



Supplementary Figure S1. Section of a sediment core taken from a tidal point bar (DAC-D, 100-140 cm depth). The homogeneous muddy texture is representative of the cores taken in the tidal realm of the Gorai TFT.



Supplementary Figure S2. Section of a sediment core taken from a mixed tidal-fluvial point bar (KAL-A, 130-150 cm depth). Note the abrupt change in grain size from very fine sand to medium silt, the former interpreted to be deposited during monsoon flood conditions and the latter interpreted as being deposited in the waning stages of the monsoon and dry season.