

Get going with Sustrans

Wonderful summer wildlife

It's hot and sunny, plants are growing and bursting with life and insects and animals are making the most of it. You can too. This sheet can help you to spot the best bits of summer and work out what the wildlife in your area is up to. So get out onto the National Cycle Network and see what you can find.

What can you spot?

Put on some sunscreen and go exploring!
Tick each box when you find them.



Common lizard

Lizards love the hot summer sun. If you're out on the Network early in the morning you may see them sunning themselves on logs or stone walls.



Ducklings

Eggs have hatched and birds are teaching their young how to fly, swim or run about. If you see a small scruffy bird following a big smart one it may be a baby bird in training.

What you need

- A pen
- Binoculars (not essential, but useful)



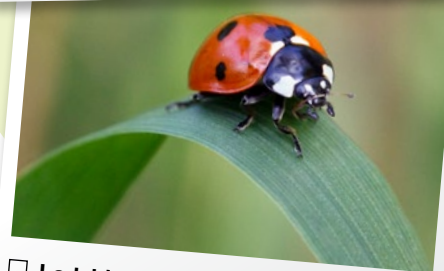
Squirrels

You're more likely to see squirrels in the early morning or afternoon when they are out looking for food. They like seeds from oak, beech and hazel trees.



Butterflies

Lots of butterflies, like the Red Admiral, are out laying eggs and before long caterpillars will be munching their way through all sorts of plants. Have a look under some leaves and see if you can spot groups of little green or yellow eggs.



Ladybirds

Commonly red with black spots, but they can also be yellow or orange. You can count them to see if they have two, five, or seven spots... or even more!



Bat

If you're out at sunset on the Network keep your eyes and ears peeled for bats. These little flying mammals use sheltered dark corridors like old railway lines to hunt for moths and other insects.



Dragonflies

Dragonflies are often found hovering over water or resting on nearby plants. They eat bees, flies and ants.



Kestrel

Birds of prey provide wonderful aerial displays as they swoop looking for food to eat.

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Trees and flowers in summer

Summer is full of pretty wildflowers and our trees are full of life.



Oak trees
There are many species of oak tree with different leaves. English oak has lumpy rounded leaves with short stalks.



Poppies
These beautiful red flowers show themselves in June, July and August. You can often spot them in places along the roadside or on the edges of fields.



Gorse and heather
These can be found on heathland and moorland. Heather turns purple in full flower and you'll see the yellow flowers of gorse which smell like coconut on a hot day.



Pine trees
The thin needles of pine trees are really curled up tight to stop them from losing water in the hot sun. If you look closely you can see the seam down the middle where they are curled.



Daisies
Daisies have white petals that attract insects' attention and a cluster of tiny yellow disc petals that form the 'eye' and act as a landing pad.



Dandelions!
These yellow flowers are very common and the flower head can change into the familiar, white, globe seed head overnight. The white sap inside the stems can irritate sensitive skin so be careful.



Sycamore trees
Sycamore trees have big, wide green leaves in the summertime.



Fruit trees!
Fruit starts to ripen on apple and pear trees in the summer. See if you can spot these little round lumps, but don't eat them yet as you'll get a stomach ache.



Hazel trees
The pointy bit at the end of a hazel leaf is called a 'drip tip' and helps stop water collecting on the leaves when it rains.

For more information about the National Cycle Network visit www.sustrans.org.uk/ncn/map/national-cycle-network

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