Type of amphibian	Date	Location	Grid reference	Numbers seen	Habitat (e.g. pond, ditch, garden etc.)

## How can you help?

By getting involved in the Cairngorms LBAP amphibians survey, and returning a completed form, you are providing information on the numbers of amphibians,

When you see any amphibians

you saw them – airngorms LBAP 1 Amphibian survey



where they live and what the threats are. This information will help to ensure that amphibians remain in the Cairngorms for future generations to see.



Please avoid moving or collecting amphibians – this can help prevent the spread of diseases. Currently there are two groups of diseases affecting frogs, the virus known as "red-leg" and a fungal infection. Any sightings of diseased amphibians can be reported on the form.

One of the best ways to help amphibians is to build a pond, use native plants and avoid stocking it with fish. See overleaf for contacts about ponds.



## Cairngorms Local Biodiversity Action Plan (LBAP)

The Cairngorms LBAP is a long term initiative involving many different partners. It seeks to implement actions to protect and enhance the biodiversity of this fantastic area. The Cairngorms LBAP covers all of the Angus Glens, Badenoch & Strathspey, Atholl & Glen Shee, Upper Deeside, Strathdon and Glenlivet.

#### Further Information and Contacts

For information on building a pond or on amphibians, please contact:

Pond Conservation www.pondstrust.org.uk Tel: 01865 483 249

The Herpetological Conservation Trust www.herpconstrust.org.uk
Tel: 01202 391 319

Froglife www.froglife.org Tel: 01733 558 444

If you wish to speak to someone about Cairngorms amphibians, please contact Stephen Corcoran, The Cairngorms LBAP Officer, 14 The Square, Grantown-on-Spey, Moray, PH26 3HG Tel: 01479 870 528 email: stephencorcoran@cairngorms.co.uk www.cairngorms.co.uk

For a large print version of this leaflet, please contact the Cairngorms National Park Authority for a copy. Tel: 01479 873 535

This leaflet was funded by the Cairngorms National Park Authority. Photographs © Laurie Campbell, Scottish Natural Heritage, Pete Cairns, Mark Hamlin and Herpetological Conservation Trust.



## Amphibians of the Cairngorms



Throughout the world one third of the amphibians are in decline. We need your help to clarify what is happening in the Cairngorms. You can get involved by using this leaflet to identify and record the five species in the area. It's easy and it's fun!



### Common frog



Frogs are distinguished from toads by their **smooth**, **moist skin**. Their colour can vary from grey/brown to reddish orange. Frogs breed from March to April and their jelly-like spawn is laid in large clumps in the shallow water of ponds and pools. Frogs love eating slugs as well as snails, beetles, caterpillars and spiders.

#### Common toad



Toads have **rough, warty skins** and their colour varies from grey to yellow to green or brown. Their eyes are an iridescent copper colour. Toads crawl or hop rather than jump and breed during March to May. Toads prefer deeper water than frogs and their spawn is laid in long strings. Frog and toad eggs hatch into tadpoles before transforming into miniature adults. Toads eat slugs, worms, snails, ants, beetles, earwigs and spiders.

#### Palmate newt



This is Scotland's smallest newt, between 6-9 centimetres. The topside of the body and tail is olive to yellow-brown and both sexes have a pale yellow belly with very few spots. **The throat is pink or pale with no spots.** During the breeding season, the male has a low smooth crest, webbed hind feet and a black filament extending from the end of its blunt tail. This is the commonest newt in the Cairngorms and is found in upland areas as high as 750 metres.

### Smooth newt



Smooth newts are slightly larger than palmates, growing to II centimetres and have an olive to yellowish brown body and tail. The belly of both sexes is orange with black spots. **The throat is whitish with black dots.** During the breeding season the male can be recognised by a wavy crest along its back and top of the tail. Smooth newts are rare in the Cairngorms.

#### Great crested newt



This is a large and bulky newt up to 16 centimetres long. The upper body and tail is dark brown or black with white spots on the lower flank and **the skin has fine warts.** In the breeding season the male develops an impressive jagged crest along its body and tail, as well as a white tail stripe. The belly of both sexes is bright orange with irregular black blotches. This species is very rare, found in only one site near Aviemore.

Great crested newts are a European Protected Species and fully protected under law. A license is required to handle, survey and disturb these animals. Their homes are also fully protected under law.

Newts are usually found in ponds from March to June and are more readily seen at night around the edge of the pond with the use of a torch. Newts lay single eggs wrapped in vegetation and young newts are called efts. They feed on various insects, worms, spiders and slugs. Newts have a preference for vegetated ponds surrounded by rough grass, scrub and woodland. Like frogs and toads, newts hibernate in winter usually below ground or in rock piles or dead wood.

# at crested newt



Service. Thank you for your help.

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