

Nature-Connection Trail

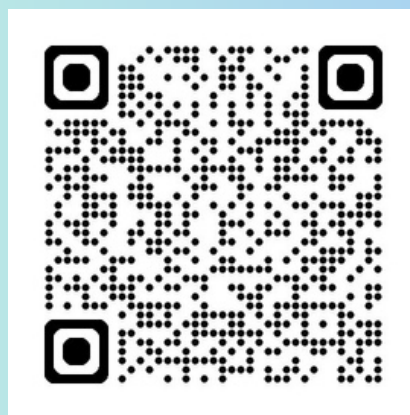
Spending time in nature can positively impact our physical and mental health and wellbeing enormously. This trail aims to bring your attention to the beautiful nature that surrounds us on campus - the many green and blue spaces and all the different plants, sounds, smells and wildlife that can be observed within them.

The trail comprises 8 stops. Each has a QR code that will link you to a short reflective exercise designed to connect you to the natural space you are in.

This trail was created by Dr. Ronan Foley, Philip Mellon and the Maynooth Healthy Campus Team. Special thanks are given to St Patrick's College, Maynooth for their collaboration and permission to have this trail on their grounds.



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Tairseach Tree Trail

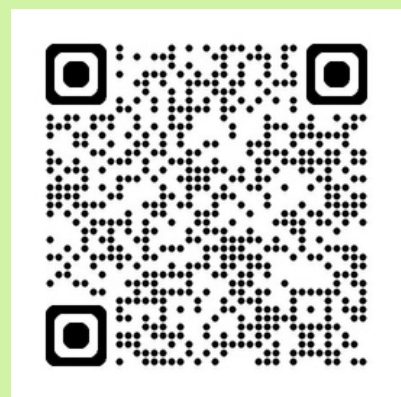
Tairseach shines a light on the rich diversity of trees that can be found on our magical campus. Grounded in a pedagogy of community-engaged learning, the trail helps embed the United Nations Sustainable Development Goals across the curriculum, encouraging protection and nurturing of the natural environment, particularly our native trees.

This trail comprises 9 points of interest, each with a QR code that will link you to fascinating information on the various trees and hedgerows on campus with facts, folklore and mythology included.

This beautiful trail was created by Dr Máire Nic an Bhaird and Dr Laoise Ní Chléirigh from The Maynooth Green Campus Group in collaboration with The Dept of Geography and Grounds Supervisor Stephen Seaman. Special thanks are given to St Patrick's College, Maynooth for their permission to have this trail on their grounds. Ní neart go cur le chéile.



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Biodiversity Trail

Over the past decade our campuses have been transformed from literal green deserts to areas rich in biodiversity with a huge range of plants, insects and birds now found on both the north and south campus.

This trail comprises 9 stops. Each one has a QR code that will link you to fascinating information including the history of each site.

The production of this beautiful trail was made possible through the MU SPUR Programme hosted by the Officer for Experiential Learning. It's contributors include Laoise Maloney, Nazar Khokhla, Dr. Jim Carolan, Dr. Joe Timoney, Sophia Couchman, Dr. Gail Maher, Stephen Seaman and Dr. Ronan Foley.

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