

Acknowledgements

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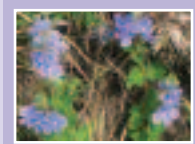
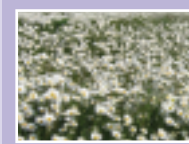


Exploring Wildflowers

of the Solway Coast Area of
Outstanding Natural Beauty



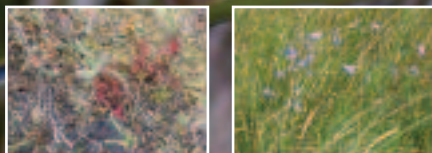
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Introduction



Introduction to the AONB

The Solway Coast Area of Outstanding Natural Beauty (AONB) was designated in 1964 and covers around 118 square kilometres of the Solway Plain. The area is under management through the Solway Coast Management Unit and is governed by a Joint Advisory Committee.

The Solway Coast is a unique landscape, shaped by the sea, the wind, and the people who have lived here.

It is the air of wilderness, an all too rare quality in today's landscape that is most important to some. The salt marshes, sand dunes and raised mires can convey the illusion of being far from civilisation.

The marshes have been farmed for centuries, probably first cultivated by the monks of the Cistercian Abbey of Holme Cultram, who raised more than 6,000 sheep on the lush grasses.

Today the marshes are still important for local agriculture, and also support huge flocks of wildfowl, which have made the Solway Firth renowned and gained it status as a RAMSAR (internationally important for wildlife) site. Numerous wildflowers exist on the marshes due to the grazing both by livestock and wildfowl.

The sand dunes are an important breeding site for the rare natterjack toad,

which can only survive where the dune grasses are kept short, either by grazing, cutting or erosion. Like wise, the delicate native wildflowers of the dunes can only exist in similar conditions and where rank coarse grasses, thatch, and invasive weeds are removed by grazing, cutting or pulling.

The raised mires, collectively called the 'South Solway Mosses', are rare and wonderful places. Across England, lowland bogs have been steadily declining in extent and quality for centuries, mainly due to human influence. About 94% of Britain's raised bogs have been lost or damaged in the last 200 years. A project, 'Peatlands for People', jointly run by English Nature, Cumbria Wildlife Trust, the Royal Society for the Protection of Birds and the Environment Agency is ongoing to restore the natural wealth of Cumbria's raised peat bogs and link them to the region's culture, economy and way of life. The mosses provide an ideal place for viewing wildlife and specialised plant life.

Behind the coast, the agricultural land of the AONB is typified by the small fields, which are hard to find elsewhere. Many of these small enclosures probably date back to medieval times and are another example of the way the Solway landscape is linked to its history. The

IMPORTANT NOTE:

Many traditional uses of some of the plants have been included. We do not advise you to try any of these, they are for information only. The Solway Coast AONB Partnership and its members take no responsibility if you do.

traditional hedge 'kests' (raised stone or earth banks on which a hedge is laid) also provide a fine habitat for wildflowers which may no longer be found in cultivated fields.

The buildings of the AONB are an important part of its landscape too. Fortified buildings that reflect the area's turbulent past are not still part of the local community life. Squat fishermen's cottages, cobbled streets, clay 'dabbin' barns and red sandstone farms, Cumberland long houses and Georgian terraces all give each village its own character, and are a source of local pride.

Whatever makes the AONB special, management is needed to help maintain and enhance those unique qualities. The AONB designation itself, National Nature Reserves, Sites of Special Scientific Interest, Conservation Areas, a Special Area for Conservation and a Special Protection Area all bear witness to the Local, National and International recognition of this very important landscape has already received and deserves.

About plants and flowers

Plants produce flowers for reproduction. They are bright and colourful and designed to attract insects, which feed off the nectar. The insects become covered

in pollen (male cells) which they then transfer to another plant of the same type when they move on for more nectar. Thus, the pollen falls onto the female reproductive parts of the flowers and fertilise the ova (egg cells). Insects, particularly, bees, butterflies, and moths are vital in plant fertilisation.

Other plants use the wind to help pollinate. These flowers are often dull and drab as they do not need to attract insects. They are also often inconspicuous and coloured green/yellow.

One of the best ways to find out more about wildflowers is to attend a guided walk given by the staff or volunteers of the Solway Coast AONB, or just get out and about with friends or family and see what you find on a walk.

The wild flowers included in this booklet do not provide an exhaustive list, nor have trees, grasses, ferns, mosses or lichens been included.

Hopefully, it will give a brief insight into the huge diversity of plants to be found in the Solway Coast AONB, and provide a little history of the use and local names given to the plants, whilst spurring on further interest and research into this very special area and its inhabitants.

A list of further reading is included for more detailed information.

The Dune habitat

From Maryport to Silloth

Strandline Community

above the high tide mark on the shingle shore



Scentsless Mayweed
Matricaria maritima



Flowers from July - September and is a native perennial. It is common throughout Britain on verges and by the sea shingle.



Sea Campion
Silene vulgaris ssp. Maritima



Flowers May - July, a native perennial, locally common on shingle and sea cliffs throughout Britain. In Northumberland this plant was called 'Witches Thimbles'.



Sea Spurge
Euphorbia paralias



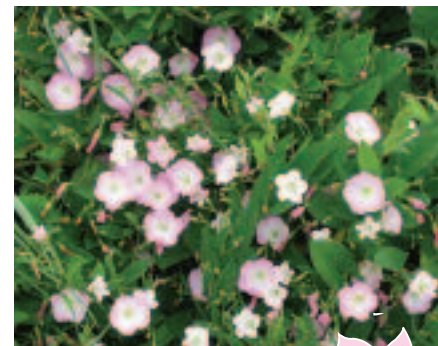
Flowers from July - October, it is a native perennial of sand dunes and fairly common in Britain.



Sea Sandwort
Honkenya peploides



Flowers May - August, a native perennial found on all British coasts, sand dunes and vegetated shingle.



Sea Bindweed
Calystigia soldanella



Flowers June - August, and is a native perennial of sand dunes and sea-shores. The funnel shaped flowers open during the day and close at night. Ordinary bindweed used to be called 'Devil's Guts' (referring to the long white roots), as hoeing or digging out always results in breaking the root and a new plant forms.



Sea Holly
Eryngium maritimum



Flowers July - September, and found on the mobile dunes. It is adapted to life on the coast with a thick waxy cuticle (outer skin) on the leaves and stalks, preventing water loss and protecting from the effects of saltwater. The roots were candied with sugar and orange flower water and sold from the 1600s to the 1800s.

The Dune habitat

From Maryport to Silloth

Mobile Dune Community

the leading edge of the dunes next to the shingle



Spear-leaved Orache
Atriplex hastata



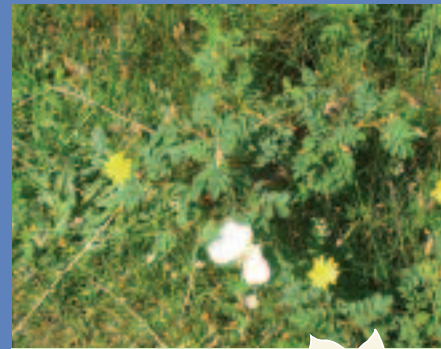
Flowers June – August. It is common near the sea and waste places. A related plant, Common Orache, is grown as a garden plant and eaten as a vegetable similar to spinach, it is also known as 'Fat Hen' and was used as a pot herb.



Sand Leek
Allium scorodoprasum



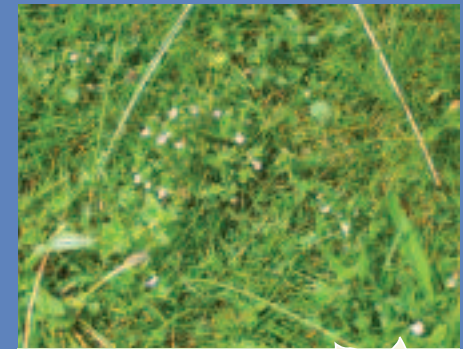
Flowers June – August, it is a bulbous perennial, a member of the chive family, growing to a height of about 80cms. It grows on sand dunes, wasteland, roadsides, grasslands and open deciduous woodland.



Burnet Rose
Rosa pimpinellifolia



Flowers May - July, it is a native shrub and common on coastal areas except the South East. It is rare inland, and generally found on dunes and sandy heaths. The flowers are creamy white, and the stems have dense prickles



Eyebright
Euphrasia officinalis



Flowers June - September, it is a native annual common throughout Britain in grasslands. The flowers are mainly white but tinged with purple. In the Middle Ages Eyebright was used for brightening the eyes.

The Dune habitat

From Maryport to Silloth

Fixed Dunes

dune grassland and slack, behind the embryo dunes

Ox-eye Daisy
Leucanthemum vulgare



Flowers May - August, it is a common native perennial found in road verges, meadows and scrub land. It is also known as Dog Daisy or Moon Daisy and in Cumbria it has been called Bull Daisy, Dog Flower, White Gull and White Golds. In the past it has been used for chest complaints and also to cure ulcers and wounds. The plant has been associated with St John in other European countries and also the daisies were hung around house doors and roofs to ward away thunder and lightning, hence it has other local names such as Dunder or Thunder Daisy.



Common Mouse-ear
Cerastium fontanum



Flowers April – September and is a very common perennial found in grasslands, waste areas and hedge verges.



Autumn Hawkbit
Leontodon autumnalis



Flowers from June - October, it is a very common British perennial growing on grasslands, verges and screes.



Perennial Sow-thistle
Sonchus arvensis



Flowers from July – October, it is a common British perennial which grows on marshes, dunes, verges and grasslands.



Goat's-beard
Tragopogon pratensis



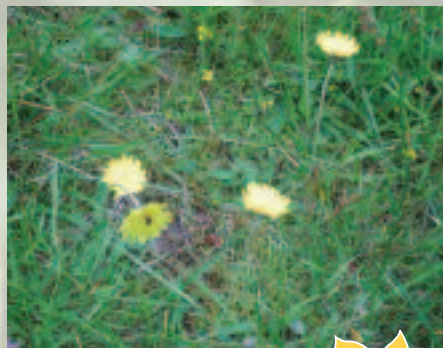
Flowers June – July, and is a native annual or perennial found in dunes, waste places, verges and grasslands. The flowers open early and close at noon and this gives rise to its common name of 'Jack-go-to-bed-at-noon'.



Black Medick
Medicago lupulina



Flowers from April - August, it is a native annual common in grassland and verges in Britain except northern Ireland and north-west Scotland. It is called black because it has black pods when ripe. The word Medick comes from 'herba Medica', the Persian or Median herb, and the name was derived from the country of the Medes.



Mouse-ear Hawkweed
Hieracium pilosella



Flowers from May - September. It is a native plant varying a lot in leaf shape and hairiness. The single yellow flowers have a reddish colour below the petals. It was used as a herbal remedy for jaundice. Common Hawkweed, *Hieracium vulgatum*, a close relative, flowers from June - September, and it is also a common native perennial found in heaths, open woods and roadsides.



Creeping Cinquefoil
Potentilla reptans



Flowers June – September, it is a common British native perennial found in grasslands, verges and waste places. The leaves have five leaflets, hence the name 'cinquefoil'. The Egyptians used it to treat malaria. Silverweed, *Potentilla anserina*, flowers from May - August and is also a member of the Rose family. It is a common native perennial found on dunes, roadsides, waste places and fields. It is said



Smooth Hawk's-beard
Crepis capillaris



Flowers May – September and is a native perennial found in grasslands, verges & waste places.

that the roots were cooked and eaten in the North of Britain during times of famine and tea was made from the leaves to help diarrhoea. People who carried goods from town to town were also thought to put the leaves in their shoes to keep their feet cool.



Yellow Rattle
Rhinanthus minor



Flowers May - August and easily recognised when in seed as the pods 'rattle' in the seed heads. It's scientific name Rhinanthus came from, two Greek words for 'nose' and 'flower'. In Cumberland it was also known as 'Cow Wheat' and when the pods rattled it was time to cut the hay.



Lady's Bedstraw
Galium verum



Flowers from June - August, it is a common native perennial in Britain. It is found on sandy places, hedge banks, and grassland. There was a legend that Mary gave birth to Jesus on a bed made from this plant, hence the name Lady's Bedstraw.



Common Bird's Foot Trefoil
Lotus corniculatus



Flowers from June - September. It's black seed head looks like the toes of a birds foot, or a claw, and the leaves have 3 lobes, hence 'trefoil'. One of it's common names is 'Buttered Eggs', due to the yellow and orange flowers.



Meadow Vetchling
Lathyrus pratensis



Flowers from May - August and is a native perennial common in Britain in grasslands and verges.



Crosswort
Cruciata laevipes



Flowers from May - June, it is a common native perennial in England. It's name comes from the way the four leaves form crosses up the stem.



Wild Pansy
Viola tricolor



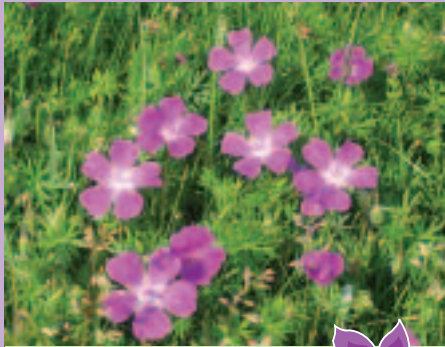
Flowers April - September. Common names include 'heartsease', 'love-in-idleness', and 'kiss me quick'. As can be seen it symbolises remembrance and love. Tricolor refers to the fact that the flowers can be violet, pink or yellow and often the flowers are all three colours together. In the late middle- ages in France it was known a 'pensee' (thought) and so derived Pansy in England by the 1500s. Common Dog Violet *Viola riviana* is related to the Wild Pansy and flowers March - May and August - October. The flowers are scentless and the heart shaped leaves form a rosette at the base of the plant. Before 'Violet' became the popular name probably from the French, it is thought that perhaps Violets were known by cuckoo names, in Celtic countries. In Irish they are called 'cuckoo heel' from the spur of the flower.



Common Restharrow
Ononis repens



Flowers June - September. This plant was thought to slow down horse drawn ploughs or harrows before the tractor was invented, hence the name 'rest harrow', or in Cumbrian it was called 'stayplough'. The roots are long and very tough and difficult to plough through. English farmers also disliked Restharrow as it tainted butter, milk and cheese if eaten by cows. In the north children dug up the root and chewed it, hence also the name of 'Wild Liquorice'.



Bloody Cranesbill
Geranium sanguineum



Flowers from May - August. A native perennial, but rare, mainly found on the coasts of northern England on dry, rocky places, on limestone, sand dunes, grasslands and woods. The flower is a beautiful magenta colour.



Dove's – Foot Cranesbill
Geranium molle



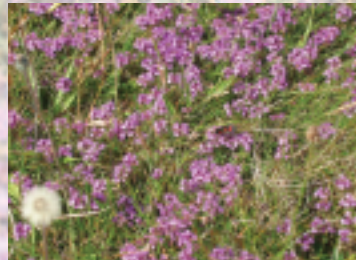
Flowers April – September, it is a native annual common in grassland, dunes and waste places. It was once powdered and drunk in claret for 'ruptures'.



Common Wild Thyme
Thymus praecox



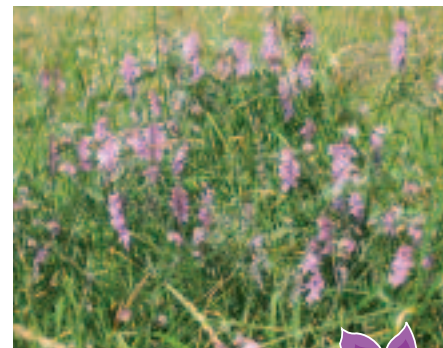
Flowers May - August, and is common on dry grassland, calcareous soils, and plentiful in the north and west. The straggling stems are up to 7mms long, and the flavour is much milder than the garden variety. Thyme has natural antibacterial and anti fungal properties, and as well as a cooking herb it can be taken as a tea or infusion. In Cumbria it was also known as 'Mother of Thyme'.



Common Vetch
Vicia sativa



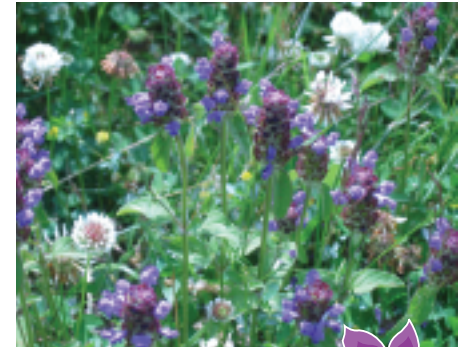
Flowers from May - June, it is a native annual of grassland, wood edges and hedges. Although common in the south east, it is quite rare in the north west. It is in fact not the most common of the vetches despite its name. It was known as 'Gypsy Peas' or 'Crow Peas' in Cumberland, the seeds used for pigeon food, or the plant for fodder.



Tufted Vetch
Vicia cracca



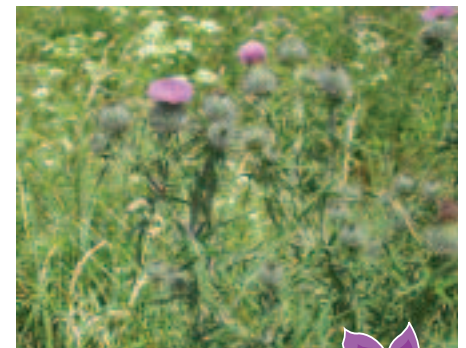
Flowers June - August and is a common perennial of grasslands and hedgerows. It can grow up to 1-2 metres and readily climbs up grasses or shrubs using tendrils on the ends of its leaves. Known as 'Mouse's Peas' or 'Hugaback' in Cumberland.



Self – Heal
Prunella vulgaris



Flowers from June - September, and is very common on grassland, waste places, roadsides and a garden weed. Early botanists believed the plant cured wounds and sore throats.



Spear Thistle
Cirsium vulgare



Flowers July – October, it is a common native biennial found in fields, verges, waste places and gardens.



Germander Speedwell
Veronica chamaedrys



Flowers from March - July, it is a native perennial common all over the British Isles. Found in grassland and woodland. It is most noticeable by the two long white stamens in the centre of the flower. It has been known in Cumberland as 'Bonny Bird-ee' or 'Poor man's Tea'. It was believed that destroying the flower could cause a storm or someone was taking revenge.



Perennial Cornflower
Centaurea montana



Flowers May - August, it is an introduced perennial and probably a garden escapee. Found on waste lands, roadsides and grassland. A close relative *Centaurea cyanus*, which is now quite rare, used to grow in corn fields giving a blue haze over the fields which was much admired.



Thyme-leaved Speedwell
Veronica serpyllifolia



Flowers March - October, it is found in the dunes, waste areas, roadsides and in lawns. It is a native perennial and common throughout Britain.



Harebell
Campanula rotundifolia



Sometimes called the 'Scottish Bluebell', **the Harebell flowers from July - September**. It is a native perennial of dry, grassy places, fixed dunes, poor soils, hedge banks and roadsides. In the past it has been associated with witches and fairies.



Field Scabious
Knautia arvensis



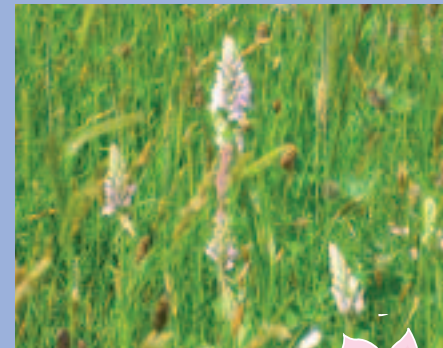
Flowers June - September, it is a native perennial growing in wasteland, roadsides, dunes and hedgerows. It is common in Britain but rarer in north Scotland.



Bee Orchid
Ophrys apifera



Flowers June - July and is found on the dunes although it is also a native perennial of field edges, pastures and calcareous grasslands. The flower mimics the body of a bee and so bees are attracted to it to feed.



Pyramidal Orchid
Anacamptis pyramidalis



Flowers June - August and found throughout most of Europe. This delicate orchid is easily identified by its pyramidal flowers head.





Dames Violet
Hesperis matronalis



Flowers from May - July, it may be a garden escape but it has naturalised in the dunes near Mawbray Yard. It is found throughout Britain mainly in hedgerows and grasslands.



Ragged Robin
Lychnis flos-cuculi



Flowers from May - June, it is a common native perennial found in wet marshy areas, damp grasslands and woods.



Common Storksbill
Erodium cicutarium



Flowers April - October, it is a common annual or biennial in Britain. It can be found on waste places, dunes, roadside verges and agricultural land.



Yarrow
Achillea millefolium



Flowers June - October and is a native perennial. It is common in Britain and found on meadows, verges, waste ground. The flower colour varies from white or pink through to purple. It was said to be used by Achilles to heal wounds from iron weapons.



Centaury
Centaurea minus



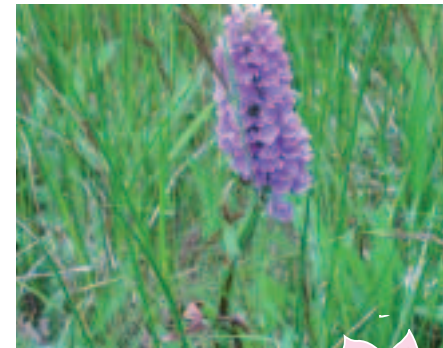
Flowers June - July and is found in dry grassy places, dunes, waste places and road verges. It is common in England, Wales, and Ireland but rarer in Scotland. It has been used for liver disorders and for fevers and bleeding. In Ireland it was brought into the house for good luck.



Thrift or Sea Pink
Armeria maritima



Flowers from April - August and is a native perennial. It is common on cliffs, salt marshes and sandy places, also inland mountains throughout Britain. Its old Cumbrian name was 'Marsh Daisy'. Thrift is known as the plant of sympathy, and was featured on George VI twelve sided brass threepenny bits.



Common Spotted Orchid
Dactylorhiza fuchsii



Flowers from June - August and fairly common throughout Britain, but rare in Scotland. Also known as the 'Dog Orchid'. It is a native perennial of marshes, wet meadows, grassy slopes, woods and fens. Also known as 'Snakes Flower' in old Cumberland dialect.



Sheeps Sorrel
Rumex acetosella



Flowers May - August and is a common native annual. Found on heaths, grassland, roadsides, cultivated land and as a garden weed. The leaves have two lobes at the base, which is different from common sorrel. Common Sorrel was used much as we use lemons now and often an ingredient of tangy sauces for meat dishes.

The Marsh habitat

From Silloth via Skinburness
Marsh to Newton Marsh to
Bowness-on-Solway



Scurvy – Grass
Cochlearia officinalis



Flowers from May - August, it is a native perennial common on sea cliffs, salt marshes and shore roadsides. It was used by sailors to prevent scurvy.

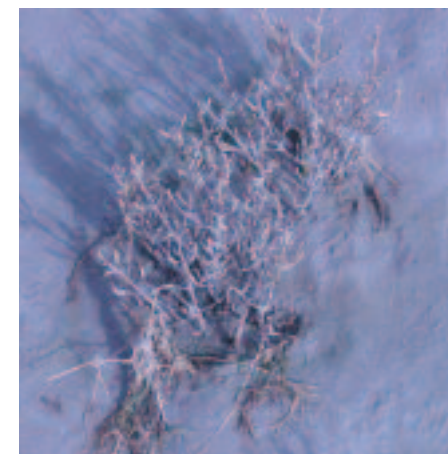


**Marsh Sampire
or Glasswort**



Salicornia europaea

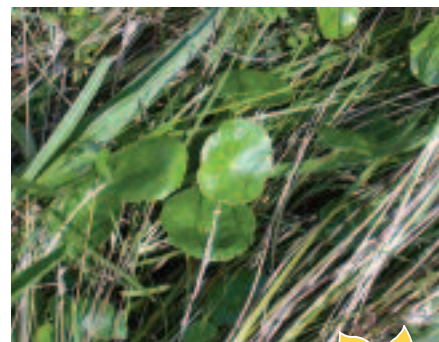
Flowers June - August, a native perennial, found on bare mud in salt marshes. Ashes of Glasswort were once used to make glass. The flowers are tiny and unnoticeable. Common Sampire was once a favourite vegetable, the leaves and stalks cooked and eaten like asparagus. Usually found on the seaward edge of the marshes.



Meadowsweet
Filipendula ulmaria



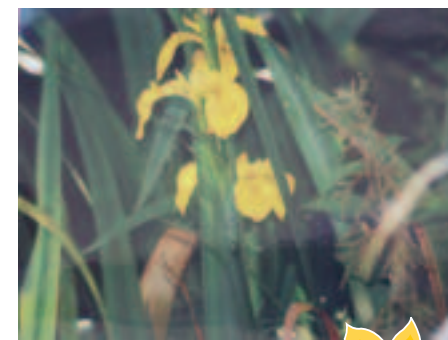
Flowers from June - August, and is a common native perennial growing in wet places, meadows, marshes, swamps and riversides. The flowers can be dried and used to make a tea having the same properties as aspirin. It was also used as a strewing herb with apparent properties against malaria. The old apothecary's name for it was 'Goatsbeard', representing the foamy cream flowers. It has also been used to flavour the drink mead. Meadowsweet is to be found towards the landward edge of the marshes where there is more fresh water than salt water.



Marsh Pennywort
Hydrocotyle vulgaris



Flowers June - Aug and is a native perennial of bogs and marshes mainly found on acid soils. It is common throughout Britain and may also be called White-rot. In Cumbria it was also known as 'Sheep Rot', perhaps the boggy ground on which the plant grows leading to this condition in sheep. The flower is tiny and needs searching for.



Yellow Iris
Iris pseudacorus



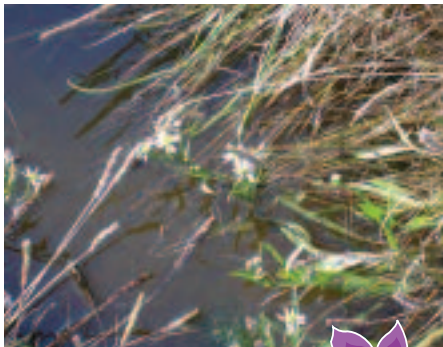
Flowers May - July, also known as Yellow Flag Iris. A common native perennial of marshes, wet woods, riversides, ponds and ditches. Iris is the Greek word for Rainbow, and symbolises life and resurrection. It is associated with Osiris, the first pharaoh to become immortal. The iris is also thought to be the origin of the fleur-de-lys symbol of French royalty. This plant is to be found in similar locations to Meadowsweet.



Sea Thrift



As outlined in the dune section, but in the marshes it will be found in grassy saltmarsh area in from the seaward edge.



Sea Aster
Aster tripolium



Flowers July - October and is a native perennial found on salt marshes or sea cliffs. It is generally common in Britain, and was once used in folk medicine to heal wounds, dropsy and poisons. In Elizabethan times it was used as a garden plant but now cultivated asters have taken over.



Purple Loosestrife
Lythrum salicaria

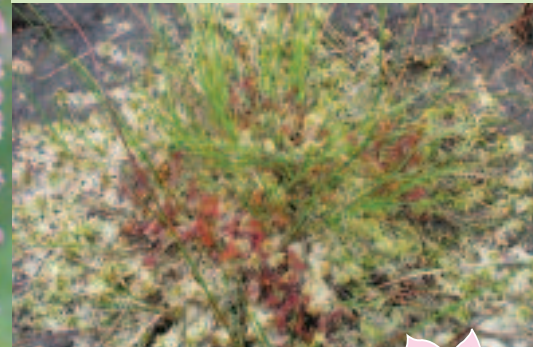


Flowers June – September, and is a native perennial found in marshes, damp meadows, dune – slacks and ditches. One of the old names for this plant was 'Long Purples'. Shakespeare used this name when describing the plants growing by the banks of the river that Ophelia drowned in. In fact the plant he actually had described was the Early Purple Orchid, but in Millais painting is an accurate drawing of Purple Loosestrife. This name was first given in 1548 by William Turner.

The Raised Mire

habitat

From Glasson Moss to
Bowness Moss
and Drumburgh Moss



Round – leaved Sundew
Drosera rotundifolia



Flowers from July - August, and is a native perennial of bogs, wet moors and heaths. Common in Britain, the leaves are covered in red sticky hairs which are used to catch insects as they land. The insects are digested and absorbed through the leaves, and so the Sundew obtains the nutrients it needs for growth which are not available from the waterlogged soils. The flowers grow on thin stems and rarely open, and are a



Cottongrass
Eriophorum vaginatum



Flowers May - June, it is a common native perennial of bogs and wet heath. The white fluffy fruiting heads are easily identifiable, often forming large blankets of white in boggy areas. Generally found on hummocks in the moss.



greeny/yellow colour in bud. Its uses have been many and varied, but at one time it was added along with many herbs to produce a 'Youth Drink' called Ros Solis, a French liqueur. Sundew can be found around shallow hollows and low hummocks and near small pools in the moss or mire. The intermediate form can also be found on Glasson Moss.



Bog Asphodel
Narthecium ossifragum



Flowers July - September, it is a native rhizome of bogs, wet heath, moorland and acid places on mountains. It has been used in place of saffron for both medicine and wool dyeing. The flower heads turn a deep saffron colour after flowering. The plant is found in areas of high water table.



Bog Myrtle Leaf



Marsh Marigold
Caltha palustris



Flowers from March - July, and is a common native perennial found throughout Britain. It can be found by pool sides and on water-logged areas of the moss, or in ditches and shady places. It has been used to ward off witches, hung over doors on 'May Day', and also as protection against lightning. Locally it was called 'Water Gowan'.



Bog Myrtle
Myrica gale



Flowers April - May, and is a native shrub found in bogs and wet heaths and although common within the Cumbria Coast, Scotland and West Ireland, it is not common in other parts of England. The leaves have a distinctive eucalyptus-like smell, and in Scotland it is used to deter midges. Usually found on the deeper peat.



Tormentil
Potentilla erecta



Flowers from May - October and is very common in Britain on grassland, heaths, bogs and mountains. The roots are woody and astringent and have been used to keep the mouth clear of complaints. The name is derived from the Latin 'Tormina' which means colic, which is a torture. Thus, the two meanings in the name Tormentil means that it is a torture or torment of colic. Generally found towards the edges of the moss.



Heather
Calluna vulgaris



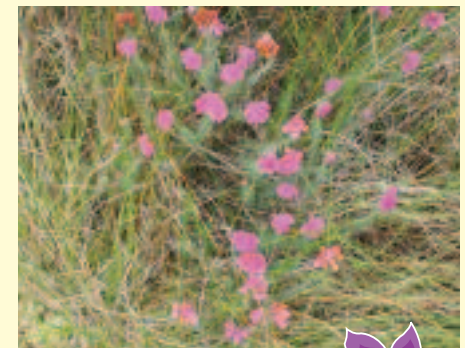
Flowers July - September, it is a common native shrub of heaths, moors, bogs and open woods on acid soil. Throughout history it has had many uses including, fuel, bedding, thatching, basketry and providing an orange dye. It is also used to flavour some beers and is an excellent food plant for bees. White-flowered forms also can be found. Both forms tend to grow on the hummocks in the drier areas of the moss.



Bog Rosemary
Andromeda polifolia



Flowers May - August, not a true Rosemary but an ericaceous (acid-loving) plant. It is a native shrub but rare, and found mainly in Cumbria and Central Ireland. Bog Rosemary can be found in the wetter areas of the moss.



Cross-leaved Heath
Erica tetralix



Also named Bell Heather or Ling, it **flowers from July-September**, and is a common native shrub of heaths, moors and mosses. It is generally found in the drier areas.

Access and Safety



The terrain of the Solway Coast is quite varied and it is advised that hiking boots or strong shoes are used when out and about. Some routes you may walk must inevitably use the highway and in certain places blind bends and fast sections will be encountered so always be aware of the dangers associated with the road conditions. The nature of the Solway area (low lying) can create very wet areas that are prone to mudding and flooding. This situation can be exacerbated where the route takes you down tracks used by farm machinery and along routes used by farm stock.

The Solway Firth has a very fast tidal surge and can inundate large areas of saltmarsh and roads very quickly, so please check tide times and heights. This information can be accessed from tide books, the Coastguard, and there are two tide boards at Bowness on Solway and Dykesfield which display tide tables. These tables only give you an estimate of the time and height of the tide and can change dramatically due to winds, barometric pressure and the condition of rivers flowing into the Solway. A combination of these conditions can produce tides up to 3m above their estimated height and up to an hour earlier than their anticipated height.

As with mountain walking or sailing always tell someone when you plan to finish a walk, especially if you are factoring in a tide during the walk.

Waterproofs, extra clothes and warm drinks are essential if the weather is changeable.

The peatland areas can be treacherous if you do not stick to obvious routes into the mosses, and obviously wellingtons are a must in wet conditions. Please be aware of deep watery holes in the sphagnum moss covered peat, which can be many feet deep.

When visiting Solway Coast please follow the **COUNTRYSIDE CODE**

- ✓ **Be safe**
Plan ahead and follow any signs
- ✓ **Leave gates and property as you find them**
- ✓ **Protect plants and animals, & take your litter home**
- ✓ **Keep dogs under close control**
- ✓ **Consider other people**
- ✓ **Check tide times and the weather forecast**

I hope this short do's and don'ts section has not dampened your enthusiasm

As the mixture of tides, weather conditions and Solway landscape will make your day out more than worthwhile.

Places to Visit



Bowness Banks

The end / beginning of the Hadrian's Wall Path Trail in Bowness-on-Solway.

The Solway Coast Discovery Centre

Found in Liddell Street, Silloth next to the AONB Unit. It is open from 10.00-4.00pm all year and hosts the Tourist Information Centre, Exhibition of the Solway Coast AONB, Shop, Art Gallery, Mini-cinema and more.

RSPB Campfield Marsh Reserve

Found about one mile from Bowness-on-Solway (Grid Ref: NY 197616). Enjoy an hour or so bird watching as well as plant hunting on the raised mire and marshes. Open all year with excellent bird hide facility.

Cumbria Coastal Way

Some of the areas you may find wildflowers will be either very close to or even on the Cumbria Coastal Way. This pathway stretches from Silverdale in the South to Gretna in the North, a distance of 240 kilometres or 150 miles.

Transport

Skinburness to Maryport: Reays Coaches No. 60

Generally 20 minutes past the hour from Silloth, or 15 minutes past the hour from Skinburness

Silloth / Anthorn to Carlisle: Stagecoach in Cumbria & Carrs Coaches No.71

Variable times, so timetables can be picked up in Silloth TIC in the Discovery Centre, Liddell Street, County Council Offices, Carlisle TIC in the Market Place.

Carlisle - Bowness on Solway - Anthorn: Stagecoach in Cumbria No.93

Variable times, so please see timetables as above.

Carlisle to Bowness on Solway: The AD 122 Hadrian's Wall Bus Service

Operates between the end of May and the end of September, and connects the Hadrian's Wall Path Trail to main towns and villages. Times may be found in the above locations.

FOR FULL TIMETABLES CALL TRAVELINE,
PUBLIC TRAVEL INFORMATION LINE: 0870 6082608
OR GO TO WWW.TRAVELCUMBRIA.ORG.UK

Recording Form

Please use this form to record single or small numbers of plant species observed anywhere on a casual basis. If you need more space then please feel free to either photocopy the blank second page as many times as is necessary to accommodate your information and attach them to this form. Please include your name on all sheets. Thank you.

Completed forms should be returned to:

The Solway Coast Area of Outstanding Natural Beauty (AONB) Unit, Liddell Street, Silloth, Cumbria CA7 4DD

Tel: 016973 33055

Fax: 016973 31944

Web site: www.solwaycoastaonb.org.uk

DATA USE LICENSE: By submitting information on this form/card I agree that it may be collated and disseminated manually or electronically, including the internet, for environmental decision-making, education, research and other public benefit uses.

Name	Address							Postcode
Phone								
Email								

DATA PROTECTION STATEMENT: We will retain the form and your details in case we need more information about particularly important records. Your name and address will be entered on computer with the records to identify you as the contributor and to aid data management should you submit future records. Your name (but no other details) may be passed to third parties in copies or extracts of the database in accordance with the functions of the DCATRC. If you object to your personal details being retained, please tick the following box Q, although please note this may limit the usefulness of the information you have provided.

Date	Site Name	Grid Ref.							Species	Count	Comments
		N	Y	2	3	4	5	6			
21/6/2003	Mowbray Duines	N	Y						Dog-Orchid	4	Found near old track
		N									
		N									
		N									

Date	Site Name	Grid Ref.	Species	Count	Comments
		N			
		N			
		N			
		N			
		N			
		N			
		N			
		N			
		N			
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		N			
		N			
		N			
		N			
		N			
		N			
		N			
		N			



Further Reading

The Wildflower Key British Isles-N.W. Europe, Francis Rose, Warne.

Collins Pocket Guide, Wildflowers of Britain and Northern Europe – Fitter, Fitter and Blamey

Collins (The Wildlife Trusts) Wildflowers of Britain and Europe – Peter Heukes

Wild Flowers of Britain, Roger Philips, Macmillan London.

The Englishman’s Flora, Geoffrey Grigson, Paladin.

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 Rose Wolfe
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Principal author: Rose Wolfe

This guidebook is one of a range of books, information leaflets and newsletters covering a wealth of subjects that all explore and describe the Solway Coast Area of Outstanding Natural Beauty (AONB). The publications are available through the Solway Coast Discovery Centre, Liddell Street, Silloth on Solway, Cumbria CA7 4DD.

All profits from this booklet will provide funding for further book production.

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