



RINGWOOD NATURAL HISTORY SOCIETY

Pamphill and the River Stour Walk

Date: 15th July 2021
 Weather: Sunny with light cloud
 Walk Leaders: Lyn and Gerry Traves
 Attendees: 13

We started from Pamphill car park walking towards St Stephen's Church, at the junction turning left into Abbott Street to All Fool's Lane, an old drove road linking Abbott Street with Sandy Lane in Cowgrove. Today the bridleway is cut deep into the ground with steep banks clad with ferns, ivy and with evidence of Badger sets. At the end of All Fool's Lane we turned left onto a grassed bridleway to Poplar Farm at Cowgrove Common, with its pond which creates the focal point of this medieval village along with its thatched cottages and farmsteads. Crossing the road we walked down Weir Lane which leads to the River Stour, passing by a veteran tree known locally as Waterman's Oak. Having had a picnic lunch by the river bank we reached Eye Bridge, a narrow wooden bridge where we met 6 non walker members. Eye Bridge has a weir and is a crossing point of the River Stour, there used to be an island in the Stour hence the name. We returned to Pamphill along a road running uphill, passing Pamphill First School and then Pamphill Green walking along Oak Avenue back to the car park.

Flowering Plants	Flowering Plants cont	Birds	Others
Marsh Thistle	Chicory	Wood Pigeon	Butterflies
Common Ragwort	Creeping Thistle	Wren	Comma
White Clover	Common Vetch	Chiffchaff	Meadow Brown
Bramble	Mugwort (Artemisia)	Nuthatch	Ringlet
Stinging Nettle	Yellow Iris	House Sparrow	Gatekeeper
Herb Bennet	Water Mint	Swallow	Small White
Prickly Sow-thistle	Redleg	House Martin	Small Copper
Ribwort Plantain	Watercress	Carrion Crow	Red Admiral
Wood Dock	Black Medick	Mute Swan	Marbled White
Enchanter's Nightshade	Self-heal	Blackcap	
Red Campion	White Dead-nettle	Magpie	Insects
Herb Robert	Water Forgetmenot		7-spot Ladybird
Nipplewort	Common Flax		Soldier Beetle
Cow Parsley	Spear Thistle		Four-banded Longhorn Beetle
Creeping Buttercup	Greater Burdock		Banded Demoiselle
Wild Privet	Greater Plantain		White-legged Damselfly
Hogweed	Teasel		
Yellow Loosestrife	Bittersweet		
Hedge Woundwort	Shepherd's Purse		
Hoary Willowherb	Pineappleweed		
Cleavers	Ground Ivy		
Field Bindweed	Hedge Mustard		
Scarlet Pimpernel	Common Comfrey		

Small-flowered Cranesbill	Yarrow		
Dandelion	Lucerne		
Creeping Cinquefoil	Common Figwort		
Agrimony	Black Mustard		
Meadowsweet	Sweet Chestnut		
Monkshood	Tansy		
Meadow Vetchling	Birdsfoot Trefoil		
Cut-leaved Cranesbill			



White-legged Damselfly (*Platycnemis pennipes*)
By Martin King