

# Spain's Wild Asturias – Realm of the Bear

Naturetrek Tour Report

5th – 12th July 2019

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Apollo



Saxifraga babia



Rock Bunting



Chamois

Report and images compiled by Byron Palacios



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Tour participants: Byron Palacios (leader) with six Naturetrek clients

## Day 1

Friday 5th July

### London Stansted – Pola de Somiedo

We left the UK, starting our journey by flying from Stansted airport to Asturias airport where we arrived on time. Once we all gathered together at the arrival gate, we loaded our bags in our minibuis and drove south towards the Somiedo Natural Park. The afternoon was nice and ideal to enjoy our journey into the Somiedo Natural Park, getting to the village of Pola de Somiedo towards the late afternoon. We checked in our family-owned hotel and we gathered together again after a settle-in time. We discussed the plan for the week ahead and then we headed to our restaurant, checking the village river where we had wonderful views of a resident White-throated Dipper and Grey Wagtail. Once at Casa Carion restaurant, we enjoyed fantastic local food and wine.

## Day 2

Saturday 6th July

### La Barrameda trail – Castro trail – Perlunes

We started our first day with fairly good weather before breakfast which gradually became cloudy towards the end of the afternoon. After breakfast, we took a nice stroll along La Barrameda which starts in the village, getting the chance to see La Pola's early morning activity, alongside some good wildlife such as Blackcaps, European Robin, Blackbird, Iberian Chiffchaff and Griffon Vultures, amongst others. We then walked back to our hotel in order to get in our minibus and drive a short distance to the point known as La Ruta de Castro (Castro trail). Here we started a long walk towards the village of the same name, following a typical "Vaqueiros" track. We found a few Griffon Vultures sheltered in one of the many caves in the impressive crags that surround the place. We also encountered a flock of passerines which had plenty of Long-tailed Tits, Coal Tits, Western Bonelli's Warbler, Firecrest, amongst other forms of wildlife such as interesting butterflies, orchids and other interesting flowers. We then started the final bit of the track descending into the village of Castro by lunch time, which we enjoyed in a lovely spot we found nearby.

After lunch and a short break, we continued with our plan by driving to the village of Perlunes where we took a good stroll across this entire interesting village, watching the friendly few inhabitants who were very welcoming and nice to us. We saw a good quantity of orchids and other interesting flowers and butterflies, being particularly surprised by the number of Apollo butterflies present in the area. We also saw good birds such as Short-toed Treecreeper, Eurasian Jay and Bullfinch, amongst others. The walk down the road produced Crag Martins, Red-billed Chough, Griffon Vultures, Common Buzzard and Stonechat.

The late afternoon turned back into a overcast and grey one, but at least dry, and it was time to start our drive back to our hotel in order to get ready to do our checklist and then go for a delicious local supper at Casa Carion.

## Day 3

Sunday 7th July

### La Peral – La Cueta – Puerto de Somiedo (Somiedo Pass)

After breakfast, we set off heading south to the village of La Peral where we started a walk from the village towards the hilltops, enjoying the spectacular views of the whole valley, the mountains and interesting wildlife such as a large group of Chamois, Hen Harrier, Red-backed Shrike, Common Whitethroat and a spectacular Short-toed Snake-Eagle, and lots of Apollo butterflies while we were on the top of the mountains. The views of the valley and El Cornón (the highest peak in Somiedo, 2,190 metres) were fantastic and breathtaking, enjoyed alongside with the daily activity of the valley, its cows, shepherds, wildlife, etc.

By noon, we started our walk down back to the hamlet of La Peral from where we drove further south going over the pass to the area known as La Cueta where we found a nice spot to enjoy our picnic and a stroll afterwards. In the afternoon, we drove up to the village of Puerto de Somiedo (Somiedo Pass) where we enjoyed a nice walk along the narrow tracks of the outskirts of this village. Here we spotted interesting butterflies and a few bird species such as Hen Harrier, Short-toed Snake Eagle, Yellowhammer, Serin and Linnets, amongst others.

After this very interesting walk, we drove back to Pola in order to take a break and to enjoy our dinner together, which was, once again, very delicious!

## Day 4

Monday 8th July

### Salencia Valley (Altos de la Farrapona pass 1,800 metres)

We started today with another fairly early breakfast on another beautiful sunny morning! We left Pola de Somiedo straight after breakfast, heading north-east and into the Salencia Valley, located at 1,785 metres above sea level, and we were about to be walking to the highest point on the trip. The clear sunny day gave us great views of La Farrapona, an underground water lake system, surrounded by alpine crags and rocky beds, an ideal habitat for many good species. We started our walk walking down from the car park along the dirt and rocky track where we enjoyed watching good birds such as Egyptian Vulture, Rock Bunting, Dunnock, Crag Martins, Serin, Common Chiffchaff and Black Redstart. We continued our walk along the lake where we found a very obliging Water Pipit, more Black Redstarts, Linnets, Crag and House Martins, and many interesting flowers and butterflies, while the noisy calling produced by Red-billed Choughs was a non-stop rhythmic noise for us to follow. By the time we hit the steep part of the trail, Northern Wheatears and a pair of Common Rock Thrush kept us amused during our resting stops. We took good views of an old iron quarry where dozens of Red-billed Choughs, Crag Martins and Griffon Vultures were lovely seen in flight and very close!

We started our walk back to the car park, still amused by the Water Pipits, Red-billed Choughs, Black Redstarts, and many other birds flitting along our way. Once at the car park, we enjoyed our picnic lunch overlooking a breathtaking landscape! After lunch, a quick exploration of the track into the Leon province produced a pair of Egyptian Vultures and over a dozen Apollo butterflies, which is always great to see! By the mid afternoon, we started our drive back towards Pola de Somiedo, making a stop in order to check a few picturesque brañas (vaqueiros/local cowboys'/herdsmen's huts) which also produced more interesting butterflies. We then arrived to our hotel in order to take a good break before enjoying a delicious dinner!

After supper, we got ready to go back to the field to do some bear watching. We drove to a point known as Llamardal from where we scanned the hill tops with dedication, but had no signs of big carnivores.

## Day 5

Tuesday 9th July

### Valle del Lago (1,650 metres) – Pineda road

We woke up today on a very beautiful sunny morning, having an early breakfast and setting off to the eastern valley of Valle del Lago from where we started a nice and picturesque walk along the Brañas de Sousas trail. We started our walk at Valle de Lago, located at nearly 1,500 metres above the sea level doing a loop from the bottom of the village up to the track which leads to the high end of the impressive glacier formed by lush meadows, beech forest and impressive rocky crags which offered fantastic views of beautiful flowers, butterflies and a variety of birds such as Garden Warbler, Yellowhammer, Tree Pipit, Red-billed Chough, Stonechat, Black Redstart and Mistle Thrush, amongst others. We gradually walked up the top of the trail and passing the treeline and getting to the open alpine meadows where we found a very nice patch of grass to have our packed lunch, amongst the heather and shrubs, overlooking the beautiful gulley and high rocky hilltops.

A good number of birds were seen on the way down, including Griffon Vultures, Common Buzzard, Crag Martins, plus plenty of Chamois (Itziar). There were plenty of interesting butterflies and plants, especially orchids that attracted our attention. After reaching the top of the trail not far from the brañas and enjoying the wonderful views of the old and now green and lush glacier, we walked back to the village of Valle del Lago in order to have a break while enjoying our picnic lunch. We then walked down the main road towards the village car park where our minibus was, making a couple of stops to check some other wildlife. We then took a quick break in the early afternoon then hit the road again, this time heading north and down the road in order to walk along the Pineda road. The whole track is very steep but it was worth walking up here as the landscape is quite beautiful, lush and different. We found very interesting things along here, such as tiger moths, other different and nice butterflies, more birds such as Western Bonelli's Warbler, Griffon Vultures, and many others.

After this visit, we drove back to Pola in order to have a fairly early dinner, in order to go out to one of the viewpoints in search for mammals in the early evening!

## Day 6

Wednesday 10th July

### Babia Valley – Puerto de Somiedo

After having our breakfast, we drove up the valley and heading south into the province of Leon and eventually to the Valley of Babia. The weather was great, chilly at the beginning but sunny and dry. We had great sightings of many White Storks and Common Buzzard as we approached to the village of Piedrafita de Babia where we made a stopped to walk along the tracks which produced very interesting birds such as Crested Tit, Mistle Thrush, Nuthatch, Red-backed Shrike, Common Kestrel and Iberian Green Woodpecker, amongst others. We found lots of very interesting butterflies too; we all enjoyed chasing around in order to identify them accurately.

After lunch, we took a little walk up the track and along the pine woodland but it was quite slow and quiet, so we decided to drive back to Puerto de Somiedo where we had a little stroll enjoying the lovely landscape despite of the heavy mist that was eventually covering this pass.

The weather overcast and gone chilly so we drove back to our hotel for a break, checklist and a delicious local dinner at Casa Carion.

## Day 7

Thursday 11th July

### Castro trail – Perlunes road

We started today on a beautiful sunny morning by having a delicious breakfast and driving a short distance afterwards to La Ruta de Castro (Castro trail). Once again, we enjoyed walking this typical “Vaqueiros” old track, finding Griffon Vultures sheltered in the many caves of the impressive crags that surround the place; and also a flock of passerines which had plenty of Long-tailed Tits, Coal Tits, Western Bonelli’s Warbler, Firecrest, amongst others; also lots of colourful butterflies and some very interesting local flowers. We continued our walk down to the village admiring the very beautiful landscape and unique setting of the traditional village alongside birds such as Red-billed Choughs, Northern Ravens, Crag Martins, European Jays, amongst others. We then returned to the starting point of this trail in order to have our picnic lunch amongst very interesting butterflies and birds. After lunch and a short break, we took a very short drive to the viewpoint near the village of Perlunes where we had terrific views of the whole valley and a good amount of orchids and other interesting flowers and butterflies, alongside good birds such as Eurasian Jay, Griffon Vultures, European Buzzard, Crag Martins, amongst others.

The late afternoon turned back into a overcast and grey one and soon a big rain covered the valley, a good time to start our drive back to our hotel in order to get ready to do our checklist and then for a delicious local supper at Casa Carion.

## Day 8

Friday 12th July

### Somiedo Valley - Pola de Somiedo – Asturias Airport to Stansted

We had a very early start this morning in order to drive along the Somiedo Valley, making our first stop in the village of La Peral from where we scanned the hilltops and meadows in search of mammals. We didn’t see any large carnivores but we had great views of Chamois grazing along the meadows and walking on top of the hilltops, looking around like guarding the valleys from any threat. It was a chilly morning in despite of the sun which was already up and shining; the mountains looked quiet as there was no sign of any of our major targets, thus it was time to drive back to Pola in order to have a late breakfast/brunch and then we had enough time to pack all our belongings in order to start our drive to Asturias airport.

Another trip for us which has come to an end; although a very happy one, we were slightly sad to be leaving behind this wonderful area of high meadows and mountains. A very unknown and unexplored area for the average visitor, we were fortunate to be in the heart of this very unique spot of northern Spain. Somiedo is a truly hidden jewel of the Cantabrian Mountains, a place which shared its wonderful wildlife, landscapes, gastronomy, kind people and culture. It is a place which took our minds away for a week and transported us to a different level of enjoyment which will remain in our hearts and minds forever and might drag us down again sometime for a second visit. Definitely a place to come back, to the beautiful landscapes and wildlife of Somiedo Natural Park...

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## Checklists

	Common name	Scientific name	Trip	July											
				5	6	7	8	9	10	11	12				
1	Common Quail	<i>Coturnix coturnix</i>	H			h	h			h					
2	Mallard	<i>Anas platyrhynchos</i>	X				x	x							
3	Common Swift	<i>Apus apus</i>	X		x	x	x	x	x	x	x				
4	Common Wood Pigeon	<i>Columba palumbus</i>	X		x	x	x	x	x	x	x				
5	Great Crested Grebe	<i>Podiceps cristatus</i>	X							x					
6	White Stork	<i>Ciconia ciconia</i>	X			x				x					
7	Grey Heron	<i>Ardea cinerea</i>	X										x		
8	Little Egret	<i>Egretta garzetta</i>	X										x		
9	Egyptian Vulture	<i>Neophron percnopterus</i>	X				x			x					
10	Griffon Vulture	<i>Gyps fulvus</i>	X		x	x	x	x	x	x	x	x	x		
11	Short-toed Snake Eagle	<i>Circaetus gallicus</i>	X			x				x					
12	Hen Harrier	<i>Circus cyaneus</i>	X			x				x					
13	Black Kite	<i>Milvus migrans</i>	X							x					
14	Common Buzzard	<i>Buteo buteo</i>	X		x	x	x	x	x	x	x	x	x		
15	Tawny Owl	<i>Strix aluco</i>	H					h							
16	Great Spotted Woodpecker	<i>Dendrocopos major</i>	X		x		h	x				x			
17	Black Woodpecker	<i>Dryocopus martius</i>	H									h			
18	Iberian Green Woodpecker	<i>Picus sharpei</i>	X			h				x	x				
19	Common Kestrel	<i>Falco tinnunculus</i>	X			x				x			x		
20	Red-backed Shrike	<i>Lanius collurio</i>	X			x				x			x		
21	Eurasian Jay	<i>Garrulus glandarius</i>	X		x	x	x	x	x	x	x	x	x		
22	Eurasian Magpie	<i>Pica pica</i>	X		x	x	x	x	x	x	x	x	x		
23	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>	X		x		x	x							
24	Carrion Crow	<i>Corvus corone</i>	X		x	x	x	x	x	x	x	x	x		
25	Northern Raven	<i>Corvus corax</i>	X		x		x				x	x			
26	Coal Tit	<i>Parus ater</i>	X							x	x				
27	European Crested Tit	<i>Lophophanes cristatus</i>	X							x	x	x			

	Common name	Scientific name	Trip	July							
				5	6	7	8	9	10	11	12
28	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>	X		x			x	x	x	x
29	Eurasian Skylark	<i>Alauda arvensis</i>	H				h				
30	Barn Swallow	<i>Hirundo rustica</i>	X		x	x	x	x	x	x	x
31	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>	X		x		x	x	x	x	x
32	Common House Martin	<i>Delichon urbicum</i>	X		x	x	x	x	x	x	x
33	Long-tailed Tit	<i>Aegithalos caudatus</i>	X		x			x	x	h	
34	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>	X		h				x	x	
35	Common Chiffchaff	<i>Phylloscopus collybita</i>	H				h				
36	Iberian Chiffchaff	<i>Phylloscopus ibericus</i>	X				x				
37	Melodious Warbler	<i>Hippolais polyglotta</i>	X						x		
38	Eurasian Blackcap	<i>Sylvia atricapilla</i>	X		x	x	x	x	x	x	x
39	Garden Warbler	<i>Sylvia borin</i>	X			x	h	h	h	h	
40	Common Whitethroat	<i>Sylvia communis</i>	X			x	x	h	h		
41	Common Firecrest	<i>Regulus ignicapilla</i>	X							x	
42	Goldcrest	<i>Regulus regulus</i>	X							x	
43	Eurasian Wren	<i>Troglodytes troglodytes</i>	X		x	x	x	x	x	x	
44	Eurasian Nuthatch	<i>Sitta europaea</i>	X						x	h	
45	Short-toed Treecreeper	<i>Certhia brachydactyla</i>	X					x	x	x	
46	Spotless Starling	<i>Sturnus unicolor</i>	X						x		x
47	Common Blackbird	<i>Turdus merula</i>	X		x	x	x	x	x	x	x
48	Song Thrush	<i>Turdus philomelos</i>	X		x		x	x	x	x	
49	Mistle Thrush	<i>Turdus viscivorus</i>	X			x	x	x	x	x	
50	European Robin	<i>Erithacus rubecula</i>	X		x	x	x	x	x	x	x
51	Black Redstart	<i>Phoenicurus ochruros</i>	X		x	x	x	x	x	x	x
52	Common Rock Thrush	<i>Monticola saxatilis</i>	X			x	x				
53	Whinchat	<i>Saxicola rubetra</i>	X			x					
54	European Stonechat	<i>Saxicola rubicola</i>	X		x	x	x	x	x	x	x
55	Northern Wheatear	<i>Oenanthe oenanthe</i>	X			x	x				
56	White-throated Dipper	<i>Cinclus cinclus</i>	X			x	x	x	x	x	x
57	House Sparrow	<i>Passer domesticus</i>	X		x	x	x	x	x	x	x
58	Rock Sparrow	<i>Petronia petronia</i>	X						x		
59	Alpine Accentor	<i>Prunella collaris</i>	H				h				
60	Dunnock	<i>Prunella modularis</i>	X			x	x	x	x		
61	Grey Wagtail	<i>Motacilla cinerea</i>	X		x	x	x	x	x	x	x
62	White Wagtail	<i>Motacilla alba</i>	X		x	x	x	x	x	x	x
63	Meadow Pipit	<i>Anthus pratensis</i>	X						x		
64	Tree Pipit	<i>Anthus trivialis</i>	X		x	x		x			
65	Water Pipit	<i>Anthus spinoletta</i>	X			x	x				
66	Common Chaffinch	<i>Fringilla coelebs</i>	X		x	x	x	x	x	x	x
67	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>	X					x			
68	European Greenfinch	<i>Chloris chloris</i>	X			x					x
69	Common Linnet	<i>Linaria cannabina</i>	X			x	x		x		
70	European Goldfinch	<i>Carduelis carduelis</i>	X		x	x	x	x	x	x	
71	European Serin	<i>Serinus serinus</i>	X		x	x	x	x	x	x	x
72	Yellowhammer	<i>Emberiza citrinella</i>	X			x					
73	Rock Bunting	<i>Emberiza cia</i>	X			x	x		x		



	Common name	Scientific name	Tri p	July								
				5	6	7	8	9	10	11	12	
1	Apollo	<i>Parnassius apollo</i>	X		x	x					x	
2	Scarce Swallowtail	<i>Iphiclides podalirius</i>	X								x	
3	Large White	<i>Pieris brassicae</i>	X			x					x	
4	Black-veined White	<i>Aporia crataegi</i>	X		x	x						
5	Small White	<i>Pieris rapae</i>	X			x		x			x	
6	Green-veined White	<i>Pieris napi</i>	X				x					
7	Orange Tip	<i>Anthocharis cardamines</i>	X		x							
8	Clouded Yellow	<i>Colias crocea</i>	X		x	x						
9	Berger's Clouded Yellow	<i>Colias alfacariensis</i>	X			x						
10	Pale Clouded Yellow	<i>Colias hyale</i>	X						x			
11	Western Dappled White	<i>Euchloe crameri</i>	X		x						x	
12	Brimstone	<i>Gonepteryx rhamni</i>	X		x	x	x	x	x	x	x	
13	Cleopatra	<i>Gonepteryx cleopatra</i>	X		x			x	x	x	x	
14	Wood White	<i>Leptidea sinapsis</i>	X		x			x			x	
15	Ilex Hairstreak	<i>Satyrium ilicis</i>	X						x			
16	Short-tailed Blue	<i>Everes argiades</i>	X					x			x	
17	Green-underside Blue	<i>Glaucopteryx alexis</i>	X			x						
18	Baton Blue	<i>Scolitantides baton</i>	X			x						
19	Silver-studded Blue	<i>Plebejus argus</i>	X		x	x						
20	Brown Argus	<i>Aricia agestis</i>	X					x				
21	Escher's Blue	<i>Polyommatus escheri</i>	X				x					
22	Turquoise Blue	<i>Polyommatus dorylas</i>	X								x	
23	Chalk-hill Blue	<i>Polyommatus coridon</i>	X			x						
24	Common Blue	<i>Polyommatus icarus</i>	X		x			x			x	
25	Red Admiral	<i>Vanessa atalanta</i>	X		x							
26	Small Tortoiseshell	<i>Agrias urticae</i>	X		x	x	x	x	x	x	x	
27	Peacock Butterfly	<i>Inachis io</i>	X		x			x			x	
28	Painted Lady	<i>Vanessa cardui</i>	X		x	x	x	x	x	x	x	
29	Comma Butterfly	<i>Polygonum c-album</i>	X					x			x	
30	Cardinal	<i>Argynnis pandora</i>	X		x		x	x			x	
31	Silver-washed Fritillary	<i>Argynnis paphia</i>	X		x							
32	Dark Green Fritillary	<i>Argynnis aglaja</i>	X								x	
33	High Brown Fritillary	<i>Argynnis adippe</i>	X			x		x	x			
34	Marbled Fritillary	<i>Brenthis daphne</i>	X		x				x		x	
35	Weaver's Fritillary	<i>Boloria dia</i>	X		x				x			
36	Queen of Spain Fritillary	<i>Issoria lathonia</i>	X		x	x			x		x	
37	Small Pearl-bordered Fritillary	<i>Clossiana selene</i>	X		x						x	
38	Knapweed Fritillary	<i>Melitaea phoebe</i>	X		x							
39	Provençal Fritillary	<i>Melitaea deione</i>	X		x							
40	Heath Fritillary	<i>Melitaea athalia</i>	X		x			x				
41	False Heath Fritillary	<i>Melitaea diamina</i>	X		x							
42	Marsh Fritillary	<i>Euphydras aurinia</i>	X			x						
43	Marbled White	<i>Melanargia galathea</i>	X		x			x	x			
44	Grayling	<i>Hipparchia semele</i>	X		x							
45	Great Banded Grayling	<i>Brintesia circe</i>	X						x		x	

	Common name	Scientific name	Tri p	July							
				5	6	7	8	9	10	11	12
46	Ringlet	<i>Aphantopus hyperantus</i>	X		x						
47	Common Brassy Ringlet	<i>Erebia cassioides</i>	X		x			x	x		
48	Lebefvre's Ringlet	<i>Erebria lefebvrei</i>	X						x		
49	Chapman's Ringlet	<i>Erebia palarica</i>	X				x	x			
50	Meadow Brown	<i>Maniola jurtina</i>	X		x	x	x	x	x	x	
51	Pearly Heath	<i>Ceiononympha arcania</i>	X		x			x	x		
52	Speckled Wood	<i>Parare aegeria aegeria</i>	X		x			x	x	x	
53	Large Wall Brown	<i>Lasiommata maera</i>	X		x	x	x	x	x	x	
54	Wall Brown	<i>Lasiommata megera</i>	X			x		x	x	x	
55	Large Skipper	<i>Ochlodes sylvanus</i>	X		x			x	x	x	
56	Small Skipper	<i>Thymelicus sylvestris</i>	X		x				x		
	<b>MOTHS:</b>										
1	Pine Hawk-moth		X		x						
2	Hummingbird Hawk-moth		X		x					x	
3	Narrow-bordered Bee Hawkmoth		X						x		
4	Crowned Moth		X		x						
5	Six-spotted Burnet		X					x			
5	Five-spotted Burnet		X					x		x	
6	Variable Burnet		X		x				x		
7	Jersey Tiger Moth		X					x			
	<b>MAMMALS:</b>										
1	Chamois		X			7	6	30+	x	x	
2	Red Deer		X				2		2	x	
3	Red Fox		X						x		
	<b>OTHER WILDLIFE:</b>										
1	Viviparous Lizard		X		x			x	x		
2	Common Wall Lizard		X			x					
3	Striped Shieldbug		X		x						
4	Tiger Beetle		X		x						
5	Common Carder Bee		X		x				x		
6	Red-tailed Bumble Bee		X		x	x	x	x	x		
7	White-tailed Bumble Bee		X		x	x	x	x	x		

	Scientific name	Common name
1	<b>Ferns etc</b>	
2	<i>Equisetum telmateia</i>	Great Horsetail
3	<i>E. fluviatile</i>	Water Horsetail
4	<i>Adiantum capillis-veneris</i>	Maidenhair Fern
5	<i>Blechnum spicant</i>	Hard Fern
6	<i>Phyllitis scolopendrium</i>	Hart's-tongue Fern
7	<i>Asplenium adiantum-nigrum</i>	Black Spleenwort
8	<i>A. viride</i>	Green Spleenwort

	<b>Scientific name</b>	<b>Common name</b>
9	<i>A. ruta-muraria</i>	Wall Rue
10	<i>Ceterach officinarum</i>	Rusty-backed Fern
11	<i>Athyrium filix-femina</i>	Lady Fern
12	<i>Dryopteris affinis</i>	Scaly Male Fern
13	<i>Oreopteris limbosperma</i>	Lemon-scented/Mountain Fern
14	<i>Polystichum aculeatum</i>	Hard Shield Fern
15	<i>P.lonchitis</i>	Holly Fern
16	<i>P. setiferum</i>	Soft Shield Fern
17	<i>Gymnocarpum robertianum</i>	Limestone Oak Fern
18	<i>Polypodium vulgare</i>	Common Polypody
19	<i>Pteridium aquilinum</i>	Bracken
20		
21	<b>Conifers</b>	
22	<i>Pinus sylvestris</i>	Scots Pine
23	<i>Juniperus communis</i>	Juniper
24	<i>Taxus baccata</i>	Yew
25	<i>Juniper communis</i>	Juniper
26		
27	<b><u>Dicotyledons</u></b>	
28	<b>Apiaceae (Umbellifers)</b>	<b>Carrot Family</b>
29	<i>Angelica sylvestris</i>	Angelica
30	<i>Astrantia major</i>	Masterwort
31	<i>A. minor</i>	Lesser Masterwort
32	<i>Conopodium majus</i>	Pignut
33	<i>Daucus carota</i>	Wild Carrot
34	<i>Eryngium bourgatii</i>	Pyrenean Eryngo
35	<i>Foeniculum vulgare</i>	Fennel
36	<i>Heracleum sphondylium</i>	Hogweed
37	<i>Laserpitium latifolium</i>	Broad-leaved Sermountain
38	<i>Levisticum officinale</i>	Lovage
39	<i>Oenanthe crocata</i>	Hemlock Water Dropwort
40	<i>Pimpinella saxifraga</i>	Burnet Saxifrage
41	<i>P. major</i>	Greater Burnet Saxifrage
42	<i>Sanicula europaea</i>	Wood Sanicle
43	<i>Seseli libanotis</i>	Moon Carrot
44	? <i>Silenum pyrenaicum</i>	Pyrenean Angelica
45	<i>Torilis japonica</i>	Upright Hedge Parsley
46		
47	<b>Aquifoliaceae</b>	<b>Holly Family</b>
48	<i>Ilex aquifolium</i>	Holly
49		
50	<b>Anacardiaceae</b>	<b>Sumach Family</b>
51	<i>Pistacia terebinthus</i>	Turpentine Tree
52		
53	<b>Asclepiadaceae</b>	<b>Milkweed Family</b>
54	<i>Vincetoxicum hirundinaria</i>	Swallow-wort
55		
56	<b>Asteraceae (Compositae)</b>	<b>Daisy family</b>
57	<i>Achillea millefolium</i>	Yarrow
58	<i>Adenostyles aliariae</i>	Adenostyles

	<b>Scientific name</b>	<b>Common name</b>
59	<i>Anthemis triumfetti</i>	Southern Dog Daisy
60	<i>Aster alpinum</i>	Alpine Aster
61	<i>Bellis perennis</i>	Daisy
62	<i>Carduncellus monspelliensis</i>	
63	<i>Carduus carlinifolius</i>	Carline-leaved Thistle
64	<i>C. carlinoides</i>	Pyrenean Thistle
65	<i>C. defloratus</i>	Alpine Thistle
66	<i>Centaurea scabiosa</i>	Greater Knapweed
67	<i>C. nigra</i>	Black Knapweed
68	<i>C. conifera (Leuzia conifera)</i>	Cone Knapweed
69	<i>Cicorium intybus</i>	Chicory
70	<i>Cirsium palustris</i>	Marsh Thistle
71	<i>Filago vulgaris</i>	Common Cudweed
72	<i>Hieracium lanatum</i>	Woolly Hawkweed
73	<i>H. pilosella</i>	Mouse-ear Hawkweed
74	<i>H. pumola</i>	Dwarf Hawkweed
75	<i>Lactuca perennis</i>	Blue Lettuce
76	<i>L. virosa</i>	Great Lettuce
77	<i>Lapsana communis</i>	Nipplewort
78	<i>Leucanthemum vulgare</i>	Oxe-eye Daisy
79	<i>Matricaria discoidea</i>	Pineapple Mayweed
80	<i>Pilosella officinarum</i>	Mouse-ear Hawkweed
81	<i>Senecio doronicum</i>	Chamois Ragwort
82	<i>S. pyrenaicus</i>	Tourneforts Ragwort
83	<i>Silybum marianum</i>	Milk Thistle
84	<i>Taraxacum alpinum</i>	Alpine Dandelion
85	<i>Tragopogon pratensis</i>	Goatsbeard
86		
87	<b>Aquifoliaceae</b>	<b>Holly Family</b>
88	<i>Ilex aquifolium</i>	Holly
89		
90	<b>Betulaceae</b>	<b>Birch Family</b>
91	<i>Betula pendula</i>	Silver Birch
92	<i>B. pubescens</i>	Birch
93	<i>Alnus glutinosa</i>	Alder
94	? <i>A. viridus</i>	Green Alder
95		
96		
97	<b>Boraginaceae</b>	<b>Forget-me-not Family</b>
98	<i>Lithodora diffusa</i>	Scrambling Gromwell
99	<i>L. oleifolia</i>	Shrubby Gromwell
100	<i>Echium vulgare</i>	Viper's Bugloss
101	<i>Myosotis alpestris</i>	Alpine Forget-me-not
102	<i>M. scorpioides</i>	Water Forget-me-not
103		
104	<b>Brassicaceae (Cruciferae)</b>	<b>Cabbage/Cress Family</b>
105	<i>Arabis hirsuta</i>	Hairy Rockcress
106	<i>Biscutella laevigata</i>	Buckler Mustard
107	<i>Cardamine pratense</i>	Lady's Smock
108	<i>C. raphanifolia</i>	Radish-leaved Bittercress

	<b>Scientific name</b>	<b>Common name</b>
109	<i>Eryimum decumbens</i>	Decumbent Treacle Mustard
110	<i>Iberis aurosica</i>	Dauphine Candytuft
111	<i>Iberis spathulata</i>	Spoon-leaved Candytuft
112	<i>Metthiola fruticosa</i>	Sad Stock
113	<i>Rorippa nasturtium-aquaticum</i>	Watercress
114	<i>Sisymbrium austriacum</i>	Austrian Rocket
115	<i>Teesdaliopsis conferta</i>	
116		
117	<b>Campanulaceae</b>	<b>Bellflower Family</b>
118	<i>Campanula glomerulata</i>	Clustered Bellflower
119	<i>C patula</i>	Spreading Bellflower
120	<i>C. rapunculoides</i>	Creeping Bellflower
121	<i>C. rotundifolia</i>	Harebell
122	<i>Jasione montana</i>	Mountain Sheep's-bit
123	<i>Phyteuma charmelii</i>	Horned Rampion
124	<i>P. orbiculare</i>	Round-headed Rampion
125		
126	<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>
127	<i>Lonicera periclymenum</i>	Honeysuckle
128	<i>Sambucus nigra</i>	Elderflower
129	<i>S. ebulus</i>	Danewort
130		
131	<b>Caryophyllaceae</b>	<b>Pink Family</b>
132	<i>Arenaria grandiflora</i>	Large-flowered Sandwort
133	<i>A. purpurascens</i>	Pink Sandwort
134	<i>Dianthus monspessulanus</i>	Fringed Pink
135	<i>D. pungens</i>	Short Pink
136	<i>D. superbus</i>	
137	<i>Lychnis flos-cuculi</i>	Ragged Robin
138	<i>Minuartia verna</i>	Vernal Sandwort
139	<i>Petrocoptis pardoii</i>	Blue-leaved Petrocoptis
140	<i>P. pyrenaica</i>	
141	<i>Petrorhagia prolifera</i>	Proliferous Pink
142	<i>P. saxifraga</i>	Tunic Flower
143	<i>Silene acaulis ssp longiscapa</i>	Moss Campion
144	<i>S. alba</i>	White Campion
145	<i>S. dioica</i>	Red Campion
146	<i>S. nutans</i>	Nottingham Catchfly
147	<i>S. vulgaris</i>	Bladder Campion
148	<i>Stellaria holostea</i>	Greater Stitchwort
149	<i>S. nemorum</i>	Wood Stitchwort
150	<i>s. graminea</i>	Lesser Stitchwort
151		
152	<b>Celastraceae</b>	<b>Spindle-tree Family</b>
153	<i>Euonymus europaeus</i>	Spindle Tree
154		
155	<b>Cistaceae</b>	<b>Rock-rose family</b>
156	<i>Heliathemum nummularian</i>	Common Rockrose
157	<i>H. canum</i>	Hoary Rockrose
158		

	<b>Scientific name</b>	<b>Common name</b>
159	<b>Clusiaceae (Hypericaceae)</b>	<b>St John'-wort Family</b>
160	<i>Hypericum androsaemum</i>	Tutsan
161	<i>H. nummularium</i>	Western St. John's-wort
162	<i>H perforatum</i>	Perforate St. John's Wort
163		
164	<b>Convolvulaceae</b>	<b>Bindweed Family</b>
165	<i>Convolvulus arvensis</i>	Field Bindweed
166	<i>Cuscata epithymum</i>	Dodder
167	<i>C. europaea</i>	Greater Dodder
168		
169	<b>Corylaceae</b>	<b>Hazel Family</b>
170	<i>Corylus avellana</i>	Hazel
171		
172	<b>Crassulaceae</b>	<b>Stonecrop Family</b>
173	<i>Sedum album</i>	White Stonecrop
174	<i>S. acre</i>	Biting Stonecrop
175	<i>S. ochroleum</i>	Creamish Stonecrop
176	<i>S. rupestre</i>	Rock Stonecrop
177	<i>S. anglicum</i>	English Stonecrop
178		
179	<b>Disacaceae</b>	<b>Teasel Family</b>
180	<i>Dipsacus fullonum</i>	Teasel
181	<i>Knautia arvensis</i>	Field Scabious
182	<i>Scabiosa cinera</i>	Pyrenean Scabious
183		
184	<b>Ericaceae</b>	<b>Heath Family</b>
185	<i>Arbutus unedo</i>	Strawberry Tree
186	<i>Calluna vulgaris</i>	Heather/Ling
187	<i>Erica cinerea</i>	Bell Heather
188	<i>E. arborea</i>	Tree Heather
189	<i>E. tetralix</i>	Cross-leaved Heath
190	? <i>E. vagans</i>	Cornish Heath
191	<i>Daboecia cantabrica</i>	St. Dabeoc's Heath
192	<i>Vaccinium myrtillus</i>	Bilberry
193		
194	<b>Euphorbiaceae</b>	<b>Spurge Family</b>
195	<i>Euphorbia amygdaloides</i>	Wood Spurge
196	<i>E. chamaebuxus</i>	Pyrenean Spurge
197	<i>Mercurialis perennis</i>	Dog's Mercury
198		
199	<b>Fabaceae (Leguminosae)</b>	<b>Pea Family</b>
200	<i>Anthyllis vulneraria ssp pyrenaica</i>	Kidney Vetch
201	<i>Astragalus glycyphyllos</i>	Wild Liquorice
202	<i>Chamaespartium sagittale</i>	Winged Greenweed
203	<i>Cytisus scoparius</i>	Broom
204	<i>Echinopartum horridum</i>	Echinopartum
205	<i>Genista hispanica</i>	Spanish Gorse
206	<i>G. sericea</i>	Silvery Broom
207	<i>Hippocrepis comosa</i>	Horseshoe Vetch
208	<i>Lathyrus laevigatus</i>	Yellow Pea

	<b>Scientific name</b>	<b>Common name</b>
209	<i>L. vernus</i>	Spring Vetchling
210	<i>L. latifolius</i>	Everlasting Pea
211	<i>L. linifolius</i>	Bitter Vetch
212	<i>Lotus alpinas</i>	Alpine Birdsfoot Trefoil
213	<i>L. corniculatus</i>	Birdsfoot Trefoil
214	<i>Medicago sativa</i>	Lucerne
215	<i>M. lupulina</i>	Black Medick
216	<i>M. suffruticosa</i>	Sprawling Medick
217	<i>Ononis repens</i>	Restharrow
218	<i>Psoralea bituminosa</i>	Pitch Trefoil
219	<i>Trifolium campestre</i>	Hop Trefoil
220	<i>T pratense</i>	Red Clover
221	<i>T. repens</i>	White Clover
222	<i>Vicia cracca</i>	Tufted Vetch
223	<i>V. hirsuta</i>	Hairy Tare
224	<i>V. pyrenaica</i>	Pyrenean Vetch
225	<i>V. sepium</i>	Bush Vetch
226		
227	<b>Fagaceae</b>	<b>Oak and Beech Family</b>
228	<i>Castanea sativa</i>	Sweet Chestnut
229	<i>Fagus sylvatica</i>	Beech
230	<i>Quercus ilex</i>	Holm Oak
231	<i>Q. pyrenaica</i>	Pyrenean Oak
232		
233	<b>Gentianaceae</b>	<b>Gentian Family</b>
234	<i>Gentiana occidentalis</i>	Pyrenean Trumpet Gentian
235	<i>G. verna</i>	Spring Gentian
236	<i>Centaureum erythraea</i>	Common Centaury
237	<i>Blackstonia perfoliata</i>	Yellow-wort
238		
239	<b>Geraniaceae</b>	<b>Geranium Family</b>
240	<i>Geranium columbinum</i>	Dove's-foot Cranesbill
241	<i>G sanguineum</i>	Bloody Cranesbill
242	<i>G. robertianum</i>	Herb Robert
243	<i>G. pyrenaicum</i>	Pyrenean Geranium
244	<i>G. lucidum</i>	Shining Cranesbill
245	<i>Erodium cicutarium</i>	Common Storksbill
246		
247	<b>Globulariaceae</b>	<b>Globularia Family</b>
248	<i>Globularia nudicaulis</i>	Leafless-stemmed Globularia
249	<i>G. repens</i>	Matted Globularia
250		
251	<b>Labiatae</b>	<b>Dead-nettle Family</b>
252	<i>Acinos alpinus</i>	Alpine Calamint
253	<i>A. arvensis</i>	Basil Thyme
254	<i>Ajuga reptans</i>	Common Bugle
255	<i>Ballota nigra</i>	Black Horehound
256	<i>Marrubium vulgare</i>	White Horehound
257	<i>Mellittis melissophyllum</i>	Bastard Balm
258	<i>Origanum vulgare</i>	Marjoram

	<b>Scientific name</b>	<b>Common name</b>
259	<i>Prunella lacinata</i>	Cut-leaved Self-heal
260	<i>P. grandiflora</i>	Large-flowered Self-heal
261	<i>P. vulgaris</i>	Selfheal
262	<i>Salvia pratensis</i>	Meadow Clary
263	<i>Sideritis hyssopifolia</i>	Sideritis
264	<i>Stachys monieri</i>	Alpine Betony
265	<i>S. palustris</i>	Marsh Woundwort
266	<i>Teucrium pyrenaicum</i>	Pyrenean Germander
267	<i>T. chamaedrys</i>	Wall Germander
268	<i>T. scorodonia</i>	Wood Sage
269	<i>Thymus mastichina</i>	Round-headed (White) Thyme
270	<i>T. praecox</i>	Wild Thyme
271	<i>T. pulegioides</i>	Large Thyme
272		
273	<b>Linaceae</b>	<b>Flax Family</b>
274	<i>Linum bienne</i>	Pale Flax
275	<i>L. catharticum</i>	Purging/Fairy Flax
276	<i>L. perenne</i>	Perennial Flax
277	<i>L. viscosum</i>	Sticky Flax
278	<i>L. suffruticosum ssp salsaloides</i>	Pyrenean Flax
279		
280	<b>Malvaceae</b>	<b>Mallow Family</b>
281	<i>Malva moschata</i>	Musk Mallow
282	<i>M. neglecta</i>	Dwarf Mallow
283	<i>M. sylvestris</i>	Common Mallow
284		
285	<b>Menyanthaceae</b>	<b>Bogbean family</b>
286	<i>Menyanthes trifoliata</i>	Bogbean
287		
288	<b>Onograceae</b>	<b>Willowherb Family</b>
289	<i>Epilobium alsinifolium</i>	Chickweed Willowherb
290	<i>Oenothera glazoviana</i>	Large-flowered Evening Primrose
291		
292	<b>Papaveraceae</b>	<b>Poppy Family</b>
293	<i>Chelidonium majus</i>	Greater Celandine
294	<i>Fumaria capreolata</i>	Ramping Fumitory
295	<i>Papaver rhoeas</i>	Field Poppy
296	<i>P. argemone</i>	Prickly Poppy
297		
298	<b>Plantaginaceae</b>	<b>Plantain Family</b>
299	<i>Plantago lanceolata</i>	Ribwort Plantain
300	<i>P. major</i>	Greater Plantain
301	<i>P. media</i>	Hoary Plantain
302	<i>P. alpina</i>	Alpine Plantain
303		
304	<b>Plumbaginaceae</b>	<b>Thrift Family</b>
305	<i>Armeria maritima ssp alpina</i>	Mountain Thrift
306		
307	<b>Polygonaceae</b>	<b>Knotweed Family</b>
308	<i>Polygonum hydropiper</i>	Wall Pepper



	<b>Scientific name</b>	<b>Common name</b>
309	<i>P. bistorta</i>	Bistort
310	<i>Rumex scutatus</i>	French Sorrel/Rubble Dock
311	<i>R. acetosella</i>	Sheep's Sorrel
312	<i>R. alpinus</i>	Monk's Rhubarb
313		
314	<b>Primulaceae</b>	<b>Primrose Family</b>
315	<i>Primula veris</i>	Cowslip
316	<i>Anagallis arvensis</i>	Scarlet Pimpernel
317	<i>Androsace villosa</i>	Ciliate Rock-jasmine
318	<i>Lysimachia nemorum</i>	Yellow Pimpernel
319		
320	<b>Ranunculaceae</b>	<b>Buttercup Family</b>
321	<i>Anemone trifolia</i>	
322	<i>Aquilegia vulgaris</i>	Columbine
323	<i>A. pyrenaica ssp bicolor</i>	
324	<i>Caltha palustris</i>	Marsh Marigold
325	<i>Helleborus viridis</i>	Green Hellebore
326	<i>Hepatica nobilis</i>	Hepatica
327	<i>Ranunculus flammula</i>	Lesser Spearwort
328		
329	<b>Rosaceae</b>	<b>Rose Family</b>
330	<i>Alchemilla alpina</i>	Alpine Lady's-mantle
331	<i>A. vulgaris</i>	Lady's-mantle
332	<i>Agrimonia eupatoria</i>	Agrimony
333	<i>Amelanchier ovalis</i>	Amelanchier
334	<i>Filipendula ovalis</i>	Dropwort
335	<i>Fragaria vesca</i>	Wild Strawberry
336	<i>Potentilla erecta</i>	Tormentil
337	<i>P. reptans</i>	Creeping Cinquefoil
338	<i>Rosa canina</i>	Dog Rose
339	<i>R. arvensis</i>	Field Rose
340	<i>Sanguisorba minor</i>	Salad Burnet
341	<i>Sorbus sp.</i>	A Whitebeam
342		
343	<b>Rubiaceae</b>	<b>Bedstraw Family</b>
344	<i>Asperula cyanchia</i>	Squinancywort
345	<i>Cruciata laevipes</i>	Crosswort
346	<i>Gallium odoratum</i>	Sweet Woodruff
347	<i>G. mollugo</i>	Hedge Bedstraw
348		
349	<b>Santalaceae</b>	<b>Sandalwood Family</b>
350	<i>Thesium pyrenaicum</i>	Pyrenean Bastard Toadflax
351		
352	<b>Saxifragaceae</b>	<b>Saxifrage Family</b>
353	<i>Saxifraga granulata</i>	Meadow Saxifrage
354	<i>S. aspera</i>	Rough Saxifrage
355	<i>S. paniculata</i>	Paniculate Saxifrage
356	<i>S. umbrosa sp hirsuta</i>	A Saxifrage
357		
358	<b>Scrophulariaceae</b>	<b>Figwort Family</b>

	<b>Scientific name</b>	<b>Common name</b>
359	<i>Anarrhinum bellidifolium</i>	Daisy-leaved Toadflax
360	<i>Antirrhinum braun-blanquetii</i>	
361	<i>Chaenorhinum oranifolium</i>	
362	<i>Digitalis parviflora</i>	
363	<i>D. purpurea</i>	Foxglove
364	<i>Erinus alpina</i>	Fairy Foxglove
365	<i>Euphrasia rostkoviana</i>	Common Eyebright
366	<i>Linaria alpina</i>	Alpine Toadflax
367	<i>L. faucicola</i>	
368	<i>L. supina</i>	Pyrenean Toadflax
369	<i>L. triornithophora</i>	
370	<i>Melanpyrum sylvaticum</i>	Small Cow-wheat
371	<i>Pedicularis verticillata</i>	Whorled Lousewort
372	<i>P. sylvatica</i>	Common Lousewort
373	<i>Rhinanthus minor</i>	Yellow Rattle
374	<i>R. serotinus ssp asturicus</i>	Greater Yellow Rattle
375	<i>Scrophularia auriculata</i>	Water Figwort
376	<i>S. nodosa</i>	Common Figwort
377	<i>Verbascum pulverulentum</i>	Hoary Mullein
378	<i>Veronica beccabunga</i>	Brooklime
379	<i>V. serpyllifolia</i>	Thyme-leaved Speedwell
380	<i>V. officinalis</i>	Heath Speedwell
381	<i>V. nummularia</i>	Pyrenean Speedwell
382		
383	<b>Thymelaeaceae</b>	<b>Daphne Family</b>
384	<i>Daphne layreleola ssp philippi</i>	Spurge Laurel
385		
386		
387	<b>Tiliaceae</b>	<b>Lime Family</b>
388	<i>Tilia cordata</i>	Small-leaved Lime
389	<i>T. platyphyllos</i>	Lime
390		
391	<b>Ulmaceae</b>	<b>Elm Family</b>
392	<i>Ulmus glabra</i>	Wych Elm
393		
394	<b>Valerianaceae</b>	<b>Valerian Family</b>
395	<i>Centranthus angustifolius</i>	Narrow-leaved Red Valerian
396	<i>C. ruber</i>	Red Valerian
397	<i>C. trypteris</i>	Three-leaved Valerian
398	<i>Valeriana pyrenaica</i>	Pyrenean Valerian
399		
400	<b>Violaceae</b>	<b>Violet Family</b>
401	<i>V. riviniana</i>	Common Dog Violet
402	<i>V. pyrenaica</i>	Pyrenean Violet
403		
404	<b>Viscaceae</b>	<b>Mistletoe Family</b>
405	<i>Viscum album</i>	Mistletoe
406		
407		
408	<b><u>Monocotyledons</u></b>	

	<b>Scientific name</b>	<b>Common name</b>
409	<b>Liliaceae</b>	
410	<i>Allium sphaerocephalon</i>	Round-headed Leek
411	<i>Anphyllanthes monspeliensis</i>	Blue Aphyllanthes
412	<i>Asphodelus albus</i>	White Asphodel
413	<i>Lillium martagon</i>	Martagon Lily
414	<i>Muscari comosum</i>	Tassel Hyacinth
415	<i>Ornithogalum umbellatum</i>	Star of Bethlehem
416	<i>O. pyrenaicum</i>	Bath Asapragus
417	<i>Scilla verna</i>	Spring Squill
418	<i>Smilax aspera</i>	
419		
420	<b>Iridaceae</b>	<b>Iris Family</b>
421	<i>Iris latifolia</i>	English Iris
422		
423	<b>Cyperaceae</b>	
424	<i>Eriophorum sp.</i>	Cotton Grass
425		
426	<b>Orchidaceae</b>	
427	<i>Anacamptis pyramidalis</i>	Pyramidal Orchid
428	<i>Aceras anthropophorum</i>	Man Orchid
429	<i>Dactylorhiza elata</i>	Robust Marsh Orchid
430	<i>D. fuchsii</i>	Common Spotted Orchid
431	<i>D. incarnata</i>	Early Marsh Orchid
432	<i>D. maculata</i>	Heath Spotted Orchid
433	<i>Epipactis atrorubens</i>	Dark Red Helleborine
434	<i>Gymnadenia conopsea</i>	Fragrant Orchid
435	<i>Himantoglossum hircinum</i>	Lizard Orchid
436	<i>Neottia nidus-avis</i>	Bird'snest Orchid
437	<i>Ophrys apifera</i>	Bee Orchid
438	<i>O. scolopax</i>	Woodcock Orchid
439	<i>Orchis papilionacea</i>	Pink Butterfly Orchid