

WILDLIFE TRAVEL



NORFOLK

5th to 9th June 2023

Norfolk 2023: trip report and species lists

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

Leaders

Jono Leadley

Yorkshire

James Lowen

Norfolk

A gallery of photos from the trip is at

<https://www.flickr.com/photos/wildlifetravel/albums/72177720308943226>

Cover: Military Orchid. Above: the travellers at Hickling Broad.

Day One: 5th June. Arrival at The Old Rectory.

Following our respective journeys to Crostwick, in the heart of Norfolk's Broadland district, we enjoyed a fine opening-night dinner.

Day Two: 6th June. Norfolk Broads.

Our leaders ran a moth trap overnight in the hotel garden, and so our first morning started with us going through some of the highlights of the night's catch. This was a great introduction to the world of 'mothing'... Despite the relatively cool temperatures and windy night, the catch included some nice species.

The highlight was an Eyed Hawk-moth that graced the very first egg-tray, and showed off its blue eye-spots to perfection. A Pale Tussock sprawled luxuriantly on outstretched forelimbs, a White Ermine - snow-white with black dots - was neighbour to a Common Swift, which we learnt was a primitive moth in a family whose males display collectively ('lek'). A Light Brocade was much admired, and a small moth discovered at the end transpired to be Fen Crest (properly known as *Brachmia inornatella*). While no looker, this is a Nationally Scarce micromoth that occurs only in East Anglia and south-east England, and, in Norfolk, is mostly associated with the Broads. This proved to be the first record for the 10km square in which the hotel is sited, so a great 'dot' to put on the map. That we can generate new information from a single trap night in a random hotel garden shows how little we know about these under-rated insects.

Moths released safely into the undergrowth and traps packed away, we headed up eastwards into the famed Norfolk Broads, spending the day at the Norfolk Wildlife Trust reserve of Hickling Broad. Upon arrival, Jono gave us a potted history of Broadland ecology: while seeming wild, the water bodies for which the region is famous are very much manmade - the product of peat digging.

Suitably briefed, we descended from our minibus. Under drizzly skies, we walked from the visitor centre towards the broad, where we took a two-hour boat trip which gave exclusive access to two hides and a canopy tower. Heading towards the broad, and slightly shivering in decidedly insect-unfriendly temperatures, we listened to singing Cetti's, Willow, Reed, Sedge and Grasshopper Warblers, saw several Reed Buntings and heard (and some of us glimpsed) calling Bearded Tits, aka Bearded Reedlings. Putting names to various plants such as Yellow Flag Iris and False Fox-sedge prompted the sharing of a saying that helps you remember the difference between sedges, rushes and grasses: "sedges have edges, rushes are round and grasses have knobbly knees".

As we reached the broad, we picked out a Great Crested Grebe swimming beside a spread-out flotilla of Mute Swans. Two Great Egrets flew past - a rather distant sight but one that would have been unthinkable last century. The first of several Marsh Harriers was a female carrying prey, and Blackcap and Chiffchaff added themselves to our 'warbler list'. Reaching a wooden jetty, we met our boat-driver-cum-guide, John Williamson and set off on a proper exploration of the 'secret' side to Hickling Broad - a first for this tour.

We silently glided across the calm broad, seeing a pair of Pochards (a very scarce breeding bird in the Broads) and several Great Crested Grebes. Common Terns sailed past overhead and we marvelled at a pair of Marsh Harriers that completed a food-pass with ease. We headed to Swimcoots Hide, with the sound of Bearded Tits, 'pinging' in our ears. A flock of noisy Avocets were resting on the scrape,

along with Redshanks and Shelduck, with a few Gadwall thrown in for good measure. Next up, we cruised through the towering reeds, noting Mare's-tail and Lesser Water-parsnip, before reaching Rush-hills Hide. From here we got great views of two juvenile Bearded Tits, feeding on the mud at the base of the reeds, picking up small insects. A few Common Terns had settled on the platform among the Black-headed Gulls and as we left, we enjoyed views of a Wood Sandpiper, a rather scarce spring migrant. Next up, was the tower, which we ascended to gain amazing views over the reserve and to Horsey Broad in the distance.

Returning to dry land - well, the dock, at least - we shrugged off our lifejackets and strolled back towards the visitor centre. With the chill wind again precluding insect activity, we turned botanists, and enjoyed Milk Parsley (the foodplant of Swallowtail caterpillars), Royal Fern and Marsh Pennywort. Further birds were seen - including a Great Crested Grebe that had caught a large Rudd, a reedbed-speciality fish, which it swallowed with impressive ease. A crow attracted some interest, as it transpired to be a second-generation hybrid between Carrion Crow and Hooded Crow, the latter being a rare visitor to these parts.

Lunch at the visitor centre garden was enlivened by the rather lobster-like caterpillar of a Lilac Beauty, which was hanging on the underside of a honeysuckle leaf. It was rather tricky to imagine this odd-looking creature as a moth (or a moth-in-waiting, at least). Stomachs satisfied and adequately rehydrated, we walked east towards Brendan's Marsh, named in honour of a long-serving CEO of Norfolk Wildlife Trust. The excavations are ultimately intended to become reedbeds, catering to species such as Bittern, Marsh Harrier and Bearded Tit. Until they are planted up, however, the combination of shallow water and muddy fringes is attractive to a variety of bird species.

And so we passed a most splendid afternoon. The rarest bird we saw was a female Ferruginous Duck, an official *British Birds* rarity in the UK. This bird was first found nearby in November, but was spotted at Hickling in May, and has apparently paired up with a Pochard. If the two breed, what will its offspring look like - and how much will they confuse local birdwatchers? The Ferruginous Duck was in the same field of view as another scarce species of wildfowl, a drake Garganey that was moulting out of its nuptial finery and looked a little, well, scruffy... Completing the suite of ducks were another out-of-season Wigeon, plus Teal, Shoveler, Mallard and Tufted Duck.

A few waders were feeding on the muddy edges of the scrape. Lapwings had well-grown chicks, and there were a few Ringed Plovers, plus a pair of Avocets. Longer-legged birds included several Little Egrets and Spoonbills - which, like the Great Egrets earlier, would have been hard to imagine had this tour run during the 1990s. Perhaps most impressive was the large number of Swifts and House Martins, plus a few Swallows, that swooped and scythed through the air, seeking insects flying close to the water surface. Clearly the cool air was keeping everything down.

We kept an eye at reedbed level as well, seeing a few Marsh Harriers, with Jono glimpsing a Bittern that gave a brief barrel-chested flypast as it skimmed the frothy tops of the reeds. Nearer to us, a family of Whitethroat put on a good display, and a Yellowhammer called unseen from a Hawthorn behind us.

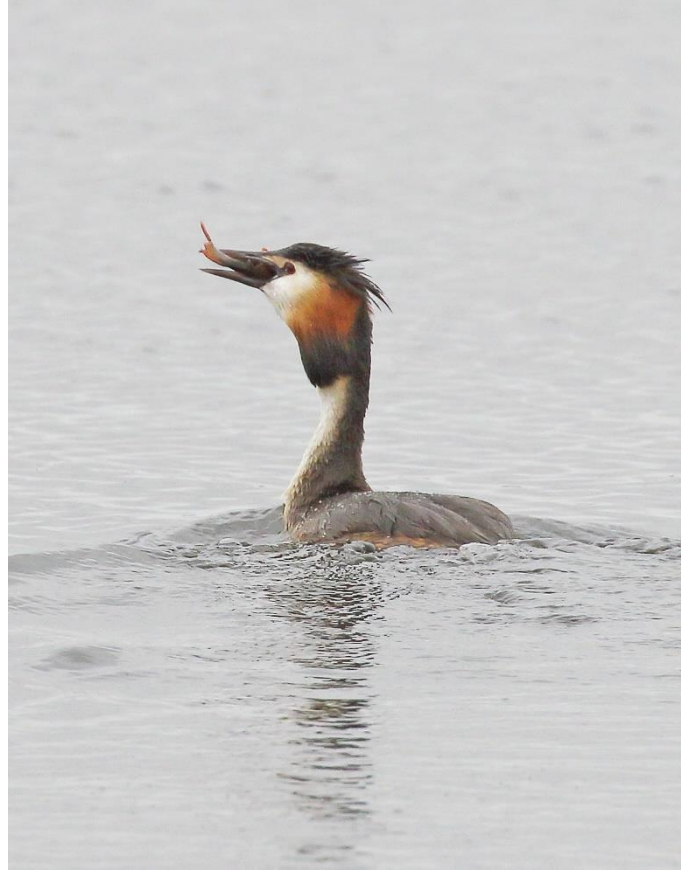
And with that, it was time to bumble back to the visitor centre, where Ronaldo's ice cream and cups of tea were consumed, in accordance with each person's internal thermometer. Once aboard the

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minibus, we made swift time to reach the hotel, and after a bit of downtime, enjoyed another pleasant dinner before retiring, eagerly awaiting the following morning and our trip to the Brecks.



Top to bottom: White Ermine; Small Magpie; Bearded Tit.



Top to bottom: Lilac Beauty; Great Crested Grebe; Spoonbill; Muntjac.

Day Three: 7th June. Breckland.

Today it was the turn of the Brecks, so - after a grey 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 under the pleasingly emergent sun. 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 warden James Symonds.

We had a great time picking through the trap's contents. While another chilly night kept diversity lower than is normal for this time of year, there were still plenty of new moths for us to feast our eyes on. We all admired the angular and argentine Poplar Hawk-moth, the candy-pink and apple-green Small Elephant Hawk-moth, Reddish Light Arches (whose Norfolk distribution is basically restricted to the Brecks), a hulking female Fox Moth ('Vixen Moth?'), a sumptuous male Clouded Buff, Cinnabar, Peacock (not the butterfly!), Shoulder-striped Wainscots by the dozen and plenty of Shears (named after the white, secateurs-like mark on its forewing). Evocatively named moths also delighted us, such as Willow Beauty, Light Emerald and Burnished Brass. Two Lunar Yellow Underwings were a Breckland goodie - its British range restricted to here and along the Suffolk coast.

Once we'd gorged ourselves on moths (and perhaps the other odd tub of Ronaldo's...), we headed out to West Hide. We quickly picked up three adult (and one chick) Stone-curlews, the bird species for which this reserve is most famous. Views were very good as the 'wailing heath chickens' wandered near a pair of Oystercatcher. A Eurasian (or Common) Curlew was also appreciated, given its parlous global conservation status.

As the sun emerged and shone brightly, and butterflies such as Speckled Wood, Small Heath and Brimstone were seen, one of the latter nectaring on a Viper's Bugloss beside the visitor centre, warden James took us on a special trip to Weeting's arable plants reserve - a truly wonderful place. Just a hundred years ago, Britain's cereal fields supported an array of annual flowers. In the 20th century, the advent of modern farming almost eradicated most of these unwanted plants, which many farmers regarded as 'weeds'. As a result, many species are now vulnerable to nationwide extinction.

Since 1970, Norfolk Wildlife trust has managed the Arable Plant Reserve specifically for many of Breckland's rarest annual plants. James explained that the reserve was established on land owned by the Parrott family when University of Cambridge student Anne Jones approached Christopher Cadbury (of the chocolate empire), who was an ardent advocate of Norfolk's wildlife. Cadbury then approached the Parrotts, persuading them to cultivate a 10-acre field annually with 'heritage' ryecrop. It is among the ryecrop, without pesticides, herbicides or fertiliser, that the rare plants thrive. "I think of this field as a time machine," James commented. "A century ago, every UK field would have been like this, the seeds feeding birds that have now become rare in the country, such as Corn Bunting, Tree Sparrow and Turtle Dove."

As we walked along the field edge, James showed us a variety of plants, many of them national rarities. Species seen included Sand Catchfly, Fine-leaved Sandwort, Smooth Cat's Ear, Purple Milk-vetch, Narrow-fruited Cornsalad and Annual Knawel (the latter is still common in the Brecks, but has disappeared from swathes of the country). Interspersed among the Corn Poppies was the odd Prickly

Poppy. Stork's-bill was a really important plant for Breckland invertebrates, including Breckland Leatherbug.

Perhaps the stars of the Weeting reserve show were a trio of arable speedwells in the genus *Veronica*. We saw Breckland Speedwell, now in fruit. This, James explained was a neophyte: it was only discovered in the 1930s and, having eluded the very astute Victorian botanists, is presumed an introduction. The reserve hosted ninety thousand plants this year. Fingered Speedwell, was an even brighter reserve star. This species is listed by IUCN as Critically Endangered globally and grows solely in the UK. Indeed, it grows now only at three sites (in the world, remember...). One of these hosts a dozen plants, another twenty or thirty thousand... and Weeting Heath (following James's count this year) 1.2 million. This means that 99% of the world population grows in this single precious location. Our jaws dropped. As Skylarks sang behind us, we finished with Spring Speedwell, which is nationally Endangered and grows at eleven or twelve sites nationwide: Weeting harbours ten thousand plants.

Mesmerised by so much botanical diversity, we returned to the visitor centre and ate our lunch hungrily, at one point serenaded by calling Stone-curlews. Then it was back onto the bus for a short hop 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 - growing in its rather precarious habitat of the cracks beside a concrete slab. One plant was in bud, but all the rest were in their glaucous-green vegetative state, with flowering a couple of weeks off at least. Once we got our eye in, we saw more and more - including away from the concrete slab.

With Common Blues and a single Small Blue (at its sole Norfolk site, thought to be the result of a clandestine introduction), plus Azure Damselflies, on the wing, we had something to complement the botanical joy. But then it was back to the amazing plants for which the Brecks are so famous, as we admired the willowy Spanish Catchfly, a species which has benefitted from concerted conservation effort here and elsewhere in the Brecks. It was really hard to drag ourselves away - we could easily have spent half a day here, on our hands and knees, identifying one plant after another...

Our final stop of the day was another truly special one. At an undisclosed Breckland location, we walked up a forest path with sandy, birch-stippled grassland to our right, which was swathed in Foxgloves. A Tree Pipit sang unseen as we noticed a Hoary Cinquefoil beneath our feet. Weaving our way through the forest, past a dancing Red Admiral, into a cleared area we entered a fenced-off compartment and - from behind a blue rope designed to deter inadvertent trampling - smiled at forty or so Military Orchids, here at one of just two UK sites for the species. In their midst we noticed the deeper magenta-like colour of Southern Marsh Orchids and the green flowers and huge basal leaves of Common Twayblade (also an orchid, despite the name). Those of us who peered through the fence into the lower, larger pit reckoned there were hundreds of Military Orchids growing there. What a site!

Again it was a wrench to tear ourselves away, and our first Emperor Dragonfly of the trip did its best to delay us reaching the bus. From there it was an hour or so's journey back to the hotel, where much-needed relaxation was in order before another tasty dinner.



Top to bottom: Clouded Buff; Small Elephant Hawk-moth; Stone-curlew.



Top to bottom: Spanish Catchfly; Prickly Poppy; Purple Milk-vetch.

Day Four: 8th June. North Norfolk and The Broads.

After breakfast, the bus ferried us towards North Norfolk, famous for its many nature reserves. We could have spent all day pootling along the coast, but instead we had another date with a boat.

We headed along country lanes lined with the lime-yellow Alexanders to Morston Quay on the North Norfolk coast. Parking on the quayside, we noted Redshank, Thrift, Sea Purslane, Sea Aster, Sea Plantain, Sea Wormwood and Sea Lavender before boarding our private boat (named *Sea Trout*) and heading across Blakeney Harbour towards Blakeney Point, where the blue lifeboat station (in place since the late 1800s) caught the eye and our guide, John, told us about the three old lifeboats moored in the channel. Unfortunately, the Common (or Harbour) Seals that are normally hauled out on the Point are again oddly absent this summer. Fortunately, we watched a couple of Grey Seals bob in the water and noted half-a-dozen more hauled out on the sand.

But if the seals were few in number, the birds certainly made up for it. Arctic-bound waders included a large- though distant-flock comprising Knot, smart-looking Dunlin and Ringed Plover, and we enjoyed good views of Sanderling and Turnstone. A flock of forty Bar-tailed Godwits were unexpectedly late, but these master migrants could probably fly to the Arctic within a few days should they so wish. Terns showed well, with Sandwich, Little and Common all present, even secreting in their midst a surprise first-summer Little Gull. A very attractive pair of Mediterranean Gull flew past, calling.

Back on dry land, we headed to Kelling Heath, which sits proudly on higher land known as the Cromer ridge, which was formed from Ice-Age deposits. James greeted us with two moths that he had caught on the Heath before our arrival: a smart July Belle (a speciality of Kelling) and a nicely rhyming Yellow Shell. We admired them before they were released to resume life. James also shared a Toadflax Brocade that he had caught at home in Norwich - a moth that was feared extinct in Britain a century ago but has since spread remarkably from its heart in Kent.

On our short stroll around the heath, in the face of a cool wind, several interesting animals and plants caught our eye. A pair of Stonechats and a Yellowhammer (singing 'a little-bit-of-bread-and-no-cheese') were typical feathered denizens of this habitat. Thick-legged Flower Beetle was spotted feeding, while additional moths encountered included Birch Mocha, Mother Shipton (named after the witch-like face on its wing) and Cocksfoot Moth (feeding on Cat's-ear). Interesting or attractive plants included Heath Bedstraw, Mossy Stonecrop, Wavy Hair-grass, Buckshorn Plantain, Heath Speedwell and Ground Ivy. Our leader encouraged us to munch on Sweet Vernal Grass, to enjoy its ostensibly sugary taste. Even during a brief walk in cold conditions, Kelling offered something for everyone.

And then, buoyed by news that the sun was forecast to be out back in the Broads, we flexed our itinerary to head south and inland to RSPB Strumpshaw Fen. Here our aim was to have another crack at seeing Swallowtail. Sadly we were unsuccessful, arriving perhaps half-an-hour after one was seen at the 'doctor's garden'. It has been a poor summer so far for this Lord of the Broadland skies. A few emerged in mid-May, but the cold north-easterlies ever since have apparently contrived to deter any further butterflies from emerging from their chrysalis. While ruing our misfortune, we hoped that the forecast heatwave that would follow our tour would provide the necessary warmth for this spectacular butterfly to emerge in good numbers.

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We made amends, of course, with a variety of other animals and plants. Greater Pond Sedge, Milk Parsley and Guelder-rose were all noted along the reserve paths, while Frogbit was just about visible in a channel running in the Ragged-robin-strewn (but unfortunately closed) meadow. A Bee Orchid was admired in the car park.

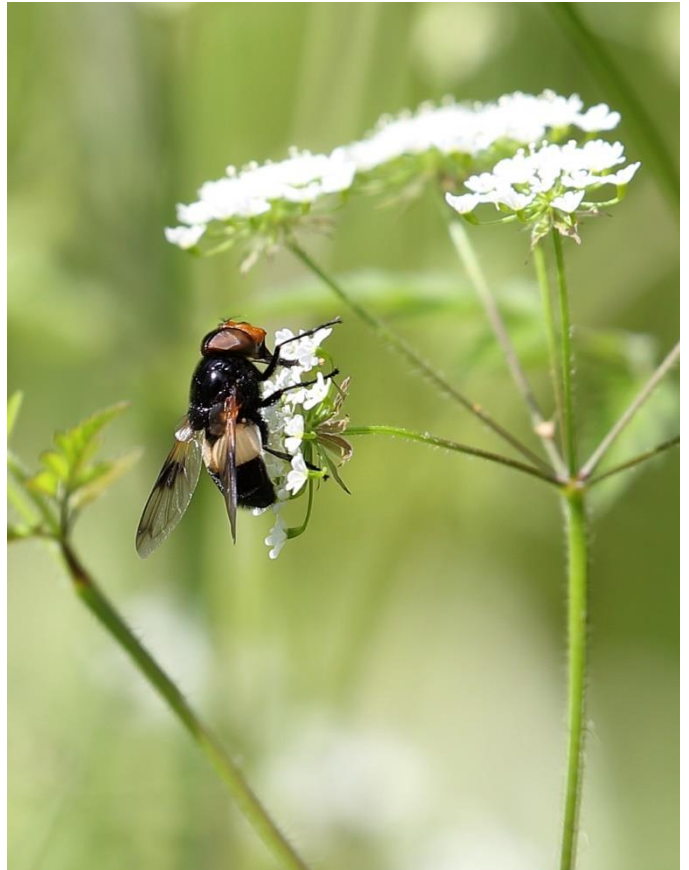
A Broadland speciality - although less so now that it breeds in other counties - Norfolk Hawker was watched at close range as it quartered (well, hawked) nearby. A Variable Damselfly teased us among the more common Azure Damselflies near the visitor centre. Several Mullein caterpillars were munching a mullein in the doctor's garden. We also saw Four-spot Chaser, Hairy Dragonfly, Brimstone, Small China-mark (a mad moth whose caterpillars develop underwater...), Peacock, Red Admiral and Speckled Wood, plus small flying creatures such as the spectacular Pellucid Fly *Volucella pellucens*.

A Common (aka Viviparous) Lizard basked on the wooden side to the path, attracting the attention of the photographers. Bullfinch and Chiffchaff were heard, as well as Reed and Cetti's warblers. Although we couldn't lay eyes on the Cranes that were hiding somewhere in the meadow (having bred successfully at this reserve for the first time ever), Marsh Harriers sailed overhead, a Great Spotted Woodpecker bounded onto the feeders and a family of Marsh Tits afforded good (if brief) views).

Returning to the visitor centre, the afternoon warmth was surely excuse enough for the odd final foray into a reserve shop 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, Jono tested us with a quiz comprising 20 questions about certain aspects of the week: from where Roy lives (Wroxham) to what an 'awlbird' is (Avocet). The prize was a box of chocolates, shared among the group despite the afternoon sun having done its best to melt them... Cue much laughter to round off a week of fabulous wildlife-watching in one of the UK's most biodiverse counties!

Jono Leadley and James Lowen, Wildlife Travel. June 2023. Photos: James Lowen.



Top to bottom: Bee Orchid; *Volucella pellucens*; Common Lizard.

Norfolk 2023: some highlights

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
MAMMALS						
Carnivores (S = Scat seen; H= Hills)						
Otter	<i>Lutra lutra</i>		S			
Red Fox	<i>Vulpes vulpes</i>		S			
Grey Seal	<i>Halichoerus grypus</i>				X	
Rodents						
Grey Squirrel	<i>Sciurus carolinensis</i>			X	X	
Insectivores						
Mole	<i>Talpa europaea</i>		H		H	
Lagomorphs						
Rabbit	<i>Oryctolagus cuniculus</i>		X			
Ungulates						
Roe Deer	<i>Capreolus capreolus</i>		X			
Fallow Deer	<i>Dama dama</i>			X		
Chinese Water Deer	<i>Hydropotes inermis</i>		X			
Reeve's Muntjac	<i>Muntiacus reevesi</i>		X		X	
REPTILES						
Common Lizard	<i>Zootoca vivipara</i>				X	

BIRDS

This checklist follows the taxonomy published in the **HBW and BirdLife International Illustrated Checklist of the Birds of the World**, as updated by www.birdsoftheworld.org

English names follow those used in the **Collins Bird Guide** (3rd edition).

ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Family Anatidae (Swans, geese and ducks)						
Mute Swan	<i>Cygnus olor</i>		X			
Greylag Goose	<i>Anser anser</i>		X			
Canada Goose	<i>Branta canadensis</i>		X			
Egyptian Goose	<i>Alopochen aegyptiaca</i>		X			
Shelduck	<i>Tadorna tadorna</i>		X			
Mallard	<i>Anas platyrhynchos</i>		X		X	
Gadwall	<i>Anas strepera</i>		X			
Shoveler	<i>Anas clypeata</i>		X			
Teal	<i>Anas crecca</i>		X			
Wigeon	<i>Anas Penelope</i>		X			
Garganey	<i>Anas querquedula</i>		X			
Tufted Duck	<i>Aythya fuligula</i>		X			

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ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Ferruginous Duck	<i>Aythya nyroca</i>		X			
Pochard	<i>Aythya ferina</i>		X			
Eider	<i>Somateria mollissima</i>				X	
Family Phasianidae (Pheasants and Partridges)						
Pheasant	<i>Phasianus colchicus</i>		X	X		
Family Podicipedidae (Grebes)						
Great Crested Grebe	<i>Podiceps cristatus</i>		X			
Family Phalacrocoracidae (Cormorants)						
(Great) Cormorant	<i>Phalacrocorax carbo</i>		X		X	
Family Ardeidae (Hérons)						
Little Egret	<i>Egretta garzetta</i>		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			
Family Accipitridae (Hawks and Eagles)						
Red Kite	<i>Milvus milvus</i>		X		X	
Marsh Harrier	<i>Circus aeruginosus</i>		X		X	
Common Buzzard	<i>Buteo buteo</i>		X		X	
Family Falconidae (Falcons)						
Kestrel	<i>Falco tinnunculus</i>		X	X	X	X
Family Rallidae (Rails)						
Water Rail	<i>Rallus aquaticus</i>		X			
Moorhen	<i>Gallinula chloropus</i>		X		X	
Coot	<i>Fulica atra</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 oedicephalus</i>			X		
Family Charadriidae (Plovers)						
Ringed Plover	<i>Charadrius hiaticula</i>				X	
Lapwing	<i>Vanellus vanellus</i>		X	X	X	
Family Scolopacidae (Sandpipers)						
Turnstone	<i>Arenaria interpres</i>				X	
Sanderling	<i>Calidris alba</i>				X	
Dunlin	<i>Calidris alpina</i>				X	
Knot	<i>Calidris canutus</i>				X	
Redshank	<i>Tringa tetanus</i>		X		X	
Wood Sandpiper	<i>Tringa glareola</i>		X			
Bar-tailed Godwit	<i>Limosa lapponica</i>				X	

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ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Curlew	<i>Numenius arquata</i>			X		
Family Laridae (Gulls)						
Little Gull	<i>Hypocoloeus minutus</i>				X	
Black-headed Gull	<i>Chroicocephalus ridibundus</i>		X		X	
Mediterranean Gull	<i>Ichthyaeetus 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	
Great Black-backed Gull	<i>Larus marinus</i>				X	
Family Sternidae (Terns)						
Common Tern	<i>Sterna hirundo</i>		X		X	
Sandwich Tern	<i>Thalassesus sandvicensis</i>				X	
Little Tern	<i>Sternula albifrons</i>				X	
Family Columbidae (Pigeons and Doves)						
Stock Dove	<i>Columa oenas</i>		X			
Woodpigeon	<i>Columba palumbus</i>		X	X	X	
Collared Dove	<i>Streptopelia decaocto</i>				X	
Family Cuculidae (Cuckoos)						
(Common) Cuckoo	<i>Cuculus canorus</i>		X			
Family Apodidae (Swifts)						
Swift	<i>Apus apus</i>		X	X	X	
Family Picidae (Woodpeckers)						
Green Woodpecker	<i>Picus viridis</i>			X		
Great Spot. Woodpecker	<i>Dendrocopos major</i>		X	X	X	
Family Alaudidae (Larks)						
Skylark	<i>Alauda arvensis</i>			X	X	
Family Hirundinidae (Swallows and Martins)						
Swallow	<i>Hirundo rustica</i>		X	X	X	
House Martin	<i>Delichon urbica</i>		X		X	
Family Motacillidae (Pipits and Wagtails)						
Meadow Pipit	<i>Anthus pratensis</i>				X	
Tree Pipit	<i>Anthus campestris</i>			X		
Pied Wagtail	<i>Motacilla alba yarrellii</i>		X		X	
Family Troglodytidae (Wrens)						
Wren	<i>Troglodytes troglodytes</i>		X	X	X	
Family Prunellidae (Accentors)						
Dunnock	<i>Prunella modularis</i>		X		X	
Family Muscicapidae (Flycatchers and Chats)						
Robin	<i>Erithacus rubecula</i>		X	X	X	
Stonechat	<i>Saxicola torquata</i>				X	
Family Turdidae (Thrushes)						
Song Thrush	<i>Turdus philomelos</i>				X	

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ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
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		
Family Acrocephalidae (Reed Warblers)						
Sedge Warbler	<i>Acrocephalus schoenobaenus</i>		X		X	
Reed Warbler	<i>Acrocephalus scirpaceus</i>		X		X	
Family Cettidae (Bush Warblers)						
Cetti's Warbler	<i>Cettia cetti</i>		X		X	
Family Locustellidae (Grass Warblers)						
Grasshopper Warbler	<i>Locustella naevia</i>		X			
Family Phylloscopidae (Leaf Warblers)						
Willow Warbler	<i>Phylloscopus trochilus</i>		X		X	
Chiffchaff	<i>Phylloscopus collybita</i>		X	X	X	
Family Regulidae (Crests)						
Goldcrest	<i>Regulus regulus</i>			X	X	
Family Paridae (Tits)						
Great Tit	<i>Parus major</i>		X		X	
Coal Tit	<i>Periparus ater</i>		X	X		
Blue Tit	<i>Cyanistes caeruleus</i>		X	X	X	
Marsh Tit	<i>Poecilus palustris</i>			X	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			
Family Corvidae (Crows)						
Magpie	<i>Pica pica</i>		X	X	X	
Jay	<i>Garrulus glandarius</i>				X	
Jackdaw	<i>Corvus monedula</i>		X	X	X	
Rook	<i>Corvus frugilegus</i>			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	
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	
Siskin	<i>Carduelis spinus</i>			X		
Greenfinch	<i>Carduelis chloris</i>				X	
Bullfinch	<i>Pyrrhula pyrrhula</i>				X	

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ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
Family Emberizidae (Buntings)						
Reed Bunting	<i>Emberiza schoeniclus</i>		X		X	
Yellowhammer	<i>Emberiza citronella</i>		X	X	X	
Corn Bunting	<i>Emberiza calandra</i>					

LEPIDOPTERA - butterflies

Family Pieridae (Whites)						
Brimstone	<i>Gonopteryx rhamni</i>		X		X	
Family Lycaenidae (Blues, Coppers, Hairstreaks)						
Common Blue	<i>Polyommatus icarus</i>			X	X	
Holly Blue	<i>Celastrina argiolus</i>			X	X	
Small Blue	<i>Cupido minimus</i>			X		
Family Nymphalidae (Nymphs, Fritillaries and Browns)						
Red Admiral	<i>Vanessa atalanta</i>			X		
Peacock Butterfly	<i>Aglais io</i>				X	
Speckled Wood	<i>Parage aegeria</i>			X	X	
Small Heath	<i>Coenonympha pamphilus</i>			X		

LEPIDOPTERA - moths (C = caterpillar)

National status: L = Local, Nb = Nationally Notable, RDB = Red Data Book

Crambidae						
Small Magpie	<i>Anania horticolata</i>		X			
Fen Crest	<i>Brachmia inornatella</i>		X			
Erebidae						
Garden Tiger	<i>Arctia caja</i>		C			
Pale Tussock	<i>Calliteara pudibunda</i>		X	X		
Clouded Buff	<i>Diacrisia sannio</i>			X		
Snout	<i>Hypena proboscidalis</i>			X		
White Ermine	<i>Spilosoma lubricipeda</i>		X	X		
Cinnabar Moth	<i>Tyria jacobaea</i>			X		
Geometridae						
Light Emerald	<i>Campaea margaritaria</i>			X		
Yellow Shell	<i>Camptogramma bilineata</i>				X	
Willow Beauty	<i>Peribatodes rhomboidaria</i>			X		
Sandy Carpet	<i>Perizoma flavofasciata</i>			X		
July Belle	<i>Scotopteryx luridata</i>				X	
Grey Pine Carpet	<i>Thera obeliscata</i>			X		
Small White Wave	<i>Asthena albulata</i>			X		
Peacock	<i>Macaria notata</i>			X		
Mother Shipton	<i>Calistege mi</i>				X	
Birch Mocha	<i>Cyclophora albipunctata</i>				X	

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	ENGLISH NAME	SCIENTIFIC NAME	1	2	3	4	5
	Small China Mark	<i>Cataclysta lemnata</i>				X	
	Hepialidae						
	Common Swift	<i>Korscheltellus lupulina</i>		X			
	Lasiocampidae						
	Fox Moth	<i>Macrothylacia rubi</i>			X		
	Noctuidae						
	Heart and Dart	<i>Agotis exclamationis</i>		X			
	Treble Lines	<i>Charanyca trigrammica</i>		X			
	Burnished Brass	<i>Diachrysia chrysitis</i>			X		
L	Bird's Wing	<i>Dypterygia scabriuscula</i>			X		
	Shears	<i>Hada plebeja</i>		X	X		
	Vine's Rustic	<i>Hoplodrina ambigua</i>		X			
	Shoulder-striped Wainscot	<i>Leucania comma</i>			X		
	White Point	<i>Mythimna albipuncta</i>			X		
	Lunar Yellow Underwing	<i>Noctua orbona</i>			X		
	Flame Shoulder	<i>Ochropleura plecta</i>		X			
	Turnip	<i>Agrotis segetum</i>		X			
	Lychnis	<i>Hadena bicruris</i>		X			
	Pale Mottled Willow	<i>Caradrina clavipalpis</i>			X		
	Reddish Light Arches	<i>Apamea sublustis</i>			X		
	Sphingidae						
L	Small Elephant Hawkmoth	<i>Deilephila porcellus</i>			X		
	Poplar Hawkmoth	<i>Laothoe populi</i>			X		
	Eyed Hawkmoth	<i>Smerinthus ocellata</i>		X			
	Tortricidae						
	Grey Gorse Piercer	<i>Cydia ulicetana</i>				X	
	Yponomeutidae						
	Spindle Ermine	<i>Yponomeuta cagnagella</i>			C		

ODONATA - Dragonflies and Damselflies

Family Coenagrionidae (Pond Damselflies)							
	Azure Damselfly	<i>Coenagrion puella</i>			X	X	
	Variable Damselfly	<i>Coenagrion pulchellum</i>				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	

PLANTS

This checklist follows the taxonomy published by the Royal Botanic Gardens, Kew **Plants of the World Online** as updated by <https://powo.science.kew.org>

Most plant species do not have English names and even when they do, these vary according to author. A common name is given as a guide to help those who are not familiar with the scientific name. Plant families are in alphabetical order, for simplicity: the English name of a family member is also given so you can relate the family to plants you may know.

SCIENTIFIC NAME	ENGLISH NAME	Notes
FERNS		
<i>Osmundia regalis</i>	Royal Fern	Hickling
DICOTYLEDONS		
Amaranthaceae (Amaranth family)		
<i>Atriplex portulacoides</i>	Sea Purslane	Morston
Apiaceae (Carrot family)		
<i>Anthriscus caucalis</i>	Bur Chervil	Cranwich
<i>Conium maculatum</i>	Hemlock	Various
<i>Peucedanum palustre</i>	Milk Parley	Hickling, Strumpshaw
<i>Smyrniolum olusatrum</i>	Alexanders	Coast
Asteraceae (Daisy family)		
<i>Artemisia maritima</i>	Sea Wormwood	Morston
<i>Artemisia vulgaris</i>	Mugwort	Various
<i>Eupatorium cannabinum</i>	Hemp Agrimony	Hickling, Strumpshaw
<i>Hypochaeris radicata</i>	Common Cat's-ear	Strumpshaw
<i>Hypochaeris glabra</i>	Smooth Cat's-ear	Weeting
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Various
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	Weeting, Cranwich
<i>Senecio sylvaticus</i>	Heath Groundsel	Warren Hill, Kelling
<i>Tragopogon pratensis</i> agg	Goat's-beard	Weeting
<i>Tussilago farfara</i>	Colt's-foot	Strumpshaw
Boraginaceae (Borage family)		
<i>Cynoglossum officinale</i>	Hound's-tongue	Weeting
<i>Echium vulgare</i>	Viper's-bugloss	Weeting
<i>Myosotis arvensis</i>	Field Forget-me-not	Strumpshaw
<i>Pentaglottis sempervirens</i>	Green Alkanet	Kelling
Caprifoliaceae (Honeysuckle family)		
<i>Lonicera periclymenum</i>	Honeysuckle	Hickling, Kelling
Caryophyllaceae (Campion family)		
<i>Arenaria serpyllifolia</i>	Thyme-leaved Sandwort	Weeting
<i>Minuartia hybrida</i>	Fine-leaved Sandwort	Weeting

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SCIENTIFIC NAME	ENGLISH NAME	Notes
<i>Petrorhagia prolifera</i>	Proliferous Pink	Cranwich
<i>Silene dioica</i>	Red Campion	Various
<i>Silene flos-cuculi</i>	Ragged-robin	Hickling, Strumpshaw
<i>Silene latifolia</i>	White Campion	Various
<i>Silene otites</i>	Spanish Catchfly	Cranwich
<i>Silene vulgaris</i>	Bladder Campion	Cranwich
<i>Stellaria graminea</i>	Lesser Stitchwort	Various
<i>Stellaria holostea</i>	Greater Stitchwort	Strumpshaw
Celastraceae (Bittersweet family)		
<i>Euonymus europaeus</i>	Spindle	Weeting, Strumpshaw
Convolvulaceae (Bindweed family)		
<i>Convolvulus arvensis</i>	Field Bindweed	Weeting
Crassulaceae (Stonecrop family)		
<i>Sedum xxx</i>	Mossy Stonecrop	Kelling
Ericaceae (Heath family)		
<i>Calluna vulgaris</i>	Heather	Kelling
<i>Erica cinerea</i>	Bell Heather	Kelling
Fabaceae (Pea family)		
<i>Anthyllis vulneraria</i>	Kidney Vetch	Cranwich
<i>Astragalus danicus</i>	Purple Milk-vetch	Weeting
<i>Lotus corniculatus</i>	Bird's-foot-trefoil	Brecks
<i>Medicago minima</i>	Bur Medick	Cranwich
<i>Trifolium campestre</i>	Hop Trefoil	Various
<i>Ulex europaeus</i>	Gorse	Brecks, Kelling
<i>Vicia cracca</i>	Tufted Vetch	Hickling
<i>Vicia hirsuta</i>	Hairy Tare	Hickling, Strumpshaw
<i>Vicia sativa</i>	Common Vetch	Various
Geraniaceae (Crane's-bill family)		
<i>Erodium cicutarium</i>	Common Stork's-bill	Weeting
<i>Geranium dissectum</i>	Cut-leaved Crane's-bill	Warren Hill
<i>Geranium molle</i>	Dove's-foot Crane's-bill	Warren Hill
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Various
<i>Geranium robertianum</i>	Herb-robert	Various
Lamiaceae (Dead Nettle family)		
<i>Glechoma hederacea</i>	Ground Ivy	Various
<i>Teucrium scorodonia</i>	Wood Sage	Brecks, Kelling
Papaveraceae (Poppy family)		
<i>Ceratocarpus claviculata</i>	Climbing Corydalis	Hickling
<i>Papaver rhoeas</i>	Common Poppy	Various
<i>Papaver argemone</i>	Prickly Poppy	Weeting
Plumbaginaceae (Sea Lavender family)		
<i>Armeria maritima</i>	Thrift	Morston

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SCIENTIFIC NAME	ENGLISH NAME	Notes
<i>Limonium vulgare</i>	Common Sea Lavender	Morston
Primulaceae (Primrose family)		
<i>Hottonia palustris</i>	Water Violet	Hickling
Resedaceae (Mignonette family)		
<i>Reseda lutea</i>	Wild Mignonette	Brekcs
Rosaceae (Rose family)		
<i>Acaena novae-zelandiae</i>	Piri Piri Burr	Kelling
Rubiaceae (Madder family)		
<i>Galium saxatile</i>	Heath Bedstraw	Kelling
<i>Galium verum</i>	Lady's Bedstraw	Brecks
Valerianaceae (Valerian family)		
<i>Valerianella dentata</i>	Narrow-fruited Corn-salad	Weeting
Veronicaceae (Speedwell family)		
<i>Veronica praecox</i>	Breckland Speedwell	Weeting
<i>Veronica triphyllos</i>	Fingered Speedwell	Weeting
<i>Veronica verna</i>	Spring Speedwell	Weeting
Viburnaceae (Viburnum family)		
<i>Viburnum opulus</i>	Guelder Rose	Strumpshaw
ANGIOSPERMS: MONOCOTYLEDONS		
Iridaceae (Iris Family)		
<i>Iris pseudacorus</i>	Yellow Iris	Hickling, Strumpsha
Hydrocharitaceae (Frogbit Family)		
<i>Hydrocharis morsus-ranae</i>	Frogbit	Strumpshaw
Juncaginaceae (Arrowgrass Family)		
<i>Triglochin maritimum</i>	Sea Arrowgrass	Morston
Orchidaceae (Orchid Family)		
<i>Dactylorhiza praetermissa</i>	Southern Marsh-orchid	Mildenhall
<i>Ophrys apifera</i>	Bee Orchid	Strumpshaw
<i>Orchis militaris</i>	Military Orchid	Mildenhall
<i>Neottia ovata</i>	Common Twayblade	Mildenhall

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