

**Teesdale: Bowlees to High Force**  
**Hull Natural History Society visit**

*List date 12/06/2010 : OS reference NY9028*

**EQUISETACEAE**

*Equisetum arvense*  
*Equisetum sylvaticum*

Field Horsetail  
Wood Horsetail

**POLYPODIACEAE**

*Polypodium vulgare* agg.

Polypody

**DENNSTAEDTIACEAE**

*Pteridium aquilinum*

Bracken

**THELYPTERIDACEAE**

*Phegopteris connectilis*  
*Oreopteris limbosperma*

Beech Fern  
Lemon-scented Fern

**ASPENIACEAE**

*Asplenium trichomanes*  
*Asplenium ruta-muraria*

Maidenhair Spleenwort  
Wall-rue

**WOODSIACEAE**

*Athyrium filix-femina*  
*Cystopteris fragilis*

Lady-fern  
Brittle Bladder-fern

**DRYOPTERIDACEAE**

*Polystichum aculeatum*  
*Dryopteris filix-mas*  
*Dryopteris affinis*  
*Dryopteris dilatata*

Hard Shield-fern  
Male-fern  
Scaly Male-fern  
Broad Buckler-fern

**BLECHNACEAE**

*Blechnum spicant*

Hard-fern

**PINACEAE**

*Pinus sylvestris*

Scots Pine

**CUPRESSACEAE**

*Juniperus communis*

Juniper

**RANUNCULACEAE**

*Caltha palustris*  
*Trollius europaeus*  
*Ranunculus acris*  
*Ranunculus repens*  
*Ranunculus bulbosus*  
*Ranunculus flammula*  
*Ranunculus ficaria*

Marsh-marigold  
Globeflower  
Meadow Buttercup  
Creeping Buttercup  
Bulbous Buttercup  
Lesser Spearwort  
Lesser Celandine

**PAPAVERACEAE**

*Meconopsis cambrica*

Welsh Poppy

**ULMACEAE**

*Ulmus glabra*

Wych Elm

**URTICACEAE**

*Urtica dioica*

Common Nettle

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**FAGACEAE**

*Fagus sylvatica*  
*Quercus robur*

Beech  
Pedunculate Oak

**BETULACEAE**

*Betula pubescens*  
*Alnus glutinosa*  
*Corylus avellana*

Downy Birch  
Alder  
Hazel

**CHENOPODIACEAE**

*Chenopodium bonus-henricus*

Good-King-Henry

**CARYOPHYLLACEAE**

*Stellaria media*  
*Stellaria holostea*  
*Stellaria uliginosa*  
*Cerastium fontanum*  
*Sagina procumbens*  
*Silene dioica*

Common Chickweed  
Greater Stitchwort  
Bog Stitchwort  
Common Mouse-ear  
Procumbent Pearlwort  
Red Campion

**POLYGONACEAE**

*Persicaria bistorta*  
*Persicaria vivipara*  
*Polygonum aviculare* agg.  
*Rumex acetosa*  
*Rumex obtusifolius*

Common Bistort  
Alpine Bistort  
Knotgrass  
Common Sorrel  
Broad-leaved Dock

**CLUSIACEAE**

*Hypericum pulchrum*  
*Hypericum hirsutum*

Slender St John's-wort  
Hairy St John's-wort

**CISTACEAE**

*Helianthemum nummularium*

Common Rock-rose

**VIOLACEAE**

*Viola palustris*  
*Viola lutea*

Marsh Violet  
Mountain Pansy

**SALICACEAE**

*Populus tremula*  
*Salix caprea*  
*Salix cinerea*  
*Salix phylicifolia*  
*Salix repens*

Aspen  
Goat Willow  
[*Salix cinerea*]  
Tea-leaved Willow  
Creeping Willow

**BRASSICACEAE**

*Sisymbrium orientale*  
*Alliaria petiolata*  
*Cardamine amara*  
*Cardamine pratensis*  
*Cardamine flexuosa*

Eastern Rocket  
Garlic Mustard  
Large Bitter-cress  
Cuckooflower  
Wavy Bitter-cress

**ERICACEAE**

*Calluna vulgaris*  
*Vaccinium myrtillus*

Heather  
Bilberry

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**PRIMULACEAE**

<i>Primula vulgaris</i>	Primrose
<i>Primula veris</i>	Cowslip
<i>Primula farinosa</i>	Bird's-eye Primrose
<i>Lysimachia nemorum</i>	Yellow Pimpernel

**CRASSULACEAE**

<i>Sedum acre</i>	Biting Stonecrop
<i>Sedum anglicum</i>	English Stonecrop

**ROSACEAE**

<i>Filipendula ulmaria</i>	Meadowsweet
<i>Rubus saxatilis</i>	Stone Bramble
<i>Rubus idaeus</i>	Raspberry
<i>Potentilla fruticosa</i>	Shrubby Cinquefoil
<i>Potentilla anserina</i>	Silverweed
<i>Fragaria vesca</i>	Wild Strawberry
<i>Geum rivale</i>	Water Avens
<i>Geum x intermedium</i>	Hybrid Avens
<i>Geum urbanum</i>	Wood Avens
<i>Sanguisorba officinalis</i>	Great Burnet
<i>Alchemilla vulgaris</i> agg.	[ <i>Alchemilla vulgaris</i> ]
<i>Prunus spinosa</i>	Blackthorn
<i>Prunus padus</i>	Bird Cherry
<i>Sorbus aucuparia</i>	Rowan
<i>Sorbus aria</i>	Common Whitebeam
<i>Crataegus monogyna</i>	Hawthorn

**FABACEAE**

<i>Lotus corniculatus</i>	Common Bird's-foot-trefoil
<i>Vicia cracca</i>	Tufted Vetch
<i>Vicia sepium</i>	Bush Vetch
<i>Lathyrus linifolius</i>	Bitter-vetch
<i>Lathyrus pratensis</i>	Meadow Vetchling
<i>Trifolium repens</i>	White Clover
<i>Trifolium dubium</i>	Lesser Trefoil
<i>Trifolium pratense</i>	Red Clover
<i>Trifolium medium</i>	Zigzag Clover

**ONAGRACEAE**

<i>Epilobium montanum</i>	Broad-leaved Willowherb
<i>Chamerion angustifolium</i>	Rosebay Willowherb

**AQUIFOLIACEAE**

<i>Ilex aquifolium</i>	Holly
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**EUPHORBIACEAE**

<i>Mercurialis perennis</i>	Dog's Mercury
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**LINACEAE**

<i>Linum catharticum</i>	Fairy Flax
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**POLYGALACEAE**

<i>Polygala vulgaris</i>	Common Milkwort
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**ACERACEAE**

*Acer pseudoplatanus*

Sycamore

**OXALIDACEAE**

*Oxalis acetosella*

Wood-sorrel

**GERANIACEAE**

*Geranium sylvaticum*

Wood Crane's-bill

*Geranium robertianum*

Herb-Robert

**ARALIACEAE**

*Hedera helix*

Common Ivy

**APIACEAE**

*Sanicula europaea*

Sanicle

*Anthriscus sylvestris*

Cow Parsley

*Myrrhis odorata*

Sweet Cicely

*Conopodium majus*

Pignut

*Pimpinella saxifraga*

Burnet-saxifrage

*Angelica sylvestris*

Wild Angelica

*Heracleum sphondylium*

Hogweed

**BORAGINACEAE**

*Myosotis scorpioides*

Water Forget-me-not

*Myosotis sylvatica*

Wood Forget-me-not

*Myosotis arvensis*

Field Forget-me-not

**LAMIACEAE**

*Stachys officinalis*

Betony

*Stachys sylvatica*

Hedge Woundwort

*Teucrium scorodonia*

Wood Sage

*Ajuga reptans*

Bugle

*Prunella vulgaris*

Selfheal

*Thymus pulegioides*

Large Garden

*Mentha aquatica*

Water Mint

**PLANTAGINACEAE**

*Plantago maritima*

Sea Plantain

*Plantago major*

Greater Plantain

*Plantago lanceolata*

Ribwort Plantain

**OLEACEAE**

*Fraxinus excelsior*

Ash

**SCROPHULARIACEAE**

*Scrophularia nodosa*

Common Figwort

*Mimulus guttatus*

Monkeyflower

*Digitalis purpurea*

Foxglove

*Veronica serpyllifolia*

Thyme-leaved Speedwell

*Veronica chamaedrys*

Germander Speedwell

*Veronica beccabunga*

Brooklime

*Euphrasia officinalis* agg.

Eyebright

*Rhinanthus minor*

Yellow-rattle

*Pedicularis sylvatica*

Lousewort

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**LENTIBULARIACEAE**

*Pinguicula vulgaris* Common Butterwort

**CAMPANULACEAE**

*Campanula rotundifolia* Harebell

**RUBIACEAE**

*Galium boreale* Northern Bedstraw  
*Galium verum* Lady's Bedstraw  
*Galium saxatile* Heath Bedstraw  
*Galium aparine* Cleavers  
*Cruciata laevipes* Crosswort

**CAPRIFOLIACEAE**

*Sambucus nigra* Elder

**VALERIANACEAE**

*Valeriana dioica* Marsh Valerian

**DIPSACACEAE**

*Succisa pratensis* Devil's-bit Scabious  
*Scabiosa columbaria* Small Scabious

**ASTERACEAE**

*Arctium minus* Lesser Burdock  
*Cirsium vulgare* Spear Thistle  
*Cirsium heterophyllum* Melancholy Thistle  
*Cirsium palustre* Marsh Thistle  
*Cirsium arvense* Creeping Thistle  
*Serratula tinctoria* Saw-wort  
*Centaurea nigra* Common Knapweed  
*Lapsana communis* Nipplewort  
*Hypochaeris radicata* Cat's-ear  
*Leontodon hispidus* Rough Hawkbit  
*Sonchus asper* Prickly Sow-thistle  
*Taraxacum agg.* [Taraxacum]  
*Pilosella officinarum* Mouse-ear-hawkweed  
*Antennaria dioica* Mountain Everlasting  
*Solidago virgaurea* Goldenrod  
*Bellis perennis* Daisy  
*Tanacetum parthenium* Feverfew  
*Achillea ptarmica* Sneezewort  
*Achillea millefolium* Yarrow  
*Matricaria discoidea* Pineappleweed  
*Senecio jacobaea* Common Ragwort  
*Tussilago farfara* Colt's-foot

**JUNCACEAE**

*Juncus squarrosus* Heath Rush  
*Juncus inflexus* Hard Rush  
*Juncus effusus* Soft-rush  
*Juncus conglomeratus* Compact Rush  
*Luzula sylvatica* Great Wood-rush  
*Luzula campestris* Field Wood-rush  
*Luzula multiflora* Heath Wood-rush

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**CYPERACEAE**

<i>Eleocharis</i>	[Eleocharis]
<i>Carex echinata</i>	Star Sedge
<i>Carex acutiformis</i>	Lesser Pond-sedge
<i>Carex flacca</i>	Glaucous Sedge
<i>Carex panicea</i>	Carnation Sedge
<i>Carex caryophylla</i>	Spring-sedge
<i>Carex nigra</i>	Common Sedge

**POACEAE**

<i>Nardus stricta</i>	Mat-grass
<i>Festuca rubra</i>	Red Fescue
<i>Lolium perenne</i>	Perennial Rye-grass
<i>Cynosurus cristatus</i>	Crested Dog's-tail
<i>Briza media</i>	Quaking-grass
<i>Poa annua</i>	Annual Meadow-grass
<i>Poa trivialis</i>	Rough Meadow-grass
<i>Dactylis glomerata</i>	Cock's-foot
<i>Sesleria caerulea</i>	Blue Moor-grass
<i>Glyceria declinata</i>	Small Sweet-grass
<i>Helictotrichon pratense</i>	Meadow Oat-grass
<i>Trisetum flavescens</i>	Yellow Oat-grass
<i>Anthoxanthum odoratum</i>	Sweet Vernal-grass
<i>Phalaris arundinacea</i>	Reed Canary-grass
<i>Alopecurus pratensis</i>	Meadow Foxtail
<i>Alopecurus geniculatus</i>	Marsh Foxtail
<i>Bromus hordeaceus</i>	[Bromus hordeaceus]
<i>Brachypodium sylvaticum</i>	False-brome

**LILIACEAE**

<i>Hyacinthoides non-scripta</i>	Bluebell
<i>Allium ursinum</i>	Ramsons

**ORCHIDACEAE**

<i>Listera ovata</i>	Common Twayblade
<i>Dactylorhiza maculata</i>	Heath Spotted-orchid
<i>Orchis mascula</i>	Early-purple Orchid