

The Apennines: Italy's Abruzzo National Park

Naturetrek Tour Report

29 May – 5 June 2014



Abruzzo Chamois (Marcus John)



Abruzzo Sunset (Marcus John)



Adonis Blue (Marcus John)



Lago di Barrea (Jessica Turner)

Report compiled by Jessica Turner
Images by Marcus John & Jessica Turner



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Summary:

This second 2014 trip to the Abruzzo National Park in the central Apennines of Italy proved as exciting as ever, with some great opportunities for mammal watching, together with a wide selection of butterflies, flowers and birds, although the latter tended to be rather more elusive. The undoubted highlight was the rare sight of two Wolves, in beautiful morning light, playing together and trotting along a path on the slope opposite us. We also had superb, very close views of Abruzzo Chamois when we walked up the Val di Rose. Red Deer and Wild Boar provided a supporting cast. While we could have had better sightings of Bear this year, it is a reminder that these are truly wild animals, not coming to feeding stations, and it is possible that the smaller amount of snow this spring resulted in them moving to higher altitudes earlier than is sometimes the case. As ever, Marco and Geraldine provided a warm welcome at the Albergo Paradiso, introducing us to several local specialities.

Day 1

Thursday 29th May

Weather: Generally cloudy but fine

Having seen off the first group at Rome airport in the morning, Jessica and Marcus met the group as they arrived from the UK. We negotiated the Rome ringroad and headed eastwards on the A24 towards Pescara. A Hoopoe was seen by one group and a Black Kite and a Red Deer hind by the other as, en route, we passed the typical hilltop villages of the Apennine foothills. Turning off the autostrada at Pescina, we noted the roadside flowers as we started to climb towards the Abruzzo National Park. We continued on through Pescasseroli, and soon arrived at the Albergo Paradiso, where Geraldine gave us a very warm welcome, and we were soon enjoying dinner before retiring for the night.

Day 2

Friday 30th May

Weather: Sunny early but cloud gathering. Heavy showers and thunder later

We were delighted to wake up to a beautifully sunny day and one group were out early to drive to Gioia Vecchio, our main watchpoint. Across the valley, we saw a Red Deer hind enjoying the morning sun, and a party of 12 Wild Boar. A Hoopoe was seen silhouetted above the church, and a Western Bonelli's Warbler showed well.

Another group was also out before breakfast to explore the local surroundings of the track and meadows round the hotel. Tree Sparrow and Coal Tit were seen nesting in the hotel garden, while a male Crossbill and two youngsters were seen in the Conifers. A Firecrest responded angrily to the call on Marcus's phone, showing its fiery crest clearly, and Common Redstart, Serin and Cirl Bunting were also seen, as were a pair of Black Redstart feeding their fledglings.

After breakfast, Jessica and Marcus shopped for the picnic while group members watched Wall Lizards (mainly Common but also an Italian one), and a Red-backed Shrike. We then drove to Camosciara, one of the most popular valleys in the Park and surrounded by high mountain peaks and crags. We set off from the car park, and soon branched off the road to explore the meadows and scrub of the lower valley. There was evidence of recent heavy rain, which may have reduced the butterfly sightings, despite the sunny morning. 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. Cuckoo and Blackcap were calling all around.

We returned to the road, enjoying the meadows and verges, which held magnificent Lady Orchids (*Orchis purpurea*), Stinking Hellebore (*Helleborus foetidus*), False Vetch (*Astragalus monspessulanus*) and Horseshoe Vetch (*Hippocrepis commosa*). The trees lining the road included Dogwood (*Cornus sanguinea*), Turkey Oak (*Quercus cerris*) and Goat Willow (*Salix caprea*). Further on an old wall supported clumps of Aubrieta (*Aubrieta columnae* subsp. *columnae*), and a Western Green Lizard was spotted. By the stream, several clumps of Lady's-slipper Orchids (*Cypripedium calceolus*) were in perfect bloom, and Sword-leaved Helleborine (*Cephalanthera longifolia*) were found nearby. This area also supported Bird's-nest Orchid (*Neottia nidus-avis*), patches of the endemic Trumpet Gentian (*Gentiana dinarica*), Shrubby Milkwort (*Polygala chamaebuxus*) with its yellow or red and white flowers or magenta pink and yellow flowers, and Thore's Buttercup (*Ranunculus thora*), with enormous kidney-shaped leaves. Another find was the endemic Large-flowered Butterwort (*Pinguicula vallis-regiae*), which only occurs in Camosciara. There were also some spikes of a Leafy Lousewort, *Pedicularis boermanniana*. Butterflies included a very fresh Brown Argus, Scarce Swallowtail and Wall Brown, together with beautiful ginger Common Carder Bees and the Violet Carpenter Bee.

We stopped to picnic on a bridge. A Wren's nest was found nearby, and a Dipper was seen briefly, with a possible nest hole identified. Insects included Stoneflies and a large, black Birch Sawfly. We continued up to the cafe, and on to the waterfalls Cascata di Tre Cannalle, and Cascata di Nimfi (Cascade of Three Channels, and Cascade of the Nymphs). Under the Beech trees Bird's Nest Orchids (*Neottia nidus-avis*) and Coralroot Orchids (*Corallorhiza trifida*) were seen, but on the rocks near the waterfall the Bear's-Ear (*Primula auricula*) was over. As we

started to retrace our steps, we experienced a heavy shower. We sheltered by the cafe waiting for it to pass and then returned to the car park. Red Deer were seen on the slopes above, and a fine male Common Redstart perched on the fence. We then returned to the hotel but a wet evening prevented a later outing.

Day 3

Saturday 31st May

Weather: misty at first, clearing to sunny intervals; heavy showers and thunderstorms later.

An early start saw some of the group out by 05.30am, to drive to Gioia Vecchio, to watch for mammals. Pescasseroli was shrouded in thick mist but we climbed out of it and it was clear at our watchpoint. We reached the church and parked under the trees. Several Red Deer stags were seen, plus a Roe Deer, and good views were had of some 21 Wild Boar in the valley below. Cuckoos were, as ever, very vocal, and one was seen in flight. We then returned to the hotel for breakfast, via a stop at the local bakery.

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*), a single spike of Betoloni's Bee Orchid (*Ophrys bertolonii*), and the emerging spike of a Bedstraw Broomrape (*Orobanche caryophyllacea*). Cuckoos and Field Crickets were calling. We found some Wolf droppings, full of hair. On the slopes at the edge of the valley, were the dwarf Hairy Broom (*Cytisus hirsutus*), Rockrose (*Helianthemum nummularium*) and the smaller flowered Hoary Rockrose (*Helianthemum oelandicum subsp. incanum*), Fragrant Orchid (*Gymnadenia conopsea* agg.) and Stinking Hellebore (*Helleborus foetidus*). A black Chimney Sweeper moth, and Common and Adonis Blues were noted and we had good views of Red-backed Shrikes, perching up on the bushes and trees.

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, to walk up the other side. A Marsh Tit was feeding young in the Willows by the stream and Grey Wagtail was seen. In the grassy areas, Toothed Orchids (*Neotinea tridentata*), Green-winged Orchids (*Anacamptis morio*), Fragrant Orchids (*Gymnadenia conopsea*) and Common Spotted Orchids (*Dactylorhiza fuchsii*) were seen. Fine Trumpet Gentians (*Gentiana dinarica*), and Matted Globularia (*Globularia cordifolia*) were growing amongst the Juniper. The clouds were gathering and the rain came as we set out our picnic, so we took what shelter we could under the trees. The rain did not last and we walked a bit further on before retracing our steps. Some of us climbed a steep rocky bank to see the bellflower Edraianthus (*Edraianthus graminifolia*), and a Green Tiger Beetle was recorded. We returned down the track, noting Early Marsh Orchids (*Dactylorhiza incarnata*), Water Mint (*Mentha aquatica*), and Brooklime (*Veronica beccabunga*) in the marshy areas. The rain returned and set in for the duration, so we again had an evening in the hotel.

Day 4

Sunday 1st June

Weather: Fine and mainly sunny, but a cool breeze, strong at times

The rain had cleared overnight, and this morning we opted for a local birding walk at 7am. A male Firecrest responded to calls, fiercely displaying his crest as he flew around us. Good views were had of Serins, Cirl Bunting and a male Crossbill. However, it appeared that the Black Redstart family from a nest on the axle of a nearby trailer had fledged, as there was little activity. Wrynecks were heard calling, but remained elusive.

After breakfast, we set off for the Vallone Pesco di Lordo, behind the hotel. We took the buses the short distance to the start of the walk, and were soon exploring a rocky meadow. The sun had brought out some butterflies, Mazarine and Common Blue, Small Heath and Brown Argus were spotted, plus the distinctive red and black striped Shield Bug *Graphosoma lineatum*. We moved into the wooded area of well-established Beech trees (*Fagus sylvatica*), the plants seen included; Baneberry (*Actaea spicata*), Coralroot (*Cardamine bulbifera*) with black bulbils in the leaf axils, Reflexed Crane's-bill (*Geranium reflexum*), and a fine stand of Herb-Paris (*Paris quadrifolia*). Birds included Marsh Tit, Bullfinch and Common Buzzard. An impressive specimen of the Longhorn Beetle *Morimus funereus* was found in a decaying tree stump, and several Bank Voles were seen, mainly foraging in the leaf litter or dashing between holes.

Where the path forked, we left the road, and proceeded on a more open path. 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). We had our picnic in a sheltered spot, where both Pearl-bordered Fritillary and Red Admiral were on the wing. As we set off, back down the valley, we found evidence of extensive, recent Wild Boar damage over what, the previous week, had been a flower-covered hillock. Nicky spotted a Nuthatch in an old tree, and we enjoyed good views, while a Painted Lady was added to the butterfly list.

Having returned to the vehicles, we drove down the valley to the hilltop village of Opi, where we explored the steep streets and enjoyed the extensive views (and coffee!). Parties of Common Swift were flying low over the village, and Black Redstarts were also noted. We then returned to the Val Fondillo following advice from the Warden, that bears were often seen on the lower slopes of Monte Marsicano opposite in the early evening. We settled ourselves in a grassy area in the late afternoon sun, scanning the slopes. We saw a number of Red Deer hinds, some resting, others grazing, and a couple silhouetted against the skyline, but no bears were forthcoming so we packed up, and returned to the hotel for dinner.

Day 5

Monday 2nd June

Weather: Frosty morning, fine and mainly sunny but a cool wind

At Gioia Vecchio, several Red Deer stags were enjoying the morning sun on the hillside opposite, and Roe Deer was also seen. As we were scanning, a Marsican Brown Bear was glimpsed, crossing a narrow glade but, unfortunately, only Marcus and Jessica managed to get onto it before it vanished back into the trees. However, spurred on to greater attention, to see whether it would reappear, we were thrilled to see a Wolf emerge from the

trees further up, followed by a second. Probably relative youngsters, they interacted by play-biting each other's muzzle, then trotted across the open ground and along the edge of the trees. Everyone present managed to get good views of them before they eventually disappeared back into the scrub. Although we did not see the bear again, we were thrilled by this much rarer encounter, and returned for breakfast in high spirits.

Today our destination was the gorge at Barrea, the little town at the far end of the Lago di Barrea. While we were preparing to leave, a Forester moth was recorded in the hotel car park. We then drove down the valley, along the length of the lake, and up to the small hillside town, where we parked overlooking the lake. We took the path above the town, which leads to the local nature reserve overlooking the gorge, pausing to look back over the lake. Common Redstarts and Black Redstarts were seen around the building, while Red-billed Chough and Crag Martins were in the gorge, flying around a large cave, where they were nesting. A Golden Eagle was spotted in the distance above the hills opposite, but as it circled, it came closer and drifted overhead, giving some good views. Plants included Adriatic Lizard Orchid (*Himantoglossum adriaticum*), Burnt Orchid (*Neotinea ustulata*), Purple Viper's Bugloss (*Echium plantaganeum*), and St. Lucie's Cherry (*Prunus mahaleb*), while on the cliffs of the gorge there was Thick-leaved Saxifrage (*Saxifraga callosa*) and Livelong Saxifrage (*Saxifraga paniculata*), Cotoneaster (*Cotoneaster intergerrimus*), and the endemic Houseleek, *Sempervivum italicum*, not yet in flower. Unfortunately it was rather cold for butterflies, but a number of Black-veined White caterpillars were feeding on a *Prunus*, and a Slow Worm was spotted. A Nightingale was singing, and a Cuckoo was seen several times, as it flew across the hillside.

We had our picnic at the picnic site at the western end of the Lago di Barrea, in which we could see the Carp preparing to spawn. We then took the road north out of the village, noting the endemic Villetta Barrea Black Pines (*Pinus nigra subsp italica*) on the cliff faces. We stopped at 'Serena's Bend' (named after a previous client, who noticed the orchids on it) to look at some Man Orchids (*Orchis anthropophora*). On the same grassy area we found some Toothed Orchids (*Neotinea tridentata*), and a good number of the endemic *Ophrys dinarica*, a variation of Late Spider Orchid (*Ophrys fuciflora*). A Turquoise Blue butterfly was another exciting find. On the opposite side of the road, spikes of St Bernard's Lily (*Anthericum lilago*) were in flower.

We then drove on, to above the Passo Godi, where we parked and walked along the track Y1, at about 1600m. We explored the hillsides, noting the beautiful Spurge, *Euphorbia verrucosa*, a yellow Flax *Linum capitatum*, and Elderflower Orchids (*Dactylorhiza sambucina*), both the lemon and magenta colour forms. Further up the slope were a Pale-flowered Orchid (*Orchis pallens*), Sparse-flowered Orchids (*Orchis pauciflora*), and a swarm of hybrids between this species and Early Purple Orchid (*Orchis mascula*), combining the lemon yellow and purple in various combinations. Birds were rather scarce but a Stonechat showed well.

After another excellent meal, we returned to Gioia Vecchio. En route, Nicky was fortunate to catch a glimpse of a Wolf on a low hillock visible through the trees. It was a beautifully sunny evening, but the low rays of the sun made viewing across the valley quite difficult. The morning's success was not repeated, although we saw a number of Red Deer and four Wild Boar, and had the compensation of a stunning sunset.

Day 6

Tuesday 3rd June

Weather: fine and sunny, occasional cloud later

Today, with the promise of fine weather, we decided to do our 'high' walk of Val di Rose. We took an earlier start to drive back down the valley, where those in the car had good views of a Hoopoe flying across and up to the hillside village of Civitella Alfadena. We set off up the stony track through a mosaic of forest and glades.

In the meadows, many butterflies were flying, including Scarce Swallowtail, Queen of Spain, Heath and Pearl-bordered Fritillaries, Adonis, Baton and Common Blues. A Western Green Lizard was spotted. Under the Beech trees (*Fagus sylvatica*) Bird's-nest Orchids (*Neottia nidus-avis*) and White Helleborine (*Cephalanthera damasonium*) were coming into flower, while in another clearing there were several specimens of the strange endemic Solenanthus (*Solenanthus apenninus*). In the denser forest, a Wolf dropping was found on the path, full of deer hair; a Goshawk flew through the trees, and a number of the mountain form of Bank Vole were seen.

Eventually we came out above the tree line. There was relatively little snow remaining this year, but the abundance of flowers reflected the cold spring. A large boulder was covered with Reddish Saxifrage (*Saxifraga porophylla*) and a perfect Bear's-ear (*Primula auricula*), while the grass held Spring Gentian (*Gentiana verna*), Alpine Wood Forget-me-not (*Myosotis alpestris*) and carpets of the endemic Pansy (*Viola eugeniae*) in all shades from very deep purple, through mauve and yellow, to cream. Mezerion (*Daphne mezereum*) and the Heart-leaved Leopard's-bane (*Doronicum columnae*) were also seen. Red-billed Chough played overhead and also Alpine Chough. The stars of the show were, however, the Abruzzo Chamois, an endemic subspecies of the Pyrenean Chamois, a different species from the Alpine Chamois. About 15 animals were seen in total, some on the scree and crossing the snow, others very close at hand and providing some good photographic opportunities.

Black Redstart, Northern and Black-eared Wheatears, Water Pipits and Linnets were around and, as we had our picnic, a Clouded Yellow butterfly flew past. Suitably refreshed, we climbed up to the Passo Cavuto Pass at 1980m. Climbing up the slope, we found Alpine Pasque Flower (*Pulsatilla alpina*), some sheltered by the Prostrate Juniper (*Juniperus communis subsp alpina*), Alpine Squill (*Scilla bifolia*), Alpine Snowbell (*Soldanella alpina*) and a Potentilla which was probably the endemic *P. rigoana*. On the ridge were a fine display of Spring Gentians (*Gentiana verna*), Spring Crocuses (*Crocus verna*) where the snow had recently melted, and patches of the diminutive Ciliate Rock-jasmine (*Androsace villosa*) with pink and white flowers. Alpine Accentor was seen briefly, plus a probable Snowfinch. We spent some time enjoying this spectacular place, before eventually making our way back to the road, and a reviving stop at the bar in the village.

Day 7

Wednesday 4th June

Weather: mainly fine, warm & sunny, with a cool breeze at times and occasional cloud

Still hoping for bear sightings, we left the hotel at 05.30, for a final morning at Gioia Vecchio; it was however, very quiet, with small numbers of Red and Roe Deer being seen, and a single Wild Boar. After breakfast, we left for Castel Mancino, the rocky hill bearing the ruins of the 13th Century castle, above Pescasseroli. First, however, we had the opportunity to look round the town market and to buy items to take home. Having re-gathered, we

parked above the town by the cemetery, and climbed up through the trees, noting various tits and having good views of Eurasian Treecreeper and a couple of Red Squirrels. Common Rockroses (*Helianthemum nummularium*) were flowering in profusion, as was Alpine Basil Thyme (*Clinopodium (Acinos) alpinum*). Butterflies included Common and Scarce Swallowtails, a variety of Blues, Large Wall Brown and Wall Brown, together with Queen of Spain, and the local Lesser Spotted Fritillaries. A Sooty Copper was noted, while moths included Transparent Burnet, Six-spot Burnet, Hummingbird Hawkmoth, and a Little Emerald.

We also saw some very fine specimens of Adriatic Lizard Orchid (*Himantoglossum adriaticum*) and Man Orchid (*Orchis anthropophora*). We came down into a meadow to complete a circular walk. We had our picnic on a flat grassy meadow on the opposite side of town, where we recorded Marsh Fritillary. We then moved north to look at the 'landslip meadow'. This sloping piece of land 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 and Lesser Butterfly Orchids (*Platanthera chlorantha* and *P. bifolia*), 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* (*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. Black and white Ascalaphids were flying, and a Crested Porcupine quill was found. We finished the afternoon by visiting a Geletaria in Pescasseroli, where we enjoyed a final ice cream, before returning to the hotel.

Day 8

Thursday 7th June

Weather: fine and sunny

We left in good time for our journey back to Rome. Although we scanned the hillsides and meadows, we did not see any further mammals, but we noted the differences in flowering plants as we descended to the Avezzano plain. At the airport we unloaded and said our farewells to Paul and Helen, who were staying on in Rome and Marcus who was on a later flight, and made our way through to departures, and so back home...

Naturetrek Facebook

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

Species Lists

Plants (* = a species is endemic)

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

Scientific name	Common name	Location
<i>Orlaya grandiflora</i>	Orlaya	Barrea
<i>Sanicula europaea</i>	Sanicle	Val Fondillo
<i>Seseli montanum</i>	Seseli	Camosciara
Apocynaceae	Periwinkle Family	
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	Val Fondillo
Araliaceae	Ivy Family	
<i>Hedera helix</i>	Ivy	Barrea
Asteraceae	Daisy Family	
<i>Adenostyles glabra</i>	Adenostyles	Val Fondillo
<i>Bellis perennis</i>	Daisy	Camosciara
<i>Bellis sylvestris</i>	Southern Daisy	Camosciara
<i>Carduus chrysacanthus</i>	Apennine Thistle	Roadsides
<i>Carduus nutans</i>	Musk Thistle	Roadsides
<i>Carlina acanthifolia</i>	Acanthus-leaved Carlina Thistle	Val Fondillo
<i>Carlina vulgaris</i>	Carlina Thistle	Camosciara (leaves)
<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
<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	Val Fondillo
<i>Onoropordon acanthium</i>	Cotton Thistle	Civitella Alfadena
<i>Petasites hybridus</i>	Butterbur	Camosciara
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed	Barrea
<i>Podospermum canum</i>	a Cut-leaved Viper's-grass	Widespread
<i>Pulicaria dysenterica</i>	Fleabane	Val Fondillo
<i>Senecio doronicum subsp. doronicum</i>	Chamois Ragwort	Monte Godi
<i>Senecio squalidus</i>	Oxford Ragwort	Val di Rose
<i>Tragopogon dubius</i>	A Goat's-beard	Val Fondillo
<i>Tragopogon porrifolius</i>	Salsify	Barrea
<i>Tragopogon pratensis subsp. minor</i>	A Goat's-beard	Roadsides
<i>Xeranthemum inapertum</i>	Xeranthemum	Barrea
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>Cynoglossis barrellieri</i>	an Anchusa (Blue)	Camosciara
<i>Echium platagineum</i>	Purple Viper's-bugloss	Val Fondillo
<i>Lithospermum officinale</i>	Common Gromwell	Castel Mancino

Scientific name	Common name	Location
<i>Myosotis alpestris</i>	Alpine Wood Forget-me-not	Val di Rose
<i>Myosotis scorpioides</i>	Water Forget-me-not	Val Fondillo
<i>Myosotis sylvatica</i>	Wood Forget-me-not	Val Fondillo
<i>Onosma echioides</i>	A Golden-drops	Roadsides
<i>Pulmonaria cf apennina*</i>	A Lungwort	Camosciara
<i>Solenanthus apenninus*</i>	Solenanthus	V. Pesco di Lordo
Brassicaceae	Cabbage Family	
<i>Aethionema saxatile</i>	Burnt Candytuft	Val Fondillo
<i>Alliaria petiolata</i>	Garlic Mustard	Camosciara
<i>Alyssum minus</i>	an Alyssum	Val Fondillo
<i>Alyssum montanum</i>	Mountain Alyssum	Barrea
<i>Alyssum saxatile</i>	Yellow Alyssum	V. Pesco di Lordo
<i>Arabis alpina subsp. caucasica</i>	Alpine Rock-cress	Val di Rose
<i>Arabis stellulata</i>	-	Val di Rose
<i>Arabis turrita</i>	Towercross	Camosciara
<i>Aubrieta columnae subsp. columnae*</i>	Aubrieta	Camosciara
<i>Biscutella laevigata</i>	a Buckler Mustard	Monte Godi
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	Camosciara
<i>Cardamine bulbifera</i>	Coralroot	Camosciara
<i>Cardamine chelidonia</i>	a Bitter-cress (Purple)	Camosciara
<i>Cardamine enneaphylos</i>	Drooping Bitter-cress	Camosciara
<i>Cardamine impatiens</i>	Narrow-leaved Bitter-cress	Camosciara
<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>Nasturtium officinale</i>	Watercress	Val Fondillo
<i>Thlaspi alpinum</i>	Alpine Penny-cress	
<i>Thlaspi stylosum*</i>	Apennine Penny-cress	Val di Rose
Campanulaceae	Bellflower Family	
<i>Campanula persicifolia</i>	Peach-leaved Bellflower	Near the Hotel
<i>Edraianthus gramineus</i>	Edraianthus	Val Fondillo
<i>Phyteuma orbiculare</i>	Round-headed Rampion	Camosciara
Caprifoliaceae	Honeysuckle Family	
<i>Dipsacus fullonum</i>	Wild Teasel	Camosciara
<i>Lonicera caprifolium</i>	Perfoliate Honeysuckle	Camosciara
<i>Lonicera periclymenum</i>	Honeysuckle	Camosciara
<i>Lonicera xylosteum</i>	Fly Honeysuckle	Camosciara
<i>Valeriana officinalis</i>	Common Valerian	Camosciara
<i>Valeriana tuberosa</i>	Tuberous Valerian	Val di Rose
<i>Valerianella locusta</i>	Common Cornsalad	V. Pesco di Lordo
Caryophyllaceae	Pink Family	
<i>Cersastium fontanum</i>	Common Mouse-ear	Camosciara
<i>Cerastium tomentosum</i>	Snow-in-Summer	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

Scientific name	Common name	Location
<i>Silene dioica</i>	Red Campion	Camosciara
<i>Silene (Lychnis) flos-cuculi</i>	Ragged Robin	Camosciara
<i>Silene italica</i>	Italian Catchfly	Camosciara
<i>Silene latifolia</i>	White Campion	Val Fondillo
<i>Stellaria nemorum</i>	Wood Stitchwort	Camosciara
Celastraceae	Spindle Family	
<i>Euonymus europaeus</i>	Spindle Tree	Camosciara
Cistaceae	Rock-rose Family	
<i>Helianthemum apenninum</i>	White Rockrose	Roadsides
<i>Helianthemum nummularium</i>	Rockrose	Camosciara
<i>Helianthemum oelandicum subsp.alpestre</i>	Alpine Rockrose	Val di Rose (leaves)
<i>Helianthemum oelandicum subsp.incanum</i>	Hoary Rockrose	Val Fondillo
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	Castel Mancino
<i>Convolvulus cantabrica</i>	Pink Bindweed	Roadsides en route
<i>Cuscuta epithymum</i>	Common Dodder	Camosciara
Cornaceae	Dogwood Family	
<i>Cornus sanguinea</i>	Dogwood	Camosciara
Crassulaceae	Stonecrop Family	
<i>Sedum acre</i>	Biting Stonecrop	V. Pesco di Lordo
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	Camosciara (leaves)
<i>Sedum hispanicum</i>	A Stonecrop	Camosciara (leaves)
<i>Sedum rubens</i>	Reddish Stonecrop	Camosciara (leaves)
<i>Sedum rupestre</i>	Rock Stonecrop	V. Pesco di Lordo
<i>Sedum sexangulare</i>	Tasteless Stonecrop	Camosciara (leaves)
<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	Val Fondillo
Euphorbiaceae	Spurge Family	
<i>Euphorbia amygdaloides</i>	Wood Spurge	Camosciara
<i>Euphorbia cyparissias</i>	Cypress Spurge	Val Fondillo
<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	Val di Rose
Fabaceae	Pea Family	
<i>Anthyllis vulneraria agg.</i>	Kidney Vetch	Camosciara
<i>Astragalus depressus</i>	Sprawling Milk-vetch	Val Fondillo
<i>Astragalus monspessulanus</i>	False Vetch	Camosciara
<i>Astragalus sempervirens</i>	Mountain Tragacanth	Val di Rose
<i>Cytisophyllum sessilifolium</i>	Sessile Broom	Camosciara

Scientific name	Common name	Location
<i>Cytisus (Chamaecytisus) hirsutus</i>	Hairy Broom	Val Fondillo
<i>Genista tinctoria</i>	Dyer's Greenweed	Gioia Vecchio
<i>Hedysarum coronarium</i>	Italian Sainfoin	Roadsides
<i>Hippocrepis comosa</i>	Horseshoe Vetch	Camosciara
<i>Laburnum anagroides</i>	Laburnum	Camosciara
<i>Lathyrus aphaca</i>	Yellow Vetchling	Castel Mancino
<i>Lathyrus pratensis</i>	Meadow Vetchling	Val di Rose
<i>Lathyrus setifolius</i>	Red Grass Vetchling	Val di Rose
<i>Lathyrus venetus</i>	A Spring Pea	Camosciara
<i>Lathyrus vernus</i>	Spring Pea	Val di Rose
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	Camosciara
<i>Medicago lupulina</i>	Black Medick	Camosciara
<i>Onobrychis arenaria</i>	Small Sainfoin	Barrea
<i>Onobrychis viciifolia</i>	Sainfoin	Camosciara
<i>Spartium junceum</i>	Spanish Broom	Roadsides
<i>Trifolium incarnatum subsp. molinerii</i>	a Crimson Clover	Barrea
<i>Trifolium pratense</i>	Red Clover	Camosciara
<i>Trifolium repens</i>	White Clover	Camosciara
<i>Trifolium resupinatum</i>	Reversed Clover	Lago di Barrea
<i>Trifolium stellatum</i>	Starry Clover	Castel Mancino
<i>Vicia cracca</i>	Tufted Vetch	Camosciara
<i>Vicia sativa agg</i>	Common Vetch	Val di Rose
<i>Vicia sepium</i>	Bush Vetch	Camosciara
<i>Vicia villosa</i>	Fodder Vetch	Camosciara
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	Camosciara
<i>Quercus cerris</i>	Turkey Oak	Camosciara
<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 (leaves)
<i>Gentiana verna</i>	Spring Gentian	Val di Rose
Geraniaceae	Crane's-bill Family	
<i>Erodium alpinum</i>	Alpine Stork's-bill	
<i>Erodium cicutarium</i>	Common Stork's-bill	Widespread
<i>Geranium cinereum subsp. subcaulescens</i>	a Crane's-bill	V. Pesco di Lordo
<i>Geranium dissectum</i>	Cut-leaved Crane's-bill	Monte Godi
<i>Geranium lucidum</i>	Shining Crane's-bill	Camosciara
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	Camosciara (leaves)
<i>Geranium molle</i>	Dove's-foot Crane's-bill	Val Fondillo
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Camosciara
<i>Geranium reflexum</i>	Reflexed Crane's-bill	V. Pesco di Lordo
<i>Geranium robertianum</i>	Herb Robert	Camosciara

Scientific name	Common name	Location
Grossulariaceae <i>Ribes uva-crispa</i>	Gooseberry Family Gooseberry	Val Fondillo
Hypericaceae <i>Hypericum perforatum</i>	St. John's-wort Family Perforate St. John's-wort	Val Fondillo (leaves)
Lamiaceae <i>Ajuga chamaepitys</i> <i>Ajuga reptans</i> <i>Clinopodium (Acinos) alpina</i> <i>Lamiaeum galeobdolon</i> <i>Lamium album</i> <i>Lamium garganicum</i> <i>Melittis melissophyllum</i> <i>Mentha aquatica</i> <i>Mentha longifolia</i> <i>Salvia verbenaca</i> <i>Satureja montana</i> <i>Stachys germanica</i> <i>Thymus serpyllum</i>	Deadnettle Family Ground Pine Bugle Alpine Basil Thyme Yellow Archangel White Dead-nettle Large Red Dead-nettle Bastard Balm Water Mint Horse Mint Wild Clary Winter Savory Downy Woundwort Wild Thyme	Val Fondillo Camosciara Monte Godi V. Pesco di Lordo Camosciara Camosciara Camosciara Val Fondillo Camosciara Camosciara Barrea Val Fondillo Camosciara
Lentibulariaceae <i>Pinguicula vallis-regiae*</i>	Butterwort Family A large-flowered Butterwort	Camosciara
Linaceae <i>Linum bienne</i> <i>Linum capitatum</i> <i>Linum catharticum</i>	Flax Family Pale Flax a Yellow Flax Fairy (Purging) Flax	Val Fondillo Monte Godi Barrea
Malvaceae <i>Malva moschata</i>	Mallow Family Musk Mallow	V. Pesco di Lordo (leaves)
Oleaceae <i>Fraxinus excelsior</i> <i>Fraxinus ornus</i>	Olive Family Ash Flowering Ash	Roadsides Roadsides
Orobanchaceae <i>Euphrasia agg</i> <i>Orobanche caryophyllacea</i> <i>Orobanche gracilis</i> <i>Orobanche minor</i> <i>Parentucellia latifolia</i> <i>Pedicularis hoermanniana</i> <i>Rhinanthus minor</i> <i>Rhinanthus wettsteinii</i>	Broomrape Family Eyebright Bedstraw Broomrape Slender Broomrape Common Broomrape Southern Red Bartsia a Leafy Lousewort Yellow Rattle Apennine Rattle	Val Fondillo Barrea Orchid Meadow Val Fondillo Val Fondillo Camosciara Camosciara Barrea
Papaveraceae <i>Chelidonium majus</i> <i>Papaver rhoeas</i>	Poppy Family Greater Celandine Common Poppy	Lago di Barrea Roadsides

Scientific name	Common name	Location
Plantaginaceae		
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	Camosciara
<i>Digitalis ferruginea</i>	Brown Foxglove	Camosciara (leaves)
<i>Digitalis lutea</i>	Small Yellow Foxglove	Val di Rose (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	V. Pesco di Lordo
<i>Plantago media</i>	Hoary Plantain	Camosciara
<i>Veronica beccabunga</i>	Brooklime	Val Fondillo
<i>Veronica chamaedrys</i>	Germander Speedwell	Camosciara
<i>Veronica orsiniana</i>	a Speedwell	V. Pesco di Lordo
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	Camosciara
Plumbaginaceae		
<i>Armeria canescens</i>	Plantain-leaved Thrift	Val Fondillo
Polygalaceae		
<i>Polygala alpestris</i>	Mountain Milkwort	Val di Rose
<i>Polygala chamaebuxus</i>	Shrubby Milkwort	Camosciara
<i>Polygala flavescens</i>	A Yellow Milkwort	Val Fondillo
<i>Polygala major</i>	A Milkwort	Above Villetta di Barrea
<i>Polygala nicaeensis</i>	Nice Milkwort	Camosciara
<i>Polygala serpyllifolia</i>	Thyme-leaved Milkwort	Val Fondillo
Polygonaceae		
<i>Rumex acetosella</i>	Sheep's Sorrel	Val Fondillo
<i>Rumex scutatus</i>	French Sorrel	Val di Rose
Primulaceae		
<i>Anagallis arvensis</i>	Scarlet Pimpernel	Barrea
<i>Androsace villosa</i>	Ciliate Rock-jasmine	Val di Rose
<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		
<i>Actea spicata</i>	Baneberry	V. Pesco di Lordo
<i>Aquilegia vulgaris</i>	Columbine	Camosciara
<i>Delphinium c.f. halteratum</i>	a Delphinium	V. Pesco di Lordo (leaves)
<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 montpeliacus</i>	-	Val Fondillo
<i>Ranunculus pencillatus</i>	Stream Water Crowfoot	Val Fondillo

Scientific name	Common name	Location
<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	V. Pesco di Lordo
<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 laevigata</i>	Midland Hawthorn	Camosciara
<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	V. Pesco di Lordo
<i>Potentilla apennina</i> *	Apennine Cinquefoil (silvery leaves)	Val di Rose
<i>Potentilla detommassii</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</i> agg.	Dog Rose	Camosciara
<i>Rubus fruticosus</i> agg.	Bramble	Camosciara
<i>Rubus idaeus</i>	Raspberry	Castel Mancino
<i>Sanguisorba minor</i>	Salad Burnet	Camosciara
<i>Sorbus aria</i>	Whitebeam	V. Pesco di Lordo
<i>Sorbus aucuparia</i>	Rowan	Roadsides
Rubiaceae	Bedstraw Family	
<i>Cruciata laevipes</i>	Crosswort	Camosciara
<i>Galium aparine</i>	Cleavers	Camosciara
<i>Galium mollugo</i>	Hedge Bedstraw	Barrea
<i>Galium odoratum</i>	Woodruff	V. Pesco di Lordo
<i>Sherardia arvensis</i>	Field Madder	Val Fondillo
Salicaceae	Willow Family	
<i>Populus nigra</i> agg.	Black Poplar	Val Fondillo
<i>Populus tremula</i>	Aspen	Val Fondillo
<i>Salix alba</i>	White Willow	Camosciara
<i>Salix caprea</i>	Goat Willow	Camosciara
<i>Salix purpurea</i>	Purple Willow	Camosciara

Scientific name	Common name	Location
Santalaceae		
<i>Thesium divaricatum</i>	A Bastard Toadflax	Val Fondillo
<i>Thesium linophyllum</i>	Fine-leaved Bastard Toadflax	Val Fondillo
Sapindaceae		
<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	Gioia Vecchio
Saxifragaceae		
<i>Saxifraga adscendens subsp. adscendens</i>	Biennial Saxifrage	Val di Rose
<i>Saxifraga adscendens c.f. subsp. parnassica</i>	a Biennial Saxifrage	V. Pesco di Lordo
<i>Saxifraga bulbifera</i>	Bulbous Saxifrage	Val Fondillo
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	Barrea
<i>Saxifraga granulata</i>	Meadow Saxifrage	Val Fondillo
<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		
<i>Scrophularia canina subsp. canina</i>	Dog (French) Figwort	Val Fondillo
<i>Scrophularia scopolii</i>	Italian Figwort	Val Fondillo
<i>Scrophularia vernalis</i>	Yellow Figwort	Val Fondillo
<i>Verbascum mallophorum</i>	a large branched Mullein	V. Pesco di Lordo
<i>Verbascum thapsus</i>	Aaron's Rod	Roadsides
Thymelaeaceae		
<i>Daphne laureola</i>	Spurge Laurel	Camosciara
<i>Daphne mezereum</i>	Mezereon	Val di Rose
<i>Daphne oleoides</i>	-	Barrea
Urticaceae		
<i>Urtica dioica</i>	Nettle	Camosciara
Violaceae		
<i>Viola arvensis</i>	Field Pansy	Camosciara
<i>Viola eugeniae*</i>	a Pansy	Val Fondillo
<i>Viola riviniana</i>	Common Dog Violet	V. Pesco di Lordo
Viscaceae		
<i>Viscum album</i>	Mistletoe	Camosciara
Monocots		
Monocotyledons		
Amaryllidaceae		
<i>Allium saxatile</i>	Rock Onion	Camosciara (leaves)
<i>Allium schoenocephalum</i>	Chives	Val di Rose

Scientific name	Common name	Location
Araceae <i>Arum italicum</i> subsp. <i>neglectum</i>	Arum Family Large Cuckoo Pint	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 V. Pesco di Lordo Camosciara Camosciara Val di Rose
Colchicaceae <i>Colchicum autumnale</i>	Autumn Crocus Family Autumn Crocus	Orchid Meadow (seed pods)
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> (<i>G. fragifera</i> , <i>G. 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</i> (<i>Orchis</i>) <i>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 atrorubens</i> <i>Epipactis helleborine</i> <i>Gymnadenia conopsea</i> agg <i>Himantoglossum adriaticum</i> <i>Neotinea</i> (<i>Orchis</i>) <i>tridentata</i> <i>Neotinea</i> (<i>Orchis</i>) <i>ustulata</i> <i>Neotinea tridentata</i> x <i>N. ustulata</i> <i>Neottia ovata</i> <i>Neottia nidus-avis</i> <i>Ophrys bertolonii</i> <i>Ophrys fuciflora</i> subsp. <i>fuciflora</i> (<i>O. dinarica</i>) <i>Orchis anthropophora</i> <i>Orchis mascula</i> <i>Orchis mascula</i> subsp. <i>speciosa</i> (<i>O. ovalis</i>) <i>Orchis militaris</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 Dark Red Helleborine Broad-leaved Helleborine Fragrant Orchid Adriatic Lizard Orchid Toothed Orchid Burnt Orchid Hybrid Twayblade Bird's Nest Orchid Bertoloni's Bee Orchid A Late Spider Orchid Man Orchid Early Purple Orchid an Early Purple Orchid Military Orchid	Camosciara Camosciara Camosciara Camosciara Camosciara Camosciara Val Fondillo Monte Godi Val Fondillo (in bud) Camosciara (leaves) Val Fondillo Barrea Val Fondillo Orchid Meadow Orchid Meadow Camosciara Camosciara Val Fondillo Val Fondillo Above Villetta di Barrea Orchid Meadow Camosciara Camosciara

Scientific name	Common name	Location
<i>Orchis pallens</i>	Pale-flowered Orchid	Monte Godi
<i>Orchis pauciflora</i>	Sparse Flowered Orchid	Monte Godi
<i>Orchis purpurea</i>	Lady Orchid	Camosciara
<i>Orchis mascula x O. pauciflora</i>	Hybrid	Monte Godi
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid	Orchid Meadow
<i>Platanthera chlorantha</i>	Greater Butterfly Orchid	Orchid Meadow

Poaceae

Poaceae	Grass Family	
<i>Briza media</i>	Quaking Grass	Orchid Meadow
<i>Festuca vivipara</i>	Viviparous Fescue	Val di Rose
<i>Melica uniflora</i>	Wood Melick	Camosciara
<i>Poa bulbosa subsp. vivipara</i>	Viviparous Meadow-grass	Val di Rose

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

Lungwort

Camosciara

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

	Common name	Scientific name	May/June							
			29	30	31	1	2	3	4	
1	Mallard	<i>Anas platyrhynchos</i>		✓					<input type="checkbox"/>	<input type="checkbox"/>
2	Great Crested Grebe	<i>Podiceps cristatus</i>					✓		<input type="checkbox"/>	
3	Grey Heron	<i>Ardea cinerea</i>					✓		<input type="checkbox"/>	
4	Little Egret	<i>Egretta garzetta</i>	✓						<input type="checkbox"/>	
5	Black Kite	<i>Milvus migrans</i>	✓							
6	Eurasian Sparrowhawk	<i>Accipiter nisus</i>								✓
7	Northern Goshawk	<i>Accipiter gentilis</i>							✓	
8	Common Buzzard	<i>Buteo buteo</i>	✓	✓		✓	✓			✓
9	Golden Eagle	<i>Aquila chrysaetos</i>					✓			
10	Common Kestrel	<i>Falco tinnunculus</i>	✓		✓	✓	✓			
11	Eurasian Coot	<i>Fulica atra</i>					✓			
12	Yellow-legged Gull	<i>Larus michahellis</i>	✓							
13	Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓			✓			✓	✓
14	Common Wood Pigeon	<i>Columba palumbus</i>		✓	✓	✓	✓		✓	✓
15	European Turtle Dove	<i>Streptopelia turtur</i>				H				
16	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓							✓
17	Common Cuckoo	<i>Cuculus canorus</i>		✓	✓	✓	H		H	H
18	Eurasian Scops Owl	<i>Otus scops</i>	H							
19	Tawny Owl	<i>Strix aluco</i>							H	
20	Alpine Swift	<i>Tachymarptis melba</i>				✓				
21	Common Swift	<i>Apus apus</i>	✓	✓			✓		✓	✓
22	Eurasian Hoopoe	<i>Upupa epops</i>	✓	✓	H	✓	✓		✓	H
23	Eurasian Wryneck	<i>Jynx torquilla</i>		H	✓	H	H		H	H
24	Great Spotted Woodpecker	<i>Dendrocopos major</i>		H					H	
25	European Green Woodpecker	<i>Picus viridis</i>			H		H			
26	Red-backed Shrike	<i>Lanius collurio</i>		✓	8	3	✓			
27	Eurasian Jay	<i>Garrulus glandarius</i>	✓	✓						
28	Common Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓		✓	✓
29	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>					✓		✓	

	Common name	Scientific name	May/June							
			29	30	31	1	2	3	4	
30	Alpine Chough	<i>Pyrrhocorax graculus</i>							✓	
31	Western Jackdaw	<i>Coloeus monedula</i>	✓							
32	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	✓
33	Common Raven	<i>Corvus corax</i>							✓	
34	Marsh Tit	<i>Poecile palustris</i>			✓	✓	✓	✓	✓	✓
35	Coal Tit	<i>Periparus ater</i>		✓	✓	✓	✓	✓	✓	✓
36	Great Tit	<i>Parus major</i>		✓	✓	✓	✓	✓	H	✓
37	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓	✓	✓	✓
38	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓	✓
39	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>						✓	✓	
40	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
41	Long-tailed Tit	<i>Aegithalos caudatus</i>		✓	✓	H				
42	Common Chiffchaff	<i>Phylloscopus collybita</i>		✓	H	H	H	H	H	H
43	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>		✓	✓	✓	H	H	H	✓
44	Wood Warbler	<i>Phylloscopus sibilatrix</i>							✓	
45	Eurasian Blackcap	<i>Sylvia atricapilla</i>		H	H	✓	H	H	H	✓
46	Common Whitethroat	<i>Sylvia communis</i>						✓		
47	Common Firecrest	<i>Regulus ignicapillus</i>		✓	H	✓	✓	✓	✓	✓
48	Goldcrest	<i>Regulus regulus</i>							✓	
49	Eurasian Wren	<i>Troglodytes troglodytes</i>		✓	H	✓	H	H	H	H
50	Eurasian Nuthatch	<i>Sitta europaea</i>		H	✓	✓			✓	
51	Eurasian Treecreeper	<i>Certhia familiaris</i>			✓	H			H	✓
52	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓			✓
53	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓	✓
54	Song Thrush	<i>Turdus philomelos</i>		✓		H	H	H		
55	Mistle Thrush	<i>Turdus viscivorus</i>				✓			✓	✓
56	European Robin	<i>Erithacus rubecula</i>		✓	✓	✓	✓	✓	✓	✓
57	Common Nightingale	<i>Luscinia megarhynchos</i>		H				H	H	
58	Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓	✓	✓	✓	✓	✓
59	Common Redstart	<i>Phoenicurus phoenicurus</i>		✓	✓	✓	✓	✓	✓	✓
60	European Stonechat	<i>Saxicola torquata</i>						✓		✓
61	Northern Wheatear	<i>Oenanthe oenanthe</i>				✓	✓	✓	✓	✓
62	Black-eared Wheatear	<i>Oenanthe hispanica</i>							✓	
63	Spotted Flycatcher	<i>Muscicarpa striata</i>				✓				
64	White-throated Dipper	<i>Cinclus cinclus</i>		✓						
65	Italian Sparrow	<i>Passer domestic italiae</i>	✓	✓	✓	✓	✓	✓	✓	✓
66	Eurasian Tree Sparrow	<i>Passer montanus</i>		✓	✓	✓	✓	✓	✓	✓
67	White-winged Snowfinch	<i>Montifringilla nivalis</i>							?	
68	Alpine Accentor	<i>Prunella collaris</i>							✓	
69	Grey Wagtail	<i>Montacilla cinerea</i>		✓	✓			✓		✓
70	White Wagtail	<i>Montacilla alba</i>		✓	✓	✓	✓	✓	✓	✓
71	Water Pipit	<i>Anthus spinoletta</i>							✓	
72	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓	✓
73	European Serin	<i>Serinus serinus</i>		✓	✓	✓	✓	✓	✓	✓
74	European Greenfinch	<i>Chloris chloris</i>				✓				✓
75	European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓	✓	✓	✓	✓
76	Common Linnet	<i>Acanthus cannabina</i>							✓	H
77	Red Crossbill	<i>Loxia curvirosta</i>		✓		✓			✓	

	Common name	Scientific name	May/June						
			29	30	31	1	2	3	4
78	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>			✓	✓			✓
79	Corn Bunting	<i>Emberiza calandra</i>					H		
80	Yellowhammer	<i>Emberiza citrinella</i>					✓		✓
81	Western Rock Bunting	<i>Emberiza cia</i>					✓	✓	✓
82	Cirl Bunting	<i>Emberiza cirius</i>		✓		✓			

Mammals (D = droppings; S = signs of; LO = Leaders Only)

1	Shrew sp. (Poss Apennine)	<i>Sorex sp (cf S. samniticus)</i>							✓	
2	Mole	<i>Talpa sp.</i>				S			S	S
3	Red Fox	<i>Vulpes vulpes</i>					✓			
4	Apennine Wolf	<i>Canis lupus italicus</i>			D		3		D	
5	Marsican Brown Bear	<i>Ursus arctos marsicanus</i>					1(LO)			
6	Red Deer	<i>Cervus elaphus</i>	1	c15	25	12	10		2	7
7	Roe Deer	<i>Capreolus capreolus</i>			1		1			2
8	Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>							c15	
9	Wild Boar	<i>Sus scrofa</i>		c12	22		c10		5	1
10	Brown Hare	<i>Lepus europaeus</i>			2	1				
11	Red Squirrel	<i>Sciurus vulgaris</i>								3
12	Bank Vole	<i>Clethrionomys glareolus</i>		✓	✓	✓	✓	✓	✓	✓
13	Wood Mouse (Long-tailed Field Mouse)	<i>Apodemus sylvaticus</i>								2
14	Crested Porcupine	<i>Hystrix cristata</i>								S

Reptiles & Amphibians

1	Common Toad	<i>Bufo bufo</i>				Spawn				
2	Green Lizard	<i>Lacerta viridis</i>		✓		✓			✓	✓
3	Common Wall Lizard	<i>Podarcis muralis</i>		✓	✓	✓	✓		✓	✓
4	Italian Wall Lizard	<i>Podarcis sicula</i>		✓		✓				
5	Slow Worm	<i>Anguis fragilis</i>					✓			

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	Black-veined White	<i>Aporia crataegi</i>					C			
4	Large White	<i>Pieris brassicae</i>		✓		✓	✓	✓	✓	✓
5	Small White	<i>Pieris rapae</i>		✓		✓	✓	✓	✓	✓
6	Orange Tip	<i>Anthocharis cardamines</i>					✓			✓
7	Berger's Clouded Yellow	<i>Colias alfacariensis</i>				✓				
8	Clouded Yellow	<i>Colias crocea</i>							✓	✓
9	Brimstone	<i>Gonepteryx rhamni</i>								✓
10	Wood White	<i>Leptidea sinapis</i>		✓	✓		✓	✓	✓	✓
11	Green Hairstreak	<i>Callophrys rubi</i>							✓	
12	Sooty Copper	<i>Lycaena tityrus</i>								✓
13	Little Blue	<i>Cupido minimus</i>							✓	✓

	Common name	Scientific name	May/June							
			29	30	31	1	2	3	4	
14	Baton Blue	<i>Pseudophilotes baton</i>							✓	
15	Brown Argus	<i>Aricia agestis</i>		✓	✓	✓	✓	✓	✓	
16	Mazarine Blue	<i>Cyaniris semiargus</i>				✓				✓
17	Turquoise Blue	<i>Plebicula dorylas</i>					✓			
18	Adonis Blue	<i>Lysandra bellargus</i>			✓				✓	✓
19	Common Blue	<i>Polyommatus icarus</i>			✓	✓	✓	✓	✓	✓
20	Red Admiral	<i>Vanessa atalanta</i>				✓				
21	Painted Lady	<i>Vanessa cardui</i>				✓	✓			✓
22	Queen of Spain Fritillary	<i>Issoria lathonia</i>							✓	✓
23	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>				✓			✓	
24	Lesser Spotted Fritillary	<i>Melitaea trivia</i>								✓
25	Heath Fritillary	<i>Melicta athalia</i>							✓	
26	Marsh Fritillary	<i>Euphydryas aurina</i>							C	✓
27	Small Heath	<i>Coenonympha pamphilus</i>			✓	✓	✓	✓	✓	✓
28	Speckled Wood	<i>Pararge aegeria</i>				✓			✓	✓
29	Wall Brown	<i>Lasiommata megera</i>		✓			✓	✓	✓	✓
30	Large Wall Brown	<i>Lasiommata maera</i>							✓	✓
31	Grizzled Skipper	<i>Pyrgus malvae</i>								✓

Moths (C = caterpillar)

Macros:

1	Forester	<i>Adscita staites</i>					✓			
2	Six-spot Burnet	<i>Zygaena filipendulae</i>								✓
3	Transparent Burnet	<i>Zygaena purpuralis</i>					✓	✓	✓	
4	An Eggar	<i>Eriogaster catax</i>		C						
5	A Lackey	<i>Malacosoma franconica</i>					C			
6	Little Emerald	<i>Jodis lactearia</i>								✓
7	Lace Border	<i>Scopula ornata</i>							✓	
8	Chimney Sweeper	<i>Odezia atrata</i>			✓					
9	Speckled Yellow	<i>Pseudopanthera macularia</i>							✓	✓
10	Hummingbird Hawkmoth	<i>Macroglossum stellatarum</i>					✓			✓
11	Mother Shipton	<i>Callistege mi</i>				✓			✓	

Micros:

1	Grass Moth sp.									✓
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Other Invertebrates

1	Mayfly	<i>Ephemera sp.</i>		✓						
2	Stonefly	<i>Perlidae sp.</i>		✓						
3	Field Cricket	<i>Gryllus campestris</i>	H	H	H	✓				✓
4	Red and black Shield Bug	<i>Graphosoma lineatum (italicum)</i>				✓	✓			✓
5	Green Shield Bug	<i>Palomena prasina</i>								✓
6	Red and black Froghopper	<i>Cercopis vulnerata</i>			✓					✓
7	Ascalaphid	<i>Libelloides coccajus</i>								✓
8	Bee Fly	<i>cf Bombylius major</i>					✓			
9	Black and white spotted Bee Fly	<i>Bombylius atra</i>								✓
10	Birch Sawfly	<i>Cimbex femoratus</i>		✓						
11	Ichneumon Wasp	<i>Ichneumonidae sp.</i>								✓
12	Violet Carpenter Bee	<i>Xylocopa violacea</i>					✓	✓	✓	✓

	Common name	Scientific name	May/June						
			29	30	31	1	2	3	4
13	Honey Bee	<i>Apis mellifera</i>			✓				
14	White-tailed Bumblebee	<i>Bombus lucorum</i>			✓				
15	Common Carder Bee	<i>Bombus pascuorum</i>				✓	✓	✓	✓
16	Dor Beetle	<i>Geotropes vernalis</i>						✓	
17	Cockchafer	<i>Melolontha melolontha</i>					✓		
18	Rose Chafer	<i>Cetonia aurata</i>							✓
19	a Violet Click Beetle	<i>cf Limoniscus violaceus</i>			✓				
20	A Soldier Beetle	<i>Cantharis rustica</i>			✓				
21	7-Spot Ladybird	<i>Coccinella 7-punctata</i>					✓		✓
22	a Longhorn Beetle	<i>Morimus funereus</i>				✓			
23	Wolf Spider	<i>Lycosidae sp</i>				✓	✓		

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Lady's Slipper Orchids (Marcus John)



Spring Crocus (Jessica Turner)