

The Lakes & Fells – Wildlife of England's North-West

Naturetrek Tour Report

28 – 31 May 2015



Herb Paris



Black-tailed Godwits, Leighton Moss



Slow Worm



Lapwing

Report and images compiled by David Morris



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Day 1

Thursday 28th May

After meeting at midday at our hotel on the edge of Grange-over-Sands, we headed a short way around the northern edge of Morecambe Bay to Roudsea Wood and Mosses National Nature Reserve. From the car park we went a short way through the limestone woodland finding Herb Paris (*Paris quadrifolia*) and listening to a range of warblers in song including Chiffchaff, Willow Warbler and Blackcap. As we moved out onto the bog, Tree Pipits sang as they performed their parachute display, Common Swift flew around us, and a male Stonechat was perched on a dead tree. The rare peat bog habitat had a good range of ericaceous shrubs along with carnivorous Round-leaved Sundew (*Drosera rotundifolia*) and Bog Myrtle (*Myrica gale*) - food plant of the rare Rosy Marsh Moth that occurs at Roudsea. Further on into the bog we observed a bulky Osprey nest in the top of a large pine with the female visible and sat brooding her clutch of eggs. The male was perched close to the nest and preening in a tree, allowing us good views through the telescope.

From the bog we explored the woodland, finding a pair of Garden Warblers, Large Yellow Sedge (*Carex flava*) and Slow Worm. As we reached the minibus a brief rain shower passed overhead, so we drove towards the Mearness peninsular to avoid the downpour before walking out on the edge of the Leven Estuary. Large numbers of Shelduck fed out on the sand flats and Goosanders fished for flounders in the Leven channel. As we returned we observed several pairs of Lapwing nesting in an adjacent cereal field, some sat tight on nests whilst others displayed and mobbed passing crows as their chicks wandered around in muddy pools. With the evening drawing in, we headed back to the hotel to enjoy an evening meal and hear about the plans for the next few days.

Day 2

Friday 29th May

After a filling breakfast and with the early morning rain clearing out, we set off across the Kent Estuary en route to the Arnside and Silverdale Area of Outstanding Natural Beauty. We paused for a brief stop outside the village of Sandside where we explored a section of environmentally managed roadside verge finding a good display of Common Twayblade (*Neottia ovata*), Common Spotted Orchid (*Dactylorhiza fuchsii*) and Fly Orchid (*Ophrys insectifera*). 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 bird feeding station behind the visitor centre getting excellent views of Nuthatch, Marsh Tit and Bullfinch amongst the commoner species, and hearing Cetti's Warbler singing in the wetland scrub. From here we moved out along the causeway across the centre of the large reedbed, finding Reed Bunting and Reed Warbler singing from the reeds. We entered the public hide overlooking the eastern reserve pools where Black-headed Gulls were busy nest building in front of us as Pochard and Tufted Duck fed in the shallow water. We observed a female Marsh Harrier quartering the wetland and causing much alarm with the local gulls mobbing it, thermalling Common Buzzard, and a Sparrowhawk that dashed into the reeds to pluck out a small passerine.

We moved from public hide to Lillian's Pool and hide noting more Marsh Harriers, Gadwall, Shoveler and Sedge Warbler. We enjoyed lunch at the visitor centre café with its delicious home cooked food and cakes, made famous by Chris Packham on BBC Autumnwatch. After lunch we made our way to the western edge of the reedbed noting a Wren feeding young at the nest before visiting Grizedale Hide overlooking Grizedale Pools. On the pools we

found a nice flock of Black-tailed Godwit, many birds coming into their brick red breeding plumage, along with fly over Little Egret and Lapwings.

By early afternoon we headed to the coastal saltmarsh where we visited the Eric Morecambe Hide overlooking the saline pools with numerous islands that contained a thronging Black-headed Gull colony. Within the gulls we found several pairs of Avocets, one near pair had a newly emerged chick that was wading about with the adults in the shallows. On the lagoons we also found Wigeon, Pintail and a couple of immature Mediterranean Gulls.

With a good afternoon of weather in store for us, we finished the day by visiting the rare and important limestone pavement and woodland habitats of the adjacent Gait Barrows National Nature Reserve. We explored the network of rides and glades finding Lancaster Whitebeam (*Sorbus lancastriensis*), Stinking Hellebore (*Helleborus foetidus*), Dingy Skipper and the day flying Cistus Forester and Yellow Speckled Moths. Unfortunately, due to the late spring this year, both Duke of Burgundy and Pearl-bordered Fritillary couldn't be found as they hadn't quite started to emerge. To make up for this however we found several clumps of Lady's Slipper Orchid (*Cypripedium calceolus*) in the peak of flowering perfection that are part of the conservation programme for this species in Northern England. After a thoroughly enjoyable day we headed back to the hotel to enjoy our evening meal with spectacular views across Morecambe Bay towards the flat topped peak of Ingleborough.

Day 3

Saturday 30th May

With a promising dry day forecast we set off around the bay to explore the woodlands and hills of the Forest of Bowland Area of Outstanding Natural Beauty. We started off within the upland Oak and Ash woodlands of Littledale that were carpeted in Bluebells (*Hyacinthoides non-scripta*) and Ramsoms (*Alium ursinum*) with its distinct pungent garlic odour. Garden Warbler, Willow Warbler and Chiffchaff were all in full song in the morning sunshine. In an area of scrubby pasture we found a stunning male Common Redstart in full song on top of a hawthorn.

We climbed out of the valley bottom onto the open moor and pastures that were alive with singing Skylark and displaying breeding waders. Numerous pairs of Curlew, Lapwing and Oystercatcher were foraging and looking out for their chicks in the roadside pasture giving us superb views. Common Snipe called from within a rush bed. We drove out of Littledale and over into Roeburndale where we headed down another picturesque valley full of waders within the fields either side of the road. At the bottom of the valley we explored another area of Oak woodland utilised by Pied Flycatcher and a brief view was had by David as a female entered a nest box.

Lunch was enjoyed at a popular café in the village of Wray before we headed into the centre of the Bowland fells via the scenic Trough of Bowland, seeing yet more waders along with Red Grouse and getting extensive views, seeing far off landmarks like Blackpool Tower and the hills of North Wales. For the remainder of the afternoon we explored the Langden Valley on foot by following the track that runs parallel to the river up the valley. The broad gravel river channel was frequented by family groups of Grey Wagtail with their recently fledged young, along with a number of Common Sandpipers that breed in the valley bottom. Large groups of hirundines flew around catching insects over the river, Meadow Pipits were busy displaying, and Stonechat foraged for insects in a nearby bracken bed. As the afternoon started to draw in, we headed down the valley before making our way back to the hotel through the scenic north Lancashire and Cumbrian countryside for dinner.

Day 4

Sunday 31st May

We woke to a damp morning, but the clouds soon started to lift as we ate our breakfast with panoramic views overlooking the estuary. Our first stop of the morning was at Foulshaw Moss where we walked along a boardwalk on the restored lowland raised bog. The bog surface was wet and covered with a range of classic bog flora including Bog Rosemary (*Andromeda polifolia*), Cross-leaved Heath (*Erica tetralix*) and delicate pink-flowered Cranberry (*Vaccinium oxycoccos*) that scrambled over the *Sphagnum* moss hummocks. At the end of the boardwalk we overlooked our second Osprey nest for the trip, another huge construction in the top of a pine in the centre of the bog, with the female visible incubating her clutch. Tree Pipits displayed, parachuting onto dead trees, and Reed Bunting obligingly sang from a close by birch sapling.

By mid-morning we headed across the main road for a walk around Latterbarrow, a sheltered woodland and species-rich grassland on Limestone outcrops below the lofty Whitbarrow Scar. Due to the late spring and cool day, chances of key butterfly species were limited, and it was also interesting to note how late many of the wildflowers were with some of the orchid species barely showing their basal rosettes. Royal blue drifts of Columbine (*Aquilegia vulgaris*) adorned the banks and with a bit of searching we found Fly Orchid (*Ophrys insectifera*), Greater Butterfly Orchid (*Platanthera chlorantha*) and some late-flowering Early Purple Orchid (*Orchis mascula*). Blackcap, Mistle Thrush and Bullfinch were added to the daily bird list.

With sunshine breaking out by late morning, we headed down to shores of the Kent Estuary with sweeping views across the bay and up the Lyth Valley to some of the Lake District high central fells. Breeding Lapwing, Oystercatcher and Redshank were in a number of pastures and spring cereal fields and on the estuary we noted Little Egret, Shelduck, Moorhen and Sedge Warbler. With a cool wind blowing up the bay and midday fast approaching, we headed to the quaint Strickland Arms pub for an enjoyable lunch, before heading back to the hotel to pick up our luggage, say our goodbyes and depart on our onward journeys home.

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Species Lists

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

	Common name	Scientific name	May			
			28	29	30	31
1	Mute Swan	<i>Cygnus olor</i>		15		6
2	Greylag Goose	<i>Anser anser</i>		40+	10	30+
3	Canada Goose	<i>Branta canadensis</i>	10	2		
4	Common Shelduck	<i>Tadorna tadorna</i>	20-30	15		20+
5	Gadwall	<i>Anas strepera</i>		30		
6	Mallard	<i>Anas platyrhynchos</i>	✓	✓	✓	✓
7	Shoveler	<i>Anas clypeata</i>		10		
8	Wigeon	<i>Anas penelope</i>		2		
9	Pintail	<i>Anas acuta</i>		1		
10	Teal	<i>Anas crecca</i>		10+		
11	Pochard	<i>Aythya ferina</i>		6		
12	Tufted Duck	<i>Aythya fuligula</i>		15+		
13	Goosander	<i>Mergus merganser</i>	3			
14	Red-legged Partridge	<i>Alectoris rufa</i>			10	
15	Pheasant	<i>Phasianus colchicus</i>	✓	✓	✓	✓
16	Red Grouse	<i>Lagopus lagopus</i>			2	
17	Great Crested Grebe	<i>Podiceps cristatus</i>		2		
18	Cormorant	<i>Phalacrocorax carbo</i>	10+	6		2
19	Little Egret	<i>Egretta garzetta</i>		1		8
20	Grey Heron	<i>Ardea cinerea</i>		6	3	4
21	Osprey	<i>Pandion haliaetus</i>	2			1
22	Marsh Harrier	<i>Circus aeruginosus</i>		3		
23	Sparrowhawk	<i>Accipiter nisus</i>		1		1
24	Common Buzzard	<i>Buteo buteo</i>	2	3	2	
25	Common Kestrel	<i>Falco tinnunculus</i>	1		2	
26	Moorhen	<i>Gallinula chloropus</i>		3		3
27	Common Coot	<i>Fulica atra</i>		20+		
28	Oystercatcher	<i>Haematopus ostralegus</i>	1	10	20+	20+
29	Pied Avocet	<i>Recurvirostra avosetta</i>		20		
30	Northern Lapwing	<i>Vanellus vanellus</i>	15	6	✓	✓
31	Common Snipe	<i>Gallinago gallinago</i>			1	
32	Eurasian Curlew	<i>Numenius arquata</i>		3	20+	H
33	Common Sandpiper	<i>Actitis hypoleucos</i>			6	
34	Redshank	<i>Tringa totanus</i>				2
35	Black-tailed Godwit	<i>Limosa limosa</i>		170		
36	Black-headed Gull	<i>Larus ridibundus</i>		✓	✓	✓
37	Mediterranean Gull	<i>Larus melanocephalus</i>		2		
38	Lesser Black-backed Gull	<i>Larus fuscus</i>		4	✓	20+
39	Herring Gull	<i>Larus argentatus</i>	2			4
40	Rock Dove / Feral Pigeon	<i>Columba livia</i>			1	
41	Wood Pigeon	<i>Columba palumbus</i>	✓	✓	✓	✓
42	Collared Dove	<i>Streptopelia decaocto</i>		4	1	
43	Common Swift	<i>Apus apus</i>	✓	✓	✓	✓
44	Great Spotted Woodpecker	<i>Dendrocopos major</i>	1	2	3	2
45	Skylark	<i>Alauda arvensis</i>	H	10	15	✓
46	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓
47	House Martin	<i>Delichon urbica</i>	✓	✓	✓	✓

	Common name	Scientific name	May			
			28	29	30	31
48	Tree Pipit	<i>Anthus trivialis</i>	2			4
49	Meadow Pipit	<i>Anthus pratensis</i>	10		✓	✓
50	Grey Wagtail	<i>Motacilla cinerea</i>	1		8	2
51	Pied Wagtail	<i>Motacilla alba</i>	1	4	6	✓
52	Dipper	<i>Cinclus cinclus</i>			1	
53	Wren	<i>Troglodytes troglodytes</i>	✓	✓	✓	✓
54	Dunnock	<i>Prunella modularis</i>		6	2	
55	European Robin	<i>Erithacus rubecula</i>	✓	✓	✓	✓
56	Redstart	<i>Phoenicurus phoenicurus</i>			1	
57	Stonechat	<i>Saxicola torquata</i>	2		2	
58	Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓
59	Song Thrush	<i>Turdus philomelos</i>	✓	✓	✓	✓
60	Mistle Thrush	<i>Turdus merula</i>			2	2
61	Sedge Warbler	<i>Acrocephalus schoenobaenus</i>		2		
62	Reed Warbler	<i>Acrocephalus scirpaceus</i>		15+		
63	Cetti's Warbler	<i>Cettia cetti</i>		2		
64	Blackcap	<i>Sylvia atricapilla</i>	H	H	✓	✓
65	Garden Warbler	<i>Sylvia borin</i>	2H		H	
66	Common Whitethroat	<i>Sylvia communis</i>	2			
67	Chiffchaff	<i>Phylloscopus collybita</i>	4H	15H	10H	10H
68	Willow Warbler	<i>Phylloscopus trochilus</i>	6H	20H	15H	8H
69	Goldcrest	<i>Regulus regulus</i>	2		H	H
70	European Pied Flycatcher	<i>Ficedula hypoleuca</i>			1	
71	Long-tailed Tit	<i>Aegithalso caudatus</i>		10		8
72	Blue Tit	<i>Cyanistes caeruleus</i>	✓	✓	✓	✓
73	Great Tit	<i>Parus major</i>	✓	✓	✓	✓
74	Coal Tit	<i>Periparus ater</i>		4	2	
75	Marsh Tit	<i>Poecile palustris</i>		6		H
76	Nuthatch	<i>Sitta europaea</i>	1	4	H	2
77	Treecreeper	<i>Certhia familiaris</i>	1	H	H	
78	Jay	<i>Garrulus glandarius</i>			H	2
79	Magpie	<i>Pica pica</i>	2	4	2	1
80	Jackdaw	<i>Corvus monedula</i>		✓	✓	✓
81	Rook	<i>Corvus frugilegus</i>			1	✓
82	Carrion Crow	<i>Corvus corone</i>	✓	✓	✓	✓
83	Raven	<i>Corvus corax</i>	1		3	
84	Starling	<i>Sternus vulgaris</i>	20		20	8
85	House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓
86	Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓
87	Greenfinch	<i>Carduelis chloris</i>		1		
88	Goldfinch	<i>Carduelis carduelis</i>	30	✓	✓	✓
89	Siskin	<i>Carduelis spinus</i>	H			
90	Linnet	<i>Carduelis cannabina</i>	20		6	8
91	Lesser Redpoll	<i>Carduelis cabaret</i>			4	3
92	Bullfinch	<i>Pyrrhula pyrrhula</i>	3	6		H
93	Reed Bunting	<i>Emberiza schoeniclus</i>	2	10	2	2

Mammals

Brown Rat
Roe Deer

Rabbit
Grey Squirrel

Brown Hare

Scientific Name	Common Name	LOCATION
Taxaceae <i>Taxus baccata</i>	Yew Family Yew	Common in woods on Limestone
DICOTYLEDONS		
Apiaceae <i>Angelica sylvestris</i> <i>Anthriscus sylvestris</i> <i>Aegopodium podagraria</i> <i>Conopodium majus</i> <i>Heracleum sphondylium</i> <i>Sanicula europaea</i>	Carrot Family Wild Angelica Cow Parsley Ground Elder Pignut Hogweed Sanicle	Leighton Moss, Roudsea and Gait Barrows Common Common Latterbarrow & Gait Barrows Common Roeburndale Woodlands
Aceraceae <i>Acer pseudoplatanus</i> <i>Acer campestre</i>	Acer Family Sycamore Field Maple	Common 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 Gait Barrows, Sandside and Latterbarrow
Betulaceae <i>Alnus glutinosa</i> <i>Betula pubescens</i> <i>Carpinus betulus</i> <i>Corylus avellana</i>	Birch Family Alder Downy Birch Hornbeam Hazel	Bowland, Roudsea, Leighton Moss Roudsea 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	Roudsea 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
Caryophyllaceae <i>Cerastium fontanum</i>	Pink Family Common Mouse-ear	Common, grassland

Scientific Name	Common Name	LOCATION
<i>Lychnis flos-cuculi</i> <i>Silene dioica</i>	Ragged Robin Red Campion	Roudsea and Leighton Moss Common
Celastraceae <i>Euonymus europaeus</i>	Spindle-Tree Family Common Spindle	Roudsea and Gait Barrows
Cistaceae <i>Helianthemum numularium</i>	Rock-rose Family Common Rock-rose	Latterbarrow & Gait Barrows
Clusiaceae <i>Hypericum perforatum</i>	St John's Wort Family Perforate St. John's Wort	Latterbarrow & Gait Barrows
Droseraceae <i>Drosera rotundifolia</i>	Sundew Family Round-leaved Sundew	Roudsea and Foulshaw Moss
Ericaceae <i>Andromeda polifolia</i> <i>Calluna vulgaris</i> <i>Erica tetralix</i> <i>Vaccinium myrtillus</i> <i>Vaccinium vitis-idaea</i> <i>Vaccinium oxycoccos</i>	Heather Family Bog Rosemary Heather Cross-leaved Heath Bilberry Cowberry Cranberry	Roudsea and Foulshaw Moss Bowland, Roudsea and Foulshaw Moss Roudsea and Foulshaw Moss Bowland, Roudsea and Foulshaw Moss Bowland Roudsea and Foulshaw Moss
Euphrbiceae <i>Mercurialis perennis</i>	Spurge Family Dog's Mercury	Common, woodlands
Fabaceae <i>Anthyllis vulneraria</i> <i>Cytisus scoparius</i> <i>Lathyrus pratensis</i> <i>Lotus coniculatus</i> <i>Medicago lupulina</i> <i>Trifolium pratense</i> <i>Trifolium repens</i> <i>Ulex europaeus</i> <i>Vicia cracca</i> <i>Vicia sativa</i>	Pea Family Kidney Vetch Broom Meadow Vetchling Birdsfoot Trefoil Black Medick Red Clover White Clover Gorse Tufted Vetch Common Vetch	Latterbarrow & Gait Barrows Bowland Common Latterbarrow & Gait Barrows Gait Barrows Latterbarrow & Gait Barrows Common Bowland Roudsea and Gait Barrows Common, roadsides and grasslands
Fagaceae <i>Fagus sylvatica</i> <i>Quercus robur</i> <i>Quercus petraea</i>	Beach Family Beech Pedunculate Oak Sessile Oak	Fairly common Common Common
Geraniaceae <i>Geranium molle</i> <i>Geranium pratense</i> <i>Geranium robertianum</i> <i>Geranium sylvaticum</i>	Crane's-bill Family Dovesfoot Cranesbill Meadow Crane's-bill Herb Robert Wood Crane's-bill	Gait Barrows Hedgerows and waysides Common Roudsea
Lamiaceae <i>Ajuga reptans</i> <i>Lamium album</i> <i>Lamium purpureum</i>	Dead-nettle Family Common Bugle White Dead-nettle Red Dead-nettle	Gait Barrows, Leighton Moss and Roudsea Latterbarrow and Gait Barrows Latterbarrow

Scientific Name	Common Name	LOCATION
<i>Lycopus europaeus</i>	Gypsywort	Roudsea
<i>Thymus polytrichus</i>	Wild Thyme	Latterbarrow & Gait Barrows
Myricaceae	Bog-Myrtle Family	
<i>Myrica gale</i>	Bog-Myrtle	Roudsea and Foulshaw Moss
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	Common
Onagraceae	Willowherb Family	
<i>Chamerion angustifolium</i>	Rosebay Willowherb	Common
Oxalidaceae	Wood Sorrel Family	
<i>Oxalis acetosella</i>	Wood Sorrel	Common, woodlands
Papaveraceae	Poppy Family	
<i>Mecanopsis cambrica</i>	Welsh Poppy	Common
Plantaginaceae	Plantain Family	
<i>Plantago lanecolata</i>	Ribwort Plantain	Common
<i>Plantago major</i>	Greater Plantain	Common
Polygonaceae	Knotweed Family	
<i>Persicaria bistorta</i>	Common Bistort	Roadsides
<i>Rumex acetosella</i>	Sheep's Sorrel	Bowland
<i>Rumex acetosa</i>	Sorrel	Common
Primulaceae	Primrose Family	
<i>Primula veris</i>	Cowslip	Common
<i>Primula vulgaris</i>	Primrose	Common
Ranunculaceae	Buttercup Family	
<i>Anemone nemorosa</i>	Wood Anemone	Common, woodlands
<i>Aquilegia vulgaris</i>	Columbine	Latterbarrow, Roudsea & Gait Barrows
<i>Caltha palustris</i>	Marsh Marigold	Roudsea and Leighton Moss
<i>Clematis vitalba</i>	Old Man's Beard	Gait Barrows
<i>Helleborus foetidus</i>	Stinking Hellebore	Gait Barrows
<i>Ranunculus acris</i>	Meadow Buttercup	Roudsea and Gait Barrows
<i>Ranunculus repens</i>	Creeping Buttercup	Roudsea
<i>Ranunculus ficaria</i>	Lesser Celandine	Common, woodlands
<i>Thalictrum flavum</i>	Common Meadow-rue	Roudsea and Leighton Moss
Rhamnaceae	Rhamnus Family	
<i>Rhamnus frangula</i>	Alder Buckthorn	Roudsea
<i>Rhamnus cathartica</i>	Buckthorn	Gait Barrows
Rosaceae	Rose Family	
<i>Alchemilla vulgaris</i> agg	Lady's-mantle group	Gait Barrows, Roudsea and Latterbarrow
<i>Crataegus monogyna</i>	Hawthorn	Common
<i>Filipendula ulmaria</i>	Meadow Sweet	Roudsea and Leighton Moss
<i>Filipendula vulgaris</i>	Dropwort	Latterbarrow & Gait Barrows
<i>Fragaria vesca</i>	Wild Strawberry	Gait Barrows, Roudsea and Latterbarrow
<i>Geum rivale</i>	Water Avens	Roudsea and Leighton Moss

Scientific Name	Common Name	LOCATION
<i>Geum urbanum</i>	Wood Avens	Common, woodlands
<i>Potentilla erecta</i>	Tormentil	Roudsea
<i>Potentilla neumanniana</i>	Spring Cinquefoil	Limestone pavement, Gate Barrows
<i>Prunus avium</i>	Wild Cherry	Common
<i>Prunus padus</i>	Bird Cherry	Roeburndale Woodlands
<i>Prunus spinosa</i>	Blackthorn	Common
<i>Rubus fruticosus</i>	Bramble	Common
<i>Rubus idaeus</i>	Raspberry	Latterbarrow, Roudsea & Gait Barrows
<i>Rubus saxatilis</i>	Stone Bramble	Gait Barrows
<i>Sanguisorba minor</i>	Salad Burnet	Latterbarrow & Gait Barrows
<i>Sanguisorba officinalis</i>	Great Burnet	Latterbarrow
<i>Sorbus aucuparia</i>	Rowan	Trough of Bowland
<i>Sorbus aria</i>	Common Whitebeam	Common
<i>Sorbus lancastrensis</i>	Lancaster Whitebeam	Gait Barrows and Latterbarrow
Rubiaceae		
<i>Galium saxatile</i>	Bedstraw Family Heath Bedstraw	Bowland
<i>Galium sternerii</i>	Limestone Bedstraw	Gait Barrows
<i>Galium verum</i>	Lady's Bedstraw	Latterbarrow & Gait Barrows
<i>Galium odoratum</i>	Woodruff	Common, woodlands
<i>Galium aparine</i>	Common Cleavers	Common
Saliciaceae		
<i>Populus tremula</i>	Willow Family Aspen	Roudsea
Scrophulariaceae		
<i>Digitalis purpurea</i>	Figwort Family Foxglove	Common
<i>Pedicularis sylvatica</i>	Lousewort	Roudsea and Foulshaw Moss
<i>Rhinanthus minor</i>	Yellow-rattle	Gait Barrows and Latterbarrow
<i>Scrophularia nodosa</i>	Common Figwort	Gait Barrows, Roudsea and Latterbarrow
<i>Veronica chamaedrys</i>	Germander Speedwell	Roudsea
Solanaceae		
<i>Solanum dulcamara</i>	Nightshade Family Woody Nightshade	Roudsea
Tiliaceae		
<i>Tilia cordata</i>	Lime Family Small-leaved Lime	Roudsea
Typhaceae		
<i>Typha latifolia</i>	Bulrush Family Bulrush	Roudsea and Leighton Moss
Urticaceae		
<i>Urtica dioica</i>	Nettle Family Common Nettle	Common
Valerianaceae		
<i>Valeriana dioica</i>	Valerian Family Marsh Valerian	Roudsea and Leighton Moss
<i>Centhranthus ruber</i>	Red Valerian	Walls, rocks, cliffs and banks
Violaceae		
<i>Viola hirta</i>	Violet Family Hairy Violet	Gait Barrows
<i>Viola riviniana</i>	Common Dog Violet	Gait Barrows, Roudsea and Latterbarrow

Scientific Name	Common Name	LOCATION
MONOCOTYLEDONS		
Cyperaceae	Sedge Family	
<i>Carex digitata</i>	Fingered Sedge	Gait Barrows
<i>Carex paniculata</i>	Greater Tussock Sedge	Roudsea and Leighton Moss
<i>Carex pendula</i>	Pendulous Sedge	Roudsea and Leighton Moss
<i>Carex nigra</i>	Common Sedge	Bowland
<i>Carex remota</i>	Remote Sedge	Roudsea
<i>Carex flava</i>	Large Yellow Sedge	Roudsea
<i>Eriophorum angustifolium</i>	Common Cottongrass	Roudsea and Foulshaw Moss
<i>Eriophorum vaginatum</i>	Hare's-tail Cottongrass	Roudsea and Foulshaw Moss
<i>Trichophorum germanicum</i>	Deer Grass	Roudsea
Iridaceae	Iris Family	
<i>Iris pseudacorus</i>	Yellow Flag Iris	Leighton Moss and Roudsea
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>Paris quadrifolia</i>	Herb Paris	Gait Barrows and Roudsea
<i>Convallaria majalis</i>	Lily of the Valley	Gait Barrows
<i>Narthecium ossifragum</i>	Bog Asphodel	Roudsea and Foulshaw Moss
Orchidaceae	Orchid Family	
<i>Cypripedium calceolus</i>	Lady's Slipper	Gait Barrows
<i>Dactylorhiza fuschii</i>	Common Spotted Orchid	Common
<i>Dactylorhiza purpurella</i>	Northern Marsh Orchid	Gait Barrows
<i>Listera ovata</i>	Common Twayblade	Sandside
<i>Ophrys insectifera</i>	Fly Orchid	Sandside and Latterbarrow
<i>Orchis mascula</i>	Early Purple Orchid	Gait Barrows, Roudsea and Latterbarrow
<i>Platanthera chlorantha</i>	Greater Butterfly Orchid	Gait Barrows and Latterbarrow
Poaceae	Grass Family	
<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	Gait Barrows
<i>Briza media</i>	Quaking Grass	Gait Barrows
<i>Cynosorus cristatus</i>	Crested Dog's-tail	Latterbarrow
<i>Dactylis glomerata</i>	Cock's-foot	Roudsea
<i>Molinia caerulea</i>	Purple Moor-grass	Bowland
<i>Nardus stricta</i>	Mat-grass	Bowland
<i>Phragmites australis</i>	Common Reed	Roudsea and Leighton Moss
<i>Sesleria caerulea</i>	Blue Moor-grass	Gait Barrows