

Allium Ampeloprasum
Alliaceae Agrioprasace

Wild Leek
Grows to a height of 1 mt. It has a strong garlic smell. The flower heads form a dense round of 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 FRUTICOSA
Spezz. / Clary Sage / Flower



Labiatae
THYMUS CAPITATUS
Thymian / Thyme



Asteraceae
ARTEMISIA ABSINTHIUM
Artemisia or Absinthia / Wormwood



Asteraceae
CALENDULA OFFICINALIS
Maigold - Kalendra



Lamiaceae
ROSMARINUS OFFICINALIS
Rosemary / Clary Sage / Fieve



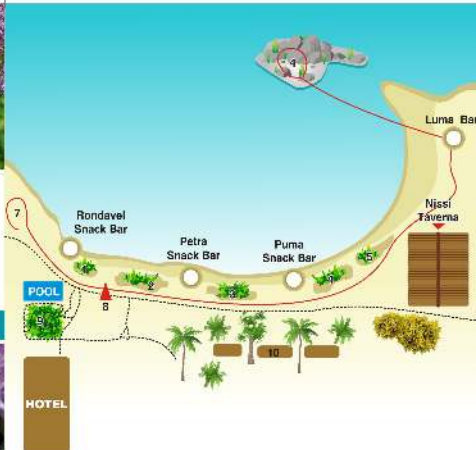
Labiatae
ORIGANUM MARJORANA
Origanum / Marjorana



Mint or Menthe
MENTHA SPICATA
Clary Sage / Flower



Compositae
ACHILLEA CRETICA
Achillea Santolina



1-5 see (1) to see the list of species growing in preserved or semi-preserved	9 - Avenue (1) Puma Bar Garden
6 - Hotel facade - a rocky exposure with sparse vegetation on top	10 - Hotel Family Buites
7 - Rocky seafront	Proposed route, to visual to the entrance of Hotel
8 - Interpretation facility	Hotel Path



nissi beach resort@

nissi beach resort

GOING GREEN

IS NO MORE AN OPTION BUT A MUST!

Keeping Cypriot beaches beautiful and sustainable for future generations of holiday makers and cypriots alike.



CONTACT US

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It is paper produced for its solid and responsible FSC certification as a source of products. From well managed forests that provide an environment of social and economic benefits.



Get closer to nissi beach...

FLORAL TREASURES

The Sand Dunes Project:

2011-2016 - ongoing

GET CLOSER TO THE NISSI BEACH RESORT FLORAL TREASURES:

It is well documented that for the sake of tourist development, sand dunes have been leveled and many plants have been cleared off to give way to extensive parking beaches. However our aim now is for 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 especially in the sand dunes, which are a diverse and fascinating flora.

The non-ecore plants the *Acacia saligna* or *Mimosa* was spread all along the sea front; *Acacia* is an alien species that obscures fragile habitats and protected plants. By removing it, the natural vegetation has been recovered. Nissi Beach - coast is one of few beaches that has preserved and remained in nature's state. Our initial goal was to increase the population of the common, coastal, sea lily (*Pancreatum maritimum*), the same dunes re-plant program started 10 years ago. The Green Beach Program has been fully implemented 5 years ago. The target was to have endemic plants all over the sand dunes. Various plant species were collected and planted in November and the young plants appeared on the same dunes early in March. According to the most common plant on the sand dunes, the sea lily, annually over 500 plants are cultivated and they re-plant on the sand dunes early in March. Great effort was also made in order to save and expand the rare endemic plant - *Euphorbia Paralias*. This target is also achieved as the plant has been fully recovered and now you can see this scarce plant all over the sand dunes. The sea lily cover 15 local, endemic plants. At these dunes find and appreciate the rare and beautiful sea glaucous grass and expand the beautiful, flame lily as well planted on the beach front for sea lily to see and admire our beach natural flora.

PLANT LIFE:
The sandy beach is along the *Medicago maritima* Coast is a quite hostile for plant life due to a host factors: **Drought**, **High Temperature**, **Salinity** (sea spray and sand salt content). The above sea plants feature several adaptations that can generally distinguish them in two groups: **The drought resistant plants** which during the summer period live in the form of seeds. **Flame lily** (flame lily) seeds will survive in the sand for a long time, up to 10 years, to germinate. Such plants are the *Sea Daffodil* (*Pancreatum maritimum*) and the *Flame lily*. **The beach morning glory** (*Ipomoea stolonifera*) is a plant which grows on the sand dunes and the sea rocks. **The Drought resistant plants**, which cope with these harsh conditions with various adaptations:

- Many have white or silvery leaf surfaces that reflect the sun. **Sea Medick**
- Have succulent leaves and or very fleshy leaves. **Sea Plant**
- Have a thick waxy skin over the leaves. **Rock Samphire**
- Have folding leaves to reduce surface, filling with the stomata openings on the surface of the leaves, through which it breathes, or the leaves. **Marram Grass**
- Have a network of rhizomes on the top root. **Sea Medick**
- Have a long tap root with a thick fibrous root system.

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



Pancreatum 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 species with its petals flowers is similar in appearance to a daffodil, or a lily. It grows in groups with 2-12 flowers on one stem up to 20cm from a large bulb buried in the sand.



Euphorbia Paralias
Seaside Spurge

This spurge is a fully 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



Echinium Angustifolium
Narrow-leaved Bugloss

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

Flowering: February - December



Ipomoea stolonifera
Beach morning glory

Relative of the well-known Morning Glory climber, this successful trailing plant grows on the sand, just above the level. It is a fleshy perennial with white or cream colour, funnel-shaped flowers.

Flowering: July - September



Ammophila Arenaria
Marram Grass

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

Flowering: May - August



Papaver Rhoeas
Common Poppy

It grows to a height of 10cm bearing solitary flowers 1-1.5cm in diameter. The milky latex is strong narcotic properties. In Greek mythology is named that Adonis, the lover of Aphrodite - goddess of beauty, was killed by his hunting the ant - horn the poppies are in process of this blood.

Flowering:



Eryngium Maritimum
Sea Holly

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

Flowering: June - September



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



Cakile Maritima
Sea Rocket

A spreading annual herb, commonly found along our beaches. Its leaves are fleshy and vegetables in shape; they pale towards the white flowers.

Flowering: May - October



Medicago Marina
Sea Medick

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

Flowering: April - June



Mesembryanthemum Crystallinum
Ice Plant

Mesembryanthemum is a compound greek word and it refers to the fact that plants occurs its flowers greek "sun" in middle leaves. "Mes embros", one close them late in the afternoon. It is a succulent, branched fleshy basal stem, densely covered with swollen transparent crystalline hairs, that with water, which resemble ice crystals.

Flowering: April - June



Crithmum Maritimum
Rock Samphire

A much branched perennial, forming loose tufts or clumps. Usually growing on rocky coasts. It has lush, green leaves, that are fleshy succulent like, succulent. The lower stems of this plant are packed like cups.

Flowering: July - October



Glaucium Flavum
Yellow Horned Poppy

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

Flowering: April - September



Get closer to nissi beach...

FLORAL
TREASURES



The Sand Dunes Project: 2011-2016 –ongoing

GET CLOSER TO THE NISSI BEACH RESORT FLORAL TREASURES:

It is well accepted 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 Mimoza 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 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 10 years ago. The **Green Beach Program** has been fully implemented 5 years ago. The target was to have endemic plants all over the sand dunes Various plant seeds were collected and planted in November and the young plants replanted on the sand dunes early in 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 located 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 feature 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 freshly 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 the 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 .

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 of cluster of lilac flowers .



Flowering: April - May

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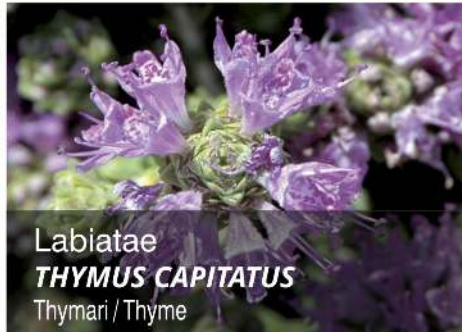
Aromatics

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

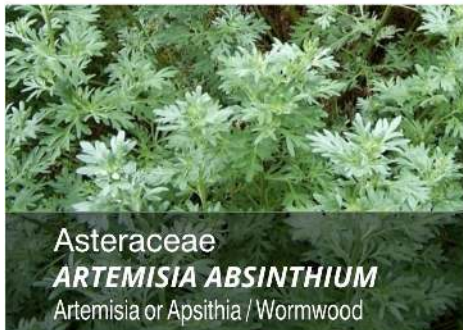
AROMATICS & HERBS LIST



Spatzia
SALVIA FRUCTICOSA
Spatziz / Clary Sage / Flowei



Labiatae
THYMUS CAPITATUS
Thymari / Thyme



Asteraceae
ARTEMISIA ABSINTHIUM
Artemisia or Apsithia / Wormwood



Asteraceae
CALENDULA OFFICINALIS
Marigold - Kalendula



Lamiaceae
ROSMARIUS OFFICIALIS
Rosemary / Clary Sage / Flowei



Labiatae
ORIGANUM MARJORANA
Origanum Marjorana



Mint or Menthe
MENTHA SPICATA
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Compositae
ACHILLEA CRETICA
Achillea Santolina



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

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



Ipomoea stolonifera Beach morning glory

Relative of the well known Morning Glory climbers, this successful 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

Ammophila Arenaria Marram Grass

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

Flowering: May – August



Papaver Rhoëas 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:

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





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

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



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

Mesembryanthemum Crystallinum
Ice Plant

Mesembryanthemum is a compound greek word and stands for the fact that plants opens its flowers (greek "anthi") in midday (greek "Mesimbria") 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



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.

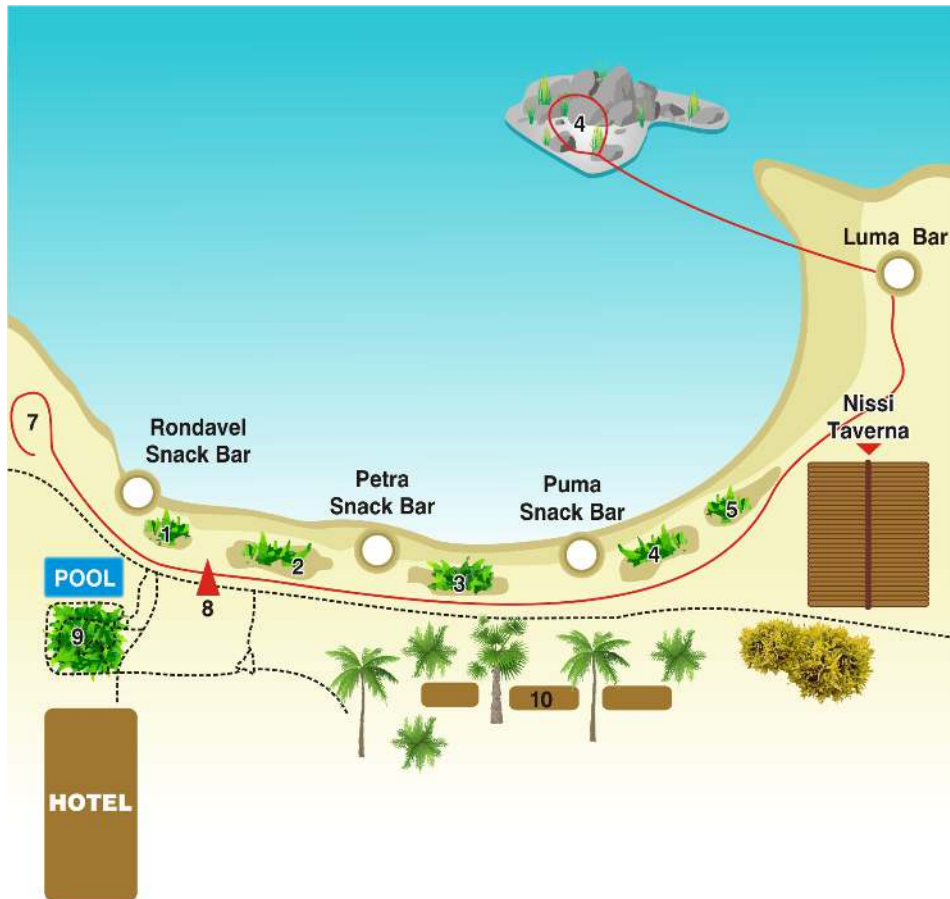
Flowering: July - October

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





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 type	10 Hotel Family Suites
7 Rocky seashore	Proposed route, to visualize the contents of this leaflet
8 Interpretation facility	Hotel Paths

nissi beach resort

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for future generations of holidaymakers and cypriots alike .



CONTACT US

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