

Allium Ampeloprasum
Alliaceae Agrioprasso

Wild leek grows to a height of 1 mt. It has a strong garlic smell. The flower heads form a dense round cluster of lilac flowers.

Flowering: April - May



Aromatics

Take a stroll through our Aromatic / Botanical garden (next to the pool) to see the flowers below and many more!

AROMATICS & HERBS LIST



Spatzia
SALVIA FRUCTICOSA
Spatzi / Clary Sage / Flower



Labiatae
THYMUS CAPITATUS
Thymar / Thyme



Asteraceae
ARTEMISIA ABSINTHIUM
Artemisia or Apsthia / Wormwood



Asteraceae
CALENDULA OFFICINALIS
Marigold - Kalendula



Lamiaceae
ROSMARIUS OFFICIALIS
Rosemary / Clary Sage / Flower



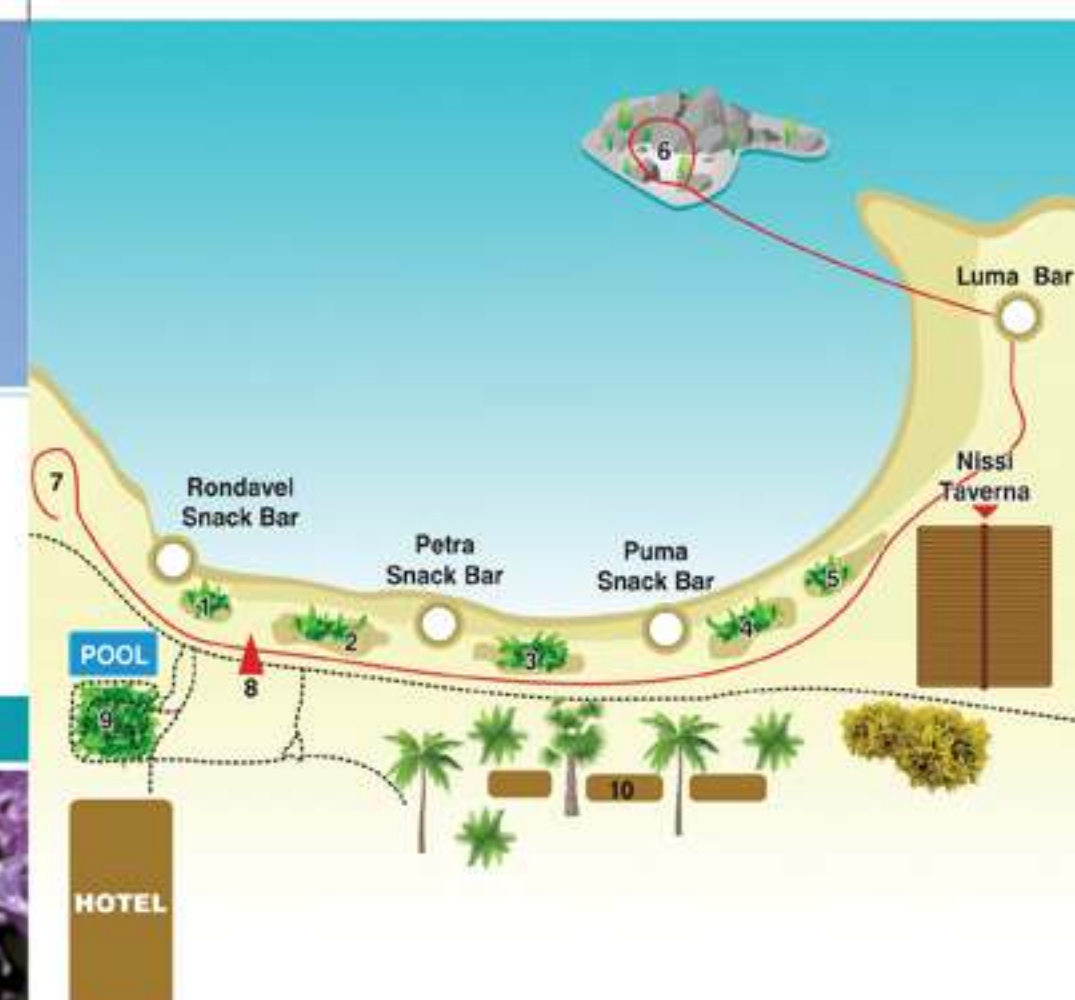
Labiatae
ORIGANUM MARJORANA
Origanum Marjorana



Mint or Menthe
MENTHA SPICATA
Clary Sage / Flower



Compositae
ACHILLEA CRETICA
Achillea Santolina



1-5 sand / dunes lots where native growth is preserved or even enhanced	9 Aromatic / Botanical Garden
6 Nissi island - a rocky exposure with unique vegetation	10 Hotel Suite beach bungalows
7 Rocky seashore	Proposed route to view the contents of this leaflet
8 Floral Treasures Information Board	Hotel Paths

nissi beach resort

GOING GREEN

IS NO MORE AN OPTION BUT A MUST!

keeping Cyprus beaches beautiful and sustainable for future generations of holidaymakers and cyprits alike.

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FLORAL TREASURES

The Sand Dunes Project: 2011-2016 - ongoing

GET CLOSER TO THE NISSI BEACH RESORT FLORAL TREASURES:

It is usually believed that for the sake of touristic development, sand dunes have been leveled and "nasty" plants have been cleared off to give way to extensive bathing beaches. However our aim here, along the Nissi Beach bay, is to establish a balance between the intensive beach use and the need for protection of the natural sea shore ecosystem and specifically the sand dunes, which bear a diverse and specializing flora.

The non local plant the Acacia Saligna or Mimosa was spread all along the sea front; Acacia is an alien species that destroys fragile habitats and protected plants. By removing it, the natural vegetation has been restored. Nissi Beach Resort is one of the few hotels that has preserved and revamped its natural sand dunes. Our initial target was to increase the population of the common, local sea lily (Pancratium Maritimum). The sand dunes revamp program started in 2006 and the Green Beach Program has been fully implemented in 2011. The target was to have endemic plants all over the sand dunes. Various plant seeds are collected and planted in November and the young plants replanted on the sand dunes early March. Referring to the most common plant on the sand dunes, the sea lily, annually over 500 plants are cultivated and then replanted on the sand dunes early in March. Great effort was also made in order to save and expand the rare endemic plant the Euphorbia Paralias. The target to save and expand this plant has been fully achieved and now you can see this unique plant all over our sand dunes. We have found over 15 local, endemic plants. All were classified and appropriate care and attention was given to preserve and expand their population. Name labels were placed on the beach front for everybody to see and admire our beach natural flora.

PLANT LIFE:
The sandy seashores along the Mediterranean Coasts are quite hostile for plant life due to 3 critical factors: 1. Drought 2. High Temperatures 3. Salinity (sea spray and sand salt content). Therefore the local plants have special adaptations that can generally distinguish them in two groups:
I. The drought evading plants which during the summer period rest in the form of seeds, bulbs or fleshy roots until moisture, temperature and length of day light, signal them to reappear. Such plants are the Sea Daffodil (bulbous and the annuals: the Hare's tail grass and the sea rocket (seed)
II. The Drought enduring plants, which cope with these harsh conditions with various adaptations:
- Many have white or silvery leaf surface that reflect the sun - Sea Medick
- Have succulent leaves and other plant tissues - Ice Plant
- Have a thick waxy skin over the leaves - Rock Samphire
- Have folding leaves (i.e. Leaf surface rolling with the stomata (openings on the surface of the leaves, through which air enters) on the inside - Marram Grass
- Have enormous elongation of the tap root, that reaches underground water - Sea Medick
- Closing the leaf stomata during the hot daytime.

Just take a short walk following our nature trail and enjoy!
*Refer to the sand dunes map on the last page of this leaflet.



Pancratium Maritimum
Sea Daffodil
Flowering: July - October

Theophrastus writes that the woolly hairs on the inside of the seed coat are used to weave felt shoes and other garments and that the seeds are edible.

This large white 6-petaled flower is similar in appearance to a daffodil or a lily. It grows in groups with 3-12 flowers on one stem up to 25cms from a large bulb buried in the sand.

Euphorbia Paralias
Seaside Spurge

This spurge is a stiffly erect, blue green hairless plant, somewhat fleshy and branched at the base. Once injured or cut, the characteristic milky sap appears which is poisonous.

Flowering: February - December

Lagurus Ovatus
Hare's Tail Grass

An attractive and striking grass with dense white silky flowering heads. Sometimes grown for ornament: a favorite grass for dried flower arrangements.

Flowering: March - July

Echium Angustifolium
Narrow-leaved Bugloss

This member of the Borage Family (Boraginaceae) is common in the Mediterranean Region. It grows on roadsides, waste ground and coastal land, and in other rocky and stony habitats. Narrow-leaved Bugloss is characterized by its flowers, which change from purple to pink as they open.

Flowering: February - December

Cakile Maritima
Sea Rocket

A spreading annual herb, commonly found along our beaches. Its leaves are fleshy and variable in shape; it has pale mauve or white flowers.

Flowering: May - October

Ipomoea stolonifera
Beach morning glory

Relative of the well known Morning Glory climbers, this succulent trailing plant grows on the sand, just above tide level. It's a fleshy perennial with white or cream colour, funnel shaped flowers.

Flowering: July - September

Medicago Marina
Sea Medick

A densely white woolly plant with rounded heads, bright pale-yellow flowers and corkscrew shaped pods. It is a very successful sand binder, equipped with a very long, tough, thong like tap root.

Flowering: April - June

Ammophila Arenaria
Marram Grass

This rare tall grass might be considered as the most important plant on the dunes systems, since it is able to colonize and stabilize the sand. It has stout, branched creeping rhizomes that form dense tufts.

Flowering: May - August

Mesembryanthemum Crystallinum
Ice Plant

Mesembryanthemum is a compound Greek word and stands for the fact that plants open the flowers (greek "arisi") in midday (greek "Mesimbría") and close them late in the afternoon. It is a spreading, branched fleshy leaved annual, densely covered with swollen transparent crystalline hairs, filled with water, which resemble ice crystals.

Flowering: April - June

Papaver Rhoeads
Common Poppy

It grows to a height of 20cm bearing solitary flowers 7-10 cms in diameter. Its milky juice has strong narcotic properties. In Greek mythology is claimed that Adonis, the lover of Aphrodite - goddess of beauty, was killed in a hunting trip and then the poppies are drops of his blood.

Flowering: June - September

Crithmum Maritimum
Rock Samphire

A much branched perennial, forming loose tufts or carpets, usually growing on rocky exposures. It has bluish / green leaves, thick and fleshy aromatic when crushed. The tender stems of this plant are pickled, like capers.

Flowering: July - October

Eryngium Maritimum
Sea Holly

Tiny, metallic blue flowers crowd a thistle like flower head. Spiny, bluish green leaves are edged with white. Its roots are edible.

Flowering: June - September

Glaucium Flavum
Yellow Horned Poppy

An impressive plant with large irregular bluish grey leaves, large yellow flowers and very long curved fruits.

Flowering: April - September

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- Pancratium maritimum** Sea lily Family: Amaryllidaceae
- Euphorbia Paralias** Seaside Spurge Family: Euphorbiaceae
- Eryngium Maritimum** Sea Holly Family: Apiaceae
- Zygophyllum** Family: Zygophyllaceae
- Ipomoea stolonifera** Beach morning glory Family: Convolvulaceae
- Cakile Maritima** Sea Rocket Family: Brassicaceae
- Glaucium Flavum** Yellow Horned Poppy Family: Papaveraceae
- Crithmum Maritimum** Rock Samphire Family: Apiaceae
- Medicago Marina** Sea Medick Family: Fabaceae
- Atriplex** Creeping saltbush Family: Semibocata
- Allium Ampeloprasum** Alliaceae Agrioprasso Family: Amaryllidaceae
- Echium Angustifolium** Narrow-leaved Bugloss Family: Boraginaceae