

GLENEAGLES  
**THE TRAIL YARD**  
 AUCHTERARDER  
 PERTSHIRE

WALKING ROUTES  
 LOCAL PLANT GUIDE

WALKING  
**THE GLENEAGLES HOTEL  
 ESTATE**

Whether you're looking to stretch the legs, blow away the cobwebs or just enjoy some pure Perthshire air, our two walking routes and 'green run' have got you covered! Head into the beautiful local countryside, amble across heathland or take it up a gear on a longer trail. Whatever the season – whether you're soaking up the summer sun, the landscape's blazing in all its autumnal glory, or the snow's knee-deep – pull on some wellies or trainers, soak up the views, spot the local plant and wildlife and create your own scenic adventure!

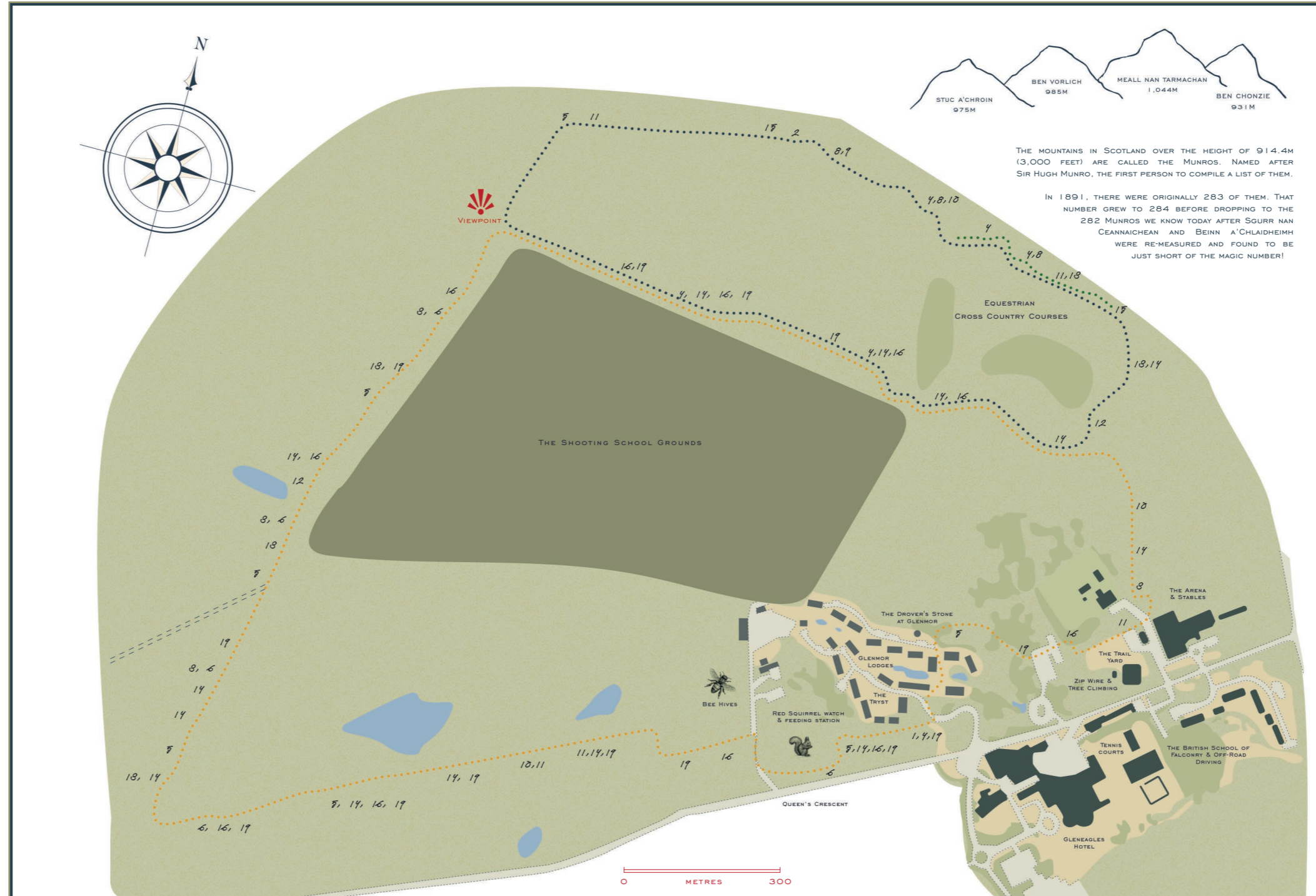
WALKING KEY

WESTERLY WANDER  
 4.7KM, APPROXIMATELY 60 MIN

STRATHALLAN STROLL  
 2.1KM, APPROXIMATELY 30 MIN

THE GREEN RUN

VIEWPOINT  
 AS YOU LOOK FROM LEFT TO RIGHT AS THE WESTERLY WANDER AND STRATHALLAN STROLL SPLIT YOU WILL SEE IN THE DISTANCE (ON A CLEAR DAY!) THE PEAKS OF FOUR MUNROS.



THE GLENEAGLES HOTEL  
 AUCHTERARDER PH31NF  
 SCOTLAND  
 01764 662231

A GUIDE TO OUR PLANT-LIFE



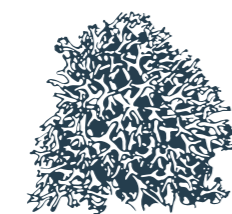
**1 BIRCH *Betula pubescens***  
The bark is used to light fires and make birch tar for waterproofing.

**2 BLACKTHORN *Prunus spinosa***  
Produces a berry that is used in preserves and gin (sloe Gin). Apparently the flowers are edible. An infusion of flowers is good for diarrhoea.



**3 BLAEBERRY *Vaccinium myrtillus***  
In spring they produce small compact pink bell-shaped flowers, which may be solitary or in pairs. In the mid summer they produce an edible purple-bloomed black berry, with red juice. The leaves turn to shades of red and yellow in autumn.  
**WARNING:** High tannin content may cause digestive disorders - avoid prolonged use or high doses. Avoid in pregnancy.

**4 BROOM *Cytisus scoparius***  
The roasted seed has been used as a coffee substitute. You can hear the pods split on hot summer days.



**5 CLADONIA Lichen genus**  
Species are of economic importance to reindeer-herders, such as the Sami in Scandinavia or the Nenets in Russia. Antibiotic compounds are extracted from some species to create antibiotic cream.

**6 COWBERRY *Vaccinium vitisidaea***  
Edible berry, not as nice as a blaeberry. Leaves can be used as a tea.



**7 GREATER PLANTAIN *Plantago major***  
The leaf is a powerful remedy for small wounds, bruises and stings. The seeds are high in vitamin Bs and 1 to 2 pods daily can be used as an insect repellent. Seeds can also be dried and boiled as a warm cereal.

**8 SCOTS PINE *Pinus sylvestris***  
You can chop and boil the needles into a tea which will contain more than fresh squeezed orange. In spring the male anthers can be eaten and are high in protein.



**9 SWEET CHESTNUT *Castanea sativa***  
The seed is a somewhat astringent taste raw, it improves considerably when cooked and is delicious baked with a floury texture and a flavour rather like sweet potatoes. The seed is rich in carbohydrates, it can be dried, then ground and used as a flour in breads, puddings, as a thickener in soups etc.

**10 DAISY *Bellis perennis***  
Leaves, flowers and buds can all be eaten raw. They are a traditional wound herb and are also said to be especially useful in treating delicate and list.



**11 SPRUCE *Picea***  
Like pine the needles can be boiled into a vitamin c rich tea. The young shoots can be boiled and eaten as a vegetable. The resin can be used as an antiseptic direct onto wounds and as a glue mixed with wood ash to soften.



**12 THISTLE *Carduus***  
The leaves and stems can be cooked and eaten. The downy seed heads can be used for fire lighting and insulation. Roots can be boiled and eaten like vegetables.

**13 MOSS *Sphagnum Moss***  
It has been used for centuries as a dressing for wounds, including through WW1. Since it is absorptive and extremely acidic, it inhibits growth of bacteria and fungi, so is used for shipping seeds and live plants.



**14 DEER GRASS *Trichophorum cespitosum***  
Commonly known as Deer Grass or Tufted Bulrush, it's a species of flowering plant in the sedge family

**15 DOCKEN *Rumex obtusifolius***  
The leaf can be eaten after being cooked. The seed can also be ground into powder and used to make a gruel or added to cereal flours when making bread etc. The leaves are often applied externally as a rustic remedy in the treatment of blisters, burns and scalds.



**16 GORSE *Ulex europaeus***  
The flower buds are pickled in vinegar and then used like capers in salads. A tea is made from the shoot tips. Used a shelter belt and a yellow dye from flower.

**17. NETTLE *Urtica dioica***  
Young shoots and leaves can be eaten after 2-3 mins of boiling. Leaves fresh or dry make a tea. The tea is said to relieve rheumatism. Used for fibre making and as a fly repellent and a green dye extracted from the leaves and stem.



**18. OAK *Quercus***  
Acorns can be eaten, even when green if prepared properly. Either boiled or leached in running water. The water can be used as a powerful antiseptic for skin diseases, cuts, sore throats and toothache. Gargle only.

**19. HEATHER *Calluna vulgaris***  
The scientific name, *Calluna vulgaris*, from the Greek 'Kallune' meaning to clean or brush, as the twigs were used for making brooms and 'Vulgaris' from the Latin word, meaning common.



FOLLOW OUR LEAD



Help us keep the countryside a safe, healthy and enjoyable place for you and your dog, other visitors, horses, wildlife and livestock:

Keep your dog in sight and under control - use a lead if required. Don't let your dog chase horses, wildlife or farm animals and keep them out of marked or fenced paddocks and fields

Be courteous and respectful of other dogs and their owners as well as other walkers and cyclists.

If your dog should do a poo, this is what you should do, just find a stick and flick it wide into the undergrowth at the side. If you have no access to a stick please always pick up after your dog!

NOTES

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“Oh the summertime is coming,  
And the trees are sweetly blooming,  
And the wild mountain thyme,  
Grows around the blooming heather”

— ROBERT TANNAHILL