

Biodiversity Trail / Fitness Trail



TREES Native Trees: Alder, Ash, Crab Apple, Scots Pine, Rowan, Wych Elm, Field Maple, Silver



INVERTEBRATES Butterflies, Moths, Spiders, Millipedes, Centipedes, Snails, Flies, Bees, Wasps, Ants, Woodlice, Dragonflies, and Beetles.



WILDFLOWERS Yellow Flag, Ox-eye Daisy, Marsh Marigold, Snowdrop, Red Poppy, Stinking Iris, Buttercups, Primrose,



WHAT IS BIODIVERSITY?

Put simply, biodiversity is the variety of life around us. It is all living things from trees to toadstools, from birds to butterflies, from the common place to the greatly endangered. It is the multitude of all living things on earth, including us, the places where they live and relationships that occur between them. It is important that we appreciate our biodiversity and conserve it, as many species and their habitats are becoming extinct.

BIODIVERSITY TRAIL

This circular route extends just over 1,000 metres around agricultural land and is accessible for wheelchair users and families with young children in buggies. Along the route, you will see a number of unique habitats, which have been specially created to enhance the park's diversity and encourage wildlife. In particular, there is a giant bird table and bog garden alongside tree, shrub and wildflower areas. Look out for various plants, animals, birds, insects and even fungi, which make up our native biodiversity.





FITNESS TRAIL

This dedicated fitness trail offers various stations of outdoor gym equipment. (See fitness trail stations outlined below.) The trail is perfect for beginners and more athletic visitors alike, interested in exercising and promoting good health. Suggested training programmes are available from the Visitor Centre or can be downloaded online. Persons using the trail should first ensure that they are physically fit to undertake exercise. Use of the equipment is at your own risk and instructions for use are attached.

Shrew, Wood Mice, Wild Rabbits and Grey Squirrels. Most mammals are nocturnal and sensitive to noise so you are unlikely to actually see them!

Sweet Briar Rose, Dogwood, Guelder Rose, Hawthorn, Hazel, Holly, Elder, Cherry Laurel And Field Rose.

www.midandeastantrim.gov.uk/carnfunnock



The Biodiversity Trail has been supported by Northern Ireland Environment Agency.

Station 2: Double Sit-up Board Seated Leg Press

Station 3: Elliptical Cross Trainer

Station 4: Air Skier **Seated Chest Press**