



Long, narrow ridges of sand or shingle extending from the land into the sea or



A natural, bridge-like rock formation created when marine erosion (hydraulic action and abrasion) cuts completely through a headland, connecting two sea caves



Steep rock faces formed by hydraulic action and abrasion



Rocky, level platforms at the base of cliffs, marking the former position of the cliff



A ridge of sand or shingle connecting an island to the mainland.