



RINGWOOD NATURAL HISTORY SOCIETY

Throop Walk

Date: 19th April 2026
 Weather: Overcast
 Walk Leaders : Jean Crawford and Sonia Wilkinson
 Attendees: 6

The village of Throop lies on the edge of Bournemouth in between Muscliffe and Holdenhurst Village. One of the oldest local historical landmarks is a watermill known as Throop Mill. The River Stour runs directly through the location of Throop Mill and provides the perfect habitat for plenty of wildlife to thrive in. There is a weir that runs over the River Stour to control the flow of the river and has been through recent restorations. The watermill in Throop village has been present in some regard from the 12th century passing through various ownership's including monks from Quarr Abbey and was mentioned in the Domesday Book because of the tales that surround it. It is a grade II listed building. Unfortunately the Throop Flour Mill has been closed for business since it stopped operating in 1972, although rundown it still attracts many visitors on a daily basis.

Flowering Plants	Flowering Plants	Birds	Others
Lesser Trefoil	Winter Cress	Robin	Damsel Fly
Cow Parsley	Sycamore	Wood Pigeon	Ladybird
Cleavers	Creeping Buttercup	House Sparrow	Brown Argus Butterfly
Stinging Nettle	Lady's Smock	Mallard (m&f)	Beautiful Demoiselle
Bramble	Wayfaring Tree	Pheasant	
Greater Celandine	Guelder Rose	Cetti's Warbler	Mammals
Elder	Dog Rose	Mute Swan	Brown Rat
Herb Robert	Dewberry	Chaffinch (f)	Grey Squirrel
Smooth Sow-thistle	Salsify	Little Egret	
Dovesfoot Cranesbill	Dandelion	Moorhen & Chicks	
Beaked Hawksbeard	Silverweed	Magpie	
Foxglove	Creeping Thistle		
Hawthorn	White Clover		
Ribwort Plantain	Bittercress		
Hedge Mustard	Red Campion		
White Dead-nettle	Siberian Bugloss		
Green Alkanet	Periwinkle		
Hemlock Water Dropwort	Prickly Sow-thistle		
Herb Bennet	Holly		
Comfrey	Sterile Brome		
Yellow Iris	Cocksfoot		
Meadow Buttercup	Cut-leaved Cranesbill		
Common Vetch	Remote Sedge		
Bittersweet			