

# The Gentle Beginnings of Sierra Headwaters

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If you can't get out to experience Sierra mountain meadows first hand, then you have to see this video produced by the Sierra Nevada Conservancy starring American Rivers own Luke Hunt and Daniel Nysten.

It spotlights the restoration being done on these tranquil areas in the sierra headwaters, which impact the dramatic rushing rivers located downstream.

To find out more about the clean water and ecosystem benefits of these beautiful and fragile Sierra and learn more about mountain meadow work on our California Regional [Mountain Meadow Restoration](#) page.

Watch the video:

<http://www.americanrivers.org/newsroom/blog/dzitnik-20111021-the-gentle-beginnings-of-sierra-headwaters.html>

