

WILDLIFE TRAVEL



Norfolk 2022



Norfolk, species list and trip report, 6th to 10th June 2022

#	DATE	LOCATIONS AND NOTES
1	6 th June	Arrival at The Old Rectory Hotel, Crostwick.
2	7 th June	Norfolk Broads.
3	8 th June	Breckland.
4	9 th June	North Norfolk.
5	10 th June	Depart.

Leaders

James Lowen

Norfolk

Jono Leadley

Yorkshire

A gallery of photos from the trip is at

<https://www.flickr.com/photos/wildlifetravel/albums/72177720299739818>



Front cover - Clouded Buff; Above - Bee Orchid.

Norfolk, species list and trip report, 6th to 10th June 2022

Day One: 6th June. Arrival in Norfolk.

Following our respective journeys to Crostwick, in the heart of Norfolk's Broadland district, we gathered for our first meal together.

Day Two: 7th June. Norfolk Broads.

Overnight, our leaders ran two moth traps 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 'mothing'... Despite the relatively cool temperatures, the still night ensured plenty of moths were flying, and our species list ran into the thirties.

A Buff-tip offered its finest broken stick impression, while a Lime Hawk-moth was a verdant delight. White and Buff Ermines jostled for our attention with Snouts, Sandy Carpets and Light Emeralds. Immigrant moths from overseas included Silver Y, several Diamond Backs and possibly both a European Corn-borer (mainly a migrant in Norfolk, although it does breed here locally) and a Green Oak Tortrix (essentially a resident species, but one that had flooded into coastal areas over the preceding days). A Beautiful Golden Y was a surprise, and vied for a place in the beauty pageant alongside Burnished Brass.

Moths released safely into the undergrowth and traps packed away, we headed up eastwards into the famed Norfolk Broads, with our first stop the Norfolk Wildlife Trust reserve at Hickling Broad. We spent the morning exploring trails between the visitor centre and broad, paused for lunch in the garden by the visitor centre, then walked eastwards to the new scrapes known as Brendan's Marsh.

Barely had we strolled five paces when we were accosted by one of our target species, Norfolk Hawker. Large, sleek and brown, this impressive dragonfly also revealed its bright green eyes – a characteristic that prompts its alternative, less-parochial name of Green-eyed Hawker. In total five were in attendance around the small, Water-soldier *Stratiotes aloides* filled pond - and we saw several more during the course of our visit.

Twenty paces more and a cry went up: "Swallowtail!" Although its visit to nearby nettles was too brief to be enjoyed by all of us, such an excitingly early encounter boded well for enjoying views of a speciality that topped most people's wish list for the holiday. Sure enough, across the morning and even over lunch and beyond, we bumped into six or seven of these majestic butterflies - the Lord (and Lady) of the Broadland skies. One meeting beside the Cadbury hide, with a Swallowtail that nectared on elder before being chased away by a Hornet, was a particular smile-inducing treat - but assuredly trumped by one that fed at a scabious-filled planter right in front of the visitor-centre doors. Point-blank views!

As we strolled past singing Cetti's, Willow, Reed and Sedge Warblers, a calling Bearded Tit (aka Bearded Reedling) attracted the ear - until we realised that it was being integrated into the song of a Reed Bunting capable of mimicry. Later the same thing happened with a singing Sedge Warbler mimicking Bearded Tit: a remarkable double. Although we did later hear and glimpse genuine Bearded Tits, none stayed around for widespread perusal. No matter: we made do with several Marsh Harriers and a Hobby.

Norfolk, species list and trip report, 6th to 10th June 2022

Various Odonata (the collective name for dragonflies and damselflies) attracted our attention as we bimbled along the trails. We took care to distinguish between the common Azure and scarcer Variable Damselfly, but had no such identification issues with Hairy Dragonfly, Emperor, Four-spot Chaser, a brief Black-tailed Skimmer, Large Red Damselfly or Blue-tailed Damselfly. As our eyes attuned to insect life in pathside vegetation, we noticed various bumblebees, the impressive caterpillars of Garden Tiger and Drinker moths (the latter amusingly described by one participant as “looking like Dougal from the Magic Roundabout”, when viewed head on), numerous hoverflies and two Wasp Beetles.

Red Admirals were zooming around, and we enjoyed views of super-fresh Small Tortoiseshells as well - presumably the year's first generation, just emerged. A Green Oak Tortrix surprised one leader by landing on the inside of his spectacles: close views indeed! Reaching Hickling Broad (where another Swallowtail was nectaring on brambles), we noted a close Great Crested Grebe, a flyby Common Tern and large numbers of Mute Swans sailing between yachts. Our return path to the visitor centre provided considerable botanical interest, with Marsh Pennywort *Hydrocotyle vulgaris*, the rare Milk Parsley *peucedanum palustre* (the foodplant of Swallowtail larvae) and similarly scarce Royal Fern *Osmunda regalis* all growing conveniently beside the path.

One might have hoped that lunch would give us time to recuperate, but still the wildlife kept on coming. A Swallowtail gave an aerial flypast, briefly landing by the pond. As we leapt up to admire it, we found, successively, Marsh Pennywort, Common Frog, Yarrow Plume (one of a member of angel-like moths that hold their filamented wings perpendicular to their body) and Red-and-black Leafhopper. Time for a coffee after all that!

Sandwiches digested, we headed east to the new scrapes known as Brendan's Marsh, after the long-serving former CEO of Norfolk Wildlife Trust. One day, Brendan's is reportedly destined to become (hopefully Bittern-filled) reedbed, but for now, it is pleasingly full of waterbirds. As a Hobby seared through the skies, doubtless catching some of those dragonfly species we were admiring in the morning, Marsh Harriers coasted past. A handful of Little Egrets - now ubiquitous but never taken for granted - were outclassed by three Spoonbills, which flew in, fed actively and even bathed. A male Ruff looked very dapper (and true to his name) with his Elizabethan neck ruffles, while Little Ringed Plovers scurried around, and Lapwings chased off marauding Carrion Crows. Another tussle featured an aerial battle between a Painted Lady and a Red Admiral: it wasn't clear who the victor was.

On our way back to the visitor centre and coach, two female Adders were spotted basking alongside the path. With a bit of patience, we all enjoyed views of the UK's only venomous snake (and one in population freefall across parts of the country) before boarding the minibus to head to our second Broadland destination.

With Swallowtail and Norfolk Hawker already 'in the bag', the pressure was off at RSPB Strumpshaw Fen - another fine reserve renowned for both iconic species. Although we missed Swallowtail here by mere moments, we made amends with a spectacular female Scarce Chaser - a formerly localised, but increasingly widespread dragonfly - that granted remarkable views beside reception, while an Orange Tip caterpillar, an unexpectedly daytime-feeding Spectacle moth and an adult Brimstone also garnered plaudits.

Norfolk, species list and trip report, 6th to 10th June 2022

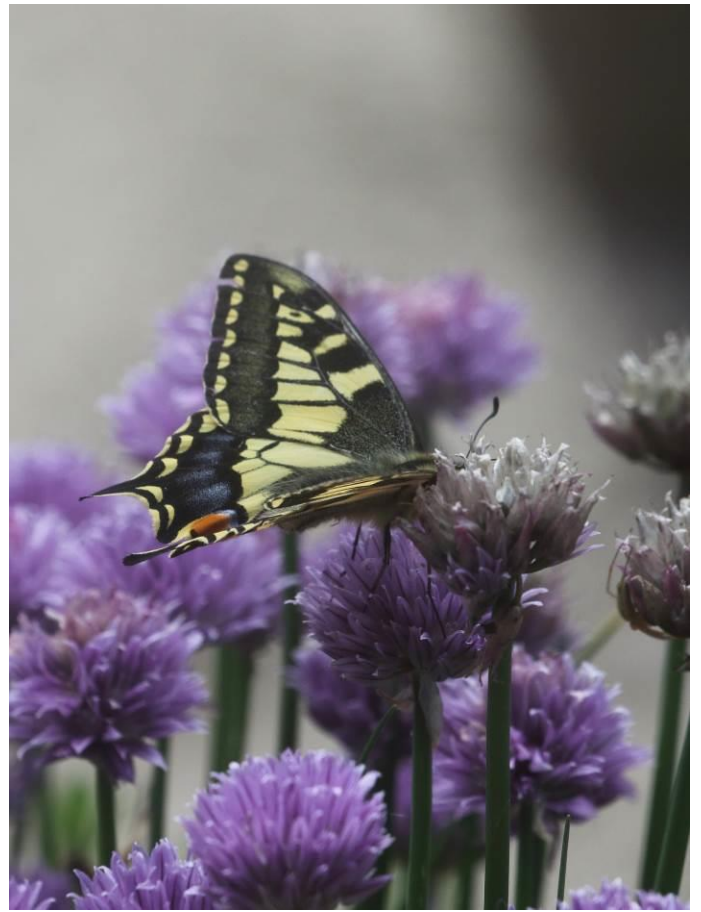
A brief stop at a pond produced some further Milk Parsley, before we wandered to an adjacent area with a sandy cliff. Here a Common Spotted Orchid *Dactylorhiza fuchsii* was coming into bud, a Straw Dot moth was spotted, another Common Frog hopped between our feet, and we observed a parasitic wasp entering into mining-bee holes, presumably seeking to find a bee grub to serve as host for its own offspring. As we departed the damp, alder-carr woodland a moth flittered past that proved to be the relatively localised Balsam Carpet - a species unknown in Britain before 1950.

From the dappled shade of the woodland, we emerged back into the sun - and to a botanical treat of a flower-rich fen in all its glory. Ragged Robin *Lychnis flos-cuculi* was everywhere, with different pinks offered by Southern Marsh Orchid *Dactylorhiza praetermissa*. We admired the heart-shaped flowers of Quaking-grass *Briza media*, quivering in the breeze, and Jono introduced us to the unexpected delights of Frogbit *Hydrocharis morsus-ranae*, a floating aquatic plant. A Norfolk (or should we now call it Green-eyed?!) Hawker patrolled the ditch above the Frogbit, and one fortunate participant observed and photographed it at rest, those Granny Smiths for eyes glistening in the sunlight. With that it was time to return to the minibus, and then to the hotel, where a delicious dinner was decidedly well earned.



Top to bottom: Lime Hawk-moth; European Corn-borer; Beautiful Golden Y.

Norfolk, species list and trip report, 6th to 10th June 2022



Top to bottom: Four-spot Chaser; Yellow Flag; Garden Tiger; Swallowtail.

Day Three: 8th June. Breckland.

Today it was the turn of the Brecks, so - after a wet start to the morning - we headed west from Norwich. Our first stop was at a Norfolk Wildlife Trust reserve, Weeting Heath, where the grasslands somewhat resembled the steppes as they stretched towards the horizon. After a toilet stop and the odd cheekily early Ronaldo's ice cream (it had been a couple of hours since breakfast, after all...), we were treated to the contents of a moth trap that had been kindly run the previous night by reserve volunteer Joe Myers.

As the sun emerged and shone brightly, we had a great time picking through the trap's contents - and the diversity was impressive. We recognised moths such as White and Buff Ermines from the hotel garden trap, but others were new. The delightfully pink Small Elephant Hawk-moth and angular Poplar Hawk-moth, the beautiful Clouded Buff, and the chunky Fox Moth (a female that had laid eggs on the egg trays) were all crowd-pleasers. Evocatively named moths also delighted us: Scorched Wing and Scorched Carpet, Purple Bar and Pale Oak Beauty, Sharp-angled Carpet and Maiden's Blush. Two Lunar Yellow Underwings were a Breckland speciality while Light Brocades resembled a stained-glass window. One leader threw in further speciality moths that he had caught earlier that morning at a nearby site: Oblique-Striped and Powdered Grass Veneer. The *pièce de résistance* came when Joe proffered pots containing a Blotched Emerald (rare in these parts) and Rannoch Looper (a vagrant from overseas that he had caught one night earlier).

Once we'd gorged ourselves on moths (and perhaps the other odd tub of Ronaldo's...), we headed out to West Hide. The local Rabbit population obviously wasn't as high as it might be - these nibbling mammals essentially being a conservation tool - so the grass was a little long, but we quickly picked up three Stone-curlews, the species for which this reserve is most famous. Two Eurasian (or Common) Curlews were also admired, given their parlous global conservation status, as were Lapwing, Oystercatcher - and a lone Rabbit. Walking back to the bus we were pleased to hear and then enjoy good views of another increasingly scarce bird: a Spotted Flycatcher.

Back to the bus, and a short hop took us to another area of Breckland grassland surrounded by the trees of Thetford Forest, at Cranwich Camp. This site, a former World War II work camp, surprisingly now protects some of the best remnants of Breckland heath. We were pleased to find one botanical speciality - Proliferous Pink *Petrorhagia prolifera* - growing in its rather precarious habitat of the cracks beside a concrete pad, even if the dozen plants we found were still in bud. After a lunch-come-sunbathe, where Common Blues and Small Heaths danced before us, we started exploring properly. With the gates locked to the field where Spanish Catchfly *Silene otites* grows (probably due to conservation grazing in progress), we headed into the eastern field to enjoy various floral delights on offer.

Purple Milk Vetch *Astragalus danicus*, Hound's-tongue *Cynoglossum officinale*, Viper's Bugloss *Echium vulgare* and Kidney Vetch *Anthyllis vulneraria* were all greatly appreciated, and the botanists among us spent much time thumbing through the field guide checking various identifications. A Common Lizard showed unexpected interest in the trousers of one participant, before scurrying away (at least, we *hope* it scurried away...). Either side of sheltering from a brief but intense shower, we found several interesting day-flying moths (mostly specialities of this arid region): Marbled Clover, Latticed Heath, Oblique-striped, Powdered Grass-veneer and a particularly richly coloured Small Elephant Hawk-moth that had freshly emerged from pupation. Finally, as we

Norfolk, species list and trip report, 6th to 10th June 2022

returned to the minibus, our ears were treated to a serenade by arguably the UK's most remarkable avian vocalist: a Wood Lark (in fact, two!).

We then made a brief stop at 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 *Artemisia campestris*, 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, particularly, on the verges in the surrounding industrial estate. But our visit did prompt contemplation of a conundrum: should we be glad that such a valuable site has been spared destruction... or concerned that conservationists are obliged to resort to such extreme measures? Is our conservation cup half-full... or half-empty?

From Brandon, we headed ten minutes up the road to RSPB Lakenheath Fen, in order to experience a rather different approach to conservation. Where thirty years ago there were just carrot fields with a scattering of poplar plantations, as both leaders recalled from their teenage-birder youth, there is now a large wetland, with reedbeds, grazing marshes, channels and pools. After we had navigated the brood of ducklings that had taken up residence in the doorway of the visitor centre, we spent a tranquil hour or so strolling a short loop around the reserve. Although Golden Orioles may no longer breed here (nor indeed in the UK at all... although that may yet change), we enjoyed other natural delights.

Pathside vegetation hooched with insects. There were more Small Tortoiseshells than we could shake a stick at, plus many Red Admirals and a lone Painted Lady. A Four-dotted Footman moth was admired; so too a long-horn beetle (probably Fairy-ring Long-horn) and some Azure Damselflies. A large growth of Yellow Flag *Iris pseudacorus* brightened the vista. From New Fen viewpoint, we watched a Hobby cut through the air in pursuit of dragonflies, while a male Marsh Harrier adopted a lazier approach, sailing above the reeds. A male Cuckoo called and briefly showed its falcon-like shape in rapid flight: it wouldn't be long before he headed back south to Africa, his procreation opportunities spent (hopefully successfully). Reed Warblers were chuntering and Sedge Warblers chattering, while a Hairy Dragonfly posed for photographs - unlike the occasional paler blue chaser, which zipped away before we could determine their identity as either Black-tailed or Scarce. All in all, the foresighted approach to conservation that characterises RSPB Lakenheath Fen furnished a pleasant conclusion to another excitingly diverse day - and one that, in the increasing warmth of the afternoon, definitely merited yet another dip into yet another a Ronaldo's-filled freezer...

Norfolk, species list and trip report, 6th to 10th June 2022



Top to bottom: Bordered White; Oblique-striped; Small Elephant Hawk-moth; Field Wormwood *Artemisia campestris*; Spoonbill.

Day Four: 9th June. North Norfolk.

The wildlife was waiting to greet us before we left the hotel this morning, with White and Buff Ermine moths attracted to the external lights. We also saw the remarkable larval case (“caterpillar sleeping bag”, as our leader later termed it) - constructed from fragments of grass and looking for all the world like a dry sprig of foliage - of a bagworm moth known as *Psyche casta*. Moths truly are remarkable!

After that fine start, the bus ferried us towards north Norfolk, famous for its many nature reserves. We first stopped at Kelling Heath, on higher land known as the Cromer Ridge, which our leader explained was formed from Ice-Age deposits. After admiring moths caught by our other leader in his garden trap - a wonderful size comparison between Elephant and Small Elephant Hawk-moth, plus Swallow Prominent and Beautiful Hook-tip - we walked a circuit across the heath. Here we found interesting plants including Black Horehound *Ballota nigra*, Pink-sorrel *Oxalis articulata*, the seedhead of Goat’s-beard *Tragopogon pratensis*, Heath Groundsel *Senecio sylvaticus*, Heath Bedstraw *Galium saxatile*, Heath Milkwort *Polygala serpyllifolia*, Sand Spurrey *Spergularia rubra* and the bizarre parasitic Dodder *Cuscuta* sp., pink strings (“strawberry laces,” quipped our leader) entangled around the low-growing gorse.

Insects provided plenty of interest, with the moth-ers excited by July Belle (a local speciality: normally active at dusk, but readily disturbed by day from gorse *Ulex* sp., the foodplant of its caterpillars) and another larval case of *Psyche casta*, while butterfly fans were delighted to see a very fresh Meadow Brown and two end-of-season Green Hairstreaks as well as several Common Blues, and further Red Admirals and Small Tortoiseshells. Photographs taken by one participant confirmed both Green-veined White and, after the trip, a male Silver-studded Blue (the latter not having shown particularly well, although at least it was seen by all). The invertebrate highlight, however, occurred at a sandy bank, where we watched several Red-banded Sand Wasps carrying prey to underground nests, or blockading those nests to safeguard the grub within. An intimate insight into a remarkable life cycle that felt, to paraphrase one participant, as if we were watching our very own wildlife documentary.

Birds were pleasing too. A Wood Lark sang, as did Tree Pipit, Garden Warbler and several Willow Warblers. A male Yellowhammer (“yellow budgie”, according to one participant) asked for a ‘little-bit-of-bread-and-no-cheese’, and pairs of Stonechats and Linnets kept the binoculars in action. Overhead were a Red Kite and the odd Buzzard. All in all, it was hard to tear ourselves away from this rewarding habitat. But depart we must.

From Kelling, we headed along country lanes lined with the lime-yellow Alexanders *Smyrniolus olusatrum* to Morston Quay on the north Norfolk coast. Parking on the quayside, we noted Redshanks, Thrift *Armeria maritima* and Common Sea-lavender *Limonium vulgare* before boarding a boat and heading across Blakeney Harbour towards Blakeney Point, where the blue lifeboat station (in place since the late 1800s) caught the eye. Unfortunately, the Common (or Harbour) Seals that are normally hauled out on the Point were oddly absent this summer. The only pinnipeds we could pick out were hauled out on a distant sandbank, and we suspected they were probably Grey rather than Common. Not quite the seal show that we were hoping for - and perhaps indicative that something is awry with this marine mammal!

Norfolk, species list and trip report, 6th to 10th June 2022

But where the seals were lacking, the birds certainly made up for it. A Spoonbill flew past on rapid, if somewhat arthritic, wingbeats. Arctic-bound waders included several smart-looking Dunlin and Turnstone, a party of Knot in scudding flight, and a single Grey Plover (sadly not in nuptial finery). Although terns, oddly, seem not to have settled to breed on the Point yet, pairs of Little Terns were patrolling the shallows, calling and flirting with each other, with one male greeting its partner with a small fish. This pair stood next to a Sandwich Tern: little and large, juxtaposed! Several other Sandwich Terns were enjoyed, including a party of a dozen or so standing to attention on the foreshore, and the odd Common Tern flew past. And wherever we looked, even in mid-harbour, there seemed to be Red Admirals hurtling past the boat. This butterfly really is a supreme migrant.

Back on dry land, we ate our lunch on the bus as it transported us further west to the final destination of the holiday: RSPB Titchwell. Stopping at the reserve entrance board, we learnt about the process of managed retreat that the conservation charity is operating here, allowing the incursion of the sea in some parts, while preserving others.

Although our attention was often distracted by yet more Red Admirals and Small Tortoiseshells, we then focused on the birds of the freshmarsh. Migrant waders included several Black-tailed Godwit and a single Bar-tailed Godwit, and we learnt that our visit coincided with a visitor from further afield: a vagrant Spotted Sandpiper, which hails from the Americas. Although it gave only distant views, its spottiness and rarity were certainly much appreciated. The shorebird highlight, however, was the astonishing number of Avocet chicks - apparently part of a record year for the RSPB icon at this stellar reserve. These sights were complemented by an impromptu chat with Harry Ewing, conservation scientist from the University of East Anglia who is studying Curlews in the Brecks: he explained to us how his research was aiming to help their conservation.

Wildfowl included Pochard, Gadwall, Shoveler and Tufted Duck (a pair of which, along with a Mallard brood, received short shrift from protective Avocet parents), while longer-legged waterbirds included several Spoonbill and a Great Egret (both now welcome features on the Norfolk coast) plus a Bittern seen by a fortunate duo. Among the many Black-headed Gulls, we picked out the odd nesting Common Tern plus the dainty forms of a handful of immature Little Gulls, including one with a nearly complete black hood. Of other birds, Marsh Harriers were sailing around, a couple of Cuckoos flew low over the reedbed, Pied Wagtails were numerous, and Sedge Warblers nested by the path, but sadly only a couple of us saw the Bearded Tit that perched low in the reeds, directly behind the Spotted Sandpiper (perhaps a unique sight in British terms!).

This was manna enough, but our walk back along the raised footpath brought further treats - all non-avian. Common Fumitory *Fumaria officinalis* (Turtle Dove food!) grew on the bank near Parrinder hide, while a stop for a Peacock caterpillar was rewarded by one of us spotting a lone Bee Orchid *Ophrys apifera* - perhaps the most unequivocally spectacular of the British contingent of this amazing botanical group. Another stop produced a swarm of Peacock caterpillars on nettles: it has been a heady spring for this species, so hopefully this will result in a fabulous breeding season. Just when we thought we couldn't take any more, we drooled over four Common Lizards (including an apparently heavily pregnant female) lounging in the sun on a wooden fence.

Norfolk, species list and trip report, 6th to 10th June 2022

Talking of the sun, the afternoon warmth was surely excuse enough for our final foray into the freezer in search of another Ronaldo's ice cream - whether salted caramel, rum 'n' raisin, rhubarb and ginger, or simple chocolate. Yum!

Back at the hotel, after our final log and sumptuous dinner, one leader shared with us his magical box of animal surprises: bird wings and dead moths. An unexpected treat after some fabulous wildlife-watching in one of the UK's most biodiverse counties!

James Lowen, Wildlife Travel. June 2022.



Above Avocet versus Mallard.

Norfolk, species list and trip report, 6th to 10th June 2022



Top to bottom: Green Hairstreak; Red-banded Sand Wasp; Little Tern; Common Lizard.

Norfolk, species list and trip report, 6th to 10th June 2022

NORFOLK 2022: some highlights

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
BIRDS						
Family Anatidae (Swans, geese and ducks)						
Mute Swan	<i>Cygnus olor</i>		X		X	
Greylag Goose	<i>Anser anser</i>		X	X	X	
Canada Goose	<i>Branta canadensis</i>		X	X	X	
Egyptian Goose	<i>Alopochen aegyptiaca</i>		X		X	
Shelduck	<i>Tadorna tadorna</i>		X		X	
Mallard	<i>Anas platyrhynchos</i>		X	X	X	
Gadwall	<i>Anas strepera</i>		X	X	X	
Shoveler	<i>Anas clypeata</i>		X		X	
Teal	<i>Anas crecca</i>		X	X		
Tufted Duck	<i>Aythya fuligula</i>				X	
Pochard	<i>Aythya ferina</i>				X	
Family Phasianidae (Pheasants and Partridges)						
Red-legged Partridge	<i>Alectoris rufa</i>			X		
Pheasant	<i>Phasianus colchicus</i>		X	X	X	
Family Podicipedidae (Grebes)						
Great Crested Grebe	<i>Podiceps cristatus</i>		X			
Family Procellariidae (Shearwaters and Petrels)						
Fulmar	<i>Fulmarus glacialis</i>				X	
Family Phalacrocoracidae (Cormorants)						
(Great) Cormorant	<i>Phalacrocorax carbo</i>		X	X	X	
Family Ardeidae (Hérons)						
(Great) Bittern	<i>Botaurus stellaris</i>				X	
Little Egret	<i>Egretta garzetta</i>		X		X	
Great White Egret	<i>Ardea alba</i>				X	
Grey Heron	<i>Ardea cinerea</i>		X		X	
Family Threskiornithidae (Ibises)						
Spoonbill	<i>Platalea leucorodia</i>		X		X	
Family Accipitridae (Hawks and Eagles)						
Red Kite	<i>Milvus milvus</i>		X	X	X	
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	X		
Family Falconidae (Falcons)						
Kestrel	<i>Falco tinnunculus</i>		X	X	X	
Hobby	<i>Falco subbuteo</i>		X	X		
Family Rallidae (Rails)						
Water Rail	<i>Rallus aquaticus</i>		X			
Moorhen	<i>Gallinula chloropus</i>		X	X	X	

Norfolk, species list and trip report, 6th to 10th June 2022

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Coot	<i>Fulica atra</i>		X	X	X	
Family Haematopidae (Oystercatchers)						
Oystercatcher	<i>Haematopus ostralegus</i>		X	X	X	
Family Recurvirostridae (Avocets)						
Avocet	<i>Recurvirostra avosetta</i>				X	
Family Burhindae (Thick-knees)						
Stone Curlew	<i>Burhinus oediconemus</i>			X		
Family Charadriidae (Plovers)						
Ringed Plover	<i>Charadrius hiaticula</i>				X	
Little Ringed Plover	<i>Charadrius dubius</i>		X		X	
Lapwing	<i>Vanellus vanellus</i>		X	X	X	
Family Scolopacidae (Sandpipers)						
Turnstone	<i>Arenaria interpres</i>				X	
Grey Plover	<i>Pluvialis squatarola</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	X	
Spotted Sandpiper	<i>Actitis macularius</i>				X	
Family Laridae (Gulls)						
Little Gull	<i>Hypocoloeus minutus</i>				X	
Black-headed Gull	<i>Chroicocephalus ridibundus</i>		X	X	X	
Herring Gull	<i>Larus argentatus</i>		X	X	X	
Lesser Black-backed Gull	<i>Larus fuscus</i>		X	X	X	
Great Black-backed Gull	<i>Larus marinus</i>		X		X	
Family Sternidae (Terns)						
Common Tern	<i>Sterna hirundo</i>		X		X	
Sandwich Tern	<i>Thalassidroma sandvicensis</i>				X	
Little Tern	<i>Sternula albifrons</i>				X	
Family Columbidae (Pigeons and Doves)						
Rock Dove/Feral Pigeon	<i>Columba livia</i>				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	
Family Cuculidae (Cuckoos)						
(Common) Cuckoo	<i>Cuculus canorus</i>			X	X	
Family Apodidae (Swifts)						
Swift	<i>Apus apus</i>		X	X	X	
Family Picidae (Woodpeckers)						
Green Woodpecker	<i>Picus viridis</i>			X		
Great Spotted	<i>Dendrocopos major</i>		X	X		

Norfolk, species list and trip report, 6th to 10th June 2022

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Woodpecker						
Family Alaudidae (Larks)						
Skylark	<i>Alauda arvensis</i>			X	X	
Wood Lark	<i>Lullula arborea</i>			X	X	
Family Hirundinidae (Swallows and Martins)						
Sand Martin	<i>Riparia riparia</i>		X			
Swallow	<i>Hirundo rustica</i>		X	X	X	
House Martin	<i>Delichon urbica</i>		X	X	X	
Family Motacillidae (Pipits and Wagtails)						
Meadow Pipit	<i>Anthus pratensis</i>			X	X	
Tree Pipit	<i>Anthus campestris</i>				X	
Pied Wagtail	<i>Motacilla alba yarrellii</i>		X	X	X	
Grey Wagtail	<i>Motacilla cinerea</i>			X		
Family Troglodytidae (Wrens)						
Wren	<i>Troglodytes troglodytes</i>		X	X	X	
Family Prunellidae (Accentors)						
Dunnock	<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	
Spotted Flycatcher	<i>Muscicapa striata</i>			X		
Family Turdidae (Thrushes)						
Song Thrush	<i>Turdus philomelos</i>		X			
Mistle Thrush	<i>Turdus viscivorus</i>			X		
Blackbird	<i>Turdus merula</i>		X	X	X	
Family Sylviidae (Sylvia Warblers)						
Garden Warbler	<i>Sylvia borin</i>		X		X	
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	
Family Cettidae (Bush Warblers)						
Cetti's Warbler	<i>Cettia cetti</i>		X	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			
Family Paridae (Tits)						
Great Tit	<i>Parus major</i>		X	X	X	
Coal Tit	<i>Pariparus ater</i>		X	X	X	

Norfolk, species list and trip report, 6th to 10th June 2022

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Blue Tit	<i>Cyanistes caeruleus</i>		X	X		
Marsh Tit	<i>Poecilus palustris</i>			X		
Family Aegithalidae (Long-tailed Tits)						
Long-tailed Tit	<i>Aegithalos caudatus</i>		X	X		
Family Panuridae (Reedlings)						
Bearded Reedling	<i>Panurus biarmicus</i>		X		X	
Family Sittidae (Nuthatches)						
Nuthatch	<i>Sitta europaea</i>			X		
Family Certhiidae (Treecreepers)						
Treecreeper	<i>Certhia familiaris</i>		X	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	
Bullfinch	<i>Pyrrhula pyrrhula</i>				X	
Family Emberizidae (Buntings)						
Reed Bunting	<i>Emberiza schoeniclus</i>		X	X	X	
Yellowhammer	<i>Emberiza citronella</i>		X		X	

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
MAMMALS						
Carnivores						
Grey Seal	<i>Halichoerus grypus</i>				X	
Rodents						
Grey Squirrel	<i>Sciurus carolinensis</i>		X	X	X	
Lagomorphs						
Rabbit	<i>Oryctolagus cuniculus</i>			X	X	
Ungulates						
Reeve's Muntjac	<i>Muntiacus reevesi</i>		X	X		

Norfolk, species list and trip report, 6th to 10th June 2022

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
AMPHIBIANS						
Common Frog	<i>Rana temporaria</i>		X		X	
REPTILES						
Common Lizard	<i>Zootoca vivipara</i>		X	X	X	
Adder	<i>Vipera berus</i>		X			

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
LEPIDOPTERA - moths						
National status: L = Local, Nb = Nationally Notable, RDB = Red Data Book						
Crambidae						
Powdered Grass-veneer	<i>Thisanotia chrysonuchella</i>			X	X	
Garden Grass-veneer	<i>Chrysoteuchia culmella</i>		X	X		
Little Grass-veneer	<i>Platytes cerussella</i>			X		
Small Magpie	<i>Anania horticolata</i>		X			
European Corn Borer	<i>Ostrinia nubilalis</i>		X			
Hook-streaked Grass-veneer	<i>Crambus lathoniellus</i>		X			
Erebidae						
Pale Tussock	<i>Calliteara pudibunda</i>			X		
Cinnabar Moth	<i>Tyria jacobaea</i>			X	X	
Straw Dot	<i>Rivula sericealis</i>		X	X		
Arctiidae						
Orange Footman	<i>Eilema sororcula</i>			X		
Four-dotted Footman	<i>Cybosia mesomella</i>			X		
Arctiinae						
Garden Tiger	<i>Arctia caja</i> (Woolly Bear caterpillars)		X			
Clouded Buff	<i>Diacrisia sannio</i>			X		
White Ermine	<i>Spilosoma lubricipeda</i>		X	X	X	
Buff Ermine	<i>Spilosoma luteum</i>			X	X	
Geometridae						
Peppered Moth	<i>Biston betularia</i>			X		
Light Emerald	<i>Campaea margaritaria</i>		X	X		
Blotched Emerald	<i>Comibaena bajularia</i> (potted)			X		
Latticed Heath	<i>Chiasmia clathrata</i>			X		
Green Carpet	<i>Colostygia pectinataria</i>		X	X		
Brimstone Moth	<i>Opisthograptis luteolata</i>			X		
July Belle	<i>Scotopteryx luridata</i>				X	
Balsam Carpet	<i>Xanthorhoe biriviata</i>		X			
Maiden's Blush	<i>Cyclophora punctaria</i>			X		
Oblique Striped	<i>Phibalapteryx virgata</i>			X		

Norfolk, species list and trip report, 6th to 10th June 2022

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Yellow Shell	<i>Camptogramma bilineata</i>			X		
Purple Bar	<i>Cosmorhoe ocellata</i>			X		
Common Marbled Carpet	<i>Chloroclysta truncate</i>			X		
Sharp-angled Carpet	<i>Euphyia unangulata</i>			X		
Sandy Carpet	<i>Perizoma flavofasciata</i>		X			
Double-striped Pug	<i>Gymnoscelis rufifasciata</i>			X		
Foxglove Pug	<i>Eupithecia pulchellata</i>			X		
Common Pug	<i>Eupithecia vulgate</i>		X			
Bordered Pug	<i>Eupithecia succenturiata</i>			X		
Mottled Pug	<i>Eupithecia irriguata</i>			X		
Scorched Carpet	<i>Ligdia adustata</i>			X		
Rannoch Looper	<i>Itame brunneata (potted)</i>			X		
Scorched Wing	<i>Plagodis dolabraria</i>			X		
Willow Beauty	<i>Peribatodes rhomboidaria</i>			X		
Mottled Beauty	<i>Alcis repandata</i>		X	X		
Pale Oak Beauty	<i>Hypomecis punctinalis</i>			X		
Bordered White	<i>Bupalus piniaria</i>			X		
Clouded Silver	<i>Lomographa temerata</i>		X			
Barred Red	<i>Hylaea fasciaria</i>			X		
Thyatiridae						
Buff Arches	<i>Habrosyne pyritoides</i>			X		
Tortricidae						
Green Oak Tortrix	<i>Tortix viridana</i>		X			
A micro moth	<i>Phtheochroa rugosana</i>		X			
A micro moth	<i>Celypha cespitana</i>		X			
Hepialidae						
Common Swift	<i>Korscheltellus lupulina</i>		X	X		
Lasiocampidae						
Fox Moth	<i>Macrothylacia rubi</i>			X		
Drinker	<i>Euthrix potatoria (Caterpillars)</i>		X	X		
Noctuidae						
Spectacle	<i>Abrostola tripartita</i>		X			
Silver-Y	<i>Autographa gamma</i>		X	X		
Treble Lines	<i>Charanyca trigrammica</i>		X	X		
Burnished Brass	<i>Diachrysia chrysis</i>		X			
Shears	<i>Hada plebeja</i>			X		
Marbled Clover	<i>Heliothis virescens</i>			X		
Shoulder-striped Wainscot	<i>Leucania comma</i>			X		
Common Wainscot	<i>Mythimna pallens</i>		X	X	X	
Brown Rustic	<i>Rusina ferruginea</i>			X		
Lunar Yellow Underwing	<i>Noctua orbona</i>			X		

Norfolk, species list and trip report, 6th to 10th June 2022

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Setaceous Hebrew Character	<i>Xestia c-nigrum</i>		X	X		
Light Brocade	<i>Lacanobia w-latinum</i>			X		
Vine's Rustic	<i>Hoplodrina ambigua</i>		X	X		
Heart and Dart	<i>Agotis exclamationis</i>		X			
Flame Shoulder	<i>Ochropleura plecta</i>		X			
Beautiful Golden Y	<i>Autographa pulchrina</i>		X			
White Point	<i>Mythimna albipuncta</i>		X			
Middle-barred Minor	<i>Oligia fasciuncula</i>		X			
Plutellidae						
Diamondback Moth	<i>Plutella xylostella</i>		X			
Notodontidae						
Buff-tip	<i>Phalera bucephala</i>		X	X		
Swallow Prominent	<i>Pheosia tremula (Potted)</i>				X	
Pale Prominent	<i>Pterostoma palpina</i>			X		
Pyalidae						
A micromoth	<i>Nephoterix angustella</i>			X		
Sphingidae						
Small Elephant Hawkmoth	<i>Deilephila porcellus</i>			X		
Poplar Hawkmoth	<i>Laothoe populi</i>		X	X		
Elephant Hawkmoth	<i>Deilephila elpinor</i>				X	
Lime Hawkmoth	<i>Mimas tiliae</i>		X			
Tortricidae						
Grey Gorse Piercer	<i>Cydia ulicetana</i>				X	
Hypeninae						
Snout	<i>Hypena proboscidalis</i>		X			
Pterophorinae						
Yarrow Plume	<i>Gillmeria pallidactyla</i>		X			

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
LEPIDOPTERA - butterflies						
Family Papilionidae (Swallowtails)						
Swallowtail	<i>Papilio machaon</i>		X			
Family Pieridae (Whites)						
Brimstone	<i>Gonopteryx rhamni</i>		X	X		
Large White	<i>Pieris brassicae</i>			X	X	
Green-veined White	<i>Pieris napi</i>				X	
Family Lycaenidae (Blues, Coppers, Hairstreaks)						
Green Hairstreak	<i>Callophrys rubi</i>				X	

Norfolk, species list and trip report, 6th to 10th June 2022

Silver-studded Blue	<i>Plebeius argus</i>				X	
Common Blue	<i>Polyommatus icarus</i>			X	X	
Holly Blue	<i>Celastrina argiolus</i>		X			
Family Nymphalidae (Nymphs, Fritillaries and Browns)						
Red Admiral	<i>Vanessa atalanta</i>		X	X	X	
Painted Lady	<i>Vanessa cardui</i>		X	X	X	
Peacock Butterfly	<i>Aglais io</i>			X	X	
Speckled Wood	<i>Parage aegeria</i>		X	X	X	
Small Heath	<i>Coenonympha pamphilus</i>			X	X	
Meadow Brown	<i>Maniola jurtina</i>				X	
Small Tortoiseshell	<i>Aglais urticae</i>		X	X	X	
ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
ODONATA - Dragonflies and Damselflies						
Family Calopterygidae (Demoiselles)						
Banded Demoiselle	<i>Calopteryx splendens</i>			X		
Family Coenagrionidae (Pond Damselflies)						
Large Red Damselfly	<i>Pyrrhosoma nymphula</i>		X			
Azure Damselfly	<i>Coenagrion puella</i>		X	X	X	
Variable Damselfly	<i>Coenagrion pulchellum</i>		X			
Common Blue Damselfly	<i>Enallagma cyathigerum</i>		X			
Blue-tailed Damselfly	<i>Ischnura elegans</i>		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	X		
Family Libellulidae (Chasers)						
Four-spotted Chaser	<i>Libellula quadrimaculata</i>		X	X		
Scarce Chaser	<i>Libellula fulva</i>		X			
Broad-bodied Chaser	<i>Libellula depressa</i>		X			
Black-tailed Skimmer	<i>Orthetrum cancellatum</i>		X	X		
MISCELLANEOUS						
Red-banded Sand Wasp	<i>Ammophila sabulosa</i>	Sand bank at Kelling Heath				
Thick-legged Flower Beetle	<i>Oedemera nobilis</i>	At Hickling				
Wasp Beetle	<i>Clytus arietis</i>	At Hickling				
Four-banded Longhorn Beetle	<i>Leptura quadrifasciata</i>	At Hickling				



Top to bottom: Burnished Brass; Avocet.

Selected Plant Species

Some plant species do not have English names and English names vary according to author. A common name is given as a guide to help those who are not familiar with the scientific name. The **Scientific name** consists of the **Genus** (the first name starting with a capital) and the **species** (the second name, without a capital). Families are in alphabetical order (not in the order found in many plant books - which now changes frequently as the systematic order of families is changing rapidly due to clarification by genetic research). The English name of a family member is also given so you can relate the family to plants you may know. Some species have recently been transferred to different families and the names of species also change occasionally. Orchid names are always problematic as many people split them into a number of species. For families and species, the list follows the (up to date as much as possible) Plant List (Kew) and INPI classification (although for orchids, popular names are sometimes also given).

SCIENTIFIC NAME	ENGLISH NAME	Notes
Papaveraceae (Poppy family)		
<i>Ceratocapnos claviculata</i>	Climbing Corydalis	At Hickling in reedbeds
<i>Papaver rhoeas</i>	Common Poppy	Commonly seen
Caryophyllaceae (Campion family)		
<i>Petrorhagia prolifera</i>	Proliferous Pink	Cranwich Camp, in bud
<i>Silene dioica</i>	Red Campion	Common
<i>Silene flos-cuculi</i>	Ragged-robin	In fen meadow at Strumpshaw
<i>Silene latifolia</i>	White Campion	Common
<i>Silene vulgaris</i>	Bladder Campion	Cranwich Camp and Norwich ring road
<i>Stellaria graminea</i>	Lesser Stitchwort	Cranwich Camp
Plumbaginaceae (Sea Lavender family)		
<i>Armeria maritima</i>	Thrift	Saltmarsh at Morston
<i>Limonium vulgare</i>	Common Sea Lavender	Saltmarsh at Morston
Resedaceae (Mignonette family)		
<i>Reseda lutea</i>	Wild Mignonette	Common
Ericaceae (Heath family)		
<i>Calluna vulgaris</i>	Heather	Kelling
<i>Erica cinerea</i>	Bell Heather	Kelling
Crassulaceae (Stonecrop family)		
<i>Sedum acre</i>	Biting Stonecrop	On anthills at Cranwich Camp
Fabaceae (Pea family)		
<i>Anthyllis vulneraria</i>	Kidney Vetch	Cranwich Camp
<i>Astragalus danicus</i>	Purple Milk-vetch	Cranwich Camp
<i>Lotus corniculatus</i>	Bird's-foot-trefoil	Cranwich Camp
<i>Trifolium campestre</i>	Hop Trefoil	Cranwich Camp
<i>Ulex europaeus</i>	Gorse	Kelling
<i>Vicia cracca</i>	Tufted Vetch	Norwich ring road

Norfolk, species list and trip report, 6th to 10th June 2022

SCIENTIFIC NAME	ENGLISH NAME	Notes
Elaeagnaceae (Sea Buckthorn family)		
<i>Hippophae rhamnoides</i>	Sea Buckthorn	Strumpshaw garden!
Oxalidaceae (Wood Sorrel family)		
<i>Oxalis articulata</i>	Pink Wood Sorrel	Kelling
Geraniaceae (Crane's-bill family)		
<i>Erodium cicutarium</i>	Common Stork's-bill	Common
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Hickling
<i>Geranium robertianum</i>	Herb-robert	Common
Apiaceae (Carrot family)		
<i>Apium nodiflorum</i>	Fool's Water Cress	Strumpshaw Ditch
<i>Conium maculatum</i>	Hemlock	Lakenheath
<i>Peucedanum palustre</i>	Milk Parley	Hickling in reedbed – foodplant of Swallowtail butterfly
<i>Smyrniolum olusatrum</i>	Alexanders	Common at coast
Convolvulaceae (Bindweed family)		
<i>Cuscuta epithymum</i>	Common Dodder	Kelling in cut gorse area
<i>Convolvulus arvensis</i>	Field Bindweed	Common
Boraginaceae (Borage family)		
<i>Cynoglossum officinale</i>	Hound's-tongue	Cranwich Camp
<i>Echium vulgare</i>	Viper's-bugloss	Seen frequently
<i>Pentaglottis sempervirens</i>	Green Alkanet	Hickling and Kelling
<i>Symphyton x uplandicum</i>	Russian Comfrey	Hickling
<i>Symphytum officinale</i>	Common Comfrey	Kelling
Lamiaceae (Dead Nettle family)		
<i>Ballota nigra</i>	Black Horehound	Hickling and Kelling
Rubiaceae (Madder family)		
<i>Galium saxatile</i>	Heath Bedstraw	Kelling
<i>Galium verum</i>	Lady's Bedstraw	Cranwich Camp
Caprifoliaceae (Honeysuckle family)		
<i>Lonicera periclymenum</i>	Honeysuckle	Common
Asteraceae (Daisy family)		
<i>Artemisia campestris</i>	Field Wormwood	Brandon
<i>Artemisia vulgaris</i>	Mugwort	Common
<i>Eupatorium cannabinum</i>	Hemp Agrimony	All wetland sites
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Road verges
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	Cranwich Camp
<i>Tragoogon pratensis agg</i>	Goat's-beard	Kelling, Brandon
ANGIOSPERMS: MONOCOTYLEDONS		
Iridaceae (Iris Family)		
<i>Iris pseudacorus</i>	Yellow Iris	Wetland sites
Hydrocharitaceae (Frogbit Family)		
<i>Hydrocharis morsus-ranae</i>	Frogbit	Strumpshaw Ditch

Norfolk, species list and trip report, 6th to 10th June 2022

SCIENTIFIC NAME	ENGLISH NAME	Notes
Orchidaceae (Orchid Family)		
<i>Dactylorhiza praetermissa</i>	Southern Marsh-orchid	Strumpshaw
<i>Ophrys apifera</i>	Bee Orchid	Titchwell
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	Strumpshaw
Other notable plants		
<i>Osmundia regalis</i>	Royal Fern	Hickling
<i>Briza media</i>	Quaking Grass	Strumpshaw
<i>Teucrium scorodonia</i>	Wood Sage	Kelling