** ([www.extension.unh.edu/publication](http://www.extension.unh.edu/publication)). JAS 3/15/10