

# Conair Bhithéagsúlachta COC Ar Shlí an Chaomhánaigh

## UCC Biodiversity Trail along the Cavanagh Way

Neantóga agus Driseacha / Nettles and Brambles / *Urtica dioica et Rubus fruticosus*



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Is minic nach dtuigtear i gceart luach na neantóg agus na ndriseacha, ós rud é go bpléitear leo mar fhialí cailgeacha agus deilgneacha, faoi seach. Ach **is gnáthóga fíorluachmhara iad na ceapacha neantóg don fhiadhúlra sna ceantair sin a gcuirtear as dóibh ag an ngníomhaíocht dhaonna, iad ag soláthar gnáthóige d'fhéileacáin (leithéidí an Phéacóg) agus d'aifidí, a n-itheann bóiní Dé iad. Bíonn duilleoga na neantóg an-chothaitheach ar fad do dhaoine freisin.**

**Soláthraíonn driseacha clúdach sábháilte d'éin agus do mhamaigh beaga.** Bíonn sméara dubha na ndriseacha cothaitheach do dhaoine agus don fhiadhúlra araon, agus soláthraíonn an neachtar ina gcuid bláthanna bia do na feithidí pailnitheacha, leithéidí beacha, cuileoga agus foichí.

Treated as stinging and prickly weeds, respectively, nettles and brambles are often underappreciated. However, **nettles are invaluable habitat for wildlife in areas disturbed by human activity**, providing habitat for butterflies (such as the Peacock butterfly) and aphids, which are eaten by ladybirds. Nettle leaves are also highly nutritious for humans.

**Brambles provide safe cover for birds and small mammals.** Bramble blackberries are nutritious for people and wildlife alike, and the nectar in their flowers provides food for pollinating insects like bees, flies and wasps.

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Fearnóg Choiteann / Common Alder / *Alnus glutinosa*



Tá an Fhearnóg le fáil ar fud na hÉireann. **Go minic bíonn sí le fáil i gceantair fhliucha nó thaise, agus in aice le haibhneacha agus lochanna.** Tá dath dúdhonn ar an gcoirt agus í scoilte, agus tá cruth ar nós croí ar na duilleoga de bharr go mbíonn barr na duilleoige bearnach.

Fásann caitíní agus buaircíní ar Fhearnóga. **Cuireann na caitíní neachtar ar fáil d'fheithidí agus itheann éin cosúil leis an Siscín agus an Deargéadan Coiteann síolta na mbuaircíní.** D'úsáidtí adhmaid na fearnóige chun sciatha a dhéanamh in Éirinn fadó. Ní lobbhann sé san uisce agus mar sin tá sé oiriúnach chun struchtúir a thógáil ar nós comhlaí agus bád.

Alder has a wide distribution in Ireland. **It is most frequently found in wet or damp areas, and along rivers and lakes.** Its bark is dark brown and fissured, while its leaves are somewhat heart-shaped, due to an indented leaf-tip.

Alder trees produce catkins and cones. **The catkins provide nectar for insects, while cone seeds are eaten by birds such as Siskin and Redpoll.** Alder wood was used for shield making in ancient Ireland. It doesn't rot in water, so is suitable for building structures such as sluices and boats.

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Ialtóg Fheascrach / Common Pipistrelle Bat / *Pipistrellus pipistrellus*



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Feictear an ialtóg Fheascrach níos minice ná aon ialtóg eile i gceantair uirbeacha. Baineann sí leas as aimsiú ó mhacalla chun teacht ar fheithidí eitle mar chothú di féin. **Is féidir le hialtóga Feascracha suas le 3,000 míoltóg, leamhan agus muiscít a ithe in aon oíche amháin**, bíodh is nach bhfuil ach 5-6g de mheáchan iontu.

Déanann gach ialtóg codladh geimhridh (an téarma ceart ná “mairbhítí”). **Go déanach san earrach, sa samhradh agus go luath san fhómhar is mó a bhíonn siad gníomhach; sin na tréimhsí is mó ina mbíonn feithidí le fáil go flúirseach.** Téann na hialtóga seo ar an bhfara i rith an lae i bpoill sna crainn agus i scoilteanna, agus i dtiús an fhásra (m.sh. sean-eidhneán tiubh) ach baineann siad úsáid as scoilteanna i bhfoirgnimh chomh maith, faoi thíleanna sa díon mar shampla.

Chun a thuilleadh a fhoghlaim faoi ialtóga, féach ar [www.batconservationireland.org](http://www.batconservationireland.org), a úsáideadh mar chúlra eolais sa téacs seo.

The Common Pipistrelle bat is the most commonly observed bat in urban areas. It eats flying insects, using echolocation to find its prey. **Common Pipistrelles can eat as many as 3,000 midges, moths and mosquitos per night**, despite weighing only 5-6g.

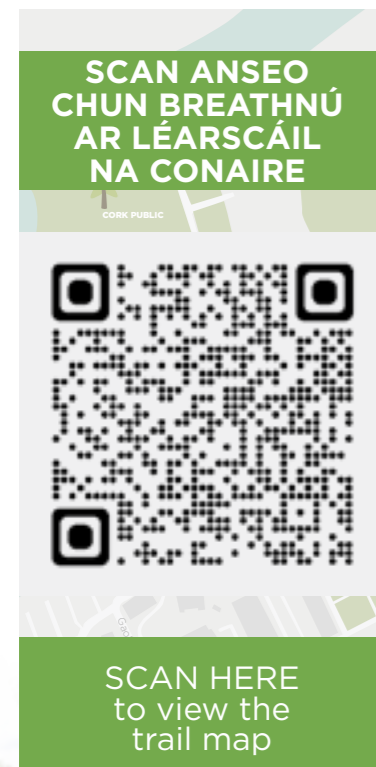
All bats hibernate (the correct term is “torpor,”) over winter. **They are most active in late spring, summer and early autumn, when insects are most abundant.** These bats will roost during the day in tree holes and crevices, and in dense vegetation (e.g. thick old ivy) but will also use small crevices in buildings, such as under roof tiles.

To learn more about bats, see [www.batconservationireland.org](http://www.batconservationireland.org), which informed this text.

# Conair Bhithéagsúlachta COC Ar Shlí an Chaomhánaigh

## UCC Biodiversity Trail along the Cavanagh Way

Móinéar na mBláthanna Fiáine / Wildflower Meadow



Síolaíodh móinéar na mbláthanna fiáine ag COC i 2018, agus tháinig athrú ar fhlúirse agus ar éagsúlacht a chuid speiceas ó shin. I measc na speiceas planda atá sa mhóinéar nó thart timpeall air áirítear seamhair, dúmhaidic, mínscoth, nóinín mór, athair thalún, poipín, caisearbhán, gliográn, lus síoda agus tuilleadh nach iad. **Soláthraíonn an éagsúlacht speiceas seo bia agus gnáthóg do raon éagsúil feithidí, éan agus sciathán leathair.**

Chun an móinéar a chothabháil, ag cinntiú go dtacaíonn sé le raon éagsúil de bhláthanna fiáine dúchasacha, gearrtar é gach Mí Mheán Fómhair le lomaire barra corráin. Fágтар mionrabh an mhóinéir ina luí ar an talamh ar feadh trí go ceithre lá chun ligean do na síolta titim de. Ansin déantar an mionrabh a rácáil agus a bhaint den mhóinéar de láimh. Cinntíonn sin go gcoimeádtar torthúlacht na hithreach ag leibhéal íseal, rud a sholáthraíonn na dálaí cuí le go mbeadh rath ar an móinéar ó thaobh éagsúlachta na mbláthanna fiáine de.

UCC wildflower meadow was sown in 2018, and species composition has varied in abundance and diversity since then. Plant species in and around the meadow include clover, black medick, knapweed, ox-eye daisy, yarrow, poppy, dandelion, yellowrattle, ragged robin and many more. **This diversity of species provides food and habitat for a variety of insects, birds and bats.**

To maintain the meadow, ensuring it supports a diversity of native wildflowers, it is cut every September with a sickle bar mower. The meadow cuttings are left to lie on the ground for three to four days to allow the seeds to drop off. Cuttings are then raked and removed from the meadow by hand. This ensures the fertility of the soil is kept low, providing the right conditions for wildflower diversity to flourish.

# Conair Bhithéagsúlachta COC Ar Shlí an Chaomhánaigh

## UCC Biodiversity Trail along the Cavanagh Way

Glasóg Liath / Grey Wagtail / *Motacilla cinerea*



Éan gleoite is ea an ghasóg liath, agus í le feiscint go minic ag bogadach suas agus anuas nó ag eitilt feadh na habhann in COC. Maireann na Glasóga Liatha in aice le srutháin agus aibhneacha. Tógann siad neadacha faoi dhroichid go minic, agus itheann siad feithidí uisceacha a mbeireann siad orthu ar an talamh nó nuair a bhíonn siad ag eitilt.

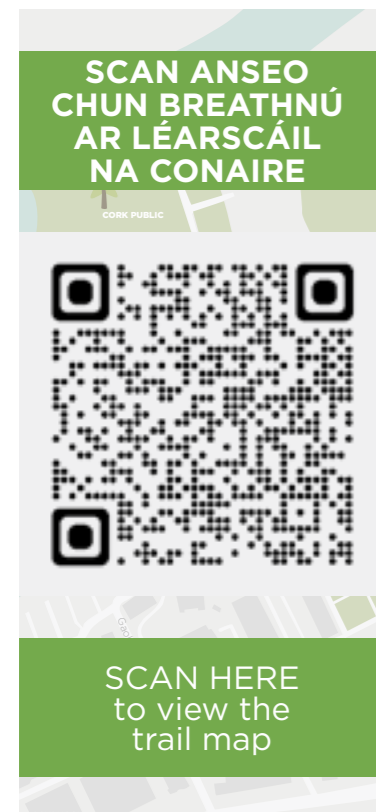
Is féidir an Ghasóg Liath a aithint trí mheán tréithe fisiciúla éagsúla, go háirithe dath buí an taoibh íochtair agus an gheadáin. Níl an dath buí chomh láidir sin sna héin bhaineanna. Tá ceann liath agus droim liath ar na Glasóga Liatha, agus stríoc bhuí éadrom ar na súile mar aon le dath dúliath ar na sciatháin agus ar an eireaball. Tá paiste dubh ar an scornach ag na héin fhásta.

Le haghaidh tuilleadh eolais, féach ar: <https://birdwatchireland.ie/> a úsáideadh mar chúlra eolais sa téacs seo.

The Grey Wagtail is a charming bird, commonly seen bobbing up and down or flying along the river at UCC. Grey Wagtails live along streams and rivers. They often build nests under bridges, and feed mainly on aquatic insects, caught on the ground or in flight.

The Grey Wagtail can be recognised by a number of physical characteristics, but **its bright yellow underside and rump is the major giveaway**. This yellow is less intense in females. Grey Wagtails have a grey head and back, and pale-yellow eye-stripe, with dark grey wings and tail. Adults have a black throat patch.

For more information, see: <https://birdwatchireland.ie/>, which informed this text.



# Conair Bhithéagsúlachta COC Ar Shlí an Chaomhánaigh

## UCC Biodiversity Trail along the Cavanagh Way

Snag / Treecreeper / *Certhia familiaris*



Faightear na Snaganna go flúirseach in Éirinn agus maireann siad i bhfálta sceach, i bhforaoisí, i spásanna glasa uirbeacha agus ar thalamh feirme. Tá siad donn agus breac ar an taobh uachtair agus bán ar an taobh íochtair, agus tá stríoca bána ar a gceann. **Tá gob ag na Snaganna a sheasann amach agus é cuartha síos. Úsáideann siad é chun teacht ar fheithidí sa choir.** Bogann na héin seo go mall suas na crainn agus iad ag preabadh. Tá cantain ard shéimh acu mar aon le glao ard atá cosúil leis an nglao a dheineann an Diarmín nó an Meantán Dubh.

Le haghaidh tuilleadh eolais, féach ar: <https://birdwatchireland.ie/> a úsáideadh mar chúlra eolais sa téacs seo.

Currently widespread in Ireland, Treecreepers live in hedgerows, forests, urban green spaces and farmland. They are speckly brown above and white below, with some white streaking on the head. **Treecreepers have a distinct, down-curved bill, which they use to probe for insects in bark.** These birds “creep” up along trees in a hopping motion. They have a high-pitched call, similar to that of a Goldcrest or Coal Tit, and a delicate high-pitched song.

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An Fheá / Beech / *Fagus sylvatica*



Tá an fheá tugtha chun cineáil in Éirinn agus ní fhéachtar uirthi mar chrann dúchasach. **Crann duillsilteach atá ann a bhfuil coirt mhín, liath, craobhóga corcairdhonna agus bachlóga fada caolaithe aici.** Táirgeann feánna cnónna ar féidir iad a ithe, iad cásáilte i mblaosc spíonach. Fásann caitíní orthu i Mí Aibreáin/Mí na Bealtaine. Baineann feánna airde 30 - 40 méadar amach; de ghnách fásann feánna suas go díreach, agus déantar iad a phlandáil go forleathan in Éirinn, mar chrainn mhaisiúla aonair agus mar fhálú araon. Is minic a bhíonn muisiriúin, leithéidí *bolets* agus *Chantarelles*, le feiceáil agus iad ag fás ag bun na bhfeánna i gcoillte. Mar gheall, ar an iomlán, ar an gceannbhrat dlúth, scáthach a chruthaíonn feánna, is féidir go mbeadh sé deacair ag speicis eile fás thíos fúthu.

Beech is naturalised in Ireland and is not considered native. **A deciduous tree, it has smooth, grey bark, purple-brown twigs and long, tapered buds.** Beech trees produce edible nuts, encased in a spiny shell. Catkins appear in April/May. Reaching 30-40 metres in height, beech trees grow in a generally straight manner, and are planted widely in Ireland as both individual decorative trees and as hedging. Mushrooms such as boletes and Chantarelles can often be seen growing at the base of beech trees in forests. Due largely to the dense shady canopy cast by beech trees, it can be difficult for other species to grow beneath them.

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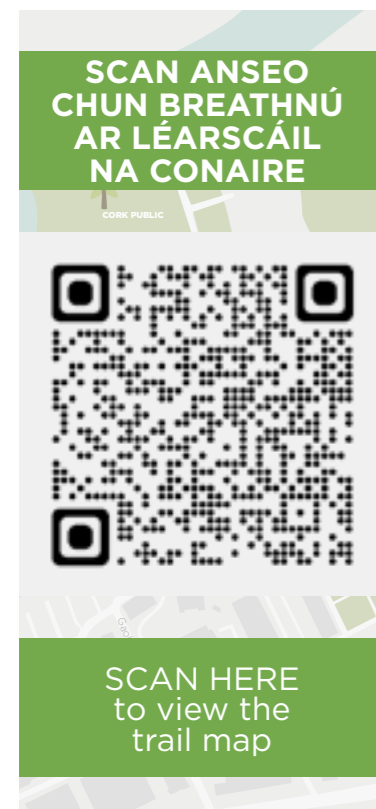


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Eidhneán / Ivy / *Hedera hibernica*



Is planda dreaptha síorghlas é an t-eidhneán a ghreamaíonn de chrainn, de bhallaí agus de dhromchlaí eile agus fréamhacha gais an-bheaga á n-úsáid aige. Bíonn dhá chineál duilleoige ag an eidhneán: duilleoga dúghlasa agus niamhracha a bhfuil idir trí agus cúig mhaothán acu, agus duilleoga a bhfuil cruth croí orthu. Táirgeann an t-eidhneán bláthanna beaga sórt buí idir Mí Mheán Fómhair agus Mí na Samhna, a sholáthraíonn foinse shuntasach neachtair le haghaidh feithidí san fhómhar agus sa gheimhreadh. Táirgeann an t-eidhneán sméara dorcha corcairdhubha san earrach freisin; bíonn siad sin nimhiúil do dhaoine ach soláthraíonn siad bia le haghaidh a lán éan. Tá an planda seo tábhachtach freisin maidir le gnáthóg a sholáthar le haghaidh féileacán leithéidí an Gormán Cuilinn, chomh maith le foscadh le haghaidh na sciathán leathair; is eol dúinn go mbíonn siad sin ag dul ar an bhfara i gcairn thiubha eidhneáin aibí. D'ainneoin a gcreideann an pobal i gcoitinne, ní thógann an t-eidhneán aon chothaithigh ó na crainn sin a mbíonn sé ag dreapadh orthu. Ní dhéanann sé ach taca a bhaint as na crainn.

Ivy is an evergreen climbing plant which clings to trees, walls and other surfaces using very small stem-roots. **Ivy has two types of leaf: dark green and glossy leaves with three to five lobes, and heart-shaped leaves.** Ivy produces small yellowish flowers from September to November, which provide an important source of nectar for insects in autumn and winter. Ivy also produces dark purple-black berries in spring which are poisonous to people but provide food for many birds. This plant is also important for providing habitat for butterflies such as the Holly Blue, and shelter for bats which are known to roost in thick masses of mature ivy. Contrary to popular belief, ivy does not take any nutrients from trees it climbs. It simply uses trees as support.