

Northern Damselfly,

Damselflies are beautiful flying insects similar to dragonflies, but are smaller, have slimmer bodies, and most species fold their wings along their bodies when at rest. Northern damselflies can be spotted in the Cairngorms National Park in June and July. They are restricted to sedge fringed lochans in the Scottish Highlands.

Both females and males have bright green undersides to the eyes and face. To distinguish males, which look blue from above, look at the second segment of their bodies which has a distinct spear head shaped spot. Females are clear green from the side but mostly black from above. Their body length is 14 to 15mm long. This species is easily confused with the common blue damselfly. However Northern damselflies are weaker flyers and have a very restricted range.



Conservation Status

Only a handful of suitable breeding sites have been identified across the Cairngorms National Park, with evidence of breeding only found in a few key sites. The UK conservation status of the Northern damselfly is Red, this is the highest conservation priority, with species needing urgent action.



Cairngorms
NATIONAL PARK
Pàirc Nàiseanta a' Mhonaìdh Ruaidh

Conservation Action Helping Northern Damselfly

The British Dragonfly Society are working in partnership with Cairngorms Nature to survey breeding sites to try and understand the habitat requirements and range of this species.

Survey training sessions are being run in the Cairngorms National Park this summer. 'They Need Your Help' sessions are designed for anyone interested in learning about these beautiful insects, how to identify and survey them and help us look at areas across the Cairngorms National Park to get a better idea of their range and requirements.



What you can do to help

Northern damselflies are on the wing in the Cairngorms National Park in June and July.

If you spot any damselflies or dragonflies in the Cairngorms National Park record it on i-record so we can keep an accurate record of where they are, visit www.brc.ac.uk/irecord/

STAY AT HOME 

PROTECT
NHS
SCOTLAND

 **save lives**

The current government advice is that there should be no unnecessary travel at this time. Whilst it is important to get outside and exercise you must do so locally and observe social distancing measures. To enjoy the outdoors you can undertake one form of exercise a day such as a run, walk, or cycle. This should be done alone or only with people you live with. During this period there should be no wild camping, fires or barbecues anywhere in the Park.