

Woodland Walk



Discovering The Woodland Walk



- ▶ This area is known locally as Capel Mair, which was built around the 14th century by Monks dedicated to St Mary.
- ▶ The views from Capel Mair are beautiful, you can see the whole of Margam and further as well as the sea.
- ▶ There are many wild areas at the top, with plenty of walks, wildflowers, different trees and often evidence from wildlife.
- ▶ I have chosen this area, as it has been a favourite visiting place of mine since childhood.
- ▶ I now take my own children here as well as the dog, to have a picnic and enjoy the peaceful views.
- ▶ The area is quite tricky to navigate; however, it is well worth the trek.
- ▶ The ruins themselves are still standing strong, with a lot of history behind them.





Exploring The Woodland Walk

- This photograph shows the plant *geranium endressii*, a hardy flowering plant with its pink blooms, it is native to the Pyrenees in Spain, it is known for its beauty and pollinator friendly flowers. It is usually found in gardens as ground covering.



Exploring The Woodland Walk

- ▶ This plant is called Catmint, with its distinctive green, toothed leaves and tall spikes of purple flowers. It has a sweet scent and ability to attract pollinators; this is another hardy herb which has natural remedies.
- ▶ The natural remedies offer calming, anti-inflammatory and mild sedative benefits. So, drinking a cup of Catmint tea in the evening may support, relaxation and a wind down before sleep.

Exploring The Woodland Walk

- ▶ This is known as Common Ragweed, it shows small yellow flower in a cluster on top of a bushy fern like stem. It is known for its allergenic pollen. Ragweed can grow in various regions and is often found in disturbed and open areas.
- ▶ Despite the high allergen, crushed leaves were used topically to soothe insect bites, and minor skin irritations.



Conserve The Woodland Walk

- ▶ There are some areas around the ruins that have been left to overgrow for wildlife. This is fantastic, as it is already preserving the wildlife's habitats.
- ▶ However, there are some people who ascend to Capel Mair for picnics that do not take their rubbish home. This can make it dangerous for the wildlife as well as the plants surrounding it.
- ▶ There is a rubbish bin, at the bottom of the hill, but nothing on top.
- ▶ An email to the local councillor asking for another bin to be provided closer to the ruins, to encourage visitors to clean up after themselves, may help.
- ▶ Taking care of our environment doesn't just start at home, it is everywhere where we live and visit. Promoting this in schools and settings help children gain a better understanding of how we can help save insects and wildlife's homes, by cleaning up after us and only leaving footprints.
- ▶ There are many areas, which have fallen tree branches and shrubs which I have moved into smaller areas to create other accessible habitats for wildlife.
- ▶ These areas can be for any creatures looking for a new home or shelter.
- ▶ Having a sign and pot with wildflower seed bombs in, that visitors can scatter when they walk to the site.
- ▶ This can encourage children and adults to participate in the growth of flowers to help the bees and other insects thrive. Which all help to pollinate the surrounding plants and trees.
- ▶ This can link in with outdoor learning and children can make their own seed bombs in settings to take to the ruins and help promote a sustainable Wales for future generations.

