

Walk Safely

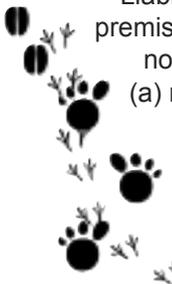
While the Irish Peatland Conservation Council wish to provide a warm welcome and to make your stay with us as enjoyable as possible we would like to remind visitors of the needs and privacy of local residents and acknowledge the interests of local land owners. We endeavour to promote the enjoyment of the countryside in a sensitive and considerate way and would ask all visitors to observe a few simple requests.

- * Please do not park on public roads. Use the designated car park.
- * Please take litter home with you.
- * Dogs should be kept on a lead at all times to protect local livestock and indigenous wildlife.
- * Camping, fires and the use of motorised vehicles on the walk are prohibited.
- * It is an offence to feed or molest wildlife or remove or disturb any natural feature or plant on the walk or in the biodiversity reserves.
- * Follow the trail at all times. It is dangerous to leave it owing to the presence of soft ground, hidden drains, brambles or nettles.
- * Walk on the right hand side of the road, close to the verge and facing the on-coming traffic.
- * Fences and walls keep some animals in and others out. Use stiles or gates. Please shut gates after you.
- * Weather conditions can change rapidly. Be prepared.
- * Lullymore is home to or a place of work for many people. Please respect their privacy.

"Pursuant to the provisions of the Occupiers' Liability Act 1995, the occupier of these premises puts all visitors to his premises on notice that his sole duties to them are:

- (a) not to injure the visitor or damage the property of the visitor intentionally, and
- (b) not to act with reckless disregard for the visitor or the property of the visitor."

Thank you for your co-operation.



open every day

Lullymore Biodiversity Trail *discover wildlife in the Bog of Allen*

an enjoyable and unforgettable experience



Meeting Point Directions and Parking

GPS Co-Ordinates: N 53° 16' 42.392" E -6° 56' 34.125"

Trail Walks: 2.5km to 5km length (see map inside leaflet)

Walking Time: 40 to 80 minutes

Nearest Town: Allenwood 5km

County: Kildare, Ireland

Discovery Map 1:50,000: No. 49

Meeting Point: Bog of Allen

Nature Centre, Lullymore,
Rathangan, Co. Kildare

Parking: Weekdays during office hours: Bog of Allen Nature Centre.

Weekends: limited parking outside gates of the Centre

Refreshments: Tea & Coffee available in the Bog of Allen Nature Centre on week days

Picnic: picnic tables at the Bog of Allen Nature Centre

Nearest Pub: Allenwood



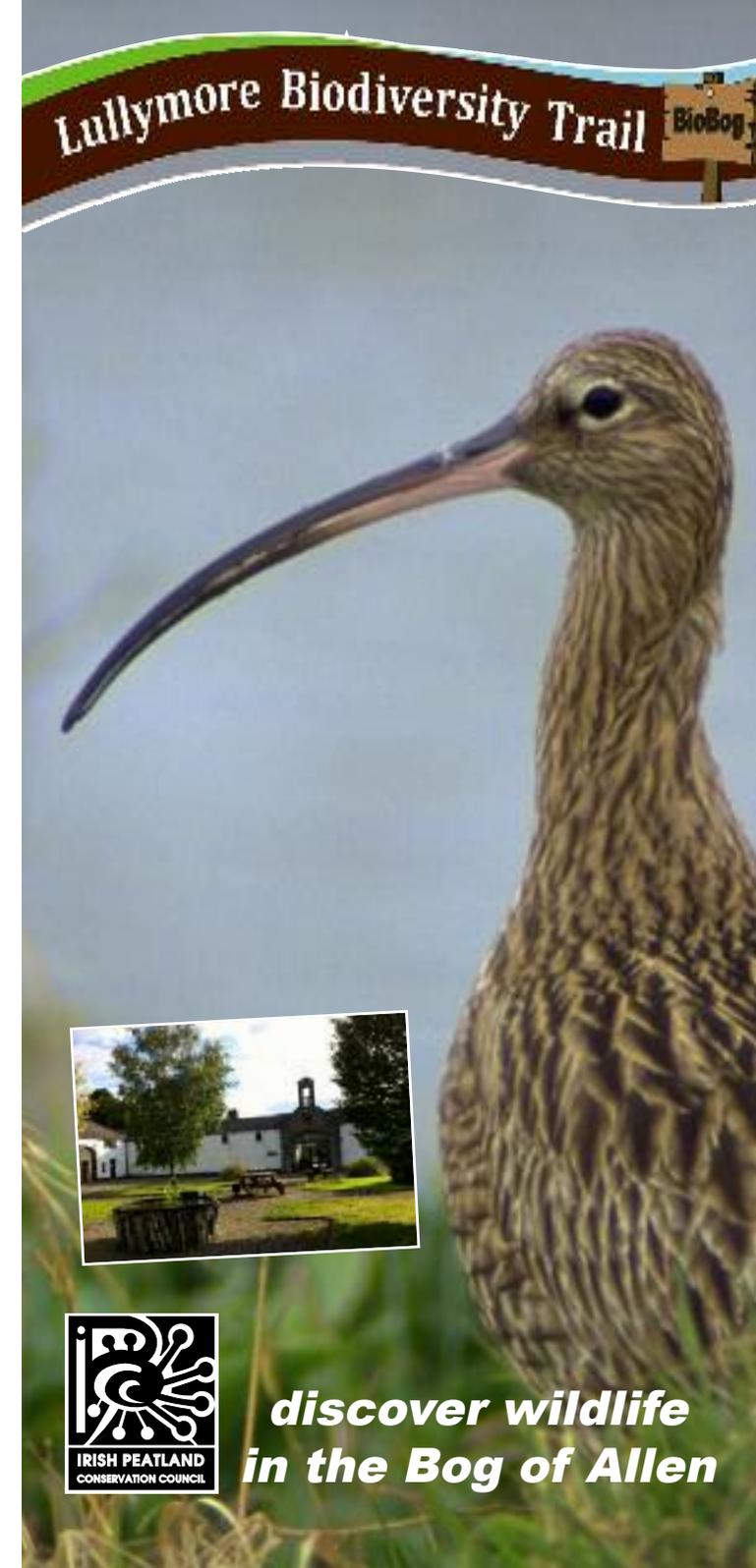
Take the
virtual trail!
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This leaflet is part of the IPCC's BioBog Project - raising awareness of biodiversity in the Bog of Allen - and is supported by



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**discover wildlife
in the Bog of Allen**

Lullymore Biodiversity Trail

BioBog



Air photograph showing the route (in yellow) of the Lullymore Biodiversity Trail. The biodiversity hot spots are outlined in white. A: Bog of Allen Nature Centre; B: Lullymore West Bog and C: Lodge Bog. Photo: Google Earth 2013.

Welcome to the Lullymore Biodiversity Trail which is being developed by the Irish Peatland Conservation Council.

The meeting point for the trail is the **Bog of Allen Nature Centre** (A). Leave your car here and explore the wildlife gardens before you venture further afield to Lullymore West or Lodge Bog. The biodiversity gardens at the centre are managed sustainably without the use of moss peat, chemicals or pesticides. This ensures we have healthy populations of garden birds, amphibians, butterflies, freshwater invertebrates, dragonflies, bats and wild flowers.

Before leaving the centre collect a **BioBog Bag** which is equipped with pond net, basin, scavenger hunt, pond life identification dial, colour dab palettes and instructions to help you explore the Lullymore Biodiversity Trail in detail.



A: Bog of Allen Nature Centre

Leaving the centre (A), turn right passing under the rookery in the Beech trees and making your way down the road to a T-junction where you turn left onto a smaller road. At the turn look up into the Chestnut tree which produces lots of conkers in Autumn. Follow this quiet road between the fields enjoying the seasonal wild flowers of the hedgerows in spring such as Blue Bell, Ramson and Primrose in spring or the Rose hips, Hawthorn and Blackberry fruits in autumn. Make an art palette of colours inspired by nature using the palettes included in the BioBog Bag.



B: Lullymore West Bog

At the level crossing leave the road turning left onto a dirt track. This runs along the southern boundary of IPCC's Lullymore West Bog Reserve (B). On the right there are good views of the birch woodlands of Lullymore West while on the left you can see cutover bog.

Cross the stile into the butterfly haven of **Lullymore West Bog** (B). Peat was removed from this bog commercially in the 20th century. It has naturally recolonised with plants and animals and is a biodiversity hot spot for over 20 different butterflies including the endangered marsh fritillary. Look out for orchids in the grasslands including lesser twayblade, butterfly orchid and fragrant orchid and the bluish-purple flowers of Devil's Bit Scabious in late summer. Dip with a net in the seasonal pond to see what invertebrates you find.

Return by the same route to the Bog of Allen Nature Centre (A). Continue past the centre to the junction with the busy R414. At the corner you can see a monument commemorating Captain John Doorley. Directly across the road a laneway takes you to Lullymore Graveyard, the site of a 5th

century Christian monastery if you wish to detour. Continue on the Biodiversity trail turning left onto the R414 (or right if you are returning from the graveyard). Walk along the road through the community of houses that are located on the mineral soil island of Lullymore. On the left side you will see an old water pump and further on a deciduous woodland on the right. At a sharp bend in the road veering right is a gravel path and entrance stile to the board walk on Lodge Bog (C).

Lodge Bog (C) is a wet and wild raised bog. Raised bogs were once widespread in the Bog of Allen region but most of them were cut for fuel. The plants, animals and birds here are adapted in extraordinary ways to life in the bog. They include insect-eating sundews, frogs, curlew, Large Heath butterfly, dragonflies and *Sphagnum* mosses. Enjoy the view from the boardwalk towards the Hill of Allen. Lodge Bog is a good place to do the scavenger hunt provided in the BioBog Bag.

Return to the Bog of Allen Nature Centre (A) along the same route.



C: Lodge Bog