

Dyfnant Forest – Rainbow Trails and beyond, Thursday August 16th 2018

Organisers: Sue Bosson, Jane Hudson and Jane Emmerson

The Rainbow Trails (RT) have been created with horse riders in mind, but walkers and cyclists are welcomed. The trails give some wonderful views across the countryside as they are at a higher altitude than the surrounding farmland. [See pic Rainbow Trail Dyfnant July 2018 (23)]

Members met at the Pen y ffordd car park of the Dyfnant Forest where the waymarked trails start. [pic]I had selected the Green Route as this was both short enough to walk on two legs at only five miles and as well as the views also took the route with less conifer plantation. Most of this route is level and easy and most members, armed with excellent maps provided by the RT organisers from their website walked this way.

Mike Backhouse with others supplied a list of birds and butterflies seen here.

Buzzard	Buteo buteo	Butterflies seen : 9 species	
Herring gull	Larus argentatus		
Carrion crow	Corvus corone		
Raven	Corvus corax	Small white	Pieris rapae
Blue tit	Cyanistes caeruleus	Green veined white	Pieris napi
Swallow	Hirundo rustica	Small copper	Lycaena phlaeas
House martin	Delichon urbicum	Common blue	Polyommatus icarus
Wren	Troglodytes troglodytes	Red admiral	Vanessa atalanta
Blackbird	Turdus merula	Painted lady	Cynthia cardui
Stonechat	Saxicola rubicola	Speckled wood	Parage aegaria
Chaffinch	Fringilla coelebs	Wall	Lasiommata megera
Linnet	Linaria cannabina	Small heath	Coenonympha pamphilus
Redpoll	Acanthis flammea		

Jane Hudson, Lizzie Beare, Pam Blair, Jane Phillips and Fran Holland in addition recorded Goldfinches and heard Goldcrests.

As well as a 6 spot ladybird they recorded Hard fern, Lady Fern, Broad Buckler Fern, Male Fern, Scaly Male-Fern, Meadow buttercup, Yellow rattle, Selfheal, Ribwort and Broad leaved, Greater and Ribwort plantain. Also, Meadowsweet, Pineapple weed, Tormentil, Birdsfoot trefoil Perforate St John's wort, Green ribbed sedge, Tufted hair grass, Purple moor grass, Velvet bent, Wild angelica, Hogweed, and Bell heather.

Mary Oliver didn't walk very far from the car park but still managed some botanizing, adding to the above list with Autumn hawkbit, Alchemilla agg, Blackberry, Daisy, Willow, Mountain Ash, Broad leaved plantain, Rosebay willowherb, Gorse, Ling, Thyme, Bracken, and an 'orange fungus?' Thanks also to Marian Stafford for her pressed specimens of a Bell heather and Silene.

During the time I was researching the routes that we might take, especially over the land opposite the forest, I had been put in touch with Jolyon Henry who is the estate ranger for a Will Woodland at Cyffin Fawr. He had agreed to take us round his woods but on the day, he had another appointment and had to go early. He did however take a few of us to show us the route we might take another time when we would be welcome to explore the estate. Apart from plants, we did find some interesting things. Sheila Turner found what we thought was an Alder Gall which turned out to be Taphrina alni. a fungus. Sheila's specimen was a particularly good one and better than the internet which provided the id. It is not all that common and has been in this country less than 100 years. [pic]

Sue Southam identified a particularly nice Sloe Bug, *Dolycoris baccarum*. Sue also took pictures of a Violet Ground beetle and then a Common Blue butterfly in a wet area of rough ground. [pics]

Glyndwr's Way, national trail passes through Dyfnant forest and on over open sheep country towards Llangadfan, passing by this woodland. This is an under-recorded area and Gill Foulkes spent time here making her way back to the forest. The Will Woodland seemed a most promising place and might just feature in our outings soon. [pic 16 Kate and Gill].

We all met up again at Cwpan Pinc, a delightful tea shop and village store at Llangadfan. We managed to all squeeze inside where an excellent tea was served on those lovely tiered plates that are so popular today. The food was excellent.

Thanks to all the help received preparing for this day. Jane Emmerson for finding and booking the tea, to Jane Hudson for help with the signs on the day and again with Fran Holland for walking miles trying to find suitable paths. To Beck from the Rainbow Trails for being so helpful and to other walking friends, yet to be members of MFS who also helped me with the routes.

Sue Bosson