

Shubby Cinquefoil

natural distribution in Britain. There are many cultivated forms.

Devil's Bit Scabious

(July–September)
Rounded heads of lilac, violet-blue or even pink or white flowers make

this medium-tall plant stand out amongst the other meadow species. 'Devil's Bit' refers to the apparently bitten-off end of the short rootstock—not a feature you can see!



Devil's Bit Scabious

Marsh Hawksbeard

(July–September)
In the damper meadows, a few loose dandelion-like heads on a tall leafy stalk may well be this species – but beware, there are many 'dandelion-like' flowers! It keeps good company with Globe Flower and Wood Cranesbill.



Grass of Parnassus

Grass of Parnassus

(July–October)
A lovely white flower with yellow glands in the centre of the 5 petals adorns this 10-30cm high plant of damp, base-rich ground and denies its 'Grass' name! It has simple, heart-shaped leaves.

Bird Cherry

(April–June)
The white flowers, and later shiny-black fruits, hang in long sprays from this tree. The leaves are often festooned with webs of tiny ermine moth caterpillars, so that the tree may be rendered leafless by them in summer. This causes the tree to 'shoot' again into leaf. (see also Walk 3)

Water Avens

(April–September)
The nodding flowers are a dull pink/pale orange in crimson calyx cups; and are in loose clusters reaching to about 50cm high. (see also Walk 1)

Thyme

(May - August)
A low, creeping, woody plant with small leaves, smelling strongly when crushed. Its volatile oil, thymol, is antiseptic, which may be why it is included in the Sovereign's Maundy posy—to ward off plague and 'diseases of the poor'. The purple flowers are in tight rounded clusters.

Rough Hawkbit

(June–September)
'Herbie meadow' plant, with yellow dandelion-like flower-heads and hairy leaves at the stem base. The whole plant has erect, stiff, short hairs—hence 'rough'. Prefers a neutral or limey soil.

Yellow Rattle

(June–August)
The yellow flowers with inflated calyx 'cups' and leaves in pairs up the stem, characterise this rather straggling meadow plant which is parasitic on grasses. Also called Hay Rattle, Rattlebaskets, Pots and Pans and Tiddibottles.

Meadowsweet

(July–September)
A tall plant of damp places, the flowers are fragrant, small and cream in dense, many-flowered heads at the stem tops. It was used to flavour mead and as a strewing herb at weddings.



Meadowsweet and Greater Burnet

*Juniper

(May–June)
The dark shrubs on the hillside to the south of the river here are relic juniper woodland, present here for thousands of years. An essential flavouring for gin, it was used as a horse medicine in Cumberland to 'ginger them up'. (See also Walk 3)

NORTH PENNINES

Area of Outstanding Natural Beauty

The North Pennines is one of England's most special places – a remote, unspoilt landscape with a rich history and vibrant natural beauty. It was designated an Area of Outstanding Natural Beauty (AONB) in 1988. The North Pennines AONB is also Britain's first European Geopark and a founding member of the UNESCO Global Geoparks Network.

Produced and part-funded by Upper Teesdale Botany Group

Contact: 01833 650 589

All photographs © M E Bradshaw

Further information

Plants of Upper Teesdale (1997) and
Wild Flower Walks of Upper Teesdale (2005) by
Christopher and Gayle Lowe

The Natural History of Upper Teesdale (2003)
Ed. Margaret E Bradshaw

This leaflet has been funded with the support of



This project received funding from One NorthEast



Design and print by Mosaic (Teesdale) Ltd. Tel. 01833 640 893

TEES BANK FLOWERS

2

FLOWERS BETWEEN WYNCH BRIDGE AND HOLWICK HEAD BRIDGE



Fragrant Orchid

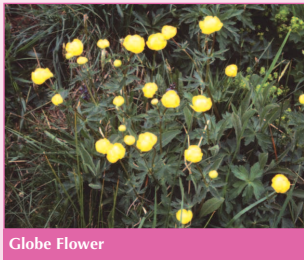
This 1.6km (1 mile) walk beside the River Tees has a wealth of wildlife, including over 200 plant species. Many are common British species and twelve belong to the 'Teesdale Assemblage' — a uniquely rich association of plants for which Upper Teesdale is famous. The plants included here are the larger flowering ones which can be seen, at the appropriate time of year (when they are flowering), from this well-used path. Not all will be in flower on one visit. The flowering times indicated are for the peak period.

*indicates a member of the Teesdale Assemblage

To prevent trampling on inconspicuous and perhaps rare plants it is advisable to keep to the path and already-trampled areas; please do not extend them.

***Globe Flower**

(June-August)
Common on the river's edge, this formerly more plentiful meadow plant has shiny, dark green, palm-like leaves. The flower has a 'ball' of lemon-yellow petals, looking like a large buttercup, hence the local name 'double-dumplings'.



Globe Flower

***Wood Cranesbill** (June-July)

'Herbie-meadows' plant with reddish-purple to bluish large flowers and deeply, coarsely-cut rounded leaves. Named from the seed cases which are shaped like a bird's bill. Now grows in the open hay-meadow community derived from former woodland. Look out for small flowered variants.



Northern Bedstraw

***Northern Bedstraw**

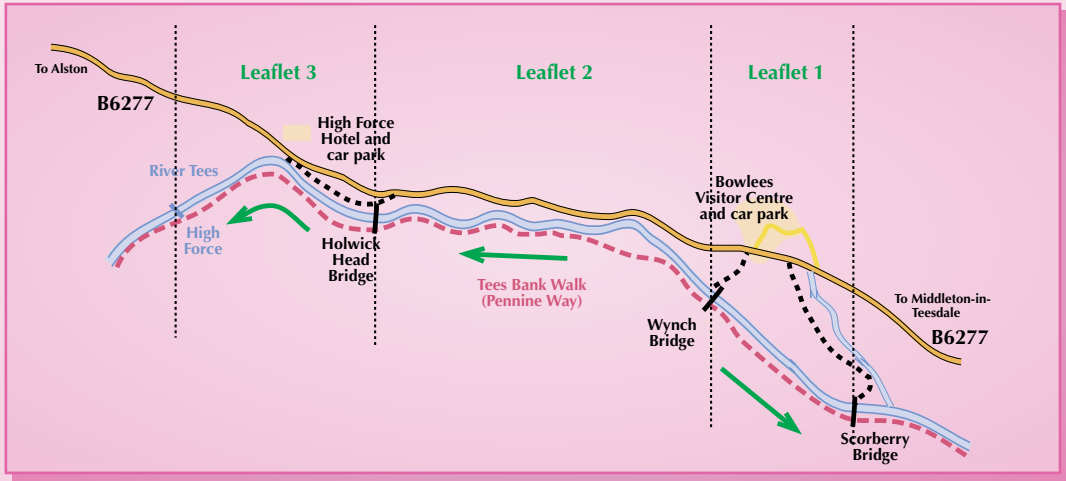
(June-August)
Numerous tiny, creamy-white flowers occur in terminal pyramids, and unlike most bedstraws the leaves are broad and 3-veined, occurring in fours on the thin stem which can be up to 45cm long.

Greater Burnet (June-September)

A tall (up to 1m) meadow plant with branched stem of oblong, compact flower-heads of dark crimson flowers. The flower heads were made into wine in Westmorland until at least 1950. The leaves are pinnate ie. have pairs of leaflets, each with a stalk.

Sneezewort (July-August)

The chalk-white flower heads are arranged in a loose 'umbrella' at the top of the 20-60cm stem. 'Shirt buttons' is an apt common name, referring to the small, all-white daisy-like heads. It occurs on



damp, neutral or acid soils. Used to ease stuffy heads and toothache; dried and ground it is used as snuff.

Harebell (July-September)

Delicate, blue, bell-shaped hanging flowers occur on a fine stem, 15-40cm long, which has narrow leaves. It is also called 'Lady's Thimbles', and 'Bluebell' in Scotland. Stalked, rounded leaves occur at the base of the plant. (see also Walk 1).

Tormentil (June-September)

A low, sprawling plant to 45cm with four small yellow petals on the flowers, borne singly in the angle between the leaf and stem (the axil), the leaves usually have three leaflets and two leaf-like stipules.

Mountain Pansy (May-August)

These large, flat-faced violets, usually deep purple-blue but with varying amounts of yellow/white, are found in grassy upland areas. A perennial herb up to 20cm tall. Look out for the locally rarer wholly yellow forms.

Wood Sage (July-September)

This member of the mint family has four-sided stems to 50cm tall. Its tough, dead, stems persist

through the winter. It has many-flowered spikes of pale-yellow, greenish flowers with maroon anthers. The flowers are well worth a close look.

Heath Spotted Orchid

(June - August)

Preferring a more acid, heathy habitat, this pink-white flower, to 50cm tall, is common in the field over the wall, forming great drifts of colour in the late spring. Insects are attracted to the sugary liquid in the spur.

Sawwort (July-September)

Rather like a spineless thistle, the purple flower-heads are in clusters on stems to 80cm; and the variable leaves may be unlobed or pinnate (with pairs of lobes). They have bristle-tipped teeth on their edges, like a saw. It was formerly used as a dye plant. Scarce in Teesdale at the northern edge of its range in Britain.

Goldenrod (July-September)

The leafy stem has bright all-yellow daisy-type flower heads, spreading up it. This is a plant of rocks, cliffs and drier grassland. The root was noted for its healing properties, eradicating in a night or two "any bruise...gotten by falls or woman's wilfulness in stumbling on their hastie husband's fists". This is a rare, native, upland species, never as tall as the garden plants which hail from Canada.



Goldenrod

***Melancholy Thistle** (July-August)

A tall, spineless thistle with usually only one large, purple-red head per stem and white 'felted' undersides to the leaves; it likes damper meadows and waysides. The leaf extract soaked in wine (!)

"expels superfluous melancholy...and makes Man as merry as a cricket". Locally known as 'shaving brushes'.

Monkey flower (June-September)

This alien has established itself along the stream coming from the spring in the field and is found on both sides of the path which crosses it. The large, showy flowers have yellow, splayed-out lips with reddish-orange markings. It was brought to England from North America.

***Bird's-eye Primrose** (May-July)

This small, pink-flowered primrose, to 15cm tall, grows in damp, lime-rich areas in Northern England. The petals fade to a bluish colour and seed-heads are found at the top of the leafless stalk after the flowering period.



Bird's Eye Primrose

Northern Marsh Orchid

(June- August)

In damper parts, as its name suggests, this is a dark-purple flowered orchid with a diamond-shaped lip.

Black Knapweed

(June-September)

15-90cm high, the purple thistle-like heads lacking spines and have blackish triangular fringed 'scales' in tight dark 'knobs' below the petals—hence the other common name 'Hardheads'.



Marsh marigold

***Shrubby Cinquefoil** (June-July)

With deep roots and tough stems this small shrub can withstand flood-waters and has a fine display of yellow, rose-like flowers. It can be seen on the islands as well as the river bank. It is a relic of the last phases of the Ice Age, with a very limited