

# The Italian & French Alps

Naturetrek Tour Report

30 June – 7 July 2015

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Alpine scenes



Report compiled by Philip Thompson  
Alpine scenes courtesy of Dr Celia Baxter



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Tour Participants: Philip Thompson & Sharon Thompson (Leaders) and 10 Naturetrek Clients

## Day 1

**Tuesday 30th June**

The group arrived safely on time into a hot and sunny Turin where we were soon on our way (after a brief detour around the outskirts of the city!) towards the Aosta valley and ascent to Cogne, our first base of the trip. As we left the city and drove through the lowland agricultural areas, little of note was seen other than the common Hooded Crows. As we neared the Alps, the scenery became ever more impressive, with the final winding ascent to Cogne providing a glimpse of the botanical abundance soon to be explored growing along the roadsides.

Once we had all checked in, we were soon enjoying our first Italian meal, after much indecision over the extensive menu!

## Day 2

**Wednesday 1st July**

We began the day by taking the short drive to the small village of Gimillan above Cogne, from where we could look across towards the high peaks of the Gran Paradiso National Park. Our walk took us along the Torrent Grauson which we crossed a couple of times during our journey.

The initial steady climb through a meadow filled with tall grasses and flowers was slow, allowing the group to begin the mammoth task of learning and identifying the rich and diverse flora to be seen throughout the trip. Butterflies were also a large feature of the trip with a profusion of species, in numbers unseen in the UK anymore. We were met with a herd of placidly grazing cattle at the top of the path, which had to be gently nudged aside to allow for progress to the more level sections ahead. Having reached gentle gradients, the group could regain their composure and begin to admire the beauty of their surroundings. Apollo butterflies regularly cruised close by, joined by Dark Green Fritillaries and Almond-eyed Ringlets. The high temperatures were somewhat tiring and produced many thirsty clients, a feature of this year's tour, with most days experiencing temperatures near to 30°C. The calls of Nutcracker alerted us to the presence of a couple of birds, but only resulting in brief views. All around us a multitude of various species of blue butterflies were constantly weaving their way across the flower-strewn tracksides.

As we reached the first bridge crossing the river, a patch of drying mud was attracting a large number of butterflies enabling close inspection and identification of the range of species present. These included a few Damon Blues among numerous Little, Osiris, Mazarine, Turquoise, Silver-studded and Alpine Blues, to name just a few! From here we crossed a gently rising meadow in which the rich pink flowers of Mountain Sainfoin (*Onobrychis montana*) stood out. Reaching the far side, we found some shade with a cooling breeze in the pines where we had our picnic lunch. Whilst eating we were able to watch a Golden Eagle patrolling the rocky slopes above us.

With lunch completed, we continued further up the path to reach a steeper section of switchbacks, from where we could enjoy a spectacular view. We continued just a little further to view the rushing waterfall nearby, before turning to retrace our route.

Once back near our earlier lunch stop, a search among the shorter meadow flowers produced our first examples of the iconic Edelweiss (*Leontopodium alpinum*) among many other colourful species. We reached the river at a different bridge where, after being asked 'do Dippers occur here?' an individual flew by upstream to land and begin feeding from the boulders in the fast moving water.

In the warm sun, progress was sedate as we next re-entered the thin pine woodland. Those at the head of the group were then fortunate in seeing a Black Woodpecker fly, from close-by, across the valley. Re-joining our outward track, our return was then completed back to the vehicle where we were able to replenish our exhausted water supplies before driving on into Cogne for a well-earned ice cream!

## Day 3

## Thursday 2nd July

Today we entered the Gran Paradiso Park for a couple of walks. The first was spent climbing the steep valley flank via numerous switchbacks, on a gently rising gradient path, starting from the village of Valnonty.

The morning started well, with a pair of Golden Eagles being sighted hunting above us, before flying onto what appeared to be a nest on a sheltered crag. The path began alongside the Alpine garden, within which we could see the laid-out beds of labelled plants. Several fine specimens of Martagon Lily (*Lilium martagon*) had hopped over the fence to be admired; we would see many more during the following days as genuine wild specimens. Butterflies were once more in plentiful supply with a mix of various Fritillaries and Blues etc, all active in the warm morning air. The stars were several metallic-orange Scarce Coppers that settled to be photographed. As we slowly made our way up the track, the views improved and we added to our growing list of plants seen. Reaching one bend beneath a high rock face, we were delighted to come face-to-face with one of the rather tame and habituated Alpine Chamois on this popular route. This individual seemed as curious of us as we were of it. It moved effortlessly along the vertiginous rock face no more than 20m away, before dropping into the forest where a second individual was sighted. These two animals then had a spell of interaction where status and dominance were worked out between them, as we quietly watched.

The path came to a wooden bridge crossing the spectacular waterfall that plunged down into the valley. Here we paused to relax and cool ourselves in the fine mist thrown up. Nearby, beneath the pines, some Wolf's-bane (*Aconitum vulparia*) grew among a rich assembly of other species. Returning back the way we had come, further Nutcrackers were seen, plus a couple of calling and singing Rock Buntings.

Upon reaching the vehicles, we then drove a short distance upriver to find a shady spot for lunch. Alongside us, as we ate, grew both *Astragalus exscapus* and Mountain Lentil (*A. penduliflorus*) to be admired once we were suitably refreshed.

Next we took a walk from our lunch spot on the comparatively flat valley floor. This easy walk was welcome in the increasing heat, as we took our time looking at the flowers, butterflies and birds encountered along the way. The route reached a small mountain hut with an inviting wooden bench alongside the running spring water. We took advantage of this shady spot to rest and watch the local Black Redstarts and Eurasian Treecreepers, before we headed back to cross over a bridge to the opposite bank. Here we found the striking, tall, silky- hairy flower heads of *Astragalus centralpinus*. A little further on, we came to an open boggy area alongside a picnic area popular

with the local population. Here several interesting new species of flower were found, such as Grass-of-Parnassus (*Parnassia palustris*) and the insectivorous Common Butterwort (*Pinguicula vulgaris*).

After a wonderful day in the field we retreated to a nearby café for refreshments before a short spell of souvenir shopping in Cogne.

## Day 4

## Friday 3rd July

After the interesting discovery of the possible eagle nest site yesterday a few of the group took an early pre-breakfast drive to have a second look. The nest could be seen, but the cool morning air had not tempted any activity from the eagles. We were consoled with several Dippers, active on the river in front of us, and a couple of Willow Tits in the forest behind us.

We next undertook the transfer from Italy into France following an incredibly scenic route. We firstly passed the imposing Monte Bianco/Mont Blanc where we took a short pause for photos, before ascending to the Col du Petit St. Bernard. A second stop was taken here to enjoy the open treeless meadows at 2188m. The first Alpine Marmots of the trip were heard and seen in abundance, whilst new birds such as White-winged Snowfinch and Alpine Chough were also seen. We enjoyed our time wandering among the defensive fortifications built to guard this strategic pass but which were now covered with a wonderful alpine flora. Prominent among the new plants seen were the fuchsia-pink, loose flower heads of Alpine Clover (*Trifolium alpinum*) that covered the ground.

We drove on a short distance for a coffee stop and to enjoy the view at La Rosiere, before we dropped down the winding road to the valley below and then headed towards Val d'Iserre. We passed straight through this famous ski town, to take a lunch stop at the foot of the ascent to the Col de l'Iseran. The warm weather made for a rather uncomfortable lunch, which was ameliorated by a walk from here into a dramatic deep gorge where a cooling breeze made life more comfortable. The route was now within the Vanoise NP, at a point very close to the Gran Paradiso that together form one large continuous protected area across the national boundaries. One reason for the walk here was the hope of seeing one of the mammals the parks were designated to protect, namely the Alpine Ibex. Within 100m of setting off, a young adolescent male was sighted, eagerly licking the bare earth riverbanks, probably for trace minerals, which the area produces. We were able to enjoy very close views of this relaxed animal before we moved on along the track. Another animal of similar age was spotted feeding on the grassy slopes above us soon after, making the walk a great success.

Returning to the vehicles, we then made the long climb up to the Col de l'Iseran at 2764m. These high regions produced stunning scenery at every turn in the road as we continued on to drop down once more into the River Arc valley and Lanslevillard where our next base would be.

## Day 5

## Saturday 4th July

After the long day on the road yesterday, we began today with a short drive and climb up to Bellecombe. From here we enjoyed a comparatively easy and level walk in stunning conditions and scenery. As we slowly moved along the initial stages of the walk we encountered several new and exciting species of flowers that kept our attention fixed on the ground. Flying among this floral diversity was a fine selection of specialist high alpine

butterflies, with a notable abundance of Glandon Blues this year. Reaching the Plan du Lac we pondered over what species of fish occurred there, with the many fishermen seeming unable to catch anything to see!

The route continued over gently undulating ground to the Mountain Refuge, which we passed, heading on to a slope clothed in Alpenrose (*Rhododendron ferrugineum*) where we stopped for lunch. Wide vistas lay all around as we relaxed in the warm sunshine. A little further was walked, to a small rocky hillock alongside the path. This afforded even better scenic views, which a few of the group climbed to enjoy. Returning to the Refuge for coffee, we found a few examples of *Callianthemum coriandrifolium* in flower on the way, that had been missed on the outward journey.

Safely back at the vehicles, we started the return drive taking a couple of walks and stops on the way. The first was in an area of grassy meadows that held a few Round-headed Orchids (*Traunsteinera globosa*) found after a little diligent searching. The next walk led into the shade of the pine woodland where an array of select shade-loving species were found including two species of Wintergreen, and Dark Red Helleborine (*Epipactis atrorubens*) in full flower this year (perhaps a reflection of the warm and sunny conditions being experienced). The path led to a wooden bridge over a fast running stream where a pause was taken before our return.

## Day 6

## Sunday 5th July

Today was spent around the Lac du Mont Cenis. After the short drive over the col at 2081m we drove along the western shore to park at the Refuge du Mont Cenis. Everywhere this year was incredibly busy, with a multitude of visitors presumably escaping hotter conditions in the lowlands. Fortunately we had arrived early enough to find a parking space! Our walk then led past the refuge and overshadowed by the summit of the Petit Mont Cenis.

New plants were still to be found. A notable start was made with the discovery of the abundant Spotted Gentians (*Gentiana punctata*). The walk followed an undulating route through an interesting mix of habitats. At one large boulder a beautiful patch of Alpine Columbine (*Aquilegia alpina*) grew in abundance; surely one of the loveliest alpine flowers. We walked on, reaching the Col du Petit Mont Cenis, to once more admire the views. Returning by a different route we passed numerous outcrops of rock covered in amazing mixes of colour and form to make any alpine gardener green with envy. The sun this year had brought out an especially flower-filled season, which we were fortunate to enjoy.

We then took our lunch on these flower-covered slopes near to the refuge. A pair of Golden Eagles distantly soaring and calling Quail enlivened the meal.

We then drove slowly back to the lake marvelling at the colour and abundance of flowers all around. Our next walk was the taken with a route that led towards the late 19<sup>th</sup> C Fort de Ronce with the summit of the Grand Mont Cenis in the background. The hot rising air from Italy was spilling over the dam wall of the lake and condensing into clouds, which made the humidity rather stifling in the heat but we were able to enjoy enough cooling breezes to ameliorate the conditions and continue with our walk. Birdlife was rather subdued in the heat, which was compensated by the flowers, butterflies and views.

## Day 7

## Monday 6th July

A pre-breakfast walk was taken by some of the group near the hotel for some early birding before things warmed too much. A fine selection of species were seen, most notably a wonderfully prolonged and close encounter with a family of Willow Tits, a bird in sharp decline in the UK and now very hard to find on domestic shores. To this, we added several sightings of an equally difficult species at home, with the local breeding Marsh Warblers seen moving among the tall Meadowsweet (*Filipendula ulmaria*) and Rosebay Willowherb (*Chamerion angustifolium*) beds.

We next returned to the Col de l'Iseran to spend some time exploring this high alpine environment, which holds numerous specialised and hardy plants, most of which remain no taller than a centimetre or two! During time spent here we found numerous gems among which *Gentiana tergloensis* subsp. *schleicheri*, *Cerastium latifolium*, Pyrenean Whitlow-grass (*Petrocallis pyrenaica*) and Glacier Crowfoot (*Ranunculus glacialis*) mentions only a selection.

Our next excursion was taken with a steep climb up the flank of the Pointe des Lessieres at 3043m. We succeeded in finding the lovely Mont Cenis Bellflower (*Campanula cenisia*) growing from the cracks and crevices in this rather barren looking situation. Other notable plants found were *Oxytropis fetida*, *Geum reptans* and *Galium megalospermum*. Singing from the rocks an Alpine Accentor provided the birding highlight.

We then began to explore regions lower down with a couple of short roadside stops to wander through the damp vegetated scree slopes. Our first Lammergeyer was soon sighted, followed by a Griffon Vulture; both recently reintroduced to the Alps. One area of recent snowmelt produced hundreds of the delicate Alpine Snowbells (*Soldanella alpina*) while another wet seeping slope held an abundance of Glacier Crowfoot and Starry saxifrage (*Saxifraga stellaris*).

With lunchtime approaching we drove on to a ruined building alongside a dramatic waterfall where we set out our picnic and drank in the view. Further sightings of Lammergeyer and Griffon Vultures resulted as we relaxed. A short walk was taken to the edge of the cataract before we drove a little higher once more for our final walk of the day. This was a steady, and at times steep, climb around the Pointe des Arses 3187m and the Ouille Noire 3357m. We were hoping to find Rufous-tailed Rock Thrush, which eluded us. We did spot a pair of Alpine Accentors alongside the widespread Northern Wheatears and Water Pipits. Plentiful Edelweiss grew in the short grassy slopes and together with the amazing views provided a fine end to our final full day in the field.

## Day 8

## Tuesday 7th July

Our late afternoon return flight allowed time for a last early walk along a track lying behind and overlooking the town of Lanslevillard. The day was warm and sunny once more which drew out a profusion of butterflies, which included Chestnut Heath and several Fritillaries. Prominent among the grass a number of stunning Orange Lilies (*Lilium bulbifera*) were the undoubted botanical highlight of the morning, although the discovery of a good population of Mont Cenis Restharrow (*Ononis cenisia*) with the two named peaks in the background was a close second! Birds were well represented, with a group of very confiding delightful Crested Tits providing the best sighting.

We returned to the hotel to load up and say our goodbyes before we drove back up to the Lac du Mont Cenis where we stopped for a walk around the botanic gardens and visitor centre before a light lunch. Our final look at

the views then left us the final drive to the airport. We initially became caught up in a bicycle tour being filmed from an open-top Maserati before seeming to move ahead of the riders. The very long descent down into Italy resulted in a couple of the cyclists then overtaking us again as we gently negotiated the countless hairpin bends! We finally arrived in Susa where we shortly joined the motorway and the remaining leg of the journey to the airport.

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## Species Lists

### Plants

Scientific Name	Common Name
<b>GYMNOSPERMS</b>	
<b>Cupressaceae</b>	
<i>Juniperus communis</i> subsp. <i>communis</i>	Common Juniper
<i>Juniperus communis</i> subsp. <i>alpina</i>	Dwarf Juniper
<i>Juniperus sabina</i>	Savin
<b>Pinaceae</b>	
<i>Abies alba</i>	European Silver Fir
<i>Larix decidua</i>	European Larch
<i>Picea abies</i> subsp. <i>abies</i>	Spruce
<i>Pinus mugo</i>	Dwarf Mountain Pine
<i>Pinus uncinata</i>	Mountain Pine
<b>ANGIOSPERMS</b>	
<b>Dicotyledons</b>	
<b>FLOWERING PLANTS</b>	
<b>Apiaceae</b>	
<i>Astrantia major</i>	Great Masterwort
<i>Astrantia minor</i>	Lesser Masterwort
<i>Athamanta cretensis</i>	Athamanta
<i>Bupleurum petraeum</i>	Rock Hare's-ear
<i>Bupleurum ranunculoides</i>	Three-veined Hare's-ear
<i>Chaerophyllum aureum</i>	Golden Chervil
<i>Chaerophyllum hirsutum</i>	Hairy Chervil
<i>Daucus carota</i>	Wild Carrot
<i>Heracleum sphondylium</i>	Hogweed
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain
<i>Laserpitium siler</i>	Narrow-leaved Sermountain
<i>Ligusticum mutellina</i>	Alpine Lovage
<i>Ligusticum mutellinoides</i>	Unbranched Lovage
<i>Molopospermum peloponnesiacum</i>	Molopospermum
<i>Peucedanum ostruthium</i>	Masterwort
<i>Pimpinella major</i>	Greater Burnet-saxifrage
<b>Asteraceae</b>	
<i>Achillea erba-rotta</i> agg	Simple-leaved Milfoil
<i>Achillea millefolium</i>	Yarrow
<i>Achillea nana</i>	Dwarf Milfoil
<i>Adenostyles alliariae</i>	Adenostyles
<i>Antennaria carpatica</i>	Carpathian Cat's-foot
<i>Antennaria dioica</i>	Cat's-foot
<i>Arnica montana</i>	Arnica
<i>Artemisia absinthium</i>	Wormwood
<i>Artemisia campestris</i>	Field Wormwood
<i>Artemisia glacialis</i>	Glacier Wormwood
<i>Artemisia genipi</i>	-
<i>Aster alpinus</i>	Alpine Aster
<i>Aster bellidastrum</i>	False Aster

**Scientific Name****Common Name**

<i>Bupthalmum salicifolium</i>	Yellow Oxeye
<i>Carduus nutans</i>	Musk Thistle
<i>Carduus defloratus</i>	Alpine Thistle
<i>Carduus personata</i>	Great Marsh Thistle
<i>Cicerbita alpina</i>	Alpine Sow-thistle
<i>Cirsium eriophorum</i>	Woolly Thistle
<i>Cirsium heterophyllum</i>	Melancholy Thistle
<i>Cirsium palustre</i>	Marsh Thistle
<i>Cirsium spinosissimum</i>	Spiniest Thistle
<i>Centaurea scabiosa</i> subsp. <i>alpestris</i>	a Knapweed
<i>Centaurea montana</i>	Perennial Cornflower
<i>Centaurea scabiosa</i>	Greater Knapweed
<i>Centaurea triumfettii</i>	
<i>Centaurea uniflora</i>	Plume Knapweed
<i>Crepis aurea</i>	Golden Hawk's-beard
<i>Crepis rhaetica</i>	
<i>Doronicum grandiflorum</i>	Large-flowered Leopard's-bane
<i>Erigeron acris</i>	Blue Fleabane
<i>Erigeron alpinus</i>	Alpine Fleabane
<i>Erigeron glabratus</i>	Variable Fleabane
<i>Erigeron uniflorus</i>	One-flowered Fleabane
<i>Gnaphalium norvegicum</i>	Highland Cudweed
<i>Hieracium alpinum</i> agg	Alpine Hawkweed
<i>Hieracium angustifolium</i>	
<i>Hieracium tomentosum</i>	Woolly Hawkweed
<i>Hieracium villosum</i>	-
<i>Homogyne alpina</i>	Alpine Colt's-foot
<i>Lactuca perennis</i>	Blue Lettuce
<i>Leontopodium alpinum</i>	Edelweiss
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy
<i>Leucanthemum adustum</i>	
<i>Leucanthemum atratum</i>	Saw-leaved Moon Daisy
<i>Leucanthemum vulgare</i>	Ox-eye Daisy
<i>Petasites alba</i>	White Butterbur
<i>Petasites hybridus</i>	Butterbur
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed
<i>Prenanthes purpurea</i>	Purple Lettuce
<i>Senecio doronicum</i>	Chamois Ragwort
<i>Senecio incanus</i>	-
<i>Solidago virgaurea</i>	Goldenrod
<i>Taraxacum</i> agg	Dandelion
<i>Tragopogon pratensis</i> subsp. <i>orientalis</i>	Goat's-beard
<i>Tussilago farfara</i>	Colt's-foot

**Berberidaceae***Berberis vulgaris***Barberry Family**

Barberry

**Betulaceae***Alnus viridis***Birch Family**

Green Alder

**Boraginaceae***Echium vulgare**Myosotis alpestris***Forget-me-not Family**

Viper's-bugloss

Alpine Wood Forget-me-not

Scientific Name	Common Name
<i>Myosotis sylvatica</i>	Wood Forget-me-not
<b>Brassicaceae</b>	<b>Cabbage Family</b>
<i>Allyssoides utriculata</i>	Alyssoides
<i>Alyssum alpestre</i>	Alpine Alyssum
<i>Alyssum alyssoides</i>	Small Alyssum
<i>Alyssum montanum</i>	Mountain Alyssum
<i>Arabis alpina</i>	Alpine Rock-cress
<i>Barbarea intermedia</i>	
<i>Barbarea vulgaris</i>	Common Winter-cress
<i>Biscutella laevigata</i>	Buckler Mustard
<i>Cardamine alpina</i>	
<i>Descurainia sophia</i>	Flixweed
<i>Draba aizoides</i>	Yellow Whitlow-grass
<i>Erophila verna</i>	Whitlowgrass
<i>Erysimum rhaeticum</i>	-
<i>Hugueninia tanacetifolia</i>	Tansy-leaved Rocket
<i>Kernera saxatilis</i>	Kernera
<i>Petrocallis pyrenaica</i>	Pyrenean Whitlow-grass
<i>Pritzelago alpina</i>	Chamois Cress
<i>Sisymbrium austriacum</i>	Austrian Rocket
<b>Campanulaceae</b>	<b>Bellflower Family</b>
<i>Campanula barbata</i>	Bearded Bellflower
<i>Campanula cenisia</i>	Mt. Cenis Bellflower
<i>Campanula cochlearifolia</i>	Fairy's Thimble
<i>Campanula glomerata</i>	Clustered Bellflower
<i>Campanula rapunculoides</i>	Creeping Bellflower
<i>Campanula rapunculus</i>	Rampion Bellflower
<i>Campanula rhomboidalis</i>	a Bellflower
<i>Campanula rotundifolia</i>	Harebell
<i>Campanula scheuchzeri</i>	Scheuchzer's Bellflower
<i>Campanula spicata</i>	Spiked Bellflower
<i>Campanula thyrsoidea</i>	Yellow Bellflower
<i>Campanula trachelium</i>	Nettle-leaved Bellflower
<i>Phyteuma betonicifolium</i>	
<i>Phyteuma globularifolium</i> subsp. <i>pedemontanum</i>	a Rampion
<i>Phyteuma hemisphaericum</i>	Globe-headed Rampion
<i>Phyteuma orbiculare</i>	Round-headed Rampion
<i>Phyteuma ovatum</i>	Dark Rampion
<i>Phyteuma scorzonnerifolium</i>	Scorzonera-leaved Rampion
<i>Phyteuma spicatum</i> subsp. <i>coeruleum</i>	Spiked Rampion
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>
<i>Lonicera caerulea</i>	Blue-berried Honeysuckle
<i>Lonicera xylosteum</i>	Fly Honeysuckle
<b>Caryophyllaceae</b>	<b>Pink Family</b>
<i>Arenaria ciliata</i>	Fringed Sandwort
<i>Cerastium arvense</i>	Field Mouse-ear
<i>Cerastium latifolium</i>	
<i>Cerastium uniflorum</i>	Glacier Mouse-ear
<i>Dianthus carthusianorum</i> agg	Carthusian Pink

**Scientific Name****Common Name**

<i>Dianthus gratianopolitanus</i>	Cheddar Pink
<i>Dianthus pavonius</i>	Three-veined Pink
<i>Dianthus sylvestris</i>	Wood Pink
<i>Gypsophila repens</i>	Alpine Gypsophila
<i>Minuartia recurva</i>	Sickle-leaved Sandwort
<i>Minuartia sedoides</i>	Mossy Cyphel
<i>Minuartia verna</i> subsp. <i>verna</i>	Spring Sandwort
<i>Sagina glabra</i>	-
<i>Saponaria lutea</i>	Yellow Soapwort
<i>Saponaria ocymoides</i>	Rock Soapwort
<i>Scleranthus perennis</i>	Perennial Knawel
<i>Silene acaulis</i>	Moss Campion
<i>Silene dioica</i>	Red Campion
<i>Silene exscapa</i>	a Moss Campion
<i>Silene italica</i>	
<i>Silene nutans</i>	Nottingham Catchfly
<i>Silene otites</i>	Spanish Catchfly
<i>Silene rupestris</i>	Rock Catchfly
<i>Silene suecica</i> ( <i>Lychnis alpina</i> )	Alpine Lychnis
<i>Silene vallesia</i>	Valleis Catchfly
<i>Silene vulgaris</i> subsp. <i>vulgaris</i>	Bladder Campion
<i>Silene vulgaris</i> subsp. <i>prostrata</i>	Prostrate Bladder Campion
<i>Spergularia rubra</i>	

**Chenopodiaceae****Goosefoot Family**

<i>Chenopodium bonus-henricus</i>	Good King Henry
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**Cistaceae****Rock-rose Family**

<i>Helianthemum nummularium</i>	Rock-rose
<i>Helianthemum oelandicum</i> subsp. <i>incanum</i>	Hoary Rock-rose

**Clusiaceae****St. John's-wort Family**

<i>Hypericum perforatum</i>	Perforate St. John's-wort
<i>Hypericum richeri</i>	Alpine St. John's-wort

**Convolvulaceae****Bindweed Family**

<i>Cuscuta epithymum</i>	Dodder
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**Crassulaceae****Stonecrop Family**

<i>Sedum acre</i>	Biting Stonecrop
<i>Sedum album</i>	White Stonecrop
<i>Sedum alpestre</i>	-
<i>Sedum anacampseros</i>	-
<i>Sedum annuum</i>	Annual Stonecrop
<i>Sedum atratum</i>	Dark Stonecrop
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop
<i>Sedum rupestre</i>	Rock Stonecrop
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek
<i>Sempervivum grandiflorum</i>	Large-flowered Houseleek
<i>Sempervivum montanum</i>	Mountain Houseleek
<i>Sempervivum tectorum</i>	Common Houseleek

Scientific Name	Common Name
<b>Dipsacaceae</b>	<b>Teasel Family</b>
<i>Knautia arvensis</i>	Field Scabious
<i>Knautia dipsacifolia</i>	Wood Scabious
<i>Scabiosa columbaria</i>	Small Scabious
<b>Elaeagnaceae</b>	<b>Sea-buckthorn Family</b>
<i>Hippophae rhamnoides</i>	Sea-buckthorn
<b>Empetraceae</b>	<b>Crowberry Family</b>
<i>Empetrum nigrum</i>	Crowberry
<b>Ericaceae</b>	<b>Heather Family</b>
<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Kalmia (Loiseleuria) procumbens</i>	Creeping Azalea
<i>Rhododendron ferrugineum</i>	Alpenrose
<i>Vaccinium gaultherioides</i>	
<i>Vaccinium myrtillus</i>	Bilberry
<i>Vaccinium vitis-idaea</i>	Cowberry
<b>Euphorbiaceae</b>	<b>Spurge Family</b>
<i>Euphorbia cyparissias</i>	Cypress Spurge
<b>Fabaceae</b>	<b>Pea Family</b>
<i>Anthyllis vulneraria agg</i>	Kidney Vetch
<i>Astragalus alpinus</i>	Alpine Milk-vetch
<i>Astragalus centralpinus</i>	a Milk-vetch
<i>Astragalus danicus</i>	Purple Milk-vetch
<i>Astragalus exscapus</i>	-
<i>Astragalus glycyphyllos</i>	Wild Liquorice
<i>Astragalus leontinus</i>	Tyrolean Milk-vetch
<i>Astragalus monspessulanus</i>	False Vetch
<i>Astragalus penduliflorus</i>	Mountain Lentil
<i>Astragalus sempervirens</i>	Mountain Tragacanth
<i>Hippocrepis comosa</i>	Horseshoe Vetch
<i>Lathyrus latifolius</i>	Broad-leaved Everlasting Pea
<i>Lathyrus pratensis</i>	Meadow Vetchling
<i>Lotus alpinus</i>	Alpine Bird's-foot Trefoil
<i>Lotus corniculatus</i>	Bird's-foot Trefoil
<i>Lotus pedunculatus</i>	Greater Bird's-foot Trefoil
<i>Medicago sativa</i>	Lucerne
<i>Melilotus alba</i>	White Melilot
<i>Melilotus officinalis</i>	Ribbed Melilot
<i>Onobrychis montana</i>	Mountain Sainfoin
<i>Onobrychis viciifolia</i>	Common Sainfoin
<i>Ononis cristata (O.cenisia)</i>	Mt. Cenis Restharrow
<i>Ononis natrix</i>	Large Yellow Restharrow
<i>Ononis rotundifolia</i>	Round-leaved Restharrow
<i>Oxytropis campestris</i>	Yellow Milk-vetch
<i>Oxytropis fetida</i>	
<i>Oxytropis helvetica</i>	Gaudin's Milk-vetch
<i>Oxytropis jacquinii</i>	Mountain Milk-vetch
<i>Securigera varia</i>	Crown Vetch
<i>Trifolium alpinum</i>	Alpine Clover

**Scientific Name**

*Trifolium badum*  
*Trifolium medium*  
*Trifolium montanum*  
*Trifolium pratense* subsp. *pratense*  
*Trifolium repens*  
*Vicia cracca*  
*Vicia onobrychoides*  
*Vicia sepium*

**Gentianaceae**

*Gentiana acaulis*  
*Gentiana asclepiadea*  
*Gentiana bavarica*  
*Gentiana brachyphylla*  
*Gentiana clusii*  
*Gentiana lutea*  
*Gentiana nivalis*  
*Gentiana punctata*  
*Gentiana terglouensis* subsp. *schleicheri*  
*Gentiana verna* subsp. *delphinensis*  
*Gentiana verna* subsp. *verna*  
*Gentianella campestris*

**Geraniaceae**

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

**Globulariaceae**

*Globularia bisnagarica*  
*Globularia cordifolia*

**Grossulariaceae**

*Ribes petraeum*  
*Ribes uva-crispa*

**Lamiaceae**

*Acinos alpinus*  
*Ajuga chamaepitys*  
*Ajuga pyramidalis*  
*Ajuga reptans*  
*Calamintha nepeta*  
*Clinopodium vulgare*  
*Galeopsis ladanum*  
*Nepeta nepetella*  
*Origanum vulgare*  
*Prunella grandiflora*  
*Prunella vulgaris*  
*Salvia pratensis*  
*Scutellaria alpina*

**Common Name**

Brown Clover  
 Zig-zag Clover  
 Mountain Clover  
 Red Clover  
 White Clover  
 Tufted Vetch  
 False Sainfoin  
 Bush Vetch

**Gentian Family**

Trumpet 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  
 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  
 Ground Pine  
 Pyramidal Bugle  
 Bugle  
 Lesser Calamint  
 Wild Basil  
  
 a Cat-mint  
 Wild Marjoram  
 Large-flowered Self-heal  
 Self-heal  
 Meadow Clary  
 Alpine Skullcap

<b>Scientific Name</b>	<b>Common Name</b>
<i>Stachys pradica</i>	Alpine Betony
<i>Stachys officinalis</i>	Betony
<i>Stachys recta</i>	Yellow Woundwort
<i>Teucrium montanum</i>	Mountain Germander
<i>Thymus polytrichus</i>	Hairy Thyme
<i>Thymus pulegioides</i>	Greater Thyme
<i>Thymus serpyllum</i>	Wild Thyme
<b>Lentabulariaceae</b>	<b>Bladderwort Family</b>
<i>Pinguicula alpina</i>	Alpine Butterwort
<i>Pinguicula vulgaris</i>	Common Butterwort
<b>Linaceae</b>	<b>Flax Family</b>
<i>Linum alpinum</i>	Alpine flax
<i>Linum catharticum</i>	Purging or Fairy Flax
<b>Onagraceae</b>	<b>Willowherb Family</b>
<i>Chamerion angustifolium</i>	Rosebay Willowherb
<i>Epilobium alpestre</i>	
<i>Epilobium fleischeri</i>	Alpine Willowherb
<i>Epilobium nutans</i>	Nodding Willowherb
<b>Orobanchaceae</b>	<b>Broomrape Family</b>
<i>Orobanche alba</i>	Thyme Broomrape
<i>Orobanche gracilis</i>	Slender Broomrape
<i>Orobanche minor</i>	Common Broomrape
<b>Oxalidaceae</b>	<b>Wood-sorrel Family</b>
<i>Oxalis acetosella</i>	Wood-sorrel
<b>Papaveraceae</b>	<b>Poppy Family</b>
<i>Papaver rhoeas</i>	Common Poppy
<b>Parnassiaceae</b>	<b>Grass of Parnassus Family</b>
<i>Parnassia palustris</i>	Grass of Parnassus
<b>Plantaginaceae</b>	<b>Plantain Family</b>
<i>Plantago alpina</i>	Alpine Plantain
<i>Plantago atrata</i>	Mountain Plantain
<i>Plantago maritima</i>	Sea Plantain
<i>Plantago media</i>	Hoary Plantain
<b>Plumbaginaceae</b>	<b>Thrift Family</b>
<i>Armeria arenaria</i>	-
<b>Polygalaceae</b>	<b>Milkwort Family</b>
<i>Polygala alpina</i>	Alpine Milkwort
<i>Polygala chamaebuxus</i>	Shrubby Milkwort
<i>Polygala comosa</i>	Tufted Milkwort
<b>Polygonaceae</b>	<b>Knotweed Family</b>
<i>Oxyria digyna</i>	Mountain Sorrel
<i>Persicaria bistorta</i>	Bistort

**Scientific Name**

*Persicaria vivipara*  
*Rumex acetosa*  
*Rumex alpinus*  
*Rumex scutatus*

**Primulaceae**

*Androsace chamaejasme*  
*Androsace obtusifolia*  
*Androsace vitaliana* subsp. *vitaliana*  
*Primula farinosa*  
*Primula pedemontana*  
*Soldanella alpina*

**Pyrolaceae**

*Moneses uniflora*  
*Orthillia secunda*  
*Pyrola minor*

**Ranunculaceae**

*Aconitum vulparia* (*lycoctonum* subsp. *v.*)  
*Anemone baldensis*  
*Aquilegia alpina*  
*Aquilegia atrata*  
*Aquilegia vulgaris*  
*Callianthemum coriandrifolium*  
*Clematis alpina*  
*Clematis vitalba*  
*Pulsatilla alpina* subsp. *alpina*  
*Pulsatilla alpina* subsp. *apiifolia*  
*Pulsatilla vernalis*  
*Ranunculus aconitifolius*  
*Ranunculus acris*  
*Ranunculus glacialis*  
*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 glabra*  
*Alchemilla hybrida*

**Common Name**

Alpine Bistort  
 Sorrel  
 Monk's Rhubarb  
 French Sorrel

**Primrose Family**

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

**Wintergreen Family**

One-flowered Wintergreen  
 Nodding Wintergreen  
 Common Wintergreen

**Buttercup Family**

Wolf's-bane  
 Monte Baldo Anemone  
 Alpine Columbine  
 Dark Columbine  
 Common Columbine  
 Callianthemum  
 Alpine Clematis  
 Old Man's Beard  
 Alpine Pasque Flower  
 Yellow Pasque Flower  
 Spring Pasque Flower  
 Aconite-leaved Buttercup  
 Meadow Buttercup  
 Glacier Crowfoot  
 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  
 Smooth Lady's-mantle  
 -



**Scientific Name**

*Alchemilla pentaphyllea*  
*Aruncus dioicus*  
*Cotoneaster integerrimus*  
*Crataegus monogyna*  
*Dryas octopetala*  
*Filipendula ulmaria*  
*Fragaria vesca*  
*Geum montanum*  
*Geum reptans*  
*Geum rivale*  
*Potentilla aurea*  
*Potentilla brauniana*  
*Potentilla crantzii*  
*Potentilla erecta*  
*Potentilla grandiflora*  
*Potentilla reptans*  
*Rosa canina*  
*Rosa pendulina*  
*Rosa pimpinellifolia*  
*Rubus fruticosus* agg.  
*Rubus idaeus*  
*Sanguisorba minor*  
*Sorbus aria*  
*Sorbus aucuparia*

**Rubiaceae**

*Asperula aristata*  
*Asperula cynanchica*  
*Galium lucidum*  
*Galium megalospermum*  
*Gallium mollugo*  
*Galium pseudohelveticum*  
*Galium verum*

**Salicaceae**

*Populus tremula*  
*Salix breviserrata*  
*Salix caesia*  
*Salix caprea*  
*Salix herbacea*  
*Salix reticulata*  
*Salix retusa*  
*Salix serpyllifolia*

**Santalaceae**

*Thesium alpinum*

**Saxifragaceae**

*Saxifraga aizoides*  
*Saxifraga androsacea*  
*Saxifraga aspera*  
*Saxifraga bryoides*  
*Saxifraga diapensioides*

**Common Name**

Cut-leaved Lady's-mantle  
 Goat's-beard Spirea  
 Wild Cotoneaster  
 Hawthorn  
 Mountain Avens  
 Meadowsweet  
 Wild Strawberry  
 Mountain Avens  
 Creeping Avens  
 Water Avens  
 Golden Cinquefoil  
 Dwarf Cinquefoil  
 Alpine Cinquefoil  
 Tormentil  
 Large-flowered Cinquefoil  
 Creeping Cinquefoil  
 Dog Rose  
 Alpine Rose  
 Burnet Rose  
 Bramble  
 Raspberry  
 Salad Burnet  
 Whitebeam  
 Rowan

**Bedstraw Family**

a Squinancywort  
 Squinancywort  
 a Bedstraw  
 Swiss Bedstraw  
 Hedge Bedstraw  
  
 Ladies Bedstraw

**Willow Family**

Aspen  
 Finely-toothed Willow  
 Blue-green Willow  
 Goat Willow  
 Least Willow  
 Net-leaved  
 Retuse-leaved Willow  
 a Willow

**Sandalwood Family**

Alpine Bastard Toadflax

**Saxifrage Family**

Yellow Mountain Saxifrage  
 Scree Saxifrage  
 Rough Saxifrage  
 Rough Saxifrage

**Scientific Name**

*Saxifraga exarata* subsp. *exarata*  
*Saxifraga exarata* subsp. *moschata*  
*Saxifraga oppositifolia*  
*Saxifraga paniculata*  
*Saxifraga rotundifolia*  
*Saxifraga stellaris*

**Scrophulariaceae**

*Bartsia alpina*  
*Digitalis ambigua*  
*Digitalis lutea*  
*Euphrasia rostkoviana*  
*Linaria alpina*  
*Linaria angustissima*  
*Melampyrum nemorosum*  
*Melampyrum pratense*  
*Melampyrum sylvaticum*  
*Pedicularis ascendens*  
*Pedicularis cenisia*  
*Pedicularis foliosa*  
*Pedicularis gyroflexa*  
*Pedicularis rosea* subsp. *allionii*  
*Pedicularis rostratospicata* subsp. *helvetica*  
*Pedicularis verticillata*  
*Rhinanthus alectorolophus*  
*Rhinanthus minor* agg.  
*Scrophularia canina* subsp. *hoppii*  
*Verbascum densiflorum*  
*Verbascum lychnitis*  
*Verbascum pulverulentum*  
*Verbascum thapsus* subsp. *montanum*  
*Veronica allionii*  
*Veronica alpina*  
*Veronica aphylla*  
*Veronica beccabunga*  
*Veronica bellidioides*  
*Veronica fruticans*  
*Veronica spicata*  
*Veronica serpyllifolia* subsp. *serpyllifolia*  
*Veronica urticifolia*

**Tamaricaceae**

*Myricaria germanica*

**Thymelaeaceae**

*Daphne alpina*  
*Daphne striata*

**Urticaceae**

*Urtica dioica*

**Valerianaceae**

*Valeriana montana*

**Common Name**

Musky Saxifrage  
 White Musky Saxifrage  
 Purple Saxifrage  
 Live-long Saxifrage  
 Round-leaved Saxifrage  
 Starry Saxifrage

**Figwort Family**

Alpine Bartsia  
 Large Yellow Foxglove  
 Small Yellow Foxglove  
 an Eyebright  
 Alpine Toadflax  
 -  
 -  
 Common Cow-wheat  
 Wood Cow-wheat  
 Ascending Lousewort  
 Mt. Cenis Lousewort  
 Leafy Lousewort  
 -  
 Pink Lousewort  
 Flesh-pink Lousewort  
 Verticillate Lousewort  
 Greater Yellow Rattle  
 Hay Rattle  
 French Figwort  
  
 White Mullein  
 Hoary Mullein  
 Aaron's Rod  
 a Speedwell  
 Alpine Speedwell  
 Leafless-stemmed Speedwell  
 Brooklime  
 Violet Speedwell  
 Rock Speedwell  
 Spiked Speedwell  
 Thyme-leaved Speedwell  
 Nettle-leaved Speedwell

**Tamarisk Family**

*Myricaria*

**Daphne Family**

Alpine Mezereon  
 a Daphne

**Nettle Family**

Common Nettle

**Valerian Family**

Mountain Valerian

**Scientific Name****Common Name***Valeriana officinalis*

Common Valerian

**Violaceae****Violet Family***Viola arvensis*

Field Pansy

*Viola biflora*

Yellow Violet

*Viola calcarata* subsp. *calcarata*

Long-spurred Pansy

*Viola calcarata* subsp. *villarsiana*

Long-spurred Pansy

**Monocotyledons****Dioscoreaceae****Black Bryony Family***Tamus communis*

Black Bryony

**Juncaginaceae****Arrow-grass Family***Triglochin palustre*

Marsh Arrow-grass

**Liliaceae****Lily Family***Allium oleraceum*

Field Garlic

*Allium schoenoprasum*

Chives

*Allium sphaerocephalon*

Round-headed Leek

*Anthericum liliago*

St. Bernard's Lily

*Asphodelus albus*

Asphodel

*Colchicum autumnale*

Autumn Crocus

*Lilium bulbiferum* subsp. *croceum*

Orange Lily

*Lilium martagon*

Martagon Lily

*Maianthemum bifolium*

May Lily

*Paradisea liliastrum*

St. Bruno's Lily

*Polygonatum verticillatum*

Whorled Solomon's-seal

*Tofieldia calyculata*

Tofield's Asphodel

*Veratrum album* subsp. *lobelianum*

White False Helleborine

**Orchidaceae****Orchid Family***Dactylorhiza alpestris*

Broad-leaved Marsh Orchid

*Dactylorhiza fuchsii*

Common Spotted-orchid

*Dactylorhiza maculata*

Heath Spotted Orchid

*Dactylorhiza majalis*

Broad-leaved Marsh Orchid

*Dactylorhiza sambucina*

Elder-flowered Orchid

*Dactylorhiza (Coeloglossum) viride*

Frog Orchid

*Epipactis atrorubens*

Dark Red Helleborine

*Epipactis helleborine*

Broad-leaved Helleborine

*Gymnadenia conopsea*

Mt. Cenis Vanilla Orchid

*Gymnadenia conopsea*

Fragrant Orchid

*Gymnadenia cornelliana*

Red Vanilla Orchid

*Gymnadenia rhellicani*

a Vanilla Orchid

*Leucorchis (Gymnadenia) albida*

Small White Orchid

*Neottia ovata*

Twayblade

*Traunsteinera globosa*

Round-headed Orchid

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

	Common name	Scientific name	June/July							
			30	1	2	3	4	5	6	7
1	Common Quail	<i>Coturnix coturnix</i>						H		
2	Great Cormorant	<i>Phalacrocorax carbo</i>	3							
3	Grey Heron	<i>Ardea cinerea</i>	2							
4	Lammergeier (Bearded Vulture)	<i>Gypaetus barbatus</i>							3	
5	Eurasian Griffon Vulture	<i>Gyps fulvus</i>							8	
6	Short-toed Snake Eagle	<i>Circaetus gallicus</i>								1
7	Eurasian Sparrowhawk	<i>Accipiter nisus</i>			2				1	
8	Common Buzzard	<i>Buteo buteo</i>					1	2		
9	Golden Eagle	<i>Aquila chrysaetos</i>		2	2			2		
10	Common Kestrel	<i>Falco tinnunculus</i>				3		3	1	
11	Peregrine Falcon	<i>Falco peregrinus</i>								1
12	Yellow-legged Gull	<i>Larus michahellis</i>	✓							✓
13	Rock Dove	<i>Columba livia</i>		✓						✓
14	Common Wood Pigeon	<i>Columba palumbus</i>			✓		1		1	2
15	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓							
16	Common Cuckoo	<i>Cuculus canorus</i>								H
17	Common Swift	<i>Apus apus</i>		10	✓	✓	✓	✓	✓	✓
18	Black Woodpecker	<i>Dryocopus martius</i>		1						
19	European Green Woodpecker	<i>Picus viridis</i>		1						
20	Red-backed Shrike	<i>Lanius collurio</i>		1						1
21	Eurasian Jay	<i>Garrulus glandarius</i>			3				✓	2
22	Eurasian Magpie	<i>Pica pica</i>	✓					2	3	2
23	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>		4	1					
24	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>				2	4			
25	Alpine Chough	<i>Pyrrhocorax graculus</i>			3	60	4	6	2	
26	Carrion Crow	<i>Corvus corone</i>		2	✓	✓		✓	✓	✓
27	Hooded Crow	<i>Corvus cornix</i>	✓							
28	Northern Raven	<i>Corvus corax</i>				2		3	1	
29	Willow Tit	<i>Poecile montanus</i>			H	1			6	
30	Coal Tit	<i>Pariparus ater</i>		2	6					2
31	European Crested Tit	<i>Lophophanes cristatus</i>			3					6
32	Great Tit	<i>Parus major</i>		H					✓	
33	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>							✓	
34	Eurasian Skylark	<i>Alauda arvensis</i>				H	H	3		
35	Barn Swallow	<i>Hirundo rustica</i>	✓							✓
36	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		2	3	6	✓	✓	✓	
37	Common House Martin	<i>Delichon urbicum</i>		✓	✓	✓	✓	✓	✓	✓
38	Long-tailed Tit	<i>Aegithalos caudatus</i>			H					
39	Common Chiffchaff	<i>Phylloscopus collybita</i>		H					H	H
40	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>		H						1
41	Marsh Warbler	<i>Acrocephalus palustris</i>							5	
42	Eurasian Blackcap	<i>Sylvia atricapilla</i>			H	H			✓	2
43	Garden Warbler	<i>Sylvia borin</i>			H				1	
44	Lesser Whitethroat	<i>Sylvia curruca</i>		H						
45	Common Firecrest	<i>Regulus ignicapilla</i>			H		1			
46	Goldcrest	<i>Regulus regulus</i>							1	
47	Eurasian Wren	<i>Troglodytes troglodytes</i>			1					
48	Eurasian Treecreeper	<i>Certhia familiaris</i>			3					
49	Common Blackbird	<i>Turdus merula</i>			1	1	3		✓	✓

	Common name	Scientific name	June/July							
			30	1	2	3	4	5	6	7
50	Fieldfare	<i>Turdus pilaris</i>					2		✓	
51	Mistle Thrush	<i>Turdus viscivorus</i>				3			1	
52	European Robin	<i>Erithacus rubecula</i>			H				H	
53	Black Redstart	<i>Phoenicurus ochruros</i>	2	3	4	4		H	8	3
54	Whinchat	<i>Saxicola rubetra</i>			1	2	1		3	2
55	Northern Wheatear	<i>Oenanthe oenanthe</i>				2	4	✓	✓	2
56	White-throated Dipper	<i>Cinclus cinclus</i>		1	2	4	1	3	1	1
57	House Sparrow	<i>Passer domesticus</i>	✓	✓		✓			✓	✓
58	White-winged Snowfinch	<i>Montifringilla nivalis</i>				1			8	4
59	Alpine Accentor	<i>Prunella collaris</i>							4	
60	Dunnock	<i>Prunella modularis</i>			1					
61	Grey Wagtail	<i>Motacilla cinerea</i>		1	1	2	1	1		
62	White Wagtail	<i>Motacilla alba</i>	2	1	4	✓	✓	✓	✓	
63	Tree Pipit	<i>Anthus trivialis</i>					H			2
64	Water Pipit	<i>Anthus spinoletta</i>				5	6	✓	✓	2
65	Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓	H			✓	
66	European Serin	<i>Serinus serinus</i>							1	
67	European Greenfinch	<i>Chloris chloris</i>					2	2	✓	
68	European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓	✓	✓	✓	✓
69	Common Linnet	<i>Linaria cannabina</i>						4	2	
70	Yellowhammer	<i>Emberiza citrinella</i>		H		H			H	
71	Rock Bunting	<i>Emberiza cia</i>		2	2					

## Butterflies

Dingy Skipper, *Erynnis tages*  
 Olive Skipper, *Pyrgus serratulae*  
 Dusky Grizzled Skipper, *Pyrgus cacaliae*  
 Essex Skipper, *Thymelicus lineola*  
 Small Apollo, *Parnassius phoebus*  
 Clouded Apollo, *Parnassius mnemosyne*  
 Black-veined White, *Aporia crataegi*  
 Small White, *Pieris rapae*  
 Peak White, *Pontia callidice*  
 Mountain Clouded Yellow, *Colias phicomone*  
 Blue-spot Hairstreak, *Satyrium spini*  
 Purple-shot Copper, *Lycaena alciphron*  
 Little Blue, *Cupido minimus*  
 Large Blue, *Maculinea arion*  
 Silver-studded Blue, *Plebeius argus*  
 Mazarine Blue, *Cyaniris semiargus*  
 Eros Blue, *Polyommatus eros*  
 Common Blue, *Polyommatus icarus*  
 Geranium Argus, *Eumedonia eumedon*  
 Turquoise Blue, *Plebicula dorylas*  
 Small Tortoiseshell, *Aglais urticae*  
 Glanville Fritillary, *Melitaea cinxia*

Oberthur's Grizzled Skipper, *Pyrgus armoricanus*  
 Safflower Skipper, *Pyrgus carthami*  
 Red-underwing Skipper, *Spialia sertorius*  
 Small Skipper, *Thymelicus sylvestris*  
 Apollo, *Parnassius apollo*  
 Swallowtail, *Papilio machaon*  
 Large White, *Pieris brassicae*  
 Mountain Green-veined White, *Pieris bryoniae*  
 Orange Tip, *Anthocharis cardamines*  
 Moorland Clouded Yellow, *Colias palaeno*  
 Scarce Copper, *Lycaena virgaureae*  
 Purple-edged Copper, *Lycaena hippothoe*  
 Osiris Blue, *Cupido osiris*  
 Alpine Zephyr Blue, *Plebeius trappi*  
 Idas Blue, *Plebeius idas*  
 Damon Blue, *Agrodiaetus damon*  
 Escher's Blue, *Polyommatus escheri*  
 Glandon Blue, *Agriades glandon*  
 Alpine Blue, *Albulina orbitulus*  
 Chalk-hill Blue, *Lysandra coridon*  
 Painted Lady, *Vanessa cardui*  
 False Heath Fritillary, *Melitaea diamina*

Knapweed Fritillary, *Melitaea phoebe*  
Heath Fritillary, *Melicta athalia*  
Marsh Fritillary, *Euphydryas aurinia*  
Shepherd's Fritillary, *Boloria pales*  
Pearl-bordered Fritillary, *Boloria euphrosyne*  
Large Wall Brown, *Lasiommata maera*  
Chestnut Heath, *Coenonympha glycerion*  
Blind Ringlet, *Erebia pharte*  
Large Ringlet, *Erebia euryale*  
Marbled Ringlet, *Erebia montana*  
Dewy Ringlet, *Erebia pandrose*  
Alpine Grayling, *Oeneis glacialis*  
Great Banded Grayling, *Kanetisa circe*

### Mammals,

Stoat, *Mustela erminea*  
Alpine Ibex, *Capra ibex*  
Alpine Marmot, *Marmotta marmotta*

### Reptiles,

Common Frog, *Rana temporaria*  
Common Wall Lizard, *Podarcis muralis*

Spotted Fritillary, *Melitaea didyma*  
Grison's Fritillary, *Melicta varia*  
Dark Green Fritillary, *Argynnis aglaja*  
Mountain Fritillary, *Boloria napaea*  
Titania's Fritillary, *Boloria titania*  
Alpine Heath, *Coenonympha gardetta*  
Mountain Ringlet, *Erebia epiphron*  
Almond-eyed Ringlet, *Erebia alberganus*  
Silky Ringlet, *Erebia gorge*  
Piedmont Ringlet, *Erebia meolans*  
Marbled White, *Melanargia galathea*  
Great Sooty Satyr, *Satyrus ferula*

Alpine Chamois, *Rupicapra rupicapra*  
Red Squirrel, *Sciurus vulgaris*  
Snow Vole, *Chionomys nivalis*

Viviparous Lizard, *Lacerta vivipara*