

**Please tell us if you find one of these moths.**

Records should contain information about: **What you saw**; **When you saw it**; **Where you saw it** (grid reference and habitat); and **Who you are**. You can send us your records via email at [nbis@norfolk.gov.uk](mailto:nbis@norfolk.gov.uk) or get in touch by phone **01603 224458** or post at NBIS, Room 301, County Hall, Norwich, NR1 2SG. For more information, please visit our website: [www.nbis.org.uk](http://www.nbis.org.uk)

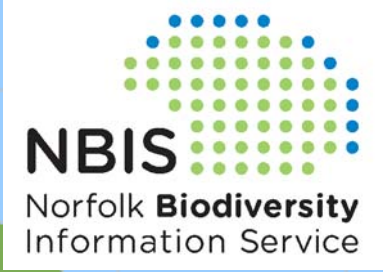
Species	Date	Place name	Grid reference	Habitat

Your details (name and contact details eg. email address)



Norfolk Biodiversity Information Service (NBIS) collects records of plants and animals found in Norfolk. This is important so that we know what exists where, so it can be protected and conserved.

**Images**  
 Front (main): Distribution of cinnabar moth in Norfolk (Credit: Norfolk Moths Survey)  
 Front (inset): Cinnabar moth (Credit: Mike Crewe); Elephant hawk moth (Credit: Peter Tilley); Lappet (Credit: Peter Tilley)



**NBIS survey - can you help us find these moths?**

Norfolk Biodiversity Information Service  
 Room 301, County Hall, Norwich,  
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## NBIS moth survey – can you help us find these moths?

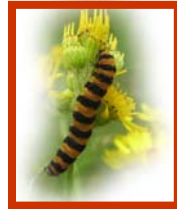
There are over 2,500 species of moth in Britain, varying greatly in size, shape and colour. They are found in all sorts of habitats, from gardens to sand dunes, and play an important role in the fabric of our natural world. Recent declines in moth numbers threaten many other species such as birds, bats and small mammals that depend on them for food. Moths also play an important role in plant pollination. Many moths are active at night, but some fly during the day.

**NBIS is asking for your help with recording three moth species in Norfolk over the summer months. You don't need special equipment to spot them, and we have given you some tips on where to look.**

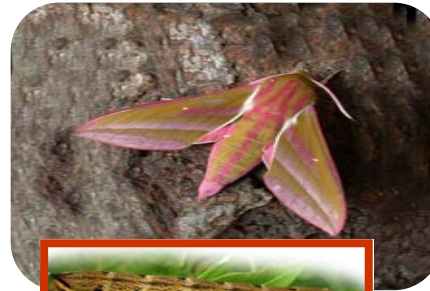
**Caterpillar records are just as valuable as those of the adult moths. The information you provide will help us to understand more about their distribution, and will contribute to our overall knowledge of Norfolk's biodiversity.**

- Read more about moths in Norfolk at [www.norfolkmoths.co.uk](http://www.norfolkmoths.co.uk)
- Download a factsheet “How to start mothing” at [www.mothscount.org](http://www.mothscount.org)

**Please remember to avoid touching moths' wings as they can be easily damaged.**



Cinnabar moth and caterpillar.



Elephant hawk moth and caterpillar.



Lappet moth and caterpillar.

### Cinnabar (*Tyria jacobaeae*)

**Description:** A brightly coloured moth with crimson hindwings and dark grey forewings with two red spots on the outer edges. Wingspan 35 – 45mm. The caterpillars, which are up to 30mm in length have a bright orange body with black stripes, a warning to predators that they are poisonous.

**Where to look:** Meadows, wasteland, road verges.

Caterpillars feed on ragwort and other *Senecio* species. Adults fly late at night from May to July and are attracted to light. Caterpillars emerge in July and are active until August, pupating in September.

### Elephant Hawk Moth (*Deilephila elpenor*)

**Description:** A beautiful, large, pink and green moth with a wingspan of 45 – 60mm. The caterpillars can be up to 70mm long and are usually brown and look a bit like an elephant's trunk. They have two large eye spots at one end and a 'horn' at the other.

**Where to look:** Gardens, grassland, hedgerows and woodland clearings. The adult moth flies from May to July. Caterpillars feed on willowherbs and bedstraws at night and are often found hiding among leaves during the day.

### Lappet (*Gastropacha quercifolia*)

**Description:** A spectacular moth with a wingspan up to 90mm that resembles a dried oak leaf when resting. The caterpillars, which have “lappets” (or skirts) along their sides, feed on shrubs including hawthorn and blackthorn.

**Where to look:** Hedgerows, scrub and gardens.

Caterpillars are best spotted by day in April and May when they are fully grown, low down on a main stem of the foodplant. Adults fly in June, July and August.