

Spain's Picos de Europa Mountains

Naturetrek Tour Report

22nd – 29th June 2026



Alpine Accentor



Large Wall Brown



Griffon Vulture



Griffon Vultures

Tour report by Pablo Perez



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Summary

Over the course of eight intense days, this international group explored the Asturian and Cantabrian sides of the Picos de Europa in Spain. We had to contend with an unusual heat wave, which made wildlife watching difficult but, thanks to the clear skies, allowed us to enjoy wonderful views and, surprisingly, some excellent birds, such as Bearded Vulture and Red-backed Shrike. Another benefit of the heat was the large number of butterflies, especially the vast swarms that adorned the beautiful high-altitude meadows, where lovely orchids were still in bloom. We were able to enjoy numerous Iberian endemic species, thanks to the invaluable help of our guides, Lauren and Pablo.

Day 1

Monday 22nd June

Bilbao – Cosgaya

The clients arrived in Bilbao around midday, and we set off for the Picos de Europa, but before entering the Hermida Gorge, we made a mandatory stop to have coffee and taste some of the famous Unquera *corbatas*, a unique sweet pastry.

We arrived right in the middle of a heatwave, on the first day of summer, with temperatures over 40°C, so we much enjoyed the pool and the pleasant bar at the Hotel del Oso.

Day 2

Tuesday 23rd June

Fuente Dé

Despite the intense heat, we defied the odds and took the cable car up to the heart of the Picos de Europa, in the central massif at Fuente Dé. Soon, we spotted our first bird of the trip, an elegant Northern Wheatear which was carrying food in its beak to a nest just centimetres from the path where all the tourists were passing by.

Shortly afterwards, a nearly black juvenile Bearded Vulture streaked across the sky for a few seconds, before disappearing. In contrast, Griffon Vultures and numerous Alpine Choughs appeared in several groups. We soon learned to distinguish between the Alpine Choughs and the larger Red-billed Choughs. We continued along the trail, passing numerous endemic alpine plants, and spotting our first butterfly, a Small Tortoiseshell, before coming across some White-winged Snowfinches, birds which blend in so well with their natural surroundings. Only when they spread their black-and-white wings are they easy to spot.

When we reached the Covarrobres saddle, we could feel the sheer scale of Peña Vieja and the eastern massif before us, as well as the breathtaking views of the central massif to our left. Our first Alpine Accentor of the day appeared: we would later have better sightings.

We finally reached La Vueltona, where we were surprised by the extent of recent erosion following last week's storms. We were able to enjoy a quick snack before the heat forced us to begin our return trip. It was just then that a Wallcreeper broke the group's calm: unfortunately, only two people were able to see it, since it flew by so

quickly. We headed back to the café to enjoy a refreshing drink, before waiting in line to take the cable car back down to the vans.

Because of the intense heat, some people decided to call it a day, while others joined Lauren, and explored the plants near Hotel El Oso, where they were also able to see a beautiful Deeper bathing in the river. Birds get hot too!

Day 3

Wednesday 24th June

Cosgaya – Dobres – Potes

The forecast was for more heat, so we looked for a cool, shaded location near the hotel, where we could enjoy the forest and the Cubo River. In the houses of the traditional village of Cosgaya, near the site where horses are fitted with bridles, we spotted a pair of Spotted Flycatchers. According to legend, and as the statue depicts, this was the birthplace of King Pelayo.

We ventured into several forests of Pyrenean Oak and Beech, where we spotted some excellent birds, such as the Middle Spotted Woodpecker and its larger cousin, Great Spotted Woodpecker. We were also able to hear and observe Western Bonelli's Warbler and Marsh Tit. It was undoubtedly an excellent way to escape the heat: in the forests we also found beautiful flowers such as toadflaxes and, of course, the endemic Small-flowered Foxglove. We also saw Wolf droppings near the stream, and a sea of butterflies and dragonflies, notably Comma and Southern Skimmer.

After a break at the wonderful hotel, we continued along winding mountain roads to the new Dobres overlook, where we spotted a Blue Rock Thrush, a Peregrine Falcon, a Rock Bunting, a beautiful Egyptian Vulture, and, in the distance, enormous Alpine Swifts flying over the steep cliffs. We then headed down to Potes to admire the architecture of this charming town, and enjoyed a refreshing ice cream in the nearly 45°C heat.

Day 4

Thursday 25th June

Santa Catalina viewpoint – Pendes

The heat was relentless, so we sought shade in the Beech forest from the Cícera parking lot to the Santa Catalina lookout. We ventured along the “mythological trail” (with carved sculptures of various mythical creatures) through the beech forest, where we spotted family groups of Coal and Long-tailed Tits in the dense foliage.

Finally, we reached the summit of the Santa Catalina viewpoint, where we enjoyed a tasty sandwich while gazing down at the bottom of the Hermida Gorge, and watched numerous Griffon Vultures soaring overhead. At the viewpoint, there was an information board about the vultures that inhabit the gorge: watching over them from the skies is my late friend and great local naturalist, Máximo Sánchez Covo.

Suddenly, a storm rolled in, so we quickly made our way to the Cícera parking lot to enjoy a refreshing drink while observing Nuthatches, Chaffinches, and an elegant Tree Pipit up close. Nearby was an attractive Stonechat.

After the break, we set off for Potes along the winding road, in the midst of a heavy rainstorm, making a stop in Pendes at the lookout point near the ancient chestnut trees. We caught a quick glimpse of a new species, Common Redstart, but few birds of prey were to be seen this afternoon: we would have to wait until tomorrow. It was time to go and enjoy the cool waters of the hotel pool.

Day 5

Friday 26th June

Covadonga Lakes – Covadonga – Arenas de Cabrales

Friday is the day the Picos de Europa National Park feeds the various vultures. We left at 6.00am for the Hotel de Torrecerredo, where we had breakfast and drove straight up to the Covadonga Lakes, in the heart of the eastern massif of the National Park.

After enjoying spectacular views of Santa Marina de Enol, and the Enol and Ercina lakes, we headed straight to the Mirador de La Reina viewpoint, where, as soon as we arrived, we were treated to the sight of the brilliant Yellowhammer giving its unmistakable song. At that very moment, the spectacular show began, with two adult Golden Eagles soaring over the mountains, and seconds later, hundreds of Griffon Vultures landed right in front of us, accelerating as they saw their food arriving. While the man was still feeding them, the birds swooped down on him and the food, racing to eat right in front of each other. A Cuckoo surprised us by flying right in front of us.

Just when we thought we'd seen it all, a beautiful orange adult Bearded Vulture appeared, leaving us in awe with its elegant flight. After circling a couple of times, it landed beneath the Griffon Vultures, and to our surprise, we were able to watch this marvellous bird gobbling down some small bones. It flew away, and we were able to enjoy our sandwiches before heading down to Covadonga to enjoy a well-deserved coffee.

We then visited the Holy Cave of La Santina and the Basilica of Covadonga, where the statue of Don Pelayo stands: we had seen his remains at La Santina. Before heading back to the hotel, we made a mandatory stop to see the Roman bridge of Cangas de Onís and the Poo de Cabrales viewpoint near the hotel, with its majestic view of the west face of the Naranjo de Bulnes. It was a spectacular view.

We checked in at the Hotel Torrecerredo, had dinner, and then, encouraged by the warm night, set out to look for owls. We managed to spot the European Nightjar in flight from a distance, and heard its call, as well as a shy Tawny Owl in the distance; we also heard the call of a Night Heron as it flew off to hunt at night.

Honestly, there's nothing better than going to bed with the window open, listening to the Nightjar's call in the background: it's undoubtedly the best way to unwind.

Day 6

Saturday 27th June

Vegas del Toro – Sotres

Finally, the intense heat subsided, and we made our way into the fantastic Vegas del Toro, also known as Vegas de Sotres, where the summer pastures of the Sotres cattle ranchers are located. We were able to enjoy incredible

views of the ancient glacial valley between the eastern and central massifs of the Picos de Europa. The sheer verticality of the immense limestone peaks of the Picos de Europa was overwhelming to us, but not to the hardy Cantabrian Chamois (a subspecies of Pyrenean Chamois) we saw grazing up near the caves. Elegant Northern Wheatears kept flitting past us, and we were able to observe the differences between the male and female plumages.

We got to experience firsthand numerous Lizard Orchids with their distinctive scent, but unfortunately we weren't able to find the most sought-after bird, Common Rock Thrush, whose population is, sadly, in continuous decline. At a nearby pond, we spotted Palmate Newts in the crystal-clear water. As threatening storm clouds rolled in, we continued a little further down the trail to stop and enjoy an incredible spot with vertical cliffs, where we could admire numerous butterflies, such as Turquoise Blue and White Admiral, before getting excited about the presence of Braun-blanquet's Snapdragon, which Lauren was thrilled to identify. We were equally delighted to see some beautiful specimens of Pyramidal Orchid by the side of the road.

We enjoyed a pleasant snack while gazing at the impressive limestone formations before heading to a cozy café in the charming village of Sotres. We drove a little further up the road to the viewpoint overlooking Jitu Escarandi, before returning to the hotel.

Day 7

Monday 28th June

Arenas de Cabrales – Poo de Cabrales

Today we finally had a day with weather typical of this region of the Asturian mountains: cloudy and cool. We walked from the hotel to the nearby village of Arenas de Cabrales, and set out along the old trail that leads to nearby Poo de Cabrales.

Along the way, Pablo continued searching for Red-backed Shrikes, and, after searching in the right habitat, we found one: the whole group was able to observe its black mask and elegant silhouette. Focus and persistence are extremely important in birdwatching.

We spotted the Beautiful Damselfly near the Casaños River, where we also learned more about the macroinvertebrates living in its waters. These are the same waters where the Dipper lives, and we found one diving into the crystal-clear waters. The river was also home to the elegant Grey Wagtail, which we were able to enjoy later on, near the church.

We arrived at the traditional village of Poo, where the passage of time is palpable in its ancient streets, and is particularly evident in its historic *hórreo*, a granary used to store grain, as a local resident told us.

Before our pleasant midday coffee break, we visited a traditional cheese factory, Los Puertos, which produces the world-renowned Cabrales cheese: it has won numerous awards. We tasted several varieties, bought some to take home, and enjoyed some for lunch!

We began our return trip to Arenas, making a stop when we heard an Iberian Green Woodpecker, another of the peninsula's endemic birds. The whole group managed to get a pretty good look at it before we continued to the village, where we strolled through the streets and enjoyed some ice cream. We then headed back to the hotel,

arriving just before the rain which is so typical of these mountains and which, until that moment, we hadn't experienced.

Day 8

Tuesday 29th June

Arenas de Cabrales – Bilbao airport

After an early breakfast, we set out from Arenas de Cabrales, walked along the banks of the Cares River to Panes, and then moved on to Unquera, where we stopped to once again enjoy the delicious traditional *corbatas*.

From there, all that remained was to continue to the Bilbao airport, where the clients, from Canada, the United States and the United Kingdom would say goodbye to their guides from Spain and England, after eight exciting days in Spain's Picos de Europa mountains. We had observed a total of seventy-six bird species, twenty-eight butterflies and nearly three hundred plant species.

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Species lists

Birds

Common name	Scientific name	June 2026						
		22	23	24	25	26	27	28
Mallard	<i>Anas platyrhynchos</i>	✓				✓		
Alpine Swift	<i>Tachymarptis melba</i>			✓				
Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓
Common Cuckoo	<i>Cuculus canorus</i>					✓		
Rock Dove	<i>Columba livia</i>			✓			✓	✓
Common Wood Pigeon	<i>Columba palumbus</i>			✓	✓	✓		✓
Eurasian Collared Dove	<i>Streptopelia decaocto</i>							✓
Eurasian Coot	<i>Fulica atra</i>					✓		
Little Grebe	<i>Tachybaptus ruficollis</i>					✓		
Yellow-legged Gull	<i>Larus michahellis</i>	✓						
Western Cattle Egret	<i>Ardea ibis</i>	✓						
Bearded Vulture	<i>Gypaetus barbatus</i>		✓			✓		
Egyptian Vulture	<i>Neophron percnopterus</i>		✓	✓				✓
European Honey Buzzard	<i>Pernis apivorus</i>							
Griffon Vulture	<i>Gyps fulvus</i>		✓	✓	✓	✓	✓	✓
Golden Eagle	<i>Aquila chrysaetos</i>					✓		
Black Kite	<i>Milvus migrans</i>	✓			✓		✓	✓
Common Buzzard	<i>Buteo buteo</i>		✓	✓	✓	✓	✓	✓
Tawny Owl	<i>Strix aluco</i>						✓	
Middle Spotted Woodpecker	<i>Dendrocoptes medius</i>			✓				
Great Spotted Woodpecker	<i>Dendrocopos major</i>			✓	✓			
Iberian Green Woodpecker	<i>Picus sharpei</i>							✓
Common Kestrel	<i>Falco tinnunculus</i>			✓		✓		
Peregrine Falcon	<i>Falco peregrinus</i>			✓				
Red-backed Shrike	<i>Lanius collurio</i>							✓
Eurasian Jay	<i>Garrulus glandarius</i>					✓		
Eurasian Magpie	<i>Pica pica</i>					✓		✓
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>		✓			✓	✓	
Alpine Chough	<i>Pyrrhocorax graculus</i>		✓				✓	
Carrion Crow	<i>Corvus corone</i>				✓	✓	✓	✓
Northern Raven	<i>Corvus corax</i>				✓	✓	✓	✓
Coal Tit	<i>Parus ater</i>				✓			
Marsh Tit	<i>Poecile palustris</i>			✓	✓			
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>				✓	✓	✓	✓
Great Tit	<i>Parus major</i>				✓			✓
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>	✓	✓	✓	✓	✓	✓	✓
Barn Swallow	<i>Hirundo rustica</i>			✓	✓			✓
Western House Martin	<i>Delichon urbicum</i>		✓	✓	✓	✓	✓	✓
Long-tailed Tit	<i>Aegithalos caudatus</i>			✓	✓			
Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>			✓				
Common Chiffchaff	<i>Phylloscopus collybita</i>							✓
Zitting Cisticola	<i>Cisticola juncidis</i>							✓
Eurasian Blackcap	<i>Sylvia atricapilla</i>			✓	✓	✓	✓	✓
Sardinian Warbler	<i>Currucula melanocephala</i>					✓		
Common Firecrest	<i>Regulus ignicapilla</i>			✓				✓

		June 2026						
Common name	Scientific name	22	23	24	25	26	27	28
Eurasian Wren	<i>Troglodytes troglodytes</i>			✓	✓	✓	✓	✓
Eurasian Nuthatch	<i>Sitta europaea</i>		✓	✓	✓			✓
Short-toed Treecreeper	<i>Certhia brachydactyla</i>				✓			
Spotless Starling	<i>Sturnus unicolor</i>			✓	✓			
Song Thrush	<i>Turdus philomelos</i>			✓	✓			✓
Common Blackbird	<i>Turdus merula</i>			✓	✓	✓	✓	✓
Spotted Flycatcher	<i>Muscicapa striata</i>			✓				
Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓	✓		✓	✓
Common Redstart	<i>Phoenicurus phoenicurus</i>				✓			
Blue Rock Thrush	<i>Monticola solitarius</i>			✓				
European Stonechat	<i>Saxicola rubicola</i>				✓	✓	✓	✓
Northern Wheatear	<i>Oenanthe oenanthe</i>		✓				✓	
White-throated Dipper	<i>Cinclus cinclus</i>		✓					✓
White-winged Snowfinch	<i>Montifringilla nivalis</i>		✓					
House Sparrow	<i>Passer domesticus</i>		✓	✓	✓	✓	✓	✓
Alpine Accentor	<i>Prunella collaris</i>		✓					
Duncock	<i>Prunella modularis</i>						✓	
Grey Wagtail	<i>Motacilla cinerea</i>						✓	✓
White Wagtail	<i>Motacilla alba</i>			✓	✓	✓	✓	✓
Tree Pipit	<i>Anthus trivialis</i>				✓			✓
Water Pipit	<i>Anthus spinoletta</i>		✓				✓	
Eurasian Chaffinch	<i>Fringilla coelebs</i>			✓	✓	✓		✓
European Greenfinch	<i>Chloris chloris</i>				✓			✓
Common Linnet	<i>Linaria cannabina</i>		✓	✓	✓	✓	✓	
European Goldfinch	<i>Carduelis carduelis</i>			✓	✓		✓	✓
European Serin	<i>Serinus serinus</i>			✓	✓	✓		✓
Yellowhammer	<i>Emberiza citrinella</i>					✓		✓
Rock Bunting	<i>Emberiza cia</i>			✓				
Cirl Bunting	<i>Emberiza cirlus</i>						✓	

Mammals

		June 2026						
Common name	Scientific name	22	23	24	25	26	27	28
Pyrenean Chamois	<i>Rupicapra pyrenaica</i>						✓	

Amphibians & reptiles

		June 2026						
Common name	Scientific name	22	23	24	25	26	27	28
Palmate Newt	<i>Lissotriton helveticus</i>						✓	
Common Toad	<i>Bufo bufo</i>						✓	
Common Wall Lizard	<i>Podarcis muralis</i>		✓			✓		
'Iberian Wall Lizard'	<i>Podarcis hispanicus</i> agg.				✓			
West Iberian Rock Lizard	<i>Iberolacerta monticola</i>		✓					

Butterflies

Common name	Scientific name	June 2026						
		22	23	24	25	26	27	28
Iberian Swallowtail	<i>Iphiclides feisthamelii</i>				✓			
Common Swallowtail	<i>Papilio machaon</i>				✓			
Large Skipper	<i>Ochlodes sylvanus</i>			✓			✓	
Small Skipper	<i>Thymelicus sylvestris</i>			✓			✓	
Marbled Skipper	<i>Carcharodus lavatherae</i>						✓	
Wood White	<i>Leptidea sinapis</i>							✓
Common Brimstone	<i>Gonepteryx rhamni</i>			✓	✓		✓	
Cleopatra	<i>Gonepteryx cleopatra</i>				✓			
Clouded Yellow	<i>Colias croceus</i>		2	✓	✓		✓	
Small White	<i>Pieris rapae</i>			✓				
Common Orange-tip	<i>Anthocharis cardamines</i>			✓				
Mazarine Blue	<i>Cyaniris semiargus</i>						✓	
Common Blue	<i>Polyommatus icarus</i>			✓		✓		
White Admiral	<i>Limenitis camilla</i>						✓	
Silver-washed Fritillary	<i>Argynnis paphia</i>			✓				
High Brown Fritillary	<i>Fabriciana adippe</i>				✓			
Painted Lady	<i>Vanessa cardui</i>		2	✓	✓			
Red Admiral	<i>Vanessa atalanta</i>						✓	
Small Tortoiseshell	<i>Aglais urticae</i>		2					
Comma	<i>Polygonia c-album</i>			✓				
Provençal Fritillary	<i>Melitaea deione</i>						✓	
Small Heath	<i>Coenonympha pamphilus</i>						✓	
Pearly Heath	<i>Coenonympha arcania</i>						✓	
Large Wall Brown	<i>Lasiommata maera</i>						✓	
Iberian Marbled White	<i>Melanargia lachesis</i>						✓	
Common Marbled White	<i>Melanargia galathea</i>		2	✓	✓		✓	
Meadow Brown	<i>Maniola jurtina</i>			✓				
Piedmont Ringlet	<i>Erebia meolans</i>		2					

Moths

Common name	Scientific name	June 2026						
		22	23	24	25	26	27	28
Six-spot Burnet	<i>Zygaena filipendulae</i>			✓				
Hummingbird Hawk-moth	<i>Macroglossum stellatarum</i>		2		4			

Damselflies & dragonflies

Common name	Scientific name	June 2026						
		22	23	24	25	26	27	28
Beautiful Demoiselle	<i>Calopteryx virgo</i>		2			✓		
Southern Skimmer	<i>Orthetrum brunneum</i>			4				

Plants

Scientific name	Common name	Day
Equisetaceae	Horsetail Family	
<i>Equisetum fluviatile</i>	Water Horsetail	3
<i>Equisetum telmateia</i>	Great Horsetail	7
Aspleniaceae	Spleenwort Family	
<i>Asplenium adiantum-nigrum</i>	Black Spleenwort	7
<i>Asplenium ruta-muraria</i>	Wall-rue	5
<i>Asplenium ceterach</i>	Rustyback Fern	5
<i>Asplenium scolopendrium</i>	Common Hart's-tongue	5
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i>	Common Polypody	3
Orchidaceae	Orchid Family	
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	6
<i>Anacamptis pyramidalis</i>	Pyramidal Orchid	6
<i>Himantoglossum hircinum</i>	Lizard Orchid	6
Asphodelaceae	Asphodel Family	
<i>Asphodelus albus</i>	White Asphodel	4
<i>Leopoldia comosa</i>	Tassel Hyacinth	
Papaveraceae	Poppy Family	
<i>Papaver rhoeas</i>	Common Poppy	2
<i>Chelidonium majus</i>	Greater Celandine	7
Ranunculaceae	Buttercup Family	
<i>Aquilegia pyrenaica</i>	Pyrenean Columbine	6
<i>Helleborus viridis</i>	Green Hellebore	3
<i>Hepatica nobilis</i>	Liverleaf	3
<i>Anemonoides nemorosa</i>	European Wood Anemone	4
Crassulaceae	Stonecrop Family	
<i>Sedum acre</i>	Biting Stonecrop	6
<i>Sedum album</i>	White Stonecrop	3
Fabaceae	Pea Family	
<i>Cytisus scoparius</i>	Common Broom	3
<i>Genista legionensis</i>	Picos Greenweed	2
<i>Anthyllis vulneraria</i>	Common Kidney-vetch	3
<i>Lotus corniculatus</i>	Common Bird's-foot-trefoil	3
<i>Lotus alpinus</i>	Alpine Bird's-foot-trefoil	4
<i>Vicia cracca</i>	Tufted Vetch	7
<i>Vicia sepium</i>	Bush Vetch	3
<i>Trifolium campestre</i>	Hop Trefoil	3
<i>Trifolium pratense</i>	Red Clover	3
Rosaceae	Rose Family	
<i>Fragaria vesca</i>	Wild Strawberry	3
<i>Sanguisorba minor</i>	Salad Burnet	3
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	2
<i>Alchemilla</i> agg.	a lady's-mantle	3
<i>Rosa canina</i>	Common Dog Rose	7
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	European Beech	4
<i>Castanea sativa</i>	Sweet Chestnut	3

Scientific name	Common name	Day
<i>Quercus suber</i>	Cork Oak	3
<i>Quercus pyrenaica</i>	Pyrenean Oak	3
Betulaceae	Birch Family	
<i>Betula pendula</i>	Silver Birch	3
Oxalidaceae	Wood-sorrel Family	
<i>Oxalis debilis</i>	Large-flowered Pink Sorrel	7
Hypericaceae	St John's-wort Family	
<i>Hypericum androsaemum</i>	Common Tutsan	7
<i>Hypericum perforatum</i>	Perforate St John's-wort	3
Violaceae	Violet Family	
<i>Euphorbia flavicoma</i>	Yellow Spurge	5
Linaceae	Flax Family	
<i>Linum viscosum</i>	Sticky Flax	6
Geraniaceae	Crane's-bill Family	
<i>Geranium sanguineum</i>	Bloody Crane's-bill	3
<i>Geranium robertianum</i>	Common Herb Robert	3
<i>Erodium cicutarium</i>	Common Stork's-bill	7
Malvaceae	Mallow Family	
<i>Malva moschata</i>	Musk Mallow	3
<i>Malva sylvestris</i>	Common Mallow	3
Thymelaeaceae	Daphne Family	
<i>Daphne laureola</i>	Spurge-laurel	5
Cistaceae	Rock-rose Family	
<i>Helianthemum nummularium</i>	Common Rock-rose	5
Brassicaceae	Cabbage Family	
<i>Sisymbrium austriacum</i>	Austrian Rocket	2
<i>Cardamine pratensis</i>	Cuckooflower	3
Polygonaceae	Knotgrass Family	
<i>Rumex acetosella</i>	Sheep's Sorrel	4
<i>Rumex scutatus</i>	French Sorrel	6
Caryophyllaceae	Campion Family	
<i>Arenaria purpurascens</i>	Pink Sandwort	2
<i>Rabelera holostea</i>	Greater Stitchwort	3
<i>Stellaria graminea</i>	Lesser Stitchwort	3
<i>Dianthus armeria</i>	Deptford Pink	3
<i>Dianthus hyssopifolius</i>	Fringed Pink	3
<i>Silene flos-cuculi</i>	Ragged Robin	3
<i>Silene vulgaris</i>	Bladder Campion	3
Primulaceae	Primrose Family	
<i>Primula veris</i>	Common Cowslip	4
<i>Lysimachia arvensis</i>	Scarlet Pimpernel	4
Ericaceae	Heath Family	
<i>Erica cinerea</i>	Bell Heather	3
<i>Daboecia cantabrica</i>	St Daboec's Heath	3
<i>Arbutus unedo</i>	Mediterranean Strawberry Tree	3
<i>Vaccinium myrtillus</i>	Common Bilberry	3
Rubiaceae	Bedstraw Family	
<i>Galium odoratum</i>	Sweet Woodruff	3
<i>Galium aparine</i>	Common Cleavers	3

Scientific name	Common name	Day
<i>Rubia peregrina</i>	Common Madder	3
Gentianaceae	Gentian Family	
<i>Blackstonia perfoliata</i>	Yellow-wort	5
<i>Centaureum erythraea</i>	Common Centaury	3
Boraginaceae	Borage Family	
<i>Echium vulgare</i>	Common Viper's-bugloss	3
<i>Myosotis alpestris</i>	Alpine Forget-me-not	2
<i>Myosotis scorpioides</i>	Water Forget-me-not	3
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	3
Plantaginaceae	Plantain Family	
<i>Anarrhinum bellidifolium</i>	Daisy-leaved Toadflax	3
<i>Antirrhinum braun-blanquetii</i>	Braun-blanquet's Snapdragon	6
<i>Linaria alpina</i>	Alpine Toadflax	2
<i>Linaria supina</i>	Pyrenean Toadflax	6
<i>Plantago lanceolata</i>	Ribwort Plantain	3
<i>Plantago major</i>	Greater Plantain	3
<i>Veronica arvensis</i>	Wall Speedwell	3
<i>Digitalis purpurea</i>	Common Foxglove	3
<i>Digitalis parviflora</i>	Small Brown Foxglove	3
<i>Globularia nudicaulis</i>	Leafless-stemmed Globularia	5
Scrophulariaceae	Figwort Family	
<i>Verbascum pulverulentum</i>	Hoary Mullein	4
Lentibulariaceae	Butterwort Family	
<i>Pinguicula grandiflora</i>	Large-flowered Butterwort	3
Lamiaceae	Dead-nettle Family	
<i>Prunella grandiflora</i>	Large-flowered Selfheal	3
<i>Thymus praecox</i>	Wild Thyme	3
<i>Clinopodium vulgare</i>	Wild Basil	6
<i>Teucrium pyrenaicum</i>	Pyrenean Germander	3
<i>Melittis melissophyllum</i>	Bastard Balm	3
<i>Betonica officinalis</i>	Common Betony	4
<i>Stachys sylvatica</i>	Hedge Woundwort	3
Orobanchaceae	Broomrape Family	
<i>Melampyrum pratense</i>	Common Cow-wheat	3
Aquifoliaceae	Holly Family	
<i>Ilex aquifolium</i>	European Holly	3
Campanulaceae	Bellflower Family	
<i>Campanula persicifolia</i>	Peach-leaved Bellflower	3
<i>Campanula glomerata</i>	Clustered Bellflower	3
<i>Campanula rapunculoides</i>	Creeping Bellflower	3
<i>Campanula rotundifolia</i>	Common Harebell	5
Asteraceae	Daisy Family	
<i>Centaurea nigra</i>	Common Knapweed	3
<i>Carthamus carduncellus</i>	Mountain Safflower	3
<i>Silybum marianum</i>	Milk Thistle	4
<i>Lactuca serriola</i>	Prickly Lettuce	7
<i>Taraxacum agg.</i>	Dandelion	3
<i>Andryala integrifolia</i>	Common Andryala	4

Scientific name	Common name	Day
<i>Cichorium intybus</i>	Common Chicory	2
<i>Filago germanica</i>	Common Cudweed	
<i>Bellis perennis</i>	Common Daisy	4
<i>Matricaria discoidea</i>	Pineappleweed	4
Caprifoliaceae	Honeysuckle Family	
<i>Succisa pratensis</i>	Devil's-bit Scabious	3
<i>Dipsacus fullonum</i>	Common Teasel	3
<i>Valeriana angustifolia</i>	Narrow-leaved Red Valerian	6
Apiaceae	Umbellifer Family	
<i>Eryngium bourgatii</i>	Pyrenean Eryngo	3
<i>Astrantia major</i>	Greater Masterwort	3
<i>Heracleum sphondylium</i>	Common Hogweed	3
<i>Foeniculum vulgare</i>	Common Fennel	5