

The Italian & French Alps

Naturetrek Tour Report

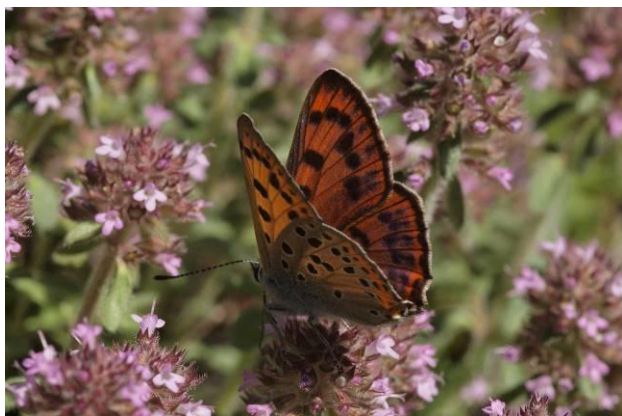
29 June - 6 July 2011



Lac du Mont Cenis-Glanville Fritillary



Val d'Isere-Cynthia's Fritillary



Valontney - Purple-shot Copper



Col de L'Iseran

Report compiled by Philip Thompson
Images Courtesy of Andy Daw



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Day 1

Wednesday 29th June

We all arrived safely into Turin airport where we transferred to the minibus and headed north towards the Alps and the Aosta Valley. The journey went uneventfully with little of note other than the abundant Hooded Crows in the lowlands, before we came off the motorway and started the climb to our hotel in the small village of Cretaz near Cogne. Upon arrival we settled into our rooms before a pre-dinner chat in expectation of the following days walk.

Day 2

Thursday 30th June

Our first day's walk was taken from the nearby village of Gimillan where we took the gentle ascent up and along the valley of the Torrent Grauson. The weather throughout the day was gloriously warm and sunny which resulted in an abundance of butterflies on the wing and an end of day total of 50 species seen by the group! Among the many notable species seen were the abundant Apollo's, Dark Green Fritillary's and Great Sooty Satyr's seen in the early stages of the walk. A prominent Red-backed Shrike called from the overhead wires as we set off into the first meadow. Many locally common plants were present as an introduction to the area that included *Campanula rhomboidalis*, *Polygonum bistorta*, *Tragopogon pratensis subsp. orientalis* and *Phyteuma orbiculare* and *spicatum*. Progress was initially slow as is normal on the first day of a trip as the abundance of new species can be a little overwhelming.

As we left the first meadow and proceeded along the narrow mountain trail we gradually amassed a large list of exciting finds. Birds were in the minority but did include our first Nutcracker heard on the far side of the valley before being briefly glimpsed. This was bettered by a second bird that landed on top of a Mountain Pine *Pinus uncinata* no more than 15m ahead of the group. A little further on a mixed party of tits was encountered which included Coal, Crested and Willow Tits. Attractive path side plants included *Centaurea uniflora* and *montana*, *Laserpitium latifolia*, *Acinos alpinum*, *Scutellaria alpina* and *Dianthus sylvestris* among many more. Most notable were the regional endemic *Aethionema thomasianum* and localised *Astragalus centralpinus*.

We soon reached the first crossing of the torrent by a narrow wooden bridge. The damp mud at this point attracted numerous butterflies 'puddling' for minerals and moisture. The notable finds included Alpine Blue, Damon Blue, Large Blue and Grison's and Titania's Fritillaries. The next meadow was awash with colour mainly consisting of *Onobrychis montana*, bellflowers, *Helianthemum nummularium* and *Astragalus danicus*.

At the far end a small patch of Alpine Aster was found before we entered an area of light pine woodland where a little shade was found for our picnic. From here we could view back down the valley and across towards the summit of Gran Paradiso with its glacier clad slopes after which the park is named.

We continued a little higher after lunch adding new finds as we went and the views got even better. All too soon we needed to turn and head back, taking a different crossing over the Torrent before eventually rejoining our earlier path back to the bus. The advanced season this year had been to our distinct advantage with regards the number and variety of butterflies and even though a few expected plants were nearly over others had come on in their place.

Day 3

Friday 1st July

An early morning walk was taken by some of the group where we walked from the hotel into Cretaz and crossed the Torrent Valnontey and walked a short distance alongside the river. The main target was to see the Dippers that breed near the bridge that we were fortunate in spotting immediately upon our arrival at the river. We had some excellent extended views of one bird that was then involved in what seemed to be a territorial dispute with a second bird.

Our main day was spent within the Gran Paradiso National Park when we drove to the village of Valnontey and walked up the western side of the valley past the Botanical Garden. Whilst still on the valley floor we spotted a pair of the very tame and habituated local Chamois feeding on the edge of the mown meadows rather like domestic livestock. An obliging prominently singing Common Redstart on a nearby rooftop aerial and a Golden Eagle drifting over the peaks above got us off to another good start before we started to climb into the evergreen woodland.

Flowers at the lower levels were rather depleted due to the grazing and mowing but did include some large showy examples of the Woolly Thistle *Cirsium eriophorum* and several Martagon Lilies *Lilium martagon* (although these may have been escapees from the Gardens alongside). Butterflies were again notable by their abundance with several species of Copper being the obvious stars and a small colony of Blue-spot Hairstreaks. As we made our slow ascent along the numerous switchbacks on the path several other interesting plants were seen, most notably *Astragalus exscapus* with its bright yellow flowers arising directly from the stem base and *Campanula spicata* which can look rather like an Echium at first glance. After several attractive viewpoints we eventually reached a bridge over the torrent dropping precipitously into the valley. Here we relaxed for a while with the cooling spray being very welcome. In the nearby trees a few flowering examples of Wolf's-bane *Aconitum lycoctonum* *susp. vulparia* were found with a nearby St Bruno's Lily *Paradisaea liliastrum*. We then retraced our steps and boarded the bus for a short drive to a picnic spot alongside the river.

The afternoon was then spent in a walk along the valley floor parallel with the river to explore the different habitat and flora found there. Our first gentian was found in the form of *Gentiana nivalis*, which was not seen by the whole group, but when looked for on the return journey had closed up! The crystal clear path-side streams looked inviting for a paddle both for humans and butterflies, of which several species of Blue and Fritillary were seen. We were also fortunate in being able to net an example of the Alpine endemic Darwin's Heath for the group to examine before release. The flora had a more acid-loving constituency which included *Rhododendron ferrugineum*, *Vaccinium myrtillus*, *Arctostaphylos uva-ursi*, *Maianthemum bifolium* and *Pyrola minor*.

On the return leg of the walk we crossed to the other side of the river and found a few examples of Grass of Parnassus *Parnassia palustris* by the track. We then entered an open grassy meadow with a boggy flush at its centre, which contained numerous *Dactylorhiza majalis* and *Primula farinosa*.

After returning to the vehicle we drove back into Cogne where we had hoped to sample some real Italian ice cream from the local Gelateria. Our plans were thwarted by the arrival, just ahead of us, of a school party of what seemed like many hundreds of kids and the waiting time to be served being decided against! Some of us were consoled by having ice cream for our dessert with our evening meal.

Day 4

Saturday 2nd July

Today we left Italy and transferred to France and the Vanoise National Park. Though the day was spent travelling we undertook several stops along the way and were passing through some spectacular scenery such that the day was still a delight from start to finish.

Once we had left the Cogne Valley and rejoined the main motorway running along the Aosta Valley we were able to admire the imposing peak of Monte Bianco or Mont Blanc, which sat at the head of the valley. We then turned southwest and started the ascent to the Col du Petit St Bernard at 2188m. The twisting road held many attractive flowers on the roadside, which were unfortunately only glimpsed as we climbed ever higher. Eventually we rose above the tree line and into more level ground near the Col when we took our first stop. The rather cold wind put paid to any extensive exploration but we did find a large and attractive specimen of *Pedicularis recutita* as well as abundant *Trifolium alpinum* and *Viola calcarata*. A further stop at the nearby refuge found our first Snowfinches breeding in the rooftop and flying to and from the adjacent meadows whilst overhead both species of Chough were seen.

A stop was then taken in the village of la Rosiere where we had a coffee and some strudel for elevenses. Some of the group then had a wander in the local meadows while the rest relaxed and enjoyed the stunning views and glorious weather on the terrace of our chosen café. There next followed the winding descent down into the valley towards Bourg-St-Maurice. We then headed up the valley in the direction of Val d'Iserre the famous skiing resort that during the summer seems to be a centre for off-road cyclists. From here we started the ascent to the Col de L'Iseran but stopped short of the top for our lunch by the roadside with stunning views on all sides. Whilst here we were still able to add new plant and butterfly species to the growing trip list which included our only Cranberry Blue of the trip.

We then completed the ascent to the Col at 2764m said to be the highest pass in Europe. We stopped to have a look around but our enthusiasm was cut short by the howling wind passing over the Col that quickly chilled our blood after the pleasant lunch stop not far below. Doing our best not to lose the doors on the bus we re-boarded to try a walk at lower level on the other side away from the wind. Once off the Col the wind subsided and we were able to take an enjoyable stroll along a mountain stream beneath the peaks in warm and pleasant sunshine. A distant Lammergeyer was seen by some as it patrolled the high peaks before quickly being lost to view as it passed over a ridge not unfortunately to reappear. Floral highlights included the large spikes of the yellow-flowered *Campanula thyrsoidea* and *Gentianella campestris*. The meadows here also held several Small Apollo butterflies among the commoner Apollo itself. Once more we undertook a winding descent down to the valley before completing our journey at Lanslevillard where we were to stay for the remainder of the trip.

Day 5

Sunday 3rd July

We set off this morning in the direction of Termignon before heading north up the ascending road to the car park near to the Plan du Lac. From here we set off on foot on the level ground of this high plateau surrounded by the higher glacier clad peaks. The flora here was of a higher alpine mix compared to the areas we had previously explored in Italy. The steep scree slopes at the start of the walk had plentiful *Silene exscapa* and *acaulis*, *Linaria alpina* and *Dryas octopetala*. As we neared the upland lake the ground was studded with *Viola calcarata* and the ripening pods of *Gentiana acaulis* and the tasselled seed heads of *Pulsatilla vernalis*. At these altitudes the bird diversity was low with the commonest birds present being Water Pipits and Northern Wheatears. Both species of Chough and Raven were seen as flyovers and a very distant Golden Eagle was picked out patrolling the peaks.

Once beyond the mountain refuge the flora changed and we entered an area of extensive *Rhododendron ferrugineum* scrub with plentiful *Loiseleuria procumbens*. We managed to pick out a solitary Monte Baldo Anemone still in flower but the hoped for *Callianthemum coriandrifolium* were still only in leaf with no flowers to be seen. We then walked a short distance off the path to find a sheltered picnic spot for lunch before walking back to the refuge for a coffee.

We then took a different route back along the tarmac road. Numerous Alpine Marmots were seen along here, as elsewhere, apparently unconcerned by people as they went about their busy lives. As we approached the car park we scrambled up a low bank to find some Edelweiss *Leontopodium alpinum*, the much sought after mountain speciality.

We made a couple of stops on the way back down the approach road. The first in some open meadows where we had hoped to find the Globe-headed Orchid *Traunsteinera globosa* of which no sign could be found, we did however find *Gentiana utricularia* among the many other colourful species. Our second stop was a short woodland walk to a mountain stream crossing. These shady woods and rocky scree held several good finds. Of the orchids we added *Epipactis atrorubens*, *Dactylorhiza cruenta*, *Neottia nidus-avis* and *ovata* as well as Nodding and Intermediate Wintergreens (*Orthillia secunda* and *Pyrola media*).

Day 6

Monday 4th July

Another early morning bird walk was taken near the hotel. Things got off to a good start when we encountered a female Ring Ouzel feeding at least one fledged young in the hedge ahead of us. Our main targets were the Marsh warblers which breed in the lush Meadowsweet and Willowherb filled meadows. We spotted at least two birds within the tall vegetation as they moved restlessly about followed by another bird very close by in the hedgerow, which although very near, was very tricky to catch a glimpse of. The notable thistle *Cirsium heleniodes* was common along the small streams. We walked as far as a small chapel before turning back.

Today was spent walking beneath and within sight of both the Petit and Grand Mont Cenis after which many alpine plants are named. The weather today was a little unsettled and overcast but did not affect our day's excursions too much. After driving from our hotel and climbing up to the Col du Mont Cenis we drove along the western edge of the Lac du Mont Cenis before parking at the Refuge. From here a very enjoyable walk was taken towards the Col du Petit Mont Cenis. The flowers along this walk were spectacularly colourful and composed of a multitude of species many of which were new for the trip.

An obvious highlight was finding a couple of stands of the large flowered *Aquilegia alpina* in full bloom. Studding the grassy areas were abundant *Gymnadenia rbellicana* with a few examples of the salmon coloured *Gymnadenia corneliana* found among them. Nearing the Col a small patch of *Polygonatum verticillatum* was found and shortly after a few examples of *Gymnadenia albida*. The weather had by now started rain lightly as we completed our circular walk back towards the Refuge. On the return leg we stopped to admire a stunning natural rock garden of a rocky outcrop swathed in colour made up of *Dianthus pavonius*, *Potentilla aurea*, *Saponaria lutea* and several others. We also found a large colony of *Cerinth minor* on a nearby slope.

Due to the rather damp conditions we were luckily allowed to have our picnic within the Refuge after a refreshing coffee. As we left the shelter of the Refuge after lunch the rain had stopped but the low cloudy conditions had resulted in pushing down from higher altitudes a feeding party of Common Swifts among which at least 10 Alpine Swifts were seen. We were then able to admire these exciting birds as they swept by at roof height actively feeding.

On the return bus journey towards the lake we stopped to check out an area for *Pulmonaria montana* only finding it in fruit. The flora of the area made the stop worthwhile nonetheless. As we continued our journey alongside the lake several very close Marmots were seen as well as a couple down on the beach! A small party of Redpoll were also seen close by from the bus. We next took a walk overlooking the lake beneath the summit of the grand Mont Cenis. The bird life here picked up considerably when we were fortunate with a prolonged view of a Short-toed Eagle hunting over the area, Golden Eagle, a brief flypast male Ring Ouzel and best of all a male Rufous-tailed Rock Thrush. Marmots were also very obvious and unconcerned by our presence, with several seen during the walk. New plants were becoming fewer but we could now relax and enjoy the colour and spectacle of the flowers en masse.

Day 7

Tuesday 5th July

After the rather chilly experience of the Col De L'Iseran on our travel day the wind had today subsided and we were able to explore the area in relative comfort. The harsh and exposed nature of the area results in most of the flora being very low growing and of a cushion forming habit. Initial notable finds included *Artemisia umbelliformis*, *Petrocaulis pyrenaica*, *Pritzelago alpina*, *Cerastium uniflorum* and *latifolium*, *Minuartia sedoides*, *Sedum alpestre*, *Gentiana brachyphylla*, *Saxifraga diapensioides* and *Galium saxosum*!

We then moved from the car park area across to the slopes below the Pointe des Lessieres. As we passed the refuge we spotted at least two pairs of Snow-finches breeding in the roof which, as usual, carried on raising their families unconcerned by the multitude of passing cars, bikes and walkers. As we made the steep climb up the rocky slopes the lower levels had numerous *Ranunculus alpestris* with their all white petals. Higher up we came upon one of the main target plants for the area, the Mt Cenis Bellflower *Campanula cenisia*, which grows from these harsh and exposed scree slopes. A little higher still we took shelter on the lee of the mountain to find *Doronicum grandiflorum*, *Androsace helvetica*, *Potentilla reptans* and more examples of *Campanula cenisia*. We started to climb a little higher after our attention was brought to the calling of Alpine Accentor above us. We managed to get good views of 2-3 birds as they moved about the barren rocks near the summit. Flushed with success we returned to the vehicle and further stops lower down.

We next stopped by the roadside at an area of wet flush draining from the higher slopes. The area here was covered with the pink-flushed petals of Glacier Crowfoot *Ranunculus glacialis*. Before we could start checking the plants we were distracted by the fantastic find of a male Cynthia's Fritillary right by the side of the bus! Other butterflies seen here included several Peak Whites, Mountain Fritillary and Alpine Grayling. As our attention shifted to the plants we finally found among a patch of vegetation growing after recent snow melt a few examples of *Soldanella alpina*, *Ranunculus kempferi* and a couple of flowering *Pulsatilla alpina*.

We carried on a little lower before pulling over to have our picnic on the steps of an abandoned building with one of the best views in the Alps! The warm sheltered position produced a productive hot-spot for butterflies with the notable find of a Silvery Argus to add to the growing trip list. After we had finished eating we walked a little further up the track to admire the spectacular waterfall and its elaborately eroded rocks as it plunged down into the valley.

Our final days walk was taken along the track running around the summit of Pointes des Arses (no sniggering at the back please). It was a fairly stiff climb initially which eventually levelled out to produce a stunning panoramic view of the area and a fitting climax to our time spent in the Alps. Along the way we found a large colony of Edelweiss for the whole group to see. We were then to become victims of 'le gag Francais' when a returning French walker informed us of the presence of Mouflon up ahead. Fired with enthusiasm we continued on our way only to finally discover that the 'Mouflon' were in fact domestic sheep! Undaunted we then spotted a couple more Alpine Accentors above us, having been once more, alerted to their presence by their characteristic calls. New plants seen during the walk had included *Phyteuma humile* and *Lloydia serotina*.

Once back at the bus there remained enough time for a quick roadside stop on the descent at a wet flush. Here we found four species of Wintergreen (*Moneses uniflora*, *Orthillia secunda* and *Pyrola rotundifolia* and *media*), Tofield's Asphodel and flowering *Primula farinosa*.

Day 8

Wednesday 6th July

Due to the timing of our return flight we still had a full morning in which to explore the area further. We drove a short distance out of Lanslevillard before taking a gravel mountain track to a car park perched high above the valley where we walked a level track on these warm south facing slopes. The weather was warm and sunny with the result that butterflies were on the wing in abundance with a multitude of Ringlets of several species, Apollo's, blues and fritillaries. Large Heath and High Brown Fritillary were new for the trip even at this late stage.

Several pairs of Tree Pipits were singing from the surrounding trees and another Rock Bunting was spotted. Botanically the highlights were several small groups of Orange Lily's *Lilium bulbifera* subsp. *croceum* growing among the lush and colourful meadows. Another notable, but easily overlooked plant growing by the path edge was *Ononis cristata* or Mt. Cenis Restharrow. At our furthest point, before turning back, another Golden Eagle was sighted distantly drifting our way along the ridge above us. As it approached it, rather disappointingly, turned and started to move away again. We then found a couple of *Trautsteinera globosa* growing nearby to make up for having failed to find them earlier in the week.

We then returned to the hotel to load the luggage and say our farewells before starting out for the airport.

Our route took us up the Col de Mt. Cenis once more where we stopped overlooking the lake for a simple picnic lunch before continuing our journey. As we crossed back into Italy the evergreen forests were replaced with broadleaf trees on the warmer south facing side of the Alps. Birds changed also and we were able to finally see our first Collared Doves of the trip in the village of Susa, followed by Grey Heron, Cormorant, Mallard and notably Cattle Egret on the final stages of our journey home.

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Species Lists

Plants

PTERIDOPHYTES

Adiantaceae

Adiantum capillus-veneris

Aspleniaceae

Asplenium ruta-muraria

Asplenium septentrionale

Asplenium trichomanes

Ceterach officinalis

Dennstaedtiaceae

Pteridium aquilinum

Dryopteridaceae

Dryopteris filix-mas

Polystichum aculeatum

Polystichum lonchitis

Ophioglossaceae

Botrychium lunaria

Polypodiaceae

Polypodium vulgare

Woodsiaceae

Athyrium distentifolium

Gymnocarpium robertianum

Woodsia alpina

PINOPSIDA (GYMNOSPERMS)

Cupressaceae

Juniperus communis subsp. *communis*

Juniperus communis subsp. *alpina*

Juniperus sabina

Pinaceae

Abies alba

Larix decidua

Picea abies subsp. *abies*

Pinus uncinata

MAGNOLIOPSIDA (ANGIOSPERMS)

Magnoliidae (Dicotyledons)

Apiaceae

Angelica sylvestris

Anthriscus sylvestris

Astrantia major

Astrantia minor

FERNS & ALLIES

Maidenhair Fern Family

Maidenhair fern

Spleenwort family

Wall Rue

Forked Spleenwort

Maiden-hair Spleenwort

Rustyback

Bracken Family

Bracken

Buckler-fern Family

Male-fern

Hard Shield-fern

Holly-fern

Adder's-tongue Family

Moonwort

Polypody Family

Common Polypody

Lady-fern Family

Alpine Lady Fern

Limestone Fern

Alpine Woodsia

CONIFERS

Juniper Family

Common Juniper

Dwarf Juniper

Savin

Pine Family

European Silver Fir

European Larch

Norway Spruce

Mountain Pine

FLOWERING PLANTS

Carrot Family

Wild Angelica

Cow Parsley

Great Masterwort

Lesser Masterwort

Athamanta cretensis
Bupleurum ranunculoides
Bupleurum stellatum
Chaerophyllum aureum
Chaerophyllum hirsutum
Daucus carota
Heracleum sphondylium
Laserpitium latifolium
Laserpitium halleri
Laserpitium siler
Ligusticum mutellina
Ligusticum mutellinoides
Meum athamanticum
Peucedanum ostruthium
Pleurospermum austriacum
Trinia glauca

Asclepiadaceae

Vincetoxicum hirundinaria

Asteraceae

Achillea erba-rotta agg
Achillea macrophylla
Achillea millefolium
Achillea nana
Adenostyles alliariae
Antennaria carpatica
Antennaria dioica
Arctium lappa
Arnica montana
Artemisia absinthium
Artemisia campestris
Artemisia glacialis
Artemisia umbelliformis
Aster alpinus
Aster bellidastrum
Bupthalmum salicifolium
Carduus nutans
Carduus defloratus
Carduus personata
Carduus tenuiflorus
Carlina acaulis subsp. *caulescens*
Cicerbita alpina
Cirsium eriophorum
Cirsium heterophyllum
Cirsium palustre
Cirsium spinosissimum
Centaurea alpestris
Centaurea montana
Centaurea scabiosa
Centaurea uniflora
Crepis aurea
Doronicum grandiflorum
Erigeron acer
Erigeron alpinus

Athamanta
 Three-veined Hare's-ear
 -
 Golden Chervil
 Hairy Chervil
 Wild Carrot
 Hogweed
 Broad-leaved Sermountain

 Narrow-leaved Sermountain
 Alpine Lovage
 Unbranched Lovage
 Spignel
 Masterwort
 Pleurospermum
 Honewort

Milkweed Family

Swallow-wort

Daisy Family

Simple-leaved Milfoil
 -
 Yarrow
 Dwarf Milfoil
 Adenostyles
 Carpathian Cat's-foot
 Cat's-foot
 Greater Burdock
 Arnica
 Wormwood
 Field Wormwood
 Glacier Wormwood
 -
 Alpine Aster
 False Aster
 Yellow Oxeye
 Musk Thistle
 Alpine Thistle
 Great Marsh Thistle
 Seaside Thistle
 Stemless Carlina Thistle
 Alpine Sow-thistle
 Woolly Thistle
 Melancholy Thistle
 Marsh Thistle
 Spiniest Thistle
 a Knapweed
 Perennial Cornflower
 Greater Knapweed
 Plume Knapweed
 Golden Hawk's-beard
 Large-flowered Leopard's-bane
 Blue Fleabane
 Alpine Fleabane

Erigeron uniflorus
Gnaphalium hoppeanum
Hieracium alpinum agg
Hieracium pilosella
Hieracium tomentosum
Hieracium villosum
Homogyne alpina
Hypochaeris uniflora
Lactuca perennis
Leontodon montanus
Leontopodium alpinum
Leucanthemopsis alpina
Leucanthemum vulgare
Petasites alba
Prenanthes purpurea
Senecio doronicum
Senecio incanus
Senecio viscosus
Solidago virgaurea
Taraxacum agg
Tragopogon crocifolius
Tragopogon pratensis subsp. *orientalis*
Tussilago farfara

Berberidaceae

Berberis vulgaris

Betulaceae

Alnus viridis

Boraginaceae

Asperugo procumbens
Cerinthe minor
Echium vulgare
Lappula squarrosa
Myosotis alpestris
Myosotis sylvatica
Pulmonaria montana

Brassicaceae

Aethionema thomasianum
Allysoides utriculata
Alyssum alyssoides
Alyssum montanum
Arabis bellidifolia
Arabis glabra
Arabis hirsuta
Barbarea vulgaris
Biscutella laevigata
Descurainia sophia
Draba aizoides
Erophila verna
Erysimum jugicola
Erysimum rhaeticum
Petrocallis pyrenaica

One-flowered Fleabane

Alpine Hawkweed
 Mouse-ear Hawkweed
 Woolly Hawkweed
 -
 Alpine Colt's-foot
 Giant Cat's-ear
 Blue Lettuce

Edelweiss
 Alpine Moon Daisy
 Ox-eye Daisy
 White Butterbur
 Purple Lettuce
 Chamois Ragwort
 -
 Sticky Groundsel
 Goldenrod
 Dandelion
 -
 Goat's-beard
 Colt's-foot

Barberry Family

Barberry

Birch Family

Green Alder

Forget-me-not Family

Madwort
 Lesser Honeywort
 Viper's-bugloss
 Bur Forget-me-not
 Alpine Wood Forget-me-not
 Wood Forget-me-not
 Mountain Lungwort

Cabbage Family

a Burnt Candytuft
 Alyssoides
 Small Alyssum
 Mountain Alyssum

 Tower Mustard
 Hairy Rock-cress
 Common Winter-cress
 Buckler Mustard
 Flixweed
 Yellow Whitlow-grass
 Whitlowgrass
 -
 -
 Pyrenean Whitlow-grass

Pritzelago alpina
Sisymbrium austriacum

Campanulaceae

Campanula barbata
Campanula cenisia
Campanula cochlearifolia
Campanula glomerata
Campanula rapunculoides
Campanula rhomboidalis
Campanula rotundifolia
Campanula scheuchzeri
Campanula spicata
Campanula thyrsoidea
Campanula trachelium
Phyteuma betonicifolium
Phyteuma globularifolium subsp. *pedemontanum*
Phyteuma hemispermicum
Phyteuma humile
Phyteuma orbiculare
Phyteuma ovatum
Phyteuma scorzoneraefolium
Phyteuma spicatum subsp. *coeruleum*

Caprifoliaceae

Lonicera alpigena
Lonicera caerulea
Lonicera nigra
Lonicera xylosteum
Sambucus racemosa

Caryophyllaceae

Arenaria ciliata
Cerastium alpinum
Cerastium arvense
Cerastium latifolium
Cerastium tomentosum
Cerastium uniflorum
Dianthus carthusianorum agg.
Dianthus gratianopolitanus
Dianthus pavonius
Dianthus sylvestris
Gypsophila repens
Lychnis flos-cuculi
Minuartia recurva
Minuartia sedoides
Minuartia verna subsp. *verna*
Petrorhagia saxifraga
Sagina glabra
Saponaria lutea
Saponaria ocymoides
Silene acaulis
Silene dioica
Silene exscapa
Silene nutans

Chamois Cress
Austrian Rocket

Bellflower Family

Bearded Bellflower
Mt. Cenis Bellflower
Fairy's Thimble
Clustered Bellflower
Creeping Bellflower
a Bellflower
Harebell
Scheuchzer's Bellflower
Spiked Bellflower
Yellow Bellflower
Nettle-leaved Bellflower
a Rampion
Globe-headed Rampion
Dwarf Rampion
Round-headed Rampion
Dark Rampion
Scorzonera-leaved Rampion
Spiked Rampion

Honeysuckle Family

Alpine Honeysuckle
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
Wood Pink
Alpine Gypsophila
Ragged Robin
Sickle-leaved Sandwort
Mossy Cyphel
Spring Sandwort
Tunic Flower
-
Yellow Soapwort
Rock Soapwort
Moss Campion
Red Campion
a Moss Campion
Nottingham Catchfly

Silene otites agg.
Silene pusilla (*S.alpestris*)
Silene rupestris
Silene suecica (*Lychnis alpina*)
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

Convolvulaceae

Cuscuta epithymum

Crassulaceae

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

Dipsacaceae

Knautia arvensis
Knautia dipsacifolia

Empetraceae

Empetrum nigrum

Ericaceae

Arctostaphylos uva-ursi
Loiseleuria procumbens
Rhododendron ferrugineum
Vaccinium gaultherioides
Vaccinium myrtillus
Vaccinium vitis-idaea

Euphorbiaceae

Euphorbia cyparissas
Euphorbia seguieriana

Spanish Catchfly
 an Alpine Catchfly
 Rock Catchfly
 Alpine Lychnis
 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

Bindweed Family

Dodder

Stonecrop Family

Roseroot
 Biting Stonecrop
 White Stonecrop
 -
 -
 Annual Stonecrop
 Dark Stonecrop
 Fat-leaved Stonecrop
 Rock Stonecrop
 Orpine
 Cobweb Houseleek
 Mountain Houseleek
 Common Houseleek

Teasel Family

Field Scabious
 Wood Scabious

Crowberry Family

Crowberry

Heather Family

Bearberry
 Creeping Azalea
 Alpenrose

Bilberry
 Cowberry

Spurge Family

Cypress Spurge
 Seguier's Spurge

Fabaceae

Anthyllis vulneraria agg
Astragalus alpinus
Astragalus australis
Astragalus centralpinus
Astragalus danicus
Astragalus exscapus
Astragalus frigidus
Astragalus leontinus
Astragalus monspessulanus
Astragalus onobrychis
Astragalus penduliflorus
Astragalus sempervirens
Hippocrepis comosa
Lathyrus latifolius
Lathyrus pratensis
Lotus corniculatus
Medicago sativa
Melilotus alba
Melilotus officinalis
Onobrychis montana
Onobrychis viciifolia
Ononis cristata (*O. cenisia*)
Ononis natrix
Ononis rotundifolia
Oxytropis campestris
Oxytropis helvetica
Securigera varia
Tetragonolobus maritimus
Trifolium alpinum
Trifolium badium
Trifolium medium
Trifolium montanum
Trifolium pratense subsp. *pratense*
Trifolium repens subsp. *prostratum*
Vicia cracca
Vicia onobrychoides
Vicia sepium

Gentianaceae

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

Pea Family

Kidney Vetch
 Alpine Milk-vetch
 Southern Milk-vetch
 a Milk-vetch
 Purple Milk-vetch
 -
 Pallid Milk-vetch
 Tyrolean Milk-vetch
 False Vetch
 -
 Mountain Lentil
 Mountain Tragacanth
 Horseshoe Vetch
 Broad-leaved Everlasting Pea
 Meadow Vetchling
 Bird's-foot Trefoil
 Lucerne
 White Melilot
 Ribbed Melilot
 Mountain Sainfoin
 Common Sainfoin
 Mt. Cenis Restharrow
 Large Yellow Restharrow
 Round-leaved Restharrow
 Yellow Milk-vetch
 Gaudin's Milk-vetch
 Crown Vetch
 Dragon's Teeth
 Alpine Clover
 Brown Clover
 Zig-zag Clover
 Mountain Clover
 Red Clover

 Tufted Vetch
 False Sainfoin
 Bush Vetch

Gentian Family

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

Geraniaceae

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

Globulariaceae

Globularia cordifolia

Grossulariaceae

Ribes petraeum
Ribes uva-crispa

Lamiaceae

Acinos alpinus
Ajuga pyramidalis
Ajuga reptans
Clinopodium acinos
Clinopodium vulgare
Galeopsis tetrahit
Nepeta nepetella
Prunella grandiflora
Prunella vulgaris
Salvia pratensis
Scutellaria alpina
Stachys densiflora (*S.monieri*)
Stachys officinalis
Stachys recta
Teucrium montanum
Thymus polytrichus
Thymus pulegioides
Thymus serpyllum

Lentabulariaceae

Pinguicula alpina
Pinguicula vulgaris

Linaceae

Linum alpinum
Linum catharticum

Onagraceae

Epilobium anagallidifolium
Epilobium angustifolium
Epilobium duriaei
Epilobium fleischeri

Orobanchaceae

Orobanche alba

Papaveraceae

Papaver argemone
Papaver rhoeas

Crane's-bill Family

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

Globularia Family

Matted Globularia

Gooseberry Family

Rock Redcurrant
Wild Gooseberry

Deadnettle Family

Alpine Calamint
Pyramidal Bugle
Bugle
Basil Thyme
Wild Basil
Common hemp Nettle
a Cat-mint
Large-flowered Self-heal
Self-heal
Meadow Clary
Alpine Skullcap
Alpine Betony
Betony
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
Western Willowherb
Alpine Willowherb

Broomrape Family

Thyme Broomrape

Poppy Family

Prickly Poppy
Common Poppy

Parnassiaceae*Parnassia palustris***Plantaginaceae**

Plantago alpina
Plantago lanceolata
Plantago maritima
Plantago media

Plumbaginaceae*Armeria arenaria***Polygalaceae**

Polygala alpestris
Polygala comosa

Polygonaceae

Oxyria digyna
Persicaria bistorta
Persicaria viviparum
Rumex acetosa
Rumex alpinus
Rumex scutatus

Primulaceae

Androsace helvetica
Androsace obtusifolia
Androsace vitaliana subsp. *vitaliana*
Primula farinosa
Primula latifolia
Primula pedemontana
Primula veris
Soldanella alpina

Pyrolaceae

Moneses uniflora
Orthillia secunda
Pyrola media
Pyrola minor
Pyrola rotundifolia

Ranunculaceae

Aconitum lycoctonum subsp. *vulparia*
Anemone baldensis
Aquilegia alpina
Aquilegia atrata
Callianthemum coriandrifolium
Caltha palustris
Clematis alpina
Clematis vitalba
Hepatica nobilis
Pulsatilla alpina subsp. *alpina*
Pulsatilla halleri
Pulsatilla vernalis

Grass of Parnassus Family

Grass of Parnassus

Plantain Family

Alpine Plantain
 Ribwort Plantain
 Sea Plantain
 Hoary Plantain

Thrift Family

-

Milkwort Family

Mountain Milkwort
 Tufted Milkwort

Knotweed Family

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

Primrose Family

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

Wintergreen Family

One-flowered Wintergreen
 Nodding Wintergreen
 Intermediate Wintergreen
 Common Wintergreen
 Round-leaved Wintergreen

Buttercup Family

Wolf's-bane
 Monte Baldo Anemone
 Alpine Columbine
 Dark Columbine
 Callianthemum
 Marsh Marigold
 Alpine Clematis
 Old Man's Beard
 Hepatica
 Alpine Pasque Flower
 Haller's Pasque Flower
 Spring Pasque Flower

Ranunculus acris
Ranunculus alpestris
Ranunculus glacialis
Ranunculus grenieranus
Ranunculus keupferi
Ranunculus montanus
Ranunculus nemorosus
Thalictrum foetidum
Thalictrum minus
Trollius europaeus

Resedaceae

Reseda lutea

Rhamnaceae

Rhamnus alpina
Rhamnus pumila

Rosaceae

Agrimonia eupatoria
Alchemilla alpina
Alchemilla conjuncta
Alchemilla hybrida
Alchemilla pentaphylla
Amelanchier ovalis
Aruncus dioicus
Crataegus monogyna
Dryas octopetala
Filipendula ulmaria
Fragaria vesca
Geum montanum
Geum reptans
Geum rivale
Potentilla argentea
Potentilla aurea
Potentilla cinerea
Potentilla crantzii
Potentilla erecta
Potentilla reptans
Rosa canina
Rosa pendulina
Rosa pimpinellifolia
Rubus fruticosus agg.
Rubus idaeus
Rubus saxatilis
Sanguisorba minor
Sorbus aria

Rubiaceae

Asperula aristata
Asperula cynanchica
Cruciata laevipes
Galium megalospermum
Gallium mollugo agg.
Galium verum

Meadow Buttercup
 Alpine Buttercup
 Glacier Crowfoot
 Grenier's Buttercup
 Pyrenean Buttercup
 Mountain Buttercup
 Wood Buttercup
 Stinking Meadow-rue
 Lesser Meadow-rue
 Globeflower

Mignonette Family

Mignonette

Buckthorn Family

Alpine Buckthorn
 Dwarf Buckthorn

Rose Family

Agrimony
 Alpine Lady's-mantle
 Silver Lady's-mantle
 -
 Cut-leaved Lady's-mantle
 Juneberry
 Goat's-beard Spirea
 Hawthorn
 Mountain Avens
 Meadowsweet
 Wild Strawberry
 Mountain Avens
 Creeping Avens
 Water Avens
 Hoary Cinquefoil
 Golden Cinquefoil

Alpine Cinquefoil
 Tormantil
 Creeping Cinquefoil
 Dog Rose
 Alpine Rose
 Burnet Rose
 Bramble
 Raspberry
 Stone Bramble
 Salad Burnet
 Whitebeam

Bedstraw Family

a Squinancywort
 Squinancywort
 Crosswort
 Swiss Bedstraw
 Hedge Bedstraw
 Ladies Bedstraw

Salicaceae*Populus tremula**Salix caprea**Salix herbacea**Salix reticulata**Salix retusa**Salix serpyllifolia***Santalaceae***Thesium alpinum***Saxifragaceae***Saxifraga aizoides**Saxifraga aspera**Saxifraga bryoides**Saxifraga diapensioides**Saxifraga exarata* subsp. *exarata**Saxifraga exarata* subsp. *moschata**Saxifraga oppositifolia**Saxifraga paniculata**Saxifraga rotundifolia**Saxifraga stellaris***Scrophulariaceae***Bartsia alpina**Chaenorrhinum minus**Digitalis ambigua**Digitalis lutea**Euphrasia christii**Euphrasia rosikoviana**Linaria alpina**Linaria angustissima**Linaria vulgaris**Melampyrum nemorosum**Melampyrum pratense**Melampyrum sylvaticum**Pedicularis ascendens**Pedicularis asplenifolia**Pedicularis cenisia**Pedicularis elongata**Pedicularis foliosa**Pedicularis recutita**Pedicularis rosea**pedicularis rostratospicata**Pedicularis verticillata**Rhinanthus alectorolophus**Rhinanthus minor* agg.*Verbascum densiflorum**Verbascum lychnitis**Verbascum pulverulentum**Verbascum thapsus**Veronica allionii**Veronica alpina**Veronica aphylla**Veronica beccabunga***Willow Family**

Aspen

Goat Willow

Least Willow

Net-leaved

Retuse-leaved Willow

a Willow

Sandalwood Family

Alpine Bastard Toadflax

Saxifrage Family

Yellow Mountain Saxifrage

Rough Saxifrage

Rough Saxifrage

Musky Saxifrage

White Musky Saxifrage

Purple Saxifrage

Live-long Saxifrage

Round-leaved Saxifrage

Starry Saxifrage

Figwort Family

Alpine Bartsia

Small Toadflax

Large Yellow Foxglove

Small Yellow Foxglove

Yellow Eyebright

an Eyebright

Alpine Toadflax

-

Common Toadflax

-

Common Cow-wheat

Wood Cow-wheat

Ascending Lousewort

Fern-leaved Lousewort

Mt. Cenis Lousewort

a Yellow Lousewort

Leafy Lousewort

Pink Lousewort

Verticillate Lousewort

Greater Yellow Rattle

Hay Rattle

White Mullein

Hoary Mullein

Aaron's Rod

a Speedwell

Alpine Speedwell

Leafless-stemmed Speedwell

Brooklime

Veronica bellidioides
Veronica chamaedrys
Veronica fruticulus
Veronica spicata
Veronica urticifolia

Tamaricaceae

Myricaria germanica

Thymelaeaceae

Daphne laureola
Daphne mezereum

Urticaceae

Urtica dioica

Valerianaceae

Valeriana montana
Valeriana officinalis
Valeriana tripteris

Violaceae

Viola biflora
Viola calcarata subsp. *calcarata*
Viola calcarata subsp. *villarsiana*
Viola tricolor subsp. *tricolor*

Violet Speedwell
 Germander Speedwell
 Rock Speedwell
 Spiked Speedwell
 Nettle-leaved Speedwell

Tamarisk Family

Myricaria

Daphne Family

Spurge Laurel
 Mezereum

Nettle Family

Common Nettle

Valerian Family

Mountain Valerian
 Common Valerian
 Three-leaved Valerian

Violet Family

Yellow Violet
 Long-spurred Pansy
 Long-spurred Pansy
 Heartsease

Liliidae (Monocotyledons)**Juncaginaceae**

Triglochin palustre

Arrow-grass Family

Marsh Arrow-grass

Liliaceae

Allium schoenoprasum
Allium sphaerocephalon
Allium vineale
Anthericum liliago
Asphodelus albus
Colchicum autumnale
Lillium bulbiferum subsp. *croceum*
Lillium martagon
Lloydia serotina
Maianthemum bifolium
Paradisea liliastrium
Polygonatum odoratum
Polygonatum verticillatum
Tofieldia calyculata
Veratrum album subsp. *lobelianum*

Lily Family

Chives
 Round-headed Leek
 Crow Garlic
 St. Bernard's Lily
 Asphodel
 Autumn Crocus
 Orange Lily
 Martagon Lily
 Snowdon Lily
 May Lily
 St. Bruno's Lily
 Angular Solomon's-seal
 Whorled Solomon's-seal
 Tofield's Asphodel
 White False Helleborine

Orchidaceae

Coeloglossum viride
Dactylorhiza alpestris
Dactylorhiza cruenta
Dactylorhiza fuchsii
Dactylorhiza maculata

Orchid Family

Frog Orchid
 Broad-leaved Marsh Orchid
 Flecked Marsh Orchid
 Common Spotted-orchid
 Heath Spotted Orchid

<i>Dactylorhiza majalis</i>	Broad-leaved Marsh Orchid
<i>Dactylorhiza sambucina</i>	Elder-flowered Orchid
<i>Epipactis atrorubens</i>	Dark Red Helleborine
<i>Epipactis helleborine</i>	Broad-leaved Helleborine
<i>Gymnadenia albida</i>	Small White Orchid
<i>Gymnadenia conopsea</i>	Mt.Cenis Vanilla Orchid
<i>Gymnadenia conopsea agg.</i>	Fragrant Orchid
<i>Gymnadenia cornelliana</i>	Red Vanilla Orchid
<i>Gymnadenia rhellicani</i>	a Vanilla Orchid
<i>Neottia nidus-avis</i>	Bird's-nest Orchid
<i>Neottia ovata</i>	Twayblade
<i>Orchis mascula</i>	Early Purple Orchid
<i>Traunsteinera globosa</i>	Round-headed Orchid

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

	Common name	Scientific name	June/July							
			29	30	1	2	3	4	5	6
1	Cormorant	<i>Phalacrocorax carbo</i>								8
2	Mallard	<i>Anas platyrhynchos</i>								1
3	Grey Heron	<i>Ardea cinerea</i>								1
4	Cattle Egret	<i>Bubulcus ibis</i>								1
5	Lammergeier	<i>Gypaetus barbatus</i>				1				
6	Golden Eagle	<i>Aquila chrysaetos</i>			2		1	2		1
7	Short-toed Eagle	<i>Circaetus gallicus</i>						1	1	
8	Common Buzzard	<i>Buteo buteo</i>				1				1
9	European Honey Buzzard	<i>Pernis apivorus</i>				1				
10	Common Kestrel	<i>Falco tinnunculus</i>		2		3	1	4	3	3
11	Rock Dove / Feral Pigeon	<i>Columba livia</i>				R				R
12	Common Wood Pigeon	<i>Columba palumbus</i>							1	50+
13	Eurasian Collared Dove	<i>Streptopelia decaocto</i>								3
14	Common Cuckoo	<i>Cuculus canorus</i>		H						H
15	Common Swift	<i>Apus apus</i>	10	12	6	30	30	30	40	50
16	Alpine Swift	<i>Apus melba</i>						10		
17	European Green Woodpecker	<i>Picus viridis</i>			H	1				1
18	Great Spotted Woodpecker	<i>Dendrocopos major</i>						1		
19	Common Skylark	<i>Alauda arvensis</i>				1	2	H	H	
20	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		12	2	6	10	2	2	5
21	Barn Swallow	<i>Hirundo rustica</i>	12			1	1	2		10
22	Common House Martin	<i>Delichon urbicum</i>				6		4		
23	Water Pipit	<i>Anthus spinoletta</i>				3	30	40	12	
24	Tree Pipit	<i>Anthus trivialis</i>								4
25	White Wagtail	<i>Motacilla alba</i>		1	6	4	2	2	3	2
26	Grey Wagtail	<i>Motacilla cinerea</i>		1	1	1				
27	White-throated Dipper	<i>Cinclus cinclus</i>	1	1	2	2	1	1		1
28	Dunnock	<i>Prunella modularis</i>			H	2		1		
29	Alpine Accentor	<i>Prunella collaris</i>							6	
30	European Robin	<i>Erithacus rubecula</i>	H		2		2			H
31	Common Nightingale	<i>Luscinia megarhynchos</i>						1		
32	Common Redstart	<i>Phoenicurus phoenicurus</i>		H	2					2
33	Black Redstart	<i>Phoenicurus ochruros</i>	2	6	2	4	2	5	5	2
34	Northern Wheatear	<i>Oenanthe oenanthe</i>				8	30	50	10	
35	Whinchat	<i>Saxicola rubetra</i>		3	6	4		3	2	1
36	Common Stonechat	<i>Saxicola torquata</i>						1		

	Common name	Scientific name	June/July							
			29	30	1	2	3	4	5	6
37	Song Thrush	<i>Turdus philomelos</i>	H		H	H				
38	Mistle Thrush	<i>Turdus viscivorus</i>				3		6		3
39	Fieldfare	<i>Turdus pilaris</i>		2		2		2		
40	Common Blackbird	<i>Turdus merula</i>		3	H	2	1	4	H	2
41	Ring Ouzel	<i>Turdus torquatus alpestris</i>						3		
42	Rufous-tailed Rock Thrush	<i>Monticola saxatilis</i>						1		
43	Garden Warbler	<i>Sylvia borin</i>			1			3		
44	Blackcap	<i>Sylvia atricapilla</i>		H	2	H	H	3	H	H
45	Lesser Whitethroat	<i>Sylvia curruca</i>		H	H	4				4
46	Marsh Warbler	<i>Acrocephalus palustris</i>						3		
47	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>		1						
48	Common Chiffchaff	<i>Phylloscopus collybita</i>		H	2			1		H
49	Winter Wren	<i>Troglodytes troglodytes</i>			H			1		
50	Great Tit	<i>Parus major</i>		✓	✓	2		4		1
51	Coal Tit	<i>Pariparus ater</i>		3	✓	2	H	4		
52	European Blue Tit	<i>Cyanistes caeruleus</i>				1		2		
53	Crested Tit	<i>Lophophanes cristatus</i>		2	H					H
54	Willow Tit	<i>Poecile montanus</i>		4						H
55	Long-tailed Tit	<i>Aegithalos caudatus</i>			20			H		
56	Eurasian Treecreeper	<i>Certhia familiaris</i>			2					
57	Red-backed Shrike	<i>Lanius collurio</i>	2	4	2	2	1	2		3
58	Common Magpie	<i>Pica pica</i>					4	4	4	10
59	Eurasian Jay	<i>Garrulus glandarius</i>	2	2	2	1	1	2		
60	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>		6		H		1	1	
61	Western Jackdaw	<i>Corvus monedula</i>	3							
62	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>				4	2	2		4
63	Alpine Chough	<i>Pyrrhocorax graculus</i>		3		12	4	15	2	20
64	Hooded Crow	<i>Corvus cornix</i>	✓							20
65	Carrion Crow	<i>Corvus corone</i>		4	4	2		2	6	4
66	Common Raven	<i>Corvus corax</i>		4			2	4	2	1
67	Common Starling	<i>Sturnus vulgaris</i>	✓			1				6
68	House Sparrow	<i>Passer domesticus</i>				2		1	4	✓
69	Italian Sparrow	<i>Passer italiae</i>		✓	✓	✓				
70	White-winged Snowfinch	<i>Montifringilla nivalis</i>				5	1		6	
71	Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓		H	2	✓
72	Common Linnet	<i>Carduelis cannabina</i>				12	10	10	6	
73	Common Redpoll	<i>Carduelis flammea</i>			1	1		4		
74	European Goldfinch	<i>Carduelis carduelis</i>	2	4	✓	✓	✓	✓	✓	✓
75	European Greenfinch	<i>Chloris chloris</i>			1					
76	European Serin	<i>Serinus serinus</i>			2	4		2	1	1
77	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>						2		
78	Hawfinch	<i>Coccothraustes coccothraustes</i>				1				
79	Common Crossbill	<i>Loxia curvirostra</i>						1		
80	Yellowhammer	<i>Emberiza citrinella</i>		1		2		2	3	
81	Corn Bunting	<i>Miliaria calandra</i>				1				
82	Rock Bunting	<i>Emberiza cia</i>		3	2					1

Butterflies

1	Dingy Skipper	<i>Erynnis tages</i>		✓	✓		✓			
2	Large Grizzled Skipper	<i>Pyrgus alveus</i>						✓		
3	Oberther's Grizzled Skipper	<i>Pyrgus armoricanus</i>		✓	✓		✓			✓

	Common name	Scientific name	June/July							
			29	30	1	2	3	4	5	6
4	Grizzled Skipper	<i>Pyrgus malvae</i>		✓	✓	✓	✓		✓	
5	Olive Skipper	<i>Pyrgus serratulae</i>			✓	✓	✓	✓	✓	
6	Safflower Skipper	<i>Pyrgus carthami</i>		✓	✓	✓	✓			✓
7	Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>				✓				
8	Dusky Grizzled Skipper	<i>Pyrgus cacaliae</i>				✓			✓	
9	Red Underwing Skipper	<i>Spialia sertorius</i>		✓	✓		✓			✓
10	Marbled Skipper	<i>Carcharodus lavatherae</i>			✓					
11	Tufted Marbled Skipper	<i>Carcharodus flocciferus</i>								
12	Essex Skipper	<i>Thymelicus lineola</i>		✓	✓			✓	✓	✓
13	Small Skipper	<i>Thymelicus sylvestris</i>		✓	✓					✓
14	Silver-spotted Skipper	<i>Hesperia comma</i>		✓	✓	✓				✓
15	Large Skipper	<i>Ochlodes sylvanus</i>		✓	✓		✓			✓
Papilionidae										
16	Small Apollo	<i>Parnassius phoebus</i>				✓	✓		✓	✓
17	Apollo	<i>Parnassius apollo</i>		✓	✓	✓	✓		✓	✓
18	Swallowtail	<i>Papilio machaon</i>		✓	✓		✓			✓
19	Scarce Swallowtail	<i>Iphiclydes podalirius</i>				✓				
Pieridae										
20	Wood White	<i>Leptidea sinapis</i>			✓					
21	Black-veined White	<i>Aporia crataegi</i>		✓	✓		✓			✓
22	Small White	<i>Pieris rapae</i>		✓	✓					
23	Green-veined White	<i>Pieris napi</i>				✓	✓		✓	
24	Mountain Green-veined White	<i>Pieris bryoniae</i>		✓	✓	✓				
25	Peak White	<i>Pontia callidice</i>							✓	
26	Mountain Dappled White	<i>Euchloe simplonia</i>		✓						
27	Mountain Clouded Yellow	<i>Colias phicomone</i>		✓		✓	✓	✓	✓	✓
28	Moorland Clouded Yellow	<i>Colias palaeno</i>				✓	✓		✓	
29	Brimstone	<i>Gonepteryx rhamni</i>			✓					
Lycaenidae										
30	Blue-spot Hairstreak	<i>Satyrion spini</i>			✓					
31	Green Hairstreak	<i>Callophrys rubi</i>		✓						
32	Scarce Copper	<i>Lycaena virgaureae</i>		✓	✓					
33	Purple-shot Copper	<i>Lycaena alciphron</i>			✓					
34	Purple-edged Copper	<i>Lycaena hippothoe</i>			✓	✓		✓	✓	
35	Little Blue	<i>Cupido minimus</i>		✓	✓	✓	✓	✓	✓	✓
36	Osiris Blue	<i>Cupido osiris</i>		✓	✓			✓	✓	
37	Holly Blue	<i>Celastrina argiolus</i>			✓					
38	Mountain Alcon Blue	<i>Maculinea rebeli</i>				✓	✓			
39	Large Blue	<i>Maculinea arion</i>		✓	✓			✓		✓
40	Baton Blue	<i>Pseudophilotes baton</i>			✓					
41	Silver-studded Blue	<i>Plebejus argus</i>		✓	✓	✓	✓	✓	✓	✓
42	Idas Blue	<i>Plebejus idas</i>		✓	✓	✓		✓	✓	✓
43	Cranberry Blue	<i>Vacciniina optilete</i>				✓				
44	Mazarine Blue	<i>Cyaniris semiargus</i>		✓	✓	✓		✓	✓	
45	Damon Blue	<i>Agrodiaetus damon</i>		✓	✓				✓	✓
46	Eros Blue	<i>Polyommatus eros</i>			✓	✓		✓	✓	✓
47	Escher's Blue	<i>Polyommatus escheri</i>		✓	✓					✓
48	Common Blue	<i>Polyommatus icarus</i>		✓				✓		
49	Glandon Blue	<i>Agriades glandon</i>				✓	✓	✓	✓	
50	Geranium Argus	<i>Eumedonia eumedon</i>		✓	✓		✓	✓	✓	
51	Brown Argus	<i>Aricia agestis</i>			✓			✓		

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52	Mountain Argus	<i>Aricia artaxerxes</i>		✓	✓	✓	✓	✓	✓	
53	Silvery Argus	<i>Pseudaricia nicias</i>							✓	
54	Alpine Blue	<i>Albulina orbitulus</i>		✓		✓			✓	
55	Turquoise Blue	<i>Plebicula dorylas</i>		✓	✓					✓
56	Chalk-hill Blue	<i>Lysandra coridon</i>		✓	✓		✓		✓	✓
Nymphalidae										
57	Small Tortoiseshell	<i>Aglais urticae</i>		✓	✓			✓	✓	✓
58	Weaver's Fritillary	<i>Clossiana dia</i>		✓	✓					✓
59	Glanville Fritillary	<i>Melitaea cinxia</i>		✓	✓		✓	✓		✓
60	False Heath Fritillary	<i>Melitaea diamina</i>		✓			✓	✓	✓	✓
61	Knapweed Fritillary	<i>Melitaea phoebe</i>		✓	✓		✓	✓		
62	Spotted Fritillary	<i>Melitaea didyma</i>		✓	✓					
62	Heath Fritillary	<i>Melicta athalia</i>			✓		✓	✓		✓
63	Meadow Fritillary	<i>Melicta parthenoides</i>			✓					
64	Grison's Fritillary	<i>Melicta varia</i>		✓	✓					✓
65	Cynthia's Fritillary	<i>Hypodryas cynthia</i>							✓	
66	Marsh Fritillary	<i>Euphydryas aurinia</i>		✓			✓		✓	
67	High Brown Fritillary	<i>Argynnis adippe</i>								✓
68	Dark Green Fritillary	<i>Argynnis aglaja</i>		✓	✓		✓	✓	✓	✓
69	Queen of Spain Fritillary	<i>Issoria lathonia</i>					✓			
70	Lesser Marbled Fritillary	<i>Brenthis ino</i>		✓						
71	Mountain Fritillary	<i>Boloria napaea</i>				✓	✓	✓	✓	
72	Shepherd's Fritillary	<i>Boloria pales</i>					✓	✓	✓	
73	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>		✓	✓					✓
74	Titania's Fritillary	<i>Boloria titania</i>		✓	✓		✓	✓		✓
Satyrinae										
75	Large Wall Brown	<i>Lasiommata maera</i>		✓	✓		✓			✓
76	Alpine Heath	<i>Coenonympha gardetta</i>		✓	✓	✓	✓	✓	✓	✓
77	Darwin's Heath	<i>Coenonympha darwiniana</i>			✓			✓		
78	Small Heath	<i>Coenonympha pamphilus</i>		✓	✓	✓				
79	Large Heath	<i>Coenonympha tullia</i>								✓
80	Blind Ringlet	<i>Erebia pharte</i>			✓	✓			✓	
81	Almond-eyed Ringlet	<i>Erebia albertanus</i>		✓	✓	✓	✓	✓		✓
82	Large Ringlet	<i>Erebia euryale</i>			✓	✓	✓	✓	✓	✓
83	Silky Ringlet	<i>Erebia gorge</i>							✓	
84	Woodland Ringlet	<i>Erebia medusa</i>			✓	✓	✓	✓	✓	✓
85	False Mnestrá Ringlet	<i>Erebia aethiopella</i>							✓	
86	Mnestrá's Ringlet	<i>Erebia mnestrá</i>							✓	
87	Dewy Ringlet	<i>Erebia pandrose</i>				✓	✓		✓	
88	Common Brassy Ringlet	<i>Erebia cassioides</i>			✓		✓		✓	
89	Marbled White	<i>Melanargia galathea</i>		✓	✓	✓	✓			✓
90	Alpine Grayling	<i>Oeneis glacialis</i>				✓	✓		✓	
91	Great Sooty Satyr	<i>Satyrus ferula</i>		✓	✓					

Other taxa

Chamois *Rupicapra rupicapra*Alpine Marmot *Marmotta marmotta*Common Wall Lizard *Podarcis muralis*