



The Tree Trail

A Warsash Common Walk

www.fareham.gov.uk/thetreetrail





The Tree Trail

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Introduction

The tree trail and poetry path have been designed to encourage people of all ages to take more advantage of our local natural environment. There are twelve native trees within the trail and individual information sheets offer everyone the opportunity to learn which tree is which, as well as facts about the ecology and botanical features, uses made of the wood and some of the superstitions and myths associated with them.

The poetry path runs parallel with the tree trail and incorporates poems and Haiku about the natural environment. They are written by local residents and pupils from schools within the Borough and there are six poetry posts and two poetry trees around the site. The poems are changed regularly to encourage those who write the poems, as well as friends and family, to walk the path, find their work and read the poems.

The tree trail and poetry path form a self-guided circular walk around the Warsash Common Local Nature Reserve which is approximately 1.5km in length. The terrain varies significantly but on the whole the paths are passible throughout the year. The walk incorporates a wide variety of different habitats which includes open grasslands, water bodies as well as wet and dry woodlands.

Acknowledgements

The council would like to thank the Jacqueline Memory Paterson estate for providing permission to extract information from her book Tree Wisdom. We would also like to thank the Woodland Trust for permission to use their graphics and providing the ecological information used in the fact sheets. Thanks also to Stormwatch for providing the Ogham information. Lastly, we would like to thank the National Trust. The poetry tree at Wordsworth's house in Cockermouth provided the inspiration for much of this project.





The Tree Trail



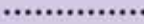



Poetry Path

PP - Poetry Post PT - Poetry Tree

Trees		
1 - Silver Birch	5 - Beech	9 - Hawthorn
2 - Willow	6 - Holly	10 - Oak
3 - Blackthorn	7 - Alder	11 - Yew
4 - Hazel	8 - Apple	12 - Ash

Walks Key

<p>Horse Route</p> <p></p>	<p>Route 1</p> <p></p> <p>This is a walk of approximately 1.5km that takes in the main habitat types and landscapes. The walk is steep in places with steps, a bridge, gravel paths and boardwalks.</p>	<p>Route 2</p> <p></p> <p>This walk is approximately three quarters of a kilometer which is predominately negotiable during the summer as the surfaces can be very wet in places.</p>	<p>Route 3</p> <p></p> <p>This is the easy access route which starts and ends in the car park off Dibles/New Road and circles the main common. This route is generally flat but can be wet during the winter in certain areas which may make it difficult for some types of wheelchair.</p>
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The Tree Trail

The Silver Birch (*Betula alba*)

Facts

- It can grow up to 30 meters tall
- It can live for up to 100 years
- It has both male and female flowers

Did you know?

- In Medieval times the branches were used to beat lunatics as it was thought the birch would drive out demons and bad spirits

Uses

- The bark is very hard wearing and was used to make hats to protect hill farmers in Snowdonia from bad weather
- It can be used to waterproof canoes





The Tree Trail

The Willow (*Salix sp.*)

Facts

- There are various species of the willow including the weeping, white, crack and goat willow
- The white willow is the tallest and can grow up to 24 meters tall
- Willows are often found growing near water

Did you know?

- Christians traditionally placed branches of this tree in coffins before burial as it was believed that the willow helped ease the soul into the Heavens.

Uses

- It can be used to make cricket bats
- It can be used to make rake teeth, clothes pegs and weaving rods for baskets





The Tree Trail

The Blackthorn (*Prunus spinosa*)

Facts

- The name is associated with the very dark colour of the bark and the long thorns
- It is often the first tree to blossom
- The five-petal flower can look like a covering of snow



Did you know?

- During the 15th and 16th centuries it was believed that the devil would prick those he wished to work with and many women thought to be witches were stripped and their body searched for 'the devil's mark'. If found guilty they were burnt on a pyre of blackthorn.

Uses

- The fruit of the blackthorn is used to make jelly and sloe gin
- The branches were often cut to make the teeth for rakes and small pieces of furniture



The Tree Trail

The Hazel (*Corylus avellana*)

Facts

- It can grow up to 12 metres tall
- The Hazelnuts ripen in the early autumn
- The flowers or catkins are often seen in January

Did you know?

- To prevent toothache, some people would carry a double hazelnut in their pocket.

Uses

- It can be used to make walking sticks
- It has been used for clothes props and pegs





The Tree Trail

The Beech (*Fagus sylvatica*)

Facts

- It is known as the Mother of the Woods
- It grows well on chalky soils
- It can reach the height of up to 42 metres

Did you know?

- During Medieval times, sailors and soldiers would cut a small piece of beech, scratch a wish on it and then bury it in a holy place

Uses

- Beech nuts are very nutritious and can be eaten by humans and animals
- The wood is used to make small pieces of furniture
- Traditional shipbuilders would use the wood when constructing the keel





The Tree Trail

The Holly (*Ilex aquifolium*)

Facts

- It can grow up to 15 meters tall
- There are both male and female trees which bloom in May
- The berries are ripe by September

Did you know?

- Holly is believed to be very lucky for single men and if a leaf or berry is carried by them it would attract a woman

Uses

- It can be stained or dyed very well
- During the Victorian period it was used to make handles for cutlery





The Tree Trail

The Alder (*Alnus glutinosa*)

Facts

- Grows well near water
- The male flowers are a rich purple or red colour
- The female flowers grow in small clusters and are green and cone like in shape
- It is very durable

Did you know...

- It used to be believed that the sap from the Alder was the blood of the fairies and many were considered sacred and it was forbidden to cut them down

Uses

- The Alder has been used to make clogs
- It was used as supports to construct bridges
- The sap is used to dye wool and cotton





The Tree Trail

The Crab Apple (*Malus sylvestris*)

Facts

- It is the only indigenous form of apple tree in the UK
- It is another member of the rose family
- It has thorns

Did you know...

- Cutting an apple and counting the pips was used as a way to foretell a marriage. If the number of pips were even, then a marriage would be inevitable. If the number were uneven the person would remain unmarried for quite some time.



Uses

- Cloves would be stuck into apples and used as an air freshener
- The juice from the apples can be made into vinegar, conserves and jellies
- The wood was used to make handles of tools and knives



The Tree Trail

The Hawthorn (*Crataegus monogyna*)

Facts

- It is part of the rose family
- There are two main species; the Midland and the Common variety
- The common variety has a white flower and the Midland variety has a pink flower

Did you know?

- The Hawthorn has been seen as the tree of protection and some fishermen would take a twig to sea to protect them from bad weather

Uses

- The bark was used to make black dye
- The leaves have been used by the Scottish to make tea
- The flowers can be used to make wine





The Tree Trail

The English / Pendunculate Oak (*Quercus robur*)

Facts

- It can grow up to 40 metres tall
- It can live well over 600 years
- The first full crop of seeds may not be seen for up to 40 years

Did you know?

- For many years, people believed that carrying an acorn would bring luck, sustain youth and ensure a healthy life

Uses

- It has been used to construct ships
- The bark is used to dye wool
- Tudor houses were constructed from oak frames





The Tree Trail

The Yew (*Taxus baccata*)

Facts

- Some trees can live up to 2000 years
- It is one of the most poisonous trees in the UK
- It is the only coniferous tree that doesn't have a cone

Did you know?

- It was considered unlucky to let branches that had been damaged by lightning or high winds to be left on land as it was believed that the negative spirit of the storm remained in the branches

Uses

- It was used to make long bows
- Yew was used to make dowsing rods





The Tree Trail

The Ash (*Fraxinus excelsior*)

Facts

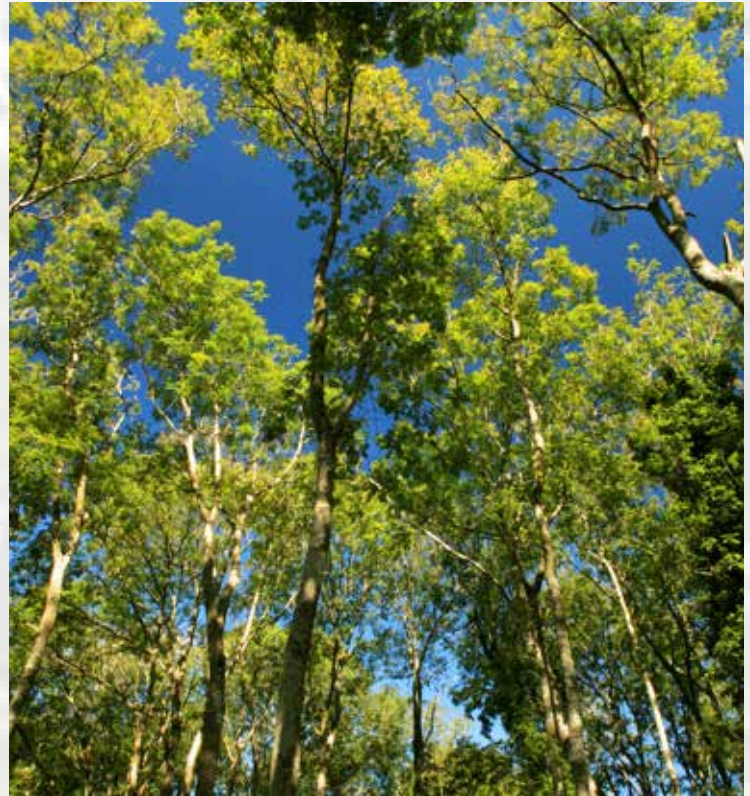
- It can grow up to 45.5 meters tall
- It can live over 100 years
- The fruit is known as 'wings' or 'helicopters'

Did you know...

- The Vikings thought that the Ash held a magical spirit and was used for their long boats and weapons

Uses

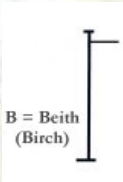
- It can be used to make basket frames, fence panels and cross bows
- During WWII the wood was used to make frames for planes like the Spitfire



The Tree Trail

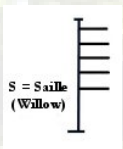
Introduction

There are thirteen moons in a year and whilst there is no written evidence, it is believed that the Celts (750BC - 12BC), were the first to establish what has become known as the lunar tree calendar using the ancient Irish alphabet also known as the Ogham symbols. Each moon phase was assigned a corresponding tree, each tree being sacred to either feminine energy and to a goddess, or to masculine energy and to a god. The trees that were selected were sources of magic and myth in Celtic folklore. Several of the trees are said to be attractive to faery folk, and others were sources of magic herbs or medicines.



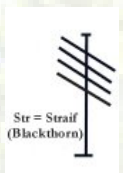
Silver Birch – *Betula pendula* / Ogham – Beith

The birch is the first tree in the calendar. In Celtic mythology the birch symbolised renewal and purification with birch twigs being used to drive out the spirits of the old year. It is a tree of great life giving properties and is always associated with new beginnings, physical and spiritual.



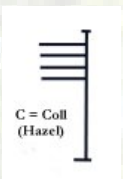
Willow – *Salix sp* / Ogham - Saille

Known as 'the tree of enchantment', the willow is a strong power in this system. In all her seasons and shapes the tree is a potent symbol of grief. It is used for healing and help in grief and death.



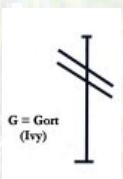
Blackthorn – *Prunus spinosa* / Ogham – Straif

This is a tree of profound magical tradition. It is used for banishing negativity and raising awareness and energy. The trees are an ancient, native species and the fruits were eaten by early man. There's evidence that the Blackthorn was used in Iron Age communities c3400 yrs ago.



Hazel – *Corylus avellana* / Ogham - Coll

Celtic culture notes that the hazel has the ability to connect the conscious with the unconscious and is good for bringing ideas to the surface and for transforming dreams into reality. It is associated with wisdom and knowledge, with meditation and an ability to increase psychic abilities and intuition. Coppicing the many trunks was also believed to provide a strong link to the earth.

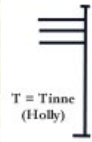


Beech - Not an Ogham tree. Many trees have Ivy which is part of the Ogham

Ivy- *Hedera Helix* / Ogham - Gort Ivy represents the search for the self, and the wandering spirit of the Ivy can either restrict and bind or unite. It is associated both with freedom and attachment. Many of the trees have Ivy growing up them which may not harm them but provides an important habitat for wildlife.

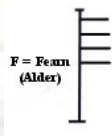


The Tree Trail



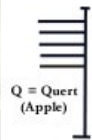
Holly – *Ilex aquifolium* / Ogham – Tinne

The evergreen Holly is a masculine tree and a symbol of potent life energy. It is used to help restore direction and balance in life and unites the past with the present. It is believed to bring love and compassion and is a tree of protection. The energy of Holly was used to heal a broken heart.



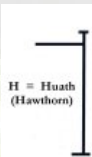
Alder – *Alnus glutinosa* / Ogham - Fearn

The magic of the alder is believed to span the space between earth, water, with its roots in the two elements and the tree never stands far from water. It is the magical tree of Bran, King of the Celts. It is seen to help with physical and spiritual protection. It also gives courage and eases mental fear and doubt.



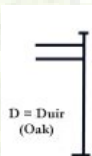
Crab Apple – *Malus sylvestris* / Ogham - Quert

Native crab apples were found in the remains of a bronze-age burial grounds and cultivated varieties were brought with the Roman ships. Under Celtic lore, the apples are good for spiritual healing and protection and seen as a symbol of rejuvenation, love and immortality.



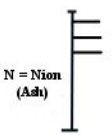
Hawthorn – *Crataegus monogyna* – Ogham - Huath

Hawthorn has the ability to open the heart to spiritual growth and love. The Hawthorn is good for reliving stress and releasing blocked energy and also creates the ability to trust and let go of fear. It also is good for cleansing and protection.



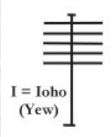
Oak – *Quercus robor* / Ogham - Duir

The oak, known as the 'king of trees' is probably the most well known and best loved tree in Britain. One of our longest living and largest trees has seen it used as a symbol of strength and duration. The most sacred tree of the Druids it is seen as a doorway to inner spirituality. It restores the will and determination that may have become weakened in times of stress and will lead to the truth.



Ash – *Fraxinus excelsior* / Ogham - Nion

The ash tree – Yggdrasil (pronounced igg-drah-sill with emphasis on the first syllable) is also known as the tree of life or the Great World Tree in the mythology of Odin and is revered and full of magic. The only one of the olive family (apart from privet) that is native to Britain, it is used for protection and to enhance courage before going to sea.



Yew – *Taxus baccata* / Ogham - Iohadh

The yew is the last of the tree Ogham system. It is believed to offer knowledge about rebirth and transformation. It also offers access to the ancestors and spirit realms.