

Go Slow in the Swiss Alps

Naturetrek Tour Report

12th – 19th June 2025



Viola cenisia (Mont Cenis Pansy)



Northern Nutcracker



Alpine Accentor



Gentiana acaulis (Trumpet Gentian)

Tour report by Paul Harmes



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Tour participants: Paul Harmes and Simon Woolley (leaders) with thirteen Naturetrek clients

Day 1

Thursday 12th June

Travel to Zurich – Transfer to Mürren (1650m), via Interlaken.

Ten group members met with Paul and Simon at Heathrow Terminal 5, for the 9.20am British Airways flight BA712 to Zurich, arriving at 12.10pm. At Zurich Airport, we met with the remaining three group members, who had made their way to Zurich from Manchester, or by train.

We now made our way to Zurich Flughafen railway station, in time for some lunch, before catching the 2.45pm train to Interlaken Ost, arriving at our destination at 5.00pm. We were met by our bus driver, Rudi, who took us from the station in Interlaken to the cable car station at Stechelberg, where we caught the 5.50pm car up to the village of Mürren, our destination. Our hotel, the Alpenruh, was situated next to the cable car station, so transfer was very straight forward.

We were welcomed on arrival by Ava, who quickly allocated our rooms, and outlined the hotel's logistics. After dinner, our leaders gave a brief outline of the first few days of the trip, before we retired for the night.

Day 2

Friday 13th June

Allmendhubel (1907m) – The Mountain View Trail

After breakfast, on a warm and sunny morning, we left the hotel and made the short walk to the funicular railway. We took the five-minute ride up to the sub-alpine pastures and tracks of Allmendhubel. Along the way we saw Black Redstart, Chaffinch and Blackbird.

We emerged from the station building and began to explore the meadows. As we slowly worked our way across the landscape, we found *Gymnadenia albida* (Small-white Orchid), *Gentiana acaulis* (Trumpet Gentian), *Silene dioica* (Red Campion), *Potentilla aurea* (Golden Cinquefoil), *Primula farinosa* (Bird's-eye Primrose), *Geum montanum* (Mountain Avens), *Viola lutea* (Mountain Pansy), *Pulsatilla alpina* subsp. *apiifolia* (Yellow Alpine Pasque Flower) and *Caltha palustris* (Marsh-marigold). We could hear Blackcap and Robin in song, and after a while located a singing second calendar year Black Redstart.

As we went, we added *Pulsatilla alpina* subsp. *alpina*, (White Alpine Pasqueflower). Butterflies were very much in evidence, with Swallowtail, Small Tortoiseshell and Small Blue all noted. We slowly made our way to the start of the 'Mountain View' Path at the lower end of the Schilthorn Track, where we took our picnic. During the meal, Simon spotted a distant Chamois on the skyline, and we also enjoyed the splendid views.

After lunch, we set off along the Mountain View Trail, to walk to Winteregg. As we went, we added *Pedicularis verticillata* (Verticillate Lousewort), *Orchis mascula* (Early Purple Orchid), *Cerastium elongatum* (a Mouse-eared Chickweed), *Arctostaphylos uva-ursi* (Bear Berry), *Petasites paradoxus* (Alpine Butterbur), *Saxifraga paniculata* (Livelong Saxifrage), *Veronica fruticans* (Rock Speedwell) and *Erica carnea* (Spring Heath). Greenfinch and Chiffchaff were also heard, and we had brief views of a singing Lesser Whitethroat. Orange Tip, Red Admiral, Duke of Burgundy,

Painted Lady and Pearl-bordered Fritillary butterflies were all recorded. As we neared our destination, a Nutcracker was heard calling, and it eventually showed quite well.

The final approach to the railway station at Winteregg produced Black Redstart and calling Ravens, as well as *Dianthus carthusianorum* (Carthusian Pink). Whilst waiting for the train to Murren, we took refreshments in the Refugio Winteregg. Walking from Murren station back to our hotel, we saw a Fox and a Chamois in a field right in Murren village.

Day 3

Saturday 14th June

Schilthorn - Piz Gloria (2970m) – Birg – Thrill Walk (2677m)

A bright, clear morning began with a cable car ride up to the Schilthorn, via Birg. As we ascended, we were rewarded with some lovely views of the surrounding mountains. At Birg we transferred to the Schilthorn Cable car for the last section of the journey.

The Schilthorn cable-car station houses a restaurant and the James Bond Museum; this site was the location of Blofeld's lair and the famous battle scene in the 1969 movie 'On Her Majesty's Secret Service'. The weather, this year, was generally clear in all directions, with high, broken clouds. From the main viewing platform, we spotted several Alpine Accentors, searching for food among the rocks, and on several occasions the birds came very close, affording great views. After enjoying the panoramic views, we went to explore the open mountainside. Here, we found *Noccaea rotundifolium* (Round-leaved Pennycress), *Saxifraga oppositifolia* (Purple Saxifrage), *Ranunculus glacialis* (Glacier Crow-foot) and *Androsace helvetica* (Swiss Rock-Jasmine). Small Tortoiseshell butterflies were also recorded. We enjoyed Brunch in the Piz Gloria Restaurant, with occasional Alpine Choughs passing the windows as we ate.

After eating, we descended to Birg. Some of the group took the opportunity to do the 'Thrill Walk'. This is a steel walkway bolted to the cliffs below the cable car station. Here, we explored the cliff, finding some nice alpine plant species. These included *Saxifraga exarata* subsp. *moschata* (Musky Saxifrage), *Androsace chamaejasme* (Ciliate Rock-jasmine), *Saxifraga paniculata* (Live-long Saxifrage), *Veronica aphylla* (Leafless-stemmed Speedwell) and *Saxifraga aizoides* (Yellow Mountain Saxifrage).

The group reconvened on the Birg's viewing platform, where we had distant sightings of a Bearded Vulture (Lammergeier) and a Golden Eagle. We continued down the cable car to Murren, and the group made their way back to the hotel.

Some of the group chose to explore the verge banks and meadows between the hotel and the northern edge of Murren. *Dryopteris filix-mas* (Male-fern), *Lilium martagon* (Martagon Lily), *Carduus defloratus* (Alpine Thistle) and *Crepis pyrenaica* (Pyrenean Hawk's-beard) were all seen, among many more. We retraced our steps back to the hotel, in plenty of time for refreshments before dinner.

Day 4

Sunday 15th June

Wengen (1274m) – Männlichen (2222m) – Kleine Scheidegg (2061m)

We caught the 9.28am train to Grütschalp, and the cable car down to Lauterbrunnen. Common Swifts were plentiful around the station. We caught the shuttle train to Wengen, where we made our way to the cable car station for the ascent to Männlichen. At the top, we began by exploring the grassy margins of the Royal Walk. As well as enjoying occasional 'fly-bys' from Alpine Choughs, we found *Gentiana acaulis* (Trumpet Gentian), *Viola calcarata* (Long-spurred Pansy), *Primula elatior* (Oxlip), *Primula farinosa* (Bird's-eye Primrose), *Ranunculus kuepferi* (Kuepfer's Buttercup), *Pulsatilla vernalis* (Spring Pasqueflower), *Ranunculus alpestre* (Alpine Buttercup), *Gentiana bavarica* (Bavarian Gentian) and *Silene acaulis* (Moss Campion), together with Water Pipit, Skylark and White-winged Snowfinch.

We made our way down past the cable car station, and along the path to Kleine Scheidegg, where we took our picnic lunch on a grassy bank. Where we sat, we noted *Pulsatilla vernalis* (Spring Pasqueflower), *Loiseleuria procumbens* (Trailing Azalea) and *Leucanthemopsis alpina* (Alpine Moon Daisy). We also had uninterrupted views of the Eiger, the Mönch and the Jungfrau mountains.



Mountain Ringlet



White-winged Snowfinch

With our lunch completed, we continued a little way south-eastwards, on the path to Kleine Scheidegg, pausing to examine an area where the snow had only recently melted. *Crocus vernus* (Spring Crocus) and *Soldanella alpina* (Alpine Snowbell) were plentiful. As we progressed, rocky outcrops produced *Primula hirsuta* (Hairy Primrose), *Pinguicula alpina* (Alpine Butterwort), *Gagea serotina* (Snowdon Lily), emerging *Gymnocarpium robertianum* (Limestone Fern), *Primula auricula* (Bear's-ear Primrose), *Saxifraga bryoides* (Mossy Saxifrage) and *Saxifraga Androsace* (Scree Saxifrage). Further down the track, the rocky outcrops gave way to subalpine grasslands which had *Anemone narcissiflora* (Narcissus-flowered Anemone), *Gymnadenia albida* (Small White Orchid), *Erica carnea* (Spring Heath) and *Dactylorhiza majalis* (Broad-leaved Marsh Orchid). The weather had been threatening for much of the afternoon, and we just made it to the Refugio, a short distance from Kleine Scheidegg, before the heavens opened. We had to hurry to the station, and more shelter, before we got too wet.

We took the train to Wengen, and on to Lauterbrunnen, then the cable car to Grütschalp, and the train back to Mürren.

Day 5

Monday 16th June

Trummelbach Falls (867m)

With breakfast complete, we made our way to the cable car, which would take us down to Stechelberg. Upon arrival, we transferred to a local bus, for the short ride to the Trummelbach Falls. This UNESCO World Heritage Site discharges 20,000 litres of water per second through a series of 10 waterfalls, draining from the Eiger, the Monch and the Jungfrau glaciers, all within the mountain. We took the internal lift to level seven and explored the ten levels at our leisure.

On the descent, we examined the cliffs and wooded banks, finding *Viburnum lantana* (Wayfaring Tree), *Helianthemum nummularium* subsp. *grandiflorum* (Large-flowered Rockrose), *Vincetoxicum hirundinaria* (Swallow-wort), *Gypsophila repens* (Alpine Gypsophila), *Polystichum aculeatum* (Hard Shield Fern) and *Aruncus dioicus* (Goat's-beard Spirea). Some of the group saw Dipper and Grey Wagtail on the fast-flowing stream at the foot of the falls.

After our descent, the group had the rest of the day to explore the area at their leisure, reconvening at 7.00pm for dinner.

Day 6

Tuesday 17th June

Mürren (1645m) to Grütschalp (1489m), via Winteregg (1639m)

Leaving our hotel at 9.00am, we set off in warm sunshine to walk the rail-side path to Winteregg and Grütschalp. This is a well-defined route used by walkers and cyclists, which passes through areas of woodland, meadows and rocky banks, as well as several streams and damp areas along its way. Mountain Ringlet, Heath Fritillary, Green Hairstreak, False Heath Fritillary, Wood White and Swallowtail butterflies were all noted as we went. Early plant finds included *Corallorhiza trifida* (Coralroot Orchid), *Cephalanthera longifolia* (Sword-leaved Helleborine), *Veronica urticifolia* (Nettle-leaved Speedwell) and *Clinopodium alpinum* (Alpine Basil Thyme). Blackcap and Chaffinch were constantly calling, and a solitary Nutcracker was also seen. The day-flying moths *Psodos quadrifaria* and Common Heath were recorded, before reaching our lunch stop at Winteregg. Along the way, a colony of *Cypripedium calceolus* (Lady's Slipper Orchid) was seen on the other side of the railway, out of reach except with binoculars, sadly. Approaching Winteregg, we added a solitary Large Blue butterfly.



Crested Tit



Gymnadenia rbellicani (a Red Vanilla Orchid)

Lunch was taken at the Restaurant Winteregg, on their patio, before we continued towards Grütschalp. On the second section of the track, we had a Linnets fly over, and two Ring Ouzels were seen, unusually around farm buildings. We found *Veronica officinalis* (Heath Speedwell), *Maianthemum bifolium* (May Lily), *Viola biflora* (Yellow Wood Violet), *Pyrola minor* (Common Wintergreen), *Phyteuma orbiculare* (Round-headed Rampion), *Trifolium alpinum* (Alpine Clover), *Phyteuma betonicifolia* (Betony-leaved Rampion), *Neottia cordata* (Lesser Twayblade) and *Stellaria nemorum* (Wood Stitchwort), and we also added Speckled Yellow and Burnet Companion moths. At Grütschalp we took refreshments before catching the train back to Mürren.

Day 7

Wednesday 18th June

Eigergletscher (2320m)

The original plan for today was to visit the Schynige Platte. Unfortunately, this was not possible, as the railway tunnel on the mountain was being maintained. Our alternative was to visit the Eigergletscher, so once again, we took the train to Grütschalp and the cable car to Lauterbrunnen, where we caught the train to Kleine Scheidegg, via Wengen. Here, we took another train, and got off at Eigergletscher (Eiger Glacier), at the base of the north face of this imposing mountain.

We began by exploring the east side of the station complex, on the Eiger Trail, where the snow had only recently melted. In the valley we could hear (and distantly see) Alpine Marmots, and the occasional Snowfinch was also seen. Looking at the trackside scree and rocks, we found *Arabis alpina* subsp. *alpina* (Alpine rockcress), *Ranunculus alpestris* (Alpine Buttercup), *Nocca rotundifolia* (Round-leaved Penny-cress) and *Linaria alpina* (Alpine toadflax). The path descended to Grindelwald in the distance; however, we chose to retrace our steps back to the station for morning coffee. After refreshments, we moved to the west side of the complex. This is a similar habitat, but appears to receive more sun. Here, we found *Draba aizoides* (Yellow Whitlow-grass) and *Blitum bonus-henricus* (Good King Henry).

Among the rocks, we took our picnic, to which Alpine Choughs invited themselves. The views of the imposing Eiger, the (sadly receding) glaciers and the deep valley below were bonus features for our chosen picnic site.

After eating, we continued our explorations, adding Peak White and Mountain Green-veined White butterflies. Additional plants included *Doronicum grandiflorum* (Large-flowered Leopard's-bane), *Dichodon cerastoides* (Starwort Mouse-ear), *Viola cenisia* (Mount Cenis Pansy) and *Ligusticum mutellinoides* (Unbranched Lovage). Well-satisfied with our day in this true Alpine habitat, we began to make the return journey to Mürren.

Day 8

Thursday 20th June

Mürren to Zurich - Fly London Heathrow

We left the hotel at 9.15am and took the cable car to Stechelberg, where we met with our bus and its driver, Bjorn, for the short drive to Interlaken railway station. Here, we caught the 10.49am train for Zurich, via Bern, arriving at 1.15pm, in good time for our respective flights and trains back to the UK.



Corallorhiza trifida (Coralroot Orchid)



Gagea serotina (Snowdon Lily)

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Species lists

Plants

Scientific Name	Common Name	Day	Location
Please note: Nomenclature contained within this list follows the taxonomy of Plants of the World Online , an internationally accepted list of vascular plant families, published by the Royal Botanic Gardens Kew.			
* = Endemic or restricted distribution			
[] = Introduced or planted			
PTERIDOPHYTES	FERNS AND FERN ALLIES		
Lycophytes	Clubmosses		
Lycopodiaceae	Clubmoss Family		
<i>Huperzia selago</i>	Fir Clubmoss	4	Kleine Scheidegg Path
Calamophytes	Horsetails		
Equisetaceae	Horsetail Family		
<i>Equisetum palustre</i>	Marsh Horsetail	2	Allmendhubel
<i>Equisetum sylvaticum</i>	Wood Horsetail	6	Mürren to Grütschalp
Leptosporangiate Ferns	True Ferns		
Aspleniaceae	Spleenwort Family		
<i>Asplenium ruta-muraria</i>	Wall-rue	3	Mürren
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	3	Mürren
<i>Asplenium viride</i>	Green Spleenwort	4	Kleine Scheidegg Path
Blechnaceae	Hard-fern Family		
<i>Blechnum spicant</i>	Hard-fern	3	Mürren
Dryopteridaceae	Buckler-fern Family		
<i>Dryopteris affinis</i>	Scaly Male-fern	6	Mürren to Grütschalp
<i>Dryopteris carthusiana</i>	Narrow Buckler-fern	6	Mürren to Grütschalp
<i>Dryopteris dilatata</i>	Broad Buckler-fern	2	Mountain View Path
<i>Dryopteris filix-mas</i>	Male-fern	3	Mürren
<i>Dryopteris submontana</i>	Rigid Buckler-fern	4	Kleine Scheidegg Path
<i>Polystichum aculeatum</i>	Hard Shield-fern	5	Trummelbach Falls
<i>Polystichum lonchitis</i>	Holly-fern	2	Mountain View Path
Polypodiaceae	Polypody Family		
<i>Polypodium vulgare</i> agg.	Common Polypody	6	Mürren to Grütschalp
Thelypteridaceae	Marsh Fern Family		
<i>Oreopteris limbosperma</i>	Lemon-scented Fern	6	Mürren to Grütschalp
<i>Thelypteris (Phegopteris) connectilis</i>	Beech Fern	2	Mountain View Path
Woodsiaceae	Lady-fern Family		
<i>Athyrium distentifolium</i>	Alpine Lady-fern	2	Allmendhubel
<i>Athyrium filix-femina</i>	Lady-fern	6	Mürren to Grütschalp
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	3	Mürren

<i>Gymnocarpium dryopteris</i>	Oak Fern	2	Mountain View Path
<i>Gymnocarpium robertianum</i>	Limestone Fern	4	Kleine Scheidegg Path
GYMNOSPERMS	CONIFERS		
Cupressaceae	Juniper Family		
<i>Juniperus communis</i> var. <i>saxatilis</i>	Alpine Juniper	2	Allmendhubel
Pinaceae	Pine Family		
<i>Abies alba</i>	European Silver-fir	4	Männlichen
<i>Picea abies</i>	Norway Spruce	2	Allmendhubel
<i>Pinus mugo</i>	Dwarf Mountain-pine	4	Kleine Scheidegg
ANGIOSPERMS	FLOWERING PLANTS		
EU-DICOTS	TRUE DICOTYLEDONS		
Adoxaceae	Moschatel Family		
<i>Sambucus nigra</i>	Common Elder	6	Mürren to Grütschalp
<i>Sambucus racemosa</i>	Red-berried Elder	6	Mürren to Grütschalp
<i>Viburnum lantana</i>	Wayfaring-tree	5	Trummelbach Falls
Amaranthaceae	Goosefoot Family		
<i>Blitum</i> (<i>Chenopodium</i>) <i>bonus-henricus</i>	Good-King-Henry	2	Allmendhubel
Apiaceae	Carrot Family		
<i>Aegopodium podagraria</i>	Ground Elder	5	Trummelbach Falls
<i>Angelica sylvestris</i>	Wild Angelica	2	Mountain View path (leaves)
<i>Anthriscus sylvestris</i>	Cow Parsley	6	Mürren to Grütschalp
<i>Astrantia major</i>	Astrantia	6	Mürren to Grütschalp
<i>Heracleum sphondylium</i>	Hogweed	3	Mürren
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain	6	Mürren to Grütschalp
<i>Ligusticum mutellina</i>	Alpine Lovage	2	Allmendhubel
<i>Ligusticum mutellinoides</i>	Unbranched Lovage	7	Eigergletscher
<i>Peucedanum ostruthium</i>	Masterwort	2	Allmendhubel
<i>Pimpinella major</i>	Greater Burnet-saxifrage	6	Mürren to Grütschalp
<i>Pimpinella saxifraga</i>	Lesser Burnet-saxifrage	6	Mürren to Grütschalp
<i>Siler montanum</i> (<i>Laserpitium siler</i>)	a Sermountain	6	Mürren to Grütschalp
Apocynaceae	Periwinkle Family		
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	5	Trummelbach Falls
Asteraceae	Daisy Family		
<i>Adenostyles alliariae</i>	Adenostyles	2	Allmendhubel (leaves)
<i>Adenostyles (glabra) alpina</i>	Hairless Adenostyles	5	Trummelbach Falls
<i>Achillea atrata</i>	Dark-stemmed Sneezewort	4	Kleine Scheidegg Path
<i>Achillea millefolium</i>	Yarrow	6	Mürren to Grütschalp
<i>Antennaria dioica</i>	Cat's-foot	2	Mountain View Path
<i>Arnica montana</i>	Arnica	2	Mountain View Path
<i>Artemisia umbelliformis</i>	Yellow Genipi	3	Thrill Walk (leaves)
<i>Aster bellidiastrum</i> (<i>Bellidastrum michelii</i>)	False Aster	2	Mountain View Path
<i>Bellis perennis</i>	Daisy	2	Mountain View Path

<i>Carduus defloratus</i>	Alpine Thistle	2	Mountain View Path
<i>Centaurea semidecurrens</i> (<i>C. montana</i>)	Perennial Cornflower	2	Allmendhubel
<i>Centaurea scabiosa</i>	Greater Knapweed	3	Mürren
<i>Cicerbita alpina</i>	Blue-sowthistle	6	Mürren to Grütschalp (leaves)
<i>Crepis aurea</i>	Golden Hawk's-beard	2	Allmendhubel
<i>Crepis pyrenaica</i>	Pyrenean Hawk's-beard	3	Mürren
<i>Doronicum grandiflorum</i>	Large-flowered Leopard's-bane	7	Eigergletscher
<i>Erigeron uniflorus</i>	One-flowered Fleabane	3	Thrill Walk
<i>Hieracium murorum</i>	A Hawkweed	6	Mürren to Grütschalp
<i>Hieracium villosum</i>	Shaggy Hawkweed	4	Kleine Scheidegg Path
<i>Homogyne alpina</i>	Alpine Colt's-foot	2	Allmendhubel
<i>Leontodon hispidus</i>	Rough Hawkbit	2	Allmendhubel
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy	4	Männlichen
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	3	Mürren
<i>Petasites albus</i>	White Butterbur	2	Mountain View Path
<i>Petasites paradoxus</i>	Alpine Butterbur	2	Mountain View Path
<i>Pilosella aurantiacum</i>	Fox & Cubs	2	Mürren
<i>Pilosella officinarum</i> agg.	Mouse-ear Hawkweed	2	Allmendhubel
<i>Prenanthes purpurea</i>	Purple Lettuce	6	Mürren to Grütschalp (leaves)
<i>Taraxacum</i> agg.	Dandelion	2	Allmendhubel
<i>Tragopogon dubius</i>	Goat's-beard	3	Mürren
<i>Tragopogon pratense</i>	Goat's-beard	2	Winteregg
<i>Tussilago farfara</i>	Colt's-foot	4	Kleine Scheidegg Path
Betulaceae	Birch Family		
<i>Alnus glutinosa</i>	Common Alder	6	Mürren to Grütschalp
<i>Alnus incana</i>	Grey Alder	7	Mürren to Grütschalp
<i>Alnus viridis</i>	Green Alder	2	Allmendhubel
<i>Betula pendula</i>	Silver Birch	2	Mürren
<i>Corylus avellana</i>	Hazel	5	Trummelbach Falls
Boraginaceae	Borage Family		
<i>Myosotis alpestris</i>	Alpine Forget-me-not	2	Allmendhubel
Brassicaceae	Cabbage Family		
<i>Arabis alpina</i> subsp. <i>alpina</i>	Alpine Rock-cress	3	Schilthorn
<i>Arabis hirsuta</i>	Hairy Rock-cress	6	Mürren to Grütschalp
<i>Biscutella laevigata</i>	Buckler Mustard	7	Eigergletscher
<i>Capsella bursa-pastoris</i>	Shepherd's-purse	2	Allmendhubel
<i>Cardamine amara</i>	Large Bitter-cress	4	Männlichen
<i>Cardamine hirsuta</i>	Hairy Bitter-cress	6	Mürren to Grütschalp
<i>Cardamine pratensis</i> subsp. <i>pratensis</i>	Lady's Smock	2	Allmendhubel
<i>Draba aizoides</i>	Yellow Whitlowgrass	7	Eigergletscher
<i>Hornungia alpina</i> subsp. <i>alpina</i>	Chamois Cress	3	Thrill Walk
<i>Kernera saxatilis</i>	Kernera	5	Trummelbach Falls
<i>Noccaea</i> (<i>Thlaspi</i>) <i>rotundifolium</i>	Round-leaved Penny-cress	3	Schilthorn
Campanulaceae	Bellflower Family		
<i>Campanula barbata</i>	Bearded Bellflower	6	Mürren to Grütschalp
<i>Campanula cochleariifolia</i>	Fairy's-thimble	6	Mürren to Grütschalp (leaves)
<i>Campanula glomerata</i>	Clustered Bellflower	3	Mürren
<i>Campanula rhomboidalis</i>	Broad-leaved Bellflower	3	Mürren

<i>Campanula thyrsoidea</i>	Yellow Bellflower	3	Mürren
<i>Phyteuma betonicifolium</i>	Betony-leaved Rampion	6	Mürren to Grütschalp
<i>Phyteuma orbiculare</i>	Round-headed Rampion	6	Mürren to Grütschalp
<i>Phyteuma spicatum</i>	Spiked Rampion	2	Mountain View Path
Cannabaceae	Hop Family		
<i>Humulus lupulus</i>	Hop	5	Trummelbach Falls
Caprifoliaceae	Honeysuckle Family		
<i>Knautia arvensis</i>	Field Scabious	2	Mountain View Path
<i>Knautia dipsacifolia</i>	Wood Scabious	3	Mürren
<i>Scabiosa lucida</i>	Shining Scabious	5	Trummelbach Falls
<i>Valeriana montana</i>	Mountain Valerian	2	Mountain View Path
<i>Valeriana officinalis</i>	Common Valerian	6	Mürren to Grütschalp
<i>Valeriana tripteris</i>	Three-leaved Valerian	2	Mountain View Path
Caryophyllaceae	Pink Family		
<i>Arenaria grandiflora</i> (C. arvensis subsp. strictum)	a Field mouse-ear	2	Mountain View Path
<i>Arenaria serpyllifolia</i>	Thyme-leaved Sandwort	6	Mürren to Grütschalp
<i>Atocion (Silene) rupestris</i>	Rock Campion	2	Mountain View Path
<i>Cerastium fontanum</i>	Common Mouse-ear	3	Mürren
<i>Dianthus carthusianorum</i>	Carthusian Pink	2	Mountain View Path
[<i>Dianthus superbus</i>]	Large Pink	4	Near Wengenalp
<i>Dichodon (Cerastium) cerastoides</i>	Starwort Mouse-ear	7	Eigergletscher
<i>Gypsophila repens</i>	Alpine Gypsophila	5	Trummelbach Falls
<i>Sabulina (Minuartia) verna</i>	Spring Sandwort	3	Trill Walk
<i>Silene acaulis</i>	Moss Campion	3	Thrill Walk
<i>Silene dioica</i>	Red Campion	2	Allmendhubel
<i>Silene latifolia</i>	White Campion	2	Allmendhubel
<i>Silene vulgaris</i>	Bladder Campion	2	Mountain View Path
<i>Stellaria nemorum</i>	Wood Stitchwort	6	Mürren to Grütschalp
Cistaceae	Rockrose Family		
<i>H. nummularium</i> subsp. <i>grandiflorum</i>	Large-flowered Common Rockrose	5	Trummelbach Falls
<i>H. oelandicum</i> subsp. <i>alpestre</i>	Alpine Rockrose	7	Eigergletscher
Crassulaceae	Stonecrop Family		
<i>Sedum album</i>	White Stonecrop	3	Mürren
<i>Sedum dasyphyllum</i>	Thick-leaved Stonecrop	2	Mürren
<i>Sedum forsterianum</i>	Rock Stonecrop	3	Mürren
<i>Sempervivum montanum</i>	Mountain Houseleek	6	Mürren to Grütschalp
<i>Sempervivum tectorum</i>	Common Houseleek	2	Mountain View Path
Ericaceae	Heather Family		
<i>Arctostaphylos uva-ursi</i>	Bearberry	2	Mountain View Path
<i>Erica carnea</i>	Spring Heath	2	Mountain View Path
<i>Loiseleuria (Kalmia) procumbens</i>	Trailing Azalea	4	Männlichen
<i>Pyrola minor</i>	Common Wintergreen	6	Mürren to Grütschalp
<i>Rhododendron ferrugineum</i>	Alpenrose	2	Allmendhubel
<i>Rhododendron hirsutum</i>	Hairy Alpenrose	6	Mürren to Grütschalp
<i>Vaccinium myrtillus</i>	Bilberry	2	Allmendhubel
<i>Vaccinium uliginosum</i> agg.	Bog Whortleberry	2	Mountain View Path

Euphorbiaceae	Spurge Family		
<i>Euphorbia cyparissias</i>	Cypress Spurge	6	Mürren to Grütschalp
<i>Mercurialis perennis</i>	Dog's Mercury	5	Trummelbach Falls
Fabaceae	Pea Family		
<i>Anthyllis vulneraria</i> subsp. <i>alpestris</i>	Alpine Kidney Vetch	2	Allmendhubel
<i>Astragalus alpinus</i>	Alpine Milk-vetch	2	Mountain View Path
<i>Hippocrepis comosa</i>	Horseshoe Vetch	2	Mürren
<i>Lotus alpinus</i>	Alpine Bird's-foot-trefoil	7	Eigergletscher
<i>Lotus corniculatus</i>	Bird's-foot-trefoil	2	Mountain View Path
<i>Medicago lupulina</i>	Black Medick	2	Mountain View Path
<i>Onobrychis arenaria</i>	Small Sainfoin	2	Mountain View Path
<i>Trifolium alpinum</i>	Alpine Clover	2	Allmendhubel
<i>Trifolium badium</i>	Brown Clover	2	Mountain View Path
<i>Trifolium hybridum</i>	Alsike Clover	6	Mürren to Grütschalp
<i>Trifolium medium</i>	Zig-zag Clover	2	Mountain View Path (leaves)
<i>Trifolium montanum</i>	Mountain Clover	2	Mountain View Path
<i>Trifolium pratense</i>	Red Clover	3	Mürren
<i>Trifolium repens</i>	White Clover	3	Mürren
<i>Vicia sepium</i>	Bush Vetch	3	Mürren
Fagaceae	Beech Family		
<i>Fagus sylvatica</i>	Beech	5	Trummelbach Falls
Gentianaceae	Gentian Family		
<i>Gentiana acaulis</i>	Trumpet Gentian	2	Allmendhubel
<i>Gentiana bavarica</i>	Bavarian Gentian	2	Allmendhubel
<i>Gentiana lutea</i>	Great Yellow Gentian	6	Mürren to Grütschalp
<i>Gentiana verna</i>	Spring Gentian	3	Thrill Walk
Geraniaceae	Crane's-bill Family		
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	3	Mürren
<i>Geranium robertianum</i>	Herb Robert	3	Mürren
<i>Geranium sylvaticum</i>	Wood Crane's-bill	2	Allmendhubel
Hypericaceae	St John's-wort Family		
<i>Hypericum maculatum</i>	Imperforate St John's-wort	3	Mürren
Lamiaceae	Dead-nettle Family		
<i>Ajuga pyramidalis</i>	Pyramidal Bugle	2	Allmendhubel
<i>Ajuga genevensis</i>	Blue Bugle	2	Allmendhubel
<i>Ajuga reptans</i>	Common Bugle	6	Mürren to Grütschalp
<i>Clinopodium alpinum</i>	Alpine Basil-thyme	3	Mürren
<i>Lamium galeobdolon</i>	Yellow Archangel	6	Mürren to Grütschalp
<i>Prunella grandiflora</i>	Large-flowered Self-heal	6	Mürren to Grütschalp
<i>Prunella vulgaris</i>	Self-heal	5	Trummelbach Falls
<i>Salvia pratensis</i>	Meadow Clary	3	Mürren
<i>Thymus (polytrichus) drucei</i>	Wild Thyme	2	Allmendhubel
<i>Thymus pulegioides</i>	Large Thyme	6	Mürren to Grütschalp

Scientific Name	Common Name	Day	Location
Lentibulariaceae	Butterwort Family		
<i>Pinguicula alpina</i>	Alpine Butterwort	2	Mountain View Path
<i>Pinguicula vulgaris</i>	Common Butterwort	2	Mountain View Path
Linaceae	Flax Family		
<i>Linum catharticum</i>	Fairy Flax	6	Mürren to Grütschalp
Malvaceae	Mallow Family		
<i>Tilia cordata</i>	Small-leaved Lime	7	Lauterbrunnen
Oleaceae	Ash Family		
<i>Fraxinus excelsior</i>	Ash	7	Below Kleine Scheidegg
Onagraceae	Willowherb Family		
<i>Epilobium (Chamerion) angustifolium</i>	Rosebay Willowherb	2	Allmendhubel
<i>Epilobium montanum</i>	Broad-leaved Willowherb	6	Mürren to Grütschalp (leaves)
Orobanchaceae	Broomrape Family		
<i>Bartsia alpina</i>	Alpine Bartsia	2	Allmendhubel
<i>Melampyrum pratense</i>	Common Cow-wheat	6	Mürren to Grütschalp (leaves)
<i>Melampyrum sylvaticum</i>	Small Cow-wheat	2	Mountain View Path
<i>Orobanche alba</i>	Thyme Broomrape	5	Trummelbach Falls
<i>Pedicularis ascendens</i>	Ascending Lousewort	2	Mountain View Path
<i>Pedicularis verticillata</i>	Whorled Lousewort	2	Mountain View Path
<i>Rhinanthus minor</i>	Yellow-rattle	2	Allmendhubel
Oxalidaceae	Wood-sorrel Family		
<i>Oxalis acetosella</i>	Wood-sorrel	2	Mountain View Path
Papaveraceae	Poppy Family		
<i>[Papaver cambricum]</i>	Welsh Poppy	2	Planted
Plantaginaceae	Plantain and Speedwell Family		
<i>Erinus alpinus</i>	Fairy Foxglove	3	Mürren
<i>Globularia cordifolia</i>	Matted Globularia	2	Mountain View Path
<i>Linaria alpina</i>	Alpine Toadflax	7	Eigergletscher
<i>Plantago alpina</i>	Alpine Plantain	4	Kleine Scheidegg Path
<i>Plantago atrata</i>	Dark Plantain	2	Allmendhubel
<i>Plantago media</i>	Hoary Plantain	2	Allmendhubel
<i>Plantago lanceolata</i>	Ribwort Plantain	2	Allmendhubel
<i>Veronica alpina</i>	Alpine Speedwell	7	Eigergletscher
<i>Veronica aphylla</i>	Leafless-stemmed Speedwell	3	Thrill Walk
<i>Veronica chamaedrys</i>	Germander Speedwell	2	Mountain View Path
<i>Veronica fruticulosa</i>	a Rock Speedwell	2	Mountain View Path
<i>Veronica officinalis</i>	Heath Speedwell	6	Mürren to Grütschalp
<i>Veronica serpyllifolia</i> subsp. <i>serpyllifolia</i>	Thyme-leaved Speedwell	2	Allmendhubel
<i>Veronica urticifolia</i>	Nettle-leaved Speedwell	6	Mürren to Grütschalp
Polygalaceae	Milkwort Family		
<i>Polygala alpestris</i>	Mountain Milkwort	2	Allmendhubel
<i>Polygala alpina</i>	Alpine Milkwort	2	Mountain View Path

<i>Polygala chamaebuxus</i>	Shrubby Milkwort	2	Allmendhubel
<i>Polygala vulgaris</i>	Common Milkwort	6	Mürren to Grütschalp
Polygonaceae	Dock Family		
<i>Bistorta (Persicaria) vivipara</i>	Alpine Bistort	2	Allmendhubel
<i>Bistorta officinalis (Persicaria bistorta)</i>	Common Bistort	2	Allmendhubel
<i>Rumex acetosa</i>	Common Sorrel	2	Allmendhubel
<i>Rumex alpinus</i>	Monk's-rhubarb	2	Allmendhubel
<i>Rumex obtusifolius</i>	Broad-leaved Dock	3	Mürren
<i>Rumex scutatus</i>	French Sorrel or Rubble Dock	4	Kleine Scheidegg Path
Primulaceae	Primrose Family		
<i>Androsace chamaejasme</i>	Ciliate Rock-jasmine	3	Thrill Walk
<i>Androsace helvetica</i>	Swiss Rock-jasmine	3	Schilthorn
<i>Lysimachia nemorum</i>	Yellow Pimpernel	6	Mürren to Grütschalp
<i>Primula auricula</i>	Bear's-ear Primrose	4	Männlichen
<i>Primula elatior</i>	Oxlip	4	Männlichen
<i>Primula farinosa</i>	Bird's-eye Primrose	2	Allmendhubel
<i>Primula hirsuta</i>	Hairy Primrose	4	Kleine Scheidegg Path
<i>Soldanella alpina</i>	Alpine Snowbell	4	Männlichen
Ranunculaceae	Buttercup Family		
<i>Anemone narcissiflora</i>	Narcissus-flowered Anemone	4	Kleine Scheidegg Path
<i>Aquilegia vulgaris</i>	Columbine	3	Mürren
<i>Aquilegia atrata</i>	Dark Columbine	3	Mürren
<i>Caltha palustris</i>	Marsh-marigold	2	Allmendhubel
<i>Hepatica nobilis</i>	Hepatica	6	Mürren to Grütschalp (leaves)
<i>Pulsatilla alpina</i> subsp. <i>alpina</i>	Alpine Pasqueflower	2	Allmendhubel
<i>Pulsatilla alpina</i> subsp. <i>apiifolia</i>	Yellow Alpine Pasqueflower	2	Allmendhubel
<i>Pulsatilla vernalis</i>	Spring Pasqueflower	4	Männlichen
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup	2	Allmendhubel
<i>Ranunculus acris</i>	Meadow Buttercup	2	Allmendhubel
<i>Ranunculus alpestris</i>	Alpine Buttercup	3	Schilthorn
<i>Ranunculus glacialis</i>	Glacier Crowfoot	3	Schilthorn
<i>Ranunculus kuepferi</i>	Keupfer's Buttercup	4	Männlichen
<i>Ranunculus montanus</i>	Mountain Buttercup	4	Männlichen
<i>Thalictrum alpinum</i>	Alpine Meadow-rue	5	Trummelbach Falls
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	4	Kleine Scheidegg Path
<i>Trollius europaeus</i>	Globeflower	2	Allmendhubel
Rosaceae	Rose Family		
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	3	Thrill Walk (leaves)
<i>Alchemilla conjuncta</i>	Silver Lady's-mantle	2	Allmendhubel
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	2	Allmendhubel
<i>Alchemilla vulgaris</i> agg.	Lady's-mantle	3	Mürren
<i>Aria edulis (Sorbus aria)</i>	Whitebeam	5	Trummelbach Falls
<i>Aruncus dioicus</i>	Goat's-beard Spiraea	5	Trummelbach Falls
<i>Chamaemespilus alpinus</i> (Sorbus chamaem.)	False-medlar	2	Mountain View Path
<i>Cotoneaster integerrima</i>	Wild Cotoneaster	5	Trummelbach Falls
<i>Dryas octopetala</i>	Mountain Avens	4	Kleine Scheidegg Path
<i>Fragaria vesca</i>	Wild Strawberry	2	Mountain View Path
<i>Geum montanum</i>	Alpine Avens	2	Allmendhubel

<i>Geum rivale</i>	Water Avens	2	Allmendhubel
<i>Potentilla aurea</i>	Golden Cinquefoil	2	Allmendhubel
<i>Potentilla crantzii</i>	Alpine Cinquefoil	4	Männlichen
<i>Potentilla erecta</i>	Tormentil	2	Mountain View Path
<i>Poterium sanguisorba</i>	Salad Burnet	2	Mürren
<i>Rosa glauca</i>	Blue-leaved Rose	3	Mürren
<i>Rosa pendulina</i>	Alpine Rose	6	Mürren to Grütschalp
<i>Rubus idaeus</i>	Raspberry	2	Mountain View Path
<i>Rubus saxatilis</i>	Stone Bramble	6	Mürren to Grütschalp (leaves)
<i>Sorbus aucuparia</i>	Rowan	2	Allmendhubel
Rubiaceae	Madder Family		
<i>Galium anisophyllum</i>	Dwarf Bedstraw	7	Eigergletscher
<i>Galium megalospermum</i>	Swiss Bedstraw	5	Trummelbach Falls
<i>Galium mollugo</i>	Hedge Bedstraw	3	Mürren
<i>Galium odoratum</i>	Woodruff	6	Mürren to Grütschalp
Salicaceae	Willow Family		
<i>Populus tremula</i>	Aspen	6	Mürren to Grütschalp
<i>Salix cinerea</i>	Grey Willow	2	Mountain View Path
<i>Salix herbacea</i>	Least Willow	4	Kleine Scheidegg Path
<i>Salix reticulata</i>	Net-leaved Willow	4	Männlichen
<i>Salix retusa</i>	Retuse-leaved Willow	7	Eigergletscher
Santalaceae	Bastard-toadflax Family		
<i>Thesium alpinum</i>	Alpine Bastard-toadflax	6	Mürren to Grütschalp
Sapindaceae	Maple Family		
<i>Acer platanoides</i>	Norway Maple	5	Trummelbach Falls
<i>Acer pseudoplatanus</i>	Sycamore	2	Mürren
Saxifragaceae	Saxifrage Family		
<i>Chrysosplenium alternifolium</i>	Alternate-leaved Golden-saxifrage		
<i>Micranthes (Saxifraga) stellaris</i>	Starry Saxifrage	4	Kleine Scheidegg Path
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	3	Thrill Walk (leaves)
<i>Saxifraga androsacea</i>	Scree Saxifrage	4	Kleine Scheidegg Path
<i>Saxifraga bryoides</i>	Mossy Saxifrage	4	Kleine Scheidegg Path
<i>Saxifraga exarata</i> subsp. <i>moschata</i>	Musky Saxifrage	3	Thrill Walk (leaves)
<i>Saxifraga oppositifolia</i>	Purple Saxifrage	3	Schilthorn
<i>Saxifraga paniculata</i>	Livelong Saxifrage	2	Mountain View Path
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	2	Mountain View Path
Thymelaeaceae	Mezereon Family		
<i>Daphne mezereum</i>	Mezereon	2	Mountain View Path (in fruit)
Ulmaceae	Elm Family		
<i>Ulmus glabra</i>	Wych Elm	7	Near Wengen
Urticaceae	Nettle Family		
<i>Urtica dioica</i>	Common Nettle	3	Mürren

Scientific Name	Common Name	Day	Location
Violaceae	Violet Family		
<i>Viola biflora</i>	Yellow Wood Violet	2	Mountain View Path
<i>Viola calcarata</i>	Long-spurred Pansy	4	Männlichen
<i>Viola cenisia</i>	Mt Cenis Pansy	7	Eigergletscher
<i>Viola lutea</i>	Mountain Pansy	2	Allmendhubel
<i>Viola palustris</i>	Marsh Violet	2	Allmendhubel
<i>Viola riviniana</i>	Common Dog-violet	2	Mountain View Path
Monocots	Monocotyledons		
Asparagaceae	Asparagus Family		
<i>Convallaria majalis</i>	Lily-of-the-Valley	5	Trummelbach Falls (leaves)
<i>Maianthemum bifolium</i>	May Lily	6	Mürren to Grütschalp
Colchicaceae	Meadow Saffron Family		
<i>Colchicum autumnale</i>	Autumn Crocus	6	Mürren to Grütschalp (in fruit)
Cyperaceae	Sedge Family		
<i>Carex flacca</i>	Glaucous Sedge	5	Trummelbach Falls
<i>Carex sylvatica</i>	Wood Sedge	3	Mürren
<i>Carex vaginata</i>	Sheathed Sedge	7	Eigergletscher
<i>Eriophorum angustifolium</i>	Common Cottongrass	2	Mountain View Path
Iridaceae	Iris Family		
<i>Crocus vernus</i>	Spring Crocus	4	Männlichen
Juncaceae	Rush Family		
<i>Luzula lutea</i>	Yellow Wood-rush	4	Kleine Scheidegg Path
<i>Luzula luzuloides</i>	White Wood-rush	2	Allmendhubel
<i>Luzula multiflora</i>	Heath Wood-rush	2	Allmendhubel
Liliaceae	Lily Family		
<i>Gagea serotina</i>	Snowdon Lily	4	Männlichen
<i>Lilium martagon</i>	Martagon Lily	3	Mürren (in Bud)
<i>Streptopus amplexifolius</i>	Streptopus	6	Mürren to Grütschalp (leaves)
Melanthiaceae	Herb-Paris Family		
<i>Paris quadrifolia</i>	Herb-Paris	5	Trummelbach Falls
<i>Veratrum album</i>	White False-helleborine	2	Allmendhubel (leaves)
Orchidaceae	Orchid Family		
<i>Cephalanthes longifolia</i>	Sword-leaved Helleborine	6	Mürren to Grütschalp (leaves)
<i>Corallorhiza trifida</i>	Coralroot Orchid	6	Mürren to Grütschalp
<i>Cypripedium calceolus</i>	Lady's-slipper	6	Mürren to Grütschalp
<i>Dactylorhiza fuchsii</i>	Common Spotted-orchid	2	Allmendhubel
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh-orchid	2	Allmendhubel
<i>Dactylorhiza (Coeloglossum) viride</i>	Frog Orchid	2	Mountain View Path
<i>Epipactis atrorubens</i>	Dark-red Helleborine	6	Mürren to Grütschalp
<i>Gymnadenia albida</i>	Small-white Orchid	2	Allmendhubel
<i>Gymnadenia conopsea</i>	Fragrant-orchid	2	Mountain View Path
<i>Gymnadenia odoratissima</i>	Short-spurred Fragrant-orchid	5	Trummelbach Falls

<i>Gymnadenia rhellicani</i>	a Red Vanilla Orchid	6	Mürren to Grütschalp
<i>Neotinea ustulata</i>	Burnt Orchid	6	Mürren to Grütschalp
<i>Neottia cordata</i>	Lesser Twayblade	6	Mürren to Grütschalp
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	6	Mürren to Grütschalp
<i>Neottia ovata</i>	Twayblade	2	Mountain View Path
<i>Orchis mascula</i>	Early-purple Orchid	2	Mountain View Path
<i>Traunsteinera globosa</i>	Round-headed Orchid	6	Mürren to Grütschalp
Poaceae	Grass Family		
<i>Alopecurus pratense</i>	Meadow Foxtail	2	Mürren
<i>Briza media</i>	Quaking-grass	2	Mürren
<i>Bromopsis erecta</i>	Upright Brome	6	Mürren to Grütschalp
<i>Dactylis glomerata</i>	Cock's-foot	3	Mürren
<i>Nardus stricta</i>	Mat-grass	4	Männlichen
<i>Phleum alpinum</i>	Alpine Timothy	2	Allmendhubel
<i>Poa alpina</i> var. <i>vivipara</i>	Viviparous Alpine Meadow-grass	2	Allmendhubel
<i>Poa nemoralis</i>	Wood Meadow-grass	6	Mürren to Grütschalp
<i>Sesleria caerulea</i>	Blue Moor-grass	2	Mountain View Path
Tofieldiaceae	Scottish Asphodel Family		
<i>Tofieldia calyculata</i>	Tofield's Asphodel	6	Mürren to Grütschalp

Birds (H = Heard only)

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Mute Swan	<i>Cygnus olor</i>	✓							
Mallard	<i>Anas platyrhynchos</i>	✓				✓			
Common Swift	<i>Apus apus</i>	✓			✓	✓		✓	✓
Common Cuckoo	<i>Cuculus canorus</i>				H				
Rock Dove [Feral]	<i>Columba livia</i>	✓							
Great Crested Grebe	<i>Podiceps cristatus</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>					✓			
Golden Eagle	<i>Aquila chrysaetos</i>			✓				✓	
Eurasian Sparrowhawk	<i>Accipiter nisus</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>							✓	
Common Kestrel	<i>Falco tinnunculus</i>	✓	✓	✓	✓		✓	✓	✓
Eurasian Magpie	<i>Pica pica</i>	✓				✓		✓	✓
Northern 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>					✓	H		
Crested Tit	<i>Lophophanes cristatus</i>						✓		
Willow Tit	<i>Poecile montanus</i>						H	✓	
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>							H	

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Great Tit	<i>Parus major</i>		H	H	✓	H	✓	✓	
Eurasian Skylark	<i>Alauda arvensis</i>				✓				
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>								✓
Barn Swallow	<i>Hirundo rustica</i>					✓	✓		
Common Chiffchaff	<i>Phylloscopus collybita</i>		H		H		H		
Eurasian Blackcap	<i>Sylvia atricapilla</i>		H	✓	H	H	H	H	H
Lesser Whitethroat	<i>Curruca curruca</i>		✓						
Eurasian Wren	<i>Troglodytes troglodytes</i>				H	H	✓		
Mistle Thrush	<i>Turdus viscivorus</i>		✓		✓	✓	✓	✓	
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓	H
Ring Ouzel	<i>Turdus torquatus alpestris</i>		✓			✓			
European Robin	<i>Erithacus rubecula</i>		H	H		H	H		
Black Redstart	<i>Phoenicurus ochruros</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>			✓				H	
Dunnock	<i>Prunella modularis</i>				✓		H		
Grey Wagtail	<i>Motacilla cinerea</i>		✓			✓			
White Wagtail	<i>Motacilla alba</i>		✓		✓	✓	✓	✓	
Water Pipit	<i>Anthus spinoletta</i>				✓			H	
Eurasian Chaffinch	<i>Fringilla coelebs</i>	✓	✓	H	✓	✓	✓	✓	H
European Greenfinch	<i>Chloris chloris</i>	✓	✓			✓		✓	
Common Linnet	<i>Linaria cannabina</i>		✓				✓	✓	
Red Crossbill	<i>Loxia curvirostra</i>						✓		
European Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓		✓	✓		
European Serin	<i>Serinus serinus</i>	✓	✓		✓	✓	✓	✓	H
Eurasian Siskin	<i>Spinus spinus</i>		✓			H	✓		

Mammals

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
S = signs									
Red Squirrel	<i>Sciurus vulgaris</i>							✓	
Alpine Marmot	<i>Marmota marmota</i>				✓			✓	
Snow Vole	<i>Chionomys nivalis</i>				S				
Red Fox	<i>Vulpes vulpes</i>		✓					✓	
European Roe Deer	<i>Capreolus capreolus</i>								✓
Alpine Chamois	<i>Rupicapra rupicapra</i>		✓	✓	✓			S	

Amphibians

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Common Frog	<i>Rana temporaria</i>				✓				

Gastropods

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Black Slug	<i>Arion ata</i>		✓				✓		
Roman Snail	<i>Helix pomata</i>						✓		

Butterflies

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Butterflies:									
Swallowtail	<i>Papilio machaon</i>		✓		✓	✓	✓	✓	
Apollo	<i>Parnassius apollo</i>		✓				✓		
Black-veined White	<i>Aporia crataegi</i>						✓		
Large White	<i>Pieris brassicae</i>						✓		
Small White	<i>Pieris rapae</i>		✓	✓	✓	✓	✓	✓	
Mountain Green-veined White	<i>Pieris bryoniae</i>		✓					✓	
Peak White	<i>Pontia callidice</i>							✓	
Orange Tip	<i>Anthocharis cardamines</i>		✓	✓			✓	✓	
Berger's Clouded Yellow	<i>Colias australis</i>						✓	✓	
Wood White	<i>Leptidea sinapis</i>		✓				✓	✓	
Green Hairstreak	<i>Callophrys rubi</i>		✓				✓		
Small Blue	<i>Cupido minimus</i>		✓	✓	✓	✓	✓	✓	
Large Blue	<i>Maculinea arion</i>						✓		
Mazarine Blue	<i>Cyaniris semiargus</i>						✓	✓	
Holly Blue	<i>Celastrina argiolus</i>		✓						
Common Blue	<i>Polyommatus icarus</i>		✓	✓					
Duke of Burgundy	<i>Hamearis lucina</i>		✓				✓		
Red Admiral	<i>Vanessa atalanta</i>		✓		✓		✓		
Painted Lady	<i>Cynthia cardui</i>		✓	✓			✓		
Small Tortoiseshell	<i>Aglais urticae</i>		✓	✓	✓		✓	✓	
Pearl-bordered Fritillary	<i>Clossiana euphrosyne</i>		✓				✓		
False Heath Fritillary	<i>Melitaea diamina</i>						✓		
Heath Fritillary	<i>Melitaea athalia</i>					✓	✓		
Marsh Fritillary	<i>Euphydryas aurina</i>		✓						
Scotch Argus	<i>Erebia aethiops</i>			✓					
Mountain Ringlet	<i>Erebia epiphron</i>						✓		
Silky Ringlet	<i>Erebia gorge</i>							✓	
Dewy Ringlet	<i>Erebia pandrose</i>				✓			✓	
Ringlet	<i>Aphantopus hyperantus</i>					✓			
Small Heath	<i>Coenonympha pamphilus</i>		✓						
Large Wall Brown	<i>Lasiommata maera</i>		✓						
Dingy Skipper	<i>Erynnis tages</i>		✓				✓		

Moths

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Small Magpie	<i>Eurrhpara hortulata</i>		✓						
Tau Emperor	<i>Aglaia tau</i>						✓	✓	
Hummingbird Hawk-moth	<i>Macroglossum stellatarum</i>					✓	✓		
Small White Wave	<i>Axthena albulata</i>					✓			
Small Argent & Sable	<i>Epirrhoe tristata</i>		✓				✓	✓	
Beautiful Carpet	<i>Mesoleuca albicilata</i>						✓		
Argent & Sable	<i>Rheumaptera hastata</i>						✓		
Grass Rivulet	<i>Perizoma albulata</i>		✓						
Chimney Sweeper	<i>Odezia atrata</i>		✓						
Latticed Heath	<i>Chiasmia clathrata</i>		✓						
Speckled Yellow	<i>Pseudopanthera macularia</i>					✓	✓		
Common Heath	<i>Ematurga atomaria</i>		✓	✓	✓		✓	✓	
a Geometrid	<i>Psodos quadrifaria</i>		✓	✓	✓		✓	✓	
Paignton Snout	<i>Hypena obesalis</i>				✓				

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Small Purple-barred	<i>Phytometra viridaria</i>		✓				✓		
Burnet Companion	<i>Euclidia glyphica</i>		✓					✓	
Silver Y	<i>Autographa gamma</i>					✓			

Other insects

Common name	Scientific name	June 2025							
		12	13	14	15	16	17	18	19
Wart-biter Bush-cricket	<i>Decticus verrucivorus</i>						✓		
Slender Ground-hopper	<i>Tetrix subulata</i>		✓					✓	
St Mark's Fly	<i>Bibio marci</i>		✓				✓		
Bumblebee Robber-fly	<i>Laphria flava</i>						✓		
Black Fly or Black Bean Aphid	<i>Simuliidae</i> sp.			✓	✓		✓		
Greater Bee-fly	<i>Bombylius major</i>		✓						
Marmalade Hover-fly	<i>Episyrphus balteatus</i>							✓	
Common Drone Fly	<i>Eristali tenax</i>						✓		
Wood Ant	<i>Formica</i> sp.		✓			✓	✓		
Honey Bee	<i>Apis mellifera</i>				✓		✓		
Buff-tailed Bumblebee	<i>Bombus terrestris</i>					✓	✓		
Alpine Bumblebee	<i>Bombus alpinus</i>						✓		
Red-tailed Bumblebee	<i>Bombus lapidarius</i>			✓					
Garden Chafer	<i>Phyllopertha horticola</i>			✓			✓		
Common Ground Beetle	<i>Carabidae</i> sp.							✓	
Longhorn Beetle	<i>Stenocorus meridionus</i>				✓				
Soldier Beetle	<i>Cantharis rustica</i>		✓						
Seven-spot Ladybird	<i>Coccinella 7-punctata</i>		✓						
Lily Beetle	<i>Liliocercis lili</i>						✓		
Leaf Beetle (blue)	<i>Chrysolina fuliginosa</i>				✓				
False Blister Beetle	<i>Ischnomera</i> sp.							✓	
Bloody-nosed Beetle	<i>Timarcha tenebricosa</i>						✓		