



# Lizards of the UK

Cumbria Amphibian and Reptile Group

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## Slow worm

- You can find me in gardens in most of the UK
- Some people think I am a snake, but I am actually a legless lizard!
  - Unlike snakes, I have eyelids, a flat forked tongue and can drop my tail to escape from a predator
- I have a shiny appearance and can grow up to 50cm in length
- I like to hide under logs or in compost heaps, so you will rarely see me basking in the open
- I like to eat slow moving prey like small slugs

- You can find me on heaths, moorland, dry stone walls, embankments and sea cliffs around Britain
- You can spot me by my scaly brown coloured skin with patterns of spots or stripes, I can also be yellow, various shades of green and even jet black!
- I like to warm up in open sunny areas and can be found in dry, exposed habitat where dense cover is close by
- Like other lizards, I can drop my tail when threatened by a predator
  - I like to eat insects and spiders!



## Sand lizard

- You can find me on heathland, sand dunes and open land that gets lots of sunshine
  - You can spot me by the two stripes along my back and sometimes I have extremely bright green flanks
- Like other lizards, I hibernate when it is cold, you might see me from March or April
- I lay my eggs in sand in sunny areas to keep them warm
  - Because I am a rare species, I am protected by law
- I like to eat insects, slugs and spiders! But I also like fruit and flowers



## Common lizard

Figure 1, 2, 3: Amphibian and Reptile Conservation Trust (2020)



# Frogs & Toads of the UK

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## Common toad



- You can find me in most of mainland Britain in farm ponds, reservoirs, fish ponds or village duck ponds
  - I can grow up to 10cm
  - I am mostly brown or olive-brown with warty dry skin which means I can live in drier environments unlike the common frog
  - To defend myself against predators, my skin has powerful toxins that stop me from being eaten (most of the time!)
  - I like to eat ants, beetles, snails, slugs and spiders

- You can find me in most of the UK with a suitable breeding pond nearby, I especially like to live in garden ponds
- I have smooth moist skin and rely on freshwater habitats that remain damp throughout the summer
- I can grow up to 9cm and I can be shade of olive-green or brown, though I can also be yellow, pink, red, orange or black!
- I like to eat invertebrates, slugs and snails, I am a gardener's best friend!

## Natterjack toad



- You can find me at a few sites in the UK, my home is coastal sand dunes, coastal grazing marshes and sandy heaths
- I am the smallest native toad in the UK and have a distinctive thin bold yellow stripe down the middle of my back
- My common name comes from the loud rasping calls made by males in the spring!
- I like to eat moths, woodlice and other invertebrates!



## Common frog

Figure 1, 2, 3: Amphibian and Reptile Conservation Trust (2020)



# Newts of the UK

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## Great crested newt



- You can find me in most of lowland Britain, though my European cousins are experiencing a decline which is why I am protected by law
- I am the largest native newt out of the three species in the UK, I can grow up to 17cm long!
- My skin is dark brown or black in colour with a distinct warty skin. You can spot me by my bright orange belly with black blotches
- Males also have an impressive jagged crest during spring and have a white 'flash' along the tail
- I like to eat insects, worms, water snails, larvae and sometimes even tadpoles!

- You can find me in most of Britain, I like to live in garden ponds
- I can grow up to 10cm long!
- My belly is yellow/orange with small black dots, I also have spots on my throat
- I carefully wrap my eggs in leaves in pond weed to protect them
- I can breathe through my feathery gills behind my head
- I like to eat insects, worms, water snails, larvae and sometimes even tadpoles!

## Palmate newt



- You can find me in shallow ponds on heathland and moorland bogs
- On land I like to live under logs and sometimes in damp areas of gardens
- I don't need as much wet weather as smooth newts so I can travel further on land!
- I look very similar to smooth newts, though my chin is usually pink or yellow
- My back feet are webbed, and I have a thin filament at the end of my tail
- I like to eat insects, worms, water snails, larvae and sometimes even tadpoles!

## Smooth newt



Figure 1, 2, 3: Amphibian and Reptile Conservation Trust (2020)



# Snakes of the UK

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## Adder



- You can find me in most of the UK, usually I go undetected but if you see me, I might be basking in the sun for warmth
- I am the only venomous snake in the UK, but don't be afraid! I won't bite you unless I feel threatened, so please don't touch me or come too close
- You can spot me by my distinct black zig-zag stripe along my back and dark spots along my side
- I like to eat lizards, small mammals and ground nesting birds

- You can find me in England and Wales, I like to sometimes venture into garden ponds in the summer
- Don't worry! I am not venomous and am extremely timid, if you disturb me, I will try to move away quickly and might even pretend to be dead if you have me cornered. Please don't pick me up!
- I can grow over a metre in length!
- Because I am a great swimmer, I like to eat amphibians and fish, I also sometimes eat small mammals and birds

## Smooth snake



- You can find me on heathlands, I like dry slopes and humid wet heath areas
- I like to live in dense cover where it is hard to find me, I am very secretive
- I like to live with slow worms under stones, logs and other things exposed to the sun
- my scales are flat and smooth, which is where my name comes from
- Don't worry! I am not venomous
- I like to eat common lizards, slow worms and small mammals like shrews and rodents

## Grass snake



Figure 1, 2, 3: Amphibian and Reptile Conservation Trust (2020)