

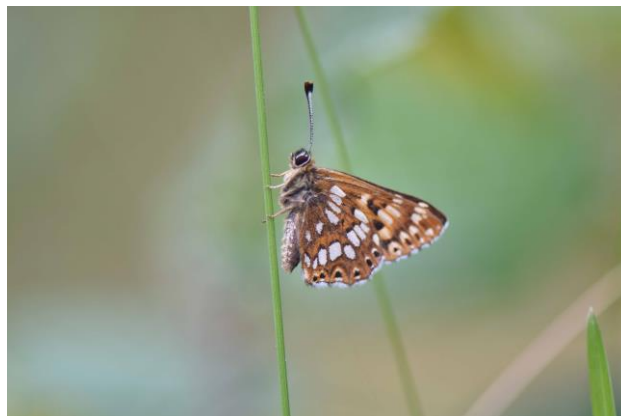
The Lakes and Fells – Wildlife of England's North West

Naturetrek Tour Report

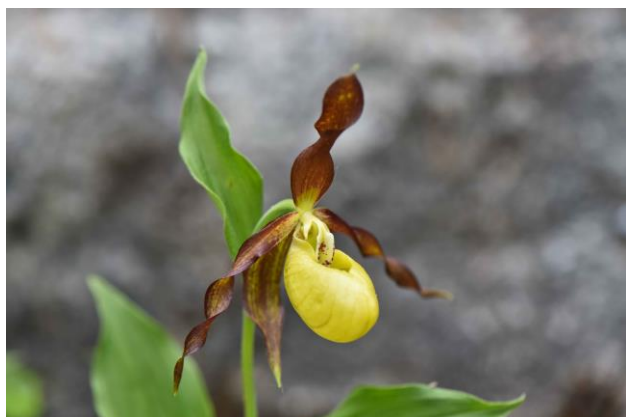
3rd – 6th June 2021



Four-spotted Chaser



Duke of Burgundy



Lady's Slipper Orchid



Pearl-bordered Fritillary

Report and images compiled by David Morris



Naturetrek Mingledown Barn Wolf's Lane Chawton

Alton

Hampshire

GU34 3HJ

UK

Naturetrek

T: +44 (0)1962 733051

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour Leaders: David Morris & Neil Glenn (Naturetrek Leaders, with ten Naturetrek clients)

Day 1

Thursday 3rd June

After meeting at midday at our hotel, within the bustling Lakeland town of Kendal, we headed off to the northern edge of Morecambe Bay and to Township Allotment on Whitbarrow. We parked up on the edge of the diverse Ash, Yew and Hazel woodlands overlaying the limestone pavement and headed out to explore the rides and glades within, hoping to find some key butterflies in the warm but overcast conditions. We were greeted on arrival by singing Cuckoo and the woods held Blackcap, Marsh Tit and Willow Warblers. We entered the clearings on the open limestone grassland exposures in search of plants and butterflies and following the late spring we found good numbers of Early Purple Orchid, *Orchis mascula* still around, along with Duke of Burgundy adjacent to stands of its food plant, Cowslip, *Primula veris*. A number of Pearl-bordered Fritillaries were on the wing as the afternoon warmed up, although a freshly emerged individual was much admired and photographed as it basked on the vegetation.

From here we moved a short distance down onto the other side of Whitbarrow Scar to the delightful Latterbarrow to explore the woodland and floriferous limestone grasslands on site. Entering the site, we were met with a riot of colour from Columbine, *Aquilegia vulgaris*, Common Rock Rose, *Helianthemum nummularium*, and other limestone flora along with a few emerging Greater Butterfly-orchid, *Platanthera chlorantha*, Common Spotted orchid, *Dactylorhiza fuchsii* and Twayblade, *Neottia ovata*.

On the way back to the hotel we briefly stopped off to explore some limestone woodland near the village of Levens to search out a rather special plant that is now becoming a more common occurrence at a range of sites around the bay due to conservation efforts over the last few years. Nestled amongst the limestone scree, in a clearing in the wood, the flowering Lady's Slipper Orchids, *Cypripedium calceolus* adorning the slope were unmistakable and much admired by the group. With this highlight of the trip observed on day one, we returned to our vehicles to travel the short distance back down into town to our hotel overlooking the river Kent in the centre of Kendal.

Day 2

Friday 4th June

We woke to a lovely warm and sunny morning in Kendal with Swifts screaming around the hotel and a good day of weather ahead of us, so after breakfast we headed off across the Kent Estuary to explore the Arnside and Silverdale Area of Outstanding Natural Beauty. We paused for a brief stop outside the village of Sandside and explored a section of sensitively managed roadside verge, finding a good display of wildflowers including good quantities of Fly Orchid, *Ophrys insectifera*, and Common Twayblade, *Neottia ovata*. From here we drove around the bay and along lanes through the rolling scenic landscape, arriving at Leighton Moss RSPB reserve.

We started at the sky tower to give us commanding views across the reedbed and wider landscape. From our vantage point overlooking Lillian's Pool and the reedbed complex we observed Marsh Harriers quartering the reeds, along with Shelduck, Gadwall, and Coot on the pool. From here we moved out along the boardwalk through the reeds hearing the incredibly loud song of Cetti's Warbler and noting a range of plants, including Great Water Dock, *Rumex hydrolapathum* along with Azure, Common and Large Red Damselflies. Along the causeway we located

squealing Water Rail, Reed Bunting, Reed Warbler and a fleeting Bearded Tit, before moving into the hide where we found Great Crested Grebe & a pair of Mute Swan and cygnets. Behind the hide a Bittern was booming from the recently rejuvenated reedbed.

After an alfresco lunch in the sun from the visitor centre café, we made our way to the saltmarsh pools, first visiting the Allan Pool hide where the raucous noise of the Black-headed Gull colony greeted us on arrival along with a single pair of Mediterranean Gulls. Dozens of young and fluffy Black-headed Gull chicks were spread about on the pool edges and islands and within the colony we found Oystercatcher, Shelduck and Avocets. A further short walk along to the Eric Morecambe pool hide added 3 distant Spoonbill to the list before we were given an insight into the reedbed management from the site manager, Jarrod, at Barrow Scout reedbed.

Our final stop of the day was Natural England's Gait Barrows National Nature Reserve where we explored the main block of limestone pavement and grassland in search of butterflies and some of the specialist limestone flora. Botanical highlights of the afternoon included Herb Paris, *Paris quadrifolia*, Stinking Hellebore, *Heleborus foetidus*, Angular Solomon's-seal, *Polygonatum odoratum*, Limestone Oak Fern, *Gymnocarpium robertianum* and Lancaster Whitebeam, *Sorbus lanceolatus*. Butterflies and day-flying moths were equally good with us seeing Duke of Burgundy, Small Pearl-bordered Fritillary and the scarce White-spotted Sable moth. With us in need of refreshment, we headed back to our Kendal hotel for a relaxing evening and dinner at the hotel.

Day 3

Saturday 5th June

Again, with another day of glorious weather ahead, we headed north of Kendal to spend a day exploring the lesser-known parts of the Eastern Lakeland and Orton Fells. Our first stop of the day was Shap Wells where we had close views of a number of Red Squirrels along with a couple of Spotted Flycatchers before we headed on towards the Naddle Valley at the RSPB Haweswater reserve.

We walked through the ancient Naddle forest, a rich temperate rainforest with hanging ferns and bryophytes on the veteran oaks and a carpet of flowering Bluebells, *Hyacinthoides non-scripta* covering the ground. Cuckoo, Redstart, Pied flycatcher and Blackcap were singing from the canopy and as we reached the edge of the reservoir we found a small swarm of Bird's-nest Orchids, *Neottia nidus-avis*, under a stand of Hazel that our guide, David, had found earlier in the week. Once in the Naddle valley we had Green and Great Spotted Woodpeckers, Lesser Redpoll, Siskin and a singing male Pied Flycatcher, along with Tree Lungwort, *Lobaria pulmonaria*, growing on a veteran Rowan, *Sorbus aucuparia*. Lunch was enjoyed by Naddle Farm where we watched Redstart busy feeding young in a nest within a hole on one of the barns.

For the afternoon we moved to the nearby Orton Fells to explore the network of floristic roadside verges, limestone grasslands, moorland and fens. One verge was incredibly diverse with a wide range of charismatic upland meadow tall herbs and a large number of orchids, including deep purple Northern Marsh Orchids, *Dactylorhiza purpurella*, Twayblades, *Neottia ovata*, and a few good examples of Frog Orchid, *Coeloglossum viride*. Given the heat of the afternoon, we stopped in Orton village for a quick icecream at the chocolate factory where we saw Red Kite circling overhead. We then moved on towards Sunbiggin Tarn where the heath and pastures held drumming Snipe,

Curlew, Lapwing and Wheatear. In areas of species-rich calcareous fen, we found Black Bog-rush, *Schoenus nigricans*, Bog Bean, *Menyanthes trifoliata*, and Common Butterwort, *Pinguicula vulgaris*, in addition to large numbers of Bird's-eye Primrose, *Primula farinosa*. On our way off the fell we found an obliging roadside male Red Grouse who was highly inquisitive and posed for photos.

Day 4

Sunday 6th June

On our final warm and sunny day of the trip, we checked out of the hotel and made a short journey downstream to look at a series of waterfalls on the River Kent as it squeezed its way through a limestone gorge. We observed good-sized Trout jumping up the cascades along with some key birds for the list, including Dipper, Grey wagtail and Common Sandpiper. To conclude our trip, we headed back down to Foulshaw Moss, an area of lowland raised peat bog managed by Cumbria Wildlife Trust.

Out on the bog, fragrant Bog Myrtle, *Myrica gale*, was abundant, along with a range of other bog plants including flowering mats of Cranberry, *Vaccinium oxycoccos*. From the boardwalk we looked out over the bog to see Ospreys in attendance at their nest, displaying Tree Pipits and an albino Red Deer hind strut out onto the bog in front of us. As we progressed along the boardwalks through the swamp, bog and woodland we noted large numbers of Large Red, Common Blue and Blue-tailed Damselflies along with good numbers of Four-spotted Chasers. We also located several White-faced Darter dragonflies, along with a number of Black Darter. As we moved along the boardwalk, several of us observed an Osprey passing close overhead gripping a fish in its talons.

By midday we headed back to Kendal to pick up lunch and bid our farewells as we headed off in various directions.

Receive our e-newsletter

Join the Naturetrek e-mailing list and be the first to hear about new tours, additional departures and new dates, tour reports and special offers. Visit www.naturetrek.co.uk to sign up.

Naturetrek Facebook

We are delighted to launch the Naturetrek Facebook page so that participants of Naturetrek tours can remain in touch after the holiday and share photos, comments and future travel plans.

Setting up a personal profile at www.facebook.com is quick, free and easy. The [Naturetrek Facebook page](#) is now live; do please pay us a visit!

Species Lists

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

Mammals

Grey Squirrel

Red Squirrel

Rabbit

Red Deer

Herptiles

Slow Worm (dead)

Common Frog

Common Lizard

Butterflies

Grizzled Skipper

Small Skipper

Large White

Small White

Green-veined White

Brimstone

Common Blue

Red Admiral

Peacock

Speckled Wood

Pearl-bordered Fritillary

Small Pearl-bordered Fritillary

Small Heath

Duke of Burgundy

Moths

Speckled Yellow

Lattice Heath

Brown Silver Line

White-spotted Sable

Dragonflies

Blue-tailed Damselfly

Common Blue Damselfly

Azure Damselfly

Large Red Damselfly

Four-spotted Chaser

White-faced Darter

Broad-bodied Chaser

Plants

PTERIDOPHYTES

Equisetaceae

Equisetum palustre

Horsetail Family

Marsh Horsetail

LOCATION

Leighton Moss

Adiantaceae

Cryprogma crista

Parsley Fern

Haweswater

Aspleniaceae

Asplenium ceterach

Asplenium trichomanes ssp trichomanes

Asplenium scolopendrium

Asplenium ruta-muraria

Spleenwort Family

Rustyback Fern

Maidenhair Spleenwort

Hartstongue

Wall Rue

Whitbarrow

Common on walls and rock outcrops

Common on limestone pavement and woodlands

Common on walls and rock outcrops

Blechnaceae

Hard-fern Family

<i>Blechnum spicant</i>	Hard-fern	Whitbarrow and Naddle woodlands
Dennstaedtiaceae	Bracken Family	
<i>Pteridium aquilinum</i>	Bracken	Common
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris affinis</i>	Scaly Male-fern	Whitbarrow and Gait Barrows
<i>Dryopteris filix-mas</i>	Male-fern	Common, woodlands
<i>Dryopteris dilatata</i>	Broad Buckler Fern	Whitbarrow
<i>Polystichum aculeatum</i>	Hard Shield Fern	Whitbarrow
Athyriaceae	Athyrium Family	
<i>Athyrium filix-femina</i>	Lady Fern	Fairly common in woodlands
Cystopteridaceae	Cystopteris Family	
<i>Gymnocarpium robertianum</i>	Limestone Fern	Whitbarrow
Polypodiaceae	Polypodium Family	
<i>Polypodium vulgare</i>	Common Polypody	Walls and rocks, Haweswater
Ophioglossaceae	Moonwort Family	
<i>Opioglossum vulgatum</i>	Adders-tongue	Whitbarrow

PINOPSIDA**CONIFERS**

Cupressaceae	Juniper Family	
<i>Juniperus communis</i>	Common Juniper	Gait Barrows, Latterbarrow & Haweswater
Pinaceae	Pine Family	
<i>Pinus sylvestris</i>	Scot's Pine	Common
Taxaceae	Yew Family	
<i>Taxus baccata</i>	Yew	Common in woods on Limestone

DICOTYLEDONS

Apiaceae	Carrot Family	
<i>Angelica sylvestris</i>	Wild Angelica	Leighton Moss, Foulshaw and Gait Barrows
<i>Anthriscus sylvestris</i>	Cow Parsley	Common
<i>Aegopodium podagraria</i>	Ground Elder	Common
<i>Conopodium majus</i>	Pignut	Haweswater, Latterbarrow & Whitbarrow
<i>Heracleum sphondylium</i>	Hogweed	Common
<i>Myrrhis odorata</i>	Sweet Cicely	Common - verges
<i>Sanicula europea</i>	Sanicle	River Kent
Aceraceae	Acer Family	
<i>Acer pseudoplatanus</i>	Sycamore	Common
<i>Acer campestre</i>	Field Maple	Common

Aquifoliaceae <i>Ilex aquifolium</i>	Holly Family Holly	Common, woodlands
Araceae <i>Arum maculatum</i>	Arum Family Lords and Ladies	Common, woodlands
Araliaceae <i>Hedera helix</i>	Ivy Family Ivy	Common
Asteraceae <i>Bellis perennis</i> <i>Cirsium arvense</i> <i>Cirsium palustre</i> <i>Eupatorium cannabinum</i> <i>Leucanthemum vulgare</i>	Daisy Family Daisy Creeping Thistle Marsh Thistle Hemp Agrimony Ox-eye Daisy	Common Common, pastures Common Gait Barrows and Latterbarrow Common
Betulaceae <i>Alnus glutinosa</i> <i>Betula pubescens</i> <i>Carpinus betulus</i> <i>Corylus avellana</i>	Birch Family Alder Downy Birch Hornbeam Hazel	Haweswater, Gait Barrows, Leighton Moss Common Gait Barrows Common, woodlands
Boraginaceae <i>Lithospermum officinale</i> <i>Myosotis arvensis</i> <i>Symphytum officinale</i>	Borage Family Common Gromwell Field Forget-me-not Common Comfrey	Latterbarrow & Gait Barrows Common Widespread
Brassicaceae <i>Cardamine pratensis</i>	Cabbage Family Cuckooflower	Haweswater and Leighton Moss
Caprifoliaceae <i>Lonicera periclymenum</i> <i>Sambucus nigra</i> <i>Viburnum opulus</i>	Honeysuckle Family Honeysuckle Elderberry Guelder Rose	Common, woodlands Common Gait Barrows & Leighton Moss
Caryophyllaceae <i>Cerastium fontanum</i> <i>Lychnis flos-cuculi</i> <i>Silene dioica</i>	Pink Family Common Mouse-ear Ragged Robin Red Campion	Common, grassland Leighton Moss Common
Cistaceae <i>Helianthemum nummularium</i>	Rock-rose Family Common Rock-rose	Latterbarrow, Whitbarrow & Gait Barrows
Clusiaceae <i>Hypericum perforatum</i> <i>Hypericum tutsan</i>	St John's Wort Family Perforate St. John's Wort Tutsan	Latterbarrow, Whitbarrow & Gait Barrows Gait Barrows
Ericaceae <i>Andromeda polifolia</i> <i>Calluna vulgaris</i> <i>Erica tetralix</i> <i>Vaccinium myrtillus</i> <i>Vaccinium oxycoccos</i>	Heather Family Bog Rosemary Heather Cross-leaved Heath Bilberry Cranberry	Foulshaw Foulshaw Sunbiggin, Foulshaw Haweswater, Foulshaw Foulshaw

Euphrasiceae*Mercurialis perennis***Spurge Family**

Dog's Mercury

Common, woodlands

Fabaceae*Anthyllis vulneraria**Cytisus scoparius**Lathyrus pratensis**Lotus coniculatus**Medicago lupulina**Trifolium pratense**Trifolium repens**Ulex europaeus**Vicia cracca**Vicia sativa***Pea Family**

Kidney Vetch

Broom

Meadow Vetchling

Birdsfoot Trefoil

Black Medick

Red Clover

White Clover

Gorse

Tufted Vetch

Common Vetch

Latterbarrow & Gait Barrows

Haweswater

Common

Latterbarrow, Whitbarrow & Gait Barrows

Gait Barrows & Whitbarrow

Common

Common

Haweswater

Foulshaw, Leighton and Gait Barrows

Common, roadsides and grasslands

Fagaceae*Fagus sylvatica**Quercus robur**Quercus petraea***Beach Family**

Beech

Pedunculate Oak

Sessile Oak

Fairly common

Common

Common

Geraniaceae*Geranium molle**Geranium dissectum**Geranium pratense**Geranium robertianum**Geranium sylvaticum***Crane's-bill Family**

Dovesfoot Crane's-bill

Cut-leaf Crane's-bill

Meadow Crane's-bill

Herb Robert

Wood Crane's-bill

Whitbarrow

Latterbarrow

Hedgerows and waysides

Common

Latterbarrow, Orton verges & Haweswater

Lamiaceae*Ajuga reptans**Lamium album**Lamium purpureum**Lycopus europaeus**Thymus polytrichus***Dead-nettle Family**

Common Bugle

White Dead-nettle

Red Dead-nettle

Gypsywort

Wild Thyme

Whitbarrow, Leighton Moss and Foulshaw

Latterbarrow and Gait Barrows

Latterbarrow

Leighton Moss

Latterbarrow & Whitbarrow

Myricaceae*Myrica gale***Bog-Myrtle Family**

Bog-Myrtle

Foulshaw

Oleaceae*Fraxinus excelsior***Olive Family**

Ash

Common

Onagraceae*Chamerion angustifolium***Willowherb Family**

Rosebay Willowherb

Common

Oxalidaceae*Oxalis acetosella***Wood Sorrel Family**

Wood Sorrel

Common, woodlands

Papaveraceae*Mecanopsis cambrica***Poppy Family**

Welsh Poppy

Common

Plantaginaceae*Plantago lanecolata**Plantago major***Plantain Family**

Ribwort Plantain

Greater Plantain

Common

Common

Polygonaceae*Persicaria bistorta***Knotweed Family**

Common Bistort

Roadsides & meadows

<i>Rumex acetosella</i>	Sheep's Sorrel	Haweswater
<i>Rumex acetosa</i>	Sorrel	Common
<i>Rumex hydrolapathum</i>	Great Water Dock	Leighton Moss
Primulaceae	Primrose Family	
<i>Primula veris</i>	Cowslip	Common
<i>Primula vulgaris</i>	Primroses	Common
<i>Primula farinosa</i>	Bird's-eye Primrose	Orton & Gait Barrows
Ranunculaceae	Buttercup Family	
<i>Anemone nemorosa</i>	Wood Anemone	Common, woodlands
<i>Aquilegia vulgaris</i>	Columbine	Latterbarrow, Foulshaw & Gait Barrows
<i>Caltha palustris</i>	Marsh Marigold	Sunbiggin Tarn and Leighton Moss
<i>Clematis vitalba</i>	Old Man's Beard	Whitbarrow
<i>Ranunculus acris</i>	Meadow Buttercup	Orton and Gait Barrows
<i>Ranunculus repens</i>	Creeping Buttercup	Common
<i>Ranunculus ficaria</i>	Lesser Celandine	Common, woodlands
<i>Thalictrum flavum</i>	Common Meadow-rue	Leighton Moss
Rhamnaceae	Rhamnus Family	
<i>Rhamnus cathartica</i>	Buckthorn	Gait Barrows
Rosaceae	Rose Family	
<i>Alchemilla vulgaris</i> agg	Lady's-mantle group	Haweswater, Whitbarrow and Latterbarrow
<i>Crataegus monogyna</i>	Hawthorn	Common
<i>Filipendula ulmaria</i>	Meadow Sweet	Foulshaw. Gait Barrows and Leighton Moss
<i>Fragaria vesca</i>	Wild Strawberry	Gait Barrows, Whitbarrow and Latterbarrow
<i>Geum rivale</i>	Water Aven	Orton, Haweswater, Foulshaw and Leighton Moss
<i>Geum urbanum</i>	Wood Aven	Common, woodlands
<i>Potentilla erecta</i>	Tormentil	Common
<i>Comarum palustre</i>	Marsh Cinquefoil	Foulshaw
<i>Prunus avium</i>	Wild Cherry	Common
<i>Prunus padus</i>	Bird Cherry	Latterbarrow woodlands
<i>Prunus spinosa</i>	Blackthorn	Common
<i>Rubus fruticosus</i>	Bramble	Common
<i>Rubus idaeus</i>	Raspberry	Latterbarrow & Gait Barrows
<i>Rubus saxatilis</i>	Stone Bramble	Whitbarrow
<i>Sanguisorba minor</i>	Salad Burnet	Whitbarrow, Latterbarrow & Gait Barrows
<i>Sanguisorba officinalis</i>	Great Burnet	Latterbarrow, Orton & Haweswater
<i>Sorbus aucuparia</i>	Rowan	Haweswater
<i>Sorbus aria</i>	Common Whitebeam	Common
Rubiaceae	Bedstraw Family	
<i>Galium saxatile</i>	Heath Bedstraw	Orton & Haweswater
<i>Galium sternerii</i>	Limestone Bedstraw	Whitbarrow
<i>Galium verum</i>	Lady's Bedstraw	Latterbarrow & Whitbarrow
<i>Galium odoratum</i>	Woodruff	Common, woodlands
<i>Galium aparine</i>	Common Cleavers	Common
Saliciaceae	Willow Family	
<i>Populus tremula</i>	Aspen	Haweswater
Scrophulariaceae	Figwort Family	
<i>Digitalis purpurea</i>	Foxglove	Common
<i>Pedicularis sylvatica</i>	Lousewort	Sunbiggin Tarn

<i>Rhinanthus minor</i>	Yellow-rattle	Whitbarrow, Gait Barrows and Latterbarrow
<i>Scrophularia nodosa</i>	Common Figwort	Gait Barrows, Leighton Moss and Latterbarrow
<i>Veronica chamaedrys</i>	Germander Speedwell	Whitbarrow & Latterbarrow
Solanaceae	Nightshade Family	
<i>Solanum dulcamara</i>	Woody Nightshade	Gait Barrows & Leighton
Tiliaceae	Lime Family	
<i>Tilia cordata</i>	Small-leaved Lime	Leighton Moss
Typhaceae	Bulrush Family	
<i>Typha latifolia</i>	Bulrush	Leighton Moss
Ulmaceae	Elm Family	
<i>Ulmus glabra</i>	Wych Elm	Shap Wells
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	Common
Valerianaceae	Valerian Family	
<i>Valeriana dioica</i>	Marsh Valerian	Orton, Foulshaw Moss and Leighton Moss
<i>Centhranthus ruber</i>	Red Valerian	Walls, rocks, cliffs and banks
Violaceae	Violet Family	
<i>Viola hirta</i>	Hairy Violet	Whitbarrow
<i>Viola riviniana</i>	Common Dog Violet	Gait Barrows, Whitbarrow and Latterbarrow

MONOCOTYLEDONS

Cyperaceae	Sedge Family	
<i>Carex digitata</i>	Fingered Sedge	Foulshaw
<i>Carex paniculata</i>	Greater Tussock Sedge	Leighton Moss
<i>Carex pendula</i>	Pendulous Sedge	Leighton Moss
<i>Carex nigra</i>	Common Sedge	Meathop Moss
<i>Eriophorum angustifolium</i>	Common Cottongrass	Foulshaw and Meathop Moss
<i>Eriophorum vaginiatum</i>	Hare's-tail Cottongrass	Foulshaw and Meathop Moss
<i>Schoenus nigricans</i>	Black Bog Rush	Orton
<i>Trichophorum germanicum</i>	Deer Grass	Haweswater
Iridaceae	Iris Family	
<i>Iris pseudacorus</i>	Yellow Flag Iris	Leighton Moss and Foulshaw
Juncaceae	Rush Family	
<i>Juncus effusus</i>	Soft Rush	Common, damp meadows, woods and grasslands
Liliaceae	Lily Family	
<i>Allium ursinum</i>	Ramsons	Common, woodlands
<i>Hyacinthoides non-scripta</i>	Bluebell	Common, woodlands
<i>Convallaria majalis</i>	Lily of the Valley	Whitbarrow and Gait Barrows
Nartheciaceae	Bog Asphodel Family	
<i>Narthecium ossifragum</i>	Bog Asphodel	Orton and Foulshaw
Orchidaceae	Orchid Family	

<i>Cypripedium calceolus</i>	Lady's Slipper	Gait Barrows and Levens
<i>Dactylorhiza fuschii</i>	Common Spotted-orchid	Common
<i>Dactylorhiza purpurella</i>	Northern Marsh-orchid	Orton
<i>Listera ovata</i>	Common Twayblade	Orton, Sandside, Whitbarrow & Latterbarrow
<i>Ophrys insectifera</i>	Fly Orchid	Sandside
<i>Orchis mascula</i>	Early Purple Orchid	Orton, Whitbarrow & Latterbarrow
<i>Platanthera chlorantha</i>	Greater Butterfly Orchid	Whitbarrow and Latterbarrow
<i>Coeloglossum viride</i>	Frog Orchid	Orton
<i>Epipactis atrorubens</i>	Dark Red Helleborine	Whitbarrow
<i>Pseudorchis albida</i>	Small White Orchid	Orton
Poaceae		
<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	Whitbarrow
<i>Briza media</i>	Quaking Grass	Whitbarrow
<i>Cynosorus cristatus</i>	Crested Dog's-tail	Latterbarrow
<i>Dactylis glomerata</i>	Cock's-foot	Common
<i>Molinia caerulea</i>	Purple Moor-grass	Orton
<i>Nardus stricta</i>	Mat-grass	Shap & Haweswater
<i>Phragmites australis</i>	Common Reed	Foulshaw and Leighton Moss
<i>Sesleria caerulea</i>	Blue Moor-grass	Whitbarrow, Gait Barrows & Orton
Grass Family		

Birds

Common name	Scientific name	Date: 3-6/6/21			
		3	4	5	6
Mute Swan	<i>Cygnus olor</i>		8		
Greylag Goose	<i>Anser anser</i>		✓		
Greater Canada Goose	<i>Branta canadensis</i>		✓		
Shelduck	<i>Tadorna tadorna</i>		5		
Gadwall	<i>Mareca strepera</i>		30+		
Mallard	<i>Anas platyrhynchos</i>	✓	✓	✓	✓
Pochard	<i>Aythya ferina</i>		✓		
Tufted Duck	<i>Aythya fuligula</i>		10		
Goosander	<i>Mergus merganser</i>		6	2	
Red-legged Partridge	<i>Alectoris rufa</i>			3	
Red Grouse	<i>Lagopus lagopus</i>			1	
Pheasant	<i>Phasianus colchicus</i>	3	✓	✓	
Little Grebe	<i>Tachybaptus ruficollis</i>		2		
Great Crested Grebe	<i>Podiceps cristatus</i>		3		
Cormorant	<i>Phalacrocorax carbo</i>	1	✓		
Little Egret	<i>Egretta garzetta</i>		8		1
Grey Heron	<i>Ardea cinerea</i>	1			
Osprey	<i>Pandion haliaetus</i>				2
Marsh Harrier	<i>Circus aeruginosus</i>		6		
Sparrowhawk	<i>Accipiter nisus</i>	1			
Red Kite	<i>Milvus milvus</i>			1	
Common Buzzard	<i>Buteo buteo</i>	✓	✓	✓	✓
Kestrel	<i>Falco tinnunculus</i>		✓	✓	
Moorhen	<i>Gallinula chloropus</i>		4		
Water Rail	<i>Rallus aquaticus</i>		H		1
Coot	<i>Fulica atra</i>		✓		

		Date: 3-6/6/21			
Common name	Scientific name	3	4	5	6
Oystercatcher	<i>Haematopus ostralegus</i>		✓		
Avocet	<i>Precurvirostra avosetta</i>		40+		
Ringed Plover	<i>Charadrius hiaticula</i>		1		
Lapwing	<i>Vanellus vanellus</i>	2			
Snipe	<i>Gallinago gallinago</i>		2	3	
Curlew	<i>Numenius arquata</i>	4			
Common Sandpiper	<i>Actitis hypoleucos</i>		1		1
Redshank	<i>Tringa totanus</i>		✓		
Mediterranean Gull	<i>Ichthyaetus melanocephalus</i>		2		
Black-headed Gull	<i>Chroicocephalus ridibundus</i>		✓	✓	
Common Gull	<i>Larus canus</i>		10		
Lesser Black-backed Gull	<i>Larus fuscus</i>		✓	✓	
Herring Gull	<i>Larus argentatus</i>		✓		
Great Black-backed Gull	<i>Larus marinus</i>		6		
Rock Dove / Feral Pigeon	<i>Columba livia</i>	✓	✓	✓	✓
Stock Dove	<i>Columba oenas</i>	3			
Woodpigeon	<i>Columba palumbus</i>	✓	✓	✓	✓
Collared Dove	<i>Streptopelia decaocto</i>	✓	✓	✓	✓
Cuckoo	<i>Cuculus canorus</i>	H	H	H	H
Swift	<i>Apus apus</i>	✓	✓	✓	✓
Green Woodpecker	<i>Picus viridis</i>		1		
Great Spotted Woodpecker	<i>Dendrocopos major</i>	2H			
Sand Martin	<i>Riparia riparia</i>	✓	✓	✓	✓
Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓
House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓
Tree Pipit	<i>Anthus trivialis</i>				3
Grey Wagtail	<i>Motacilla cinerea</i>	1		4	2
Pied Wagtail	<i>Motacilla alba</i>	✓	✓	✓	✓
Dipper	<i>Cinclus cinclus</i>				2
Wren	<i>Troglodytes troglodytes</i>	✓	✓	✓	✓
Dunnock	<i>Prunella modularis</i>	✓	✓	✓	
Robin	<i>Erithacus rubecula</i>	✓	✓	✓	✓
Redstart	<i>Phoenicurus phoenicurus</i>		4		
Stonechat	<i>Saxicola torquatus</i>				1
Wheatear	<i>Oenanthe oenanthe</i>			1	
Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓
Song Thrush	<i>Turdus philomelos</i>	2			
Mistle Thrush	<i>Turdus viscivorus</i>	H			
Blackcap	<i>Sylvia atricapilla</i>	✓	✓	✓	✓
Garden Warbler	<i>Sylvia borin</i>	H			
Whitethroat	<i>Sylvia communis</i>		✓		H
Chiffchaff	<i>Phylloscopus collybita</i>	✓	✓	✓	✓
Willow Warbler	<i>Phylloscopus trochilus</i>	✓	✓	✓	✓
Goldcrest	<i>Regulus regulus</i>	H		H	H
Spotted Flycatcher	<i>Muscicapa striata</i>			3	1
Pied Flycatcher	<i>Ficedula hypoleuca</i>		2		
Long-tailed Tit	<i>Aegithalos caudatus</i>	✓	✓	✓	✓
Bearded Tit	<i>Panurus biarmicus</i>				
Blue Tit	<i>Cyanistes caeruleus</i>	✓	✓	✓	✓

		Date: 3-6/6/21			
Common name	Scientific name	3	4	5	6
Great Tit	<i>Parus major</i>	✓	✓	✓	✓
Marsh Tit	<i>Poecile palustris</i>	3H	2		H
Nuthatch	<i>Sitta europaea</i>	✓	✓	✓	✓
Treecreeper	<i>Certhia familiaris</i>	H	1	H	
Jay	<i>Garrulus glandarius</i>	2	1		1
Magpie	<i>Pica pica</i>	✓	✓	✓	✓
Jackdaw	<i>Corvus monedula</i>	✓	✓	✓	✓
Rook	<i>Corvus frugilegus</i>	✓	✓	✓	✓
Carrion Crow	<i>Corvus corone</i>	✓	✓	✓	✓
Raven	<i>Corvus corax</i>			2	
Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓
House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓
Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓
Greenfinch	<i>Carduelis chloris</i>		2		3
Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓	✓
Siskin	<i>Carduelis spinus</i>	H	5	✓	✓
Linnet	<i>Carduelis cannabina</i>		✓	✓	✓
Lesser Redpoll	<i>Carduelis cabaret</i>			✓	✓
Bullfinch	<i>Pyrrhula pyrrhula</i>	3	✓	2	3
Reed Bunting	<i>Emberiza schoeniclus</i>		✓	3	2