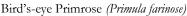
The Wild Flowers of Upper Teesdale

Naturetrek Tour Report

9th - 13th June 2025







Upper Hay Meadows



Alpine Bartsia (Bartsia alpina)



Alpine Bistorta (Bistorta vivipara)

Tour report and photos by Steve Gater



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Summary

Upper Teesdale is one of the top five botanical spots in Britain and Ireland, and has long drawn botanists of all levels of expertise to enjoy its amazing array of wild plants, in particular the "Teesdale Assemblage" of rare and notable species. In addition, thirteen species of wading birds breed here, as do the more elusive Merlin and Peregrine Falcon. Black and Red Grouse, Brown Hare, deer, butterflies and other interesting fauna extend the biodiversity.

Traditional farming methods within a tight U-shaped glacial valley, almost unique weather patterns, and some very canny local people add to the area's 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. The 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 many other birds. The geology and geomorphological features were fascinating. We enjoyed great company, shared interesting stories, and had much fun. And we left with wonderful memories of a well-explored dale, yet with more left to discover: that will have to be on a return trip one day.

Day 1 Monday 9th June

By 2.30pm clients were ready to jump into two vans to head north, a brief drive to Bowlees. The walk through a meadow to the River Tees is no more than 200 metres, but for a group keen to see plants it took a long time! More plants on the Whin Sill rock were an additional attraction. We noted Scots Pine, Beech, Elder, Goat Willow and Hazel in an adjacent wood. Damp areas underneath these trees were awash with cream-flowering Meadowsweet, Dog's Mercury (long 'gone over'), Foxgloves coming into flower and more woodland specialists. Wynch Bridge offered a wobbly walk over the Tees, leading to a copse of Aspen trees, whose leaves were fluttering noisily as we passed. These trees grow by clonal suckering, so we were unsure as to how many separate plants there might actually be. We headed downstream, learning about a massive slab of Whin Sill and its impact on the sandstone and mudstone above. Wood Crane's-bill, Melancholy Thistle, Harebell, Northern Bedstraw, Common Spotted Orchid were in leaf or flower, and plentiful.

Further along the track, part of The Pennine Way, we crossed Scoberry Bridge, found fossils in the exposed Cockleshell Limestone, and took delight in seeing Dipper, Pied Wagtail and Common Sandpiper flying over the water. Mallards were swimming on the river, and Willow Warbler and Chiffchaff were singing in the trees on the banks. We admired several Chimney Sweeper moths, but the nets of Bird Cherry Ermine moth caterpillars, which had completely denuded a food plant tree were not so delightful to find. As we crossed the upland meadows, we enjoyed seeing Lapwing, Oystercatcher and Curlew in flight, all busy with chicks to feed and us to keep away. Small flocks of Starlings flew over, and Carrion Crows and Jackdaws were present.

The ancient settlement of Holwick was evidenced by remains of two medieval houses and narrow trips of allotments, known here as 'tofts'. Several geomorphological features were also pointed out: an esker, drumlins, crag and tail, and erratic boulders with striations, all the result of Upper Teesdale having had a glacier up to a kilometre thick until about 10,000 years ago.

From the 'tail' at the top of Holwick settlement, some of us scrambled down a track to reach scree that was liberally covered with Parsley Fern, comprising fertile and sterile fronds. Juniper trees had been planted on the steep hillsides, and naturally germinated Rock Whitebeam clung onto the cliff edges. Heath Bedstraw was plentiful, and we enjoyed finding different colour combinations of Mountain Pansy flowers. We were delighted to find one of the 'Teesdale Assemblage' plants, Alpine Bartsia, after earlier seeing the more frequent Common Bartsia.

Numerous Rabbits guarded their burrows, and a small Common Toad managed safely to hop out of our way. Ashy Miner Bees had dug into a mound of sandy soil, and two were near their entrance holes.

By this time, persistent rain had made its impact, so we were ready to head back to our vehicles and return to our hotel in nearby Middleton-in-Teesdale. There was much to talk about over a filling dinner, before we completed a surprisingly long checklist. It had been a great start to our discovery of the wonders of Upper Teesdale, and we were well set up to savour more in the days to come.

Day 2

Tuesday 10th June

Today was a fine day with warm sunshine in the afternoon; it made a welcome change from the previous day's downpour. Our venue was to be the delightful Cetry Bank, a steep glacial feature made floriferous by alkaline flushes. But before visiting that site, we left our vans at the gate to Widdybank Farm to look in vegetation at the side of a full stream, and found leaves of Grass of Parnassus, exactly what we wanted to see. As we walked along the metalled road to the farm, we passed pasture and meadows full of plants. These included Flea, Tawny, Star, Glaucous and Carnation Sedges, and Northern and Early Marsh Orchids.

The farm is home to the local Natural England office, and also to a breeding pair of Ring Ouzels. We enjoyed brief views of the female, before having more extended views of the resplendent male through the scope. Common Sandpipers flew along the river and perched on rocks, as did a Pied Wagtail. A Kestrel flew off over planted Juniper bushes. Common Blue, Green-veined White, Red Admiral and Small Heath butterflies added further interest, and once again we admired Chimney Sweeper moths in flight.

The base-rich flushes seeping through the till which makes up Cetry bank offer a distinctive habitat, in which many of the renowned 'Teesdale Assemblage' plants grow. It was a tricky place to find a good footing, but the rewards were well worthwhile. Yellow or Mountain Saxifrage was in bud, but a great number of spikes of purple-flowered Alpine Bartsia really caught the eye. Bird's-eye Primrose was in fruit, with the odd one still in flower. More Alpine Bistort was most conspicuous, with white-topped flower spikes. Lesser Clubmoss was a less showy plant, but no less interesting. Burnet-saxifrage, Common Rock-rose, Common Butterwort, Creeping Willow and Tea-leaved Willow were seen.

Taking lunch watching birds on the river was a calm and soothing experience, before we set off along The Pennine Way to find our vans back in Langdon Beck. Along the way, we found Meadow Pipits, Sand Martins, Swallows, Oystercatchers, Curlews and Redshank. Hybrid Monkeyflowers grew along the river.

A short drive then took us to the Visitor Centre and café at Bowlees, where we orded tea and cakes. From the carpark, we planned to walk along to Gibson's Cave, which is topped by Summergill Waterfall. It was a delightful walk along the beck and through geological time, passing a series of low waterfalls created by the differential

weathering of the "sandwich stack" of rocks: limestone, mudstone and sandstone. An abandoned quarry added a further damp limestone habitat to explore.

Common Butterwort, Northern Marsh Orchid, Common Twayblade and several different sedges grew and flowered in the damp. Further along, we found Brittle Bladder Fern in among a thick carpet of liverworts and mosses. A Dipper skipped between rocks only metres away, unconcerned by our presence. The views and photographic opportunities were excellent. Returning back down the path, we stopped to look at an impressive Wytch Elm, which was fortuitous, as a female Pied Flycatcher flew by several times. We also watched a Grey Wagtail as it shuffled along its perch against the quarry wall.

We had enjoyed a full and successful day, so we returned to our hotel to relax before completing an interesting checklist and consuming another tasty dinner.

Day 3

Wednesday 11th June

This was a warm, sunny, long and delightful day; we saw spectacular landscapes and great wildlife. We started at 6.15am with a short drive to Langdon Beck to overlook a traditional Black Grouse lekking spot. While it was too late in the year to observe the amazing mating ritual of these handsome birds, we enjoyed seeing a dozen of them through binoculars, scopes and by naked eye. We watched for more than thirty minutes before driving into the almost empty dale of Harwood, where Hares and Rabbits were running in the fields. We saw good numbers of Snipe, Oystercatchers, Lapwings and Curlews, and a Buzzard was spotted from the van. We enjoyed ourselves so much that breakfast was delayed!

We had decided next to visit Cow Green Reservoir, which was a little low, but on this warm, sunny day still looked an inviting body of water. However, its construction remains a contentious issue, as it drowned more than eight hectares of flower-rich meadows, habitat to so many rare and uncommon plants. We delighted in seeing some of these special species, including Scottish Asphodel, Teesdale Violet, Mountain Everlasting, Alpine Bistort, False Sedge, Mountain Pansy and Variegated Horsetail.

Meadow Pipits, Wheatears, Skylarks, Jackdaws, Pied Wagtails and Kestrels gave good views throughout the day. We saw Green-veined White, Common Blue, Red Admiral and Small Heath butterflies. A brightly coloured male Broad-bodied Chaser dragonfly repeatedly flew back and forth to an old thistle stalk, giving great and prolonged views.

Cauldron Spout Waterfall spills down at the dam end of the reservoir, and is spectacular. The adjacent path to descend is a little tricky in places, so only a few of the party took the option of following it to the bottom in search of more plants. We were delighted to see Fir Club-moss, and even more pleased to see another pair of Ring Ouzels. We retraced our steps back to the top of the waterfall, where some had lunch. Others waited to eat until we reached our vans again.

All too son it was mid-afternoon, and we took the opportunity to revisit Harwood to find and appreciate multiple stands of Globeflower along the narrow road. The plants were in full flower and made for a wonderful sight. Further along, we stopped to look along a small beck with wet margins, where Monkeyflowers were in full bloom and most attractive. We also found less showy plants: Marsh Arrowgrass, Jointed Rush, Carnation Sedge and

Floating Reed Grass. Creeping Jenny was indeed creeping along the side of the beck, and easily spotted on account of its bright yellow flowers.

And speaking of bright yellow flowers, the Sting's song 'Fields of Gold' came to mind when we looked across the buttercup-rich upland meadows here. The views were breathtaking. Searching these meadows was productive; we found quite a few Bird's-eye Primroses in flower, as well as Northern Marsh Orchid, Heath Fragrant Orchid and newly- emerging white butterfly orchids. We closely examined open flowers of the latter to confirm their identity as Greater Butterfly Orchids. Our final visit was to see a large stand of Melancholoy Thistles, which was an amazing sight, even though the flowers were still young.

The long and terrific day ended with recording our finds and much animated chatter over dinner. We had earned a good sleep.

Day 4

Thursday 12th June

The day started misty, but by the time we left our vans to walk to the top of Cronkley Fell, the sun was shining, as per the weather forecast. The small carpark at Hanging Shaw hosted Hairy Sedge and Common Spotted Orchid. Vegetation along the Tees bank had been cut, but the margin held Flat Sedge. Over the bridge, two pastures were full of grasses, including Soft Brome and Yellow Oat-grass. Further up, a wide stand of Globeflower was in full flower, and simply wonderful. A gap between rocks with Common Juniper was populated with ferns: Common, Scaly and Mountain Male-ferns, Lady-fern, Oak 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, and the delicate Hair Sedge was another star plant here. Wheatears were on the rocks, a Cuckoo was heard and seen, and Meadow Pipits were flitting around

A short coffee break gave us the impetus to reach the top, and our first chance to explore in detail. Male and female Dioecious Sedge were found, while Common and Hoary Rock-roses 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, while Common Twayblades were coming up. The heather was very carefully pulled to one side to reveal Sphagnum Moss, in which several Lesser Twayblades were growing, one showing its flower stalks.

We walked a short way to a sheltered spot for lunch and a chatter. Then the search was on for Hoary Whitlow-grass and Moonwort. Persistence and patient observation paid off. It was a great pleasure to find both of these uncommon plants; we saw 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. While we had just missed seeing most of it at its best, we were delighted to see a few with remaining flowers. Common Twayblades were emerging, along with two Dark Red Helleborines. Several Small Scabious plants were also seen, as were patches of Spring Sandwort and a few Knotted Pearlwort plants.

A long trek along the Tees to complete a loop provided the bonus of Ring Ouzels flying across, and Curlews and Lapwings anxiously guiding us away from their chicks. The plaintive call of Common Sandpiper alerted us to its presence on a rock in the river, and Grey Wagtail was seen. Sand Martins and Swallows were over the river; so too were Black-headed Gulls. We saw a few butterflies (Green-veined White and Small Heath), and more Chimney Sweeper moths. We admired lots of Shrubby Cinquefoil on the river bank.

Having ordered scones earlier in the day, we drove to the café in Bowlees to enjoy them, fruit- or cheese-flavoured, washed down with hot tea, before driving back to Middleton-in-Teesdale. Although tired from our walk, we had time to relax and refresh ourselves before a final chance to record 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 to which we had access, and many more interesting species. Additionally, we had seen the full range of waders that breed in the dale, and more birds besides. 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-pleased.

Day 5 Friday 13th June

Following our final, filling breakfast, we drove once again to Bowlees, from where we crossed Wynch Bridge and turned right to walk upstream along The Pennine Way.

First, we found Saw-wort, Devil's-bit Scabious and Melancholy Thistle, while Dwarf Goldenrod and Shrubby Cinquefoil grew on rocks at the side of the Tees. A Small Heath butterfly and Chimney Sweeper moths were flying, Willow Warbler and Wren were singing, and family parties of Mallard were idling on the river. It was a very pleasant morning with warm sunshine and little breeze. We saw more Teesdale Assesmbage plants, including lots of Alpine Bistort and Shrubby Cinquefoil.

A large stand of Lesser Pond Sedge was impressive, and we were able to compare the differences between three horsetail species growing together: Wood, Shady and Field. Ferns were in good numbers, including striking specimens of Lady-fern, many Broad Buckler-ferns and Male-ferns, and a single Lemon-scented Fern. Many small Maidenhair Spleenwort ferns grew on a supporting wall of Holwick Bridge.

We admired the magnificent waterfall of High Force from above, where its formation was explained to a party of schoolchildren by their geography teacher; we successfully eavesdropped. Then we moved on to see the waterfall from below. The wooded walk down to the base of the waterfall extended the number of plant species seen by virtue of its acid, shaded habitat. We added Remote Sedge, Oak Fern, Common Figwort, Wood Melick, Giant Bellflower, Square-stalked St John's-wort and others to the list. We saw Great Spotted Woodpecker, Grey Wagtail, a Brimstone butterfly and more fauna, before our highly productive and most enjoyable week in the amazing valley of Upper Teesdale came to an end.

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Species lists

Plants

Scientific Name	Common Name	Location
This species list follows the	e nomenclature in New Flora of the British	Isles 3rd Edition by Clive Stace.
PTERIDOPHYTES	FERNS & ALLIES	
Lycophytes	Clubmosses & Quillworts	
Selaginellaceae	Lesser Clubmoss Family	
Selaginella selaginoides	Lesser Clubmoss	Cetry Bank
Huperzia selago	Fir Clubmoass	Falcon Cliffs
Eusporangiate Ferns	Adder's-tongues & Moonworts	
Ophioglossacae	Adder's-tongue Fern Family	
Botrychium lunaria	Moonwort	Cronkley Fell
Calamophytes	Horsetails	
Equisetaceae	Horsetail Family	
Equisetum arvense	Field Horsetail	Tees bank
Equisetum palustre	Marsh Horsetail	Widdybank
Equisetum pratense	Shady Horsetail	Langdon Beck
Equisetum sylvaticum	Wood Horsetail	Tees bank
Equisetum variegatum	Variegated Horsetail	Widdybank Fell
Leptosporangiate Ferns	True Ferns	
Aspleniaceae	Spleenwort Family	
Asplenium scolopendrium	Hart's-tongue	High Force
Asplenium trichomanes subsp. quadrivalens	Maidenhair Spleenwort	Holwick Bridge
Blechnaceae	Hard-fern Family	
Blechnum spicant	Hard-fern	Bowlees
Dennstaeditiaceae	Bracken Family	
Pteridium aquilinum	Bracken	Tees
Dryopteridaceae	Buckler-fern Family	
Dryopteris affinis	Scaly Male-fern	Tees bank
Dryoptereis dilatata	Broad Buckler-fern	Low Force
Dryopteris filix-mas	Male-fern	Tees
Dryopteris oreades	Mountain Male-fern	Holwick Scarr
Polystichum aculeatum	Hard Shield-fern	Gibson's Cave
Polystichum setiferum	Soft Shield-fern	High Force
Polypodiaceae	Polypody Family	
Polypodium vulgare	Common Polypody	Tees
Pteridaceae	Ribbon Fern Family	
Cryptogramma crispa	Parsley Fern	Holwick Crag
Thelypteridaceae	Marsh Fern Family	
Oreopteris limbosperma	Lemon-scented Fern	High Force
Phegopteris connectilis	Beech Fern	Cronkley Farm
Woodsiaceae	Lady-fern Family	
Anhyrium felix-femina	Lady-fern	Tees
Cystopteris fragilis	Brittle Bladder-fern	Gibson's cave
Gymnocarpium dryopteris	Oak Fern	High Force
PINACEAE	CONIFERS	
Cupressaceae	Juniper Family	
Juniperus communis	Common Juniper	Tees bank
Pinaceae	Pine Family	
Pinus sylvestris	Scot's Pine	Bowlees esker
Taxaceae	Yew Family	
Taxus baccata	Yew	High Force

Scientific Name	Common Name	Location
ANGIOSPERMS	FLOWERING PLANTS	
Eu-dicots	True Dicotyledons	
Amaranthaceae	Goosefoot Family	
Chenopodium album	Fat Hen	Tees
Chenopodium bonus-henricus	Good King Henry	Bowlees
Apiaceae	Carrot Family	
Aegopodium podagraria	Ground Elder	Bowlees
Angelica sylvestris	Angelica	Bpwlees
Anthriscus sylvestris	Cow Parsley	Tees
Conopodium majus	Pignut	Meadows
Heracleum sphondilium	Hogweed	Meadows
Myrrhis odorata	Sweet Cicely	Tees
Pimpinella saxifraga	Burnet Saxifrage	Cetry Bank
Sanicula europaea	Sanicle	Tees
Araliacieae	Ivy Family	
Hedera helix	Ivy	Common
Asteraceae	Daisy Family	
Achillea millefolium	Yarrow	Tees
Achillea ptarmica	Sneezewort	Widdybank Farm
Antennaria dioica	Mountain Everlasting	Cow Green Reservoir
Arctium minus	Lesser Burdock	Tees
Bellis perennis	Daisy	Tees
Carduus crispus	Welted Thistle	Cronkley Farm
Centaurea montana	Perennial Cornflower	roadside
Cirsium heterophyllum	Melancholy Thistle	Tees
Cirsium arvense	Creeping Thistle	Meadows
Cirsium palustre	Marsh Thistle	Meadows
Cirsium vulgare	Spear Thistle	Widdybank Farm
Crepis paludosa	Marsh Hawk's-beard	Tees
Hieracium agg	Hawkweed	Tees
Hypochaeris radicata	Cat's-ear	Meadow
Lapsana communis	Nipplewort	Gibson's cave
Leontodon hispidus	Rough Hawkbit	Meadow
Leucanthemum vulgare	Oxeye Daisy	roadside
Matricaria discoides	Pineappleweed	Meadows
Mycelis muralis	Wall Lettuce	High Force
Petasites hybridus	Butterbur	Roadside
Pilosella officinarum	Mouse-ear Hawkweed	Tees
Senecio aquatilis	Marsh Ragwort	Harwood Beck
Senecio erucifolius	Hoary Ragwort	Tees
Senecio jacobaea	Ragwort	Roadside
Senecio vulgaris	Groundsel	Middleton-in-Teesdale
Serrulata tinctoria	Sawwort	Low Force
Solidago virgaurea	Goldenrod	Low Force
Solidago virgaurea subsp. minuta	Dwarf goldenrod	Widdybank
Sonchus asper	Prickly Sow-thistle	Harwood Beck
Sonchus oleraceus	Smooth Sow-thistle	Middleton-in-Teesdale
Taraxacun agg	Dandelion group	Common
Tragopogon pratensis	Goat's-beard	roadside
Tussilago farfara	Coltsfoot	Harwood Beck
Betulaceae	Birch Family	TIMI WOOD DOOK
Alnus glutinosa	Alder	Tees
Betula pubescens	Downy Birch	Tees
Corylus avellana	Hazel	Tees

Scientific Name	Common Name	Location
Boraginaceae	Borage Family	
Myosotis arvensis	Field Forget-me-not	Meadow
Myosotis discolor	Changing Forget-me-not	Tees
Myosotis scorpiodes	Water Forget-me-not	Cronkley Farm
Myosotis sylvatica	Wood Forget-me-not	High Force
Symphytum x uplandicum	Russian Comfrey	Holwick
Brassicaceae	Cabbage Family	
Alliaria petiolata	Garlic Mustard	Meadows
Barbarea vulgaris	Yellow Rocketcress	Harwood Beck
Cardamine flexuosa	Wavy Bitter-cress	Gibson's Cave
Cardamine pratensis	Cuckooflower	Meadows
Capsella bursa-pastoris	Shepheard's Purse	Wasteland
Draba incana	Hoary Whitlowgrass	Cronkley Fell
Hesperis matronalis	Dame's-violet	Holwick
Noccaea caerulescens		Cronkley Fell
	Alpine Pennycress	·
Cochlearia officinalis	Common Scurvygrass	Widdybank
Campanula letifelia	Bellflower Family	Lligh Force
Campanula latifolia	Giant Bellflower	High Force
Campanula rotundifolia	Harebell	Tees
Caprifoliacae	Honeysuckle Family	
Lonicera periclymenum	Honeysuckle	High Force
Sambucus nigra	Elderberry	Tees
Caryophyllaceae	Pink Family	
Arenaria serpyllifolia s.l.	Thyme-leaved Sandwort	High Force
Cerastium fontanum	Common Mouse-ear	Meadows
Minuartia verna	Spring Sandwort	Widdybank Fell
Moehringia trinerva	Three-nerved Sandwort	Tees
Sagina procumbens	Procumbent Pearlwort	Cow Green Reservoir
Silene dioica	Red Campion	Tees
Silene flos-cuculi	Ragged Robin	Tees
Stellaria alsine	Bog Stichwort	Howlick
Stellaria graminea	Lesser Stichwort	Harwood Beck
Stellaria hollostea	Greater Stichwort	Tees
Stellaria media	Common Chickweed	Cronkley Farm
Sagina nodosa	Knotted Pearlwort	Cronkley Fell
Cistaceae	Rockrose Family	
Helianthemum numularium	Common Rock-rose	Cetry Bank
Helianthemum oelandicum subsp.		
levigatum	Hoary Rock-rose	Cronkley Fell
Convolvulaceae	Bindweed Family	
Convolvulus arvensis	Field Bindweed	Tees
Cornaceae	Dogwood family	
Cornus sanguineus	Dogwood	Middleton-in-Teesdale
Crassulaceae	Stonecrop Family	
Sedum acer	Biting Stonecrop	Bowlees
Sedum album	White Stonecrop	Harwood Beck
Phediums spurius	Caucasian-stonecrop	Bowlees
Sempervirum tectorum	House-leek	Widdybank Farm
Dipsacaceae	Teasel Family	,
Succisa pratensis	Devil's-bit Scabious	Tees
Knautia arvensis	Field Scabious	Tees
Droseraceae	Sundew Family	
Drosera rotundifolia	Round-leaved Sundew	Cronkley Fell
Ericaceae	Heather Family	Oronnicy I GII
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Scientific Name	Common Name	Location
Empetrum nigrum subsp. nigrum	Crowberry	Widdybank Fell
Erica cinerea	Bell Heather	Cronkley Fell
Erica tetralix	Cross-leaved Heath	Widdybank Fell
Vaccinium myrtillus	Bilberry	Tees
Vaccinium vitis-idaea	Cowberry	
Euphorbiaceae	Spurge Family	
Mercurialis perennis	Dog's Mercury	Low Force
Fabaceae	Pea Family	
Anthyllis vulneraria	Kidney Vetch	Cronkley Fell
Hippocrepis comosa	Horseshoe Vetch	Cronkley Fell
Trifolium dubium	Lesser Trefoil	Tees
Trifolium medium	Zig-zag Clover	Tees
Trifolium pratense	Red Clover	Tees
Trifolium repens	White Clover	Tees
Lathyrus linifolius	Bitter Vetch	Tees
Lathyrus pratensis	Meadow Vetchling	Tees
Lotus corniculatus	Bird's-foot-trefoil	Tees
Medicago lupulina	Black Medick	Harwood
Vicia sepium	Bush Vetch	Tees
Ulex europaea	Gorse	Harwood
Fagaceae	Beech Family	TialWeed
Fagus sylvatica	Beech	Low Force
Gentianaceae	Gentian Family	2011 1 0.00
Gentiana verna	Spring Gentian	Cronkley Fell
Geraniaceae	Crane's-bill Family	Croming For
Geranium pratense	Meadow Crane's-bill	Tees
Geranium robertianum	Herb Robert	Tees
Geranium sylvaticum	Wood Crane's-bill	Tees
Grossulariaceae	Gooseberry Family	1000
Ribes uva-crispa	Gooseberry	Middleton-in-Teesdale
Hypericaceae	St John's-wort Family	imagisteri iri Teecaale
Hypericum hirsutum	Hairy St John's-wort	High Force
Hypericum pulchrum	Slender St John's-wort	Cetry bank
Hypericum tetrapterum	Square-stalked St John's-wort	Low Force
Hypericum maculatum	Imperforate St John's-wort	Cetry bank
Lamiaceae	Dead-nettle Family	Cony bank
Ajuga reptans	Common Bugle	Widdybank Farm
Lamium album	White Dead-nettle	Bowlees
Prunella vulgaris	Selfheal	Meadows
Stachys sylvatica	Hedge Woundwort	Bowlees
Teucrium scorodonia	Wood Sage	Low Force
Thymus polytrichus	Wild Thyme	Tees
Linaceae	Flax Family	. 555
Linum catharticum	Purging or Fairy Flax	Cetry Bank
Lentibulariaceae	Butterwort Family	Cotty Darin
Pinguicula vulgaris	Common Butterwort	Cetry Bank
Lythraceae	Purple Loosestrife Family	Jony Barin
Lythrum salicaria	Purple Loosestiffe	Middleton-in-Teesdale
Malvaceae	Mallow Family	Wilder III- 1 CCGddic
Malva sylvestris	Common Mallow	Tees
-	Large-leaved Lime	High Force
	Largo-loaved Lillie	riigii i oroc
Tilia platyphyllos Tilia x europaea	Hybrid Lime = T. platyphyllos x	Middleton-in-Teesdale
Tilia x europaea Oleaceae		Middleton-in-Teesdale

Scientific Name	Common Name	Location
Onagraceae	Willowherb Family	
Chamerion angustifolium	Rosebay Willowherb	Bowlees
Circaea lutetiana	Enchanter's-nightshade	Bowlees
Epilobium montanum	Broad-leaved Willowherb	Bowlees
Orobanchaceae	Broomrape Family	
Bartsia alpina	Alpine Bartsia	Cetry bank
Euphrasia artica subsp. borealis	Arctic Eyebright	Cronkley Fell
Euphrasia scottica	Scottish Eyebright	Tees
Euphrasia sp.	Eyebright	Meadow
Euphrasia nemorosa	Eyebright	Meadow
Pedicularis palustris	Marsh Lousewort	Widdybank
Pedicularis sylvatica	Lousewort	Holwick
Rhinanthus minor	Yellow-rattle	Meadows
Oxalidaceae	Wood Sorrel Family	Weddows
Oxalis acetosella	Wood-sorrel	Tees
Papaveraceae	Poppy Family	1003
Mecanopsis cambrica	Welsh Poppy	Bowlees
Parnassiaceae	Grass-of-Parnassus Family	Dowlees
	Grass-of-Parnassus	Langdon Beck
Parnassia palustris		Languon Beck
Phrymaceae	Monkeyflower Family	Language Dank
Mimulus x robertsii	Hybrid Monkeyflower	Langdon Beck
Plantaginaceae	Plantain Family	
Plantago lanecolata	Ribwort Plantain	Meadows
Plantago major	Greater Plantain	Meadows
Plantago maritima	Sea Plantain	Holwick
Polygalaceae	Milkwort Family	
Polygalla serpyllifolia	Heath Milkwort	Cronkley Fell
Polygalla vulgaris	Common Milkwort	Wynch Bridge
Polygonaceae	Knotweed Family	
Persicaria bistorta	Common Bistort	Holwick
Persicaria vivipara	Alpine Bistort	Wynch Bridge
Rumex acetosa	Sorrel	Meadows
Rumex obtusifolius	Broad-leaved Dock	Cronkley Farm
Rumex cristus	Curled Dock	Harwood Beck
Primulaceae	Primrose Family	
Primula farinosa	Bird's-eye Primrose	Wynch Bridge
Primula veris	Cowslip	Bowlees
Primula vulgaris	Primrose	Bowlees
Lysimachia nemorum	Yellow Pimpernel	Tees
Lysimachia nummularia	Creeping Jenny	Harwood Beck
Ranunculaceae	Buttercup Family	
Aquilegia vulgaris	Columbine	Bowlees Quarry
Anemone nemorosa	Wood Anemone	Pennine Way
Caltha palustris	Marsh Marigold	Wynch Bidge
Ficaria verna	Lesser Celandine	High Force
Ranunculus acris	Meadow Buttercup	Meadows
Ranunculus bulbosus	Bulbous Buttercup	Cetry bank
Ranunculus flammula	Lesser Spearwort	Wynch Bidge
Ranunculus repens	Creeping Buttercup	Meadows
Thalictrum alpinum	Alpine Meadow-rue	Green Trod
Trollius europaeus	Globeflower	Harwood
Rosaceae	Rose Family	
Alchemilla filicaulis subsp. vestita	Hairy Lady's-mantle	Tees
Alchemilla glabra	Smooth Lady's-mantle	Cetry bank
Alchemilla vulgaris agg.	Lady's-mantle group	Tees

Scientific Name	Common Name	Location
Alchemilla wichurae	Rock Lady's-mantle	
Alchemilla xanthochlora	Pale Lady's-mantle	Tees
Comarum palustre	Marsh Cinquefoil	Cetry Bank
Crataegus monogyna	Hawthorn	Tees
Dryas octopetala	Mountain Avens	Cronkley Fell
Filipendula ulmaria	Meadow Sweet	Tees
Fragaria vesca	Wild Strawberry	Bowlees Quarry
Geum rivale	Water Avens	Tees
Geum urbanum	Wood Avens	Tees
Potentilla anserina	Silverweed	Tees
Potentilla erecta	Tormentil	Tees
Potentilla fruticosa	Shrubby Cinquefoil	Tees
Potentilla reptans	Creeping Cinqufoil	Tees
Potentilla sterilis	Barren Strawberry	Cronkley Fell
Prunus avium	Wild Cherry	Tees
Prunus padus	Bird Cherry	Tees
Prunus spinosa	Blackthorn	Tees
Rosa caesia subsp. vosagiaca	Glaucous Dog-rose	Bowlees
Rubus fruticosus	Bramble	Tees
Rubus ideaus	Raspberry	Bowlees
Rubus saxatilis	Stone Bramble	Tees
Sanguisorba officinalis	Great Burnet	Holwick
Sorbus aria	Whitebeam	High Force
Sorbus aucuparia	Rowan	Tees
Sorbus rupicola	Rock Whitebeam	Howlick Cragg
Potentilla palustre	Marsh Cinquefoil	Cetry Bank
Rubiaceae	Bedstraw Family	
Cruciata laevipes	Crosswort	Tees
Galium aparine	Cleavers	Langdon Beck
Galium boreale	Northern Bedstraw	Tees
Galium odoratum	Sweet Woodruff	High Force
Galium saxatile	Heath Bedstraw	Holwick
Galium sterneri	Limestone Bedstraw	Cronkley Fell
Galium verum	Lady's Bedstraw	Tees
Saliciaceae	Willow Family	
Populus tremula	Aspen	Low Force
Salix aurita	Eared Willow	Tees
Salix caprea	Goat Willow	Tees
Salix cinerea	Grey Willow	Tees
Salix phylicifolia	Tea-leaved Willow	Tees
Salix repens	Creeping Willow	Scoberry Bridge
Sapindaceae	Maple Family	Jerus III. y Zinage
Acer campestre	Field Maple	Bowlees
Acer pseudoplatanus	Sycamore	Tees
Saxifragaceae	Saxifrage Family	
Chrysosplenium oppositifolium	Opposit-leaved Golden-saxifrage	Gibson's Cave
Saxifraga aizoides	Yellow Saxifrage	Cetry Bank
Saxifraga bryoides	Mossy Saxifrage	Cronkley Fell
Scrophulariaceae	Figwort Family	- ····· , · -··
Scrophularia nodosa	Figwort	High Force
Ulmaceae	Elm Family	
Ulmus glabra	Wych Elm	Bowlees
Urticaceae	Nettle Family	2011.000
Urtica dioica	Common Nettle	Wasteland
Ortica diolea	JOHNHON MEME	vvasicianu

Scientific Name	Common Name	Location
Valerianaceae	Valerian Family	
Valeriana dioica	Marsh Valerian	Cetry bank
Valeriana officinalis	Valerian	Middleton-in-Teesdale
Veronicaceae	Speedwell Family	
Digitalis purpurea	Foxglove	Tees
Cymbalaria muralis	Ivy leaved Toadflax	High Force
Veronica beccabunga	Brooklime	Holwick
Veronica chamaedrys	Germander Speedwell	Tees
Veronica montana	Wood Speedwell	High Force
Veronica officinalis	Heath Speedwell	Cetry Bank
Veronica serpyllifolia subsp.		Tees, Middleton-in-Teesdale
humifusa	Thyme-leaved Speedwell	churchyard
Violaceae	Violet Family	
Viola lutea	Mountain Pansy	Holwick
Viola palustris	Marsh Violet	Cronkley Farm
Viola riviniana	Common Dog-violet	Tees
Monocots	Monocotyledons	
Amaryllidaceae	Daffodil Family	
Allium ursinum	Wild Garlic	Low Force
Araceae	Arum Family	
Arum maculatum	Lords and Ladies	High Force
Asparagaceae	Asparagus Family	
Hyacinthoides non-scripta	Bluebell	Tees
Cyperaceae	Sedge Family	
Blysmus compressus	Flat sedge	Scoberry Bridge
Carex acutiformis	Lesser Pond Sedge	Tees
Carex aquatilis	Water Sedge	Tees
Carex binervis	Green-ribbed Sedge	Pennine Way
Carex capillaris	Hair Sedge	Green Trod
Carex careophyllea	Spring Sedge	Tees
Carex demissa	Long-bracted Yellow-sedge	Tees
Cares dioica	Dioecious Sedge	Cronkley Fell
Carex echinata	Star Sedge	Low Force
Carex flacca	Glaucous Sedge	Wynch Bridge
Carex hirta	Hairy Sedge	Cronkley Farm
Carex hostiana	Tawny Sedge	Cetry Bank
Carex nigra	Common Sedge	Low Force
Carex nigra Carex pallescens		Bowlees
Carex panicea	Pale Sedge Carnation Sedge	
•	5	Low Force
Carex pilulifera	Pill Sedge	Wynch Bridge
Carex pulicaris	Flea Sedge	Low Force
Carex remota	Remote Sedge	High Force
Carex rostrata	Bottle Sedge	Tees
Carex sylvatica	Wood Sedge	Tees
Eriophorum angustifolium	Common Cottongrass	Cetry Bank
Eriophorum vaginiatum	Hare's-tail Cottongrass	Widdybank Fell
Eleocharis palustris	Common Spike'rush	Low Force
Kobresia simpliciuscula	False Sedge	Cow Green Reservoir
Trichophorum germanicum	Deer Grass	Cauldron Snout
Iridaceae	Iris Family	
Iris pseudacorus	Yellow Iris	Cauldron Snout
Juncaceae	Rush Family	
Juncus acutiflorus	Sharp-flowered Rush	Cronkley Fell
Juncus articulatus	Jointed Rush	Harwood Beck
Juncus bufonis	Toad Rush	Low Force, Falcon Clints

Scientific Name	Common Name	Location
Juncus bulbosus	Bulbous Rush	Tees
Juncus conglomeratus	Compact Rush	Pennine Way
Juncus effusus	Soft Rush	Low Force
Juncus inflexus	Hard Rush	Tees
Juncus squarrosus	Heath Rush	Low Force
Luzula campestris	Field Wood-rush	Bowlees
Luzula multiflora subsp. congesta	Dense-headed Wood-rush	Cronkley Fell
Luzula pilosa	Hairy Wood-rush	High Force
Luzula sylvatica	Greater Wood-rush	Tees
Juncaginaceae	Arrowgrass Family	
Triglochin palustris	Marsh Arrowgrass	Harwood Beck
Liliaceae	Lily Family	
Narthecium ossifragum	Bog Asphodel	High Force
Tofieldia pusilla	Scottish Asphodel	Cow Green Reservoir
Orchidaceae	Orchid Family	
Dactylorhiza fuchsii	Common Spotted Orchid	Tees
Dactylorhiza incarnata subsp.	·	
incarnata Dactylhoriza maculata subsp.	Early Marsh Orchid	Widdybank
ericetorum	Heath Spotted Orchid	Tees
Dactylorhiza purpurella	Northern Marsh Orchid	Tees
Gymnadenia borealis	Heath Fragrant Orchid	Harwood
Neottia ovata	Common Twayblade	Bowlees
Neottia cordata	Lesser Twayblade	Cronkley Fell
Platanthera chlorantha	Greater Butterfly Orchid	Harwood
Epipactis atrorubens	Dark Red Helleborine	Cronkley fell
Poaceae	Grass Family	
Alopecurus pratensis	Meadow Foxtail	Harwood
Anthoxanthum odoratum	Sweet Vernal Grass	Meadows
Arrhenatherum elatius	False Oat-grass	High Force
Agrostis capilaris	Common Bent	roadside
Agrostis stolonifera	Creeping Bent	roadside
Avenula pratensis	Meadow Oat Grass	Low Force
Brachypodium sylvaticum	False Brome	Wood
Briza media	Quaking Grass	Tees
Bromus hordeaceus	Soft-brome	Cronkley Farm
Bromopsis ramosa	Hairy-brome	Bowlees
Cynosorus cristatus	Crested Dog's-tail	Meadows
Dactylis glomerata	Cock's-foot	Common
Danthonia decumbens	Heath Grass	Cronkley Fell
Deschampsia cespitosa	Tufted Hair-grass	Pennine Way
Deschampsia flexuosa	Wavy Hair-grass	Holwick
Festuca rubra	Red Fescue	Meadow
Festuca ovina	Sheep's Fescue	High Force
Glyceria fluitans	Floating Sweet-grass	Harwood
Holcus lanata	Yorkshire Fog	Meadow
Holcus mollis	Creeping Soft-grass	Tees
Koeleria macrantha	Crested Hair-grass	Widddybank
Lolium perenne	Perennial Rye-grass	Meadows
Melica nutans	Mountain Melick	High Force
Melica uniflora	Wood Melick	Low Force
Millium effusum	Wood Millet	High Force
Molinia cearulea	Purple Moor-grass	Tees
Nardus stricta		Holwick
เขตเนนจ จแบเส	Mat-grass	LICIWICK
Poa annua	Annual Meadow-grass	Meadows

Scientific Name	Common Name	Location
Sesleria caerulea	Blue Moor-grass	Cetry Bank
Tricetum flavescens	Yellow Oat-grass	Cronkley Farm
Poa nemoralis	Wood Meadow Grass	High Force
Schedonorus giganteus	Giant Fescue	High Force
Helictotrichon pubescens	Downy Oat Grass	Langdon Beck
Poa trivialis	Rough Meadow Grass	Bowlees
Puccinella distans	Reflexed Saltmarsh Grass	roadside
Hordeum murinum	Wall Barley	roadside
Mosses and Liverworts		
Bryophyta		
Racomitrium lanuginosum		
Polytrichum commune		
Philonotis fontana		
Hypnum jutlandicum		
Marchantia polymorpha		
Homalothecium sericeum		
Dicranum scoparium		
Conocephalum conicum		
Tortella tortuosa		
Breutelia chrysocoma		
Climacium dendroides		
Thamnobryum alopecurum		
Rhytidiadelphus squarrosus		
Hylocomiadelphus triquetrus		
Pleurozium schreberi		
Thuidium tamariscinum		
Eurhynchium striatum		
Fontinalis antipyretica		
Aulacomnium palustre		
Plagiothecium undulatum		

Birds (H = Heard only)

Common name	Scientific name		June 2025					
		9	10	11	12	13		
Greylag Goose	Anser anser		✓	✓				
Mallard	Anas platyrhynchos	✓	✓	✓	✓	✓		
Black Grouse	Lyrurus tetrix		✓	✓				
Grey Partridge	Perdix perdix		✓					
Common Pheasant	Phasianus colchicus		Н	✓	✓	✓		
Common Swift	Apus apus		✓	✓	✓	✓		
Common Cuckoo	Cuculus canorus				✓			
Rock (Feral) Dove	Columba livia 'feral'		✓		✓	✓		
Stock Dove	Columba oenas			✓				
Common Wood Pigeon	Columba palumbus	✓	✓	✓	✓	✓		
Eurasian Collared Dove	Streptopelia decaocto		✓	✓				
Eurasian Oystercatcher	Haematopus ostralegus	✓	✓	✓	✓	✓		
European Golden Plover	Pluvialis apricaria				✓			
Northern Lapwing	Vanellus vanellus	✓	✓	✓	✓	✓		
Eurasian Curlew	Numenius arquata	✓	✓	✓	✓	✓		
Common Snipe	Gallinago gallinago		✓	✓	✓			
Common Sandpiper	Actitis hypoleucos	√	✓		✓			
Common Redshank	Tringa totanus		✓	✓	✓			
Black-headed Gull	Chroicocephalus ridibundus	✓	√	✓	✓	√		

			June 2025				
Common name	Scientific name	9	10	11	12	13	
Lesser Black-backed Gull	Larus fuscus				✓		
Common Buzzard	Buteo buteo			✓	✓		
Common Kingfisher	Alcedo atthis						
Great Spotted Woodpecker	Dendrocopos major					✓	
Common Kestrel	Falco tinnunculus			✓	✓		
Eurasian Magpie	Pica pica					✓	
Western Jackdaw	Coloeus monedula	✓	✓	✓	✓	✓	
Rook	Corvus frugilegus	✓	✓	✓	✓	✓	
Carrion Crow	Corvus corone	✓	✓	✓	✓	✓	
Eurasian Blue Tit	Cyanistes caeruleus	✓	√		√	✓	
Great Tit	Parus major	✓	√		✓	√	
Eurasian Skylark	Alauda arvensis		√	✓	√	√	
Sand Martin	Riparia riparia	√	√	√	√	✓	
Barn Swallow	Hirundo rustica	√	√	√	√	✓	
Western House Martin	Delichon urbicum	· ✓	√ ·	√	√	· ✓	
Willow Warbler	Phylloscopus trochilus	Н	Н		Н	Н	
Common Chiffchaff	Phylloscopus collybita	Н	Н	Н	Н	Н	
Eurasian Blackcap	Sylvia atricapilla	Н				Н	
Garden Warbler	Sylvia borin	-	Н				
Eurasian Wren	Troglodytes troglodytes		✓	√	Н	Н	
Eurasian Treecreeper	Certhia familiaris		, ·	· ·			
Common Starling	Sturnus vulgaris		√	√	√	√	
Song Thrush	Turdus philomelos	•	· ·	Н	√	√	
Mistle Thrush	Turdus viscivorus		√	✓	√	√	
Common Blackbird	Turdus merula	•	√		√	√	
Ring Ouzel	Turdus torquatus		√	√	√		
European Robin	Erithacus rubecula		· ·	· ·	√	√	
European Pied Flycatcher	Ficedula hypoleuca		√		_ v		
European Stonechat	Saxicola rubicola		V		√		
Northern Wheatear	Oenanthe oenanthe		√	√	V		
White-throated Dipper	Cinclus cinclus		√	✓ ✓		√	
House Sparrow	Passer domesticus	V	_ v	V	√	√	
Dunnock	Prunella modularis				Н	√	
Grey Wagtail	Motacilla cinerea		√			√	
White Wagtail	Motacilla alba	√	√	√	√ √	✓ ✓	
Meadow Pipit	Anthus pratensis		√	✓ ✓	✓ ✓	√ √	
Eurasian Chaffinch	Fringilla coelebs		✓ ✓	V	✓ ✓	✓ ✓	
Eurasian Bullfinch	Pyrrhula pyrrhula		V		√ √	V	
	Chloris chloris			ы	V		
European Greenfinch	Acanthis flammea			Н	,		
Redpoll Furance Coldfinels				,	√	,	
European Goldfinch	Carduelis carduelis			✓	√	✓	
Eurasian Siskin Common Reed Bunting	Spinus spinus Emberiza schoeniclus	√	✓		✓		

Mammals

Common name		June 2025				
	Scientific name	9	10	11	12	13
Rabbit	Oryctolagus cuniculus	✓		✓	✓	✓
European Hare	Lepus europaeus			✓		
Roe Deer	Capreolus capreolus	/				

Amphibians

			June 2025					
Common name	Scientific name	9	10	11	12	13		
Common Frog	Rana temporaria			✓	✓			
Common Toad	Bufo bufo	✓		✓				

Butterflies

Common name	Scientific name	June 2025					
		9	10	11	12	13	
Small White	Pieris rapae					√	
Green-veined White	Pieris napi			✓	✓	✓	
Common Blue	Polyommatus icarus			✓			
Red Admiral	Vanessa atalanta			✓			
Small Heath	Coenonympha pamphilus			✓	✓	√	

Other invertebrates

Common name	Scientific name	June 2025					
		9	10	11	12	13	
Grasshoppers							
Common Green Grasshopper	Omoncestus viridulus				√	√	
Dragonflies							
Four-spotted Chaser	Libellula quadrimaculata			✓			
Miscellaneous insects							
a click beetle	Elateridae sp.			✓	✓		
a froghopper	Cercopoidea sp.				✓		
Crustaceans							
American Crayfish	Pacifastacus leniusculus				✓		
Molluscs							
Black Slug	Arion ater		✓	√	√	√	