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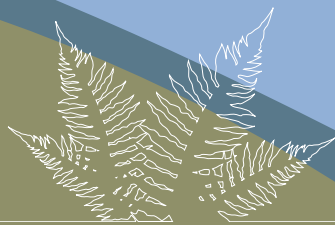


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Mountains



Mountains

Dramatic landscapes of rugged hills and mountains developed on ancient rocks scoured by ice, and now blasted by wind, rain and sun. On such wild places extensive areas of heath and bog are found, with remnants of old woodland remaining in secluded glens and sometimes straggling across slopes.

Mountain flowers are hardy types, and can exist high on the hillside along with low-growing mosses and lichens. Small plants create a splash of colour in summer where they grow on rocky outcrops and ledges in the mountains, and where springs seep through the thin soils and flow downhill.

Flowering time: Mountain flowers are best seen from early to late summer.



Tormentil (*Potentilla erecta*)

– A common flower of the uplands, Tormentil has flowers with four small, heart-shaped, yellow petals on a long stalk. Leaves are dark green with

three deeply-toothed leaflets.

Location: _____
Date: _____



Rowan (*Sorbus aucuparia*)

– Rowan leaves are composed of broadly oval, toothed leaflets in pairs along a central stalk. It has distinctive clusters of creamy white flowers turning

to bunches of bright red berries.

Location: _____
Date: _____



Crowberry (*Empetrum*

nigrum) – Small, low-growing evergreen shrub with red stems and small, needle-like, glossy green leaves. The tiny purplish flowers are insignificant, but

Crowberry can be more easily recognised by its round, black berry.

Location: _____
Date: _____



Cloudberry (*Rubus chamaemorus*)

– a low-growing plant with broad, crinkled, toothed leaves, growing on deep peat. It has a single, five-petaled, white

flower on a long thin stem. It has a distinctive orange berry, shaped like a raspberry, in summer and autumn.

Location: _____
Date: _____



Alpine Lady's-mantle

(*Alchemilla alpina*) – Has distinctive leaves of between five and seven separate, narrow, toothed leaflets, joined at the base, that are silky underneath. The flowerhead is a dense cluster of very small, yellow-green flowers at the tips of stems.

Location: _____
Date: _____



Heath Milkwort (*Polygala*

serpyllifolia) – A low-growing, slender plant with small, oval leaves opposite each other on the lower part of the stem. It has small, deep blue flowers.

Location: _____
Date: _____

Plantlife

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