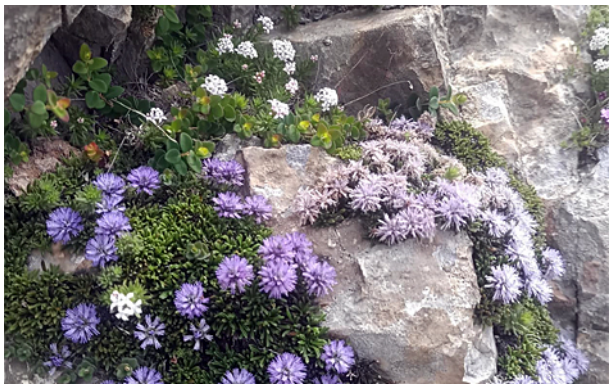
Spain's Picos de Europa Mountains

Naturetrek Tour Report 10th – 17th June 2026



Alpine flowers



Cantabrian Chamois



The Picos de Europa



Fire Salamander

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Tour participants: Pablo Pérez Martínez and Lizzie Cooke (leaders) with 14 Naturetrek clients

Summary

Over the week, we explored the Asturian and Cantabrian sections of the Picos de Europa National Park, enjoying its many species of butterflies, birds and plants. We also learned about the region's culture and history, and of course we enjoyed excellent cuisine and plenty of sunshine: there was no shortage of that for our group. We were able to explore some of the Picos' most famous sites, such as the Lakes of Covadonga and Fuente Dé, as well as more remote spots like Piedrasluengas and Brez.

Day 1 Wednesday 10th June

Bilbao – Arenas de Cabrales

Both the flight and the van rental were unfortunately rather delayed, so we arrived at the hotel in Torrecerredo, Arenas de Cabrales, quite late. However, the staff at the hotel were very attentive, they had a nice snack ready for us before bed.

Day 2 Thursday 11th June

Vega de Sotres – Jitu Escarandi

Before getting into the vans in the morning, our guide Pablo thought it was important to try to spot an interesting and elusive bird, the Wryneck, which we were successfully able to observe, perched high in a walnut tree near the hotel. We then boarded the vans and drove to Vegas de Sotres where, as soon as we arrived, we were delighted to see numerous pairs of Northern Wheatears, which allowed us to observe the differences between male and female plumages.

Between the Eastern and Central Massifs, we found ourselves surrounded by sheer limestone peaks still capped with snow, while we observed the traditional herders' huts adorned with spectacular Lizard Orchids. Then, as we decided to head back, we spotted the bird Pablo had been hoping to see, Common Rock Thrush, perched above Abel's house, a sign of hope for these birds that depend so heavily on the presence of livestock in these alpine pastures.

We also spotted several Palmate Newts at a nearby watering hole, before continuing down the road toward Sotres. We made one last stop to enjoy the abundant flora of these rich alpine meadows where, within just a few metres, we saw the Fragrant, Fly, Burnt and Bee Orchids, among others.

We continued along the road to Sotres to enjoy a pleasant coffee at Casa Cipriano, before heading a little further up the road toward El Caballar, stopping by the roadside to eat the sandwich we'd picked up at the hotel, and to take a leisurely walk while observing some interesting plants.

After the break, we climbed up to Jitu Escarandi to take in its spectacular views of the central massif, Peña Castil, and Peña Main above the ancient glacial moraine, where we also spotted our first Common Kestrel, and alpine plants that had survived the intense grazing by cattle.

We were able to return to the hotel around 4.30pm. to enjoy the beautiful views of the highest mountain in the Picos de Europa, Torre Cerredo, while sipping a beer, before checking off the items on our checklist and savouring the excellent dinner that Nico had prepared for us at the Hotel Torrecerredo.

Day 3 Friday 12th June

Covadonga Lakes – Covadonga

We began by taking a van up to the Covadonga Lakes, where we hiked to the top of the ancient glacial moraine to take in the breathtaking views, not only of the two lakes, Ercina and Enol, but also of the imposing limestone massifs of the Western Massif of the Picos de Europa ahead, and the vivid blue of the Cantabrian Sea behind us.

After visiting that incredible viewpoint, we headed over to witness the weekly vulture feeding at the Mirador de la Reina. We settled in, and the show began. As soon as we arrived, we were able to observe a Cinereous Vulture perched next to a group of Griffon Vultures through the telescope. Then the shipment of food for the birds arrived, and suddenly they all took flight and began landing near the vehicle, to feed on the scraps of meat left for them. Fights broke out among the Griffon Vultures over the food, and before we knew it, three Egyptian Vultures arrived; they had to wait a while for the Griffons to finish eating before they could tuck in.

While waiting for the Bearded Vulture (which never showed up!), we spotted a Booted Eagle, a Short-toed Snake Eagle, a Golden Eagle and even a Honey Buzzard very close by. It was certainly an excellent spot for birdwatching, and even for spotting mammals like the Red Fox we saw.

We then headed down from the lakes to enjoy a well-deserved coffee and a break in Covadonga, where we visited the Cueva de la Santina and the basilica. We learned about the story of Don Pelayo, and later went to see the Roman bridge in Cangas de Onís, and its hanging cross.

We returned to the hotel after a wonderful day of nature and culture in the heart of the Picos de Europa, just in time to enjoy a quiet afternoon on the hotel's patio, which was extremely pleasant.

At dusk, some of us took a short walk, where we could hear and see the spectacular Eurasian Nightjar up close; we could hear the flapping of its wings, its song, and its call. Another call we seemed to hear was that of Pygmy Owl, as we watched numerous Greater Noctule bats fluttering about in the light of our flashlights.

Day 4 Saturday 13th June

Arenas de Cabrales – Poo de Cabrales – Potes – Cosgaya

Today the Travesera running race, which covers just under eighty kilometres through the Picos de Europa, was taking place, so we looked for a route where we wouldn't have any trouble with access, and that would also be in

the shade, since today was the hottest day of the year so far: we could really feel it. We set out on foot from the hotel to the village of Arenas de Cabrales, and followed the old path that connects it to the neighbouring village of Poo de Cabrales. Along the way, we spotted our first Red Squirrel, as well as our first Beautiful Damselflies of the trip, and some lovely butterflies, such as Large Wall and Clouded Yellow. We also saw interesting ferns, such as Queen's Fern and Queen's Male Fern.

On the way, we heard Iberian Chiffchaff, but weren't able to see it. However, we did get a good look at other common birds, such as Robin, Garden Warbler and Common Redstart. We also spotted a near-endemic species in Iberian Green Woodpecker and, of course, interesting birds of prey such as Short-toed Snake Eagle and a young Egyptian Vulture, which was a very dark brown colour.

We then arrived at the village of Poo de Cabrales where, in addition to enjoying a refreshing iced coffee, we visited the Cabrales cheese factory, one of the most decorated in cheese competitions: some of its cheeses fetch as much as €30,000! We decided to buy some pieces of other, more affordable cheeses, made from a blend of goat, cow and sheep milk. We continued our walk around the village near the river, where we saw a young White-throated Dipper being fed by an adult, as well as an elegant Grey Wagtail foraging in the crystal-clear waters.

We continued to the hotel, where we once again enjoyed its pleasant terrace while eating our sandwiches, but we took it easy since the nearly forty-degree heat, which was really starting to take its toll. We continued by van to the town of Potes, where we took a brief tour of the town before enjoying a well-deserved ice cream before arriving at our new hotel, El Oso.

One group continued identifying plants near the hotel, where the Martagon Lily stood out. The rest of us took it easy for the rest of the afternoon, enjoying the pool on a sweltering afternoon, as well as the kindness of the waiter, Felix, and some refreshing beers. The views of the Eastern Massif from this flower-filled hotel were truly spectacular, and the decor, quality of service, and restaurant were second to none.

Day 5 Sunday 14th June

Brez – Pido – Cosgaya

We started the morning with an excellent breakfast at the hotel; it was hard to believe the sheer variety of food options on offer, and the portions were so generous! After a short drive, we headed up to the charming, traditional village of Brez, to take a short circular hike through oak groves and mountain meadows, surrounded by the rugged Eastern Massif of the Picos de Europa.

We spotted two of the Picos' most characteristic endemic plants, *Daboecia cantabrica* and *Digitalis parviflora*, as well as a large number of other interesting plants. We got some exercise and worked up a bit of a sweat, since it was quite hot, and then enjoyed our sandwiches in the shade of an oak grove. We saw several new birds for the trip, such as Tree Pipit, Western Bonelli's Warbler, Red-backed Shrike, and a very brief sighting of Middle Spotted Woodpecker, along with a striking Cirl Bunting. There were some impressive birds of prey, such as the Booted and Short-toed Snake Eagles, as well as Egyptian and Griffon Vultures. But without a doubt, the animal highlight was a beautiful black-and-yellow Fire Salamander, which glistened in the middle of the path and gave us excellent

photo opportunities. We also spotted the first Adonis Blue butterfly of the trip, and a couple of lovely Purple-shot Copper butterflies.

After eating our sandwiches in the forest, we headed down to the pleasant Hotel El Oso for a drink; half the group stayed to enjoy the hotel's comforts, while the other half joined Lizzie to identify interesting plants near Pido, taking advantage of the breaks in the storm.

Day 6 Monday 15th June

Fuente Dé – Pendes – Dobres

Since we had booked the cable car for 10.30am, we took advantage of the proximity to the lower cable car station to visit some beautiful beech forests, and alpine meadows filled with a variety of flowers. We then took the fast cable car from Fuente Dé (which means "the source of the Deva River") to ascend nearly a thousand metres in elevation in just four minutes. Finally, after days of exploring the Eastern and Western ranges, we ventured into the Central Massif, also known as the Urrieles, where the breathtaking views of Peña Vieja encouraged us to approach the foothills of its vertical limestone cliffs. Those cliffs were home to an abundance of saxifrages, gentians and even Moss Campion and Dead Man's Orchids, which delighted the botanists among us.

This was best time in the spring to observe alpine flowers, so we split into a plant group and a bird group, so that everyone could focus in depth on studying their main natural targets.

Almost at the beginning of the walk, we saw an endemic lizard, the West Iberian RockLizard, which is a large reptile typical of these mountains. In the bird group, we saw numerous Alpine Accentors, Northern Wheatears, Alpine Choughs and many White-winged Snowfinches, but not a trace of the elusive Wallcreeper or Bearded Vulture. The truth is that these birds are very difficult to spot on any trip, due to their erratic behaviour and low population numbers.

Faced with an approaching storm, we decided to head down, and some people stayed to rest at the pleasant Hotel El Oso, where relaxation was taken to the highest level! The bravest among us continued, first visiting the ancient chestnut trees of Pendes, and then the sheer cliffs of Dobres, where we spotted our first Blue Rock Thrush in the distance. The landscape in both of these spots in Liébana was spectacular, and the magic created by the large clouds on the horizon was stunning.

Day 7 Tuesday 16th June

Piedrasluengas

The threat of storms lingered today, so we hurried to leave the hotel and set off for Palencia. After an hour on winding roads, we arrived at the magnificent Piedrasluengas viewpoint. From there, we had a view of the Central and Western Massifs, and Peña Ventosa, as well as Peña Sagra and, to our right, Peña Labra. But the group would be taking their final hike together toward Peña de Caloca.

We began to make our way through the beech forests, and quickly came across some interesting plants. To the group's surprise, we also found a large pile of Iberian Wolf droppings, containing an abundance of fur. What pleasantly surprised us was the number butterflies, notably Chapman's Ringlet, a species endemic to these mountains of the Cantabrian Range.

We continued through the beech forest until we came across the plant of the day, the Yellow-throated Purple (or Three-birds) Toadflax, which was growing near a Foxglove. Another interesting plant was *Gentiana lutea*.

We continued our hike and found tracks of Pine Martens and Hedgehogs in the mud from the previous night, and then reached the beautiful meadows of the Palentina Mountains, with the queen of the mountains, Curavacas, in the background. We spotted a female Red Deer among the undergrowth and numerous birds in the open countryside and in the forest itself, such as Crested Tit, a first-time sighting for several of the visitors. As we neared the car, we had an excellent view of a Rock Bunting, and even a White Stork. The bird we tried but failed to spot was Quail; although we were in a very good position to observe it (we could hear it nearby),we couldn't manage to spot it among the grasses of the mountain meadow.

On this last day we added interesting birds to the list, bringing the total for the trip to eighty species, to add to twenty butterflies, four mammals and nearly four hundred plants.

Day 8 Wednesday 17th June

Cosgaya – Bilbao

Since the hotel was three hours away from the airport, and to be on the safe side, we left at 7.30am. As a result, we didn't have time this morning to enjoy the scenery, except for what we saw along the way through the Herminada Gorge. We arrived at the airport on time, and the clients departed after a wonderful holiday.

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Species lists

Birds (H=heard only)

		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Mallard	*Anas platyrhynchos*		✓				
Common Quail	*Coturnix coturnix*	H					H
Common Swift	*Apus apus*	✓	✓	✓	✓	✓	✓
Common Cuckoo	*Cuculus canorus*	H			H		
Rock Dove	*Columba livia*				✓		
Common Wood Pigeon	*Columba palumbus*		✓	✓	✓	✓	✓
Eurasian Collared Dove	*Streptopelia decaocto*		✓				
Eurasian Coot	*Fulica atra*		✓				
White Stork	*Ciconia ciconia*						✓
Egyptian Vulture	*Neophron percnopterus*		✓	✓	✓	✓	
European Honey Buzzard	*Pernis apivorus*		✓				
Cinereous Vulture	*Aegypius monachus*		✓				
Griffon Vulture	*Gyps fulvus*	✓	✓	✓	✓	✓	✓
Short-toed Snake Eagle	*Circaetus gallicus*		✓	✓	✓		
Booted Eagle	*Hieraaetus pennatus*		✓		✓	✓	
Golden Eagle	*Aquila chrysaetos*		✓				
Red Kite	*Milvus milvus*						✓
Black Kite	*Milvus migrans*		✓		✓	✓	✓
Common Buzzard	*Buteo buteo*	✓	✓	✓	✓		✓
Eurasian Wryneck	*Jynx torquilla*	✓	H				
Middle Spotted Woodpecker	*Dendrocoptes medius*				✓		
Great Spotted Woodpecker	*Dendrocopos major*				✓		✓
Iberian Green Woodpecker	*Picus sharpei*			✓			
Common Kestrel	*Falco tinnunculus*	✓	✓				
Red-backed Shrike	*Lanius collurio*				✓		
Eurasian Jay	*Garrulus glandarius*	✓			✓	✓	✓
Eurasian Magpie	*Pica pica*		✓	✓	✓		
Red-billed Chough	*Pyrrhocorax pyrrhocorax*	✓	✓			✓	
Alpine Chough	*Pyrrhocorax graculus*	✓	✓			✓	
Carrion Crow	*Corvus corone*	✓	✓	✓	✓	✓	
Northern Raven	*Corvus corax*	✓	✓	✓	✓		✓
Coal Tit	*Periparus ater*				✓	✓	
Crested Tit	*Lophophanes cristatus*						✓
Marsh Tit	*Poecile palustris*					✓	
Eurasian Blue Tit	*Cyanistes caeruleus*			✓	✓	✓	✓
Great Tit	*Parus major*			✓	✓	✓	✓
Woodlark	*Lullula arborea*						✓
Eurasian Skylark	*Alauda arvensis*						✓
Eurasian Crag Martin	*Ptyonoprogne rupestris*	✓	✓	✓	✓	✓	✓
Barn Swallow	*Hirundo rustica*	✓	✓	✓	✓	✓	✓
Western House Martin	*Delichon urbicum*		✓	✓	✓		✓
Long-tailed Tit	*Aegithalos caudatus*						✓
Western Bonelli's Warbler	*Phylloscopus bonelli*				✓		
Common Chiffchaff	*Phylloscopus collybita*	✓		✓	✓		
Melodious Warbler	*Hippolais polyglotta*			✓			

		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Zitting Cisticola	*Cisticola juncidis*	✓		✓			
Eurasian Blackcap	*Sylvia atricapilla*	✓	✓	✓			✓
Garden Warbler	*Sylvia borin*			H			✓
Common Whitethroat	*Curruca communis*						✓
Dartford Warbler	*Curruca undata*						✓
Common Firecrest	*Regulus ignicapilla*			✓	✓		✓
Goldcrest	*Regulus regulus*						✓
Eurasian Wren	*Troglodytes troglodytes*	✓	✓	✓		✓	✓
Eurasian Nuthatch	*Sitta europaea*			✓	✓		✓
Short-toed Treecreeper	*Certhia brachydactyla*	✓			✓	✓	✓
Song Thrush	*Turdus philomelos*		✓	✓	✓	✓	✓
Mistle Thrush	*Turdus viscivorus*		✓				✓
Common Blackbird	*Turdus merula*	✓	✓	✓	✓	✓	✓
European Robin	*Erithacus rubecula*			✓	✓		✓
Black Redstart	*Phoenicurus ochruros*	✓	✓	✓	✓	✓	✓
Common Redstart	*Phoenicurus phoenicurus*			✓			
Common Rock Thrush	*Monticola saxatilis*	✓					
Blue Rock Thrush	*Monticola solitarius*					✓	
European Stonechat	*Saxicola rubicola*	✓			✓	✓	✓
Northern Wheatear	*Oenanthe oenanthe*	✓				✓	
White-throated Dipper	*Cinclus cinclus*			✓			✓
White-winged Snowfinch	*Montifringilla nivalis*					✓	
House Sparrow	*Passer domesticus*	✓	✓	✓	✓	✓	
Alpine Accentor	*Prunella collaris*					✓	
Dunnock	*Prunella modularis*	✓	✓				✓
Grey Wagtail	*Motacilla cinerea*	✓		✓			
White Wagtail	*Motacilla alba*	✓		✓	✓	✓	✓
Tree Pipit	*Anthus trivialis*				✓		✓
Water Pipit	*Anthus spinoletta*	✓	✓			✓	✓
Eurasian Chaffinch	*Fringilla coelebs*	✓	✓	✓			✓
Eurasian Bullfinch	*Pyrrhula pyrrhula*						✓
European Greenfinch	*Chloris chloris*			✓		✓	
Common Linnet	*Linaria cannabina*	✓	✓	✓		✓	✓
European Goldfinch	*Carduelis carduelis*		✓	✓			✓
European Serin	*Serinus serinus*			✓			✓
Corn Bunting	*Emberiza calandra*	✓	✓	✓			✓
Yellowhammer	*Emberiza citrinella*						✓
Rock Bunting	*Emberiza cia*						✓
Cirl Bunting	*Emberiza cirlus*				✓		✓

Mammals

		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Eurasian Red Squirrel	*Sciurus vulgaris*			✓			
Greater Noctule	*Nyctalus lasiopterus*		✓				
Red Deer	*Cervus elaphus*				✓	✓	
Cantabrian Chamois	*Rupicapra parva*					✓	
Red Fox	*Vulpes vulpes*		✓				

Amphibians & reptiles

D=dead		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Fire Salamander	*Salamandra salamandra*			✓			
Palmate Newt	*Lissotriton helveticus*	✓					
West Iberian Rock Lizard	*Iberolacerta monticola*				✓		
European Slow-worm	*Anguis fragilis*			D			

Butterflies & moths

		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Scarce Swallowtail	*Iphiclides podalirius*				✓		
Iberian Swallowtail	*Iphiclides feisthamelii*						✓
Common Swallowtail	*Papilio machaon*	✓		✓			
Large Skipper	*Ochlodes sylvanus*			✓	✓		
Lulworth Skipper	*Thymelicus acteon*				✓		✓
Safflower Skipper	*Pyrgus carthami*						✓
Common Brimstone	*Gonepteryx rhamni*		✓	✓	✓		✓
Berger's Clouded Yellow	*Colias alfacariensis*				✓		✓
Clouded Yellow	*Colias croceus*	✓	✓	✓	✓		✓
Black-veined White	*Aporia crataegi*	✓					
Large White	*Pieris brassicae*			✓			
Small White	*Pieris rapae*			✓			
Common Orange-tip	*Anthocharis cardamines*	✓					✓
Purple-shot Copper	*Lycaena alciphron*			✓			
Ilex Hairstreak	*Satyrium ilicis*				✓		
Blue-spot Hairstreak	*Satyrium spini*						✓
Black-eyed Blue	*Glaucopsyche melanops*	✓					
Short-tailed Blue	*Cupido argiades*			4			
Adonis Blue	*Polyommatus bellargus*				✓		✓
Common Blue	*Polyommatus icarus*	✓		✓			
Queen of Spain Fritillary	*Issoria lathonia*	✓			✓		
Painted Lady	*Vanessa cardui*	✓	✓		✓		✓
Red Admiral	*Vanessa atalanta*	✓			✓		
Peacock Butterfly	*Aglais io*		✓				
Small Tortoiseshell	*Aglais urticae*	✓					
Large Tortoiseshell	*Nymphalis polychloros*					✓	
Knapweed Fritillary	*Melitaea phoebe*				✓		
Provençal Fritillary	*Melitaea deione*				✓		

		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Heath Fritillary	*Melitaea athalia*					✓	
Small Heath	*Coenonympha pamphilus*						✓
Pearly Heath	*Coenonympha arcania*				✓		
Speckled Wood	*Pararge aegeria*		✓	✓			
Large Wall Brown	*Lasiommata maera*	✓					
Wall Brown	*Lasiommata megera*	✓		✓	✓		
Common Marbled White	*Melanargia galathea*		✓	✓	✓	✓	✓
Meadow Brown	*Maniola jurtina*	✓	✓	✓	✓		
Piedmont Ringlet	*Erebia meolans*	✓			✓		
Chapman's Ringlet	*Erebia palarica*						✓
Hummingbird Hawk-moth	*Macroglossum stellatarum*				✓		

Damselflies

		June 2026					
Common name	**Scientific name**	**11**	**12**	**13**	**14**	**15**	**16**
Beautiful Demoiselle	*Calopteryx virgo*			4			

Plants

Common name	**Scientific name**	**Day(s)**
Horsetail Family	**Equisetaceae**	
Great Horsetail	*Equisetum telmateia*	4
Adder's-tongue Family	**Ophioglossaceae**	
Common Moonwort	*Botrychium lunaria*	5
Bladder Fern Family	**Cystopteridaceae**	
Brittle Bladder Fern	*Cystopteris fragilis*	5
Spleenwort Family	**Aspleniaceae**	
Black Spleenwort	*Asplenium adiantum-nigrum*	3
Wall-rue	*Asplenium ruta-muraria*	3
Rustyback Fern	*Asplenium ceterach*	3
Common Hart's-tongue	*Asplenium scolopendrium*	3
Buckler Ferns	**Dryopteridaceae**	
Holly Fern	*Polystichum lonchitis*	6
Polypody Family	**Polypodiaceae**	
Common Polypody	*Polypodium vulgare*	3
Cypress Family	**Cupressaceae**	
Common Juniper	*Juniperus communis*	6
Yew Family	**Taxaceae**	
European Yew	*Taxus baccata*	
Greenbrier Family	**Smilacaceae**	
Common Smilax	*Smilax aspera*	3
Lily Family	**Liliaceae**	
Martagon Lily	*Lilium martagon*	4
Orchid Family	**Orchidaceae**	
Chalk Fragrant Orchid	*Gymnadenia conopsea*	3
Early Marsh Orchid	*Dactylorhiza incarnata*	2
Common Spotted Orchid	*Dactylorhiza fuchsii*	2

Common name	Scientific name	Day(s)
Heath Spotted Orchid	*Dactylorhiza maculata*	5
Pyramidal Orchid	*Anacamptis pyramidalis*	2, 7
Man Orchid	*Orchis anthropophora*	5, 6
Burnt Orchid	*Neotinea ustulata*	2
Lizard Orchid	*Himantoglossum hircinum*	2
Common Bee Orchid	*Ophrys apifera plus fly orchid*	2
Iris Family	**Iridaceae**	
Pyrenean Iris	*Iris jacquinii*	5, 7
Asphodel Family	**Asphodelaceae**	
White Asphodel	*Asphodelus albus*	5
Amaryllis Family	**Amaryllidaceae**	
Round-headed Leek	*Allium sphaerocephalon*	5
Asparagus Family	**Asparagaceae**	
Common Solomon's-seal	*Polygonatum multiflorum*	8, 6
Common Butcher's-broom	*Ruscus aculeatus*	4
Spiked Star-of-Bethlehem	*Ornithogalum pyrenaicum*	4
Tassel Hyacinth	*Leopoldia comosa*	5
Buttercup Family	**Ranunculaceae**	
Stinking Meadow-rue	*Thalictrum foetidum*	2
Common Columbine	*Aquilegia vulgaris*	2
European Globeflower	*Trollius europaeus*	2
Stinking Hellebore	*Helleborus foetidus*	2
Green Hellebore	*Helleborus viridis*	2
Liverleaf	*Hepatica nobilis*	6
European Wood Anemone	*Anemonoides nemorosa*	7
Saxifrage Family	**Saxifragaceae**	
Livelong Saxifrage	*Saxifraga paniculata*	6
Meadow Saxifrage	*Saxifraga granulata*	6
Channel-leaved Saxifrage	*Saxifraga canaliculata*	2, 6
Stonecrop Family	**Crassulaceae**	
Common Navelwort	*Umbilicus rupestris*	4
Thick-leaved Stonecrop	*Sedum dasyphyllum*	3
Pea Family	**Fabaceae**	
Common Kidney-vetch	*Anthyllis vulneraria*	2
Common Bird's-foot-trefoil	*Lotus corniculatus*	2
Alpine Bird's-foot-trefoil	*Lotus alpinus*	5
Horseshoe Vetch	*Hippocrepis comosa*	2
Tufted Vetch	*Vicia cracca*	4
Hairy Vetch	*Vicia villosa*	4
Wood Bitter-vetch	*Vicia orobus*	3
Western Yellow Pea	*Lathyrus laevigatus subsp. occidentalis*	2
Broad-leaved Everlasting-pea	*Lathyrus latifolius*	5
Common Restharrow	*Ononis spinosa subsp. procurrens*	5
Common Lucerne	*Medicago sativa*	5
Sprawling Milk-vetch	*Astragalus depressus*	6
Rose Family	**Rosaceae**	
Dropwort	*Filipendula vulgaris*	5
Snowy Mespilus	*Amelanchier ovalis*	3
Mountain Cinquefoil	*Potentilla montana*	3

Common name	Scientific name	Day(s)
Wild Strawberry	*Fragaria vesca*	5
Common Agrimony	*Agrimonia eupatoria*	4
Salad Burnet	*Sanguisorba minor*	2
Alpine Lady's-mantle	*Alchemilla alpina*	6
'Lady's-mantle'	*Alchemilla agg.*	2
Common Dog Rose	*Rosa canina*	5
Beech Family	**Fagaceae**	
European Beech	*Fagus sylvatica*	3
Sweet Chestnut	*Castanea sativa*	3
Holm Oak	*Quercus ilex*	4
Sessile Oak	*Quercus petraea*	2
Cork Oak	*Quercus suber*	5
Pyrenean Oak	*Quercus pyrenaica*	5
Downy Oak	*Quercus pubescens*	4
Birch Family	**Betulaceae**	
European Alder	*Alnus glutinosa*	4
European Hazel	*Corylus avellana*	4
Spindle Family	**Celastraceae**	
European Spindle	*Euonymus europaeus*	4
St John's-wort Family	**Hypericaceae**	
Perforate St John's-wort	*Hypericum perforatum*	5
Violet Family	**Violaceae**	
Horned Pansy	*Viola cornuta*	2
Spurge Family	**Euphorbiaceae**	
Dog's Mercury	*Mercurialis perennis*	4
Pyrenean Spurge	*Euphorbia pyrenaica*	6
Wood Spurge	*Euphorbia amygdaloides*	6
Flax Family	**Linaceae**	
Pale Flax	*Linum bienne*	6, 7
Sticky Flax	*Linum viscosum*	2
Pyrenean Flax	*Linum suffruticosum*	5
Fairy Flax	*Linum catharticum*	2
Crane's-bill Family	**Geraniaceae**	
Bloody Crane's-bill	*Geranium sanguineum*	4
Hedgerow Crane's-bill	*Geranium pyrenaicum*	4
Long-stalked Crane's-bill	*Geranium columbinum*	7
Shining Crane's-bill	*Geranium lucidum*	4
Common Herb Robert	*Geranium robertianum*	4
Common Stork's-bill	*Erodium cicutarium*	4
Loosestrife Family	**Lythraceae**	
Purple Loosestrife	*Lythrum salicaria*	3
Mallow Family	**Malvaceae**	
Musk Mallow	*Malva moschata*	3
Daphne Family	**Thymelaeaceae**	
Spurge-laurel	*Daphne laureola*	2, 3
Rock-rose Family	**Cistaceae**	
Common Rock-rose	*Helianthemum nummularium*	2
Cabbage Family	**Brassicaceae**	
Austrian Rocket	*Sisymbrium austriacum*	3

Common name	Scientific name	Day(s)
Common Buckler-mustard	*Biscutella laevigata*	2
Hairy Rock-cress	*Arabis hirsuta*	5
Sad Stock	*Matthiola fruticulosa*	6
Sandalwood Family	**Santalaceae**	
Pyrenean Bastard-toadflax	*Thesium pyrenaicum*	5
Common Mistletoe	*Viscum album*	4
Leadwort Family	**Plumbaginaceae**	
Common Thrift	*Armeria maritima*	6
Alpine Thrift	*Armeria alpina*	6
Knotgrass Family	**Polygonaceae**	
Common Bistort	*Bistorta officinalis*	6
Alpine Bistort	*Bistorta vivipara*	6
Campion Family	**Caryophyllaceae**	
Large-flowered Sandwort	*Arenaria grandiflora*	5
Lesser Stitchwort	*Stellaria graminea*	2
Proliferous Pink	*Petrorhagia prolifera*	5
Fringed Pink	*Dianthus hyssopifolius*	3
Pyrenean Petrocoptis	*Petrocoptis pyrenaica*	3
Nottingham Catchfly	*Silene nutans*	2, 4
Bladder Campion	*Silene vulgaris*	2
Moss Campion	*Silene acaulis*	6
White Campion	*Silene latifolia*	7
Primrose Family	**Primulaceae**	
Common Cowslip	*Primula veris*	5
Scarlet Pimpernel	*Lysimachia arvensis*	2
Heath Family	**Ericaceae**	
Bell Heather	*Erica cinerea*	3
St Daboec's Heath	*Daboecia cantabrica*	3
Bedstraw Family	**Rubiaceae**	
Pyrenean Squinancywort	*Asperula pyrenaica*	5
Sweet Woodruff	*Galium odoratum*	6
Common Crosswort	*Cruciata laevipes*	2
Common Madder	*Rubia peregrina*	3
Gentian Family	**Gentianaceae**	
Common Centaury	*Centaurium erythraea*	3
Pyrenean Trumpet Gentian	*Gentiana occidentalis*	6
Spring Gentian	*Gentiana verna*	6
Periwinkle Family	**Apocynaceae**	
Common Swallow-wort	*Vincetoxicum hirundinaria*	2
Borage Family	**Boraginaceae**	
Scrambling Gromwell	*Glandora diffusa*	2, 3
Common Viper's-bugloss	*Echium vulgare*	2
Alpine Forget-me-not	*Myosotis alpestris*	6
Water Forget-me-not	*Myosotis scorpioides*	2
Bindweed Family	**Convolvulaceae**	
Common Dodder	*Cuscuta epithymum*	2
Plantain Family	**Plantaginaceae**	
Daisy-leaved Toadflax	*Anarrhinum bellidifolium*	4
Braun-blanquet's Snapdragon	*Antirrhinum braun-blanquetii*	3

Common name	Scientific name	Day(s)
Oregano-leaved Toadflax	*Chaenorhinum origanifolium*	4, 5
Gorge Toadflax	*Linaria faucicola*	3
Pyrenean Toadflax	*Linaria supina*	5, 6
Yellow-throated Purple Toadflax	*Linaria triornithophora*	5, 7
Common Ivy-leaved Toadflax	*Cymbalaria muralis*	3
Hoary Plantain	*Plantago media*	2
Heath Speedwell	*Veronica officinalis*	2
Common Foxglove	*Digitalis purpurea*	4
Small Brown Foxglove	*Digitalis parviflora*	4
Fairy Foxglove	*Erinus alpinus*	6
Leafless-stemmed Globularia	*Globularia nudicaulis*	6
Creeping Globularia	*Globularia repens*	6
Figwort Family	**Scrophulariaceae**	
Hoary Mullein	*Verbascum pulverulentum*	3
Butterwort Family	**Lentibulariaceae**	
Large-flowered Butterwort	*Pinguicula grandiflora*	2
Large-flowered Selfheal	*Prunella grandiflora*	2, 4
Cut-leaved Selfheal	*Prunella laciniata*	5
Common Selfheal	*Prunella vulgaris*	3
Alpine Basil-thyme	*Clinopodium alpinum*	2
Wild Basil	*Clinopodium vulgare*	2
Wood Sage	*Teucrium scorodonia*	2
Pyrenean Germander	*Teucrium pyrenaicum*	2, 5
Common Betony	*Betonica officinalis*	3
Hyssop-leaved Ironwort	*Sideritis hyssopifolia*	5
Broomrape Family	**Orobanchaceae**	
Common Cow-wheat	*Melampyrum pratense*	5
Alpine Eyebright	*Euphrasia alpina*	2
Lesser Yellow Rattle	*Rhinanthus minor*	2
Holly Family	**Aquifoliaceae**	
European Holly	*Ilex aquifolium*	2
Bellflower Family	**Campanulaceae**	
Peach-leaved Bellflower	*Campanula persicifolia*	4
Spreading Bellflower	*Campanula patula*	3
Clustered Bellflower	*Campanula glomerata*	5
Fairy Bellflower	*Campanula erinus*	4
Common Harebell	*Campanula rotundifolia*	4
Round-headed Rampion	*Phyteuma orbiculare*	2, 3
Common Sheep's-bit	*Jasione montana*	4, 5
Daisy Family	**Asteraceae**	
Common Knapweed	*Centaurea nigra*	2
Greater Knapweed	*Centaurea scabiosa*	5
Mountain Safflower	*Carthamus carduncellus*	2
Pyrenean Thistle	*Carduus carlinoides*	2
Carline-leaved Thistle	*Carduus defloratus ssp. carlinifolius*	3
Common Goat's-beard	*Tragopogon pratensis*	2
Prickly Lettuce	*Lactuca serriola*	3
Dandelion	*Taraxacum agg.*	3
Nipplewort	*Lapsana communis*	2

Common name	Scientific name	Day(s)
Common Chicory	*Cichorium intybus*	2
Austrian Leopard's-bane	*Doronicum austriacum*	7
European Yarrow	*Achillea millefolium*	2
Oxeye Daisy	*Leucanthemum vulgare*	3
Viburnum Family	**Viburnaceae**	
Dwarf Elder	*Sambucus ebulus*	2
European Elder	*Sambucus nigra*	2
Honeysuckle Family	**Caprifoliaceae**	
Common Honeysuckle	*Lonicera periclymenum*	4
Devil's-bit Scabious	*Succisa pratensis*	4
Pyrenean Valerian	*Valeriana pyrenaica*	3
Umbellifer Family	**Apiaceae**	
Pyrenean Eryngo	*Eryngium bourgatii*	2, 3
European Sanicle	*Sanicula europaea*	6
Greater Masterwort	*Astrantia major*	4
Hemlock Water-dropwort	*Oenanthe crocata*	3
Broad-leaved Sermountain	*Laserpitium latifolium*	2
Common Carrot	*Daucus carota*	2
Common Hogweed	*Heracleum sphondylium*	2
Common Angelica	*Angelica sylvestris*	4