

The Apennines: Italy's Abruzzo National Park

Naturetrek Tour Report

22 – 29 May 2014



Scarce Swallowtail



Val di Rose



Val Fondillo



Long-eared Owls

Report compiled by Jessica Turner
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Summary

Each visit to the Abruzzo National Park in the central Apennines of Italy proves as exciting as ever, with some great opportunities for mammal watching, together with a wide selection of birds, butterflies and flowers. We could have had better views of Brown Bear this year, but a reminder that these are truly wild animals, not coming to feeding areas etc., so any sighting is a bonus. The endemic Abruzzo Chamois are always a pleasure to see, as are the Wild Boar, Red and Roe Deer. Other highlights included the Long-eared Owl family in a remote valley, and the carpets of orchids in the 'Landslip Meadow'. Geraldine and Marco, as ever, provided a warm welcome and excellent hospitality, introducing us to several local specialities.

Day 1

Thursday 22nd May

Weather: England: heavy showers; Italy: sunny and warm

Twelve group members met with Jessica at Heathrow for our 08.20am flight to Rome, where we met up with Marcus and the remaining four, who had come in on different flights. After collecting the vehicles, we negotiated the Rome ringroad and headed east towards Pescara. As we moved into the foothills of the Apennines, we passed typical hilltop villages, and admired the abundant yellow Spanish Broom (*Spartium junceum*), and red Poppies (*Papaver rhoeas*).

After we passed the plain at Avezzano, which used to hold a massive lake, we started our climb towards the Abruzzo National Park. The roadside flora was whetting our appetites, with numerous orchids being spotted, and we made our way gently towards Pescasseroli, scanning hillsides and meadows as we drove. Soon we arrived at the Albergo Paradiso, our base for the week, where we received a warm welcome from Geraldine. We were shown to our rooms, and had a short time to settle in, before gathering in the lounge, where Jessica outlined plans for the week. We then had an excellent dinner of local fare, before retiring for the night.

Day 2

Friday 23rd May

Weather: showery but mild

A fine morning greeted us, and a group were out at 5.30am, to drive to Gioia Vecchio, to look for mammals from the edge of the church, a spot which affords extensive views of the hillsides opposite. En route, a large troupe of Wild Boar was seen, and more Boar, Red Deer and Roe Deer were grazing on the valley slopes. The early watchers were joined by a slightly later group but no bears were seen, and we returned for breakfast.

After breakfast we headed for Pescasseroli, where Jessica and Marcus shopped for the picnic, and others had a chance to look round the town. We then drove south-east, along the Sangro Valley. Our destination today was Camosciara, one of the most popular valleys in the park and surrounded by high mountain peaks and crags. Having parked, we set off along the road that heads up the valley, but soon branched off to explore the meadows and scrub of the lower valley. Among the Juniper (*Juniperus communis*), Hawthorn (*Crataegus monogyna*), Blackthorn (*Prunus spinosa*) and Wild Pear (*Pyrus pyraster*) scrub, we found spikes of Nice Milkwort (*Polygala niceaeensis*), Common Globularia (*Globularia punctata*), Twayblade (*Neottia ovata*), Military Orchid (*Orchis militaris*) and Green-winged Orchid (*Anacamptis morio subsp. morio*), all growing with some protection from grazing. The cloudy weather was not good for butterflies, but a Wood White was seen, together with ginger Common Carder Bees.

We returned to the road, before diverting into a rocky area, which held Stinking Hellebore (*Helleborus foetidus*), Common Star of Bethlehem (*Ornithogalum angustifolium*) and the leaves of Rock Onion (*Allium saxatile*). Further on an old wall supported clumps of Aubrieta (*Aubrieta columnae subsp. columnae*). The trees lining the road included Dogwood (*Cornus sanguinea*), Cornelian Cherry (*Cornus mas*), Turkey Oak (*Quercus cerris*), and Goat Willow (*Salix caprea*). By the stream, several clumps of Lady's-slipper Orchids (*Cypripedium calceolus*) were in perfect bloom, and Lady Orchids (*Orchis purpurea*), and Sword-leaved Helleborine (*Cephalanthera longifolia*) were found nearby. We also found Bird's-nest Orchid (*Neottia nidus-avis*), patches of the endemic Trumpet Gentian (*Gentiana dinarica*) just coming into flower, and Herb-Paris (*Paris quadrifolia*) together with Shrubby Milkwort (*Polygala chamaebuxus*) with its yellow or red and white flowers, and Thore's Buttercup (*Ranunculus thora*), with enormous kidney-shaped leaves. Rain started to fall, so we had an early picnic in the shelter of some trees, where nearby, we found some Coralroot Orchids (*Corallorhiza trifida*) and more Bird's-nest Orchids.

We continued up to the end of the road as the rain eased, and we stopped to watch Brown Trout in the stream, before climbing to the waterfalls Cascata di Tre Cannalle and Cascata di Nimfi (Cascade of Three Channels and Cascade of the Nymphs). A Dipper was seen near the waterfalls.

We started to retrace our steps, pausing for refreshments at the little cafe. Some of the group diverted to the stream bank again on the way down, where we found *Gentiana dinarica*, fully in flower, together with a patch of the endemic Large-flowered Butterwort (*Pinguicula vallis-regiae*), which only occurs in Camosciara, growing on the far bank of the stream. Back in the carpark, we had excellent views of a male Common Redstart, and a herd of Red Deer were seen on the slopes above. We then returned to the hotel for dinner.

Day 3

Saturday 24th May

Weather: Fine, warm and sunny

An early start saw some of the group out by 5.30am, to drive to Gioia Vecchio. Almost as soon as we arrived, a Marsican Brown Bear was spotted climbing the slope opposite, but it disappeared all too quickly into the trees, and not everyone was able to see it. However, we were encouraged to know that they were around! Also, a large family party of Wild Boar were seen, with a number of stripey ginger piglets. Cuckoos were calling loudly across the valley. Another group went for a walk round the hotel, and up the path behind, escorted by one of the friendly local dogs. We had good views of the Coal Tits and Tree Sparrows in the garden, together with Serins and Common Redstart. Plants seen included a fine display of the endemic Pansy, *Viola eugeniae*, and the endemic Treacle Mustard, *Erysimum pseudorhaeticum*. We also caught a Field Cricket, and were able to see the source of the churring noise that was a constant background sound each day.

Our main destination today was Val Fondillo, which is adjacent to Camosciara but very different in character. We parked under some willows, and set off up the track. On the banks, plants included Star of Bethlehem (*Onitobogalum angustifolium*), Salad Burnet (*Potentilla sanguisorba*), and Ground-pine (*Ajuga chamaepitys*). On the lower part of an early bank, we were delighted to find several specimens of an endemic form of Late Spider Orchid (*Ophrys dinarica*, considered by some to be a variation of *Ophrys fuciflora*), and a single spike of Bertoloni's Bee Orchid (*Ophrys bertolonii*). A variety of butterflies were starting to be noted, including Small Heath, Common Blue and Berger's Clouded Yellow. Common Wall Lizard and the large Carpenter Bee *Xylocopa violacea* were enjoying the sun-warmed fence posts.

On the slopes at the edge of the valley, we found the dwarf Hairy Broom (*Cytisus hirsutus*), Rockrose (*Helianthemum nummularium*) and the smaller flowered Hoary Rockrose (*Helianthemum oelandicum* subsp. *incanum*), and the first spikes of Toothed Orchid (*Neotinea tridentata*). Green Hairstreak, Small Copper, Mazarine Blue and Scarce Swallowtail were added to the Butterfly list, and we had excellent views of three male Red-backed Shrikes, sitting prominently and flying between bushes. A large boulder near the bridge bore the endemic *Saxifraga porophylla* (a Reddish Saxifrage), and nearby were several spikes of Military Orchid (*Orchis militaris*). Here we crossed the bridge over the river, noting the Trout, to walk up the other side. Sword-leaved Helleborines (*Cephalanthera longifolia*) were growing under the Beech trees (*Fagus sylvatica*), and in the grassy areas, more Toothed Orchids (*Neotinea tridentata*) and Green-winged Orchids (*Anacamptis morio* subsp. *morio*) were in flower, Common Spotted Orchids (*Dactylorhiza fuchsii*) and Fragrant Orchids (*Gymnadenia conopsea*) were in bud. Spotted, Heath and Queen of Spain Fritillaries were flying, together with Adonis Blue and many Berger's Clouded Yellows. Amongst the Juniper (*Juniperus communis*) scrub were the deep blue Trumpet Gentians, *Gentiana dinarica*, and Matted Globularia (*Globularia cordifolia*).

We had our picnic by the stream, in a sunny glade, before some of the group explored a steep rocky bank, where Jan reported seeing the local bellflower *Edraianthus* (*Edraianthus graminifolius*). We slowly retraced our steps down the valley, where the marshy areas held Water Mint (*Mentha aquatica*), Brooklime (*Veronica beccabunga*) and Early Marsh Orchids (*Dactylorhiza incarnata*), plus Broad-bodied Chaser and Darter Dragonflies. As we returned to the car park, a Wryneck was heard and then seen.

After an early supper, we returned to Gioia Vecchio for an evening watch. More Red Deer were seen, plus further Wild Boar, but sadly, no further Bear sightings. As the light was failing, we left the watch point, stopping on a track that leads off at Passo di Diabolo. Field Crickets were still calling, and above them, the churring of a Nightjar could be heard. It was then time to return to the hotel.

Day 4

Sunday 25th May

Weather: Fine with occasional showers and sunny intervals. Thunderstorms later

Today we opted for a 'lie-in' with a local birding walk at 7am. Good views were had of Serins, Common Redstart and Northern Wheatear, while a pair of Black Redstarts was nesting on the axle of a nearby trailer, and feeding young. A Gull Bunting was perched prominently, giving clear views.

After breakfast, we set off for the Vallone Pesco di Lordo, behind the hotel. We drove the short distance to the start of the walk, and were soon exploring a rocky meadow and woodland, listening to Western Bonelli's Warbler. We found Mountain Hound's-tongue (*Cynoglossum montanum*) with red flowers, several Shield Bugs (Hawthorn Shield Bug and Forest Bug), and Queen of Spain Fritillary.

We then moved into the wooded area of well-established Beech trees (*Fagus sylvatica*), where the plants seen included Baneberry (*Actaea spicata*), Coralroot (*Cardamine bulbifera*) with black bulbils in the leaf axils, and Herb-Paris (*Paris quadrifolia*). Some of the group saw Reflexed Crane's-bill (*Geranium reflexum*). A pair of Common Toads were mating in the stream, amidst long strands of spawn. Where the path forked, we left the road, and proceeded on a more open path, where a Buzzard circled overhead, and good views were had of Marsh Tit feeding young. Yellow Alyssum (*Aurinia saxatilis*) was recorded, and *Geranium cinereum subsp. subcaulescens* was growing on a bank. We left the path and crossed a meadow to search out the main botanical point of interest: the rare and endemic Marsican Iris (*Iris marsica*), which occurs only in Abruzzo. A sizeable clump was located, with its large purple flowers (it is related to *Iris germanica*, the Garden Iris), and Alan reported more growing under the trees on the other side of the valley.

We had our picnic on a grassy bank, and celebrated Anne's birthday with Pane Ducale, a local speciality cake. Some plants of the endemic Hound's-tongue *Cynoglossum magellense* were seen, plus an unusual-looking 'white' butterfly, which was a Clouded Apollo, newly emerged and with a crumpled wing. We set off back down the valley, enjoying the colour combination of the bright blue Speedwell *Veronica orsiniana*, magenta Crane's-bill *Geranium cinereum subsp. subcaulescens*, and white Snow-in-Summer (*Cerastium tomentosum*) on a stony hillock. As we entered a wooded area, Penny noticed two fluffy owlets sitting on the edge of a Beech tree, looking down at us.

These were quickly identified as Long-eared Owls, and the parent bird was located further up the tree, close to the trunk. This was a very unusual and exciting sighting; as such birds are rarely seen during the day. We next drove north through Pescasseroli to a meadow near the site of the old landslip. The meadow held a great many spikes of Lady Orchid (*Orchis purpurea*), carpets of the diminutive Burnt Orchid (*Neotinea ustulata*), Toothed Orchid (*Neotinea tridentata*), and interesting hybrids between the two, showing varying degrees of characteristics of either parent. Adriatic Lizard Orchids (*Himantoglossum adriaticum*), Greater Butterfly Orchids (*Platanthera chlorantha*), Man Orchids (*Orchis anthropophora*) and Fragrant Orchids (*Gymnadenia conopsea* agg.) were all flowering. Early Purple Orchids, also abundant, appeared to be a mixed population of the typical *Orchis mascula*, and *Orchis mascula* subsp. *speciosa* (formerly *O. ovalis*), with the extended and wavy petals and sepals. Further up the meadow a clump were growing with some Sparse-flowered Orchids (*Orchis pauciflora*) and a number of hybrids were noted, in various shades and combinations of salmon, lemon and purple. Additional colour in the meadow was provided by Nice Milkwort (*Polygala nicaeensis*) in magenta, dark blue and white, and Horseshoe Vetch (*Hippocrepis commosa*), which scented the air. Common and Adonis Blues were abundant, and a Slow Worm was seen.

Eventually we reluctantly left the meadow to return to the hotel. The clouds, which had been gathering, gave way to terrific thunderstorms, so we abandoned our plan to go out after dinner, and had a relaxing evening, continuing to celebrate Anne's birthday.

Day 5

Monday 26th May

Weather: Early thundery showers, then fine and sunny

The dawn appeared fine, and we had another early start this morning, and were soon under the trees at Gioia Vecchio. We saw several Red Deer stags and hinds, and a party of Wild Boar in the valley below. However, the thundery showers were still around, and thick cloud rolled in from the plain causing a 'white-out', soon followed by rain, so we beat a hasty retreat and made an early return to the hotel for breakfast.

With the weather clearing, we did our shopping, and then drove down the valley, along the length of Lago di Barrea, and up to the small hillside town of Barrea, where we parked overlooking the lake. Large flocks of Common Swifts were screaming overhead. We took the path above the town, which leads to the local nature reserve overlooking the gorge. Red-billed Choughs and Crag Martins were seen were playing around the caves opposite. A Golden Eagle was seen over the hills opposite, shortly joined by another, and we enjoyed good, but distant, views of these large raptors. On the cliffs of the gorge there was Thick-leaved Saxifrage (*Saxifraga callosa*) and Livelong Saxifrage (*Saxifraga paniculata*), both in flower, and some of the latter was found in a more accessible location, together with an endemic Houseleek (*Sempervivum italicum*), Paronychia (*Paronychia kapela*) and Cotoneaster (*Cotoneaster intergerimus*). Shrubs included St Lucie's Cherry (*Prunus malabeb*), Rock Buckthorn (*Rhamnus saxatilis*) and *Daphne oleoides*, which was in flower. A Nightingale was singing close by but was not seen, but a Cuckoo was more forthcoming. Reptiles included a Western Whip Snake and two Green Lizards, as well as the Common Wall Lizards. Next we drove to the other end of the lake, in Villetta Barrea, for our picnic. Here, we had excellent views of a Scarce Swallowtail butterfly, and also noted the small pink Reversed Clover (*Trifolium resupinatum*), in which each floret in the flower is upside down.

On and in the lake we recorded Coot and Great-crested Grebe, Italian Pool and Hybrid Frogs, but most interest came from the furious activity of large numbers of Common Carp wallowing and splashing in the shallow water, as part of their breeding behaviour (designed to spread the sticky eggs around).

After lunch we drove up the road from Villetta Barrea northwards, climbing through the Black Pine (*Pinus nigra*) forest, where a Red Deer hind was walking in the road ahead of us. Although this was plantation, the Black Pine further up on the cliffs and mountains forms a pocket of a distinct race (*Pinus nigra subsp.italica*), differing from that in the Alps and elsewhere, so is known as the Villetta Barrea Black Pine. We stopped at 'Serena's Bend' to look at some Man Orchids (*Orchis anthropophora*), and a magnificent display of the endemic *Ophrys dinarica*. Toothed Orchids (*Neotinea tridentata*), Green-winged Orchids (*Anacamptis morio*) and Sword-leaved Helleborine (*Cephalanthera longifolia*) were growing nearby, while on the opposite side of the road St. Bernard's Lily (*Anthericum lilago*) was in flower. Another plant here was a *Centaurea* with spiny bracts, later found to be the endemic *Centaurea ceratophylla*.

We drove on, some of the group seeing Rock Bunting from the bus, over the watershed at Passo Godi, where we stopped further along on the slopes of Monte Godi, just on the edge of the National Park. Here we followed a stony track and then some of the group scrambled up the hillside, adding to our orchid list Elderflower Orchid (*Dactylorhiza sambucina*) both in magenta and lemon, and Pale-flowered Orchid (*Orchis pallens*). Further up, we found more Early Purple Orchids (*Orchis mascula subsp. speciosa*), and Sparse-flowered Orchids (*Orchis pauciflora*), and some incredible hybrid swarm carpets of orchids in all shades from pink to lemon and white, and a variety of colour combinations. Other plants included the spurge *Euphorbia verrucosa*, Chamois Ragwort (*Senecio doronicum*) and a Yellow Flax (*Linum catharticum*). Along the track, Common Redstart, Northern Wheatear and Red-backed Shrike were seen. We then returned to the hotel, for another of Geraldine's excellent meals.

Day 6

Tuesday 27th May

Weather: Cloudy with brief sunny spells; windy

Today we decided to do our 'high' walk of Val di Rose. We parked above the hillside village of Civitella Alfedena, and set off up the stony track. Black Redstart was seen, and Western Bonelli's Warbler heard, along with the usual Blackcaps, Chiffchaffs and Cuckoos. Along the path was the bright blue, local Speedwell, *Veronica orsiniana*, and under the Beech trees (*Fagus sylvatica*) Bird's-nest Orchids (*Neottia nidus-avis*) and White Helleborine (*Cephalanthera damasonium*) were just emerging. In another clearing were several specimens of the strange endemic Solenanthus (*Solenanthus apenninus*). A number of the mountain form of Bank Voles were seen, some quite confiding. Eventually we came out above the tree line. There was relatively little snow remaining this year, but the flowers reflected the cold weather. Spring Crocus (*Crocus vernus*) and Spring Squill (*Scilla bifolia*) showed where snow had recently melted, while a large boulder was covered with Reddish Saxifrage (*Saxifraga porophylla*). Alpine Wood Forget-me-not (*Myosotis alpestris*) was just coming into flower, but there were carpets of the endemic pansy (*Viola eugeniae*) in all shades from very deep purple, through mauve and yellow, to cream. Clumps of tiny Yellow Whitlow-grass (*Draba aizoides*), Mezereum (*Daphne mezereum*) and the Heart-leaved Leopard's-bane (*Doronicum columnae*) were also seen, while Red-billed Chough played overhead. Black-eared Wheatears and Northern Wheatears, Black and Common Redstarts, Water Pipit and Linnets were seen and heard.

The stars of the show were, however, the Abruzzo Chamois, which provided good, though relatively distant, views. Six animals were seen, in two groups. Some of the group climbed to the Pass (Passo Cavulo), where they enjoyed the stunning views, but for a strong, biting wind. Climbing up the slope, we found Alpine Pasque Flower (*Pulsatilla alpina*), some sheltered by the Prostrate Juniper (*Juniperus communis subsp alpina*), Alpine Snowbell (*Soldanella alpina*) and some fine specimens of Bear's Ears (*Primula auricula*). As the wind was very cold, we did not spend too long enjoying this spectacular place, and everyone went down at their own pace. As we started our descent, some of the group had good views of Alpine Accentor. Eventually we made our way back to the road, and to the Bar della Lince, where we enjoyed some reviving refreshments, while Anne was serenaded by one of the locals. We all agreed that the steep walk was well worth the effort. We made our way back to Pescasseroli for another of Geraldine's sumptuous dinners, and a quiet evening.

Day 7

Wednesday 28th May

Weather: fine & sunny, with a cool breeze

The morning was beautifully clear but cold. Again, our early watch point was from the church at Gioia Vecchio. We marvelled at the beauty of the scenery in the morning light, and had good views of a Red and Roe Deer and Wild Boar, but no Bears. We decided to give it one last chance, by coming out again on our final evening, and so returned to the hotel for breakfast. This morning, we decided to visit Castel Mancino, the rocky hill bearing the ruins of the 13th Century castle, above Pescasseroli. We first needed to do some shopping and, as it was Market day, we spent some time looking around the varied stalls. We then drove up above the town, and parked by the cemetery, climbing up through the trees, noting various tits and glimpsing Eurasian Treecreeper. Common Rockroses (*Helianthemum nummularium*) were flowering in profusion, as was Alpine Basil Thyme (*Clinopodium alpinum*). Butterflies included a number of Common and Scarce Swallowtails, Common and Little Blues, Wall Browns and Lesser Spotted Fritillaries, the latter being rare in Italy. We also enjoyed the fine specimens of Adriatic Lizard Orchids (*Himantoglossum adriaticum*). We came down into a meadow to complete a circular walk, and returned to the buses.

We had our final picnic on a grassy slope on the opposite side of town, with lovely views of the mountains. Marsh and Glanville Fritillaries were on the wing and, as we were leaving, we came across a collection of Common and Mazarine Blue butterflies taking minerals from a damp patch at the edge of the road. A tiny black moth with white and orange spotted wings was later identified as the Micro moth 'The Pigmy'. As we drove back towards town, a fine Red-backed Shrike was seen perched up on a conifer. We then headed for a gelateria, where we enjoyed a real Italian ice-cream, after which some opted to walk back to the hotel. For those who wanted, we then drove to the little hilltop village of Opi, which we had been past so often. Negotiating the steep and narrow streets, we spent time exploring the village and enjoying the panoramic views along the valley.

After our final excellent dinner, most of the group headed out again, for a last watch. All was very quiet, with few mammals to be seen. As visibility decreased, we sadly admitted defeat, and returned to the hotel. Jessica checked the group in for their flights, before we all retired for the night.

Day 8

Thursday 29th May

Weather: Italy: hot and sunny; UK: fine & hot

This morning we had breakfast at 7am, before leaving at 7.30am for our journey to Rome. As ever, we drove slowly through the National Park area, scanning the hillsides and meadows, just in case.... As we descended from the mountains, we noted how plants were further forward in flowering, and the difference a week had made. We successfully negotiated the Rome ringroad, and reached the Airport Departures in plenty of time. Here we said goodbye to Jessica and Marcus, who were staying on with another group, and to Billy and Jean, who were having a few days in Rome. The rest boarded our flights back to the UK, our heads full of images of Abruzzo, in all its glorious diversity.

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Species Lists

Plants (* = a species is endemic)

Scientific name	Common name	Location
PTERIDOPHYTES	FERNS & ALLIES	
Leptosporangiate Ferns	True Ferns	
Aspleniaceae	Spleenwort Family	
<i>Asplenium adiantum-nigrum</i>	Black Spleenwort	Val Fondillo
<i>Asplenium ceterach</i>	Rustyback	Camosciara
<i>Asplenium ruta-muraria</i>	Wall Rue	Val Fondillo
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	Camosciara
Cystopteraceae	Bladder-fern Family	
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	V. Pesco di Lordo
Dryopteridaceae	Buckler-fern Family	
<i>Polystichum lonchitis</i>	Holly-fern	Val di Rose
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i> agg	Common Polypody	V. Pesco di Lordo
GYMNOSPERMS	CONIFERS	
Cupressaceae	Juniper Family	
<i>Juniperus communis</i>	Common Juniper	Camosciara
<i>Juniperus communis</i> subsp. <i>alpina</i>	Dwarf Juniper	Monte Godi
Pinaceae	Pine Family	
<i>Pinus mugo</i>	Dwarf Mountain Pine	Val di Rose
<i>Pinus nigra</i> subsp. <i>italica</i> *	Villetta Barrea Black Pine	Above Villetta Barrea
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	Castel Mancino
<i>Pinus sylvestris</i>	Scots Pine	Castel Mancino
ANGIOSPERMS	FLOWERING PLANTS	
Eu-dicots	True Dicotyledons	
Adoxaceae	Moschatel Family	
<i>Sambucus ebulus</i>	Dwarf Elder	Camosciara
<i>Sambucus nigra</i>	Elder	Camosciara
<i>Viburnum lantana</i>	Wayfaring Tree	Val Fondillo
Apiaceae	Carrot Family	
<i>Aegopodium podagraria</i>	Ground Elder	Camosciara
<i>Anthriscus sylvestris</i>	Cow Parsley	Camosciara
<i>Conium maculatum</i>	Hemlock	Castel Mancino
<i>Eryngium amethystinum</i>	Blue Eryngo	Camosciara (leaves)
<i>Laserpitium siler</i> subsp. <i>siculum</i>	A Sermountain	Val Fondillo
<i>Sanicula europaea</i>	Sanicle	Camosciara

Scientific name	Common name	Location
<i>Seseli montanum</i>	Seseli	Monte Godi
Apocynaceae	Periwinkle Family	
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	Camosciara
Araliaceae	Ivy Family	
<i>Hedera helix</i>	Ivy	Barrea
Asteraceae	Daisy Family	
<i>Adenostyles glabra</i>	Adenostyles	
<i>Bellis perennis</i>	Daisy	Camosciara
<i>Bellis sylvestris</i>	Southern Daisy	Camosciara
<i>Carlina acanthifolia</i>	Acanthus-leaved Carline Thistle	Val Fondillo
<i>Carlina vulgaris</i>	Carline Thistle	Camosciara
<i>Centaurea calcitrapa</i>	Red Star-thistle	Lago di Barrea
<i>Centaurea ceratophylla</i> *	-	Above Villetta di Barrea
<i>Centaurea montana</i>	Perennial Cornflower	Val Fondillo
<i>Cirsium tenoreanum</i>	a Woolly Thistle	Camosciara (leaves)
<i>Cota tinctoria</i>	Yellow Chamomile	Barrea
<i>Doronicum columnae</i>	Heart-leaved Leopard's-bane	Val di Rose
<i>Eupatorium cannabinum</i>	Hemp Agrimony	Val Fondillo
<i>Lactuca perennis</i>	Blue Lettuce	Castel Mancino
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Roadsides
<i>Petasites hybridus</i>	Butterbur	Camosciara
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed	Val Fondillo
<i>Podospermum canum</i>	a Cut-leaved Viper's-grass	Orchid Meadow
<i>Senecio doronicum</i> subsp. <i>doronicum</i>	Chamois Ragwort	Monte Godi
<i>Tragopogon porrifolius</i>	Salsify	Barrea
<i>Tragopogon pratensis</i> subsp. <i>minor</i>	A Goat's-beard	Roadsides
Betulaceae	Birch Family	
<i>Carpinus betulus</i>	Hornbeam	Camosciara
<i>Corylus avellana</i>	Hazel	Camosciara
Boraginaceae	Forget-me-not Family	
<i>Anchusa azurea</i>	Large Blue Alkanet	Lago di Barrea
<i>Cynoglossum magellense</i> *	a Hound's-tongue	V. Pesco di Lordo (leaves)
<i>Cynoglossum montanum</i>	Mountain Hound's-tongue	Val Fondillo
<i>Cynoglottis barrellieri</i>	an Anchusa (Blue)	Camosciara
<i>Echium platagineum</i>	Purple Viper's-bugloss	Barrea
<i>Myosotis alpestris</i>	Alpine Wood Forget-me-not	V. Pesco di Lordo
<i>Myosotis incrassata</i>	-	Val Fondillo
<i>Myosotis sylvatica</i>	Wood Forget-me-not	V. Pesco di Lordo
<i>Onosma echioides</i>	A Golden-drops	Roadsides
<i>Pulmonaria obscura</i>	Suffolk Lungwort	Camosciara
<i>Solenanthes apenninus</i>	Solenanthes	V. Pesco di Lordo
Brassicaceae	Cabbage Family	
<i>Aethionema saxatile</i>	Aethionema	Val Fondillo
<i>Alliaria petiolata</i>	Garlic Mustard	Camosciara

Scientific name	Common name	Location
<i>Arabis alpina</i> subsp. <i>caucasica</i>	Alpine Rock-cress	V. Pesco di Lordo
<i>Aubrietia columnae</i> subsp. <i>columnae</i> *	Aubrieta	Camosciara
<i>Aurinia</i> (<i>Alyssum</i>) <i>saxatile</i>	Yellow Alyssum	V. Pesco di Lordo
<i>Barbarea</i> sp.	A Wintercress	Camosciara
<i>Biscutella laevigata</i>	a Buckler Mustard	Monte Godi
<i>Cardamine bulbifera</i>	Coralroot	V. Pesco di Lordo
<i>Cardamine chelidonia</i>	a Bitter-cress (Purple)	Val Fondillo
<i>Cardamine enneaphyllos</i>	Drooping Bitter-cress	Camosciara
<i>Cardamine impatiens</i>	Narrow-leaved Bitter-cress	Val Fondillo
<i>Draba aizoides</i>	Yellow Whitlow-grass	Val di Rose
<i>Erysimum pseudorhaeticum</i> *	a Treacle Mustard	Val Fondillo
<i>Hesperis laciniata</i>	Cut-leaved Dame's Violet	Val Fondillo
<i>Isatis tinctoria</i>	Woad	Camosciara
<i>Nasturtium officinale</i>	Watercress	Val Fondillo
<i>Thlaspi stylosum</i> *	Apennine Penny-cress	Val di Rose
Campanulaceae	Bellflower Family	
<i>Campanula persicifolia</i>	Peach-leaved Bellflower	Roadsides
<i>Edraianthus gramineus</i>	Edraianthus	Val Fondillo
Caprifoliaceae	Honeysuckle Family	
<i>Dipsacus fullonum</i>	Wild Teasel	Camosciara
<i>Lonicera caprifolium</i>	Perfoliate Honeysuckle	Camosciara
<i>Lonicera xylosteum</i>	Fly Honeysuckle	Camosciara
<i>Valeriana officinalis</i>	Common Valerian	Camosciara
<i>Valeriana tuberosa</i>	Tuberous Valerian	Monte Godi
<i>Valerianella locusta</i>	Common Cornsalad	Camosciara
Caryophyllaceae	Pink Family	
<i>Cersastium fontanum</i>	Common Mouse-ear	Camosciara
<i>Cerastium tomentosum</i>	Snow-in-Summer	Camosciara
<i>Lychnis flos-cuculi</i>	Ragged Robin	Camosciara
<i>Moehringia trinervia</i>	Three-veined Sandwort	V. Pesco di Lordo
<i>Paronychia kapela</i>	a Paronychia	Barrea
<i>Silene conica</i>	Sand Catchfly	Hotel
<i>Silene dioica</i>	Red Campion	Camosciara
<i>Silene italica</i>	Italian Catchfly	Castel Mancino
<i>Silene latifolia</i>	White Campion	Camosciara
<i>Stellaria nemorum</i>	Wood Stitchwort	Camosciara
Celastraceae	Spindle Family	
<i>Euonymus europaeus</i>	Spindle Tree	Val di Rose
Cistaceae	Rock-rose Family	
<i>Helianthemum apenninum</i>	White Rockrose	Roadsides
<i>Helianthemum nummularium</i>	Rockrose	Camosciara
<i>Helianthemum oelandicum</i> subsp. <i>incanum</i>	Hoary Rockrose	Val Fondillo
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	Castel Mancino

Scientific name	Common name	Location
<i>Convolvulus cantabrica</i>	Pink Bindweed	Roadsides
<i>Cuscuta epithymum</i>	Common Dodder	Val Fondillo
Cornaceae	Dogwood Family	
<i>Cornus mas</i>	Cornelian Cherry	Camosciara
<i>Cornus sanguinea</i>	Dogwood	Camosciara
Crassulaceae	Stonecrop Family	
<i>Sedum acre</i>	Biting Stonecrop	Roadsides
<i>Sedum alpestre</i>	A Stonecrop	Castel Mancino
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	Camosciara
<i>Sedum hispanicum</i>	A Stonecrop	Camosciara
<i>Sedum rubens</i>	Reddish Stonecrop	Hotel
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	Val di Rose
<i>Sempervivum italicum*</i>	A Houseleek	Barrea
Cucurbitaceae	Gourd Family	
<i>Bryonia dioica</i>	White Bryony	Barrea
Euphorbiaceae	Spurge Family	
<i>Euphorbia amygdaloides</i>	Wood Spurge	Camosciara
<i>Euphorbia cyparissias</i>	Cypress Spurge	Hotel
<i>Euphorbia helioscopia</i>	Sun Spurge	Barrea
<i>Euphorbia myrsinites</i>	Glaucous Spurge	Val Fondillo
<i>Euphorbia verrucosa</i>	-	Monte Godi
<i>Mercurialis perennis</i>	Dog's Mercury	Camosciara
Fabaceae	Pea Family	
<i>Anthyllis vulneraria</i> agg.	Kidney Vetch	Widespread (several colour forms)
<i>Astragalus depressus</i>	Sprawling Milk-vetch	V. Pesco di Lordo
<i>Astragalus monspessulanus</i>	False Vetch	Camosciara
<i>Astragalus sempervirens</i>	Mountain Tragacanth	Val di Rose
<i>Cytisophyllum sessilifolium</i>	Sessile Broom	Above Villetta di Barrea
<i>Cytisus (Chamaecytisus) hirsutus</i>	Hairy Broom	Camosciara
<i>Genista tinctoria</i>	Dyer's Greenweed	Roadsides
<i>Hedysarum coronarium</i>	Italian Sainfoin	Roadsides
<i>Hippocrepis comosa</i>	Horseshoe Vetch	Camosciara
<i>Laburnum anagroides</i>	Laburnum	Roadsides
<i>Lathyrus aphaca</i>	Yellow Vetchling	Castel Mancino
<i>Lathyrus setifolius</i>	Red Grass Vetchling	Val Fondillo
<i>Lathyrus venetus</i>	A Spring Pea	Camosciara
<i>Lathyrus vernus</i>	Spring Pea	Camosciara
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	Camosciara
<i>Onobrychis viciifolia</i>	Sainfoin	Roadsides
<i>Spartium junceum</i>	Spanish Broom	Roadsides
<i>Trifolium pratense</i>	Red Clover	Camosciara
<i>Trifolium repens</i>	White Clover	Widespread
<i>Trifolium resupinatum</i>	Reversed Clover	Lago di Barrea
<i>Vicia cracca</i>	Tufted Vetch	Barrea
<i>Vicia sativa</i> agg.	Common Vetch	Val di Rose

Scientific name	Common name	Location
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	Widespread
<i>Quercus cerris</i>	Turkey Oak	Val di Rose
<i>Quercus pubescens</i>	Downy Oak	Camosciara
Gentianaceae	Gentian Family	
<i>Blackstonia perfoliata</i>	Yellow-wort	Orchid Meadow
<i>Gentiana cruciata</i>	Cross Gentian	Camosciara (leaves)
<i>Gentiana dinarica</i> *	a Trumpet Gentian	Camosciara
<i>Gentiana lutea</i>	Great Yellow Gentian	Monte Godi
<i>Gentiana verna</i>	Spring Gentian	Val di Rose
Geraniaceae	Crane's-bill Family	
<i>Erodium cicutarium</i>	Common Stork's-bill	Val Fondillo
<i>Geranium cinereum</i> subsp. <i>subcaulescens</i>	a Crane's-bill	V. Pesco di Lordo
<i>Geranium lucidum</i>	Shining Crane's-bill	Camosciara
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	Val di Rose
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Camosciara
<i>Geranium reflexum</i>	Reflexed Crane's-bill	Camosciara
<i>Geranium robertianum</i>	Herb Robert	Camosciara
Grossulariaceae	Gooseberry Family	
<i>Ribes uva-crispa</i>	Gooseberry	Val Fondillo
Hypericaceae	St. John's-wort Family	
<i>Hypericum perforatum</i>	Perforate St. John's-wort	Val di Rose (leaves)
Lamiaceae	Deadnettle Family	
<i>Ajuga chamaepitys</i>	Ground Pine	Val Fondillo
<i>Ajuga reptans</i>	Bugle	Camosciara
<i>Clinopodium alpinum</i> (<i>Acinos alpina</i>)	Alpine Basil Thyme	V. Pesco di Lordo
<i>Lamiastrum galeobdolon</i>	Yellow Archangel	V. Pesco di Lordo
<i>Lamium album</i>	White Dead-nettle	Camosciara
<i>Lamium garganicum</i>	Large Red Dead-nettle	Camosciara
<i>Lamium maculatum</i>	Spotted Dead-nettle	Camosciara
<i>Melittis melissophyllum</i>	Bastard Balm	Camosciara
<i>Mentha aquatica</i>	Water Mint	Val Fondillo
<i>Origanum vulgare</i>	Oregano	Barrea (leaves)
<i>Salvia verbenaca</i>	Wild Clary	Camosciara
<i>Satureja montana</i>	Winter Savory	Barrea
<i>Stachys germanica</i>	Downy Woundwort	Camosciara
<i>Thymus serpyllum</i>	Wild Thyme	Camosciara
Lentibulariaceae	Butterwort Family	
<i>Pinguicula vallis-regiae</i> *	A large-flowered Butterwort	Camosciara
Linaceae	Flax Family	
<i>Linum alpinum</i>	a Perennial Flax	Gioia Vecchio
<i>Linum bienne</i>	Pale Flax	Val Fondillo
<i>Linum capitatum</i>	a Yellow Flax	Monte Godi

Scientific name	Common name	Location
<i>Linum catharticum</i>	Fairy (Purging) Flax	Camosciara
Malvaceae	Mallow Family	
<i>Tilia platyphyllos</i>	Large-leaved Lime	Roadsides
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	Pescasseroli
<i>Fraxinus ornus</i>	Flowering Ash	Roadsides
Orobanchaceae	Broomrape Family	
<i>Euphrasia agg</i>	Eyebright	Hotel
<i>Orobanche gracilis</i>	Slender Broomrape	Orchid Meadow
<i>Orobanche minor</i>	Common Broomrape	Hotel
<i>Parentucellia latifolia</i>	Southern Red Bartsia	Val Fondillo
<i>Pedicularis hoermanniana</i>	a Leafy Lousewort	Camosciara
<i>Rhinanthus minor</i>	Yellow Rattle	Camosciara
Papaveraceae	Poppy Family	
<i>Chelidonium majus</i>	Greater Celandine	Gioia Vecchio
<i>Papaver argemone</i>	Prickly Poppy	Barrea
<i>Papaver rhoeas</i>	Common Poppy	Roadsides
Plantaginaceae	Plantain Family	
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	Hotel
<i>Digitalis ferruginea</i>	Brown Foxglove	Camosciara (leaves)
<i>Globularia cordifolia</i>	Matted Globularia	Val Fondillo
<i>Globularia punctata</i>	Common Globularia	Camosciara
<i>Linaria purpurea</i>	Purple Toadflax	Castel Mancino
<i>Plantago atrata</i>	Dark Plantain	Val di Rose
<i>Plantago lanceolata</i>	Ribwort Plantain	Camosciara
<i>Plantago major</i>	Greater Plantain	Barrea
<i>Plantago media</i>	Hoary Plantain	Camosciara
<i>Veronica beccabunga</i>	Brooklime	Val Fondillo
<i>Veronica chamaedrys</i>	Germander Speedwell	Camosciara
<i>Veronica officinalis</i>	Heath Speedwell	Camosciara
<i>Veronica orsiniana</i>	a Speedwell	V. Pesco di Lordo
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	Camosciara
Plumbaginaceae	Thrift Family	
<i>Armeria canescens</i>	Plantain-leaved Thrift	Val Fondillo
Polygalaceae	Milkwort Family	
<i>Polygala chamaebuxus</i>	Shrubby Milkwort	Camosciara
<i>Polygala major</i>	A Milkwort	Above Villetta di Barrea
<i>Polygala nicaeensis</i>	Nice Milkwort	Camosciara
Polygonaceae	Knotweed Family	
<i>Rumex acetosella</i>	Sheep's Sorrel	Hotel
<i>Rumex scutatus</i>	French Sorrel	Hotel

Scientific name	Common name	Location
Primulaceae	Primrose Family	
<i>Anagallis arvensis</i>	Scarlet Pimpernel	Val Fondillo
<i>Primula auricula</i>	Bear's-ear	Val di Rose
<i>Primula vulgaris</i>	Primrose	Camosciara
<i>Soldanella alpina</i>	Alpine Snowbell	Val di Rose
Ranunculaceae	Buttercup Family	
<i>Actea spicata</i>	Baneberry	V. Pesco di Lordo
<i>Anemone apennina</i>	Blue Anemone	V. Pesco di Lordo (leaves)
<i>Aquilegia vulgaris</i>	Columbine	Camosciara
<i>Ficaria verna agg</i>	Lesser Celandine	Val di Rose
<i>Helleborus foetidus</i>	Stinking Hellebore	Camosciara
<i>Hepatica nobilis</i>	Hepatica	Camosciara (leaves)
<i>Pulsatilla alpina</i>	Alpine Pasque Flower	Val di Rose
<i>Ranunculus apenninus</i>	Apennine Buttercup	Val di Rose
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	Camosciara
<i>Ranunculus monspeliacus</i>	-	Val Fondillo
<i>Ranunculus pencillatus</i>	Stream Water Crowfoot	Val Fondillo
<i>Ranunculus thora</i>	Thore's Buttercup	Camosciara
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	Camosciara
Resedaceae	Mignonette Family	
<i>Reseda lutea</i>	Wild Mignonette	Lago di Barrea
Rhamnaceae	Buckthorn Family	
<i>Rhamnus alpinus</i>	Alpine Buckthorn	Val di Rose
<i>Rhamnus saxatilis</i>	Rock Buckthorn	Barrea
Rosaceae	Rose Family	
<i>Alchemilla alpina</i>	Alpine Lady's Mantle	Val di Rose
<i>Alchemilla colorata</i>	a Lady's Mantle	V. Pesco di Lordo
<i>Aremonia agimonoides</i>	Bastard Agrimony	V. Pesco di Lordo
<i>Cotoneaster integerrimus</i>	Wild Cotoneaster	Barrea
<i>Crataegus monogyna</i>	Hawthorn	Camosciara
<i>Dryas octopetala</i>	Mountain Avens	Val di Rose (leaves)
<i>Fragaria vesca</i>	Wild Strawberry	Camosciara
<i>Geum urbanum</i>	Wood Avens	Camosciara
<i>Malus sylvestris</i>	Crab Apple	Camosciara
<i>Potentilla detommasii</i>	A Sulphur Cinquefoil	Val Fondillo
<i>Potentilla recta</i>	Sulphur Cinquefoil	Camosciara
<i>Potentilla c.f. rigoana*</i>	an Alpine Cinquefoil (7 leaflets)	Val di Rose
<i>Prunus mahaleb</i>	St. Lucie's Cherry	Barrea
<i>Prunus spinosa</i>	Blackthorn	Camosciara
<i>Pyrus pyraeaster</i>	Wild Pear	Camosciara
<i>Rosa canina agg</i>	Dog Rose	Camosciara
<i>Rubus fruticosus agg.</i>	Bramble	Camosciara
<i>Rubus idaeus</i>	Raspberry	Camosciara
<i>Sanguisorba minor</i>	Salad Burnet	V. Pesco di Lordo
<i>Sorbus aria</i>	Whitebeam	Camosciara
<i>Sorbus aucuparia</i>	Rowan	Camosciara

Scientific name	Common name	Location
Rubiaceae	Bedstraw Family	
<i>Cruciata laevipes</i>	Crosswort	Camosciara
<i>Galium aparine</i>	Cleavers	Camosciara
<i>Galium odoratum</i>	Woodruff	V. Pesco di Lordo
<i>Sherardia arvensis</i>	Field Madder	Hotel
Salicaceae	Willow Family	
<i>Populus nigra</i> agg.	Black Poplar	Val Fondillo
<i>Populus tremula</i>	Aspen	Camosciara
<i>Salix alba</i>	White Willow	Val Fondillo
<i>Salix caprea</i>	Goat Willow	Val Fondillo
Santalaceae	Sandelwood Family	
<i>Thesium divaricatum</i>	A Bastard Toadflax	Val Fondillo
<i>Thesium linophyllum</i>	Fine-leaved Bastard Toadflax	Val Fondillo
Sapindaceae	Maple Family	
<i>Acer campestre</i>	Field Maple	Camosciara
<i>Acer monspessulanum</i>	Montpelier Maple	Camosciara
<i>Acer opalus</i>	Italian Maple	Camosciara
<i>Acer pseudoplatanus</i>	Sycamore	Camosciara
Saxifragaceae	Saxifrage Family	
<i>Saxifraga adscendens</i> subsp. <i>adscendens</i>	Biennial Saxifrage	Val di Rose
<i>Saxifraga adscendens</i> c.f. subsp. <i>parnassica</i>	a Biennial Saxifrage	V. Pesco di Lordo
<i>Saxifraga bulbifera</i>	Bulbous Saxifrage	Camosciara
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	Barrea
<i>Saxifraga granulata</i>	Meadow Saxifrage	Camosciara
<i>Saxifraga paniculata</i>	Live-long Saxifrage	Barrea
<i>Saxifraga porophylla</i> *	Reddish Saxifrage	Val di Rose
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	Camosciara
<i>Saxifraga tridactylites</i>	Rue-leaved Saxifrage	Camosciara
Scrophulariaceae	Figwort Family	
<i>Scrophularia canina</i> subsp. <i>canina</i>	Dog (French) Figwort	Val Fondillo
<i>Scrophularia vernalis</i>	Yellow Figwort	Val Fondillo
<i>Verbascum mallophorum</i>	a large branched Mullein	V. Pesco di Lordo (leaves)
<i>Verbascum thapsus</i>	Aaron's Rod	Camosciara (leaves)
Thymelaeaceae	Daphne Family	
<i>Daphne laureola</i>	Spurge Laurel	Camosciara
<i>Daphne mezereum</i>	Mezereon	Val di Rose
<i>Daphne oleoides</i>	-	Barrea
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Nettle	Camosciara
Violaceae	Violet Family	
<i>Viola eugeniae</i> *	a Pansy	Camosciara
<i>Viola odorata</i>	Sweet Violet	Val di Rose

Scientific name	Common name	Location
<i>Viola riviniana</i>	Common Dog Violet	Camosciara
Viscaceae <i>Viscum album</i>	Mistletoe Family Mistletoe	Roadsides
Monocots	Monocotyledons	
Amaryllidaceae <i>Allium saxatile</i>	Daffodil Family Rock Onion	Camosciara (leaves)
Araceae <i>Arum italicum</i> subsp. <i>neglectum</i>	Arum Family Large Cuckoo Pint (plain leaves)	Camosciara
Asparagaceae <i>Anthericum liliago</i> <i>Muscari comosum</i> <i>Muscari neglecta</i> <i>Ornithogalum angustifolium</i> <i>Polygonatum multiflorum</i> <i>Scilla bifolia</i>	Asparagus Family St. Bernards Lily Tassel Hyacinth Dark Grape Hyacinth Common Star of Bethlehem Solomon's Seal Alpine Squill	Above Villetta di Barrea Val Fondillo Camosciara Camosciara Camosciara Val di Rose
Colchicaceae <i>Colchicum autumnale</i>	Autumn Crocus Family Autumn Crocus	Camosciara (leaves)
Iridaceae <i>Crocus vernus</i> <i>Iris germanica</i> <i>Iris marsica</i> *	Iris Family Spring Crocus German Iris Marsican Iris	Val di Rose Roadsides V. Pesco di Lordo
Liliaceae <i>Gagea liotardii</i> (G. <i>fragifera</i> , G. <i>fistulosa</i>)	Lily Family a Yellow Star of Bethlehem	Val di Rose
Melanthiaceae <i>Paris quadrifolia</i> <i>Veratrum album</i> subsp. <i>lobelianum</i>	Herb Paris Family Herb Paris White False Helleborine	Camosciara Camosciara (leaves)
Orchidaceae <i>Anacamptis morio</i> subsp. <i>morio</i> <i>Cephalanthera damasonium</i> <i>Cephalanthera longifolia</i> <i>Corallorhiza trifida</i> <i>Cypripedium calceolus</i> <i>Dactylorhiza fuchsii</i> <i>Dactylorhiza incarnata</i> <i>Dactylorhiza sambucina</i> <i>Epipactis helleborine</i> <i>Gymnadenia conopsea</i> agg <i>Himantoglossum adriaticum</i> <i>Neotinea (Orchis) tridentata</i> <i>Neotinea (Orchis) ustulata</i>	Orchid Family Green-winged Orchid White Helleborine Sword-leaved Helleborine Coralroot Orchid Lady's Slipper Orchid Common Spotted-orchid Early Marsh Orchid Elderflower Orchid Broad-leaved Helleborine Fragrant Orchid Adriatic Lizard Orchid Toothed Orchid Burnt Orchid	Camosciara Val di Rose Camosciara Camosciara Camosciara Camosciara (leaves) Val Fondillo Monte Godi V. Pesco di Lordo (leaves) Orchid Meadow Orchid Meadow Val Fondillo Orchid Meadow

Scientific name	Common name	Location
<i>Neotinea tridentata</i> x <i>N. ustulata</i>	Hybrid	Orchid Meadow
<i>Neottia ovata</i>	Twayblade	Camosciara
<i>Neottia nidus-avis</i>	Bird's Nest Orchid	Camosciara
<i>Ophrys bertolonii</i>	Bertoloni's Bee Orchid	Val Fondillo
<i>Ophrys fuciflora</i> subsp. <i>fuciflora</i> (<i>O. dinarica</i>)	A Late Spider Orchid	Val Fondillo
<i>Ophrys scolopax</i>	Woodcock Orchid	Above Villetta di Barrea
<i>Orchis anthropophora</i>	Man Orchid	Orchid Meadow
<i>Orchis mascula</i>	Early Purple Orchid	Orchid Meadow
<i>Orchis mascula</i> subsp. <i>speciosa</i> (<i>O. ovalis</i>)	an Early Purple Orchid	Camosciara
<i>Orchis militaris</i>	Military Orchid	Camosciara
<i>Orchis pallens</i>	Pale-flowered Orchid	Monte Godi
<i>Orchis pauciflora</i>	Sparse Flowered Orchid	Orchid Meadow
<i>Orchis purpurea</i>	Lady Orchid	Camosciara
<i>Orchis mascula</i> x <i>O. pauciflora</i>	Hybrid	Orchid Meadow
<i>Platanthera chlorantha</i>	Greater Butterfly Orchid	Orchid Meadow
Poaceae	Grass Family	
<i>Briza media</i>	Quaking Grass	Camosciara
<i>Festuca vivipara</i>	Viviparous Fescue	Val Fondillo
<i>Poa bulbosa</i> subsp. <i>vivipara</i>	Viviparous Meadow-grass	Camosciara
Xanthorrhoeaceae	Asphodel Family	
<i>Asphodeline lutea</i>	Yellow Asphodel	Pescasseroli

FUNGI**Lecanoromycetes***Lobaria pulmonaria***LICHENS**

Lungwort

V. Pesco di Lordo

Birds (✓ = recorded but not counted; H = heard only)

	Common name	Scientific name	May						
			22	23	24	25	26	27	28
1	Common Quail	<i>Cortunix cortunix</i>					H		
2	Mallard	<i>Anas platyrhynchos</i>					✓		
3	Great Crested Grebe	<i>Podiceps cristatus</i>					✓		
4	Grey Heron	<i>Ardea cinerea</i>	✓				✓		
7	Black Kite	<i>Milvus migrans</i>	✓						
11	Common Buzzard	<i>Buteo buteo</i>	✓	✓	>6	✓	✓	✓	✓
12	Golden Eagle	<i>Aquila chrysaetos</i>					2		
14	Common Kestrel	<i>Falco tinnunculus</i>	✓	✓			2	✓	✓
20	Eurasian Coot	<i>Fulica atra</i>					✓		
23	Yellow-legged Gull	<i>Larus michahellis</i>					✓		
24	Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓	✓			✓		
25	Common Wood Pigeon	<i>Columba palumbus</i>	✓	✓	✓	✓	✓	✓	✓
27	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓						
28	Common Cuckoo	<i>Cuculus canorus</i>	H	H	H	H	✓	✓	H
29	Eurasian Scops Owl	<i>Otus scops</i>	H	H	H	H	H		
33	Long-eared Owl	<i>Asio otus</i>				3			
34	European Nightjar	<i>Caprimulgus europaeus</i>			H				
36	Common Swift	<i>Apus apus</i>	✓				✓	✓	

	Common name	Scientific name	May						
			22	23	24	25	26	27	28
39	Eurasian Hoopoe	<i>Upupa epops</i>		H	H	H	H	H	H
40	Eurasian Wryneck	<i>Jynx torquilla</i>	H		✓	H		H	H
42	Middle Spotted Woodpecker	<i>Dendrocopos medius</i>					✓		
44	Great Spotted Woodpecker	<i>Dendrocopos major</i>		H				H	
45	European Green Woodpecker	<i>Picus viridis</i>		✓		H	H		
46	Red-backed Shrike	<i>Lanius collurio</i>		✓	✓	✓	✓	✓	✓
47	Woodchat Shrike	<i>Lanius senator</i>					✓		
48	Eurasian Golden Oriole	<i>Oriolus oriolus</i>					✓		
49	Eurasian Jay	<i>Garrulus glandarius</i>		✓			✓	H	H
50	Common Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓
51	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>					6	6	
53	Western Jackdaw	<i>Coloeus monedula</i>	✓				✓		
55	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓
56	Common Raven	<i>Corvus corax</i>	✓	✓	✓	✓	✓		
57	Marsh Tit	<i>Poecile palustris</i>				✓			
58	Coal Tit	<i>Periparus ater</i>	✓	✓	✓	✓	✓	✓	✓
59	Great Tit	<i>Parus major</i>		H	✓	✓	✓		✓
60	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓	✓	
64	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓
65	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>					6		
66	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓
67	Long-tailed Tit	<i>Aegithalos caudatus</i>		H	H	✓		H	
68	Common Chiffchaff	<i>Phylloscopus collybita</i>	H	H	✓	H	H	H	H
69	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>				H	H	H	H
70	Wood Warbler	<i>Phylloscopus sibilatrix</i>		H				H	
72	Eurasian Blackcap	<i>Sylvia atricapilla</i>	H	✓	✓	✓	✓	✓	H
73	Garden Warbler	<i>Sylvia borin</i>		H	H				
75	Common Whitethroat	<i>Sylvia communis</i>					✓	H	
78	Common Firecrest	<i>Regulus ignicapillus</i>	✓	H	H	✓	✓	H	✓
79	Goldcrest	<i>Regulus regulus</i>		H	H	H			
80	Eurasian Wren	<i>Troglodytes troglodytes</i>		H	✓		✓	✓	H
81	Eurasian Nuthatch	<i>Sitta europaea</i>		✓		✓			H
82	Eurasian Treecreeper	<i>Certhia familiaris</i>						H	✓
84	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓		✓
86	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓
87	Song Thrush	<i>Turdus philomelos</i>		✓	✓	✓	H	H	H
88	Mistle Thrush	<i>Turdus viscivorus</i>				✓		H	
89	European Robin	<i>Erithacus rubecula</i>	H	H	✓	✓	✓	H	H
90	Common Nightingale	<i>Luscinia megarhynchos</i>	H	H		H	H		
91	Black Redstart	<i>Phoenicurus ochruros</i>		✓		✓	✓	✓	✓
92	Common Redstart	<i>Phoenicurus phoenicurus</i>	✓	✓	✓	✓	✓	✓	✓
94	European Stonechat	<i>Saxicola torquata</i>		✓		✓		✓	✓
95	Northern Wheatear	<i>Oenanthe oenanthe</i>	✓	✓		✓	✓	✓	✓
96	Black-eared Wheatear	<i>Oenanthe hispanica</i>						6	
100	White-throated Dipper	<i>Cinclus cinclus</i>		✓					
102	Italian Sparrow	<i>Passer domestic italiae</i>	✓	✓	✓	✓	✓	✓	✓
103	Eurasian Tree Sparrow	<i>Passer montanus</i>	✓	✓	✓	✓	✓	✓	✓
106	Alpine Accentor	<i>Prunella collaris</i>						2	

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			22	23	24	25	26	27	28
108	Grey Wagtail	<i>Montacilla cinerea</i>		H	✓	✓	✓		
109	White Wagtail	<i>Montacilla alba</i>	✓	✓	✓	✓	✓	✓	✓
110	Meadow Pipit	<i>Anthus pratensis</i>					H		
111	Tree Pipit	<i>Anthus trivialis</i>					✓		
112	Water Pipit	<i>Anthus spinoletta</i>						✓	
113	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓
114	European Serin	<i>Serinus serinus</i>	H	✓	✓	✓	✓	✓	✓
115	European Greenfinch	<i>Chloris chloris</i>		✓		✓			
116	European Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓	✓	✓	✓	✓
118	Common Linnet	<i>Acanthus cannabina</i>					✓	12	
119	Red Crossbill	<i>Loxia curvirosta</i>						✓	
120	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>	H	✓		H	✓	✓	✓
122	Corn Bunting	<i>Emberiza calandra</i>		H			H	H	
123	Yellowhammer	<i>Emberiza citrinella</i>		✓		✓	✓		
124	Western Rock Bunting	<i>Emberiza cia</i>					✓		
126	Cirl Bunting	<i>Emberiza cirlus</i>				✓			

Mammals (D = droppings)

1	cf Water Shrew	<i>Neomys fodiens</i>				Dead			
2	Red Fox	<i>Vulpes vulpes</i>						D	
3	Apennine Wolf	<i>Canis lupus italicus</i>						D	
4	Marsican Brown Bear	<i>Ursus arctos marsicanus</i>			1				
5	Pine Marten	<i>Martes martes</i>		D				D	
6	Red Deer	<i>Cervus elaphus</i>		c30	c40	c20	c10	1	10
7	Roe Deer	<i>Capreolus capreolus</i>		2	1				4
8	Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>						6	
9	Wild Boar	<i>Sus scrofa</i>		c30	c40	c20	6		c20
10	Brown Hare	<i>Lepus europaeus</i>			1	1	1		2
11	Red Squirrel	<i>Sciurus vulgaris</i>	1						1
12	Water Vole	<i>Arvicola terrestris</i>			1				
13	Bank Vole	<i>Clethrionomys glareolus</i>		✓	✓	✓		✓	
14	Snow Vole	<i>Microtus nivalis</i>						2	
15	Yellow-necked Mouse	<i>Apodemus flavicollis</i>						Dead	
16	Wood Mouse (Long-tailed Field Mouse)	<i>Apodemus sylvaticus</i>		1	1	2		1	

Reptiles & Amphibians

1	Common Toad	<i>Bufo bufo</i>				2			
2	Italian Pool Frog	<i>Pelophylax bergeri</i>					✓		
3	cf Italian Hybrid Frog	<i>cf Pelophylax kl. hispanica</i>					✓		
4	Green Lizard	<i>Lacerta viridis</i>			1	2	2		
5	Common Wall Lizard	<i>Podarcis muralis</i>	✓		✓	✓	✓		✓
6	Italian Wall Lizard	<i>Podarcis sicula</i>			✓	✓			✓
7	Slow Worm	<i>Anguis fragilis</i>				✓			
8	Western Whip Snake	<i>Hierophis viridiflavus</i>					1		

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Fish

1	Brown Trout	<i>Salmo trutta</i>		✓	✓				
2	Common Carp	<i>Cyprinus carpio</i>					✓		

Butterflies

1	Swallowtail	<i>Papilio machaon</i>			✓				✓
2	Scarce Swallowtail	<i>Iphiclides podalirius</i>			✓	✓	✓		✓
3	Clouded Apollo	<i>Parnassius mnemosyne</i>				✓			
4	Black-veined White	<i>Aporia crataegi</i>		Pupa					
5	Large White	<i>Pieris brassicae</i>			✓	✓	✓		✓
6	Small White	<i>Pieris rapae</i>			✓	✓	✓		✓
7	Green-veined White	<i>Pieris napi</i>				✓			
8	Moroccan Orange Tip	<i>Anthocharis belia</i>					✓		✓
9	Orange Tip	<i>Anthocharis cardamines</i>	✓	✓	✓	✓	✓		✓
10	Berger's Clouded Yellow	<i>Colias alfacariensis</i>			✓	✓	✓		
11	Clouded Yellow	<i>Colias crocea</i>					✓		✓
12	Brimstone	<i>Gonepteryx rhamni</i>	✓		✓	✓			
13	Wood White	<i>Leptidea sinapis</i>		✓	✓		✓		
14	Green Hairstreak	<i>Callophrys rubi</i>			✓	✓			✓
15	Small Copper	<i>Lycaena phlaeas</i>			✓				
16	Little Blue	<i>Cupido minimus</i>			✓				✓
17	Baton Blue	<i>Pseudophilotes baton</i>			✓				
18	Brown Argus	<i>Aricia agestis</i>			✓	✓	✓		✓
19	Mazarine Blue	<i>Cyaniris semiargus</i>							✓
20	Adonis Blue	<i>Lysandra bellargus</i>			✓	✓			✓
21	Common Blue	<i>Polyommatus icarus</i>			✓	✓	✓		✓
22	Red Admiral	<i>Vanessa atalanta</i>	✓				✓		
23	Painted Lady	<i>Vanessa cardui</i>			✓	✓			
24	Queen of Spain Fritillary	<i>Issoria lathonia</i>			✓	✓	✓		✓
25	Glanville Fritillary	<i>Melitaea cinxia</i>							✓
26	Lesser Spotted Fritillary	<i>Melitaea trivia</i>							✓
27	Heath Fritillary	<i>Mellicta athalia</i>							?
28	Marsh Fritillary	<i>Euphydryas aurina</i>							✓
29	Small Heath	<i>Coenonympha pamphilus</i>		✓	✓	✓	✓		✓
30	Speckled Wood	<i>Pararge aegeria</i>			✓	✓	✓		✓
31	Wall Brown	<i>Lasiommata megera</i>					✓		✓
32	Large Wall Brown	<i>Lasiommata maera</i>					✓		✓
33	Grizzled Skipper	<i>Pyrgus malvae</i>			✓	✓	✓		✓
34	Dingy Skipper	<i>Erynnis tages</i>			✓	✓		✓	✓

Moths

Macros:

1	Six-spot Burnet	<i>Zygaena filipendulae</i>					✓		
2	cf Narrow-bordered 5-spot Burnet	<i>Zygaena lonicerae</i>		Pupa					
3	Transparent Burnet	<i>Zygaena purpuralis</i>					✓		
4	Speckled Yellow	<i>Pseudopanthera macularia</i>		✓					

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			22	23	24	25	26	27	28
5	Narrow-bordered Bee Hawkmoth	<i>Hemaris tityus</i>			✓				
6	Hummingbird Hawkmoth	<i>Macroglossum stellatarum</i>							✓

Micros:

1	The Pigmy	<i>Thyris fenestrella</i>							✓
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Other Invertebrates

1	Broad-bodied Chaser	<i>Libellula depressa</i>			✓				
2	A Darter	<i>Sympetrum sp.</i>			✓				
3	Field Cricket	<i>Gryllus campestris</i>	H	H	✓	✓	H	H	H
4	Hawthorn Shield Bug	<i>Acanthosoma haemorroidale</i>			✓	✓			
5	Forest Bug	<i>Pentatoma rufipes</i>			✓	✓			
6	Red & black Ground Bug	<i>Lygaeus saxatilis</i>			✓				
7	Red and black Froghopper	<i>Cercopis vulnerata</i>			✓				✓
8	Caddis Fly	<i>Trichoptera sp.</i>				✓			
9	Bee Fly	<i>cf Bombylius major</i>			✓				
10	Violet Carpenter Bee	<i>Xylocopa violacea</i>		✓	✓	✓	✓		
11	White-tailed Bumblebee	<i>Bombus lucorum</i>			✓				
12	Common Carder Bee	<i>Bombus pascuorum</i>		✓	✓	✓	✓		
13	Green Tiger Beetle	<i>Cicindela campestris</i>		✓					
14	2-Spot Ladybird	<i>Adalia bipunctata</i>			✓				
15	Green Leaf beetle	<i>Cryptocephalus hypochaeridis</i>				✓			
16	Ladybird Spider	<i>Eresus cinnaberinus</i>							✓



Bear's-ear Primrose (Jessica Turner)



Bertoloni's Bee Orchid (Marcus John)