

The Italian & French Alps

Naturetrek Tour Report

30 June - 7 July 2010

Report compiled by Philip Thompson



Naturetrek Cheriton Mill Cheriton Alresford Hampshire SO24 0NG England

T: +44 (0)1962 733051

F: +44 (0)1962 736426

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour Leader: Philip Thompson

Participants: Karen Palmer
Peter Denny
Judy Denny
Anthony Earl
Ron Bailey
Jack Bailey
Hilary McKeon
Michael McKeon

Day 1

Wednesday 30th June

We all arrived safely in Turin where we regrouped and boarded our minibus to head to our first destination of Cogne on the edge of the Gran Paradiso National Park. After unfortunately missing our motorway exit and adding 15 minutes journey time we arrived at our hotel after a 2 hour journey rather late in the evening for our first excellent dinner of the trip. Little of note had been seen on the journey beyond the abundant Hooded Crows in the lower levels around Turin.

Day 2

Thursday 1st July

Our first day in the field was taken with a walk from the small village of Gimillan above Cogne with its magnificent views to the south looking towards the snow-capped Gran Paradiso, at 4,061 metres, the highest peak in the park. The day had dawned bright and sunny, as it was to remain, so the flower-filled meadows that we walked through were full of a multitude of butterflies of several species, most notably the numerous Apollos that were drifting along the slopes provided the highlight, although they were joined by several species of Fritillary, Blues and Almond-eyed Ringlets. The walk progressed up the Grauson Valley which we crossed over and picnicked near a waterfall in the shade available, before climbing a little further and returning and crossing the torrent at a lower bridge and following a different path back on the gorge edge. Birds were, as ever, in the high mountains, rather few and far between but we were lucky with our first Golden Eagle of the trip seen on a number of occasions hunting along the mountain slopes above us. Other notable sightings included an obliging Rock Bunting which sat atop a small bush for some time, a brief flitting Western Bonelli's Warbler and Crested Tit and a few Crag Martins on the cliff face above our picnic spot. The flowers were magnificently abundant and colourful and gave everyone a nice introduction to some of the more widespread and common species which were to be a feature of the trip. Some of the colour combinations and rocky assemblages would be hard to beat by even the most able gardener! The four species of Houseleek seen were admired and commented upon. One of the most localized species seen was *Aethionema thomasianum* a member of the *Brassicaceae*.

Day 3

Friday 2nd July

A short pre-breakfast walk was taken into the village of Cretaz and onto the Torrent Valnontey with the aim of seeing a Dipper. After a short walk and wait we were rewarded with the briefest of views as a bird flew rapidly past upstream. Blink and you'd miss it!

We then took the short journey via Cogne to Valnontey where we walked within the National Park, firstly in the morning taking a route up the steep western flanks of the Valnontey Valley to a bridge crossing one of the numerous waterfalls spilling into the main torrent from the glacier meltwaters before returning to the valley floor for lunch. We then took a gentler walk after lunch along the valley beside the Valnontey Torrent before it started to rain when it was considered a suitable time to head back! Our first Chamoix of the trip were spotted quietly grazing within 30m above the path on the morning walk for most to admire at leisure. Butterflies on the morning walk included a stunning bright orange Scarce Copper and several Alpine Graylings. Among the few birds seen we were fortunate to come upon a quietly feeding family party of young Willow Tits with their parents and an unobtrusive Rock Bunting calling from atop a Norway Spruce. After returning to the valley floor a comment was made about the absence of raptors whereupon a Golden Eagle promptly appeared above us! Plants seen on the morning walk included the roughly hairy Spiked Bellflower and the localized alpine endemic *Astragalus exscapus* with its ground level yellow flowers.

After lunch, along the valley floor a small patch of May Lily was found and nearby a group of Common Wintergreen. A wet flush contained a small colony of Broad-leaved Marsh Orchid among the attractive orange flowered *Crepis aurea*. The uphill slopes contained an abundance of Alpenrose with many plants still in flower. The return walk in the diminishing rain saw a couple more Chamoix including one animal feeding in the valley bottom in meadows like a domestic goat looking quite out of place. A coffee was taken in Valnontey before the short journey back for dinner and rest.

Day 4

Saturday 3rd July

After packing we set off from Cogne and Italy heading for France and the Vanoise National Park. A stop was taken to photograph Mont Blanc or Monte Bianco, depending on which country you were viewing from, which stood prominently at the head of the Aosta Valley before we headed south-east towards the Col du Petit St. Bernard at 2,188m the border crossing into France. We stopped just past the border into France for a brief walk to admire the flora. A couple of Snowfinches tamely sat atop the hostel which were joined by a pair of nesting Alpine Chough feeding young under the eaves uttering their distinctive high chattering calls. Our first gentians were seen of 3 species plus Alpine Snowbell, Alpine Pasque Flower, Snowdon Lily and several other notable alpine plants. The tongue twister *Cirsium spinosissimum* was commented on whose common name is no easier to pronounce, the Spiniest Thistle, too many 's's!

We then dropped back down via numerous hairpin bends before heading south via Val D'Isere ski resort and commenced the climb up towards the Col du L'Iseran, the highest pass in Europe (or so they claim). We stopped on the way up for lunch with a splendid view where we found a wet roadside flush with abundant Alpine Butterwort and Alpine Bartsia. A whistling Marmot alerted us to a spooked Roe Deer below us which quickly shot into cover. Now revived with food and water we continued on up to the Col and a nasty cup of overpriced coffee. We took a quick stop en-route to admire the Monte Baldo Anemones by the roadside before it commenced to rain and we moved on. Once at the Col the rain continued and our hoped for walk was postponed so shelter was taken in the refugio/shop/café and hence the coffee! Feeling somewhat lighter in the pocket we continued on to our transfer destination of Lanslevillard. The view through the rain-streaked windows only hinting at the splendour outside...

Day 5

Sunday 4th July

The weather had cleared overnight and we were met with a glorious sunny day to lift the spirits. We drove towards Termignon before heading north towards Bellecombe and parking. We then walked north to Plan du Lac and the refugio of the same name for lunch. Shortly into the walk we were fortunate in seeing an adult Lammergeyer pass overhead towards the Doron Gorge to return shortly after for a repeat viewing. One of the bird highlights of the trip! The plants here presented a very different assemblage to the lush colourful meadows we had passed lower down, many now growing in the low mounded cushion habit typical of many high alpine species. Most notable in this habit was Moss Campion present in both sub species. The pleasant gentle walk towards the Refuge was greatly enjoyed for the colourful pastures dotted with abundant Long-spurred Pansies, Bird's-eye Primroses and Trumpet Gentians. We continued a short way beyond the Refuge into an area where Ptarmigan are known to breed with no luck this time. The disappointment was moderated once more by the stunning views and wonderful flora which included such plants as *Callianthemum coriandrifolium*, Creeping Azalea and the fascinating prostrate 'forest' of willows of four species.

Our lunch was taken on the terrace of the Refuge with attendant tame Snowfinches feeding their grown young on the roof alongside us. We then walked towards the gorge before picking up the road back to the waiting vehicle. Several new and exciting plants were seen including Southern Gentian, the diminutive pink flowered Alpine Lychnis, and among the rocks near the gorge edge the even smaller *Phyteuma globularifolium subsp. pedemontana*. Whilst relaxing by the gorge several members of the group witnessed the rapid flyby of a Golden Eagle below them as it swept up the gorge and around a corner out of sight. The return journey along the road was made memorable by finding a small colony of Edelweiss just starting to come into flower with several heads to admire.

Once back at the vehicle we drove back retracing our outward journey with just enough time left in the day to make a stop for a walk through the forested lower mountain slopes which led to a footbridge over an attractive minor torrent cutting through the trees. Numerous new plants were seen on this short stretch which included three species of Wintergreen, Alpine Clematis, Shrubby Milkwort, Flecked Marsh Orchid, Tofield's Asphodel and the three species of Cow-wheat including the stunning three coloured *Melampyrum nemorosum*.

Day 6

Monday 5th July

Our destination today was the environs of Mont Cenis itself which stood prominently in front of our hotel. After a short drive up to the Col du Mt Cenis we turned off the main road and headed towards the Refuge du Petit Mont Cenis where we parked and walked towards the afore-named Col. The meadows here were awash with colour and the drive around the edge of the Lac du Mont Cenis was particularly stunning. Once on foot we could stop and admire the flora which was once more full of new plants as well as several that the group were now becoming familiar with. Not far from the refuge were numerous Spotted Gentian with their broad veined leaves which when not in flower are so similar to the White False Helleborines which had been seen earlier in the trip. A couple of the highlights was the discovery of a group of Alpine Columbine just starting to flower surrounding a large boulder with its large handsome bloom far outshining the Dark Columbines seen on the drive up to the Col and one boulder covered in Three-veined Pink, Yellow Soapwort, eyebright sp. and others creating an incredible splash of colour.

We enjoyed a relaxing picnic near the river feeding the Lac beneath Petit Mt Cenis among the flowers. The low slope behind us contained Mountain Lungwort and several Mountain Clouded Yellow Butterflies. An afternoon walk was then taken on the south-facing slopes above the Lac du Mt Cenis on a route leading towards the Fort de Ronce, one of several old military forts in the area. A pair of displaying Golden Eagles was seen high above us, and they were performing stoops together. Several of both species of Chough were seen and a rather distant and uncooperative Rock Thrush showed intermittently as it undertook display flights. Notable plants included *Alyssum alpestre* on the path sides and Common Butterwort. A few of the group members were lucky to spot a Stoat weaving its sinuous way through the meadows.

Day 7

Tuesday 6th July

After our rain-washed transfer day over the Col De L'Iseran our return today was only marred by light cloud which lifted and cleared as the day wore on. Thankfully we could explore and botanise freely at this fascinating area unhampered by inclement weather. Even at this time of year plants were still only just awakening after the melting snow so a few species were not flowering but this was not too much of a disappointment as there were still several exciting new flowers to see. Most notable among many were the low cushions of pink-flowering *Petrocaulis pyrenaica*, Glacier Crowfoot, Alpine Buttercup, more Edelweiss, and after much searching the enigmatic Mt Cenis Bellflower on the scree slopes above the Col.

We decided against another coffee at the Refuge and instead headed down a short way to lunch near a stunning waterfall on the steps of a semi-ruined homestead. Once more, once food had been consumed, we were to discover several new plants nearby which included *Phyteuma hemispherica* and Field Gentian. After lunch we took a walk below the 3,187m peak of Pointe des Arses which climbed steadily before meeting a snowfield which discouraged some of the group from further progress. For those that continued they were rewarded with the sighting of a pair of Alpine Accentor which were moving among the rocks above us and also giving vent to a few snatches of song. The views, once more, were stunning as we made the most of our time in these high slopes to enjoy the scenery and location and take in the 'big picture' as well as the constituent parts.

On our return to Lanslevillard most then opted to take a short walk through the woodland pastures near the hotel in the hopes of seeing or hearing a Marsh Warbler. Unfortunately the time of day was against us and we were out of luck. We did however find Melancholy Thistle and a few other new plants.

Day 8

Wednesday 7th July

As our return flight was in the late afternoon we still had a full morning of exploration ahead of us! We chose to take a walk nearby on the south-facing slopes above Lanslevillard which turned out to be a great destination. The area was full of butterflies and wonderful flowers, many of which, even at this point of the trip, were new. The highlight for many was the abundant Orange Lilies dotting the slopes, although the overall experience was quite special. During the walk a recently emerged Apollo Butterfly was found admired in detail. Overall this area proved a great way to end the trip with something for everyone to enjoy.

Once back at the hotel we packed up and headed for Turin Airport not before we stopped for lunch overlooking the Lac du Mont Cenis. Our meal was only disturbed by the local workers mowing the meadow around us! The horror, the horror!

Species Lists

Plants

Scientific name

PTERIDOPHYTES

Aspleniaceae

Asplenium ceterach
Asplenium ruta-muraria
Asplenium septentrionale
Asplenium trichomanes
Asplenium viride

Blechnaceae

Blechnum spicant

Dennstaedtiaceae

Pteridium aquilinum

Dryopteridaceae

Polystichum lonchitis

Ophioglossaceae

Botrychium lunaria

Polypodiaceae

Adiantum capillis-veneris
Polypodium vulgare

Woodsiaceae

Athyrium distentifolium
Athyrium filix-femina
Woodsia alpina

Common name

FERNS & ALLIES

Spleenwort family

Rusty-back Fern
 Wall Rue
 Forked Spleenwort
 Maiden-hair Spleenwort
 Green Spleenwort

Hard-fern Family

Hard-fern

Bracken Family

Bracken

Buckler-fern Family

Holly-fern

Adder's-tongue Family

Moonwort

Polypody Family

Maidenhair Fern
 Common Polypody

Lady-fern Family

Alpine Lady Fern
 Lady-fern
 Alpine Woodsia

PINOPSIDA (GYMNOSPERMS)

Cupressaceae

Juniperus communis subsp. *communis*
Juniperus communis subsp. *nana*
Juniperus sabina

Pinaceae

Abies alba
Larix decidua
Picea abies subsp. *abies*
Pinus sylvestris
Pinus uncinata

CONIFERS

Juniper Family

Common Juniper
 Dwarf Juniper
 Savin

Pine Family

European Silver Fir
 European Larch
 Spruce
 Scot's Pine
 Mountain Pine

MAGNOLIOPSIDA (ANGIOSPERMS)

Magnoliidae (Dicotyledons)

FLOWERING PLANTS

Apiaceae

Anthriscus sylvestris
Astrantia major

Carrot Family

Cow Parsley
 Masterwort

Astrantia minor
Athamanta cretensis
Bupleurum petraeum
Bupleurum ranunculoides
Bupleurum stellatum
Chaerophyllum aureum
Chaerophyllum hirsutum
Daucus carota
Heracleum sphondylium
Laserpitium latifolium
Laserpitium siler
Ligusticum mutellina
Ligusticum mutellinoides
Meum athamanticum
Peucedanum ostruthium
Pimpinella major
Pleurospermum austriacum

Asclepiadaceae

Vincetoxicum hirundinaria

Asteraceae

Achillea erba-rotta agg
Achillea macrophylla
Achillea millefolium
Achillea nana
Adenostyles alliariae
Antennaria carpatica
Antennaria dioica
Arnica montana
Artemisia absinthium
Artemisia umbelliformis
Aster alpinus
Aster bellidiastrum
Bupthalmum salicifolium
Carduus nutans
Carduus defloratus
Carduus personnata
Carlina acaulis
Cirsium eriophorum
Cirsium belenioides
Cirsium spinosissimum
Centaurea montana
Centaurea scabiosa
Centaurea uniflora
Crepis aurea
Doronicum grandiflorum
Erigeron acer
Erigeron alpinus
Erigeron uniflorus
Hieracium alpinum agg
Hieracium pilosella
Hieracium tomentosum
Hieracium villosum
Homogyne alpina

Lesser Masterwort
 Athamanta
 Rock Hare's-ear
 Three-veined Hare's-ear
 -
 Golden Chervil
 Hairy Chervil
 Wild Carrot
 Hogweed
 Broad-leaved Sermountain
 Narrow-leaved Sermountain
 Alpine Lovage
 Unbranched Lovage
 Spignel
 Masterwort
 Greater Burnet-saxifrage
 Pleurospermum

Milkweed Family

Swallow-wort

Daisy Family

Simple-leaved Milfoil
 -
 Yarrow
 Dwarf Milfoil
 Adenostyles
 Carpathian Cat's-foot
 Cat's-foot
 Arnica
 Wormwood
 -
 Alpine Aster
 False Aster
 Yellow Oxeye
 Musk Thistle
 Alpine Thistle
 Great Marsh Thistle
 Stemless Carlina Thistle
 Woolly Thistle
 Melancholy Thistle
 Spiniest Thistle
 Perennial Cornflower
 Greater Knapweed
 Plume Knapweed
 Golden Hawk's-beard
 Large-flowered Leopard's-bane
 Blue Fleabane
 a Fleabane
 One-flowered Fleabane
 Alpine Hawkweed
 Mouse-ear Hawkweed
 Woolly Hawkweed
 -
 Alpine Colt's-foot

Hypochaeris uniflora
Lactuca perennis
Leontopodium alpinum
Leucanthemopsis alpina
Leucanthemum vulgare
Petasites alba
Prenanthes purpurea
Senecio doronicum
Solidago virgaurea
Taraxacum agg
Tragopogon pratensis
Tussilago farfara

Berberidaceae

Berberis vulgaris

Betulaceae

Alnus viridis

Boraginaceae

Anchusa italica
Asperugo procumbens
Cynoglossum officinale
Echium vulgare
Lithospermum officinale
Myosotis sylvatica
Myosotis alpestris
Onosma pseudoarenaria
Pulmonaria montana

Brassicaceae

Aethionema thomasianum
Alyssoides utriculata
Alyssum alpestre
Alyssum alyssoides
Alyssum montanum
Arabis alpina
Arabis glabra
Arabis hirsuta
Arabis turrita
Barbarea vulgaris
Biscutella brevicaulis
Biscutella laevigata
Coincya richeri
Descurainia sophia
Draba aizoides
Erophila verna
Erysimum rhaeticum
Hugueninia tanacetifolia
Lepidium campestre
Petrocaulis pyrenaica
Pritzelago alpina
Sisymbrium austriacum

Giant Cat's-ear
 Blue Lettuce
 Edelweiss
 Alpine Moon Daisy
 Ox-eye Daisy
 White Butterbur
 Purple Lettuce
 Chamois Ragwort
 Goldenrod
 Dandelion
 Goat's-beard
 Colt's-foot

Barberry Family

Barberry

Birch Family

Green Alder

Forget-me-not Family

Italian Bugloss
 Madwort
 Hound's-tongue
 Viper's-bugloss
 Common Gromwell
 Wood Forget-me-not
 Alpine Wood Forget-me-not
 a Golden Drop
 Mountain Lungwort

Cabbage Family

a Burnt Candytuft
 Alyssoides
 Alpine Alyssum
 Small Alison
 Mountain Alyssum
 Alpine Rock-cress
 Tower Mustard
 Hairy Rock-cress
 Tower Cress
 Winter-cress
 a Buckler Mustard

 Coincya
 Flixweed
 Yellow Whitlow-grass
 Whitlowgrass
 -
 Tansy-leaved Rocket
 Field Pepperwort
 Pyrenean Whitlow-grass
 Chamois Cress
 Austrian Rocket

Campanulaceae

Campanula barbata
Campanula cenisia
Campanula cochlearifolia
Campanula glomerata
Campanula rapunculoides
Campanula rhomboidalis
Campanula rotundifolia
Campanula scheuchzeri
Campanula spicata
Campanula thyrsoides
Campanula trachelium
P.globularifolium subsp. pedemontanum
Phyteuma hemispermum
Phyteuma orbiculare
Phyteuma ovatum
Phyteuma scorzonnerifolium
Phyteuma spicatum

Caprifoliaceae

Lonicera caerulea
Lonicera nigra
Lonicera xylosteum
Sambucus racemosa

Caryophyllaceae

Arenaria ciliata
Cerastium alpinum
Cerastium arvense
Cerastium tomentosum
Cerastium uniflorum
Dianthus carthusianorum agg
Dianthus gratianopolitanus
Dianthus pavonius
Dianthus superbus
Dianthus sylvestris
Gypsophila repens
Lychnis alpina
Lychnis flos-cuculi
Minuartia recurva
Minuartia sedoides
Minuartia verna subsp. verna
Petrorhagia saxifraga
Sagina glabra
Sagina nodosa
Saponaria lutea
Saponaria ocyroides
Saponaria officinalis
Scleranthus perennis
Silene acaulis
Silene dioica
Silene exscapa
Silene nutans
Silene otites
Silene pusilla (S.alpestris)

Bellflower Family

Bearded Bellflower
 Mt. Cenis Bellflower
 Fairy's Thimble
 Clustered Bellflower
 Creeping Bellflower

 Harebell
 Scheuchzer's Bellflower
 Spiked Bellflower
 Yellow Bellflower
 Nettle-leaved Bellflower
 a Rampion
 Globe-headed Rampion
 Round-headed Rampion
 Dark Rampion
 Scorzonera-leaved Rampion
 Spiked Rampion

Honeysuckle Family

Blue-berried Honeysuckle
 Black-berried Honeysuckle
 Fly Honeysuckle
 Red-berried Elderberry

Pink Family

Fringed Sandwort
 Alpine Mouse-ear
 Field Mouse-ear
 Snow-in-summer
 Glacier Mouse-ear
 Carthusian Pink
 Cheddar Pink
 Three-veined Pink
 Lilac Pink
 Wood Pink
 Alpine Gypsophila
 Alpine Lychnis
 Ragged Robin
 Sick-leaved Sandwort
 Mossy Cyphel
 Spring Sandwort
 Tunic Flower
 -
 Knotted Pearlwort
 Yellow Soapwort
 Rock Soapwort
 Common Soapwort
 Perennial Knawel
 Moss Campion
 Red Campion
 a Moss Campion
 Nottingham Catchfly
 Spanish Catchfly
 an Alpine Catchfly

Silene rupestris
Silene vallesia
Silene vulgaris subsp. *vulgaris*
Silene vulgaris subsp. *prostrata*

Chenopodiaceae

Chenopodium bonus-henricus

Cistaceae

Helianthemum nummularium
Helianthemum oelandicum subsp. *canum*

Clusiaceae

Hypericum perforatum
Hypericum richeri

Crassulaceae

Rhodiola rosea
Sedum acre
Sedum album
Sedum alpestre
Sedum anacampseros
Sedum annuum
Sedum atratum
Sedum dasyphyllum
Sedum ocbroleucum
Sedum rupestre
Sedum telephium agg.
Sempervivum arachnoidium
Sempervivum grandiflorum
Sempervivum montanum
Sempervivum tectorum

Dipsacaceae

Knautia arvensis
Knautia dipsacifolia
Scabiosa columbaria

Empetraceae

Empetrum nigrum

Ericaceae

Arctostaphylos uva-ursi
Loiseleuria procumbens
Rhododendron ferrugineum
Vaccinium gaultberioides
Vaccinium myrtillis
Vaccinium vitis-idaea

Euphorbiaceae

Euphorbia cyparissias
Euphorbia seguieriana

Fabaceae

Anthyllis vulneraria agg.

Rock Catchfly
 Valleys Catchfly
 Bladder Campion
 Prostrate Bladder Campion

Goosefoot Family

Good King Henry

Rock-rose Family

Rock-rose
 Hoary Rock-rose

St. John's-wort Family

Perforate St. John's-wort
 Alpine St. John's-wort

Stonecrop Family

Roseroot
 Biting Stonecrop
 White Stonecrop

 Annual Stonecrop
 Dark Stonecrop
 Fat-leaved Stonecrop
 Creamish Stonecrop
 Rock Stonecrop
 Orpine
 Cobweb Houseleek
 Large-flowered Houseleek
 Mountain Houseleek
 Common Houseleek

Teasel Family

Field Scabious
 Wood Scabious
 Small Scabious

Crowberry Family

Crowberry

Heather Family

Bearberry
 Creeping Azalea
 Alpenrose

Bilberry
 Cowberry

Spurge Family

Cypress Spurge
 Seguir's Spurge

Pea Family

Kidney Vetch

Astragalus alpinus
Astragalus centralpinus
Astragalus danicus
Astragalus exscapus
Astragalus leontinus
Astragalus monspessulanus
Astragalus onobrychis
Astragalus sempervirens
Hippocrepis comosa
Laburnum anagyroides
Lathyrus pratensis
Lathyrus latifolius
Lotus alpinus
Lotus corniculatus
Lotus pedunculatus
Medicago sativa
Melilotus alba
Melilotus officinalis
Onobrychis montana
Onobrychis viciifolia
Ononis cristata (O.cenisia)
Ononis natrix
Oxytropis campestris
Oxytropis gaudinii
Oxytropis jacquinii
Oxytropis pilosa
Securigera varia
Tetragonolobus maritimus
Trifolium alpinum
Trifolium badium
Trifolium medium
Trifolium montanum
Trifolium pratense subsp. pratense
Trifolium repens
Vicia cracca
Vicia onobrychoides
Vicia sepium

Gentianaceae

Gentiana acaulis
Gentiana alpina
Gentiana bavarica
Gentiana brachyphylla
Gentiana clusii
Gentiana lutea
Gentiana nivalis
Gentiana orbicularis
Gentiana punctata
Gentiana verna subsp. delpinensis
Gentiana verna subsp. verna
Gentianella campestris

Geraniaceae

Geranium phaeum
Geranium pyrenaicum

Alpine Milk-vetch
 a Milk-vetch
 Purple Milk-vetch
 -
 Tyrolean Milk-vetch
 False Vetch
 -
 Mountain Tragacanth
 Horseshoe Vetch

 Meadow Vetchling
 Broad-leaved Everlasting Pea
 Alpine Bird's-foot Trefoil
 Bird's-foot Trefoil
 Greater Bird's-foot Trefoil
 Lucerne
 White Melilot
 Ribbed Melilot
 Mountain Sainfoin
 Common Sainfoin
 Mt. Cenis Restharrow
 Large Yellow Restharrow
 Yellow Milk-vetch
 Gaudin's Milk-vetch
 Mountain Milk-vetch
 Woolly Milk-vetch
 Crown Vetch
 Dragon's Teeth
 Alpine Clover
 Brown Clover
 Zig-zag Clover
 Mountain Clover
 Red Clover
 White Clover
 Tufted Vetch
 False Sainfoin
 Bush Vetch

Gentian Family

Trumpet Gentian
 Southern Gentian
 Bavarian Gentian
 Short-leaved Gentian
 Clusius's Gentian
 Yellow Gentian
 Snow Gentian
 -
 Spotted Gentian
 a Short-leaved Gentian
 Spring Gentian
 Field Gentian

Crane's-bill Family

Dusky Crane's-bill
 Hedgerow Crane's-bill

Geranium robertianum
Geranium sanguineum
Geranium sylvaticum subsp. *rivulare*
Geranium sylvaticum subsp. *sylvaticum*

Globulariaceae

Globularia cordifolia
Globularia nudicaulis

Grossulariaceae

Ribes uva-crispa

Lamiaceae

Acinos alpinus
Ajuga chamaepitys
Ajuga pyramidalis
Ajuga reptans
Calamintha nepeta
Clinopodium acinos
Clinopodium vulgare
Nepeta nepetella
Prunella grandiflora
Prunella vulgaris
Salvia pratensis
Scutellaria alpina
Stachys recta
Teucrium montanum
Thymus polytrichus
Thymus pulegioides
Thymus serpyllum

Lentabulariaceae

Pinguicula alpina
Pinguicula vulgaris

Linaceae

Linum alpinum
Linum catharticum

Onagraceae

Chamerion angustifolium

Orobanchaceae

Orobanche alba
Orobanche gracilis

Oxalidaceae

Oxalis acetosella

Papaveraceae

Papaver dubium subsp. *dubium*
Papaver rhoeas

Plantaginaceae

Plantago alpina

Herb Robert
Bloody Crane's-bill
a Wood Crane's-bill
Wood Crane's-bill

Globularia Family

Matted Globularia
a Globularia

Gooseberry Family

Wild Gooseberry

Deadnettle Family

Alpine Calamint
Ground Pine
Pyramidal Bugle
Bugle
Lesser Calamint
Basil Thyme
Wild Basil
a Cat-mint
Large-flowered Self-heal
Self-heal
Meadow Clary
Alpine Skullcap
Yellow Woundwort
Mountain Germander
Hairy Thyme
Greater Thyme
Wild Thyme

Bladderwort Family

Alpine Butterwort
Common Butterwort

Flax Family

Alpine flax
Purging or Fairy Flax

Willowherb Family

Rosebay Willowherb

Broomrape Family

Thyme Broomrape
Slender Broomrape

Wood-sorrel Family

Wood-sorrel

Poppy Family

Long-headed Poppy
Common Poppy

Plantain Family

Alpine Plantain

Plantago atrata
Plantago lanceolata
Plantago major
Plantago maritima
Plantago media

Plumbaginaceae

Armeria arenaria
Armeria maritima subsp. *alpina*

Polygalaceae

Polygala alpestris
Polygala alpina
Polygala chamaebuxus
Polygala comosa

Polygonaceae

Oxyria digyna
Persicaria bistorta
Persicaria vivipara
Polygonum aviculare
Rumex acetosa
Rumex alpinus
Rumex scutatus

Primulaceae

Androsace adfinis subsp. *carnea*
Androsace adfinis subsp. *puberula*
Androsace obtusifolia
Androsace vitaliana subsp. *vitaliana*
Primula farinosa
Primula latifolia
Primula pedemontana
Primula veris
Soldanella alpina

Pyrolaceae

Moneses uniflora
Orthillia secunda
Pyrola chlorantha
Pyrola minor
Pyrola rotundifolia

Ranunculaceae

Aconitum lycoctonum subsp. *vulparia*
Aconitum napellus agg
Anemone baldensis
Anemone ranunculoides
Aquilegia alpina
Aquilegia atrata
Aquilegia vulgaris
Callianthemum coriandrifolium
Caltha palustris
Clematis alpina
Clematis vitalba

Mountain Plantain
 Ribwort Plantain
 Greater Plantain
 Sea Plantain
 Hoary Plantain

Thrift Family

-
 Mountain Thrift

Milkwort Family

Mountain Milkwort
 Alpine Milkwort
 Shrubby Milkwort
 Tufted Milkwort

Knotweed Family

Mountain Sorrel
 Bistort
 Alpine Bistort
 Knotgrass
 Sorrel
 Monk's Rhubarb
 French Sorrel

Primrose Family

Pink Rock-jasmine
 a Pink Rosk-jasmine
 Blunt-leaved Rock-jasmine
 Vitaliana
 Bird's-eye Primrose
 Viscid Primrose
 Piedmont Primrose
 Cowslip
 Alpine Snowbell

Wintergreen Family

One-flowered Wintergreen
 Nodding Wintergreen
 Pale Green Wintergreen
 Common Wintergreen
 Round-leaved Wintergreen

Buttercup Family

Wolf's-bane
 Monkshood
 Monte Baldo Anemone
 Yellow Anemone
 Alpine Columbine
 Dark Columbine
 Common Columbine
 Callianthemum
 Marsh Marigold
 Alpine Clematis
 Old Man's Beard

Hepatica nobilis
Pulsatilla alpina subsp. *alpina*
Pulsatilla alpina subsp. *apiifolia*
Pulsatilla halleri
Pulsatilla vernalis
Ranunculus aconitifolius
Ranunculus acris
Ranunculus alpestris
Ranunculus auricomis
Ranunculus glacialis
Ranunculus grenieranus
Ranunculus keupferi
Ranunculus nemorosus
Thalictrum aquilegifolium
Thalictrum foetidum
Thalictrum minus
Trollius europaeus

Resedaceae

Reseda lutea

Rhamnaceae

Rhamnus pumila

Rosaceae

Agrimonia eupatoria
Alchemilla alpina
Alchemilla conjuncta
Alchemilla glabra
Alchemilla hybrida
Alchemilla pentaphylla
Aruncus dioicus
Cotoneaster integerrimus
Crataegus monogyna
Dryas octopetala
Filipendula ulmaria
Filipendula vulgaris
Fragaria vesca
Geum montanum
Geum reptans
Geum rivale
Geum urbanum
Potentilla aurea
Potentilla argentea
Potentilla brauniana
Potentilla crantzii
Potentilla erecta
Potentilla grandiflora
Potentilla reptans
Rosa canina
Rosa majalis
Rosa pendulina
Rosa pimpinellifolia
Rubus fruticosus agg.
Sanguisorba minor

Hepatica
 Alpine Pasque Flower
 Yellow Pasque Flower
 Haller's Pasque Flower
 Spring Pasque Flower
 Aconite-leaved Buttercup
 Meadow Buttercup
 Alpine Buttercup
 Goldilocks Buttercup
 Glacier Crowfoot
 Grenier's Buttercup
 Pyrenean Buttercup
 Wood Buttercup
 Great Meadow-rue
 Stinking Meadow-rue
 Lesser Meadow-rue
 Globeflower

Mignonette Family

Mignonette

Buckthorn Family

Dwarf Buckthorn

Rose Family

Agrimony
 Alpine Lady's-mantle

 Smooth Lady's-mantle
 -
 Cut-leaved Lady's-mantle
 Goat's-beard Spirea
 Wild Cotoneaster
 Hawthorn
 Mountain Avens
 Meadowsweet
 Dropwort
 Wild Strawberry
 Mountain Avens
 Creeping Avens
 Water Avens
 Wood Avens
 Golden Cinquefoil
 Hoary Cinquefoil
 Dwarf Cinquefoil
 Alpine Cinquefoil
 Tormentil
 Large-flowered Cinquefoil
 Creeping Cinquefoil
 Dog Rose
 Cinnamon Rose
 Alpine Rose
 Burnet Rose
 Bramble
 Salad Burnet

Sibbaldia procumbens
Sorbus aria
Sorbus aucuparia

Rubiaceae

Asperula aristata
Asperula cynanchica
Cruciata laevipes
Gallium mollugo
Galium verum

Salicaceae

Populus tremula
Salix herbacea
Salix reticulata
Salix retusa
Salix serpyllifolia

Santalaceae

Thesium alpinum

Saxifragaceae

Saxifraga aizoides
Saxifraga aspera
Saxifraga bryoides
Saxifraga exarata subsp. *exarata*
Saxifraga exarata subsp. *moschata*
Saxifraga oppositifolia
Saxifraga paniculata

Scrophulariaceae

Bartsia alpina
Chaenorhinum minus
Cymbalaria muralis
Digitalis ambigua
Digitalis lutea
Digitalis purpurea
Linaria alpina
Linaria angustissima
Linaria repens
Linaria vulgaris
Melampyrum nemorosum
Melampyrum pratense
Melampyrum sylvaticum
Pedicularis ascendens
Pedicularis cenisia
Pedicularis comosa
Pedicularis foliosa
Pedicularis gyroflexa
Pedicularis rosea
Pedicularis rostratospicata
Pedicularis verticillata
Rhinanthus alectorolophus
Rhinanthus minor agg.
Scrophularia canina subsp. *hoppii*

Sibbaldia
 Whitebeam
 Rowan

Bedstraw Family

a Squinancywort
 Squinancywort
 Crosswort
 Hedge Bedstraw
 Ladies Bedstraw

Willow Family

Aspen
 Dwarf Willow
 Net-leaved Willow
 Retuse-leaved Willow
 Thyme-leaved Willow

Sandalwood Family

Alpine Bastard Toadflax

Saxifrage Family

Yellow Mountain Saxifrage

 Rough Saxifrage

 White Musky Saxifrage
 Purple Saxifrage
 Live-long Saxifrage

Figwort Family

Alpine Bartsia
 Small Toadflax
 Ivy-leaved Toadflax
 Large Yellow Foxglove
 Small Yellow Foxglove
 Foxglove
 Alpine Toadflax

 Pale Toadflax
 Common Toadflax
 -
 Common Cow-wheat
 Wood Cow-wheat
 Ascending Lousewort
 Mt. Cenis Lousewort
 Crested Lousewort

 Pink Lousewort

 Verticillate Lousewort
 Greater Yellow Rattle
 Hay Rattle
 French Figwort

Verbascum nigrum
Verbascum lychnitis
Verbascum pulverulentum
Verbascum thapsus
Veronica allionii
Veronica alpina
Veronica aphylla
Veronica beccabunga
Veronica bellidioides
Veronica chamaedrys
Veronica fruticosa
Veronica officinalis
Veronica spicata
Veronica teucrium (*V. austriaca* subsp. *t.*)
Veronica urticifolia

Solanaceae

Hyoscyamus niger

Thymelaeaceae

Daphne alpina
Daphne striata

Urticaceae

Urtica dioica

Valerianaceae

Valeriana dioica
Valeriana montana
Valeriana officinalis
Valeriana tripteris

Violaceae

Viola arvensis
Viola biflora
Viola calcarata subsp. *calcarata*
Viola calcarata subsp. *villarsiana*

Dark Mulliein
 White Mulliein
 Hoary Mulliein
 Aaron's Rod
 a Speedwell
 Alpine Speedwell
 Leafless-stemmed Speedwell
 Brooklime
 Violet Speedwell
 Germander Speedwell
 Rock Speedwell
 Heath Speedwell
 Spiked Speedwell
 Large Speedwell
 Nettle-leaved Speedwell

Nightshade Family

Henbane

Daphne Family

Alpine Mezereon
 a Daphne

Nettle Family

Common Nettle

Valerian Family

Marsh Valerian
 Mountain Valerian
 Common Valerian
 Three-leaved Valerian

Violet Family

Field Pansy
 Yellow Violet
 Long-spurred Pansy
 Long-spurred Pansy

Liliidae (Monocotyledons)

Liliaceae

Allium oleraceum
Allium schoenoprasum
Allium sphaerocephalon
Anthericum liliago
Asphodelus albus
Colchicum autumnale
Gagea fragifera
Lilium bulbiferum subsp. *croceum*
Lilium martagon
Lloydia serotina
Maianthemum bifolium
Ornithogalum umbellatum
Paradisea liliastrum
Polygonatum odoratum

Lily Family

Field Garlic
 Chives
 Round-headed Leek
 St. Bernard's Lily
 Asphodel
 Autumn Crocus
 a Yellow Star of Bethlehem
 Orange Lily
 Martagon Lily
 Snowdon Lily
 May Lily
 Common Star of Bethlehem
 St. Bruno's Lily
 Angular Solomon's-seal

Polygonatum verticillatum
Tofieldia calyculata
Veratrum album subsp. *lobelianum*

Whorled Solomon's-seal
 Tofield's Asphodel
 White False Helleborine

Orchidaceae

Coeloglossum viride
Corallorhiza trifida
Dactylorhiza cruenta
Dactylorhiza fuchsii
Dactylorhiza maculata
Dactylorhiza majalis
Epipactis atrorubens
Epipactis helleborine
Gymnadenia albida
Gymnadenia conopsea agg.
Gymnadenia rbellicani
Gymnadenia conopsea
Gymnadenia cornelliana
Neottia nidus-avis
Neottia ovata
Orchis mascula
Orchis militaris
Orchis ustulata
Platanthera chlorantha
Traunsteinera globosa

Orchid Family

Frog Orchid
 Coralroot Orchid
 Flecked Marsh Orchid
 Common Spotted-orchid
 Heath Spotted Orchid
 Broad-leaved Marsh Orchid
 Dark Red Helleborine
 Broad-leaved Helleborine
 Small White Orchid
 Fragrant Orchid
 a Vanilla Orchid
 Mt. Cenis Vanilla Orchid
 Red Vanilla Orchid
 Bird's-nest Orchid
 Twayblade
 Early Purple Orchid
 Military Orchid
 Burnt-tip Orchid
 Greater Butterfly Orchid
 Round-headed Orchid

Birds (H = heard only; ✓ = common)

	Common name	Scientific name	June/July							
			30	1	2	3	4	5	6	7
1	Lammergeier	<i>Gypaetus barbatus</i>					1			
2	Golden Eagle	<i>Aquila chrysaetos</i>		1	1			2		
3	Common Buzzard	<i>Buteo buteo</i>					1			
4	European Honey Buzzard	<i>Pernis apivorus</i>				1				
5	Common Kestrel	<i>Falco tinnunculus</i>			1	1	2	2	2	1
6	Quail	<i>Coturnix coturnix</i>		H				H		
7	Yellow-legged Gull	<i>Larus cachinnans</i>						1		
8	Rock Dove / Feral Pigeon	<i>Columba livia</i>								25
9	Stock Dove	<i>Columba oenas</i>							1	
10	Common Wood Pigeon	<i>Columba palumbus</i>								3
11	Eurasian Collared Dove	<i>Streptopelia decaocto</i>								1
12	Common Cuckoo	<i>Cuculus canorus</i>			H					H
13	Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓	✓
14	Great Spotted Woodpecker	<i>Dendrocopos major</i>		H						
15	Common Skylark	<i>Alauda arvensis</i>					6	2		
16	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		2	6					
17	Barn Swallow	<i>Hirundo rustica</i>	✓	✓						✓
18	Common House Martin	<i>Delichon urbica</i>	✓			2				6
19	Water Pipit	<i>Anthus spinoletta</i>				6	10	✓	✓	2
20	Tree Pipit	<i>Anthus trivialis</i>								2
21	White Wagtail	<i>Motacilla alba</i>		1	6	3	1		2	
22	Grey Wagtail	<i>Motacilla cinerea</i>			2				1	
23	Winter Wren	<i>Troglodytes troglodytes</i>		H						
24	White-throated Dipper	<i>Cinclus cinclus</i>		1	1					
25	Alpine Accentor	<i>Prunella collaris</i>							2	

	Common name	Scientific name	June/July							
			30	1	2	3	4	5	6	7
26	European Robin	<i>Erithacus rubecula</i>		2	H					
27	Black Redstart	<i>Phoenicurus ochruros</i>		2	6	2	2	4	4	
28	Northern Wheatear	<i>Oenanthe oenanthe</i>				1	8	10	10	
29	Whinchat	<i>Saxicola rubetra</i>		2	4			3	2	
30	Rufous-tailed Rock Thrush	<i>Monticola saxatilis</i>						1		
31	Song Thrush	<i>Turdus philomelos</i>				1	1			
32	Mistle Thrush	<i>Turdus viscivorus</i>		3						1
33	Fieldfare	<i>Turdus pilaris</i>			4				2	
34	Common Blackbird	<i>Turdus merula</i>		H	2	2			1	1
35	Garden Warbler	<i>Sylvia borin</i>			H					
36	Blackcap	<i>Sylvia atricapilla</i>			H	H			H	H
37	Lesser Whitethroat	<i>Sylvia curruca</i>		H						2
38	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>		1						
39	Chiffchaff	<i>Phylloscopus collybita</i>		H	H	H				H
40	Firecrest	<i>Regulus ignicapillus</i>			1					
41	Great Tit	<i>Parus major</i>			1					
42	Coal Tit	<i>Parus ater</i>					1			
43	Crested Tit	<i>Lophophanes cristatus</i>		1		1				
44	Willow Tit	<i>Poecile montana</i>			6					
45	Common Magpie	<i>Pica pica</i>						2		2
46	Eurasian Jay	<i>Garrulus glandarius</i>			2	2				
47	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>			H					H
48	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>			2		6	6	2	5
49	Alpine Chough	<i>Pyrrhocorax graculus</i>				12		12	2	
50	Hooded Crow	<i>Corvus cornix</i>	✓							✓
51	Carrion Crow	<i>Corvus corone</i>	✓	2	3	4	2	2		1
52	Common Raven	<i>Corvus corax</i>						5		
53	Common Starling	<i>Sturnus vulgaris</i>	✓							✓
54	House Sparrow	<i>Passer domesticus</i>		2						2
55	Italian House Sparrow	<i>Passer domesticus italiae</i>			2	2	2			
56	White-winged Snowfinch	<i>Montifringilla nivalis</i>				3	4	1	4	
57	Common Chaffinch	<i>Fringilla coelebs</i>		H	✓				✓	H
58	Common Linnet	<i>Acanthus cannabina</i>				3		6		2
59	Common Redpoll	<i>Carduelis flammea</i>			10					
60	European Goldfinch	<i>Carduelis carduelis</i>		6	4	4				
61	European Serin	<i>Serinus serinus</i>		2	3		2	1		
62	Yellowhammer	<i>Emberiza citrinella</i>				1	1		3	
63	Rock Bunting	<i>Emberiza cia</i>		1	1					

Butterflies

Common name	Scientific name	Common name	Scientific name
Hesperiidae			
Grizzled Skipper	<i>Pyrgus malvae</i>	Small Skipper	<i>Thymelicus sylvestris</i>
Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>	Silver-spotted Skipper	<i>Hesperia comma</i>
Papilionidae			
Small Apollo	<i>Parnassius phoebus</i>	Swallowtail	<i>Papilio machaon</i>
Apollo	<i>Parnassius apollo</i>		
Pieridae			
Wood White	<i>Leptidea sinapis</i>	Peak White	<i>Pontia callidice</i>
Black-veined White	<i>Aporia crataegi</i>	Orange Tip	<i>Anthocharis cardamines</i>
Large White	<i>Pieris brassicae</i>	Mountain Dappled White	<i>Euchloe simplonia</i>

Common name	Scientific name	Common name	Scientific name
Small White	<i>Pieris rapae</i>	Mountain Clouded Yellow	<i>Colias phicomone</i>
Mountain Green-veined White	<i>Pieris bryoniae</i>	Berger's Clouded Yellow	<i>Colias alfacariensis</i>
<i>Lycanidae</i>			
Green Hairstreak	<i>Callophrys rubi</i>	Mazarine Blue	<i>Cyaniris semiargus</i>
Scarce Copper	<i>Lycaena virgaureae</i>	Damon Blue	<i>Agrodiaetus damon</i>
Little Blue	<i>Cupido minimus</i>	Escher's Blue	<i>Polyommatus escheri</i>
Osiris Blue	<i>Cupido osiris</i>	Adonis Blue	<i>Lysandra bellargus</i>
Large Blue	<i>Maculinea arion</i>	Geranium Argus	<i>Eumedonia eumedon</i>
<i>Nymphalidae</i>			
Small Tortoiseshell	<i>Aglais urticae</i>	Knapweed Fritillary	<i>Melitaea phoebe</i>
Red Admiral	<i>Vanessa atalanta</i>	Heath Fritillary	<i>Melicta athalia</i>
Painted Lady	<i>Vanessa cardui</i>	Grisson's Fritillary	<i>Melicta varia</i>
Peacock	<i>Inachis io</i>	Marsh Fritillary	<i>Euphydryas aurinia</i>
Queen of Spain Fritillary	<i>Issoria lathonia</i>	Dark Green Fritillary	<i>Argynnis aglaja</i>
Glanville Fritillary	<i>Melitaea cinxia</i>	Small Pearl-bordered Fritillary	<i>Boloria selene</i>
False Heath Fritillary	<i>Melitaea diamina</i>	Titania's Fritillary	<i>Boloria titania</i>
<i>Satyrinae</i>			
Wall Brown	<i>Lasiommata megera</i>	Almond-eyed Ringlet	<i>Erebia alberganus</i>
Large Wall Brown	<i>Lasiommata maera</i>	Silky Ringlet	<i>Erebia gorge</i>
Alpine Heath	<i>Coenonympha gardetta</i>	Lesser Mountain Ringlet	<i>Erebia melampus</i>
Chestnut heath	<i>Coenonympha glycerion</i>	Piedmont Ringlet	<i>Erebia meolans</i>
Small Heath	<i>Coenonympha pamphilus</i>	Dewy Ringlet	<i>Erebia pandrose</i>
De Prunner's Ringlet	<i>Erebia triaria</i>	Alpine Grayling	<i>Oeneis glacialis</i>
Scotch Argus	<i>Erebia aethiops</i>		

Other Taxa

Stoat	<i>Mustela erminea</i>	Vole sp.	
Roe Deer	<i>Capreolus capreolus</i>	Common Wall Lizard	<i>Podarcis muralis</i>
Chamois	<i>Rupicapra rupicapra</i>	Common Frog	<i>Rana temporaria</i>
Alpine Marmot	<i>Marmotta marmotta</i>		

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