

Honeyguide

WILDLIFE HOLIDAYS

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Poland
12 – 20 May 2018

Holiday participants

Gerald and Janet Turner
Mike and Val Grogutt
Ann Greenizan

Brian Austin and Mary Laurie-Pile
Mel and Ann Leggett
Rina Picciotto

Leaders

Artur Wiatr www.biebrza-explorer.pl and Tim Strudwick.

Report, lists and photos by Tim Strudwick.

In Biebrza National Park we stayed at Dwor Dobarz <http://dwordobarz.pl/>

In Białowieża we stayed at Gawra Pensjon at [www.gawra.Białowieża.com](http://www.gawra.Bialowieza.com)

Cover photos: sunset over Lawaki fen; fallen deadwood in Białowieża strict reserve.

Below: group photo taken at Dwor Dobarz and Biebrza lower basin from Burzyn.



This holiday, as for every Honeyguide holiday, also puts something into conservation in our host country by way of a contribution to the wildlife that we enjoyed. The conservation contribution this year of £40 per person was supplemented by gift aid through the Honeyguide Wildlife Charitable Trust, leading to a donation of £490.

The donation went to The Workshop of Living Architecture, a small NGO that runs environmental projects in and near Biebrza Marshes. This includes building new nesting platforms for white storks, often in response to storm damage or roof renovation, or simply to replace old nests. The total for all conservation contributions through Honeyguide since 1991 was £124,860 to August 2018.

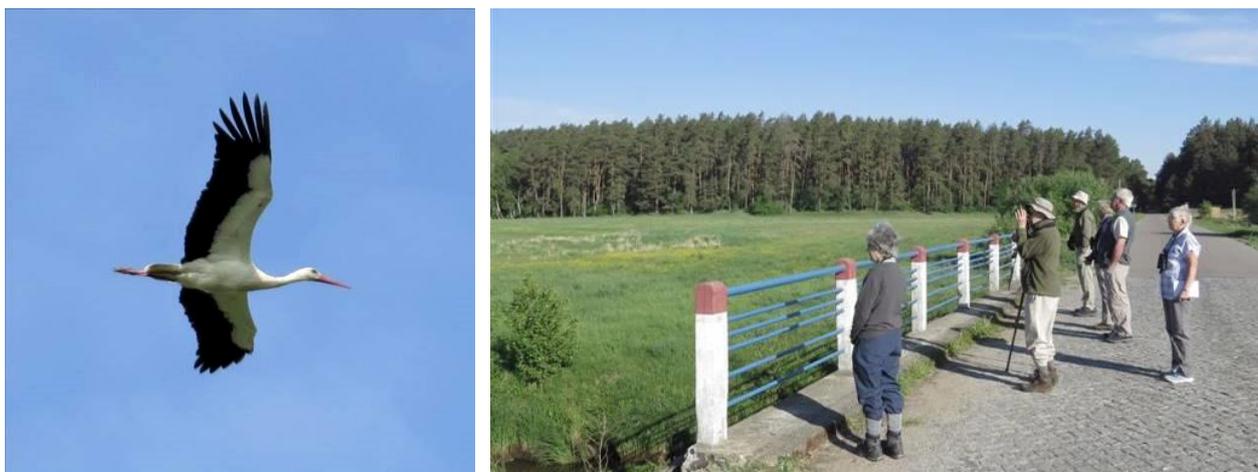
DAILY DIARY

Saturday 12 May – Warsaw to Biebrza

Following an early flight from Luton, the group arrived at Warsaw airport and soon found local leader Artur and driver Rafael in the arrival hall. After introductions, including the customary carnations for the ladies, and the briefest of delays to resolve a suitcase mix up, we quickly boarded the waiting bus.

Poland was experiencing a mini-heatwave, so the air-conditioning was welcome as we drove through the wide boulevards of Warsaw. Artur provided a commentary as we passed through the city, relating stories of its eventful 20th century history, before crossing the river Vistula into Eastern Poland. Our route eastwards from Warsaw was in the process of being upgraded into a motorway but for the time being the many roadworks made for slow progress. The very gently rolling agricultural landscape of the Central European Plain looked oddly familiar to East Anglian eyes, but the long narrow fields, the absence of hedgerows and especially the frequent white storks reminded us that this was Poland. Eventually we crossed the Narew river and entered the Biebrzanski National Park, passing a vast green marsh over which a hundred or so terns – white-winged and black – fluttered, then entering a forest of alders and birch towering above pools white with water violet and cotton grass. Soon we were pulling up at the imposing timber-built Dwor Dobarz guesthouse and our home for the next five days.

After settling into rooms, the group gathered for an introduction to the week ahead from Artur, followed by a tasty dinner of soup, chicken and mash and cheesecake and, for some, a shot of moosekick – a local artisan vodka. After dinner, Artur led the group on a short walk along the roadside, overlooking the farmland, meadows and marshes. The local white stork sat on its nest in the farmyard and its mate stood nearby in a field, while on the wires were whinchat, yellowhammer, tree sparrows and cuckoo. As dusk fell, the distant song of corncrake and thrush nightingale and chirping of field crickets grew steadily louder. The last of the group moved to the pond in the guesthouse garden, where the chorus of amphibian calls – edible frog, fire-bellied and green toad – was interrupted by a deep staccato call, announcing the arrival of two cranes which landed 200m away in the adjacent meadow and proceeded to feed.



White stork; early morning birdwatching at Dwor Dobarz.

Sunday 13 May – Biebrza Marshes

The day dawned fine and clear and most of the group took a walk before breakfast. Dobarz was no more than a farm and two guesthouses sitting within a gap in the forest that fringes the east side of the lower basin of the Biebrza Marshes. Black redstarts were on every rooftop, and serin, red-backed shrike and icterine warbler sang from the few trees and bushes. Several golden orioles sang from deep in the nearby woods and two broke cover briefly to mob a passing sparrowhawk. Marsh harriers and, unusually at this time of year, a male hen harrier quartered the marshes and a black stork flew in from the forest to feed in the stream. Brian, out before anybody else, had spotted an elk out on the marshes, and red fox, roe deer and brown hare were soon added to the mammal list.

After a substantial breakfast of pancakes, meat, cheese and fruit, we packed our lunches and took the bus north through the pinewoods to the small town of Goniadz. Here we stopped at an elevated viewpoint overlooking the middle basin of the Biebrzanski National Park which provided the unusual experience of looking down on a pair of white storks, clapping bills loudly, at their nest. Artur provided a bit of helpful orientation and explained how the National Park staff are trying to provide continued management now the traditional low intensity agricultural practices are no longer economically viable, and without which the diverse wetland vegetation will in time be lost to reed, scrub and trees. For now, we could gaze over the wide expanse of green marsh, dotted with white storks, great egrets and a very distant elk.

From Goniadz, a short drive across the floodplain took us to a wooden tower that looked north. Now within the marsh, we could see the green sedge was peppered with the flowers of marsh marigold, yellow iris and cotton grass. Overhead redshank and a black-tailed godwit ferociously mobbed a hunting marsh harrier and a roe deer delicately picked its way through this scene. Close by, in the tall willows, a penduline tit called but, as often, could not be seen.

We drove on to Ozowiec marsh and here we followed a boardwalk to a tower overlooking reedbeds and pools. A bittern boomed nearby, edible frogs called loudly, a Savi's warbler sang distantly and a bluethroat sang within feet of us but would not show itself. A penduline tit called, and this one did reveal itself, spectacularly well as it visited its nest in a willow close to the path. Azure, variable and blue-tailed were identified among the abundant damselflies along our path. We crossed a road and a river to a second tower among scrub from where rosefinch and lesser whitethroat sang.

We rejoined the bus and drove on a few more miles and into forest to the village of Sosnia where we parked and ate our packed lunches under the shade of small-leaved limes. Artur magically produced hot drinks and home-made cake from the back of the bus. Around us redstart, coal tit, rosefinch and raven were heard if not seen. After lunch we set off down a track through alder woodland where insects were out in force including map, holly blue and speckled wood butterflies, but rather more mosquitoes so we did not linger. Our path led us to a natural viewpoint well out into the floodplain and immediately an adult white-tailed eagle was spotted perched in a lone willow. It was soon joined by a second carrying food before both flew off together. Small flocks of ducks coming and going from a nearby pool included garganey and pintail, and whiskered terns and cranes completed the scene. On the walk back close views of a red-backed shrike, and on a smaller scale the northern dune tiger beetle and field cricket, added interest. On the way home we made a brief stop at the National Park Centre where we watched a video that showed us how very different the floodplain looks in the winter.



White-tailed eagle; northern dune tiger beetles; aquatic warbler.

After dinner we drove south a little way to Lawaki Fen, 5000 hectares of sedge fen which is home to 2000 pairs (more than 10% of the global population!) of aquatic warbler. The evening was calm, good for aquatic warbler but also good for mosquitoes so repellents and head protection were mobilised. We followed a boardwalk out into the fen and soon heard, low in the vegetation, a song rather like a subdued sedge warbler. The bird crept slowly up the reed stem, showing nicely in the light of the setting sun, before a final flourish of a short song-flight. We heard and saw at least three aquatic warblers near the boardwalk, singing grasshopper and whinchat showed well and a Montagu's harrier drifting across the beautiful sunset ended the day nicely.

Monday 14 May – Biebrza Marshes

Pre-breakfast birders' highlights were an immature white-tailed eagle on a bush, wryneck in song, and probably best of all, an active black woodpecker nest (located by a Birders Abroad group) at the edge of the forest near the guesthouse. After breakfast, before boarding the bus, the group spent a few minutes looking for the wryneck which was singing in the guesthouse garden, resulting in cracking views of the bird sitting on a fence, not to mention sparrowhawk and two honey buzzards overhead.

We drove north and then west to the village of Mscichy where we were to spend the morning exploring the floodplain. As we left the bus, quail and bluethroat were calling around us. This was a potential site for citrine wagtail, here at its westernmost breeding outpost, and within minutes Jan spotted a fine male perched on a willow bush. We followed a track for a couple of miles through open marsh with drumming snipe and whinchat, Savi's and sedge warbler in small willow bushes and fieldfares in small clumps of young alders. A gang of 30 non-breeding storks lounged on a sandy rise and one or two fed close to the track, barely reacting to our presence, and an elk browsed in the distance. Numerous broad-bodied chasers and a common clubtail frequented the ditch beside the track.

At the end of the track we came to a viewing tower overlooking oxbow pools which were alive with ruff, wood sandpipers, whiskered terns, garganey and many other water birds. We walked back and ate lunch by the village, serenaded by thrush nightingale.

We spent the afternoon slowly driving the west side of the central basin, stopping at the village of Brzostowo on the river Biebrza. Here we enjoyed a classic Polish wetland scene with the sight and sounds of hundreds of terns of five species, a black-headed gullery with a few Mediterranean gulls, lekking ruff, garganey, spotted crane and the ever-present calling of cranes. In contrast, a few miles downstream at Burzyn, an elevated viewpoint overlooked a quieter section of wetland but provided an instructive aerial view of the network of oxbows and side channels within the marsh.

Dinner included fillet of pike – a first for many in the group!

Tuesday 15 May – Biebrza Marshes

Pre-breakfast walkers' highlights were a pair of rosefinches, an adult white-tailed eagle replacing the previous day's immature, woodlark and hoopoe.

Today's destination was Cerwone Bagno (the 'red marsh') at Grzedy. The journey north provided the first kestrel of the trip and took us to a bridge over the river Elk where we stopped. We immediately spotted a lesser spotted eagle hunting over the nearby fields. Small birds in song included great reed warbler, red-backed shrike, rosefinch and golden oriole (in the scope!), and a puzzling song from the roadside alders proved to be a barred warbler. The river itself was full of life, with pike, minnow, roach and perch visible in the crystal-clear water, and common toad, hairy dragonfly and banded demoiselles at the river's edge.

We drove on a few more miles to Grzedy, the oldest Protected Area in the National Park, as old as independent Poland itself. It was established, Artur explained, after WW1 to protect the last few elk in Poland. Driving in through the forested area, Artur stopped the bus. He had heard a red-breasted flycatcher singing. We all walked into the forest, hearing its distinctive song clearly but very high in the trees and providing only the briefest glimpses.

A little farther on we stopped for lunch in a sandy clearing. We were standing on dunes which had developed in the treeless landscape at the end of the last ice age, with areas of lichen heath and bare sand alive with bee flies and sand wasps. In the shade of the trees, wood white butterflies fluttered among flowers of Solomon's seal, May lily and chickweed wintergreen, and a marsh tit called. After lunch we followed the ridge of dunes south, spotting sand lizards, dune tiger beetles, rose chafer, tanner beetle and wolf poo. Small birds were rather quiet in the heat of the afternoon, but we played cat and mouse with a singing river warbler which moved from bush to bush, trying hard not to be seen. Along this route two viewing platforms afforded views over the marsh where keen eyes located at least four elk and a calf, roe deer and, overhead, ravens and green sandpiper. Driving out of the reserve, we pulled in for a final surprise – an elk, close to the road, skulking in the shade of some bushes – before driving back to the guesthouse for an early dinner.



Elk; wryneck; rose chafer.

After dinner we drove south to the Narew river – a good spot for beavers – and walked along an embankment which provided a fine vantage point over the oxbow pools either side. It was a glorious warm evening with just enough breeze to keep biting insects bearable. A chorus of thrush nightingale and bluethroat song entertained us while we waited, and it wasn't long before the first beaver appeared. Soon a second and a third joined it, swimming back and forth, characteristically low in the water, and periodically diving underwater to their hidden lodge. We stood rather conspicuously on the skyline, the beavers curiously watching us as we watched them. As the light faded a spotted crane called close by and as we walked back a corncrake called loudly by the bus.

Wednesday 16 May – Biebrza Marshes

Pre-breakfast birders reported even better views of common rosefinch, with courtship feeding on the ground, pied flycatcher, hoopoe, wryneck and, new to the trip, a female goldeneye.

The first stop on the day's itinerary was close to the guesthouse, the 'farm' of Cristoph, a retired antiques dealer who had created a kind of ethnographic museum and sanctuary for abandoned dogs. As well as an eccentric collection of objets d'art, there was a small herd of the primitive Polish ponies (Koniks), much used for grazing of nature reserves in the UK. Wildlife interest included raven, tree pipit and two adult white-tailed eagles overhead and sooty copper, hornet, and various bees and wasps nesting in the reed thatch.

We drove a few miles south and spent the rest of the morning walking along a dry track through young alder woodland. Our destination was a site for lady's slipper orchid, which when we got there was, sadly, not in flower. However, there was much else to see on the way, including the showy (for a cow-wheat) wood cow-wheat, garden warbler, common toad and common frog and lots of interesting insects. A cooperative mole cricket sat on the path and some lovely butterflies including chequered and northern chequered skipper, heath fritillary and clouded Apollo posed for us.



Northern chequered skipper and clouded Apollo.

After lunch we headed south, making a spontaneous pull-off to watch an elk 100m from the road, which led to the discovery of another six clouded Apollos on the verge! Reaching the Narew river we turned upstream towards Cochin and onto a quarry set among rolling arable fields. By now the weather had cooled, rain was threatening, and the hoped-for bee-eaters were not there, so we had to make do with a little ringed plover. Driving back, we stopped at a bridge just inside the National Park. Around 200 terns, mostly white-winged with a few black, hunted insects low over the marsh and nearby fire-bellied toads 'pooped', but the steady rain forced us to move on. Our last stop of the day was at a viewing tower, contemplating the view over another vista of fen and marsh, picking out a distant red deer as snipe drummed overhead.

Dinner was soup, pork, and pancake/ice cream, with wines from France, Moldova and Portugal and vodka from Poland.

Thursday 17 May – Biebrza to Białowieża

With bags to pack, pre-breakfast birding was minimal but nevertheless elk, crane, wryneck and Montagu's harriers were seen, and many of the group caught up with the local black woodpecker.

With the bus loaded we bade farewell to our hosts at Dwor Dobarz and drove south. We stopped briefly by the roadside to watch three golden orioles and again a little farther on to climb a tower and gaze out for the last time over the green marshes of the Biebrza National Park, dotted with the yellow of buttercups and iris over which white-winged terns hawked and snipe drummed.

Leaving the park, we made a detour to revisit the quarry near Cochin with vain hope, in the rainy conditions, of bee-eater. The quarry was birdless but a short walk along nearby farm tracks produced blue-headed wagtail, grey partridge and an unseen ortolan bunting in song. We drove on to Bialystok and stopped for lunch at the fishponds. The weather was not promising and most chose to eat lunch in the bus, but there was lots to see and we spent an hour or so exploring the reedy pools. Several pairs of red-necked grebes were a speciality of the site and other highlights included a dozen or more great reed warblers, bearded tit, a booming bittern which later flew across the path and, perhaps best of all, a glorious summer-plumaged black-throated diver.

A heavy shower sent some of the group back to the bus, but the rain soon eased off and those that stuck it out enjoyed Savi's warbler, common rosetfinch, and a pair of little crakes calling close to the path with the female seen briefly by some.



Black-throated diver and red-necked grebe at Białystok fish ponds.

We drove on and by late afternoon arrived at the Dawra Guesthouse in Białowieża village, where we settled in, freshened up and assembled for dinner. Afterwards we were joined by Mattheus, a Białowieża National Park guide, and after a short bus drive and a very short walk found ourselves looking at a hole in a tree where, we hoped, a pygmy owl was nesting. A whistle from Mattheus brought a bird out of the hole and into a nearby tree where we could make out its shape, if nothing else, in the dim light. We then walked to a nearby ride where a different call attracted the male owl, which we saw very briefly flying across the ride.

Friday 18 May – Białowieża

The day started early – very early! We met Mattheus, our local guide, at 4am to visit the 'strict reserve'. The early start was chosen to maximise bird activity but also because biting insects would not yet be active. Białowieża is the most primeval of European forests and the strict reserve contains the parts that are least touched by the hand of man. The immense entrance gates, hewn from ancient oaks, reinforced the sense of otherworldliness, and as we walked through the gates at dawn we immediately could hear collared flycatchers in song. We walked slowly and quietly and within an hour had heard or seen all four species of flycatcher, all the woodland warblers, goldcrest, treecreeper, nuthatch and hawfinch. We waited by a tree where a middle spotted woodpecker was nesting and soon saw both parents visiting with food for their young. The trees were remarkably tall – Mattheus told us that eight species of tree have their tallest known examples in the world in this forest. The ground flora was diverse, with large stands of ramsons and notable species including coralroot bittercress and toothwort. Our guides explained the complex issues surrounding the recent controversy over the felling of diseased spruce trees in the National Park in which, in UK press coverage at least, the Polish foresters have been heavily criticised, but as Artur explained the foresters believed they were just trying to protect spruce and all the wildlife dependent on it. When the best managed British forest probably supports less biodiversity than a typical forest managed by Polish foresters, we certainly felt in no position to judge.



Outside the gates of Białowieża 'strict reserve'; a sheet of ramsons.

Mattheus explained that a 40-year breeding bird survey here had recorded 70 woodland bird species breeding in just one hectare. We have 70 woodland species in the whole of the UK. But perhaps it was the forest itself rather than the birds, the structure of immense trees, alive, dying and dead, feeding fungi, mosses and ground flora, that left the strongest impression in this true cathedral of nature.

Those who walked back to the guesthouse, rather than taking a lift, were rewarded with a marsh warbler singing in a willow and sort-of showing itself. After a late breakfast, we spend the rest of the morning exploring the marshes and woodland edge along the river Narewka close to the village. Travelling by bus and on foot, dodging the showers and visiting several viewing towers, we encountered river, marsh and great reed warblers, golden orioles, common and honey buzzards, lesser spotted eagle, corncrake, hawfinches and swallowtail butterfly. A large, pale day-flying bat (possibly mouse-eared) over a lake was a surprise.

After lunch we moved to the Palace Park, created in the style of English parkland, with clumps and belts of mature trees around a flower rich meadow, which would have surrounded the palace (now demolished) of the 19th century Russian Tsar. Artur picked up the call of a grey-headed woodpecker which soon appeared, landing low in a tree and providing brief views before it flew off. Artur then lead us to a clump of trees where a grey-headed woodpecker had its nest, and the female was briefly visible at the nest hole. A black woodpecker called nearby but did not show, but collared flycatcher provided better views than earlier in the day and more hawfinches were seen in flight. Massing grey clouds and rumblings of thunder signalled time to head back to the guesthouse.

After dinner we drove out to the north edge of the village to some meadows where bison sometimes emerge from the forest to feed at dusk. We waited, while corn buntings sang, great grey shrikes hunted from the overhead wires, a fox stalked through the long grass, a small herd of red deer grazed in the distance, and the calls of corncrake and tree frog grew steadily louder in the fading light. With about a square mile of open ground between us and forest proper it did not seem very hopeful, but then a dark shape appeared at edge of the wood, only 300m away. It was a bull bison, which then wandered slowly out into the meadows, grazing quietly with swishing tail until the light had gone.



“A bull bison, grazing quietly with swishing tail until the light had gone.”

Saturday 19 May – Siemianowka Reservoir

Artur led a pre-breakfast walk to the palace park. By the river, both marsh and river warbler were singing but refused to show themselves, but a black woodpecker did reveal itself, feeding low in isolated alder trees.

After breakfast we drove north, stopping briefly to look at bison tracks on the forest road, then heading for Siemianowka Reservoir. Here we climbed a viewing tower to scan over the panorama of water and emergent vegetation, revealing common, black and whiskered terns, three whooper swans and then an immature white-tailed eagle scattering a few hundred ducks as it flew low across the water. We took a short walk around the edge of the marsh hearing penduline tit and a calling snipe which, bizarrely, was traced to the top of a very tall spruce tree, and spotting two long-tailed tits of the pale-headed northern race.

We moved on to a forest nature reserve, where we walked through dry woodland, full of woodruff and spring pea, with wood warblers singing everywhere. We arrived at a wet area, flooded by beaver activity and with many dead trees and open areas. Around us, red-breasted and pied flycatchers and golden orioles sang, though typically only brief glimpses were had. We followed a narrow path along the dry ground, quite literally (as the fresh dung testified) walking in the footsteps of bison.

It was time for lunch and Artur made a tactical decision to forsake the planned lunch spot to evade the mosquitoes and headed to a park in the village of Narewka beside the river of the same name.

The afternoon was occupied exploring two different forest areas. At the first we headed for a nest site for three-toed woodpecker in characteristically swampy alder-spruce forest. Here we heard woodpecker calls tantalisingly close but as Artur explained, the young had already fledged and they remained unseen. A few white-faced darters (one of four possible species) were a consolation. The second was along a trail known as Bison ribs ('zebra zebra'), a mile-long boardwalk through wet, and very wet, forest, full of familiar fenland plants and a few unfamiliar ones including the showy water arum.

After our last dinner, as wines and vodkas were finished off, by Honeyguide custom the group were asked to recount their best bit of the trip. As often, just one per person proved difficult, and there was a lot of "oh yes, me too" and changing of minds, and this report writer (possibly influenced by the vodka) found it hard to summarise, but the highlights mentioned certainly included: the idyllic evening watching beavers; the (very early) morning in the strict reserve; seeing a bison; elks; eagles; orioles; lots of marsh terns; black, grey-headed and/or middle spotted woodpeckers; clouded Apollo; hospitality; leaders; breakfast; dinner; vodka; Rafael's excellent driving; everything!

Sunday 20 May – return

With bags to pack, only Brian managed a pre-breakfast walk (adding common sandpiper to the trip list) but after loading bags onto the minibus we had time for a final 40-minute walk to the palace park. Here we listened to river warblers for one last time before saying goodbye to Artur and driving on to Warsaw. After a final daily log call at the airport we were soon on our flight back to Luton and onwards to our homes, reflecting on a successful trip, thanks to Artur's skill, knowledge, patience, kindness and homemade cakes, Rafael's steady driving, the hospitality of staff at Dwor Dobarz and Dworek Gawra, Mattheus at Białowieża and all those in Poland who help to protect the wonderful wildlife sites we visited.



The viewing tower at Siemianowka Reservoir



Pronunciation challenge; red-backed shrike, seen daily, and common rosefinch, one of a pair at Dowbarz.



White storks at Goniadz

LISTS

BM = around Biebrza marshes 12th to 17th May. BF = around Białowieża forest area 17th to 20th May.

BIRDS	
Black-throated diver	One at Bialystok pools on 17th.
Little grebe	Several at Bialystok pools on 17th.
Great crested grebe	1-2 on two days at BM and several at Bialystok pools on 17th.
Red-necked grebe	At least 4 pairs at Bialystok pools on 17th.
Cormorant	Several in BM on two days and at Siemianowka lake on 19th.
Bittern	Heard every day in BM, at Bialystok on 17th and at Siemianowka lake on 19th.
Great white egret	Seen daily in BM with 47 at on 14th, and at Siemianowka lake on 19th.
Grey heron	Many singles seen daily in BM, Bialystok, BF and at Siemianowka lake.
White stork	Seen every day with nests in many villages. More than 30 at Mscichy on 14th.
Black stork	One at Dobarz on two days and another in BF.
Mute swan	Small numbers most days in BM, at Bialystok and at Siemianowka lake.
Whooper swan	Three at Siemianowka lake on 19th
Greylag goose	Several daily in BM and also at Siemianowka lake on 19th.
Mallard	Small numbers daily at BM, Bialystok, BF and at Siemianowka lake.
Gadwall	Small numbers on 2 dates at BM, and at Siemianowka lake.
Wigeon	Two in BM on 13th.
Pintail	Four in BM on 13th.
Shoveler	Several in BM on 13th and 14th.
Garganey	Several in BM on 13th and 14th.
Pochard	A few at BM on 13th, and at Siemianowka lake on 19th.
Goldeneye	Single females at Dobarz and Bialystok.
White-tailed eagle	1-3 seen daily in BM at several locations, and one at Siemianowka lake on 19th.
Lesser spotted eagle	Singles near Grzedy on 15th and at BF on 18th and 19th.
Marsh harrier	A few seen daily in BM, Bialystok and at Siemianowka lake.
Hen harrier	A male at Goniadz on 13th.
Montagu's harrier	A few seen daily in BM.
Common buzzard	Small numbers seen almost every day.
Honey buzzard	Two at Dobarz on 14th and singles on two days in BF.
Sparrowhawk	Singles on 3 days in BM and 2 days in BF.
Kestrel	One near Grzedy on 15th.
Grey partridge	Two near Cochin on 17th.
Pheasant	One on route to BF on 17th.
Quail	One calling at Mscichy on 14th.
Water rail	One heard at Osowiec on 13th.
Corncrake	One or two calling in BM daily and one in BF on 18th.
Little crane	Male and female calling, and female seen briefly at Bialystok fish ponds on 17th.
Spotted crane	One or two at calling in BM daily.
Moorhen	Singles on two days, at BM and Bialystok.
Coot	Small numbers on most days in BM, at Bialystok and Siemianowka lake.
Eurasian crane	Up to 10 seen and more heard daily at BM.
Lapwing	Small numbers seen every day at BM and BF.
Little ringer plover	1-2 at Cochin quarry on 16th and 17th.
Ruff	Hundreds at Mscichy and Brzostowo on 14th.
Snipe	Several drumming birds daily in BM and BF.
Woodcock	Single at Dobarz on 12th and BF on 17th.
Black-tailed godwit	Several in BM on two days.
Redshank	A few in BM every day.
Green sandpiper	Singles at Grzedy on 14th and Bialystok on 17th.
Wood sandpiper	Several at Mscichy and Brzostowo on 14th.
Common sandpiper	One at Palace Park in BF on 20th.
Black-headed gull	Dozens in BM every day, at Bialystok pools and at Siemianowka lake.
Yellow-legged gull	One at Bialystok on 17th.
Mediterranean gull	Two adults at Brzostowo on 14th.
Little tern	A pair at Brzostowo on 14th.
Common tern	A few in BM on most days, at Bialystok and at Siemianowka lake on 19th.
Black tern	Many seen daily at numerous sites in BM, at Bialystok & Siemianowka lake on 19th.
White-winged tern	Many seen daily at numerous sites in BM and at Bialystok.
Whiskered tern	A few seen daily at numerous sites in BM, at Bialystok & Siemianowka lake on 19th.
Woodpigeon	Seen in small numbers every day.
Turtle dove	4 seen on route to BF on 17th.
Collared dove	Seen or heard every day in BF.
Cuckoo	Heard and/or seen every day in BM and BF.
Tawny owl	Heard during the day at Palace Park in BF on 18th.
Pygmy owl	A male and female at a nest site in BF on 17th.
Swift	A few seen daily at BM and BF.
Hoopoe	One or two seen daily at Dobarz.
Black woodpecker	Seen daily at nest in Dobarz, and seen or heard in BF all 3 days.
Green woodpecker	Heard only once in BM.
Grey-headed woodpecker	A pair at and near nest at Palace Park (BF) on 18th.
Great spotted woodpecker	Seen or heard on 3 days in BM and 2 days in BF.
Middle spotted woodpecker	One pair at a nest in BF on 18th.
Three-toed woodpecker	Heard but not seen near fledged nest site BF on 19th.
Wryneck	One seen and heard daily around guesthouse at Dobarz.

Skylark	Heard and/or seen nearly every day in both areas.
Woodlark	Small numbers almost daily in BM and BF.
Sand martin	Recorded on one day in BM. Many dozens in quarry on route for BF.
Swallow	Seen daily in BM and BF.
House martin	Seen daily in BM and BF.
Tree pipit	Singles on two day in BM and 2 days in BF.
White wagtail	Seen on most days.
Blue-headed wagtail	Several seen daily in BM.
Citrine wagtail	A male at Mscichy on 14th.
Wren	One or two heard/seen in BF on two days.
Robin	Seen/heard in BM on two days and daily in BF.
Thrush nightingale	Heard daily in BM and BF. Quite common. A few seen closely.
Redstart	Heard in song on two days in BM.
Black redstart	A few daily in BM and BF, nesting at both guesthouses.
White-spotted bluethroat	Two at Osowiec (BM) on 14th and heard near Mscichy (BM) on 15th.
Northern wheatear	Seen in roadside fields in BM on two days.
Whinchat	Several daily in BM and BF.
Blackbird	Seen every day in BM and BF. Probably the commonest thrush.
Fieldfare	A few seen on two days in BM and daily in BF.
Song thrush	1-2 seen or heard most days in BM and BF.
Mistle thrush	Small numbers seen on two days in BM and two days in BF.
Garden warbler	1-3 heard most days in BM and BF.
Barred warbler	A male seen and heard near Grzedy on 15th.
Blackcap	Several seen/heard every day.
Lesser whitethroat	Heard almost every day.
Whitethroat	A few seen/heard every day.
Sedge warbler	A few daily in BM and BF.
Aquatic warbler	At least 3 seen and heard well at Lawaki fen (BM) on 13th.
Grasshopper warbler	Song heard on one day each in BM and BF.
River warbler	Seen and heard at Grzedy and on two days in BF.
Savi's warbler	Heard on two days at BM and at Bialystok.
Marsh warbler	Heard but not seen well in BF on two days.
Reed warbler	Oddly scarce, heard only once in BM and several at Bialystok.
Great reed warbler	Heard almost daily in BM and BF.
Icterine warbler	Heard every day in BM and BF.
Willow warbler	Heard every day in BM and BF.
Wood warbler	Heard almost every day.
Chiffchaff	Heard every day in BM and BF.
Goldcrest	Heard in BF on 18th and 19th.
Spotted flycatcher	Seen every day in BM and BF.
Red-breasted flycatcher	Heard/seen with difficulty, in Grzedy protected area (BM) on 16th, BF on 18th & 19th.
Pied flycatcher	One at Dobarz 15th-17th, and BF on 18th and 19th.
Collared flycatcher	A few heard and seen well in BF on 18th and 19th.
Blue tit	Seen or heard every day in BM and BF.
Coal Tit	Seen or heard every day in BM but oddly absent in BF.
Great tit	Seen or heard every day in BM and BF.
Marsh tit	A single at Grzedy (BM).
Long-tailed tit	A family party at Siemianowka lake.
Bearded tit	A few at Bialystok.
Penduline tit	A pair plus a half-built nest at Osowiec (BM) on 13th. Also heard in BM on 14th & at Siemianowka lake on 19th.
Nuthatch	Singles in BF on 2 days.
Treecreeper	Single in BM on 13th and BF on 18th.
Red-backed shrike	A pair daily at Dobarz. Also seen elsewhere in BM and in BF daily.
Great grey shrike	1-2 on route from BM on 17th and in BM on 18th and 18th.
Magpie	Small numbers seen every day.
Jay	Small numbers seen daily in BM.
Jackdaw	Seen daily.
Rook	Several in Bialystok only.
Hooded crow	Seen daily.
Raven	Small numbers seen daily in BF and BM.
Starling	Seen every day.
Golden oriole	Seen or heard daily in BM and BF.
Tree sparrow	A few daily in BM and BF, mainly around villages.
House sparrow	Seen in small numbers every day.
Chaffinch	Seen every day.
Serin	Singing males around our accommodation at Dobarz & Białowieża, & in Goniadz.
Greenfinch	Seen every day.
Goldfinch	Seen every day; the most numerous finch.
Linnet	Small numbers daily in BM and BF.
Hawfinch	2 in BM on 18th and 3 on 19th.
Common rosefinch	A pair seen and heard daily at Dobarz, also heard daily elsewhere in BM and in BF.
Reed bunting	A few each day in BM on most days in BF.
Ortolan bunting	One in song near the quarry at Cochin.
Yellowhammer	Heard or seen every day in BM and BF.
Corn bunting	2-3 in fields around Białowieża village on 18th.

MAMMALS	
Pine marten (dead only)	Mole (hills only)
Red Fox	Roe Deer
Red Squirrel	Red Deer
Brown/European Hare	European Bison
Beaver	Elk
REPTILES AND AMPHIBIANS	
Common Lizard	Green Toad
Sand Lizard	Common Toad
Slow-worm	Common Tree Frog
Grass Snake	Common Frog
Fire-bellied Toad	Edible Frog

BUTTERFLIES	
Common Swallowtail	Sooty Copper
Clouded Apollo	Chequered Skipper
Large White	Northern Chequered Skipper
Green-veined White	Heath Fritillary
Orange-tip	Red Admiral
Brimstone	Peacock
Wood White	Map butterfly
Holly Blue	Speckled Wood
Common Blue	Small Heath
Small Copper	



Heath Fritillary



Sleepy Carpenter bee



Sooty Copper



Northern White-faced Darter



Variable Damselfly



Common Club-tail

DRAGONFLIES AND DAMSELFLIES			
Azure Damselfly	Banded Demoiselle	Common Club-tail	Broad-bodied Chaser
Variable Damselfly	Beautiful Demoiselle	Scarce Chaser	Northern White-faced Darter
Blue-tailed damselfly	Hairy Dragonfly	Four-spotted Chaser	
OTHER INVERTEBRATES			
A bee-fly (<i>Hemipenthes morio</i>)		German wasp (<i>Vespula germanica</i>)	
A bee-fly (<i>Exoprosopa capucina</i>)		Median Wasp (<i>Dolichovespula media</i>)	
Rose chafer (<i>Cetonia aurata</i>)		Paper wasp (<i>Polistes dominula</i>)	
Flower chafer (<i>Oxythyrea funesta</i>)		A sand wasp (<i>Podalonia</i> sp.)	
Northern dune tiger beetle (<i>Cicindela hybrida</i>)		A digger wasp (<i>Pempredon fabrici</i>)	
Tanner beetle (<i>Prionius corarius</i>)		Sleepy carpenter bee (<i>Chelostoma florissomme</i>)	
Mole cricket (<i>Gryllotalpa</i>)		Orange-vented mason bee (<i>Osmia leaiana</i>)	
Field cricket (<i>Gryllus campestris</i>)		Red-tailed bumblebee (<i>Bombus lapidarius</i>)	
Red and black shieldbug (<i>Graphosoma italicum</i>)		Buff-tailed bumblebee (<i>Bombus terrestris</i>)	
European hornet (<i>Vespa crabro</i>)		White-tailed bumblebee (<i>Bombus lucorum</i> agg.)	
Common wasp (<i>Vespula vulgaris</i>)		Common carder bumblebee (<i>Bombus pascuorum</i>)	

PLANTS

This is incomplete and lists mainly those plants that were of special interest, conspicuous or abundant.

FERNS AND ALLIES			
<i>Equisetaceae</i>			
Water horsetail	<i>Equisetum fluviatile</i>	BM, BF	
Marsh horsetail	<i>Equisetum palustre</i>	BM	
Wood horsetail	<i>Equisetum sylvaticum</i>	BF	
<i>Hypolepidaceae</i>			
Bracken	<i>Pteridium aquilinum</i>	BM, BF	
<i>Dryopteridaceae</i>			
Male fern	<i>Dryopteris filix-mas</i>	BM, BF	
<i>Thelypteridaceae</i>			
Marsh Fern	<i>Thelypteris palustris</i>	BM, BF	
GYMNOSPERMS			
<i>Pinaceae</i>			
European larch	<i>Larix decidua</i>	BM, BF	
Norway spruce	<i>Picea abies</i>	BM, BF	
Scots pine	<i>Pinus sylvestris</i>	BM, BF	
Lodgepole pine	<i>Pinus contorta</i>	BM	
<i>Cupressaceae</i>			
Juniper	<i>Juniperus communis</i>	BM, BF	
ANGIOSPERMS - DICOTYLEDONS			
<i>Salicaceae</i>			
Black poplar	<i>Populus nigra</i>	BF	
Aspen	<i>Populus tremula</i>	BM, BF	
White willow	<i>Salix alba</i>	BM, BF	
Goat willow	<i>Salix caprea</i>	BM, BF	
Grey willow	<i>Salix cinerea</i>	BM, BF	
Crack willow	<i>Salix fragilis</i>	BM, BF	
Bay willow	<i>Salix pentandra</i>	BM, BF	
Purple willow	<i>Salix purpurea</i>	BM, BF	
Almond willow	<i>Salix triandra</i>	BM	
<i>Betulaceae</i>			
Alder	<i>Alnus glutinosa</i>	BM, BF	
Grey alder	<i>Alnus incana</i>	BM, BF	
Silver birch	<i>Betula pendula</i>	BM, BF	
Downy birch	<i>Betula pubescens</i>	BM, BF	
<i>Corylaceae</i>			
Hornbeam	<i>Carpinus betulus</i>	BM, BF	
Hazel	<i>Corylus avellana</i>	BM, BF	
<i>Fagaceae</i>			
Common oak	<i>Quercus robur</i>	BM, BF	
Red oak	<i>Quercus rubra</i>	BF	
<i>Ulmaceae</i>			
Wych elm	<i>Ulmus glabra</i>	BM, BF	
<i>Cannabaceae</i>			
Hop	<i>Humulus lupulus</i>	BM, BF	
<i>Urticaceae</i>			
Stinging nettle	<i>Urtica dioica</i>	BM, BF	
Annual nettle	<i>Urtica annua</i>	BM	
<i>Loranthaceae</i>			
Mistletoe	<i>Viscum album</i>	BM, BF	
<i>Aristolochiaceae</i>			
Asarabacca	<i>Asarum europaeum</i>	BM, BF	
<i>Polygonaceae</i>			
Bistort	<i>Polygonum bistorta</i>	BM, BF	
Japanese Knotweed	<i>Fallopia japonica</i>	BM	
Common sorrel	<i>Rumex acetosa</i>	BM, BF	
Sheep's sorrel	<i>Rumex acetosella</i>	BM, BF	
Curled dock	<i>Rumex crispus</i>	BM, B	
Water dock	<i>Rumex hydrolapathum</i>	BM, BF	
Broad-leaved dock	<i>Rumex obtusifolius</i>	BM, BF	
<i>Caryophyllaceae</i>			
Field mouse- ear	<i>Cerastium arvense</i>	BM, BF	
Common mouse-ear	<i>Cerastium fontanum</i>	BM, BF	
Sticky mouse-ear	<i>Cerastium glomeratum</i>	BM	
Ragged robin	<i>Lychnis flos-cuculi</i>	BM	
White campion	<i>Silene alba</i>	BM, BF	
Common chickweed	<i>Stellaria media</i>	BM, BF	
Wood stitchwort	<i>Stellaria nemorum</i>	BF	
<i>Nymphaeaceae</i>			
Yellow water-lily	<i>Nuphar lutea</i>	BM	
<i>Ranunculaceae</i>			
Wood anemone	<i>Anemone nemorosa</i>	BM, BF	
Marsh marigold	<i>Caltha palustris</i>	BM, BF	
Hepatica	<i>Hepatica nobilis</i>	BM, BF	
Meadow buttercup	<i>Ranunculus acris</i>	BM, BF	
Fan-leaved water crowfoot	<i>Ranunculus circinatus</i>	BM	
Lesser celandine	<i>Ranunculus ficaria</i>	BM, BF	
Lesser spearwort	<i>Ranunculus flammula</i>	BM, BF	
Greater spearwort	<i>Ranunculus lingua</i>	BM	
Creeping buttercup	<i>Ranunculus repens</i>	BM, BF	
Goldilocks	<i>Ranunculus auricomus</i>	BM	
Celery-leaved buttercup	<i>Ranunculus sceleratus</i>	BM	
Mousetail	<i>Myosurus minimus</i>	BM	
Greater meadow-rue	<i>Thalictrum aquilegifolium</i>	BM	
<i>Papaveraceae</i>			
Great celandine	<i>Chelidonium majus</i>	BM, BF	
<i>Cruciferae</i>			
Garlic mustard	<i>Alliaria petiolata</i>	BM, BF	
Horse radish	<i>Armoracia rusticana</i>	BM, BF	
Shepherd's purse	<i>Capsella bursa-pastoris</i>	BM, BF	
Coralroot bittercress	<i>Cardamine bulbifera</i>	BF	
Large Bitter-cress	<i>Cardamine amara</i>	BM	
Lady's smock	<i>Cardamine pratensis</i>	BM, BF	
Common Whitlowgrass	<i>Erophila verna</i>	BM	
Hedge mustard	<i>Sisymbrium officinale</i>	BM, BF	
Marsh Yellowcress	<i>Rorippa palustris</i>	BM	
<i>Resedaceae</i>			
Wild mignonette	<i>Reseda lutea</i>	BM, BF	
<i>Saxifragaceae</i>			
Alternate-leaved golden saxifrage	<i>Chrysosplenium alternifolium</i>	BM, BF	
<i>Rosaceae</i>			
Lady's mantle	<i>Alchemilla mollis</i>	BM, BF	
Hawthorn	<i>Crataegus monogyna</i>	BM, BF	
Meadowsweet	<i>Filipendula ulmaria</i>	BM, BF	
Wild strawberry	<i>Fragaria vesca</i>	BM, BF	
Water avens	<i>Geum rivale</i>	BM, BF	
Herb bennet	<i>Geum urbanum</i>	BM, BF	
Hoary cinquefoil	<i>Potentilla argentea</i>	BM	
Silverweed	<i>Potentilla anserina</i>	BM, BF	
Tormentil	<i>Potentilla erecta</i>	BM, BF	
Marsh cinquefoil	<i>Potentilla palustris</i>	BM, BF	
Creeping cinquefoil	<i>Potentilla reptans</i>	BM	
Wild cherry	<i>Prunus avium</i>	BM, BF	
Bird cherry	<i>Prunus padus</i>	BM, BF	
Blackthorn	<i>Prunus spinosa</i>	BM, BF	
Dog rose	<i>Rosa canina</i>	BM, BF	
Raspberry	<i>Rubus idaeus</i>	BM, BF	
Rowan	<i>Sorbus aucuparia</i>	BM, BF	
<i>Leguminosae</i>			
Black medick	<i>Medicago lupulina</i>	BM, BF	
False acacia	<i>Robinia pseudacacia</i>	BM, BF	
Spring pea	<i>Lathyrus vernus</i>	BF	
Lesser trefoil	<i>Trifolium dubium</i>	BM	
Red clover	<i>Trifolium pratense</i>	BM, BF	
White clover	<i>Trifolium repens</i>	BM, BF	
Tufted vetch	<i>Vicia cracca</i>	BM, BF	
Common vetch	<i>Vicia sativa</i>	BM, BF	
Bush vetch	<i>Vicia sepium</i>	BM, BF	
<i>Oxalidaceae</i>			
Wood sorrel	<i>Oxalis acetosella</i>	BM, BF	

<i>Geraniaceae</i>		
Common storksbill	<i>Erodium cicutarium</i>	BM
Herb robert	<i>Geranium robertianum</i>	BM, BF
Bloody cranesbill	<i>Geranium sanguineum</i>	BM
Wood cranesbill	<i>Geranium sylvaticum</i>	BF
<i>Euphorbiaceae</i>		
Hungarian spurge	<i>Euphorbia esula</i>	BM, BF
Dog's mercury	<i>Mercurialis perennis</i>	BM, BF
<i>Aceraceae</i>		
Norway maple	<i>Acer platanoides</i>	BM, BF
Sycamore	<i>Acer pseudoplatanus</i>	BM, BF
<i>Hippocastanaceae</i>		
Horse chestnut	<i>Aesculus hippocastanum</i>	BM, BF
<i>Tiliaceae</i>		
Small-leaved lime	<i>Tilia cordata</i>	BM, BF
<i>Guttiferae</i>		
Common St. John's-wort	<i>Hypericum perforatum</i>	BM, BF
Square-stemmed St. John's-wort	<i>Hypericum tetrapterum</i>	BM, BF
<i>Balsaminaceae</i>		
Touch-me-not	<i>Impatiens noli-tangere</i>	BF
<i>Celastraceae</i>		
Spindle tree	<i>Euonymus europaeus</i>	BM, BF
<i>Rhamnaceae</i>		
Alder buckthorn	<i>Frangula alnus</i>	BM, BF
Buckthorn	<i>Rhamnus catharticus</i>	BM, BF
<i>Violaceae</i>		
Field pansy	<i>Viola arvensis</i>	BM, BF
Heath dog violet	<i>Viola canina</i>	BM, BF
Marsh violet	<i>Viola palustris</i>	BM, BF
Wild pansy	<i>Viola tricolor</i>	BM, BF
<i>Thymelaeaceae</i>		
Mezereon	<i>Daphne mezereum</i>	BM, BF
<i>Onograceae</i>		
Great willowherb	<i>Epilobium hirsutum</i>	BM, BF
Evening primrose	<i>Oenothera</i> sp.	BM, BF
<i>Cornaceae</i>		
Common dogwood	<i>Cornus sanguinea</i>	BM, BF
<i>Araliaceae</i>		
Ivy	<i>Hedera helix</i>	BM, BF
<i>Umbelliferae</i>		
Ground elder	<i>Aegopodium podagraria</i>	BM, BF
Wild angelica	<i>Angelica sylvestris</i>	BM, BF
Cow parsley	<i>Anthriscus sylvestris</i>	BM, BF
Fool's watercress	<i>Apium nodiflorum</i>	BM
Hairy Chervil	<i>Chaerophyllum hirsutum</i>	BM, BF
Fine-leaved water-dropwort	<i>Oenanthe aquatica</i>	BM, BF
Milk-parsley	<i>Peucedanum palustre</i>	BM, BF
Burnet saxifrage	<i>Pimpinella</i> sp.	BM
Sanicle	<i>Sanicula europaea</i>	BM, BF
Greater Water-Parsnip	<i>Sium latifolium</i>	BM, BF
<i>Ericaceae</i>		
Heather	<i>Calluna vulgaris</i>	BM, BF
Labrador tea	<i>Ledum palustre</i>	BM
Bilberry	<i>Vaccinium myrtillus</i>	BM
Cowberry	<i>Vaccinium vitis-idaea</i>	BM
<i>Primulaceae</i>		
Water-violet	<i>Hottonia palustris</i>	BM, BF
Cowslip	<i>Primula veris</i>	BM, BF
Creeping jenny	<i>Lysimachia nummularia</i>	BM, BF
Yellow loosestrife	<i>Lysimachia vulgaris</i>	BM
Chickweed wintergreen	<i>Trientalis europaea</i>	BM, BF
<i>Plumbaginaceae</i>		
Thrift	<i>Armeria maritima</i>	BM
<i>Oleaceae</i>		
Ash	<i>Fraxinus excelsior</i>	BM, BF
<i>Menyanthaceae</i>		
Bogbean	<i>Menyanthes trifoliata</i>	BM, BF

<i>Rubiaceae</i>		
Crosswort	<i>Cruciata laevipes</i>	BM, BF
Cleavers	<i>Galium aparine</i>	BM, BF
Sweet woodruff	<i>Galium odoratum</i>	BM, BF
Marsh bedstraw	<i>Galium palustre</i>	BM, BF
<i>Convolvulaceae</i>		
Field bindweed	<i>Convolvulus arvensis</i>	BM, BF
<i>Polemoniaceae</i>		
Jacob's ladder	<i>Polemonium caeruleum</i>	BM, BF
<i>Boraginaceae</i>		
True alkanet	<i>Anchusa officinalis</i>	BM, BF
Corn gromwell	<i>Buglossoides arvensis</i>	BM
Viper's bugloss	<i>Echium vulgare</i>	BM
Water forget-me-not	<i>Myosotis scorpiodes</i>	BM, BF
Common comfrey	<i>Symphytum officinale</i>	BM
Field Forget-me-not	<i>Myosotis arvensis</i>	BM
Changing forget-me-not	<i>Myosotis discolor</i>	Bialystok
<i>Labiatae</i>		
Bugle	<i>Ajuga reptans</i>	BM, BF
Common hemp-nettle	<i>Galeopsis tetrahit</i>	BM
Ground ivy	<i>Glechoma hederacea</i>	BM, BF
Yellow archangel	<i>Lamium album</i>	BM, BF
White dead-nettle	<i>Lamium album</i>	BM
Red dead-nettle	<i>Lamium purpureum</i>	BM, BF
Water mint	<i>Mentha aquatica</i>	BM, BF
Hedge woundwort	<i>Stachys sylvatica</i>	BM, BF
Selfheal	<i>Prunella vulgaris</i>	BM, BF
<i>Solanaceae</i>		
Bittersweet	<i>Solanum dulcamara</i>	BM, BF
<i>Scrophulariaceae</i>		
Toothwort	<i>Lathraea squamaria</i>	BF
Common cow-wheat	<i>Melampyrum pratense</i>	BM, BF
Wood cow-wheat	<i>Melampyrum sylvestris</i>	BM, BF
Marsh lousewort	<i>Pedicularis palustris</i>	BM, BF
Yellow rattle	<i>Rhianthus minor</i>	BM, BF
Common figwort	<i>Scrophularia nodosa</i>	BM, BF
Blue water speedwell	<i>Veronica anagallis-aquatica</i>	BM, BF
Brooklime	<i>Veronica beccabunga</i>	BM
Germander speedwell	<i>Veronica chamaedrys</i>	BM, BF
Thyme-leaved speedwell	<i>Veronica serpyllifolia</i>	BM
<i>Plantaginaceae</i>		
Ribwort plantain	<i>Plantago lanceolata</i>	BM, BF
Greater plantain	<i>Plantago major</i>	BM, BF
Hoary plantain	<i>Plantago media</i>	BM
<i>Caprifoliaceae</i>		
Common elder	<i>Sambucus nigra</i>	BM, BF
Guelder-rose	<i>Viburnum opulus</i>	BM, BF
<i>Valerianaceae</i>		
Marsh valerian	<i>Valeriana dioica</i>	BM, BF
Common valerian	<i>Valeriana officinalis</i>	BM, BF
<i>Dipsacaceae</i>		
Field scabious	<i>Knautia arvensis</i>	BM, BF
<i>Campanulaceae</i>		
Spreading bell-flower	<i>Campanula patula</i>	BF
<i>Compositae</i>		
Wormwood	<i>Artemisia absinthium</i>	BM
Field southernwood	<i>Artemisia campestris</i>	BM
Mugwort	<i>Artemisia vulgaris</i>	BM, BF
Yarrow	<i>Achillea millefolium</i>	BM, BF
Daisy	<i>Bellis perennis</i>	BM, BF
Pineapple-weed	<i>Matricaria discoidea</i>	BM
Creeping thistle	<i>Cirsium arvense</i>	BM, BF
Marsh thistle	<i>Cirsium palustre</i>	BM, BF
Brook thistle	<i>Cirsium rivulare</i>	BF
Hemp agrimony	<i>Eupatorium cannabinum</i>	BM, BF

<i>Compositae (cont'd)</i>		
Marsh cudweed	<i>Gnaphalium uliginosum</i>	BM, BF
Sand everlasting	<i>Helichrysum arenarium</i>	BM
Mouse-ear hawkweed	<i>Hieracium pilosella</i>	BM, BF
Cat's-ear	<i>Hypochoeris radicata</i>	BM, BF
Nipplewort	<i>Lapsana communis</i>	BM, BF
Ox-eye daisy	<i>Leucanthemum vulgare</i>	BM, BF
Heath groundsel	<i>Senecio sylvaticus</i>	BM, BF
Groundsel	<i>Senecio vulgaris</i>	BM
Tansy	<i>Tanacetum vulgare</i>	Bialystok
Dandelion	<i>Taraxacum officinale</i>	BM, BF
Goat's-beard	<i>Tragopogon pratensis</i>	BM, BF
<i>Lentibulariaceae</i>		
Bladderwort	<i>Utricularia</i> sp.	BM
ANGIOSPERMS - MONOCOTYLEDONS		
<i>Alismataceae</i>		
Water plantain	<i>Alisma plantago-aquatica</i>	BM, BF
<i>Hydrocharitaceae</i>		
Frog-bit	<i>Hydrocharis morus-ranea</i>	BM, BF
Water soldier	<i>Stratoides aloides</i>	BM
<i>Iridaceae</i>		
Yellow flag	<i>Iris pseudacorus</i>	BM, BF
Siberian iris	<i>Iris sibirica</i>	Bialystok
<i>Araceae</i>		
Bog arum	<i>Calla palustris</i>	BF
Sweet flag	<i>Acorus calamus</i>	BM
<i>Liliaceae</i>		
Ramsons	<i>Allium ursinum</i>	BF
Lily of the valley	<i>Convallaria majalis</i>	BM, BF
May lily	<i>Maianthemum bifolium</i>	BM
Herb Paris	<i>Paris quadrifolia</i>	BM, BF
Solomon's seal	<i>Polygonatum multiflorum</i>	BM, BF
<i>Gramineae</i>		
Meadow Foxtail	<i>Alopecurus pratensis</i>	BM, BF
Grey hair-grass	<i>Corynephorus canescens</i>	BM
Cock's-foot	<i>Dactylis glomerata</i>	BM, BF
Red Fescue	<i>Festuca rubra</i>	BM, BF

<i>Gramineae (cont'd)</i>		
Timothy	<i>Phleum pratense</i>	BM, BF
Common reed	<i>Phragmites australis</i>	BM, BF
Rye	<i>Secale cereal</i>	BM
Reed canary grass	<i>Phalaris arundinacea</i>	BM, BF
Bush-grass	<i>Calamagrostis epigejos</i>	BF
Purple small-reed	<i>Calamagrostis canescens</i>	BM
<i>Lemnaceae</i>		
Common duckweed	<i>Lemna minor</i>	BM, BF
Ivy-leaved Duckweed	<i>Lemna trisulca</i>	BM, BF
<i>Typhaceae</i>		
Great reedmace	<i>Typha latifolia</i>	BF, BM
Lesser reedmace	<i>Typha angustifolia</i>	BF, BM
<i>Cyperaceae</i>		
Slender tufted sedge	<i>Carex acuta</i>	BM
Lesser pond sedge	<i>Carex acutiformis</i>	BM, BF
Fibrous tussock sedge	<i>Carex appropinquata</i>	BM, BF
White Sedge	<i>Carex canescens</i>	BF
Tufted-sedge	<i>Carex elata</i>	BM, BF
Remote sedge	<i>Carex remota</i>	BM, BF
Bottle sedge	<i>Carex rostrata</i>	BM
Bladder sedge	<i>Carex vesicaria</i>	BM
Common cotton-grass	<i>Eriophorum angustifolium</i>	BM, BF
Hare's-tail cotton-grass	<i>Eriophorum vaginatum</i>	BM, BF
Wood club-rush	<i>Scirpus sylvaticus</i>	BM, BF
<i>Juncaceae</i>		
Heath wood-rush	<i>Luzula multiflora</i>	BM, BF
Field wood-rush	<i>Luzula campestris</i>	BM, BF
Toad rush	<i>Juncus bufonius</i>	BM
<i>Orchidaceae</i>		
Common twayblade	<i>Listera ovata</i>	BF
Bird's-nest orchid	<i>Neottia nidus-avis</i>	BF
Lady's slipper	<i>Cypripedium calceolus</i>	BM



Brook thistle



Siberian iris



Wood cow-wheat



Yellow flag iris with an elk