

# Look and listen for local wildlife along your walk.

How many different plants and animals can you discover? *Tick them off as you see them...*



ARFORDIR TREFTADAETH  
MORGANNWG  
GLAMORGAN  
HERITAGE COAST



CHOUGHS

*Pyrrhocorax pyrrhocorax*

A chough is a member of the crow family and like other crows has a black head and body. But unlike any other crows it has a red bill and red legs. The chough is a very acrobatic bird and can be seen diving and swooping in the sky.

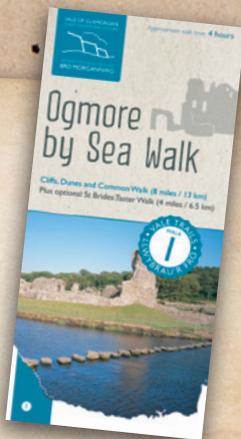


Linnet

*Carduelis cannabina*

Linnetts are small, attractive birds, particularly the males. They have a red forehead and breast, whilst the female is browner. The numbers of the linnet have declined dramatically over the last 40 years and it is now a protected species in the UK.

If you enjoyed your adventures around Ogmore and would like to see more visit the walking section of [www.visitthevale.com](http://www.visitthevale.com) and download a copy of the Vale Trail maps.



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[www.valeofglamorgan.gov.uk/familyfun](http://www.valeofglamorgan.gov.uk/familyfun)

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## COMMON BLUE



### *Polyommatus icarus*

Like the name tells us, this is one of the most common blue butterfly in Britain. The males are a bright blue, but the females can be a mixture of blue and brown or sometimes they are completely brown.



## SIX SPOT BURPET



### *Zygaena filipendulae*

This is a glossy black moth with six red spots on each wing. It can be found flying on hot sunny days feeding on lots of different flowers including knapweed, thistles and other grassland flowers.



## LADIES BEDSTRAW



### *Galium verum*

Ladies bedstraw has had many uses in the past. As its name suggests, it was once used to stuff mattresses because it acts as a flea killer. Ladies Bedstraw was also used in the past to produce the orange colour of Double Gloucester cheese.



## WILD THYME



### *Thymus vulgaris*

Thyme is a flowering plant, but is most commonly known as an herb used in many food dishes. Thyme has also been used in traditional herbal medicine. It is an antiseptic and was once used to treat cuts. Today is used in some mouthwashes and an herbal tea made from thyme is said to help coughs.