

Plantlife

Wild flower walks



The wild flowers of Greena Moor

A circular walk of 2 miles in an ancient Cornish landscape



We are Plantlife

For 30 years, Plantlife has had a single ideal – to save and celebrate wild flowers, plants and fungi. They are the life support for all our wildlife and their colour and character light up our landscapes. But without our help, this priceless natural heritage is in danger of being lost.

From the open spaces of our nature reserves to the corridors of government, we work nationally and internationally to raise their profile, celebrate their beauty and protect their future.

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Design: evansgraphic.co.uk

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Cornwall Wildlife Trust

Discover Greena Moor nature reserve

A circular walk set among rolling north Cornwall countryside

This beautiful walk takes you through flower-rich meadows, culm grassland and mixed woodland.

Where to start

Start at Greena Moor car park (SX234963) just off the Week St Mary to Broad Langdon road.

Distance

2 miles (3.2km)

Walk grade

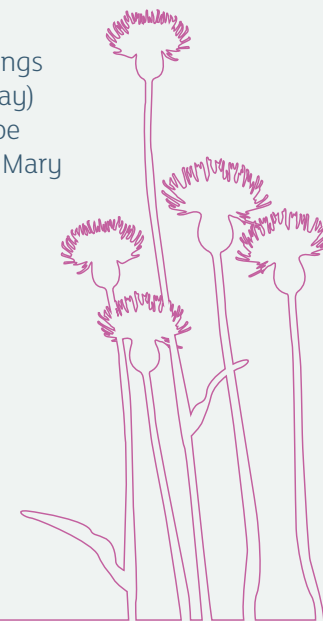
Gentle. The route includes some damp and boggy areas.

Refreshments

The Old Orchard Inn, Week St Mary (open evenings except Tuesday and Sunday) and basic provisions can be purchased in the Week St Mary community shop.

WC

None on the reserve but the nearest lavatories are in the Old Orchard Inn in Week St Mary.



Discover Greena Moor nature reserve

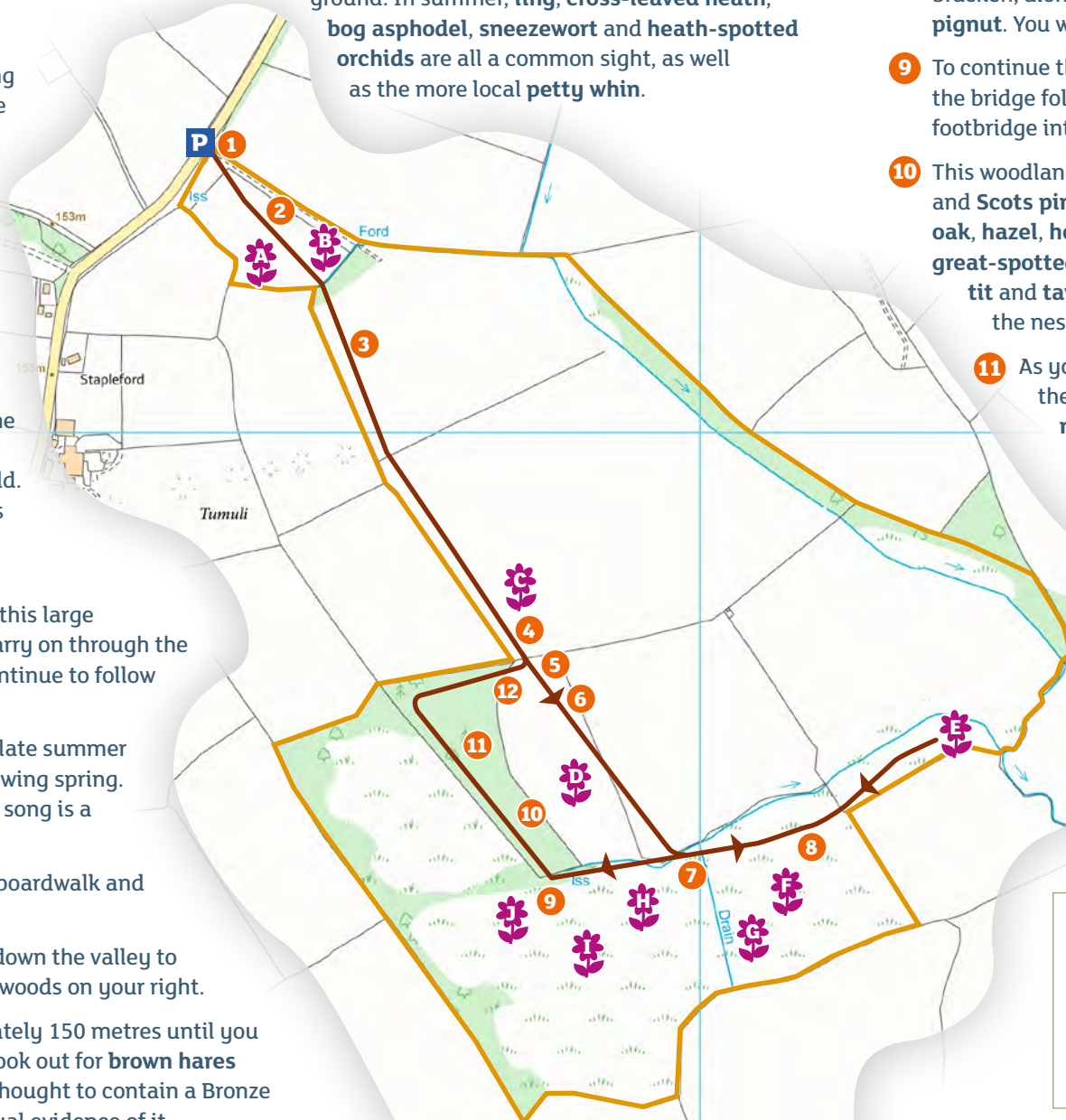
Directions


- From the car park, go through the kissing gate and bear right heading towards the field gate and into the rush-covered field. In July, this field is filled with white umbels of the nationally rare whorled caraway, a speciality of culm grassland. Other species include **fen bedstraw**, **marsh ragwort** and **ragged-Robin**. In spring, **lady's smock** is a common site and is an important food plant for the **orange tip butterfly**.
- Walk diagonally across the field, past the telegraph pole, to a hunting gate which leads you into the corner of the next field. In early summer, listen out for migrants such as **willow warblers**, **chiffchaff** and **blackcap**.
- Follow the hedge on your right through this large field, eventually reaching a gateway. Carry on through the gateway into another large field and continue to follow the hedge on the right.

These fields are cut for hay annually in late summer and then grazed by cattle until the following spring. **Skylarks** breed in these fields and their song is a welcome sound in the summer.
- At the end of the hedge line, follow the boardwalk and bridge across the ditch.
- There is a good view from here looking down the valley to culm grassland in the distance and the woods on your right.
- Cross the field diagonally for approximately 150 metres until you reach a stream crossing. As you do so, look out for **brown hares** which are often seen here. This field is thought to contain a Bronze Age burial mound, but there is little visual evidence of it.

- Once you have crossed the bridge, you will come out onto the large expanse of culm grassland. This declining and nationally important habitat dominated by **purple moor-grass**, which dies back in the winter to form a pale brown thatch on the ground. In summer, **ling**, **cross-leaved heath**, **bog asphodel**, **sneezewort** and **heath-spotted orchids** are all a common sight, as well as the more local **petty whin**.

- At this point, there is the option of taking a short detour left towards a field gate and into a bracken-dominated field. In late June and July, a careful search will reveal the nationally rare **wood bitter vetch** which grows on the slopes here among the bracken, along with good populations of **betony** and **pignut**. You will have to return by the same path.
- To continue the main circular route, bear right from the bridge following the stream until you reach a footbridge into the woodland.
- This woodland is a mixture of conifers, such as **larch** and **Scots pine** and broadleaved species including **oak**, **hazel**, **holly** and **silver birch**. Birds such as **great-spotted woodpecker**, **blue tit**, **coal tit**, **great tit** and **tawny owl** all breed here and use some of the nest boxes erected on the site.
- As you walk along the edge of the wood, the field to the left has a good display of **meadow thistle** and **heath-spotted orchid** in June, as well as the nationally rare **marsh fritillary** butterfly. These use the abundant **devil's-bit scabious** as their food plant and to create their distinctive larval webs.
- Follow the path through the wood and you will eventually return to the footbridge and boardwalk, crossed earlier. Then retrace your steps back to the car park.



Key	
	Wild plants. Descriptions overleaf
	Walk route
	Reserve boundary

The plants of Greena Moor

A Whorled caraway ▶ *Carum verticillatum*

Tall, white-flowered member of the carrot family with distinctive thread-like leaves in whorls around leaf stalks. Flowers July to August.



D Meadow thistle ▶ *Cirsium heterophyllum*

Tall with solitary purple flowers and leaves that are hairless above and cottony below. Common on damp areas on the reserve, but has declined nationally. Flowers May to July.



H Marsh bedstraw ▶ *Galium palustre*

Tall, rambling with rough square-stalked stems and small, four-petalled flowers. Common on damp grassland and marshy areas. Flowers June to August.



G Bitter vetch ◀ *Lathyrus linifolius*

Red-purple-flowered member of the pea family, commonly found across the reserve. Flowers from April to July.



B Ragged-robin ◀ *Silene flos-cuculi*

Distinctive tall plant with pink, ragged petals and spear-shaped leaves in pairs up stem. Flowers May to June.



E Betony ◀ *Stachys officinalis*

A perennial plant of the dead-nettle family with intense pink-purple flowers. It has a long history of use in herbal medicine and in folklore was said to ward off evil spirits.

I Devil's-bit scabious ▶ *Succisa pratensis*

Downy perennial with dense, dark blue-purple flowers. Food plant of the marsh fritillary butterfly. Flowers June to October.



C Lady's smock ▶ *Cardamine pratensis*

Early-flowering member of the cabbage family with pale lilac flowers in bloom when the cuckoo arrives. A food plant of the orange tip butterfly.



F Tormentil ▶ *Potentilla erecta*

Small and trailing with four-petalled yellow flowers. Leaves are deeply cut, shiny and green. The roots were once boiled in milk and used to cure painful stomach cramps, hence 'torment ill'. Common on heathy habitats. Flowers May to September.



J Heath-spotted orchid ◀ *Dactylorhiza maculata*

A distinctive spotted-leaved orchid with pale lilac flowers marked with dark lines and spots. Flowers June to July.



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Birds and mammals at Greena Moor



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Roe deer

This small, sleek-looking deer with reddish brown coat, conspicuous white rump and black nose is often seen feeding out in the fields in early morning or evening. The males (bucks) have short spiky antlers while the females have none.



© Mikelame45/Stockphoto.com

Brown hare

Much larger than a rabbit, with long black-tipped ears, can often be seen feeding in the fields. The young, called leverets, are born in a depression in the grass called a 'form'.



© Mikelame45/Stockphoto.com

Willow warbler

This small, greenish brown warbler is a summer visitor that breeds in the scrubby areas around the reserve. It has a distinctive melodious song.



© AbiWarner/Stockphoto.com

Skylark

Slightly smaller than a starling, this bird makes up for its rather dull brown colour with one of the most uplifting songs of all birds, which resonates high overhead in the summer with several pairs nesting in the fields.



© Helen Walker65/Stockphoto.com

Reed bunting

This is a sparrow-sized bird, with the males having a distinctive black head and bib, which can be seen singing in the summer on the top of bushes near damp scrubby areas of the reserve.



© Adrian Langdon

Snipe

Good numbers of this small brown, long billed wader winter on the reserve and when disturbed from the ground do a distinctive rapid zigzag flight upwards often with a low rasping call.