

# Bulgaria - Flowers of the Balkans

Naturetrek Tour Report

21 - 28 June 2008

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Report compiled by Maureen Ponting



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## Day 1

Saturday 21st June

Hotel Studenta, Vitosha Mt. National Park

We arrived in Sofia in the afternoon to be welcomed by Nikolay Dilchev, our local tour manager, and Mitko Dimitrov, our Bulgarian botanist. We drove for about an hour to the Hotel Studenta, a hunting lodge surrounded by beautiful meadows, a lake and views of mountains. After settling in, we met to explore the meadows, colourful with *Coronilla varia*, Crown Vetch, *Nepeta panonica*, Catmint, purple spikes of *Salvia verticillata* and *S. virgata* and the curious yellow and blue flowers of *Melampyrum scardicum*, Hungarian Cowwheat

## Day 2

Sunday 22nd June

Hotel Studenta, Vitosha Mt N.P.

We drove to the Vitosha National Park. We had a morning walk above the ski-lift area to see the beautiful yellow lily *Lilium jankae*, also Martagon Lilies, just coming into flower. We then walked up a track through mixed forests with *Doronicum austriacum*, bright red patches of *Geum coccinum* and masses of the scented *Geranium macrorhizum*, to find ourselves on a small rocky outcrop above a high plateau, some of it marshy, with huge grey patches of *Salix lapponum*.

After lunch in the shade of a few sparse pines, we set out to explore the plateau. In a marshy spot there were masses of *Dactylorhiza cordigera*, Heart-shaped Marsh Orchid and a group of the little white Orchid *Gymnandenia frivaldii*. Also in the marsh was the Balkan Butterwort *Pinguicula balcanica*.

On the way home, we stopped to walk over a very rich limestone hill with yellow patches of *Sideritis montana*; teucriums and thyme; *Anthericum liliago*, St Bernard's Lily and *Onosma heterophylla*, a pale yellow Goldendrop. Also here were blue spikes of *Asyneuma limonifolia*.

## Day 3

Monday 23rd June

### Bansko

It was a long drive to our next destination - Bansko. First stop was a marsh to see Marsh Helleborines, *Epipactis palustris*, then on to the Rila Monastery and its interesting museum.

After lunch at a nearby restaurant, we drove into the forest and walked up a rough track where we saw some interesting plants: *Aconitum lycoctonum* subsp. *neopolitanum*, an endemic Monkshood. Also in the forest, a beautiful *Campanula*, *C. trichocalycina*, with yellow buds and blue flowers; a scattering of Birds Nest Orchids, *Neottia nitis-avis*, and two Wintergreens, *Orthilla secunda* and *Pyrola rotundifolia*.

On the way home we had an evening stop in a damp meadow with masses of *Orchis laxiflora* and the pretty white umbellifer, *Oenanthe fistulosa*.

## Day 4

Tuesday 24th June

### Bansko

A short drive into the Pirin Mountain National Park followed by a morning walk to the Vikhren Mountain Chalet, following the road through rocky meadows and high mountains and walking rather slowly because there was so much to see. Our first plant of interest was the endemic *Verbascum davidoffii*. Further up on rocks, pink patches of *Onobrychis montana* subsp. *scardicus*, a Balkan endemic. We also saw dark red spikes of *Lycbnius vesicaria*, Sticky Catchfly and large yellow flowers of *Linum capitatum* and, in rock crevices, *Daphne oleoides*. We stopped to admire a huge Macedonian Pine, *Pinus peuce*, 1350 years old (as a board alongside announced). We stopped for lunch at the Vikren Mountain Chalet (2200m).

In the afternoon, we took a steep path to the alpine zone of the Pirin Mountains, scrambling over rocks to see some spectacular alpines growing in the short turf: *Dianthus microlepis*, an endemic which forms pink cushions; two Cerastiums – *C. alpinum* and *C. lanatum*, which has distinctive woolly leaves; *Gentiana pyrenaica*, another blue alpine – the endemic *Jasione bulgarica*. After a short climb, we reached the ‘Eye’ Lake...totally round and looking volcanic. We returned to the chalet by a different path. We then retraced our steps as far as a steep rocky scree where a short climb brought us to clumps of *Iris reichenbachii*. Also growing in the scree, the beautiful yellow endemic, *Aquilegia aurea* and further down another endemic: *Aubretia gracilis*. On the way back we stopped in the forest to see the beautiful red helleborine, *Cephalanthera rubra*, and, on the forest edge, *Centaurea mannagettae*, a distinctive yellow endemic. After this very full and interesting day we returned to our hotel.

## Day 5

Wednesday 25th June

### Bansko

We drove for about an hour through the town of Dobriniste and up a beautiful mountain road to Besbog where we boarded a chairlift which took us in two stages to a mountain chalet beside a lake. We spent the morning walking round the lake, looking at the alpines in the short turf: *Campanula alpina*, *Primula farinosa*, Bird's Eye Primrose and two beautiful veronicas, *V. alpina* and *V. bellidioides*.

After a picnic lunch, we took the chairlift down and spent the afternoon exploring the meadows beside the mountain road. We saw *Digitalis lanata* growing on the roadside banks and in the meadows, masses of the intense red *Dianthus giganteus* and patches of *Lychnis coronaria*, Rose Campion. Thunder and rain sent us back to the bus and our hotel in the afternoon. It was the only rain we had all holiday...

## Day 6

Thursday 26th June

### Hotel in Pamporova

We headed for the Rhodopi Mountains. On the way we visited three outstanding meadows. The first one was studded with *Acer tataricum*, Tartar Maple, with bright red maple 'keys'. Among the other numerous finds were the large showy yellow flowers of *Hypericum olympicum*. The sun brought out many varieties of butterflies in the meadows. We had lunch at the next meadow, with quails calling all around us. Some of the flowers seen: *Armeria rumelica*, masses of red gladiolus, *G. imbricatus*; Peach-leaved Bellflower, *Campanula persicifolia*, and a beautiful umbellifer, *Orlaya grandiflora*, amongst many others. The next meadow we visited had a wet flush running down the side with many purple spikes of *Dactylorhiza kalopsisii*, and tall pink spikes of the Fragrant Orchid, *Gymnadenia conopsea*.

We then drove on towards Pamperova through long gorges. We stopped to see a beautiful campanula with large white flowers spreading over the rocks, *Campanula lanata*, a Balkan endemic. Afterwards, we drove to our hotel, a small ski chalet set in meadows and surrounded by spruce forests.

## Day 7

Friday 27th June

### Hotel in Pamporova

An hour's drive took us to the Trigrad Gorge in the Rhodopi Mountains. We first walked up a valley beside a rushing stream. *Inula helenium* with shaggy yellow flowers was growing along the banks. We also saw *Symphytum ottomanum*, Turkish Comfrey. Along the way, the road was bordered by Hop Hornbeam, *Ostrya carpinifolia*, with its beautiful white hanging flower bracts. We then drove up the Trigrad Gorge, bordered by sheer cliffs towering above us, to a mountain refuge where we had lunch on a veranda overlooking the stream. After lunch we climbed a limestone outcrop with *Morina persica* just coming into flower and *Globularia cordifolia*. We then wandered down the gorge and saw the botanical highlight of the holiday, the endemic *Haberlea rhodopensis*, a relative of the African Violet, growing in profusion on damp rocks. Local honey flavoured with herbs, including the endemic *Sideritis scardica* and pine resins, was being sold by the roadside. Some people explored a cave by the gorge which had an underground lake.

Before going back to our hotel we looked at some interesting lithophytic plants growing out of the gorge cliffs: *Campanula velebitica*, *Arenaria rhodopaea*, *Malcomia orsiniana* and *Silene waldsteini*, all of them Balkan endemics and a fitting end to a richly rewarding holiday.

## Day 8

Saturday 28th June

We had an early start for a long drive to Sofia airport and then a warm goodbye to Bulgaria and our guides before our journey home.

## Plant List

### Aceraceae

<i>Acer pseudoplatanus</i>	Sycamore	common
<i>A. tataricum</i>	Tartar Maple	meadows

### Anacardiaceae

<i>Cotinus coggygria</i>	Smoke Tree	waysides
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### Apiaceae

<i>Angelica sylvestris</i>	Wild Angelica	common
<i>Astrantia major**</i>	Great Masterwort	
<i>Bupleurum sibthorpiatum**</i>	yellow flowers	
<i>Carum carvi</i>	Caraway	Day 4
<i>C. graecum</i>	Greek Caraway	Day 4
<i>Eryngium campestre</i>	Field Eryngo	meadows
<i>Heracleum sibiricum</i>	Large Hogweed	common
<i>Ligusticum mutellina</i>	Alpine Lovage, pink	Day 5
<i>Oenanthe fistulosa</i>		damp meadow, Day 3
<i>Orlaya grandiflora</i>	large outer petals	meadows
<i>Pastinaca hirsuta</i>	yellow hairy parsnip	Day 7
<i>Seseli libanotis</i>	tall plant	Day 2
<i>S. rhodopaeum</i>	Balkan endemic	Day 7
<i>Trinia ramosissima</i>	low plant	Day 7

### Asclepiadaceae

<i>Vincetoxicum hirundinaria</i>	Swallow Wort	Day 7 - gorge
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### Asteraceae

<i>Achillea ageratifolia</i>	creeping, woolly leaves	Day 2 & 4 - rocks
<i>A. clusiana (multifida)</i>	v. aromatic, bracts, tomentose	Day 5
<i>A. chyeolata</i>	yellow flowers, grey leaves,	Day 2 – limestone rocks
<i>A. grandiflora**</i>		
<i>A. millifolium</i>	Yarrow	common
<i>Anthemis tinctoria</i>	Yellow Camomile	Day 5
<i>Aster alpinus</i>	Alpine Aster	Day 4
<i>Carduus kernerii subsp. Scardicus</i>	Balkan endemic	Day 4
<i>C. nutans</i>	Musk Thistle	Day 7
<i>Centaurea chrysolepis</i>	pale yellow flowers	Day 2 limestone
<i>C. jacea</i>	purple flowers	Day 5
<i>C. mannagettae</i>	yellow flowers – endemic	Day 4
<i>C. solstitialis</i>	Yellow Star Thistle	meadows
<i>C. triumfetti</i>	blue flowers	Day 4
<i>Cicerbita alpina</i>	Alpine Sowthistle	Day 7
<i>Cicorium intybus</i>	Chicory	roadsides
<i>Cirsium appendiculatum</i>	Balkan endemic	Day 2
<i>C. canum</i>	purple flowers	Day 1
<i>Crupina vulgaris</i>	False Saw-Wort	Day 1
<i>Doronicum austriacum</i>	Austrian Leopardsbane	Days 2 & 5
<i>D. columne</i>	Heart-leaved Leopardsbane	Days 2 & 5
<i>Ecinos ritro</i>	Globe Thistle	roadside
<i>Erigeron atticus</i>	purple flowers	mountains, meadows
<i>Eupatorium cannabinum</i>	Hemp Agrimony	common
<i>Hieracium scardicum</i>	white woolly leaves	rocks: day 4
<i>Homogyne alpina</i>	Alpine Coltsfoot	Day 2
<i>Hypochoeris maculata</i>	Spotted Cats-ear	Day 5
<i>Inula aschersoniana</i>	large yellow flowers	Day 7

<i>I. belenium</i>	Elecampane	streamsides
<i>I. oculus-christi</i>	shaggy yellow flowers	day 4 – meadows
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	common
<i>Leontodon hispidus</i>	Rough Hawkbit	common
<i>Leontodon croceus</i> subsp. <i>ri-laensis</i>	Balkan endemic	Day 4
<i>Mycelis muralis</i>	Wall Lettuce	Day 5
<i>Onopordum acanthium</i>	Cotton Thistle	meadows
<i>Petasites alba</i>	large leaves	common
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	meadows
<i>Scorzonera purpurea</i> subsp. <i>Rosea</i>	pink fls.	day 4
<i>Senecio nemorensis</i>	Wood Ragwort	Rila Forest
<i>S. panicii</i>	endemic	day 2 – damp meadows
<i>S. rupestris</i>	like <i>S. squalidus</i>	meadows
<i>Tragapogon pratensis</i>	Goatsbeard	Day 7
<i>Xeranthemum annuum</i>	pink flowers	Day 2

**Betulaceae**

<i>Alnus incana</i>	Grey Alder	common
<i>Betula pendula</i>	Silver Birch	common

**Boraginaceae**

<i>Anchusa officinalis</i>	blue flowers	common – meadows
<i>Cerinthe minor</i>		meadows – Day 4
<i>Cynoglossum hungaricum</i>	red flowers	Day 4 - meadow
<i>Echium vulgare</i>	Vipers Bugloss	v. common
<i>Lithospermum arvensis</i>	Corn Gromwell	roadsides
<i>Onosma heterophylla</i>	pale yellow,	Days 2 & 6 – meadows
<i>Pulmonaria rubra</i>	red flowers	Day 2
<i>Symphytum ottomanum</i>	Turkish Comfrey	Day 7

**Brassicaceae**

<i>Alyssum murale</i>	yellow flowers	Day 6 – limestone
<i>A. rostratum</i>	yellow flowers	Day 7 – Gorge
<i>Arabis turrata</i>	Tower Cress	Days 2 & 7
<i>Aubrietia gracilis</i>	blue flowers, endemic	Day 4
<i>Berteroa incana</i>	white spikes	Day 6
<i>Cardamine rivularis</i>	pink flowers	Day 2
<i>Erysimum cuspidatum</i>	yellow spikes	Day 4
<i>E. diffusum</i>	yellow spikes	Day 7
<i>E. drenowskyi</i> **		endemic
<i>Malcolmia orsiniana</i>	small blue flowers	Day 7
<i>Rorippa sylvestris</i>	yellow flowers	Day 2
<i>Tblaspi arvense</i>	arable weed	Day 1
<i>T. perfoliatum</i>	white, forming patches	common

**Campanulaceae**

<i>Asyneuma limonifolia</i>	blue spikes	Day 2
<i>Campanula alpina</i>	cluster of bells	days 4 & 5
<i>C. cervicaria</i> **	yellow buds, blue flowers	Day 3
<i>C. glomerata</i>	Clustered Bellflower	Day 5
<i>C. lanata</i>	white flowers, endemic	gorge, day 6
<i>C. lingulata</i>	terminal heads, violet fls	Day 7
<i>C. orphanidea</i>	endemic	gorge day 7
<i>C. patula</i>	Spreading Bellflower	common - meadows
<i>C. persicifolia</i>	Peach-leaved Bellflower	Day 5
<i>C. scutellata</i>	Balkan endemic, branched	Day 6
<i>C. sparsa</i>	Balkan endemic branched	.Day 1

<i>Jassione bulgarica</i>	Sheeps Bit endemic	Day 4 - Alpine
<i>Trachelium rumelianum</i>	flat-topped clusters, blue fls.	Day 7
<b>Caprifoliaceae</b>		
<i>Sambucus ebulus</i>	Dwarf Elder	waysides
<i>Viburnum opulus</i>	Guelder Rose	common
<b>Caryophyllaceae</b>		
<i>Arenaria biflora</i>	Two-flowered Sandwort	Day 4 & 5 - Alpine
<i>A. rhodopaea</i>	endemic	Day 7 - gorge
<i>Cerastium alpinum</i>	Alpine Mouse-ear	day 4 alpine
<i>C. arvense</i>	Field Mouse-Ear	Day 2
<i>C. fontanum</i>	Common Mouse-ear	Day 1
<i>C. lanatum</i>	lanate leaves	Day 4 – alpine
<i>Dianthus armeria</i>	Deptford Pink	Day 3 & 5 – meadow
<i>D. cruentus</i>	tall, dark calyx, purple fls.	Day 1 – meadow
<i>D. deltooides</i>	pink flowers, white spots	Days 3 & 5 – meadows
<i>D. pinifolia</i> **	fine leaves, purple fls.	
<i>D. giganteus</i>	tall, pink	Day 5, 6 – meadows
<i>D. microlepis</i>	endemic forming cushions, pink	Day 4, 5 – alpine
<i>D. petraeus</i>	white flowers, fine leaves	Day 4 – rocks
<i>Lychnis coronaria</i>	Rose Campion	meadows
<i>L. flos-cuculi</i>	Ragged Robin	wet meadows
<i>L. vesicaria</i>	Sticky Catchfly	Day 4
<i>Minuartia bosniaca</i>	Balkan endemic	Day 6 , rocks
<i>M. glomerata</i>	glandular hairy	Day 4, meadow
<i>M. verna</i>	Vernal Sandwort	common
<i>Moebria pendula</i> **	Rock Sandwort	
<i>Moenchia mantica</i>	small branched, white flowers	Day 1 – meadows
<i>Petrobagia velutina</i>	pink flowers	Day 2
<i>Scleranthus neglectus</i>	low cushions	Day 2 – alpine
<i>Silene armeria</i>	Sweet William Catchfly	Day 5
<i>S. conica</i>	inflated calyx	Day 6
<i>S. dichotoma</i>	Forked Catchfly	Day 1
<i>S. pusilla</i>	white petals	Day 4
<i>S. roemerii</i>	tall, white term. fls endemic	Day 2 & 3
<i>S. vulgaris</i>	Bladder Campion	common
<i>S. waldsteinii</i>	endemic	Day 7 – meadows
<i>Stellaria graminea</i>	Lesser Stitchwort	Day 2 – meadows
<b>Cistaceae</b>		
<i>Helianthemum canum</i>	Hoary Rockrose	common
<i>H. nummularium</i>	Common Rockrose	common
<b>Convolvulaceae</b>		
<i>Convolvulus arvensis</i>	Field Bindweed	waysides
<i>C. cantabrica</i>	Pink Convolvulus	Day 2 – limestone
<b>Corylaceae</b>		
<i>Carpinus orientalis</i>	Eastern Hornbeam	Day 6 – meadows
<i>Corylus avellana</i>	Hazel	Day 7
<i>Ostrya carpinifolia</i>	Hop Hornbeam	Days 6 & 7
<b>Crassulaceae</b>		
<i>Rhodiola rosea</i>	Roseroot	Day 4
<i>Sedum acre</i>	Biting Stonecrop	common
<i>S. album</i>	White Stonecrop	Day 7 – Gorge

<i>S. annuum</i>	Annual Stonecrop	Day 5
<i>S. dasyphyllum</i>	Thick-leaved Stonecrop	Day 4
<i>S. hispanicum</i>	six white petals	Day 4
<i>S. ochroleucum</i>	Yellow Stonecrop	Day 6
<i>Sempervivum leucanthemum</i>	Bulgarian edemic	Day 6
<b>Dipsacaceae</b>		
<i>Knautia arvensis</i>	tall, pink flowers	common
<i>K. midzorensis</i>	endemic	Day 4 – alpine
<i>Morina persica</i>	Prickly Whorlflower	Day 7
<i>Scabiosa argentia</i>	pale yellow flowers	Day 6
<i>S. rhodopensis</i>	pale yellow endemic	Day 7 – gorge
<i>S. trinifolia</i>	pale yellow	Day 2 & 6
<b>Ericaceae</b>		
<i>Arctostaphylos uva-ursi</i>	Bear Berry	Day 2
<i>Vaccinium myrtillus</i>	Bilberry	Day 2
<b>Euphorbiaceae</b>		
<i>Euphorbia amygdaloides</i>	Wood Spurge	forests
<i>E. barrelieri</i>	purple tinged leaves	Day 2 – limestone
<i>E. cyparissias</i>	Cypress Spurge	common
<i>E. nicaeensis</i>		Day 7
<i>E. taurinensis</i>	2 glands with pink horns	Day 6
<b>Fabaceae</b>		
<i>Anthyllis aurea</i>	showy yellow flowers	Day 2 limestone
<i>A. vulneraria</i>	Kidney Vetch	common
<i>Astragalus glycyphyllos</i>	Wild Liquorice	common
<i>Chamaecistus absinthoides</i>	endemic gray leaves	common in meadows
<i>C. hirsutus</i>	Hairy Broom	day 2
<i>Chamaespartinum sagittale</i>	Winged Broom	Day 2
<i>Colutea arborescens</i>	Bladder Senna	Day 6
<i>Coronilla varia</i>	Crown Vetch	common
<i>Dorycnium pentaphyllum</i> subsp. <i>herbaceum</i>	white flowers	Day 2
<i>Genista carinalis</i>	spreading shrub, long keel	Day 5
<i>G. tinctoria (depressa)</i>	Dyers Greenweed	Day 2
<i>G. Lydia (rumelica)</i>	shrub (1m)	Day 6
<i>G. subcapitata</i>	flowers sessile in heads Balkan endemic	Day 4
<i>Hippocrepis comosa</i>	Horseshoe Vetch	meadows
<i>Lathyrus alpestris</i>	red/purple flowers	Day 2
<i>L. tuberosus</i>	bright crimson	Day 1
<i>Lotus corniculatus</i>	Birds Foot Trefoil	common
<i>Onobrychis arenaria</i>	Small Sanfoin	meadows
<i>O. alba</i>	white flowers	Day 2 – limestone
<i>O. montana</i> susp. <i>scardicus</i>	Balkan endemic pink	Day 4 – rocks
<i>Trifolium alpestre</i>	Mountain Zig-zag Clover	Day 4
<i>T. arvense</i>	Haresfoot Clover	meadows
<i>T. aureum</i>	Large Hop Trefoil	common
<i>T. dubium</i>	Lesser Yellow Trefoil	common
<i>T. incarnatum</i>	Crimson Clover	Day 6
<i>T. hirtum</i>	pale purple fls., densely hairy	Day 6
<i>T. medium</i>	Zig-zag Clover	Day 6
<i>T. montanum</i>	Mountain Clover	Day 6
<i>T. ochroleucum</i>	Sulphur Clover	Day 6
<i>T. pannonicum</i>	Hungarian Trefoil	Day 6
<i>T. strictum</i>	Upright Clover	Day 6



<i>Vicia grandiflora</i>	yellow flowers	Day 3
<i>V. sepium</i>	Bush Vetch	Day 3
<i>V. villosa</i>	Fodder Vetch	Day 3
<b>Fagaceae</b>		
<i>Fagus sylvatica</i>	Beech	mixed forests
<i>Quercus cerris</i>	Turkey Oak	mixed forests
<i>Q. pubescens</i>	White Oak	mixed forests
<b>Gentianaceae</b>		
<i>Gentiana asclepiadea</i>	Willow-leaved Gentian	forest edges
<i>G. cruciata</i>	Cross Gentian	Day 4 - meadows
<i>G. punctata</i>	Spotted Gentian	Day 4
<i>G. pyrenaica</i>	Pyrenean Gentian	Day 5 – alpine
<i>G. verna</i>	Spring Gentian	Day 5
<b>Geraniaceae</b>		
<i>Erodium cicutarium</i>	Common Storksbill	waysides
<i>Geranium coeruleatum</i>	bright blue flowers Balkan endemic	Day 4
<i>Geranium macrorrhizum</i>	Rock Cranesbill	common
<i>G. phaeum</i>	Dusky Cranesbill	Day 3
<i>G. pyrenaicum</i>	Pyrenean Cranesbill	common
<i>G. rotundifolium</i>	Round-leaved Cranesbill	Day 4
<i>G. sanguineum</i>	Bloody Cranesbill	Day 5 – meadows
<i>G. sylvaticum</i>	Wood Cranesbill	common
<b>Gesneraceae</b>		
<i>Haberlea rhodopensis</i>	endemic	Day 7 - gorge
<b>Globulariaceae</b>		
<i>Globularia cordifolia</i>	blue flowers	Day 7 - limestone
<b>Hypericaceae</b>		
<i>Hypericum cerastoides</i>	large flowers in low patches	Day 5
<i>H. linarioides</i>	spreading on rocks	Day 7
<i>H. olympicum</i>	large showy yellow flowers	Day 6
<i>H. perforatum</i>	Common St John's Wort	common
<i>H. rumeliacum</i>		limestone – Day 2
<i>H. tetraptrum</i>	Square-stemmed St John's Wort	wet meadows
<i>H. umbellatum</i>	conspicuous net veins	Day 7
<b>Lamiaceae</b>		
<i>Acinos alpinus</i>	Alpine Catmint	Day 4
<i>A. saueolens</i>	long pointed leaves	Day 4
<i>Ajuga chamaepytis</i>	Ground Pine	Day 5
<i>A. genevensis</i>	Blue Bugle	common
<i>A. laxmannii**</i>	blue and cream flowers	Day 2 - limestone
<i>A. pyramidalis</i>	alpine	Day 5
<i>Galeopsis speciosa</i>	Large-flowered Hemp Nettle	Day 4
<i>Lamium garganicum</i>	Large Red Deadnettle	common
<i>Marrubium frivaldskianum</i>	Bulgarian endemic	Day 7
<i>Mentha longifolia</i>	Horse Mint	Day 2
<i>Micromeria dalmatica</i>	Balkan endemic	Day 6 – gorge
<i>Nepeta pannonica</i>	Hungarian Catmint	meadows
<i>Prunella grandiflora</i>	Large Self-heal	Day 3
<i>P. lacineata</i>	white flowers	meadows
<i>Salvia amplexicaulis</i>	violet flowers	Day 1

<i>S. nemorosa</i>	Wild Sage	Day 1
<i>S. sclarea</i>	Clary	Day 6, rocks
<i>S. verticillata</i>	Whorled Salvia	Days 1 & 2
<i>S. virgata</i>	purple spikes	common
<i>Satureja montana</i>	Winter Savory	Day 2 – limestone
<i>Scutellaria alpina</i>	Alpine Skullcap	Day 4
<i>S. altissima</i>	blue and white flowers	Day 6
<i>Sideritis montana</i>	yellow fls. forming patches	Day 2 – limestone
<i>S. scardica</i>	Balkan endemic	Day 7 rocks
<i>Stachys angustifolia</i>	Glabrous Woundwort	Day 6
<i>S. germanica</i>	Downy Woundwort	Day 6
<i>S. officinalis</i>	Betony	Days 1 & 6
<i>S. recta</i>	Yellow Woundwort	Day 4
<i>Teucrium chamaedrys</i>	Wall Germander	common
<i>T. montanum</i>	Mountain Germander	Day 2 - meadows
<i>T. polium</i>	Felty Germander	Day 2 – limestone
<i>Thymus striatus</i>	Thyme	common in mountains

**Lentibulariaceae**

<i>Pinguicula balcanica</i>	Balkan Butterwort	Days 2 & 4
<i>P. vulgaris</i>	Alpine Butterwort	Day 4

**Linaceae**

<i>Linum angustifolium</i>	white flowers	Day 2, limestone
<i>L. bienne</i>	Pale Flax	Day 6
<i>L. capitatum</i>	large yellow flowers	Day 4
<i>L. catharticum</i>	Purging Flax	Day 6

**Orobanchaceae**

<i>Orobanche alba</i>	Thyme Broomrape	Day 4
<i>O. gracilis</i>	Slender Broomrape	meadows

**Plantaginaceae**

<i>Plantago carinata</i>		Day 2 - alpine
<i>P. gentianoides</i>		Day 4 - alpine

**Plumbaginaceae**

<i>Armeria rumelica</i>	Thrift – pale pink flowers	Days 3 & 5 – meadows
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**Primulaceae**

<i>Lysimachia nummularia</i>	Creeping Jenny	Day 1
<i>L. vulgaris</i>	Yellow Loosestrife	meadows
<i>Primula elatior</i>	Oxlip	Day 4
<i>P. farinosa</i>	Bird's Eye Primrose	Day 2, 4 & 5 - alpine
<i>P. veris</i>	Cowslip	meadows

**Polygalaceae**

<i>Polygala alpestris</i>	Mountain Milkwort	Day 4
<i>P. major</i>	large spikes of red/purp. fls.	common
<i>P. monspeliaca</i>	white flowers	Day 6
<i>P. vulgaris</i>	Common Milkwort	Day 4

**Polygonaceae**

<i>Persicaria bistorta</i>	Bistort	Day 2
<i>Rumex alpinus</i>	Monks Rhubarb	common – mountains

**Pyrolaceae**

<i>Orthilla secunda</i>	Nodding Wintergreen	Days 3 & 4 – forests
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<i>Pyrola rotundifolia</i>	Round-leaved Wintergreen	Days 3 & 4- forests
<b>Ranunculaceae</b>		
<i>Aconitum lycoctonum</i> subsp. <i>neopilitanum</i>	Yellow Monkshood – endemic	Day 3
<i>Anemone sylvestris</i>	Snowdrop Windflower	Day 5 - woods
<i>Aquilegia aurea</i>	endemic yellow flowers	Days 2 & 4
<i>Caltha palustris</i>	King Cup	Day 2
<i>Clematis recta</i>	white flowers	Day 4 – meadows
<i>Helleborus odoratus</i>		Day 2 – limestone
<i>Ranunculus circinatus</i>	Water Crowfoot	Day 7
<i>R. platanifolius</i>	tall branched white flowers	Day 2
<i>Thalictrum aquilegifolium</i>	Great Meadow Rue	Day 2
<i>T. minus</i>	Lesser Meadow Rue	Day 4
<i>Troillius europaeus</i>	Globe Flower	Day 1
<b>Rosaceae</b>		
<i>Alchemilla glaucescens</i>	Lady's Mantle	Day 2
<i>Aremonia agremoides</i>	Bastard Agrimony	Day 2
<i>Crataegus orientalis</i>	Eastern Hawthorn	Day 4 – meadows
<i>Filipendula vulgaris</i>	Dropwort	meadows
<i>Geum coccineum</i>	bright red flowers	Days 2 & 5
<i>G. montanum</i>	Mountain Avens	Day 2
<i>G. rivale</i>	Water Avens	Day 5
<i>Potentilla argentea</i>	grey leaves	meadows
<i>P. aurea</i> subsp. <i>ternata</i>	Golden Cinquefoil	Day 2
<i>P. erecta</i>	Tormentil	common
<i>P. recta</i>	Sulphur Cinquefoil	Day 4
<i>P. regis-borisii</i>		Day 4
<i>P. canina</i>	Dog Rose	common
<i>Rosa pendulina</i>	Alpine Rose	common
<i>R. pimpinellifolia</i>	Burnet Rose	Day 4
<i>Rubus thyranthus</i>	spikes of white flowers	Day 2 – meadow
<i>Sorbus aucuparia</i>	Rowan	Day 5
<b>Rubiaceae</b>		
<i>Asperula purpurea</i>	Woodruff	Day 6
<i>Cruciata glabra</i>		meadows
<i>C. laevipes</i>	Crosswort	meadows
<i>Galium album</i>	Tall Bedstraw	meadows
<i>G. anisophyllum</i>		alpine, Day 4
<i>G. odoratum</i>	Sweet Woodruff	forests
<i>G. palustre</i>	Marsh Bedstraw	damp meadows
<b>Santalaceae</b>		
<i>Thesium alpina</i>	Alpine Bastard Toadflax	Days 2 & 5
<b>Salicaceae</b>		
<i>Salix alba</i>	White Willow	along rivers
<i>S. capraea</i>	Goat Willow	common
<i>S. lapponum</i>	Lapland Willow	Day 2
<b>Saxifragaceae</b>		
<i>Saxifraga exarata</i>	Musky Saxifrage	Day 4
<i>S. paniculata</i>	Paniculate Saxifrage	Day 4
<i>S. rotundifolia</i>	Roundleaved Saxifrage	Day 4 - forests
<i>S. sempervivum</i>	pendulous red flowers	Day 6
<i>S. stellaris</i>	Starry Saxifrage	Day 4 – forest

<i>S. stribrnyi</i>	upright pinkish-purple fls	Day 7 – gorge
<b>Scrophulariaceae</b>		
<i>Bartsia alpina</i>	Alpine Bartsia	Day 2
<i>Digitalis lanata</i>	brown/white flowers	meadows
<i>D. lutea</i>	Small Yellow Foxglove	Day 2
<i>D. viridiflora</i>	Green-flowered Foxglove	Day 4
<i>Gratiola officinalis</i>	white flowers	Day 3
<i>Linaria genistifolia</i>	yellow flowers	Days 4 & 5
<i>Melanopyrum cristatum</i>	Crested Cow-Wheat	Day 6
<i>M. scardicum</i>	yellow-blue flowers	Day 1
<i>M. sylvaticum</i>	Cow-Wheat	common
<i>Pedicularis orthantha</i>	reddish-purple fls.	Days 2 & 4
<i>Rhinanthus rumelicus</i>	Hay Rattle - tall	Day 3 & 6
<i>Scrophularia canina</i>	Alpine Figwort	Day 2
<i>Verbascum blattaria</i>	Moth Mullein	Day 1
<i>V. davidoffi</i>	endemic	Day 4
<i>V. nobile</i>	tall, branched	Day 6
<i>Veronica alpina</i>	Alpine Speedwell	Day 5
<i>V. anagalis-aquatica</i>	Water Speedwell	Day 7
<i>V. belledioides</i>	Violet Speedwell	Day 5
<i>V. chamaedrys</i>	Germander Speedwell	common
<i>V. officinalis</i>	Heath Speedwell	Day 2
<i>V. urticifolia</i>	Nettle-leaved Speedwell	Day 3
<b>Thymelaceae</b>		
<i>Daphne cneorum</i>	prostrate, pink flowers	Day 4
<i>D. mezereum</i>	Mezereum	Day 4
<i>D. oleoides</i>	white, very scented flowers	Day 4
<b>Valerianaceae</b>		
<i>Valeriana montana</i>	Mountain Valerian	Day 4
<i>V. tripteris</i>	Three-leaved Valerian	forests
<b>Violaceae</b>		
<i>Viola biflora</i>	Yellow Wood Violet	Day 4
<i>V. dacica</i>	large fls, violet or yellow	mountains
<i>V. tricolor</i>	Heartsease	common
<b>MONOCOTYLEDONS</b>		
<b>Iridaceae</b>		
<i>Iris reichenbachii</i>	greenish-yellow	Day 4 – rocks
<i>Gladiolus imbricatus</i>	dark red flowers	meadows
<b>Liliaceae</b>		
<i>Anthericum liliago</i>	St Bernard's Lily	Day 2
<i>Asphodeline lutea</i>	Yellow Asphodel	Day 2
<i>Lilium jankae</i>	yellow flowers	Day 2
<i>L. martagon</i>	Martagon Lily	Day 2
<i>Muscari comosum</i>	Tassel Hyacinth	Day 2 – meadows
<i>Ornithogalum pyrenaicum</i>	Bath Asparagus	Day 1
<i>O. umbellatum</i>	Star of Bethlehem	common
<i>Polygonatum odoratum</i> **	Scented Solomon's Seal	Day 7 – gorge
<i>Polygonatum verticillatum</i>	Whorled Solomon's Seal	Day 3
<i>Veratrum album</i>	White False Helleborine	common

**Orchidaceae**

<i>Cephalanthera rubra</i>	Red Helleborine	Day 4
<i>Corallorhiza trifida</i> **	Coralroot Orchid	Day 3
<i>Dactylorhiza cordigera</i>	Heart-shaped Marsh Orchid	Day 2
<i>D. kalopisii</i>	purple spikes	Day 6
<i>D. maculata</i>	Heath Spotted Orchid	common
<i>D. saccifera</i>	Wedge-lipped Orchid	wet meadows
<i>D. sambucina</i>	Elder-flowered Orchid	Day 2
<i>Epipactis helleborine</i>	Broad-leafed Helleborine	Day 4
<i>E. palustris</i>	Marsh Helleborine	Day 3
<i>Gymnadenia conopsea</i>	Fragrant Orchid	Days 5& 6
<i>G. frivaldii</i>	Balkan endemic	Day 2
<i>Leucorchis albida</i>	Small White Orchid	Day 2
<i>Listera ovata</i>	Twayblade	Day 7
<i>Neottia nidus-avis</i>	Bird's Nest Orchid	Day 3
<i>Nigritella nigra</i>	Vanilla Orchid	Day 2
<i>Orchis coriophora</i>	Bug Orchid	Day 6
<i>O. laxiflora</i>	Lax-flowered Orchid	Day 5
<i>O. ustulata</i> **	Burnt Tip Orchid	Day 6
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid	Day 6

**CONIFERS**

<i>Abies alba</i>	Silver Fir
<i>Larix europaea</i>	Larch
<i>Picea abies</i>	Norway Spruce
<i>Pinus nigra</i>	Black Pine
<i>P. sylvestris</i>	Scots Pine
<i>P. mugo</i>	Mountain Pine
<i>P. leucodermis</i>	Bosnian Pine
<i>P. peuce</i>	Macedonian Pine
<i>Juniperis communis</i>	Juniper

**FERNS**

<i>Asplenium ruta-muraria</i>	Wall Rue	
<i>A. septentrionale</i>	Forked Spleenwort	
<i>A. trichomanes</i>	Maidenhair Spleenwort	
<i>Athyrium filix-femina</i>	Lady Fern	
<i>Botrychium lunaria</i>	Moonwort	
<i>Ceterach officinarum</i>	Rusty-back Fern	
<i>Cystopteris alpina</i>	Alpine Brittle Bladder Fern	
<i>C. fragilis</i>	Brittle Bladder Fern	
<i>Dryopteris affinis</i>	Scaly Male Fern	
<i>D. felix-mas</i>	Male Fern	
<i>Gymnocarpium dryopteris</i>	Oak Fern	
<i>G. robertianum</i>	Limestone Fern	
<i>Phegopteris connectilis</i>	Beech Fern	
<i>Polypodium vulgare</i>	Common Polypody	
<i>Polystichum lonchitis</i>	Holly Fern	
<i>P. aculeatum</i>	Hard Shield Fern	
<i>P. setiferum</i>	Soft Shield Fern	
<i>D. austriaca</i>	Broad Buckler Fern	
<i>D. expansa</i>	Northern Buckler Fern	
<i>Selaginella helvetica</i>	Swiss Clubmoss	Day 7 – gorge
<i>Isoetes lacustris</i>	Quillwort	Day 4 - lake edges

Key: (\*\* = plants seen in 2007)

#### References:

Flowers of Greece and the Balkans (*Oleg Polunin*)

Alpine Flowers of Britain & Europe (*Christopher Grey-Wilson and Marjorie Blamey*)

Conspectus of the Bulgarian Vascular Flora (*Dimitar Dimitrov*)

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