

**CYNGOR CEFN GWLAD CYMRU
COUNTRYSIDE COUNCIL FOR WALES**

SITE OF SPECIAL SCIENTIFIC INTEREST CITATION

CARMARTHEN

BISHOPS POND

Date of Notification: 1973, 1983

National Grid Reference: SN 445209

O.S. Maps: 1: 50,000 Sheet number: 159
1: 25,000 Sheet number: SN 42

Site Area: 5.5 ha

Description:

This is the best example of an ox-bow lake in west Wales. It is especially notable for its reed sweet-grass *Glyceria maxima* swamp. This is a rare and distinctive vegetation type in Wales, largely confined to the Tywi valley and the coastal flats of south Wales.

In summer, the sweet-grass, along with some bladder-sedge *Carex vesicaria* and branched bur-reed *Sparganium erectum* surround pools of standing water dominated by yellow water-lily *Nuphar lutea*. There is much water horsetail *Equisetum fluviatile* on the shallow margins of the pools. Because of the low summer water-table, the edges of the lake have more open vegetation with water-pepper *Polygonum hydropiper* and less common plants like northern yellow-cress *Rorippa islandica* and trifid bur-marigold *Bidens tripartita*. Woodland or hedgerow trees border the lake and during the high winter water levels there is a large island at the western end.

Notable plant species recorded from the site include least bur-reed *Sparganium minimum* and unbranched bur-reed *S. emersum*. Adder's-tongue *Ophioglossum vulgatum* grows on the Bankside. As for its animal life, the site is locally important for breeding birds which include mute swan, mallard, coot, moorhen, dipper and kingfisher. Tench, pike, perch, roach, eels, threespined stickleback and minnows are present, and the site appears to be an old traditional stocked coarse fishery.

Remarks:

Most of the site is managed as a nature reserve.

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