

Valais – Highlights of the Swiss Alps

Naturetrek Tour Report

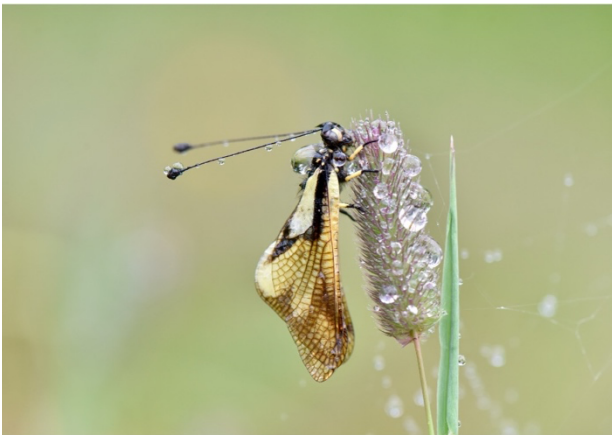
25th June – 2nd July 2023



King of the Alps *Eritrichum nanaum*



Alpine Accentor



Sulphur Owlfly



Globeflower *Trollius europaeus*

Tour report and images by David Morris



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Day 1

Sunday 25th 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 Gulls 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 Serin. 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 26th June

We woke to a fine, bright morning to start our exploration of the Aletsch region around our base of Bettmeralp. After breakfast and a quick picnic shop, we headed off to board the adjacent Wurzenbord chair lift. As we traversed the hillside, the scrub was alive with Cuckoo, Black Redstart and Water Pipit. On getting off the chairlift, we had a grandstand view down the Rhône valley before starting to get to grips with some of the key plants of the area.

The acid turf was studded with colour, including Trumpet Gentian, *Gentiana acaulis*, Alpine Pasqueflower, *Pulsatilla alpina* subsp. *apiifolia* and Dark Vanilla Orchid, *Gymnadenia rbellicani*. We walked down through the *Rhododendron ferrugineum* scrub before heading towards Bättmerhitta for late morning refreshment. Common Spotted Orchid, *Dactylorhiza fuschii*, Elder-flowered Orchid, *Dactylorhiza sambucina*, Small-White Orchid, *Pseudorchis albida* and Heath Fragrant Orchid, *Gymnadenia borealis* were added to the growing plant list. On our way towards Fiescheralp we watched a pair of Griffon Vultures circling above the Bettmerhorn, plus Golden Eagles and a range of passerines in the scrubby heaths.

Lunch was enjoyed outside the village of Fiescheralp before exploring some areas of recent snowmelt, revealing carpets of Spring Crocus, *Crocus caeruleus*, Alpine Snowbell, *Soldanella alpina*, Southern Gentians, *Gentiana alpina* along with Kuepfer's Buttercup, *Ranunculus kuepferi*. From here we took the cable car to the top of the Eiggishorn where retreating snow revealed Purple Saxifrages, *Saxifraga oppositifolia*, Glacier Crowfoot, *Ranunculus glacialis* and Glacier Mouse-ear, *Cerastium uniflorum*.

We finished the day by taking the various cable cars back down into the Rhône valley before catching a train back to Betten and ascending the slopes by cable car back to Bettmeralp. The village walk back to the hotel was in the company of Serin, Black Redstart and Common Swifts nesting in the village's timber buildings. Dinner was once again enjoyed with views of the evening sun over the Matterhorn.

Day 3

Tuesday 27th June

We woke to low cloud burning off around the village with Cuckoo, Serins and Fieldfare busy around the hotel. After breakfast we headed down through Bettmeralp to start our walk which took us through wooded glades and meadow areas that held a range of butterflies starting to warm up.

Bird activity was good with Spotted Nutcrackers, Crossbill, Crested Tit and Firecrest, but a fly through Griffon Vulture was a surprise encounter. Butterflies included Scarce Copper, Heath Fritillary, Dusky Grizzled Skipper and Mazarin Blue. We then took the Moosfluh cable lift to the top of the ridge for a coffee overlooking the Aletsch Glacier.

From the ridge we made our way down towards the Aletsch Forest with a fleeting glimpse of a passing Bearded Vulture above. The late Spring meant that a range of early spring flowers were still hanging on with Moss Campion, *Silene acaulis*, Short-leaved Gentian, *Gentiana brachyphylla* and Hairy Primrose, *Primula hirsuta* flowering. The descent into the woodland was through a fragrant scrub of Alpenrose, *Rhododendron ferrugineum* before stopping for picnic lunch overlooking the glacier.

Continuing through the pine forest we eventually reached Riederfurka and the welcome site of Villa Cassel where we stopped for coffee and cakes in the old wood-panelled dining room. Post refreshment, we headed back down towards Riederalp noting St Bruno's Lily, *Paradisea liliastrum* and a range of attractive flowering House-leeks. From Riederalp we headed back through the village meadows to the hotel in Bettmeralp for an enjoyable evening meal.

Day 4

Wednesday 28th June

As predicted by the forecast we woke to a fine day, so after breakfast we headed south to Zermatt for a day exploring the high peaks overlooking the Matterhorn. Our train journey took us through deep gorges and by cascading rivers, noting Black Kite, Dipper and Grey Wagtail on the way. From Zermatt we boarded the Gornergratt Bahn that took us via cog rail to the 3,131-metre summit overlooking the Gorner Glacier and many of the towering 4,000 metre plus big peaks. At the summit we escaped the tourists and headed around the peak, finding a small party of busy Alpine Accentors, Alpine Chough and White-winged Snowfinch. The retreating snow revealed some high-altitude Alpine gems including mats of Purple Saxifrage, *Saxifraga oppositifolia*, Round-leaved Penny Cress, *Thlaspi rotundifolia* and spectacular cushions of King of the Alps, *Eritrichium nanum*.

After a short while we dropped down one station stop to Rottenboden where we had good views of nesting White-winged Snowfinch before we wandered down the turf, studded with gentians and violas, to set up a picnic lunch. After lunch we headed down past the Riffelsee, noting Hairy Primrose, *Primula hirsuta*, Snowdon Lily, *Gagea serotina* and vast mats of Moss Campion, *Silene acaulis*. Alpine Marmots scampered about the turf and their panic calls gave away the presence of a passing juvenile Bearded Vulture.

By late afternoon we arrived at Riffelberg where we enjoyed ice creams as we awaited our train. We finally arrived back at the hotel early evening following a slight delay when our train had a breakdown on the way into Visp.

Day 5

Thursday 29th June

With another bright start to the day, some of the group ventured out before breakfast to explore the woodland adjacent to the hotel. Family parties of Crested Tits, along with Firecrest, flitted amongst the larches with us and we also had good views of Ring Ouzel, Common Crossbill and Spotted Nutcrackers.

After breakfast we headed down through Bettmeralp to start the villages walk to Betten Dorf. As we wandered through the many meadows lining our route, butterflies woke up and zoomed around in the sun. Black-veined White, Adonis Blue, Queen of Spain Fritillary, Scarce Copper and many others gave the photographers the run around. As we descended in altitude the meadows hummed with insect life and plants here included Carthusian Pink, *Dianthus carthusianorum*, Queen of the Alps, *Erigeron alpinum*, Spiked Bellflower, *Campanula spicata*, and Bloody Cranesbill, *Geranium sanguineum*.

We had a fine picnic lunch around the shade of a traditional Swiss field barn where the birding was good with Red-backed Shrike, Honey Buzzards, Red and Black Kites and Tree Pipit around. By mid-afternoon we arrived at Betten Dorf where we caught the cable car up to Bettmeralp where many of the group enjoyed a refreshing beer over the Rhône valley. By late afternoon clouds and thunderstorms rolled in so we retreated to the hotel to have our evening meal.

Day 6

Friday 30th June

Today we woke to low cloud blanketing Bettmeralp and a forecast of rain for the day ahead. Given that the risk of rain was likely to be less in the valley below, we headed down to Betten after breakfast and caught the train to Fürgangen further up the Rhône valley. From the station we walked the short way down to a deep wooded gorge with the milky river tumbling far beneath. We crossed the gorge via the impressive Goms suspension bridge and made our way into Mühleback where we stopped for late morning coffee and various delicious fruit tarts. Sitting outside the cafe we noted Hawfinch, Serin, Crag Martin, and Swifts forced down by the low pressure.

Refreshed, we set off on our walk through the village, appreciating the old wooden houses, barns and sheds, some dating back to the fourteen hundreds. In a small woodland outside the village, we found Fairy's Thimble, *Campanula cochlearis*, Liverleaf, *Hepatica nobilis* and Angular Solomon's-seal, *Polygonatum odoratum*. By early afternoon we arrived in the old village of Ernen where we had our picnic lunch in the square surrounded by more old vernacular buildings including the old jail and courthouse.

After lunch we headed down hill, first calling by the old church to look at its spectacular baroque interior before passing gardens and orchards rich in bird activity. Wryneck, Tree Sparrow, Common Redstart and Serin were flitting between the old buildings and their diverse gardens. Down the slope we noted meadows full of Meadow Clary, *Salvia pratensis* and a weedy crop of barley with a good smattering of Cornflower, *Centaurea cyanus* growing within it. By late afternoon we arrived in Lax to catch the train back to Betten and the cable car back to Bettmeralp. Bettmeralp was shrouded in thick cloud on our arrival and had endured a day of rain, which made us feel glad about our brighter and drier day lower down in the valley bottom today.

Day 7

Saturday 1st July

On our final full day of the trip, we woke to low cloud but undeterred, we set off on the mornings walk around the extensive coniferous woodlands to the east of the village. Despite the gloom we had good views of Crested Tits and found a range of other species including Spotted Nutcracker, Willow Tit, Firecrest, Common Crossbill and Treecreeper. A small area of open alpine meadow held some interesting floral diversity including Lesser Butterfly-Orchid, *Platanthera bifolia*, Heath Fragrant Orchid, *Gymnadenia borealis*, Black Vanilla Orchid, *Gymnadenia rhellicani* and Frog Orchid, *Dactylorhiza viridis*.

After a quick stop at the hotel, we made our way to the Bettmerhorn summit via the cable car. The summit was still shrouded in cloud, so we had a coffee in the cafe before heading out to enjoy a picnic lunch as the clouds broke. Birds at the top included Northern Wheatear, Snow Finch and Alpine Accentor. We had good views over the Aletsch Glacier as clouds moved in and out and some of the group opted for a botanical scramble further up in search of high-altitude alpiners. Plants found included Vandel's Rock-jasmine, *Androsace vandellii*, Alpine Aster, *Aster alpinus*, Alpine Fleabane, *Erigeron alpinus* and Crimson Lousewort, *Pedicularis kernerii*. By late afternoon we headed down back to the hotel to unwind before enjoying pizzas in the hotel pizzeria.

Day 8

Sunday 2nd July

We woke to another day of low cloud on our final day in Switzerland. After breakfast, we had a little time to spare so we had chance for a last trip on the Wurzenbord chair lift as the low cloud started to lift and break. Before boarding the chairlift, many had a last glimpse of Citril Finch and then we rose to the top of the peak above the hotel, listening to Water Pipits and Black Redstarts singing. 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

Scientific Name	Common Name
LYCOPODIOPSIDA	CLUBMOSES
Lycopodiaceae <i>Diphasiastrum alpinum</i> <i>Huperzia selago</i>	Clubmoss Family Alpine Clubmoss Fir Clubmoss
EQUISETOPSIDA	HORSETAILS
Equisetaceae <i>Equisetum palustre</i> <i>Equisetum sylvaticum</i>	Horsetail Family Marsh Horsetail Wood Horsetail
PTEROPSIDA	FERNS
Aspleniaceae <i>Asplenium ruta-muraria</i> <i>Asplenium trichomanes</i> <i>Asplenium viride</i>	Spleenwort Family Wall-rue Maidenhair Spleenwort Green Spleenwort
Blechnaceae <i>Blechnum spicant</i>	Hard-fern Family Hard-fern
Dennstaedtiaceae <i>Pteridium aquilinum</i>	Bracken Family Bracken
Dryopteridaceae <i>Dryopteris affinis</i> <i>Dryopteris dilatata</i> <i>Dryopteris filix-mas</i> <i>Gymnocarpium dryopteris</i> <i>Polystichum aculeatum</i> <i>Polystichum lonchitis</i>	Buckler-fern Family Scaly Male-fern Broad Buckler-fern Male-fern Oak Fern Hard Shield-fern Holly-fern
Ophioglossaceae <i>Botrychium lunaria</i>	Adder's-tongue Family Moonwort
Polypodiaceae <i>Polypodium vulgare</i>	Polypody Family Common Polypody
Thelypteridaceae <i>Phegopteris connectilis</i>	Marsh Fern Family Beech Fern
Woodsiaceae <i>Athyrium distentifolium</i> <i>Athyrium filix-femina</i> <i>Cystopteris fragilis</i>	Lady-fern Family Alpine Lady-fern Lady-fern Brittle Bladder-fern
PINOPSIDA	CONIFERS

Scientific Name**Common Name****Cupressaceae***Juniperus communis* subsp. *nana***Juniper Family**

Common Juniper

Pinaceae*Abies alba**Larix decidua**Picea abies**Pinus uncinata**Pinus cembra***Pine Family**

European Silver-fir

Larch

Norway Spruce

Mountain Pine

Swiss Pine

MAGNOLIOPSIDA**FLOWERING PLANTS****MAGNOLIIDAE****DICOTYLEDONS****Aceraceae***Acer campestre**Acer pseudoplatanus***Maple Family**

Field Maple

Sycamore

Apiaceae*Aegopodium podagraria**Bupleurum stellatum**Carum carvi**Heracleum sphondylium**Peucedanum ostruthium**Laserpitium latifolium**Ligusticum mutellina**Pimpinella saxifraga***Carrot Family**

Ground Elder

Starry Hare's-ear

Caraway

Hogweed

Masterwort

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 cyanus**Centaurea scabiosa* ssp. *alpina**Cicerbita alpina**Cirsium spinosissimum**Cirsium heterophyllum**Crepis pyrenaica**Erigeron alpinus**Erigeron uniflorus**Eryngium alpinum**Eupatorium cannabinum**Gnaphthodium norvegicum**Hieracium alpinum***Daisy Family**

Yarrow

Cat's-foot

Arnica

Alpine Aster

Daisy

Alpine Thistle

Stemless Carlina Thistle

Mountain Cornflower

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

Scientific Name

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

Common Name

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

Brassicaceae

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

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

Bellflower Family

Bearded Bellflower
 Fairy's Thimble
 Clustered Bellflower
 Perforate Bellflower
 Harebell
 Spiked Bellflower
 Cotain Bellflower
 Nettle-leaved Bellflower
 Betony-leaved Rampion
 Globe-headed Rampion
 Dwarf Rampion

Scientific Name*Phyteuma obiculare***Common Name**

Round-headed Rampion

Cannabaceae*Humulus lupulus***Hop Family**

Hop

Caprifoliaceae*Lonicera alpigena**Lonicera xylostium**Sambucus nigra**Sambucus racemosa**Viburnum opulus***Honeysuckle Family**

Alpine Honeysuckle

Fly Honeysuckle

Common Elder

Alpine Elder

Guelder-rose

Caryophyllaceae*Arenaria biflora**Cerastium alpinum**Cerastium fontanum**Cerastium latifolium**Cerastium lineare**Cerastium uniflora**Dianthus carthusianorum**Gypsophila repens**Lychnis viscaria**Minuartia biflora**Minuartia sedoides**Minuartia verna**Sagina saginoides**Saponaria ocymoides**Silene acaulis**Silene dioica**Silene nutans**Silene pratensis**Silene suecica**Silene vulgaris**Stellaria holostea**Stellaria media***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

Sticky Catch Fly

Northern Sandwort

Mossy Cyphel

Vernal Sandwort

Alpine Pearlwort

Rock Soapwort

Moss Champion

Red Champion

Nottingham Catchfly

White Champion

Sticky Catchfly

Bladder Champion

Greater Stichwort

Common Chickweed

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***Stonecrop Family**

Biting Stonecrop

White Stonecrop

Alpine Stonecrop

Thick-leaved Stonecrop

Orpine

Cobweb Houseleek

Mountain Houseleek

Scientific Name	Common Name
<i>Sempervivum tectorum</i>	Common Houseleek
Dipsacaceae	Teasel Family
<i>Knautia dipsacifolia</i>	Wood Scabious
<i>Scabiosa lucida</i>	Shining Scabious
Empetraceae	Crowberry Family
<i>Empetrum nigrum</i> subsp. <i>hermaphroditum</i>	Hermaphrodite Crowberry
Ericaceae	Heather Family
<i>Arctostaphylos alpinus</i>	Alpine Bearberry
<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Calluna vulgaris</i>	Ling
<i>Kalmia procumbens</i>	Trailing Azalea
<i>Rhododendron ferrugineum</i>	Alpenrose
<i>Vaccinium myrtillus</i>	Bilberry
<i>Vaccinium uliginosum</i> agg.	Bog Whortleberry
<i>Vaccinium vitis-idaea</i>	Cowberry
Euphorbiaceae	Spurge Family
<i>Euphorbia cyparissias</i>	Cypress Spurge
<i>Mercurialis perennis</i>	Dog's Mercury
Fabaceae	Pea Family
<i>Anthyllis vulneraria</i> subsp. <i>alpestris</i>	Alpine Kidney Vetch
<i>Astragalus alpinus</i>	Alpine Milk-vetch
<i>Astragalus glycyphyllos</i>	Wild Liquorice
<i>Hedysarum hedysaroides</i>	Alpine Sainfoin
<i>Hippocrepis comosa</i>	Horseshoe Vetch
<i>Lathyrus aphaca</i>	Yellow Vetchling
<i>Lathyrus pratensis</i>	Meadow Vetchling
<i>Lotus alpinus</i>	Alpine Bird's-foot-trefoil
<i>Oxytropis campestris</i>	Yellow Milk-vetch
<i>Trifolium alpinum</i>	Alpine Clover
<i>Trifolium badium</i>	Brown Clover
<i>Trifolium montanum</i>	Mountain Clover
<i>Trifolium pallescens</i>	Pale Clover
<i>Trifolium pratense</i>	Red Clover
<i>Trifolium repens</i>	White Clover
<i>Trifolium rubens</i>	Red Trefoil
<i>Trifolium spadiceum</i>	Large Brown Clover
<i>Vicia cracca</i>	Tufted Vetch
Fagaceae	Beech Family
<i>Fagus sylvatica</i>	Beech
<i>Quercus petraea</i>	Sessile Oak
<i>Quercus robur</i>	Pedunculate Oak
Gentianaceae	Gentian Family
<i>Gentiana alpina</i>	Southern Gentian
<i>Gentiana acaulis</i>	Trumpet Gentian
<i>Gentiana brachyphylla</i>	Short-leaved Gentian
<i>Gentiana lutea</i>	Great Yellow Gentian

Scientific Name*Gentiana schleicheri**Gentiana verna***Common Name**

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**Lamium galeobdolon**Lamium purpureum**Origanum vulgare**Prunella vulgaris**Salvia pratensis**Thymus 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

Oleaceae*Fraxinus excelsior**Ligustrum vulgare***Ash Family**

Ash

Wild Privet

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

Rosebay Willowherb

Chickweed Willowherb

Broad-leaved Willowherb

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

Wood-sorrel

Papaveraceae*Papaver rhoeas***Poppy Family**

Common Poppy

Plantaginaceae*Plantago maritima* subsp. *serpentina**Plantago media**Plantago lanceolata***Plantain Family**

Fleshy Plantain

Hoary Plantain

Ribwort Plantain

Polygalaceae**Milkwort Family**

Scientific Name

Polygala alpestris
Polygala alpina
Polygala chamaebuxus
Polygala vulgaris

Common Name

Mountain Milkwort
 Alpine Milkwort
 Shrubby 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

Primulaceae

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

Primrose Family

Pink Rock Jasmine
 Blunt-leaved Rock-jasmine
 Vandel's Rock-jasmine
 Bird's-eye Primrose
 Hairy Primrose
 Cowslip
 Alpine Snowbell

Pyrolaceae

Pyrola minor

Wintergreen Family

Lesser Wintergreen

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

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

Rosaceae

Alchemilla alpina
Alchemilla vulgaris agg.
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

Rose Family

Alpine Lady's-mantle
 Lady's-mantle
 Hawthorn
 Meadowsweet
 Wild Strawberry
 Alpine Avens
 Creeping Avens
 Water Avens
 Herb Bennet
 Golden Cinquefoil
 Alpine Cinquefoil
 Tormantil
 Barren Strawberry
 Salad Burnet
 Wild Cherry

Scientific Name

Rosa canina
Rubus idaeus
Rubus saxatilis
Sibbaldia procumbens
Sorbus aria
Sorbus aucuparia

Common Name

Dog-rose
 Raspberry
 Stone Bramble
 Sibbaldia
 Whitebeam
 Rowan

Rubiaceae

Cruciata laevipes
Galium boreale
Galium megalospermum
Galium odoratum
Galium verum

Madder Family

Crosswort
 Northern Bedstraw
 Swiss Bedstraw
 Woodruff
 Lady's Bedstraw

Salicaceae

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

Willow Family

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

Saxifragaceae

Chrysosplenium alternifolium
Saxifraga aspera
Saxifraga bryoides
Saxifraga cuneifolia
Saxifraga exerata subsp. moschata
Saxifraga oppositifolia
Saxifraga paniculata
Saxifraga seguieri
Saxifraga stellaris

Saxifrage Family

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

Scrophulariaceae

Bartsia alpina
Digitalis lutea
Euphrasia minima
Linaria alpina
Linaria vulgaris
Melampyrum pratense
Melampyrum sylvaticum
Pedicularis foliosa
Pedicularis kernerii
Pedicularis oederi
Rhinanthus minor
Vibiscum pulverulentum
Veronica alpina
Veronica bellidioides
Veronica chamaedrys
Veronica fruticans
Veronica officinalis
Veronica serpyllifolia

Figwort Family

Alpine Bartsia
 Small Yellow Foxglove
 Dwarf Eyebright
 Alpine Toadflax
 Common Toadflax
 Common Cow-wheat
 Small Cow-wheat
 Leafy Lousewort
 Kerner's Lousewort
 Crimson-tipped Lousewort
 Yellow-rattle
 Hoary Mullein
 Alpine Speedwell
 Violet Speedwell
 Germander Speedwell
 Rock Speedwell
 Heath Speedwell
 Thyme-leaved Speedwell

Scientific Name**Tiliaceae***Tilia cordata**Tilia platyphyllos***Common Name****Lime Family**

Small-leaved Lime

Large-leaved Lime

Urticaceae*Urtica dioica***Nettle Family**

Common Nettle

Velerianaceae*Veleriana tripteris***Velerian Family**

Three-leaved Velerian

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

Juncaceae*Juncus trifidus**Juncus triglumis**Luzula alpinopilosa**Luzula multiflora**Luzula nivea**Luzula sylvatica***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*Coeloglossum viride**Dactylorhiza fuschii**Dactylorhiza majalis**Gymnadenia conopsea**Gymnadenia rhellicani**Pseudorchis albida***Orchid Family**

Frog Orchid

Common Spotted-orchid

Broad-leaved Marsh-orchid

Fragrant-orchid

Vanilla Orchid

Small-white Orchid

Birds (H = Heard only)

		June – July 2023							
Common name	Scientific name	25	26	27	28	29	30	1	2
Mute Swan	<i>Cygnus olor</i>	✓							✓
Mallard	<i>Anas platyrhynchos</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>	✓							✓
Great Crested Grebe	<i>Podiceps cristatus</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>					4			
Golden Eagle	<i>Aquila chrysaetos</i>		2						
Eurasian Sparrowhawk	<i>Accipiter nisus</i>			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>	✓				✓	✓		
Wryneck	<i>Jynx torquilla</i>						✓		
Great Spotted Woodpecker	<i>Dendrocopos major</i>			✓		✓	✓	✓	
European Green Woodpecker	<i>Picus viridis</i>	✓				✓			
Common Kestrel	<i>Falco tinnunculus</i>	✓	✓		✓		✓	✓	✓
Peregrine Falcon	<i>Falco peregrinus</i>		1						
Red-backed Shrike	<i>Lanius collurio</i>					✓			
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>	✓	✓	✓		✓	✓	✓	
Crested Tit	<i>Lophophanes cristatus</i>			✓	✓	✓		✓	
Marsh Tit	<i>Poecile palustris</i>					✓			
Willow Tit	<i>Poecile montanus</i>			✓				✓	
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓		✓	✓	✓	
Great Tit	<i>Parus major</i>		✓	✓		✓	✓	✓	
Eurasian Skylark	<i>Alauda arvensis</i>		✓		✓				
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>	✓	✓	✓	✓	✓	✓	✓	✓
Barn Swallow	<i>Hirundo rustica</i>	✓					✓		✓
Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Chiffchaff	<i>Phylloscopus collybita</i>			✓		✓	✓	✓	
Eurasian Blackcap	<i>Sylvia atricapilla</i>		✓	✓		✓	✓	✓	

		June – July 2023							
Common name	Scientific name	25	26	27	28	29	30	1	2
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>	✓	✓	✓	✓	✓	✓	✓	✓
European Robin	<i>Erithacus rubecula</i>	✓				✓		✓	
Black Redstart	<i>Phoenicurus ochrurus</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>					✓			
White-winged Snowfinch	<i>Montifringilla nivalis</i>					✓		✓	
House Sparrow	<i>Passer domesticus</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>	✓	✓	✓	✓	✓	✓	✓	✓
Hawfinch	<i>Coccothraustes coccothraustes</i>						✓		
Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>			✓		✓	✓	✓	
Common Linnet	<i>Linaria cannabina</i>	✓	✓	✓	✓	✓	✓	✓	✓
Lesser Redpoll	<i>Acanthis cabaret</i>				✓	✓	✓	✓	
Red Crossbill	<i>Loxia curvirostra</i>	✓		✓	✓	✓		✓	✓
European Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓	✓	✓	✓	✓	✓
Citrl Finch	<i>Carduelis citrinella</i>	✓		✓	✓	✓	✓	✓	✓
European Serin	<i>Serinus serinus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Griffon Vulture	<i>Gyps fulvus</i>		2	1					
Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>					✓			
Tree Sparrow	<i>Passer montanus</i>						✓		

Others

Common name	Scientific name
Mammals	
Common Pipistrelle	<i>Pipistrellus pipistrellus</i>
European Hedgehog	<i>Erinaceus europaeus</i>
Common Shrew	<i>Sorex araneus</i>
European Mole	<i>Talpa europaea</i>

Common name	Scientific name
Common Pipistrelle	<i>Pipistrellus pipistrellus</i>
Brown Hare	<i>Lepus capensis</i>
Red Squirrel	<i>Sciurus vulgaris</i>
Alpine Marmot	<i>Marmota marmota</i>
Snow Vole	<i>Microtus nivalis</i>
Red Fox	<i>Vulpes vulpes</i>
Pine Martin	<i>Martes martes</i>
Red Deer	<i>Cervus elaphus</i>
Roe Deer	<i>Capreolus capreolus</i>
Alpine Ibex	<i>Capra ibex</i>
Chamois	<i>Rupicapra rupicapra</i>
Reptiles	
Viviparous Lizard	<i>Zootoca vivipara</i>
Slow Worm	<i>Anguis fragilis</i>
Adder	<i>Vipera berus</i>
Amphibians	
Common Frog	<i>Rana temporaria</i>
Common Newt	<i>Triturus vulgaris</i>
Alpine Salamander	<i>Salamandra atra</i>
Common Toad	<i>Bufo bufo</i>
Butterflies	
Common Swallowtail	<i>Papilio machaon</i>
Clouded Apollo	<i>Parnassius mnemosyne</i>
Small Apollo	<i>Parnassius phoebus</i>
Common Apollo	<i>Parnassius apollo</i>
Chequered Skipper	<i>Carterocephalus palaemon</i>
Large Skipper	<i>Ochlodes sylvanus</i>
Silver-spotted skipper	<i>Hesperia comma</i>
Small Skipper	<i>Thymelicus sylvestris</i>
Essex Skipper	<i>Thymelicus lineolus</i>
Red-underwing Skipper	<i>Spialia sertorius</i>
Dingy Skipper	<i>Erynnis tages</i>
Grizzled Skipper	<i>Pyrgus malvae</i>
Safflower Skipper	<i>Pyrgus carthami</i>
Carline Skipper	<i>Pyrgus carlinae</i>
Large Grizzled Skipper	<i>Pyrgus alveus</i>
Dusky Grizzled Skipper	<i>Pyrgus cacaliae</i>
Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>
Wood White	<i>Leptidea sinapis</i>
Brimstone	<i>Gonepteryx rhamni</i>
Mountain Clouded yellow	<i>Colias phicomone</i>
Moorland Clouded yellow	<i>Colias palaeno</i>
Clouded Yellow	<i>Colias croceus</i>
Pale Clouded Yellow	<i>Colias hyale</i>
Berger's Clouded Yellow	<i>Colias alfacariensis</i>
Black-veined White	<i>Aporia crataegi</i>

Common name	Scientific name
Peak White	<i>Pontia callidice</i>
Small White	<i>Pieris rapae</i>
Green-veined White	<i>Pieris napi</i>
Mountain Green-veined White	<i>Pieris bryoniae</i>
Large White	<i>Pieris brassicae</i>
Common Orange-tip	<i>Anthocharis cardamines</i>
Duke of Burgundy	<i>Hamearis lucina</i>
Sooty Copper	<i>Lycaena tityrus</i>
Scarce Copper	<i>Lycaena vigeureae</i>
Brown Hairstreak	<i>Thecla betulae</i>
Green Hairstreak	<i>Callophrys rubi</i>
White-letter hairstreak	<i>Satyrus w-album</i>
Holly Blue	<i>Celastrina argiolus</i>
Large Blue	<i>Phengaris arion</i>
Mountain Alcon Blue	<i>Phengaris rebeli</i>
Small Blue	<i>Cupido minimus</i>
Cranberry Blue	<i>Plebejus optilete</i>
Silver-studded Blue	<i>Plebejus argus</i>
Alpine Argus	<i>Agriades orbitulus</i>
Brown Argus	<i>Aricia agestis</i>
Mazarine Blue	<i>Cyaniris semiargus</i>
Mountain Argus	<i>Aricia artaxerxes</i>
Adonis Blue	<i>Polyommatus bellargus</i>
Chalk-hill Blue	<i>Polyommatus coridon</i>
Turquoise Blue	<i>Polyommatus dorylas</i>
Chapman's Blue	<i>Polyommatus thersites</i>
Common Blue	<i>Polyommatus icarus</i>
Eros Blue	<i>Polyommatus eros</i>
Damon Blue	<i>Polyommatus damon</i>
White Admiral	<i>Limenitis camilla</i>
Queen of Spain Fritillary	<i>Issoria lathonia</i>
Lesser Marbled Fritillary	<i>Brenthis ino</i>
Silver-washed Fritillary	<i>Argynnis paphia</i>
Dark Green Fritillary	<i>Argynnis aglaja</i>
Niobe Fritillary	<i>Fabriciana niobe</i>
High Brown Fritillary	<i>Fabriciana adippe</i>
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>
Small Pearl-bordered Fritillary	<i>Boloria selene</i>
Titania's Fritillary	<i>Boloria titania</i>
Shepherd's Fritillary	<i>Boloria pales</i>
Mountain Fritillary	<i>Boloria napaea</i>
Red Admiral	<i>Vanessa atalanta</i>
Painted Lady	<i>Vanessa cardui</i>
Peacock	<i>Aglais io</i>
Small Tortoiseshell	<i>Aglais urticae</i>
Comma	<i>Polygonia c-album</i>
Large Tortoiseshell	<i>Nymphalis polychlorus</i>
Camberwell Beauty	<i>Nymphalis antiopa</i>
Marsh Fritillary	<i>Euphydryas aurinia</i>

Common name	Scientific name
Cynthia's Fritillary	<i>Euphydryas cynthia</i>
False Heath Fritillary	<i>Melitaea diamina</i>
Heath Fritillary	<i>Melitaea athalia</i>
Meadow Fritillary	<i>Melitaea parthenoides</i>
Alpine Heath	<i>Coenonympha gardetta</i>
Small Heath	<i>Coenonympha pamphilus</i>
Speckled Wood	<i>Pararge aegeria</i>
Large Wall Brown	<i>Lasiommata maera</i>
Wall Brown	<i>Lasiommata megera</i>
Common Marbled White	<i>Melanargia galathea</i>
Woodland Grayling	<i>Hipparchia fagi</i>
Ringlet	<i>Aphantopus hyperantus</i>
Meadow Brown	<i>Maniola jurtina</i>
Arran Brown	<i>Erebia ligea</i>
Almond-eyed Ringlet	<i>Erebia albertanus</i>
Eriphyle Ringlet	<i>Erebia eriphyle</i>
Blind-eyed ringlet	<i>Erebia pharte</i>
Yellow Spotted Ringlet	<i>Erebia manto</i>
Mountain Ringlet	<i>Erebia epiphron</i>
Sudeten Ringlet	<i>Erebia sudetica</i>
Lesser Mountain Ringlet	<i>Erebia melampus</i>
Woodland Ringlet	<i>Erebia medusa</i>
Scotch Argus	<i>Erebia aethiops</i>
Silky Ringlet	<i>Erebia gorge</i>
Common Brassy Ringlet	<i>Erebia cassioides</i>
Swiss Brassy Ringlet	<i>Erebia tyndarus</i>
De Lesse's Brassy Ringlet	<i>Erebia nivalis</i>
Water Ringlet	<i>Erebia pronoe</i>
Piedmont Ringlet	<i>Erebia meolans</i>
Bright-eyed Ringlet	<i>Erebia oeme</i>
Marbled Ringlet	<i>Erebia montana</i>
Sooty Ringlet	<i>Erebia pluto</i>
Dewy Ringlet	<i>Erebia pandrose</i>
Moths	
Hummingbird Hawk	<i>Macroglossum stellatarum</i>
Oak Eggar	<i>Lasiocampa quercus</i>
Chimney Sweeper	<i>Odezia atrata</i>
The Lackey	<i>Malacosoma neustria</i>
Latticed Heath	<i>Chiasmia clathrata</i>
Burnet Companion	<i>Euclidia glyphica</i>
Speckled Yellow	<i>Pseudopanthera macularia</i>
	<i>Psodos quadrifaria</i>