Tips for looking for butterflies and caterpillars...

Here are some tips to increase your chances of finding what you are looking for:

- Different species of butterfly like different habitats. Check in a book before you go out to choose which area to look in.
- Many also fly at different times of year. You will need to look for different species in May to those you can find in September.
- Grassy meadows are very popular with a large variety of butterflies.
- Caterpillars can be found low down on plants or among leaf litter as well as higher up in bushes and trees, remember to search all through the vegetation.
- Take a guide to help identify any butterflies or caterpillars you find.
- If you’re not sure what species you have found, try to take a picture and upload it on our website for us to identify.

Find out more about butterflies...

If you have enjoyed looking for the butterflies on this sheet and want to find out more about butterflies, moths and their caterpillars there are lots of places to go for more information. There is also a lot you can do to help butterflies and moths, whether you want to make your garden more butterfly-friendly, send us records of moths you have caught or take part in a national survey to help our conservation efforts.

Munching Caterpillars
www.munchingcaterpillars.org

Butterfly Conservation
www.butterfly-conservation.org

The Big Butterfly Count
www.bigbutterflycount.org

The United Kingdom Butterfly Monitoring Scheme
www.ukbms.org

The National Moth Recording Scheme
www.mothscount.org

Wild About Gardens
www.wildaboutgardens.org.uk

Butterflies can live in the adult stage from anything from one week to one year depending on the species.


did you know?
There are around 60 species of butterfly found in the UK. 35 are found in Scotland

Butterfly Conservation Scotland
www.butterfly-conservation.org

Munching Caterpillars
www.munchingcaterpillars.org

Photos by kind permission of David Dennis, Matt Berry, Keith Warmington, Peter Eeles, Ken Wilmott, David Green, Jim Asher, Kelly Thomas, Martin Warren and Andrew Lawson.

Visit our Website to find out more!
A butterfly’s life cycle is made up of four parts; egg, caterpillar, chrysalis and adult.

**Butterflies have four wings covered in tiny scales, they often have brightly coloured patterns.**

**Comma**
- This beautiful orange butterfly has a very distinctive shape in the wings have wavy edges. It has a white comma mark on the underside of its wings and its caterpillars like to eat Nettles. They will also feed on Hops, Elms, Couchgrass and Willows.

**Large White**
- The dark black wing tips distinguish this butterfly from its smaller cousin the Small White. Only the females have spots on the wings, the male has plain white wings apart from the black wing tips. They are also known as ‘Cabbage Whites’ because the caterpillars love to eat Cabbages!

**Green-veined White**
- This is the most common white butterfly to be found in Scotland. It differs from the Large and Small White by having prominent green veins on the underside of its wings. They can be found flying from April to September and the caterpillars eat Garlic Mustard, Cuckooflower and Nasturtium.

**Small White**
- The black markings on the wings are not as dark as they are on the Large White, but these butterflies can be confused with Green-veined Whites. The caterpillars feed on Cabbages and Nasturtium.

**Orange-tip**
- Only the males have the bright orange wing tips, but both the male and female have a mottled grey-green undersides that can help distinguish this species from the Small White. Orange-tip caterpillars feed on Cuckoo-flower and Garlic Mustard.

**Speckled Wood**
- The pale speckles on its brown wings and its habit of staying near shady woods and hedgerows give the speckled wood butterfly its name. It is a territorial butterfly and the caterpillars are found in many different types of grasses.

**Meadow Brown**
- The Meadow Brown is one of the most common and widespread butterfly in Britain. It is another species that prefers grassland, so its caterpillars feed on several grass species. The adults often be seen flying in dull weather when most other species would stay hidden away.

**Small Heath**
- This butterfly mainly rests with its wings closed, making it a difficult species to spot. However, look out for the black spots on the underside of its wings, which can be easily mistaken for the Small White. Orange-tip caterpillars feed on Cuckoo-flower and Garlic Mustard.

**Ringlet**
- It can be easy to confuse the Ringlet with the similar Meadow Brown as they are both mostly brown and like to fly in grassy meadows where the caterpillars can feed on grasses. If you look closely the Ringlet has small circles on the underside of its wings, giving it its name.

**Comma**
- Only the male Orange-tip is really blue. The female is brown with just a dusting of blue near her body. It prefers open grassland and the caterpillars feed on Common Bird’s-foot Trefoil.

**Common Blue**
- This butterfly mainly rests with its wings closed, making this a difficult species to spot. However, look out for the eye spot on the underside of its forewing, as it is unusual for the Ringlet to find the adults in grasslands, heathlands and road verges.

**Small Copper**
- This butterfly may be small, but it is perfectly formed! The beautiful orange wings with tiny black spots really stand out on a sunny day. Its caterpillars feed on Common Sorrel and Sheep’s Sorrel.

**Butterfly Conservation:**
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