

friends of Lenzie Moss

Activities on Lenzie Moss - 2010

Walk - Lenzie Moss to Peel Park, The Long Way Round!

Wednesday 7 April 11.20am

Get out and about, enjoy the fresh air, improve your health and meet the Friends of Lenzie Moss on this Ranger led walk. Head across Lenzie Moss LNR, through Boghead Woodland and over the canal to Peel Park. This walk is about 1 hour long and follows mainly level established paths. Meet at the walk start at 11.20am. Return transport provided.

Booking essential 0141 956 6586. Free.

Evening Song

Thursday 6th May 7.00pm-8.30pm

If getting up really early to hear the dawn chorus isn't for you then this might be! Join a local bird expert and the Friends of Lenzie Moss to wander round Lenzie Moss and hear the birds singing loud and clear. A level walk in lovely surroundings, everyone welcome.

Booking essential 0141 956 6586. Free.

Medicine of the Moss

Sunday 6 June 1.30pm-3.30pm

Lenzie Moss Local Nature Reserve isn't just a raised bog, the surrounding grasslands and woodlands are packed full of wild flowers many with mysterious medicinal properties. Enjoy a gentle walk through the moss to discover some of the herbs growing there and hear about their history, folklore and modern use from Medical Herbalist Catriona Stewart MSc, BA(Hons) MNIMH.

Booking essential 0141 956 6586. Free.

Lenzie Moss Conservation Volunteers

Saturday 24 April, Saturday 26 June, Thursday 5 August

10.45am - 2.30pm

Have fun, get fit, enjoy a day out in the fresh air. The Ranger Service need help to restore this rare raised bog and bring back the plants and animals that used to live here. Wear old clothes, wellies or strong footwear and waterproofs if you have them. Bring a packed lunch if you plan to stay all day. Meet at the Moss end of Lenzie Railway Station car park. Children must be accompanied by an adult. **Free.**

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The History of the Mountain Moss

Wednesday 28 July 7.00pm – 8.30pm

Join Friends of Lenzie Moss and Ranger Service to discover why Lenzie Moss used to be called the Mountain Moss and the changes it has gone through since then. From peat cuttings to present day, learn how the Moss is managed to benefit people and wildlife. Meet at the Moss end of Lenzie Railway Station car park. **Free.**

Family Fun! - Creepy Crawlies and Conservation

Thursday 5 August 1pm – 2.30pm

Parents get your hands dirty with a taster in practical conservation work while your children have a fun time hunting for minibeasts nearby with a Ranger. Meet at the Moss end of Lenzie Railway Station car park and follow the signs. Turn up and join in anytime, all children must be accompanied by an adult.

Free.

Build a Birch Broom – Harry Potter style!

Sunday 26 September 1.30pm – 3.30pm

Birch trees are being removed from Lenzie Moss to help the bog areas become boggy again. So let's put the birch to good use and make a broom for sweeping leaves or for transporting you to Hogwarts School of Witchcraft & Wizardry. Join in anytime, the Ranger Service and Friends of Lenzie Moss will be there to assist you. Follow the signs from the Moss end of Lenzie Railway Station car park. **Free.**

More information on Lenzie Moss is available on our website:

www.friendsoflenziemoss.org.uk

More information on Ranger led activities can be found on:

www.mugdock-country-park.org.uk

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2010 International Year of Biodiversity

Lenzie Moss - Experience nature on your doorstep