

Valais - Highlights of the Swiss Alps

Naturetrek Tour Report

18th – 25th June 2026



Alpine Accentor



Aletsch glacier



White-winged Snowfinch



Matterhorn

Tour report by Neil Murphy



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Summary

We spent the week exploring the Bettmeralp area, using gondolas to ascend the mountains and then walking back down. We visited the Bettmerhorn, Moosfluh, Eggishorn, Battmerhitta and Domo, which were all within easy reach of our hotel. We saw very few other tourists in Valais: the Swiss appear to have kept this area secret and just to themselves.

The weather was dry and sunny for the entire week, which was ideal for watching wildlife in the Alps, and we recorded many plants, birds, mammals and butterflies, as well as seeing incredible scenery in every direction. On one day, we headed to Zermatt and took the cog railway up to Gornergrat, where we were treated to incredible mountain scenery, glaciers and reflections of the Matterhorn in the mountain lakes, and Alpine Choughs raiding our picnic lunch! Other great birds seen over the week included Bearded and Griffon Vultures, Golden Eagle, Nutcracker, Alpine Chough, Crested and Willow Tits, Ring Ouzel, Common Rock Thrush, Alpine Accentor, White-winged Snowfinch and Citril Finch.

Day 1

Thursday 18th June

By late morning, the group had arrived in a warm Geneva airport, and met other members of the group who had travelled independently. We headed off to catch our train eastwards towards Brig. The train followed the northern shores of Lake Geneva, before heading 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 drifted overhead. At Brig, we transferred to a cog-driven train to take us a short way up the upper Rhône Valley.

We collected our passes, then boarded the large cable car at Bettmeralp Talstation to take us up out of the valley floor and high up to Bettmeralp (1950m), overlooking meadows, woodlands, and farmsteads. We were met by the hotel electric buggy to relieve us of our luggage, before taking a gentle 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

Friday 19th June

Distance walked: 8km with a steep 700m descent.

The day dawned on a bright, warm and sunny day, so we headed out for a pre-breakfast walk, during which we saw Nutcracker, Crested Tit and Ring Ouzel, and had brief flight views of Citril Finch. After breakfast, we headed up behind the hotel to the Bettmerhorn cable car, pausing behind the hotel to admire Mazarine Blue, Purple-edged Copper and Almond-eyed Ringlet. It was cooler up at 2647m altitude, and we started exploring the path towards the Bettmerhorn, where the turf was carpeted in alpine flowers. Vivid blue Short-leaved Gentians, Trumpet Gentians, pink cushions of Moss Campion and yellow Mountain Avens grew alongside purple Long-spurred Pansies. Overhead, Alpine Chough flew about as we headed over the ridge towards the mighty Aletsch Glacier. It

was an incredible sight, and we could clearly see how the glacier had carved out the valley, but was now slowly retreating. We slowly descended towards Bettmeralp, where we soon discovered both White-winged Snowfinch and Alpine Accentor, although the vast numbers of Yellow Pasqueflowers had gone to seed, having finished flowering in the last couple of weeks.

Our picnic lunch was taken overlooking the mountains and the Bettmersee far below, our ultimate destination for this afternoon. As we continued to descend, we noted many Water Pipit performing their parachute display flights, a Whinchat, and several Alpine Marmots on the grassy slopes. Butterflies had been well-represented throughout the day, and we were pleased to record Alpine Grizzled Skipper, Black-veined White, Moorland Clouded Yellow, Queen of Spain and Shepherd's Fritillaries, and Alpine Grayling. On reaching the Bettmersee, we enjoyed watching some stunning Adonis Blues, before walking past the lake and back to the hotel. Here we had ninety minutes of down time, before meeting up for the nightly checklist at 6.45pm, and then dinner at 7.30pm.

Day 3

Saturday 20th June

Distance walked: 8km with a 400m descent

We woke to another sunny and warm day, and the early stroll rewarded us with Nutcracker, a flock of Common Crossbills, displaying Tree Pipit, and a Citril Finch feeding on the dandelion seed heads just outside the hotel. After breakfast, we departed the hotel, walking towards Golmenegg 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 in butterflies and birds: here we had superb views of a Nutcracker as it destroyed a pine cone to reach the seeds inside. Butterflies included Almond-eyed Ringlet, Pearl-bordered and False Heath Fritillaries, Wood White, Common Swallowtail, Black-veined White, Camberwell Beauty and Geranium Argus. By late morning, we had arrived at the Moosfluh cable lift, noting Sulphur Owl-fly nearby, and quickly ascended to the top, seeing a Common Rock Thrush en route. After a brief coffee stop at the top, and admiring more stunning views of the Aletsch glacier, we descended by gondola to the Mittelstation, where a small pool was teeming with Alpine Newts.

We enjoyed our picnic lunch in the company of a European Snow Vole, and then took a path through dwarf shrubs and Alpenrose towards the Bettmersee. The air was filled with the songs of displaying Water Pipits, and a Whinchat showed well. Butterflies included Moorland Clouded Yellow, Darwin's Heath, Alpine Grayling and Large, Mazarine and Cranberry Blues. We branched left before the lake and followed the ridge line, finding several orchids, including Broad-leaved Marsh, Vanilla Orchid and Heath Fragrant, but also several Martagon Lilies. We skirted around the Bettmersee, pausing where a stream fed it: this marshy area was particularly good for Marsh Fritillary, and Adonis Blue was also seen. From here, it was a short walk back to the hotel, where we relaxed before dinner.

Day 4

Sunday 21st June

Distance walked: 7km with a 50m ascent to Battmerhitta

The day dawned warm, bright and sunny morning, with a Cuckoo calling behind the hotel and Fieldfares busily collecting worms for their nestlings. Nutcrackers were also announcing their presence and two Citril Finches flew overhead. After breakfast, we headed off up the slope behind us, using the Wurzenbord chairlift, noting Alpine

Marmot, Ring Ouzel and Water Pipit on the way to the top. From the top, we enjoyed views down the Rhône Valley and towards the Matterhorn. We headed towards Battmerhita, noting Trumpet Gentian, Yellow Pasqueflower, Small White Orchid and Long-spurred Pansy, among many others. Butterflies were numerous, and we enjoyed seeing Alpine Heath, Pearl-bordered and Marsh Fritillaries, Cranberry and Adonis Blues, Common Swallowtail and Moorland Clouded Yellow. Whinchats were numerous, and two Griffon Vultures briefly circled with the numerous paragliders above the Bettmerhorn, as we enjoyed coffee and an assortment of delightful home-baked goodies at the café, before heading on to Fiescheralp.

More Alpine Marmots were spotted on the way into the village, on the slopes below a delightful bank covered in Globeflowers. A delicious picnic spread was consumed in the shade of a mountain hut outside Fiescheralp, while overhead Golden Eagle cruised by, quickly followed by a Bearded Vulture: not a bad fifteen minutes! We continued on towards the cable car station, where we took the gondola to the Eggishorn summit, with panoramic views over the mighty Aletsch glacier beneath us. The retreating snows revealed Alpine Rock-jasmine and Purple Saxifrage. Alpine Choughs wheeled overhead as the group took in the view of Europe's largest glacier, and views north to the Eiger, Mönch, Jungfrau and the Jungfrauoch sphinx glinting in the sun. Two Alpine Accentors were briefly seen by the cable car station, and a pair of White-winged Snowfinches collected insects from the snow for their chicks nearby. By mid-afternoon, we headed down the peak and continued by cable car to Fiesch, where we caught the local train back to Bettmeralp Talstation, before heading back up the mountain to Bettmeralp. After some time for a refresh and relax, we completed the daily checklist, before enjoying another superb dinner, overlooking the Matterhorn and incredible mountain scenery to our south.

Day 5

Monday 22nd June

Distance walked: 6km with a 200m descent

After a slightly earlier than usual breakfast, we set off through the village towards the cable station for a day south of the Aletsch area, exploring the birds and plants to be found above Zermatt. After two relaxing train rides, from which a group of Red-billed Choughs were observed just outside Visp, we arrived in Zermatt, before boarding a mountain cog train to the lofty heights of the Gornergrat, at 3131m. As soon as we disembarked the train, Alpine Choughs and White-winged Snowfinches showed up, the former being very keen to share our picnic. We then explored the higher reaches of the Gornergrat summit, with 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, and a single example of the King of the Alps, much to Yianni's delight.

After lunch, we hopped back on the train and dropped down to Rotenboden where, upon leaving the train, we observed a pair of White-winged Snowfinches busily ferrying food into their nest below the station toilet roof tiles. We walked down through the alpine garden, noting a now-familiar mix of montane plants, and headed down to the Riffelsee, with its impressive reflection of the Matterhorn. Many butterflies were on the wing, including some high-altitude specialists such as Mountain Clouded Yellow, Cranberry Blue and Silky, Swiss Brassy and Dewy Ringlets. We continued to head downhill to Riffelberg, enjoying the incredible mountain scenery and 360° views. From Riffelberg, we descended via the Gornergrat mountain railway and transferred by train back to Bettmeralp, enjoying views of Nutcracker and Ring Ouzel as we walked up through the village. We made it back just in time for dinner at 7.30pm: the checklist would have to wait until tomorrow!

Day 6

Tuesday 23rd June

Distance walked: 8km with a 400m steep descent

We woke to another sunny and warm day, and the early morning walk offered the usual Nutcracker and Citril Finch. After our usual substantial buffet breakfast, we headed up behind the hotel towards the Bettmerhorn cable car, and up to the top of the mountain. An Alpine Accentor was immediately seen from the restaurant deck, and could be heard feeding its chicks in the rocks underneath. We were rewarded with incredible views as the adults crept around, collecting invertebrates for their hungry young. Ring Ouzel, Alpine Chough and White-winged Snowfinch were also seen, and as we descended towards Moosfluh we encountered several butterflies: Common Swallowtail, Moorland Clouded Yellow, Queen of Spain, Mountain and Marsh Fritillaries, and Mountain Ringlet. At the Moosfluh chairlift, we enjoyed an ice cream or coffee along with our lunch, before descending to the middle station, where we got off and took the same path as on Saturday, but this time heading straight towards the Bettmersee. Water Pipit and Whinchat were quickly seen, as were Cranberry Blue, Pearl-bordered and Southern Heath Fritillaries, and the stunningly beautiful Purple-edged Copper. Stopping just before the lake, we explored a damp area, finding Broad-leaved Marsh, Vanilla and a few Small White Orchids, before returning to the hotel to relax before dinner.

Day 7

Wednesday 24th June

Distance walked: 5km with a 300m steep descent

The day dawned warm, bright and sunny, and as usual there were plenty of Nutcrackers around before breakfast. Once we were all fed and watered, we headed off up the slope behind us, using the Wurzenbord chairlift, noting plenty of displaying Water Pipits on the way to the top. We again headed towards the cafe at Battmerhitta, where we enjoyed a coffee and cake, as four Griffon Vultures cruised overhead and Whinchats sang from the valley. We then turned right on the path downhill towards Domo, which took us through areas of heathland, meadows and woodland. Butterflies were again numerous, and we recorded Moorland Clouded Yellow, Alpine Heath, Marsh Fritillary and Cranberry Blue on the heathlands, where Heath Fragrant and Heath Spotted Orchids were also numerous.

One particular part of the track was a little testing, but by using the chains, and taking our time, we safely negotiated this difficult stretch. We rewarded ourselves with a biscuit or two as an immature Golden Eagle circled above, giving incredible views. As we continued to descend, we ventured into woodland glades, and encountered a new range of butterflies such as Wood and Black-veined Whites, Sooty and Purple-edged Coppers, Queen of Spain, Dark Green, Pearl-bordered, Niobe and False Heath Fritillaries, Almond-eyed and Large Ringlets, Brimstone, and Common, Lesser Woodland and Alpine Graylings. This was the perfect dappled shady area to enjoy our final picnic: butterflies flew around us, some even landing on us to enjoy feasting on a sweaty arm. After lunch, we descended back through the woods, getting good views of Crested Tit, while a Tree Pipit performed its display flight nearby. We arrived back at the hotel mid-afternoon, to give everyone a chance to relax with a beer, or to begin packing.

Day 8

Thursday 25th June

We awoke to another sunny morning, and a quick pre-breakfast walk revealed a noisy family party of Nutcrackers, along with Citril Finch and both Willow and Crested Tits. After breakfast, we loaded our bags onto the hotel shuttle, before we began our final walk down through Bettmeralp, enjoying a last view of the stunning mountain scenery and the mighty Matterhorn in the distance. We then took the cable car to the bottom of the valley, before making our train connection to Geneva, via Brig. The clear blue waters of Lake Geneva looked inviting for a refreshing dip on a hot day, as Red and Black Kites flew overhead. We arrived in Geneva early in the afternoon, ready for our flights back to the UK, having seen over a hundred species of flowering plants, seventy-three bird species and fifty butterflies. We said our farewells to each other and the beautiful Swiss Alps, reflecting on an extremely successful, enjoyable, fun and laughter-filled wildlife holiday in this spectacular, unspoilt and relatively undiscovered area.

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Species lists

Birds

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Common Cuckoo	<i>Cuculus canorus</i>		1	1	2		1	2	1
Eurasian Collared Dove	<i>Streptopelia decaocto</i>					✓			✓
Common Wood Pigeon	<i>Columba palumbus</i>								1
Rock Dove	<i>Columba livia</i>	✓							✓
Eurasian Coot	<i>Fulica atra</i>	✓							1
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>	1							2
Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Bearded Vulture	<i>Gypaetus barbatus</i>				1				
Griffon Vulture	<i>Gyps fulvus</i>				2			4	
Golden Eagle	<i>Aquila chrysaetos</i>		2		1			1	
Red Kite	<i>Milvus milvus</i>	6		1		1			1
Black Kite	<i>Milvus migrans</i>	50					1	1	20
Common Buzzard	<i>Buteo buteo</i>	1		1	1				1
Great Spotted Woodpecker	<i>Dendrocopos major</i>			1					
Common Kestrel	<i>Falco tinnunculus</i>			1	2	✓	✓	1	✓
Peregrine Falcon	<i>Falco peregrinus</i>				1				
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>					20			
Alpine Chough	<i>Pyrrhocorax graculus</i>		6	8	4	10	7	2	
Eurasian Jay	<i>Garrulus glandarius</i>					✓	✓	1	
Eurasian Magpie	<i>Pica pica</i>	✓	1	✓			✓	✓	✓
Northern Nutcracker	<i>Nucifraga caryocatactes</i>		4	5	4	3	2	6	8
Northern Raven	<i>Corvus corax</i>		1		1	1	1	3	2
Carrion Crow	<i>Corvus corone</i>	✓	✓	✓	✓	✓	✓	✓	✓
Western Jackdaw	<i>Coloeus monedula</i>					6			
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>			✓	✓				
Great Tit	<i>Parus major</i>	✓	✓	✓	✓	✓	✓		
Coal Tit	<i>Parus ater</i>		✓	✓	✓	✓	✓	✓	✓
Crested Tit	<i>Lophophanes cristatus</i>		2			2		4	2
Willow Tit	<i>Poecile montanus</i>								2
Eurasian Skylark	<i>Alauda arvensis</i>				3	1			
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>	4	6	4	2	6	2	2	2
Barn Swallow	<i>Hirundo rustica</i>				1				
Western House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Chiffchaff	<i>Phylloscopus collybita</i>		1	2	1	1	1	1	1
Eurasian Blackcap	<i>Sylvia atricapilla</i>	1	1	✓	1			1	1
Lesser Whitethroat	<i>Curruca curruca</i>							2	
Common Firecrest	<i>Regulus ignicapilla</i>		1	1					
Goldcrest	<i>Regulus regulus</i>		1	✓				✓	✓
Eurasian Nuthatch	<i>Sitta europaea</i>		2	3				2	2
Eurasian Treecreeper	<i>Certhia familiaris</i>		1	3					2
Eurasian Wren	<i>Troglodytes troglodytes</i>		✓	✓	✓		✓	✓	✓
Common Starling	<i>Sturnus vulgaris</i>	✓							✓
Mistle Thrush	<i>Turdus viscivorus</i>		2	✓	✓	✓	✓	✓	2

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Song Thrush	<i>Turdus philomelos</i>		1	✓	✓			1	1
Common Blackbird	<i>Turdus merula</i>	1	✓	✓	✓	✓	✓	✓	✓
Fieldfare	<i>Turdus pilaris</i>		1	3	2		2	2	2
Ring Ouzel	<i>Turdus torquatus</i>		3	5	2	1	2	2	
European Robin	<i>Erithacus rubecula</i>		1	✓	✓		1	✓	✓
Black Redstart	<i>Phoenicurus ochruros</i>	6	6	6	8	6	6	12	6
Common Redstart	<i>Phoenicurus phoenicurus</i>		1						
Common Rock Thrush	<i>Monticola saxatilis</i>			1					
Whinchat	<i>Saxicola rubetra</i>		1	3	7		2	2	
Northern Wheatear	<i>Oenanthe oenanthe</i>		6	3	4	4	4	8	
Alpine Accentor	<i>Prunella collaris</i>		6		2		4		
Dunnock	<i>Prunella modularis</i>		1	✓	✓		✓	✓	✓
White-winged Snowfinch	<i>Montifringilla nivalis</i>		4		2	4	1		
House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
White Wagtail	<i>Motacilla alba</i>	✓	✓	✓	✓	✓	✓	✓	✓
Tree Pipit	<i>Anthus trivialis</i>			2				1	1
Meadow Pipit	<i>Anthus pratensis</i>		✓						
Water Pipit	<i>Anthus spinoletta</i>		20	12	15	4	10	10	
Eurasian Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>			2					2
Common Linnet	<i>Linaria cannabina</i>		✓	✓	✓	✓	✓	✓	✓
Eurasian Siskin	<i>Spinus spinus</i>			2					2
Redpoll	<i>Acanthis flammea</i>			2			3	8	
Common Crossbill	<i>Loxia curvirostra</i>		6	15	4				
Citril Finch	<i>Carduelis citrinella</i>		2	2	2	2	2	1	2
European Goldfinch	<i>Carduelis carduelis</i>	✓		✓	✓				✓
European Serin	<i>Serinus serinus</i>	1	1	3	2	1	1	3	2

Mammals

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
European Hare	<i>Lepus europaeus</i>			3					1
European Snow Vole	<i>Chionomys nivalis</i>			1					
Alpine Marmot	<i>Marmota marmota</i>		4		4	1			1
Common Pipistrelle	<i>Pipistrellus pipistrellus</i>							1	
Western Roe Deer	<i>Capreolus capreolus</i>			1					

Amphibians & reptiles

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Alpine Newt	<i>Ichthyosaura alpestris</i>			12			2		
Viviparous Lizard	<i>Zootoca vivipara</i>			1	1				

Butterflies

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Common Swallowtail	<i>Papilio machaon</i>	✓		5	2		2	4	
Essex Skipper	<i>Thymelicus lineola</i>			1					
Dingy Skipper	<i>Erynnis tages</i>				1				
Southern Grizzled Skipper	<i>Pyrgus malvoides</i>			1			2	✓	
Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>		1						
Large Grizzled Skipper	<i>Pyrgus alveus</i>			✓	✓				
Wood White	<i>Leptidea sinapis</i>			1		1		1	
Common Brimstone	<i>Gonepteryx rhamni</i>	1						✓	
Pale Clouded Yellow	<i>Colias hyale</i>			✓			✓		
Berger's Clouded Yellow	<i>Colias alfacariensis</i>	1		2					
Mountain Clouded Yellow	<i>Colias phicomone</i>					2			
Moorland Clouded Yellow	<i>Colias palaeno</i>			3	✓		✓	✓	
Black-veined White	<i>Aporia crataegi</i>		4	6				✓	
Large White	<i>Pieris brassicae</i>	✓						✓	
Mountain Green-veined White	<i>Pieris bryoniae</i>	1							
Purple-edged Copper	<i>Lycaena hippothoe</i>		2	2			2	2	
Sooty Copper	<i>Lycaena tityrus</i>							✓	
Large Blue	<i>Phengaris arion</i>			1					
Little Blue	<i>Cupido minimus</i>		✓	✓	✓	✓		✓	
Cranberry Blue	<i>Agriades optilete</i>			8	2	✓	✓	✓	
Geranium Argus	<i>Eumedonia eumedon</i>			2					
Mazarine Blue	<i>Cyaniris semiargus</i>		✓	✓	✓			✓	
Adonis Blue	<i>Polyommatus bellargus</i>	✓	✓	✓	✓			✓	
Queen of Spain Fritillary	<i>Issoria lathonia</i>		1				2	✓	
Dark Green Fritillary	<i>Speyeria aglaja</i>							✓	
Niobe Fritillary	<i>Fabriciana niobe</i>							✓	
Shepherd's Fritillary	<i>Boloria pales</i>		1						
Mountain Fritillary	<i>Boloria napaea</i>						✓		
Small Pearl-bordered Fritillary	<i>Boloria selene</i>							✓	
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>		✓	✓	✓	✓	✓	✓	
Painted Lady	<i>Vanessa cardui</i>	1	1	✓	✓			✓	
Red Admiral	<i>Vanessa atalanta</i>					✓		✓	
Small Tortoiseshell	<i>Aglais urticae</i>	✓	✓	✓	✓	✓	✓	✓	
Camberwell Beauty	<i>Nymphalis antiopa</i>			1	1		1	1	
Marsh Fritillary	<i>Euphryas aurinia glaciegenita</i>			10	✓		✓	✓	
False Heath Fritillary	<i>Melitaea diamina</i>			2				✓	
Southern Heath Fritillary	<i>Melitaea celadussa</i>						✓		
Alpine Heath	<i>Coenonympha gardetta</i>		✓	✓	✓	✓	✓	✓	
Darwin's Heath	<i>Coenonympha darwiniana</i>		✓	✓					
Large Wall Brown	<i>Lasiommata maera</i>		✓					✓	
Common Marbled White	<i>Melanargia galathea</i>					✓		✓	
Lesser Woodland Grayling	<i>Hipparchia hermione genava</i>							✓	
Common Grayling	<i>Hipparchia semele</i>							✓	
Alpine Grayling	<i>Oeneis glacialis</i>		✓	✓	✓			✓	
Swiss Brassy Ringlet	<i>Erebia tyndarus</i>					✓			
Silky Ringlet	<i>Erebia gorge</i>					✓			
Dewy Ringlet	<i>Erebia pandrose</i>					✓			
Large Ringlet	<i>Erebia euryale</i>							✓	
Almond-eyed Ringlet	<i>Erebia albergana</i>		✓	✓	✓			✓	

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Mountain Ringlet	<i>Erebia epiphron</i>						✓		

Moths

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Large Straw-barred Pearl	<i>Pyrausta aerealis</i>		✓	✓	✓	✓	✓	✓	
a crambid moth	<i>Metaxmeste schrankiana</i>		✓		✓	✓			
Mountain Lackey	<i>Malacosoma alpicola</i>				✓				
Drinker	<i>Euthrix potatoria</i>				✓				
Lewes Wave	<i>Scopula immorata</i>						2		
Scallop Shell	<i>Rheumaptera undulata</i>						1		
Latticed Heath	<i>Chiasmia clathrata</i>		✓	✓	✓			✓	
Common Heath	<i>Ematurga atomaria</i>			✓	✓	✓	✓	✓	
Nine-spotted	<i>Amata phegea</i>				1				
Burnet Companion	<i>Euclidia glyphica</i>		✓	✓					

Damselflies & dragonflies

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Common Blueth	<i>Enallagma cyathigerum</i>			1			4		
Small Whiteface	<i>Leucorrhinia dubia</i>						20		

Other invertebrates

Common name	Scientific name	June 2026							
		18	19	20	21	22	23	24	25
Sulphur Owlfly	<i>Libelloides coccajus</i>			2				1	

Plants

Scientific name	Common name	June 2026							
		18	19	20	21	22	23	24	25
<i>Polypodium</i> spp.	polypodies							✓	
<i>Cystopteris fragilis</i>	Brittle Bladder Fern		✓						
<i>Dryopteris filix-mas</i>	Common Male Fern		✓						
<i>Larix decidua</i>	European Larch					✓			
<i>Picea abies</i>	Norway Spruce		✓						
<i>Pinus sylvestris</i>	Scots Pine					✓			
<i>Juniperus communis</i> var. <i>saxatilis</i>	Juniper			✓					
<i>Paris quadrifolia</i>	Herb-Paris			✓					
<i>Lilium martagon</i>	Martagon Lily			6					
<i>Maianthemum bifolium</i>	May Lily			✓					
<i>Paradisea liliastrium</i>	St Bruno's Lily					1			
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh Orchid		1	12			1	3	10
<i>Dactylorhiza sambucina</i>	Elder-flowered Orchid		✓						
<i>Gymnadenia conopsea</i>	Chalk Fragrant Orchid			4				3	
<i>Gymnadenia odoratissima</i>	Short-spurred Fragrant Orchid							✓	
<i>Gymnadenia rhellicani</i>	Dark Vanilla Orchid			1			3		

Scientific name	Common name	June 2026							
		18	19	20	21	22	23	24	25
<i>Gymnadenia nigra</i>	Black Vanilla Orchid			✓					
<i>Orchis mascula</i>	Early Purple Orchid			1					
<i>Pseudorchis albida</i>	Small White Orchid		2				3	2	
<i>Eriophorum angustifolium</i>	Common Cottongrass			✓					
<i>Poa alpina</i>	Alpine Meadow-grass						✓		
<i>Caltha palustris</i>	Marsh-marigold		✓						
<i>Hepatica nobilis</i>	Liverleaf		✓						
<i>Pulsatilla alpina</i> subsp. <i>apiifolia</i>	Yellow Pasqueflower		✓		✓				
<i>Ranunculus acris</i>	Meadow Buttercup		✓						
<i>Ranunculus glacialis</i>	Glacier Buttercup				✓				
<i>Ranunculus pyrenaicus</i>	Pyrenean Buttercup		✓						
<i>Trollius europaeus</i>	European Globeflower		✓						
<i>Viola biflora</i>	Yellow Wood Violet		✓						
<i>Viola calcarata</i>	Long-spurred Pansy		✓						
<i>Anthyllis vulneraria</i> subsp. <i>alpestris</i>	Alpine Kidney-vetch				✓				
<i>Lotus alpinus</i>	Alpine Bird's-foot-trefoil		✓						
<i>Onobrychis viciifolia</i>	Common Sainfoin			✓					
<i>Trifolium alpinum</i>	Alpine Clover		✓						
<i>Trifolium badiatum</i>	Brown Trefoil							✓	
<i>Trifolium pratense</i>	Red Clover				✓				
<i>Alchemilla</i> agg.	'Lady's-mantle'		✓						
<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>	Common Tormentil			✓	✓				
<i>Rosa pendulina</i>	Alpine Rose			✓					
<i>Sibbaldia procumbens</i>	Procumbent Sibbaldia		✓						
<i>Betula pendula</i>	Silver Birch			✓					
<i>Geranium sylvaticum</i>	Wood Crane's-bill		✓						
<i>Euphorbia cyparissias</i>	Cypress Spurge					✓			
<i>Polygaloides chamaebuxus</i>	Shrubby Milkwort		✓						
<i>Silene acaulis</i>	Moss Campion		✓		✓				
<i>Silene dioica</i>	Red Campion		✓						
<i>Silene italica</i>	Italian Catchfly						✓		
<i>Silene vulgaris</i>	Bladder Campion			✓					
<i>Draba aizoides</i>	Yellow Whitlowgrass					✓			
<i>Noccaea rotundifolia</i>	Round-leaved Penny-cress				✓				
<i>Noccaea rotundifolia</i>	Round-leaved Penny-cress					✓			
<i>Daphne mezereum</i>	Common Mezereon		✓						
<i>Epilobium angustifolium</i>	Rosebay Willowherb		✓						
<i>Helianthemum oelandicum</i>	Alpine Rock-rose		✓						
<i>Androsace chamaejasme</i>	Ciliate Rock-jasmine				✓				
<i>Androsace vandellii</i>	Vandelli Rock Jasmine					✓			
<i>Primula farinosa</i>	Bird's-eye Primrose					✓			
<i>Primula hirsuta</i>	Hirsute Primrose		✓						
<i>Soldanella alpina</i>	Alpine Snowbell		✓						
<i>Vitaliana primuliflora</i>	Primrose-flowered Vitaliana					✓			

Scientific name	Common name	June 2026							
		18	19	20	21	22	23	24	25
<i>Arctostaphylos uva-ursi</i>	Bearberry		✓						
<i>Calluna vulgaris</i>	Common Heather		✓						
<i>Kalmia procumbens</i>	Trailing Azalea		✓						
<i>Rhododendron ferrugineum</i>	Alpenrose		✓						
<i>Vaccinium myrtillus</i>	Common Bilberry		✓						
<i>Sedum acre</i>	Biting Stonecrop						✓		
<i>Sedum alpestre</i>	Alpine Stonecrop				✓				
<i>Sempervivum tectorum</i>	Common Houseleek						✓		
<i>Saxifraga aizoides</i>	Yellow Saxifrage		✓		✓				
<i>Saxifraga oppositifolia</i>	Purple Saxifrage				✓				
<i>Gentiana acaulis</i>	Koch's Gentian		✓						
<i>Gentiana brachyphylla</i>	Short-leaved Gentian		✓						
<i>Gentiana lutea</i>	Great Yellow Gentian			✓					
<i>Eritrichium nanum</i>	King of the Alps					✓			
<i>Myosotis alpestris</i>	Alpine Forget-me-not			✓					
<i>Ajuga pyramidalis</i>	Pyramidal Bugle		✓						
<i>Salvia pratensis</i>	Meadow Clary		✓						
<i>Pinguicula vulgaris</i>	Common Butterwort			✓					
<i>Verbascum nigrum</i>	Dark Mullein					✓			
<i>Linaria alpina</i>	Alpine Toadflax					✓			
<i>Veronica bellidioides</i>	Daisy-like Speedwell		✓						
<i>Veronica chamaedrys</i>	Germander Speedwell		✓						
<i>Melampyrum pratense</i>	Common Cow-wheat							✓	
<i>Pedicularis kernerii</i>	Kerner's Lousewort					✓			
<i>Rhinanthus minor</i>	Lesser Yellow Rattle			✓					
<i>Campanula barbata</i>	Bearded Bellflower		✓						
<i>Campanula rotundifolia</i>	Common Harebell		✓						
<i>Phyteuma orbiculare</i>	Round-headed Rampion			✓					
<i>Phyteuma spicatum</i>	Spiked Rampion			✓					
<i>Arnica montana</i>	Mountain Arnica			✓					
<i>Carduus defloratus</i>	Alpine Thistle							✓	
<i>Carlina acaulis</i>	Stemless Carlina Thistle			✓					
<i>Centaurea montana</i>	Perennial Cornflower			✓					
<i>Crepis aurea</i>	Golden Hawk's-beard			✓					
<i>Leucanthemopsis alpina</i>	Mountain Moon-daisy						✓		
<i>Pilosella officinarum</i> agg.	Mouse-ear Hawkweed					✓			
<i>Solidago virgaurea</i>	European Goldenrod						✓		
<i>Taraxacum</i> agg.	Dandelion			✓		✓			
<i>Taraxacum alpinum</i>	Alpine Dandelion					✓			
<i>Tussilago farfara</i>	Common Colt's-foot					✓			
<i>Knautia dipsacifolia</i>	Wood Scabious			✓					