



< wild thyme

Burnet Rose >



Common Dog Violet



sea mayweed



< Sea Campion

Sea Aster >
Luibh Bhleine



< lesser celandine

Sheep's Bit >
Odhrach Bhal-



< Pyramid Orchid



Yellow Rattle >
Gliogran

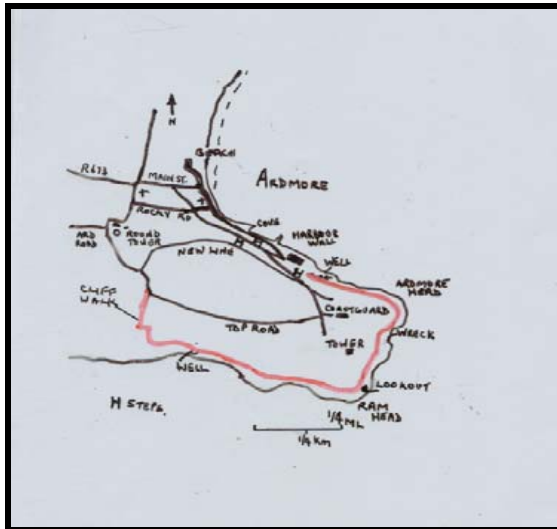


< Kidney Vetch



Part of the Cliff Walk

This is only an introduction to the wild flowers on the Cliff Walk, there are many more to be seen which have not been documented on this leaflet. It is hoped the walker will enjoy noting what is in season on this visit, and return soon to look for more wildflowers at Ardmore.



Ardmore Tidy Towns Association.

Nature Ramble Around Ardmore Scenic Cliff Walk



Clusters of Pink Thrift (**Rabhan**) and yellow gorse (**Aiteann**) nestling into the cliff face.

Sponsored by:

**FLORA TO
LOOK OUT
FOR ON THE**



The cliff walk at Ardmore has an amazingly diverse abundance of flora stretching from St Declan's Well to the end of the walk at the Top Road (see map). It comprises 113 species of wildflower, grasses and fern . At the commencement of the walk , the area around St Declan' s Well is rich in wildflower species, even some attractive lichens and wildflowers attach themselves to the Temple Dysart itself.

Note the colourful Stonecrop, Common Dog Violet, Lesser Celandine and sweet scented Honeysuckle before ascending the path where the ferns and grasses are so prolific.



Stonecrop



Honeysuckle
Feithleann



Herb Robert
Crobh Cruinn,eireaball ri



Tufted Vetch
Peasair



Bell Heather
Fraoch Cloigineach



Ladys Bedstraw
Boladh



Pennywort or Navelwort
Cornan Caisil



Polypody Fern
Scim Chaol



Hart's Tongue
Creamh Na Muice Fie



Cocksfoot



Garbhfhea

Ladys Fern



Bracken



False Oat Grass



Red Clover
Seamair dearg



White Clover
Seamair



Wood Sage
Iur Sleibhe



Hare's Foot Clover
Lapa ghi-



Field Scabious
Cab an Ghasain



Common Ragwort
Bua-



Sea Spleenwort



Birds Foot trefoil



Oxeye Daisy
Noinin Mor



Common Knapweed
Minscoth,