Here are 10 different animals and plants to look out for in autumn on the walk. If you spot one, tick the left-hand column. If you spot 5 or more you're doing well!

left-hand	t-hand column. If you spot 5 or more you're doing well!							
1	Source: Commons Wikipedia	Marbled White Butterfly. This distinctive black and white butterfly likes flowery grassland. It can be spotted in July and August along the sides of the railway line on different purple flowers including knapweed, scabious, thistles and marjoram. The caterpillars feed on grasses.						
2	Source: Commons Wikipedia	Common Blue Butterfly. The small, bright common blue is the most widespread of our blue butterflies. It's often found around grassland. Caterpillars feed on clover and bird's food trefoil. The butterflies feed on nectar from flat-headed flowers.						
3	Source: Commons Wikipedia	Five Spot Burnet Moth. Look out for this beautiful moth flying on a sunny day, with slow fluttery flight. You might find it during July or August on knapweeds or thistles. It has glossy black wings with six red spots on each forewing to warn off predators. The caterpillars feed on bird's-foot trefoil.						
4	Source: Commons Wikipedia	Common Lizard. These small 10-15 cm long creatures can be brown, green or black, often with markings of spots and stripes. They are around on hot days basking in sunny spots. They feed on small insects and are a protected species as they have lost so much habitat over recent years.						
5		Buzzard. Commonly found perching on posts in the fields to the sides of the railway line, Buzzards have shorter tails than Red Kites, without the fork. They have broader wings than kites and if not perched are often seen circling higher in the sky than Kites. They eat small mammals and birds as well as carrion. They will forage for worms and insects if they need to.						
	Source: Commons Wikipedia							

Field Scablous. Tall, blue, dainty flowers from July to September loved by bees and butterflies along the sides of the Sustrans track. The seed heads feed finches later on in the year. Common names over time have included 'pins and needles' and 'blue bonnets' Common Knapweed. This purple, thistle-like flower with deeply divided oblong leaves is along the sides of the Sustrans track and feeding scores of bees, butterflies and other insects from June to September. As a herbal remedy was uses for wounds, sores and sore throats. Bee Orchids. Amazing bee orchids can be found along sunny banks of the Sustrans track. They flower in June and July, fading away after then. They are short plants, so you need to look close to the ground to find them. They are incredible mimics, with the flower resembling a bee and it also gives off the smell of a female bee. Source: Creative Commons Grasses. The walk route has many different grass species living along it. These grasses provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog. Cook's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between shrubs along the Sustrans route.			
Common Knapweed. This purple, thistle-like flower with deeply divided oblong leaves is along the sides of the Sustrans track and feeding scores of bees, butterflies and other insects from June to September. As a herbal remedy was uses for wounds, sores and sore throats. Bee Orchids. Amazing bee orchids can be found along sunny banks of the Sustrans track. They flower in June and July, fading away after then. They are short plants, so you need to look close to the ground to find them. They are incredible mimics; with the flower resembling a bee and it also gives off the smell of a female bee. Grasses. The walk route has many different grass species living along it. These grasses provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between	6	Source: Commons Wikipedia	July to September loved by bees and butterflies along the sides of the Sustrans track. The seed heads feed finches later on in the year. Common names over time have included 'pins and needles' and 'blue
along the sides of the Sustrans track and feeding scores of bees, butterflies and other insects from June to September. As a herbal remedy was uses for wounds, sores and sore throats. Bee Orchids. Amazing bee orchids can be found along sunny banks of the Sustrans track. They flower in June and July, fading away after then. They are short plants, so you need to look close to the ground to find them. They are incredible mimics; with the flower resembling a bee and it also gives off the smell of a female bee. Source: Creative Commons Grasses. The walk route has many different grass species living along it. These grasses place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between the summer and autumn flying			•
Bee Orchids. Amazing bee orchids can be found along sunny banks of the Sustrans track. They flower in June and July, fading away after then. They are short plants, so you need to look close to the ground to find them. They are incredible mimics; with the flower resembling a bee and it also gives off the smell of a female bee. Grasses. The walk route has many different grass species living along it. These grasses provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between	7	Source: Commons Wikipedia	along the sides of the Sustrans track and feeding scores of bees, butterflies and other insects from June to September. As a herbal remedy was uses for wounds, sores and sore
track. They flower in June and July, fading away after then. They are short plants, so you need to look close to the ground to find them. They are incredible mimics; with the flower resembling a bee and it also gives off the smell of a female bee. Grasses. The walk route has many different grass species living along it. These grasses provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between		The state of the s	<u> </u>
grass species living along it. These grasses provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between	8	Source: Creative Commons	track. They flower in June and July, fading away after then. They are short plants, so you need to look close to the ground to find them. They are incredible mimics; with the flower resembling a bee and it also gives off the
provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow Foxtail and False Oat Grass. Source: Creative Commons Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between			
Gold finch. One of our most colourful birds, gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between	9		provide shelter for wildlife (e.g. butterflies move down grasses at night to roost in a safe place). Grasses also provide food for crickets, grasshoppers and caterpillars and butterfly eggs are laid on them too. Many have fantastic common names; Yorkshire Fog, Cock's Foot, Soft Brome, Meadow
gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between		Source: Creative Commons	
Source: Creative Commons	10	Source: Creative Commons	gold finch have a red and black face, golden back and yellow wings. The collective name for a flock of them is a 'charm.' They can be found seeking out the seed heads of flowers in late summer and autumn flying between