

The Wild Flowers of Upper Teesdale

Naturetrek Tour Report

15th – 19th June 2026



Oak Eggar



Mountain Avenues



Lesser Twayblade



Hoary Whitlowgrass

Tour report by Steve Gater



Naturetrek Mingledown Barn Wolf's Lane Chawton Alton Hampshire GU34 3HJ UK

T: +44 (0)1962 733051

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour participants: Steve Gater (leader) with eight Naturetrek clients

Summary

Upper Teesdale is a relatively quiet, unspoilt northern Pennines valley, and long may it remain so. It retains an old-fashioned charm, along with traditional farming practices that maintain extensive upper hay meadows. These, and the remote fells, provide a mixture of subtly varied habitats on which many very special and rare plant species survive (the so called 'Teesdale Assemblage'), as well as an extended flora. The dale is also home to thirteen waders, Red and Black Grouse, Ring Ouzel, Stonechat, with other birds and fauna adding interest. Both geology and geomorphology are fascinating, and make for wonderful scenery. A week in this special place is a real treat, with short drives to places of great interest, and so much to see and enjoy. We enjoyed a wonderful week together, with so many exciting finds each day, fantastic photographic opportunities and great conversations along the way.

Day 1

Monday 15th June

Eight clients and the leader met in the bar of Teesdale Hotel and, after pre-ordering dinner, the group filled the waiting van to start exploring Upper Teesdale. The weather was dry, mild and quite still, but not really warm enough for butterflies or moths to be on the wing. However, we had enough to see once we parked in Bowlees and headed to the River Tees. We avoided dropping in to the visitor centre and its café until later in the week: we only had three hours to find wildlife. And we found plenty!

The walk through a meadow to the River Tees was no more than two hundred metres, but for a group keen to see plants, it took a long time! Before we crossed the road we had seen Northern Dog-rose (*Rosa caesia*), Good King Henry (*Chenopodium bonus-henricus*) and four species of stonecrop. The esker ahead of us, a long sausage-shaped hill formed in the last Ice Age, was covered in Scots Pine (*Pinus sylvestris*) trees. Among these were Beech (*Fagus sylvatica*), Elder (*Sambucus nigra*), Goat Willow (*Salix caprea*), Alder (*Alnus glutinosa*) and Hazel (*Corylus avellana*). Damp areas underneath were awash with Meadowsweet (*Filipendula ulmaria*), Dog's Mercury (*Mercurialis perennis*), Foxgloves (*Digitalis purpurea*) in flower, and more woodland specialists. We enjoyed a wobbly walk over the Tees on the amazing Wynch Bridge, which led to a lovely view of Low Force waterfall. But the nets of Bird Cherry Ermine moth caterpillars, which had completely denuded a Bird Cherry (*Prunus padus*) tree, were not such a delightful find. Leaves on nearby Aspen trees (*Populus tremula*) fluttered noisily with the slightest puff of air. Common Cow-wheat (*Melampyrum pratense*) flowered close by.

Downstream, a huge slab of Whin Sill (dolerite) sat on top of thin layers of partially metamorphosed shale and sandstone and Goldenrod (*Solidago virgaurea*) grew on top. Then we passed Meadow Crane's-bill (*Geranium pratense*), Melancholy Thistle (*Cirsium heterophyllum*), Northern Bedstraw (*Galium boreale*) and found our first Teesdale Assemblage plant: Alpine Bistort (*Bistorta vivipara*). We later passed, and compared it with, Common Bistort (*Bistorta officinalis*). Several Common Spotted Orchids (*Dactylorhiza fuchsii*) and Northern Marsh Orchids (*Dactylorhiza purpurella*) were in flower. So too was a much larger individual, a hybrid between these two species.

As we crossed the Tees on Scoberry Bridge, a Common Sandpiper piped. Then we spotted Chaffinch and Grey Wagtail, and a Dipper flew quickly towards and past us, straight and low over the water. Mallards were swimming on the river, and Willow Warbler and Chiffchaff were singing in the trees on the river banks. We inspected the three types of fossils in the exposed Cockleshell Limestone here.

Having crossed back over the river, we walked through upland meadows toward the hamlet of Holwick. En route, we enjoyed seeing Lapwings and Oystercatcher in flight, all busy with chicks to feed and trying to keep us away. There were lots of Carrion Crows and very noisy Jackdaws. Holwick is known to have been settled early after the last Ice Age. We noticed the remains of two medieval houses and narrow strips of allotments, known here as 'tofts'. We saw more geomorphological features: drumlins, crag and tail, and erratic boulders with striations. All these were the result of Upper Teesdale being under a glacier up to a kilometre thick in the last Ice Age, which ended about ten thousand years ago.

Below the impressive cliffs of Holwick Scars are collections of scree, where we found plenty of ferns, mainly Parsley Fern (*Cryptogramma crispa*), which thrives in this unstable habitat. We also came across another species that has a competitive edge over others: Mountain Pansy (*Viola lutea*) can tolerate soil contaminated with heavy metals. We soon walked across Wynch Bridge again. It was originally built for lead miners to go to work: their efforts, unwittingly, created conditions for this pansy to thrive. And so ended our first flower-rich walk of the week.

Day 2

Tuesday 16th June

The weather forecast for the week included much rain, so we prepared with suitable clothing and adaptable itinerary plans. However, we actually had a dry and hugely successful day.

We drove the short distance to Widdybank Farm, passing Low and High Force waterfalls. Before the gate to the long drive to the farm, we stopped to inspect a beck, finding Star (*Carex echinata*), Carnation (*Carex panicea*) and Long-stalked Yellow Sedges (*Carex lepidocarpa*), Lousewort (*Pedicularis sylvatica*), Marsh Thistle (*Cirsium palustre*) and the leaves of Grass of Parnassus (*Parnassia palustris*). As we drove along the unmade track, Lapwings, Oystercatchers and Black-headed Gulls flew over. A Snipe perched on a nearby gate, giving excellent views, as did several Meadow Pipits. We made a further stop to look at a wet meadow, where we discovered leaves of Devil's-bit Scabious (*Succisa pratensis*).

The farm is home to Natural England's offices, and Ring Ouzels, which we were delighted to see over the Tees. We also saw Common Sandpiper, Grey and White Wagtails, and Skylark. A small dark moth flew onto Pignut (*Conopodium majus*): it was a Chimney Sweeper, on its larval food plant. Our target venue was a high bank of glacial till on the curving edge of the Tees, just a short walk away.

Here we were amazed at what we found: Teesdale Assemblage plants in profusion. We admired flowering Alpine Bistort again, Alpine Bartsia (*Bartsia alpina*) and Mountain Saxifrage (*Saxifraga oppositifolia*). Spring Gentian (*Gentiana verna*) and Bird's-eye Primrose (*Primula farinosa*) had gone over into fruit. Star, Flea (*Carex pulicaris*), the very delicate Hair Sedges (*Carex capillaris*) and more were less showy, but also a most welcome sight.

After a fascinating ninety minutes we enjoyed lunch on the river bank, with more views of a Ring Ouzel. Then we headed up the small, isolated valley of Harwood, to look for orchids and more. And we had great success, finding Northern Marsh, Common Spotted and Lesser Butterfly Orchids (*Platanthera bifolia*), Common Twayblade (*Neottia ovata*), and a Fragrant Orchid in bud which we were unable to identify to species level. Perhaps the most notable find was a single Frog Orchid (*Dactylorhiza viridis*). And there was more to see. Further up the track we came into outstanding upper hay meadows, where stands of Globeflowers (*Trollius europaeus*) stood out. A pair of Redshanks were flying around: it was simply amazing and totally wonderful.

It was time for refreshment, which was provided at Bowlees Visitor Centre. A short walk there took us to an abandoned limestone quarry, rich in the orchids that we had earlier seen. We were able to identify an orchid in flower as Marsh Fragrant Orchid (*Gymnadenia densiflora*). Further up, the path ended at Gibson's Cave, where Brittle Bladder Fern (*Cystopteris fragilis*) grew on the damp walls. We saw Grey Wagtail, Chaffinch, and the star find of two Dippers around their nest.

The hotel was busy upon our return, so we found room in the bar to compile a fantastic checklist before enjoying our dinner and, later, some well-deserved rest.

Day 3

Wednesday 17th June

There was a reasonable weather forecast and the day turned out better than expected, ending in warm sunshine as we completed our eight-mile walk through wonderful countryside. And the wildlife turned out to be wonderful too!

We began by looking at ferns behind Cronkley Farm. We identified Hard (*Blechnum spicant*), Male (*Dryopteris filix-mas*), Scaly Male (*Dryopteris affinis*), Mountain (*Oreopteris limbosperma*), Broad Buckler (*Dryopteris dilatata*) and Beech Ferns (*Phegopteris connectilis*). Later we discovered the diminutive, but very special, Moonwort (*Botrychium lunaria*).

As we walked along the 'green trod' up to the top of Cronkley Fell, we heard a Cuckoo and saw Curlew, Lapwing, Redshank, Meadow Pipit, Skylark, Black-headed Gull, Ring Ouzel, and a Red Grouse with a chick. But the star birds were a pair of Golden Plovers in full summer plumage. They made a simply wonderful sight, especially for the keen photographers.

We had come to see more of the Teesdale Assemblage plants, and we were delighted with our finds. Species in flower included Common (*Helianthemum nummularium*) and Hoary Rock-roses (*Helianthemum oelandicum* subsp. *laevigatum*), Hoary Whitlow Grass (*Draba incana*), Alpine Meadow-rue (*Thalictrum alpinum*) and Horseshoe Vetch (*Hippocrepis comosa*). A few Mountain Avens (*Dryas octopetala*) were flowering, while the rest formed a carpet of leaves. Several Lesser Twayblades (*Neottia cordata*) were hidden under Heather (*Calluna vulgaris*). This was a first for many clients, and even better they were in flower. Two parasitic plants, Round-leaved Sundew (*Drosera rotundifolia*) and Butterwort (*Pinguicula vulgaris*), grew among the *Sphagnum* moss. During the day we also saw sedges: Dioecious (*Carex dioica*), Oval (*Carex leporina*), Flat (*Blysmus compressus*), Star, Pale (*Carex pallescens*), Common (*Carex nigra*) and Glaucous (*Carex flacca*). And we identified grasses too: Soft Brome (*Bromus hordeaceus*), Tufted (*Deschampsia cespitosa*) and Early Hair-grasses (*Aira praecox*), Blue Moor Grass (*Sesleria caerulea*) and Sheep's Fescue (*Festuca ovina*).

Perhaps it was a little too windy for butterflies to be on the wing, as we only saw Small White and Small Heath. A large Oak Eggar moth was taking refuge under a rock on sugar limestone, and gave us fantastic views.

The walk back along the Tees was a little challenging, but well worth the effort, as we saw Common Sandpiper and Stonechat, and had more views of waders seen earlier. We were also pleased to walk past good numbers of Shrubby Cinquefoil (*Potentilla fruticosa*), another Teesdale Assemblage plant.

So we returned to our hotel in good spirits, and ready for a rest, which included dinner and the prospect of a great football match to watch on TV. What a great day it had been.

Day 4

Thursday 18th June

The earlier forecast of poor weather had improved, and we set off on another short drive with real expectations of a dry and interesting day. We returned to Harwood Valley to explore a beck, and after the cattle moved off we approached a big stand of brightly coloured Hybrid Monkeyflower (*Erythranthe x robertsii*) alongside a beck. We also found Marsh Arrowgrass (*Triglochin palustris*), Water Forget-me-not (*Myosotis scorpioides*), Jointed Rush (*Juncus articulatus*), and lots of blue-flowering Brooklime (*Veronica beccabunga*).

This site was close to the orchid spot that we had visited on Tuesday, so we revisited the meadow to see how the plants were doing. Happily, more were in flower, particularly Lesser Butterfly Orchids, which we double-checked to make sure of our identification. We also found more Frog Orchids.

But the main focus of the day was to be Widdybank Fell, as seen from the track alongside Cow Green Reservoir. We found lots of plants already seen, and it was good to refind Hoary Whitlow-grass on sugar limestone. We were determined to identify Limestone Bedstraw (*Galium sternerii*), which we did with the help of a 10x lens. This also came in handy later, to determine which violet leaves we were finding: were they those of Common Dog-violet (*Viola riviniana*), or the much rarer Teesdale Violet (*Viola rupestris*). We found both species! The rare violets' location was opposite an enclosure, where we observed yet more Alpine Bistort plants (these were frequent throughout the week) and, around the corner, a patch of Mountain Everlasting (*Antennaria dioica*). We looked at these again upon our return, to distinguish the male and female plants.

A little further down the track, at Red Sike, we came across a wide carpet of False Sedge (*Carex simpliciuscula*), now classified in the *Carex* genus (moved from *Kobresia*). Here were more butterworts, sundews and Scottish Asphodel plants alongside Heather.

It did not take long to reach the reservoir head and Cauldron Snout waterfall. It was time for lunch, and an opportunity to scan for Ring Ouzel. Our luck was in: a male flew across several times and gave excellent views when it perched on nearby rocks. A pair of Grey Wagtails were also active around a nest, giving equally excellent views. On the way back up the track, we encountered a Ringed Plover at close range, plus Skylark, Meadow Pipit and gulls.

We wished to take refreshments at Bowlees Visitor Centre, but not before a slight detour to look over the local lekking site. Here, in the distance, we saw five Black Grouse, so we had much to celebrate with our tea and cake. It was raining heavily as we left to drive the ten minutes back to the hotel. This was the only bad weather of our stay. We followed up with an extended checklist session, then dinner and bed.

Day 5

Friday 19th June

Our final excursion was along the River Tees, following the Pennine Way from Low Force to High Force. We started by seeing Saw-wort (*Serratula tinctoria*), Devil's-bit Scabious and Harebell (*Campanula rotundifolia*), none of which was yet in flower. We came across the big patch of Lesser Pond Sedge (*Carex acutiformis*), a tall plant which easily overshadows the many others of the genus that we saw, including Remote Sedge (*Carex remota*).

The walk was also good for ferns. We came across Lemon-scented (*Oreopteris limbosperma*), Lady (*Athyrium filix-femina*) and Oak Ferns (*Gymnocarpium dryopteris*), Maidenhair Spleenwort (*Asplenium trichomanes*) and Hart's-tongue (*Asplenium scolopendrium*), plus others seen earlier in the week.

High Force was a highly impressive sight: we took the chance to view the waterfall from both above and below. This approach gave us the opportunity to discover more plants: Giant Bellflower (*Campanula latifolia*), Common Figwort (*Scrophularia nodosa*), Square-stalked Saint John's-wort (*Hypericum tetrapterum*), Wood Melick (*Melica uniflora*) and others. There were also birds to admire once more, including Mallard, Chaffinch, Common Sandpiper, Chiffchaff, Willow Warbler, Lapwing and Oystercatcher.

But we had run out of time. We all took home many memories of a super week in a superb glacial valley, which continues to delight the interested botanist and wildlife enthusiast. We left Upper Teesdale in good spirit, having enjoyed great company and great hospitality.

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Species lists

Plants

Scientific Name	Common Name	Location
PTERIDOPHYTES	FERNS & ALLIES	
Lycophytes	Clubmosses & Quillworts	
Selaginellaceae	Lesser Clubmoss Family	
<i>Selaginella selaginoides</i>	Lesser Clubmoss	Cetry Bank
Eusporangiate Ferns	Adder's-tongues & Moonworts	
Ophioglossaceae	Adder's-tongue Fern Family	
<i>Botrychium lunaria</i>	Moonwort	Cronkley Fell
Calamophytes	Horsetails	
Equisetaceae	Horsetail Family	
<i>Equisetum arvense</i>	Field Horsetail	Langdon Beck
<i>Equisetum palustre</i>	Marsh Horsetail	Langdon Beck
<i>Equisetum pratense</i>	Shady Horsetail	Holwick Bridge
<i>Equisetum sylvaticum</i>	Wood Horsetail	Holwick Bridge
<i>Equisetum variegatum</i>	Variegated Horsetail	Cetry Bank
Leptosporangiate Ferns	True Ferns	
Aspleniaceae	Spleenwort Family	
<i>Asplenium scolopendrium</i>	Hart's-tongue	River Tees
<i>Asplenium trichomanes</i> subsp. <i>quadrivalens</i>	Maidenhair Spleenwort	Middleton in Teesdale
Blechnaceae	Hard-fern Family	
<i>Blechnum spicant</i>	Hard-fern	Cronkley Fell
Dennstaedtiaceae	Bracken Family	
<i>Pteridium aquilinum</i>	Bracken	River Tees
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris affinis</i>	Scaly Male-fern	Cronkley Fell
<i>Dryopteris dilatata</i>	Broad Buckler-fern	River Tees
<i>Dryopteris filix-mas</i>	Male-fern	River Tees
<i>Dryopteris oreades</i>	Mountain Male-fern	Cronkley Fell
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i>	Common Polypody	River Tees
Pteridaceae	Ribbon Fern Family	
<i>Cryptogramma crispa</i>	Parsley Fern	Holwick Scars
Thelypteridaceae	Marsh Fern Family	
<i>Oreopteris limbosperma</i>	Lemon-scented Fern	Holwick Bridge
<i>Phegopteris connectilis</i>	Beech Fern	Cronkley Fell
Woodsiaceae	Lady-fern Family	
<i>Athyrium filix-femina</i>	Lady-fern	Holwick Bridge
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	Bowlees
<i>Gymnocarpium dryopteris</i>	Oak Fern	High Force
PINACEAE	CONIFERS	
Cupressaceae	Juniper Family	
<i>Juniperus communis</i>	Common Juniper	Holwick Scars
Pinaceae	Pine Family	
<i>Pinus sylvestris</i>	Scots Pine	Low Force
Taxaceae	Yew Family	
<i>Taxus baccata</i>	Yew	High Force

Scientific Name	Common Name	Location
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	Low Force
<i>Angelica sylvestris</i>	Angelica	River Tees
<i>Anthriscus sylvestris</i>	Cow Parsley	River Tees
<i>Conopodium majus</i>	Pignut	River Tees
<i>Heracleum sphondylium</i>	Hogweed	River Tees
<i>Myrrhis odorata</i>	Sweet Cicely	River Tees
<i>Sanicula europaea</i>	Sanicle	River Tees
Araliaceae	Ivy Family	
<i>Hedera helix</i>	Ivy	Bowlees
Asteraceae	Daisy Family	
<i>Achillea millefolium</i>	Yarrow	River Tees
<i>Achillea ptarmica</i>	Sneezewort	Unspecified
<i>Antennaria dioica</i>	Mountain Everlasting	Widdybank Fell
<i>Arctium minus</i>	Lesser Burdock	Holwick
<i>Bellis perennis</i>	Daisy	River Tees
<i>Centaurea montana</i>	Perennial Cornflower	Middleton in Teesdale
<i>Cirsium heterophyllum</i>	Melancholy Thistle	River Tees
<i>Cirsium arvense</i>	Creeping Thistle	Bowlees
<i>Cirsium palustre</i>	Marsh Thistle	Low Force
<i>Cirsium vulgare</i>	Spear Thistle	Bowlees
<i>Hieracium</i> agg.	Hawkweed	Bowlees
<i>Hypochaeris radicata</i>	Cat's-ear	River Tees
<i>Lapsana communis</i>	Nipplewort	Middleton in Teesdale
<i>Leontodon hispidus</i>	Rough Hawkbit	River Tees
<i>Leucanthemum vulgare</i>	Oxeye Daisy	Middleton in Teesdale
<i>Matricaria discoidea</i>	Pineappleweed	Low Force
<i>Mycelis muralis</i>	Wall Lettuce	High Force
<i>Petasites hybridus</i>	Butterbur	Roadside
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	River Tees
<i>Jacobaea aquatica</i>	Marsh Ragwort	Low Force
<i>Jacobaea vulgaris</i>	Ragwort	Bowlees
<i>Senecio vulgaris</i>	Groundsel	Middleton in Teesdale
<i>Serratula tinctoria</i>	Sawwort	Low Force
<i>Solidago virgaurea</i>	Goldenrod	River Tees
<i>Solidago virgaurea</i> subsp. <i>minuta</i>	Dwarf Goldenrod	Low Force
<i>Sonchus asper</i>	Prickly Sow-thistle	Middleton in Teesdale
<i>Sonchus oleraceus</i>	Smooth Sow-thistle	Middleton in Teesdale
<i>Taraxacum</i> agg.	Dandelion group	Bowlees
<i>Tussilago farfara</i>	Coltsfoot	Harwood
Betulaceae	Birch Family	
<i>Alnus glutinosa</i>	Alder	River Tees
<i>Betula pubescens</i>	Downy Birch	River Tees
<i>Betula pubescens</i> subsp. <i>tortuosa</i>	Downy Birch, upland subsp.	Cronkley Fell
<i>Corylus avellana</i>	Hazel	Bowlees
Boraginaceae	Borage Family	
<i>Myosotis arvensis</i>	Field Forget-me-not	River Tees
<i>Myosotis discolor</i>	Changing Forget-me-not	River Tees

Scientific Name	Common Name	Location
<i>Myosotis scorpioides</i>	Water Forget-me-not	Stoney Gill Farm
<i>Myosotis secunda</i>	Creeping Forget-me-not	River Tees
<i>Myosotis sylvatica</i>	Wood Forget-me-not	High Force
<i>Symphytum × uplandicum</i>	Russian Comfrey	Bowlees
Brassicaceae	Cabbage Family	
<i>Alliaria petiolata</i>	Garlic Mustard	Bowlees
<i>Cardamine hirsuta</i>	Hairy Bitter-cress	Middleton in Teesdale
<i>Cardamine pratensis</i>	Cuckooflower	River Tees
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	Widdybank Farm
<i>Cochlearia pyrenaica</i> subsp. <i>alpina</i>	Pyrenean Scurvygrass	Widdybank Fell
<i>Draba incana</i>	Hoary Whitlowgrass	Cronkley Fell
<i>Hesperis matronalis</i>	Dame's-violet	Bowlees
Caprifoliaceae	Honeysuckle Family	
<i>Lonicera periclymenum</i>	Honeysuckle	Middleton in Teesdale
<i>Sambucus nigra</i>	Elderberry	Roadsides
Caryophyllaceae	Pink Family	
<i>Arenaria serpyllifolia</i>	Thyme-leaved Sandwort	Widdybank Fell
<i>Cerastium fontanum</i>	Common Mouse-ear	River Tees
<i>Sabulina verna</i>	Spring Sandwort	Cronkley Fell
<i>Sagina procumbens</i>	Procumbent Pearlwort	Middleton in Teesdale
<i>Silene dioica</i>	Red Campion	River Tees
<i>Silene flos-cuculi</i>	Ragged Robin	River Tees
<i>Stellaria graminea</i>	Lesser Stitchwort	River Tees
<i>Stellaria holostea</i>	Greater Stitchwort	River Tees
<i>Stellaria media</i>	Common Chickweed	Bowlees
Cistaceae	Rock-rose Family	
<i>Helianthemum nummularium</i>	Common Rock-rose	Cetry Bank
<i>Helianthemum oelandicum</i> subsp. <i>laevigatum</i>	Hoary Rock-rose	Cronkley Fell
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	Bowlees
Cornaceae	Dogwood Family	
<i>Cornus sanguinea</i>	Dogwood	High Force
Crassulaceae	Stonecrop Family	
<i>Sedum acre</i>	Biting Stonecrop	Bowlees
<i>Sedum album</i>	White Stonecrop	Bowlees
<i>Sedum spurium</i>	Caucasian Stonecrop	Bowlees
<i>Sempervivum tectorum</i>	House-leek	Bowlees
Caprifoliaceae	Teasel Family	
<i>Succisa pratensis</i>	Devil's-bit Scabious	Widdybank Farm
Droseraceae	Sundew Family	
<i>Drosera rotundifolia</i>	Round-leaved Sundew	Cronkley Fell
Ericaceae	Heather Family	
<i>Calluna vulgaris</i>	Heather	River Tees
<i>Empetrum nigrum</i> subsp. <i>nigrum</i>	Crowberry	Cronkley Fell
<i>Erica cinerea</i>	Bell Heather	Cronkley Fell
<i>Erica tetralix</i>	Cross-leaved Heath	Cronkley Fell
<i>Vaccinium myrtillus</i>	Bilberry	Cronkley Fell
<i>Vaccinium vitis-idaea</i>	Cowberry	Cronkley Fell
Euphorbiaceae	Spurge Family	
<i>Mercurialis perennis</i>	Dog's Mercury	Low Force

Scientific Name	Common Name	Location
Fabaceae	Pea Family	
<i>Anthyllis vulneraria</i>	Kidney Vetch	River Tees
<i>Hippocrepis comosa</i>	Horseshoe Vetch	Cronkley Fell
<i>Lathyrus linifolius</i>	Bitter Vetch	River Tees
<i>Lathyrus pratensis</i>	Meadow Vetchling	Stoney Gill Farm
<i>Lotus corniculatus</i>	Bird's-foot-trefoil	River Tees
<i>Medicago lupulina</i>	Black Medick	Middleton in Teesdale
<i>Trifolium dubium</i>	Lesser Trefoil	Bowlees
<i>Trifolium medium</i>	Zig-zag Clover	Stoney Gill Farm
<i>Trifolium pratense</i>	Red Clover	Bowlees
<i>Trifolium repens</i>	White Clover	Bowlees
<i>Ulex europaeus</i>	Gorse	Holwick Bridge
<i>Vicia sepium</i>	Bush Vetch	River Tees
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	Low Force
Gentianaceae	Gentian Family	
<i>Gentiana verna</i>	Spring Gentian	Cetry Bank
<i>Gentianella amarella</i>	Felwort	Unspecified
Geraniaceae	Crane's-bill Family	
<i>Geranium lucidum</i>	Shining Crane's-bill	Middleton in Teesdale
<i>Geranium pratense</i>	Meadow Crane's-bill	River Tees
<i>Geranium robertianum</i>	Herb Robert	Low Force
<i>Geranium sylvaticum</i>	Wood Crane's-bill	Bowlees
Grossulariaceae	Gooseberry Family	
<i>Ribes uva-crispa</i>	Gooseberry	Cronkley (planted?)
Hypericaceae	St John's-wort Family	
<i>Hypericum pulchrum</i>	Slender St John's-wort	River Tees
<i>Hypericum tetrapterum</i>	Square-stalked St John's-wort	Middleton in Teesdale
Lamiaceae	Dead-nettle Family	
<i>Ajuga reptans</i>	Common Bugle	Low Force
<i>Lamium album</i>	White Dead-nettle	Low Force
<i>Prunella vulgaris</i>	Selfheal	River Tees
<i>Stachys sylvatica</i>	Hedge Woundwort	High Force
<i>Teucrium scorodonia</i>	Wood Sage	Low Force
<i>Thymus polytrichus</i>	Wild Thyme	River Tees
Linaceae	Flax Family	
<i>Linum catharticum</i>	Purging or Fairy Flax	Cronkley Fell
Lentibulariaceae	Butterwort Family	
<i>Pinguicula vulgaris</i>	Common Butterwort	Cetry Bank
Lythraceae	Purple Loosestrife Family	
<i>Lythrum salicaria</i>	Purple Loosestrife	Middleton in Teesdale
Malvaceae	Mallow Family	
<i>Malva sylvestris</i>	Common Mallow	High Force
<i>Tilia × europaea</i>	Hybrid Lime (T. platyphyllos × T. cordata)	Bowlees
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	Bowlees
Onagraceae	Willowherb Family	
<i>Chamaenerion angustifolium</i>	Rosebay Willowherb	Cronkley Fell
<i>Epilobium hirsutum</i>	Great Willowherb	River Tees
<i>Epilobium montanum</i>	Broad-leaved Willowherb	High Force
Orobanchaceae	Broomrape Family	
<i>Bartsia alpina</i>	Alpine Bartsia	Cetry Bank

Scientific Name	Common Name	Location
<i>Euphrasia arctica</i> subsp. <i>borealis</i>	Arctic Eyebright	Widdybank
<i>Euphrasia scottica</i>	Scottish Eyebright	Widdybank
<i>Euphrasia</i> sp.	Eyebright	River Tees
<i>Euphrasia nemorosa</i>	Eyebright	Widdybank
<i>Pedicularis sylvatica</i>	Lousewort	Langdon Beck
<i>Rhinanthus minor</i>	Yellow-rattle	Low Force
Oxalidaceae	Wood Sorrel Family	
<i>Oxalis acetosella</i>	Wood-sorrel	Low Force
Papaveraceae	Poppy Family	
<i>Meconopsis cambrica</i>	Welsh Poppy	Bowlees
Celastraceae	Grass-of-Parnassus Family	
<i>Parnassia palustris</i>	Grass-of-Parnassus	Langdon Beck
Phrymaceae	Monkeyflower Family	
<i>Erythranthe</i> × <i>robertsii</i>	Hybrid Monkeyflower	Stoney Gill Farm
Plantaginaceae	Plantain Family	
<i>Plantago lanceolata</i>	Ribwort Plantain	Bowlees
<i>Plantago major</i>	Greater Plantain	Bowlees
<i>Plantago maritima</i>	Sea Plantain	Holwick
Polygalaceae	Milkwort Family	
<i>Polygala serpyllifolia</i>	Heath Milkwort	Holwick
<i>Polygala vulgaris</i>	Common Milkwort	River Tees
Polygonaceae	Knotweed Family	
<i>Bistorta officinalis</i>	Common Bistort	Holwick
<i>Bistorta vivipara</i>	Alpine Bistort	River Tees
<i>Rumex acetosa</i>	Sorrel	Holwick
<i>Rumex obtusifolius</i>	Broad-leaved Dock	River Tees
<i>Rumex acetosella</i>	Sheep's Sorrel	Holwick Scars
Potamogetonaceae	Pondweed Family	
<i>Potamogeton polygonifolius</i>	Bog Pondweed	Holwick
Primulaceae	Primrose Family	
<i>Lysimachia nemorum</i>	Yellow Pimpernel	Widdybank
<i>Lysimachia punctata</i>	Dotted Loosestrife	Middleton in Teesdale
<i>Primula farinosa</i>	Bird's-eye Primrose	Widdybank
<i>Primula veris</i>	Cowslip	Low Force
<i>Primula vulgaris</i>	Primrose	Low Force
Ranunculaceae	Buttercup Family	
<i>Aquilegia vulgaris</i>	Columbine	Middleton in Teesdale
<i>Anemone nemorosa</i>	Wood Anemone	Cronkley Fell
<i>Caltha palustris</i>	Marsh Marigold	Low Force
<i>Ficaria verna</i>	Lesser Celandine	Hardraw
<i>Ranunculus acris</i>	Meadow Buttercup	Low Force
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	Low Force
<i>Ranunculus flammula</i>	Lesser Spearwort	Langdon Beck
<i>Ranunculus repens</i>	Creeping Buttercup	Low Force
<i>Thalictrum alpinum</i>	Alpine Meadow-rue	Cronkley Fell
<i>Trollius europaeus</i>	Globeflower	Hardraw
Rosaceae	Rose Family	
<i>Alchemilla acutiloba</i>	Starry Lady's-mantle	Langdon Beck
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	River Tees
<i>Alchemilla vulgaris</i> agg.	Lady's-mantle group	River Tees
<i>Alchemilla xanthochlora</i>	Pale Lady's-mantle	River Tees
<i>Crataegus monogyna</i>	Hawthorn	River Tees

Scientific Name	Common Name	Location
<i>Dryas octopetala</i>	Mountain Avens	Cronkley Fell
<i>Filipendula ulmaria</i>	Meadowsweet	Low Force
<i>Fragaria vesca</i>	Wild Strawberry	Low Force
<i>Geum rivale</i>	Water Avens	River Tees
<i>Geum urbanum</i>	Wood Avens	Low Force
<i>Potentilla anserina</i>	Silverweed	Bowlees
<i>Potentilla erecta</i>	Tormentil	River Tees
<i>Potentilla fruticosa</i>	Shrubby Cinquefoil	River Tees
<i>Potentilla reptans</i>	Creeping Cinquefoil	Bowlees
<i>Potentilla sterilis</i>	Barren Strawberry	Bowlees
<i>Prunus avium</i>	Wild Cherry	River Tees
<i>Prunus padus</i>	Bird Cherry	Low Force
<i>Prunus spinosa</i>	Blackthorn	High Force
<i>Rosa caesia</i> subsp. <i>vosagiaca</i>	Glaucous Dog-rose	Bowlees
<i>Rosa caesia</i>	Northern Dog-rose	Bowlees
<i>Rubus fruticosus</i> agg.	Bramble	Bowlees
<i>Rubus idaeus</i>	Raspberry	Bowlees
<i>Sanguisorba officinalis</i>	Great Burnet	River Tees
<i>Sorbus aria</i>	Whitebeam	Roadside
<i>Sorbus aucuparia</i>	Rowan	River Tees
<i>Sorbus rupicola</i>	Rock Whitebeam	Holwick Scars
Rubiaceae	Bedstraw Family	
<i>Cruciata laevipes</i>	Crosswort	River Tees
<i>Galium aparine</i>	Cleavers	River Tees
<i>Galium boreale</i>	Northern Bedstraw	River Tees
<i>Galium odoratum</i>	Sweet Woodruff	River Tees
<i>Galium saxatile</i>	Heath Bedstraw	River Tees
<i>Galium sternerii</i>	Limestone Bedstraw	Widdybank Fell
<i>Galium verum</i>	Lady's Bedstraw	River Tees
Salicaceae	Willow Family	
<i>Populus tremula</i>	Aspen	River Tees
<i>Salix aurita</i>	Eared Willow	River Tees
<i>Salix caprea</i>	Goat Willow	River Tees
<i>Salix cinerea</i>	Grey Willow	River Tees
<i>Salix phylicifolia</i>	Tea-leaved Willow	River Tees
<i>Salix repens</i>	Creeping Willow	Cetry Bank
Sapindaceae	Maple Family	
<i>Acer campestre</i>	Field Maple	River Tees
<i>Acer pseudoplatanus</i>	Sycamore	River Tees
Saxifragaceae	Saxifrage Family	
<i>Chrysosplenium alternifolium</i>	Alternate-leaved Golden-saxifrage	Cronkley Fell
<i>Saxifraga aizoides</i>	Yellow Saxifrage	Cetry Bank
Scrophulariaceae	Figwort Family	
<i>Scrophularia nodosa</i>	Common Figwort	High Force
Ulmaceae	Elm Family	
<i>Ulmus glabra</i>	Wych Elm	Bowlees
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	Bowlees
Caprifoliaceae	Valerian Family	
<i>Valeriana dioica</i>	Marsh Valerian	Low Force
<i>Valeriana officinalis</i>	Common Valerian	Middleton in Teesdale

Scientific Name	Common Name	Location
Plantaginaceae	Speedwell Family	
<i>Digitalis purpurea</i>	Foxglove	Bowlees
<i>Linaria purpurea</i>	Purple Toadflax	Middleton in Teesdale
<i>Veronica beccabunga</i>	Brooklime	Low Force
<i>Veronica chamaedrys</i>	Germander Speedwell	Bowlees
<i>Veronica montana</i>	Wood Speedwell	High Force
<i>Veronica officinalis</i>	Heath Speedwell	Widdybank Fell
<i>Veronica serpyllifolia</i> subsp. <i>humifusa</i>	Thyme-leaved Speedwell	River Tees
Violaceae	Violet Family	
<i>Viola lutea</i>	Mountain Pansy	Holwick Scars
<i>Viola riviniana</i>	Common Dog-violet	River Tees
<i>Viola rupestris</i>	Teesdale Violet	Widdybank Fell
Monocots	Monocotyledons	
Amaryllidaceae	Daffodil Family	
<i>Allium ursinum</i>	Wild Garlic	Low Force
Asparagaceae	Asparagus Family	
<i>Hyacinthoides non-scripta</i>	Bluebell	River Tees
Cyperaceae	Sedge Family	
<i>Blasmus compressus</i>	Flat-sedge	River Tees
<i>Carex acutiformis</i>	Lesser Pond-sedge	Holwick Bridge
<i>Carex capillaris</i>	Hair Sedge	Cetry Bank
<i>Carex demissa</i>	Long-bracted Yellow-sedge	Langdon Beck
<i>Carex dioica</i>	Dioecious Sedge	Cronkley Fell
<i>Carex echinata</i>	Star Sedge	Langdon Beck
<i>Carex flacca</i>	Glaucous Sedge	Cronkley Fell
<i>Carex leporina</i>	Oval Sedge	Cronkley Fell
<i>Carex nigra</i>	Common Sedge	Langdon Beck
<i>Carex pallescens</i>	Pale Sedge	Cronkley Fell
<i>Carex panicea</i>	Carnation Sedge	Low Force
<i>Carex pulicaris</i>	Flea Sedge	Cetry Bank
<i>Carex remota</i>	Remote Sedge	High Force
<i>Carex rostrata</i>	Bottle Sedge	River Tees
<i>Carex simpliciuscula</i>	False Sedge	Widdybank Fell
<i>Carex sylvatica</i>	Wood Sedge	High Force
<i>Eriophorum angustifolium</i>	Common Cottongrass	Langdon Beck
<i>Eriophorum vaginatum</i>	Hare's-tail Cottongrass	Cronkley Fell
<i>Trichophorum germanicum</i>	Deergrass	River Tees
Iridaceae	Iris Family	
<i>Iris pseudacorus</i>	Yellow Iris	Roadsides
Juncaceae	Rush Family	
<i>Juncus acutiflorus</i>	Sharp-flowered Rush	Stoney Gill Farm
<i>Juncus articulatus</i>	Jointed Rush	Stoney Gill Farm
<i>Juncus bufonis</i>	Toad Rush	Cronkley Fell
<i>Juncus conglomeratus</i>	Compact Rush	High Force
<i>Juncus effusus</i>	Soft Rush	Cronkley Fell
<i>Juncus inflexus</i>	Hard Rush	Stoney Gill Farm
<i>Juncus squarrosus</i>	Heath Rush	River Tees
<i>Luzula campestris</i>	Field Wood-rush	River Tees
<i>Luzula multiflora</i> subsp. <i>congesta</i>	Dense-headed Wood-rush	Unspecified
<i>Luzula pilosa</i>	Hairy Wood-rush	High Force
<i>Luzula sylvatica</i>	Greater Wood-rush	River Tees

Scientific Name	Common Name	Location
Juncaginaceae	Arrowgrass Family	
<i>Triglochin palustris</i>	Marsh Arrowgrass	Stoney Gill Farm
Nartheciaceae	Bog Asphodel Family	
<i>Narthecium ossifragum</i>	Bog Asphodel	High Force
<i>Tofieldia pusilla</i>	Scottish Asphodel	Cetry Bank
Orchidaceae	Orchid Family	
<i>Dactylorhiza fuchsii</i>	Common Spotted-orchid	River Tees
<i>Dactylorhiza incarnata</i> subsp. <i>incarnata</i>	Early Marsh-orchid	Harwood
<i>Dactylorhiza maculata</i> subsp. <i>ericetorum</i>	Heath Spotted-orchid	River Tees
<i>Dactylorhiza purpurella</i>	Northern Marsh-orchid	River Tees
<i>Dactylorhiza</i> × <i>venusta</i>	Hybrid Orchid (D. fuchsii × purpurella)	River Tees
<i>Dactylorhiza viridis</i>	Hybrid Orchid (D. fuchsii × purpurella)	Harwood
<i>Gymnadenia densiflora</i>	Marsh Fragrant-orchid	Bowlees
<i>Neottia ovata</i>	Common Twayblade	Cetry Bank
<i>Neottia cordata</i>	Lesser Twayblade	Cronkley Fell
<i>Platanthera bifolia</i>	Lesser Butterfly-orchid	Harwood
Poaceae	Grass Family	
<i>Alopecurus pratensis</i>	Meadow Foxtail	Cronkley Farm
<i>Anthoxanthum odoratum</i>	Sweet Vernal-grass	River Tees
<i>Arrhenatherum elatius</i>	False Oat-grass	River Tees
<i>Agrostis capillaris</i>	Common Bent	Middleton in Teesdale
<i>Agrostis stolonifera</i>	Creeping Bent	Middleton in Teesdale
<i>Helictotrichon pratense</i>	Meadow Oat-grass	Cronkley Farm
<i>Brachypodium sylvaticum</i>	False-brome	High Force
<i>Briza media</i>	Quaking-grass	River Tees
<i>Bromus hordeaceus</i>	Soft-brome	River Tees
<i>Cynosurus cristatus</i>	Crested Dog's-tail	River Tees
<i>Dactylis glomerata</i>	Cock's-foot	River Tees
<i>Danthonia decumbens</i>	Heath-grass	Cronkley Fell
<i>Deschampsia cespitosa</i>	Tufted Hair-grass	Cronkley Fell
<i>Avenella flexuosa</i>	Wavy Hair-grass	High Force
<i>Festuca rubra</i>	Red Fescue	Harwood
<i>Festuca ovina</i>	Sheep's-fescue	Cronkley Fell
<i>Glyceria fluitans</i>	Floating Sweet-grass	Stoney Gill Farm
<i>Holcus lanatus</i>	Yorkshire-fog	Holwick
<i>Holcus mollis</i>	Creeping Soft-grass	River Tees
<i>Lolium perenne</i>	Perennial Rye-grass	River Tees
<i>Melica uniflora</i>	Wood Melick	High Force
<i>Milium effusum</i>	Wood Millet	High Force
<i>Nardus stricta</i>	Mat-grass	Holwick Scars
<i>Phalaris arundinacea</i>	Reed Canary-grass	Stoney Gill Farm
<i>Poa annua</i>	Annual Meadow-grass	Roadsides
<i>Poa pratensis</i>	Smooth Meadow-grass	Cronkley Farm
<i>Sesleria caerulea</i>	Blue Moor-grass	Cronkley Fell

Lichens

Scientific name	Common name
<i>Rhizocarpon geographicum</i>	Map Lichen
<i>Cladonia</i> sp.	a cup lichen
<i>Xanthoria parietina</i>	Common Orange Lichen

Bryophytes

Scientific name	Common name
<i>Rhytidiadelphus squarrosus</i>	Springy Turf-moss
<i>Conocephalum conicum</i>	Great Scented Liverwort

Birds (H=heard only)

Common name	Scientific name	June 2026				
		15	16	17	18	19
Mallard	<i>Anas platyrhynchos</i>	✓	✓	✓	✓	✓
Red Grouse	<i>Lagopus lagopus</i>		✓	✓	✓	
Black Grouse	<i>Lyrurus tetrix</i>		✓		✓	
Grey Partridge	<i>Perdix perdix</i>			✓		
Common Pheasant	<i>Phasianus colchicus</i>		✓	✓	H	✓
Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	
Common Cuckoo	<i>Cuculus canorus</i>			H	H	
Rock (Feral) Dove	<i>Columba livia</i>	✓	✓	✓	✓	✓
Stock Dove	<i>Columba oenas</i>					
Common Wood Pigeon	<i>Columba palumbus</i>	✓	✓	✓	✓	✓
Eurasian Oystercatcher	<i>Haematopus ostralegus</i>	✓	✓	✓	✓	✓
European Golden Plover	<i>Pluvialis apricaria</i>			✓		
Common Ringed Plover	<i>Charadrius hiaticula</i>			✓	✓	
Northern Lapwing	<i>Vanellus vanellus</i>	✓	✓	✓	✓	✓
Eurasian Curlew	<i>Numenius arquata</i>		✓	✓	✓	✓
Common Snipe	<i>Gallinago gallinago</i>		✓	✓	✓	
Common Sandpiper	<i>Actitis hypoleucos</i>	✓	✓	✓	✓	
Common Redshank	<i>Tringa totanus</i>		✓	✓	✓	
Black-headed Gull	<i>Chroicocephalus ridibundus</i>	✓	✓	✓	✓	✓
Common Buzzard	<i>Buteo buteo</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>	✓	✓	✓	✓	✓
Carrion Crow	<i>Corvus corone</i>	✓	✓	✓	✓	✓
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>		✓	✓	✓	✓
Western House Martin	<i>Delichon urbicum</i>		✓	✓	✓	✓
Long-tailed Tit	<i>Aegithalos caudatus</i>					✓
Willow Warbler	<i>Phylloscopus trochilus</i>	H	H	✓		H
Common Chiffchaff	<i>Phylloscopus collybita</i>	H	H	H		H
Eurasian Blackcap	<i>Sylvia atricapilla</i>	H				
Eurasian Wren	<i>Troglodytes troglodytes</i>					✓
Eurasian Nuthatch	<i>Sitta europaea</i>					✓
Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓
Song Thrush	<i>Turdus philomelos</i>			✓		✓
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓
Ring Ouzel	<i>Turdus torquatus</i>		✓	✓	✓	
Spotted Flycatcher	<i>Muscicapa striata</i>					✓
European Robin	<i>Erithacus rubecula</i>	✓	✓	✓	✓	✓

		June 2026				
Common name	Scientific name	15	16	17	18	19
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>	✓	✓	✓	✓	✓
White Wagtail	<i>Motacilla alba</i>		✓	✓	✓	✓
Meadow Pipit	<i>Anthus pratensis</i>	✓	✓	✓	✓	✓
Eurasian Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓
European Greenfinch	<i>Chloris chloris</i>		H			H
European Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓		✓
Eurasian Siskin	<i>Spinus spinus</i>	✓	✓			
Common Reed Bunting	<i>Emberiza schoeniclus</i>					✓

Mammals

S=signs, D=dead		June 2026				
Common name	Scientific name	15	16	17	18	19
European Rabbit	<i>Oryctolagus cuniculus</i>	✓	✓	✓	✓	✓
European Hare	<i>Lepus europaeus</i>				✓	
Short-tailed Field Vole	<i>Microtus agrestis</i>		✓	✓		
European Mole	<i>Talpa europaea</i>	S	S	S	D	S
Red Deer	<i>Cervus elaphus</i>		✓			

Butterflies

		June 2026				
Common name	Scientific name	15	16	17	18	19
Small White	<i>Pieris rapae</i>		✓	✓		✓
Green-veined White	<i>Pieris napi</i>		✓			✓
Common Blue	<i>Polyommatus icarus</i>					✓
Painted Lady	<i>Vanessa cardui</i>					✓
Red Admiral	<i>Vanessa atalanta</i>	✓				✓
Small Heath	<i>Coenonympha pamphilus</i>		✓	✓	✓	✓
Speckled Wood	<i>Pararge aegeria</i>					✓

Moths

L=larva		June 2026				
Common name	Scientific name	15	16	17	18	19
Bird-cherry Ermine	<i>Yponomeuta evonymella</i>	L				✓
Oak Eggar	<i>Lasiocampa quercus</i>			✓		
Chimney Sweeper	<i>Odezia atrata</i>	✓	✓	✓		✓

Other invertebrates

		June 2026				
Common name	Scientific name	15	16	17	18	19
Downlooker Snipefly	<i>Rhagio Scolopaceus</i>				✓	
Black Slug	<i>Arion ater</i>		✓	✓		✓
Brown-lipped Snail	<i>Cepaea nemoralis</i>			✓		

