

Go for Gold

How many of our **100** species can you spot?



100
YEARS

This list is a snapshot of our county's wildlife in 2026; the 'common' and familiar to the exceptional and rare. It ranges from a tiny obscure reedbed moth to our large spectacular grey seal colonies. Please note that some of the species are endangered, in sensitive areas, or protected by law and must not be disturbed.

Log this activity at norfolkwildlifetrust.org.uk/DoOneThing

☐ Use the tick boxes to keep track of the species you have seen!

1. ☐ **Swallowtail butterfly** *Papilio machaon britannicus*

The UK's largest butterfly, it is very colourful, and arguably our most beautiful. Habitat loss and butterfly collectors initially caused the species to decline. However, better protection, education, habitat improvement and reedbed creation work has increased its population over the last 100 years. Found on NWT Broadland reserves in May and June.

2. ☐ **Eurasian bittern** *Botaurus stellaris*

A streaky brown heron that hides deep in reedbeds, the male delivers a loud 'booming' call in the spring. Became extinct in the UK, but in the early twentieth century returned to breed at NWT Hickling Broad. Can be found year-round, and recent habitat improvements and reedbed creation have seen numbers and distribution around the UK significantly improve.

3. ☐ **Silver-studded blue** *Plebejus argus*

The silver-studded blue is a small dazzling butterfly. The male's wings are blue with a dark outer rim. Females are a chocolate brown. It is a rare butterfly, found in heathland habitats. It emerges in June and is usually on the wing until late August. NWT Buxton Heath is the best place to see them.

4. ☐ **Norfolk hawker** *Aeshna isosceles*

A large brown dragonfly with clear wings. It is the only UK dragonfly with green eyes. Originally restricted to the Norfolk Broads but has recently widened its range. Better water quality and climate change may be factors for its increase. Can be found on all NWT Broadland reserves. On the wing June / July.

5. ☐ **Fen orchid** *Liparis loeselii*

A small waxy green orchid. The flowers are pale yellow-green, spiky with a tongue-shaped lip. Growing in moss, this orchid requires a particular type of poor fen. Conservation work has taken the species from only a few dozen flowering plants to annual counts in the thousands. NWT Upton Fen is the best place to see them. Flowers in June.

6. ☐ **Common crane** *Grus grus*

The UK's tallest bird has long legs and a long neck, with powder-grey plumage and a distinctive black, white and red head. It was driven to extinction in the UK many hundreds of years ago. Since its surprise return as a breeding bird to the Norfolk Broads in the 1980s, it has made a steady recovery. Found year round.

7. ☐ **Milk parsley** *Peucedanum palustre*

Belonging to the umbellifer (carrot) family, its green leaves resemble carrot tops. Drainage in the 19th century and scrub invasion in the 20th century restricted the plant's prime reedbed habitat. Milk parsley is the food plant of the swallowtail butterfly. NWT Broadland reserves. The plant flowers from July to September producing clusters of small white flowers.

8. ☐ **Stone curlew** *Burhinus oedipnemus*

Although a wader, it is not related to true curlews; it has a short bill and belongs to the 'thick-knee' family. 'Stonies' are pigeon sized birds, with brown and sandy plumage and a large yellow eye. The curlew suffered population decline as agricultural practices became more mechanised and intensive. NWT Weeting Heath. April through to August.

9. ☐ **Marsh harrier** *Circus aeruginosus*

A raptor with a long tail and broad wings. The male has streaked brown plumage with grey wing panels and black tips. The female is brown with a cream-coloured head. Prefers large stretches of reedbed. Numbers have grown but DDT pesticide caused decline during the 1960s. NWT Cley and Salthouse Marshes / Broadland reserves –all year round. Hickling Raptor Watch Point in winter.

10. ☐ **Fen mason wasp** *Odynerous simillimus*

A solitary wasp with a shiny black body and distinctive ivory marks on its shoulders and abdomen. Found in fens and marshy areas, but requiring dry compacted ground to build its characteristic 'chimneys'. The wasp was thought to be extinct in Britain, until its rediscovery in the Norfolk Broads in 1986. Its population has grown, but it is concentrated in the Broads.

11. ☐ **Purple emperor** *Apatura iris*

A prize of a butterfly. The males have iridescent purple wings with white bands and orange-ringed eyespots. Females are larger, but duller in colour. Favours ancient oak woodland. Conservation work to restore the ancient woodland has created the ideal conditions for the species. Became extinct in Norfolk but has recently returned. NWT Foxley Woods. Peak time on the wing mid-July.

12. ☐ **Natterjack toad** *Epidalea calamita*

It is smaller than the common toad, greenish in colour with a distinctive yellow line running down its back. It is found at a few favoured locations and remains a rare amphibian in the UK. Norfolk is one of the few counties that has retained a population. Visit NWT Syderstone Common on a warm spring evening and you may hear a chorus of the males' mating call.

13. ☐ **Sulphur clover** *Trifolium ochroleucon*

Yellow-creamy flowers. Nationally scarce, Norfolk is an important county for the species. Claylands of south Norfolk is a stronghold for the species. Look along roadside nature reserves. Flowers June / July.

14. ☐ **Spoonbill** *Platalea leucorodia*

Distinctive tall wading bird with a spatula shaped bill. Spoonbills were absent as a breeding species in the UK for over 300 years. Returned to the UK as a breeding bird in north Norfolk. NWT Cley and Hickling Broad. All year round.

15. ☐ **Water vole** *Arvicola amphibus*

Our largest vole, brown with a blunt nose, small ears and furry tail. Massive decline due to habitat loss, pollution and predation by the invasive non-native mink. Population is slowly growing in Norfolk wetlands, particularly our chalk streams and broadlands.

16. ☐ **Grey seal** *Halichoerus grypus*

The grey seal has a 'Roman nose' and pups in the winter. The pups are white in colour, unlike the harbour seal's pups that are brown and born in the summer. The Norfolk coast is an important 'pupping' county for grey seals. Winterton Dunes is a great place to see them in November / December.

17. ☐ **Fen raft spider** *Dolomedes plantarius*

UK's largest spider, it will sit on aquatic vegetation awaiting prey to come by. A re-introduction scheme has seen the population increase. Fenland dykes and ponds. Restricted to a few locations in East Anglia. Late summer. RSPB Strumpshaw Fen.

18. ☐ **Sand martin** *Riparia riparia*

A small brown martin with a white belly and chest band. Slight decrease nationally in the population, Norfolk remains an important county for the species. In Norfolk often found nesting in colonies in the sandy coastal cliffs. NWT Cley and Holme Dunes. Summer visitor – April to September.

19. ☐ **Giant oak aphid** *Stomaphis querus*

The largest aphid in the world. About the size of a coffee bean, grey in colour and always accompanied by black ants on oak trunks. A rare aphid, which is continuing to decline. Norfolk heathlands are especially important for this species. Late summer. NWT Buxton Heath.

20. ☐ **Royal fern** *Osmunda regalis*

A large rich green fern that grows in clumps. The fronds are tall and bipinnately divided. Restricted range and small population make this fern vulnerable. Found in East Anglian carr woodlands, fens and dune systems. An excellent example can be found along the boardwalk at NWT Ranworth Broad.

21. ☐ **Chinese water deer** *Hydropotes inermis*

As the name implies, it is non-native. A sandy-brown deer with a teddy bear like face. Stags have long canine tusks. It is thought that East Anglia could now be holding up to 40% of the world population. NWT Upton Fen is a hotspot for them.

22. ☐ **European otter** *Lutra lutra*

Unmistakable, blunt snout, webbed feet and always close to or in water. By the 1970s it had become extinct across most of the UK due to persecution and pollution from DDT. It can now be found across Norfolk in rivers and ponds – and has even been seen in the centre of Norwich.

23. ☐ Marsh pea *Lathyrus palustris*

Purple flower, leaves are oval-shaped. Found climbing reed and other fen plants. Nationally scarce, is restricted to the Bure Valley. Often growing alongside dykes or even boardwalks. Flowers June / July. NWT Upton Fen and Ranworth Broad.

24. ☐ Brent goose *Branta bernicla*

Our smallest goose, the brent goose has a grey-brown back, and black neck and head, with just a small white patch on the neck. The UK, and particularly Norfolk, holds a considerable number of the world population in winter. Saltmarshes, creeks, and coastal grazing marshes. Winter visitor – October to March. NWT Cley and Salhouse Marshes.

25. ☐ Bearded tit *Panurus biarmicus*

They are brown, long-tailed birds, usually seen flying rapidly across the top of a reedbed. Males have black 'moustaches' rather than 'beards'. They are sociable and noisy, their 'ping' calls often being the first clue to their presence. Reedbeds. All year round. NWT Cley Marshes and Hickling Broad.

26. ☐ Spanish catchfly *Silene otites*

Known for its sticky stems, narrow leaves, and tiny, scented cream flowers. Nationally rare with a restricted range in Norfolk and Suffolk. Work is underway to reintroduce it to former sites in the Brecklands. Found on short, grazed heath-grassland with regular soil disturbance.

27. ☐ Common reed *Phragmites australis*

A very tall grass, with feathery seed heads. Common and ubiquitous, but a vital habitat for so many Norfolk species. Conservation through traditional harvesting has revived old reedbeds, and significant work has been carried out creating new reedbeds. Growing in water or damp soil, it is found across the county from roadside ditches to the vast beds of NWT Hickling and Cley.

28. ☐ Shining ramshorn snail *Segmentina nitida*

This aquatic snail has a small, highly polished reddish-brown colour. The surface has occasional thickened radial enamel ridges, which characteristically show through like spokes on a wheel. Massive decline in population and range. Now only found on the north Kent marshes and Norfolk Broads. NWT Thorpe Marshes. All year round.

29. ☐ Cetti's warbler *Cettia cetti*

Rusty brown plumage, and white breast and belly. Often cocks its tail. More likely heard than seen. Named after an Italian monk, the Cetti's warbler was the first of the Mediterranean colonists in the 1970s. UK population can be cut back by a hard winter. Favours scrubby fen. Found across most Norfolk wetlands. NWT Cley Marshes and Broadland reserves.

30. ☐ Small dotted footman *Pelosia obtuse*

Small unassuming brown moth. Discovered at Hickling in the 1960s, it is restricted to the Norfolk Broads. It has only been recorded at a handful of locations across Europe. Favours old established reedbeds. Caterpillar requires a thick ground layer of damp leaf litter. On the wing June / July. NWT Upton Fen and Hickling Broads.

31. ☐ Tiny earthstar *Geastrum minimum*

Star shaped 'puff-ball' no bigger than a rabbit dropping. Nationally scarce, only found in Norfolk and Suffolk. Found in short turf, on mature sand dunes containing broken seashells. First UK record from Holkham on the north Norfolk coast. Late summer / autumn. NWT Holme Dunes.

32. ☐ Black darter *Sympetrum danae*

The male is a distinctive black dragonfly with yellow markings. A species of peat bogs and moorland, breeding in acidic ponds and bog pools. Only known from two locations in East Anglia, both in north-west Norfolk. The black darter is on the wing from July to end of September – try NWT Roydon Common.

33. ☐ White-barred clearwing *Synanthedon spheciformis*

Clearwing moth with white band across its thorax. Nationally rare and thinly distributed, Norfolk Broads are a hotspot for the species. Favoured habitat is alder carr. NWT Upton Broad and Hickling Broad. On the wing in June / July.

34. ☐ Hawthorn *Crataegus monoguna*

Common hawthorn has shiny leaves, divided into three to seven pairs of lobes, and five-petalled, sweet-smelling flowers. May is a wonderful time to see a grand old hawthorn in bloom at NWT Hethel Old Thorn – the smallest nature reserve in the UK. This is one of the oldest hawthorns in the country dating back to the 13th century.

35. ☐ Fenn's wainscot *Chortodes brevilinea*

Brown moth speckled with small black dots. The population has grown over the last few decades, having prospered from rotational conservation reed cutting. Still nationally scarce, confined to Norfolk Broads, although recently colonised the Suffolk coast to Minsmere. Reedbeds, preferring drier areas. On the wing July – August. NWT Upton Fen and Hickling Broad.

36. ☐ **Holly-leaved naiad** *Najas marina*

Aquatic plant with spiky dark green leaves. Endangered in the UK due to restricted range, only being found in the Norfolk Broads. Favours deep silty mud, may not appear for years, then suddenly grows in great abundance. Has increased recently. Summer – dies back in winter.

37. ☐ **Woodlark** *Lullula arborea*

The woodlark is a streaky brown bird, with a white eye-stripe and a short stumpy tail. Distributed widely across southern England, but restricted by habitat requirements. Norfolk is an important county for the species and recent conservation work has seen an increase in the local population. Heathland with scattered trees and scrub. NWT Buxton Heath and Roydon Common.

38. ☐ **Little tern** *Sternula albifrons*

Only UK tern with a distinctive yellow bill with black tip. White forehead to its black crown. Norfolk is an important county for the species. Little tern declined significantly, as it suffers greatly from disturbance along our coast. Nests in colonies on beaches. Several colonies in Norfolk. Summer visitor: May to September. RSPB Winterton Dunes. NWT Holme Dunes.

39. ☐ **Intermediate bladderwort** *Utricularia intermedia*

Easily over-looked, this bladderwort never flowers in the UK. Distribution is mostly in Northern Britain and Ireland, nowhere is it particularly common. Requires exacting peat bog conditions. Exceptionally rare in East Anglia, currently known from only one site: Catfield Fen nature reserve.

40. ☐ **Lesser water-measurer** *Hydrometra gracilentia*

A delicate and tiny stick-like water bug with long legs and antennae. Uses the water tension to hunt. Increasingly rare, with its stronghold in the Norfolk Broads. April to September. NWT Upton Fen is a good place to find this species.

41. ☐ **Reed warbler** *Acrocephalus scirpaceus*

Small brown bird of dense reedbeds, wonderful chattering song. A familiar species of summer reedbeds, with Norfolk being an important county for the species. Reedbed creation and improvement has seen an increase in the breeding population. Mostly found in southern and eastern England. Requires large stands of reed. Summer visitor – NWT Cley and Norfolk Broads reserves.

42. ☐ **Petty whin** *Genista anglica*

A spiny plant with yellow pea-like flowers. Related to gorse. Has become scarce, with its stronghold now in the New Forest. Very few sites in East Anglia. Restoration work at NWT East Winch, particularly the removal of domineering purple moor-grass, has allowed petty whin to reappear from the seedbank. Preference is acidic heaths and moors. All year round.

43. ☐ **Desmoulin's whorl snail** *Vertigo moulinsiana*

Small brownish snail, very rare. Sensitive to its environment, this tiny snail is a great indicator of a healthy fen and the quantity of life the habitat is sustaining. Calcareous wetlands. Reed / sedge vegetation. NWT Trinity Broads.

44. ☐ **Reed leopard** *Phragmataecia castaneae*

Brown speckled moth, distinguished by a long abdomen that extends well beyond the wing tips. Nationally Rare, except for a couple of scattered sites outside of the county, found almost exclusively in the Norfolk Broads. Favours well established reed beds. On the wing in June / July. NWT Norfolk Broads reserves.

45. ☐ **Cuckoo** *Cuculus canorus*

Large grey/blue bird with chest barring and a familiar repetitive call. A fast-declining bird in the UK, with Norfolk becoming an increasingly important county for breeding cuckoo. Heathland, commons, and reedbeds. April to August. NWT Buxton Heath, Roydon Common and Hickling Broad.

46. ☐ **Purple broomrape** *Orobanchae purpurea*

Beautiful purple flower. Does not photosynthesise, being a holo-parasite, and relying on yarrow as its host. The largest UK population is found on north-east Norfolk cliffs. Clifftop grassland. June / July. Beeston Bump.

47. ☐ **Edible crab** *Cancer pagarus*

A large crab, identifiable by the pie-crust edge to its shell. The famous 'Cromer Crab!' The north Norfolk chalk reef proves an excellent home for the edible crab and many other associated marine species. Common and iconic species of coastal Britain.

48. ☐ **Bluebell** *Hyacinthoides non-scripta*

A woodland plant famous for forming carpets of sweet-smelling violet-blue flowers. Under threat from over browsing by muntjac deer, and hybridisation with the garden Spanish bluebell. Ancient woodlands. April / early May. NWT Foxley Wood and Wayland Wood.

49. ☐ **Scarce pug moth** *Eupithecia extensaria*

An unmistakable and relatively large pug moth with bands of light brown and silvery-white across the wings. Scarce pug is not far off being a global endemic to Norfolk! European macro-moths red list has revealed only one area outside of England. Saltmarshes, with the caterpillar feeding on sea wormwood. Flight season June- July. Restricted to coastal north-west Norfolk.

50. ☐ **Starlet sea anemone** *Nematostella vectensis*

A small sea anemone that lives in the surface of muddy sediments in very sheltered conditions. Only known from three sites in the UK. North Norfolk is especially important for this rare species. Shallow coastal areas in summer.

51. ☐ **Northern pool frog** *Pelophylax lessonae*

Brown-olive green with a distinctive pale-yellow line down its back. Re-introduced to the UK from Swedish stock. All release sites are in Norfolk. Pingo ponds. March to October. NWT Thompson Common.

52. ☐ **Shore lark** *Eremophila alpestris*

Mottled brown plumage, but with distinctive yellow and black face markings and black feather 'horns'. North Norfolk is a hotspot for this scarce winter visitor to the UK. In Norfolk, likes wide open beaches and dunes. NWT Holme Dunes. Holkham Beach.

53. ☐ **Lunar yellow underwing** *Noctua orbona*

Light brown moth with yellow and black hindwings. Nationally rare, with its stronghold in the Brecklands. Conservation work has seen an increase in its numbers. NWT Weeting Heath. On the wing July to September.

54. ☐ **Scrambled egg lichen** *Gyalolechia fulgens*

As its name suggests this bright yellow ground dwelling lichen has a resemblance to scrambled eggs. Became extinct in Norfolk. A reintroduction programme, from a dune system in Cornwall, has returned this rare lichen to a location in the Brecklands. Favours short grassland with patches of bare sandy ground.

55. ☐ **Glow-worm** *Lampyris noctiluca*

It is actually a beetle and the larvae eats snails! Females are wingless, and glow intensely to attract a mate. Declining species nationally, heath restoration work conducted on NWT sites has seen a marked increase in glow-worms. Heathlands, with July being the best month. NWT Buxton Heath.

56. ☐ **Eastern spiked speedwell** *Veronica spicata ssp spicata*

Stunning vivid blue-purple flower growing up to 30cm tall. Was once much more common in the Brecklands, now down to just three sites, with the best population at NWT Weeting Heath, where its abundant and increasing. Blooms from late June through to September.

57. ☐ **Nightjar** *Caprimulgus europaeus*

Crepuscular ground-nesting bird, plumage ensures it is incredibly well camouflaged. Makes a distinctive 'churring' call at dusk. Recent increase in UK population due to habitat management and heathland creation work. Southern and eastern England. Heathlands, plantations and commons. April to September. NWT Buxton Heath and Roydon Common.

58. ☐ **Nail Fungus** *Poronia punctata*

A scarce fungus growing on pony dung. It had not been seen in Norfolk since 1944, but suddenly reappeared in 2012. The fungus arrived with Dartmoor ponies, having survived their digestive system. NWT accidentally increased this scarce species in East Anglia by use of Dartmoor ponies for conservation grazing. Found on several NWT Breckland reserves.

59. ☐ **Dung button fungus** *Poronia erici*

Basically, a smaller version on the species above that specialises on rabbit droppings. Incredibly rare fungus in the UK. NWT Holme Dunes.

60. ☐ **Intermediate stonewort** *Chara intermedia*

A large, complex freshwater green alga (charophyte) encrusting itself with calcium carbonate, giving it a stony feel. Extremely rare species. Like the other Broadland stoneworts, valued for its habitat creation for invertebrates and fish. Vulnerable to pollution, nutrient enrichment, and habitat loss. Acts an indicator species for water quality. Summer months, only present in NWT Hickling and Martham Broad.

61. ☐ **Woodcock** *Scolopax rusticola*

A large brown wading bird of our woodlands. Mostly active at dawn and dusk. Often flushed from cover by dog walkers. Disturbance in our woodlands has caused a decline in breeding numbers. Still a regular breeding species in Norfolk. More common in winter. Ancient woodlands and alder carr. NWT Foxley Woods or NWT Upton Fen in winter.

62. ☐ Brown trout *Salmo trutta*

An unusual dwarf form of the brown trout can be found in Norfolk's River Whitewater chalk stream. Pollution is a major conservation concern for this species. Despite the rarity of the UK's chalk stream rivers there is continuing and serious threats to their wellbeing. Clean, clear rivers, with gravel bottoms. All year. River Whitewater at NWT Hoe Rough and Beetley Meadows.

63. ☐ Water-soldier *Stratiotes aloides*

A large free floating 'spiky' plant that has a highly specialised lifestyle. Submerges in winter, then in spring the leaves fill with gas and they rise up. Genuine native plants are confined to the Norfolk Broads. Scattered dyke systems around the Norfolk Broads. Year round, flowers in June / July. NWT Thorpe Marshes and Upton Marsh.

64. ☐ Barbastelle bat *Barbastelle barbastelle*

A medium-sized bat, distinctive by its pug-shaped nose. The ears are broad, joined across its head by skin, and covered in dark-brown fur. Norfolk is an exceptionally important county for the species. With one of the largest recorded roosts. Mature woodlands. Vulnerable to disturbance. Highly protected species.

65. ☐ Small red damselfly *Ceragrion tenellum*

The UK's smallest damselfly. Nationally scarce with the main population centred on the New Forest. Known from only two locations in East Anglia. Shallow pools on heathlands and lowland bogs. On the wing June to September. NWT Scarning Fen.

66. ☐ Crested buckler fern *Dryopteris cristata*

The fronds often twist to form a 'ladder'. Exceedingly rare, almost exclusively found in Norfolk Broads. Grows in thick beds of moss at the edge of reedbeds or willow carr. Several NWT Broadland reserves.

67. ☐ Pink-footed goose *Anser brachyrhynchus*

The pink-footed goose is a small, 'grey goose', with a short pink tipped bill and pink legs. Over 350,000 pink footed geese winter in the UK, arriving from Greenland and Iceland each year. Norfolk can often hold up to 35% of the UK's wintering population. Seen over the skies of Norfolk from October to March. NWT Cley and Salthouse marshes.

68. ☐ White-clawed crayfish *Austropotomobius pallipes*

The white-clawed crayfish is a freshwater, bronze-coloured crustacean with pale undersides to its claws – hence the name. Has suffered due to pollution and competition / disease from the larger non-native signal crayfish. Clean, clear rivers with gravel bottoms. Norfolk's chalk stream rivers are a nationally important refuge for them.

69. ☐ Matted sea-lavender *Limonium bellidifolium*

Despite the common name, matted sea-lavender is not related to the lavender family, but is a perennial, mat-forming herb. Has violet / purple flowers with five petals in clusters. Nationally rare. In the UK confined to north-west Norfolk. Coastal plant preferring upper parts of saltmarshes and saltmarsh-sand dune transitions. Flowers in June / July. North-west Norfolk.

70. ☐ Grass-of-Parnassus *Parnassia palustris*

Beautiful creamy-white buttercup type flower, with thin green veins running through it. A scarce and unusual flower in south-east England. Confined to damp pastures, moors and marshes, mainly in the north of the UK, but can still be found in the Norfolk Broads. Flowers in July to September. NWT Upton Fen.

71. ☐ Shrubby sea-blite *Suaeda vera*

A fleshy-leaved, perennial shrub, growing to around one metre in height and often forming dense stands at the upper edge of saltmarshes. Nationally rare, found thinly distributed on the Suffolk coast, but it is abundant in north Norfolk. Found on coastal sands and saltmarshes. Flowers July to October. North Norfolk from Blakeney to Snettisham.

72. ☐ Garden tiger moth *Arctia caja*

A large, beautiful moth. White and chocolate forewings, with red, blue spotted, hindwings. Sadly, this once common moth is rarely seen in gardens now. Although suffering significant decline, the Norfolk Broads are still a hotspot for this charismatic and colourful moth. Woodlands, scrubby commons, fens and overgrown gardens. On the wing July / August. NWT Hickling Broad.

73. ☐ Grayling *Hipparchia semele*

A brown butterfly, with washed-out orange markings. The underside of the forewing is orange, and the hindwing has an intricate grey-and-black pattern. Recent heathland restoration work is helping to maintain the grayling population, after decades of decline. Favours dry, sandy coastal areas and heathlands with sparse vegetation. On the wing July to September. Winterton Dunes.

74. ☐ Breckland lichen *Thalloidima physaroides*

This grey looking lichen grows on bare calcareous soils. So astonishingly rare that DNA testing was required to confirm identification. Weeting Heath is the only known UK location for this species. NWT Weeting Heath.

75. ☐ **Samphire (glasswort) *Salicornia europaea***

Forms green, fleshy carpets. Also known as glasswort this edible succulent thrives in Norfolk's salt marshes. A seasonal delicacy it has been over-foraged at times. It should only be harvested responsibly, in summer, and where it is numerous. Always remove by cutting stems at the base (not pulling roots). It grows on saltmarshes and the 'muddy' parts of beaches.

76. ☐ **Wild service tree *Sorbus torminalis***

A rather attractive tree. In spring it displays pretty white blossom. In autumn its maple-like leaves turn bright crimson. A native tree that has become increasingly rare in the English countryside. A fantastic specimen can be found at NWT Foxley Woods.

77. ☐ **Nathusius pipistrelle *Pipistrellus nathusii***

A small bat, first recorded in 1940s but initially confused with other species of pipistrelle. Found throughout the Broads, often associated with water. Some are resident, but it appears others migrate here for winter. A research project is currently underway at various sites including NWT Hickling Broad and the Trinity Broads.

78. ☐ **Osprey *Pandion haliaetus***

Fish-hunting bird of prey. Mostly white, with streaked brown breast and chocolate brown wings. Conservation success story. Returning (after persecution drove it to national extinction) to breed at Loch Garten, Scotland in 1956. Makes the list after breeding successfully in 2025 at Ranworth, Norfolk Broads, after an absence of 250 years. Summer visitor: April to September. NWT Ranworth Broad.

79. ☐ **Common poppy *Papaver rhoeas***

Norfolk's county flower. A familiar plant with large fragile red petals. The north Norfolk coast was dubbed "Poppyland" in the 1880s due to the abundance of poppies in cliff-top fields. Less abundant now, but can still be commonly seen in summer. Roadsides and field edges. Particularly where the ground has been disturbed. May to September. Can be seen across Norfolk.

80. ☐ **Green-winged orchid *Anacamptis morio***

A short, but pretty, purple flower. The green-winged orchid gets its name from the green veins in the 'hood' of its flowers. Clearance of scrub around ponds, and a change in the grazing regime has seen a massive increase in green-winged orchids at NWT New Buckenham Common. Now counted in their thousands there. Unimproved grassland. Flowers April / May.

81. ☐ **Wasp spider *Argiope bruennichi***

A striking orb-weaving spider with bold black, white and yellow banding giving it a wasp-like appearance. Weaves a web close to the ground with an unusual zig-zag pattern running through it. Feeds mostly on grasshoppers. Has recently colonised Norfolk and can be regularly found in suitable habitat. Rough grassland. July to September. Now found across Norfolk.

82. ☐ **Rare spring sedge *Carex ericetorum***

Small early flowering sedge of chalk and limestone grassland. Predominantly found at only two locations in the UK. Limestone grassland in the north of England and chalk grassland in the Brecks. It is much declined in the Brecklands; however, a massive recovery of the population has been achieved at NWT Weeting Heath. April / May.

83. ☐ **Laticollis leaf beetle *Galerucea laticollis***

Small beetle with a brownish body with black legs and antennae. Critically endangered, and vulnerable to extinction. Rediscovered in Norfolk after being thought extinct. Feeds on thistles (adults) and meadow-rue (larvae). Only found at one location in the UK: Wheatfen nature reserve in the Norfolk Broads.

84. ☐ **Marsh carpet moth *Gagitodes sagittate***

A colourful moth of orange, black and white. Rare, numbers fluctuate and was once considered extinct in the UK. The Norfolk Broads the best location to find one of these elusive moths. Larvae feed on the seed heads of meadow rue. Mid-summer. Norfolk Broads.

85. ☐ **Norfolk bladder-moss *Physcomitrium eurystromum***

A tiny moss (up to 4mm tall) that forms loose tufts. Exceptionally rare moss that is found on the draw-down zone of fluctuating meres. Only known from three UK sites, two are in Norfolk. NWT East Wretham and NWT Syderstone Heath.

86. ☐ **Cliften nonpareil *Catocala fraxini***

The Victorian lepidopterist's dream. 'Beyond compare' is also known as the blue underwing moth. Large with powder-grey forewings and blue and black hindwings. Became nationally extinct in the UK, with the last individuals seen at NWT Barton Broad in the 1930s. Recently recolonised the UK and Norfolk. Open woodlands with aspen or poplar trees. Late summer through to autumn.

87. ☐ **Black oil beetle *Meloe proscarabaeus***

Oil beetles are rather strange-looking beetles, their large abdomens protruding from under short elytra (wing cases) – they have been described as looking like someone whose waistcoat won't button up! Three of the UK's native oil beetles have become extinct, the remaining five are continuing to suffer decline. March to early July. NWT Ringstead Downs.

88. ☐ Weeting spider *Walckenaeria stylifrons*

Small brown spider. Eye-wateringly rare across its whole European range. Only site in the UK is NWT Weeting Heath.

89. ☐ Common osier *Salix viminalis*

Small shrub-like willow tree. Formerly a very important Norfolk tree. Grown as a crop for weaving baskets etc. It is found across Norfolk, particularly the Broads.

90. ☐ Proliferous pink *Petrorhagia prolifera*

The plant produces small, bright pink flowers on slender, blue-green stems. Very rare native UK flower, more commonly found in Iberia and North Africa. Has an interesting history as an archaeophyte species. It was first recorded in the wild in Norfolk in 1835. Just two sites currently in the UK where this plant grows. NWT Cranwich Heath.

91. ☐ Marsh sowthistle *Sonchus palustris*

A very tall, yellow-flowered perennial plant associated with reed. Re-introduced to the Cambridgeshire fens. Apart from the north Kent marshes, UK distribution is predominantly the Norfolk and Suffolk Broads. Fens, wetlands and river edges. Peak flowering time July / August. NWT Broadland reserves.

92. ☐ Yellow loosestrife bee *Macropis europaea*

The UK's only flower oil bee. Norfolk Broads are a stronghold. The oils from the flowers of yellow loosestrife are used to waterproof the nest chambers, allowing it to cope with wet conditions. The waxy cylinder nest also deters parasites. Wetlands where yellow loosestrife grows. Flight season from June to September. NWT Hickling Broad.

93. ☐ Norfolk fen leafhopper *Metalmimus Formosus*

A striking leaf hopper, dotted with white and brown colouring. Exceptionally rare, requires good quality fen that doesn't dry out in summer. Norfolk Broads. Only known from two sites in the UK, both in the Yare valley. RSPB Strumpshaw Fen.

94. ☐ Cigar-gall fly *Lipara lucens*

This is a species of frit fly that form cigar-shaped galls from a reed's developing seed. Shattered populations in southern England, but with the largest concentration in the Norfolk Broads. Found predominately in old mature reedbeds. The galls can be seen in Norfolk Broad reedbeds year-round. NWT Hickling Broad and other Broadland reserves.

95. ☐ Reed yellow-faced bee *Hylaeus pectoralis*

Small black bee with yellow markings on its face. The reed yellow-faced bee uses the empty cigar galls of the above species to nest in. Both the cigar gall frit fly and the reed yellow-faced bee play host to separate parasitic wasps that also rely on the cigar galls. Early June to September. NWT reedbed reserves.

96. ☐ Yellow star-of-Bethlehem *Gagea lutra*

The Yellow star-of-Bethlehem is a woodland plant that lives up to its name – it displays starry, gold flowers in an umbrella-like cluster in early spring. Found across southern England, but nowhere particularly abundant and less common in East Anglia. Ancient deciduous woodlands, often near water. March / April. NWT Wayland Wood.

97. ☐ Purple milk-vetch *Astragalus danicus*

A beautiful plant of calcareous grassland. Has suffered decline and is now considered endangered, but still incredibly abundant on NWT Breckland reserves. Flowers May / July. NWT Weeting Heath and across other Breckland sites.

98. ☐ Bog myrtle *Myrica gale*

Scrub-like plant, with dark green leaves. Introduced by the Romans. It has a strong sweet scent, has been used to flavour beer and as insect repellent. In the Broads it favours acidic boggy areas. Found along the Bure and Ant, but absent from the Thurne.

99. ☐ Great silver beetle *Hydrophilus piceus*

Very large silvery black aquatic beetle. Has declined due to habitat loss and pollution. Still a strong population in the Broads.

100. ☐ Yellow horned poppy *Glaucium flavum*

A distinctive yellow flower, and horn-shaped seed pods. An indicator of our changing coastline. Was once more common in Norfolk, having formerly been recorded at NWT Holme Dunes. A familiar plant of the huge shingle banks, such as at Blakeney Point.