

Valais – Highlights of the Swiss Alps

Naturetrek Tour Report

26th June – 3rd July 2022



Aletsch Glacier & Alpenrose, *Rhododendron ferrugineum*



Alpine Rock-jasmine, *Androsace*



Knapweed Fritillary



Alpine Marmot by Colin Dixon

Report and images by David Morris



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Day 1

Sunday 26th June

The group arrived at Geneva on a mid-day flight to be met by Bob who had arrived earlier. After getting our bags we boarded the train bound to Brig. We hugged the northern shores of Lake Geneva as we headed east with its rolling landscape of vineyard-clad slopes. Black Kites were numerous on the journey along with Yellow-legged Gull and Great Cormorants on the shores of the lake. The train headed on up the Rhône valley before arriving at Brig where we transferred onto a local cog-driven train to Betten.

Having picked up our cable passes we ascended the mountainside, passing woodlands, meadows, and log cabins below before arriving at Bettmeralp to be met by our host, Christian. We took a leisurely stroll up through the village, free of our bags, where we found Black Redstarts, Swifts, Crag Martins and Citril Finches. At the hotel we enjoyed our first evening meal of the trip overlooking the stunning views before settling into bed for a comfortable night's sleep.

Day 2

Monday 27th June

We woke to a warm clear morning in Bettmeralp and enjoyed a filling breakfast before heading off on our first day exploring the Aletsch region we were staying in. Black Redstart, Cuckoo, Citril Finch were all noted as we headed up to the Bettmerhorn cable lift. Before boarding we explored a small meadow area finding a nice array of plants including Small White Orchid, *Pseudorchis albida*, Dark Vanilla Orchid, *Gymnadenia rbellicani*, Alpenrose, *Rhododendron ferrugineum*, Arnica, *Arnica montana* and Lesser Wintergreen, *Pyrola minor*.

At the Bettmerhorn some of the group spent time around the cable station whilst others pushed up towards the summit. Family parties of Alpine Accentors were flitting amongst the boulders joined by groups of noisy Alpine Choughs. The snow had largely retreated this year and left the alpine turf studded with colour. Southern Gentian, *Gentiana alpina*, Short-leaved Gentian, *Gentiana brachyphylla*, Blunt-leaved Rock-jasmine, *Androsace obtusifolia* and Moss Champion, *Silene acaulis* provided interest to the botanists. With a little more effort some of the group also found Vandel's Rock-jasmine, *Androsace vandelii* covered in white flowers adorning the acidic rocks.

We slowly descended the ridge heading west which provided incredible views over the adjacent Aletsch glacier and lofty peaks around us. In a sheltered spot we enjoyed our first picnic lunch of the trip before continuing along the ridge to the top of the Moosfluh cable station where we enjoyed a well-earned refreshment. Boarding the cable lift we hopped off at the mid-station, where some of the group saw a female Black Grouse and her brood of chicks. From the Blausee we descended through the scrubby heath towards Bettmeralp noting Whinchat and Water Pipit. Botanical highlights included Martagon Lily, *Lilium martagon* and White False-helleborine, *Veratrum album*. We arrived back at the hotel just in time as the clouds rolled in and a thunderstorm set in for the evening.

Day 3

Tuesday 28th June

We awoke to find Bettmeralp consumed in low cloud from the previous night's rain. Undeterred, a number of the group met for a pre-breakfast birding walk around the adjacent woodland. Bird activity was good with a

mixed party of Coal and Crested Tits with Firecrest that gave good views of its bright crown. Cuckoo, Willow Tit and an elusive pair of Wryneck were added to the list before we returned to the hotel for breakfast.

With a wet afternoon forecast and clearer conditions up high, we set off through the village heading to the lofty nearby Eiggishorn. On the way to the cable lift we observed Fieldfare and Ring Ouzel busily collecting food for their young. At the valley bottom in Betten we headed east on the train before alighting at Fiesch and taking the cable cars to reach the Eiggishorn summit, way above the misty valley floor.

Snow this year was thin on the ground compared to previous years, with the snowmelt revealing a dazzling array of high-altitude alpine plants. Rocks were covered in Saxifrages including *Saxifraga bryoides*, *Saxifraga exarata* subsp. *exarata* and subsp. *moschata* alongside Purple Saxifrage *Saxifraga oppositifolia*. The rocky scree held large quantities of Glacier Crowfoot, *Ranunculus glacialis*, Glacier Mouse-ear, *Cerastium uniflorum* along with Swiss Rock-jasmine, *Androsace helvetica*. Alpine Accentors and Alpine Chough both put in an appearance.

Picnic lunch was enjoyed in the shelter of the cable station before descending back down the mountain and stopping for coffee in Fiescheralp. Back in Fiesch we waited for our train before making the return journey back to Bettmeralp as the late afternoon rain set in. Relaxed and refreshed, we enjoyed an evening meal overlooking the dramatic panoramic views from the hotel restaurant.

Day 4

Wednesday 29th June

We awoke to a fine day of weather ahead, the early risers seeing the Matterhorn lit up by the rising sun. A pre-breakfast amble around the woods and meadows close to the hotel produced Nutcracker, Serin, Citril Finches and Crested Tit. After breakfast with the weather set fine, we headed west of Bettmeralp to explore the Aletsch Forest.

Our walk took us through wooded glades and sheltered meadows. In the warm morning sun butterflies were active, with Scarce Copper, Scotch Argus, Green-underside Blue and Heath Fritillary amongst the growing list. Nutcrackers flitted amongst the larches calling raucously and whilst waiting for our cable car at the Moosfluh, we had an immature Bearded Vulture circling overhead. At the top of the cable lift we paused briefly for a mid-morning coffee overlooking the vast Aletsch Glacier.

From the Aletsch ridge we descended into the forest which clung onto the steep glacially incised valley sides. Alpenrose, *Rhododendron ferrugineum* was in full bloom. The acidic rocks around our descent held populations of Livelong Saxifrage, *Saxifraga paniculata* and Spoon-leaved Saxifrage, *Saxifraga cuneifolia*. Lunch was enjoyed overlooking the glacier and we were entertained by busy Nutcrackers.

Continuing on, we eventually reached a clearing in the forest and emerged at Riederfurka. On the adjacent ridge we saw a pair of immature Golden Eagles gliding over, shortly joined by a full adult. A welcome break was enjoyed at the grand house of Villa Cassel where we had refreshments and rested our feet a little. We descended back towards Riederalp where some of the group took the electric bus back to the hotel as the rest of us walked back through the villages and their vibrant, insect-humming meadows.

Day 5

Thursday 30th June

With a decent weather forecast ahead we headed south today towards Zermatt and the Matterhorn. Our train journey was nothing short of spectacular, through deep glacial gorges, by cascading rivers and under some of the Alps' tallest peaks where we picked up Dipper and Golden Eagle to add to the day's bird list. At Zermatt we boarded the Gornergatt Bahn taking us up to 3,131 metres in altitude, where the views over the Gorner Glacier, Matterhorn and Dufourspitze were impressive. The route up through the woods saw impressive stands of Martagon Lily, *Lilium martagon* and close views of Alpine Chamois and Alpine Choughs, while White-winged Snowfinches scavenged for crumbs around the cafe at the top. The botanists in the group pressed on to explore the high-altitude screes that overlay the interesting geology of the area. King of the Alps, *Eritrichium nanum*, Alpine Rock-jasmine, *Androsace alpina*, Purple Saxifrage, *Saxifraga oppositifolia* and Yellow Whitlowgrass, *Draba aizoides* were smothered in flowers but tightly cushioned to the ground.

After time exploring the top, we descended one stop by train to get off at Rotenboden where we walked through the newly set up alpine garden, observing a range of labelled native plants before setting up picnic lunch. Lunch was enjoyed looking towards the Matterhorn with attendant Alpine Choughs with a taste for dried fruit. All around us the turf was studded with tiny alpine gems including Schleicher's Gentian *Gentiana schleicheri*, Dwarf Ragwort *Senecio incanans* subsp. *incanans* and Cobweb Houseleek, *Sempervivum arachnoideum*. After lunch we headed down past the Riffelsee noting Alpine Accentors, more Snowfinches, Alpine Marmot and a partial reflection of the Matterhorn in the lake.

By late afternoon we boarded the Gornergrat Bahn at Riffelberg to retrace our steps back towards Bettmeralp where we enjoyed a delicious evening meal at the hotel on arrival.

Day 6

Friday 1st July

Overnight thunderstorms left Bettmeralp shrouded in low cloud and rain to start the day. Despite the gloomy conditions the weather was forecast to clear and warm up so once we had enjoyed a filling breakfast, we headed down through Bettmeralp to start our walk through woodland and meadows that link a number of villages on the slopes below us. After emerging from sheltered spruce woodland, the clouds started to lift, and the day warmed up. Meadows on the upper slopes still remained uncut and hosted many taller herbs including Queen of the Alps, *Eryngium alpinum*, Wood Crane's-bill, *Geranium sylvaticum* and Carthusian Pink, *Dianthus carthusianorum*. Insects were warming up as the sun broke with Spotted, Knapweed, Heath and Queen of Spain Fritillaries joining hundreds of Marbled Whites. Birds were productive too with Red-backed Shrikes, Red Kites and Tree Pipits.

Lunch was had on benches overlooking the Rhône Valley and the patchwork of meadows and woodlands on the slope. As we ate our lunch, we were treated to a bit of a raptor fest with Golden Eagle, Hobby, Kestrel, Red Kite and at least seven Honey Buzzards overhead. Walking further into the valley we noted Black Woodpecker, Western Bonelli's Warbler, Goshawk, another Golden Eagle and brief views of immature Lammergeier. At Betten Dorf we saw more butterflies, including Scarce Swallowtail and Purple-shot Copper.

From Betten Dorf, we boarded the cable car back up to Betten where Citril Finches, Alpine Chough and obliging Nutcrackers awaited. Some of the group opted to end the afternoon by taking a ride on the adjacent

Wurzenbord chairlift to enjoy the views as others had a relaxing afternoon around the hotel and watched the spectacular sunset over the Matterhorn and Weishorn.

Day 7

Saturday 2nd July

Our final full day in the Alps was set to be a fine one. We woke to bright sunshine and clear skies with panoramic views over the lofty peaks surrounding Zermatt. Following breakfast, we set off on the Wurzenbord chairlift to the ridge above the hotel. The way up was tranquil with cow bells clanking, Water Pipits displaying and Alpine Marmot on the turf below. The summit ridge gave fine views over the surrounding landscape. The group then wandered down towards Bättmerhitta where some enjoyed a morning coffee whilst others continued a little further to find a patch of snowmelt.

With the season being some three to four weeks earlier than usual, we were keen to seek out this final remaining snow patch. On arrival we were not disappointed, as many early flowering snowmelt species were blooming around it. The turf was studded with delicate purple Snowbells, *Soldanella alpina* along with white Kuepfer's Buttercup, *Ranunculus kuepferi*, Spring Crocus, *Crocus caeruleus*, Trumpet Gentian, *Gentiana acaulis* and a small quality of Alpine Pasqueflower, *Pulsatilla alpina* subsp. *apiifolia*. Snowmelt-spectacle fully appreciated, we joined the rest of the group outside the cafe for coffee and homemade apricot tarts and vanilla slices.

By late morning we took a path that descended through scrubby heaths and meadows which were packed with butterflies and a good array of orchids, including Dark Vanilla Orchid, *Gymnadenia rbellicani*, Small White Orchid, *Pseudorchis albida* and Heath Fragrant Orchid, *Gymnadenia borealis*. Lunch was enjoyed in a wooded glade full of butterfly activity before heading the short distance back into Bettmeralp. Some of the group opted for a relaxing afternoon whilst others took to the Bettmerhorn for a final view over the Aletsch Glacier.

Day 8

Sunday 3rd July

Another sunny morning greeted us on our final day in Switzerland. After breakfast and our bags were packed, we had a little time to spare so we had chance for a last trip on the Wurzenbord chairlift. Legs dangling from the chairs, we rose to the top of the peak above the hotel listening to Water Pipits and Black Redstarts singing and watching Alpine Marmots busy below. The view at the top gave us one last view across the valley and a chance for a final photo or two before heading back to the hotel, saying our farewells to host Chris and his team before walking the short distance to the Bettmeralp cable car where we connected with our onward trains, arriving for departure from a hot and sunny Geneva airport later that afternoon.

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Species Lists

Plants (‡ = cultivated or naturalised)

Scientific Name	Common Name
LYCOPODIOPSIDA	CLUBMOSES
Lycopodiaceae	Clubmoss Family
<i>Diphasiastrum alpinum</i>	Alpine Clubmoss
<i>Huperzia selago</i>	Fir Clubmoss
<i>Lycopodium annotinum</i>	Interrupted Clubmoss
EQUISETOPSIDA	HORSETAILS
Equisetaceae	Horsetail Family
<i>Equisetum palustre</i>	Marsh Horsetail
<i>Equisetum sylvaticum</i>	Wood Horsetail
PTEROPSIDA	FERNS
Aspleniaceae	Spleenwort Family
<i>Asplenium ruta-muraria</i>	Wall-rue
<i>Asplenium septentrionale</i>	Forked Spleenwort
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort
<i>Asplenium viride</i>	Green Spleenwort
Athyriaceae	Lady-fern Family
<i>Athyrium distentifolium</i>	Alpine Lady-fern
<i>Athyrium filix-femina</i>	Lady-fern
Blechnaceae	Hard-fern Family
<i>Blechnum spicant</i>	Hard-fern

Scientific Name	Common Name
Cystopteraceae	Bladder-fern Family
<i>Cystopteris fragilis</i>	Brittle Bladder-fern
Dennstaedtiaceae	Bracken Family
<i>Pteridium aquilinum</i>	Bracken
Dryopteridaceae	Buckler-fern Family
<i>Dryopteris affinis</i>	Scaly Male-fern
<i>Dryopteris dilatata</i>	Broad Buckler-fern
<i>Dryopteris filix-mas</i>	Male-fern
<i>Gymnocarpium dryopteris</i>	Oak Fern
<i>Polystichum aculeatum</i>	Hard Shield-fern
<i>Polystichum lonchitis</i>	Holly-fern
Ophioglossaceae	Adder's-tongue Family
<i>Botrychium lunaria</i>	Moonwort
Polypodiaceae	Polypody Family
<i>Polypodium vulgare</i>	Common Polypody
Thelypteridaceae	Marsh Fern Family
<i>Phegopteris connectilis</i>	Beech Fern
Woodsiaceae	Woodsia Family
<i>Woodsia alpina</i>	Alpine Woodsia
PINOPSIDA	CONIFERS
Cupressaceae	Juniper Family
<i>Juniperus communis subsp. nana</i>	Common Juniper
Pinaceae	Pine Family
<i>Abies alba</i>	European Silver-fir
<i>Larix decidua</i>	Larch
<i>Picea abies</i>	Norway Spruce
<i>Pinus uncinata</i>	Mountain Pine
<i>Pinus cembra</i>	Swiss Pine
MAGNOLIOPSIDA	FLOWERING PLANTS
MAGNOLIIDAE	DICOTYLEDONS
Adoxaceae	Moschatel Family
<i>Sambucus nigra</i>	Common Elder
<i>Sambucus racemosa</i>	Alpine Elder
<i>Viburnum opulus</i>	Guelder-rose
Apiaceae	Carrot Family
<i>Aegopodium podagraria</i>	Ground Elder
<i>Bupleurum stellatum</i>	Starry Hare's-ear
<i>Carum carvi</i>	Caraway
<i>Heracleum sphondylium</i>	Hogweed
<i>Peucedanum ostruthium</i>	Masterwort

Scientific Name*Laserpitium latifolium**Ligusticum mutellina**Pimpinella saxifraga***Common Name**

Broad-leaved Sermountain

Alpine Lovage

Burnet-saxifrage

Araliaceae*Hedera helix***Ivy Family**

Ivy

Asteraceae*Achillea millefolium**Antennaria dioica**Arnica montana**Aster alpinus**Bellis perennis**Carduus defloratus**Carlina acaulis**Centaurea montana**Centaurea scabiosa* ssp. *alpina**Cicerbita alpina**Cirsium spinosissimum**Cirsium heterophyllum**Crepis pyrenaica**Erigeron alpinus**Erigeron uniflorus**Eryngium alpinum**Eupatorium cannabinum**Gnaphthodium norvegicum**Hieracium alpinum**Hieracium pilosella**Homogyne alpina**Jacobaea incana**Leontodon hispidus**Leucanthemopsis alpina**Leucanthemum vulgare**Petasites paradoxus**Prenanthes perenis**Solidago virgaurea**Taxaracum alpinum**Taraxacum officinale**Tragopogon pratensis**Tussilago farfara***Daisy Family**

Yarrow

Cat's-foot

Arnica

Alpine Aster

Daisy

Alpine Thistle

Stemless Carlina Thistle

Mountain Cornflower

Greater Knapweed

Alpine Blue-sowthistle

Spiniest Thistle

Melancholy Thistle

A Mountain Hawksbeard

Alpine Fleabane

One-flowered Fleabane

Queen of the Alps

Hemp Agrimony

Dwarf Cudweed

Alpine Hawkweed

Mouse-ear Hawkweed

Alpine Colt's-foot

Grey Alpine Groundsel

Alpine Hawkbit

Alpine Moon Daisy

Ox-eye Daisy

Alpine Butterbur

Blue Lettuce

Goldenrod

Alpine Dandelion

Dandelion

Goat's-beard

Colt's-foot

Berberidaceae*Berberis vulgaris***Berberis Family**

Common Barberry

Betulaceae*Alnus glutinosa**Alnus viridis**Betula pendula***Birch Family**

Common Alder

Green Alder

Silver Birch

Boraginaceae*Echium vulgare**Eritrichium nanum**Myosotis alpestris***Borage Family**

Viper's Bugloss

King-of-the-Alps

Alpine Forget-me-not

Scientific Name**Brassicaceae**

Alliaria petiolata
Arabis alpina subsp. *alpina*
Biscutella laevigata
Cardamine alpina
Cardamine hirsuta
Cardamine impatiens
Cardamine pratensis subsp. *pratensis*
Cardamine resedifolia
Draba aizoides
Pritzelago alpina
Thlaspi montanum
Thlaspi rotundifolium subsp. *rotundifolium*

Common Name**Cabbage Family**

Garlic Mustard
 Alpine Rock-cress
 Buckler Mustard
 Alpine Bitter-cress
 Hairy Bitter-cress
 Narrow-leaved Bitter-cress
 Lady's Smock
 Mignonette-leaved Bitter-cress
 Yellow Whitlowgrass
 Chamois Cress
 Mountain Penny-cress
 Round-leaved Penny-cress

Campanulaceae

Campanula barbata
Campanula glomerata
Campanula perforata
Campanula rotundifolia
Campanula spicata
Campanula stenocodon
Campanula trachelium
Phyteuma betonicifolium
Phyteuma hemisphaericum
Phytuma humile
Phyteuma obiculare

Bellflower Family

Bearded Bellflower
 Clustered Bellflower
 Perforate Bellflower
 Harebell
 Spiked Bellflower
 Cotian Bellflower
 Nettle-leaved Bellflower
 Betony-leaved Rampion
 Globe-headed Rampion
 Dwarf Rampion
 Round-headed Rampion

Cannabaceae

Humulus lupulus

Hop Family

Hop

Caprifoliaceae

Knautia dipsacifolia
Lonicera alpigena
Lonicera xylostium
Scabiosa lucida
Valeriana tripteris

Honeysuckle Family

Wood Scabious
 Alpine Honeysuckle
 Fly Honeysuckle
 Shining Scabious
 Three-leaved Valerian

Caryophyllaceae

Arenaria biflora
Cerastium alpinum
Cerastium fontanum
Cerastium latifolium
Cerastium lineare
Cerastium uniflora
Dianthus carthusianorum
Gypsophila repens
Minuartia biflora
Minuartia sedoides
Minuartia verna
Sagina saginoides
Saponaria ocymoides
Silene acaulis
Silene diocia

Pink Family

Two-flowered Sandwort
 Alpine Mouse-ear
 Common Mouse-ear
 Broad-leaved Mouse-ear
 Narrow-leaved Mouse-ear
 Glacier Mouse-ear
 Carthusian Pink
 Alpine Gypsophila
 Northern Sandwort
 Mossy Cyphel
 Vernal Sandwort
 Alpine Pearlwort
 Rock Soapwort
 Moss Campion
 Red Campion

Scientific Name

Silene nutans
Silene pratensis
Silene suecica
Silene vulgaris
Stellaria holostea
Stellaria media
Viscaria vulgaris (*Lychnis viscaria*)

Common Name

Nottingham Catchfly
 White Campion
 Sticky Catchfly
 Bladder Campion
 Greater Stichwort
 Common Chickweed
 Sticky Catchfly

Chenopodiaceae

Chenopodium bonus-henricus

Goosefoot Family

Good-King-Henry

Cistaceae

Helianthemum oelandicum subsp.
alpestre

Rockrose Family

Alpine Rockrose

Corylaceae

Corylus avellana

Hazel Family

Hazel

Crassulaceae

Sedum acre
Sedum album
Sedum alpestre
Sedum dasyphyllum
Sedum telephium
Sempervivum arachnoideum
Sempervivum montanum
Sempervivum tectorum

Stonecrop Family

Biting Stonecrop
 White Stonecrop
 Alpine Stonecrop
 Thick-leaved Stonecrop
 Orpine
 Cobweb Houseleek
 Mountain Houseleek
 Common Houseleek

Ericaceae

Arctostaphylos alpinus
Arctostaphylos uva-ursi
Calluna vulgaris
Empetrum nigrum subsp.
hermaphroditum
Kalmia procumbens
Pyrola minor
Rhododendron ferrugineum
Vaccinium myrtillus
Vaccinium uliginosum agg.
Vaccinium vitis-idaea

Heather Family

Alpine Bearberry
 Bearberry
 Ling
 Hermaphrodite Crowberry
 Trailing Azalea
 Lesser Wintergreen
 Alpenrose
 Bilberry
 Bog Whortleberry
 Cowberry

Euphorbiaceae

Euphorbia cyparissias
Mercurialis perennis

Spurge Family

Cypress Spurge
 Dog's Mercury

Fabaceae

Anthyllis vulneraria subsp. *alpestris*
Astragalus alpinus
Astragalus glycyphyllos
Hedysarum hedysaroides
Hippocrepis comosa
Lathyrus aphaca
Lathyrus pratensis
Lotus alpinus
Oxytropis campestris

Pea Family

Alpine Kidney Vetch
 Alpine Milk-vetch
 Wild Liquorice
 Alpine Sainfoin
 Horseshoe Vetch
 Yellow Vetchling
 Meadow Vetchling
 Alpine Bird's-foot-trefoil
 Yellow Milk-vetch

Scientific Name

Trifolium alpinum
Trifolium badium
Trifolium montanum
Trifolium pallescens
Trifolium pratense
Trifolium repens
Trifolium rubens
Trifolium spadiceum
Vicia cracca

Common Name

Alpine Clover
 Brown Clover
 Mountain Clover
 Pale Clover
 Red Clover
 White Clover
 Red Trefoil
 Large Brown Clover
 Tufted Vetch

Fagaceae

Fagus sylvatica
Quercus petraea
Quercus robur

Beech Family

Beech
 Sessile Oak
 Pedunculate Oak

Gentianaceae

Gentiana alpina
Gentiana acaulis
Gentiana brachyphylla
Gentiana cruciata
Gentiana lutea
Gentiana schleicheri
Gentiana verna

Gentian Family

Southern Gentian
 Trumpet Gentian
 Short-leaved Gentian
 Cross Gentian
 Great Yellow Gentian
 Schleicher's Gentian
 Spring Gentian

Geraniaceae

Geranium robertianum
Geranium sanguinum
Geranium sylvaticum

Crane's-bill Family

Herb Robert
 Bloody Crane's-bill
 Wood Crane's-bill

Hypericaceae

Hypericum maculatum

St John's-wort Family

Imperforate St John's-wort

Juglandaceae

Juglans regia ‡

Walnut Family

Walnut

Lamiaceae

Acinos alpinus
Ajuga pyramidalis
Ajuga reptans
Galeopsis tetrahit
Lamiastrum galeobdolon
Lamium purpureum
Origanum vulgare
Prunella vulgaris
Salvia pratensis
Thymus praecox subsp. *polytrichus*
Thymus pulegioides

Dead-nettle Family

Alpine Calamint
 Pyramidal Bugle
 Common Bugle
 Common Hemp-nettle
 Yellow Archangel
 Red Dead-nettle
 Marjoram
 Self-heal
 Meadow Clary
 Wild Thyme
 Large Thyme

Lentibulariaceae

Pinguicula vulgaris

Butterwort Family

Common Butterwort

Linaceae

Linum catharticum

Flax Family

Fairy Flax

Scientific Name**Oleaceae***Fraxinus excelsior**Ligustrum vulgare***Common Name****Ash Family**

Ash

Wild Privet

Onagraceae*Epilobium angustifolium**Epilobium alsinifolium**Epilobium montanum***Willowherb Family**

Rosebay Willowherb

Chickweed Willowherb

Broad-leaved Willowherb

Orobanchaceae*Bartsia alpina**Euphrasia minima**Euphrasia picta**Melampyrum pratense**Melampyrum sylvaticum**Pedicularis foliosa**Pedicularis oederi**Rhinanthus minor***Broomrape Family**

Alpine Bartsia

Dwarf Eyebright

Eastern Eyebright

Common Cow-wheat

Small Cow-wheat

Leafy Louswort

Crimson-tipped Lousewort

Yellow-rattle

Oxalidaceae*Oxalis acetosella***Wood-sorrel Family**

Wood-sorrel

Papaveraceae*Papaver rhoeas***Poppy Family**

Common Poppy

Plantaginaceae*Digitalis lutea**Linaria alpina**Linaria vulgaris**Plantago maritima* subsp. *serpentina**Plantago media**Plantago lanceolata**Veronica alpina**Veronica bellidioides**Veronica chamaedrys**Veronica fruticans**Veronica officinalis**Veronica serpyllifolia***Plantain Family**

Small Yellow Foxglove

Alpine Toadflax

Common Toadflax

Fleshy Plantain

Hoary Plantain

Ribwort Plantain

Alpine Speedwell

Violet Speedwell

Germander Speedwell

Rock Speedwell

Heath Speedwell

Thyme-leaved Speedwell

Polygalaceae*Polygala alpestris**Polygala alpina**Polygala chamaebuxus**Polygala nicaeensis**Polygala vulgaris***Milkwort Family**

Mountain Milkwort

Alpine Milkwort

Shrubby Milkwort

Nice Milkwort

Common Milkwort

Polygonaceae*Oxyria digyna**Persicaria vivipara**Rumex acetosella**Rumex alpestris**Rumex alpinus**Rumex scutatus***Dock Family**

Mountain Sorrel

Alpine Bistort

Sheep's Sorrel

Mountain Dock

Monk's-rhubarb

French Sorrel

Scientific Name**Primulaceae**

Androsace alpina
Androsace helvetica
Androsace obtusifolia
Androsace vandellii
Primula farinosa
Primula hirsuta
Primula veris
Soldanella alpina

Ranunculaceae

Anemone nemorosa
Caltha palustris
Clematis vitalba
Hepatica nobilis
Pulsatilla alpina subsp. *apiifolia*
Pulsatilla vernalis
Ranunculus acris
Ranunculus auricomus
Ranunculus glacialis
Ranunculus kuepferi
Trollius europaeus

Rosaceae

Alchemilla alpina
Alchemilla vulgaris agg.
Aria edulis (*Sorbus aria*)
Crataegus monogyna
Filipendula ulmaria
Fragaria vesca
Geum montanum
Geum reptans
Geum rivale
Geum urbanum
Potentilla aurea
Potentilla crantzii
Potentilla erecta
Potentilla sterilis
Poterium sanguisorba
Prunus avium
Rosa canina
Rubus idaeus
Rubus saxatilis
Sibbaldia procumbens
Sorbus aucuparia

Rubiaceae

Cruciata laevipes
Galium boreale
Galium megalospermum
Galium odoratum
Galium verum

Salicaceae**Common Name****Primrose Family**

Alpine Rock-jasmine
 Swiss Rock-jasmine
 Blunt-leaved Rock-jasmine
 Vandell's Rock-jasmine
 Bird's-eye Primrose
 Hairy Primrose
 Cowslip
 Alpine Snowbell

Buttercup Family

Wood Anemone
 Marsh-marigold
 Old Man's Beard
 Liverleaf
 Alpine Pasqueflower
 Spring Pasqueflower
 Meadow Buttercup
 Goldilocks Buttercup
 Glacier Crowfoot
 Kupfer's Buttercup
 Globeflower

Rose Family

Alpine Lady's-mantle
 Lady's-mantle
 Whitebeam
 Hawthorn
 Meadowsweet
 Wild Strawberry
 Alpine Avens
 Creeping Avens
 Water Avens
 Herb Bennet
 Golden Cinquefoil
 Alpine Cinquefoil
 Tormentil
 Barren Strawberry
 Salad Burnet
 Wild Cherry
 Dog-rose
 Raspberry
 Stone Bramble
 Sibbaldia
 Rowan

Madder Family

Crosswort
 Northern Bedstraw
 Swiss Bedstraw
 Woodruff
 Lady's Bedstraw

Willow Family

Scientific Name

Populus alba
Populus tremula
Salix arbuscula
Salix helvetica
Salix herbacea
Salix retusa
Salix serpyllifolia

Common Name

White Poplar
 Aspen
 Mountain Willow
 Swiss Willow
 Least Willow
 Retuse-leaved Willow
 Thyme-leaved Willow

Sapindaceae

Acer campestre
Acer pseudoplatanus

Maple Family

Field Maple
 Sycamore

Saxifragaceae

Chrysosplenium alternifolium
Micranthes (Saxifraga) stellaris
Saxifraga aspera
Saxifraga bryoides
Saxifraga cuneifolia
Saxifraga exarata subsp. *exarata*
Saxifraga exarata subsp. *moschata*
Saxifraga oppositifolia
Saxifraga paniculata
Saxifraga seguieri

Saxifrage Family

Alternate-leaved Golden-saxifrage
 Starry Saxifrage
 Rough Saxifrage
 Mossy Saxifrage
 Spoon-leaved Saxifrage
 White Musky Saxifrage
 Musky Saxifrage
 Purple Saxifrage
 Livelong Saxifrage
 Scree Saxifrage

Scrophulariaceae

Verbascum pulverulentum

Figwort Family

Hoary Mullein

Tiliaceae

Tilia cordata
Tilia platyphyllos

Lime Family

Small-leaved Lime
 Large-leaved Lime

Urticaceae

Urtica dioica

Nettle Family

Common Nettle

Violaceae

Viola biflora
Viola calcarata
Viola lutea
Viola palustris
Viola tricolor

Violet Family

Yellow Wood Violet
 Long-spurred Pansy
 Mountain Pansy
 Marsh Violet
 Wild Pansy

LILIIDAE**MONOCOTYLEDONS****Asparagaceae**

Anthericum liliago
Maianthemum bifolium

Asparagus Family

St Bernard's Lily
 May Lily

Cyperaceae

Eriophorum angustifolium

Sedge Family

Common Cottongrass

Iridaceae

Crocus vernus subsp. *albiflorus*

Iris Family

Spring Crocus

Scientific Name**Juncaceae***Juncus trifidus**Juncus triglumis**Luzula alpinopilosa**Luzula multiflora**Luzula nivea**Luzula sylvatica***Common Name****Rush Family**

Three-leaved Rush

Three-flowered Rush

Alpine Wood-rush

Heath Wood-rush

Snow Rush

Great Wood-rush

Liliaceae*Lilium martagon***Lily Family**

Martagon Lily

Melanthiaceae*Veratrum album***Herb-Paris Family**

White False-helleborine

Orchidaceae*Dactylorhiza fuschii**Dactylorhiza majalis**Dactylorhiza (Coeloglossum) viridis**Gymnadenia conopsea**Gymnadenia rhellicani**Pseudorchis albida***Orchid Family**

Common Spotted-orchid

Broad-leaved Marsh-orchid

Frog Orchid

Fragrant-orchid

Vanilla Orchid

Small-white Orchid

Birds (✓=recorded but not counted; H = heard only)

Common name	Scientific name	June - July							
		26	27	28	29	30	1	2	3
Mallard	<i>Anas platyrhynchos</i>	✓							✓
Black Grouse	<i>Tetrao tetrix</i>		1F	1M					
Alpine Swift	<i>Tachymarptis melba</i>				✓	✓	.	.	
Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Cuckoo	<i>Cuculus canorus</i>	✓	✓	✓	✓	✓	.	✓	✓
Rock Dove	<i>Columba livia</i>	✓					.		✓
Common Wood Pigeon	<i>Columba palumbus</i>	✓	✓				✓		✓
Eurasian Collared Dove	<i>Streptopelia decaocto</i>				✓	✓			
Eurasian Coot	<i>Fulica atra</i>						.		✓
Black-headed Gull	<i>Chroicocephalus ridibundus</i>	✓	✓
Yellow-legged Gull	<i>Larus michahellis</i>	✓		.		.			✓
Great Cormorant	<i>Phalacrocorax carbo</i>	✓	.	.					✓
Grey Heron	<i>Ardea cinerea</i>	✓							✓
Bearded Vulture	<i>Gypaetus barbatus</i>	.	.	.	1		1		
European Honey Buzzard	<i>Pernis apivorus</i>	.					7		
Golden Eagle	<i>Aquila chrysaetos</i>				3	1	3	1	
Northern Goshawk	<i>Accipiter gentilis</i>				.		1	.	
Red Kite	<i>Milvus milvus</i>	✓			.		✓		✓
Black Kite	<i>Milvus migrans</i>	✓	✓	✓	✓	.	.		
Common Buzzard	<i>Buteo buteo</i>	✓		.	✓	.	✓		✓
Eurasian Wryneck	<i>Jynx torquilla</i>			✓	✓	✓	✓	✓	✓
Great Spotted Woodpecker	<i>Dendrocopos major</i>			✓	✓		✓	.	
Black Woodpecker	<i>Dryocopus martius</i>			.			2	.	
European Green Woodpecker	<i>Picus viridis</i>			.	H		2	.	

Common name	Scientific name	June - July							
		26	27	28	29	30	1	2	3
Common Kestrel	<i>Falco tinnunculus</i>	✓	✓	.	✓	✓	✓	✓	✓
Eurasian Hobby	<i>Falco subbuteo</i>			.	.		2		
Red-backed Shrike	<i>Lanius collurio</i>						4		
Eurasian Jay	<i>Garrulus glandarius</i>		✓			✓	✓	✓	
Eurasian Magpie	<i>Pica pica</i>	✓		✓	✓	✓	✓	✓	✓
Spotted Nutcracker	<i>Nucifraga caryocatactes</i>		✓	✓	✓	✓	✓	✓	✓
Alpine Chough	<i>Pyrrhocorax graculus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Carrion Crow	<i>Corvus corone</i>		✓	✓		✓	✓	✓	✓
Northern Raven	<i>Corvus corax</i>	✓	✓	✓	✓		✓	✓	
Coal Tit	<i>Parus ater</i>	✓	✓	✓	✓	.	✓	✓	✓
European Crested Tit	<i>Lophophanes cristatus</i>			✓	✓		✓	✓	
Willow Tit	<i>Poecile montanus</i>			✓	✓	.	✓	✓	
Great Tit	<i>Parus major</i>		✓	✓	✓		✓	✓	
Eurasian Skylark	<i>Alauda arvensis</i>			✓		✓		✓	
Barn Swallow	<i>Hirundo rustica</i>	✓		.					✓
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>						✓		
Common Chiffchaff	<i>Phylloscopus collybita</i>	.	.	✓	✓	.	✓	.	
Eurasian Blackcap	<i>Sylvia atricapilla</i>			✓	✓	.	✓	✓	
Lesser Whitethroat	<i>Curruca curruca</i>	.	.	.	✓	.	✓	✓	
Common Firecrest	<i>Regulus ignicapilla</i>		.	✓	✓			✓	
Goldcrest	<i>Regulus regulus</i>		✓	
Eurasian Wren	<i>Troglodytes troglodytes</i>	.	✓	✓	✓		✓	.	
Eurasian Nuthatch	<i>Sitta europaea</i>		.	✓	✓		✓	.	
Eurasian Treecreeper	<i>Certhia familiaris</i>		.	✓	✓				
Common Starling	<i>Sturnus vulgaris</i>				.		✓	.	
Song Thrush	<i>Turdus philomelos</i>	.	.	✓	✓	✓	✓	✓	✓
Mistle Thrush	<i>Turdus viscivorus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Blackbird	<i>Turdus merula</i>		.	✓	✓	✓	✓	✓	✓
Fieldfare	<i>Turdus pilaris</i>		.	✓	✓	✓	✓	✓	✓
Ring Ouzel	<i>Turdus torquatus</i>		✓	✓	✓	✓	✓	✓	✓
Spotted Flycatcher	<i>Muscicapa striata</i>		.	✓	
European Robin	<i>Erithacus rubecula</i>		.	✓	✓	.	✓	✓	
Black Redstart	<i>Phoenicurus ochruros</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Redstart	<i>Phoenicurus phoenicurus</i>		✓		✓	.	.	.	
Whinchat	<i>Saxicola rubetra</i>		✓		✓			.	
Northern Wheatear	<i>Oenanthe oenanthe</i>		✓		✓	✓		✓	
White-throated Dipper	<i>Cinclus cinclus</i>					✓			
House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
White-winged Snowfinch	<i>Montifringilla nivalis</i>			✓		✓			
Alpine Accentor	<i>Prunella collaris</i>		✓	✓		✓		✓	
Dunnock	<i>Prunella modularis</i>		✓		✓				
Grey Wagtail	<i>Motacilla cinerea</i>					✓			
White Wagtail	<i>Motacilla alba</i>		✓	✓	✓	✓	✓	✓	✓
Tree Pipit	<i>Anthus trivialis</i>				✓	✓	✓		
Water Pipit	<i>Anthus spinoletta</i>		✓	✓	✓	✓	✓	✓	✓
Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>			✓	✓		✓		
Common Linnet	<i>Linaria cannabina</i>		✓		✓			✓	
Common Redpoll	<i>Acanthis flammea</i>		✓	✓	✓		✓	✓	

Common name	Scientific name	June - July							
		26	27	28	29	30	1	2	3
Red Crossbill	<i>Loxia curvirostra</i>				✓		✓	✓	
European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓				
Citril Finch	<i>Carduelis citrinella</i>	✓	✓	✓	✓		✓	✓	
European Serin	<i>Serinus serinus</i>	✓	✓	✓	✓	✓		✓	✓
Yellowhammer	<i>Emberiza citrinella</i>						✓		

Mammals

Common Pipistrelle, <i>Pipistrellus pipistrellus</i>	Red Squirrel, <i>Sciurus vulgaris</i>
Alpine Marmot, <i>Marmotta marmotta</i>	Alpine Chamois, <i>Rupicapra rupicapra</i>
Brown Hare, <i>Lepus capensis</i>	Red Fox, <i>Vulpes vulpes</i>

Amphibians & Reptiles

Common Frog, *Rana temporaria*

Butterflies

Common name	Scientific name	Common name	Scientific name
Swallowtail	<i>Papilio machaon</i>	Red Admiral	<i>Vanessa atalanta</i>
Scarce Swallowtail	<i>Iphiclides podalirius</i>	Painted Lady	<i>Cynthia cardui</i>
Black-veined White	<i>Aporia crataegi</i>	Small Tortoiseshell	<i>Aglais urticae</i>
Large White	<i>Pieris brassicae</i>	Dark Green Fritillary	<i>Speyeria aglaja</i>
Green-veined White	<i>Pieris napi</i>	Small Pearl-bordered Fritillary	<i>Clossiana selene</i>
Clouded Yellow	<i>Colias crocea</i>	Pearl-bordered Fritillary	<i>Clossiana euphrosyne</i>
Mountain Clouded Yellow	<i>Colias phicomone</i>	False Heath Fritillary	<i>Melitaea diamina</i>
Berger's Clouded Yellow	<i>Colias australis</i>	Heath Fritillary	<i>Melitaea athalia</i>
Wood White	<i>Leptidea sinapis</i>	Spotted Fritillary	<i>Melitaea didyma</i>
Cleopatra	<i>Gonepteryx cleopatra</i>	Knapweed Fritillary	<i>Melitaea phoebe</i>
Small Copper	<i>Lycaena phlaeas</i>	Queen of Spain Fritillary	<i>Issoria lathonia</i>
Large Copper	<i>Lyceana dispar</i>	High Brown Fritillary	<i>Fabriciana adippe</i>
Purple-edged Copper	<i>Palaeochrysophanus hippothoe</i>	Silver-washed Fritillary	<i>Argynnis paphia</i>
Purple-shot Copper	<i>Lyceana alciphron</i>	Marbled White	<i>Melanargia galathea</i>
Scarce Copper	<i>Lyceana vigaureae</i>	Rock Grayling	<i>Hipparchia hemione</i>
Little Blue	<i>Cupido minimus</i>	Scotch Argus	<i>Erebia aethiops</i>
Green-underside Blue	<i>Glaucopsyche alexis</i>	Mountain Ringlet	<i>Erebia epiphron</i>
Large Blue	<i>Maculinea arion</i>	Bright-eyed Ringlet	<i>Erebia oeme</i>
Mazarine Blue	<i>Cyaniris semiargus</i>	Almond-eyed Ringlet	<i>Erebia albertanus</i>
Adonis Blue	<i>Polyommatus bellargus</i>	Piedmont Ringlet	<i>Erebia meolans</i>
Common Blue	<i>Polyommatus icarus</i>	Meadow Brown	<i>Maniola jurtina</i>
Cranberry Blue	<i>Agriades optile</i>	Small Heath	<i>Coenonympha pamphilus</i>
Geranium Argus	<i>Eumedonia eumedon</i>	Alpine Heath	<i>Coenonympha gardetta</i>
Brown Argus	<i>Aricia agestis</i>	Large Wall Brown	<i>Lasiommata maera</i>
Chalk-hill Blue	<i>Polyommatus coridon</i>	Safflower Skipper	<i>Pyrgus carthami</i>
Adonis Blue	<i>Polyommatus bellargus</i>	Large Skipper	<i>Ochlodes venatus</i>
Common Blue	<i>Polyommatus icarus</i>	Essex Skipper	<i>Thymelicus lineolus</i>
Peacock	<i>Inachis io</i>	Small Skipper	<i>Thymelicus sylvestris</i>

Scientific name