

The Wild Flowers of Upper Teesdale

Naturetrek Tour Report

27 - 30 June 2014



False Sedge



Early Marsh-orchid



Alpine Bartsia



Parsley Fern



Common Frog

Report & images compiled by Dawn Nelson



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Day 1

Friday 27th June

Bowlees and banks of the River Tees near Wynch Bridge

Weather: warm and still

Geoff had arrived a couple of days before so had met up with Dawn on the Thursday evening. This morning after dropping Geoff off at Bowlees for a walk back downstream, Dawn met Margaret at Darlington Railway Station and we drove to Middleton-in-Teesdale with plenty of time for her to explore the village and settle in before we all met up in the hotel bar and Dawn introduced everyone to each other.

Then we set off for our first walk, parking at Bowlees, and crossing over the stream, our first records were Dipper and Grey Wagtail, closely followed by *Geranium sylvaticum* (Wood Crane's-bill) and *Geum rivale* (Water Avens), then in the lane past the visitor centre, *Sedum acre* (Biting Stonecrop), *Sedum album* (White Stonecrop) and *Chenopodium bonus-henricus* (Good King-Henry). An interesting distraction was some skilled sheep-shearing in operation, just over the wall, so we stopped to watch for a while.

Dawn gave us a brief resume of why Upper Teesdale is so special; it is a combination of unique geology and human activities over thousands of years. In the first of many traditional hay meadows we were to see this weekend, we found *Ranunculus acris* (Meadow Buttercup), *Euphrasia* (Eyebright) and *Rhinanthus minor* (Yellow Rattle) among many delicate grasses, the easier of which to identify, such as *Cynosurus cristatus* (Crested dog's-tail) were highlighted for us.

We traversed the River Tees via Wynch Bridge, a suspension footbridge. The original bridge was suspended on hand-forged wrought iron chains, and built in the mid-18th century it collapsed in 1802, and was replaced in 1830 with the present suspension bridge, which has 2 spans and the chains are suspended over cast iron columns with a footway of timber. The bridge was strengthened in 1992 and is Grade 2 listed. After safely traversing the bridge one at a time we had a quick look at Low Force waterfall and then headed downstream, *Holcus mollis* (Soft-grass) with its 'hairy knees' was brought to our attention by Geoff as was a fine stand of *Serrulata tinctoria* (Saw-wort) in bud with a few of last year's seed heads still showing. We admired and photographed some specimens of stately *Cirsium heterophyllum* (Melancholy Thistle) thus named because it was used by monks as a cure for depression, so has nothing to do with its looks which are in fact upliftingly beautiful. Dark *Sanguisorba officinalis* (Great Burnet), quantities of creamy *Platanthera chlorantha* (Greater Butterfly-orchid) and white and red *Persicaria viviparous* (Alpine Bistort) were seen with purple-blue *Succisa pratensis* (Devil's-bit Scabious) in the damp meadows.

Then we followed the stone path beside the river under a wooded cliff looking up at just the right spot to see the rare *Sorbus rupicolor* (Rock Whitebeam), its leaves and fruits silhouetted against the skyline. On the rocky islands in the river Robin noticed some intense yellow flowers which turned out to be *Solidago virgaurea* ssp *minuta* (Dwarf Goldenrod). From here we retraced our steps and then continued further upstream past the sheep sculpture noting *Rumex longifolius* (Northern Dock) looking very green and stately. Orchids were in abundance *Gymnadenia conopsea* (Fragrant-orchid) was seen as well as *Dactylorhiza maculata* (Heath Spotted-orchid) and *D. fuchsii* (Common Spotted-orchid). At this point our attention was taken by Swifts, Swallows and Martins swooping low over the waterfalls and above us catching insects. *Plantago maritima* (Sea Plantain) and *Potentilla fruticosa* (Shrubby Cinquefoil) were good finds; as was *Trifolium medium* (Zig-zag Clover) and *Lathyrus linifolius* (Bitter Vetch) with its striking blue calyx. Our first *Dactylorhiza purpurella* (Northern Marsh-orchid) was seen amongst a large patch of *Galium borealis* (Northern Bedstraw).

Returning downstream we crossed back to the Durham side and explored the outcrop just below Low Force, partly to admire the view but we also found *Antennaria dioica* (Mountain Everlasting or Cat's-paw) in this case the white flowered, male plant. Also seen here were a particularly beautiful *Dactylorhiza purpurella* (Northern Marsh-orchid) and some *Carex lepidocarpa* (Long-stalked Yellow-sedge). We headed back to the Teesdale Hotel for our evening meal, followed by the first species listing of our finds.

Day 2

Saturday 28th June

Widdybank Farm and Cetry Bank, followed by a drive to Peghorn Lodge then Bowlees Quarry and up by Bowlees Beck to Gibson's Cave and Summerhill Force

Weather: Warm, cloudy with some sunny spells and a very light breeze

Our first destination today was Widdybank Farm, walking up the track we passed lots of damp flushes with *Pedicularis palustre* (Marsh Lousewort) and plentiful quantities of *Dactylorhiza incarnata* ssp *incarnata* (Early Marsh-orchid) the flesh pink form. Oystercatchers and Lapwings were seen along the way. We had special permission from Natural England to explore a species rich hay meadow at the farm; this enabled us to find *Tolfieldia pusilla* (Scottish Asphodel), *Bartsia alpina* (Alpine Bartsia) and *Valeriana dioica* (Marsh Valerian) among many more delightful species.

Satisfied we set off for Cetry Bank where the highlights were *Saxifraga aizoides* (Yellow Saxifrage), a *Gentiana verna* (Spring Gentian) seed-head and *Korbesia simpliciuscula* (False Sedge) all three of which are members of the special group of plants from here known as the Teesdale Assemblage. We had our picnic lunch overlooking the River Tees from the top of Cetry Bank, then headed back to our transport and on to Peghorn Lodge where we stopped to examine *Imperatoria ostruthium* (Masterwort) with its typical umbellifer flowers and inflated sheathed stalks, as well as a naturalised clump of *Rheum x rhabarbarum* (Rhubarb).

Next we went to explore Bowlees Quarry finding *Blysmus compressus* (Flat Sedge), and *Crepis paludosa* (Marsh Hawk's-beard) as well as *Alchemilla xanthochlora* (Pale Lady's-mantle) which we carefully keyed out, using Margaret Bradshaw's 2010 key. A walk alongside the Bowlees Beck took us upstream to Gibson's Cave and Summer Hill Force, another spectacular waterfall. Along the way we spotted *Chrysosplenium oppositifolium* (Opposite-leaved Golden-Saxifrage) and more of the lovely creamy *Platanthera chlorantha* (Greater Butterfly-orchid).

At the cave itself we found *Cystopteris fragilis* (Brittle Bladder-fern), and enjoyed the cool shady atmosphere. *Sanicula europaea* (Sanicle) and *Rubus saxatilis* (Stone Bramble) were noted on our return journey. Our visit ended back at the newly refurbished Visitor Centre, with tea and cake for Heather and Robin and a few small purchases by the rest of us. We also found a conveniently planted *Sorbus fruticosa* (Rock Whitebeam) here so we could see the leaves close up. Back at the hotel after taking the higher, scenic route back to Middleton-in-Teesdale, we had time to freshen up before tackling the day's extensive list and enjoying another meal in convivial company.

Day 3

Sunday 29th June

Cronkley Fell

Weather: Warm, cloudy with some sunny spells and a light breeze

We set off from Hanging Shaw Car park, and on arrival were greeted by a Pied Wagtail. Our first botanically interesting species to add today was *Tragopogon pratensis* ssp *minor* (Goat's-beard) just across the road. Further along on the footpath towards Cronkley Bridge, below Wat Garth Farm we found masses of *Mimulus x robertsii* (Hybrid Monkeyflower) in a small stream, and reputedly a triple hybrid Monkeyflower too. Then at the northern side of Cronkley Bridge we noted the *Salix caprea* ssp *sphaelata* (a Goatwillow), the Latin translates as gangrenous, due to the browning of the leaf tips, but it was still too early in the season for this to be very apparent to us.

From here we headed up hill past Cronkley Farm and through Juniper woodland where we recorded *Phegopteris connectilis* (Beech Fern), *Blechnum spicant* (Hard Fern) and *Cryptogramma crispa* (Parley Fern). In some of the damp flushes along the Pennine Way we saw the leaves of *Viola palustris* (Marsh Violet) and the insectivorous plants *Drosera rotundifolia* (Round-leaved Sundew) with flower buds forming and *Pinguicula vulgaris* (Common Butterwort) showing its purple flowers. Now began the least botanically interesting stretch, although there are some great views. Today however we had the pleasant distraction of 50 or so fell runners, one of which was Dave (the manager from our hotel) so we had someone to cheer on, and were pleased to see he was far from being the last. It turned out he was the fastest local...but he was the only local! Our lunch was taken in the shelter of the last rocky cliff before the summit, with wonderful views down the valley.

With the fun over the serious botanising now began. We entered the first enclosure and found more members of the Teesdale Assemblage of rare plants *Minuartia verna* (Spring Sandwort), was closely followed by another, *Heleanthemum oelandicum* ssp *levigatum* (Hoary Rock-rose) and *Galium sternerii* (Limestone Bedstraw), its creamer coloured flowers and backward pointing prickles on its narrow leaves, distinguish it from the more common *Galium saxatile* (Heath Bedstraw). We also saw and felt the strange sugar limestone in which these rare plants grow. *Sesleria caerulea* (Blue Moor-grass) was in abundance but sadly it was far too late for it to be showing the blueness of its anthers for which it is named.

We now headed for White Well enclosure where we found lots of *Dryas octopetala* (Mountain Avens), but sadly only one overblown flower still showing, and not many seed heads, we concluded it must have been a poor season for it this year. However we did find *Anthyllis vulneraria* (Kidney Vetch) in flower and some *Empetrum nigrum* ssp *nigrum* (Crowberry). Back at Green Way (the second enclosure) we searched for *Draba incana* (Hoary Whitlow-grass) and saw lots of leaf rosettes of *Gentiana verna* (Spring Gentian).

Next we explored the wet flushes to the south side of the path finding Frogs and a Mole, as well masses of *Thalictrum alpinum* (Alpine Meadow-rue) leaves and some flowers which were duly photographed, plus good quantities of *Carex capillaris* (Hair Sedge) both components of the Teesdale Assemblage.

We headed back down to Cronkley Bridge where we took a short stroll along the Durham side of the river which is so rich in colourful and rare plants; it takes care not to tread on them. We found *Cochlearia pyrenaica ssp. alpina* (Pyrenean Scurvygrass) and more *Blysmus compressus* (Flat Sedge), looking particularly fine, along the water's edge. Anne spotted a Small Blue Butterfly enjoying the sunshine. Tired but happy we headed back to Middleton-in-Teesdale, to refresh ourselves before our final list and dinner together which was even more enjoyable as everyone knew each other well enough now to relax and share some wonderful stories.

Day 4

Monday 30th June

High Force and downstream on both sides of the River Tees

Weather: Warm and sunny with the occasional cloud.

After packing and breakfast we set off to High Force. We took the footpath downstream towards Holwick Head foot bridge, along the way we noted delicate *Melica uniflora* (Wood Melick) and *Conopodium majus* (Pignut) then the sturdier *Sanicula europaea* (Sanicle) beside the wooded steps down. Along the riverside meadow our attention was drawn to an interesting small wader, which we think was probably a Common Sandpiper. Anne also spotted another Dipper in the river; we had been blessed with sightings on several occasions, over the whole weekend. Many trees of *Prunus padus* (Bird Cherry) that line the river back had a very bad infestation of *Yponomeuta evonymellus* (Bird Cherry Ermine Moth), which had completely defoliated some of the trees. On the opposite side was a large bush of *Potentilla fruticans* (Shrubby Cinquefoil), high enough up the bank to have grown to a good size, as it had not been inundated by the river for some time. On the bridge we found several ferns including *Polypodium vulgare* (Common Polypody), *Asplenium trichomanes ssp. quadrivalens* (Maidenhair Spleenwort) and more *Cysopteris fragilis* (Brittle Bladder Fern) and we admired our reflections in the clear golden water below.

Yorkshire welcomed us with a beautiful combination of the branched *Equisetum sylvaticum* (Wood Horsetail), the much rarer *E. pratense* (Shade Horsetail). A good specimen of *Dactylorhiza x venusta* was seen, this is the hybrid between *D. fuchsii* (Common Spotted-orchid) and *D. purpurella* (Northern Marsh-orchid). Carrying on downstream, we found a chance juxtaposition of *Betula pendula* (Silver Birch) and *B. pubescens* (Downy Birch), as ever when two closely related plants grow together it is a great opportunity to study the differences, so Dawn talked us carefully through them. Another interesting tree seen was *Salix aurita* (Eared Willow) showing its 'ears' clearly. Having reached and admired the large stand of *Carex acutiformis* (Lesser Pond-sedge) we headed back upstream and past the bridge.

We saw Goldfinches feeding on *Cirsium arvense* (Creeping Thistle) an uncommon sight these days as they are more often seen on our garden birdfeeders. As the path rose, a bank covered in *Viola lutea* (Mountain Pansy) in a huge array of colour forms came into view. We had arrived at the entrance to the largest Juniper woodland in England but sadly it is being attacked by *Phytophthora austrocedrae* so we decided not to possibly add to its spread by going through it.

From here we retraced our steps and returned to the High Force car park for our tickets down to the waterfall viewing point; to see High Force in all its glory. It is the highest single drop in England and doesn't disappoint. Margaret and Anne studied the notice board and pointed out to us the different layers of sandstone, limestone and Great Whin Sill that form the basis of the geology in Upper Teesdale. On the way back up we noted *Galium odoratum* (Sweet Woodruff), *Valeriana officinalis* (Valerian) and *Campanula latifolia* (Giant Bellflower) on meeting up with Heather, who had gone ahead, we got our last record for the tour as she had seen a Shrew cross the path on her way up.

Anne was staying an extra night so we dropped her off at Bowlees, on our way back, so she could walk the rest of the way along the riverside back to Middleton. We said our goodbyes and Dawn dropped Margaret and Geoff off at the Station in Darlington, before returning the hire vehicle and heading home...

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Species List

Plants

Scientific Name	Common Name	Location/Notes
PTERIDOPHYTES		
FERNS & ALLIES		
Selaginellaceae	Lesser Clubmoss Family	
<i>Selaginella selaginoides</i>	Lesser Clubmoss	Cetry Bank & Cronkley Fell
Equisetaceae	Horsetail Family	
<i>Equisetum arvense</i>	Field Horsetail	Occasional
<i>Equisetum palustre</i>	Marsh Horsetail	Frequent
<i>Equisetum pratense</i>	Shady Horsetail	Holwick Head
<i>Equisetum sylvaticum</i>	Wood Horsetail	Holwick Head
<i>Equisetum variegatum</i>	Variiegated Horsetail	Holwick Head
Aspleniaceae	Spleenwort Family	
<i>Asplenium trichomanes ssp quadrivalens</i>	Maidenhair Spleenwort	Occasional
<i>Asplenium ruta-muralis</i>	Wall Rue	Middleton-in-Teesdale
<i>Asplenium scolopendrium</i>	Hart's-tongue Fern	Holwick Head
Blechnaceae	Hard-fern Family	
<i>Blechnum spicant</i>	Hard-fern	Gibson's Cave & Cronkley Fell
Dennstaedtiaceae	Bracken Family	
<i>Pteridium aquilinum</i>	Bracken	Frequent
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris affinis ssp affinis</i>	Scaly Male-fern	Cronkley Fell
<i>Dryoptereis dilatata</i>	Broad Buckler-fern	Occasional
<i>Dryopteris filix-mas</i>	Male-fern	Frequent
<i>Polystichum aculeatum</i>	Hard Shield-fern	High Force
<i>Polystichum setiferum</i>	Soft Shield-fern	Gibson's Cave
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i>	Common Polypody	Holwick Head
Pteridaceae	Ribbon Fern Family	
<i>Cryptogramma crispa</i>	Parsley Fern	Cronkley Fell
Thelypteridaceae	Marsh Fern Family	
<i>Phegopteris connectilis</i>	Beech Fern	Cronkley Fell
Woodsiaceae	Lady-fern Family	
<i>Anhyrium felix-femina</i>	Lady-fern	Frequent
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	Frequent
PINOPSIDA		
CONIFERS		
Cupressaceae	Juniper Family	
<i>Juniperus communis</i>	Common Juniper	Occasional

Scientific Name	Common Name	Location/Notes
Pinaceae <i>Pinus sylvestris</i>	Pine Family Scot's Pine	Occasional
MAGNOLIOPSIDA FLOWERING PLANTS		
	Magnoliidae	
Amaranthaceae <i>Chenopodium bonus-henricus</i>	Goosefoot Family Good King Henry	Bowlees
Apiaceae <i>Aegopodium podagraria</i> <i>Anthriscus sylvestris</i> <i>Conopodium majus</i> <i>Heracleum sphondilium</i> <i>Imperatoria ostruthium</i> <i>Myrrhis odorata</i> <i>Sanicula europaea</i>	Carrot Family Ground Elder Cow Parsley Pignut Hogweed Masterwort Sweet Cicely Sanicle	Occasional Occasional Bowlees meadows & High Force Occasional Peghorn Lodge Driving Bowlees meadows & High Force
Asteraceae <i>Achillea millefolium</i> <i>Achillea ptarmica</i> <i>Antennaria dioica</i> <i>Arctium minus</i> <i>Bellis perennis</i> <i>Centaurea montana</i> <i>Cirsium heterophyllum</i> <i>Cirsium arvense</i> <i>Cirsium palustre</i> <i>Cirsium vulgare</i> <i>Crepis paludosa</i> <i>Hieracium agg</i> <i>Lapsana communis</i> <i>Leontodon hispidus</i> <i>Leucanthemum vulgare</i> <i>Matricaria discoidea</i> <i>Mycelis muralis</i> <i>Petasites hybridus</i> <i>Pilosella officinarum</i> <i>Senecio jacobaea</i> <i>Senecio vulgaris</i> <i>Serrulata tinctoria</i> <i>Sonchus oleraceus</i> <i>Solidago virgaurea</i> <i>Solidago virgaurea ssp minima</i> <i>Taraxacum agg</i> <i>Tragopogon pratensis</i> <i>Tussilago farfara</i>	Daisy Family Yarrow Sneezewort Mountain Everlasting Lesser Burdock Daisy Perennial Cornflower Melancholy Thistle Creeping Thistle Marsh Thistle Spear Thistle Marsh Hawk's-beard Hawkweed Nipplewort Rough Hawkbit Oxeye Daisy Pineappleweed Wall Lettuce Butterbur Mouse-ear Hawkweed Ragwort Groundsel Sawwort Smooth Sow-thistle Goldenrod Dwarf goldenrod Dandelion group Goat's-beard Coltsfoot	Occasional Widdybank Farm Low Force High Force Occasional Newbiggin Frequent Frequent Frequent Occasional Occasional Frequent Occasional Occasional Occasional High Force Driving Occasional Occasional Wat Garth Beside River Tees at Low Force High Force High Force Beside River Tees at Low Force Frequent nr Hanging Shaw Carpark Occasional
Betulaceae <i>Alnus glutinosa</i> <i>Betula pendula</i> <i>Betula pubescens</i> <i>Betula pubescens ssp tortuosa</i>	Birch Family Alder Silver Birch Downy Birch Downy Birch, upland subsp.	Frequent Holwick Head Holwick Head Beside River Tees at Low Force

Scientific Name	Common Name	Location/Notes
<i>Corylus avellana</i>	Hazel	Beside River Tees at Low Force
Boraginaceae	Borage Family	
<i>Myosotis arvensis</i>	Field Forget-me-not	Frequent
<i>Myosotis scorpioides</i>	Water Forget-me-not	Occasional
Brassicaceae	Cabbage Family	
<i>Alliaria petiolata</i>	Garlic Mustard	High Force
<i>Cardamine flexuosa</i>	Wavy Bitter-cress	Occasional
<i>Cardamine pratensis</i>	Cuckooflower	Frequent
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	Widdybank Farm
<i>Cochlearia pyrenaica subsp. alpina</i>	Pyrenean Scurvygrass	nr Cronkely Bridge
<i>Hesperis matronalis</i>	Dame's-violet	Bowlees
<i>Sisymbrium officinale</i>	Hedge Mustard	Hanging Shaw Carpark
Callitrichaceae	Water-starwort Family	
<i>Callitriche stagnalis</i>	Common Water-starwort	Wat Garth
Campanulaceae	Bellflower Family	
<i>Campanula latifolia</i>	Giant Bellflower	High Force
Caprifoliaceae	Honeysuckle Family	
<i>Lonicera periclymenum</i>	Honeysuckle	High Force
<i>Sambucus nigra</i>	Elderberry	Holwick Head
Caryophyllaceae	Pink Family	
<i>Cerastium fontanum</i>	Common Mouse-ear	Frequent
<i>Cerastium glomeratum</i>	Sticky Mouse-ear	Wat Garth
<i>Lychnis flos-cuculi</i>	Ragged Robin	Frequent
<i>Minuartia verna</i>	Spring Sandwort	Cronkley Fell
<i>Sagina procumbens</i>	Procumbent Pearlwort	Frequent
<i>Silene dioica</i>	Red Campion	Occasional
<i>Stellaria alsine</i>	Bog Stichwort	Wat Garth
<i>Stellaria graminea</i>	Lesser Stichwort	Beside River Tees at Low Force
<i>Stellaria media</i>	Common Chickweed	Occasional
Crassulaceae	Stonecrop Family	
<i>Sedum acer</i>	Biting stonecrop	Bowlees
<i>Sedum album</i>	White Stonecrop	Bowlees
Dipsacaceae	Teasel Family	
<i>Succisa pratensis</i>	Devil's-bit Scabious	Beside River Tees at Low Force
Droseraceae	Sundew Family	
<i>Drosera rotundifolia</i>	Round-leaved Sundew	Cronkley Fell
Empetraceae	Crowberry Family	
<i>Empetrum nigrum subsp. nigrum</i>	Crowberry	Cronkley Fell
Ericaceae	Heather Family	
<i>Calluna vulgaris</i>	Heather	Frequent
<i>Erica cinerea</i>	Bell Heather	Cronkley Fell
<i>Erica tetralix</i>	Cross-leaved Heath	Cronkley Fell

Scientific Name	Common Name	Location/Notes
<i>Vaccinium myrtillus</i>	Bilberry	Occasional
Euphrbiceae	Spurge Family	
<i>Mercurialis perennis</i>	Dog's Mercury	Occasional
Fabaceae	Pea Family	
<i>Anthyllis vulneraria</i>	Kidney Vetch	Cronkley Fell
<i>Trifolium dubium</i>	Lesser Trefoil	Occasional
<i>Trifolium medium</i>	Zig-zag Clover	Occasional
<i>Trifolium pratense</i>	Red Clover	Frequent
<i>Trifolium repens</i>	White Clover	Frequent
<i>Lathyrus linifolius</i>	Bitter Vetch	Beside River Tees at Low Force
<i>Lathyrus pratensis</i>	Meadow Vetchling	Frequent
<i>Lotus corniculatus</i>	Birdsfoot-trefoil	Occasional
<i>Lotus pedunculatus</i>	Greater Bird'sfoot- trefoil	nr Cronkley Bridge
<i>Vicia cracca</i>	Tufted Vetch	Beside River Tees at Low Force
<i>Vicia sepium</i>	Bush Vetch	Occasional
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	Frequent
Gentianaceae	Gentian Family	
<i>Gentiana verna</i>	Spring Gentian	Cetry Bank & Cronkley Fell
Geraniaceae	Crane's-bill Family	
<i>Geranium pratense</i>	Meadow Crane's-bill	Frequent
<i>Geranium robertianum</i>	Herb Robert	Frequent
<i>Geranium sylvaticum</i>	Wood Crane's-bill	Frequent
Hypericaceae	St John's-wort Family	
<i>Hypericum hirsutum</i>	Hairy St John's-wort	Bowlees Quarry & High Force
<i>Hypericum pulchrum</i>	Slender St John's-wort	Low Force & High Froce
<i>Hypericum tetrapterum</i>	Square-stalked St John's-wort	High Force
Lamiaceae	Dead-nettle Family	
<i>Ajuga reptans</i>	Common Bugle	Frequent
<i>Mimulus x robertsii</i>	Hybrid Monkeyflower	Wat Garth
<i>Mimulus guttatus x luteus x variegatus</i>	Triple-hybrid Monkeyflower	Wat Garth
<i>Prunella vulgaris</i>	Selfheal	Frequent
<i>Stachys sylvatica</i>	Hedge Woundwort	Occasional
<i>Teucrium scorodonia</i>	Wood Sage	Frequent
<i>Thymus polytrichus</i>	Wild Thyme	Frequent
Linaceae	Flax Family	
<i>Linum catharticum</i>	Purging or Fairy Flax	Occasional
Lentibulariaceae	Butterwort Family	
<i>Pinguicula vulgaris</i>	Common Butterwort	Widdybank Farm & Cronkley Fell
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	Frequent

Scientific Name	Common Name	Location/Notes
Onagraceae	Willowherb Family	
<i>Chamerion angustifolium</i>	Rosebay Willowherb	Frequent
<i>Circaea lutetiana</i>	Enchanter's-nightshade	Gibson's Cave
<i>Epilobium brunnescens</i>	New Zealand Willowherb	Cronkley Fell
<i>Epilobium montanum</i>	Broad-leaved Willowherb	Occasional
Orobanchaceae	Broomrape Family	
<i>Bartsia alpina</i>	Alpine Bartsia	Widdybank Farm & Cetry Bank
<i>Euphrasia</i> sp.	Eyebright	Frequent
<i>Pedicularis palustris</i>	Marsh Lousewort	Widdybank Fam
<i>Pedicularis sylvatica</i>	Lousewort	Bowlees & Cronkley Fell
<i>Rhinanthus minor</i>	Yellow-rattle	Frequent
Oxalidaceae	Wood Sorrel Family	
<i>Oxalis acetosella</i>	Wood Sorrel	Bowlees & High Force
Papaveraceae	Poppy Family	
<i>Mecanopsis cambrica</i>	Welsh Poppy	Bowlees & High Force
Plantaginaceae	Plantain Family	
<i>Plantago lanecolata</i>	Ribwort Plantain	Holwick Head
<i>Plantago major</i>	Greater Plantain	Bowlees
<i>Plantago maritima</i>	Sea Plantain	Frequent
Polygalaceae	Milkwort Family	
<i>Polygalla serpyllifolia</i>	Heath Milkwort	Cronkley Fell
<i>Polygalla vulgaris</i>	Common Milkwort	Bowlees & Cronkley Fell
Polygonaceae	Knotweed Family	
<i>Persicaria bistorta</i>	Common Bistort	Driving
<i>Persicaria vivipara</i>	Alpine Bistort	Bowlees, Cronkley Bridge & Cronkley Fell
<i>Rheum x rhabarbarum</i>	Rhubarb	Peghorn Lodge
<i>Rumex acetosa</i>	Sorrel	Frequent
<i>Rumex longifolius</i>	Northern Dock	Frequent
<i>Rumex obtusifolius</i>	Broad-leaved Dock	Frequent
Potamogetonaceae	Pondweed Family	
<i>Potamogeton polygonifolius</i>	Bog Pondweed	Cronkley Fell
Primulaceae	Primrose Family	
<i>Primula farinosa</i>	Bird's-eye Primrose	Widdybank Farm, Cetry Bank & Cronkley Fell
<i>Primula vulgaris</i>	Primrose	nr Gibson's Cave
<i>Lysimachia nemorum</i>	Yellow Pimpernel	High Force
<i>Lysimachia punctata</i>	Dotted Loosestrife	Bowlees
Ranunculaceae	Buttercup Family	
<i>Anemone nemorosa</i>	Wood Anemone	Beside River Tees at Low Force
<i>Caltha palustris</i>	Marsh Marigold	Frequent
<i>Ranunculus acris</i>	Meadow Buttercup	Frequent
<i>Ranunculus flammula</i>	Lesser Spearwort	Frequent
<i>Ranunculus repens</i>	Creeping Buttercup	Frequent
<i>Thalictrum alpinum</i>	Alpine Meadow-rue	Cronkley Fell

Scientific Name	Common Name	Location/Notes
Rosaceae	Rose Family	
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	Frequent
<i>Alchemilla xanthochlora</i>	Pale Lady's-mantle	Bowlees Quarry
<i>Crataegus monogyna</i>	Hawthorn	Bowlees
<i>Dryas octopetala</i>	Mountain Avens	Cronkley Fell
<i>Filipendula ulmaria</i>	Meadow Sweet	Frequent
<i>Geum rivale</i>	Water Avens	Frequent
<i>Geum urbanum</i>	Wood Avens	Occasional
<i>Helianthemum nummularium</i>	Common Rock-rose	Frequent
<i>Helianthemum oelandicum ssp levigatum</i>	Hoary Rock-rose	Cronkley Fell
<i>Potentilla anserina</i>	Silverweed	Bowlees
<i>Potentilla erecta</i>	Tormentil	Frequent
<i>Potentilla sterilis</i>	Barren Strawberry	High Force
<i>Prunus padus</i>	Bird Cherry	Holwick Head
<i>Prunus spinosa</i>	Blackthorn	Holwick Head
<i>Rosa caesia ssp vosagiaca</i>	Glaucous Dog-rose	Bowlees Quarry
<i>Rubus fruticosus</i>	Bramble	Frequent
<i>Rubus ideaus</i>	Raspberry	Frequent
<i>Rubus saxatilis</i>	Stone Bramble	Bowlees Quarry
<i>Sanguisorba officinalis</i>	Great Burnet	Frequent
<i>Sorbus aucuparia</i>	Rowan	Occasional
<i>Sorbus rupicola</i>	Rock Whitebeam	Beside River Tees below Low Force
Rubiaceae	Bedstraw Family	
<i>Cruciata laevipes</i>	Crosswort	Frequent
<i>Galium aparine</i>	Cleavers	Frequent
<i>Galium boreale</i>	Northern Bedstraw	Frequent
<i>Galium odoratum</i>	Sweet Woodruff	High Force
<i>Galium saxatile</i>	Heath Bedstraw	Frequent
<i>Galium sternerii</i>	Limestone Bedstraw	Cronkley Fell
<i>Galium verum</i>	Lady's Bedstraw	Frequent
Sapindaceae	Maple Family	
<i>Acer pseudoplatanus</i>	Sycamore	Frequent
Saxifragaceae	Saxifrage Family	
<i>Chrysosplenium oppositifolium</i>	Opposite-leaved Golden-saxifrage	nr Gibson's Cave
<i>Saxifraga aizoides</i>	Yellow Saxifrage	Cetry Bank
Saliciaceae	Willow Family	
<i>Populus tremula</i>	Aspen	Beside River Tees near Low Force
<i>Salix aurita</i>	Eared Willow	Holwick Head
<i>Salix caprea</i>	Goat Willow	Occasional
<i>Salix caprea ssp sphaelata</i>	a Goat willow	Cronkley Bridge
<i>Salix cinerea</i>	Grey Willow	Occasional
<i>Salix myrsinifolia</i>	Dark-leaved Willow	Occasional
<i>Salix phylicifolia</i>	Tea-leaved Willow	Cetry Bank
Scrophulariaceae	Figwort Family	
<i>Scrophularia nodosa</i>	Figwort	Occasional
Ulmaceae	Elm Family	
<i>Ulmus glabra</i>	Wych Elm	Frequent

Scientific Name	Common Name	Location/Notes
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	Frequent
Valerianaceae	Valerian Family	
<i>Valeriana dioica</i>	Marsh Valerian	Widdybank Farm
<i>Valeriana officinalis</i>	Valerian	High Force
Veronicaceae	Speedwell Family	
<i>Digitalis purpurea</i>	Foxglove	Frequent
<i>Veronica beccabunga</i>	Brooklime	Frequent
<i>Veronica chamaedrys</i>	Germander Speedwell	Frequent
<i>Veronica officinalis</i>	Heath Speedwell	Cronkley Fell & High Force
<i>Veronica serpyllifolia</i> subsp. <i>humifusa</i>	Thyme-leaved Speedwell	Occasional
Violaceae	Violet Family	
<i>Viola lutea</i>	Mountain Pansy	Frequent
<i>Viola palustris</i>	Marsh Violet	below Cronkley Fell
<i>Viola riviniana</i>	Common Dog-violet	occasional
Cyperaceae	Sedge Family	
<i>Blysmus compressus</i>	Flat sedge	Bowlees Quarry & ne Cronkly Bridge
<i>Carex acutiformis</i>	Lesser Pond Sedge	Beside River Tees below High Force
<i>Carex capillaris</i>	Hair Sedge	Cetry Bank & Cronkley Fell
<i>Carex demissa</i>	Common Yellow-sedge	Cronkley Fell
<i>Carex dioica</i>	Dioecious Sedge	Cronkley Fell
<i>Carex disticha</i>	Brown Sedge	Widdybank Farm
<i>Carex echinata</i>	Star Sedge	Widdybank Farm & Cronkley Fell
<i>Carex hostiana</i>	Tawny Sedge	Widdybank Farm
<i>Carex lepidocarpa</i>	Long-stalked Yellow-sedge	Frequent
<i>Carex leporina</i>	Oval Sedge	Cronkley Fell & Holwick Head
<i>Carex panicea</i>	Carnation Sedge	Widdybank Farm & Cronkley Fell
<i>Carex pulicaris</i>	Flea Sedge	Cetry Bank & Cronkley Fell
<i>Carex remota</i>	Remote Sedge	High Force
<i>Carex sylvatica</i>	Wood Sedge	High Force
<i>Eriophorum angustifolium</i>	Common Cottongrass	Widdybank Farm & Cronkley Fell
<i>Eriophorum latifolium</i>	Broad-leaved Cottongrass	Cetry Bank
<i>Eleocharis palustris</i>	Common Spike-rush	below Cronkley Fell
<i>Eleocharis quinqueflora</i>	Few-flowered Spike-rush	Cronkley Fell
<i>Isolepis setacea</i>	Bristle Club-rush	below Cronkley Fell
<i>Kobresia simpliciuscula</i>	False Sedge	Cetry Bank
<i>Trichophorum germanicum</i>	Deer Grass	Widdybank Farm & Cetry Bank
Juncaceae	Rush Family	
<i>Juncus articulatus</i>	Jointed rush	Frequent
<i>Juncus bufonis</i>	Toad Rush	occasional
<i>Juncus effusus</i>	Soft Rush	occasional
<i>Juncus squarrosus</i>	Heath Rush	occasional
<i>Luzula multiflora</i> ssp <i>congesta</i>	Dense-headed Wood-rush	Widdybank Farm
<i>Luzula multiflora</i> ssp <i>multiflora</i>	Heath Wood-rush	Widdybank Farm
<i>Luzula sylvatica</i>	Greater Wood-rush	Bowlees & High Force
Juncaginaceae	Arrowgrass Family	
<i>Triglochin palustris</i>	Marsh Arrowgrass	Widdybank Farm & Bowlees Quarry

Scientific Name	Common Name	Location/Notes
Liliaceae		
<i>Hyacinthoides non-scripta</i>	Bluebell	Bowlees & High Force
<i>Iris pseudocharis</i>	Yellow Flag	Driving
<i>Narthecium ossifragum</i>	Bog Asphodel	Widdybank Farm
<i>Polygonatum x hybridum</i>	Garden Solomon's -seal	
<i>Tofieldia pusilla</i>	Scottish Asphodel	Widdybank Farm & Cetry Bank
Orchidaceae		
<i>Dactylorhiza fuchsii</i>	Common Spotted-orchid	Frequent
<i>Dactylorhiza incarnata ssp incarnata</i>	Early Marsh-orchid	Widdybank Farm
<i>Dactylorhiza maculata ssp ericetorum</i>	Heath Spotted-orchid	Frequent
<i>Dactylorhiza purpurella</i>	Northern Marsh-orchid	Frequent
<i>Dactylorhiza x venusta</i>	Hybrid Orchid D fuschii x purpurella	Frequent
<i>Gymnadenia borealis</i>	Heath Fragrant Orchid	Widdyban Farm
<i>Gymnadenia conopsea</i>	Fragrant Orchid	Frequent
<i>Listera ovata</i>	Common Twayblade	occasional
<i>Platanthera chlorantha</i>	Greater Butterfly-orchid	Beside River Tees nr Low Froce & Bowlees Back
Poaceae		
<i>Alopecurus pratensis</i>	Meadow foxtail	Bowlees
<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	Bowlees
<i>Brachypodium sylvaticum</i>	False Brome	High Force
<i>Briza media</i>	Quaking Grass	Frequent
<i>Bromus hordeaceus</i>	Soft-brome	occasional
<i>Bromopsis ramosa</i>	Hairy-brome	High Froce
<i>Cynosorus cristatus</i>	Crested Dog's-tail	Bowlees
<i>Dactylis glomerata</i>	Cock's-foot	Frequent
<i>Danthonia decumbens</i>	Heath Grass	Low Froce and Cetry Bank
<i>Deschampsia cespitosa</i>	Tufted Hair-grass	Frequent
<i>Deschampsia flexuosa</i>	Wavy Hair-grass	Frequent
<i>Festuca ovina</i>	Sheeps Fescue	Cronkley Fell
<i>Holcus lanata</i>	Yorkshire Fog	Frequent
<i>Holcus mollis</i>	Creeping Soft-grass	nr Cronkley Farm
<i>Lolium perenne</i>	Perennial Rye-grass	Frequent
<i>Melica uniflora</i>	Wood Melick	High Froce
<i>Molinia caerulea</i>	Purple Moor-grass	Holwick Head
<i>Nardus stricta</i>	Mat-grass	Frequent
<i>Poa annua</i>	Annual Meadow-grass	Frequent
<i>Sesleria caerulea</i>	Blue Moor-grass	by River Tees & Cronkley Fell

Birds (✓ = recorded but not counted; H = heard only)

	Common name	Scientific name	June			
			27	28	29	30
1	Red Grouse	<i>Lagopus lagopus</i>			✓	
2	Common Pheasant	<i>Phasianus colchicus</i>			✓	
3	Mallard	<i>Anas platyrhynchos</i>	✓			✓
4	Eurasian Oystercatcher	<i>Haematopus ostralegus</i>		✓		
5	Northern Lapwing	<i>Vanellus vanellus</i>	✓	✓	✓	
6	European Golden Plover	<i>Pluvialis apricaria</i>			✓	
7	Common Snipe	<i>Gallinago gallinago</i>		✓	✓	
8	Eurasian Curlew	<i>Numenius arquata</i>	✓	✓	H	

	Common name	Scientific name	June			
			27	28	29	30
9	Common Sandpiper	<i>Actitis hypoleucos</i>				✓
10	Black-headed Gull	<i>Chroicocephalus ridibundus</i>	✓	✓	✓	✓
11	Common Wood Pigeon	<i>Columba palumbus</i>		✓	✓	✓
12	Common Swift	<i>Apus apus</i>	✓	✓		✓
13	Western Jackdaw	<i>Coloeus monedula</i>			✓	
14	Carrion Crow	<i>Corvus corone</i>	✓			✓
15	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓
16	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓
17	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓
18	Mistle Thrush	<i>Turdus viscivorus</i>				✓
19	European Robin	<i>Erithacus rubecula</i>			✓	✓
20	Northern Wheatear	<i>Oenanthe oenanthe</i>		✓	✓	
21	White-throated Dipper	<i>Cinclus cinclus</i>	✓	✓		✓
22	House Sparrow	<i>Passer domesticus</i>	✓			✓
23	Grey Wagtail	<i>Motacilla cinerea</i>	✓	✓		✓
24	Pied Wagtail	<i>Motacilla alba yarrellii</i>			✓	
25	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓		✓
26	European Goldfinch	<i>Carduelis carduelis</i>				✓

Mammals:

1	Rabbit	<i>Oryctolagus cuniculus</i>	✓	✓	✓	✓
2	Field Vole	<i>Microtus agrestis</i>		✓		
3	Mole	<i>Talpa europaea</i>			✓	
4	Shrew	<i>Sorex araneus</i>				✓

Reptiles & Amphibians:

1	Common Frog	<i>Rana temporaria</i>		✓	✓	
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Butterflies & Moths

1	Common Blue	<i>Polyommatus icarus</i>			✓	
2	Bird Cherry Ermine Moth	<i>Yponomeuta evonymella</i>				✓

Other Invertebrates

32	Black Slug	<i>Arion ater</i>			✓	
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The 2014 Naturetrek Group