

WILDLIFE TRAVEL NORFOLK

7th to 11th June 2021



Leaders

Philip Precey

James Lowen



A gallery of photos from the trip is at
www.flickr.com/photos/wildlifetravel/albums/72157719400272956

8th June 2021. North Norfolk Coast

Overnight, James ran a mercury vapour moth trap in the hotel garden, and so our first morning started with us going through some of the highlights of the night's catch, a great introduction to the world of moth-ing... We were introduced to some fantastic masters of camouflage, with the Buff-tip doing its finest broken stick impression, the tiny Chinese Character an accomplished bird-dropping-mimic, Waved Umber taking on the peeled bark and the beautiful Coxcomb Prominent. Brimstone Moth was as colourful as any so-called butterfly, and it wasn't hard to imagine how the Poplar Hawk-moth could catch the attention.

Moths released, we headed up towards the North Norfolk Coast, an AONB and famous for its many nature reserves, where we first stopped at Kelling Heath. Walking across the heath, we found interesting plants including Black Horehound, Heath Groundsel, Sand Spurrey and the bizarre parasitic Dodder, pink strings entangled around the low-growing gorse.

A Red Kite circled overhead, with two Buzzard a little further in the distance, a Cuckoo was heard calling, while Skylarks sang high overhead.

Just to prove that moths aren't all creatures of the night, we enjoyed a good variety of day-flying species, starting with the wonderful (but very speedy) Broad-bordered Bee Hawk-moth, zipping past. Cinnabar added a flash of colour, one or two Silver Ys had travelled as far as the Painted Lady that flew past, both Common Heath and the very similar Latticed Heath flitted about, and we found an early-flying July Belle, disturbed from the gorse on which its caterpillars feed.

Some flashes of colour came in the form of Green Tiger Beetles, dashing about on the warm bare sandy soil; the deep red blood bees, busy searching for mining bee nests in which to lay their eggs; and a single Green Hairstreak, posing nicely on the gorse.

From Kelling, we headed along country lanes lined with the lime-yellow Alexanders, to Lady Anne's Drive at Holkham. Here at least five Little Egrets were feeding out in the grazing marshes, along with a fine adult Mediterranean Gull, Marsh Harriers quartered the marshes and we also spotted Brown Hare and Muntjac during the afternoon.

Fed and watered, we headed westwards along the back of the pines. In a sheltered patch of sandy soil, we found what we were looking for: the cone-shaped pits in the sand dug as traps by the larvae of *Euroleon nostras*, a European ant-lion known in the UK only from here and the sandy Suffolk heaths around Minsmere. The larva sits quietly at the bottom of the pit, with just its over-sized jaws above the surface, waiting for a passing ant or springtail to stumble in...

Around Meals House, we found some interesting plants, with Green Alkanet, Bugloss, Yellow Figwort, Green Hellebore and Pink Wood Sorrel all probably originating from the house gardens.

From the Joe Jordan Hide, we had good views out over the grazing marshes, where a group of newly-fledged Spoonbills were gathered on one of the pools. Spoonbills were lost as a UK breeding bird by the end of the 17th century, and it was 400 years before they would return, with the

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successful nesting of 6 pairs here at Holkham in 2010. Since then, the colony has gone from strength to strength, with at least 30 pairs now nesting here.

Whilst watching the Spoonbills, a Great White Egret flew past and then, quite remarkably, a Common Crane walked out from the reeds behind them all...

We ended our day with a boat trip out from Morston Quay across to Blakeney Point.

Unfortunately, the Common Seals which are normally hauled out on the Point had moved away in the last few days, and we could just about make out around 20 on a far distant sand bank out to the west. At least one Grey Seal was swimming about, but not quite the seal show that we were hoping for.

But where the seals were lacking, the birds certainly made up for it: Arctic-bound waders included 7 Bar-tailed Godwits, a trio of Sanderling and 2 Knot; pairs of Little Terns were patrolling the shallows, calling and flirting with each other, while out on the Point the large colonies of Common and Sandwich Terns were great to see. Two adult Kittiwakes were amongst the Sandwich Terns, a very unseasonal Red-breasted Merganser was busy diving in the incoming tide, and most peculiar of all was a group of 35 Canada Geese looking very out of place on the end of the Point, before flying out to sea.

Back on dry land, and as we were boarding the bus, a Red Kite flew low overhead: one last 'hurrah' from the North Norfolk coast.

9th June 2021. Broadland

A shorter journey this morning had us heading south eastwards, to the Yare Valley and the RSPB reserve at Strumpshaw Fen.

Our walk took us through the woodland, damp meadows and reedbeds to the River Yare. Dragonflies were a notable highlight of the morning, with several species out enjoying the warm weather and bright sunshine. A very fresh male Scarce Chaser posed by a small pond for us, allowing close inspection and comparison with the nearby Four-spotted Chasers. More chasers were, not surprisingly, chasing out across the meadows and along the ditches, along with several Hairy Dragonflies, with territorial disputes between the various species taking place. Larger than them all, and seemingly unbothered by the pesky chasers, the sleek, brown Norfolk Hawker was quartering the same ditch, with its apple-green eyes on show. Large Red Damselfly, Azure Damselfly, Common Blue Damselfly, Blue-tailed Damselfly and Banded Demoiselle all added to the odonatan list.

Out on the meadow, a couple of Chinese Water Deer bumbled away from us and into the denser reeds. This East Asian species was introduced to Woburn Abbey in Bedfordshire in the late 19th century and to Whipsnade in 1930: individuals escaped (or were deliberately released) and the species is now well established in the Cambridgeshire Fens and the wetlands of Norfolk and Suffolk, as well as areas around Bedfordshire. The English population probably numbers more than 2,000

individuals, and with the Asian populations now in decline, this is thought to represent around 10% of the world population.

By one of the ponds, we found the delicate Milk Parsley growing. This wetland umbellifer is famously the food plant of the real star of the Strumpshaw show, Britain's largest butterfly... but one who, thus far, hadn't put in an appearance. However, all that was to change, thanks to a tip off from a RSPB volunteer, who pointed us in the right direction. Here, in a sheltered corner of a nettley meadow, we found her, a freshly-emerged Swallowtail butterfly basking in the sun. After giving everyone their photo opportunities, she flew up and over the trees, our sign to find a picnic spot out of the sun.

After lunch, and some tasty local ice-creams, we were back on board the bus and off down some narrow Norfolk country lanes to the dunes and beach at Winterton. Alas, the Rose-coloured Starling that James had found here just an hour before our holiday started on Monday night was last seen flying north on Tuesday evening... but we were happy enough to 'make do' with an early Emperor dragonfly hawking the dunes, one or two Small Heath butterflies, and the chance to dip a toe into the North Sea.

10th June 2021. Breckland

Today it was the turn of the Brecks, heading west through the country roads to avoid the roadworks around Norwich. Our first stop was in the less-than-promising environs of a light industrial estate on the edge of Brandon...

Here, a tiny pocket of land no larger than a tennis court preserves the vast majority of the UK population of Field Wormwood, a rare plant with very specific requirements, needing the sandy soils and occasional disturbance that is a feature of the Brecks, but without any grazing: a rare combination of conditions in such a rabbit- and deer-nibbled part of the world. These conditions are obviously well provided here, as the plant seems to be flourishing both within the confines of the reserve and on the verges in the surrounding industrial estate.

From here we headed ten minutes up the road to the other extreme, a nature reserve with grasslands stretching towards the horizons, at Weeting Heath, where we had a date with some more moths...

The warden of this Norfolk Wildlife Trust reserve had kindly set his moth trap running over night for us, and we had a great time picking through its contents, under James's expert guidance. The catch included a veritable menagerie: pink Small Elephant Hawkmoth, rusty Fox Moth, a beautiful Cream-spot Tiger, White Ermine and a superb Lobster Moth were all in the trap, along with two local specialities, both listed in the Red Data Book: Marbled Clover and Grey Carpet.

Once we'd gorged ourselves on moths, we headed out to the hide. The local Rabbit population obviously isn't as high as it might be, and the grass was a little long, but we eventually picked up an adult Stone Curlew, one of the three pairs currently on the reserve, for which the site is most famous.

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Back to the bus, and another short hop took us to another area of Breckland grassland surrounded by the trees of Thetford Forest at Cranwich Heath. This site, once an army camp amongst other things, now protects some of the best remnants of Breckland heath, with two particularly rare plants more usually found in the Mediterranean. We found the Proliferous Pink growing in its rather precarious habitat of the cracks in the concrete, just not quite in flower yet. And then, after some searching of the grassland, we struck 'gold' with several plants of the lovely, delicate Spanish Catchfly out in full flower.

Purple Milk Vetch, Field Mouse-ear, Viper's Bugloss and Wild Mignonette were other notable plants out on the heath, while some of us were also lucky enough to catch sight of another very rare day-flying moth, the pinkish-flushed Tawny Wave, while Green Woodpeckers yaffled and a Muntjac skipped across the path.

After lunch in the sun, we had one more. short journey to the nearby RSPB reserve at Lakenheath Fen. Where 20 years ago there were just carrot fields with a scattering of poplar plantations, there is now a large wetland, with reedbeds, grazing marshes, channels and pools. We spent our afternoon walking a loop around the reserve, stopping first to check out the shallow waters and muddy edges of Hockwold Washes, just across the river. Here we found ten Avocets, a handful of Redshank and plenty of Gadwall. A bit more searching revealed a single drake Garganey, apparently paired with a female Shoveler, dabbling in the shallow water. A Hobby came low overhead. And a party of 11 Black-tailed Godwits flew in to land briefly on the bank, before circling around again and heading off back whence they came.

Walking along the river bank and around the edge of East Wood, we came to New Fen. Along the way we enjoyed close-up views of Black-tailed Skimmer, Four-spotted Chaser, Banded Demoiselle and Azure Damselfly, while Scarce Chaser and Hairy Dragonfly zoomed by. Cuckoos called in every direction, a Little Egret flew up from a pool, a couple of Bearded Tits were heard pinging, and the path was obviously the place to be, with family groups of Mute Swan and Greylag Geese all settled firmly in the way.

Perhaps the biggest surprise of the afternoon though was the mating pair of Eyed Hawkmoths we found, settled in the nettles right next to the track. A suitably moth-y end to our time in the field.

From here it was just a matter of sampling yet more flavours of Ronaldo's Norfolk ice cream, and then the journey back to Norwich for our last al fresco dinner...

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ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
MAMMALS						
Carnivores						
Grey Seal	<i>Halichoerus grypus</i>		X	X		
Harbour Seal	<i>Phoca vitulina</i>		X			
Rodents						
Brown Rat	<i>Rattus norvegicus</i>			X		
Grey Squirrel	<i>Sciurus carolinensis</i>		X			
Insectivores						
Common Mole	<i>Talpa europea</i>		S		S	
Lagomorphs						
Rabbit	<i>Oryctolagus cuniculus</i>		S		X	
Brown Hare	<i>Lepus europaeus</i>		X		X	
Ungulates						
Roe Deer	<i>Capreolus capreolus</i>				X	
Chinese Water Deer	<i>Hydropotes inermis</i>			X		
Reeve's Muntjac	<i>Muntiacus reevesi</i>		X		X	
AMPHIBIANS						
Smooth Newt	<i>Lissotriton vulgaris</i>			X		
REPTILES						
Common Lizard	<i>Zootoca vivipara</i>		X		X	
Adder	<i>Vipera berus</i>		X			

BIRDS						
Family Anatidae (Swans, geese and ducks)						
Mute Swan	<i>Cygnus olor</i>		X	X	X	
Greylag Goose	<i>Anser anser</i>		X	X	X	
Canada Goose	<i>Branta canadensis</i>		X		X	
Egyptian Goose	<i>Alopochen aegyptiaca</i>				X	
Shelduck	<i>Tadorna tadorna</i>		X		X	
Mallard	<i>Anas platyrhynchos</i>		X	X	X	
Gadwall	<i>Anas strepera</i>		X		X	
Shoveler	<i>Anas clypeata</i>				X	
Teal	<i>Anas crecca</i>				X	
Garganey	<i>Anas querquedula</i>				X	
Tufted Duck	<i>Aythya fuligula</i>				X	
Red-breasted Merganser	<i>Mergus serrator</i>		X			
Family Phasianidae (Pheasants and Partridges)						
Red-legged Partridge	<i>Alectoris rufa</i>			X	X	
Pheasant	<i>Phasianus colchicus</i>		X	X	X	
Family Phalacrocoracidae (Cormorants)						
(Great) Cormorant	<i>Phalacrocorax carbo</i>		X	X	X	

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Family Ardeidae (Hérons)						
Little Egret	<i>Egretta garzetta</i>		X		x	
Great White Egret	<i>Ardea alba</i>		x			
Grey Heron	<i>Ardea cinerea</i>		X	X	X	
Family Threskiornithidae (Ibises)						
Spoonbill	<i>Platalea leucorodia</i>		8			
Family Accipitridae (Hawks and Eagles)						
Red Kite	<i>Milvus milvus</i>		2		1	
Marsh Harrier	<i>Circus aeruginosus</i>		X	X	X	
Common Buzzard	<i>Buteo buteo</i>		X	X	X	
Eurasian Sparrowhawk	<i>Accipiter nisus</i>			X		
Family Falconidae (Falcons)						
Kestrel	<i>Falco tinnunculus</i>		X	X	X	
Hobby	<i>Falco subbuteo</i>			X	X	
Family Rallidae (Rails)						
Moorhen	<i>Gallinula chloropus</i>		X	X	X	
Coot	<i>Fulica atra</i>		X	X	X	
Family Gruidae (Cranes)						
Common Crane	<i>Grus grus</i>		X			
Family Haematopidae (Oystercatchers)						
Oystercatcher	<i>Haematopus ostralegus</i>		X		X	
Family Recurvirostridae (Avocets)						
Avocet	<i>Recurvirostra avosetta</i>				X	
Family Burhindae (Thick-knees)						
Stone Curlew	<i>Burhinus oedichnemus</i>				X	
Family Charadriidae (Plovers)						
Ringed Plover	<i>Charadrius hiaticula</i>		X			
Lapwing	<i>Vanellus vanellus</i>		X		X	
Family Scolopacidae (Sandpipers)						
Turnstone	<i>Arenaria interpres</i>		X			
Sanderling	<i>Calidris alba</i>		X			
Dunlin	<i>Calidris alpina</i>		X			
Redshank	<i>Tringa tetanus</i>		X	X	X	
Black-tailed Godwit	<i>Limosa limosa</i>				X	
Bar-tailed Godwit	<i>Limosa lapponica</i>		X			
Curlew	<i>Numenius arquata</i>				X	
Family Laridae (Gulls)						
Black-headed Gull	<i>Chroicocephalus ridibundus</i>		X	X	X	
Mediterranean Gull	<i>Ichthyaetus melanocephalus</i>		X			
Common Gull	<i>Larus canus</i>		X			
Herring Gull	<i>Larus argentatus</i>		X	X	X	
Lesser Black-backed Gull	<i>Larus fuscus</i>		X	X	X	

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Great Black-backed Gull	<i>Larus marinus</i>	X	X		
Kittiwake	<i>Rissa tridactyla</i>	X			
Family Sternidae (Terns)					
Common Tern	<i>Sterna hirundo</i>	X			
Sandwich Tern	<i>Thalassesus sandvicensis</i>	X			
Little Tern	<i>Sternula albifrons</i>	X			
Family Columbidae (Pigeons and Doves)					
Rock Dove/Feral Pigeon	<i>Columba livia</i>	X	X	X	
Stock Dove	<i>Columa oenas</i>	X	X	X	
Woodpigeon	<i>Columba palumbus</i>	X	X	X	
Collared Dove	<i>Streptopelia decaocto</i>	X	X	X	
Family Cuculidae (Cuckoos)					
(Common) Cuckoo	<i>Cuculus canorus</i>	H	H	X	
Family Apodidae (Swifts)					
Swift	<i>Apus apus</i>	X	X	X	
Family Picidae (Woodpeckers)					
Green Woodpecker	<i>Picus viridis</i>			X	
Great Spotted Woodpecker	<i>Dendrocopos major</i>			X	
Family Alaudidae (Larks)					
Skylark	<i>Alauda arvensis</i>	X	X	X	
Family Hirundinidae (Swallows and Martins)					
Swallow	<i>Hirundo rustica</i>	X	X	X	
House Martin	<i>Delichon urbica</i>	X			
Family Motacillidae (Pipits and Wagtails)					
Meadow Pipit	<i>Anthus pratensis</i>	X			
Pied Wagtail	<i>Motacilla alba yarrellii</i>	X	X	X	
Family Troglodytidae (Wrens)					
Wren	<i>Troglodytes troglodytes</i>	X	X	X	
Family Prunellidae (Accentors)					
Duncock	<i>Prunella modularis</i>	X	X	X	
Family Muscicapidae (Flycatchers and Chats)					
Robin	<i>Erithacus rubecula</i>	X	X	X	
Stonechat	<i>Saxicola torquata</i>		X	X	
Family Turdidae (Thrushes)					
Song Thrush	<i>Turdus philomelos</i>	X	X		
Mistle Thrush	<i>Turdus viscivorus</i>	X			
Blackbird	<i>Turdus merula</i>	X	X	X	
Family Sylviidae (Sylvia Warblers)					
Blackcap	<i>Sylvia atricapilla</i>	X	X	X	
Whitethroat	<i>Sylvia communis</i>	X	X	X	
Family Acrocephalidae (Reed Warblers)					
Sedge Warbler	<i>Acrocephalus schoenobaenus</i>	X	X	X	
Reed Warbler	<i>Acrocephalus scirpaceus</i>	X	X	X	

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Family Cettidae (Bush Warblers)						
Cetti's Warbler	<i>Cettia cetti</i>			X	X	
Family Phylloscopidae (Leaf Warblers)						
Willow Warbler	<i>Phylloscopus trochilus</i>		X	X	X	
Chiffchaff	<i>Phylloscopus collybita</i>		X	X	X	
Family Regulidae (Crests)						
Goldcrest	<i>Regulus regulus</i>		X	X	X	
Family Paridae (Tits)						
Great Tit	<i>Parus major</i>		X	X	X	
Coal Tit	<i>Parus ater</i>		X			
Blue Tit	<i>Cyanistes caeruleus</i>		X	X	X	
Family Aegithalidae (Long-tailed Tits)						
Long-tailed Tit	<i>Aegithalos caudatus</i>		X	X		
Family Panuridae (Bearded Tit)						
Bearded Tit	<i>Panurus biarmicus</i>			X	X	
Family Certhiidae (Trecreepers)						
Treecreeper	<i>Certhia familiaris</i>		X			
Family Corvidae (Crows)						
Magpie	<i>Pica pica</i>		X	X	X	
Jay	<i>Garrulus glandarius</i>		X	X	X	
Jackdaw	<i>Corvus monedula</i>		X	X	X	
Rook	<i>Corvus frugilegus</i>		X	X	X	
Carrion Crow	<i>Corvus corone</i>		X	X	X	
Family Sturnidae (Starlings)						
Starling	<i>Sturnus vulgaris</i>		X	X	X	
Family Passeridae (Sparrows)						
House Sparrow	<i>Passer domesticus</i>		X	X	X	
Family Fringillidae (Finches)						
Chaffinch	<i>Fringilla coelebs</i>		X	X	X	
Goldfinch	<i>Carduelis carduelis</i>		X	X	X	
Linnet	<i>Carduelis cannabina</i>		X	X	X	
Greenfinch	<i>Carduelis chloris</i>		X	X	X	
Family Emberizidae (Buntings)						
Reed Bunting	<i>Emberiza schoeniclus</i>		X	X	X	
Yellowhammer	<i>Emberiza citronella</i>		X		X	

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BUTTERFLIES						
Family Papilionidae (Swallowtails)						
Swallowtail	<i>Papilio machaon</i>			X		
Family Pieridae (Whites)						
Brimstone	<i>Gonopteryx rhamni</i>		X	X	X	
Large White	<i>Pieris brassicae</i>		X	X	X	
Small White	<i>Pieris rapae</i>		X	X		
Green-veined White	<i>Pieris napi</i>			X		
Family Lycaenidae (Blues, Coppers, Hairstreaks)						
Green Hairstreak	<i>Callophrys rubi</i>		X			
Small Copper	<i>Lycaena phlaeas</i>		X			
Common Blue	<i>Polyommatus icarus</i>		X	X	X	
Family Nymphalidae (Nymphs, Fritillaries and Browns)						
Red Admiral	<i>Vanessa atalanta</i>		X	X	X	
Painted Lady	<i>Vanessa cardui</i>		X		X	
Peacock Butterfly	<i>Aglais io</i>		X	X	X	
Speckled Wood	<i>Parage aegeria</i>			X		
Small Heath	<i>Coenonympha pamphilus</i>			X	X	
MOTHS - National status: L = Local, Nb = Nationally Notable, RDB = Red Data Book						
Adelidae						
Large Long-horn	<i>Nematopogon swammerdamia</i>		X			
Crambidae						
Garden Pebble	<i>Evergestis forficalis</i>		X			
Nb Powdered Grass Veneer	<i>Thisanotia chrysonuchella</i>				X	
Erebidae						
L Cream-spot Tiger	<i>Arctia villica</i>				X	
Pale Tussock	<i>Calliteara pudibunda</i>		X	X	X	
Clouded Buff	<i>Diacrisia sannio</i>				X	
L Orange Footman	<i>Eilema sororcula</i>				X	
White Ermine	<i>Spilosoma lubricipeda</i>		X		X	
Cinnabar Moth	<i>Tyria jacobaea</i>		X		X	
Geometridae						
Peppered Moth	<i>Biston betularia</i>				X	
Light Emerald	<i>Campaea margaritaria</i>				X	
Nb Broom-tip	<i>Chesias rufata</i>				X	
Latticed Heath	<i>Chiasmia clathrata</i>		X		X	
Green Carpet	<i>Colostygia pectinataria</i>				X	
Common Heath	<i>Ematurga atomaria</i>		X			
Satin Wave	<i>Idaea subsericeata</i>				X	
RDB Grey Carpet	<i>Lithostege grisata</i>				X	
Waved Umber	<i>Menophra abruptaria</i>		X			

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Scalloped Hazel	<i>Odontoptera bidentata</i>		X			
Brimstone Moth	<i>Opisthograptis luteolata</i>		X		X	
Sandy Carpet	<i>Perizoma flavofasciata</i>		X			
RDB Tawny Wave	<i>Scopula rubiginata</i>				X	
July Belle	<i>Scotopteryx luridata</i>		X			
Hepialidae						
Common Swift	<i>Korscheltellus lupulina</i>		X			
Lasiocampidae						
Fox Moth	<i>Macrothylacia rubi</i>				X	
Noctuidae						
Spectacle	<i>Abrostola tripartita</i>		X			
Silver-Y	<i>Autographa gamma</i>		X			
Treble Lines	<i>Charanyca trigrammica</i>		X		X	
Burnished Brass	<i>Diachrysia chrysitis</i>				X	
L Bird's Wing	<i>Dypterygia scabriuscula</i>				X	
Shears	<i>Hada plebeja</i>				X	
Varied Coronet	<i>Hadena compta</i>				X	
RDB Marbled Clover	<i>Heliothis viriplaca</i>				X	
Shoulder-striped Wainscot	<i>Leucania comma</i>				X	
Common Wainscot	<i>Mythimna pallens</i>				X	
Pine Beauty	<i>Panolis flammea</i>				X	
Brown Rustic	<i>Rusina ferruginea</i>				X	
Notodontidae						
L Great Prominent	<i>Periea anceps</i>				X	
Buff-tip	<i>Phalera bucephala</i>		X		X	
Swallow Prominent	<i>Pheosia tremula</i>				X	
Coxcomb Prominent	<i>Ptilodon capucina</i>		X			
Sesiidae						
Nb White-barred Clearwing	<i>Synanthedon spheciformis</i>			X		
Sphingidae						
L Small Elephant Hawkmoth	<i>Deilephila porcellus</i>				X	
Nb Broad-bordered Bee Hawkmoth	<i>Hemaris fuciformis</i>		X			
Poplar Hawkmoth	<i>Laothoe populi</i>		X			
Eyed Hawkmoth	<i>Smerinthus ocellata</i>				X	
L Pine Hawkmoth	<i>Sphinx pinastri</i>				X	
Tortricidae						
Grey Gorse Piercer	<i>Cydia ulicetana</i>		X			
Yponomeutidae						
Spindle Ermine	<i>Yponomeuta cagnagella</i>			X	X	

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ODONATA - Dragonflies and Damselflies						
Family Calopterygidae (Demoiselles)						
Banded Demoiselle	<i>Calopteryx splendens</i>			X	X	
Family Coenagrionidae (Pond Damselflies)						
Large Red Damselfly	<i>Pyrrhosoma nymphula</i>			X		
Red-eyed Damselfly	<i>Erythromma najas</i>		X		X	
Azure Damselfly	<i>Coenagrion puella</i>		X	X	X	
Common Blue Damselfly	<i>Enallagma cyathigerum</i>			X		
Blue-tailed Damselfly	<i>Ischnura elegans</i>		X	X	X	
Family Aeshnidae (Hawkers)						
Hairy Dragonfly	<i>Brachytron pratense</i>			X	X	
Norfolk Hawker	<i>Aeshna isosceles</i>			X		
Emperor	<i>Anax imperator</i>			X		
Family Libellulidae (Chasers)						
Four-spotted Chaser	<i>Libellula quadrimaculata</i>		X	X	X	
Scarce Chaser	<i>Libellula fulva</i>			X	X	
Black-tailed Skimmer	<i>Orthetrum cancellatum</i>				X	
MISCELLANEOUS						
Green Tiger Beetle	<i>Cicindela campestris</i>		X		X	
Black Sexton Beetle	<i>Nicrophorus humator</i>				X	
Minotaur Beetle	<i>Typhaeus typhoeus</i>		X			
Cockchafer	<i>Melolontha melolontha</i>		X		X	
Garden Chafer	<i>Phyllopertha horticola</i>		X		X	
Golden-bloomed Grey Longhorn	<i>Agapanthia villosoviridescens</i>		X			
Red-headed Cardinal Beetle	<i>Pyrochroa serraticornis</i>			X		
a blood bee	<i>Sphecodes sp.</i>		X			
an ant-lion	<i>Euroleon nostras</i>		X			



Scarce Chaser at Strumpshaw: ant lion pits at Holkham

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PLANTS

ENGLISH NAME	SCIENTIFIC NAME	NOTES
Papaveraceae (Poppy family)		
<i>Ceratocapnos claviculata</i>	Climbing Corydalis	Holkham Pines
<i>Papaver rhoeas</i>	Common Poppy	Fields near Strumpshaw
Cannabaceae (Hemp family)		
<i>Humulus lupulus</i>	Hops	Holkham, Strumpshaw
Urticaceae (Nettle family)		
<i>Urtica dioica ssp galeopsifolia</i>	Fen Nettle	Non-stinging. Strumpshaw
Amaranthaceae (Amaranth family)		
<i>Atriplex portulacoides</i>	Sea Purslane	Morston Quay
Caryophyllaceae (Campion family)		
<i>Arenaria serpyllifolia</i>	Thyme-leaved Sandwort	Winterton, Brecks
<i>Cerastium arvense</i>	Field Mouse-ear	Cranwich Camp
<i>Petrorhagia prolifera</i>	Proliferous Pink	Cranwich Camp
<i>Silene dioica</i>	Red Campion	Common, road verges
<i>Silene flos-cuculi</i>	Ragged-robin	Strumpshaw
<i>Silene latifolia</i>	White Campion	Common, road verges
<i>Silene otites</i>	Spanish Catchfly	Cranwich Camp
<i>Silene vulgaris</i>	Bladder Campion	Cranwich Camp
<i>Spergularia rubra</i>	Sand Spurrey	Kelling Heath: pink flowers
<i>Stellaria graminea</i>	Lesser Stitchwort	Kelling Heath
<i>Stellaria holostea</i>	Greater Stitchwort	Holkham Pines
Plumbaginaceae (Sea Lavender family)		
<i>Armeria maritima</i>	Thrift	Morston Quay
<i>Limonium vulgare</i>	Common Sea Lavender	Morston Quay
Resedaceae (Mignonette family)		
<i>Reseda lutea</i>	Wild Mignonette	Cranwich Camp
Ericaceae (Heath family)		
<i>Calluna vulgaris</i>	Heather	Kelling Heath
<i>Erica cinerea</i>	Bell Heather	Kelling Heath
Primulaceae (Primrose family)		
<i>Hottonia palustris</i>	Water Violet	Lakenheath
Crassulaceae (Stonecrop family)		
<i>Sedum acre</i>	Biting Stonecrop	Winterton, Brecks
Rosaceae (Rose family)		
<i>Acaena novae-zelandiae</i>	Piri Piri Burr	Kelling Heath. from New Zealand
Fabaceae (Pea family)		
<i>Anthyllis vulneraria</i>	Kidney Vetch	Brecks
<i>Astragalus danicus</i>	Purple Milk-vetch	Cranwich Camp
<i>Lotus corniculatus</i>	Bird's-foot-trefoil	Winterton
<i>Medicago minima</i>	Bur Medick	Cranwich Camp
<i>Trifolium campestre</i>	Hop Trefoil	Cranwich Camp

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ENGLISH NAME	SCIENTIFIC NAME	NOTES
<i>Ulex europaeus</i>	Gorse	Holkham
<i>Vicia cracca</i>	Tufted Vetch	Road verges
<i>Vicia hirsuta</i>	Hairy Tare	Brecks
<i>Vicia sativa</i>	Common Vetch	Road verges
Elaeagnaceae (Sea Buckthorn family)		
<i>Hippophae rhamnoides</i>	Sea Buckthorn	Winterton
Haloragaceae (Water Milfoil family)		
<i>Myriophyllum verticillatum</i>	Whorled Water Milfoil	Strumpshaw
Celastraceae (Bittersweet family)		
<i>Euonymus europaeus</i>	Spindle	Strumpshaw, Weeting
Oxalidaceae (Wood Sorrel family)		
<i>Oxalis articulata</i>	Pink Wood Sorrel	eg Holkham. South American
Geraniaceae (Crane's-bill family)		
<i>Erodium cicutarium</i>	Common Stork's-bill	Kelling Heath
<i>Geranium dissectum</i>	Cut-leaved Crane's-bill	Common
<i>Geranium molle</i>	Dove's-foot Crane's-bill	Kelling Heath
<i>Geranium pusillum</i>	Small-flowered Crane's-bill	Kelling Heath: downy leaves
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Kelling Heath: lilac purple flowers
<i>Geranium robertianum</i>	Herb-robert	Common
Apiaceae (Carrot family)		
<i>Anthriscus caucalis</i>	Bur Chervil	Lakenheath
<i>Apium nodiflorum</i>	Fool's Water Cress	Strumpshaw
<i>Conium maculatum</i>	Hemlock	Strumpshaw
<i>Eryngium maritimum</i>	Sea Holly	Winterton
<i>Pastinaca sativa</i>	Wild Parsnip	Cranwich Camp
<i>Peucedanum palustre</i>	Milk Parley	Strumpshaw
<i>Smyrniolum olusatrum</i>	Alexanders	Roadsides
Convolvulaceae (Bindweed family)		
<i>Cuscuta epithymum</i>	Common Dodder	Kelling Heath
<i>Convolvulus arvensis</i>	Field Bindweed	Cranwich Camp
Boraginaceae (Borage family)		
<i>Cynoglossum officinale</i>	Hound's-tongue	Lakenheath
<i>Echium vulgare</i>	Viper's-bugloss	Kelling Heath, Brecks
<i>Myosotis arvensis</i>	Field Forget-me-not	Lakenheath
<i>Pentaglottis sempervirens</i>	Green Alkanet	Holkham
<i>Symphyton x uplandicum</i>	Russian Comfrey	Lakenheath
<i>Symphytum officinale</i>	Common Comfrey	Lakenheath
Lamiaceae (Dead Nettle family)		
<i>Ballota nigra</i>	Black Horehound	Kelling Heath
<i>Glechoma hederacea</i>	Ground Ivy	Common
Scrophulariaceae (Figwort family)		
<i>Scrophularia vernalis</i>	Yellow Figwort	Holkham

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Rubiaceae (Madder family)		
<i>Galium saxatile</i>	Heath Bedstraw	Kelling Heath
<i>Galium verum</i>	Lady's Bedstraw	Brecks
Caprifoliaceae (Honeysuckle family)		
<i>Lonicera periclymenum</i>	Honeysuckle	common
Viburnaceae (Viburnum family)		
<i>Viburnum opulus</i>	Guelder Rose	Strumpshaw
Asteraceae (Daisy family)		
<i>Artemisia campestris</i>	Field Wormwood	Brandon
<i>Artemisia maritima</i>	Sea Wormwood	Morston Quay
<i>Artemisia vulgaris</i>	Mugwort	Lakenheath
<i>Eupatorium cannabinum</i>	Hemp Agrimony	Holkham
<i>Hypochaeris radicata</i>	Common Cat's-ear	Kelling Heath
<i>Hypochaeris radicata</i>	Cat's-ear	Kelling Heath
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Road verges
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	Winterton, Brecks
<i>Senecio sylvaticus</i>	Heath Groundsel	Kelling Heath, Winterton
<i>Tragoogon pratensis agg</i>	Goat's-beard	Lakenheath
<i>Tussilago farfara</i>	Colt's-foot	Lakenheath
ANGIOSPERMS: MONOCOTYLEDONS		
Iridaceae (Iris Family)		
<i>Iris pseudacorus</i>	Yellow Iris	Lakenheath
Hydrocharitaceae (Frogbit Family)		
<i>Hydrocharis morsus-ranae</i>	Frogbit	Strumpshaw
Juncaginaceae (Arrowgrass Family)		
<i>Triglochin maritimum</i>	Sea Arrowgrass	Morston Quay
Orchidaceae (Orchid Family)		
<i>Dactylorhiza praetermissa</i>	Southern Marsh-orchid	Strumpshaw



Top left: Spanish Catchfly *Silene otites*. Top right: Field Wormwood *Artemisia campestris*
Bottom left: Common Tern (top) and Sandwich Tern (bottom). Bottom right: Red Kite



Norfolk Moths. Clockwise, from top left:
Eyed Hawk-moth, Poplar Hawk-moth, Cream-spot Tiger, Fox Moth