

# Valais - Highlights of the Swiss Alps

Naturetrek Tour Report

18th – 25th June 2025

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Firecrest



Alpine Ibex



Long-spurred Pansies and the Matterhorn



Dark Vanilla Orchid

Tour report by David Morris  
Photos by David Morris and Malcolm Pate



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Tour participants: David Morris and Bob Elliot (leaders) with 10 Naturetrek clients

## Day 1

Wednesday 18th June

By late morning, the group had arrived in a warm Geneva airport to be met by other members of the group who travelled independently. We headed out from the airport to catch our train eastwards towards Brig. The train followed the northern shores of Lake Geneva, before heading off up the Rhône Valley towards our destination. The landscape changed from gently rolling slopes clad in vineyards and fruit orchards to a more rugged mountainous terrain as we pushed into the Alps. A range of waterbirds was spotted from the train on the lake, and numerous Red and Black Kites wheeled around beside our train journey. At Brig we transferred to a local cog-driven train to take us a short way up the upper Rhône Valley.

We collected our cable passes, then boarded the large cable car at Betten to take us up out of the valley floor and high up to Bettmeralp, overlooking the meadows, woodlands, and farmsteads en route to the top. We were met by the hotel electric buggy to relieve us of our luggage, before taking a gentle afternoon stroll through the village to our hotel. Black Redstarts, Fieldfares, Crag Martins and Common Swifts accompanied us on the walk. We enjoyed drinks on the hotel balcony ahead of an evening meal overlooking the southern Swiss Alps, before settling into bed for a good night's sleep.

## Day 2

Thursday 19th June

We woke to a warm and sunny morning, with a Cuckoo calling behind the hotel and Fieldfares busily collecting worms for their nestlings. After David and Bob picked up picnic supplies, we headed off up the slope behind us using the Wurzenbord chairlift, noting Alpine Marmots, Ring Ouzels and Water Pipits on the way to the top. From the top we enjoyed long views down the Rhône Valley and off towards the Matterhorn. From here, we had our first foray into the region's flora, noting Trumpet Gentians *Gentiana acaulis*, Spring Pasque Flower *Pulsatilla alpina* ssp. *apiifolia*, Golden Cinquefoil *Potentilla aurea* and Long-spurred Pansy *Viola calcarata*.

We descended the path, making our way to Bättmerhitta, nestled in the pass below the Bettmerhorn. Small-white Orchids *Pseudorchis albida* studded the turf amongst flowering Alpenrose *Rhododendron ferrugineum*. Butterflies were well represented with Alpine Heath, Marsh Fritillary and Queen of Spain Fritillary all noted. A lone Griffon Vulture circled above the Bettmerhorn. Coffee and an assortment of delightful home-baked goodies were enjoyed at the café, before we headed on for Fiescheralp.

More Alpine Marmots were spotted on the way into the village, on the slopes below a delightful bank of Globeflowers *Trollius europaeus*. A delicious picnic spread was consumed under the shade of a mountain hut outside Fiescheralp where the surrounding slopes were festooned in Trumpet Gentians *Gentiana acaulis* and Kuepfer's Buttercup *Ranunculus kuepferi*. In the shade of a large boulder, we found White False-helleborine *Veratrum album* and dainty Yellow Wood Violets *Viola biflora*. We continued on towards the cable station, where we saw more Ring Ouzels, and a Lammergeier circling below the Eiggishorn.

We took the cable car to the Eiggishorn summit with its panoramic views over the mighty Aletsch glacier beneath us. Retreating snows revealed Glacier Crowfoot, *Ranunculus glacialis*, Alpine Rock-jasmine *Androsace alpina* and Purple Saxifrage *Saxifraga oppositifolia*. Alpine Choughs wheeled overhead as the group took in the view of Europe's

largest glacier, and views north to the Eiger, Mönch and Jungfrau. By mid-afternoon, we headed down the peak and continued by cable car to Fiesch, where we caught the local train back to Betten before heading back up the mountain to Bettmeralp. After some time for a refresh and relax, we completed the daily trip log, before enjoying dinner overlooking the Matterhorn and Weishorn to our south.

## Day 3

## Friday 20th June

We woke to another sunny and warm day, so after breakfast we headed up behind the hotel towards the Bettmerhorn cable car. In the morning, sunshine butterfly activity picked up, and we noted Scarce Copper, Marbled White and Queen of Spain Fritillary on the way. As we ascended the slopes above, we noted St Bruno's Lily *Paradisaea liliastrum* on the cliff ledges, Alpine Marmots on the turf below and a pair of White-winged Snowfinches flitting between snow patches near the top. We started off exploring the path towards the Bettmerhorn where the turf was carpeted in Alpine flower colour. Vivid blue Short-leaved Gentians *Gentiana brachyphylla*, pink cushions of Moss Campion *Silene acaulis* and yellow Mountain Avens *Geum montanum* provided a colourful contrast to more mundane plants such as Mossy Cyphel *Minuartia sedoides* and Sibbaldia *Sibbaldia procumbens*. On the acidic rocks we found floristic cushions of Vandel's Rock-jasmine *Androsace vandellii* and magenta Hairy Primrose *Primula hirsuta*. Ring Ouzels, Alpine Choughs, White-winged Snowfinches and Alpine Accentors all put in an appearance.

After a brief refreshment stop taking in the views at the cable station, we headed over the ridge towards the mighty Aletsch Glacier and headed down the ridge, walking parallel to the glacier all the way. Lunch was enjoyed among Long-spurred Pansies, *Viola calcarata* and Trumpet Gentians, *Gentiana acaulis* while watching a family group of Alpine Accentors. After lunch, we headed towards the Moosfluh, noting Alpine Snowbell *Soldanella alpina* and Trailing Azalea *Kalmia procumbens*. Unfortunately, the vast numbers of Spring Pasqueflowers *Pulsatilla vernalis* were in seed, having finished flowering in the last couple of weeks.

At the Moosfluh chairlift we enjoyed ice cream and cold drinks, before descending to the middle station where we got off and took the path through dwarf shrub and Alpenrose *Rhododendron ferrugineum* heath towards the Bettmersee. Stopping just before the lake we explored an area of fen and species-rich grassland, finding Bavarian Gentian *Gentiana bavarica*, Broad-leaved Marsh Orchid *Dactylorhiza majalis*, Frog Orchid *Dactylorhiza viride*, Dark Vanilla Orchid *Gymnadenia rbellicani*, Heath Fragrant Orchid *Gymnadenia conopsea* and Twayblade *Neottia ovata* among a sea of Small-white Orchids *Pseudorchis albida*. Some of the group elected to go for a swim in the Bettmersee, and the rest returned to the hotel to relax before dinner.

## Day 4

## Saturday 21st June

After a slightly earlier than usual breakfast, we set off through the village towards the cable station for a day south of the Aletsch Arena, exploring the birds and plants to be found above Zermatt. After two relaxing train rides, we arrived in Zermatt, before boarding the Gornergrat Bahn train to the lofty heights of the Gornergrat at 3131m, the highest point we would visit during the week. As soon as we disembarked the train, Alpine Choughs and White-winged Snowfinches showed up. We explored the higher reaches of the Gornergrat summit, with its commanding views over to the Matterhorn and Gorner Glacier. Plants had been late to emerge from the lingering snow, but we found abundant patches of Purple Saxifrage *Saxifraga oppositifolia* and a few plants of King-of-the-Alps *Eritrichium nanum*.

We hopped back on the train and dropped down to Rotteboden where, upon leaving the train, we observed White-winged Snowfinches busy ferrying food into their nest below the station roof tiles, and an adult Lammergeier patrolling the skies. We walked down through the alpine garden, noting a now familiar mix of montane plants, including Snow Gentian *Gentiana nivalis*, Alpine Aster *Aster alpinus*, and Alpine Toadflax *Linaria alpina*. We enjoyed our picnic overlooking the Matterhorn surrounded by violets, gentians and rock-jasmines, and had another view of Lammergeier, along with Alpine Accentor and Alpine Choughs.

After lunch, we continued on foot towards the Riffelsee which, unfortunately, was choppy and not giving much of a Matterhorn reflection. A close-by Alpine Ibex walked around on a nearby ridge. Plants in the area included the endemic Matterhorn Pennycress *Thlaspi sylvium*, Round-leaved Pennycress *Thlaspi rotundifolium* and Vitaliana *Androsace vitaliana*. As we approached Riffelberg, the turf was covered in Snowdon Lily *Gagea serotina* and Trailing Azalea *Kalmia procumbens*. From Riffelberg we descended via the Gornergrat Bahn and transferred by train back to Bettmeralp, where a late afternoon storm brought some much-needed rain.



Aletsch Forest and glacier



Crested Tit

## Day 5

## Sunday 22nd June

After the previous night's rain had cleared, we woke to a glorious morning and had breakfast overlooking the valley and gazing over to the snow-capped peaks surrounding the Matterhorn. After breakfast, we departed the hotel, walking towards Riederalp along the traffic-free road and heading east. As we passed the Bettmeralp cable station, we entered a mosaic of small woodlands and meadows rich with birds and butterflies. In the pines we located Crested and Willow Tits, and Goldcrest, with an obliging dark-coloured Red Squirrel scampering in some roadside trees. Butterflies included Almond-eyed Ringlet, Spotted and False Heath Fritillaries, Common Apollo, Common Swallowtail and Alpine Grayling. Plants were equally good, with Martagon Lily *Lilium martagon*, May Lily *Mianthemum bifolium*, Alpine Calamint *Acinos alpinus* and Queen of the Alps *Eryngium alpinum*.

By late morning we had arrived at the Moosfluh cable lift, spotting a hunting Hobby before getting the telecabins to the top. After a brief coffee stop at the top watching paragliding pilots taking to the air, we set off walking the ridge overlooking the Aletsch glacier, before descending into the start of the Aletsch Forest. The smell of the pines surrounded us in the warm midday air as we made our way parallel to the glacier among masses of flowering Alpenrose *Rhododendron ferrugineum*. We enjoyed a picnic lunch overlooking the glacier as Northern Nutcrackers flitted about noisily in the nearby trees. Moving through the forest we found Crested and Willow Tits, Nuthatch, and a nest hole full of Great Spotted Woodpeckers.

By mid-afternoon we were enjoying afternoon tea in the wooden-panelled dining room of the imposing Villa Cassel. As we made our way back to Bettmeralp, we saw the Hobby again and found a few new plants, including Rough Saxifrage *Saxifraga aspera* and Burnt-tip Orchid *Neotinea ustulata*. Some of the group went for a cooling swim in the Bettmersee as the rest of the group made our way back to the hotel for pre-dinner drinks on the terrace.

## Day 6

## Monday 23rd June

Half the group opted for a pre-breakfast walk this morning; we took a short wander through the woodland adjacent to the hotel. As we entered the woods, we quickly picked up Firecrest, Treecreeper, Northern Nutcracker and Coal Tits. As we walked out onto the edge of the woodland, we heard Cuckoo, and saw Lesser Whitethroat and Black Redstart. As we headed back down the ski piste behind the hotel, we had good views of Alpine Marmot, and found several Lesser Butterfly Orchids *Platanthera bifolia* and Elder-flowered Orchid *Dactylorhiza sambucina*.

After breakfast, we headed down through Bettmeralp to start our walk down the valley sides, via a number of small hamlets. The meadows in Bettmeralp were all brimming with colour from an array of meadow herbs. Butterflies included Heath Fritillary, Almond-eyed Ringlet, Swallowtail and Brimstone. As we headed into a patch of woodland, the first rain shower of the day started, thankfully passing by the time we reached the start of the next set of hay meadows. With the appearing sun, out came the birds and insects with Queen of Spain and Dark Green Fritillary and Sulphur Owl-fly appearing. Above us, we got good views of Goshawk, Honey Buzzards and Black Kite. Further down the slope we found Red-backed Shrike, a family of Western Bonelli's Warblers, and Tree Pipits. We enjoyed our lunch buffet under the shade of a traditional Swiss field barn, which provided useful cover after lunch for a short, but heavy thunderstorm.

With the rain over, we continued through the meadows and woodland, finding St Bernard's Lily *Anthericum liliago*, Spiked Bellflower *Campanula spicata* and Carthusian Pink *Dianthus carthusianorum*. Butterflies continued with Knapweed Fritillary, Silver-washed Fritillary, Safflower Skipper and Woodland Grayling. Bird activity picked up again, with Common and Honey Buzzards, Yellowhammer and Short-toed Snake Eagle. Eventually, we arrived in Betten Dorf, where we had an ice cream as we waited for the cable car to take us back up to Bettmeralp.

## Day 7

## Tuesday 24th June

Today we woke to our final full day in Switzerland, with overnight clouds lifting as the sun broke through. With picnic supplies collected and distributed, we set off for our last trip up the Wurzenbord chairlift, listening to Water Pipits and Black Redstarts as we ascended to the summit. We had a steady walk down to Bättmerhitta, where we found Common Spotted Orchid *Dactylorhiza fuschii*, Frog Orchid *Dactylorhiza viridis* and a profusion of Small-white Orchids *Pseudorchis albida*. We paused for a drink at the cafe, with some also opting for a generous portion of homemade apricot tart or a vanilla slice. Continuing towards the Rhône Valley, we stopped to observe a pair of displaying Golden Eagles, as well as Ravens and a juvenile Cuckoo, hotly pursued by its adoptive Water Pipit parents.

The path took us down through luxurious dwarf shrub heath at the top of the natural tree line, which was rich in flowering plants, including Fragrant Orchids *Gymnadenia conopsea*, Lesser Butterfly Orchids *Platanthera bifolia* and Martagon Lily *Lilium martagon*. Butterflies emerged as the morning warmed up, and we found Alpine Grayling, Scarce Copper, Large and Adonis Blues, Swallowtail and Dark Green Fritillary, among many other species. Down



in the woods, we had good views of Crested Tit, before emerging in a sunny meadow overlooking Bettmeralp, where we enjoyed our picnic lunch. Willow Tit, Siskin and Lesser Whitethroat were all active in the scattered trees and scrub.

After lunch, we descended back through the woods, finding Treecreeper and Firecrest before getting back to the hotel for early afternoon. As it was our last day, the group were free to do as they pleased for the afternoon, although many opted for a last trip up to the Bettmerhorn with Bob and David. Many got a last look at the Aletsch glacier, a drink at the café, and some final photos of the alpine flora. Birds continued to perform, with a sub-adult Golden Eagle soaring just above the summit, along with Griffon Vulture, Ring Ouzels collecting food, and Alpine Accentors hopping around the boulders. On the slope above the cable station, a stunning male Common Rock Thrush performed his song display flight. As the afternoon drew on, we headed back down to the hotel for our final meal of the trip.

## Day 8

## Wednesday 25th June

We awoke to a sunny morning with the local dairy cows complete with bells making their way down the hill to graze the pastures around the hotel. After breakfast, we loaded our bags onto the hotel shuttle, before we began our final walk down through Bettmeralp. Alpine Choughs circled overhead and Firecrest sang from a Larch tree. We then took the cable car to the bottom of the valley before making our onwards train connection to Geneva, via Brigg. The clear blue waters of Lake Geneva held Cormorants, Yellow-legged Gulls and Coots. Overhead, we spotted Red and Black Kites. We arrived in Geneva early in the afternoon, ready for our flight back to the UK.

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## Species lists

Birds (H = Heard only)

Common name	Scientific name	June 2025							
		18	19	20	21	22	23	24	25
Mute Swan	<i>Cygnus olor</i>	✓							✓
Mallard	<i>Anas platyrhynchos</i>	✓							✓
Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Cuckoo	<i>Cuculus canorus</i>		H	H	H	H	H	H	✓
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>		✓		✓				
European Honey Buzzard	<i>Pernis apivorus</i>							✓	
Griffon Vulture	<i>Gyps fulvus</i>		✓		✓	✓		✓	
Short-toed Snake Eagle	<i>Circaetus gallicus</i>						✓		
Golden Eagle	<i>Aquila chrysaetos</i>						✓	✓	
Eurasian Goshawk	<i>Astur gentilis</i>							✓	
Red Kite	<i>Milvus milvus</i>	✓			✓		✓		✓
Black Kite	<i>Milvus migrans</i>	✓	✓					✓	✓
Common Buzzard	<i>Buteo buteo</i>	✓	✓	✓			✓		
Great Spotted Woodpecker	<i>Dendrocopos major</i>					✓	✓		
European Green Woodpecker	<i>Picus viridis</i>							✓	✓
Common Kestrel	<i>Falco tinnunculus</i>		✓		✓		✓	✓	✓
Red-backed Shrike	<i>Lanius collurio</i>							✓	
Eurasian Jay	<i>Garrulus glandarius</i>	✓			✓		✓		
Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓	✓
Northern Nutcracker	<i>Nucifraga caryocatactes</i>	✓	✓	✓	✓	✓	✓	✓	✓
Alpine Chough	<i>Pyrrhocorax graculus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Carion Crow	<i>Corvus corone</i>	✓		✓	✓	✓	✓		
Northern Raven	<i>Corvus corax</i>		✓		✓	✓		✓	
Coal Tit	<i>Parus ater</i>		H	H					
Crested Tit	<i>Lophophanes cristatus</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>	✓	✓						✓
Western House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
Long-tailed Tit	<i>Aegithalos caudatus</i>							H	
Wood Warbler	<i>Phylloscopus sibilatrix</i>				H				
Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>					✓			
Willow Warbler	<i>Phylloscopus trochilus</i>							✓	
Common Chiffchaff	<i>Phylloscopus collybita</i>					H			
Eurasian Blackcap	<i>Sylvia atricapilla</i>		H		H	H		✓	
Lesser Whitethroat	<i>Curruca curruca</i>							✓	✓
Common Firecrest	<i>Regulus ignicapilla</i>							✓	✓
Goldcrest	<i>Regulus regulus</i>						✓	✓	✓

Common name	Scientific name	June 2025							
		18	19	20	21	22	23	24	25
Eurasian Wren	<i>Troglodytes troglodytes</i>				H	✓	✓	✓	✓
Eurasian Nuthatch	<i>Sitta europaea</i>						✓		H
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>	✓					✓	H	
Black Redstart	<i>Phoenicurus ochruros</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Redstart	<i>Phoenicurus phoenicurus</i>					H	✓		
Whinchat	<i>Saxicola rubetra</i>		✓	✓			✓	✓	
Northern Wheatear	<i>Oenanthe oenanthe</i>		✓	✓	✓	✓	✓	✓	
White-throated Dipper	<i>Cinclus cinclus</i>							H	
White-winged Snowfinch	<i>Montifringilla nivalis</i>			✓	✓			✓	
House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Alpine Accentor	<i>Prunella collaris</i>		H	✓	✓				✓
Duncock	<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>		✓	✓	✓	✓	✓	✓	
Eurasian Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>			H		H	H		
Common Linnet	<i>Linaria cannabina</i>	✓	✓	✓	✓	✓	✓	✓	✓
Redpoll	<i>Acanthis flammea</i>					H			
Red Crossbill	<i>Loxia curvirostra</i>					H			
European Goldfinch	<i>Carduelis carduelis</i>				✓	✓			
Citril Finch	<i>Carduelis citrinella</i>	✓	✓	✓	✓	✓	✓	✓	✓
European Serin	<i>Serinus serinus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Siskin	<i>Spinus spinus</i>							✓	
Yellowhammer	<i>Emberiza citrinella</i>		H				H		

## Mammals

Common name	Scientific name
European Snow Vole	<i>Chionomys nivalis</i>
Eurasian Red Squirrel	<i>Sciurus vulgaris</i>
Alpine Marmot	<i>Marmota marmota</i>
Alpine Ibex	<i>Capra ibex</i>

## Reptiles & amphibians

Common name	Scientific name
Viviparous Lizard	<i>Zootoca vivipara</i>
Common Frog	<i>Rana temporaria</i>
Common Newt	<i>Triturus vulgaris</i>



## Butterflies

Common name	Scientific name
Common Swallowtail	<i>Papilio machaon</i>
Clouded Apollo	<i>Parnassius mnemosyne</i>
Common Apollo	<i>Parnassius apollo</i>
Chequered Skipper	<i>Carterocephalus palaemon</i>
Large Skipper	<i>Ochlodes sylvanus</i>
Small Skipper	<i>Thymelicus sylvestris</i>
Essex Skipper	<i>Thymelicus lineolus</i>
Dingy Skipper	<i>Erynnis tages</i>
Common Grizzled Skipper	<i>Pyrgus malvae</i>
Safflower Skipper	<i>Pyrgus carthami</i>
Wood White	<i>Leptidea sinapis</i>
Common Brimstone	<i>Gonepteryx rhamni</i>
Mountain Clouded yellow	<i>Colias phicomone</i>
Clouded Yellow	<i>Colias croceus</i>
Black-veined White	<i>Aporia crataegi</i>
Large White	<i>Pieris brassicae</i>
Common Orange-tip	<i>Anthocharis cardamines</i>
Scarce Copper	<i>Lycaena vigaureae</i>
Green Hairstreak	<i>Callophrys rubi</i>
Large Blue	<i>Phengaris arion</i>
Little Blue	<i>Cupido minimus</i>
Chalk-hill Blue	<i>Polyommatus coridon</i>
Adonis Blue	<i>Polyommatus bellargus</i>
Common Blue	<i>Polyommatus icarus</i>
Queen of Spain Fritillary	<i>Issoria lathonia</i>
Silver-washed Fritillary	<i>Argynnis paphia</i>
Dark Green Fritillary	<i>Argynnis aglaja</i>
Small Pearl-bordered Fritillary	<i>Boloria selene</i>
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>
Painted Lady	<i>Vanessa cardui</i>
Red Admiral	<i>Vanessa atalanta</i>
Peacock Butterfly	<i>Aglais io</i>
Small Tortoiseshell	<i>Aglais urticae</i>
Large Tortoiseshell	<i>Nymphalis polychlorus</i>
Marsh Fritillary	<i>Euphryas aurinia</i>
Spotted Fritillary	<i>Miletaea didyma</i>
Knapweed Fritillary	<i>Miletaea phoebe</i>
False Heath Fritillary	<i>Melitaea diamina</i>
Heath Fritillary	<i>Melitaea athalia</i>
Small Heath	<i>Coenonympha pamphilus</i>
Alpine Heath	<i>Coenonympha gardetta</i>
Wall Brown	<i>Lasiommata megera</i>
Common Marbled White	<i>Melanargia galathea</i>
Woodland Grayling	<i>Hipparchia fagi</i>
Alpine Grayling	<i>Oeneis galathea</i>
Common Ringlet	<i>Aphantopus hyperantus</i>
Meadow Brown	<i>Maniola jurtina</i>
Piedmont Ringlet	<i>Erebia meolans</i>
Almond-eyed Ringlet	<i>Erebia albertanus</i>

## Plants

Scientific Name	Common Name
<b>Lycopodiaceae</b>	<b>Clubmoss Family</b>
<i>Lycopodium alpinum</i>	Alpine Clubmoss
<i>Lycopodium annotinum</i>	Interrupted Clubmoss
<i>Huperzia selago</i>	Fir Clubmoss
<b>Equisetaceae</b>	<b>Horsetail Family</b>
<i>Equisetum sylvaticum</i>	Wood Horsetail
<b>Aspleniaceae</b>	<b>Spleenwort Family</b>
<i>Asplenium ruta-muraria</i>	Wall-rue
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort
<i>Asplenium septentrionale</i>	Forked Spleenwort
<b>Blechnaceae</b>	<b>Hard-fern Family</b>
<i>Blechnum spicant</i>	Hard-fern
<b>Dennstaedtiaceae</b>	<b>Bracken Family</b>
<i>Pteridium aquilinum</i>	Bracken
<b>Dryopteridaceae</b>	<b>Buckler-fern Family</b>
<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
<b>Ophioglossaceae</b>	<b>Adder's-tongue Family</b>
<i>Botrychium lunaria</i>	Moonwort
<b>Polypodiaceae</b>	<b>Polypody Family</b>
<i>Polypodium vulgare</i>	Common Polypody
<b>Thelypteridaceae</b>	<b>Marsh Fern Family</b>
<i>Phegopteris connectilis</i>	Beech Fern
<b>Woodsiaceae</b>	<b>Lady-fern Family</b>
<i>Athyrium filix-femina</i>	Lady-fern
<i>Cystopteris fragilis</i>	Brittle Bladder-fern
<b>Cupressaceae</b>	<b>Juniper Family</b>
<i>Juniperus communis</i> subsp. <i>nana</i>	Common Juniper
<b>Pinaceae</b>	<b>Pine Family</b>
<i>Abies alba</i>	European Silver-fir
<i>Larix decidua</i>	Larch
<i>Picea abies</i>	Norway Spruce
<i>Pinus sylvestris</i>	Scots Pine
<b>Asparagaceae</b>	<b>Asparagus Family</b>
<i>Anthericum liliago</i>	St Bernard's Lily
<i>Maianthemum bifolium</i>	May Lily
<i>Paradisea liliastrum</i>	St Bruno's Lily
<b>Cyperaceae</b>	<b>Sedge Family</b>
<i>Eriophorum angustifolium</i>	Common Cottongrass
<b>Iridaceae</b>	<b>Iris Family</b>
<i>Crocus vernus</i> subsp. <i>albiflorus</i>	Spring Crocus
<b>Juncaceae</b>	<b>Rush Family</b>
<i>Juncus triglumis</i>	Three-flowered Rush
<i>Luzula alpinopilosa</i>	Alpine Wood-rush
<i>Luzula multiflora</i>	Heath Wood-rush
<i>Luzula nivea</i>	Snow Rush
<i>Luzula sylvatica</i>	Great Wood-rush
<b>Liliaceae</b>	<b>Lily Family</b>
<i>Lilium martagon</i>	Martagon Lily

Scientific Name	Common Name
<i>Gagea serotina</i>	Snowdon Lily
<b>Melanthiaceae</b>	<b>Herb-Paris Family</b>
<i>Veratrum album</i>	White-false Helleborine
<b>Orchidaceae</b>	<b>Orchid Family</b>
<i>Dactylorhiza viride</i>	Frog Orchid
<i>Dactylorhiza fuschii</i>	Common Spotted-orchid
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh-orchid
<i>Dactylorhiza sambucina</i>	Elder-flowered Orchid
<i>Epipactis Helleborine</i>	Broad-leaved Helleborine
<i>Gymnadenia conopsea</i>	Fragrant-orchid
<i>Gymnadenia rhellicani</i>	Dark Vanilla Orchid
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid
<i>Pseudorchis albida</i>	Small-white Orchid
<i>Neotinea ustulate</i>	Burnt Orchid
<i>Neottia ovata</i>	Common Twayblade
<i>Orchis mascula</i>	Early Purple Orchid
<b>Aceraceae</b>	<b>Maple Family</b>
<i>Acer campestre</i>	Field Maple
<i>Acer pseudoplatanus</i>	Sycamore
<b>Apiaceae</b>	<b>Carrot Family</b>
<i>Aegopodium podagraria</i>	Ground Elder
<i>Carum carvi</i>	Caraway
<i>Heracleum sphondylium</i>	Hogweed
<i>Peucedanum ostruthium</i>	Masterwort
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain
<i>Ligusticum mutellina</i>	Alpine Lovage
<i>Pimpinella saxifraga</i>	Burnet-saxifrage
<b>Araliaceae</b>	<b>Ivy Family</b>
<i>Hedera helix</i>	Ivy
<b>Asteraceae</b>	<b>Daisy Family</b>
<i>Achillea millefolium</i>	Yarrow
<i>Antennaria dioica</i>	Cat's-foot
<i>Arnica montana</i>	Arnica
<i>Aster alpinus</i>	Alpine Aster
<i>Bellis perennis</i>	Daisy
<i>Carduus defloratus</i>	Alpine Thistle
<i>Carlina acaulis</i>	Stemless Carlina Thistle
<i>Centaurea montana</i>	Mountain Cornflower
<i>Centaurea scabiosa</i> subsp. <i>alpina</i>	Greater Knapweed
<i>Cirsium heterophyllum</i>	Melancholy Thistle
<i>Erigeron alpinus</i>	Alpine Fleabane
<i>Erigeron uniflorus</i>	One-flowered Fleabane
<i>Eryngium alpinum</i>	Queen of the Alps
<i>Eupatorium cannabinum</i>	Hemp Agrimony
<i>Gnaphthodium norvegicum</i>	Dwarf Cudweed
<i>Hieracium alpinum</i>	Alpine Hawkweed
<i>Hieracium pilosella</i>	Mouse-ear Hawkweed
<i>Homogyne alpina</i>	Alpine Colt's-foot
<i>Jacobaea incana</i>	Grey Alpine Groundsel
<i>Leontodon hispidus</i>	Alpine Hawkbit
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy
<i>Leucanthemum vulgare</i>	Ox-eye Daisy
<i>Petasites paradoxus</i>	Alpine Butterbur
<i>Solidago virgaurea</i>	Goldenrod
<i>Taxaracum alpinum</i>	Alpine Dandelion

Scientific Name	Common Name
<i>Taraxacum officinale</i>	Dandelion
<i>Tragopogon pratensis</i>	Goat's-beard
<i>Tussilago farfara</i>	Colt's-foot
<b>Berberidaceae</b>	<b>Berberis Family</b>
<i>Berberis vulgaris</i>	Common Barberry
<b>Betulaceae</b>	<b>Birch Family</b>
<i>Alnus glutinosa</i>	Common Alder
<i>Alnus viridis</i>	Green Alder
<i>Betula pendula</i>	Silver Birch
<b>Boraginaceae</b>	<b>Borage Family</b>
<i>Echium vulgare</i>	Viper's Bugloss
<i>Eritrichium nanum</i>	King-of-the-Alps
<i>Myosotis alpestris</i>	Alpine Forget-me-not
<b>Brassicaceae</b>	<b>Cabbage Family</b>
<i>Alliaria petiolata</i>	Garlic Mustard
<i>Arabis alpina</i> subsp. <i>alpina</i>	Alpine Rock-cress
<i>Cardamine alpina</i>	Alpine Bitter-cress
<i>Cardamine pratensis</i> subsp. <i>pratensis</i>	Lady's Smock
<i>Cardamine resedifolia</i>	Mignonette-leaved Bitter-cress
<i>Draba aizoides</i>	Yellow Whitlowgrass
<i>Pritzelago alpina</i>	Chamois Cress
<i>Thlaspi montanum</i>	Mountain Penny-cress
<i>Thlaspi rotundifolium</i> subsp. <i>rotundifolium</i>	Round-leaved Penny-cress
<i>Thlaspi sylvium</i>	Matterhorn Pennycress
<b>Campanulaceae</b>	<b>Bellflower Family</b>
<i>Campanula barbata</i>	Bearded Bellflower
<i>Campanula glomerata</i>	Clustered Bellflower
<i>Campanula rotundifolia</i>	Harebell
<i>Campanula spicata</i>	Spiked Bellflower
<i>Campanula trachelium</i>	Nettle-leaved Bellflower
<i>Phyteuma betonicifolium</i>	Betony-leaved Rampion
<i>Phyteuma hemisphaericum</i>	Globe-headed Rampion
<i>Phyteuma obiculare</i>	Round-headed Rampion
<b>Cannabaceae</b>	<b>Hop Family</b>
<i>Humulus lupulus</i>	Hop
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>
<i>Lonicera alpigena</i>	Alpine Honeysuckle
<i>Lonicera caerulea</i>	Blue-berries Honeysuckle
<i>Sambucus nigra</i>	Common Elder
<b>Caryophyllaceae</b>	<b>Pink Family</b>
<i>Arenaria biflora</i>	Two-flowered Sandwort
<i>Cerastium alpinum</i>	Alpine Mouse-ear
<i>Cerastium fontanum</i>	Common Mouse-ear
<i>Cerastium uniflora</i>	Glacier Mouse-ear
<i>Dianthus carthusianorum</i>	Carthusian Pink
<i>Gypsophila repens</i>	Alpine Gypsophila
<i>Minuartia sedoides</i>	Mossy Cyphel
<i>Minuartia verna</i>	Vernal Sandwort
<i>Sagina saginoides</i>	Alpine Pearlwort
<i>Saponaria ocymoides</i>	Rock Soapwort
<i>Silene acaulis</i>	Moss Campion
<i>Silene dioica</i>	Red Campion
<i>Silene nutans</i>	Nottingham Catchfly
<i>Silene vulgaris</i>	Bladder Campion
<i>Stellaria media</i>	Common Chickweed

Scientific Name	Common Name
<b>Chenopodiaceae</b>	<b>Goosefoot Family</b>
<i>Chenopodium bonus-henricus</i>	Good-King-Henry
<b>Cistaceae</b>	<b>Rockrose Family</b>
<i>Helianthemum oelandicum</i> subsp. <i>alpestre</i>	Alpine Rockrose
<b>Corylaceae</b>	<b>Hazel Family</b>
<i>Corylus avellana</i>	Hazel
<b>Crassulaceae</b>	<b>Stonecrop Family</b>
<i>Sedum acre</i>	Biting Stonecrop
<i>Sedum album</i>	White Stonecrop
<i>Sedum dasyphyllum</i>	Thick-leaved Stonecrop
<i>Sedum telephium</i>	Orpine
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek
<i>Sempervivum montanum</i>	Mountain Houseleek
<i>Sempervivum tectorum</i>	Common Houseleek
<b>Dipsacaceae</b>	<b>Teasel Family</b>
<i>Knautia dipsacifolia</i>	Wood Scabious
<b>Empetraceae</b>	<b>Crowberry Family</b>
<i>Empetrum nigrum</i> subsp. <i>hermaphroditum</i>	Hermaphrodite Crowberry
<b>Ericaceae</b>	<b>Heather Family</b>
<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>	Bog Whortleberry
<i>Vaccinium vitis-idaea</i>	Cowberry
<b>Euphorbiaceae</b>	<b>Spurge Family</b>
<i>Euphorbia cyparissias</i>	Cypress Spurge
<i>Mercurialis perennis</i>	Dog's Mercury
<b>Fabaceae</b>	<b>Pea Family</b>
<i>Anthyllis vulneraria</i> subsp. <i>alpestris</i>	Alpine Kidney Vetch
<i>Astragalus alpinus</i>	Alpine Milk-vetch
<i>Hedysarum hedysaroides</i>	Alpine Sainfoin
<i>Hippocrepis comosa</i>	Horseshoe Vetch
<i>Lathyrus pratensis</i>	Meadow Vetchling
<i>Lotus alpinus</i>	Alpine Bird's-foot-trefoil
<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>Vicia cracca</i>	Tufted Vetch
<b>Fagaceae</b>	<b>Beech Family</b>
<i>Fagus sylvatica</i>	Beech
<i>Quercus petraea</i>	Sessile Oak
<i>Quercus robur</i>	Pedunculate Oak
<b>Gentianaceae</b>	<b>Gentian Family</b>
<i>Gentiana alpina</i>	Southern Gentian
<i>Gentiana acaulis</i>	Trumpet Gentian
<i>Gentiana brachyphylla</i>	Short-leaved Gentian
<i>Gentiana nivalis</i>	Snow Gentian
<i>Gentiana bavarica</i>	Bavarian Gentian
<i>Gentiana verna</i>	Spring Gentian

Scientific Name	Common Name
<b>Geraniaceae</b>	<b>Crane's-bill Family</b>
<i>Geranium robertianum</i>	Herb Robert
<i>Geranium sanguinum</i>	Bloody Crane's-bill
<i>Geranium sylvaticum</i>	Wood Crane's-bill
<b>Hypericaceae</b>	<b>St John's-wort Family</b>
<i>Hypericum maculatum</i>	Imperforate St John's-wort
<b>Juglandaceae</b>	<b>Walnut Family</b>
<i>Juglans regia</i> - l	Walnut
<b>Lamiaceae</b>	<b>Dead-nettle Family</b>
<i>Acinos alpinus</i>	Alpine Calamint
<i>Ajuga pyramidalis</i>	Pyramidal Bugle
<i>Ajuga reptans</i>	Common Bugle
<i>Lamiaeum galeobdolon</i>	Yellow Archangel
<i>Lamium purpureum</i>	Red Dead-nettle
<i>Origanum vulgare</i>	Marjoram
<i>Prunella vulgaris</i>	Self-heal
<i>Salvia pratensis</i>	Meadow Clary
<i>Thymus polytrichus</i>	Wild Thyme
<b>Lentibulariaceae</b>	<b>Butterwort Family</b>
<i>Pinguicula vulgaris</i>	Common Butterwort
<b>Oleaceae</b>	<b>Ash Family</b>
<i>Fraxinus excelsior</i>	Ash
<i>Ligustrum vulgare</i>	Wild Privet
<b>Onagraceae</b>	<b>Willowherb Family</b>
<i>Chamerion angustifolium</i>	Rosebay Willowherb
<i>Epilobium alsinifolium</i>	Chickweed Willowherb
<i>Epilobium montanum</i>	Broad-leaved Willowherb
<b>Oxalidaceae</b>	<b>Wood-sorrel Family</b>
<i>Oxalis acetosella</i>	Wood-sorrel
<b>Papaveraceae</b>	<b>Poppy Family</b>
<i>Papaver rhoeas</i>	Common Poppy
<b>Plantaginaceae</b>	<b>Plantain Family</b>
<i>Plantago maritima</i> subsp. <i>serpentina</i>	Fleshy Plantain
<i>Plantago lanceolata</i>	Ribwort Plantain
<i>Veronica alpina</i>	Alpine Speedwell
<i>Veronica bellidioides</i>	Violet Speedwell
<i>Veronica chamaedrys</i>	Germander Speedwell
<i>Veronica fruticans</i>	Rock Speedwell
<i>Veronica officinalis</i>	Heath Speedwell
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell
<b>Polygonaceae</b>	<b>Dock Family</b>
<i>Oxyria digyna</i>	Mountain Sorrel
<i>Persicaria vivipara</i>	Alpine Bistort
<i>Rumex acetosella</i>	Sheep's Sorrel
<i>Rumex alpestris</i>	Mountain Dock
<i>Rumex alpinus</i>	Monk's-rhubarb
<b>Primulaceae</b>	<b>Primrose Family</b>
<i>Androsace alpina</i>	Alpine Rock-jasmine
<i>Androsace carnea</i>	Pink Rock-jasmine
<i>Androsace obtusifolia</i>	Blunt-leaved Rock-jasmine
<i>Androsace vandellii</i>	Vandel's Rock-jasmine
<i>Androsace vitaliana</i>	Vitaliana
<i>Primula farinosa</i>	Bird's-eye Primrose
<i>Primula hirsuta</i>	Hairy Primrose
<i>Soldanella alpina</i>	Alpine Snowbell

Scientific Name	Common Name
<b>Ranunculaceae</b>	<b>Buttercup Family</b>
<i>Anemone nemorosa</i>	Wood Anemone
<i>Caltha palustris</i>	Marsh-marigold
<i>Clematis vitalba</i>	Old Man's Beard
<i>Hepatica nobilis</i>	Liverleaf
<i>Pulsatilla alpina</i> subsp. <i>apiifolia</i>	Alpine Pasqueflower
<i>Pulsatilla vernalis</i>	Spring Pasqueflower
<i>Ranunculus acris</i>	Meadow Buttercup
<i>Ranunculus auricomus</i>	Goldilocks Buttercup
<i>Ranunculus glacialis</i>	Glacier Crowfoot
<i>Ranunculus kuepferi</i>	Kupfer's Buttercup
<i>Trollius europaeus</i>	Globeflower
<b>Rosaceae</b>	<b>Rose Family</b>
<i>Alchemilla alpina</i>	Alpine Lady's-mantle
<i>Alchemilla vulgaris</i> agg.	Lady's-mantle
<i>Crataegus monogyna</i>	Hawthorn
<i>Filipendula ulmaria</i>	Meadowsweet
<i>Fragaria vesca</i>	Wild Strawberry
<i>Geum montanum</i>	Alpine Avens
<i>Geum rivale</i>	Water Avens
<i>Potentilla aurea</i>	Golden Cinquefoil
<i>Potentilla crantzii</i>	Alpine Cinquefoil
<i>Potentilla erecta</i>	Tormentil
<i>Potentilla sterilis</i>	Barren Strawberry
<i>Prunus avium</i>	Wild Cherry
<i>Rosa canina</i>	Dog-rose
<i>Rubus idaeus</i>	Raspberry
<i>Rubus saxatilis</i>	Stone Bramble
<i>Sibbaldia procumbens</i>	Sibbaldia
<i>Sorbus aria</i>	Whitebeam
<i>Sorbus aucuparia</i>	Rowan
<b>Rubiaceae</b>	<b>Madder Family</b>
<i>Cruciata laevipes</i>	Crosswort
<i>Galium boreale</i>	Northern Bedstraw
<i>Galium megalospermum</i>	Swiss Bedstraw
<i>Galium odoratum</i>	Woodruff
<i>Galium verum</i>	Lady's Bedstraw
<b>Salicaceae</b>	<b>Willow Family</b>
<i>Populus alba</i>	White Poplar
<i>Populus tremula</i>	Aspen
<i>Salix arbuscular</i>	Mountain Willow
<i>Salix helvetica</i>	Swiss Willow
<i>Salix herbacea</i>	Least Willow
<i>Salix retusa</i>	Retuse-leaved Willow
<i>Salix serpyllifolia</i>	Thyme-leaved Willow
<b>Saxifragaceae</b>	<b>Saxifrage Family</b>
<i>Chrysosplenium alternifolium</i>	Alternate-leaved Golden-saxifrage
<i>Saxifraga aspera</i>	Rough Saxifrage
<i>Saxifraga bryoides</i>	Mossy Saxifrage
<i>Saxifraga cuneifolia</i>	Spoon-leaved Saxifrage
<i>Saxifraga exerata</i> subsp. <i>moschata</i>	Musky Saxifrage
<i>Saxifraga oppositifolia</i>	Purple Saxifrage
<i>Saxifraga paniculata</i>	Livelong Saxifrage
<i>Saxifraga seguieri</i>	Scree Saxifrage



Scientific Name	Common Name
<b>Scrophulariaceae</b>	<b>Figwort Family</b>
<i>Verbascum pulverulentum</i>	Hoary Mullein
<b>Orobanchaceae</b>	<b>Broomrape Family</b>
<i>Bartsia alpina</i>	Alpine Bartsia
<i>Digitalis lutea</i>	Small Yellow Foxglove
<i>Euphrasia minima</i>	Dwarf Eyebright
<i>Linaria alpina</i>	Alpine Toadflax
<i>Melampyrum pratense</i>	Common Cow-wheat
<i>Melampyrum sylvaticum</i>	Small Cow-wheat
<i>Pedicularis oederi</i>	Crimson-tipped Lousewort
<i>Pedicularis foliosa</i>	Leafy Lousewort
<i>Rhinanthus minor</i>	Yellow-rattle
<i>Urtica dioica</i>	Common Nettle
<b>Valerianaceae</b>	<b>Valerian Family</b>
<i>Valeriana tripteris</i>	Three-leaved Valerian
<b>Violaceae</b>	<b>Violet Family</b>
<i>Viola biflora</i>	Yellow Wood Violet
<i>Viola calcarata</i>	Long-spurred Pansy
<i>Viola lutea</i>	Mountain Pansy
<i>Viola palustris</i>	Marsh Violet
<i>Viola tricolor</i>	Wild Pansy