National Heritage Week
A Heritage Council programme

Friends of Castle Lake

GREEN FOUNDATION IRELAND

R E P O R T

Green Foundation Ireland,
along with Friends of Castle Lake,
invite you to a walk and talk

The Fascinating World of Bugs and Botany

Photo by: MARTIN NOLAN, *Director of Green Foundation Ireland*

Venue: **Castle Lake, Bailieborough, County Cavan**

Meet at: **Drumkeery Car Park**

Saturday 16 August 2025 – 12 noon

The Fascinating World of Bugs and Botany

THEME

A guided looped walk around the lake explored the wonderful world of bugs and botany found at Castle Lake, with a focus on woodlands, pollinators and we took the time to notice the biodiversity we have around us.

Along the way, we chatted about "Irish rainforests", plant-pollinator evolution and the wood wide web!

The walk took a relaxed pace lasting approximately 1-1.5 hours, with anyone free to join us for a short time or for the whole loop. This was a family friendly event and, if the weather was rainy, the woodlands was a nice sheltered spot.

This event is part of National Heritage Week 2025.

ABOUT OUR GUEST SPEAKER

Emmeline Cosnett

Emmeline is a senior ecologist and botanist from Killeshandra in County Cavan, who has been working with APEM Group Woodrow in Sligo for the past 4 years. She has a background in pollination ecology with independent published research on Irish bumblebee behaviour and experience working as part of the Stanley Ecology Lab on the Leitrim RBAPs scheme as well as helping to create a digital pollen library of the Burren.

Emmeline is particularly interested in science education and community engagement work. She is experienced in leading biodiversity and sustainability workshops and educational science events across Ireland as well as providing a broad range of reporting requirements for clients. Emmeline studied in NUI Galway before moving to Edinburgh to complete her MSc. She is an artist in her spare time, working in oils and there is usually a bumblebee somewhere to spot in her work!

ABOUT OUR WALK AND TALK

Emmeline Cosnett led about 25 enthusiastic people on a walk and talk tour around Castle Lake in Bailieborough, County Cavan.

She showed us the importance of wildflowers, including devil's bit scabious, and the insects which feed on it. She spoke about the 21 types of bumblebee, and the fact that they are messy eaters – which helps disperse the pollen. She then talked about the 80 species of solitary bees, and the night-time navigation of moths. We finally looked at the forest and heard about forest health.

It was a day to leave with a smile and the perfect way to celebrate Heritage Week 2025 at the lake.

*You can **see photos of our event here**.*

Green Foundation Ireland ***29 August 2025***