

Along The Path

Starting at the **Nature Reserve Visitors Centre** you will find information about the trail and look out for a raised bed planted with edible perennials.

Take the path towards the beach and lookout for an old upturned fish box indicating the **Flowery Meads Trail**. Here you will find lots of information about the flowers and herbs growing in the reserve.

Please do not pick anything here.

At the **Clifftop Car Park** look out for another raised bed planted up with edible perennials and herbs.

Walking towards the village try to spot the raised beds in the **Primary School**.

You will pass the Church, a good reference point for finding the trail should you lose your way.

Walk south along Cliff Place and keep an eye out for the **Railway Line Walk**. Here you will find Elders, Apples, a Plum, Hazels some Rhubarb and lots of blackberries.

There are some currants growing on the bank as you move into the **Community Garden**, further inside you will find Lavender, Sage, Garlic Mustard, Yarrow and Lady's Mantle.

Follow the Old Station Square to the end and take a right to find the **Old Railway Station**. Here you will find wild Raspberries and blackberries growing in profusion. A rough relatively steep path brings you onto Beach Road where you can walk back towards the Church to complete the route.

Alternatively a milder route passes the Bus Stop, here you can see rosemary and hazel growing.

Look out for Rosemary and Chives growing in the beds outside the Bakery Coffee Shop and lots of homemade soup and cakes inside

A Bite on the side



Black Currants are full of Vitamin C and bestow many health benefits to those who eat them. They are great for making cordials and jams.



Wild Raspberries are ripe when they fall away from the plant easily, a nice treat if you can get them before the birds do. The leaves can be picked to make a tea to alleviate diarrhoea, stomach problems and colds.



Elderberries were traditionally used for curing colds and flu's. They are quite bitter and are usually combined with sugar by jam and wine makers.



Garlic Mustard leaves have a strong mustard smell when crushed. The new leaves can be eaten raw and the older ones can be cooked lightly, the flowers and seeds are edible too.



St. Cyrus Edibles Trail



St. Cyrus' Edible Trail is an enjoyable walk linking the National Nature Reserve with the village, on which local people and visitors can pick and try edible plants and medicinal herbs.

This trail is part of a network of three edible trails across south Aberdeenshire. You can find the other trails in Inverbervie and Portlethen, both of which can be reached by bus from St. Cyrus.

The plants on the Nature Reserve are protected, please enjoy them growing and do not pick them.

The leaflet is for guidance only and no responsibility can be accepted for any occurrence from your own actions.

Places of Interest

- 1 National Nature Reserve Visitor Centre
- 2 Primary School
- 3 Church
- 4 Bus Stop
- 5 Bakery

Edible Hotspots

- 1 Flowery Meadows Trail
- 2 Clifftop Car Park
- 3 Railway Line Walk
- 4 Community Garden
- 5 Old Railway Station



0 kilometre 1/2

0 mile 1/2