

# Iceland in Autumn –Glaciers, Icebergs & Waterfalls

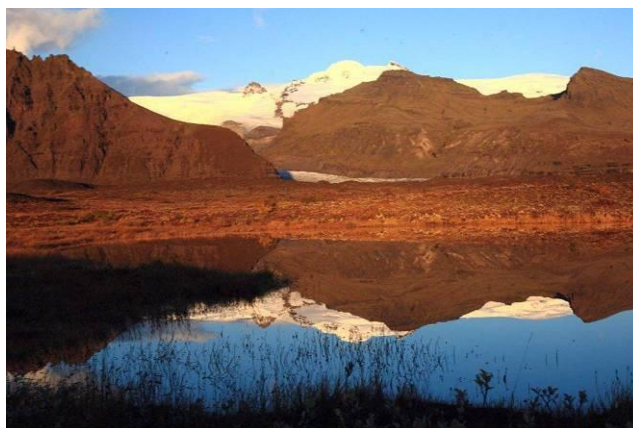
Naturetrek Tour Report

16 - 22 September 2012

---



Northern Lights



Skaftafell National Park



White-beaked Dolphins & Fulmar



2012 Naturetrek Group Photo

Report and images compiled by Malcolm Stott

---



Naturetrek Cheriton Mill Cheriton Alresford Hampshire SO24 0NG England

T: +44 (0)1962 733051

F: +44 (0)1962 736426

E: [info@naturetrek.co.uk](mailto:info@naturetrek.co.uk)

W: [www.naturetrek.co.uk](http://www.naturetrek.co.uk)

Tour leader:	Malcolm Stott	Naturetrek
Participants:	Tony Piper Susan Piper Chris Rodger John Kemp Catherine Kemp Ian Barrowman Nik Ginn Mike Hill Rosemary Hill Bruce Campbell Tony Warrilow Marilyn Warrilow Andrew Ashworth Anne Ashworth	

## Day 1

Sunday 16th September

Heathrow – Keflavik (84km)

Weather details: Sunny 3°C

The group convened at Heathrow for an early afternoon flight north to Iceland. Those fortunate enough to have a seat on the right hand-side of the plane had some spectacular views of the south-east coast of Iceland and the Westmann Islands as we descended on our approach to Keflavik airport. Malcolm organised the bus, and we were soon driving along the barren Reykjanes Peninsula with its distant views of the cosmopolitan capital, Reykjavik. Turning off the main 'A' road we followed the geothermal water pipe towards the distant steam vents on Hengill volcano. Before descending into the rift valley we had a brief stop to admire the view and fill our lungs with fresh 'Icelandic Air' before arriving at the hotel. Once settled into our cosy rooms and after a delicious meal of locally caught Arctic Char, Malcolm held a photo-surgery explaining best practices to optimise any chance of taking good aurora images.

By 10:00pm some of the group decided to retire, only to be disturbed 20 minutes later when the ethereal light-show started! We gathered outside the hotel, Malcolm took a test shot with the camera and it came back green, the sky was full of aurora light and a show was about to begin! The aurora started to form tornado-esque spirals and shapes that resembled a flickering flame, and fast gained colour and intensity. We were spell-bound as the vivid green wands swirled slowly in the darkness, flickering amongst the constellations. We stood almost breathless, totally absorbed for over an hour until suddenly, as though somebody had cruelly flicked the light switch, the aurora vanished; gone, like it had never been there at all. That night we all slept contentedly with wonderful memories of an exceptional start to our stay in Iceland.

## Day 2

Monday 17th September

Golden Circle (240km)

Weather details; Light overnight snow, overcast with sunny periods late afternoon temp 8°C

A White-tailed Eagle flew over bus and perched close-by, staying long enough to allow tripods and telescopes to be retrieved from the boot, providing some good views of this majestic bird. And below us, the sound that epitomises wilderness, a couple of Great-northern Divers were very vocal as they swam close to the edge of the lake. Not a bad start for since we were only 15 minutes from the hotel!

We joined the multitudes of tourists at the Interpretive Centre at Þingvellir, trying to comprehend the enormity of the geological fault that stretched-out below towards the Eurasian Tectonic Plate. A walk down the fissure to the 'Alþing' followed, and some were rewarded with the sight of a Merlin and later 3 Harlequin Ducks were seen on the river. After coffee we headed over expansive, colourful heaths to visit Geysir and Gullfoss, stopping briefly at Laugarvatn to buy provisions for lunch. It was 1pm by the time we arrived at Geysir, so Malcolm stopped at a nearby picnic site and prepared a very enjoyable all fresco lunch. The Gullfoss, the 'Golden Waterfall' was next on our agenda of Iceland's most celebrated landscapes.. It was an awesome sight, the sheer scale was unbelievable. Many photographs later, we eventually returned to Geysir and strolled through this unique site where Strokkur frequently erupted in a cloud of hot vaporous steam. We took advantage of the visitor facilities and enjoyed coffee before leaving.

Time to relax and enjoy the scenery unfold as we travelled through agricultural land towards Selfoss. We had a little time to spare before dinner at the Thai restaurant, so we visited the estuary at Olfusá where we enjoyed a pleasant stroll along the black lava sands. Oyster-plants were plentiful in the dunes and a Glaucous Gull was seen among Lesser Black-backed Gulls at the waters-edge and several Atlantic Grey Seals were seen swimming in the mouth of the estuary.

After a delightful meal we travelled back to the hotel by means of a moorland track, with no light pollution, in our quest for more auroras. The dark velvet night-sky was star-studded by the time we reached the hotel, so Malcolm suggested driving back up the mountain road, above the hotel as an alternative to view the northern lights should they manifest tonight. From the lay by, the sky above was draped in a translucent veil through which shooting stars chased each other. We watched as patches of whispery clouds drifted by, allowing the celestial lights to shine in sweeping bands that swelled and stretch across the night sky. It was turned 11:30pm by the time we eventually arrived back at the hotel; tired, but blissful after a great day.

## Day 3

Tuesday 18th September

Drive to Skaftafell (310km)

Weather details; Very sunny with temp 11°C

After breakfast we loaded the bus prior to leaving Hengill for the long drive to Skaftafell, but first we search the River Sog for any Barrow's Goldeneye mixed amongst the rafts of Tufted Duck and Scaup, and what we didn't expect to see was a Woodcock, an extremely rare bird in Iceland!

Although we failed to find any Goldeneye, our spirits were lifted a short while later with the sighting of a male Gyr Falcon as it flew low, overhead and two Goldcrests were heard during the brief walk through a riverside woodland. After a brief coffee stop in Selfoss while Malcolm visited the supermarket, we were soon heading southeast, pausing momentarily to photograph three of the most active volcanoes in recent history, Hekla, Eyjafallajökull and Katla before arriving at Seljalandsfoss. It was 1pm by the time we reached Skógafoss, an idyllic picnic site. The waterfall was very photogenic, complete with a beautiful rainbow.

After lunch we continued our journey through fertile farmland before arriving at Vik, the most southerly point of Iceland. A quick coffee stop and a brief walk to the beach and we were back on the bus travelling through ancient lava fields, evidence of the cataclysmic eruption in 1871, when toxic ash cloud killed so many people, not only in Iceland but through much of northern Europe. We eventually arrived at the Skaftafell hotel by 6pm and having put our luggage in our rooms we headed straight for the dining room and supper. After a splendid meal of lamb we retired upstairs to wait for the northern lights and catch-up with the birdlog; this was day 3 and so far our action packed schedule hadn't permitted doing an evening's species log!! By 10pm evidence of auroras magic faintly washed through the night sky. The display this evening was rather weak and lasted for less than an hour.

## Day 4

Wednesday 19th September

Jökulsárlón & Skaftafell National Park (140km)

Weather details; Very sunny, temp 12°C

The sun shone brightly this morning as we left the hotel to visit Jökulsárlón, normally a journey that would take 45mins, today it took 2.75hrs as we made the most of the glorious autumnal weather to capture images along the way. We stopped by the little turf-covered church at Hoff to search for one of Iceland's rarest breeding birds, the humble House Sparrow!

Once at the ice-lagoon we were soon aboard the amphibious-craft cruising amongst some spectacular ice-sculptures, learning all about ice, and quickly filling our memory cards with some awesome images! After a welcome coffee, we followed the ice-blocks to their eternal destiny and photographed those that had stranded on the black lava sands. We called at Fallsárlón briefly for a closer view of the glacier, the silence only punctuated by the pistol-cracks of new icebergs calving off the ice-sheet. Kíávjökull provided a spectacular back-drop for lunch today.

We spent the afternoon at the Skaftafell National Park where we walked up to the impressive basalt columns falls of Svartifoss; the inspiration for the design of the new church in Reykjavik. While we strolled through the scrublands, absorbing its wonderful atmosphere, Malcolm relocated the bus back down to the Information Centre. In the centre we watched a video taken of the devastating events during the 1996 glacial eruption. Before returning to the hotel we made a brief visit to Svinafell, the impressive glacial tongue behind the hotel.

This evening's super was brought to a premature end when a waiter announced that the northern lights were showing. The table quickly emptied, abandoned like the Marie Celeste. By the time we had collected our warm cloths and cameras and made it outside, the northern lights were in full-swing.

The sky was full of aurora activity, dancing in giant curtains as though caressing the mountains. The columns of bright lights soared high then all was calm as if she was teasing us. Although there was a sense of an indescribable energy brewing in the sky above, we retired back to the dining room to finished supper with an expectation that the aurora hadn't finished just yet. Back outside in the cold night air we didn't have long to wait before columns of bright lights soared high, one could almost sense an incredible energy building overhead. In a flash the sky erupted in a blaze of gentle greens and the softest blues. Dancing, cascading as if to embrace the mountains, rippling curtains with pink fringes consumed the entire sky. Our senses and emotions were running high at the sheer beauty of what was unfolding. Time seem to slow, almost stop as we craned our necks and stared above to savour the moment. A sense of unbridled joy rushed through our bodies it was an emotional moment that seemed to touch our very souls. In a moment of silence, unable to speak or even blink, no one even thought of taking a photograph. Wow, this was something very special, an experience few people ever witness and it felt as if the performance was for our benefit only!

Back in the warmth, we slept contentedly in our beds with the knowledge it doesn't get much better than this!

## Day 5

Thursday 20th September

Reykjanes & 'Northern Lights Inn' (371km)

Weather details; Warm & sunny, temp 12°C

A buzz of excitement lingered over the breakfast table this morning, the conversation was of celestial events last night. However, the reality was we must pack and leave this beautiful corner of Iceland this morning, so after breakfast we loaded the bus and started our return journey west. It was another gloriously sunny day and colours in the landscape were simply stunning, a canvass of grey rhacamytrum heaths, painted with the fiery reds of vaccinium and the burnished yellows of salix that contrasted with the black jagged mountain peaks and glistening white glaciers. Flocks of Barnacle and Pink-footed Geese soaring through the clear, blue skies and herds of Whooper Swans (that had gained weight, prior to their migration, by gorging on the myriad of berries) gave the scene a sense of animation – Wow!

Again we broke our return journey at Vik and Skógafoss before arriving at the market town of Hveragerði where Malcolm introduced us to the delights of liquorice ice-cream! From here we took the new coastal road to Grindavik and the Northern Lights Inn. After a full-day travelling most welcomed an early night and with only a brief encounter of the northern lights we retired.

## Day 6

Friday 21st September

Pelagic & Reykjavik (147km)

Weather details: Overcast, wet and windy. Temp 9°C

We departed the hotel at the usual hour bound for the vibrant capital, which incidentally is fast disappearing into the greatest forest in Iceland!! After a brief city tour we had 2 hrs for a little retail therapy before gathering at the old harbour where Malcolm had lunch prepared before board the boat, at least we thought we were boarding the boat.

As it turned out the sea was unusually choppy and no whales had been seen on the mornings sailing, so the whale-watching company in all their wisdom decided to relocate the boat to Hafnafjörður. Once on board we sailed east in the lee of the Reykjanes Peninsula and it wasn't until just passed Keflavik that we encountered our first oceanic mammals, a pod of not-so friendly White-beaked Dolphins. A little later a second pod of 5 or 6 White-beaked Dolphins were more playful, approaching the ship and giving some wonderful views. As the ship started to head back to Reykjavik two Minke Whales were seen. A third contact with more dolphins and the ship's engines roared into activity as we returned to Reykjavik Harbour. During the cruise we saw many Gannets diving and two Manx Shearwaters plus a diver, possibly Red-throated, along with both Glaucous and Iceland Gulls. The new 'glass' Opera House, Harpa looked spectacular as we entered the old harbour back in Reykjavik before disembarking.

Once back on the bus we wasted little time in getting back to the Northern Lights Inn, collecting our swimming costumes and towels (that would be the yellow ones in the cupboard and not the white towels in the shower!) before experiencing the delights of the Blue Lagoon.

After a late-ish dinner, and skipping the bird log (again), we collected our camera equipment and headed off out to find clear, dark skies – a last opportunity to see the Northern Lights on the tour. Sadly it was not to be, as low cloud and drizzle prevailed. We couldn't complain with aurora activity on 5 of the 6 nights spent in this amazing country. With departure looming the next day almost everyone decided to retire for the night and start packing.

## Day 7

Saturday 22nd September

Grindavik & return flight UK (26 km)

Weather details; Bright with sunny periods and temp 8°C

Luggage packed, bills paid and bird log was completed before we set off to explore the Reykjanes Peninsula this morning. We visited the surreal landscape of bubbling mud pots and steaming fumaroles at Gunnuhver before continuing past the lighthouse down to Skalafell. Here we paid homage to the Great Auk, its image immortalised in bronze, poignantly facing out towards Eldey, the island of its extinction in 1897. Wild Atlantic rollers energetically pounding the black lava rocks creating some spectacular coastal scenery and huge rafts of male Eiders were gathered, in various stages of eclipse plumage, whilst further-out Gannets constantly flew-by. Before heading to the airport we visited the site where the Mid-Atlantic Ridge makes its first visual presence known in Iceland. We walked across the small bridge that links two of the world's greatest tectonic plates.

Sadly, all too soon, it was time to return to Keflavik and the International Airport for our flight back to the UK with many happy memories of glorious weather, some amazing scenery and the magic of northern lights (and we also managed to see a bit of Iceland's natural history along the way!), we bid farewell to Malcolm before disappearing to the departures lounge.

I hope you now share a little of my enthusiasm for this amazing land and that one day you may return to experience more of what Iceland has to offer....

## Aurora Borealis

There are many charming myths and folk-lore legends surrounding the Northern Lights phenomenon, many claiming them to be Spirits of ancestors or messages from the heavens. The scientific explanation, as is so often the case, is far less mysterious and enchanting but enlightening and interesting nonetheless. The aurora borealis are named after the Latin phrase meaning ‘northern dawn’ and are caused by solar winds interacting with the Earth’s ionosphere.

Most of the winds, consisting of charged solar particles sent Earthwards by solar flares or explosions simply pass the Earth by and disappear into space, but some do enter the atmosphere at its weaker polar-points colliding with atoms and molecules which absorb the particles energy. In order to return to their ‘normal’ state these atoms and molecules emit photons, or light particles, giving us the phenomenon of the Northern Lights.

The aurora is best seen in between now and March, far away from artificial light, beneath the aurora oval which usually circles the Earth between 60° – 70° of latitude which makes Iceland an ideal location to witness this wondrous phenomenon. The intensity of luminescence is inextricably linked to sun-spot activity that has a natural rhythm. The best time to witness the Northern Lights is, therefore, at the height of the 11 year solar-cycle, which happens to be 2012-13.

## Receive our e-newsletter

Join the Naturetrek e-mailing list and be the first to hear about new tours, additional departures and new dates, tour reports and special offers. Visit [www.naturetrek.co.uk](http://www.naturetrek.co.uk) to sign up.

## Naturetrek Facebook

We are delighted to launch the Naturetrek Facebook page so that participants of Naturetrek tours can remain in touch after the holiday and share photos, comments and future travel plans.

Setting up a personal profile at [www.facebook.com](http://www.facebook.com) is quick, free and easy. The [Naturetrek Facebook page](#) is now live; do please pay us a visit!

## Species List

Birds (✓ = recorded but not counted)

	Common name	Scientific name	September							
			16	17	18	19	20	21	22	
1	Great-northern Diver	<i>Gavia immer</i>		3						
2	Red-throated Diver	<i>Gavia stellata</i>							1	
3	Slavonian Grebe	<i>Podiceps auritus</i>						1		
4	Manx Shearwater	<i>Puffinus puffinus</i>							2	
5	Northern Fulmar	<i>Fulmaris glacialis</i>	✓	✓	✓	✓	✓	✓	✓	✓
6	Northern Gannet	<i>Sula bassana</i>		4					200	24
7	Great Cormorant	<i>Phalacrocorax carbo</i>		12				4	6	10
8	European Shag	<i>Phalacrocorax aristotelis</i>							10	8
9	Grey Heron	<i>Ardea cinerea</i>						1		
10	Whooper Swan	<i>Cygnus Cygnus</i>	✓	✓	✓	✓	✓	✓	✓	✓
11	Barnacle Goose	<i>Branta leucopsis</i>			80	100's	100's			
12	Brent Goose	<i>Branta bernicla</i>		12				1		14
13	Pink-footed Goose	<i>Anser brachyrhynchus</i>			60	✓	✓			
14	Harlequin Duck	<i>Histrionicus histrionicus</i>		3						
15	Eurasian Wigeon	<i>Anas Penelope</i>			8					6
16	Eurasian Teal	<i>Ansa crecca crecca</i>			1					
17	Mallard	<i>Anas platyrhynchos</i>	✓	✓	✓			✓	✓	✓
18	Tufted Duck	<i>Aythya fuligula</i>			100			✓	✓	
19	Eider	<i>Somateria mollissima</i>	✓	✓	✓			✓	✓	✓
20	Goosander	<i>Mergus merganser</i>								
21	Red-breasted Merganser	<i>Mergus serrator</i>		30	50			5	12	
22	Common Guillemot	<i>Uria aalge</i>					1			
23	Willow Ptarmigan	<i>Lagopus lagopus</i>			5					
24	White-tailed Eagle	<i>Haliaeetus albicilla</i>		1ad						
25	Gyr Falcon	<i>Falco</i>			1					
26	Merlin	<i>Falco columbarius</i>			1					
27	Eurasian Golden Plover	<i>Pluvialis apricaria</i>		3	20	✓	✓			120
28	Turnstone	<i>Arenaria interpres</i>							1	
29	Sanderling	<i>Calidris alba</i>								1
30	Dunlin	<i>Calidris alpine</i>								2
31	Whimbrel	<i>Numenius phaeopus</i>		1			1			
32	Common Redshank	<i>Tringa tetanus</i>								3
33	Common Snipe	<i>Gallinago gallinago</i>							1	
34	Woodcock	<i>Scolopax rusticola</i>			1					
35	Great Skua	<i>Stercorarius skua</i>			1					
36	Black-headed Gull	<i>Chroicocephalus ridibundus</i>	✓	✓	✓			✓	✓	✓
37	Common Gull	<i>Larus canus</i>					6		✓	
38	Black-legged Kittiwake	<i>Rissa tridactyla</i>					1		1	
39	Herring Gull	<i>Larus argentatus</i>		✓	✓			✓	✓	
40	Glaucous Gull	<i>Larus hyperboreus</i>		1					6	12
41	Iceland Gull	<i>Larus glaucoides</i>							4	5
42	Greater Black-backed Gull	<i>Larus marinus</i>						1	2	16
43	Lesser Black-backed Gull	<i>Larus fuscus graellsii</i>		3				12	✓	8
44	Feral Pigeon/Rock Dove	<i>Columbia livia</i>			2			10		
45	Meadow Pipit	<i>Anthus pratensis</i>		✓	✓	✓	✓	✓	✓	
46	Redwing	<i>Turdus iliacus</i>	✓	✓	✓	✓	✓	✓	✓	✓
47	Eurasian Blackbird	<i>Turdus merula</i>	1							
48	White Wagtail	<i>Motacilla alba</i>					2	1	1	



	Common name	Scientific name	September						
			16	17	18	19	20	21	22
49	Northern Wheatear	<i>Oenanthe oenathe</i>	1	2	2	1	1		
50	Common Raven	<i>Corvus corax</i>	✓	✓	✓	✓	✓	✓	✓
51	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓		✓	✓	✓
52	House Sparrow	<i>Passer domesticus</i>				4			
53	Common Redpoll	<i>Carduelis flammea</i>			6	5			

## Mammals

1	Minke Whale	<i>Balaenoptera acutorostrata</i>						2	
2	Common Seal	<i>Phoca vitulina</i>		1					
3	Atlantic Grey Seal	<i>Halichoerus grypus</i>		2		2			
4	White-beaked Dolphin	<i>Lagenorhynchus albirostris</i>						14	

## Vascular plants

- \* Only European distribution found in Iceland  
 RN Species with very restricted distribution in Britain, largely montane  
 N Species that occur very largely in northern Britain or in mountains.

### Clubmosses, horsetails and ferns

- N Fir Clubmoss *Huperzia selago*

### Conifers

- N Juniper *Juniperus communis* ssp *alpina*

### Buttercups

- Meadow Buttercup *Ranunculus acris*  
 Creeping buttercup *R. Repens*

### Birches

- Downy Birch *Betula pubescens*  
 N Dwarf Birch *B. nana*

### Chickweeds,ampions etc

- RN Arctic Sandwort *Arenaria norvegica*  
 Common Chickweed *Stellaria media*  
 RN Sea Campion *Silene uniflora*

### Bistorts, docks etc

- N Alpine Bistort *Persicaria vivipara*  
 Sheep Sorrel *Rumex acetosella*  
 N Mountain Sorrel *Oxyria digyna*  
 RN Iceland Purslane *Koenigia islandica*

### Pink family

- Sea Sandwort *Honckenya peploides*  
 Alpine Mouse-ear *Cerastium alpinum*  
 Bladder Campion *Silene vulgaris*

### Thrifts

- Thrift *Armeria maritime*

### Violets

- Wild Pansy *Viola tricolor*

### Willowherb

- Rosebay Willowherb *Epilobium angustifolium*  
 Alpine Willowherb *E. Anagallidifolium*  
 \* Arctic Riverbeauty *E. latifolium*

### Willows and poplars

- N Dwarf Willow *Salix herbacea*  
 RN Woolley Willow *S. lanata*  
 N Tea-leaved Willow *S. phyllifolia*

**Cresses**

- Arctic Scurvy Grass *Cochlearia groenlandica*  
 N Northern Rockcress *Cardaminopsis petraea*  
 Shepherd's Purse *Capsella bursa-pastoris*  
 N Sea Rocket *Cakile arctica*

**Heathers**

- N Bearberry *Arctostaphylos uva-ursi*  
 Heather *Calluna vulgaris*  
 N Bog Bilberry *Vaccinium uliginosum*  
 Bilberry *V. Myrtillus*  
 N Crowberry *Empetrum heraphroditum/nigrum*

**Stonecrops**

- N Roseroot *Sedum rosea*  
 English Stonecrop *S. anglicum*

**Saxifrage**

- Yellow Mountain Saxifrage *Saxifraga aizoides*  
 RN Purple Saxifrage *S. oppositifolia*

**Parnassus**

Grass of Parnassus *Parnassus palustris*

**Rose family**

- Meadowsweet *Filipendula ulmaria*  
 Stone Bramble *Rubus saxatillis*  
 N Alpine Cinquefoil *Potentilla crantzii*  
 Silverweed *P. anserina*  
 Alpine Lady's-mantle *Alchemilla alpine*  
 Lady's-mantle *A. filicaulis*  
 Mountain Avens *Dryas octopetala*  
 Water Avens *Geum rivale*  
 Rowan *Sorbus aucuparia*

**Pea family**

Nootka Lupin *Lupinus nootkatensis* - introduced as soil nitrogen agent

**Clovers and vetches**

- Kidney Vetch *Athyllis vulneraria*  
 Red Clover *Trifolium pratense*  
 White clover *T. repens* - introduced leys

**Geranium**

- Wood Cranesbill *Geranium sylvaticum* - widespread  
 Herb Robert *G. Robertianum* - common

**Carrot family**

- Cow Parsley *Anthriscus sylvestris* - introduced (potential conservation threat?)  
 Pignut *Conopodium majus*  
 Sweet Cicely *Myrrhis odorata* - frequent around farms; introduced  
 Garden Angelica *Angelica archangelica* - abundant

**Bogbean family**

Bogbean *Menyanthes trifoliata* - widespread in pools

**Sea-Lavender family**

Thrift *Armeria maritima*

**Gentian family**

Autumn Gentian *Gentianella amarella*

**Borage family**

Oyster Plant *Mertensia maritime* - only seen on beach at ölfusá

**Labiata family**

Self-heal *Prunella vulgaris*

**Deadnettle and mint family**

Wild Thyme *Thymus polytrichus* (praecox) - widespread & abundant

**Mare's-tail**

Mare's-tail *Hippuris vulgaris* - widespread

**Plantains**

Sea Plantain *Plantago maritime* - widespread

**Figwort family**

Eyebright *Euphrasia officinalis*

Northern Yellow Rattle *Rhinanthus groelandicus* - common, especially in damp flushes

**Bedstraws**

N Northern Bedstraw *Galium boreale* - widespread

Lady's Bedstraw *G. verum* - widespread

**Valerians**

Common Valerian *Valeriana officinalis* - widespread

**Bellflowers**

Harebell *Campanula rotundifolia* - widespread

**Daisy family**

Yarrow *Achillea millefolium*

Autumn Hawkbit *Leontodon autumnalis* - common (not to be mistaken for Cat's ear  
*Hypochoeris radicata*)

N Dandelion *Taraxacum spectabile* group - several species

Hawkweed *Hieracium* spp. - widespread

**Rush family**

N Three-leaved Rush *Juncus trifidus* - widespread on heaths

Heath Woodrush *Luzula multiflora* - widespread

**Sedge family**

Common Cottongrass *Eriophorum angustifolium* - widespread

Bottle Sedge *C. rostrata* - common

**Grasses**

Arctic Fesuce *Festuca richardsonii* - widespread & abundant

**Lily family**

N Scottish Asphodel *Tofieldia pusilla* - widespread & frequent

Bog Asphodel *Narthecium ossifragum*

**Horsetail family**

Marsh Horsetail *Equisetum palustre*

**Summary**

Species recorded (not necessarily inclusive)	83
Only European distribution	1
Rare in Britain with a northern distribution	5
Northern or montane distribution in Britain	18

**References**

Kristinsson, H (1986) *A Guide to the Flowering Plants and Ferns of Iceland* Mal og menning, Reykjavik.

Stace, C (1991) *New Flora of the British Isles* Cambridge University Press, Cambridge

Tutin, T *et al* (1964-1980) *Flora Europaea*, Cambridge University Press, Cambridge. Wiggington, M J ed (1999)

*British Red Data Book of Vascular Plants 3<sup>rd</sup> edition* JNCC, Peterborough.