

Spain's Cantabrian Mountains - Realm of the Bear

Naturetrek Tour Report

20 - 27 June 2007

Report compiled by Sophie Miller and Alison Foot



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Day 1

Wednesday 20th June

Arriving in the afternoon at the tiny sea side airport of Asturias we made our way south to Pola de Somiedo. We quickly moved away from the coastal hills into lush green mountains and woods. Roadside villages with stilted store houses with washing hung out underneath, and the locals sitting out in the sunshine soon gave the feeling of being in a different time than 2007. Arrival at the village in the early evening was quiet and we met by the bridge in the village where the dipper occasionally appeared and the yellow wag-tails flitted by. What a place! We had a good dinner at Casa Mino and prepared our plans for the day ahead.

Day 2

Thursday 21st June

For our first day we explored the valley El Llamada and the pathway up to Brana Murrion. A walk up to the Brana revealed our first sights of the multitude of flowers including spectacular lizard orchid *Himantoglossum hircinum*, many burnt-tips *Orchis mustulata*, fragrant *Gymnadenia conopsea* and man orchids in profusion *Aceras anthropophorum*. Our first views of flying griffon vultures were amazing as they soared the limestone peaks amongst the clouds. We also saw choughs and a raven. Douglas pointed out a red backed shrike amongst the solid stone buildings of the Brana, while Basil and Nigel were soon venturing further afield for red deer, chamois (here a sub-species called rebecos) and the other big mammals we were hoping to spy. Large droppings found on the track at the top of the mountain path were later identified as wolf. Butterflies appeared in the warm sunshine, including both the Orange Tip and the Moroccan Orange Tip, and as we headed back down in a slight drizzle the sunlight appeared through the clouds and bounded off the limestone rock and heather faces in the most fantastical light. We also needed our chivalrous knight David to rescue our Leslie who decided to take a shorter than required route home!

Later we took a quick jaunt up to a good natural look out above Somiedo and searched the hills for bears. We spotted a herd of rebecco's dancing daintily on the steepest rockiest slopes ever! Basil the tracker helped us find two red deer hinds, and roe buck too, and we soon got our eyes adjusted to trying to spot animals on far away slopes.

A delicate white version of the bee orchid *Ophrys apifera* stood proud for the cameras and the roadside slopes were scattered with purple pyramidal orchids *Anacamptis pyramidalis*. The evening calm and flower-filled verges to peruse were a great end to our first day exploring within these mountains.

Day 3

Friday 22nd June

After breakfast we loaded up the minibuses and headed through the village before driving up a series of steep hairpin bends. Driving along the road towards Valle de Lago gave us splendid views of traditional villages and spectacular mountains. Leaving the minibuses at the village of Valle we started our walk towards the lake that fills the end of the valley past a rocky waterfall that was covered in purple Butterwort, *Pinguicula grandiflora* subsp. *coenocantabrica*.

The sun was shining and the presence of a fast stream on one side of the path gave us a variety of habitats. So we were able to watch Alpine Choughs and Griffon Vultures on the limestone crags on one side while catching sight of Serins, Yellowhammers and Jays in the woods on the other.

Soon we were in the hay meadows round the Branas. What appeared to be thousands of different flowers in the meadows were admired, including early marsh orchid *Dactylorhiza incarnata*, leopard's-bane *Doronicum pardalianches*, pinks including maiden pink *Dianthus deltoids*, saxifrages including meadow and paniculate *Saxifraga granulata* and *S. paniculata*. *Pulsatilla alpina* subsp. *apifolia* and subsp. *cantabrica* were the yellow and white alpine pasque flower respectively and were found in profusion on some of the hillsides. A small clump of pink mountain thrift was seen by the track, *Armeria maritima* ssp. *alpina* and globe flower *Trollius europaeus* was scattered throughout the meadows as were many bistorts, knapweeds, columbines, bell flowers and roses (for the delight of Liz!) We even found a dainty blue iris growing in a very boggy place!

It was great to look at the peaks above us and conjure up events that would have moved these mountains and created peaks, towers and rock formations that only the rebecos could climb. Richard gave us interesting suggestions and ideas, explaining some of the landscape features and it was great to hear his knowledge and enthusiasm for this area. Higher up near the lake itself Val, Mike and Brian heard wolves and even without seeing them it was exciting to know they were there and possibly watching us.

On the way back to Pola we stopped to admire the picturesque village of Coto de Buenamadre and were treated to a view of a Camberwell Beauty as well, placidly feeding on the side of the road and posing obligingly for Basil Val and Alison to take photos.

Day 4

Saturday 23rd June

We braved an early start in the dark morning for a bear watch and as it grew light the clouds gratefully managed to stay above the mountain tops. Red and roe deer were seen and up the valley, where we were plunged into freezing shade, we had a view of a magnificent stag. We later returned up this valley to the village of La Peral which was hidden away even further back from the modern world. Our walk started by passing some lovely old buildings and the brightest red poppy meadow. We heard tales of bears recently seen in the area from the locals as we forged on up the track past men making hay and ponies lazing in the sunshine.

The flowers were again vivid and varied including spring gentian *Gentiana verna*, Pyrenean crane's-bill *Geranium pyrenaicum*, false sainfoin *Vicia onobrychoides*, alpine bird's-foot-trefoil *Lotus alpinus*, wild thyme *Thymus praecox*, an early purple orchid or two *Orchis mascula* and more huge lizard orchids. Butterflies appeared as the day warmed and we saw Brimstone and Mountain Clouded Yellow as well as a Hummingbird Hawkmoth buzzing amongst the flowers.

Our picnic was on a hillside overlooking some amazing rock faces where numbers of griffin vultures had been seen feeding earlier in the morning. As we marched up hill these vultures began to wheel overhead and put on a display fit for kings and falconers – they came so low you could see each feather, and with their circling appeared to be waiting for one of us to be lunch!

While we were eating lunch a harrier flew past and a herd of cows and half wild ponies came close. The views and air was fantastic here and it felt like being on top of the world literally! We heard cuckoo and saw woodpeckers and jays, and at the very end of the walk we were treated first to a low flying Egyptian Vulture, then three magnificent White Storks rose up from the riverside and wheeled up the valley in a leisurely fashion.

Day 5

Sunday 24th June

In the morning we headed up the Ruta El Castro, above La Malva in warm sunshine. A smooth snake was seen by Liz and Sophie as they trailed behind the others and got to grips with a few more flowers such as a great blue English Iris *Iris xiphioides*, *Campanula persicifolia*, alpine catmint *Acinosa alpinus* and cone centuary *C. conifera* (*Leuzia conifera*) (the latter seen before by Cathleen). A delicate campion type flower turned out to be *Petrocoptis glaucifolia*, that was found scattered on the limestone rock faces and here too was more of the butterwort and wood sorrel *Oxalis acetosella*.

Other woodland plants included wild madder *Rubia peregrina* (found by Brian who also found a fly orchid *Ophrys insectifera*), a huge clematis species and primrose *Primula vulgaris*. Further past the woody areas the path rose above rocky slopes and the group had a very close view of a rebecco who didn't seem to mind its admirers at all! We had lunch at very handy picnic tables and while munching we had a fly past of a bat.

We drove around to Villar de Vildas, on the opposite side of the mountain peaks. The group soon made themselves scarce becoming lost in the tiny antique village and heading up 'Ruta de la Pornacal – Los Cuatros'. Brian and Douglas bounded up to the top and explored the Brana, to return effervescing about its atmosphere and spirit. Along the track we encountered local couples, some wearing the local clogs and others busy organizing the hay making.

Flowers again abounded and we found bath asparagus *Ornithogalum pyrenaicum*, brooklime *Veronica beccabunga*, trailing St John's-wort *Hypericum humifusum* and St Bernard's lily *Anthericum liliago*. The flowers were wonderful and casually growing on the track sides and in the meadows. We also found a small baby shrew who couldn't find his way back into the earth and plenty of butterflies including Spanish marbled white and Adonis blue.

A well deserved drink awaited us at the village bar which was a marvelous old building and had a very hospitable landlord. The atmosphere was lovely and again the modern world disappeared from our minds.

Day 6

Monday 25th June

The clouds lifted for us after a trip to the supermarket where, in the car park, we had clear views using the scope, of griffin vultures above our very village. Wildlife really was on our doorstep! We headed down the steep bends to the Valley de Saliencia, past hay making and road builders. We saw roe deer on our way up the valley and as the track became steeper and the bumps became bouncier the air became considerably cooler!

From the vehicles most of us headed down to the first lake while others went off tracking and photographing down a sheltered hillside. The flowers here were of wet and alpine habitats with more alpine pasque flowers, large orange gentians not quite in flower, crested lousewort *Pedicularis tuberosa*, lovely purple spikes of dragon's mouth *Horminum pyrenaicum* and a great prize of a frog orchid *Coeloglossum viride* found by Brian!

The weather improved and we had a picnic in very much appreciated sunshine by the lake along with entertaining swirling flocks of choughs including alpine ones to the delight of all. An area of limestone pavement had even more saxifrages, rock roses and ferns with clumps of mezereum *Daphne mezereum*. The group headed up a path to the spectacular top lakes, where wolf droppings were spotted again, while Douglas found the lovely purple saxifrage *Saxifraga oppositifolia*. Then a Black Kite flew past to everyone's delight. More orchids were found, by Basil and Nigel, one thought to be lax-flowered orchid *Orchis laxiflora* and the others at least of the Dactylorhiza group. By now the weather was sunny and warm even though we were at the highest point of the park, but we had to tear ourselves away from the wild beauty of the lakes and head back down the road passing a very composed Red Legged Partridge by the side of the road. A well preserved Brana provided a stop for chocolate and biscuits plus the chance to observe more of the fascinating array of plants and butterflies in hay meadows, which had become so familiar to us over the preceding days.

Day 7

Tuesday 26th June

In the morning a few of us went up to the watching spot above the village. Whilst driving up, a fox cub bounded ahead of us, and didn't seem to want to jump into the scrub. Two rebecos appeared on the dramatic overhanging rock and scampered down the vertical rock sides into scrub. We drove up the valley again to check for deer by the road side and saw a roe deer and also a buzzard sitting on a wire. We drove into the cloud and then quickly down again!

Heading up to the village of Valle de Lagos those in the van had a great view of an Egyptian vulture which flew up in front of us. The path from the village led up to the Brana Sousas which was hidden away up a narrow valley, inhabited by beautiful cows and masses of a marsh orchid species. This Brana was very different to the others we had seen with tiny round huts clustered together. Flowers were again plentiful and as the sun came out so did more and more insects.

Our picnic spot was one of the most spectacular and many thanks must go to Nigel and Basil for saving our lunch from a passing Raven. At lunch time a fast-flying black and yellow beast zipped over and around us. It was later identified as an ascalophid *Libelloides longicornis* which cruises sunny wildflower meadows for small insects. From our picnic spot, a magical carpet of flowers with many fly orchids, we watched a mother rebeco heading up an incredibly steep slope and rocks with her 'baby cham'!

Some of the group chose to stay here for some peace while others explored the stream and woods below. A stag was seen in the woodland (which was very like a Welsh damp woodland with its ferns, mosses and bluebells).

Our last evening supper at the Capercaille restaurant was a great delight, with a very kind waitress trying to translate the Asturian specialities on the menu, even though she was Romanian. We celebrated that evening all the good weather which had held on for us to get the best of most days, the jaw-dropping scenery, the animals (though sadly no bears), the superb flowers, and most of all each and every individual in our group, all of whom brought great wildlife skill and knowledge, interest and good humour into each day!

Day 8

Wednesday 27th June

After our final breakfast in Pola de Somiedo we loaded the minibuses for the last time and drove down to the coast to the tiny seaside town of Cudillero. Eventually, after a few hold ups for road works we left the mountain villages and narrow lanes behind, and found ourselves in the rounded hills of the coastal landscape. After some great technical car parking we walked downhill into the heart of the port area, where a friendly restaurant gave us a fabulous finale lunch with fish soup and other such marine delights. Yellow-legged Herring gulls were noted as well!

The plane journey was good and we all arrived safely back to a rather wet UK after a successful and most enjoyable holiday packed with adventures amongst stunning scenery, villages and wildlife.

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Species lists

Birds

Scientific Name	Common Name	Location
<i>Ciconia ciconia</i>	White Stork	By La Peral
<i>Gyps fulvus</i>	Griffon Vulture	
<i>Neophron percnopterus</i>	Egyptian Vulture	By La Peral, Brana de Sousas
<i>Circaetus gallicus</i>	Short- toed Eagle	Lago de Valle
<i>Hieraaetus pennatus</i>	Booted Eagle	Saliencia Lakes
<i>Milvus migrans</i>	Black Kite	Saliencia Lakes
<i>Circus cyaneus</i>	Hen Harrier	La Peral
<i>Buteo buteo</i>	Common Buzzard	
<i>Pernis apivorus</i>	Honey Buzzard	Lago de Valle
<i>Falco tinnunculus</i>	Common Kestrel	Lago de Valle, Malva Woods
<i>Falco peregrinus</i>	Peregrine Falcon	Lago de Valle
<i>Alectoris rufa</i>	Red Legged Partridge	Roadside by Saliencia Lakes
<i>Larus cachinnans</i>	Yellow -legged Herring Gull	Cudillero
<i>Columba palumbus</i>	Wood Pigeon	
<i>Cuculus canorus</i>	Cuckoo	Heard only in several places
<i>Apus apus</i>	European Swift	In Pola de Somiedo
<i>Picus viridis</i>	Green Woodpecker	Heard by Coto de Buenamadre
<i>Dendrocopos major</i>	Great Spotted Woodpecker	Heard by La Peral
<i>Ptyonoprogne rupestris</i>	Crag Martin	By Llamarda, Saliencia Lakes
<i>Hirundo rustica</i>	Barn Swallow	Valle de Lago
<i>Delichon urbica</i>	House Martin	Valle de lago, Saliencia Lakes
<i>Anthus spinoletta</i>	Water Pipit	Lago de Valle
<i>Anthus pratensis</i>	Meadow Pipit	La Peral
<i>Anthus trivialis</i>	Tree Pipit	Widespread
<i>Motacilla alba</i>	White Wagtail	Widespread
<i>Motacilla flava iberiae</i>	Spanish (Yellow) Wagtail	Valle de Lago
<i>Motacilla cinerea</i>	Grey Wagtail	Widespread
<i>Troglodytes troglodytes</i>	Wren	Widespread
<i>Cinclus cinclus</i>	Dipper	In Pola de Somiedo
<i>Prunella modularis</i>	Dunnock	Vale de Lago, Malva Woods
<i>Erithacus rubicola</i>	Robin	Widespread
<i>Phoenicurus ochruros</i>	Black Redstart	Widespread
<i>Oenanthe oenanthe</i>	Common Wheatear	La Peral
<i>Oenanthe hispanica</i>	Black -eared Wheatear	La Peral
<i>Saxicola torquata</i>	Stonechat	Lago de Valle, La Peral
<i>Monticola saxatilis</i>	Rock Thrush	La Peral
<i>Turdus philomelos</i>	Song Thrush	Widespread
<i>Turdus merula</i>	Blackbird	Widespread
<i>Turdus torquatus</i>	Ring Ouzel	Heard only at La Peral
<i>Sylvia borin</i>	Garden Warbler	Valle de Lago
<i>Sylvia atricapilla</i>	Blackcap	Widespread
<i>Sylvia communis</i>	Common Whitethroat	La Peral
<i>Phylloscopus bonelli</i>	Bonelli's Warbler	Malva Woods
<i>Phylloscopus collybita</i>	Chiffchaff	Llamarda
<i>Regulus regulus</i>	Goldcrest	Valle de Lago
<i>Regulus ignicapillus</i>	Firecrest	Malva Woods
<i>Parus major</i>	Great Tit	Valle de Lago, Brana de Sousas
<i>Parus caeruleus</i>	Blue Tit	Valle de Lago, Brana de sousas
<i>Parus palustris</i>	Marsh Tit	Valle de Lago
<i>Aegithalos caudatus</i>	Long tailed Tit	Heard only Lago de Valle
<i>Lanius collurio</i>	Red Backed Shrike	Brana de Murmian, La Peral
<i>Pica pica</i>	Magpie	Widespread
<i>Garrulus glandarius</i>	Eurasian Jay	Widespread
<i>Pyrrhonorax pyrrhonorax</i>	Chough	Widespread
<i>Pyrrhonorax graculus</i>	Alpine Chough	Lago de Valle, Saliencia Lakes
<i>Corvus corone</i>	Carrion Crow	Widespread
<i>Corvus corax</i>	Raven	Widespread
<i>Passer domesticus</i>	House Sparrow	Widespread
<i>Fringilla coelebs</i>	Chaffinch	Widespread

Scientific Name	Common Name	Location
<i>Acanthis cannabina</i>	Linnet	La Peral ,Saliencia Lakes
<i>Serinus serinus</i>	Serin	Widespread
<i>Emberiza citronella</i>	Yellowhammer	Lago de Valle, La Peral, Sousas
<i>Emberiza cirius</i>	Cirl Bunting	Lago de Valle
<i>Emberiza cia</i>	Rock Bunting	La Peral, Saliencia Lakes

PLANTS

Scientific name	Common name	Location/Notes
Ferns etc		
<i>A. ruta-muraria</i>	Wall Rue	Valle de Lago - Friday
<i>A. viride</i>	Green Spleenwort	-
<i>Adiantum capillis-veneris</i>	Maidenhair Fern	-
<i>Asplenium adiantum-nigrum</i>	Black Spleenwort	Valley EL Llamada up to Brana Murrion - Thursday
<i>Athyrium filix-femina</i>	Lady Fern	-
<i>Blechnum spicant</i>	Hard Fern	Valle de Lago - Friday
<i>Ceterach officinarum</i>	Rusty-backed Fern	Valley EL Llamada up to Brana Murrion - Thursday
<i>Dryopteris affinis</i>	Scaly Male Fern	Valle de Lago - Friday
<i>Dryopteris filix mas</i>	Male fern	Valley EL Llamada up to Brana Murrion - Thursday
<i>E. arvense</i>	Field Horsetail	Valle de Lago - Friday
<i>E. fluviatile</i>	Water Horsetail	Valle de Lago - Friday
<i>Equisetum telmateia</i>	Great Horsetail	Valle de Lago - Friday
<i>Gymnocarpum robertianum</i>	Limestone Oak Fern	-
<i>Oreopteris limbosperma</i>	Lemon-scented/Mountain Fern	-
<i>P. setiferum</i>	Soft Shield Fern	-
<i>P.lonchitis</i>	Holly Fern	-
<i>Phyllitis scolopendrium</i>	Hart's-tongue Fern	Vilar de vildas - Sunday afternoon
<i>Polypodium vulgare</i>	Common Polypody	Brana El Llamada - Thursday or hard fern?
<i>Polystichum aculeatum</i>	Hard Shield Fern	-
<i>Pteridium aquilinum</i>	Bracken	Brana Sousas in woods - Tuesday
Conifers		
<i>Pinus sylvestris</i>	Scots Pine	-
<i>Juniperus communis</i>	Juniper	Valley del Selencio - up near lakes.
<i>Taxus baccata</i>	Yew	-
<u>Dicotyledons</u>		
Aceracea		
<i>Acer pseudoplatanus</i>	Sycamore	Valle de lago - Friday
Apiaceae (Umbellifers)		
<i>Angelica sylvestris</i>	Angelica	-
<i>Anthriscus sylvestris</i>	Cow parsley	Roadside common.
<i>Astrantia major</i>	Masterwort	Villar de vilar pm, Day 5 Sunday
<i>Bupleurum spp</i>	Hare's-ear	Peral - Saturday
<i>Conium maculatum</i>	Hemlock	Valle de lago - Friday
<i>Conopodium pyrenaicum cf.</i>	Conopodium	Peral - Saturday
<i>Daucus carota</i>	Wild Carrot	Valley EL Llamada up to Brana Murrion - Thursday
<i>Eryngium bourgatii</i>	Pyrenean Eryngo	Malva wood Sunday morning
<i>Foeniculum vulgare</i>	Fennel	Roadside common.
<i>Heracleum sphondylium</i>	Hogweed	Vilar de vildas Sunday afternoon
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain	-
<i>Levisticum officinale</i>	Lovage	-
<i>Oenanthe crocata</i>	Hemlock Water Dropwort	-

Scientific name	Common name	Location/Notes
<i>P. major</i>	Greater Burnet Saxifrage	-
<i>Pimpinella saxifraga</i>	Burnet Saxifrage	Valle de lago - Friday
<i>Sanicula europaea</i>	Wood Sanicle	Valley EL Llamada up to Brana Murrion - Thursday
<i>Seseli libanotis</i>	Moon Carrot	-
<i>Torilis japonica</i>	Upright Hedge Parsley	-
Apocynaceae		
<i>Vinca major</i>	Greater periwinkle	Valle de lago - Friday
Aquifoliaceae	Holly Family	
<i>Ilex aquifolium</i>	Holly	Woods below Brana Sousas - Tuesday
Anacardiaceae	Sumach Family	
<i>Pistacia terebrinthus</i>	Turpentine Tree	-
Asclepiadaceae	Milkweed Family	
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	-
Asteraceae (Compositae)	Daisy family	
<i>Achillea millefolium</i>	Yarrow	Valley EL Llamada up to Brana Murrion - Thursday
<i>Adenostyles aliariae</i>	Adenostyles	-
<i>Anthemis triumfetti</i>	Southern Dog Daisy	-
<i>Arctium alpinus</i>	Lesser burdock	Malva woods Sunday morning
<i>Artemisia herba-alba</i> c.f	Pyreanean wormwood	Valley de Saliencia Monday
<i>Artemisia spp</i>	Wormwood	Peral - Saturday
<i>Aster alpinum</i>	Alpine Aster	Valle de lago - Friday
<i>Bellis perennis</i>	Daisy	Roadside
<i>C. carlinoides</i>	Pyrenean Thistle	Peral - Saturday
<i>C. conifera (Leuzia conifera)</i>	Cone Knapweed	Malva woods - Sunday morning
<i>C. defloratus</i>	Alpine Thistle	? Possibly
<i>C. montana c.f</i>	Mountain cornflower	Peral - Saturday
<i>C. nigra</i>	Black Knapweed	Valley EL Llamada up to Brana Murrion - Thursday
<i>Carduncellus monspelliensis</i>		-
<i>Carduus carlinifolius</i>	Carline-leaved Thistle	-
<i>Carduus nutans</i>	Musk Thistle	Peral - Saturday
<i>Centaurea scabiosa</i>	Greater Knapweed	Valley EL Llamada up to Brana Murrion - Thursday
<i>Cicorum intybus</i>	Chicory	-
<i>Cirsium eriophyllum</i>	Woolly thistle	Valley EL Llamada up to Brana Murrion - Thursday
<i>Cirsium palustris</i>		
<i>Cirsium rivulare cf</i>	Brook thistle	Brana Sousas in meadows - Tuesday
<i>Cirsium vulgare</i>	Spear thistle	Valle de lago - Friday
<i>Crepis pallidosa cf</i>	Marsh hawk's-beard	Valley EL Llamada up to Brana Murrion - Thursday
<i>Doronicum pardalianches</i>	Leopard's bane	Valle de lago - Friday
<i>Erigeron alpinus</i>	Alpine alpinus	Valle de lago - Friday
<i>Filago vulgaris</i>	Common Cudweed	Valley EL Llamada up to Brana Murrion - Thursday
<i>H. pilosella</i>	Mouse-ear Hawkweed	-
<i>H. pumola</i>	Dwarf Hawkweed	-
<i>Hieracium lanatum</i>	Woolly Hawkweed	-
<i>L. virosa</i>	Great Lettuce	-
<i>Lactuca perennis</i>	Blue Lettuce	-
<i>Lapsana communis</i>	Nipplewort	Brana El Llamada - Thursday+D90
<i>Leucanthemum vulgare</i>	Oxe-eye Daisy	Valley EL Llamada up to Brana Murrion - Thursday
<i>Matricaria discoidea</i>	Pineapple Mayweed	-
<i>Onopordum acanthium</i>	Cotton thistle	Valle de lago - Friday
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	-

Scientific name	Common name	Location/Notes
<i>S. pyrenaicus</i>	Tourneforts Ragwort	-
<i>Senecio doricum</i>	Chamois Ragwort	-
<i>Senecio jacobaeae</i>	Common ragwort	Roadside
<i>Silybum marianum</i>	Milk Thistle	no
<i>Sonchus asper</i>	Prickly sowthistle	Valley EL Llamada up to Brana Murrion - Thursday
<i>Taraxacum alpinum</i>	Alpine Dandelion	-
<i>Taraxacum officianlis agg.</i>	Dandelion species	Valley EL Llamada up to Brana Murrion - Thursday
<i>Tragopogon pratensis</i>	Goatsbeard	Common
Aquifoliaceae	Holly Family	
<i>Ilex aquifolium</i>	Holly	La Malva Saturday morning
Barberidaceae		
<i>Berberis vulgaris</i>	Barberry	Valley de Siliencia by picnic spot - Monday
Betulaceae	Birch Family	
? <i>A. viridus</i>	Green Alder	-
<i>Alnus glutinosa</i>	Alder	Valley EL Llamada up to Brana Murrion - Thursday
<i>B. pubescens</i>	Birch	Road side up to Siliencia - Monday
<i>Betula pendula</i>	Silver Birch	Road side up to Siliencia - Monday
Boraginaceae	Forget-me-not Family	
<i>Borago officinalis</i>	Borage	Valley EL Llamada up to Brana Murrion - Thursday
<i>Cerinthe minor</i>	Lesser honewort	Vilar de vildas Sunday afternoon
<i>Cynoglossum officianale</i>	Hound's-tongue	Valley EL Llamada up to Brana Murrion - Thursday
<i>Cynoglossum cretica</i>	Blue hound's-tongue	Vilar de vildas Sunday afternoon
<i>Echium vulgare</i>	Viper's Bugloss	Valley EL Llamada up to Brana Murrion - Thursday
<i>L. oleifolia</i>	Shrubby Gromwell	Valley EL Llamada up to Brana Murrion - Thursday
<i>Lithodora diffusa</i>	Scrambling Gromwell	Malva morning - Sunday
<i>M. arvense</i>	Field Forget-me-not	Valle de lago - Friday
<i>M. scorpioides</i>	Water Forget-me-not	Valley EL Llamada up to Brana Murrion - Thursday
<i>Myosotis alpestris c.f</i>	Alpine Forget-me-not	Peral - Saturday
<i>Pentaglottis sempervirens</i>	Alkanet	Vilar de vildas Sunday afternoon
<i>Solenanthus apenninus c.f</i>	Solenanthus	Valley EL Llamada up to Brana Murrion - Thursday
Brassicaceae (Cruciferae)	Cabbage/Cress Family	
<i>Arabis hirsuta</i>	Hairy Rockcress	-
<i>Arabis turrita</i>	Tower cress	Valle de lago - Friday
<i>Biscutella laevigata</i>	Buckler Mustard	Vilar de vildas Sunday afternoon
<i>C. raphanifolia</i>	Radish-leaved Bittercress	-
<i>Cardamine pratense</i>	Lady's Smock	-
<i>Eryimum decumbens</i>	Decumbent Treacle Mustard	Valley EL Llamada up to Brana Murrion - Thursday
<i>Iberis aurosica</i>	Dauphine Candytuft	Valley EL Llamada up to Brana Murrion - Thursday
<i>Iberis spathulata</i>	Spoon-leaved Candytuft	Valley EL Llamada up to Brana Murrion - Thursday
<i>Matthiola fruticosa</i>	Sad Stock	Brana El Llamada - Thursday ?
<i>Matthiola tricuspidata</i>	Three horned stock	Car park Valle de Lago - Tuesday
<i>Rorippa nasturtium-aquaticum</i>	Watercress	Vilar de vildas Sunday afternoon
<i>Sisymbrium austriacum</i>	Austrian Rocket	-
Campanulaceae	Bellflower Family	
<i>C patula</i>	Spreading Bellflower	-
<i>C. persicifolia</i>	Narrow leaved Bellflower	One of the roadside ones.
<i>C. rapunculoides</i>	Creeping Bellflower	-
<i>C. rotundifolia</i>	Harebell	Vilar de vildas Sunday afternoon

Scientific name	Common name	Location/Notes
<i>Campanula glomerulata</i>	Clustered Bellflower	-
<i>Jasione montana</i>	Mountain Sheep's-bit	Valley EL Llamada up to Brana Murrion - Thursday
<i>P. orbiculare</i>	Round-headed Rampion	Valley EL Llamada up to Brana Murrion - Thursday
<i>Phyteuma charmelii</i>	Horned Rampion	-
Caprifoliaceae	Honeysuckle Family	
<i>Lonicera periclymenum</i>	Honeysuckle	Valle de lago - Friday
<i>Rubia peregrina</i>	Wild madder	Malva woodsides path - Sunday morning
<i>Sambucus nigra</i>	Elderflower	Malva woodsides path - Sunday morning
Caryophyllaceae	Pink Family	
<i>A. purpurascens</i>	Pink Sandwort	-
<i>Arenaria grandiflora</i>	Large-flowered Sandwort	-
<i>C. alpinum</i> c.f.	Alpine mouse-ear	Valley EL Llamada up to Brana Murrion - Thursday
<i>Cerastium arvense</i> agg.	Field mouse-ear	Valley EL Llamada up to Brana Murrion - Thursday
<i>D. deltoides</i>	Maiden Pink	Valle de lago - Friday
<i>D. pungens</i>	Short Pink	-
<i>Dianthus monspessulanus</i>	Fringed Pink	-
<i>Lychnis flos-cuculi</i>	Ragged Robin	Valle de lago - Friday
<i>Minuartia verna</i>	Vernal Sandwort	Morning walk up from Malva Sunday
<i>P. saxifraga</i>	Tunic Flower	
<i>Petrocoptis glaucifolia</i>		Morning walk up from Malva Sunday
<i>S. dioica</i>	Red Campion	Vilar de vildas Sunday afternoon
<i>S. graminea</i>	Lesser Stitchwort	Valle de lago - Friday
<i>S. latifolia</i>	White Campion	Valley EL Llamada up to Brana Murrion - Thursday
<i>S. nemorum</i>	Wood Stitchwort	Valley EL Llamada up to Brana Murrion - Thursday
<i>S. nutans</i>	Nottingham Catchfly	Top of Road above Pelo del Someido
<i>S. saxifraga</i>	Tufted campion	Roadside Valle de lago Tuesday (Liz spotted!)
<i>S. vulgaris</i>	Bladder Campion	Valle de lago - Friday
<i>Silene acaulis</i> ssp <i>longiscapa</i>	Moss Campion	Valle de lago - Friday
<i>Stellaria holostea</i>	Greater Stitchwort	Valle de lago - Friday
Celastraceae	Spindle-tree Family	
<i>Euonymus europaeus</i>	Spindle Tree	-
Cistaceae	Rock-rose family	
<i>Heliathemum nummularian</i>	Common Rockrose	Valley EL Llamada up to Brana Murrion - Thursday
<i>Heliathemum apenninum</i>	White Rockrose	Valley EL Llamada up to Brana Murrion - Thursday
<i>H. canum</i>	Hoary Rockrose	Valley EL Llamada up to Brana Murrion - Thursday
Clusiaceae (Hypericaceae)	St John'-wort Family	
<i>Hypericum androsaemum</i>	Tutsan	Valle de lago - Friday
<i>H perforatum</i>	Perforate St. John's Wort	Valley EL Llamada up to Brana Murrion - Thursday
<i>H. humifusum</i>	Trailing St John's wort	Vilar de vildas Sunday afternoon
<i>H. nummularium</i>	Western St. John's-wort	-
<i>H. richeri</i> ssp <i>burseri</i>	Alpine St John's wort	Valle de lago - Friday
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	-
<i>Cuscuta epithimum</i>	Dodder	Peral - Saturday
Corylaceae	Hazel Family	
<i>Corylus avellana</i>	Hazel	Valle de lago - Friday

Scientific name	Common name	Location/Notes
Crassulaceae	Stonecrop Family	
<i>S. acre</i>	Biting Stonecrop	Valley EL Llamada up to Brana Murrion - Thursday
<i>S. anglicum</i>	English Stonecrop	Walls
<i>S. atratum</i>	Dark Stonecrop	Peral Saturday
<i>S. ochroleum</i>	Creamish Stonecrop	-
<i>S. rupestre</i>	Rock Stonecrop	Valle de lago - Friday
<i>Sedum album</i>	White Stonecrop	Valley EL Llamada up to Brana Murrion - Thursday
<i>Sedum annum</i>	Annual Stonecrop	Peral Saturday
Disacaceae	Teasel Family	
<i>Dipsacus fullonum</i>	Teasel	Valley EL Llamada up to Brana Murrion - Thursday
<i>K. dipsacifolia</i>	Wood Scabiou	Vilar de vildas Sunday afternoon
<i>Knautia arvensis</i>	Field Scabious	Valley EL Llamada up to Brana Murrion - Thursday
<i>Scabiosa</i>	Giant scabious	Valley EL Llamada up to Brana Murrion - Thursday
<i>Scabiosa cinera</i>	Pyrenean Scabious	?
Dioscoreaceae		
<i>Tamus communis</i>	Black bryony	Valle de lago - Friday
Ericaceae	Heath Family	
? <i>E. vagans</i>	Cornish Heath	-
<i>Arbutus unedo</i>	Strawberry Tree	-
<i>Calluna vulgaris</i>	Heather/Ling	-
<i>Daboecia cantabrica</i>	St. Dabeoc's Heath	-
<i>E. arborea</i>	Tree Heather	Valle de lago - Friday
<i>E. herbaceae</i>	Spring heath	Malva - Sunday morning
<i>E. tetralix</i>	Cross-leaved Heath	-
<i>Erica cinerea</i>	Bell Heather	-
<i>Phyllodoce caerulea</i>	Mountain Heath	Brana Sousas -Tuesday
<i>Vaccinium myrtillus</i>	Bilberry	Saliencia Valley - Sunday
Euphorbiaceae	Spurge Family	
<i>Euphorbia amygdaloides</i>	Wood Spurge	Brana Sousas -Tuesday
<i>E. chamaebuxus</i>	Pyrenean Spurge	Valley EL Llamada up to Brana Murrion - Thursday
<i>E. saxatilis</i>	Rock Spurge	Valley de Saliencia Monday
<i>Mercurialis perennis</i>	Dog's Mercury	Below Brana Sousas - Friday
Fabaceae (Leguminosae)	Pea Family	
<i>Anthyllis vulneraria ssp pyrenaica</i>	Kidney Vetch	Valley EL Llamada up to Brana Murrion - Thursday
<i>Astragalus glycyphyllos</i>	Wild Liquorice	-
<i>Astragalus sempervirens</i>	Mountain tragacanth	Valley EL Llamada up to Brana Murrion - Thursday and Saliencia
<i>Chamaespartium sagittale</i>	Winged Greenweed	-
<i>Cytisus scoparius</i>	Broom	Valley EL Llamada up to Brana Murrion - Thursday
<i>Echinopartum horridum</i>	Echinopartum	-
<i>G. sericea</i>	Silvery Broom	-
<i>Genista hispanica</i>	Spanish Gorse	Valle de lago - Friday
<i>Genista occidentalis</i>	Gorse	Valle de lago - Friday
<i>Hedysarum hedysaroides c.f</i>	Alpine sainfoin	Valley EL Llamada up to Brana Murrion - Thursday
<i>Hippocrepis comosa</i>	Horseshoe Vetch	-
<i>L. corniculatus</i>	Common bird's-foot-trefoil	Valley EL Llamada up to Brana Murrion - Thursday
<i>L. latifolius</i>	Everlasting Pea	-
<i>L. montanus</i>	Bitter Vetch	Peral - Saturday
<i>L. praetensis</i>		Valle de lago - Friday
<i>L. vernus</i>	Spring Vetchling	-

Scientific name	Common name	Location/Notes
<i>Lathyrus laevigatus</i>	Yellow Pea	Brana El Llamada - Thursday ? Or L. pratensis - Meadow vetchling
<i>Lotus alpinas</i>	Alpine Birdsfoot Trefoil	Valley EL Llamada up to Brana Murrion - Thursday
<i>M. arabica</i>	Spotted Medick	Valle de lago - Friday
<i>M. lupulina</i>	Black Medick	-
<i>M. suffruticosa</i>	Sprawling Medick	-
<i>Medicago sativa</i>	Lucerne	Top of Road above Pelo del Someido (bear watching spot)
<i>Meililotus altissima</i>	Tall melilot	Valley de Saliencia Monday
<i>Ononis repens</i>	Restharrow	-
<i>Psoralea bituminosa</i>	Pitch Trefoil	-
<i>T pratense</i>	Red Clover	-
<i>T. dubium</i>	Lesser Trefoil	Valley EL Llamada up to Brana Murrion - Thursday
<i>T. montanum</i>	Mountain Clover	Valle de lago - Friday
<i>T. repens</i>	White Clover	-
<i>Trifolium campestre</i>	Hop Trefoil	Peral - Saturday
<i>Ulex cantabricus</i>		Valle de lago - Tuesday
<i>Ulex minor</i>	Gorse	Valley EL Llamada up to Brana Murrion - Thursday
<i>V. hirsuta</i>	Hairy Tare	-
<i>V. onobryhioides</i>	False sainfoin	Peral - Saturday
<i>V. pyrenaica</i>	Pyrenean Vetch	Peral - Saturday
<i>V. sepium</i>	Bush Vetch	Peral - Saturday
<i>V. villosa</i>		Valle de lago - Friday
<i>Vicia cracca</i>	Tufted Vetch	Valley EL Llamada up to Brana Murrion - Thursday
Fagaceae	Oak and Beech Family	
<i>Castanea sativa</i>	Sweet Chestnut	Valle de lago - Friday
<i>Fagus sylvatica</i>	Beech	Road side - Thursday
<i>Q. pyrenaica</i>	Pyrenean Oak	?
<i>Q. robur</i>	Pedunculuate oak	Valle de lago - Friday
<i>Quercus ilex</i>	Holm Oak	Malva woodside - Sunday
Gentianaceae	Gentian Family	
<i>C. pulchellum</i>	Lesser Centaury	Malva woods Sunday morning
<i>G. verna</i>	Spring Gentian	Peral - Saturday
<i>Gentiana lutea subsp auranticaca</i>	Great gentian (orange)	On the way up to Brana Sousas Tuesday
<i>Gentiana lutea subsp lutea</i>	Great yellow gentian	Just lvs - Brana El Llamada - Thursday
<i>Gentiana occidentalis</i>	Pyrenean Trumpet Gentian	-
<i>Blackstonia perfoliata</i>	Yellow-wort	-
Geraniaceae	Geranium Family	
<i>Erodium cicutarium</i>	Common Storksbill	Valle de lago - Friday
<i>G sanguineum</i>	Bloody Cranesbill	Malva roadside Sunday morning
<i>G. cinereum</i>	Ashy Crane's-bill	Valle de lago - in village Tuesday
<i>G. lucidum</i>	Shining Cranesbill	Valley EL Llamada up to Brana Murrion - Thursday
<i>G. purpureum</i>	Little Robin	Villar de vildas Sunday afternoon
<i>G. pyrenaicum</i>	Pyrenean Geranium	Peral - Saturday
<i>G. robertianum</i>	Herb Robert	Valley EL Llamada up to Brana Murrion - Thursday
<i>Geranium molle</i>	Dove's-foot Cranesbill	Valley EL Llamada up to Brana Murrion - Thursday
Globulariaceae	Globularia Family	
<i>Globularia nana</i>	Leafless-stemmed Globularia	Valle de lago - Friday
Grossulariaceae		
<i>Ribes alpinum</i>	Mountain Currant	Valley de Saliencia Monday

Scientific name	Common name	Location/Notes
Labiatae	Dead-nettle Family	
<i>A. arvensis</i>	Basil Thyme	Malva woodland - Morning Sunday
<i>Acinos alpinus</i>	Alpine Calamint	Malva woodland - Morning Sunday
<i>Ajuga reptans</i>	Common Bugle	-
<i>Ballota nigra</i>	Black Horehound	-
<i>Horminum pyrenaicum</i>	Dragon's mouth	Valley de Saliencia Monday
<i>Lamium album</i>	White Dead-nettle	Peral - Saturday
<i>Lamium amplexicaule</i>	Hen-bit Dead-nettle	Valle de lago - Friday
<i>Lamium purpureum</i>	Red Dead-nettle	Roadside
<i>Marrubium vulgare</i>	White Horehound	-
<i>Mellittis melissophyllum</i>	Bastard Balm	Villar de viljar - Sunday afternoon
<i>Origanum vulgare</i>	Marjoram	Villar de viljar - Sunday afternoon
<i>P. grandiflora</i>	Large-flowered Self-heal	Roadside
<i>P. vulgaris</i>	Selfheal	Roadside
<i>Prunella lacinata</i>	Cut-leaved Self-heal	?
<i>S. palustris</i>	Marsh Woundwort	-
<i>Salvia pratensis</i>	Meadow Clary	Roadside
<i>Salvia verbenacea</i>	Wild clary	Valley EL Llamada up to Brana Murrion - Thursday
<i>Sideritis hyssopifolia</i>	Sideritis	-
<i>Stachys monieri</i>	Alpine Betony	-
<i>T. chamaedrys</i>	Wall Germander	-
<i>T. praecox</i>	Wild Thyme	Peral - Saturday
<i>T. pulegioides</i>	Large Thyme	Villar de viljar - Sunday afternoon
<i>T. scorodonia</i>	Wood Sage	Malva woodland - Morning Sunday
<i>Teucrium pyrenaicum</i>	Pyrenean Germander	Valley EL Llamada up to Brana Murrion - Thursday
<i>Thymus mastichina</i>	Round-headed (White) Thyme	-
Linaceae	Flax Family	
<i>L. catharticum</i>	Purging/Fairy Flax	Valle de lago - Friday
<i>L. narbonense</i>	Beautiful Flax	Peral - Saturday
<i>L. perenne</i>	Perennial Flax	Valle de lago - Friday
<i>L. suffruticosum ssp salsaloides</i>	Pyrenean Flax	-
<i>L. viscosum</i>	Sticky Flax	-
<i>Linum bienne</i>	Pale Flax	Valle de lago - Friday
Lentibulariaceae		
<i>Pinguicula grandiflora</i> subsp. <i>coenocantabrica</i>	Large-flowered butterwort	Valle de lago - Friday
Malvaceae	Mallow Family	
<i>Malva moschata</i>	Musk Mallow	-
<i>M. neglecta</i>	Dwarf Mallow	-
<i>M. sylvestris</i>	Common Mallow	Valley EL Llamada up to Brana Murrion - Thursday
Menyanthaceae	Bogbean family	
<i>Menyanthes trifoliata</i>	Bogbean	-
Onograceae	Willowherb Family	
<i>Epilobium alsinifolium</i>	Chickweed Willowherb	-
<i>Epilobium montanum</i>	Greater willowherb	Villar de Vildes Sunday afternoon.
<i>Epilobium parviflorum</i>	Hoary willowherb	Roadside verges
<i>Oenothera glazoviana</i>	Large-flowered Evening Primrose	Roadside verges on way to and from Airport

Scientific name	Common name	Location/Notes
Orobanchaceae		
<i>Orobancha</i> spp.	Broomrape species	Roadsides
Oxalidaceae		
<i>Oxalis acetosella</i>	Wood-sorrel	Malva woods Sunday morning
Papaveraceae		
<i>Chelidonium majus</i>	Greater Celandine	Villar de Vildes in village Sunday afternoon.
<i>Fumaria capreolata</i>	Ramping Fumitory	-
<i>Meconopsis cambrica</i>	Welsh poppy	Valle de lago - Friday
<i>Papaver argemone</i>	Prickly Poppy	-
<i>Papaver dubium</i>	Long-headed poppy	Roadsides
<i>Papaver rhoeas</i>	Field Poppy	Peral - Saturday
Plantaginaceae		
<i>Plantago lanceolata</i>	Ribwort Plantain	Valley EL Llamada up to Brana Murrion - Thursday
<i>P. major</i>	Greater Plantain	Valley EL Llamada up to Brana Murrion - Thursday (pink flw)
<i>P. media</i>	Hoary Plantain	Valle de lago - Friday
<i>P. alpina</i>	Alpine Plantain	Meadows of Sousus Day 7 Tuesday
<i>P. maritima serpentina</i>	Fleshy Plantain	Valley de Saliencio near lakes Monday
Plumbaginaceae		
<i>Armeria maritima</i> ssp. <i>alpina</i>	Mountain Thrift	Valle de lago - Friday
Polygalaceae		
<i>Polygala vulgaris</i>	Common milkwort	Valle de lago - Friday
Polygonaceae		
<i>Polygonum bistorta</i>	Bistort	Valle de lago - Friday
<i>Polygonum aviculare</i>	Knotgrass	Villar de vildas Sunday afternoon, in village
<i>Polygonum hydropiper</i>	Wall Pepper	Valle de lago - Friday
<i>Polygonum viviparum</i>	Alpine bistort	Brana Sousas in stream below picnic spot - Tuesday
<i>Rumex sanguineus</i>	Wood dock	Villar de vildas Sunday afternoon
<i>Rumex acetosa</i>	Common sorrel	Valley EL Llamada up to Brana Murrion - Thursday
<i>Rumex acetosella</i>	Sheep's Sorrel	Valley EL Llamada up to Brana Murrion - Thursday
<i>Rumex obtusifolius</i>	Broad-leaved Dock	Valle de lago - Friday
<i>Rumex scutatus</i>	French Sorrel/Rubble Dock	Valley EL Llamada up to Brana Murrion - Thursday
Primulaceae		
<i>Anagallis arvensis</i>	Scarlet Pimpernel	Track up to Sousus Day 7 Tuesday
<i>Androsace villosa</i>	Ciliate Rock-jasmine	-
<i>Lysimachia nemorum</i>	Yellow Pimpernel	-
<i>Primula veris</i>	Cowslip	Valley EL Llamada up to Brana Murrion - Thursday
Ranunculaceae		
<i>A. pyrenaica</i> ssp. <i>bicolor</i>		-
<i>Anemone trifolia</i>		Valle de Lago - Friday
<i>Aquilegia</i> spp.		-
<i>Aquilegia vulgaris</i>	Columbine	Roadside
<i>Caltha palustris</i>	Marsh Marigold	Valle de Lago - Friday
<i>H. foetidus</i>	Stinking Hellebore	Peral - Saturday
<i>Hepatica nobilis</i>	Hepatica	-
<i>Pulsatilla alpina</i> subsp. <i>apifolia</i>	Alpine pasque (yellow)	Valle de Lago - Friday
<i>Pulsatilla alpina</i> subsp. <i>Cantabrica</i>	Alpine pasque (white)	Valle de Lago - Friday

Scientific name	Common name	Location/Notes
<i>Ranunculus aconitifolius</i>	Aconite-leaved buttercup	Valley de Saliencia Monday
<i>Ranunculus acris</i>	Meadow buttercup	Valle de Lago - Friday
<i>Ranunculus bulbosus</i> agg.	Blubous buttercup	Valley EL Llamada up to Brana Murrion - Thursday
<i>Ranunculus flammula</i>	Lesser Spearwort	Valle de Lago - Friday
<i>Ranunculus sardous</i>	Hairy buttercup	Peral - Saturday
<i>Ranunculus thora</i>	Thore's buttercu	Valley de Saliencia Monday
<i>Thalictricum alpinum</i> cf.	Alpine meadow-rue	Valley de Saliencia- Monday
<i>Thalictricum aquilegifolium</i>	Great meadow-rue	Roadsides.
<i>Thalictricum minus</i>	Lesser meadow-rue	Valley EL Llamada up to Brana Murrion - Thursday
<i>Triollius europaeus</i>	Globeflower	Valle de Lago - Friday
Resedaceae	Mignonette Family	
<i>Reseda glauca</i>	Pyrenean mignonette	Valley EL Llamada up to Brana Murrion - Thursday
<i>Sesamoides pygmea</i>	Sesamoides	Thursday?
<i>Resede luteola</i>	Weld	Valle de lago - Friday
Rhamnaceae	Buckthorn Family	
<i>Rhamnus alpinus</i>	Alpine buckthorn	Valley de Saliencia - at Picnic spot Monday.
Rosaceae	Rose Family	
<i>A. vulgaris</i>	Lady's-mantle	La Peral - Saturday
<i>Agrimonia eupatoria</i>	Agrimony	Road side Pelo de Someido
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	Valle de lago - Friday
<i>Amelanchier ovalis</i>	Amelanchier	-
<i>Aphanes arvensis</i>	Parsley piet	Brana sousas on track Tuesday
<i>Crataegus monogyna</i>	Hawthorn	Villar de Vildas - Sunday pm
<i>Filipendula ovalis</i>	Dropwort	-
<i>Fragaria vesca</i>	Wild Strawberry	Valley EL Llamada up to Brana Murrion - Thursday
<i>Geum rivale</i>	Water avens	Valle de lago- Friday
<i>P. argentea</i>	Hoary Cinquefoil	Brana EL Llamada - Thursday ?
<i>P. reptans</i>	Creeping Cinquefoil	where?
<i>Potentilla erecta</i>	Tormentil	Villar de Vildas - Sunday pm
<i>R. arvensis</i>	Field Rose	Valley EL Llamada up to Brana Murrion - Thursday
<i>R. glauca</i>	Blue-leaved Rose	Brana Sousas on track nr village - Tuesday
<i>R. majalis</i>	Cinnamon Rose	Brana Sousas on track nr village - Tuesday
<i>Rosa canina</i>	Dog Rose	Valley EL Llamada up to Brana Murrion - Thursday
<i>Rosa spinosa</i>		Villar de Vildas - Sunday pm
<i>S. officinalis</i>	Great Burnet	Valley EL Llamada up to Brana Murrion - Thursday
<i>Sanguisorba minor</i>	Salad Burnet	Valley EL Llamada up to Brana Murrion - Thursday
<i>Sorbus aria</i>	Whitebean	Ville de lago - Friday
<i>Sorbus aucuparia</i>	Mountain ash	Villar de Vildas - Sunday pm
<i>Sorbus sp.</i>	A Whitebeam	Villar de Vildas - Sunday pm
Rubiaceae	Bedstraw Family	
<i>Asperula cyanchia</i>	Squinancywort	-
<i>Cruciata laevipes</i>	Crosswort	Valley EL Llamada up to Brana Murrion - Thursday
<i>Gallum mollugo</i>	Hedge Bedstraw	Valley EL Llamada up to Brana Murrion - Thursday
<i>Galium aparine</i>	Goosegrass	Malva morning - Sunday
<i>Galium aristatum</i>	Wood bedstraw	Malva morning - Sunday
<i>Galium odoratum</i>	Woodruff	Brana Sousas Tuesday
<i>Galium parisiense</i> c.f	Wall bedstraw	Villar de vildar on wall of carpark (where I skidded up ramp!)
<i>Galium saxatile</i>	Heath bedstraw	Malva morning - Sunday
<i>Gallium odoratum</i>	Sweet Woodruff	-
<i>Rubia peregrina</i>	Wild madder	Malva gorge - morning of day 5 Sunday

Scientific name	Common name	Location/Notes
<i>Sherardia arvensis</i>	Field madder	Valley EL Llamada up to Brana Murrion - Thursday
Santalaceae	Sandalwood Family	
<i>Thesium pyrenaicum</i>	Pyrenean Bastard Toadflax	-
Salixaceae		
<i>Salix alba</i>	White willow	Valle de lago - Friday
<i>Salix caprea</i>	Goat willow	Valle de lago - Friday
<i>Salix</i> spp.	Willow species	Valle de lago - Friday
Saxifragaceae	Saxifrage Family	
<i>Saxifraga aspera</i>	Rough Saxifrage	-
<i>S. bryoides</i>	Mossy saxifrage	Valle de lago - Friday
<i>S. conifera</i>	Cone Saxifrage	Valley EL Llamada up to Brana Murrion - Thursday
<i>S. diapensoides</i> cf	Columnar saxifrage	Peral - Saturday
<i>S. oppositifolia</i>	Purple Saxifrage	Valle de Saliencia
<i>S. paniculata</i>	Paniculate Saxifrage	Valley EL Llamada up to Brana Murrion - Thursday
<i>S. pedemontana prostii</i>	Piedmont saxifrage	Valley de Saliencia Monday
<i>S. pentadactylis</i> cf	Hairless mossy saxifrage	Valley de Saliencia Monday
<i>S. umbrosa</i> sp <i>hirsuta</i>	A Saxifrage	Valle de lago - Friday
<i>Saxifraga granulata</i>	Meadow Saxifrage	Valley EL Llamada up to Brana Murrion - Thursday
<i>Saxifraga hirsuta</i> ssp <i>hirsuta</i> cf.	Kidney Saxifrage	Valley EL Llamada up to Brana Murrion - Thursday
Scrophulariaceae	Figwort Family	
<i>Anarrhinum bellidifolium</i>	Daisy-leaved Toadflax	-
<i>Antirrhinum braun-blanquetii</i>		Valley EL Llamada up to Brana Murrion - Thursday
<i>Bartsia alpina</i>	Alpine bartsia	Valley del Selienco , near lakes Monday.
<i>Chaenorhinum origanifolium</i>	Chaenorhinum	Peral - on walls Saturday
<i>Cymbalaria muralis</i>	Ivy-leaved toadflax	Valle de Lago - Friday
<i>D. purpurea</i>	Foxglove	Valley EL Llamada up to Brana Murrion - Thursday
<i>Digitalis parviflora</i>		
<i>Erinus alpina</i>	Fairy Foxglove	Valley EL Llamada up to Brana Murrion - Thursday
<i>Euphrasia rostkoviana</i>	Common Eyebright	Brana Sousas on track up - Tuesday
<i>L. supina</i>	Pyrenean Toadflax	Peral - Saturday
<i>Linaria alpina</i>	Alpine Toadflax	Valley EL Llamada up to Brana Murrion - Thursday
<i>Melanpyrum sylvaticum</i>	Small Cow-wheat	
<i>P. sylvatica</i>	Common Lousewort	Valle de Lago - Friday
<i>P. tuberosa</i>	Crested Lousewort	Valley del Selienco , near lakes Monday.
<i>Pedicularis verticillata</i>	Whorled Lousewort	Valley del Selienco , near lakes Monday.
<i>R. ovigugus</i>	Southern Yellow Rattle	Valley del Selienco , near lakes Monday.
<i>R. serotinus</i> ssp <i>asturicus</i>	Greater Yellow Rattle	-
<i>Rhinanthus minor</i>	Yellow Rattle	Valley EL Llamada up to Brana Murrion - Thursday
<i>S. nodosa</i>	Common Figwort	Villar de Vildas Sunday afternoon, on path
<i>Scrophularia auriculata</i>	Water Figwort	-
<i>V. anagallis-aquatica</i>	Water speedwell	Villar de Vildas Sunday afternoon, in village
<i>V. chamaedrys</i>	Germander Speedwell	Valley EL Llamada up to Brana Murrion - Thursday
<i>V. nummularia</i>	Pyrenean Speedwell	-
<i>V. officinalis</i>	Heath Speedwell	Valle de lago - Friday
<i>V. serpyllifolia</i>	Thyme-leaved Speedwell	Valley EL Llamada up to Brana Murrion - Thursday
<i>Verbascum pulverulentum</i>	Hoary Mullein	-
<i>Veronica beccabunga</i>	Brooklime	Valley EL Llamada up to Brana Murrion - Thursday
Solanaceae		
<i>Hyoscyamus niger</i>	Henbane	Valle de lago - Friday

Scientific name	Common name	Location/Notes
Thymelaeaceae	Daphne Family	
<i>Daphne laureola</i>	Spurge Laurel	La Malva woods Saturday morning
<i>Daphne mezereum</i>	Mezereon	Valley EL Llamada up to Brana Murrion - Thursday
Tiliaceae	Lime Family	
<i>Tilia cordata</i>	Small-leaved Lime	-
<i>T. platyphyllos</i>	Lime	-
Ulmaceae	Elm Family	
<i>Ulmus glabra</i>	Wych Elm	-
Urticaceae		
<i>Urtica urens</i>	Small nettle	Villar de Vildes Sunday afternoon
<i>Urtica dioica</i>	Common nettle	Roadside
Valerianaceae	Valerian Family	
<i>C. ruber</i>	Red Valerian	Roadside
<i>C. tripteris</i>	Three-leaved Valerian	possibly
<i>Centranthus angustifolius</i>	Narrow-leaved Red Valerian	Roadside
<i>Valeriana globulariifolia</i>	Globularia-leaved valerian	Valley de Saliencia Monday
<i>Valeriana pyrenaica</i>	Pyrenean Valerian	?
<i>Valerianella discoidea</i>	Corn salad spp.	Valley EL Llamada up to Brana Murrion - Thursday
<i>Valerianella spp.</i>	Lamb's lettuce	Valley EL Llamada up to Brana Murrion - Thursday
Verbenaceae		
<i>Verbena officinalis</i>	Vervain	Valley EL Llamada up to Brana Murrion - Thursday
Violaceae	Violet Family	
<i>V. calcarata</i>	Long-spurred pansy	Valley EL Llamada up to Brana Murrion - Thursday
<i>V. cornuta</i>	Horned pansy	Valley EL Llamada up to Brana Murrion - Thursday
<i>V. montcanica</i>	-	Valle de lago - Friday
<i>V. pyrenaica</i>	Pyrenean Violet	?
<i>V. riviniana</i>	Common Dog Violet	Valley EL Llamada up to Brana Murrion - Thursday
<i>Viola tricolor</i>	Heartsease	Peral - Saturday
Viscaceae	Mistletoe Family	
<i>Viscum album</i>	Mistletoe	-
Monocotyledons		
Liliaceae		
<i>Allium sphaerocephalon</i>	Round-headed Leek	Malva woods, Sunday morning
<i>Allium spp.</i>	Leek species	Valley EL Llamada up to Brana Murrion - Thursday
<i>Allium vineale</i>	Crow garlic	Brana Sousas - on track near village - Tuesday
<i>Anphyllanthes monspeliensis</i>	Blue Aphyllanthes	s
<i>Anthericum liliago cf.</i>	St. Bernard's Lily	Vilar de vildas Sunday afternoon up the path
<i>Asphodelus albus</i>	White Asphodel	Valley EL Llamada up to Brana Murrion - Thursday
<i>Hyacinthoides non-scripta</i>	British bluebell	Valle de lago - Friday
<i>Lillium martagon</i>	Martagon Lily	Brana Sousas - on track near village - Tuesday
<i>Muscari comosum</i>	Tassel Hyacinth	-
<i>O. pyrenaicum</i>	Bath Asapragus	Vilar de vildas Sunday afternoon up the path
<i>Ornithogalum umbellatum</i>	Star of Bethlehem	Valle de lago - Friday
<i>Paradisea liliastrum</i>	St Bruno's Lily	Valle de lago - Friday
<i>Polygonatum spp.</i>	Solomon's Seal	Valle de lago - Friday
<i>Scilla species</i>	In water ?	Valle de lago - Friday
<i>Scilla verna</i>	Spring Squill	-

Scientific name	Common name	Location/Notes
<i>Smilax aspera</i>		-
Iridaceae	Iris Family	
<i>Iris xiphioides</i>	English Iris	Malva wood edge, Sunday morning
<i>Iris germanica c.f</i>	Garden Iris	Valle de lago - Friday
Cyperaceae		
<i>Eriophorum sp.</i>	Cotton Grass	-
<i>Carex echinata</i>	Star sedge	Valle de Lago - Friday
<i>Carex ovalis</i>	Oval sedge	Valle de Lago - Friday
<i>Carex nigra</i>	Common sedge	Valley EL Llamada up to Brana Murrion - Thursday
Orchidaceae		
<i>Aceras anthropophorum</i>	Man Orchid	Valley EL Llamada up to Brana Murrion - Thursday, Most days!
<i>Anacamptis pyramidalis</i>	Pyramidal Orchid	Top of Road above Pelo del Someido (bear watching spot)
<i>Coeloglossum viride</i>	Frog Orchid	Valle de Saliencia - Monday - Thank you Brian!
<i>Dacrylorhiza fuchsii</i>	Common Spotted Orchid	?
<i>D. incarnata</i>	Early Marsh Orchid	Valle de lago - Friday
<i>D. maculata</i>	Heath Spotted Orchid	Valle de Saliencia - Monday
<i>Dactylorhiza boryii</i>	Bory's orchid	Valley EL Llamada up to Brana Murrion - Thursday
<i>Dactylorhiza elata</i>	Robust Marsh Orchid	?
<i>Dactylorhiza spp</i>		Found by Basil
<i>Epipactis spp.</i>	Helleborine species	Below Brana Sousas - Tuesday
<i>Gymnadenia conopsea</i>	Fragrant Orchid	Valley EL Llamada up to Brana Murrion - Thursday
<i>Himantoglossum hircinum</i>	Lizard Orchid	Valley EL Llamada up to Brana Murrion - Thursday
<i>Listera ovata</i>	Common twayblade	Valley EL Llamada up to Brana Murrion - Thursday
<i>Ophrys apifera</i>	Bee Orchid	Top of Road above Pelo del Someido
<i>Ophrys apifera</i>	Bee Orchid - white variant	Top of Road above Pelo del Someido
<i>Ophrys insectifera</i>	Fly Orchid	Top of road at Vilar de Vildas (Brian and Douglas made it to v. top!)
<i>Orchis laxiflora cf</i>	Lax flowered Orchid	Valle de Saliencia - Monday (Basil)
<i>Orchis mascula</i>	Early purple orchid	Peral Saturday
<i>Orchis ustulata</i>	Burnt tip orchid	Valley EL Llamada up to Brana Murrion - Thursday
Poaceae	Grass family	
<i>Anisantha sterilis</i>	Sterile brome	Brana Sousas in woods - Tuesday
<i>Anthoxanthum odoratum</i>	Sweet vernal-grass	Valley EL Llamada up to Brana Murrion - Thursday
<i>Brachypodium sylvaticum</i>	False brome	Valley EL Llamada up to Brana Murrion - Thursday
<i>Briza maxima</i>		Peral - Saturday
<i>Briza media</i>	Quaking grass	Valley EL Llamada up to Brana Murrion - Thursday
<i>Catapodium rigidum</i>	Fern-grass	Outside hotel on bridge with the dipper!
<i>Cynocurus echinata</i>	Rough dog's-tail	Roadside
<i>Dactylis glomerata</i>	Cock's-foot	Roadside
<i>Deschampsia caespitosa</i>	Tufted hair-grass	Valle de lago - Friday
<i>Deschampsia flexuosa</i>	Wavy hair-grass	Valle de lago - Friday
<i>Festuca gigantea cf</i>	Giant fescue type grass	Valley EL Llamada up to Brana Murrion - Thursday
<i>Festuca ovina cf.</i>	Sheep's fescue	Peral - Saturday
<i>Festuca rubra</i>	Red fescue	Valley EL Llamada up to Brana Murrion - Thursday
<i>Festuca spp.</i>	Glaucous looking blue?	Valley EL Llamada up to Brana Murrion - Thursday
<i>Holcus lanatus</i>	Yorkshire fog	Valley EL Llamada up to Brana Murrion - Thursday
<i>Hordeum murinum</i>	Wall barley	Valley EL Llamada up to Brana Murrion - Thursday
<i>Lolium perenne</i>	Perennial rye-grass	Valley EL Llamada up to Brana Murrion - Thursday
<i>Melicka uniflora</i>	Wood melick	Brana Sousas - Tuesday
<i>Poa annua</i>	Annual meadow-grass	Villar de vildas Sunday afternoon

Scientific name	Common name	Location/Notes
<i>Poa trivialis</i>	Rough meadow-grass	Valley EL Llamada up to Brana Murrion - Thursday
Carexaceae	Sedges	
<i>Licoperdium perlatus</i>	Puffball	La Peral - Sunday

Butterflies

Common name	Scientific name
Large White	<i>Pieris brassicae</i>
Spanish Marbled White	
Small White	<i>Artogeia rapae</i>
Orange Tip	<i>Anthocharis cardamines</i>
Moroccan Orange-tip	<i>Anthocharis belia</i>
Clouded Yellow	<i>Colias crocea</i>
Mountain Clouded Yellow	
Brimstone	<i>Gonepteryx rhamni</i>
Cleopatra	<i>Gonepteryx cleopatra</i>
Small Copper	<i>Lycaena phlaeas</i>
Adonis Blue	<i>Lysandra bellargus</i>
Chalk Hill Blue	<i>Lysandra coridon</i>
	<i>Ssp asturiensis</i>
Common Blue	<i>Polyommatus icarus</i>
Small Tortoiseshell	<i>Aglia urticae</i>
Tortoiseshell Large	<i>Nymphalis polychlorus</i>
Painted Lady	<i>Vanessa cardui</i>
Camberwell Beauty	<i>Nymphalis antiopa</i>
Pearl Bordered Fritillary	<i>Clossiana selene</i>
Lefebvre's Ringlet	<i>Erebria lefebvrei</i>
Large Wall Brown	<i>Lasiommata maera</i>
Large Skipper	<i>Ochlodes sylvanus</i>
Safflower Skipper	<i>Pyrgus carthami</i>
Hummingbird Hawkmoth	<i>Macroglossum stellatarum</i>

Other insects

Common name	Scientific name
Ascalaphid species	<i>Libelloides longicornus</i>

Mammals

Common name	Scientific name
Bat species	
Rebeco	<i>Capra pyrenaica</i> <i>Rupicapra rupicapra parva</i>
Red deer	<i>Cervus elaphus hispanicus</i> Sp. Ciervo Ibérico
Roe deer	(<i>Capreolus capreolus</i>) Sp. Corzo Ibérico
Wolf (heard and droppings only!)	(<i>Canis lupus signatus</i>) Sp. lobo Ibérico
Fox	<i>Vulpes vulpes</i>

Domestic goat!	<i>Capra hircus</i>
Domestic pig	<i>Sus scrofa</i>
Rabbit	<i>Oryctolagus cuniculus</i>
Hedgehog	<i>Erinaceous europaeus</i>
Domestic Cow	

Reptiles and amphibians

Common name	Scientific name
Smooth snake	<i>Coronella sp</i>
Toad species	<i>Bufo sp</i>
Common Wall Lizard	<i>Podarcis muralis</i>
Slow Worm	<i>Anguis fragalis</i>

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