

Go Slow in the Swiss Alps

Naturetrek Tour Report

16th – 23rd June 2026



Gentiana brachyphylla



White-winged Snowfinch



Thor's Fritillary



Ring Ouzel

Tour report by Pip O'Brien



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Day 1

Tuesday 16th June

Travel to Zurich – transfer to Murren (1650m)

We made our way via air, train, coach and cable car to Murren. Despite some delays due to computer failure at passport control, we made all our connections and arrived at our alpine hotel in time for dinner.

Day 2

Wednesday 17th June

Allmendhubel (1907m) – walk to Winteregg

With light fluffy clouds and sunshine, we walked through Murren for our first full day in the Alps. We negotiated the barriers at the cable-car station with our Bernese Oberland passes, and crept up the mountain in a small red funicular railway to Allmendhubel. The meadows did not disappoint, with Aconite-leaved Buttercup (*Ranunculus aconitifolius*), Alpine Avens (*Geum montanum*) Mountain Pansy (*Viola lutea*), Common Spotted Orchid (*Dactylorhiza fuchsii*) and Fragrant Orchid (*Gymnadenia conopsea*). Trumpet Gentian (*Gentiana acaulis*) was a favourite with most of us, and Arnica (*Arnica montana*) buds were just bursting into flower. Our picnic lunch was taken on the hill, high above the cafe, where we picked up a pleasant breeze and were buzzed by numerous Common Swallowtail butterflies.

After lunch, we split up, with Emily taking one group off on the footpath to Winteregg, while others set off back to Murren. Those of us who negotiated the steep path at the back of Allmendhubel found a little stream with all sorts of plants around it, including Broad-leaved Marsh Orchid (*Dactylorhiza majalis*), and butterflies including Heath and Meadow Fritillaries, and Blind Ringlet. Those who continued with Emily on to Winteregg encountered their first Small White Orchids (*Gymnadenia albida*) of the trip, as well as having good views of Crested Tit. Butterflies including Alpine Heath, Green Hairstreak and Bright-eyed Ringlet.

Day 3

Thursday 18th June

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

We started the day with a short walk up towards the hang-gliding station, with not a cloud in the sky. The meadows were full of Broad-leaved Harebells (*Campanula rhomboidalis*), and the butterflies were already on the move, with Mazarine, Little and Common Blues all seen. At 10.00am we took the cable-car up to the Schilthorn. The air was crystal clear, and we could pick out mountains as far away as Mont Blanc.

We had a little wander along the ridge from the cafe and found scree slopes covered in Glacier Crowfoot (*Ranunculus glacialis*) and purple Alpine Roundcress (*Nocca rotundifolia*). We were also pleased to find Hairy (*Androsace pubescens*) and Alpine Rock-jasmines (*Androsace alpina*) tucked into crevices in the rocks.

Brunch was a self-service affair in the revolving restaurant, where handbags drifted off if left on the windowsill! All enjoyed the huge and varied buffet, while a Griffon Vulture and Golden Eagle made flypasts.

Suitably replete, we visited the James Bond-themed loos, and then descended to Birg. The 'Thrill Walk' was not as scary as advertised, but did offer some good plants tucked away on the rock face beside the cantilevered metal walkway, including Musky Saxifrage (*Saxifraga exarata* subsp. *moschata*) and One-flowered Fleabane (*Erigeron uniflorus*). A White-winged Snowfinch put in an appearance, and some of the group saw Alpine Chamois and Alpine Marmot on the way back down to Murren.

Day 4

Friday 19th June

Mannlichen (2222m) – Kleine Scheidegg (2061m)

We tested five modes of Swiss transport to achieve our morning goal of reaching the Mannlichen Plateau. It was worth it, on another brilliantly clear morning with views as far as the eye could see. The plateau was busy, but the flora was stunning, only rivalled by the views of the Eiger and the Lauterbrunnen valley. We enjoyed swathes of deep blue Trumpet Gentians, eye-catching purple Long-spurred Violets (*Viola calcarata*), and the delicate white Narcissus-flowered Anemone (*Anemone narcissiflora*). Some of us made it up to the top of the King's Walk, while others headed to the cable-car station to refill water bottles. We found a nice bank with a view of the north face of the Eiger and ate our sandwiches: refreshed, we set off to walk to Kleine Scheidegg, only to be distracted by a small patch of snow surrounded by white Spring Crocuses (*Crocus vernus*) and purple Snowbells (*Soldanella alpina*). Along the walk, we also saw Marmots and an abundance of Snowfinches, while the flora changed as we dropped in altitude.

One of the best bits was a small meadow by a stream towards the end of the path, peppered with Broad-leaved Orchids interspersed with Lady's Smock (*Cardamine pratensis*) and Bavarian Gentians (*Gentiana bavarica*).

After ice cream, we struggled through the complexities of the Swiss railway ticketing system, and made our way back to Murren.

Day 5

Saturday 20th June

Trummelbach Falls (867m)

On another glorious day, with glittering glaciers all around, we took the new fast cable-car straight down the sheer drop to Stechelberg, then got onto a bus to the Trummelbach Falls. When we arrived, there was no sign of the enormous underground cataract as we made our way to the entrance, through fields filled with Herb Paris (*Paris quadrifolia*) and Twayblade (*Neottia ovata*). Entering the cliff face, we were whisked up to the seventh level, where the thundering waterfall assaulted our ears and dampened our clothing. We donned waterproofs and explored the higher tunnels. Returning to fresh air was a relief, and we found all sorts of plants in the cliff walls as we made our way down the outer staircase. These included Limestone Fern (*Gymnocarpium robertianum*) and Alpine Gypsophila (*Gypsophila repens*). Leaving the falls before the crowds built up, we scattered for an afternoon at leisure, some to walk into Lauterbrunnen in search of cake, some to walk back to Stechelberg along the river, some to explore the charming village of Gimmelwald, and some to swim in the massive Murren swimming pool.

Day 6

Sunday 21st June

Murren to Grutschalp (1489m) via Winteregg (1639m)

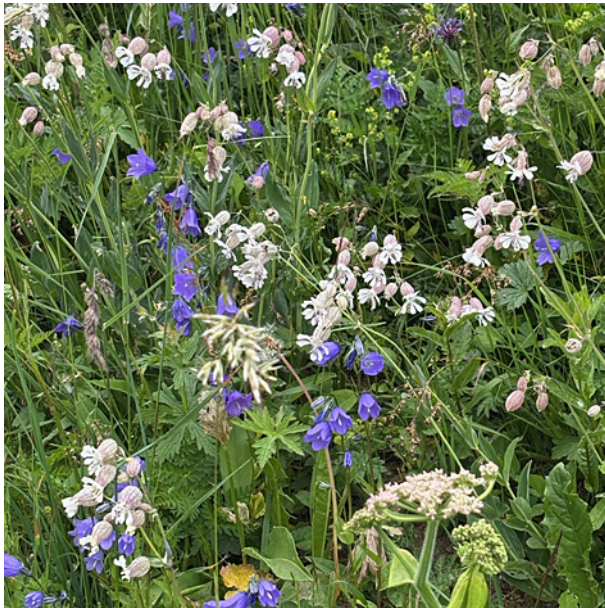
Equipped with hats, sunscreen and good supplies of water, we set off on a very warm morning to walk to Grutschalp along the side of the little railway line linking the two stations. Butterflies abounded, and we saw a wide range of blues, Chequered Skippers and fritillaries including, False Heath and Thor's Fritillaries.



View from the Schilthorn



Alpine Accentor



Broad-leaved Harebell, Lady's Mantle, Bladder Campion



Alpine meadow

The banks were full of ferns, including the aptly named Lemon-scented Fern (*Oreopteris limbosperma*). Lesser Wintergreen (*Pyrola minor*) and May Lily (*Maianthemum bifolium*) were plentiful and we found the leaves of Dark Red Helleborine (*Epipactis atrorubens*), just about to come into flower. A couple of the group had close up views of a female Three-toed Woodpecker, while others found a Firecrest family.

We picnicked in the garden of the Winteregg café, and enjoyed iced coffees and passing Nutcrackers after our meal. Further on, the path was shadier, as there were more trees, and a nice clump of Coralroot Orchid (*Corallorhiza trifida*) was seen at the edge of the path. Sadly, the cafe at Grutschalp was closed, but while we waited for the train, Lyn photographed a Dark Green Fritillary perched on a tricycle. The train, blissfully air-conditioned, trundled us back to Murren and a fondue supper.

Day 7

Monday 22nd June

Schynige Platte (1987m)

An early start was made to make sure we reached Widderswil in time for our train reservation. This cog railway has small, red, open carriages with wooden seats, and is pushed up the mountain so slowly that plants can be identified from the train. We saw Nettle-leaved Bellflower (*Campanula trachelium*), Yellow Gentian (*Gentiana lutea*), Martagon Lily and Red Helleborine (*Cephalanthera rubra*), among other things. Reaching the summit, we stopped for coffee before exploring the amazing alpine garden, half-naturalised and half more formal, but all exceptionally well-labelled. A very handsome Ring Ouzel was flitting about, plus lots of butterflies. Round-headed Orchid (*Traunsteinera globosa*) was found outside the garden, along with a profusion of other alpine plants among the scattered rocks. A highlight was the Purple Gentian (*Gentiana purpurea*) close to where we had our picnic. After lunch, we split up, with some going back to the gardens and others going on down the path, where they saw Marmots and found a Vanilla Orchid.

Day 8

Tuesday 23rd June

Return to Zurich airport – UK

We made our return journey, dropping various members of the party who were returning by different routes along the way.

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Species lists

Birds (H=heard only)

Common name	Scientific name	June 2026						
		16	17	18	19	20	21	22
Mallard	<i>Anas platyrhynchos</i>	✓						
Common Cuckoo	<i>Cuculus canorus</i>	✓	✓		H			
Eurasian Collared Dove	<i>Streptopelia decaocto</i>							✓
Common Wood Pigeon	<i>Columba palumbus</i>					✓		
Alpine Swift	<i>Tachymarptis melba</i>	✓						
Common Swift	<i>Apus apus</i>	✓	✓		✓		✓	✓
Griffon Vulture	<i>Gyps fulvus</i>			✓				✓
Golden Eagle	<i>Aquila chrysaetos</i>			✓				
Red Kite	<i>Milvus milvus</i>				✓	✓	✓	✓
Black Kite	<i>Milvus migrans</i>				✓		✓	✓
Common Buzzard	<i>Buteo buteo</i>						✓	
Three Toed Woodpecker	<i>Picoides tridactylus</i>						✓	
Common Kestrel	<i>Falco tinnunculus</i>	✓	✓	✓	✓		✓	
Peregrine Falcon	<i>Falco peregrinus</i>				✓			
Golden Oriole	<i>Oriolus oriolus</i>		✓					
Alpine Chough	<i>Pyrrhocorax graculus</i>		✓	✓	✓	✓	✓	✓
Eurasian Magpie	<i>Pica pica</i>				✓	✓	✓	
Northern Nutcracker	<i>Nucifraga caryocatactes</i>					✓	✓	
Northern Raven	<i>Corvus corax</i>			✓	✓	✓		✓
Carrion Crow	<i>Corvus corone</i>				✓	✓		✓
Great Tit	<i>Parus major</i>		✓	✓		✓	✓	
Coal Tit	<i>Parus ater</i>		✓			✓	✓	
Crested Tit	<i>Lophophanes cristatus</i>		✓			H	✓	
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>					✓		✓
Common Chiffchaff	<i>Phylloscopus collybita</i>		H	H		✓	H	
Eurasian Blackcap	<i>Sylvia atricapilla</i>		✓	H	H	✓	H	H
Common Firecrest	<i>Regulus ignicapilla</i>						✓	
Goldcrest	<i>Regulus regulus</i>		✓					
Eurasian Treecreeper	<i>Certhia familiaris</i>						✓	
Eurasian Wren	<i>Troglodytes troglodytes</i>					H	H	
Common Starling	<i>Sturnus vulgaris</i>	✓	✓					
White-throated Dipper	<i>Cinclus cinclus</i>		✓					
Mistle Thrush	<i>Turdus viscivorus</i>		✓			✓	✓	
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	
Ring Ouzel	<i>Turdus torquatus</i>				✓			✓
European Robin	<i>Erithacus rubecula</i>						✓	✓
Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓	✓	✓	✓	✓
Common Redstart	<i>Phoenicurus phoenicurus</i>						✓	
Alpine Accentor	<i>Prunella collaris</i>			✓	✓			
White-winged Snowfinch	<i>Montifringilla nivalis</i>			✓	✓			
House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓
Grey Wagtail	<i>Motacilla cinerea</i>		✓			✓		

		June 2026						
Common name	Scientific name	16	17	18	19	20	21	22
White Wagtail	<i>Motacilla alba</i>		✓		✓	✓		✓
Meadow Pipit	<i>Anthus pratensis</i>				✓			
Water Pipit	<i>Anthus spinoletta</i>		✓					✓
Eurasian Chaffinch	<i>Fringilla coelebs</i>		✓			✓	✓	✓
Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>		✓				✓	✓
European Greenfinch	<i>Chloris chloris</i>		✓		✓			
Common Linnet	<i>Linaria cannabina</i>							✓
European Goldfinch	<i>Carduelis carduelis</i>			✓		✓		
European Serin	<i>Serinus serinus</i>		✓	✓				✓
Eurasian Siskin	<i>Spinus spinus</i>		✓					

Mammals

		June 2026						
Common name	Scientific name	16	17	18	19	20	21	22
European Hare	<i>Lepus europaeus</i>			✓	✓		✓	
Eurasian Red Squirrel	<i>Sciurus vulgaris</i>					✓		
Alpine Marmot	<i>Marmota marmota</i>			✓	✓			✓

Butterflies

		June 2026						
Common name	Scientific name	16	17	18	19	20	21	22
Common Swallowtail	<i>Papilio machaon</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>						✓	
Common Grizzled Skipper	<i>Pyrgus malvae</i>					✓		
Safflower Skipper	<i>Pyrgus carthami</i>							✓
Large Grizzled Skipper	<i>Pyrgus alveus</i>		✓	✓				✓
Wood White	<i>Leptidea sinapis</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>			✓			✓	
Small White	<i>Pieris rapae</i>						✓	✓
Green-veined White	<i>Pieris napi</i>		✓		✓	✓		
Common Orange-tip	<i>Anthocharis cardamines</i>		✓	✓	✓	✓	✓	✓
Large Copper	<i>Lycaena dispar</i>						✓	
Sooty Copper	<i>Lycaena tityrus</i>			✓				
Green Hairstreak	<i>Callophrys rubi</i>		✓					✓
Large Blue	<i>Phengaris arion</i>					✓	✓	✓
Green-underside Blue	<i>Glaucopsyche alexis</i>							✓
Little Blue	<i>Cupido minimus</i>		✓	✓	✓	✓	✓	✓
Geranium Argus	<i>Eumedonia eumedon</i>						✓	✓
Mazarine Blue	<i>Cyaniris semiargus</i>		✓	✓		✓	✓	✓
Amanda's Blue	<i>Polyommatus amandus</i>				✓			
Common Blue	<i>Polyommatus icarus</i>		✓	✓				✓

Common name	Scientific name	June 2026						
		16	17	18	19	20	21	22
White Admiral	<i>Limenitis camilla</i>					✓		✓
Queen of Spain Fritillary	<i>Issoria lathonia</i>		✓					
Dark Green Fritillary	<i>Speyeria aglaja</i>						✓	
High Brown Fritillary	<i>Fabriciana adippe</i>					✓		
Thor's Fritillary	<i>Boloria thore</i>						✓	
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>		✓				✓	✓
Painted Lady	<i>Vanessa cardui</i>		✓	✓	✓	✓	✓	✓
Red Admiral	<i>Vanessa atalanta</i>			✓				
Small Tortoiseshell	<i>Aglais urticae</i>		✓	✓	✓	✓		✓
Camberwell Beauty	<i>Nymphalis antiopa</i>							✓
False Heath Fritillary	<i>Melitaea diamina</i>		✓			✓	✓	✓
Meadow Fritillary	<i>Melitaea parthenoides</i>		✓					
Alpine Heath	<i>Coenonympha gardetta</i>		✓			✓		✓
Speckled Wood	<i>Pararge aegeria</i>					✓		✓
Large Wall Brown	<i>Lasiommata maera</i>		✓			✓		✓
Common Marbled White	<i>Melanargia galathea</i>		✓					✓
Common Ringlet	<i>Aphantopus hyperantus</i>					✓		
Yellow-spotted Ringlet	<i>Erebia manto</i>						✓	
Silky Ringlet	<i>Erebia gorge</i>				✓			
Scotch Argus	<i>Erebia aethiops</i>						✓	
Blind Ringlet	<i>Erebia pharte</i>			✓				
Mountain Ringlet	<i>Erebia epiphron</i>				✓			

Moths

Common name	Scientific name
Yellow-barred Long-horn	<i>Nemophora degeerella</i>
an ermine	<i>Yponomeutidae</i> sp.
Six-spot Burnet	<i>Zygaena filipendulae</i>
Hummingbird Hawk-moth	<i>Macroglossum stellatarum</i>
Small Argent and Sable	<i>Epirrhoe tristata</i>
Argent and Sable	<i>Rheumaptera hastata</i>
Chimney Sweeper	<i>Odezia atrata</i>
Treble-bar	<i>Aplocera plagiata</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>
Ruby Tiger	<i>Phragmatobia fuliginosa</i>
Small Purple-barred	<i>Phytometra viridaria</i>
Burnet Companion	<i>Euclidia glyphica</i>

Damselflies & dragonflies

Common name	Scientific name
Small Whiteface	<i>Leucorrhinia dubia</i>

Other insects

Common name	Scientific name
Grasshoppers and allies	
Wart-biter	<i>Decticus verrucivorus</i>
Club-legged Grasshopper	<i>Gomphocerus sibiricus</i>
Green Mountain Grasshopper	<i>Miramella alpina</i>
Scorpion flies	
Scorpion Fly	<i>Panorpa communis</i>
Flies	
a horse-fly	Tabanidae sp.
Marmalade Hoverfly	<i>Episyrphus balteatus</i>
Bumblebee Hoverfly	<i>Volucella bombylans</i>
Ants, wasps and bees	
a wood ant	<i>Formica</i> sp.
European Paper Wasp	<i>Polistes gallicus</i>
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>
Sand-coloured Carder Bumblebee	<i>Bombus veterans</i>
Ashy Mining Bee	<i>Andrena cineraria</i>
Beetles	
Green Tiger Beetle	<i>Cicindela campestris</i>
Garden Chafer	<i>Phyllopertha horticola</i>
Rose Chafer	<i>Cetonia aurea</i>
Soldier Beetle	<i>Trichodes alvearius</i>
Seven-spot Ladybird	<i>Coccinella 7-punctata</i>
Green Longhorn Beetle	<i>Lepturobosca virens</i>
Black-striped Longhorn Beetle	<i>Stenurella melanura</i>

Plants

Scientific Name	Common Name	Day
PTERIDOPHYTES	FERNS AND FERN ALLIES	
Lycophytes	Clubmosses	
Lycopodiaceae	Clubmoss Family	
<i>Huperzia selago</i>	Fir Clubmoss	4
Eusporangiate Ferns	Adder's-tongues & Moonworts	
Ophioglossaceae	Adder's-tongue Family	
<i>Botrychium lunaria</i>	Moonwort	4
Calamophytes	Horsetails	
Equisetaceae	Horsetail Family	
<i>Equisetum sylvaticum</i>	Wood Horsetail	6
Leptosporangiate Ferns	True Ferns	
Aspleniaceae	Spleenwort Family	
<i>Asplenium ruta-muraria</i>	Wall-rue	3
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	3
<i>Asplenium viride</i>	Green Spleenwort	4
Blechnaceae	Hard-fern Family	
<i>Blechnum spicant</i>	Hard-fern	6

Scientific Name	Common Name	Day
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris affinis</i>	Scaly Male-fern	2
<i>Dryopteris carthusiana</i>	Narrow Buckler-fern	7
<i>Dryopteris dilatata</i>	Broad Buckler-fern	6
<i>Dryopteris submontana</i>	Rigid Buckler-fern	7
<i>Polystichum aculeatum</i>	Hard Shield-fern	5
<i>Polystichum lonchitis</i>	Holly-fern	4
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i> agg.	Common Polypody	4
Thelypteridaceae	Marsh Fern Family	
<i>Oreopteris limbosperma</i>	Lemon-scented Fern	6
Woodsiaceae	Lady-fern Family	
<i>Athyrium distentifolium</i>	Alpine Lady-fern	4
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	2
<i>Gymnocarpium dryopteris</i>	Oak Fern	4
<i>Gymnocarpium robertianum</i>	Limestone Fern	5
<i>Woodsia alpina</i>	Alpine Woodsia	6
GYMNOSPERMS	CONIFERS	
Cupressaceae	Juniper Family	
<i>Juniperus communis</i> var. <i>saxatilis</i>	Alpine Juniper	2
Pinaceae	Pine Family	
<i>Abies alba</i>	European Silver-fir	7
<i>Larix decidua</i>	Larch	2
<i>Picea abies</i>	Norway Spruce	2
<i>Pinus cembra</i>	Arolla Pine	7
<i>Pinus mugo</i>	Dwarf Mountain-pine	5
Taxaceae	Yew Family	
<i>Taxus baccata</i>	Yew	5
ANGIOSPERMS	FLOWERING PLANTS	
EUDICOTS	TRUE DICOTYLEDONS	
Adoxaceae	Moschatel Family	
<i>Sambucus nigra</i>	Common Elder	4
<i>Viburnum lantana</i>	Wayfaring-tree	4
<i>Viburnum opulus</i>	Guelder-rose	4
Amaranthaceae	Goosefoot Family	
<i>Chenopodium bonus-henricus</i>	Good-King-Henry	6
Apiaceae	Carrot Family	
<i>Aegopodium podagraria</i>	Ground Elder	5
<i>Astrantia major</i>	Astrantia	6
<i>Carum carvi</i>	Caraway	2
<i>Chaerophyllum hirsutum</i>	Hairy Chervil	2
<i>Chaerophyllum villarsii</i>	Villar's Chervil	3
<i>Heracleum sphondylium</i>	Hogweed	2
<i>Laserpitium halleri</i>	Haller's Sermountain	7
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain	6
<i>Laserpitium siler</i>	a sermountain	6
<i>Ligusticum mutellina</i>	Alpine Lovage	4
<i>Peucedanum ostruthium</i>	Masterwort	2
Apocynaceae	Periwinkle Family	
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	2
Araliaceae	Ivy Family	
<i>Hedera helix</i>	Ivy	7

Scientific Name	Common Name	Day
Betulaceae	Birch Family	
<i>Alnus glutinosa</i>	Common Alder	3
<i>Alnus incana</i>	Grey Alder	7
<i>Alnus viridis</i>	Green Alder	2
<i>Betula pendula</i>	Silver Birch	2
<i>Betula pubescens</i>	Downy Birch	6
<i>Corylus avellana</i>	Hazel	1
Boraginaceae	Borage Family	
<i>Echium vulgare</i>	Viper's Bugloss	5
<i>Myosotis alpestris</i>	Alpine Forget-me-not	4
<i>Myosotis arvensis</i>	Field Forget-me-not	2
Brassicaceae	Cabbage Family	
<i>Arabis alpina</i> subsp. <i>alpina</i>	Alpine Rock-cress	3
<i>Arabis ciliata</i>	Corymbose Rock-cress	7
<i>Arabis hirsuta</i>	Hairy Rock-cress	4
<i>Arabis soyeri</i> subsp. <i>subcoriacea</i>	Soyer's Rock-cress	✓
<i>Barbarea vulgaris</i>	Winter-cress	6
<i>Biscutella laevigata</i>	Buckler Mustard	2
<i>Capsella bursa-pastoris</i>	Shepherd's-purse	5
<i>Cardamine pratensis</i> subsp. <i>pratensis</i>	Lady's Smock	4
<i>Hornungia alpina</i> subsp. <i>alpina</i>	Chamois Cress	3
<i>Kernera saxatilis</i>	Kernera	3
<i>Noccea rotundifolia</i>	Round-leaved Penny-cress	3
<i>Rorippa palustris</i>	Bog Yellow Cress	6
<i>Sisymbrium austriacum</i>	Austrian Rocket	7
<i>Thlaspi perfoliatum</i>	Perfoliate Penny-cress	
Campanulaceae	Bellflower Family	
<i>Campanula barbata</i>	Bearded Bellflower	4
<i>Campanula cochleariifolia</i>	Fairy's-thimble	6
<i>Campanula glomerata</i>	Clustered Bellflower	2
<i>Campanula rhomboidalis</i>	Broad-leaved Bellflower	2
<i>Campanula rotundifolia</i>	Harebell	2
<i>Campanula thyrsoidea</i>	Yellow Bellflower	6
<i>Campanula trachelium</i>	Nettle-leaved Bellflower	7
<i>Phyteuma betonicifolium</i>	Betony-leaved Rampion	6
<i>Phyteuma orbiculare</i>	Round-headed Rampion	2
<i>Phyteuma spicatum</i>	Spiked Rampion	2
Cannabaceae	Hop Family	
<i>Humulus lupulus</i>	Hop	5
Caprifoliaceae	Honeysuckle Family	
<i>Knautia arvensis</i>	Field Scabious	3
<i>Knautia dipsacifolia</i>	Wood Scabious	5
<i>Lonicera xylosteum</i>	Fly Honeysuckle	5
<i>Scabiosa lucida</i>	Shining Scabious	2
<i>Valeriana montana</i>	Mountain Valerian	2
<i>Valeriana officinalis</i>	Common Valerian	5
<i>Valeriana tripteris</i>	Three-leaved Valerian	4
Caryophyllaceae	Pink Family	
<i>Cerastium alpinum</i>	Alpine Mouse-ear	2
<i>Cerastium arvense</i> subsp. <i>strictum</i>	Field Mouse-ear	✓
<i>Cerastium cerastoides</i>	Starwort Mouse-ear	4
<i>Dichodon cerastoides</i>	Mountain Chickweed	2

Scientific Name	Common Name	Day
<i>Dianthus carthusianorum</i>	Carthusian Pink	2
[<i>Dianthus superbus</i>]	Large Pink	4
<i>Dianthus sylvestris</i>	Wood Pink	6
<i>Gypsophila repens</i>	Alpine Gypsophila	5
<i>Minuartia verna</i>	Spring Sandwort	3
<i>Moehringia muscosa</i>	Mossy Sandwort	5
<i>Silene acaulis</i>	Moss Campion	3
<i>Silene dioica</i>	Red Campion	2
<i>Silene exscapa</i>	Stemless Moss Campion	3
<i>Silene rupestris</i>	Rock Campion	2
<i>Silene vulgaris</i>	Bladder Campion	2
<i>Stellaria graminea</i>	Lesser Stitchwort	3
<i>Stellaria holostea</i>	Greater Stitchwort	4
<i>Stellaria nemorum</i>	Wood Stitchwort	6
Cistaceae	Rockrose Family	
<i>Helianthemum nummularium</i>	Common Rock-rose	2
<i>H. oelandicum</i> subsp. <i>alpestre</i>	Alpine Rockrose	7
Compositae (Asteraceae)	Daisy Family	
<i>Adenostyles alliariae</i>	Adenostyles	2
<i>Antennaria dioica</i>	Cat's-foot	2
<i>Arnica montana</i>	Arnica	2
<i>Artemisia glacialis</i>	Alpine Wormwood	3
<i>Aster alpinus</i>	Alpine Aster	4
<i>Bellidastrium michelii</i>	False Aster	2
<i>Bellis perennis</i>	Daisy	2
<i>Carduus defloratus</i>	Alpine Thistle	2
<i>Centaurea montana</i>	Mountain Cornflower	2
<i>Centaurea nigrescens</i>	Tyrol Knapweed	6
<i>Centaurea scabiosa</i>	Greater Knapweed	2
<i>Cirsium acaule</i>	Dwarf Thistle	6
<i>Cirsium oleraceum</i>	Cabbage Thistle	5
<i>Cirsium spinosissimum</i>	Spiniest Thistle	2
<i>Crepis aurea</i>	Golden Hawk's-beard	2
<i>Crepis biennis</i>	Rough Hawk's-beard	6
<i>Crepis paludosa</i>	Marsh Hawk's-beard	6
<i>Doronicum grandiflorum</i>	Large-flowered Leopard's-bane	7
<i>Erigeron neglectus</i>	Neglected Fleabane	7
<i>Erigeron uniflorus</i>	One-flowered Fleabane	3
<i>Eupatorium cannabinum</i>	Hemp Agrimony	7
<i>Hieracium lachenalii</i>	A Hawkweed	6
<i>Hieracium villosum</i>	Shaggy Hawkweed	4
<i>Homogyne alpina</i>	Alpine Colt's-foot	2
<i>Lapsana communis</i>	Nipplewort	7
<i>Leontodon hispidus</i>	Rough Hawkbit	4
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy	4
<i>Leucanthemum adustum</i>	Mountain Ox-eye	6
<i>Leucanthemum halleri</i>	Hallers ox eye daisy	3
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	5
<i>Mycelis muralis</i>	Wall Lettuce	5
<i>Petasites paradoxus</i>	Alpine Butterbur	4
<i>Pilosella aurantiacum</i>	Orange Hawkweed	4
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	4

Scientific Name	Common Name	Day
<i>Solidago virgaurea</i>	Goldenrod	7
<i>Taraxacum alpinum</i>	Alpine Dandelion	4
<i>Taraxacum</i> agg.	Dandelion	2
<i>Tragopogon pratense</i>	Goat's-beard	2
<i>Tussilago farfara</i>	Colt's-foot	4
Crassulaceae	Stonecrop Family	
<i>Sedum album</i>	White Stonecrop	6
<i>Sedum atratum</i>	Thick-leaved Stonecrop	6
<i>Sedum sexangulare</i>	Mountain Houseleek	2
Ericaceae	Heather Family	
<i>Empetrum nigrum</i>	Black Crowberry	4
<i>Erica carnea</i>	Spring Heath	2
<i>Pyrola minor</i>	Lesser Wintergreen	6
<i>Rhododendron ferrugineum</i>	Alpenrose	2
<i>Vaccinium myrtillus</i>	Bilberry	2
<i>Vaccinium vitis-idaea</i>	Cowberry	6
Euphorbiaceae	Spurge Family	
<i>Euphorbia cyparissias</i>	Cypress Spurge	6
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	7
<i>Quercus petraea</i>	Sessile Oak	7
Gentianaceae	Gentian Family	
<i>Gentiana acaulis</i>	Trumpet Gentian	2
<i>Gentiana asclepiadea</i>	Willow Gentian	
<i>Gentiana bavarica</i>	Bavarian Gentian	3
<i>Gentiana brachyphylla</i>	Short-leaved Gentian	4
<i>Gentiana lutea</i>	Great Yellow Gentian	7
<i>Gentiana nivalis</i>	Snow Gentian	4
<i>Gentiana punctata</i>	Spotted Gentian	4, leaves only
<i>Gentiana purpurea</i>	Purple Gentian	7
<i>Gentiana verna</i>	Spring Gentian	2
Geraniaceae	Crane's-bill Family	
<i>Geranium pyrenaicum</i>	Pyrenean Crane's-bill	2
<i>Geranium robertianum</i>	Herb Robert	5
<i>Geranium sylvaticum</i>	Wood Crane's-bill	2
Hypericaceae	St John's-wort Family	
<i>Hypericum maculatum</i>	Imperforate St John's-wort	6
<i>Hypericum tetrapterum</i>	Square Stemmed St John's-wort	2
Juglandaceae	Walnut Family	
[<i>Juglans regia</i>]	Walnut	7
Lamiaceae	Dead-nettle Family	
<i>Ajuga pyramidalis</i>	Pyramidal Bugle	2
<i>Ajuga reptans</i>	Common Bugle	4
<i>Clinopodium acinos</i>	Basil-thyme	6
<i>Clinopodium alpinum</i>	Alpine Basil-thyme	7
<i>Lamium galeobdolon</i>	Yellow Archangel	5
<i>Lamium maculatum</i>	Spotted Dead-nettle	7
<i>Origanum vulgare</i>	Marjoram	5
<i>Prunella grandiflora</i>	Large-flowered Self-heal	5
<i>Prunella vulgaris</i>	Self-heal	2
<i>Salvia pratensis</i>	Meadow Clary	2
<i>Stachys alpina</i>	Alpine Woundwort	6

Scientific Name	Common Name	Day
<i>Stachys sylvatica</i>	Hedge Woundwort	5
<i>Thymus polytrichus</i>	Wild Thyme	2
<i>Thymus pulegioides</i>	Large Thyme	5
Leguminosae (Fabaceae)	Pea Family	
<i>Anthyllis vulneraria</i> subsp. <i>alpestris</i>	Alpine Kidney Vetch	2
<i>Astragalus alpinus</i>	Alpine Milk-vetch	2
<i>Astragalus frigidus</i>	Pallid Milk-vetch	4
<i>Hedysarum hedysaroides</i>	Alpine Sainfoin	4
<i>Lathyrus aphaca</i>	Yellow Vetchling	3
<i>Lathyrus laevigatus</i> subsp. <i>occidentalis</i>	Smooth Pea	✓
<i>Lathyrus pratensis</i>	Meadow Vetchling	2
<i>Lotus corniculatus</i>	Bird's-foot-trefoil	2
<i>Lotus uliginosus</i>	Greater Bird's-foot-trefoil	4
<i>Medicago lupulina</i>	Black Medick	2
<i>Onobrychis montana</i>	Mountain Sainfoin	7
<i>Onobrychis viciifolia</i>	Sainfoin	2
<i>Oxytropis campestris</i>	Yellow Milk-vetch	4
<i>Oxytropis montana</i>	Mountain Milk-vetch	3
[<i>Robinia pseudoacacia</i>]	False Acacia	7
<i>Securigera varia</i>	Crown Vetch	2
<i>Trifolium alpestre</i>	Alpine Zigzag Clover	4
<i>Trifolium alpinum</i>	Alpine Clover	2
<i>Trifolium badium</i>	Brown Clover	2
<i>Trifolium montanum</i>	Mountain Clover	2
<i>Trifolium pratense</i>	Red Clover	2
<i>Trifolium repens</i>	White Clover	2
<i>Vicia cracca</i>	Tufted Vetch	6
<i>Vicia sepium</i>	Bush Vetch	2
Lentibulariaceae	Butterwort Family	
<i>Pinguicula alpina</i>	Alpine Butterwort	4
<i>Pinguicula vulgaris</i>	Common Butterwort	2
Linaceae	Flax Family	
<i>Linum alpinum</i>	Alpine Flax	7
<i>Linum catharticum</i>	Fairy Flax	2
Malvaceae	Mallow Family	
<i>Tilia platyphyllos</i>	Large-leaved Lime	4
Oleaceae	Ash Family	
<i>Fraxinus excelsior</i>	Ash	3
Onagraceae	Willowherb Family	
<i>Chamerion angustifolium</i>	Rosebay Willowherb	4
<i>Epilobium alpestre</i>	Whorled-leaved Willowherb	2
<i>Epilobium alsinifolium</i>	Chickweed Willowherb	2
Orobanchaceae	Broomrape Family	
<i>Bartsia alpina</i>	Alpine Bartsia	2
<i>Melampyrum sylvaticum</i>	Small Cow-wheat	6
<i>Orobanche alba</i>	Thyme Broomrape	2
<i>Pedicularis tuberosa</i>	Long-beaked Yellow Lousewort	2
<i>Pedicularis verticillata</i>	Whorled Lousewort	2
<i>Rhinanthus alectorolophus</i>	Greater Yellow-rattle	2
<i>Rhinanthus minor</i>	Yellow-rattle	2
Oxalidaceae	Wood-sorrel Family	
<i>Oxalis acetosella</i>	Wood-sorrel	6

Scientific Name	Common Name	Day
Paeonaceae	Paeony Family	
<i>Paeonia officinalis</i>	Paeony	2
Papaveraceae	Poppy Family	
[<i>Papaver cambricum</i>]	Welsh Poppy	5
Plantaginaceae	Plantain and Speedwell Family	
<i>Digitalis grandiflora</i>	Large Yellow Foxglove	7
<i>Erinus alpinus</i>	Fairy Foxglove	5
<i>Globularia cordifolia</i>	Matted Globularia	7
<i>Globularia punctata</i>	Common Globularia	2
<i>Linaria alpina</i>	Alpine Toadflax	2
<i>Plantago alpina</i>	Alpine Plantain	2
<i>Plantago media</i>	Hoary Plantain	2
<i>Plantago lanceolata</i>	Ribwort Plantain	4
<i>Veronica alpina</i>	Alpine Speedwell	2
<i>Veronica bellidioides</i>	Violet Speedwell	4
<i>Veronica chamaedrys</i>	Germander Speedwell	2
<i>Veronica filiformis</i>	Slender Speedwell	2
<i>Veronica fruticans</i>	Rock Speedwell	7
<i>Veronica officinalis</i>	Heath Speedwell	3
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	2
<i>Veronica urticifolia</i>	Nettle-leaved Speedwell	6
Polygalaceae	Milkwort Family	
<i>Polygala alpestris</i>	Mountain Milkwort	2
<i>Polygala alpina</i>	Alpine Milkwort	6
<i>Polygala chamaebuxus</i>	Shrubby Milkwort	2
<i>Polygala vulgaris</i>	Common Milkwort	2
Polygonaceae	Dock Family	
[<i>Fallopia japonica</i>]	Japanese Knotweed	7
<i>Persicaria bistorta</i>	Common Bistort	2
<i>Persicaria vivipara</i>	Alpine Bistort	2
<i>Rumex acetosa</i>	Common Sorrel	6
<i>Rumex alpestris</i>	Mountain Dock	2
<i>Rumex alpinus</i>	Monk's-rhubarb	2
<i>Rumex scutatus</i>	French Sorrel	6
Primulaceae	Primrose Family	
<i>Androsace alpina</i>	Alpine Rock-jasmine	3
<i>Androsace chamaejasme</i>	Ciliate Rock-jasmine	2
<i>Androsace pubescens</i>	Hairy Rock-jasmine	3
<i>Lysimachia nemorum</i>	Yellow Pimpernel	6
<i>Primula auricula</i>	Bear's-ear Primrose	5
<i>Primula elatior</i>	Oxlip	4
<i>Primula farinosa</i>	Bird's-eye Primrose	2
<i>Primula hirsuta</i>	Hairy Primrose	4
<i>Soldanella alpina</i>	Alpine Snowbell	4
Ranunculaceae	Buttercup Family	
<i>Aconitum lycoctonum</i> subsp. <i>vulparia</i>	Wolf's-bane	5
<i>Aconitum napellus</i> agg.	Monk's-hood	2, leaves only
<i>Anemone alpina</i> subsp. <i>alpina</i>	Alpine Pasqueflower	2
<i>Anemone alpina</i> subsp. <i>apiifolia</i>	Alpine Pasqueflower	4
<i>Anemone narcissiflora</i>	Narcissus-flowered Anemone	4
<i>Anemone vernalis</i>	Spring Pasqueflower	4
<i>Aquilegia atrata</i>	Dark Columbine	7

Scientific Name	Common Name	Day
<i>Caltha palustris</i>	Marsh-marigold	2
<i>Clematis vitalba</i>	Old Man's Beard	7
<i>Hepatica nobilis</i>	Hepatica	6
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup	2
<i>Ranunculus acris</i>	Meadow Buttercup	2
<i>Ranunculus alpestris</i>	Alpine Buttercup	4
<i>Ranunculus glacialis</i>	Glacier Crowfoot	3
<i>Ranunculus kuepferi</i>	Kuepfer's Buttercup	4
<i>Ranunculus languinuus</i>	Downy Buttercup	6
<i>Ranunculus montanus</i>	Mountain Buttercup	3
<i>Thalictrum alpinum</i>	Alpine Meadow-rue	4
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	2
<i>Trollius europaeus</i>	Globeflower	2
Rosaceae	Rose Family	
<i>Agrimonia eupatoria</i>	Agrimony	✓
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	2
<i>Alchemilla conjuncta</i>	Silver Lady's-mantle	7
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	7
<i>Alchemilla monticola</i>	Hairy Lady's-mantle	2
<i>Alchemilla pentaphyllea</i>	Cut-leaved Lady's-mantle	4
<i>Alchemilla vulgaris</i> agg.	Lady's-mantle	2
<i>Aruncus dioicus</i>	Goat's-beard Spiraea	1
<i>Chamaemespilus alpina</i>	Dwarf Medlar	6
<i>Crataegus monogyna</i>	Hawthorn	4
<i>Dryas octopetala</i>	Mountain Avens	2
<i>Fragaria vesca</i>	Wild Strawberry	2
<i>Geum montanum</i>	Alpine Avens	2
<i>Geum rivale</i>	Water Avens	5
<i>Geum urbanum</i>	Herb Bennet	7
<i>Potentilla aurea</i>	Golden Cinquefoil	2
<i>Potentilla crantzii</i>	Alpine Cinquefoil	4
<i>Potentilla erecta</i>	Tormentil	2
<i>Prunus avium</i>	Wild Cherry	4
<i>Rosa canina</i>	Dog-rose	7
<i>Rosa glauca</i>	Blue-leaved Rose	7
<i>Rosa pendulina</i>	Alpine Rose	2
<i>Rubus idaeus</i>	Raspberry	2
<i>Sorbus aria</i>	Whitebeam	3
<i>Sorbus aucuparia</i>	Rowan	3
Rubiaceae	Madder Family	
<i>Galium album</i>	White Bedstraw	6
<i>Galium anisophyllum</i>	Dwarf Bedstraw	2
<i>Galium odoratum</i>	Woodruff	6
Salicaceae	Willow Family	
<i>Salix appendiculata</i>	A Willow	5
<i>Salix aurita</i>	Eared Willow	6
<i>Salix caprea</i>	Goat Willow	7
<i>Salix hastata</i>	Large-stipuled Willow	3
<i>Salix reticulata</i>	Net-leaved Willow	4
<i>Salix retusa</i>	Retuse-leaved Willow	3
<i>Salix viminalis</i>	Osier	7

Scientific Name	Common Name	Day
Santalaceae	Bastard-toadflax Family	
<i>Thesium alpinum</i>	Alpine Bastard-toadflax	4
<i>Thesium pyrenaicum</i>	Pyrenean Bastard-toadflax	4
Sapindaceae	Maple Family	
<i>Acer campestre</i>	Field Maple	3
<i>Acer platanoides</i>	Norway Maple	5
<i>Acer pseudoplatanus</i>	Sycamore	3
Saxifragaceae	Saxifrage Family	
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	3
<i>Saxifraga bryoides</i>	Mossy Saxifrage	3
<i>Saxifraga exarata</i> subsp. <i>moschata</i>	Musky Saxifrage	3
<i>Saxifraga oppositifolia</i>	Purple Saxifrage	3
<i>Saxifraga paniculata</i>	Livelong Saxifrage	2
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	2
<i>Saxifraga stellaris</i>	Starry Saxifrage	4
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	2
Violaceae	Violet Family	
<i>Viola biflora</i>	Yellow Wood Violet	4
<i>Viola calcarata</i>	Long-spurred Pansy	4
<i>Viola lutea</i>	Mountain Pansy	2
<i>Viola palustris</i>	Marsh Violet	2
Monocots	Monocotyledons	
Amaryllidaceae	Daffodil Family	
<i>Allium schoenoprasum</i>	Chives	7
<i>Allium victorialis</i>	Alpine Leek	5
Asparagaceae	Asparagus Family	
<i>Maianthemum bifolium</i>	May Lily	6
<i>Paradisea liliastrum</i>	St Bruno's Lily	7
<i>Polygonatum multiflorum</i>	Solomon's-seal	7
<i>Polygonatum verticillatum</i>	Whorled Solomon's-seal	5
Colchicaceae	Meadow Saffron Family	
<i>Colchicum autumnale</i>	Meadow Saffron	4
Cyperaceae	Sedge Family	
<i>Carex flava</i>	Yellow Sedge	6
<i>Carex sempervirens</i>	Evergreen Sedge	7
<i>Eriophorum angustifolium</i>	Common Cottongrass	5
<i>Eriophorum latifolium</i>	Broad-leaved Cottongrass	2
Iridaceae	Iris Family	
<i>Crocus vernus</i>	Spring Crocus	4
Juncaceae	Rush Family	
<i>Luzula multiflora</i>	Heath Wood-rush	6
Liliaceae	Lily Family	
<i>Lilium martagon</i>	Martagon Lily	3
<i>Streptopus amplexifolius</i>	Streptopus	2
Melanthiaceae	Herb-Paris Family	
<i>Paris quadrifolia</i>	Herb-Paris	5
<i>Veratrum album</i>	White False-helleborine	2
Orchidaceae	Orchid Family	
<i>Cephalanthera rubra</i>	Red Helleborine	7
<i>Corallorhiza trifida</i>	Coralroot Orchid	6
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	2

Scientific Name	Common Name	Day
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh Orchid	2
<i>Dactylorhiza (Coeloglossum) viride</i>	Frog Orchid	4
<i>Epipactis atrorubens</i>	Dark Red Helleborine	6
<i>Gymnadenia albida</i>	Small White Orchid	2
<i>Gymnadenia conopsea</i>	Fragrant Orchid	2
<i>Gymnadenia rhellicani</i>	Vanilla Orchid	7
<i>Neotinea ustulata</i>	Burnt Orchid	6
<i>Neottia ovata</i>	Twayblade	2
<i>Orchis mascula</i>	Early-purple Orchid	5
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid	5
<i>Traunsteinera globosa</i>	Round-headed Orchid	7
Poaceae	Grass Family	
<i>Alopecurus pratensis</i>	Meadow Foxtail	✓
<i>Arrhenatherum elatius</i>	False Oat-grass	✓
<i>Briza media</i>	Quaking-grass	✓
<i>Cynosurus cristatus</i>	Crested Dog's-tail	✓
<i>Dactylis glomerata</i>	Cock's-foot	✓
<i>Deschampsia cespitosa</i>	Tufted Hair-grass	✓
<i>Festuca ovina</i>	Sheep's-fescue	✓
<i>Holcus lanatus</i>	Yorkshire-fog	✓
<i>Lolium perenne</i>	Perennial Rye-grass	✓
<i>Melica uniflora</i>	Wood Melick	✓
<i>Nardus stricta</i>	Mat-grass	6
<i>Schedonorus pratensis</i>	Meadow Fescue	✓
<i>Sesleria caerulea</i>	Blue Moor-grass	✓
Tofieldiaceae	Scottish Asphodel Family	
<i>Tofieldia calyculata</i>	Tofield's Asphodel	2