

# The Italian & French Alps

Naturetrek Tour Report

1 - 8 July 2007



Valnontey, Cogne



*Campanula cenisia*



Titania's Fritillary



Lac du Mont Cenis

Report and photos compiled by Jenny and John Willsher



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## Day 1

## Sunday 1st July

We arrive in an overcast Lyon and leave as soon as we have met up with the whole group and collected our hire vehicles. 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 to stretch our legs and to have a brief look at the roadside flora. Despite the roadsides having been cut there are many stands of Large and Small Yellow Foxgloves (*Digitalis ambigua*, *D. lutea*), also Rock Soapwort, Alpine Gypsophila and *Aruncus dioica*. We have tantalising glimpses of many other plants also. The Elder-flowered Orchids (*Dactylorhiza sambucina*) are past their best, but we see Fragrant Orchids (*Gymnadenia conopsea*), Alpine Thistle (*Carduus defloratus*), masses of Alpenrose (*Rhododendron ferrugineum*), Clustered and Bearded Bellflower and Harebell (*Campanula glomerata*, *C. barbata*, *C. rotundifolia*).

We stop above La Thuile for coffee and hot chocolate, taking a brief look at the lush bank nearby, where we find among other things, Bistort, Great Marsh Thistle (*Carduus personata*), *Allium sphaerocephalon*, Viper's Bugloss, Scorzonera-leaved Rampion and Field Gentian (*Gentianella campestris*). As we descend into the Aosta Valley the wooded roadsides are full of Adenostyles (*A. alliariae*), Aconite-leaved Buttercup and Spiked Rampion (*Phyteuma spicatum*).

We arrive in Cogne to a warm welcome at our family run hotel. Dinner is superb, with a wonderful choice of dishes, accompanied by local wine.

## Day 2

## Monday 2nd July

It is raining first thing so the early morning walk is abandoned. After breakfast, our first bird of the day is a Grey Heron flying up towards Cogne where we stop for picnic supplies; some people finding the park information centre and free maps. 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.

After watching a male Whinchat in the meadow by the car park we head south from Cogne following the Torrent Valnontey to the pretty little village of the same name. Our first stop by the river finds us *Aquilegia*

*viscosa*, Spiked Bellflower and Fairy's Thimble (*Campanula spicata*, *C. cochlearifolia*). We then park in the village, don our waterproofs and pack up the picnic. We are walking along the river towards the head of the valley and the impressive glaciers of the Gran Paradiso. 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 (*Lužula nivea*). We also find *Antennaria dioica*, *Arnica montana*, *Crepis aurea*, *Acinos alpinus*, Alpine Scullcap (*Scutellaria alpina*), Yellow Woundwort (*Stachys recta*), Mountain Clover (*T. montanum*), *Pyrola minor*, Grass of Parnassus, Martagon Lily, May Lily (*Mianthemum bifolium*) and White False Helleborine (*Veratrum album*). There is also some saxifrages along the way including *Saxafraga aizoides*, *S. aspera*, *S. paniculata*, *S. exarata* and *S. stellaris*.

Two chamois are disturbed, which run quite close to us before bounding up the valley side and there are singing Garden Warblers and a family of Lesser Whitethroats.

We picnic in the almost deserted hamlet of Valmiana, sheltering by one of the houses as it is threatening to rain, using the log pile as our table. In a damp meadow close to the river we find many Broad-leaved and Alpine Broad-leaved Marsh Orchids and their hybrids, *Nigritella rhellicani*, a mass of Tofields Asphodel (*Tofieldia calyculata*), Mountain Willow-herb, Globeflower (*Troillius europeae*) and Water Aven (*Geum rivale*). Beside the river are Grey and White Wagtails and in the riverine woodlands: Chiffchaff, Robin, Wren and Long-tailed Tits.

We turn round mid-afternoon to allow us some time in the Alpine Garden at Valnontey. This intriguing little garden was set up in 1955 and includes a research station. It gives us the opportunity to see what plants are possible in the area, including the handsome vetch *Astragalus centralpina* (*A. alopecurus*).

We return to our hotel in anticipation of another excellent dinner, and the difficult task of making choices!

## Day 3

## Tuesday 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 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 (*Laserptium 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 a Dipper on the river and there are Coal Tits and Black Redstarts singing as we return for breakfast.

We are walking locally again 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 champions, catchflies, rampions and bellflowers. We find Catsfoot (*Antennaria dioica*), Clustered Bellflower, Mountain Cornflower (*Centaurea montana*), Woolly and Alpine Hawkweed (*Hieracium lanatum*, *L. alpinum*),

Mountain Sainfoin (*Onobrychis montana*), the attractive umbellifer *Laserpitium siler*, Swallow-wort (*Vincetoxicum hirundinaria*), Vallais Catchfly (*Silene vallesia*), St Bernards Lily (*Anthericum liliagr*) and bright pink Carthusian Pink, alongside the pale Wood Pink and also Cheddar Pink (*Dianthus carthusianorum*, *D. sylvestris* and *D. gratianopolitanus*).

In addition to the flowers there are some butterflies but the weather is not ideal - Small Apollo, Back-veined Whites, Escher's Blues, fritillaries and Marbled Whites. There is a singing Yellowhammer and Rock Bunting. Further up a Fieldfare is briefly seen carrying food and across the valley there are some distant calls of Nutcrackers.

As we enter a wooded part of the valley we find Savin, Common and Dwarf Juniper (*Juniperus Sabina*, *J. communis*, *J.c. ssp alpinus*), Wood Scabious (*Knautia dipsacifolia*) and Wood Treacle-mustard (*Erysimum sylvestre*). 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.

We then cross the Torrent Grauson, walking up through an area of short turf, where we find some good plants of Edelweiss (*Leontopodium alpinum*). 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.

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 pine trees, with stunning views towards the glaciers of the Gran Paradiso. After lunch we walk a little further up the valley, exploring the rocky screes and are rewarded with some lovely plants such as Large-flowered Bellflower (*C. alpestris*), the diminutive Mossy Cyphel (*Minuartia sedoides*), Mont Cenis Lousewort (*Pedicularis cenisia*), Yellow Soapwort (*Saponaria lutea*), masses of Alpine Calamint with one plant of stunning white flowers, the handsome Mountain Lentil (*Astragalus penduliflorus*), Large-flowered Houseleek (*Sempervivens grandiflorum*) and some wonderful saxifrage-covered rocks.

We reluctantly head back, taking a different path, across a meadow where a rocky bank is festooned with many sedums including *S. dasyphyllum*, *S. album* and *Sempervivum montanum*. Along the path we also find a very local plant, endemic to the Aosta Valley, *Aethionema thomasianum*, alongside *Silene vulgaris* ssp *prostrata*. On the way down there are Crag Martins overhead and we manage to get some good views of a Crested Tit. Lower down in the area closer to Gimillan a couple of male Red-backed Shrikes are seen.

## Day 4

## Wednesday 4th July

Today we transfer to France. After an early breakfast we say farewell to our hosts, and head towards Aymavilles, a wine growing area in the Aosta Valley, where there is a magnificent crenellated castle, one of many in the area. Our first stop is to look at some wonderful plants of *Astragalus centralpinus*, another local plant. Then we stop to look at the magnificent Roman bridge at Pondel, an impressive construction which includes an aquaduct and passageway. We then head west towards Courmayer before turning south again to the Col de Petit St-Bernard where we cross back into France.

We stop for refreshments above La Thuile where we hope to spot Ibex on the mountain tops but the low cloud persists, and the weather does not look good. We try to explore some scree area for plants before crossing into France but it is very wet and cold. Nonetheless the Water Pipits are singing and we find Alpine Snowbells (*Soldanella alpina*), Alpine Butterwort, Frog Orchid, Net-leaved Willow, Spiniest Thistle, Creeping Azalea (*Loiselurea procumbens*), *Gentiana pumila* ssp *delphinensis*, Blunt-leaved Rock Jasmine (*Androsace obtusifolia*), Alpine Clover (*T. alpinum*), Bird's-eye Primrose, Alpine Bartsia and Bearberry (*Arctostaphylos uva-ursi*).

We stop in the small ski resort of La Rosiere for our lunch provisions, but we are all a bit wet and cold so resort to a bar for warm baguettes and hot coffee and chocolate. The friendly host offers us a sample of his homemade liqueur flavoured with mountain herbs.

We now start descending towards Val D'Iserre, passing through this very popular ski resort, and head up to the Col de L'Iseran. By now the rain has turned to snow, which in places has blown across the road. We cautiously follow the snow plough down the other side, a Snowfinch is seen but we don't stop, feeling relieved to reach the attractive village of Bonneval-sur-Arc and the broad valley of l'Arc Riv. We reach our hotel in the centre of Lanslevillard and are soon warmed by hot soup and a good meal.

## Day 5

## Thursday 5th July

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, heading for the Refugio le Petit Mont-Cenis.

Our first stop is to get a closer look at *Campanula thirsoides*, but there are none to be seen at the usual site but we find plenty of other plants to look at including *Cerinth minor*, *Dianthus pavonius*, *Arenaria ciliata*, *Silene acaulis* ssp *longiscapa* and *Pedicularis rostratocapitata*.

We stop again nearer the lake and the botanists are soon up the bank finding Martagon and Orange Lily, Scented Solomon's Seal, *Linum alpinum*, many vetches, rampions and campanulas. The scenery is stunning with Lac du Mont Cenis a bright turquoise blue.

We stop at the refugio for coffee and some indulge in crepes or soup, before walking along the valley towards the Col du Petit Mont-Cenis. The weather is improving though there is a cold wind. We explore the valley sides, hoping to find Viola Cenisia, but realistically we are too early but other plants include the tiny brilliant blue stars of Snow Gentian (*G. nivalis*), Nettle-leaved Bellflower (*C. trachelium*), Minuartia recurva, Three-veined Pink (*D. parvoni*), Spotted Gentian, Creeping Cinquefoil (*Geum reptans*), Alpine Pasque Flower (*Pulsatilla alpina*), Starry Saxifrage (*S. stellaris*), Violet Speedwell (*Veronica bellidiodes*), *V. allionii*, Mont Cenis Lousewort (*Pedicularis cenisia*), a wonderful mound of *Dryas octopetala*, Frog Orchids and among the tiny dark Vanilla Orchids (*Nigritella rbellicani*) we find the red *Nigritella rubra*. All these set amongst masses of Yellow and Purple Milk Vetch, creamy Kidney Vetch, Mountain Sainfoin, Golden Hawksbeard, Globeflowers, Arnica, Alpine Bartsia

We see Kestrel, Northern Wheatear, Water Pipit and have good views of two Alpine Swifts. There are Skylarks singing and many Alpine Choughs feeding on the slopes around us. It is cool although yesterday's snow has all melted so our only butterflies are a Large Blue and Alpine Grizzled Skipper.

We retrace our steps and then drive back towards the edge of Lac du Mont-Cenis to find a picnic spot, though it is difficult to get out of the biting wind. After lunch we return to the river, after watching a very light coloured Fox, to take a look at the scree. Here we find cushions of Alpine Toadflax and Alpine Gypsophila, Dwarf Milfoil (*Achillea nana*), the tiny dark red sedum *Mucizonia sedoides*, Fairy's Thimble and *Coinceya richeri*. We then drive to the other side of the lake, where the options are a stroll around the Alpine Garden, visit the information centre or refreshments in one of the cafes.

## Day 6

Friday 6th July

Due to the lateness of the season, there is a possibility of us finding Lady's Slipper Orchids, so an early morning hunt is offered! At 6.30am a keen party set off on a local walk in the Forêt de Lanslevillard, crossing the river opposite the hotel and striding up the valley. We see no sign of *Cypripedium calceolus*, but have a lovely walk, finding Military Orchid, Common and Heath Spotted Orchids, Fragrant Orchid, Nodding and Pale Green Wintergreen (*Orthilia secunda*, *Pyrola chlorantha*), Wolfsbane and a stand of the handsome Alpine Sow Thistle (*Cervibita alpina*). There are still birds singing including Blackcap, Garden and Marsh Warblers, the last species we see moving around in its patch of Meadowsweet (*Filipendula ulmaria*)

We are heading west today, through Lanslebourg, to Termignon, where we turn north into the valley of le Doron, driving up to Bellecombe. Our first stop in the woods finds us Bird's Nest Orchid (*Neottia nidus-avis*), Twayblade (*Listera ovata*), Dark Columbine (*Aquilegia atrata*), Round-leaved Saxifrage and Greater Butterfly Orchid.

Further up we stop on hearing the raucous calls of Nutcrackers and are rewarded with a very amenable bird which remains close as we all get a good look in the 'scope. 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, and the thick drizzle hinders any botanising as well so we head for the refugio.

We opt for an early lunch, which the refugio staff let us eat in the warm and dry. Some take the opportunity to warm up with delicious soup. Suitably warmed and dried we emerge into sunshine and continue our walk. 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*), Trumpet and Spring Gentians, *Veronica aphylla*, Mossy Cyphel (*Minuartia sedoides*), Creeping Azalea (*Loiseleuria procumbens*), Alpine Clover, *Callianthemum coriandrifolium*, *Sedum atratum*, Alpine Milkwort, Southern Butterwort and Alpine Forget-me-not.

We carry on to an area where Ptarmigan are known to frequent but today sadly none are to be seen. There are Wheatears, Water Pipits and Black Redstarts. As the weather has cleared, we turn round and head for the gorge, some taking the gentler route back to the vehicles. In the short turf of the valley we find *Lychnis alpina*, patches of *Vitaliana primuliflora*, *Gentiana brachyphylla*, *Androsace carnea* ssp *rosea* and *Draba aizoides*. And in the pools near the lake there is a mass of Glacier Crowfoot (*Ranunculus glacialis*).

At the gorge we meet a very helpful mountain guide who shows us a Golden Eagle's Nest on the opposite side of the gorge but there is no activity at this time. He says the Lammergeier left half an hour before we arrived, however as we talk it returns passing over our heads and we get a really good view as it glides down into the gorge.

On our return drive down the valley we stop to photograph some good spikes of *Campanula thirsoides*, also finding *Ornithogalum umbellatum* and St Bruno's Lily. Lower down there are two Common Buzzards on the ground in a fresh cut hay meadow

## Day 7

## Saturday 7th July

Our last full day of the trip. Some take an early walk behind the hotel where we follow a track through farmland. At the track edge is Large Yellow, Shrubby and Mont Cenis Restharrow (*Ononis natrix*, *O. fruticosa*, *O. cristata/cenisia*). Other sightings include Red-backed Shrike, Yellowhammer, Ortolan Bunting a male Redstart and a Roebuck.

We spend the morning walking locally, crossing the river to walk in the woods and meadows along the l'Arc Riv. A Golden Eagle is the first bird to be seen soaring around over the valley. In the first meadow, alongside the mass of scabious, bistort, campanula and vetch, is Dusky Cranesbill (*Geranium phaeum*), Greater Burnet (*Sanguisorba officinalis*) and the Alps endemic *Stemmacantha rhapontica*. Along the trackside is *Prunella vulgaris* and *P. grandiflora*, the delicate Tunic Flower (*Petrorhagia saxifraga*), *Veronica urticifolia*, *V. spicata* and masses of the handsome umbellifers *Laserpitium siler* and *L. latifolium*. We see Marbled Whites, Titania's Fritillaries and a Hummingbird Hawkmoth. In the Meadowsweet meadows are more singing Marsh Warblers and in the woods Bonelli's Warbler, Chiffchaff and Firecrest are singing.

We then take our picnic up towards Col de l'Iseran, seeing it in a very different light to when we transversed it on our transfer day! We park in a layby and enjoy our picnic in brilliant sunshine. We then explore the scree for plants, zig-zagging between finds. There are large patches of Glacier Crowfoot, and stunning pink patches of Purple Saxifrage (*S. oppositifolia*), one patch studded with Scree Saxifrage (*S. androsacea*) We also find small lilac cushions of *Petrocallis pyrenaica*, small clumps of Mont Cenis Bellflower (*C. cenisia*), Alpine Toadflax, Creeping Avens, Chamois Cress, *Arabis jaquinii*, with Slender Gentian (*Gentianella tenella*) on the edge of the layby. There are Wheatears and a Snowfinch on the scree and a Mountain Fritillary is sunning itself on a rock.

We brave the Col, where there are many tourists taking photos and taking in the stunning views.

On our return to the hotel we stop to photograph Alpine Pasque Flower, and in the valley bottom we look at one of the wonderfully floristic meadows studded with Black Rampion.

## Day 8

## Sunday 8th 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. The weather changes as we leave the mountains behind and we drive through rain for a while. We have an uneventful return flight to the UK.

As always the group makes the trip work well, and we had a really good week of wonderful scenery, walks, flowers, birds and butterflies, greatly enhanced by everyone's enthusiasm.



## Species Lists

### Plants

Scientific Name	Common Name	LOCATION SEEN
<b>DICOTYLEDONS</b>		
<b>Asclepiadaceae</b>	<b>Milkweed family</b>	
<i>Vincetoxicum hirundaria</i>	Swallow-wort	
<b>Berberidaceae</b>	<b>Barberry family</b>	
<i>Berberis vulgaris</i>	Barberry	
<b>Betulaceae</b>	<b>Birch family</b>	
<i>Alnus viridis</i>	Green Alder	Valnontey
<b>Boragnaceae</b>	<b>Borage family</b>	
<i>Cerinth minor</i>	Lesser Honeywort	Mont-Cenis
<i>Echium vulgare</i>	Viper's Bugloss	Widespread
<i>Myosotis sylvestris</i> agg	Wood Forget-me-not	Valnontey
<i>M. alpine</i>	Alpine Forget-me-not	Bellecombe
<i>Pulmonaria angustifolia</i>	Narrow-leaved Lungwort	
<b>Campanulaceae</b>	<b>Bellflower family</b>	
<i>Campanula alpestris</i>	Large-flowered Bellflower	Vallon de Grauson
<i>C. barbata</i>	Bearded Bellflower	Vanoise
<i>C. cenisia</i>	Mont Cenis bellflower	Col de l'Iseran
<i>C. cochlearifolia</i>	Fairy's Thimble	Valnontey
<i>C. glomerata</i>	Clustered Bellflower	Common
<i>C. persicifolia</i>	Peach-leaved Bellflower	Lanslevillard
<i>C. rapunculoides</i>	Creeping Bellflower	Bellecombe
<i>C. rotundifolia</i>	Harebell	
<i>C. spicata</i>	Spiked Bellflower	Valnontey, Vanoise
<i>C. thyrsoides</i>	Yellow Bellflower	Col de l'Iseran
<i>C. trachelium</i>	Nettle-leaved Bellflower	Mont-Cenis
<i>Phyteuma orbiculare</i>	Round-headed Rampion	Common
<i>P. hemisphaericum</i>	Globe-headed Rampion	Common
<i>P. humile</i>	Dwarf Rampion	Bellecombe
<i>P. nigrum</i>	Black Rampion	Lanslevillard
<i>P. ovatum</i>	Dark Rampion	? “
<i>P. scorzonifolium</i>	Scorzonera-leaved Rampion	Valnontey
<i>P. spicatum</i>	Spiked Rampion	Roadsides
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>	
<i>Lonicera caerulea</i>	Blue-berried Honeysuckle	Lanslevillard
<i>Sambucus racemosa</i>	Red-berried Elder	Nr Aosta
<b>Caryophyllaceae</b>	<b>Pink family</b>	
<i>Arenaria ciliatata</i>	Ciliate-leaved Sandwort	Mont Cenis
<i>Cerastium alpinum</i>	Alpine Mouseear	Col de l'Iseran
<i>C. tomentosum</i>	Snow-in-Summer	Mont cenis
<i>Dianthus carthusianorum</i>	Carthusian Pink	Vallon de Grauson
<i>D. gratianopolitanus (caesius)</i>	Cheddar Pink	“
<i>D. pavonius</i>	Three-veined Pink	Mont Cenis
<i>D. sylvestris</i>	Wood Pink	Vallon de Grauson
<i>Gypsophila repens</i>	Alpine Gypsophila	Common
<i>Lychnis alpine</i>	Alpine Lychnis	Bellecombe
<i>Minuartia sedoides</i>	Mossy Cyphel	
<i>M. verna</i>	Vernal Sandwort	
<i>M. recurva</i>	Sickle-leaved Sandwort	Mont Cenis
<i>Petrorhagia saxifrage</i>	Tunic Flower	Lanslevillard
<i>Saponaria ocymoides</i>	Rock Soapwort	Valnontey
<i>S. officinalis</i>	Common Soapwort	Roadsides
<i>Scleranthus perennis</i>	Knawel	
<i>Silene vulgaris</i>	Bladder Campion	Common
<i>S. vulgaris ssp prostrate</i>		Vallon de Grauson
<i>S. dioica</i>	Red Campion	

Scientific Name	Common Name	LOCATION SEEN
<i>S. nutans</i>	Nottingham Catchfly	Common
<i>S. acaulis ssp excapa</i>	Moss Campion	Bellecombe
<i>S. acaulis ssp longiscapa</i>		"
<i>S. vallesia</i>	Valais Catchfly	Vallon de Grauson
<i>S. otites</i>	Spanish Catchfly	"
<i>S. rupestris</i>	Rock campion	
<b>Chenopodiaceae</b>	<b>Fat Hen family</b>	
<i>Chenopodium bonus-henricus</i>	Good King Henry	Common
<b>Cistaceae</b>	<b>Rockrose family</b>	
<i>Helianthemum canum</i>	Hoary Rockrose	Vallon de Grauson
<i>H. nummularium</i>	Common Rockrose	"
<b>Compositae (Asteraceae)</b>	<b>Daisy family</b>	
<i>Achillea erba-rotta</i>	Simple-leaved Milfoil	Valnontey
<i>A. millefolium</i>	Yarrow	Widespread
<i>A. nana</i>	Dwarf Milfoil	Bellecombe
<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>Artimesia glacialis</i>	Glacier Wormwood	Vallon de Grauson
<i>Aster alpinus</i>	Alpine Aster	Frequent
<i>A. belidistrum</i>	False Aster	
<i>Buphthalmum salicifolium/ grandiflorum</i>	Yellow Oxe-eye	Vallon de Grauson
<i>Carduus nutans</i>	Musk Thistle	
<i>C. defloratus</i>	Alpine Thistle	Widespread
<i>C. personata</i>	Great Marsh Thistle	Col du Petit St Bernard
<i>Cicerbita alpina</i>	Alpine Sow Thistle	Lanslevillard
<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(nervosa)</i>	Plume Knapweed	Mont Cenis
<i>C. alpestris</i>	Knapweed	
<i>Crepis aurea</i>	Golden Hawksbeard	
<i>Doronicum grandiflorum</i>	Large-flowered Leapardsbane	Mont Cenis
<i>Erigeron acer</i>	Blue Fleabane	
<i>E. gaudinii</i>		Mont Cenis
<i>E. glabaratus</i>	Variable Fleabane	
<i>E. uniflorus</i>	One-flowered Fleabane	Common
<i>Hieracium alpinum agg.</i>	Alpine Hawkweed	
<i>H. lanatum</i>	Woolly Hawkweed	
<i>Hypochoeris uniflora</i>	Giant Catsear	
<i>Lactuca perennis</i>	Blue Lettuce	
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy	Valnontey
<i>Leucanthemum atratum</i>	Saw-leaved Moon Daisy	Vallon de Grausson
<i>L. vulgare</i>	Ox-eye Daisy	
<i>Petasites alba</i>	White Butterbur	Seed heads only
<i>Leontopodium alpinum</i>	Edelweiss	Vallon de Grausson/ Col de l'Iseran
<i>Senecio doronicum</i>	Chamois Ragwort	
<i>Solidago virgurea</i>	Goldenrod	
<i>Stemmacantha rhapontica</i>		Lanslevillard (Alps endemic)
<i>Taraxacum agg</i>	Dandelion	
<i>Tragapogon pratensis</i>	Goatsbeard	
<i>Tussilago farfara</i>	Coltsfoot	
<b>Crassulaceae</b>	<b>Sedum family</b>	
<i>Mucizonia sedoides</i>	Mucizonia	Mont Cenis
<i>Sedum acre</i>	Biting Stonecrop	
<i>S. album</i>	White Stonecrop	
<i>S. atratum</i>	Dark Stonecrop	Mont Cenis
<i>S. dasyphyllum</i>	Thick-leaved Stonecrop	Vallon de Grauson

Scientific Name	Common Name	LOCATION SEEN
<i>S. ochroleucum</i>	Creamish Stonecrop	
<i>S. telephium</i>	Orpine	"
<i>S. rupestre</i>	Rock Stonecrop	Valnontey
<i>Sempervivum arachnoidum</i>	Cobweb Houseleek	Vallon de Grauson
<i>S. grandiflorum</i>	Large-flowered Houseleek	"
<i>S. montanum</i>	Mountain Houseleek	"
<b>Cruciferae</b>	<b>Cress family</b>	
<i>Aethionema thomasianum</i>	'The Thomas Herb'	Vallon de Grauson (Aosta endemic)
<i>Alyssoides utriculata</i>	Alyssoides	"
<i>Alyssum diffusum</i>	Diffuse Alyssum	Mont Cenis
<i>Arabis glabra</i>	Tower Mustard	Vallon de Grauson
<i>A. jaquinii</i>		Col de l'Iseran
<i>Biscutella laevigata ssp brevicaulis</i>	A Buckler Mustard	
<i>Coincya richeri</i>	Coincya	Mont Cenis
<i>Draba aizoides</i>	Yellow Whitlow Grass	Bellecombe
<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>Hutchinsia alpina</i>	Chamois Cress	
<i>Petrocallis pyrenaica</i>	Pyrenean Whitlow-grass	Col de l'Iseran
<i>Sisymbrium austriacum</i>	Austrian Rocket	
<b>Dipsacaceae</b>	<b>Teasel family</b>	
<i>Knautia arvensis</i>	Field Scabious	Lanslevillard
<i>Knautia dipsacifolia</i>	Wood Scabious	Valnontey
<i>Scabiosa columbaria</i>	Small Scabious	
<b>Elaeagnaceae</b>	<b>Oleaster Family</b>	
<i>Hippophae rhamnoides</i>	Sea Buckthorn	Vallon de Grauson
<b>Ericaceae</b>	<b>Heather family</b>	
<i>Arctostaphylos uva-ursi</i>	Bearberry	Col du Petit-St-Bernard
<i>Loiseleuria procumbens</i>	Creeping Azalea	"
<i>Rhododendron ferrugineum</i>	Alpenrose	Widespread
<b>Gentianaceae</b>	<b>Gentian family</b>	
<i>Gentiana acaulis</i>	Trumpet Gentian	Mont Cenis
<i>G. brachyphylla</i>	Short-leaved Gentian	Bellecombe
<i>G. b. ssp delphinensis</i>		Col de Petit St Bernard
<i>G. lutea</i>	Great Yellow Gentian	Frequent
<i>G. punctata</i>	Spotted Gentian	Mont Cenis
<i>G. verna</i>	Spring Gentian	"
<i>G. nivalis</i>	Snow Gentian	Mont Cenis
<i>Gentianella campestris</i>	Field Gentian	Above Aosta
<i>G. tenella</i>	Slender Gentian	Col de l'Iseran
<b>Geranaceae</b>	<b>Geranium family</b>	
<i>Geranium phaeum</i>	Dusky Cranesbill	Lanslevillard
<i>Geranium sylvaticum</i>	Wood Cranesbill	Widespread
<i>G. sylvaticum ssp. rivulare</i>		Vallon de Grauson
<b>Globulariaceae</b>	<b>Globularia family</b>	
<i>Globularia cordifolia</i>	Matted Globularia	
<i>G. repens</i>		
<b>Grossulariaceae</b>	<b>Gooseberry Family</b>	
<i>Ribes uva-crispa</i>	Wild Gooseberry	
<b>Hypericaceae</b>	<b>St John's Wort family</b>	
<i>Hypericum perforatum</i>	Perforate St John's Wort	
<b>Labiatae</b>	<b>Mint family</b>	
<i>Acinos alpinus</i>	Alpine Calamint	Frequent (some white also)

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<i>A. arvensis</i>	Basil Thyme	
<i>Ajuga pyramidalis</i>	Pyramidal Bugle	Valnontey
<i>A. reptans</i>	Bugle	
<i>Calamintha nepeta (Nepeta nepetella)</i>	Lesser Catmint	Vallon de Grausson
<i>Prunella vulgaris</i>	Self-heal	
<i>P. grandiflora</i>	Large-flowered Selfheal	
<i>Salvia glutinosa</i>	Sticky Sage	Pont d'Ael
<i>S. pratensis</i>	Meadow Clary	
<i>Scutellaria alpina</i>	Alpine Scullcap	
<i>Stachys densiflora(monieri)</i>	Alpine Betony	Mont Cenis
<i>S. officinalis</i>	Betony	
<i>S. recta</i>	Yellow Woundwort	
<i>Teucrium montanum</i>	Mountain Germander	Vallon de Grauson
<i>Thymus praecox</i>	Hairy Thyme	
<i>T. pulegioides</i>	Large Thyme	
<i>T. serpyllum</i>	Wild Thyme	
<b>Leguminosae</b>	<b>Pea family</b>	
<i>Anthyllis vulneraria</i>	Common Kidney Vetch	Widespread
<i>Astragalus alpinus</i>	Alpine Milk Vetch	Valnontey
<i>A. australis</i>	Southern Milk Vetch	Col de Petit St Bernard
<i>A. centralpinus</i>		Valnontey <b>SW Alps endemic</b>
<i>A. danicus</i>	Purple Milk Vetch	
<i>A. frigidus</i>	Pallid Milk Vetch	
<i>A. leontinus</i>	Tyrolean Milk vetch	Vallon de Grauson
<i>A. monspessulanus</i>	False Vetch	"
<i>A. penduliflorus</i>	Mountain Lentil	"
<i>A. sempervirens</i>	Mountain Tragacanth	"
<i>Colutea arborescens</i>	Bladder Senna	
<i>Hippocrepis comosa</i>	Horseshoe Vetch	
<i>Lathyrus latifolius</i>	Broad-leaved Everlasting Pea	Valnontey
<i>Lotus corniculatus</i>	Birdsfoot Trefoil	
<i>Onobrychis montana</i>	Mountain Sainfoin	
<i>O. campestris</i>	Common Sainfoin	
<i>Ononis natrix</i>	Large Yellow Restharrow	Vanoise
<i>O. cristata/cenisia</i>	Mont-Cenis Restharrow	Llanslevillard
<i>O. fruticosa</i>	Shrubby Restharrow	"
<i>O. rotundifolia</i>	Round-leaved Restharrow	
<i>Oxytropis jacquinii</i>	Mountain Milk Vetch	
<i>O. campestris</i>	Yellow Milk Vetch	
<i>O. gaudinii</i>	Gaudins Milk Vetch	
<i>Securigera varia</i>	Crown Vetch	
<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. onobrychoides</i>	False Sainfoin	Vallon de Grauson
<i>V. sepium</i>	Bush Vetch	
<b>Lentibulariaceae</b>	<b>Butterwort family</b>	
<i>Pinguicula alpina</i>	Alpine Butterwort	Col de Petit St Bernard
<i>P. leptoceras</i>	Southern Butterwort	Valnontey
<b>Linaceae</b>	<b>Flax Family</b>	
<i>Linum alpinum</i>		Mont Cenis
<i>L. catharticum</i>	Purging/Fairy Flax	
<b>Onagraceae</b>	<b>Willowherb family</b>	
<i>Chamaenerion angustifolium</i>	Rosebay Willowherb	
<i>Epilobium duriaei</i>	Westren Willowherb	Lanslevillard
<i>E. fleischeri</i>	Alpine Willowherb	Valnontey
<i>E. montanum</i>	Mountain Willowherb	"

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<i>E. nutans</i>	Nodding Willowherb	
<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 alpina</i>	Alpine Milkwort	Bellecombe
<i>P. comosa</i>	Tufted Milkwort	"
<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 carnea</i>	Pink Rock Jasmine	Col de l'Iseran
<i>A. c. ssp laggeri</i>		"
<i>A. c. ssp rosea</i>		Bellecombe
<i>A. obtusifolia</i>	Blunt-leaved Rock Jasmine	Col de Petit St Bernard
<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	Bellecombe
<b>Pyrolaceae</b>	<b>Wintergreen family</b>	
<i>Orthilia secunda</i>	Nodding Wintergreen	Lanslevillard
<i>Pyrola chlorantha</i>	Pale Green Wintergreen	"
<i>P. media</i>	Intermediate Wintergreen	"
<i>P. minor</i>	Least Wintergreen	Valnontey
<i>P. rotundifolia</i>	Round-leaved Wintergreen	Lanslevillard
<b>Ranunculaceae</b>	<b>Buttercup family</b>	
<i>Aconitum vulparia</i>	Wolfsbane	
<i>Aquilegia atrata</i>	Black/Dark Columbine	Vanoise/Bellecombe
<i>A. viscosa</i>		Valnontey
<i>Callianthemum coriandrifolium</i>		Bellecombe
<i>Caltha palustris</i>	Kingcup	
<i>Clematis alpina</i>	Alpine Clematis	Not in flower
<i>Hepatica nobilis</i>	Hepatica	Leaves only
<i>Pulsatilla alpina</i>	Alpine Pasque Flower	Below Col del'Iseran
<i>P. a. ssp sulphurea</i>		Col du Petit St Bernard
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup	Col du Petit St-Bernard
<i>R. auricomis</i>	Goldilocks Buttercup	
<i>R. glacialis</i>	Glacier Crowfoot/Buttercup	Bellecombe/Col del'Iseran
<i>R. pyrenaicus</i> ssp <i>keupferi</i>	Pyrenean Buttercup	Below Col del'Iseran
<i>R. nemorosus</i>	Wood Buttercup	Valnontey
<i>Thalictrum alpinum</i>	Alpine Meadow Rue	Vallon de Grausson
<i>T. aquilegifolium</i>	Great Meadow Rue	Lanslevillard
<i>T. minus</i>	Lesser Meadow Rue	
<i>Trollius europaeus</i>	Globe Flower	Valnontey

Scientific Name	Common Name	LOCATION SEEN
<b>Resedaceae</b>	<b>Mignonette Family</b>	
<i>Reseda lutea</i>	Wild Mignonette	
<b>Rosaceae</b>	<b>Rose family</b>	
<i>Agrimonia eupatoria</i>	Agrimony	
<i>Aruncus dioicus</i>	Goatsbeard Spirea	Roadsides
<i>Alchemilla alpina</i>	Alpine Lady's Mantle	
<i>A. pentaphylla</i>	Cut-leaved Lady's Mantle	Bellecombe
<i>Cotoneaster inegerrimus</i>	Wild Cotoneaster	
<i>Dryas octopetala</i>	Mountain Avens	Widespread
<i>Filipendula ulmaria</i>	Meadowsweet	
<i>Frageria vesca</i>	Strawberry	
<i>Geum montanum</i>	Alpine Avens	
<i>G. reptans</i>	Creeping Avens	Col de l'Iseran
<i>G. rivale</i>	Water Avens	
<i>G. urbanum</i>	Herb Bennett	
<i>Potentilla aurea</i>	Golden Cinquefoil	
<i>P. argentea</i>	Hoary Cinquefoil	Valnontey
<i>P. brauniana</i>	Dwarf Cinquefoil	
<i>P. erecta</i>	Tormentil	
<i>P. grandiflora</i>	Large-flowered Cinquefoil	
<i>P. reptans</i>	Creeping Cinquefoil	
<i>P. rupestris</i>	Rock Cinquefoil	Bellecombe
<i>Rosa canina</i>	Dog Rose	
<i>R. pendulina</i>	Alpine Rose	Mont Cenis
<i>R. pimpinellifolia</i>	Burnet Rose	
<i>Sanguisorba minor</i>	Salad Burnet	
<i>S. officianalis</i>	Greater Burnet	Lanslevillard
<i>Sorbus aucuparia</i>	Rowan	
<b>Rubiaceae</b>	<b>Bedstraw family</b>	
<i>Asperula aristata</i>		Valnontey
<i>Gallium megalospermum(helveticum)</i>	Swiss Bedstraw	Mont Cenis
<i>G. mollugo</i>	Hedge Bedstraw	
<i>G. verum</i>	Lady's Bedstraw	
<b>Salicaceae</b>	<b>Willow family</b>	
<i>Salix reticulata</i>	Netted Willow	
<i>S. retusa</i>	Retuse-leaved Willow	
<i>S. serpyllifolia</i>		
<b>Santalaceae</b>	<b>Sandalwood family</b>	
<i>Thesium alpinum</i>	Alpine Bastard Toadflax	
<b>Saxifragaceae</b>	<b>Saxifrage family</b>	
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	Valnontey – seen regularly
<i>S. androsacea</i>	Scree Saxifrage	Col del'Iseran
<i>S. bryoides</i>	Mossy Saxifrage	Bellecombe
<i>S. moschata</i>	Musky Saxifrage	Valnontey
<i>S. oppositifolia</i>	Purple Saxifrage	Col de l'Iseran
<i>S. paniculata</i>	Paniculate Saxifrage	Valnontey
<i>S. rotundifolia</i>	Round-leaved Saxifrage	Col du Petit St-Bernard
<i>S. stellaris</i>	Starry Saxifrage	Vanoise
<b>Scrophulariaceae</b>	<b>Figwort family</b>	
<i>Bartsia alpina</i>	Alpine Bartsia	
<i>Digitalis ambigua</i>	Large Yellow Foxglove	Roadsides
<i>D. lutea</i>	Small yellow Foxglove	"
<i>D. purpurea</i>	Foxglove	"
<i>Linaria alpina</i>	Alpine Toadflax	" , two colour forms
<i>L. repens</i>	Striped Toadflax	
<i>L. vulgaris</i>	Common Toadflax	Common
<i>Melampyrum pratense</i>	Common Cow-wheat	
<i>M. sylvestris</i>	Wood Cow-wheat	

Scientific Name	Common Name	LOCATION SEEN
<i>Pedicularis asplenifolia</i>	Fern-leaved Lousewort	Col de l'Iseran
<i>P. cenisia</i>	Mont Cenis Lousewort	Vallon de Grauson/Mont Cenis
<i>P. rostratocapitata</i>	Beaked Lousewort	Mont Cenis
<i>P. verticillata</i>	Verticillate Lousewort	Valnontey
<i>Rhinanthus electropholus</i>	Greater Yellow Rattle	
<i>R. minor</i>	Yellow Rattle	
<i>Verbascum pulverulentum</i>	Hoary Mullein	Roadsides
<i>V. thapsus</i>	Aaron's Rod	
<i>Veronica allionii</i>		Bellecombe
<i>V. alpina</i>	Alpine Speedwell	"
<i>V. bellidioides</i>	Violet Speedwell	"
<i>V. fruticans</i>	Rock Speedwell	
<i>V. spicata</i>	Spiked Speedwell	Lanslevillard
<i>V. urticifolia</i>	Nettle-leaved Speedwell	"
<b>Tamaricaceae</b>	<b>Tamarisk Family</b>	
<i>Myricaria germanica</i>	Myricaria	Valnontey
<b>Thymelaceae</b>	<b>Daphne family</b>	
<i>Daphne laureola</i>	Spurge Laurel	
<i>D. mezereum</i>	Mezereon	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>Athemanta cretensis</i>	Athamanta	
<i>Angelica sylvestris</i>	Wild Angelica	
<i>Bupleurum petraeum</i>	Rock Hare's-ear	Vallon de Grauson
<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 mustelinoides</i>	Unbranched Lovage	
<i>Meum athamanticum</i>	Baldmoney	
<i>Peucedanum ostruthium</i>	Masterwort	
<i>Pimpinella major</i>	Greater Burnet Saxifrage	
<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	
<i>V. tripteris</i>	Three-leaved Valerian	
<b>Violaceae</b>	<b>Violet family</b>	
<i>Viola biflora</i>	Yellow Wood Violet	Widespread
<i>Viola calcarata</i>	Long-spurred Pansy	
<i>V. calcarata ssp villarsiana</i>		Mont Cenis
<i>V. lutea</i>	Mountain Pansy	"
<i>V. tricolour</i>	Heartsease	
<i>V. arvensis</i>	Field Pansy	
<b>MONOCOTYLEDONS</b>		
<b>Cyperaceae</b>	<b>Sedge family</b>	
<i>Carex atrata</i>	Black Alpine Sedge	
<i>C. caryophylla</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	

Scientific Name	Common Name	LOCATION SEEN
<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	"Wiggle-waggles"
<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	
<i>L. nivea</i>	Snowy Wood Rush	
<b>Liliaceae</b>	<b>Lily family</b>	
<i>Allium sphaerocephalon</i>	Round-headed Leek	
<i>Anthericum liliago</i>	St Bernard's Lily	Vallon de Grauson
<i>Lilium bulbiferum</i>	Orange Lily	Mont Cenis
<i>L. martagon</i>	Martagon Lily	Valnontey
<i>Maianthemum bifolium</i>	May Lily	"
<i>Ornithogalum umbellatum</i>	Star of Bethlehem	Bellecombe
<i>Paradisea liliastrium</i>	St Bruno's Lily	Vanoise
<i>Polygonatum odoratum</i>	Scented Solomon's Seal	Mont Cenis
<i>Tofieldia calyculata</i>	Tofield's Asphodel	Valnontey
<i>Veratrum album</i>	False White Helleborine	Valnontey, Bellecombe
<b>Orchidaceae</b>	<b>Orchid family</b>	
<i>Chamorchis alpina</i>	False/Alpine Orchid	
<i>Coeloglossum viride</i>	Frog Orchid	Valnontey
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	Seen regularly
<i>D. maculata</i>	Heath Spotted	Vanoise
<i>D. majalis</i>	Broad-leaved Marsh Orchid	Valnontey
<i>D. alpestris</i>	Alpine Broad-leaved Marsh Orchid	"
<i>D. sambucina</i>	Elder-flowered Orchid	
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	Lanslevillard
<i>Gymnadenia conopsea</i>	Fragrant Orchid	
<i>Leucorchis albida</i>	Little White Orchid	Lanslevillard
<i>Listera ovata</i>	Twayblade	"
<i>Neotinia nitis-avis</i>	Bird's Nest Orchid	"
<i>Nigritella. rhellicani</i>	Vanilla Orchid	Seen regularly
<i>Nigritella rubra</i>	Red Vanilla Orchid	Mont-Cenis
<i>Orchis militaris</i>	Military	Lanslevillard
<i>Platanthera chlorantha</i>	Greater Butterfly Orchid	"
<i>Trausteinera globosa</i>	Globe Orchid	Bellecombe
<b>Coniferaceae</b>	<b>Conifers</b>	
<i>Juniperus communis ssp. alpina</i>	Dwarf Juniper	Vallon de Grausson
<i>J. communis</i>	Common Juniper	"
<i>J. sabina</i>	Savin	"
<i>Larix decidua</i>	European Larch	
<i>Pinus mugo</i>	Dwarf Mountain Pine	
<i>P. sylvestris</i>	Scot's Pine	
<i>P. uncinata</i>	Mountain Pine	
<b>FERNS</b>		
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	"
<i>A. viride</i>	Green Spleenwort	Vanoise
<i>Athyrium filix-femina</i>	Lady Fern	
<i>Botrychium lunaria</i>	Moonwort	Seen regularly
<i>Cystopteris fragilis</i>	Brittle Bladder Fern	Valnontey
<i>Driopteris filix-mas</i>	Male Fern	



Scientific Name	Common Name	LOCATION SEEN
<i>Polypodium vulgare</i>	Common Polypody	
<i>Polystichum aculeatum</i>	Hard Shield Fern	
<i>P. lonchitis</i>	Holly Fern	Seen regularly
<i>Woodsia alpina</i>	Alpine Woodsia	Valnontey
<b>HORSETAILS</b>		
<i>Equisetum sylvaticum</i>	Wood Horsetail	
<i>E. vulgare</i>	Common Horsetail	

## Birds

Grey Heron	One seen flying towards Cogne
Lammergeier	An adult seen near Plan du Lac above Bellecombe
Golden Eagle	One seen by some of the group at Lansvillard
Black Kite	A few seen in lowland areas
Buzzard	Seen on 2 days
Kestrel	Seen on 3 days
Wood-Pigeon	Seen on 3 days
Stock Dove	1 seen up Doron valley above Termignon
Eurasian Collared Dove	1 seen
Cuckoo	Heard on 2 days
Alpine Swift	Seen in Mont Cenis area
Common Swift	Common
Sky Lark	Heard at Plan du Lac and in Mont Cenis area
Crag-Martin	Seen on 2 days
House-Martin	Common in towns and some mountain areas
White Wagtail	Common
Grey Wagtail	Several seen or heard along the many streams and rivers
Tree Pipit	Heard
Water Pipit	Seen on 4 days
Dipper	Seen on 2 days
Duncock	1 seen
Wren	Heard on 3 days
Robin	Seen or heard on 3 days
Common Redstart	2 seen near Landsvillard
Black Redstart	Seen on 5 days
Northern Wheatear	Several in high mountain areas
Whinchat	Common bird of the hay meadows around Cogne
Stonechat	1 seen
Song Thrush	Seen on 1 day
Mistle Thrush	Seen on 3 days
Fieldfare	One seen carrying food in the Grauson valley woods
Blackbird	Common
Ring Ouzel	One seen on the way up from Gimillan
Garden Warbler	Most common singing warbler
Blackcap	Seen on 2 days
Lesser Whitethroat	Several seen, a family group watched in the Valnontey valley
Marsh Warbler	Seen and heard singing in Meadowsweet near Landsvillard
Western Bonelli's Warbler	Heard singing in woods between Landsvillard & Bessans
Chiffchaff	A few singing birds
Goldcrest	Heard in Grauson valley and near Landsvillard
Firecrest	Heard near Landsvillard
Great Tit	Seen on 2 days
Coal Tit	Seen or heard on 3 days
Crested Tit	Good views of a single bird in woods above Gimillan
Marsh Tit	Heard on walk from Landsvillard towards Bessans

Long-tailed Tit	A group seen in the Valnontey valley
Treecreeper	1 in the Glauson valley woods
Red-backed Shrike	2 seen above Gimillan and 1 near Landsvillard
Magpie	Several seen
Jay	Seen on 4 days
Nutcracker	Several heard and good views of one in Bois de Suffet
Red-billed Chough	A pair at Bellecombe
Alpine Chough	Common in the high areas
Carion Crow	A few seen
Raven	2 seen
Italian Sparrow	Seen on 3 days
Snowfinch	Seen below Col d'Iseran
Chaffinch	Common
Linnet	Seen on 4 days
Goldfinch	A few seen
Serin	Heard on one day
Ortolan Bunting	1 seen near Lansvillard
Yellowhammer	Heard above Gimillan and seen near Landsvillard

## Butterflies

Small Apollo	Mountain Fritillary
Black-veined White	Titania's Fritillary
Orange-tip	Provencal Fritillary
Mountain Clouded Yellow	Pearl-bordered Fritillary
Clouded Yellow	False-heath Fritillary
Large Blue	Marbled White
Geranium Argus	Great Sooty Satyr
Mazarine Blue	Alpine Grizzled Skipper
Escher's Blue	Grizzled Skipper
Red Admiral	Small Skipper
Small Tortoiseshell	Large Wall Brown
Dark Green Fritillary	

## Mammals

Chamois	Roe Deer
Red Fox	Alpine Marmot
Stoat	