COTGRAVE COUNTRY **PARK**

HERON LAKE



Currently home to a local angling club, Heron Lake is a large and important feature of the park. Throughout the year many birds can be seen in or around the lake, with reeds providing food and shelter. Below the surface a host of interesting invertebrates feed on each other and provide food for both fish and birds.

The following pictures and some descriptions show a few birds often seen, a few seasonal visitors and a few harder to find!

Greylag Goose

The Greylag Goose is a large, pale grey goose with pink legs and an orange bill. They are our most common native goose. After hatching their chicks, families often become sociable and act as groups to guard their young.

Swallows and Martins

In late summer we get small flocks of these birds feeding around the area to gain weight and condition before migration. They are difficult to tell apart when flying, but the Swallows have a clearly defined forked tail and blue plumage. The Swallows in particular give a high pitched cheeping sound whilst flying.

Grev Heron

Herons are a daily sight around the lake. One of our tallest birds. Herons eat fish, small mammals. amphibians, reptiles, insects and small birds. They use their long, sharp beaks to stab and grab their prey. Herons nest in colonies called heronries

Great Crested Grebe

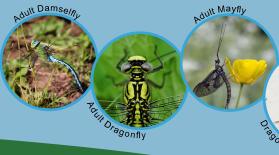
The graceful Great Crested Grebe is a familiar sight on lakes and reservoirs. It is well-known for its elaborate courtship dance, during which it rises vertically out of the water and





Freshwater Invertebrates under and around the lake

These invertebrates are an important part of the freshwater ecosystem and food chain and spend at least part of their lifecycle in freshwater. They play a vital role in maintaining the quality of our water, help to breakdown organic matter and provide a food source for other species such as fish, birds and mammals. Invertebrate population density and diversity can be used to assess the health of freshwater ecosystems.







Here are some of the invertebrates that you can find under and around the water on the lake and other

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- HERONRY There is a heronry nearby on Holme Lane (Late March to May)
- COME DANCING Great Crested Grebes 'dance' with each other- often rising to ski across the water when courting.
- 6000 MILES Swallows fly 6,000 miles from South Africa to feed and breed in the UK. What a truly amazing feat!