The Apennines: Italy's Abruzzo National Park

Naturetrek Tour Report

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Summary

Now on our third excursion to Abruzzo's rugged and beautiful national park, we were still encountering new surprises, locations, and species, and some 25 orchid species. Our tour this time was blessed with generally good conditions: delightfully warm and bright mornings, skies building up a slight thundery note in the afternoon with constant rumbles but not resulting in a downpour. The exception was on the final day when a depression moved in, low clouds wreathed the mountains in grey mist, and the rain came down in sheets for hours on end. Even then, we managed to get out and find new species. As ever, the programme was adjusted to make best use of the weather conditions.

Marco and Geraldine's hospitality at the Albergo Paradiso on the edge of Pescasseroli was as generous as ever, with a delicious selection of dishes to tempt mountain-sharpened appetites, and we found a range of excellent local goods to make up our picnics.

Last year's trip had seen the National Park in very dry condition, with the flora somewhat withered; this year was the reverse, and it was exceptionally lush, and while this wouldn't necessarily offer more plant species, those we did find, and there were many, were in excellent condition. This naturally supported a strong butterfly fauna, and some sites were particularly productive, and with some of us interested in moths, we now have the beginnings of an audit for this district – these are also included in the tables below. As ever, the bird life, though abundant and vocal, needed some extra effort, but we were able to make some notable additions to the list. We had a good range of mammal sightings, though the famous (or infamous!) bears, which have now featured on BBC TV, once again eluded us. Altogether it was an enjoyable and very productive trip, adding much to Naturetrek's understanding and experience of the area.

Day 1

Wednesday 23rd May

LONDON - ROME - PESCASSEROLI

A reasonably timely departure from London, and a comfortable flight had most of us in Rome in good time to meet Alan, Sarah and Julia who were already in Fiumacino airport. We collected the minibus and a car for the group, the former once again being too tall for the covered parking and requiring a hunt through the maze of roof-top car parks. Navigation of Rome's ring road with its jams, hold-ups and weaving scooters was tedious but soon we were speeding away, towards the mountains with their precarious hill top villages and lush beech forests capped by rocky crags.

The slow Rome traffic (with a brief view of Black Kite) was followed by a diversion on the Autostrada at Pescina via the ancient town of Scanno where we saw its venerable old ladies still in 19th century dress; the only place in the area where they retain this tradition. This meant that our arrival at Pescasseroli and Albergo Paradiso was not until early evening. However it did not stop us from spotting the local Marsican subspecies of Red Squirrel chasing along branches in the garden, whilst a fine dinner washed down with the hotel's own wine grown in the foothills soon put us in good form.

Day 2

Thursday 24th May

CAMOSCIARA

Dawn and early morning was absolutely beautiful, luring some of our group to be out before breakfast seeing Serin in large numbers singing from the pine tops, and Common and Black Redstarts in the hotel grounds, with both Tree and Italian Sparrows, plus Cuckoos calling from several locations. Later, Wryneck was seen in the same vicinity.

After breakfast, we drove a few kilometres down the valley beside the River Sangro, to Camosciara, a mixture of meadows, juniper scrub and woodland set in an amphitheatre of mountains. Within minutes Jessica was finding orchids, including Sword-leaved Helleborine (*Cephalanthera longifolium*), Lady Orchid (*Orchis purpurea*), Twayblade (*Neottia ovata*), Woodcock orchid (*Ophrys scolopax*) and Bird's Nest Orchid (*Neottia nidus-avis*), but the most striking perhaps was the rare Lady's Slipper Orchid (*Cyprepedium calceolus*, in Italy called 'shoe of Venus') growing by the stream.

We saw several Red-backed Shrikes posing on bushes in the scrubland, whilst high up amongst the crags was a flock of some 20 chough, suspected to be Alpine (yellow billed) but too distant for confirmation. Further up the stream at the 'Cascade of the Nymphs' we had fine views of Dipper flying past us twice. The butterfly fauna was very encouraging; we soon saw Scarce Swallowtail, Clouded and Berger's Clouded Yellows, Brimstone, and Little, Holly and Adonis Blues.

We headed out in the evening to a vantage point near a landslide N of Pescasseroli in an attempt to find bears – a site that had produced good views in the previous fortnight, but without luck. A compensation was the beauty of the meadow around us; a rich sward with quantities of the stunning Nice Milkwort (*Polygala niceaensis*) in all its colour variations, and a variety of orchids, including Burnt Tipped (*Orchis ustulata*), Toothed (*Orchis tridentata*), and an interesting hybrid between the two.

Day 3 Friday 25th May

VALLE FONDILLO

Another warm and sunny morning, though the day darkened somewhat later, threatening but not really delivering rain, though we had constant rumbles of thunder for about two hours. We started by exploring the meadows in the lower part of the valley, and although these had been quite excavated by boars looking for bulbs and roots, species found included Sand Catchfly (Silene conica), Plantain leaved thrift (Armeria alliacea) and Cypress spurge (Euphorbia myrsinites). Crossing the little river we encountered large numbers of the trumpet gentian Gentiana dinarica, a speciality of Abruzzo, just opening into brilliant blue and protected from livestock by growing under the juniper bushes, together with Shrubby Milkwort (Polygala chamaebuxus) and the leaves of another speciality, the Orange Lily (Lilium bulbiferum croceum) sadly not yet in flower. Once again we saw Red-backed Shrikes, and Buzzards circling above in several locations, but the expected Golden Eagles which nest in the surrounding heights failed to show.

Slithering over a large fallen tree to regain the other side of the stream, we lunched under the shade of a large beech looking over the river. Up in the beach forest numerous Wood Warblers were calling and we heard Firecrests, but they remained well concealed. The range of butterflies was similar to the previous day (the two valleys are adjacent) but with the addition of large numbers of Wood White and Orange-tips.

We had another evening excursion to find bears, this time to Gioia Vecchio with its panoramic view of the valley from behind the old church. The highlight of the evening was very good views of two wolves; this was fascinating because the local cattle, initially relaxed and grazing below us, suddenly galloped together into a tightly knit group protecting the calves, and occasionally charging the two wolves; after a few minutes these seemed to abandon the attack and sloped off into the scrub. We also saw two Roe Deer on the far side of the valley, and shortly after, two Wild Boar, so we returned to the Albergo well satisfied with our mammal 'haul'.

Day 4 Saturday 26th May

CASTEL MANCINO & BARREA

We spent the morning exploring Castel Mancino, the battered castle that hangs over Pescasseroli. It has been partially repaired recently, and the path re-laid, leading us to fear that the habitats might have been scraped clear, but fortunately not so. With warm sunshine, and a gentle breeze it was ideal conditions for making our way up. Notable plants found included Italian Catchfly (*Silene italica*), Man Orchid (*Orchis anthropophorum*), Adriatic Lizard Orchid (*Himantoglossum adriaticum*, more specimens than in other years), and the white Apennine Rockrose (*Helianthemum apenninum*).

We had a number of excellent butterfly sightings, helped by the use of nets for brief identification and release. These included a Sooty Copper, both Common and Scarce Swallowtails, a pristine Black-veined White, Moroccan Orange-tip, Clouded and Berger's Clouded Yellows, Baton Blue, Brown Argus, Queen of Spain Fritillary, Spotted Fritillary, Wall Brown in large numbers (in contrast to Britain's failing populations) and Large Wall Brown. Descending from the castle, and working our way round the rear of the cemetery, we paused to assess the bird life in the pastures just below the forest, and were rewarded with excellent views of Wryneck, Black-eared and Northern Wheatears, Whinchat and Stonechat.

Lunch was enjoyed in Pescasseroli in a friendly little pizza joint off the tree-shaded main square, and the proprietor, recognising Naturetrek from earlier trips, insisted on plying us with free examples of the local liqueurs, which doubtless enhanced the variety of species sighted in the afternoon!

We then headed off to Barrea at the head of Lake Barrea, stopping off along the way to visit the precipitous little village of Opi. Barrea has a small local nature reserve above the town, reached by a steep little path where we heard nightingale singing, although it remained elusive. From there, looking across the canyon, we saw five chough and several Crag Martins, the latter seemingly nesting in the large caves, whilst nearby several Red Deer grazed on steep grassy patches. Here there were more Adriatic Lizard Orchids, with purple Viper's Bugloss (Echium plantagineum), and the pretty Carthusian Pink (Dianthus carthusianorum), while on the cliffs beneath us were fine specimens of the stunning Thick-leaved Saxifrage, Saxifraga callosa. Another notable feature of the path was an enormous infestation of blackthorn bushes with what we suspected was brown-tip moth caterpillar nests, literally millions of them resulting in the bushes completely stripped of greenery.

Day 5

Sunday 27th May

PRATO ROSSO

This was a generally overcast day, but it remained largely dry, until miraculously we had returned to the vehicles, when we had a light shower. Our arrival was slightly held back by a shepherd with an enormous flock, capably managed by two of the massive local dogs which apparently are capable of taking on wolves and winning. As soon as we were walking we encountered superb meadows to the left of the track with a fine stand of the Late Spider Orchid (*Ophrys fuciflora*).

Butterflies were in abundance, perhaps most notable were Camberwell Beauty, Queen of Spain, Pearl-bordered and Heath Fritillaries, Grizzled, Olive, and Dingy Skippers as well as Speckled Yellow, Marbled Carpet, and Mother Shipton moths. We encountered Bonelli's Warblers and lots of Chiffchaff singing along the lane, and Whitethroat in one of the willows.

Continuing up through the gorge with its massive moss covered ancient beech, we encountered various shade-tolerant species including the Heart-leaved Leopardsbane (*Doronicum columnae*), Coralroot (*Cardamine bulbifera*), and Round-leaved Saxifrage (*Saxifraga rotundifolia*). We had lunch out of the breeze, and then continued up on to Prato Rosso itself sloping high above the path, dotted with rock outcrops, low-lying juniper bushes, and a wealth of orchids in the higher scree slopes, including Military (*Orchis militaris*), Few-flowered (*O. pauciflora*), Greenwinged (*O. morio*) and numbers of Man, Toothed and Fragrant (*Gymnademia conopsea*).

As we made our way down the lane from the high refuge hut, the entire party spread out pursuing various interests, and a range of other species were found, but unfortunately this meant that only a couple got to see the golden eagle soaring high over the valley.

Returning to Albergo Paradiso, we found a first communion party Italian-style in full swing, full of little girls in elaborate dresses rushing around between ancient relatives who appeared to have quaffed extremely well. Those of us who lingered in the hall were offered drink and rich creamy cakes!

Day 6

Monday 28th May

VALLE ROSA

This is the highest of our walks, and we had adjusted the programme to ensure we got the best conditions in the highest sections of the route. The planning paid off in this respect, but the latter part of the day, when returning down in the beech forest the heavens opened and we got a real soaking, but at least we had some shelter.

The path leads steeply out of Civitella Alfadena, and soon one encounters panoramic views of Lake Barrea stretched far below. At other stages it leads in to patches of dense beech forest, and here we got good views of both wood and Bonelli's Warblers, so often heard but not seen, as well as the slender Coralroot Orchid (*Corallorhiza trifida*). At length the path breaks out of the forest, and here we were greeted by stunning views of the crags above us, patches of scree and snow.

A new range of plants were carpeting the rocky ground, including Spring Gentian (Gentiana verna) and Alpine Forget-me-not (Myosotis alpestris), Alpine pasque flower (Pulsatilla alpina), Reddish saxifrage (Saxifraga porophylla), Alpine snowbell (Soldanella alpina) and low wind-battered specimens of mountain pine (Pinus mugo). Between these and the scree slopes, some thirty Chamois of the Marsican subspecies grazed, giving us excellent views; indeed a couple of them almost 'posed' near us, prompting a frenzied photo-opportunity! Up at the Passo Cavuto (1942m) we had our picnic and with the benign conditions, enjoyed excellent views of Alpine Accentor, Chough, Water Pipit and many Northern Wheatears, while scree plants included the pretty Rock Jasmine, Androsace villosa.

But the weather was closing in with clouds beginning to sweep over the refuge hut above us, so we hastened down back into the forest before conditions deteriorated, but the botanists were still able to enjoy Alpine squill (*Scilla bifolia*), white *Corydalis cava*, and Drooping Bittercress (*Cardamine enneaphyllos*) among other new species. The heavy rain then came on but it didn't dampen our spirits, especially when, finally returning to the hotel, we had an excellent view of Hoopoe darting in front of the minibus to a nearby garden.

Day 7

Tuesday 29th May

PESCASSEROLI & SCANNO

Heavy rains and strong winds beset the little hotel and its surrounding forests, as only mountains can deliver, with a depression settling in for the day. We therefore cancelled the expedition as planned and remained in the hotel for the morning, with the exception of a trip into the town to get snack foods. The town was awash with water and we were soaked even after this brief venture. However, Geraldine lit the fire in the lounge, cheered everyone with coffee etc, and we made the best of a bad job.

In the afternoon the weather lifted slightly and some of us ventured out, resolving to drive up to the high pass (ca 1500m) that divides the Sangro valley from the neighbouring valley. We hoped that this might give us easy access near the road to some high altitude species, and with a slight clearance in the weather, we were not disappointed, although the slopes above us were now dusted with a fresh fall of snow. A new selection of plants included Arnica (Arnica montana), Daphne oleoides, and hundreds of Elderflowered Orchids, Orchis sambucina, in both the magenta and yellow-flowered forms. Whilst predictably there were few butterflies, we had fine views of

a Hare near the track, and most exciting was an excellent view of a Lanner Falcon sweeping low over the heath and scrub.

We concluded the trip by visiting Scanno, and wandering around the old part of town with its battered old gateways and contorted old stone buildings, before turning around and returning for a final, and excellent dinner in the hotel.

Day 8

Wednesday 30th May

PESCASSEROLI -ROME - LONDON

We were up early to be in good time for check in at Fiumacino, and wary of the delays on the ring road and other stretches. However, there were no problems, except the usual problem of finding the parking for the high minibus in the airport's complex one-way system. However, we succeeded, and before long were through security, and enjoying refreshments. The flight to London was uneventful, and before long we were all on our various ways, with memories of the wild beauty of Abruzzo and its natural history fresh in our minds.

Species Lists

Plants

Scientific name Common name Location seen (main or best site)

PTEROPSIDA FERNS

Adiantaceae Spleenwort family

Asplenium ruta-murariaWall rueCastel MancinoAsplenium trichomanesMaidenhair SpleenwortCastel Mancino

Ceterarch officinarum Rustyback Widespread on rocks

Dryopteridaceae Male Fern family

Dryopteris filix-masMale FernPrato Rosso woodsPolystichum lonchitisHolly FernValle lannanghera woods

Woodsiaceae Lady Fern family

Cystopteris fragilis Brittle Bladder Fern Prato Rosso

PINOPSIDA (Gymnosperms) CONIFERS

Cupressaceae Juniper family

Juniperus communisJuniperWidespreadJuniperus communis alpinaProstrate juniperValle di Rose

Pinaceae Pine family

Pinus mugoMountain PineAlpine meadows Valle di RosePinus nigraBlack Pine (an endemic variety)Camosciara and above Barrea

FLOWERING PLANTS

Seseli montanum

Aceraceae Maple family

Acer campestreField MapleWidespreadAcer monspessulanumMontpellier MapleCamosciaraAcer opalusItalian MapleCamosciara

Acer pseudoplatanus Sycamore Castel Mancino woods

Apiaceae (Umbelliferae) Carrot Family

Angelica sylvestris Wild Angelica Camosciara Conium maculatum Hemlock Camosciara Valle Fondillo Daucus carota Wild Carrot an Eryngo (leaves only) Valle Fondillo Eryngium sp Broad-leaved Sermountain Prato Rosso Laserpitium latifolium **Burnet Saxifrage** Valle Fondillo Pimpinella saxifraga

Sanicula europaea Sanicle Prato Rosso woods

Scandix pectin-veneris Shepherd's Needle

Seseli

Aquifoliaceae Holly Family

Ilex aquifolium Holly Near Civitella Alfedena

Araliaceae Ivy Family

Hedera helix Ivy Castel Mancino woods

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Alpine meadows, Valle di Rose

Location seen (main or best site)

Scientific name Asclepiadaceae

Vincetoxicum hirundinaria

Common name Milkweed family

Castel Mancino Swallow-wort

Asteraceae (Compositae)

Adenostyles glabra Arnica montana Bellis perennis Bellis sylvestris Carduus chrysacanthus

Carduus nutans Carlina acaulis Carlina vulgaris Centaurea montana Cirsium eriophorum

Crepis sp

Doronicum columnae Eupatorium cannabium Hieracium pilosella Leontodon hispidus Leucanthemum vulgare Onopordum acanthium Petasites hybridus Pulicaria dysenterica Scorzonera cana

Betulaceae (Corylaceae)

Carpinus betulus Corylus avellana Ostrya carpinifolia

Solidago virgaurea

Boraginaceae

Cynoglossum magellense Cynoglossum officinale Cynoglottis barrellieri Echium plantagineum Myosotis sylvatica Myosotis alpestris Solenanthus apenninus

Brassicaceae (Cruciferae)

Aethionema saxatile Alliaria petiolata Alyssoides utriculata Arabis alpina Arabis hirsuta Biscutella laevigata Capsella bursa-pastoris Cardamine amara Cardamine bulbifera Cardamine chelidonia Cardamine enneaphyllos Draba aizoides

Erysimum pseudorhaeticum

Daisy family

Adenostyles Leaves only, Valle Fondillo

Slopes of M. Godi, en route to Scanno Arnica

Common Daisy Widespread

Southern daisy Valle Fondillo woods

Apennine Thistle Alpine meadows Valle di Rose

Meadows Pescasseroli Musk Thistle

Stemless Carline Thistle Camosciara Carline Thistle Camosciara Mountain Cornflower Valle Fondillo Wooly thistle leaves only Camosciara Hawksbeard Valle Fondillo Heart-leaved Leopardsbane Prato Rosso woods

Hemp Agrimony, leaves only Prato Rosso track Mouse-ear Hawkweed Camosciara Rough Hawkbit Barrea Ox-eye Daisy Barrea Cotton thistle Barrea

Butterbur Prato Rosso

Fleabane Valle Fondillo, damp area Scorzonera Prato Rosso Goldenrod Prato Rosso

Birch family

Hornbeam Prato Rosso Hazel Camosciara Hop Hornbeam Prato Rosso valley

Borage family

An endemic Hound's Tonque Alpine meadows Valle di Rose

Hounds Tongue Castel Mancino Camosciara a blue 'anchusa' Purple Vipers Bugloss Barrea

Wood Forget-me-not Prato Rosso woods

Alpine Wood Forget-me-not Alpine meadows Valle di Rose

Solenanthus Prato Rosso woods

Cabbage family

Aethionema Castel Mancino Garlic Mustard Prato Rosso Alyssoides Prato Rosso cliff

Alpine Rockcress Alpine meadows Valle di Rose Hairy Rockcress Alpine meadows Valle di Rose

Buckler Mustard Castel Mancino Shepherd's Purse Prato Rosso

Large bittercress Marshy area, Valle Fondillo

Coralroot Prato Rosso woods a purple flowered bittercress Prato Rosso woods **Drooping Bittercress** Valle lannaghera woods

Rocks, alpine meadows Valle di Rose Yellow Whitlow-grass

an endemic Treacle Mustard Camosciara Scientific name Common name Location seen (main or best site)

Isatis tinctoria Woad Prato Rosso

Nasturtium officinale Watercress Valle Fondillo damp area

Thlaspi stylosumApennean PennycressRock, alpine meadow Valle di RoseThlapsi cf alpinuman alpine pennycressAlpine meadows Valle di Rose

Turritis glabra a Towercress Valle Fondillo

Campanulaceae Bellflower family

Campanula glomerataClustered BellflowerValle FondilloPhyteuma orbiculareRound-headed RampionValle Fondillo

Caprifoliaceae Honeysuckle family

Sambucus nigraElderCastel MancinoSambucus ebulisDanewortValle FondilloLonicera caprifoliumPerfoliate HoneysuckleValle FondilloLonicera xylosteumFly honeysuckleValle FondilloViburnum lantanaWayfaring treeCamosciara

Caryophyllaceae Pink family

Cerastium fontanum Common Mouse-ear Prato Rosso woods

Cerastium tomentosum Snow in Summer Widespread

Dianthus sylvestris Wood Pink Slopes of M. Godi, en route to Scanno

Dianthus carthusianorumCarthusian PinkBarreaLychnis flos-cuculiRagged RobinCamosciara

Paronychia kapela a Paronychia Slopes of M. Godi, en route to Scanno

Silene italica Italian Catchfly Castel Mancino woods

Silene pusillaAn alpine catchflyWall in OpiSilene dioicaRed campionAbove hotelSilene latifoliaWhite campionWidespreadSilene vulgarisBladder CampionCamosciara

Stellaria nemorum Wood Stitchwort Prato Rosso woods

Cistaceae Rockrose family

Helianthemum apenninumWhite RockroseCastel MancinoHelianthemum nummulariumRockroseWidespreadHelianthemum oelandicumHoary Rockrose (H canum)Valle Fondillo

Convolvulaceae Bindweed family

Cuscuta epithymum Common Dodder Valle di' Rose

Cornaceae Dogwood family

Cornus masCornealian CherryValle FondilloCornus sanguineaDogwoodCamosciara

Crassulaceae Stonecrop family

Sedum acre Biting Stonecrop Castel Mancino

Sedum albumWhite StonecropOpiSedum dasphyllumFlat-leaved stonecropOpi

Sedum rupestre Rock Stonecrop Castel Mancino

Sedum sexangulare Castel Mancino

Dipsacaceae Teasel family

Dipsacus fullonumWild TeaselPrato RossoScabiosa columbariaSmall ScabiousValle Fondillo

Location seen (main or best site)

Scientific name Euphorbiaceae

Euphorbia amygdaloides Euphorbia cyparissias Euphorbia helioscopia

Euphorbia platyphyllos Mercurialis perennis

Euphorbia myrsinites

Fabaceae (Leguminosae)

Anthyllis montana
Anthyllis vulneraria
Astralagus depressus
Astralagus sempervirens
Chamaecytisus hirsutus
Colutea arborescens

Coronilla scorpiodes Cytisus sessilifolius Hippocrepis comosa Laburnum anagyroides

Lathryus vernus
Lathyrus aphaca
Lathyrus setifolius
Lotus corniculatus
Medicago lupulina
Onobrychis viciifolia
Spartium junceum
Trifolium campestre
Trifolium pratense
Trifolium repens
Vicia sativa
Vicia sepium

Fagaceae

Fagus sylvatica

Quercus pubescens

Fumariaceae

Corydalis cava

Fumaria capreolata

Gentianaceae

Gentiana cruciata Gentiana dinarica

Gentiana lutea Gentiana verna

Geraniaceae

Erodium cicutarium Geranium dissectum Geranium lucidum Geranium pyrenaicum Geranium reflexum

Geranium robertianum

Geranium sp.

Common name

Spurge family

Wood Spurge Prato Rosso woods

Cypress Spurge Widespread
Sun spurge Prato Rosso
Glaucous Spurge Castel Mancino
Broad-leaved spurge Prato Rosso

Dog's Mercury Prato Rosso woods

Pea family

Mountain Kidney Vetch Alpine meadow Valle di Rose

Kidney Vetch Camosciara

Sprawling Milk-vetch Alpine meadow Valle di Rose Mountain Tragacanth above Civitella Alfedena

Hairy Broom Valle Fondillo

Bladder Senna Barrea

Annual Scorpion Vetch Valle Fondillo Sessile Broom Camosciara Horseshoe Vetch Camosciara Laburnum Camosciara Spring Vetchling Camosciara Camosciara Yellow Vetchling Brown Vetch Valle Fondillo Bird's-foot-trefoil Widespread Black Medick Valle Fondillo Sainfoin Barrea

Sainfoin Barrea
Spanish Broom Pescasseroli
Hop Trefoil Valle Fondillo
Red Clover Valle Fondillo
White Clover Pescasseroli
Common Vetch Prato Rosso
Bush Vetch Prato Rosso

Beech family

Beech Widespread

Downy Oak above Civitella Alfedena

Fumitory family

Bulbous corydalis Valle lannaghera woods

White Ramping Fumitory Valle Fondillo

Gentian family

Cross Gentian Valle Fondillo leaves only

a Trumpet Gentian (local speciality) Valle Fondillo

Giant Yellow Gentian Alpine meadows Valle di Rose, leaves

Spring Gentian Alpine meadows Valle di Rose

Geranium family

Common Stork's-bill Pescasseroli
Cut-leaved Crane's-bill Camosciara
Shining Crane's-bill Camosciara
Pyrenean Crane's-bill Widespread

Reflexed Crane's-bill Prato Rosso (v sim to Mourning Widow)

Herb Robert Widespread

Rocks, alpine meadow, Valle di Rose

Scientific name Location seen (main or best site) Common name

Globulariaceae Globularia family

Matted Globularia Alpine meadows Valle di Rose Globularia cordifolia

Globularia punctata Common Globularia Valle Fondillo

Lamiaceae (Labiateae) **Nettle family**

Acinos alpinus Alpine Calamint Camosciara Acinos arvensis Basil-thyme Camosciara Bugle Prato Rosso Ajuga reptans

Roadside bear meadow Galeopsis ladanum Large Pink Deadnettle Yellow Archangel Lamiastrum galeobdolon Prato Rosso woods

> White Deadnettle Alpine meadow Valle di Rose

Lamium album Lamium garganicum Large Red Deadnettle Prato Rosso **Bastard Balm** Valle Fondillo Melittis melissophyllum Mentha longifolia Horse Mint Valle Fondillo Origanum vulgare Oregano Camosciara Prunella vulgaris Selfheal Prato Rosso Salvia verbenaca Wild Clary Camosciara

Stachys germanica Downy woundwort Meadow, by Castel Mancino Thymus serpyllum Wild Thyme Alpine meadow Valle di Rose

Linaceae Flax family

Linum catharticum Fairy (purging) Flax Camosciara

Oleaceae Olive family

Fraxinus excelsior Ash Prato Rosso Fraxinus ornus Flowering Ash Camosciara

Orobanchaceae **Broomrape family**

Clove-scented Broomrape Barrea Orobanche caryophyllacea

Papaveraceae Poppy family

Chelidonium majus Greater Celandine Castel Mancino Pescasseroli Papaver rhoeas Common Poppy

Plantaginaceae Plantain family

Plantago lanceolata Ribwort Plantain Pescasseroli Greater Plantain Plantago major Pescasseroli Plantago media Hoary Plantain Widespread

Plumbaginaceae Thrift family

Armeria canescens Plantain-leaved thrift Valle Fondillo

Polygalaceae Milkwort family

Mountain Milkwort Alpine meadow Valle di Rose Polygala alpestris

Polygala chamaebuxus Shrubby milkwort Valle Fondillo Polygala nicaeensis Nice Milkwort Widespread

Polygonacea **Dock family**

Rumex alpestris Mountain Dock Alpine meadow Valle di Rose

French Sorrel Camosciara Rumex scutatus

Primulaceae Primrose family

Androsace villosa Ciliate Rock Jasmine Alpine meadow Valle di Rose

Scientific name Location seen (main or best site)

Primula vulgaris Primrose Camosciara

Primula auriculaBear's-earAlpine meadow Valle di RoseSoldanella alpinaAlpine SnowbellAlpine meadow Valle di Rose

Ranunculaceae Buttercup family

Anemone nemorumWood AnemoneValle Fondillo leaves onlyAnemone ranunculoidesYellow AnemoneValle Fondillo leaves only

Aqueligia vulgaris Columbine Camosciara

Delphinium fissum a delphinium Prato Rosso woods, leaves only

Helleborus foetidusStinking HelleborePrato Rosso woodsHepatica nobilisHepaticaCamosciara, leaves onlyPulsatilla alpinaAlpine Pasque FlowerAlpine meadow Valle di Rose

Ranunculus bulbosusBulbous ButtercupCamosciaraRanunculus ficariaLesser CelandinePrato RossoRanunculus repensCreeping ButtercupPrato Rosso

Ranunculus sp small flowers Valle Fondillo damp area

Ranunculus thora Thore's Buttercup Camosciara
Thalictricum aquilegiifolium Great Meadow-rue Camosciara

Resedaceae Mignonette family

Reseda lutea Wild Mignonette Castel Mancino

Rhamnaceae Buckthorn family

Rhamnus cathartica Purging Buckthorn Valle Fondillo

RosaceaeRose familyAmelanchier ovalisAmelanchierAlpine meadow Valle di Rose

Crataegus monogynaHawthornWidespreadDryas octopetalaMountain AvensAlpine meadow Valle di Rose

Fragaria vescaWild StrawberryPrato RossoGeum urbanumWood AvensPrato RossoMalus sylvestrisCrab ApplePrato Rosso

Potentilla crantzii Alpine Potentilla Alpine meadow Valle di Rose

Valle Fondillo Potentilla recta Sulphur Cinquefoil Potentilla reptans Creeping cinquefoil Prato Rosso Prunus mahaleb St. Lucie's Cherry Barrea Prunus spinosa Blackthorn Barrea Wild Pear Valle Fondillo Pyrus pyraster Rosa canina Dog Rose Camosciara

Rubus fruticosus agg Bramble Widespread

Rubus idaeusRaspberryabove Civitella AlfedenaSanguisorba minorSalad BurnetWidespread

Sorbus aria Whitebeam above Civitella Alfedena Sorbus aucuparia Rowan above Civitella Alfedena

Rubiaceae Bedstraw family

Asperula cynanchica Squinancywort Valle Fondillo
Asperula taurina Southern Woodruff Prato Rosso woods
Crusieta losvinas Crasswort Campsciara

Cruciata laevipesCrosswortCamosciaraGalium aparineCleaversPrato RossoGalium mollugoHedge BedstrawBarrea

Galium odoratumWoodruffPrato Rosso woodsGalium verumLady's BedstrawValle FondilloSheradia arvensisField MadderValle Fondillo

Scientific name Location seen (main or best site)

Salicaceae

Populus nigraBlack PoplarPrato Rosso lower valleyPopulus tremulaAspenValle Fondillo, damp areaSalix albaWhite WillowPrato Rosso lower valleySalix capreaGrey WillowPrato Rosso lower valley

Santalaceae

Thesium linophyllon Flax-leaved Bastard Toadflax Valle Fondillo

Saxifrage family

Sandalwood family

Willow family

Saxifragaceae

Saxifraga bulbiferaBulbous SaxifrageCamosciaraSaxifraga callosaThick-leaved SaxifrageBarrea gorge cliff faceSaxifraga caesiaBlue SaxifrageBarrea gorge cliff faceSaxifraga granulataMeadow SaxifragePrato RossoSaxifraga paniculataPaniculate SaxifrageRoad from Scanno

Saxifraga porophylla Reddish Saxifrage Alpine meadow Valle di Rose

Saxifraga rotundifolia Round-leaved Saxifrage Prato Rosso

Figwort family

Saxifraga tridactylites Rue-leaved Saxifrage Alpine meadow Valle di Rose

Scrophulariaceae

Cymbalaria muralisIvy-leaved ToadflaxValle FondilloEuphrasia agg.EyebrightsValle FondilloLinaria purpureaPurple ToadflaxCastel MancinoOdontites luteaYellow OdontitesRoadside bear meadow

Parentucella latifolia Southern Red Bartsia Valle Fondillo

Pedicularis foliosaLeafy LousewortValle Fondillo by streamRhinanthus alectorolophusGreater Yellow RattleRoadside bear meadow

Rhinanthus minorYellow RattleValle FondilloRhinanthus wettsteiniiApennine RattleCamosciaraScrophularia caninaDog FigwortValle FondilloVerbascum cf thapsusMullein, not yet in flowerBy hotel

Veronica beccabunga Brooklime Marshy area, Valle Fondillo

Veronica chamaedrysGermander SpeedwellCamosciaraVeronica montanaWood SpeedwellPrato Rosso woodsVeronica officinalisHeath SpeedwellValle Fondillo

Thyme-leaved Speedwell

Veronica serpyllifolia

Thymelaceae Daphne family

Daphne laureola Spurge Laurel Prato Rosso woods

Daphne mezereum Mezereon Alpine meadows, Valle di Rose

Daphne oleoides Slopes of M Godi, en route to Scanno

Valle Fondillo

Urticaceae

Parientaria judaica Pellitory of the Wall Opi

Urtica dioica Nettle Pescasseroli

Nettle family

Valerianaceae Valerian family

Valeriana officinalisCommon ValerianValle FondilloValeriana tuberosaCamosciara

Violaceae Violet family

Viola eugeniaean endemic pansyPrato RossoViola luteaMountain pansyValle Fondillo

Scientific name Location seen (main or best site)

Viola reichenbachianaEarly Dog VioletValle FondilloViola rivinianaCommon Dog VioletValle Fondillo

Viscaceae Mistletoe family

Viscum album Mistletoe Vale Fondillo

MONOCOTYLEDONS

Araceae Arum family

Arum italicum neglectum Large Cuckoo Pint Barrea

Arum maculatum Cuckoo Pint Prato Rosso woods

Liliaceae Lily family

Allium schoenoprasum Chives Alpine meadows, Valle di Rose

Asphodeline albus White Asphodel Prato Rosso

Lilium croceum bulbiferumOrange LilyCamosciara, leaves onlyLilium martagonMartagon LilyCamosciara, leaves only

Muscari comosa Tassel Hyacinth Valle Fondillo

Muscari neglecta Dark Grape Hyacinth Alpine meadows, Valle di Rose

Ornithogalum umbellatumStar of BethlehemCamosciaraParis quadrifoliaHerb ParisCamosciara

Polygonatum multiflorumSolomon's SealPrato Rosso woodsScilla bifoliaAlpine SquillValle lannanghera woods

Veratrum album White False Helleborine, leaves only Camosciara

Orchidaceae Orchid family

Cephalanthera damasoniumWhite HelleborineCamosciaraCephalanthera longifoliaSword-leaved HelleborineWidespread

Corallorhiza trifida Coralroot Orchid Valle di Rose woods

Cypripedium calceolusLady's Slipper OrchidCamosciaraDactylorhiza incarnataEarly Marsh OrchidValle FondilloDactylorhiza maculataHeath Spotted OrchidValle Fondillo

Dactylorhiza sambucina (yellow) Elderflowered Orchid Alpine meadows, Valle di Rose

Dactylorhiza sambucina (magenta) Elderflowered Orchid Slopes of M Godi, en route to Scanno

Epipactis atrorubensDark red helleborine, leaves onlyValle Fondillo, open meadowEpipactis helleborineCommon Helleborine, leaves onlyPrato Rosso woods

Epipactis pupurata Violet helleborine, leaves only Prato Rosso woods

Gymnadenia conopsea Fragrant Orchid Prato Rosso

Himantoglossum adriaticum Adriatic Lizard Orchid Castel Mancino and Barrea

Neottia (Listera) ovataTwaybladeValle FondilloNeottia nidus-avisBird's Nest OrchidCamosciara

Ophrys fuciflora Late Spider Orchid Prato Rosso lower meadows

Ophrys scolopax Woodcock orchid Camosciara

Orchis (Aceras) anthropophorum Man Orchid Prato Rosso and Castel Mancino

Orchis mascula Early Purple Orchid Prato Rosso Orchis morio Green-winged Orchid Valle Fondillo Orchis ovalis Closely related to Early Purple Orchid Camosciara Orchis pauciflora Few-flowered Orchid Prato Rosso Orchis purpurea Lady Orchid Camosciara Orchis tridentata **Toothed Orchid** Prato Rosso

 Orchis ustulata
 Burnt-tipped Orchid
 Roadside bear meadow

 Orchis ustulata x tridentata
 Hybrid
 Roadside bear meadow

Scientific name Common name Location seen (main or best site)

Poacaea Grass family

Briza mediaQuaking GrassPrato RossoMelica unifloraWood MelickPrato Rosso woods

Butterflies

				Мау									
	Common name	Scientific name	TL	23	24	25	26	27	28	29	30		
1	Swallowtail	Papilio machaon					√						
2	Scarce Swallowtail	Iphiclides podalirius			√	\ \	√						
3	Large White	Pieris brassicae			\ \	√	√	\ \					
4	Black-veined White	Aporia crataegi					√						
5	Small White	Artogeia rapae			√	√	√	√					
6	Green-veined White	Artogeia napi				√	√	\ \					
7	Orange-tip	Anthocharis cardamines			\ \	√	√	\ \					
8	Moroccan Orange-tip	Anthocharis belia					√	√					
9	Clouded Yellow	Colias crocea			\ \	√	√	\ \	√				
10	Pale Clouded Yellow	Colias australis			\ \	√	√	\ \					
11	Brimstone	Gonepteryx rhamni			√								
12	Wood White	Leptidea sinapis			\ \	√	√	√	√				
13	Green Hairstreak	Callophrys rubi			\ \								
14	Sooty Copper	Heodes tityrus					√						
15	Little Blue	Cupido minimus			√	√		√					
16	Holly Blue	Celastrina argiolus			√								
17	Baton Blue	Pseudophilotes baton					√						
18	Brown Argus	Aricia agestis					√	√					
19	Mazarine Blue	Cyaniris semiargus											
20	Adonis Blue	Lysandra bellargus			√	√		√					
21	Meleager's Blue	Meleageria daphnis											
22	Common Blue	Polyommatus icarus			√	√	√	√	√	√			
23	Duke of Burgundy	Hamearis lucina			√								
24	Camberwell Beauty	Nymphalis antiopa						√					
25	Red Admiral	Vanessa atalanta			√	√	√						
26	Painted Lady	Cynthia cardui					√	√					
27	Small Tortoiseshell	Aglais urticae					√	√	√				
28	Comma Butterfly	Polygonia c-album						?					
29	Southern Comma	Polygonia egea						?					
30	Queen of Spain Fritillary	Issoria lathonia					√	√					
31	Pearl-bordered Fritillary	Clossiana euphrosyne						√	√				
32	Glanville Fritillary	Melitaea cinxia			√	√							
33	Spotted Fritillary	Melitaea didyma					√			1			
34	Heath Fritillary	Mellicta athalia						√					
35	Meadow Brown	Maniola jurtina					√						
36	Small Heath	Coenonympha pamphilus			√	√	√	√					
37	Pearly Heath	Coenonympha arcania											
38	Speckled Wood	Pararge aegeria			1		1	1	1				
39	Wall Brown	Lasiommata megera			1		1		1				
40	Large Wall Brown	Lasiommata maera					1						
41	Grizzled Skipper	Pyrgus malvae						1					
42	Olive Skipper	Pyrgus serratulae						1					
43	Dingy Skipper	Erynnis tages			1			1					

			May							
Common name	Scientific name	TL	23	24	25	26	27	28	29	30

Moths

1	Speckled yellow	Pseudopanthera macularia	√			√	√	
2	Treble bar	Aplocera plagiata	√					
3	Burnet companion	Euclidia glyphica	√			√		
4	Common heath		√	V				
5	Pine processionary		√					
6	Cousin German			√				
7	Streamer			√				
8	Common carpet				√			
9	Cinnebar				√			
10	Pale prominent				√			
11	Heart and dart				√			
12	6 spot burnet					√		
13	Marbled coronet					√		
14	Common pug					√		
15	Mother shipton					√		
16	Small yellow underwing					√		
17	Latticed heath					√		
18	Barred hook tip					√		

Birds

						Ma	у			
	Common name	Scientific name	23	24	25	26	27	28	29	30
1	Great crested grebe	Podiceps cristatus				1				
2	Mallard	Anas platyrhynchos	√		1	3				
3	Golden Eagle	Aquila chrysaetos		1			1			
4	Black Kite	Milvus migrans	1							
5	Common Buzzard	Buteo buteo		3	2	1	1			
6	Sparrowhawk	Accipiter nisus		2	1	1		1		
7	Common Kestrel	Falco tinnunculus	1			1				
8	Lanner Falcon	Falco biamicus							1	
9	Peregrine Falcon	Falco peregrinus			1	2				
10	Yellow-legged Herring Gull	Larus cachinnans	1							
11	Rock Dove	Columba livia		\checkmark	\ √	√	√	√		
12	Wood Pigeon	Columba palumbus		√					1	
13	Cuckoo	Cuculus canorus		Н	Н	Н	Н	Н	Н	
14	European Swift	Apus apus	√	\checkmark	\ √	√	√		√	
15	Hoopoe	Upupa epops						1	1	
16	Green Woodpecker	Picus viridis		\checkmark						
17	Great Spotted Woodpecker	Dendrocopos major						1		
18	Wryneck	Jynx torquilla			1	1	Н			
19	Crag Martin	Ptyonoprogne rupestris				√				
20	Barn Swallow	Hirundo rustica	√	$\sqrt{}$	√	√	√	√	√	
21	House Martin	Delichon urbica	√	√	√	√	√	√	√	
22	Water Pipit	Anthus spinoletta						4	1	
23	Tree Pipit	Anthus trivialis				1				

	Common name		Мау									
		Scientific name	23	24	25	26	27	28	29	30		
24	White Wagtail	Motacilla alba	√	√	√	√	√		1			
25	Yellow Wagtail	Motacilla flava	?									
26	Grey Wagtail	Motacilla cinerea		1								
27	Wren	Troglodytes troglodytes				1	1					
28	Dipper	Cinclus cinclus		1								
29	Dunnock	Prunella modularis						2	√			
30	Alpine Accentor	Prunella collaris						2				
31	Robin	Erithacus rubecula		Н	Н							
32	Nightingale	Luscinia megarhynchos				Н	H?					
33	Common Redstart	Phoenicurus phoenicurus		1	1	1	1	√	V			
34	Black Redstart	Phoenicurus ochruros		3	1	1	1	√	V			
35	Common Wheatear	Oenanthe oenanthe		1		1		10	2			
36	Black eared wheatear	Oenanthe hispanica		•		1						
37	Whinchat	Saxicola rubetra				1						
38	Stonechat	Saxicola torquata				2	1		4			
39	Song Thrush	Turdus philomelos		Н	Н	Н	H		<u>'</u>			
40	Mistle Thrush	Turdus viscivorus		 H	T							
41	Blackbird	Turdus merula			\ \	√	\ \ \	1	√			
42	Blackcap	Sylvia atricapilla		<u>`</u>	1	1	\	\ \ \	1			
43	Common Whitethroat	Sylvia communis		- ''	'	V	1		1			
44	Wood Warbler	Phylloscopus sibilatrix			Н		<u>'</u>	2				
45	Bonelli's Warbler	Phylloscopus bonelli			- ' '		Н	1				
	Chiffchaff			Н	Н	Н	1	Н				
46		Phylloscopus collybita			П	П	'	П	1			
47	Goldcrest	Regulus regulus			Н		Н		1			
48	Firecrest	Regulus ignicapillus		-1	√ √		П		1			
49	Great Tit	Parus major		$\frac{}{}$		1	.1	.1	1			
50	Coal Tit	Parus ater		√	\ \ \ \	√ √	\ \ \	√	\ \ \			
51	Blue Tit	Parus caeruleus			\ \ \	N N	1 1	Н				
52	Marsh Tit	Parus palustris		1	1				1			
53	Long-tailed Tit	Aegithalos caudatus			√		_					
54	Nuthatch	Sitta europaea					1					
55	Short-toed Treecreeper	Certhia brachydactyla		1		,	1					
56	Red-backed Shrike	Lanius collurio		5	2	√	,	1	1			
57	Magpie	Pica pica		√	√ .	√ .	√	√	√ .			
58	Eurasian Jay	Garrulus glandarius	1		1	1	1	√	1			
59	Jackdaw	Corvus monedula				√						
60	Chough	Pyrrhocorax pyrrhocorax				5						
61	Alpine Chough	Pyrrhocorax graculus		20?	,	,	,	,	,			
62	Hooded Crow	Corvus corone	√		√	√	√	√	√			
63	Starling	Sturnus vulgaris	√ /	√	1	√ ,	√	<u>.</u>	ļ.,			
64	House [Italian] Sparrow	Passer domesticus	√	√	√ /	√	1	√ ,	1			
65	Tree Sparrow	Passer montanus			√	2	1	√ .	√			
66	Chaffinch	Fringilla coelebs	\perp	√	√	√	√	√	√			
67	Goldfinch	Carduelis carduelis			3	√	2	√	2			
68	Greenfinch	Carduelis chloris			√	1		1				
69	Serin	Serinus serinus		√	√	√	1	√	√			
70	Bullfinch	Pyrrhula pyrrhula					2		2			
71	Yellowhammer	Emberiza citrinella		1		2			2			

	Common name					Ma	y			
		Scientific name	23	24	25	26	27	28	29	30
M	AMMAL SPECIES									
1	Apennine Wolf	Canis lupus italicus			2					
2	Apennine chamois	Rupicapra pyrenaica ornata						30		
3	Red squirrel (black)	Sciurus vulgaris	√	\checkmark	√			1	2	
4	Wild boar	Sus scrofa			2					
5	Red deer	Cervus elaphus				6		2		
6	Roe deer					2	1			
7	Hare	Lepus europaeus?				1			1	
Ot	hers									
	Ascalaphid - owlfly	Libelloides coccajus					V			
	Green lizard	Lacerta viridis		V	√					
	Italian wall lizard	Lacerta sicula campestris?		V	√					
	Frog species							1		