

# Whales & Seabirds of Norway's Lofoten Islands

Naturetrek Tour Report

26 June – 1 July 2011

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Sperm Whale



White-tailed Eagle (Juvenile)



Atlantic Puffin

Report & Images compiled by Malcolm Stott



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Mavis Winter  
Alan Bevis  
Simon Wright  
Penny Wright  
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## Day 1

Sunday 26th June

Andøya, via Oslo and Evenes

Weather details: overcast and showery with some bright periods

After an early morning departure from Heathrow, via a quick transfer in Oslo, our flight landed at Evenes airport on time. Having collected the two cars and made a brief stop at a service station to buy sandwiches we headed for the spectacular Tjeldsundbrua where we had lunch. The journey to Andøya took us through some very scenic coastal and mountain scenery. We made several stops en route, the most spectacular being the graceful (steep) Risøyhamn Brua before eventually arriving at Marmelkroken, our accommodation for the first 3-nights. The family run guesthouse was set in idyllic countryside with spectacular views all round. We had wetlands and distant mountains views to the rear, along with a beautiful wooded valley, complete with a pair of nesting White-tailed Eagles, to the front. Malcolm gave a short briefing after which we enjoyed a delicious supper of salmon before we gladly retired to recover from a full day of travelling and to dream in anticipation of the days that lay ahead.

## Day 2

Monday 27th June

Pelagic, Whale-watching and Eagle cruise

Weather details; cloudy becoming sunny mid-afternoon

We arrived at Andenes just in time for the 'rescheduled' whale-watching cruise and after some initial confusion we were soon on board M/S Reine heading out of the harbour, our destination the Bleiksøya canyon on the edge of the Continental Shelf. Although the Arctic Ocean had an uncomfortable swell this morning, the rewards at the end of our 20km sailing were well worth a little discomfort. We had some incredible views of 4 Sperm Whales; two were close to the boat and one extremely close! We stayed with the whales for about 90 minutes, enjoying every breathtaking (both whales and us) moment. This was truly a magical encounter, normally male Sperm Whales have a solitary life during the brief summer months and to have 4 together was very special. For some, a brief glimpse of a Minke Whale was an extra bonus.

After more than 3-hours at sea the ships engines suddenly vibrated into action and the funnel emitted a plume of smoke as the ship started to head back to the harbour. During the return journey the crew served hot soup with delicious bread rolls which was very welcome and much appreciated. In the harbour, amongst clouds of gulls, we saw several Glaucous Gulls before disembarking. Back on shore we 'mistakenly' visited an exhibition on the Northern Lights before going to our intended venue of the Whale-watching museum!

Before leaving Andenes Malcolm managed to get a local weather report and it was not favourable. The fine spell of weather was due to break the following day, so we decided to combine our journey back to Marmelkroken with an Eagle cruise, should that be possible. Our arrival at the picturesque harbour in Bleik proved timely since M/V Laura was just returning to her moorings and the captain agreed to take us on a private cruise. Leaving the harbour the coastal scenery was dramatic and in no time at all we were fast approaching Bleiksøya with its apron of Puffins on the water and myriads more swirling through the blue sky. Local geomorphology makes this area unique and ideal for breeding seabirds; the sea is shallow due to post-glacial land-uplift and the close proximity of the Gulf Stream washes shoals of small fish onto it making ideal feeding grounds. This abundance of nesting seabirds does not escape the attentions of the local Arctic Skuas and White-tailed Eagles and provides some spectacular birdwatching. We watched several attacks on the Puffins by skuas while the eagles soared and played at talon grappling, as many as 14 airborne together. All told there were about 30 eagles present on or around this conical lump of granite and we felt very privileged to have witnessed this spectacle. Other auks, such as Razorbills and Guillemots, were also present, but in far fewer numbers than the 120,000 pairs of Puffins! Before returning to Bleik, after 2-hours of mesmerising birdwatching, Eve was lucky being the only one to see the high arctic speciality, a Brunnich's Guillemot!

The dramatic coastal landscape was bathed in wonderful evening-sunlight as we travelled back to Marmelkroken just in time for another home-cooked supper. A double birdlog followed our traditional Norwegian meal before time to sit, relax and unwind on the veranda overlooking the wetlands and enjoy the warmth of the sun. Some stayed up until midnight (or should that be 1 am) to see the midnight sun!

## Day 3

Tuesday 28th June

### Andøya

#### Weather details; sunny becoming overcast by lunch with showers late afternoon

After a full-day of activities yesterday, this morning we had time to enjoy the wonderful coastal scenery at a more leisurely pace. The old traditional land-management practice of transhumance (closing small fields close to the farm in summer for hay production, while grazing animals at higher pasture on the hills) was still evident, albeit some of the hay-meadows had long been abandoned and now turning to scrub. This riotous colour of wildflower meadows and roadside verges will be a lasting memory.

During our first stop, in a roadside lay-by, near Nøss we found some scarce plants including several spikes of Corralroot Orchid and Twinflower while a raucous Raven circled overhead. On another of our frequent stops to either scan the sea for birds or botanise we saw a pair of playful Common Seals quite close. Turning off the main road just north of Stave we followed a hard-track with blanket bog on either side. We saw Golden Plovers, their plaintive calls drifting across the heath. Simon spotted a raptor, which was almost certainly a Merlin, but the bird disappeared before he had chance to scope it!

Amongst the wetland plants we managed to find Oblong-leaved Sundew, Northern Marsh and Heath Spotted Orchids, Scottish and Bog Asphodel. The northern wet-heath speciality Bog Rosemary was also very plentiful.

Just before Bleik we turned off the main road again to follow a track which took us to a small car-parking area where we continued on foot. We found numerous spikes of Lesser-butterfly Orchid, a single Round-leaved Wintergreen and Cloudberry in profusion, both in flower and fruit.

Lunch today was overlooking a small, perhaps one of the most northerly Gannet colonies and found an Atlantic Grey Seal before going into Andenes for a comfort stop. In town we stopped by a lake, watched a pair of Redshank with young, and found Coot breeding. We travelled back along the east coast of Andøya stopping frequently to look for birds. On one such stop by the 'round' church at Dverberg we were rewarded with memorable views of a dog Otter as it ran across the sandy shore. Although the Otter vanished before all of the group could see it, it did however reappear later and we all watched it for some time as it swam reasonably close feeding and caught what was perhaps, a Butterfish which it devoured.

It was our intention to take a walk on the wet-heath at Å, but the rain was continual by late afternoon so we decided to return to Marmelkroken via the mountain road. Sadly, this was to be our last night at Marmelkroken and with an early start and a long drive ahead of us the following day we all retired early after dinner to pack.

## Day 4

Wednesday 29th June

### Lofoten

Weather details; generally overcast, with occasional sunny intervals late afternoon

We bade farewell to our hosts at Marmelkroken, who had made us feel most welcome, and began our long drive south this morning. A day to sit back and relax, to enjoy being where we were on a route that took us through some of the most spectacular and breathtaking scenery imaginable; the tarmac snaked a path along picturesque fjords, tunnelled through high dramatic mountains and arced across long-sweeping bridges that joined islands together. By late morning we had arrived in the beautiful fishing hamlet of Kabelvåg where we enjoyed coffee overlooking the harbour, where Derek later found some very pretty sea anemones, perhaps of the *Actinia equine* family?

We visited Henningsvær, often described as 'Venice of the North' and enjoyed a stroll around the narrow streets with plentiful galleries and watched artisans blowing-glass before leaving for lunch just outside town. By late afternoon we had arrived at the 'Viking' Museum, where the main attraction was the replica 'longhouse' that had been constructed on an original site. For some a walk was irresistible, after sitting for so long, and managed to add a singing Brambling, Bullfinch and Short-eared Owl all new to the bird-list. Just when you think the scenery cannot possibly get any better, it somehow manages to excel and you have run out of superlatives! The last part of our journey, across Lofoten, and the scenery was like that straight out of a fairy-tale; you wouldn't have been at all surprised to see a Troll sat by the road! Neither would you expect to see sheep grazing on a turf roof!

We finally arrived at Reine and the setting was awesome, where very imposing, craggy granite mountains overlooked the harbour and tiny rusty-red house on stilts hugged the shores. This was going to be a very special and magical place for our last two nights.

We had enough time for a quick photo before dragging ourselves away to continue down the hill to the Rorbuer. After a frustrating delay over arrangements for dinner, we eventually enjoyed a supper of Smoked Cod in the traditional restaurant.

## Day 5

Thursday 30th June

Lofoten

Weather details; cloudy with sunny periods

The day began with a leisurely start. After breakfast we simply took time out to enjoy the moment and absorb the atmosphere of this remarkable place. We reconvened at 11am to retrace the last part of our drive back to Flakstadpollen, perhaps the most impressive scenery we had encountered on our drive. At the bay we had time for a walk on the beach where we saw a pair of very confiding Arctic Skuas and found Arctic Terns nesting on the white sands, while Malcolm and Ailsa prepared a picnic lunch. You simply cannot escape White-tailed Eagles on the Lofotens they are everywhere; one flying over during lunch provided a reminder, if we needed one!

The afternoon drive back to Å was stunning. At the village we abandoned the bus for a stroll to the headland where the orchid spangled grasslands provided a beautiful foreground to an 'Å-some' coastal scenery of high, dark jagged mountains that raised perpendicular from a cobalt-blue ocean! For our final supper at Reine Rorbuer we enjoyed Arctic Charr, whilst absorbing the charming atmosphere of this traditional Norwegian restaurant.

## Day 6

Friday 1st July

Lofoten - UK

Weather details; cloudy with showers afternoon

After an early morning stroll the luggage was packed on board the buses before breakfast. We said goodbye to Penny and Simon, who continued on with their holiday in Norway, and finally departed Reine for the ferry terminal. On board the ferry we settled down for the 4-hr crossing, the sea was very calm and we watched the 'wall of granite' slowly disappear beyond the horizon, like some ancient sea-serpent. Our transfer to the airport at Bodø didn't take too long and once inside the terminal building we checked-in for our UK flight. We gathered by the luggage carousel at Heathrow to collect our cases before saying our farewells and melting into the crowd for our onward journey home.

Thank you all for your good spirits and patience throughout the tour. We hope your images rekindle many of the magical experiences we shared together in the Lofoten Islands!

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## Species Lists

Birds (H = heard only)

	Common name	Scientific name	June/July					
			26	27	28	29	30	1
1	Great-northern Diver	<i>Gavia immer</i>		1				
2	Red-throated Diver	<i>Gavia stellata</i>				1		
3	Slavonian Grebe	<i>Podiceps auritus</i>				4		
4	Northern Fulmar	<i>Fulmaris glacialis</i>	20	✓	✓			✓
5	Northern Gannet	<i>Sula bassana</i>		3	250			1
6	Great Cormorant	<i>Phalacrocorax carbo</i>	12	✓	60	✓		✓
7	European Shag	<i>Phalacrocorax aristotelis</i>		✓	✓	✓	✓	✓
8	Grey Heron	<i>Ardea cinerea</i>	3	2		1		
9	Whooper Swan	<i>Cygnus Cygnus</i>	2	5	45	3		
10	Pink-footed Goose	<i>Anser brachyrhynchus</i>				6		
11	Eurasian Wigeon	<i>Anas Penelope</i>			25			
12	Eurasian Teal	<i>Ansa crecca crecca</i>	6		10			
13	Mallard	<i>Anas platyrhynchos</i>	✓	2	✓	✓	✓	
14	Tufted Duck	<i>Aythya fuligula</i>			12	10		
15	Eider	<i>Somateria mollissima</i>	✓	✓	✓	✓	✓	✓
16	Goosander	<i>Mergus merganser</i>	20	20	12	✓	✓	✓
17	Red-breasted Merganser	<i>Mergus serrator</i>	4	4	20	✓		
18	Coot	<i>Fulica atra</i>		4				
19	Willow Ptarmigan	<i>Lagopus lagopus</i>				1		
20	White-tailed Eagle	<i>Haliaeetus albicilla</i>	3	33	7	6	5	
21	Common Kestrel	<i>Falco tinnunculus</i>					2	2
22	Merlin	<i>Falco columbarius</i>			?			
23	Eurasian Oystercatcher	<i>Haematopus ostralegus</i>	✓	✓	✓	✓	✓	✓
24	Lapwing	<i>Vanellus vanellus</i>	2	1	1			
25	Eurasian Golden Plover	<i>Pluvialis apricaria</i>			4			
26	Ringed Plover	<i>Charadrius hiaticula</i>		1	2			
27	Common Snipe	<i>Gallinago gallinago</i>	2	1	2		1	
28	Woodcock	<i>Scolopax rusticola</i>			1			
29	Eurasian Curlew	<i>Numenius arquata</i>	3	6	10	✓	1	
30	Common Redshank	<i>Tringa totanus</i>	13	6	✓	✓	✓	
31	Arctic Skua	<i>Stercorarius parasiticus</i>	1	6	6	2	2	1
32	Common Gull	<i>Larus canus</i>	✓	✓	✓	✓	✓	✓
33	Glaucous Gull	<i>Larus hyperboreus</i>		12	1			
34	Greater Black-backed Gull	<i>Larus marinus</i>	✓	✓	✓	✓	✓	
35	Herring Gull	<i>Larus argentatus</i>	✓	✓	✓	✓	✓	✓
36	Lesser Black-backed Gull	<i>Larus fuscus graellsii</i>	✓	✓	✓	✓		✓
37	Black-headed Gull	<i>Larus ridibundus</i>	✓	✓	1	✓		
38	Black-legged Kittiwake	<i>Rissa tridactyla</i>		✓	✓	✓	✓	✓
39	Common Tern	<i>Sterna hirundo</i>					1	1
40	Arctic Tern	<i>Sterna paradisaea</i>	2	3	1	6	✓	
41	Common Guillemot	<i>Uria aalge</i>		50				
42	Brunnich's Guillemot	<i>Uria lomvia</i>		1				
43	Razorbill	<i>Alca torda</i>		20				
44	Black Guillemot	<i>Cephus grylle</i>		6	3	4	3	1
45	Atlantic Puffin	<i>Fratercula arctica</i>		✓				✓
46	Feral Pigeon	<i>Columbia livia</i>					✓	✓
47	Common Cuckoo	<i>Cuculus canorus</i>	H	H	H	H		

	Common name	Scientific name	June/July					
			26	27	28	29	30	1
48	Short-eared Owl	<i>Asio flammeus</i>				1		
49	Barn Swallow	<i>Hirundo rustica rustica</i>	1	1	1	6		
50	Meadow Pipit	<i>Anthus pratensis</i>	✓	✓	✓	✓	✓	✓
51	Rock Pipit	<i>Anthus petrosus</i>					1	1
52	White Wagtail	<i>Motacilla alba</i>	10	12	6	✓	✓	✓
53	Song Thrush	<i>Turdus philomelos</i>			1	1	1	
54	Redwing	<i>Turdus iliacus</i>			1	1	1	✓
55	Fieldfare	<i>Turdus pilaris</i>	3	✓2	12	✓	✓	✓
56	Eurasian Blackbird	<i>Turdus merula</i>				1	1	2
57	Ring Ouzel	<i>Turdus torquatus</i>						1
58	Whinchat	<i>Saxicola rubetra</i>			1			
59	Stonechat	<i>Saxicola torquata</i>		1				
60	Northern Wheatear	<i>Oenanthe oenathe</i>	1	2	2	2	1	
61	Sedge Warbler	<i>Acrocephalus schoenobaenus</i>			1	1		
62	Whitethroat	<i>Sylvia communis</i>			1			
63	Blackcap	<i>Sylvia atricapilla</i>					2	
64	Willow Warbler	<i>Phylloscopus trochilus</i>	✓	✓	✓	✓	✓	✓
65	Common Chiffchaff	<i>Phylloscopus collybita</i>				H		
66	Pied Flycatcher	<i>Ficedula hypoleuca</i>	1					
67	Great Tit	<i>Parus major</i>			1			1
68	Eurasian Magpie	<i>Pica pica</i>	40	20	6	✓	✓	✓
69	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓
70	Common Raven	<i>Corvus corax</i>		2	1	2	2	2
71	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓	✓
72	House Sparrow	<i>Passer domesticus</i>	✓		6	✓	✓	✓
73	Brambling	<i>Fringella montifringilla</i>				1		
74	Greenfinch	<i>Carduelis choris</i>		6	1		6	4
75	Goldfinch	<i>Carduelis carduelis</i>		1				
76	Common Redpoll	<i>Carduelis flammea</i>	2		15	2	40	10
77	Eurasian Siskin	<i>Carduelis spinus</i>	2		2	1	2	
78	Bullfinch	<i>Pyrrhula pyrrhula</i>				2		
79	Reed Bunting	<i>Emberiza schoenicus</i>			1	1		
80	Snow Bunting	<i>Plectrophenax nivalis</i>		1				

## Mammals

1	Otter	<i>Lutra lutra</i>			1	2		
2	Sperm Whale	<i>Physeter macrocephalus</i>		4				
3	Minke Whale	<i>Balaenoptera acutorostrata</i>		1				
4	Common Seal	<i>Phoca vitulina</i>	4	2	2			
5	Atlantic Grey Seal	<i>Halichoerus grypus</i>			1		1	

## Vascular plants

RN Species with very restricted distribution in Britain, largely montane

N Species that occur very largely in northern Britain or in mountains.

## Clubmosses, horsetails and ferns

- N Fir Clubmoss *Huperzia selago*
- Water Horsetail *Equisetum fluviatile*
- Marsh Horsetail *E. palustre*
- Field Horsetail *E. arvense*
- Beech Fern *Phegopteris connectilis*

**Conifers**

- N Juniper *Juniperus communis* ssp *alpine*

**Buttercups**

- Meadow Buttercup *Ranunculus acris*  
 Creeping buttercup *R. Repens*  
 Monkshood *Aconitum napellus* - only seen at Reine

**Birches**

- Downy Birch *Betula pubescens*

- N Dwarf Birch *B. nana*

**Chickweeds,ampions etc**

- RN Arctic Sandwort *Arenaria norvegica*  
 Sea Sandwort *Honckenya peploides*  
 RN Mountain Sandwort *Minuartia rubella*  
 Common Chickweed *Stellaria media*  
 Creeping Pearlwort *Sagina procumbens*  
 RN Sea Campion *Silene uniflora*  
 Red Campion *S. vulgaris*

**Bistorts, docks etc**

- N Alpine Bistort *Persicaria vivipara*  
 Sheep Sorrel *Rumex acetosella*  
 N Mountain Sorrel *Oxyria digyna*

**Thrifts**

- Thrift *Armeria maritime*

**Violets**

- Wild Pansy *Viola tricolour*

**Willowherb**

- Rosebay Willowherb *Epilobium angustifolium*  
 Alpine Willowherb *E. anagallidifolium*

**Dogwood family**

- Dwarf Cornel *Cornus suecica* - widespread

**Willows and poplars**

- N Dwarf Willow *Salix herbacea*  
 RN Woolley Willow *S. lanata*  
 N Tea-leaved Willow *S. phylicifolia*

**Cresses**

- Arctic Scurvy Grass *Cochlearia groenlandica*  
 N Northern Rockcress *Cardaminopsis petraea*  
 N Polar Cress *Cardamine nymanii*  
 RN Alpine Rockcress *Arabis alpiuna*  
 N Hoary Whitowgrass *Draba incana*  
 Shepherd's Purse *Capsella bursa-pastoris*  
 N Sea Rocket *Cakile arctica*

**Sundew**

- Common Sundew *Drosera rotundifolia*  
 Oblonged-leaved Sundew *Drosera intermedia*

**Heathers**

- N Bearberry *Arctostaphylos uva-ursi*  
 Heather *Calluna vulgaris*  
 N Bog Bilberry *Vaccinium uliginosum*  
 Bilberry *V. Myrtillus*  
 Cranberry *V. oxycoccos*  
 N Crowberry *Empetrum heraphroditum/nigrum*  
 RN Cloudberry *Rubus chamaemorus*

**Primerose family**

- Cowslip *Primula veris*

**Stonecrops**

- N Roseroot *Sedum rosea*

	English Stonecrop <i>S. anglicum</i>	
<b>Saxifrage</b>		
N	Starry Saxifrage <i>Saxifraga stellaris</i>	- only seen at Nøss(?)
N	Arctic Saxifrage <i>Saxifraga nivalis</i>	- only seen at Nøss(?)
RN	Purple Saxifrage <i>Saxifraga oppositifolia</i>	- only seen at Nøss
<b>Parnassus</b>		
	Grass of Parnassus <i>Parnassus palustris</i>	- only seen at Risøyhamn
<b>Rose family</b>		
	Meadowsweet <i>Filipendula ulmaria</i>	
N	Alpine Cinquefoil <i>Potentilla crantzii</i>	
	Marsh Cinquefoil <i>Potentilla palustris</i>	
	Water Avens <i>Geum rivale</i>	
	Alpine Lady's-mantle <i>Alchemilla alpine</i>	
	Lady's-mantle <i>A. filicaulis</i>	
	Mountain Ash <i>Sorbus aucuparia</i>	
<b>Clovers and vetches</b>		
	Kidney Vetch <i>Athyllis vulneraria</i>	
	Red Clover <i>Trifolium pratense</i>	
	White clover <i>T. repens</i>	- introduced leys
<b>Geranium</b>		
	Wood Cranesbill <i>Geranium sylvaticum</i>	- widespread
	Herb Robert <i>G. Robertianum</i>	- common on Lofotens
<b>Milkwort family</b>		
	Common Milkwort <i>Polygala vulgaris</i>	
<b>Carrot family</b>		
	Cow Parsley <i>Anthriscus sylvestris</i>	- introduced (potential conservation threat?)
	Pignut <i>Conopodium majus</i>	
	Sweet Cicely <i>Myrrhis odorata</i>	- frequent around farms; introduced
	Garden Angelica <i>Angelica archangelica</i>	- abundant
<b>Wintergreen family</b>		
	Round-leaved Wintergreen <i>Pyrola rotundifolia</i>	- only seen at Bleik
<b>Bogbean family</b>		
	Bogbean <i>Menyanthes trifoliata</i>	- widespread in pools
<b>Borage family</b>		
	Borage <i>Borago officinalis</i>	- only seen at Reine
	Field Forget-me-not <i>Myosotis arvensis</i>	
	Oyster Plant <i>Mertensia maritime</i>	- only seen at Nøss
<b>Deadnettle and mint family</b>		
	Wild Thyme <i>Thymus polytrichus</i> (praecox)	- widespread & abundant
	White Dead-nettle <i>Laminum album</i>	
<b>Mare's-tail</b>		
	Mare's-tail <i>Hippuris vulgaris</i>	- widespread
<b>Plantains</b>		
	Sea Plantain <i>Plantago maritime</i>	- widespread
<b>Figwort family</b>		
	Northern Yellow Rattle <i>Rhinanthus groelandicus</i>	- common, especially in damp flushes
<b>Butterworts</b>		
	Common Butterwort <i>Pinguicula vulgaris</i>	- widespread in flushes
<b>Bedstraws</b>		
N	Northern Bedstraw <i>Galium boreale</i>	- widespread
	Lady's Bedstraw <i>G. verum</i>	- widespread
<b>Valerians</b>		
	Common Valerian <i>Valeriana officinalis</i>	- widespread
<b>Honeysuckle</b>		
RN	Twinflower <i>Linnaea borealis</i>	- only seen at Nøss
<b>Teasel family</b>		
	Devilbit Scabious <i>Succisa pratensis</i>	- only found at Å

**Bellflowers**

Harebell *Campanula rotundifolia* - widespread

**Daisy family**

- Autumn Hawkbit *Leontodon autumnalis* - common (not to be mistaken for Cat's ear *Hypochoeris radicata*)
- N Dandelion *Taraxacum spectabile* group - several species
- Hawkweed *Hieracium* spp. - widespread
- Scentless Mayweed *Tripleurospermum inodorum* - widespread
- Ox-eye Daisy *Leucanthemum vulgare*
- Ragwort *Senecio jacobaea*
- N Melancholy Thistle *Cirsium dissectum* - widespread
- Smooth Sow-thistle *Sonchus oleraceus*

**Orchids**

- Northern Marsh Orchid *Dactylorhiza traustei* - common and widespread
- Heath Spotted Orchid *D. maculata* - widespread
- Lesser Butterfly Orchid *Platanthera bifolia* - only seen at Bleik
- White Frog Orchid *Pseudorchis albida* - only seen at Å
- Corralroot Orchid *Corallorhiza trifida* - several spikes at Nøss

**Rush family**

- N Three-leaved Rush *Juncus trifidus* - widespread on heaths
- Heath Woodrush *Luzula multiflora* - widespread

**Sedge family**

- Common Cottongrass *Eriophorum angustifolium* - widespread
- Carnation Sedge *Carex panacea* - uncommon
- Bottle Sedge *C. rostrata* - common

**Grasses**

- Arctic Fesuce *Festuca richardsonii* - widespread & abundant

**Lily family**

- N Scottish Asphodel *Tofieldia pusilla* - widespread & frequent
- Bog Asphodel *Narthecium ossifragum*

**Arum family**

- Moonwort *Botrychium lunaria* - seen at Nøss

**Summary**

Species recorded (not necessarily inclusive)	108
Rare in Britain with a northern distribution	8
Northern or montane distribution in Britain	23

**References**

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