



## **The period of "migration of peoples" recorded in the Młynek lake sediments, northern Poland**

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The surroundings of the Młynek Lake located in northern Poland were favourable for several phases of prehistoric settlement. Along the 3.5 m long core, covering about 2300 years of sedimentation, there was found human activity from the Roman, early Middle Ages and Middle Ages periods as well as the contemporary one. The record of the period between 300 and 1000 years AD seems especially interesting as it corresponds to the time of peoples' migration, in which, according to diatomological studies, a clear deepening of the lake takes place. The people's migration was spurred on by climate change, and in northern Poland, these changes consisted in an increased humidity, probably due to precipitation. The Middle Ages period is marked by the development of agriculture, in which the cultivation of cannabis had its dominant share. The cannabis share in the pollen diagram amounts to over 20%.

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