

HABITATS

Habitats change over time. Waste ground become quickly populated by annuals, giving way over time to shrubs and then trees. Disturbed ground can bring seeds to the surface and allow long-dormant flowers to germinate. Drainage can rob wetland plants of their preferred environment. Non-native species can drive out native plants. Nothing is static.

ROADSIDE VERGES

The 'long acre' can host a surprising variety of plants and even retain elements of local flora that have disappeared elsewhere. Paving absorbs heat and provides drainage, while each side of the road may be sunnier or cooler depending on orientation. Even the grassy strip down the middle is fertile ground for some flowers.

HEDGE BANKS

Hedges are built from dense, woody, often thorny, trees and shrubs, such as Blackthorn, Gorse (Furze), Ash (Rowan) or Hazel. Some have stone walls under the earthen cover. Under and among the shrubs wildflowers can flourish, some by scrambling up through them and others by sheltering under them.

WALLS AND RUINS

Stone walls provide a microclimate, storing warmth and releasing it at night. Different species can grow on top and on opposite sides. Ivy shades out other species and can eventually damage the wall, but provides important insect food and winter cover.

HEATH AND BOG

At higher elevations heath (drier) and bog (wetter) produce an abundance of heathers but also rarer plants in low-growing carpets. Hidden among grasses, flowers can be hard to spot, but some also wash the hilltop with swathes of colour.

SHORES

Shingle and rocky shores host a variety of plants specially adapted to sandy or wet soils and to conditions that can shift and change with stormy weather. If enough plants take root they can help form sand dunes or soil-covered ridges over time.

GRASSLANDS AND MEADOWS

Areas that have not been intensively grazed often lie just over a hedge or across a stream and can display a wide array of colours and shapes from spring to autumn.

GRADE	TRAIL CLASS	SUITS	FOOTWEAR
EASY	Class 1	Family groups, Older children Enthusiasts	Runners
MODERATE	Class 2 Class 3	Enthusiasts and Family groups with moderate fitness	Walking Boots

BALLYDEHOB TRAIL HEAD

Grid ref: OSI 88 ref 9835.

BUTTER ROAD WALK 2¼ hour, Moderate Grade 10km Linear Walk, finish in Schull. 4½ hour walk 20km return to Ballydehob.

ROSSBRIN WALK 2¼ hour, Easy Grade 10km Loop Walk.

KILCOE WALK 1¼ hour, Easy Grade 6.25km Linear Walk, finish in Kilcoe or 2½ hour walk 12.5km return to Kilcoe, 3¼ Hours with all options.

BALLYDEHOB TRAIL HEAD



KILCOE TRAIL HEAD

KILCOE TRAIL HEAD

Grid ref: OSI 88 ref 0335.

LISHEENACREHIG WALK

1¼ hour, Easy Grade, 7.5km Loop Walk,

DERREENARD WALK

2½ hour, Easy Grade, 12km Loop Walk.

BALLYDEHOB WALK

1¼ hour, Easy Grade, 6.25km Linear Walk, finish in Ballydehob. 2½ hour walk 12.5km return to Kilcoe, 3¼ Hours with all options.

LISHEEN TRAIL HEAD

Grid ref: OSI 88 ref 0432

ROCK WALK

30 minute, Easy Grade, 3km Loop Walk,

ILEN RIVER WALK

2 hour, Easy Grade, 8km Loop Walk

BECHER'S WALK

3 - 4 hour, Easy Grade class 2, 13km Loop Walk.

LISHEEN TRAIL HEAD

SCHULL TRAIL HEAD

Grid ref: OSI 88 ref 9231.

BUTTER ROAD WALK

2¼ hour, Moderate Grade 10km Linear Walk, finish in Ballydehob. 4½ hour walk 20km return to Schull.

SCHULL TRAIL HEAD

EMERGENCY SERVICES:

In the event of an accident/emergency **DIAL 999 or 112**

GARDENS & WILDFLOWERS



Fastnet Trails and the **West Cork Garden Trail** are pleased to collaborate on this brochure. We think we complement each other perfectly!

The **Fastnet Trails** is a system of walkable routes that uses side-roads and

boreens around West Cork. We're expanding all the time, so pick up a brochure or find a trail at: Irish Trails (www.irishtrails.ie) and happy walking!

The **West Cork Garden Trail** (www.westcorkgardentrail.com)

is a network of gardens open to the public, each one a jewel of individual garden design.

From the formal to the quirky, from the historic to the more recent, you will discover how

inspired gardeners have worked passionately to realise their vision of their own piece of heaven. A Garden Trail and a Wildflower Trail - a match made in heaven!



PLAN A WILDFLOWER WALK

- ☑ Pick up a Fastnet Trails Brochure at the Tourist Information Centre, or use the map in this one to plan a walk.
- ☑ Make sure dogs are under control and watch out for cars.
- ☑ Wear good walking shoes and bring water and snacks.
- ☑ Keep a sharp look out as you walk - some of the flowers are tiny. Look for flashes of colour among the greenery.
- ☑ Use this brochure to tick off what you see.
- ☑ Don't pick any flowers: take away photos and memories only.
- ☑ Take a photo of any flowers you see and can't identify. We haven't listed trees, shrubs, heathers, and many common wildflowers as we can only fit a selection in this brochure so there's lots for you to discover on your own. Look out for orchids, different types of roses, all those yellow flowers that look like dandelions but are probably something else, and wild strawberries!



- ☑ Back at the Tourist Centre, add the flowers you saw today to the list on the wall, and use our books and resources to identify any you aren't sure about.
- ☑ Let us know about any unusual activity (hedge-cutting, clearing or burning, for example) that might be impacting our wildflowers.
- ☑ Consider downloading the National Biodiversity Data Centre App to submit flower sightings (especially invasive species) from your smart phone - it's easy and you'll feel you're making a difference. www.biodiversityireland.ie

Funded by the Harold Barry Trust. Supported by Ballydehob Area Community Council. Produced with the help of Zoë Devlin, author of *The Wildflowers of Ireland*. www.wildflowersofireland.net



FASTNET TRAILS

presents



Wildflowers of the Mizen



in conjunction with
West Cork Garden Trail

Bladder Campion (Jun-Aug)

Silene vulgaris / Coireán na gcuach
The inflated calyx gives it its name. Likes well drained soil. The leaves are eaten in Spain.

**Primrose (Feb-May)**

Primula vulgaris / Sabhaircin
Native, and one of the first flowers to bloom early in the year. Normally yellow, but it can vary in colour.

**Sea Aster (Jul-Sep)**

Aster Tripolium / Luibh bhléine
Grows so close to the sea that it often has its feet in salt water. Little purple flowers with yellow centres.

**Foxglove (Jun-Aug)**

Digitalis purpurea / Lus mór
Single or massed, up to 75 flowers on a single stem. Can be pale pink or even white.

**Navelwort (Jun-Aug)**

Umbilicus rupestris / Cornán caisil
Grows on walls. Also known as Pennywort or Penny Pies, the leaves make an edible addition to salads.

**Meadowsweet (Jun-Sep)**

Filipendula ulmaria / Airgead Luachra
A familiar sight in the hedgerows and with a distinct scent that attracts insects, although it has no nectar. Many herbal uses.

**Bluebell (Apr-May)**

Hyacinthoides non-scripta / Coinnle corra
In carpets under trees. Native bluebells have flowers on one side of the stem only.

**Ragged Robin (May-Aug)**

Silene flos-cuculi / Lus sioda
Likes wet or marshy places where its delicate pink brightens up the surroundings and provides important food for bees and butterflies.

**Honeysuckle (Jun-Aug)**

Lonicera periclymenum / Féithleann
Find it climbing through hedgerows. The nectar is edible, if you can get at it.

**Yellow Pimpernel (May-Aug)**

Lysimachia nemorum / Lus Cholm Cille
This beautiful little native is known in Irish as Columcille's plant. Usually found creeping along the ground in damp or wooded areas.

**Ox-Eye Daisies (May-Sep)**

Leucanthemum vulgare / Nóinín mór
Tall daisies that grow along roadsides and in grassy meadows. It's a native plant also called Dog Daisy, possibly because it has an unpleasant odour.

**Ivy-leaved Toadflax (Mar-Sep)**

Cymbalaria muralis / Buaflíon balla
Tiny clever little flowers that grow on walls. Once fertilised, the flowers turn away from the light to the wall and push their seeds into the cracks.

**Bird's-foot Trefoil (Jun-Sep)**

Lotus corniculatus / Crobh éin
On roadsides, walls or grassy areas. Low growing. Look a bit like gorse flowers.

**Red Valerian (May-Sep)**

Centranthus ruber / Slán Iomaire
Can be red, pink or white. Often grows on stone walls or along coastal or stony paths. A naturalised Mediterranean plant.

**Purple-loosestrife (Jun-Aug)**

Lythrum salicaria / Créachthach
A bright and colourful native plant, often seen in masses, summer to autumn.

**Field Bindweed (Jun-Sep)**

Convolvulus arvensis / Ainleog
Delicate pink stripes (Hedge Bindweed is pure white) are said to guide the insects to the nectar.

**Pink-sorrel (May-Oct)**

Oxalis articulata / Semsóg ghlúineach
A naturalised garden escape originally from South America. Deep 5 - petalled flower with shamrock-like leaves. Often found on wasteground.

**Marsh Woundwort (Jun-Sep)**

Stachys palustris / Cabhsadán
Looks like an orchid but grows quite tall, so-called as it was used as a herbal remedy for cuts.

**Common Ramping-Fumitory (Apr-Sep)**

Fumaria muralis / Camán searraigh balla
Tiny, in grasses or wasteland. Seeds can lie dormant for years.

**Rock Sea-spurrey (Jun-Sep)**

Spergularia rupicola / Cabróis na gcloch
A lovely, pale pink native flower that is found on rocks close to the sea. Often in colourful patches.

**Lesser Celandine (Feb-May)**

Ficaria verna / Grán arcáin
Little starry yellow flowers that open up in sunshine in early spring to brighten the roadside verges and river banks.

**Hemp Agrimony (Jul-Sep)**

Eupatorium cannabinum / Cnáib uisce
Often covered in butterflies and bees. In folklore it is known as Holy Rope, no-one quite knows why.

**Greater Stitchwort (Mar-Jun)**

Stellaria holostea / Tursarraing mhór
Five, deeply-notched pure white petals peep out from the hedges and make a showy bouquet.

**Fuchsia (Aug-Oct)**

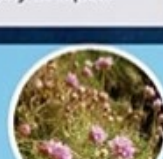
Fuchsia magellanica / Fiúise
Although so universal, this is not a native plant. However it has naturalised to the point where it seems like one.

**Meadow-foam (May-Jul)**

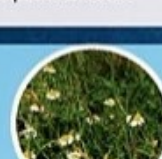
Limnanthes douglasii / Cúr léana
Also known as Poached Egg Plant, this is a naturalised species. Grows low to the ground and makes a pretty carpet.

**Thrift (Apr-Aug)**

Armeria maritima / Rabhán
Also known as Sea Pinks, a carpet of bright pink flowers, always found close to the sea - it likes that salty air!

**Chamomile (Jun-Aug)**

Chamaemelum nobile / Camán meall
Look for this daisy-like flower in grassy areas - and give it a sniff. 90% of Irish chamomile grows in this area.



Bog Asphodel (Jun-Aug)

Narthecium ossifragum / *Sciollam na Móna*
Look for these flowers spiking up from the boggy grasses, changing from bright yellow to orange and bronze as they age.

**Short-fruited Willowherb (Jul-Aug)**

Epilobium obscurum / *Saileachán caol*
A lovely pink flower that grows in marshy ground or by rivers and on disturbed ground. It can invade gardens where it is often treated as a weed.

**Sea Radish (May-Jul)**

Raphanus raphanistrum ssp. *maritimus* / *Meacan mara*
A member of the cabbage family with edible flowers. This native is often found by the coast.

**Bog Cotton/Common Cottongrass (Apr-May)**

Eriophorum angustifolium / *Ceannbhán*
Another plant of the bog, waving merrily in the breeze. The downy 'cotton' was used to stuff pillows in the old days.

**English Stonecrop (Jun-Sep)**

Sedum anglicum / *Póiríní Seagán*
The star-shaped flowers are white and pink while the foliage spreads in low mats on walls and shingle. Good for green roofs too!

**Three-cornered Garlic (Mar-Jun)**

Allium triquetrum / *Glascreamh*
Not the native wild garlic but an introduced and naturalised variety. If unsure, take a sniff! All parts are edible - makes a great pesto.

Large-flowered Butterwort (May-Aug)

Pinguicula grandiflora / *Leith uisce*
This pretty little native flower is actually carnivorous! Insects stick to the leaves and are digested by the plant. Uncommon.

**Greater Periwinkle (Mar-Jun)**

Vinca major / *Fincín mór*
A garden escape, now widely naturalised. Often found near houses. The leaves were used in the past to make love potions.

**Sheep's-bit (Scabious) (Jun-Oct)**

Jasione montana / *Duán na gcaorach*
A biennial (first year leaf-rosette, second year flowers) that loves cliffs, heaths and rocky places.

**Common Dog-violet (Mar-May)**

Viola riviniana / *Fanaigse*
A familiar little spring flower that likes woodland and grassy banks. Native.

**Scarlet Pimpernel (Jun-Aug)**

Anagallis arvensis / *Falcaire fiáin*
Tiny scarlet flowers that open when the sun shines. Often found in soil that was once cultivated or has been disturbed.

**Great Willowherb (Jun-Sep)**

Epilobium hirsutum / *Lus na tríonóide*
This native likes it damp and shady. Look for the bright pink flowers with the distinctive white cross in the middle.

Common Ragwort (Ragweed) (Jun-Nov)

Senecio jacobaea / *Buachalán buí*
Classed as a noxious weed as it can damage cattle, but brings a wealth of golden colour to the countryside.

**Water Mint (Jul-Oct)**

Mentha aquatica / *Misín Mionsach*
Upright, lilac-coloured, mint-smelling native. You might need to be in wellies to get close to this one, which is a favourite of herbalists.

**Wild Angelica (Jun-Aug)**

Angelica sylvestris / *Gallfheabhrán*
Tall purplish stems bear large flower heads with a sweet scent. Found in damp and woody places this native has been used to ease gout.

**Cuckooflower (Apr-Jun)**

Cardamine pratensis / *Biolar gréagháin*
A native spring flower that can be found singly, or carpeting a damp field. Also known as Lady's Smock.

**Germander Speedwell (Apr-Jun)**

Veronica chamaedrys / *Lus cré talún*
There are lots of speedwells, all small - look for little blue flashes in the hedgerows for this one.

**Bogbean (Mar-Jun)**

Menyanthes trifoliata / *Báchrán*
This gorgeous little native flower loves wet feet and so look for it in fens, bogs and shallow water. The roots can be very long but the leaves and flowers are held above the water.

NATIVE, NATURALISED OR INVASIVE?

Not all wildflowers are native. Many have escaped from cultivated gardens and have 'naturalised' or flourished in the wild. In West Cork, some of our most common and colourful flowers started out as hedging or ornamental planting in gardens. Fuchsia, for example, is originally from South America while Montbretia (also known as Crocosmia) is a hybrid from South Africa.

Invasive or alien plants are those which threaten the biodiversity and habitat of our native species. In West Cork you may find Japanese Knotweed, Chilean Iris, Himalayan Balsam, Giant Hogweed, Gunnera (Giant Rhubarb), Rhododendron and Winter Heliotrope growing in hedgerows or on waste ground. Please do not touch or disturb them.



Chilean Iris



Montbretia



Himalayan Balsam

