

The Apennines: Italy's Abruzzo National Park

Naturetrek Tour Report

22nd – 29th May 2025



Owly Sulphur



Pale Orchid



Red-backed Shrike



Western Green Lizard

Tour report by Jessica Turner



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Summary

We enjoyed a very successful week in the Abruzzo National Park, with sightings of three different Marsican Brown Bears, a very large male tailing a female on Monte Marsicano in rather poor evening light, and then a female or young male walking across a slope of Monte Mattone in much better light the following morning. These were seen from the Camosciara parking area; the Park rangers had to close the trail up Monte Marsicano because of disturbance to these iconic animals. We also had good, though again quite distant, views of Wolves on two mornings at Gioia Vecchio, two sitting in the sun and, on our last morning, one walking across the valley. Added to this, we saw Abruzzi Chamois, Golden Eagles, Griffon Vultures, many Red-backed Shrikes and enjoyed the House Martins constructing their nest just over one of the rooms at the hotel. The wild flowers were at their best, with a host of orchids and carpets of other species. The wet spring and cool wind meant there were fewer butterflies than in some years, but we still saw a good range of insects. The weather was mainly sunny, with the only significant rain when we needed a quiet evening anyway! With excellent hospitality at Hotel Valle dell' Oro and great company, everything contributed to wonderful trip. My thanks to all the group for your enthusiasm and spotting skills.

Day 1

Thursday 22nd May

Fly Rome – transfer Pescasseroli

The group members met up with Jessica at Gatwick South Terminal for our 9.40am flight to Rome, where we landed at about 1.15pm. There was time for coffee and lunch while Jessica sorted the minibus, and we set off around 3.00pm, negotiating the Rome ringroad with its usual heavy traffic, and noting flowering Oleanders and Hooded Crows. Once we were on the A24 heading east, the traffic eased, and we enjoyed the small hill-top towns and the increasing woodland, as well as Common Buzzards and Black Kites. We took a break at the Monte Velino services, where Blackcap was heard and where there were plenty of Italian Sparrows. Once past Avezzano and the plain which is the remains of Lake Fucino, we started to climb up into the Abruzzo National Park, noting how Downy Oak (*Quercus pubescens*) gave way to Beech (*Fagus sylvatica*) with brightly flowering Laburnum (*Laburnum anagyroides*). A Red Deer stag was glimpsed in a clearing. We stopped briefly at Gioia Vecchio, seeing a Red Fox with a very fine tail, and had a couple of distant Red Deer stags browsing. A smart Common Redstart was photographed.

We dropped down to the small town of Pescasseroli and found our hotel, the Valle dell' Oro, on the road out towards the ski station. We received a warm welcome from Julia, the manager, and had time to settle in before meeting for dinner at 8.00pm, when Jessica outlined plans for the following day. After a tasty meal, we were very ready for our beds.

Day 2

Friday 23rd May

Round hotel – Camosciara

We woke to a morning that was becoming brighter after heavy overnight rain, and were out at 7.00am to explore the local area, and admire the hills and meadows. A pair of House Martins was in a partially constructed nest under

the eaves, and it was a joy to see the air full of this species, which is increasingly rare in much of the UK. Italian Sparrows and Hooded Crows were abundant, and we also saw Greenfinch, Goldfinch, Common Redstart very briefly and a more obliging pair of Serins. A Fox was in a meadow, and we watched it for some time. We looked at a few plants including St. Lucie's Cherry (*Prunus mahaleb*), Dark Grape Hyacinth (*Muscari neglectum*), Snow-in-Summer (*Cerastium tomentosum*) and a Green-winged Orchid (*Anacamptis morio*).

After a good breakfast and with the picnic makings on board, we then drove down the Sangro Valley to Camosciara, in the heart of the National Park. We parked and scanned the hillsides, seeing plenty of Red Deer, some with fawns, and a couple of very distant Abruzzi Chamois. A flock of Red-billed Choughs was over the ridge. We set off up the road that runs along the valley, edged by Turkey Oak (*Quercus cerris*), Field Maple (*Acer campestre*), Cornelian Cherry (*Cornus mas*) and Wild Pear (*Pyrus communis*), among other species. We found Lady Orchid (*Orchis purpurea*), a form of Early Purple Orchid with pointed petals and sepals (*Orchis mascula* subsp. *speciosa*) and Twayblade (*Neottia ovata*). Birds included Blackcap, Chiffchaff and Song Thrush. Moving on slowly, we added Reflexed Crane's-bill (*Geranium reflexum*), Bird's-nest Orchid (*Neottia nidus-avis*), Sword-leaved Helleborine (*Cephalanthera longifolia*), a plant of White Helleborine (*Cephalanthera damasonium*) and a spike of Fly Orchid (*Ophrys insectifera*), among many other species. There were not many butterflies, but those seen included Green-veined White, Wood White, Painted Lady, Common Blue and a Dingy Skipper. Down by the stream, Lady's-slipper Orchids (*Cypripedium calceolus*) were, sadly, still in bud. An endemic longhorn beetle (*Dorcadion arenarium marsicana*) was seen by some, while others were looking at Herb Paris (*Paris quadrifolia*) and Thore's Buttercup (*Ranunculus thora*) with large, kidney-shaped leaves.

We ate our delicious picnic, which included local cheese and wine, at picnic tables near a small bar. We then took the small path over the stream towards two waterfalls. Duke of Burgundy was photographed here. Under the beech trees we found a tiny Coralroot Orchid (*Corallorhiza trifida*) and a beautiful endemic Trumpet Gentian *Gentiana dinarica*. At the second waterfall, we noted a clump of Heart-leaved Leopard's-bane (*Doronicum columnae*) and a few Bear's-ears (*Primula auricula*). As we wandered down, a Marsh Tit was calling, and another stream-side diversion gave us the endemic Camosciara Butterwort (*Pinguicula vallis-regiae*), restricted to this one valley, and closer gentians. The sun was now warm, and several Common Wall Lizards, both male and female were basking. We then saw that one of the rocks also held a pair of Western Green Lizards, and we spent time enjoying excellent views. One was infested with ticks.

We returned to the hotel with time to relax, before meeting at 5.30pm to work on our checklists before a 6.00pm dinner. Afterwards, we went out to drive back down the Sangro valley. A sounder of Wild Boar of at least six females and numerous ginger-stripey piglets was in a meadow by Opi, and we were able to have good scope views. We then stopped at the bottom of Val Fondillo to scan the lower slopes of Monte Marsicano again. The cloud was building and there was some drizzly rain, but we saw more Red Deer in the poor light. A Fox trotted across the meadow, passing very close to us. A botanical diversion saw us admiring Toothed Orchids (*Neotinea tridentata*) and the form of Late Spider Orchid known by taxonomic 'splitters' as the endemic *Ophrys dinarica*, but more usually recognised now as a form of Apulian Ophrys (*Ophrys holosericea* subsp. *apulica*), or just a variant of Late Spider Orchid (*O. holosericea*, also known as *O. fuciflora*). We returned in the rapidly fading light, despite Field Crickets and Cuckoo still being heard, ready for an early night. Tawny Owl was heard overnight.

Day 3

Saturday 24th May

Aschi – La Difesa – Vallone Pesco di Lordo – Passo del Diavolo

This morning we had a very early start, leaving at 4.30am in the dark (with a Common Redstart already singing) to drive down to Aschi at the bottom of the Valle del Giovenco, an area known to be frequented by an Apennine Wolf pack. The Apennine (or Italian) Wolf is a subspecies of Grey Wolf, genetically and morphologically distinct from other populations. A small, dark shape crossing the road was a hare species (either European or Corsican (aka Italian)), but we later saw two more certain Corsican Hares on the road. We arrived at a viewpoint near the village in cloud and light rain, and scanned the hillsides opposite. Nightingales were in full song, and we saw plenty of Red Deer, mainly hinds; a couple had fawns, and some were very close. However, we did not see any Wolves. As the light improved, the rain stopped, but there was still cloud and mist. We tried driving round to the far side of the hill, but the mist was even thicker there, so we returned, passing a couple of large plants of Silver Sage (*Salvia argentea*) with white flowers. Our third stop was from a very muddy track but again, there were just peacefully browsing deer, although there were fresh paw prints, probably of a Wolf, in the mud. We saw a Roe Deer on the hill and round our feet were many Adriatic Lizard Orchids (*Himantoglossum adriaticum*), as well as Man Orchid (*Orchis anthropophorum*) and Apulian Ophrys (*Ophrys holosericea* subsp. *apulica*). On the road bank were lemon-yellow Sparse-flowered Orchids (*Orchis pauciflora*). We returned for breakfast at 8.30am.

After another good breakfast, we drove the short distance to La Difesa, an area of more ancient Beech forest. It was still cloudy with a chilly wind, so it was not great for insects, although we looked at a couple of Red-and-black Leafhoppers *Cervopis vulnerata*. Hoopoes were calling, and one took off and flew up the track. Under the trees were the remains of Snowdrop (*Galanthis nivalis*) and a Bird-in-a-bush (*Corydalis cava*), as well as flowering Bastard Agrimony (*Aremonia agrimonioides*), Woodruff (*Galium odoratum*) and more Herb Paris, Reflexed Crane's-bill and Round-leaved Saxifrage. We enjoyed the ancient trees covered in mosses and lichens, including Lungwort (*Lobaria pulmonaria*). Blackcaps were abundant and Wood Warblers were singing and showed well. Large water troughs were reminders of the many sheep which used to be grazed here and walked down to Puglia for the winter months. Common Toad tadpoles were in the stream. There were plenty of the endemic pansy *Viola eugeniae* in a variety of shades of purple and yellow, the pretty speedwell *Veronica orsiniana* and flowering Solenanthus (*Solenanthus apenninus*), with small, brown-red flowers.

The path continued into the more open Vallone Pesco di Lordo, where a stony patch was bright with the yellow Perennial Wallflower *Erysimum pseudorbaeticum* and Golden Alyssum (*Alyssum diffusum*). Red-backed Shrikes were seen well. Our target species here was the beautiful endemic Marsican Iris (*Iris marsica*), with large purple flowers, which was duly enjoyed, as well as the magenta Ashy Crane's-bill-type *Geranium austroapenninum*. Common Buzzards were overhead and, as we walked back down, we heard a Wryneck calling. We had our picnic back at the hotel, a Black Redstart on the garden fence. Some sat outside in the hotel garden as the sun came out.

Replete, we drove north to the Passo del Diavolo, halfway to Gioia Vecchio. Again, there were many Red-backed Shrikes; some of the males were in song. Common Kestrels were hunting and Woodlarks sang. The sun was now warm, although the cold wind was brisk, and we saw Southern Grizzled Skipper and Small Heath butterflies, and colonies of Franconian Lackey caterpillars. The flowers were beautiful, with a range of colours of Nice Milkwort (*Polygala niceaensis*), blue, magenta and white, yellow Horseshoe Vetch (*Hippocrepis comosa*), White Rock-rose (*Helianthemum apenninum*), plenty of Toothed Orchids (*N. tridentata*) and Burnt Orchids (*Neotinea ustulata*). A large

orchid was a hybrid Lady x Military (*O. x intermedia*) and down the slope we could see 'pure' Military Orchid (*Orchis militaris*). We had good views of two Brown Hares.

Some opted to be dropped off in town as we returned. After a break, we met at 6.30pm to do the checklists, before another tasty dinner and an early night, after a long but excellent day.

Day 4

Sunday 25th May

Il Templo – Alba Fucens – near Petrella Liri

This morning, we met for breakfast at 7.30am, and were ready to leave at 8.30pm. We paused briefly in town to pick up picnic food and still-warm bread, before driving north up Valle Chiara. We took the road towards Aschi, stopping at the meadow we call 'the Bisegna Viewpoint', properly named Il Templo. A Fox was in the meadow and a Skylark was singing. A bank bore Early Purple Orchids (*Orchis mascula* subsp. *speciosa*) and a single lemon-yellow Sparse-flowered Orchid (*O. pauciflora*), but also several spikes of the hybrid between them (*Orchis x colemanni*) with shades of salmon-pink flowers. A Turtle Dove got up off the road near Pescina, where we noted plenty of Golden Drops (*Onosma echinoides*) on a sunny cliff. We then drove to the north of the plain towards Avezzano, turning up to the Roman site of Alba Fucens. A large bird only glimpsed was probably a Griffon Vulture.

The sun was warm, and there were plenty of insects about. Among the butterflies were good numbers of both Marsh and Spotted Fritillaries, along with Black-veined White, Berger's Clouded Yellow, Southern Grizzled Skipper, and Common and Scarce Swallowtails. There were also many Owlly Sulphurs (Owlflies) on the wing. Adriatic Lizard Orchids were flowering profusely, and we also found Bertoloni's Bee Orchids (*O. bertoloni*), Early Spider Orchids (*Ophrys sphegodes*), Dark Ophrys (*Ophrys sphegodes* subsp. *atrata*), Apulian Orchid (*O. holosericea* subsp. *apulica*), and Man Orchids (*Orchis anthropophora*). Common Whitethroat was calling, and we had good views of Eastern Subalpine Warbler. Italian Wall Lizards were enjoying the sun. We explored the magnificent amphitheatre and its surroundings and enjoyed a sunny picnic, before there was a little time to explore the main part of the excavated town.

Leaving this fascinating site, we then drove for about forty minutes past Avezzano and through Capistrello, to reach a site where Griffon Vultures were nesting. Introduced into the Sirente-Velino Natural Park to the north in 1994, the birds have spread and colonised these cliffs independently. We were able to see in the region of ten birds, some on ledges and others in flight, as well as Peregrine Falcon, Raven and Kestrel; Crag Martin was also glimpsed. After a stop for ice creams, we drove across the middle of the Fucino plain, before climbing back up to Gioia Vecchio. The evening light was beautiful, but not good for seeing animals on the slopes. We could see a relatively close Red Deer hind with a fawn, plenty more Red Deer, and a couple of Foxes. We returned to the hotel at 7.30pm for dinner at 8.00pm.

Day 5

Monday 26th May

Gioia Vecchio – Val Fondillo – Camosciara

It was another fine morning, and we gathered at 6.00am to drive up to Gioia Vecchio. The Red Deer hind and fawn were still in the valley, and several stags with very fine antlers were browsing or lying in the sun: we could see

the velvet on some of them. The Fox was refound and a solitary Wild Boar was seen briefly, as well as a Roe Deer. Common Redstarts and Serins were singing from television aerials in the old village. However, the highlight came at about 8.00am, when we saw two Wolves sitting in a clearing on the lower slopes of the hillside opposite, enjoying the morning sun! We all had excellent scoped views before one and then the other walked slowly into the trees. Wonderful! Delighted, we returned for breakfast.

We were ready to leave again at 9.30am, and returned to Val Fondillo, this time to walk up the valley. However, as we started, we spent time scanning the slopes of Monte Marsicano, seeing a Golden Eagle being mobbed by a pair of Ravens, and a distant flock of Choughs, as well as Red Deer on the slopes. Closer to hand, we watched Red-backed Shrikes and Long-tailed Tits, among other birds. Some Adonis Blues were flying, as well as Common Blues and Large Whites. A marshy area with a spring held Early Marsh Orchids (*Dactylorhiza incarnata*), Watercress (*Nasturtium officinale*), Water Speedwell and Brooklime (*Veronica anagallis-aquatica* and *V. beccabunga*). A rocky cave held the endemic Reddish Saxifrage (*Saxifraga porophylla*), Rustyback (*Asplenium ceterach*) and the alpine catchfly *Heliospermum pusillum*, while beyond was a Military Orchid (*Orchis militaris*). We crossed the stream and continued through the flowery meadows, seeing Pearl-bordered and Glanville Fritillaries. We had our picnic enjoying the beautiful surroundings, accompanied by a Common Wall Lizard. A Wryneck was seen in flight. We wandered slowly back, seeing a scat full of hair: it was from a Wolf.

After a break, we updated our lists before a 6.00pm dinner, after which we headed out to catch the last of the light. We opted to return down the valley to scan Monte Marsicano, this time from the Camosciara car park. As we pulled in, a Fox was trotting across. To our delight we soon picked up two dark shapes on the rocky slopes which turned out to be two Marsican Brown Bears, a much larger male following a smaller female! Although the light was fading, we were able to watch them for a long time as they crossed the hillside, never too close to each other, but never far apart. At this time of year, males can shadow female bears for several days. We left them on the mountainside, delighted after an excellent day.

Day 6

Tuesday 27th May

Camosciara – Castel Mancino

We decided to go out at 6.00am again, to return to Camosciara. As the gate was still locked, we parked on the road and walked in. Although they were very distant, we could see Abruzzi Chamois as well as Red Deer; at one point the two species were side-by-side on the horizon, and we could see clearly the difference in shape and colour, and the markings of the endemic chamois, now split and treated as a different species from both the Pyrenean Chamois to the west, and the Alpine Chamois to the north. A Golden Eagle took off and disappeared over the ridge. One client then spotted a different Brown Bear, either a younger male or a female, walking across the slope of Monte Mattone to our right. It was in an extensive area of grass and low vegetation with occasional scrub and trees, so we were able to watch the animal walk steadily across the whole slope, before it vanished down into Beech forest. In good light, we could see the smaller size, brown coat and pale mantle. What a joy! We were very fortunate in this sighting, because shortly afterwards the sun appeared over the slope where we had seen the bear, and visibility in that direction was almost impossible. We walked back to the minibus, noting Woad (*Isatis tinctoria*) and large patches of pink Nodding Catchfly (*Silene pendula*) on the cliff by the road.

After breakfast, we gathered to drive the short distance into town, where the group had time to explore and shop, while Jessica sorted the makings of the picnic. A large Common Toad was by the river and a Coal Tit was in the conifers by the war memorial. We then drove up and parked above the town by the cemetery, taking the path up to Castel Mancino, the ruins we could see from the hotel. Two stayed by the vehicle, reporting Nuthatch and a treecreeper, probably Short-toed, although both species occur here. The rest took the steep path through the Black and Scots Pines (*Pinus nigra* and *P. sylvestris*), getting some lovely views of a Firecrest at eye level. Rock-roses (*Helianthemum nummularium*) were abundant in the open areas. We enjoyed the extensive views down the valley and over the town, but noticed the cloud building from the north. There were fewer butterflies around, but we saw Brimstone, Orange Tip, Wall Brown and a single Common Blue. As we walked down, we added a Transparent Burnet moth. We did a circuit round the cemetery wall to return to the others. Back at the hotel, the rain started, so we ate our picnic inside. But it was only a shower. The afternoon was spent at leisure, with time to relax or walk locally.

We met at 5.00pm with Paolo Iannica, who runs a local conservation and wildlife tourism company, and who usually co-leads this trip. He explained a little about his role and the status of Marsican Brown Bears in the area. A major genetic census was being carried out this summer by collecting hair samples from small bits of barbed wire attached to 'rub trees', signal trees where bears communicate by scratching. The DNA will be analysed: because the numbers are so low (there are only fifty or sixty adult bears in total), it is important to understand as much as possible about this iconic animal. We also spoke about Wolves and Abruzzi Chamois, and especially about the culture of co-existence between humans and animals. Afterwards, we updated our lists and discussed plans for the morrow, before another delicious dinner, while a thunderstorm rolled around and rain poured down.

Day 7

Wednesday 28th May

Val di Rose / Passo Godi – Lago di Barrea – Barrea gorge

Today the group split, with the fitter members climbing through the Val di Rose and the others taking shorter walks. The rain had stopped, and it was another fine but misty morning. After a 7.30am breakfast the mountain group made picnics, and we left at 8.30am to drive to Civitella Alfedena, the start of the Val di Rose at 1120m. The path climbed steeply through Beech forest with clearings, until the tree line was reached at about 1750m, with a steep and stony path continuing to the Passo Cavuto at 1942m, the adjacent tops being about 2000m.

There were many Wood Warblers singing in the forest, and Early Purple and Bird's-nest Orchid Orchids (*Orchis mascula* subsp. *speciosa* and *Neottia nidus-avis*) were noted. Once we were above the trees, the flowers were wonderful, and we saw carpets of the endemic pansy *Viola eugeniae*, which was mainly purple up here, and patches of vivid blue Spring Gentians (*Gentiana verna*). Other flowers included Alpine Pasqueflower (*Pulsatilla alpina*), the endemic Reddish Saxifrage (*Saxifraga porophylla*), much fresher than in Val Fondillo, Apennine Pennycress (*Noccaea stilosa*), *Daphne oleoides*, not yet in flower, plenty of the endemic Alpine Forget-me-not *Myosotis graui*, and cushions of Ciliate Rock-jasmine (*Androsace ciliata*). Black Redstart, Water Pipit and Northern Wheatear were seen, but the stars of the show were the Abruzzi Chamois. Nine animals were seen, some very close, and they gave us some great photo opportunities. It was a steep walk down, and we met in the Bar della Lince at about 5.30pm.

The others drove north from Villetta Barrea, the road climbing all the way. We stopped at a bend with plenty of Late Spider Orchids (*Ophrys holosericea*), Greater Milkwort (*Polygala major*), a Perennial Cornflower (*Centaurea*

triumfettii) and St. Bernard's Lily (*Anthericum liliago*). Western Bonelli's Warbler was singing, but was not seen. We continued up to the Passo Godi at 1630m, where we walked along a gently ascending track and explored the hillsides. Here, we also found Spring Gentian, Forget-me-not and Daphne, as well as Mountain Milkwort (*Polygala alpestris*), Tuberous Valerian (*Valeriana tuberosa*), the endemic Tenore's Bugle (*Ajuga tenorei*) and two more orchid species: Elder-flowered (*Dactylorhiza sambucina*) in both lemon and magenta, and Pale (*Orchis pallens*), which is also lemon-yellow. Buzzards circled overhead, and we saw Northern Wheatears, Yellowhammers and more Red-backed Shrikes. We watched shepherds and their dogs bringing a flock of sheep, and another of mixed sheep and goats along the valley. Two men returned to the parking area with baskets full of St George's Mushrooms, which apparently grow mainly under the Dwarf Juniper and wild roses. We drove down to the Lago di Barrea and had our picnic at a café on the shore, which was very busy with school parties.

We then moved on to Barrea, at the far end of the lake, parking in the town. We had eye-level Swifts, Great Crested Grebes on the lake, and Carp visible just under the water surface. We took the short but quite steep path to the gorge, where we watched a cave, seeing three Red-billed Choughs fly out. We later saw fourteen birds, both flying and perched on a cliff, giving good scope views. It took a while to realise that a large bird flying down the gorge was a sub-adult Golden Eagle! We also had superb views of an eye-level Kestrel, with smaller birds including a Blue Tit family, and distant Crag Martins. We were joined by a group of five goats, including two very young kids. New plants here included the Pale Sainfoin (*Onobrychis alba*), Dwarf Buckthorn (*Rhamnus pumila*), Wild Cotoneaster (*Cotoneaster integerrimus*) and the Houseleek *Sempervivum riccii*, plus plenty of Burnt Orchids (*Neotinea ustulata*), and we had lovely views of a Scarce Swallowtail. We walked down a new path, passing Black Henbane (*Hyoscyamus niger*). We returned to Civitella to meet the walkers, returning for another tasty dinner after a long but very satisfying day.

Day 8

Thursday 29th May

Gioia Vecchio – return home

With our flight not until 6.30pm, we had time for a last session at Gioia Vecchio. We met at 6.00am to drive up the valley, with some low cloud initially. From the viewpoint, we had good views of a Wild Boar on the slope opposite. A Wolf had been seen earlier, and we were delighted when it reappeared, walking through the scrub and being glimpsed on several occasions before it disappeared. We also had good views of a Roe Deer buck and Red Deer stags in the morning light. We returned for breakfast at 8.30am.

We had to be out of the rooms by 10.30am but there was time for a final walk, or shopping and sitting in the sun before we left at 12.15pm. We took the Bisegna route down onto the plain, picked up the motorway, and said farewell to the beautiful scenery of the Park. We stopped for some very tasty panini en route and made good time, reaching the airport at 3.45pm. Our flight was slightly delayed, but all went smoothly, and we said our goodbyes at Heathrow after a most enjoyable week in the Abruzzo National Park.

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Species lists

Birds (H = Heard only)

Common name	Scientific name	May 2025							
		22	23	24	25	26	27	28	29
Mallard	<i>Anas platyrhynchos</i>					✓			
Common Swift	<i>Apus apus</i>				✓	✓	✓	✓	
Common Cuckoo	<i>Cuculus canorus</i>	H	H	H	H	H	H	H	
Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓		✓		✓	✓		
Common Wood Pigeon	<i>Columba palumbus</i>		✓	✓	✓	✓	✓	✓	
European Turtle Dove	<i>Streptopelia turtur</i>				✓				
Eurasian Collared Dove	<i>Streptopelia decaocto</i>				✓				
Eurasian Coot	<i>Fulica atra</i>				✓			✓	
Great Crested Grebe	<i>Podiceps cristatus</i>							✓	
Yellow-legged Gull	<i>Larus michahellis</i>	✓							
Grey Heron	<i>Ardea cinerea</i>	✓							
Griffon Vulture	<i>Gyps fulvus</i>				✓				
Golden Eagle	<i>Aquila chrysaetos</i>					✓	✓	✓	
Eurasian Sparrowhawk	<i>Accipiter nisus</i>	✓							
Black Kite	<i>Milvus migrans</i>	✓							
Common Buzzard	<i>Buteo buteo</i>	✓	✓	✓	✓	✓	H	✓	
Eurasian Scops Owl	<i>Otus scops</i>	H	H						
Tawny Owl	<i>Strix aluco</i>		H						
Eurasian Hoopoe	<i>Upupa epops</i>			✓	H			H	
Eurasian Wryneck	<i>Jynx torquilla</i>			H		✓		✓	
Great Spotted Woodpecker	<i>Dendrocopos major</i>		✓			✓	H		
European Green Woodpecker	<i>Picus viridis</i>					H		H	
Common Kestrel	<i>Falco tinnunculus</i>			✓	✓			✓	
Peregrine Falcon	<i>Falco peregrinus</i>				✓				
Red-backed Shrike	<i>Lanius collurio</i>			✓	✓	✓		✓	
Eurasian Jay	<i>Garrulus glandarius</i>			✓	✓	✓		✓	
Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓	
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>		✓			✓		✓	
Western Jackdaw	<i>Coloeus monedula</i>	✓							
Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	
Northern Raven	<i>Corvus corax</i>				✓	✓	✓	✓	
Coal Tit	<i>Parus ater</i>						✓	✓	
Marsh Tit	<i>Poecile palustris</i>		H						
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓	✓	✓	
Great Tit	<i>Parus major</i>		✓	✓	✓	✓	✓	✓	
Woodlark	<i>Lullula arborea</i>			H					
Eurasian Skylark	<i>Alauda arvensis</i>				H			H	
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>				✓			✓	
Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓	
Western House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	
Long-tailed Tit	<i>Aegithalos caudatus</i>					✓			
Wood Warbler	<i>Phylloscopus sibilatrix</i>			✓				H	
Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>							H	
Common Chiffchaff	<i>Phylloscopus collybita</i>		H	H	H	H	H	H	
Eurasian Blackcap	<i>Sylvia atricapilla</i>	H	✓	H	H	✓	✓	✓	
Eastern Subalpine Warbler	<i>Curruca cantillans</i>				✓				
Common Whitethroat	<i>Curruca communis</i>				✓				

		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Common Firecrest	<i>Regulus ignicapilla</i>			H			✓		
Eurasian Wren	<i>Troglodytes troglodytes</i>		H	H		H	H	H	
Eurasian Nuthatch	<i>Sitta europaea</i>		✓				✓	H	
Eurasian Treecreeper	<i>Certhia familiaris</i>						✓		
Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓	✓	✓	
Song Thrush	<i>Turdus philomelos</i>		H	✓	✓			H	
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓	
European Robin	<i>Erithacus rubecula</i>	✓	✓	✓		✓	✓	✓	
Common Nightingale	<i>Luscinia megarhynchos</i>			H					
Collared Flycatcher	<i>Ficedula albicollis</i>			H?					
Black Redstart	<i>Phoenicurus ochruros</i>	✓		✓				✓	
Common Redstart	<i>Phoenicurus phoenicurus</i>	✓	✓	✓		✓	✓	✓	
White-throated Dipper	<i>Cinclus cinclus</i>		?						
Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓	✓	✓	✓	✓	
Dunnock	<i>Prunella modularis</i>							✓	
Grey Wagtail	<i>Motacilla cinerea</i>							✓	
White Wagtail	<i>Motacilla alba</i>		✓	✓			✓	✓	
Water Pipit	<i>Anthus spinoletta</i>							✓	
Eurasian Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓	✓	✓	
European Greenfinch	<i>Chloris chloris</i>		✓		✓	✓	✓	✓	
Common Linnet	<i>Linaria cannabina</i>			✓					
European Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓	✓	✓	✓	✓	
European Serin	<i>Serinus serinus</i>		✓	✓		✓	✓		
Corn Bunting	<i>Emberiza calandra</i>			H					
Yellowhammer	<i>Emberiza citrinella</i>			✓		✓	✓	✓	
Cirl Bunting	<i>Emberiza cirlus</i>			?					

Mammals

S=signs, H=heard		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
European Hare	<i>Lepus europaeus</i>			✓					
Corsican Hare	<i>Lepus corsicanus</i>			✓					
Bank Vole	<i>Myodes glareolus</i>							S	
Mole	<i>Talpa</i> sp.			S		S		S	
Red Deer	<i>Cervus elaphus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Western Roe Deer	<i>Capreolus capreolus</i>			✓		✓	H		✓
Abruzzi Chamois	<i>Rupicapra ornata</i>		✓				✓	✓	
Wild Boar	<i>Sus scrofa</i>		✓			✓	S		✓
Red Fox	<i>Vulpes vulpes</i>	✓	✓	✓	✓	✓	✓		
Apennine or Italian Wolf	<i>Canis lupus italicus</i>			S		✓		S	✓
Marsican Brown Bear	<i>Ursus arctos marsicanus</i>				✓	✓			
European Pine Marten	<i>Martes martes</i>							S	

Fishes

		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Brown Trout	<i>Salmo trutta</i>		✓					✓	

Amphibians & reptiles

T=tadpoles		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Common Toad	<i>Bufo bufo</i>			T			✓		
Agile Frog	<i>Rana dalmatina</i>						✓		
Western Green Lizard	<i>Lacerta bilineata</i>		✓						
Common Wall Lizard	<i>Podarcis muralis</i>		✓			✓		✓	
Italian Wall Lizard	<i>Podarcis sicula</i>				✓				

Butterflies

		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Scarce Swallowtail	<i>Iphiclides podalirius</i>				✓			✓	
Common Swallowtail	<i>Papilio machaon</i>				✓	✓			
Dingy Skipper	<i>Erynnis tages</i>		✓		✓	✓	✓	✓	
Southern Grizzled Skipper	<i>Pyrgus malvoides</i>			✓	✓				
Wood White	<i>Leptidea sinapis</i>		✓		✓	✓		✓	
Common Brimstone	<i>Gonepteryx rhamni</i>				✓		✓		
Berger's Clouded Yellow	<i>Colias alfacariensis</i>				✓	✓			
Clouded Yellow	<i>Colias croceus</i>				✓	✓	✓	✓	
Black-veined White	<i>Aporia crataegi</i>				✓				
Large White	<i>Pieris brassicae</i>					✓	✓	✓	
Small White	<i>Pieris rapae</i>		✓	✓	✓	✓	✓	✓	
Green-veined White	<i>Pieris napi</i>		✓		✓	✓			
Common Orange-tip	<i>Anthocharis cardamines</i>		✓	✓	✓	✓	✓	✓	
Duke of Burgundy	<i>Hamearis lucina</i>		✓						
Baton Blue	<i>Pseudophilotes baton</i>				✓				
Green-underside Blue	<i>Glaucopsyche alexis</i>				✓				
Mazarine Blue	<i>Cyaniris semiargus</i>						✓		
Brown Argus	<i>Aricia agestis</i>					✓			
Adonis Blue	<i>Polyommatus bellargus</i>					✓			
Common Blue	<i>Polyommatus icarus</i>		✓		✓	✓	✓		
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>					✓			
Painted Lady	<i>Vanessa cardui</i>		✓	✓	✓	✓	✓	✓	
Red Admiral	<i>Vanessa atalanta</i>				✓	✓	✓	✓	
Marsh Fritillary	<i>Euphydryas aurinia</i>				✓				
Spotted Fritillary	<i>Melitaea didyma</i>				✓				
Glanville Fritillary	<i>Melitaea cinxia</i>					✓		✓	
Small Heath	<i>Coenonympha pamphilus</i>			✓		✓		✓	
Wall Brown	<i>Lasiommata megera</i>				✓		✓	✓	

Moths

C=caterpillar		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Orchard Ermine	<i>Yponomeuta padella</i>				C				
Spindle Ermine	<i>Yponomeuta cagnagella</i>				C	C			
Plum Tortrix	<i>Hedya pruniana</i>		✓						
Arched Marble	<i>Olethreutes arcuella</i>			✓					
Northern Crescent	<i>Grapholita lunulana</i>				✓				
Dock Forester	<i>Adscita mannii</i>				✓				

		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Forester sp.	<i>Adscita</i> sp.				✓				
Transparent Burnet	<i>Zygaena purpuralis</i>						✓		
Six-spot Burnet	<i>Zygaena filipendulae</i>				✓				
a six-spot Burnet	<i>Zygaena oxytropis</i>							✓	
Scarce Purple-and-Gold	<i>Pyrausta ostrinalis</i>		✓						
Rush Veneer	<i>Nomophila noctuella</i>			✓					
Meadow Grey	<i>Scoparia pyralella</i>				✓				
Ground Lackey	<i>Malacosoma castrensis</i>				C				
Franconian Lackey	<i>Malacosoma franconica</i>			C					
Eastern Eggar	<i>Eriogaster catax</i>		C						
Hummingbird Hawk-moth	<i>Macroglossum stellatarum</i>								
Pale Wave	<i>Idaea pallidata</i>							✓	
Common Carpet	<i>Epirrhoe alternata</i>				✓	✓			
Latticed Heath	<i>Chiasmia clathrata</i>				✓				
Common Heath	<i>Ematurga atomaria</i>				✓				
Small Grass Emerald	<i>Chlorissa viridata</i>					✓			
Brown-tail	<i>Euproctis chrysorrhoea</i>							C	
Burnet Companion	<i>Euclidia glyphica</i>				✓				

Other invertebrates

		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Flies									
Mayfly	<i>Ephemera</i> sp.		✓			✓			
Stonefly	<i>Perlidae</i> sp.					✓			
Grasshoppers & allies									
Field Cricket	<i>Gryllus campestris</i>	H	H	✓	H	H	H	H	
Grasshopper spp	<i>Acrididae</i> sp.		✓	✓	✓	✓	✓	✓	
Shieldbugs									
Black-shouldered Shieldbug	<i>Carpocoris purpureipennis</i>						✓	✓	
Mottled Shieldbug	<i>Raphigaster nebulosa</i>				✓				
White-shouldered Shieldbug	<i>Dryoderes umbraculatus</i>				✓				
Brassica Shieldbug	<i>Eurydema oleracea</i>							✓	
True bugs									
Box Bug	<i>Gonocerus acutiangulatus</i>		✓						
a spurgebug	<i>Dicranocephalus medius</i>					✓			
Red-and-black Ground Bug	<i>Spilostethus saxatilis</i>			✓					
Black-and-red Bug	<i>Lygaeus equestris</i>					✓			
Gendarme Bug	<i>Pyrrhocoris apterus</i>					✓			
Assassin Bug	<i>Rhinocoris iracundus</i>				✓				
Red and black Froghopper	<i>Cercopis vulnerata</i>			✓			✓	✓	
Owlfly									
an owlfly	<i>Libelloides coccajus</i>				✓	✓	✓	✓	
Flies									
Scorpion Fly	<i>Panorpa</i> sp. (cf. <i>communis</i>)				✓				
Crane fly	<i>Nematocera</i> sp.								
Black and white spotted Bee Fly	<i>Bombylius atra</i>			✓				✓	
Bramble Sawfly	<i>Arge cyanocrocea</i>							✓	
Common Drone Fly	<i>Eristalis tenax</i>				✓				
Grey-spotted Sedgesitter	<i>Platycheirus albimanus</i>			✓					

		May 2025							
Common name	Scientific name	22	23	24	25	26	27	28	29
Ants & bees									
Wood Ant	<i>Formica rufa</i>		✓			✓			
Violet Carpenter Bee	<i>Xylocopa violacea</i>		✓	✓	✓	✓		✓	
Seven-toothed Red Resin Bee	<i>Rhodanthidium 7-dentatum</i>				✓				
Honey Bee	<i>Apis mellifera</i>		✓		✓	✓		✓	
Early Bumblebee	<i>Bombus pratorum</i>					✓			
Buff-tailed Bumblebee	<i>Bombus terrestris</i>		✓	✓	✓	✓	✓	✓	
Common Carder Bee	<i>Bombus pascuorum</i>		✓		✓	✓	✓		
Beetles									
Dor Beetle	<i>Geotrupes stercorarius</i>							✓	
Rose Chafer	<i>Cetonia aurata</i>				✓				
Hairy Rose Beetle	<i>Tropinota squalida</i>				✓				
a click beetle	<i>cf Selatosomus ampicollis</i>						✓		
a soldier beetle (heart mark)	<i>Cantharis rustica</i>			✓					
a beehive beetle (red & black)	<i>Trichodes alvearius</i>				✓				
7-Spot Ladybird	<i>Coccinella 7-punctata</i>			✓	✓	✓	✓	✓	
2-Spot Ladybird	<i>Adalia bipunctata</i>					✓			
a comb-clawed beetle (red & black)	<i>Omophlus cf lepturoides</i>				✓				
a longhorn beetle (white stripe)	<i>Dorcadion arenarium marsicana</i>		✓						
Green Leaf beetle	<i>Cryptocephalus hypochaeridis</i>				✓				
Woodlice									
Pill Woodlouse	<i>Armadillidium vulgare</i>					✓			
Centipedes									
a centipede	Chilopoda sp.					✓			
Spiders									
European Nursey Web Spider	<i>Pisaura mirabilis</i>					✓			
a jumping spider	Araneae sp.						✓		
Mites									
a red velvet mite	Trombididae sp.					✓			

Fungi

Scientific name	Common name	Day	Location
Basidiomycetes			
<i>Fomes fomentarius</i>	Hoof Fungus	3	La Difesa
<i>Ganoderma applanatum</i>	Artist's Bracket	5	Val Fondillo

Lichens

Scientific name	Common name	Day	Location
Lecanoromycetes			
<i>Lobaria pulmonaria</i>	Lungwort	2	Camosciara

Plants

E=endemic			
Scientific name	Common name	Day	Location
PTERIDOPHYTES	FERNS & ALLIES		
Leptosporangiates	True Ferns		
Aspleniaceae	Spleenwort Family		
<i>Asplenium ceterach</i>	Rustyback	2	Camosciara
<i>Asplenium ruta-muraria</i>	Wall Rue	2	Camosciara
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	2	Camosciara
Cystopteraceae	Bladder-fern Family		
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	7	Passo Godi
Polypodiaceae	Polypody Family		
<i>Polypodium vulgare</i> agg.	Common Polypody	3	La Difesa
Pteridaceae	Ribbon Fern Family		
<i>Adiantum capillus-veneris</i>	Maidenhair Fern		
GYMNOSPERMS	CONIFERS		
Cupressaceae	Juniper Family		
<i>Juniperus communis</i>	Common Juniper	2	Camosciara
<i>Juniperus communis</i> var. <i>saxatilis</i>	Dwarf Juniper	7	Val di Rose/ Passo Godi
Pinaceae	Pine Family		
<i>Pinus mugo</i>	Dwarf Mountain Pine	7	Val di Rose/ Passo Godi
<i>Pinus nigra</i> subsp. <i>italica</i> - <i>E</i>	Villetta Barrea Black Pine	2	Camosciara
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	2	Camosciara
<i>Pinus pinea</i>	Umbrella Pine	1	Roadsides nr Rome
<i>Pinus sylvestris</i>	Scots Pine	6	Castel Mancino
ANGIOSPERMS	FLOWERING PLANTS		
Eu-dicots	True Dicotyledons		
Apiaceae	Carrot Family		
<i>Anthriscus sylvestris</i>	Cow Parsley	2	Camosciara
<i>Conium maculatum</i>	Hemlock	6	Castel Mancino
<i>Eryngium amethystinum</i>	Blue Eryngo	5	Val Fondillo (leaves)
<i>Orlaya grandiflora</i>	Orlaya	4	Alba Fucens
<i>Sanicula europaea</i>	Sanicle	2	Camosciara
<i>Scandix pecten-veneris</i>	Shepherd's Needles	7	Barrea Gorge
Apocynaceae	Periwinkle Family		
<i>Vinca major</i>	Greater Periwinkle	2	Camosciara
Araliaceae	Ivy Family		
<i>Hedera helix</i>	Ivy	2	Camosciara
Asteraceae (Compositae)	Daisy Family		
<i>Bellis perennis</i>	Daisy	2	Camosciara
<i>Bellis sylvestris</i>	Southern Daisy	2	Camosciara
<i>Carduus chrysacanthus</i>	Apennine Thistle	4	Alba Fucens
<i>Carlina acanthifolia</i>	Acanthus-leaved Carlina Thistle	5	Val Fondillo
<i>Carlina acaulis</i> subsp. <i>simplex</i>	Stemmed Stemless Carlina Thistle	5	Val Fondillo
<i>Carlina vulgaris</i>	Carlina Thistle	5	Val Fondillo
<i>Cirsium tenoreanum</i>	a Woolly Thistle	5	Val Fondillo (leaves)
<i>Cota tinctoria</i> subsp. <i>australis</i>	Yellow Chamomile	4	Alba Fucens
<i>Cyanus (Centaurea) triumphettii</i>	A Perennial Cornflower	7	Above Barrea
<i>Doronicum columnae</i>	Heart-leaved Leopard's-bane	2	Camosciara
<i>Helichrysum stoechas</i>	Curry Plant	4	Alba Fucens

E=endemic			
Scientific name	Common name	Day	Location
<i>Hypochaeris robertia</i> - E	A small rock-growing Cat's-ear	6	Castel Mancino
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	5	Val Fondillo
<i>Onopordon acanthium</i>	Cotton Thistle	4	Alba Fucens
<i>Petasites hybridus</i>	Butterbur	2	Camosciara
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed	4	Alba Fucens
<i>Podospermum canum</i>	a Cut-leaved Viper's-grass	3	Passo Diavolo
<i>Tragopogon porrifolius</i>	Salsify	4	Alba Fucens
<i>Tragopogon pratensis</i>	A Goat's-beard	4	Alba Fucens
Betulaceae	Birch Family		
<i>Carpinus betulus</i>	Hornbeam	6	Camosciara
<i>Corylus avellana</i>	Hazel	2	Camosciara
Boraginaceae	Forget-me-not Family		
<i>Cynoglossum officinale</i>	Hound's-tongue	3	La Difesa
<i>Cynoglottis barrellieri</i>	an Anchusa (Blue)	2	Camosciara
<i>Echium vulgare</i> subsp. <i>pustulatum</i>	a Viper's-bugloss	2	Camosciara
<i>Myosotis graui</i> - E	Alpine Wood Forget-me-not	3	Vallone Pesco di Lordo
<i>Myosotis sylvatica</i>	Wood Forget-me-not	5	Val Fondillo
<i>Onosma echioides</i>	A Golden-drops	4	Nr Pescina
<i>Solenanthes apenninus</i> - E	Solenanthes	3	La Difesa
Brassicaceae	Cabbage Family		
<i>Alliaria petiolata</i>	Garlic Mustard	3	La Difesa
<i>Alyssum diffusum</i> - E	a Yellow Alyssum	3	Vallone Pesco di Lordo
<i>Arabis turrita</i>	Towercress	5	Val Fondillo
<i>Aubrieta columnae</i> subsp. <i>columnae</i> - E	Aubrieta	2	Camosciara
<i>Barbarea</i> sp.	A Wintercress	2	Camosciara
<i>Capsella rubella</i>	Red Shepherd's Purse	3	La Difesa
<i>Cardamine bulbifera</i>	Coralroot Bitter-cress	2	Camosciara
<i>Cardamine chelidonia</i>	a Bitter-cress (Purple)	7	Val di Rose
<i>Erysimum pseudorhaeticum</i> - E	a Treacle Mustard/ Perennial Wallflower	2	Camosciara
<i>Isatis tinctoria</i>	Woad	6	Camosciara
<i>Lunaria annua</i>	Honesty	4	Alba Fucens
<i>Nasturtium officinale</i>	Watercress	5	Val Fondillo
<i>Thlaspi stylosum</i> - E	Apennine Penny-cress	7	Val di Rose
Campanulaceae	Bellflower Family		
<i>Campanula rapunculus</i>	Rampion Bellflower	4	Alba Fucens
<i>Phyteuma orbiculare</i>	Round-headed Rampion	2	Camosciara
Caprifoliaceae	Honeysuckle Family		
<i>Dipsacus fullonum</i>	Wild Teasel	2	Camosciara
<i>Lonicera caprifolium</i>	Perfoliate Honeysuckle	2	Camosciara
<i>Lonicera etrusca</i>	Etruscan Honeysuckle	4	Alba Fucens
<i>Lonicera xylosteum</i>	Fly Honeysuckle	2	Camosciara
<i>Valeriana montana</i>	Mountain Valerian	2	Camosciara
<i>Valeriana officinalis</i>	Common Valerian	2	Camosciara (leaves)
<i>Valeriana tuberosa</i>	Tuberous Valerian	3	Passo Diavolo
<i>Valerianella locusta</i>	Common Cornsalad	2	Camosciara
Caryophyllaceae	Pink Family		
<i>Cerastium tomentosum</i>	Snow-in-Summer	2	Near hotel
<i>Heliospermum pusillum</i>	an Alpine Catchfly	5	Val Fondillo
<i>Paronychia kapela</i>	a Paronychia	7	Barrea Gorge
<i>Silene conica</i>	Sand Catchfly	2	Camosciara

E=endemic			
Scientific name	Common name	Day	Location
<i>Silene dioica</i>	Red Campion	3	La Difesa
<i>Silene (Lychnis) flos-cuculi</i>	Ragged Robin	2	Camosciara
<i>Silene italica</i>	Italian Catchfly	3	Passo Diavolo
<i>Silene latifolia</i>	White Campion	3	La Difesa
<i>Silene pendula</i>	Nodding Catchfly	6	Camosciara
<i>Silene vulgaris</i>	Bladder Campion	4	Alba Fucens
<i>Stellaria media</i>	Chickweed	2	Camosciara
Celastraceae	Spindle Family		
<i>Euonymus europaeus</i>	Spindle Tree	4	Alba Fucens
Cistaceae	Rock-rose Family		
<i>Helianthemum apenninum</i>	White Rock-rose	3	Passo Diavolo
<i>Helianthemum canum</i>	Hoary Rock-rose	3	Passo Diavolo
<i>Helianthemum nummularium</i>	Rock-rose	3	Vallone Pesco di Lordo
<i>Helianthemum oelandicum</i> subsp. <i>alpestre</i>	Alpine Rock-rose	7	Val di Rose
Convolvulaceae	Bindweed Family		
<i>Convolvulus althaeoides</i> subsp. <i>elegantissimus</i>	A Mallow-leaved Bindweed	4	Alba Fucens
<i>Cuscuta epithymum</i>	Common Dodder	6	Castel Mancino
Cornaceae	Dogwood Family		
<i>Cornus mas</i>	Cornelian Cherry	2	Camosciara
<i>Cornus sanguinea</i>	Dogwood	4	Alba Fucens
Crassulaceae	Stonecrop Family		
<i>Petrosedum rupestre</i>	Rock Stonecrop	6	Castel Mancino
<i>Sedum album</i>	White Stonecrop	6	Castel Mancino
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	5	Val Fondillo
<i>Sedum hispanicum</i>	A Stonecrop	2	Camosciara
<i>Sedum sexangulare</i>	Tasteless Stonecrop	5	Val Fondillo
<i>Sempervivum riccii</i> - E	A Houseleek	7	Barrea Gorge
Euphorbiaceae	Spurge Family		
<i>Euphorbia amygdaloides</i>	Wood Spurge	2	Camosciara
<i>Euphorbia cyparissias</i>	Cypress Spurge	2	Camosciara
<i>Euphorbia gasparrinii</i> subsp. <i>samnitica</i> - E	An endemic Spurge	3	Passo Diavolo
<i>Euphorbia helioscopia</i>	Sun Spurge	7	Barrea Gorge
<i>Euphorbia myrsinites</i>	Glaucous Spurge	3	La Difesa
<i>Mercurialis perennis</i>	Dog's Mercury	2	Camosciara
Fabaceae	Pea Family		
<i>Anthyllis vulneraria</i> agg.	Kidney Vetch	2	Camosciara
<i>Astragalus depressus</i>	Sprawling Milk-vetch	7	Passo Godi
<i>Astragalus monspessulanus</i>	False Vetch / Montpellier Milk-vetch	2	Camosciara
<i>Astragalus sempervirens</i>	Mountain Tragacanth	7	Val di Rose/ Passo Godi
<i>Chamaecytisus hirsutus</i>	Hairy Broom	5	Val Fondillo
<i>Chamaecytisus spinescens</i>	Spiny Hairy Broom	3	Passo Diavolo
<i>Cytisus villosus</i>	a Broom	7	Above Barrea
<i>Hippocrepis comosa</i>	Horseshoe Vetch	2	Camosciara
<i>Laburnum anagroides</i>	Laburnum	2	Camosciara
<i>Lathyrus aphaca</i>	Yellow Vetchling	2	Camosciara
<i>Lathyrus cicera</i>	A Red Pea	4	Alba Fucens
<i>Lathyrus oleraceus</i> (<i>Pisum sativum</i>)	Wild Pea	5	Val Fondillo
<i>Lathyrus setifolius</i>	Red Grass Vetchling	2	Camosciara
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	2	Camosciara

E=endemic			
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<i>Onobrychis alba</i>	a Sainfoin	7	Barrea Gorge
<i>Onobrychis viciifolia</i>	Sainfoin	2	Camosciara
<i>Securigera varia</i>	Crown Vetch	4	Alba Fucens
<i>Spartium junceum</i>	Spanish Broom	1	Roadsides
<i>Trifolium campestre</i>	Hop Trefoil	2	Camosciara
<i>Trifolium incarnatum</i> subsp. <i>molinerii</i>	a Crimson Clover	4	Nr Petrella Liri
<i>Trifolium nigrescens</i>	A small white clover	2	Camosciara
<i>Trifolium pratense</i>	Red Clover	3	La Difesa
<i>Trifolium repens</i>	White Clover	4	Alba Fucens
<i>Trifolium resupinatum</i>	Reversed Clover	4	Nr Petrella Liri
<i>Vicia pannonica</i>	Hungarian Vetch	4	Alba Fucens
<i>Vicia sativa</i> agg.	Common Vetch	2	Camosciara
<i>Vicia villosa</i>	Fodder Vetch	3	Near hotel
Fagaceae	Beech Family		
<i>Fagus sylvatica</i>	Beech	2	Widespread
<i>Quercus cerris</i>	Turkey Oak	2	Camosciara
<i>Quercus pubescens</i>	Downy Oak	4	Roadsides
Gentianaceae	Gentian Family		
<i>Gentiana cruciata</i>	Cross Gentian	2	Camosciara (leaves)
<i>Gentiana dinarica</i> - E	a Trumpet Gentian	2	Camosciara
<i>Gentiana lutea</i>	Great Yellow Gentian	7	Passo Godi
<i>Gentiana verna</i>	Spring Gentian	7	Val di Rose/ Passo Godi
Geraniaceae	Crane's-bill Family		
<i>Erodium ciconium</i>	Sand Stork's-bill	4	Alba Fucens
<i>Erodium cicutarium</i>	Common Stork's-bill	3	Vallone Pesco di Lordo
<i>Geranium austroapenninum</i> - E	Ashy Crane's-bill	3	Vallone Pesco di Lordo
<i>Geranium lucidum</i>	Shining Crane's-bill	2	Camosciara
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	2	Camosciara
<i>Geranium reflexum</i>	Reflexed Crane's-bill	2	Camosciara
Grossulariaceae	Gooseberry Family		
<i>Ribes uva-crispa</i>	Gooseberry	3	La Difesa
Lamiaceae	Deadnettle Family		
<i>Ajuga reptans</i>	Bugle	2	Camosciara
<i>Ajuga tenorei</i> - E	Tenore's Bugle	7	Passo Godi
<i>Clinopodium (Acinos) alpinum</i> subsp. <i>alpinum</i>	Alpine Basil Thyme	7	Val di Rose/ Passo Godi
<i>Clinopodium (Acinos) alpinum</i> subsp. <i>meridionale</i>	An Alpine Basil Thyme (lower alt.)	4	Alba Fucens
<i>Lamium album</i>	White Dead-nettle	2	Camosciara
<i>Lamium garganicum</i>	Large Red Dead-nettle	2	Camosciara
<i>Lamium maculatum</i>	Spotted Dead-nettle	2	Camosciara
<i>Melittis melissophyllum</i>	Bastard Balm	2	Camosciara
<i>Mentha longifolia</i>	Horse Mint	5	Val Fondillo
<i>Salvia argentea</i>	Silver Sage	3	Aschi
<i>Salvia verbenaca</i>	Wild Clary	2	Camosciara
<i>Sideritis italica</i>	A Sideritis	4	Alba Fucens
<i>Stachys germanica</i>	Downy Woundwort	4	Alba Fucens
<i>Thymus oenipontanus</i>	Wild Thyme	2	Camosciara
Lentibulariaceae	Butterwort Family		
<i>Pinguicula vallis-regiae</i> - E	Camosciara Butterwort	2	Camosciara
Linaceae	Flax Family		

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<i>Linum alpinum</i>	a Perennial Flax (higher alt)	3	Passo Diavolo
<i>Linum bienne</i>	Pale Flax	4	Alba Fucens
<i>Linum squamulosum</i> subsp. <i>tommasinii</i>	a Perennial Flax (lower alt)	4	Alba Fucens
Malvaceae	Mallow Family		
<i>Malva sylvestris</i>	Common Mallow	4	Alba Fucens
<i>Tilia platyphyllos</i>	Large-leaved Lime	6	Camosciara
Oleaceae	Olive Family		
<i>Fraxinus excelsior</i>	Ash	2	Camosciara
<i>Fraxinus ornus</i>	Flowering Ash / Manna Ash	3	Roadsides
<i>Ligustrum vulgare</i>	Privet	2	Camosciara
Orobanchaceae	Broomrape Family		
<i>Euphrasia</i> agg.	Eyebright	5	Val Fondillo
<i>Orobanche caryophyllacea</i>	Bedstraw Broomrape	4	Alba Fucens
<i>Parentucellia latifolia</i>	Southern Red Bartsia	3	Passo Diavolo
<i>Rhinanthus minor</i> agg.	Yellow Rattle	2	Camosciara
Papaveraceae	Poppy Family		
<i>Chelidonium majus</i>	Greater Celandine	3	La Difesa
<i>Corydalis cava</i>	a Bird-in-a-bush	3	La Difesa (leaves)
<i>Papaver rhoeas</i>	Common Poppy	1	Roadsides
Plantaginaceae	Plantain Family		
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	3	La Difesa
<i>Digitalis ferruginea</i>	Brown Foxglove	6	Camosciara
<i>Globularia bisnagarica</i>	Common Globularia	2	Camosciara
<i>Globularia meridionalis</i>	a Matted Globularia	5	Val Fondillo (leaves)
<i>Linaria purpurea</i>	Purple Toadflax	4	Alba Fucens
<i>Plantago atrata</i>	Dark Plantain	7	Val di Rose
<i>Plantago lanceolata</i>	Ribwort Plantain	3	Roadsides
<i>Plantago media</i>	Hoary Plantain	3	Passo Diavolo
<i>Veronica anagallis-aquatica</i>	Water Speedwell	5	Val Fondillo
<i>Veronica beccabunga</i>	Brooklime	3	La Difesa
<i>Veronica chamaedrys</i>	Germander Speedwell	2	Camosciara
<i>Veronica officinalis</i>	Heath Speedwell	3	La Difesa
<i>Veronica orsiniana</i>	a Speedwell	3	La Difesa
Plumbaginaceae	Thrift Family		
<i>Armeria canescens</i>	Plantain-leaved Thrift	3	Passo Diavolo
Polygalaceae	Milkwort Family		
<i>Polygala alpestris</i>	Mountain Milkwort	7	Val di Rose/ P. Godi
<i>Polygala flavesces - E</i>	Yellow Milkwort	5	Val Fondillo
<i>Polygala major</i>	Greater Milkwort	7	Above Barrea
<i>Polygala nicaeensis</i>	Nice Milkwort	2	Camosciara
<i>Polygaloides chamaebuxus</i>	Shrubby Milkwort	2	Camosciara
Primulaceae	Primrose Family		
<i>Androsace villosa</i>	Ciliate Rock-jasmine	7	Val di Rose
<i>Lysimachia arvensis</i>	Scarlet Pimpernel	4	Alba Fucens
<i>Primula auricula</i>	Bear's-ear	2	Camosciara
<i>Primula vulgaris</i>	Primrose	2	Camosciara (leaves)
Ranunculaceae	Buttercup Family		
<i>Anemone (Pulsatilla) alpina</i>	Alpine Pasqueflower	7	Val di Rose
<i>Anemone ranunculoides</i>	Yellow Anemone	3	La Difesa (leaves)
<i>Aquilegia vulgaris</i>	Columbine	2	Camosciara
<i>Ficaria verna</i> agg.	Lesser Celandine	2	Camosciara (leaves)

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<i>Helleborus foetidus</i>	Stinking Hellebore	2	Camosciara
<i>Hepatica nobilis</i>	Hepatica	2	Camosciara (leaves)
<i>Ranunculus apenninus</i>	Apennine Buttercup	7	Val di Rose
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	3	La Difesa
<i>Ranunculus monspeliacus</i>	-	3	La Difesa
<i>Ranunculus serpens</i> subsp. <i>nemorosus</i>	Wood Buttercup	2	Camosciara
<i>Ranunculus thora</i>	Thore's Buttercup	2	Camosciara
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	2	Camosciara
Rhamnaceae	Buckthorn Family		
<i>Rhamnus alpinus</i>	Alpine Buckthorn	3	Vallone Pesco di Lordo
<i>Rhamnus pumilus</i>	Dwarf Buckthorn	7	Barrea Gorge
<i>Rhamnus saxatilis</i>	Rock Buckthorn	6	Castel Mancino
Rosaceae	Rose Family		
<i>Amelanchier ovalis</i>	Amelanchier	4	Il Templo
<i>Aremonia agrimonoides</i>	Bastard Agrimony	3	La Difesa
<i>Aria edulis</i> (<i>Sorbus aria</i>)	Whitebeam	5	Val Fondillo
<i>Cotoneaster integerrimus</i>	Wild Cotoneaster	7	Barrea Gorge
<i>Crataegus laevigata</i>	Midland Hawthorn	3	La Difesa
<i>Crataegus monogyna</i>	Hawthorn	2	Camosciara
<i>Fragaria vesca</i>	Wild Strawberry	2	Camosciara
<i>Geum urbanum</i>	Wood Avens	2	Camosciara
<i>Malus sylvestris</i>	Crab Apple	3	La Difesa
<i>Potentilla detommasii</i>	A Sulphur Cinquefoil	2	Near hotel
<i>Potentilla rigoana</i> - E	a Cinquefoil	7	Val di Rose/ P. Godi
<i>Prunus mahaleb</i>	St. Lucie's Cherry	2	Near hotel
<i>Prunus spinosa</i>	Blackthorn	5	Val Fondillo
<i>Pyrus pyraeaster</i>	Wild Pear	2	Camosciara
<i>Rosa canina</i> agg.	Dog Rose	2	Camosciara
<i>Rubus fruticosus</i> agg.	Bramble	3	La Difesa
<i>Sanguisorba minor</i>	Salad Burnet	2	Camosciara
<i>Sorbus aucuparia</i>	Rowan	3	La Difesa
Rubiaceae	Bedstraw Family		
<i>Cruciata laevipes</i>	Crosswort	3	La Difesa
<i>Galium aparine</i>	Cleavers	3	La Difesa
<i>Galium mollugo</i>	Hedge Bedstraw	7	Barrea
<i>Galium odoratum</i>	Woodruff	3	La Difesa
<i>Sherardia arvensis</i>	Field Madder	3	La Difesa
Salicaceae	Willow Family		
<i>Salix alba</i>	White Willow	7	Barrea lake
<i>Salix caprea</i>	Goat Willow	7	Barrea lake
<i>Salix purpurea</i>	Purple Willow	7	Barrea lake
Santalaceae	Sandalwood Family		
<i>Thesium divaricatum</i>	A Bastard Toadflax	5	Val Fondillo
<i>Viscum album</i>	Mistletoe	2	Camosciara
Sapindaceae	Maple Family		
<i>Acer campestre</i>	Field Maple	2	Camosciara
<i>Acer monspessulanum</i>	Montpelier Maple	2	Camosciara
<i>Acer opalus</i>	Italian Maple	2	Camosciara
<i>Acer pseudoplatanus</i>	Sycamore	5	Gioia Vecchio
Saxifragaceae	Saxifrage Family		
<i>Saxifraga adscendens</i> subsp. <i>adscendens</i>	Biennial Saxifrage	3	La Difesa

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<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	7	Barrea Gorge
<i>Saxifraga granulata</i>	Meadow Saxifrage	2	Camosciara
<i>Saxifraga porophylla</i> - E	Reddish Saxifrage	5, 7	Val Fondillo
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	2	Camosciara
<i>Saxifraga tridactylites</i>	Rue-leaved Saxifrage	2	Camosciara
Scrophulariaceae	Figwort Family		
<i>Scrophularia canina</i> subsp. <i>canina</i>	Dog (French) Figwort	4	Alba Fucens
<i>Scrophularia vernalis</i>	Yellow Figwort	3	La Difesa
<i>Verbascum mallophorum</i>	a large branched Mullein	2	Camosciara
<i>Verbascum pulverulentum</i>	Hoary Mullein	4	Alba Fucens
<i>Verbascum thapsus</i>	Aaron's Rod		
Solanaceae	Nightshade Family		
<i>Hyoscyamus niger</i>	Black Henbane	7	Barrea Gorge
Thymelaeaceae	Daphne Family		
<i>Daphne mezereum</i>	Mezereon	3	La Difesa
<i>Daphne oleoides</i>	-	7	Val di Rose/ Passo Godi
Urticaceae	Nettle Family		
<i>Urtica dioica</i>	Nettle	3	La Difesa
Viburnaceae	Viburnum Family		
<i>Sambucus ebulus</i>	Dwarf Elder	2	Camosciara
<i>Sambucus nigra</i>	Elder	2	Camosciara
<i>Viburnum lantana</i>	Wayfaring Tree	5	Val Fondillo
Violaceae	Violet Family		
<i>Viola alba</i> subsp. <i>dehnhardtii</i>	A Violet (mauve)	2	Camosciara
<i>Viola eugeniae</i> - E	a Pansy	3	Vallone Pesco di Lordo
Monocots	Monocotyledons		
Amaryllidaceae	Daffodil Family		
<i>Allium saxatile</i>	Rock Onion	7	Val di Rose
<i>Galanthus nivalis</i>	Snowdrop	3	La Difesa (leaves)
Araceae	Arum Family		
<i>Arum italicum</i> subsp. <i>neglectum</i>	Large Cuckoo Pint	2	Camosciara
Asparagaceae	Asparagus Family		
<i>Anthericum liliago</i>	St. Bernards Lily	7	Above Barrea
<i>Leopoldia (Muscari) comosa</i>	Tassel Hyacinth	4	Alba Fucens
<i>Muscari neglectum</i>	Dark Grape Hyacinth	2	Near hotel
<i>Ornithogalum divergens</i>	A Star-of-Bethlehem	2	Camosciara
<i>Polygonatum multiflorum</i>	Solomon's-seal	3	Vallone Pesco di Lordo
Asphodelaceae	Asphodel Family		
<i>Asphodelus alba</i>	White Asphodel	3	Near hotel
<i>Asphodeline lutea</i>	Yellow Asphodel	3	Roadsides
Iridaceae	Iris Family		
<i>Iris germanica</i>	German Iris	1	Roadsides
<i>Iris marsica</i> - E	Marsican Iris	3	Vallone Pesco di Lordo
Melanthiaceae	Herb-Paris Family		
<i>Paris quadrifolia</i>	Herb-Paris	2	Camosciara
<i>Veratrum lobelianum</i>	Green False-helleborine	7	Passo Godi roads
Orchidaceae	Orchid Family		
<i>Anacamptis morio</i> subsp. <i>morio</i>	Green-winged Orchid	2	Near hotel
<i>Cephalanthera damasonium</i>	White Helleborine	2	Camosciara
<i>Cephalanthera longifolia</i>	Sword-leaved Helleborine	2	Camosciara

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<i>Corallorhiza trifida</i>	Coralroot Orchid	2	Camosciara
<i>Cypripedium calceolus</i>	Lady's Slipper Orchid	2	Camosciara
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	2	Camosciara (leaves)
<i>Dactylorhiza incarnata</i>	Early Marsh Orchid	5	Val Fondillo
<i>Dactylorhiza maculata</i> subsp. <i>saccifera</i>	Wedge-lipped Orchid	5	Val Fondillo (in bud)
<i>Dactylorhiza sambucina</i>	Elder-flowered Orchid	7	Passo Godi
<i>Himantoglossum adriaticum</i>	Adriatic Lizard Orchid	3	Aschi
<i>Neotinea (Orchis) tridentata</i>	Toothed Orchid	3	Passo Diavolo
<i>Neotinea (Orchis) ustulata</i>	Burnt Orchid	3	Passo Diavolo
<i>Neottia ovata</i>	Twayblade	2	Camosciara
<i>Neottia nidus-avis</i>	Bird's Nest Orchid	2	Camosciara
<i>Ophrys bertolonii</i>	Bertoloni's Bee Orchid	4	Alba Fucens
<i>Ophrys holosericea</i> subsp. <i>holosericea</i>	Late Spider Orchid	2	Camosciara
<i>Ophrys holosericea</i> subsp. <i>apulica</i> (<i>O. dinarica</i>)	A Late Spider Orchid	3	Aschi
<i>Ophrys x arachnitiformis</i> (<i>O. holoser. x sphegodes</i>)	Hybrid Ophrys	4	Alba Fucens
<i>Ophrys insectifera</i>	Fly Orchid	2	Camosciara
<i>Ophrys sphegodes</i> subsp. <i>atrata</i> (<i>incubacea</i>)	Dark Ophrys	4	Alba Fucens
<i>Ophrys sphegodes</i> subsp. <i>sphegodes</i>	Early Spider Orchid	3	Passo Diavolo
<i>Orchis anthropophora</i>	Man Orchid	3	Aschi
<i>Orchis mascula</i> subsp. <i>speciosa</i> (<i>O. ovalis</i>)	an Early Purple Orchid	2	Camosciara
<i>Orchis x colemannii</i> (<i>O. mascula x pauciflora</i>)	Hybrid Orchis	4	Il Templo
<i>Orchis militaris</i>	Military Orchid	3	Passo Diavolo
<i>Orchis x hybrida</i> (<i>O. militaris x purpurea</i>)	Hybrid Orchis	3	Passo Diavolo
<i>Orchis pallens</i>	Pale-flowered Orchid	7	Passo Godi
<i>Orchis pauciflora</i>	Sparse Flowered Orchid	3	Aschi
<i>Orchis purpurea</i>	Lady Orchid	2	Camosciara
Poaceae	Grass Family		
<i>Aegilops geniculata</i>	Aegilops	4	Alba Fucens
<i>Arrhenatherum elatium</i>	False Oat Grass	4	Alba Fucens
<i>Briza media</i>	Quaking Grass	5	Val Fondillo
<i>Dactylis glomerata</i>	Cocksfoot Grass	4	Alba Fucens
<i>Festuca glauca</i>	Blue Fescue	4	Alba Fucens
<i>Festuca vivipara</i>	Viviparous Fescue	3	Vallone Pesco di Lordo
<i>Stipa austroitalica</i>	A Feather Grass	4	Alba Fucens