

The Wild Flowers of Upper Teesdale

Naturetrek Tour Report

26th – 30th June 2023



Greater Butterfly Orchid



Moonwort



Shrubby Cinquefoil



Lesser Twayblade

Tour report and images by Steve Gater



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Summary

Upper Teesdale has long drawn botanists of all expertise to enjoy its amazing array of wild plants, in particular the 'Teesdale Assemblage' of rare and uncommon species. Thirteen different waders breed here as do the more elusive Merlin. Black and Red Grouse, Brown Hare, Deer, Adder and other interesting fauna extend the wildlife history. Traditional farming methods within a tight u-shaped glacial valley, almost unique weather pattern and some very canny local people add to its charm. Our hotel in Middleton-in-Teesdale was an ideal base from which to explore and enjoy the local riches with a minimum of driving. A long list of plants seen during the week covered almost all of the Teesdale Assemblage and more. We saw all of the breeding waders and more. We enjoyed great company, we shared fascinating stories, we had much fun. And we left with wonderful memories of a dale well-explored, yet with more left to discover – well that would have to be on a return trip one day.

Day 1

Monday 26th June

The group assembled after lunch at our hotel in Middleton-in-Teesdale and took to two buses for a 10-minute drive to Bowlees. A splendid Grey Wagtail met us at the footbridge over an almost dry stream which was an auspicious start to our recording. Further birds were noted on nearby feeders – a party of Siskin, Chaffinch, Blue Tit, Goldfinch. Plant recording started with various common species, then Good King Henry and Northern (Glaucous) Dog Rose.

We entered a well-stocked upland meadow leading to two erratic boulders positioned as a pinch-point in the drystone wall, squeezing through to reach woodland with Scots Pine, Beech, Elder, Goat Willow, Hazel. The dam areas were awash with cream-flowering Meadowsweet, Dog's Mercury (long 'gone over') and other woodland specialists.

Wynch Bridge offered a wobbly walk over the Tees, leading to a copse of Aspen trees whose leaves were fluttering noisily when we passed later on this circular walk. We headed downstream, learning about the formation of Whin Sill and impact on sandstone and mudstone above. Wood Crane's-bill, Melancholy Thistle, Harebell, Northern Bedstraw, Common Spotted-orchid were in flower and plentiful. A Spotted Flycatcher sat on a drystone wall, Oystercatchers flew around noisily, Northern Lapwing and a flock of Starlings were also seen on the walk.

Remains of two Medieval houses were pointed out and brief mention made of early settlements at Holwick. Geomorphological features were also pointed out – esker, drumlins, crag and tail, erratic boulders with striations – all the result of Upper Teesdale having its own glacier up to 1km thick. The geological features of the valley are also fascinating, 'cyclothem's of mudstone, sandstone and limestone. We had earlier seen fossils in the flat sheets of cockleshell limestone on the edge of the Tees at Scoberry Bridge.

From the 'tail' at the top of Holwick settlement we scrambled down a track to reach scree that was liberally covered with Parsley Fern, consisting of fertile and sterile fronds. Well-faded Early Hair-grass grew nearby, and Juniper trees had been planted among the scree. Heath Bedstraw was plentiful, and we enjoyed finding different colour combinations of Mountain Pansy flowers.

Day 2

Tuesday 27th June

The hotel provided a hearty breakfast and packed lunch although some opted to buy the latter in local shops. We took a short drive north to Langdon Beck to the entrance gate leading to Widdybank Farm where we spent time exploring the banks of a small stream. Water was a major theme of the day as it rained throughout and heavily at times. However, the range and quality of plants on view were welcome rewards for getting wet!

Flea Sedge, Tawny Sedge, Star Sedge, Glaucous Sedge and Carnation Sedge clearly grew well in the damp habitat, as did Marsh Arrowgrass and Marsh Thistle. Northern Marsh-orchid and Early Marsh-orchid were also in their element. Varying blue/yellow combinations created attractive flowers of Mountain Pansy, while Marsh Marigold flowers were simply yellow, and also attractive. Common Lousewort and Yellow Rattle were found, both hemiparasitic plants. Tiny leaves with the beginning of a flower stalk were uncovered in the grass – Grass-of-Parnassus, an excellent discovery.

Beyond the gate into the Moor House / Upper Teesdale National Nature Reserve was a long gravel road leading to Widdybank Farm. This is home to Natural England in this area. The adjacent meadow was amazingly rich in plants, with many of the 'Teesdale Assemblage' of scarce and rare plants on show. Twayblade was in flower. More Flea Sedge was seen, along with another even more delicate species, Hair-Sedge. Butterwort leaves and stalks holding fruit were found. The very small and distinctive Variegated Horsetail contrasted greatly with Marsh Horsetail. Eyebrights were common, several different species.

Time flew by and we were seriously wet so decided to decamp for coffee and tea at the nearby Langdon Beck Hotel. And that was a good choice. Suitably refreshed and a little drier, we headed up the remote valley of Harwood in search of orchids and more. We found plenty of Lesser Butterfly-orchid in flower and bud and we also came across the resplendent Globeflower, some still in flower and more 'gone over'. The latter stood out amongst the yellow flowers of different Buttercup and Daisy family members. The richness of the upland meadows here and over the day was simply wonderful and a tribute to the local farmers whose care through traditional methods allows them to flourish. Harwood is also a great site to see Felwort or Field Gentian, best a little later when in flower. This is yet another plant whose distribution is threatened and subject to national survey.

We enjoyed our packed lunches on or near the buses before driving a short distance to marvel at a large stand of flowering Melancholy Thistle in the bottom part of another meadow. Simply wonderful.

We returned to Widdybank Farm where the drystone walls and rocks were scoured for Ring Ouzel that breeds here and a possible sighting was claimed, but not verified. Part of the Pennine Way took us along the Tees towards a large bank of crescent-shaped Glacial Till, Cetry bank. Base-rich flushes seeping through the till offer a distinct habitat in which many of the renowned 'Teesdale Assemblage' plants grow. It's a tricky place to find good footing, but the rewards are well worthwhile.

Yellow or Mountain Saxifrage stood out from a distance and was even more impressive close-up. Several small spikes of Alpine Bistort took the eye, Bird's-eye Primrose was in fruit. Once Alpine Bartsia was revealed many more patches were observed with a few plants starting to flower – we were a little early for most. Lesser Clubmoss was a less showy plant but no less in terms of interest. Burnet-saxifrage, Common Rock-rose, Common Butterwort, Creeping Willow and Tea-leaved Willow were seen. Scottish Asphodel was in flower, another of the plants growing

here at the most southern part of its range. Even in the most trying weather for seeing plants, this place was a botanical gem, a wonderful experience.

Waders seen during the day included Common Sandpiper, Common Snipe, Eurasian Curlew, Common Redshank, Mallard (with nine chicks), White-throated Dipper, White Wagtail were on or near water. A Kestrel was seen but no other raptors. Field Voles and Common Frogs were about. While the cold, wet conditions deterred invertebrates being on the wing they did encourage large slugs to be active on the damp vegetation.

The weather had been poor, but the botanizing and wildlife watching had been superb, rich and varied. Another great meal, with great conversations followed before retiring to bed ahead of an early morning birdwatching start.

Day 3

Wednesday 28th June

Another wet day, another great day. We were up before 6am and off to the Langdon Beck Black Grouse Lek. While it was too late in the season to see birds lekking, it was not too late to see the birds. Ten-plus were watched from a distance, then we had progressively closer views of males and one female, down to several metres, as they sat on rock and fence post – brilliant! Close up views of different Snipe were also enjoyed, along with their drumming in flight. Little Owl on a fence post was viewed through the ‘scope. Several Brown Hares were in the fields, Rabbits too. A single Roe Deer spied at us as we spied back. Two very productive and enjoyable hours zipped by, and we sped back to the hotel for breakfast.

The rest of the morning consisted of a walk along the side of Cow Green Reservoir to the dam-end and Cauldron Snout. We were searching for yet more species belonging to the Teesdale Assemblage and made some good finds. Scottish Asphodel was diminutive and in flower, a lovely plant. Round-leaved Sundew was growing alongside and also in flower and some individuals of another hemi-parasitic plant, Butterwort, retained their dark blue flowers. Bird’s-eye Primrose was in fruit and showing its mealy under leaf when examined. Mountain Everlasting (Cat’s-foot) was a new find, a number of plants protected from herbivores by a wired enclosure. More Alpine Bistort also grew in this area and nearby we successfully searched by fingertip for leaves of Teesdale Violet. An extensive patch of False Sedge allowed for close observation to see the single bract that determines this species. A tiny, well-chewed Moonwort spike was found in the verge.

Clearly this was a slow walk to take in the full richness of the flora in such a compact area, so lunch was upon us as we started the descent of Cauldron Snout. However, the rain made the rocky path more of a challenge for some and the party split at this point. One group retraced the steps to return to the bus, continuing to search for more Moonwort and enjoy the repetition. The second group continued down the waterfall and south along the Pennine Way to reach Widdybank Farm. Green Spleenwort, Bulbous Rush, Lemon-scented Fern and Bog Pondweed were seen along the way. Excited families of Stonechat were seen by both groups, and each took time to separate the different Heather species that were so common here.

The rain continued in fits and starts and an occasional wind created a cooling effect, so a chance to take tea and cake in Bowlees was much appreciated. The stop allowed for browsing the bookshop, admiring landscape paintings in the gallery and the toilets were handy. The carpark led to a walk along a beck with Grey Wagtail and Dipper. Some 20 Greater Butterfly-orchids were growing amongst Bracken, and probably more hidden underneath this

canopy. A well overgrown, abandoned quarry held some interesting plants. Common Spotted-orchid, Twayblade were in full flower. Fragrant Orchid was just flowering. Hairy St. John's-wort made an impact.

Further along, the path was suddenly by the imposing Summerforce Waterfall tumbling over a thick band of limestone and eroding the underlying, softer rocks (mudstone and sandstone) to create Gibson's Cave. The dampness proved to be a suitable habitat for a range of ferns, many of which we had seen earlier but Brittle Bladder-fern and Hard Shield-fern which we had not. Large yellow flowers of Leopard's-bane brightened up the three-dominated path edges.

There was sufficient time to relax and recuperate before adding to our checklist and sharing our impressions over dinner. A full day had revealed more of the Upper Teesdale magic, we were appreciating why this is such a special place and were eager for yet more.

Day 4

Thursday 29th June

Phew, a bright start, a dry sunny day predicted to match the expectation of brilliant plants on Cronkley Fell. A 10-minute drive took us up the dale again to Hanging Shaw where we parked and found Hairy Sedge and Common Spotted-orchid. Walking down to the Tees, passing two small farmyards we came across a good patch of Brooklime in flower. The Tees bank was full of species already seen but Flat Sedge was once again admired. Over the bridge two pastures were full of grasses including Soft Brome and Yellow Oat-grass. Further up a wide stand of Globeflower had gone over leaving a solitary yellow flower.

A gap between rocks with Common Juniper was populated with ferns – Scaly Male-fern, Mountain Male-fern, Lady-fern, Oak Fern, Male-fern, Hard-fern and Bracken. We followed the Pennine way and turned right onto the Green Trod, to trudge uphill for some way to the plateau of Cronkley Fell. Leaves of Alpine Meadow-rue were a good find along the edge of a dry gill. Meadow Pipits were flitting around, Northern Wheatear on the rocks, a Mistle Thrush was seen.

A short coffee break gave the extra impetus to reach the top and our first chance to explore in a little detail. Male and female Dioecious Sedge was found. Common Rock-rose and Hoary Rock-rose were compared closely. Horseshoe Vetch was in leaf and under protection. Patches of sugar limestone held mats of white-flowering Spring Sandwort, another uncommon plant. Northern Marsh-orchids had gone over but a couple of Dark-red Helleborines were just ready to flower. The Heather was very carefully pulled to one side to reveal Sphagnum Moss in which several Lesser Twayblades were growing and ready to send up their flower stalks. Persistence and patient observation paid off.

A short walk along took us to a sheltered spot for lunch and chatter. Then the search was on for Hoary Whitlow-grass and Moonwort. It was a great pleasure to find both, lots of both and all in really good condition. Equally in good condition was a Golden Plover, at its best in summer plumage and picked up first by its short, repeated call. Spring Gentians were common, in fruit and a bit bedraggled, but still very much appreciated.

The final botanical hotspot held good patches of Mountain Avens. We had just missed seeing it in flower, a few faded petals remained on some, but most were in full fruit. But the leaves alone made for compulsive viewing.

Common Twayblades were plentiful and in or near flower. Several Small Scabious plants with their blue flowers gave great contrast.

Two routes took us back to the carpark. The longer trek, along the Tees and opposite the path taken yesterday had the bonus of four Ring Ouzels and lots of Shrubby Cinquefoil. The slightly shorter alternative was to retrace our earlier steps, finding Kestrel and a very tired Small Heath butterfly along the way and enjoying a relaxing time out to simply admire and soak-in the wonderful views. Sand Martins and Barn Swallows were over the river. The groups reached the carpark within minutes of each other and returned to the hotel to relax and prepare for our last dinner.

This was also the final chance to list our findings and appreciate what an amazing list we had compiled. With a final walk to complete we had seen all of the Teesdale Assemblage plants that we had access to, and many more. Additionally, we had seen the full range of waders that breed in the dale, and more. With other fauna this made a very impressive list, both in terms of quantity and very much in quality. We headed to our rooms well satisfied.

Day 5

Friday 30th June

We said goodbye to a couple leaving early after breakfast and drove once again to Bowlees. Across Wynch Bridge we turned right to walk upstream. Saw-wort was in flower along with Devil's-bit Scabious and Melancholy Thistle. Dwarf Goldenrod and Shrubby Cinquefoil grew on rocks at the side of the Tees. A Ringlet butterfly and Chimney Sweeper moth were flying, Willow Warbler and Wren were singing, family parties of Mallard were idling on the river.

Light, but persistent, rain kept the vegetation wet and suited a large stand of Lesser Pond Sedge. Horsetails would also have welcomed the dampness – Wood, Shady and Field - all growing together. Ferns were in good number including a striking specimen of Lady-fern, many Broad Buckler- and Male- ferns, extensive stands of Bracken which we suspect shaded out a Lemon-scented Fern seen on earlier trips. Many small Maidenhair Ferns grew on a supporting wall of Holwick Bridge. Viviparous Fescue was an interesting find, Cowslip was well gone over but three Greater Butterfly Orchids were in full bloom.

After taking a free view of High Force from the south side of the river we paid for a closer view from the other bank. As we walked towards the viewing point through planted trees we came across Figwort, Wood Millet, Giant Bellflower, Square-stalked St. John's-wort and Remote Sedge. The waterfall was a highly impressive sight from two different angles and a fitting finale to our highly productive and most enjoyable week in the amazing valley of Upper Teesdale.

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Species lists

Flora

This species list follows the nomenclature in New Flora of the British Isles 3rd Edition by Clive Stace.

Scientific Name	Common Name	Location/status
PTERIDOPHYTES	FERNS & ALLIES	
Lycophytes	Clubmosses & Quillworts	
Selaginellaceae	Lesser Clubmoss Family	
<i>Selaginella selaginoides</i>	Lesser Clubmoss	Cetry Bank
Eusporangiate Ferns	Adder's-tongues & Moonworts	
<i>Botrychium lunaria</i>	Moonwort	Widdybank Fell, Cronkley Fell
Calamophytes	Horsetails	
Equisetaceae	Horsetail Family	
<i>Equisetum arvense</i>	Field Horsetail	occasional
<i>Equisetum palustre</i>	Marsh Horsetail	Tees
<i>Equisetum pratense</i>	Shady Horsetail	Tees
<i>Equisetum sylvaticum</i>	Wood Horsetail	Tees
<i>Equisetum variegatum</i>	Variiegated Horsetail	Widdybank Farm
Leptosporangiate Ferns	True Ferns	
Aspleniaceae	Spleenwort Family	
<i>Asplenium scolopendrium</i>	Hart's-tongue	Tees
<i>Asplenium trichomanes ssp quadrivalens</i>	Maidenhair Spleenwort	Holwick bridge

Scientific Name	Common Name	Location/status
<i>Asplenium viride</i>	Green Spleenwort	Tees
Blechnaceae	Hard-fern Family	
<i>Blechnum spicant</i>	Hard-fern	occasional
Dennstaedtiaceae	Bracken Family	
<i>Pteridium aquilinum</i>	Bracken	common
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris affinis</i>	Scaly Male-fern	Cronkley Farm
<i>Dryoptereis dilatata</i>	Broad Buckler-fern	frequent
<i>Dryopteris filix-mas</i>	Male-fern	frequent
<i>Dryopteris oreades</i>	Mountain Male-fern	Cronkley Farm
<i>Polystichum aculeatum</i>	Hard Shield-fern	occasional
<i>Polystichum setiferum</i>	Soft Shield-fern	High Force
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i>	Common Polypody	occasional
Pteridaceae	Ribbon Fern Family	
<i>Cryptogramma crispa</i>	Parsley Fern	Holwick
Thelypteridaceae	Marsh Fern Family	
<i>Oreopteris limbosperma</i>	Lemon-scented Fern	Tees
Woodsiaceae	Lady-fern Family	
<i>Anhyrium felix-femina</i>	Lady-fern	Tees
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	Gibson's Cave
<i>Gymnocarpium dryopteris</i>	Oak Fern	Cronkley Farm
PINACEAE	CONIFERS	
Cupressaceae	Juniper Family	
<i>Juniperus communis</i>	Common Juniper	High Force, Cronkley Farm
Pinaceae	Pine Family	
<i>Pinus sylvestris</i>	Scot's Pine	High Force
<i>Pinus sylvestris</i> ssp. <i>scotica</i>	native Scot's Pine	High Force
Taxaceae	Yew Family	
<i>Taxus baccata</i>	Yew	High Force
ANGIOSPERMS	FLOWERING PLANTS	
Eu-dicots	True Dicotyledons	
Amaranthaceae	Goosefoot Family	
<i>Chenopodium bonus-henricus</i>	Good King Henry	Bowlees
Apiaceae	Carrot Family	
<i>Aegopodium podagraria</i>	Ground Elder	occasional
<i>Angelica sylvestris</i>	Angelica	Tees

Scientific Name	Common Name	Location/status
<i>Anthriscus sylvestris</i>	Cow Parsley	verges
<i>Conopodium majus</i>	Pignut	Tees
<i>Heracleum sphondilium</i>	Hogweed	frequent
<i>Myrrhis odorata</i>	Sweet Cicely	Tees
<i>Sanicula europaea</i>	Sanicle	Tees
Araliaceae	Ivy Family	
<i>Hedera helix</i>	Ivy	common
<i>Hedera hibernica</i>	Atlantic Ivy	High Force
Asteraceae	Daisy Family	
<i>Achillea millefolium</i>	Yarrow	frequent
<i>Achillea ptarmica</i>	Sneezewort	Harwood
<i>Antennaria dioica</i>	Mountain Everlasting	Widdybank Fell, Cronkley Fell
<i>Arctium minus</i>	Lesser Burdock	occasional
<i>Bellis perennis</i>	Daisy	frequent
<i>Carduus crispus</i>	Wetted Thistle	Tees
<i>Cirsium heterophyllum</i>	Melancholy Thistle	Tees, verges
<i>Cirsium arvense</i>	Creeping Thistle	frequent
<i>Cirsium palustre</i>	Marsh Thistle	Tees
<i>Cirsium vulgare</i>	Spear Thistle	frequent
<i>Crepis paludosa</i>	Marsh Hawk's-beard	Tees
<i>Hieracium agg</i>	Hawkweed	occasional
<i>Hypochaeris radicata</i>	Cat's-ear	frequent
<i>Lapsana communis</i>	Nipplewort	occasional
<i>Leontodon hispidus</i>	Rough Hawkbit	occasional
<i>Leucanthemum vulgare</i>	Oxeye Daisy	verges
<i>Matricaria discoides</i>	Pineappleweed	waste ground
<i>Mycelis muralis</i>	Wall Lettuce	High Force
<i>Petasites hybridus</i>	Butterbur	verges
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	frequent
<i>Senecio aquatilis</i>	Marsh Ragwort	Tees
<i>Senecio erucifolius</i>	Hoary Ragwort	Tees
<i>Senecio jacobaea</i>	Ragwort	frequent
<i>Senecio vulgaris</i>	Groundsel	occasional
<i>Serrulata tinctoria</i>	Sawwort	Tees
<i>Solidago virgaurea</i>	Goldenrod	Tees
<i>Solidago virgaurea ssp minuta</i>	Dwarf goldenrod	Tees
<i>Sonchus asper</i>	Prickly Sow-thistle	occasional
<i>Sonchus oleraceus</i>	Smooth Sow-thistle	occasional
<i>Taraxacum agg</i>	Dandelion group	occasional
<i>Tragopogon pratensis</i>	Goat's-beard	Tees
<i>Tussilago farfara</i>	Coltsfoot	Bowlees
Betulaceae	Birch Family	
<i>Alnus glutinosa</i>	Alder	frequent
<i>Betula pubescens</i>	Downy Birch	frequent
<i>Betula pubescens ssp tortuosa</i>	Downy Birch, upland subsp.	Cronkley Farm
<i>Corylus avellana</i>	Hazel	Tees
Boraginaceae	Borage Family	
<i>Myosotis arvensis</i>	Field Forget-me-not	occasional

Scientific Name	Common Name	Location/status
<i>Myosotis discolor</i>	Changing Froget-me-not	occasional
<i>Myosotis laxa</i>	Tufted Forget-me-not	Low Force
<i>Myosotis scorpiodes</i>	Water Froget-me-not	Tees
<i>Myosotis sylvatica</i>	Wood Forget-me-not	Low Force
<i>Symphytum x uplandicum</i>	Russian Comfrey	Bowlees
Brassicaceae	Cabbage Family	
<i>Alliaria petiolata</i>	Garlic Mustard	verges
<i>Arabidopsis thaliana</i>	Thale Cress	occasional
<i>Cardamine flexuosa</i>	Wavy Bitter-cress	waste ground
<i>Cardamine hirsuta</i>	Hairy Bitter-cress	waste ground
<i>Cardamine pratensis</i>	Cuckooflower	Tees
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	waste ground
<i>Cochlearia pyrenaica subsp. alpina</i>	Pyrenean Scurvygrass	Tees
<i>Draba incana</i>	Hoary Whitlowgrass	Cronkley Fell
<i>Hesperis matronalis</i>	Dame's-violet	Tees
<i>Noccaea caerulescens</i>	Alpine Pennycress	Cronkley Farm
Campanulaceae	Bellflower Family	
<i>Campanula latifolia</i>	Giant Bellflower	High Force
<i>Campanula rotundifolia</i>	Harebell	occasional
Caprifoliaceae	Honeysuckle Family	
<i>Lonicera periclymenum</i>	Honeysuckle	Tees
<i>Sambucus nigra</i>	Elderberry	Tees
Caryophyllaceae	Pink Family	
<i>Cerastium fontanum</i>	Common Mouse-ear	occasional
<i>Minuartia verna</i>	Spring Sandwort	Cronkley Fell
<i>Sagina procumbens</i>	Procumbent Pearlwort	occasional
<i>Silene dioica</i>	Red Campion	occasional
<i>Silene flos-cuculi</i>	Ragged Robin	occasional
<i>Stellaria alsine</i>	Bog Stichwort	Tees
<i>Stellaria graminea</i>	Lesser Stichwort	occasional
<i>Stellaria hollostea</i>	Greater Stichwort	occasional
<i>Stellaria media</i>	Common Chickweed	occasional
Cistaceae	Rockrose Family	
<i>Helianthemum numularium</i>	Common Rock-rose	Widdybank Fell, Cronkley Fell
<i>Helianthemum oelandicum subsp. levigatum</i>	Hoary Rock-rose	Cronkley Fell
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	occasional
Crassulaceae	Stonecrop Family	
<i>Sedum acer</i>	Biting Stonecrop	Bowlees
<i>Sedum album</i>	White Stonecrop	Bowlees
<i>Sedum spurium</i>	Caucasian Stonecrop	Bowlees
<i>Sempervivum tectorum</i>	House-leek	B

Scientific Name	Common Name	Location/status
Dipsacaceae	Teasel Family	
<i>Succisa pratensis</i>	Devil's-bit Scabious	Tees
Droseraceae	Sundew Family	
<i>Drosera rotundifolia</i>	Round-leaved Sundew	fells
Ericaceae	Heather Family	
<i>Calluna vulgaris</i>	Heather	fells
<i>Empetrum nigrum subsp. nigrum</i>	Crowberry	fells
<i>Erica cinerea</i>	Bell Heather	fells
<i>Erica tetralix</i>	Cross-leaved Heath	fells
<i>Vaccinium myrtillus</i>	Bilberry	fells
<i>Vaccinium vitis-idaea</i>	Cowberry	fells
Euphorbiaceae	Spurge Family	
<i>Mercurialis perennis</i>	Dog's Mercury	Low Force
Fabaceae	Pea Family	
<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	occasional
<i>Lathyrus pratensis</i>	Meadow Vetchling	occasional
<i>Lotus corniculatus</i>	Brid's-foot-trefoil	frequent
<i>Medicago lupulina</i>	Black Medick	frequent
<i>Vicia sepium</i>	Bush Vetch	occasional
<i>Ulex europaea</i>	Gorse	frequent
<i>Hippocrepis comosa</i>	Horseshoe Vetch	Cronkley Fell
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	Low Force
Gentianaceae	Gentian Family	
<i>Gentiana verna</i>	Spring Gentian	Cronkley Fell
<i>Gentianella amarella</i>	Felwort	(Harwood)
Geraniaceae	Crane's-bill Family	
<i>Geranium pratense</i>	Meadow Crane's-bill	frequent
<i>Geranium robertianum</i>	Herb Robert	common
<i>Geranium sylvaticum</i>	Wood Crane's-bill	Tees
Grossulariaceae	Gooseberry Family	
<i>Ribes uva-crispa</i>	Goosberry	occasional
Hypericaceae	St John's-wort Family	
<i>Hypericum hirsutum</i>	Hairy St John's-wort	Tees
<i>Hypericum pulchrum</i>	Slender St John's-wort	Tees
<i>Hypericum tetrapterum</i>	Square-stalked St John's-wort	Tees
Lamiaceae	Dead-nettle Family	
<i>Ajuga reptans</i>	Common Bugle	Tees

Scientific Name	Common Name	Location/status
<i>Lamium album</i>	White Dead-nettle	verges
<i>Lamium maculatum</i>	Spotted Dead-nettle	verges
<i>Prunella vulgaris</i>	Selfheal	verges
<i>Stachys sylvatica</i>	Hedge Woundwort	High Force
<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	Tees
Lentibulariaceae	Butterwort Family	
<i>Pinguicula vulgaris</i>	Common Butterwort	fells
Malvaceae	Mallow Family	
<i>Malva sylvestris</i>	Common Mallow	Tees
<i>Tilia x europaea</i>	Hybrid Lime =T. platyphyllos x T. cordata	occasional
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	frequent
Onagraceae	Willowherb Family	
<i>Chamerion angustifolium</i>	Rosebay Willowherb	High Force
<i>Circaea lutetiana</i>	Enchanter's-nightshade	Low Force
<i>Epilobium montanum</i>	Broad-leaved Willowherb	occasional
<i>Epilobium palustre</i>	Marsh Willowherb	Langdon Beck
Orobanchaceae	Broomrape Family	
<i>Bartsia alpina</i>	Alpine Bartsia	Cetry bank
<i>Euphrasia arctica ssubsp. borealis</i>	Arctic Eyebright	Widdybank Farm
<i>Euphrasia scottica</i>	Scottish Eyebright	Widdybank Farm
<i>Euphrasia nemorosa</i>	Eyebright	Widdybank Farm
<i>Pedicularis palustris</i>	Marsh Lousewort	Langdon Beck
<i>Pedicularis sylvatica</i>	Lousewort	fells
<i>Rhinanthus minor</i>	Yellow Rattle	frequent
Oxalidaceae	Wood Sorrel Family	
<i>Oxalis acetosella</i>	Wood-sorrel	Tees
Papaveraceae	Poppy Family	
<i>Mecanopsis cambrica</i>	Welsh Poppy	Bowlees
Parnassiaceae	Grass-of-Parnassus Family	
<i>Parnassia palustris</i>	Grass-of-Parnassus	Langdon Beck
Phrymaceae	Monkeyflower Family	
<i>Mimulus x robertsii</i>	Hybrid Monkeyflower	Langdon Beck
Plantaginaceae	Plantain Family	
<i>Plantago lanecolata</i>	Ribwort Plantain	frequent
<i>Plantago major</i>	Greater Plantain	frequent

Scientific Name	Common Name	Location/status
<i>Plantago maritima</i>	Sea Plantain	fells
Polygalaceae	Milkwort Family	
<i>Polygalla serpyllifolia</i>	Heath Milkwort	fells
<i>Polygalla vulgaris</i>	Common Milkwort	frequent
Polygonaceae	Knotweed Family	
<i>Persicaria vivipara</i>	Alpine Bistort	fells
<i>Rumex acetosa</i>	Sorrel	occasional
<i>Rumex longifolius</i>	Northern Dock	occasional
<i>Rumex obtusifolius</i>	Broad-leaved Dock	frequent
<i>Rumex crispus</i>	Curled Dock	occasional
Potamogetonaceae	Pondweed Family	
<i>Potamogeton polygonifolius</i>	Bog Pondweed	
Primulaceae	Primrose Family	
<i>Primula farinosa</i>	Bird's-eye Primrose	fells
<i>Primula veris</i>	Cowslip	Tees
<i>Primula vulgaris</i>	Primrose	Tees
<i>Lysimachia nemorum</i>	Yellow Pimpernel	Bowlees Quarry
Ranunculaceae	Buttercup Family	
<i>Anemone nemorosa</i>	Wood Anemone	woods, fells
<i>Caltha palustris</i>	Marsh Marigold	occasional
<i>Ficaria verna</i>	Lesser Celandine	Low Force
<i>Ranunculus acris</i>	Meadow Buttercup	frequent
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	Low Force
<i>Ranunculus flammula</i>	Lesser Spearwort	occasional
<i>Ranunculus repens</i>	Creeping Buttercup	frequent
<i>Thalictrum alpinum</i>	Alpine Meadow-rue	Cronkley Fell
<i>Trollius europaeus</i>	Globeflower	Harwood
Rosaceae	Rose Family	
<i>Alchemilla acutiloba</i>	Starry Lady's-mantle	Eggleston
<i>Alchemilla filicaulis ssp vestita</i>	Hairy Lady's-mantle	Bowlees Quarry
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	occasional
<i>Alchemilla vulgaris agg</i>	Lady's-mantle group	occasional
<i>Alchemilla xanthochlora</i>	Pale Lady's-mantle	occasional
<i>Crataegus monogyna</i>	Hawthorn	occasional
<i>Dryas octopetala</i>	Mountain Avens	Cronkley Fell
<i>Filipendula ulmaria</i>	Meadow Sweet	frequent
<i>Fragaria vesca</i>	Wild Strawberry	occasional
<i>Geum rivale</i>	Water Avens	occasional
<i>Geum urbanum</i>	Wood Avens	occasional
<i>Potentilla anserina</i>	Silverweed	verges
<i>Potentilla erecta</i>	Tormentil	frequent
<i>Potentilla fruticosa</i>	Shrubby Cinquefoil	Tees
<i>Potentilla reptans</i>	Creeping Cinquefoil	frequent
<i>Potentilla sterilis</i>	Barren Strawberry	Tees
<i>Prunus avium</i>	Wild Cherry	Tees
<i>Prunus padus</i>	Bird Cherry	Tees

Scientific Name	Common Name	Location/status
<i>Prunus spinosa</i>	Blackthorn	occasional
<i>Rosa caesia ssp vosagiaca</i>	Northern (Glaucous) Dog-rose	Bowlees
<i>Rubus fruticosus</i>	Bramble	occasional
<i>Rubus ideaus</i>	Raspberry	occasional
<i>Sanguisorba officinalis</i>	Great Burnet	Tees
<i>Sorbus aria</i>	Whitebeam	Holwick
<i>Sorbus aucuparia</i>	Rowan	frequent
<i>Sorbus rupicola</i>	Rock Whitebeam	Holwick
Rubiaceae	Bedstraw Family	
<i>Cruciata laevipes</i>	Crosswort	occasional
<i>Galium aparine</i>	Cleavers	frequent
<i>Galium boreale</i>	Northern Bedstraw	Tees
<i>Galium odoratum</i>	Sweet Woodruff	woods
<i>Galium saxatile</i>	Heath Bedstraw	fells
<i>Galium sternerii</i>	Limestone Bedstraw	fells
<i>Galium verum</i>	Lady's Bedstraw	frequent
Saliciaceae	Willow Family	
<i>Populus tremula</i>	Aspen	Tees
<i>Salix aurita</i>	Eared Willow	Tees
<i>Salix caprea</i>	Goat Willow	Tees
<i>Salix cinerea</i>	Grey Willow	Low Force
<i>Salix phylicifolia</i>	Tea-leaved Willow	Tees
<i>Salix repens</i>	Creeping Willow	fells
Sapindaceae	Maple Family	
<i>Acer campestre</i>	Field Maple	Tees
<i>Acer pseudoplatanus</i>	Sycamore	frequent
Saxifragaceae	Saxifrage Family	
<i>Chrysosplenium oppositifolium</i>	Opposite-leaved Golden-saxifrage	Tees
<i>Saxifraga aizoides</i>	Yellow Saxifrage	Cetry Bank
Scrophulariaceae	Figwort Family	
<i>Scrophularia nodosa</i>	Figwort	High Force
Ulmaceae	Elm Family	
<i>Ulmus glabra</i>	Wych Elm	Middleton-in-Teesdale
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	fre
Valerianaceae	Valerian Family	
<i>Valeriana dioica</i>	Marsh Valerian	Widdybank Farm
<i>Valeriana officinalis</i>	Valerian	occasional
Veronicaceae	Speedwell Family	
<i>Digitalis purpurea</i>	Foxglove	occasional
<i>Veronica beccabunga</i>	Brooklime	Hanging Shaw
<i>Veronica chamaedrys</i>	Germander Speedwell	occasional
<i>Veronica montana</i>	Wood Speedwell	occasional

Scientific Name	Common Name	Location/status
<i>Juncus articulatus</i>	Jointed Rush	occasional
<i>Juncus bufonis</i>	Toad Rush	paths
<i>Juncus bulbosus</i>	Bulbous Rush	rare
<i>Juncus conglomeratus</i>	Compact Rush	Harwood
<i>Juncus effusus</i>	Soft Rush	frequent
<i>Juncus inflexus</i>	Hard Rush	Harwood
<i>Juncus squarrosus</i>	Heath Rush	occasional
<i>Juncus triglumis</i>	Three-flowered Rush	Cetry Bank
<i>Luzula campestris</i>	Field Wood-rush	occasional
<i>Luzula multiflora ssp congesta</i>	Dense-headed Wood-rush	
<i>Luzula multiflora ssp multiflora</i>	Heath Wood-rush	Tees
<i>Luzula pilosa</i>	Hairy Wood-rush	Tees
<i>Luzula sylvatica</i>	Greater Wood-rush	High Force
Juncaginaceae	Arrowgrass Family	
<i>Triglochin palustris</i>	Marsh Arrowgrass	Langdon Beck
Liliaceae	Lily Family	
<i>Narthecium ossifragum</i>	Bog Asphodel	occasional
<i>Tofieldia pusilla</i>	Scottish Asphodel	fells
Orchidaceae	Orchid Family	
<i>Dactylorhiza fuchsii</i>	Common Spotted-orchid	Tees
<i>Dactylorhiza incarnata ssp incarnata</i>	Early Marsh-orchid	Tees
<i>Dactylorhiza maculata ssp ericetorum</i>	Heath Spotted-orchid	Tees
<i>Dactylorhiza purpurella</i>	Northern Marsh-orchid	Tees
<i>Dactylorhiza x venusta</i>	Hybrid Orchid (D. fuchsii x purpurella)	Hanging Shaw
<i>Dactylorhiza x formosa</i>	Hybrid Orchid (D. maculata x purpurella)	Tees
<i>Gymnadenia densiflora</i>	Marsh Fragrant-orchid	Tees
<i>Neottia cordata</i>	Lesser Twayblade	Cronkley Fell
<i>Neottia ovata</i>	Common Twayblade	Cronkley Fell
<i>Platanthera bifolia</i>	Lesser Butterfly-orchid	Harwood
<i>Platanthera chlorantha</i>	Greater Butterfly-orchid	Tees
<i>Epipactis atrorubens</i>	Dark Red Helleborine	Cronkley Fell
Poaceae	Grass Family	
<i>Alopecurus pratensis</i>	Meadow Foxtail	meadows
<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	meadows
<i>Arrhenatherum elatius</i>	False Oat-grass	meadows
<i>Agrostis capilaris</i>	Common Bent	verges
<i>Agrostis stolonifera</i>	Creeping Bent	verges
<i>Avenula pratensis</i>	Meadow Oat Grass	meadows
<i>Brachypodium sylvaticum</i>	False Brome	meadows
<i>Briza media</i>	Quaking Grass	fells
<i>Bromus hordeaceus</i>	Soft-brome	meadows
<i>Bromopsis ramosa</i>	Hairy-brome	meadows
<i>Cynosorus cristatus</i>	Crested Dog's-tail	meadows
<i>Dactylis glomerata</i>	Cock's-foot	frequent
<i>Danthonia decumbens</i>	Heath Grass	fells
<i>Deschampsia cespitosa</i>	Tufted Hair-grass	frequent
<i>Deschampsia flexuosa</i>	Wavy Hair-grass	fells

Scientific Name	Common Name	Location/status
<i>Festuca rubra</i>	Red Fescue	frequent
<i>Festuca ovina</i>	Sheeps Fescue	fells
<i>Glyceria fluitans</i>	Floating Sweet-grass	Tees
<i>Holcus lanata</i>	Yorkshire Fog	frequent
<i>Holcus mollis</i>	Creeping Soft-grass	occasional
<i>Koeleria macrantha</i>	Crested Hair-grass	fells
<i>Lolium perenne</i>	Perennial Rye-grass	frequent
<i>Melica nutans</i>	Mountain Melick	High Force
<i>Melica uniflora</i>	Wood Melick	Low Force
<i>Millium effusum</i>	Wood Millet	High Force
<i>Molinia caerulea</i>	Purple Moor-grass	fells
<i>Nardus stricta</i>	Mat-grass	fells
<i>Phalaris arundinacea</i>	Reed Canary-grass	Tees
<i>Poa annua</i>	Annual Meadow-grass	waste ground
<i>Poa humilis</i>	Spreading Meadow-grass	meadows
<i>Poa pratensis</i>	Smooth Meadow-grass	meadows
<i>Sesleria caerulea</i>	Blue Moor-grass	fells
<i>Trisetum flavescens</i>	Yellow Oat-grass	meadows
<i>Puccinellia distans</i>	Reflex Salt marsh Grass	verges
<i>Phleum pratense</i>	Timothy	meadows

Birds

Common name	Scientific name
Mallard	<i>Anas platyrhynchos</i>
Black Grouse	<i>Lyrurus tetrix</i>
Red Grouse (Willow Ptarmigan)	<i>Lagopus lagopus scotica</i>
Grey Partridge	<i>Perdix perdix</i>
Common Pheasant	<i>Phasianus colchicus</i>
Common Buzzard	<i>Buteo buteo</i>
Eurasian Oystercatcher	<i>Haematopus ostralegus</i>
Northern Lapwing	<i>Vanellus vanellus</i>
European Golden Plover	<i>Pluvialis apricaria</i>
Common Ringed Plover	<i>Charadrius hiaticula</i>
Common Snipe	<i>Gallinago gallinago</i>
Eurasian Curlew	<i>Numenius arquata</i>
Common Redshank	<i>Tringa totanus</i>
Common Sandpiper	<i>Actitis hypoleucos</i>
Black-headed Gull	<i>Chroicocephalus ridibundus</i>
Lesser Black-backed Gull	<i>Larus fuscus</i>
Stock Dove	<i>Columba oenas</i>
Common Wood Pigeon	<i>Columba palumbus</i>
Eurasian Collared Dove	<i>Streptopelia decaocto</i>
Little Owl	<i>Athene noctua</i>
Common Swift	<i>Apus apus</i>
Great Spotted Woodpecker	<i>Dendrocopos major</i>
Common Kestrel	<i>Falco tinnunculus</i>
Eurasian Magpie	<i>Pica pica</i>
Western Jackdaw	<i>Coloeus monedula</i>
Rook	<i>Corvus frugilegus</i>
Carrion Crow	<i>Corvus corone</i>
Coal Tit	<i>Pariparus ater</i>

Common name	Scientific name
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>
Great Tit	<i>Parus major</i>
Eurasian Skylark	<i>Alauda arvensis</i>
Sand Martin	<i>Riparia riparia</i>
Barn Swallow	<i>Hirundo rustica</i>
Common House Martin	<i>Delichon urbicum</i>
Willow Warbler	<i>Phylloscopus trochilus</i>
Common Chiffchaff	<i>Phylloscopus collybita</i>
Eurasian Blackcap	<i>Sylvia atricapilla</i>
Garden Warbler	<i>Sylvia borin</i>
Common Whitethroat	<i>Curruca communis</i>
Goldcrest	<i>Regulus regulus</i>
Eurasian Wren	<i>Troglodytes troglodytes</i>
Eurasian Nuthatch	<i>Sitta europaea</i>
Common Starling	<i>Sturnus vulgaris</i>
Ring Ouzel	<i>Turdus torquatus</i>
Common Blackbird	<i>Turdus merula</i>
Song Thrush	<i>Turdus philomelos</i>
Mistle Thrush	<i>Turdus viscivorus</i>
Spotted Flycatcher	<i>Muscicapa striata</i>
European Robin	<i>Erithacus rubecula</i>
Common Redstart	<i>Phoenicurus phoenicurus</i>
Whinchat	<i>Saxicola rubetra</i>
European Stonechat	<i>Saxicola rubicola</i>
Northern Wheatear	<i>Oenanthe oenanthe</i>
White-throated Dipper	<i>Cinclus cinclus</i>
House Sparrow	<i>Passer domesticus</i>
Dunnock	<i>Prunella modularis</i>
Grey Wagtail	<i>Motacilla cinerea</i>
Pied Wagtail	<i>Motacilla alba yarrelli</i>
Meadow Pipit	<i>Anthus pratensis</i>
Common Chaffinch	<i>Fringilla coelebs</i>
European Goldfinch	<i>Carduelis carduelis</i>
Eurasian Siskin	<i>Spinus spinus</i>
Common Reed Bunting	<i>Emberiza schoeniclus</i>

Invertebrates

Common name	Scientific name
Butterflies	
Red Admiral	<i>Vanessa atalanta</i>
Small Heath	<i>Ceononympha pamphilus</i>
Ringlet	<i>Aphantopus hyperantus</i>
Moths	
Bird Cherry Ermine Moth	<i>Yponomeuta evonymella</i>
Chimney Sweeper Moth	<i>Odezia atrata</i>
Mollusc	
Black Slug	<i>Arion ater</i>

Others

Common name	Scientific name
Reptiles & Amphibians	
Common Lizard	<i>Zootoca vivipara</i>
Common Frog	<i>Rana temporaria</i>
Mammals	
Rabbit	<i>Oryctolagus cuniculus</i>
European Hare	<i>Lepus europaeus</i>
Roe Deer	<i>Capreolus capreolus</i>
Field Vole	<i>Microtus agrestis</i>
Mole - e	<i>Talpa europaea</i>
e = evidence	