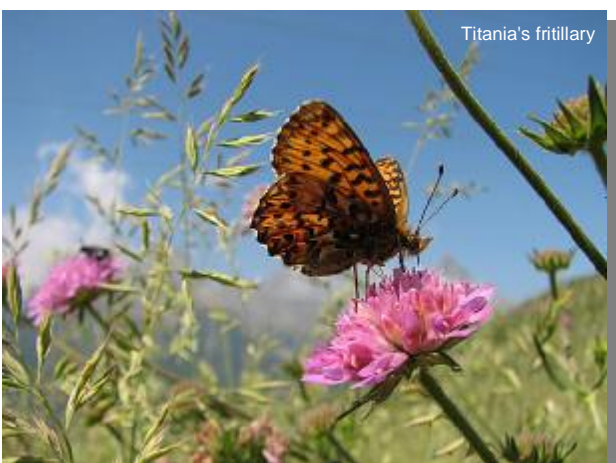


# The Italian and French Alps

Naturetrek Tour Report

2 - 9 July 2006



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## Day 1

Sunday 2nd July

We arrive in hot and sunny Lyon around midday, and leave as soon as the business of collecting our vehicles allow. We initially take the toll road east for speed, heading for Chambéry, with the dramatic rocky outcrops of Mont du Chat and Mont Rivard as a backdrop. We see Buzzard and Black Kite overhead. At Albertville we head southeast, to Moutiers, then northeast, crossing into Italy via Col de Petit St-Bernard. Just before entering Italy we have a short stop, above La Rosiere, to stretch our legs and to have a brief look at the roadside flora. The Elder-flowered Orchids (*Dactylorhiza sambucina*) are past their best, but we find Fragrant Orchids (*Gymnadenia conopsea*), Alpine Thistle (*Carduus defloratus*), masses of Alpenrose (*Rhododendron ferrugineum*) which daytrippers are picking in large bunches, Clustered Bellflower and Harebell (*Campanula glomerata*, *C. rotundifolia*), and lower down we had seen Large and Small Yellow Foxglove (*Digitalis ambigua*, *D. lutea*).

We arrive in Cogne in good time to unpack and have a brief chat about the forthcoming week, before enjoying a relaxing meal, accompanied by local wine.

## Day 2

Monday 3rd July

Early risers take the chance to wander down to the little village of Cretaz, where the Torrent Grand Evvia is joined by the Torrent Valnontey, to look for Dipper in the river. The mountain tops are misty but soon the blue sky appears. The meadows alongside the river are lush with flower rich vegetation including Bistort (*Polygonum bistorta*), various buttercups, Alpine Lovage (*Ligusticum mutellina*), Masterwort (*Peucedanum ostruthium*), Broad-leaved Sermountain (*Laserpitium latifolium*), Hoary Plantain (*Plantago media*), Globe-headed Rampion (*Phyteuma hemisphaericum*), Vipers Bugloss, Rosebay Willowherb, Alpine Calamint (*Acinos alpinus*), Bladder Campion, Nottingham and Spanish Catchfly (*Silene vulgaris*, *S. nutans*, *S. otites*). These hay meadows become a gigantic cross-country ski area in the winter but now they are the preserve of this lush assemblage of flowering plants with a myriad of invertebrates providing food for the Whinchats that nest in the grass. We see Dipper and Grey Wagtail on the river and there are Coal Tits, Serin, and Black Redstarts singing as we return for breakfast.

Before heading for our main walk today, we stop briefly in Cogne to purchase our picnic provisions. Cogne is an attractive little town where any development is kept very much in keeping with traditional architecture. It is a popular base for excursions into the Gran Paradiso national Park and famous for Drum Pillow Lace (al tombolo) which can be seen being made in the town.

We are walking locally today, parking in the nearby village of Gimillan, and heading up into the Vallon de Grauson. The first part of the walk is through cow-cropped meadows, but there are many flowers such as campions, catchflies, rampions and bellflowers. We find Catsfoot (*Antennaria dioica*), Mountain Cornflower

(*Centaurea montana*), Woolly and Alpine Hawkweed (*Hieracium lanatum*, *L. alpinum*), Mountain Sainfoin (*Onobrychis montana*), the attractive umbellifer Laserpitium siler, Swallow-wort (*Vincetoxicum hirsutifolium*) and bright pink Carthusian Pink, alongside the pale Cheddar Pink (*Dianthus caesus*, *D. carthusianorum*)

In addition to the flowers there are thousands of grasshoppers and crickets in the grass and the butterflies are stunning with Swallowtail, Apollo, Blue-spot Hairstreak, Silver-studded Blue, Fritillaries and Marbled Whites. There is a beautiful male Red-backed Shrike, a family of Ravens and a singing Rock Bunting.

As we enter a wooded part of the valley where Goldcrests are singing we find Common and Dwarf Juniper (*Juniperus communis*, *J.c* ssp *alpinus*), Wood Scabious (*Knautia dipsacifolia*) and Wood Treacle-mustard (*Erysimum sylvestris*). Out in the open again the banks are crowded with Vipers Bugloss, Oxe-eye Daisy, Blue Lettuce (*Lactuca perennis*), Wood Forget-me-not, Yarrow, Plume Knapweed (*Centaurea uniflora*), Common Globularia and Kidney Vetch. There is excitement when a black mammal is seen but it is a black (Red) Squirrel.

Our relaxing amble comes to a halt as we pass under a stand of larch trees, where we hear the unusual call of a Nutcracker, and the group get good views of this attractive member of the crow family.

We then cross the Torrent Grauson, walking up through an area of short turf, where Edelweis (*Leontopodium alpinum*) can be found but we had no luck today. Edelweiss is symbolic of high mountains and is seen as a souvenir by many visitors and this has contributed to its demise, despite being a protected plant.

But there are many other plants to see –Alpine Avens (*Geum montanum*), Alpine Gypsophila (*G. repens*), Purple and Yellow Milk Vetch (*Astragalus danicus*, *Oxytropis campestris*), Alpine Toadflax (*Linaria alpinum*), Alpine, Mountain and Brown Clover (*Trifolium alpinum*, *T. montanum*, *T. badium*), Mountain Thrift (*Armeria alpina*) and the diminutive Alpine Bastard Toadflax (*Thesium alpinum*).

We enjoy our picnic under the pines trees, with stunning views towards the glaciers of the Gran Paradiso. There are Willow Tits close by and Crested Tit is heard. We see a Golden Eagle flying and then settling on the mountain above us. On the way down 2 immature Golden Eagles fly quite close giving some of the group good views

There is time for another walk so we return to Cogne and drive to Valnontey, but first we need refreshments in Valnontey, some of us enjoying thick hot chocolate, others a beer or coffee, with blackberry tart, while John sets up the scope to search for Chamois and the 4th Golden Eagle of the day.

We head off to explore the damp meadows at the beginning of this lovely valley, which cuts into the park. In the meadows are masses of Broad-leaved Marsh Orchids (*Dactylorhiza majalis*), a few Vanilla Orchids (*Nigritella rhellicani*) and many tiny Tofield's Asphodel (*Tofieldia calyculata*). Also Mountain Arnica, Alpine Bistort (*Polygonum viviparum*), Beaked Lousewort (*Pedicularis rostrata*), Marsh Arrow Grass, Hare's tail Cotton Grass (*Eriophorum vaginatum*) and the intriguing fern Moonwort (*Botrychium lunaria*), and in the river edges, Yellow Mountain Saxifrage (*S.aizoides*). We return down the opposite side of the river adding a few more birds to our list Goldfinch, Chiffchaff, White Wagtail and Blackbird.

## Day 3

Tuesday 4th July

We head back to Valnontey, taking the steep track up past the Botanical Gardens. One of the first butterflies we see is a stunning Scarce Copper. Our walk zig-zags up through pine and birch forest, towards alpine meadows above the tree line. The scenery is spectacular, with tumbling waterfalls, snow-capped mountains and the glaciers of Punta Valletta. Plants include Spiked Bellflower (*Campanula spicata*), the very woolly Stemless Milk Vetch (*Astragalus exscapus*), Yellow Wood Violet (*V. biflora*), Forked Spleenwort (*Asplenium septentrionale*), Brittle Bladder Fern (*Cystopteris fragilis*) and Alpine Woodsia. There are more Willow Tits, a singing Bonelli's Warbler and another Nutcracker.

We take a short break in a meadow to admire the glaciers and find German Gentian (*Gentianella germanica*), Alpine Sneezewort (*Achillea oxyloba*), Golden Hawksbeard (*Crepis aurea*) and Alpine Bartsia (*B alpina*).

We climb a little further to look at an area of alpine meadow but it is being grazed by cattle today. But in the grassy areas between the rocks we find Alpine Aster, Bearded Bellflower (*C. barbata*), the yellow Spotted Gentian (*G. punctata*) - though not everyone is impressed - they want BLUE gentians!! - False White Helleborine (*Veratrum album*) and many Vanilla Orchids.

We find a shady spot for our lunch, accompanied by northern Wheatears and a singing Tree Pipit. Some of the group head further up the valley, to the second bridge across the torrent where there is a Grey Wagtail and a large flock of Alpine Chough flying over. Along the pathway we find Southern Butterwort (*Pinguicula leptoceras*), Frog Orchid (*Ceologlossum viride*), Spring gentian (*G. verna*), Moss Campion (*S. acaulis* ssp. *longiscapa*), Fairy Foxglove (*Erinus alpinus*) and Haller's Pasque Flower (*Pulsatilla halleri*). There are lots of Butterflies attracted to mineral rich damp patches, Blues Fritillaries and Skippers. Three of the group want to keep going to the Refugio de Sella, which is another ¾ hour climb, they are rewarded with several Marmots, a Rock Thrush and excellent coffee at the refugio. The rest of us however wander back, and return slowly to Valnontey, to our favourite café for more blackberry tart and refreshments.

## Day 4

Wednesday 5th July

We take another walk from Valnontey today, following the Torrent Valnontey towards the head of the valley and the impressive glaciers. It is mostly a level walk with a variety of wooded and open habitat, with much Green Alder along the edges of the river. Wayside flowers include Cow-wheat (*Melampyrum pratense*), Wood Buttercup (*Ranunculus nemorosus*), Yellow Wood Violet, Red Campion, Buckler Mustard (*Biscutella laevigata*), Alpenrose, Alpine Rose (*R. alpina*), masses of Wood Cranesbill, (*Geranium sylvaticum*), Lesser Masterwort (*Astrantia minor*) and Snowy Wood Rush (*Luzula nivea*). We have good views of singing Garden Warblers and Lesser Whitethroat. There is a Dipper and a family of Treecreepers and a nest of Willow Tits in a rotten stump is a good find, a species so much in decline in the UK. Two Golden Eagles drift up the valley and several Crag Martins are seen nesting under the overhanging rocks up the valley side.

In a damp meadow close to the river we find many Broad-leaved Marsh Orchids, Alpine Milk Vetch, Mountain Willow-herb, Globeflower (*Troillius europeus*), Water Avens (*Gaum rivale*), Alpine Toadflax (*Linaria alpina*) and the tiny Yellow Eyebright (*Euphrasia chrisitii*).

Our picnic spot today includes another stunning view, with a large flat rock as our table – though the wood ants soon find our feast. After lunch we walk further up the valley, some of the group reaching the scree below the glaciers. Clouds are gathering over the mountains so we decide to return to Valnontey, reaching the vehicles before getting too wet. We retire to the café where we watch several Chamois above us.

## Day 5

Thursday 6th July

Today we transfer to France. After an early breakfast we say farewell to La Senora, head north towards Aymavilles, a wine growing area in the Aosta Valley, where there is a magnificent crenellated castle, one of many in the area. We then head west towards Courmayeur, before turning south again to the Col de Petit St-Bernard where we cross back into France.

We stop for refreshments above La Thuille where we hope to spot Ibex on the mountain tops but the low cloud persists. But there are other sights to see and we join in the cheering as a series of vintage cars roar by!

We stop again to explore a roadside meadow and scree, where the snow has not long melted. We find Spring Gentian, Pyrenean Trumpet Gentian (*G. occidentalis*), Alpine Sculcap (*Scutellaria alpina*), Blunt-leaved Rock Jasmine (*Androsace obtusifolia*), the delightful Alpine Snowbell (*Soldanella alpina*) and many dwarf willows including *Salix reticulata*, *S. retusa* and *S. serpyllifolia*. There is a fleeting view of two Black Grouse rapidly flying past us down the mountain. We move to look at small lake, finding Spiniest Thistle, Bearberry (*Arctostaphylos uva-ursi*), False Vetch (*Astragalus monspessulanus*), Alpine Avens (*Geum montanum*) and *Carex atrofusca*, but are driven back to the vehicles by rapidly approaching clouds and rain.

We stop in the small ski resort of La Rosierre for our lunch provisions, finding a very attractive shopping complex where we find a cheese shop, bakery and supermarket. Firstly we buy warm French bread and pastries, then to the cheese shop where we buy a slice of the tasty local Beaumont cheese that comes as a 40kg cheese, and other local cheese before getting other basics at the supermarket.

We now start descending towards Val D'Isere, finding a nice picnic spot, including a table, under the trees. We have enjoyed the first course and are about to enjoy the cherries and pastries when a storm blows up and we make a rapid retreat to the vehicles, to sit it out.

We continue our journey, passing through Val D'Isere, over the Col de L'Iseran, where we drive through a snow storm, then into the broad valley, south of the Parc National de la Vanoise, towards our destination at Lanslevillard. We make a few stops along the way to take a look at the profusion of flowers. On a damp scree, between the snow patches, we find sheets of Glacier Crowfoot (*Ranunculus glacialis*) with Purple Saxifrage (*S. oppositifolia*) and Moss Campion. The road side banks and meadows are lush with flowers such as St Bruno's Lily (*Paradisea liliastrum*), St Bernard's Lily (*Anthericum liliago*), Spiked and Black Rampion (*Phyteuma spicatum*, *P. nigrum*) Spiked and Yellow Bellflower, and Globe Orchid (*Trautvetteria globosa*).

We reach our hotel in the centre of Lanslevillard and are welcomed by our charming host.

## Day 6

Friday 7th July

Early risers are out to look for Dipper in the river which runs through the town centre and find an adult and young.

We are heading west today, through Lanslebourg, to Termignon, where we visit one of the park centres. Then we drive up towards Bellecombe stopping half way up to find Bird's Nest Orchid (*Neottia nidus-avis*), Twayblade (*Listera ovata*), Dark Columbine (*Aquilegia atrata*) and Very Fragrant Orchid (*Gymnadenia odoratissima*). We investigate a pine tree beside the road that has recently been attacked by a Black Woodpecker and we get good views of a perching Buzzard. We head to the top where we park the vehicles, walking via Plan du Lac to the refugio of the same name. There is much low cloud about so we abort plans to walk to the Termignon Gorge, where we had hoped to see Llammergeier, however one bird obligingly flew down the valley later in the day, giving us brilliant views as it cruised away below us.

In the short turf and scree at the edge of the track are many alpine plants such as Moss Campion, (both ssp *longiscapa* and *exscapa*), Blunt-leaved Rock Jasmine (*Androsace obtusifolia*), Pyrenean Trumpet, Spring and Short-leaved Gentian, (*Gentiana punila* sp *delphinensis*, *Phyteuma globulariifolium* ssp *pedemontana*), Mossy Cyphel (*Minuartia sedoides*), Alpine Coltsfoot (*Homogyne alpina*), Creeping Azalea (*Loiseleuria procumbens*), Alpine Clover, the white Alpine Butterwort (*Pinguicula alpina*) and yellow cushions of Vitaliana (*V. primuliflora*).

We have our picnic outside the refugio, supplementing it with refreshments from the bar including hot chocolate and myrtleberry pie for some! Then we continue up the valley a little way before retracing our steps. As the cloud clears at times we get stunning views across the gorge to the Glaciers de la Vanoise. There are Skylarks singing and we see Rock Bunting, Alpine and Red-billed Choughs, Water Pipit and Raven.

On our return drive we stop for some photos of the scenery and for more plants such as a flush of Alpine Broad-leaved Marsh Orchid and the tiny campanula, Fairy's Thimble (*C. ochleariaefolia*).

## Day 7

Saturday 8th July

Our last full day of the trip. The option of a very early excursion (5.30 departure!!) is only taken up by one of the group and the two leaders. The target species is Ladies Slipper Orchid (*Cypripedium calceolus*), whose location had been given to us at the information office. But this expedition was only partly successful in that plants were found but they were well and truly past their best, having flowered at least a week or more before our visit.

Our explorations today are in the area of Mont-Cenis, renowned for its flora. Many species have been named after Mont Cenis, but these plants are also found across the whole range of the Alps. We drive to Lac du Mont-Cenis, taking a minor road around its edge, parking near the Refugio le Petit Mont-Cenis. We stop here for coffee and the facilities before walking along the valley towards the Col du Petit Mont-Cenis. The weather is perfect and we enjoy a lovely walk amongst the carpets of flowers. New plants include the tiny brilliant blue stars of Snow Gentian (*G. nivalis*), Nettle-leaved Bellflower (*C. trachelium*), Three-veined Pink (*D. parvoniis*), Alpine Catchfly (*S. alpestris*), Southern Dog Daisy (*Anthemus triumfetti*), Giant Catsear (*Hypochoeris uniflora*), Round-leaved Wintergreen (*Pyrola rotundifolia*), Creeping Cinquefoil (*Geum reptans*), the pretty seedheads of Alpine Pasque Flower (*Pulsatilla alpina*), Alpine Columbine (*A. alpina*), Starry Saxifrage (*S. stellaris*), Violet Speedwell (*Veronica*

*bellidiodes*), *V. allionii*, Mont Cenis Lousewort (*Pedicularis anisia*), and among the tiny dark Vanilla Orchids (*Nigritella rhellicani*) we find the red *Nigritella corneliana*. All these set amongst masses of Yellow and Purple Milk Vetch, creamy Kidney Vetch, Mountain Sainfoin, Golden Hawksbeard, Globeflowers, Arnica, Alpine Bartsia and handsome spikes of False White Helleborine in two colour forms – one a creamy white and the other an almost lime green. Birds are relatively few but we hear Quail, there is another Golden Eagle, Crag Martin, Northern Wheatear, Water Pipit and good views of Snowfinch.

We retrace our steps and then drive back towards the edge of Lac du Mont-Cenis to find a picnic spot. After lunch we drive to the other side of the lake, where the options are a stroll around the Alpine Garden, refreshments in one of the cafes or a mountain walk for those who feel they have over indulged on cheeses for lunch! The garden option allows for some cheat photos of Edelweiss!

## Day 8

Sunday 9th July

We have an early start today, to reach Lyon by 10am, so we are very grateful for our early breakfast before setting off in the first light of another lovely day.

As always the group makes the trip work well, and we had a really good week of wonderful scenery, walks, flowers, birds and butterflies; the identification of the latter was greatly assisted by the enthusiasm of Noor with her camera.

## Species lists

### Plants

Scientific name	Common name	Locations
<b>DICOTYLEDONS</b>		
<b>Asclepiadaceae</b>	<b>Milkweed family</b>	
Vincetoxicum hirundaria	Swallow-wort	
<b>Berberidaceae</b>	<b>Barberry family</b>	
Berberis vulgaris	Barberry	
<b>Betulaceae</b>	<b>Birch family</b>	
Alnus viridis	Green Alder	Valnontey
<b>Boraginaceae</b>	<b>Borage family</b>	
Cerinth glabra	Smooth Honeywort	Mont-Cenis
Echium vulgare	Viper's Bugloss	
Myosotis sylvestris agg	Wood Forget-me-not	Valnontey
M. alpestris	Alpine Wood Forget-me-not	Vanoise
<b>Campanulaceae</b>	<b>Bellflower family</b>	
Campanula barbata	Bearded Bellflower	Valnontey, Vanoise
C. cochlearifolia	Fairy's Thimble	Bellecombe
C. glomerata	Clustered Bellflower	Common
C. rapunculoides	Creeping Bellflower	Bellecombe
C. rotundifolia	Harebell	
C. scheuchzeri		Vallon de Grauson
C. spicata	Spiked Bellflower	Valnontey, Vanoise
C. thyrsoides	Yellow Bellflower	Mont-Cenis
C. trachelium	Nettle-leaved Bellflower	Mont-Cenis
Phyteuma orbiculare	Round-headed Rampion	Common
P. betonicifolium	Betony-leaved Rampion	
P. hemisphaericum	Globe-headed Rampion	Common
P. globulariifolium ssp. pedemontana		Mont Cenis
P. nigra	Black Rampion	Llanslevillard
P. spicatum	Spiked Rampion	Roadsides
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>	
Lonicera pyrenaica	Pyrenean Honeysuckle	Vanoise
Sambucus racemosa	Red-berried Elder	Roadsides
<b>Caryophyllaceae</b>	<b>Pink family</b>	
Cerastium lineare	Narrow-leaved Mouseear	
Dianthus carthusianorum	Carthusian Pink	Vallon de Grauson
D. parvius	Three-veined Pink	Mont Cenis
D. caesius	Cheddar Pink	Vallon de Grauson
Gypsophila repens	Alpine Gypsophila	Common
Minuartia sedoides	Mossy Cyphel	
M. verna ssp. collina	Vernal Sandwort	
Saponaria ocymoides	Rock Soapwort	Valnontey
S. officinalis	Common Soapwort	Roadsides
Silene vulgaris	Bladder Campion	Common
S. dioica	Red Campion	
S. nutans	Nottingham Catchfly	Common
S. acaulis ssp. excapa	Moss Campion	Valnontey
S. acaulis ssp. longiscapa		Bellecombe
S. alpestris	Alpine Catchfly	
S. vallesia	Valais Catchfly	Vallon de Grauson
S. otites	Spanish Catchfly	"
S. rupestris	Rock campion	
<b>Chenopodiaceae</b>	<b>Fat Hen family</b>	
Chenopodium bonus-henricus	Good King Henry	Common



Scientific name	Common name	Locations
<b>Cistaceae</b>	<b>Rockrose family</b>	
<i>Helianthemum canum</i>	Hoary Rockrose	Vallon de Grauson
<i>H. nummularium</i>	Common Rockrose	"
<b>Compositae</b>	<b>Daisy family</b>	
<i>Achillea millefolium</i>	Yarrow	Widespread
<i>A. oxyloba</i>	Alpine Sneezewort	
<i>A. nana</i>	Dwarf Milfoil	Valnontey
<i>Adenostyles alliariae</i>	Adenostyles	Roadsides
<i>Anthemis triumfetti</i>	Southern Dog-daisy	
<i>Antennaria dioica</i>	Catsfoot	
<i>Arnica montana</i>	Arnica	Common
<i>Aster alpinus</i>	Alpine Aster	Frequent
<i>Bellidiastrum micheli</i>	False Aster	( <i>Aster bellidiastrum</i> )
<i>Carduus nutans</i>	Musk Thistle	
<i>C. defloratus</i>	Alpine Thistle	Widespread
<i>Carlina acaulis</i>	Stemless Thistle	
<i>Cicerbita alpina</i>	Alpine Sow Thistle	Roadsides
<i>Cirsium eriophorum</i>	Woolly Thistle	
<i>C. palustre</i>	Marsh Thistle	
<i>C. spinosissimum</i>	Spiniest Thistle	Col du Petit St-Bernard
<i>Centaurea montanum</i>	Mountain Cornflower	Vallon de Grauson
<i>C. uniflora</i>	Plume Knapweed	Mont Cenis
<i>C. alpestris</i>	Knapweed	
<i>Crepis vesicaria</i>	Beaked Hawksbeard	
<i>C. aurea</i>	Golden Hawksbeard	
<i>Erigeron acer</i>	Blue Fleabane	
<i>E. glabaratus</i>	Variable Fleabane	
<i>E. uniflorus</i>	One-flowered Fleabane	Common
<i>Hieracium alpinum</i> agg.	Alpine Hawkweed	
<i>H. lanatum</i>	Woolly Hawkweed	
<i>Homogyne alpina</i>	Alpine Coltsfoot	
<i>Hypochoeris uniflora</i>	Giant Catsear	
<i>Lactuca perennis</i>	Blue Lettuce	
<i>Leontodon hispidus</i>	Rough Hawksbeard	
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	
<i>Petasites alba</i>	White Butterbur	Seed heads only
<i>Scorzonera aristata</i>	Bearded Vipersgrass	
<i>Solidago virgurea</i>	Goldenrod	
<i>Taraxacum</i> agg	Dandelion	
<i>Tussilago farfara</i>	Coltsfoot	
<b>Crassulaceae</b>	<b>Sedum family</b>	
<i>Rhodiola rosea</i>	Roseroot	Bellecombe
<i>Sedum album</i>	White Stonecrop	
<i>S. alpestre</i>		Valnontey
<i>S. acre</i>	Biting Stonecrop	
<i>S. rupestre</i>	Rock Stonecrop	Valnontey
<i>Sempervivum arachnoidum</i>	Cobweb Houseleek	Vallon de Grauson
<i>S. grandiflorum</i>	Large-flowered Houseleek	" leaves only
<i>S. montanum</i>	Mountain Houseleek	"
<b>Cruciferae</b>	<b>Cress family</b>	
<i>Biscutella laevigata</i>	Buckler Mustard	
<i>Erysimum sylvestre</i>	Wood Treacle Mustard	
<i>E. humile</i>	Decumbent Treacle Mustard	
<i>Hugueninia tanacetifolia</i>	Tansy-leaved Rocket	Col du Petit St-Bernard
<i>Sisymbrium austriacum</i>	Austrian Rocket	
<b>Dipsacaceae</b>	<b>Teasel family</b>	
<i>Knautia dipsacifolia</i>	Wood Scabious	

Scientific name	Common name	Locations
<b>Ericaceae</b>	<b>Heather family</b>	
Arctostaphylos uva-ursi	Bearberry	Col du Petit-St-Bernard
Loiseleuria procumbens	Creeping Azalea	"
Rhododendron ferrugineum	Alpenrose	"
Vaccinium myrtillus	Bilberry	"
<b>Gentianaceae</b>	<b>Gentian family</b>	
Gentiana lutea	Yellow Gentian	Widespread
G. punctata	Spotted Gentian	Valnontey, Mont Cenis
G. verna	Spring Gentian	"
G. brachyphylla	Short-leaved Gentian	"
G. brachyphylla ssp delphinensis		"
G. nivalis	Snow Gentian	Bellecombe
Gentianella germanica agg.	German Gentian	Valnontey
<b>Geranaceae</b>	<b>Geranium family</b>	
Geranium sylvaticum	Wood Cranesbill	Widespread
G. sylvaticum ssp. rivulare		Valnontey
<b>Globulariaceae</b>	<b>Globularia family</b>	
Globularia cordifolia	Matted Globularia	
G. punctata	Common Globularia	
<b>Hypericaceae</b>	<b>St John's Wort family</b>	
Hypericum richeri	Alpine St John's Wort	
H. perforatum	Perforate St John's Wort	
<b>Labiatae</b>	<b>Mint family</b>	
Acinos alpinus	Alpine Calamint	Vallon de Grausson
Ajuga pyramidalis	Pyramidal Bugle	Valnontey
A. reptans	Bugle	
Calamintha nepeta (Nepeta nepetella)	Lesser Catmint	Vallon de Grausson
Prunella vulgaris	Self-heal	
P. grandiflora	Large-flowered Selfheal	
Salvia pratensis	Meadow Clary	
Scutellaria alpina	Alpine Scullcap	
Stachys alpeccuros	Yellow Betony	
S. densiflora(monieri)	Alpine Betony	Mont Cenis
S. officinalis	Betony	
S. recta	Yellow Woundwort	
Teucrium pyrenaica	Pyrenean germander	
Thymus polytrichus	Thyme	
T. pulegioides	Large Thyme	
<b>Leguminosae</b>	<b>Pea family</b>	
Astragalus alpinus	Alpine Milk Vetch	Col du Petit St-Bernard
A. australis	Southern Milk Vetch	
A. centralpinus		Valnontey
A. excapus	Stemless Milk Vetch	"
A. danicus	Purple Milk Vetch	
A. monspessulanus	False Vetch	
A. penduliflorus	Mountain Lentil	
A. sempervirens	Mountain Tragacanth	Vallon de Grausson
Anthyllis vulneria	Kidney Vetch	
Calamintha nepeta	Lesser Catmint	Valnontey
Hippocrepis comosa	Horseshoe Vetch	
Lathyrus latifolius	Broad-leaved Everlasting Pea	Valnontey
Lotus corniculatus	Birdsfoot Trefoil	
L. subbiflorus	Hairy Birdsfoot Trefoil	
Onobrychis montana	Mountain Sainfoin	
O. campestris	Common Sainfoin	
Ononis natrix	Large Yellow Restharrow	Vanoise
O. cristata	Mont-Cenis Restharrow	Llanslavillard

Scientific name	Common name	Locations
<i>Oxytropis jacquinii</i>	Mountain Milk Vetch	
<i>O. campestris</i>	Yellow Milk Vetch	
<i>O. halleri</i>	Silky Milk Vetch	Bellecombe
<i>Trifolium alpinum</i>	Alpine Clover	
<i>T. badium</i>	Brown Clover	
<i>T. montanum</i>	Mountain Clover	
<i>T. pratense</i>	Red Clover	
<i>T. repens</i>	White Clover	
<i>Vicia cracca</i>	Tufted Vetch	
<i>V. sepium</i>	Bush Vetch	
<b>Lentibulariaceae</b>	<b>Butterwort family</b>	
<i>Pinguicula alpina</i>	Alpine Butterwort	Bellecombe
<i>P. leptoceras</i>	Southern Butterwort	Valnontey
<i>P. vulgaris</i>	Common Butterwort	Col du Petit St-Bernard
<b>Onagraceae</b>	<b>Willowherb family</b>	
<i>Chamaenerion angustifolium</i>	Rosebay Willowherb	
<i>Epilobium montanum</i>	Mountain Willowherb	Valnontey
<b>Papaveraceae</b>	<b>Poppy family</b>	
<i>Papaver rhoeas</i>	Corn Poppy	
<i>P. argemone</i>	Prickly Poppy	
<b>Parnassiaceae</b>	<b>Grass of Parnassus family</b>	
<i>Parnassia palustris</i>	Grass of Parnassus	Valnontey
<b>Plumbaginaceae</b>	<b>Thrift family</b>	
<i>Armeria maritima</i> ssp. <i>alpina</i>	Thrift	
<b>Polygalaceae</b>	<b>Milkwort family</b>	
<i>Polygala alpestris</i>	Mountain Milkwort	Valnontey
<i>P. comosa</i>	Tufted Milkwort	Vanoise
<b>Polygonaceae</b>	<b>Dock family</b>	
<i>Polygonum bistorta</i>	Bistort	Common
<i>P. viviparum</i>	Alpine Bistort	
<i>P. aviculare</i>	Knotgrass	
<i>Rumex alpinus</i>	Monk's Rhubarb	Common
<i>R. scutatus</i>	French Sorrel/Rubble Dock	
<i>R. acetosa</i>	Common Sorrel	
<b>Primulaceae</b>	<b>Primrose family</b>	
<i>Androsace obtusifolia</i>	Blunt-leaved Rock Jasmine	"
<i>Primula farinosa</i>	Birdseye Primrose	Vanoise
<i>P. veris</i>	Cowslip	Seed heads only
<i>Soldenella alpina</i>	Alpine Snowbell	Col du Petit St Bernard
<i>Vitaliana primuliflora</i>	Vitaliana	Bellemont
<b>Pyrolaceae</b>	<b>Wintergreen family</b>	
<i>Pyrola minor</i>	Least Wintergreen	Mont-Cenis
<i>Pyrola rotundifolia</i>	Round-leaved Wintergreen	La Norma
<b>Ranunculaceae</b>	<b>Buttercup family</b>	
<i>Aquilegia atrata</i>	Black/dark Columbine	Vanoise/Bellecombe
<i>A. alpina</i>	Alpine Columbine	
<i>Callianthemum coriandrifolium</i>		Bellecombe
<i>Caltha palustris</i>	Kingcup	
<i>Hepatica nobilis</i>	Hepatica	Leaves only
<i>Pulsatilla alpina</i>	Alpine Pasque Flower	Mont Cenis, seed heads only
<i>P. halleri</i>	Hallers Pasue Flower	Valnontey
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup	Col du Petit St-Bernard
<i>R. glacialis</i>	Glacier Crowfoot/Buttercup	Col del'Isèran
<i>R. pyrenaicus</i> ssp. <i>keupferi</i>	Pyrenean Buttercup	Col du Petit St Bernard

Scientific name	Common name	Locations
R. nemorosus	Wood Buttercup	Valnontey
Thalictrum foetidum	Stinking Meadow Rue	Vallon de Grausson
Trollius europaeus	Globe Flower	Valnontey
<b>Rosaceae</b>	<b>Rose family</b>	
Agrimonia eupatoria	Agrimony	
Aruncus dioicus	Goatsbeard Spirea	Roadsides
Alchemilla alpina	Alpine Lady's Mantle	
Dryas octopetala	Mountain Avens	Widespread
Filipendula ulmaria	Meadowsweet	
Frageria vesca	Strawberry	
Geum montanum	Alpine Avens	
G. reptans	Creeping Avens	
G. rivale	Water Avens	
G. urbanum	Herb Bennett	
Potentilla aurea	Golden Cinquefoil	
P. argentea	Hoary Cinquefoil	Valnontey
P. erecta	Tormentil	
P. reptans	Creeping Cinquefoil	
Rosa canina	Dog Rose	
R. pendulina	Alpine Rose	Mont Cenis
R. pimpinellifolia	Burnet Rose	
Sanguisorba minor	Salad Burnet	
Sibbaldia procumbens	Sibbaldia	Col du Petit St-Bernard
Sorbus aucuparia	Rowan	
<b>Rubiaceae</b>	<b>Bedstraw family</b>	
Gallium megalospermum(helveticum)	Swiss Bedstraw	Mont Cenis
G. mollugo	Hedge Bedstraw	
G. verum	Lady's Bedstraw	
<b>Salicaceae</b>	<b>Willow family</b>	
Salix breviserrata	Toothed Willow	Col du Petit St-Bernard
S. reticulata	Netted Willow	"
S. herbaceae	Least Willow	"
S. retusa	Retuse-leaved Willow	"
S. serpyllifolia		"
<b>Santalaceae</b>	<b>Sandalwood family</b>	
Thesium alpinum	Alpine Bastard Toadflax	
<b>Saxifragaceae</b>	<b>Saxifrage family</b>	
Saxifraga aizoides	Yellow Mountain Saxifrage	Valnontey
S. bryoides	Mossy Saxifrage	Vanoise
S. moschata	Musky Saxifrage	"
S. oppositifolia	Purple Saxifrage	Col de l'Iseran
S. rotundifolia	Round-leaved Saxifrage	Col du Petit St-Bernard
S. stellaris	Starry Saxifrage	Vanoise
<b>Scrophulariaceae</b>	<b>Figwort family</b>	
Bartsia alpina	Alpine Bartsia	
Digitalis ambigua	Large Yellow Foxglove	Roadsides
D. lutea	Small yellow Foxglove	"
D. purpurea	Foxglove	"
Euphrasia christii	Yellow Eyebright	Valnontey
Linaria alpina	Alpine Toadflax	" , two colour forms
L. vulgaris	Common Toadflax	Common
Melampyrum pratense	Common Cow-wheat	
Pedicularis cenisia	Mont Cenis Lousewort	Mont Cenis
P. comosa	Crested Lousewort	"
P. gyroflexa	Tufted Lousewort	
P. rostratocapitata	Beaked Lousewort	
P. rostratospicata	Flesh-pink Lousewort	Valnontey
Rhinanthus minor	Yellow Rattle	

Scientific name	Common name	Locations
<i>Verbascum pulverulentum</i>	Hoary Mullein	Roadsides
<i>V. nigrum</i>	Dark Mullein	
<i>Veronica allionii</i>		Mont Cenis
<i>V. bellidioides</i> ssp <i>lilacina</i>	Violet Speedwell	Bellecombe
<i>V. chamaedrys</i>	Germander Speedwell	
<i>V. spicata</i>	Spiked Speedwell	
<b>Thymelaceae</b>	<b>Daphne family</b>	
<i>Daphne mezereum</i>	Mezereum	Leaves only
<b>Umbelliferae</b>	<b>Cow Parsley family</b>	
<i>Anthriscus sylvestris</i>	Cow Parsley	
<i>Astrantia major</i>	Greater Masterwort	Cogne
<i>A. minor</i>	Lesser Masterwort	Valnontey
<i>Angelica sylvestris</i>	Wild Angelica	
<i>Bupleurum petraeum</i>	Rock Hare's-ear	
<i>B. ranunculoides</i>	Three-veined Hare's-ear	
<i>Chaerophyllum hirsutum</i>	Hairy Chervil	
<i>Daucus carota</i>	Wild Carrot	
<i>Heracleum spondylium</i>	Hogweed	
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain	
<i>L. siler</i>	Narrow-leaved Sermountain	Widespread
<i>Ligusticum mutellinoides</i>	Unbranched Lovage	
<i>Peucedanum ostruthium</i>	Masterwort	
<i>Pimpinella major</i>	Greater Burnet Saxifrage	
<i>Sanicula europea</i>	Sanicle	
<b>Valerianaceae</b>	<b>Valerian family</b>	
<i>Valeriana dioica</i>	Marsh Valerian	
<i>V. montana</i>	Mountain Valerian	
<i>V. officinalis</i>	Common Valerian	
<b>Violaceae</b>	<b>Violet family</b>	
<i>Viola alba</i>	White Violet	Bellecombe
<i>Viola biflora</i>	Yellow Wood Violet	Widespread
<i>V. calcarata</i> ssp <i>villarsiana</i>		Mont Cenis
<i>V. lutea</i>	Mountain Pansy	"
<i>V. tricolour</i>	Heartsease	
<b>MONOCOTYLEDONS</b>		
<b>Cyperaceae</b>	<b>Sedge family</b>	
<i>Carex atrata</i>	Black Alpine Sedge	
<i>C. caryophyllea</i>	Spring Sedge	
<i>C. atrofusca</i>		Bellecombe
<i>Eriophorum angustifolium</i>	Common Cotton Grass	
<i>E. scheuchzeri</i>	a Cotton Grass	Mont-Cenis
<i>E. vaginatum</i>	Hare's Tail Cotton Grass	
<i>Schoenus nigricans</i>	Bog Rush	
<b>Graminae</b>	<b>Grass family</b>	
<i>Alopecurus pratensis</i>	Meadow Foxtail	
<i>Arrhenatherum elatius</i>	False Oat Grass	
<i>Briza media</i>	Quaking Grass	
<i>Dactylis glomerata</i>	Cocksfoot	
<i>Festuca vivipara</i>	Viviparous Fescue	
<i>Phleum alpinum</i>	Alpine Catstail	
<i>P. pratense</i>	Timothy	
<i>Poa alpine</i>	Alpine Meadow Grass	
<i>P. bulbosa vivipera</i>	Bulbous Meadow Grass	
<b>Juncaceae</b>	<b>Rush family</b>	
<i>Luzula alpinopilosa</i>	Alpine Wood Rush	
<i>L. campestris</i>	Field Wood Rush	

Scientific name	Common name	Locations
L. nivea	Snowy Wood Rush	
<b>Juncaginaceae</b>	<b>Arrow-grass family</b>	
Triglochin palustris	Marsh Arrow-grass	Vanoise
<b>Liliaceae</b>	<b>Lily family</b>	
Anthericum liliago	St Bernard's Lily	Vanoise
Lilium martagon	Martagon Lily	Valnontey
Paradisea liliastrium	St Bruno's Lily	Vanoise
Polygonatum multiflorum	Common Solomon's Seal	
Tofieldia calyculata	Tofield's Asphodel	Valnontey
Veratrum album	False White Helleborine	Valnontey, Bellecombe
<b>Orchidaceae</b>	<b>Orchid family</b>	
Coeloglossum viride	Frog Orchid	Valnontey
Dactylorhiza fuchsii	Common Spotted Orchid	Seen regularly
D. maculata	Heath Spotted	Vanoise
D. majalis	Broad-leaved Marsh Orchid	Valnontey
D. alpestris	Alpine Broad-leaved Marsh Orchid	"
D. sambucina	Elder-flowered Orchid	Seed heads only
? Epipactis helleborine	Broad-leaved Helleborine	Nr La Rosiere
Gymnadenia conopsea	Fragrant Orchid	
Leucorchis albida	Little White Orchid	Valnontey
Listera ovata	Twayblade	Bellecombe
Neotinia nitis-avis	Bird's Nest Orchid	"
Nigritella. rhellicani	Vanilla Orchid	Seen regularly
Nigritella cornelana	Cornelia's Vanilla Orchid	Mont-Cenis
Trausteinera globosa	Globe Orchid	Vanoise
<b>Coniferaceae</b>	<b>Conifers</b>	
Juniperus communis ssp. alpina	Dwarf Juniper	Vallon de Grausson
J. communis	Common Juniper	"
Larix decidua	European Larch	
Pinus mugo	Mountain Pine	
P. sylvestris	Scot's Pine	
<b>FERNS</b>		
Asplenium septentrionale	Forked Spleenwort	"
A. trichomanes	Maidenhair Spleenwort	"
A. viride	Green Spleenwort	Vanoise
Athyrium filix-femina	Lady Fern	
Botrychium lunaria	Moonwort	Seen regularly
Cystopteris fragilis	Brittle Bladder Fern	Valnontey
Druopteris filix-mas	Male Fern	
Polypodium vulgare	Common Polypody	
Polystichum aculeatum	Hard Shield Fern	
P. lonchitis	Holly Fern	Seen regularly
Woodsia alpina	Alpine Woodsia	Valnontey
<b>HORSETAILS</b>		
Equisetum sylvaticum	Wood Horsetail	
E. vulgare	Common Horsetail	

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## Birds

Common name	Scientific name	No. of days seen
Black Kite	<i>Milvus migrans</i>	1
Lammergeier	<i>Gypaetus barbatus</i>	1
Buzzard	<i>Buteo buteo</i>	2
Golden Eagle	<i>Aquila chrysaetos</i>	3
Kestrel	<i>Falco tinnunculus</i>	3
Black Grouse	<i>Tetrao tetrix</i>	1
Common Quail	<i>Coturnix coturnix</i>	1H
Wood-Pigeon	<i>Columba palumbus</i>	1
Alpine Swift	<i>Tachymarptis melba</i>	2
Common Swift	<i>Apus apus</i>	6
Green Woodpecker	<i>Picus viridis</i>	3
Sky Lark	<i>Alauda arvensis</i>	3
Crag-Martin	<i>Ptyonoprogne rupestris</i>	3
Barn Swallow	<i>Hirundo rustica</i>	1
House-Martin	<i>Delichon urbica</i>	7
White Wagtail	<i>Motacilla alba</i>	7
Grey Wagtail	<i>Motacilla cinerea</i>	4
Tree Pipit	<i>Anthus trivialis</i>	2
Water Pipit	<i>Anthus spinoletta</i>	3
Goldcrest	<i>Regulus regulus</i>	2
Dipper	<i>Cinclus cinclus</i>	5
Wren	<i>Troglodytes troglodytes</i>	2H
Rufous-tailed Rock-Thrush	<i>Monticola saxatilis</i>	1
Blackbird	<i>Turdus merula</i>	3
Fieldfare	<i>Turdus pilaris</i>	1H
Mistle Thrush	<i>Turdus viscivorus</i>	1
Chiffchaff	<i>Phylloscopus collybita</i>	2H
Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>	1H
Garden Warbler	<i>Sylvia borin</i>	1
Blackcap	<i>Sylvia atricapilla</i>	2H
Lesser Whitethroat	<i>Sylvia curruca</i>	2
Robin	<i>Erithacus rubecula</i>	1+3H
Black Redstart	<i>Phoenicurus ochruros</i>	6
Whinchat	<i>Saxicola rubetra</i>	5
Northern Wheatear	<i>Oenanthe oenanthe</i>	4
Willow Tit	<i>Poecile montana</i>	3
Coal Tit	<i>Parus ater</i>	4
Crested Tit	<i>Lophophanes cristatus</i>	1
Great Tit	<i>Parus major</i>	1
Long-tailed Tit	<i>Aegithalos caudatus</i>	1
Treecreeper	<i>Certhia familiaris</i>	1
Red-backed Shrike	<i>Lanius collurio</i>	1
Jay	<i>Garrulus glandarius</i>	1
Nutcracker	<i>Nucifraga caryocatactes</i>	2
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>	3
Alpine Chough	<i>Pyrrhocorax graculus</i>	3
Rook	<i>Corvus frugilegus</i>	1
Carrion Crow	<i>Corvus corone</i>	4
Raven	<i>Corvus corax</i>	4

Common name	Scientific name	No. of days seen
Starling	<i>Sturnus vulgaris</i>	1
Yellowhammer	<i>Emberiza citrinella</i>	4
Rock Bunting	<i>Emberiza cia</i>	3
Chaffinch	<i>Fringilla coelebs</i>	5
Goldfinch	<i>Carduelis carduelis</i>	4
Linnet	<i>Carduelis cannabina</i>	4
Serin	<i>Serinus serinus</i>	4
Bullfinch	<i>Pyrrhula pyrrhula</i>	1
House Sparrow	<i>Passer domesticus</i>	2
Italian Sparrow	<i>Passer domesticus italiae</i>	2
Snowfinch	<i>Montifringilla nivalis</i>	3

## Mammals

Common name	Scientific name	No. of days seen
Chamois	<i>Rupicapra rupicapra</i>	5
Red Fox	<i>Vulpes vulpes</i>	2
Red Squirrel	<i>Sciurus vulgaris</i>	1
Roe Deer	<i>Capreolus capreolus</i>	2
Alpine Marmot	<i>Marmota marmota</i>	5