

# The Italian & French Alps

Naturetrek Tour Report

28 June - 5 July 2016

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Report compiled by Philip Thompson



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Tour participants: Philip Thompson & Sharon Thompson (leaders) with 11 Naturetrek clients

## Day 1

Tuesday 28th June

Once the group had assembled upon arrival in Turin Airport we soon had the minibuses collected and luggage stowed. We were then able to set out promptly towards the Aosta valley and our turn to our final destination of Cogne where we were to be based for the next three nights. A pleasant meal was enjoyed before we retired after our long day of travelling.

## Day 2

Wednesday 29th June

We awoke to clear skies and hot sunshine making for a perfect first day. We drove the short distance to Gimillan where we began our walk along the Grauson valley. The meadows on the initial short upward stretch of the walk were ablaze with colour, giving a fantastic first impression of what lay in the week ahead. Soon-to-be-familiar plants making up the majority of the flowers were *Tragopogon pratensis* subsp. *orientalis*, *Polygonum bistorta*, *Campanula rhomboidalis* and *Leucanthemum vulgare*. Flying among them were several Almond-eyed Ringlets and Black-veined Whites. Calling from nearby, a pair of Red-backed Shrikes were spotted perched prominently on the scrubby bushes.

As we progressed along the route, we were continually finding new and exciting species of plants, butterflies and birds to test the memory and ID skills. Among the long list of initial finds, the gliding Apollo butterflies were undoubted highlights. Bird-wise a couple of Nutcrackers made passing appearances with a pair of Rock Buntings being a little more co-operative and allowing a prolonged view. The main avian highlight was a pair of Willow Tits, the male of which began to sing from a perch nearby allowing the whole group a lengthy view of this fast-disappearing species at home. Plants were almost too many to mention with an array of attractive flowers on offer. A good find was a fine flowering group of the localised *Sempervivum grandiflorum* on the rocky scree beneath the path. The path led through some open Norway Spruce (*Picea abies*) woodland and descended to a bridge crossing the river. Here, on the damp earth nearby, numerous butterflies were drinking the minerals brought to the surface through evaporation, most of which were Little and Osiris Blues but also several species of Skipper.

After a short rest, we continued through a rising open meadow full of *Onobrychis montana* towards our lunch spot in the shade at the far side. Once at our destination we settled back to enjoy the wonderful views and pleasant rustic picnic of local fare! Once fed and rested, we continued further along the track towards a rushing waterfall dropping from the higher rocks ahead where a few Crag Martins could be seen patrolling close to the rock-face. After a short zigzag climb, the path levelled out to where we could catch our breath and survey the scenery once more. Plants seen along the way had included *Astragalus penduliflorus* and *Dryas octopetala*. We continued a short way further before the vegetation began to become grassier where we then opted to begin our return. A great find had been several flowering examples of *Androsace septentrionalis* in one of its few localities in the Italian Alps.

Our return journey took us on a slightly different route, re-crossing the river by another bridge upstream. A pause here found numerous large examples of *Ononis rotundifolia* and *Campanula scheuchzeri*. A pair of Golden Eagles had been seen a little earlier hunting and settling high above us on the skyline where they surveyed their territory before rising once more to fly among the rocky summits. A couple of comparatively tiny Alpine Choughs amused themselves with a little gentle harassment of the indifferent eagles.

Continuing on our way, plants were still a highlight as we continued to make new and exciting finds. For the birders a couple of Crested Tits in the forest section of our route showed well and uttered their characteristic calls. The track sides held abundant swathes of both *Geranium sylvaticum* and *G. rivulare*. Beneath one large isolated boulder a nice clump of the pretty yellow *Viola biflora* was found in a typical niche.

We eventually rejoined our original track from where we completed the return to vehicle, our minds buzzing with plant names and trying to assimilate the many species of butterfly seen along the way. In order to aid the mental memory game, an ice cream was needed! We drove down to Cogne where the required refreshments were found before our final return to the hotel.

## Day 3

## Thursday 30th June

Today we drove into the village of Valnontey where we took a morning walk up the side of the steep valley, passing by the Botanical Gardens where we could have a peek over the fence at the display beds within. We got off to a great start with, firstly, the sighting of an Alpine Chamois grazing low down in the meadows, followed by a family of Dippers with young fledglings being fed in the fast flowing Torrent Valnontey. We were able to approach closely as the parents dutifully dived and caught food for their young.

With the start of the walk, the weather became a little changeable with the first of several light showers beginning to fall. We sheltered under some trees to wait for the rain to stop whilst enjoying listening to the song of Garden Warbler, which was perched within the top canopy of a nearby tree. Rather fleeting glimpses were obtained, with at least a lesson in distinguishing the song from the similar Blackcaps. With the rain stopped, we began the ascent along the many zigzags of the path. Within the forest of Larch (*Larix decidua*) were several family parties of Fieldfares moving through. Also seen were a couple more Rock Buntings, and a pair of Willow Tits carrying food back to their nest. On the forest floor *Astragalus exscapus* was found, another localised Alpine endemic, with its cluster of stemless pale yellow flowers growing from the centre of the leaf rosette. With the rather cool and cloudy conditions, butterflies were not flying in their usual abundance, but we did manage to spot and identify a couple of Large Ringlets among the common Almond-eyed relatives. Another interesting find was a Coal Tit nesting on the ground in a rock crevice feeding its young. At the midway point of our climb, we were delighted to spot three or four Alpine Chamois resting and grazing unconcernedly nearby. We were all able to enjoy a lengthy view and obtain some good photos to remember them. Once again, a couple of Nutcrackers passed by with one individual perching on the apex of a tree allowing an excellent view. The first of several species of Lousewort seen on the trip was found, with a small group of *Pedicularis gyroflexa* found by the path, followed later by *Pedicularis rostratospicata* subsp. *helvetica*. A glance at a roosting butterfly was almost dismissed as a faded Common Blue but on closer examination proved to be a smart Mountain Alcon Blue! A nice find, it allowed comparison with the underside of Large Blue seen yesterday.

Our aim was to reach the bridge that crosses the tumultuous waterfall that drops into the valley below. Once there, we paused to take photos and enjoy the vistas and cool spray. The weather began to rain once more so we opted not to proceed any further but wait it out before returning to the valley floor. A short way back along the path we came upon a large rock fall tumbled across the path indicating a close miss by the group! The weather cleared and the temperature climbed considerably, making perfect timing for our picnic that we took alongside the river. While we ate, a number of Wood Whites, Pearl-bordered Fritillaries and Almond-eyed Ringlets flitted by.

An afternoon walk was taken from our picnic spot up the river, crossing by bridge on a couple of occasions. Our first stop was to look among an open area of grass and wet marshland. Numerous examples of *Tofieldia calyculata*, *Dactylorhiza majalis* and *D. incarnata* and *Arnica montana* were found, amongst which hopped several tiny Common Frogs! Continuing with the walk numerous new finds were made as we slowly ambled along. Another pair of nesting Willow Tits was found using an isolated Birch (*Betula pendula*) with a rotten stump with a hole at head height. They continued commuting back and forth with food as numerous walkers passed within metres of their nest. The large and almost lupin-like *Astragalus alpestris* was found just beginning to flower on the alluvial gravel by the river. This is the second of the pair of local Alpine endemics of this family found in this area. Singing from the scrub and forest, a number of Garden Warblers were joined by one or two Blackcaps just to add confusion. A number of select woodland plants were found such as *Maianthemum biflorum*, *Orthilia secunda*, *Astrantia minor* and *Lonicera caerulea*.

Back at the vehicle we returned to the village of Valnontey where we had a quick coffee etc. before our final return to the hotel and spa for a swim and evening meal.

## Day 4

## Friday 1st July

Our time in Italy was now over as we undertook the scenically dramatic transfer into France. We began by returning towards Aosta where we then turned towards Monte Bianco (Mont Blanc). As we approached this imposing and dramatic 4810m mountain, we pulled into a lay-by to take photos. Unfortunately, the previously completely clear skies chose this moment to produce a slowly drifting cloud across the summit, which as it passed was being regenerated from behind a hidden ridge, and so rather spoiling the show!

Driving on, we began the long and winding climb up to the Passo del Piccolo San Bernard otherwise known as the Col du Petit St. Bernard. Roadside plants teased along the way with a number of delights to be seen. On reaching the pass, we stopped to have a short walk and exploration of the treeless summit. Immediately on disembarking, we were able to spot a pair of White-winged Snowfinches perched on the nearby café buildings holding food, which they fed to their young within a cavity beneath the roof tiles. This was then followed by a blurred streak of orange that shot past the group's noses. This transpired to be a Stoat carrying a Snow Vole in its mouth! It proceeded to dash back and forth on several occasions, stashing its prey in a number of spots as it sought to reach its den inside a large abandoned building next to the café. After several aborted attempts, it finally dared to dash to safety, once the group of onlookers had thinned out somewhat. After this excitement, we spread out and began an examination of the flowers on show. This comprised a rich mix containing *Viola calcarata*, *Ranunculus keuperi*, *Trifolium alpinum*, *Geum montanum* and *Petasites alba*. Whilst most enjoyed the flowers, several distant Alpine Choughs and Northern Wheatears kept the birders entertained.

After this short diversion, we drove a short way further to stop in the village of la Rossiere where we pulled in for a coffee. Sitting on the café terrace we could admire the wonderful view, Crag Martins and St Bernard dogs!

Refreshed, we then undertook the equally steep descent down into Val d'Iserre. The scenery and flowers along the way were breathtaking allowing the group to take it all in, even if the drivers could only keep watch on the winding road! Having passed through this famous skiing village and area, we stopped a little way beyond where we pulled over to have our picnic lunch followed by a walk. Beneath towering rocky peaks this route led along a contour above a rushing river and into an increasingly narrow and steep gorge (a little too steep and precipitous

for some of the group!). Our main objective in this area was to try and spot some of the rare and endemic Alpine Ibex, for which the parks of Gran Paradiso and the Vanoise were proclaimed to protect. We were soon in luck, with the sighting of a single animal high above us on the skyline as soon as we arrived; this was followed, during our walk, with a mother and two adolescents grazing lower down in the pastures beneath the rocky scree. The ground around us was awash with yellow and pink as we enjoyed the floristic display. A few new gems were found, such as *Linum alpinum* and our first examples of Edelweiss (*Leontopodium alpinum*) that were just beginning to come into flower. Having reached the narrowest part of the gorge, we soaked up the view before heading back. With perfect timing, we arrived back in time to see two Ibex mothers each with their respective pair of different-aged youngsters making their way down to the river and crossing the path just ahead of us. We enjoyed fantastic views of these lovely animals as they slowly passed before us on down to the river. Once at their destination, they began to feed on the soil exposed on the banks that presumably contains minerals that attracts them. Elated, we returned to the buses where we then boarded and began the stunning drive and ascent up to the Col de l'Iseran, at 2764m the highest road pass in the Alps. Nearing the top, the recently melted snow with numerous large snowfields present presented a rather bleak landscape but which still contained numerous early flowers.

With a planned return later in the week, we drove directly over, passing through more amazing scenery before a final descent down into the valley containing Lanslevillard and our next hotel.

## Day 5

## Saturday 2nd July

We spent today walking the high alpine plateau alongside the small lake of Plan du Lac. We began with the drive steadily up to park at Bellecombe where we parked and distributed our picnic lunch among the group. In this new area, with a different geology, there was an abundance of new flower species to get to grips with, so initial progress was slow as we walked the narrow trail leading towards the lake. Notable species that people pointed out were both *Silene acaulis* and its miniature close relative *Silene exscapa*, *Gentiana verna* and *G. brachyphylla*, *Kalmia (Loiseleuria) procumbens* and *Pinguicula alpina*. The turf was dotted with an abundance of *Viola calcarata* joined by numerous Gentians making for an attractive display.

Reaching the lake, the vista opened up and we were presented with a wonderful view of the high peaks in the distance, with La Grande Casse at 3855m the highest peak, and a number of hanging glaciers draped across the high summits. Several more diminutive alpine flowers were spotted on the way to the nearby Refuge du Plan du Lac where we were (rather begrudgingly) permitted to eat our lunch at the tables with a coffee to follow.

Our post-lunch route led us along a track beneath the Pointe de Lanserlia where the slopes were covered with some large patches of *Rhododendron ferrugineum* and *Vaccinium myrtillus*. Here, with great fortune, we encountered a couple of male Ptarmigan in a territorial dispute with a little face-to-face pushing and much flapping of wings. Eventually one rival was seen off and the birds flew into the gulley below us showing their pure white wings, retained now that they had moulted into their summer plumage. A female was spotted flying into an area close below the track, which we approached and managed to pick out with her incredible cryptic camouflaged plumage. She remained still for some time making things tricky for some of the group to discern, but everyone eventually obtained some fantastic views. Our attention then shifted to the plants with a trio of similar white flowers of different species proving an ID puzzle. The most abundant was *Dryas octopetala* that was everywhere, but these slopes also held good populations of *Callianthemum coriandrifolium* and just a few flowering examples of

*Anemone baldensis*. All three had remarkably similar flowers with only the foliage giving an indication of their identity. An area of recent snow melt held some fresh examples of *Pulsatilla verna* with their white flowers with a lovely mauve back to the petals.

We returned via the Refuge to take a different route back following the main road where we took a short look at a population of Glacier Crowfoot (*Ranunculus glacialis*) in the wet margins of the lake. We were next to encounter a large herd of the attractive and gentle dairy cows crossing the road in front and past us as they headed for fresh pasture. Another mammal which had been a highlight of the day, with many close and prolonged sightings, was the Alpine Marmot. They had their burrows all around and typically kept a lookout from them, although not for humans as they were rather relaxed about our presence. A more likely worry would be a passing Golden Eagle that is known to hunt in the area.

We still had plenty of time available to us to make a couple of stops and explorations of the meadows and forest on the return back down. We firstly stopped by a pleasant rolling meadow where a number of interesting plants were seen. The birders managed to pick up a Tree Pipit singing nearby, Rock Buntings and a Crossbill. Meanwhile in the meadow, botanical highlights included *Traunsteinera globosa*, *Paradisea liliastrum*, *Stachys pradica*, *Campanula barbata* and *Asphodelus albus*.

Dodging an approaching rain shower, we drove on lower to take a walk through the forest to a steep gorge and tumbling torrent of water with a small bridge. On the drive down, a fine display of the beautiful *Clematis alpina* was seen by one bus, draped over a roadside tree in full flower. A rather poor straggling example was seen on the walk that could not compare. As we entered the forest a rich selection of shade-loving plants were found. Notable examples included two species of Wintergreen, *Moneses uniflora* and *Pyrola chlorantha*, *Polygala chamaebuxus* and *Veronica urticifolia*. The track led past a large rocky outcrop on which grew a few rosettes of *Saxifraga diapensioides* with their pallid white flowers. The forest then thinned and we reached an area of open rocky scree covered in light scrub. Here among a large number of *Dactylorhiza fuchsii* a couple of much scarcer examples of *Dactylorhiza incarnata* subsp. *cruenta* showing the light speckling of spots on the tips of the leaves. After a short time admiring the rushing waters at the bridge we returned to rejoin the rest of the group and complete the journey back to the hotel.

## Day 6

## Sunday 3rd July

Some of the group started the day with a pre breakfast walk near to the hotel. The birds were our main focus with a singing Serin soon spotted. A Common Redstart had fledged young in the nearby allotments. Our main objective was the tall lush meadows alongside the track in which we soon picked up a singing Marsh Warbler uttering its varied repertoire of its own creation plus various aspects of mimicry. This individual did a fine interpretation of a Blackbird alarm mixed with various tits. We struggled to gain a good view of the bird as it was concealed just below the tops of the vegetation below us. The tops of various stems could be seen to tremble as the bird moved its position. A few fleeting glimpses were the best we managed. We moved on in the hope of finding another individual. This we managed, but this bird proved equally frustrating as only a few rapid views were obtained as it flew from one spot to another, only to then drop out of sight deep in the lush vegetation. We continued birding and saw several interesting species plus a few new plants before retracing our steps. We reached the first singing bird again, but only to repeat our earlier frustrating experience. Moving on we finally

came upon another bird carrying food for young which finally gave everyone present some good views as it moved prominently through the stems of the meadow flowers!

After breakfast with the main group, we travelled up the opposite side of the valley today to spend a full day in the environs of Mont Cenis. After another winding climb the road led to the Lac du Mont Cenis where we took a narrow road around the lake past lush meadows crammed with flowers in the bright sunny conditions. We arrived at the Refuge where we parked and began our walk. We soon came upon numerous spikes of flowering *Gentiana punctata* with their yellow flowers dotted with brown. The path led through a mix of rocky outcrops, meadow and streamsides with a suitably rich flora. As usual, our pace was slow as we investigated the new flowers and scanned the skies for passing birds. Many new finds of note were made such as *Dianthus pavonius*, *Polygala pedemontana* and *Minuartia recurva*. In the dark and damp shelter beneath on large overhanging rock some lovely examples of *Primula latifolia* were found, with their unusual-coloured purple/pink flowers. A little further on, another large boulder was surrounded by numerous flowering *Aquilegia alpina*, possibly the finest of European Aquilegias, with its large showy purple flowers. A Ring Ouzel uttered the briefest of scolding calls from the scrubby mountainside above us, but despite our scanning remained hidden. A rather more obliging singing Lesser Whitethroat was eventually found and seen well perched in a flowering bush of *Lonicera caerulea*.

With several more new flowers seen, we eventually reached the Col du Petit Mont Cenis where we stopped to admire the views into the deep valley ahead of us. The clear day had now warmed as we soaked up our stunning surroundings. After a short rest, we headed back via a different route that led past some large boulders clothed in an amazing selection of alpine flowers to inspire any gardener. The choicest species found were numerous *Saponaria lutea* joined by a rich selection of other species.

Back at the refuge we collected our picnic and ate it sitting in the grass nearby, watching an occasional Alpine Swift swoop past.

For the afternoon, we drove back past the lake to take a contour path leading towards the Fort de Ronce and beneath the summit of the Grand Mont Cenis. We were now becoming accustomed to the blaze of yellow, pink, white and blue provided by the array of alpine flowers along the track, but this path was particularly amazing. Whilst most species we had encountered already, it was still a delight to experience them in full bloom. Above us along the rocky summits and crags, a Common Buzzard and trio of Golden Eagles were seen during the walk. Alpine Choughs were a constant presence, chittering as they passed. A lone Lesser Butterfly Orchid (*Platanthera bifolia*) was found by the track, seeming a little out of place. At a patch of damp mud among several familiar butterflies, a single Alpine Blue was picked out. We continued on to within sight of the Fort before retracing our route, enjoying the beautiful weather and fantastic views as we went.

## Day 7

## Monday 4th July

Today we returned to the Col de l'Iseran where we spent some time on this high exposed pass examining the many special plants adapted to the harsh environment. On our visit it was anything but harsh, being windless, sunny and positively hot! Among the many new plants found, all of which were of less than 3cm high, *Gentiana schleicheri* and *G. orbicularis*, *Petrocallis pyrenaica*, *Saxifraga androsacea*, *Cerastium latifolium* and *Artemesia genepei* were highlights. Flitting among them were a number of Dewy Ringlets and Peak Whites. Keeping the birders busy were the confiding White-winged Snowfinches and an Alpine Accentor.

Part of the group undertook the steep climb up the rocky track up the flank of the Pointe des Lessieres at 3043m. Our aim was not to reach the top but to seek out further plants growing at these high altitudes. The hoped-for *Campanula cenisia* could not be found this year (it being a slightly late season) but several good finds were made nonetheless. These included *Geum reptans*, *Androsace helvetica*, *Galium megalospermum* and *Erigeron alpinus*. Another Alpine Accentor put in a burst of song and landed close by as were scoured the slopes for new finds.

Returning to the refuge, coffees and hot chocolate were enjoyed before a few photos were taken by the sign showing the location and altitude, a tradition among the cyclists and motor bikers that make it up there.

We next drove on down to our picnic spot near a waterfall on a ruined building with a wonderful view. Once we had finished lunch we took a short walk to look at the falls that were particularly powerful this year. Nearby a fine colony of *Pulsatilla alpina* were in full bloom.

Our next walk led along a track beneath the Pointe des Arses from which some stunning views are possible. At a section of zigzags, a large colony of Edelweiss (*Leontopodium alpinum*) was found to admire and photograph. Continuing on, we came upon a very steep and hard snowfield blocking the path. It was deemed unsafe to attempt crossing so our walk was somewhat curtailed. We did find nearby the red-flowered *Saxifraga biflora* to add to the many types seen already. We opted to have a quiet sit down and enjoy the view for a while before completing the return leg.

With time available, we then drove a short distance lower to walk along the floor of this hanging valley alongside a rushing torrent. Most of the group walked up to another waterfall before returning at the end of our day. Within the valley, several Whinchats, Water Pipits and Northern Wheatears made their presence felt, most of which seemed to be feeding fledged young. The path-side meadows were lush with *Trollius europaeus*, *Thalictrum aquilegifolium* and many more species. A couple of special finds included *Gentiana bavarica*, *Ranunculus aconitifolius* and *Campanula thyrsoidea*. A final bonus was finding a single male Eros Blue puddling with a number of commoner species in the middle of the track. We then drove on back to the hotel after a wonderful day in beautiful weather!

## Day 8

## Tuesday 5th July

With a mid-afternoon flight home to come, we had time to enjoy a couple of further stops and walks before the drive to the airport.

We began in the morning with a walk along a track above the hotel. After the drive up, it was not long before we found our main target of Orange Lilies (*Lilium bulbiferum* subsp. *croceum*) dotting the grassy slopes around the car park. There was a particularly good show this year with numerous flowering plants found all along the walk. The rest of the flora was not to be outdone, with a fantastically colourful and diverse range on offer as we walked. Several large colonies of St. Bruno's Lilies (*Paradisea liliastrum*) were followed by smaller numbers of St. Bernard's Lilies (*Anthericum liliago*) which had followed on from the large number of White Asphodels (*Asphodelus albus*), most of which had now gone over. We still continued to make new finds, culminating in a large number of Mont Cenis Restharrow (*Ononis cenisia*) lining the track in full flower, an apt find to bring the tour to an end, standing as we were with the Grand Mont Cenis at our backs. As we began the return walk a couple of Crested Tits put in an appearance to see us off!



Back at the hotel we packed the luggage and said our farewells before heading out back up to the Lac du Mont Cenis. Here we stopped, with enough time to have a gentle wander around the Alpine Gardens, with their labelled exhibits, just to check that we had been correctly identifying the flowers during our week! We had a final picnic lunch overlooking the lake before we drove on back into Italy and the long, long descent down to Susa and on to Turin and home.

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## Species Lists

### Plants

| Scientific Name                                  | Common Name               |
|--|---------------------------|
| <b>PINOPSIDA (GYMNOSPERMS)</b>                   | <b>CONIFERS</b>           |
| <b>Cupressaceae</b>                              | <b>Juniper Family</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>                                  | <b>Pine Family</b>        |
| <i>Larix decidua</i>                             | European Larch            |
| <i>Picea abies</i> subsp. <i>abies</i>           | Spruce                    |
| <i>Pinus sylvestris</i>                          | Scot's Pine               |
| <i>Pinus uncinata</i>                            | Mountain Pine             |
| <b>MAGNOLIOPSIDA (ANGIOSPERMS)</b>               | <b>FLOWERING PLANTS</b>   |
| <b>Magnoliidae (Dicotyledons)</b>                |                           |
| <b>Apiaceae</b>                                  | <b>Carrot Family</b>      |
| <i>Angelica sylvestris</i>                       | Wild Angelica             |
| <i>Anthriscus sylvestris</i>                     | Cow Parsley               |
| <i>Astrantia major</i>                           | Great Masterwort          |
| <i>Astrantia minor</i>                           | Lesser Masterwort         |
| <i>Athamanta cretensis</i>                       | Athamanta                 |
| <i>Bupleurum ranunculoides</i>                   | Three-veined Hare's-ear   |
| <i>Bupleurum stellatum</i>                       | -                         |
| <i>Chaerophyllum aureum</i>                      | Golden Chervil            |
| <i>Chaerophyllum hirsutum</i>                    | Hairy Chervil             |
| <i>Chaerophyllum villarsii</i>                   |                           |
| <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>Meum athamanticum</i>                         | Spignel                   |
| <i>Molopospermum peloponnesiacum</i>             | Molopospermum             |
| <i>Peucedanum ostruthium</i>                     | Masterwort                |
| <i>Pimpinella major</i>                          | Greater Burnet-saxifrage  |
| <i>Pleurospermum austriacum</i>                  | Pleurospermum             |
| <i>Sanicula europaea</i>                         | Sanicle                   |
| <b>Asclepiadaceae</b>                            | <b>Milkweed Family</b>    |
| <i>Vincetoxicum hirundinaria</i>                 | Swallow-wort              |
| <b>Asteraceae</b>                                | <b>Daisy Family</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               |

| Scientific Name  | Common Name                   |
|--|-------------------------------|
| <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 genepi</i>                                      | -                             |
| <i>Aster alpinus</i>   | Alpine Aster                  |
| <i>Bellidiastrum michelii</i> ( <i>Aster bellidiastrum</i> ) | False Aster                   |
| <i>Carduus nutans</i>  | Musk Thistle                  |
| <i>Carduus defloratus</i>                                    | Alpine Thistle                |
| <i>Carduus personnata</i>                                    | Great Marsh Thistle           |
| <i>Carduus tenuiflorus</i>                                   | Seaside Thistle               |
| <i>Carlina acaulis</i>                                       | Stemless Carline 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 alpestris</i>                                   | a Knapweed                    |
| <i>Centaurea montana</i>                                     | Perennial Cornflower          |
| <i>Centaurea nervosa</i>                                     |                               |
| <i>Centaurea scabiosa</i>                                    | Greater Knapweed              |
| <i>Centaurea uniflora</i>                                    | Plume Knapweed                |
| <i>Crepis aurea</i>  | Golden Hawk's-beard           |
| <i>Doronicum grandiflorum</i>                                | Large-flowered Leopard's-bane |
| <i>Erigeron alpinus</i>                                      | Alpine Fleabane               |
| <i>Erigeron uniflorus</i>                                    | One-flowered Fleabane         |
| <i>Hieracium alpinum</i> agg.                                | Alpine Hawkweed               |
| <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 vulgare</i>                                  | Ox-eye Daisy                  |
| <i>Petasites alba</i>  | White Butterbur               |
| <i>Pilosella officinarum</i>                                 | Mouse-eared Hawkweed          |
| <i>Senecio doronicum</i>                                     | Chamois Ragwort               |
| <i>Stemmacantha rapontica</i> agg.                           | a Knapweed                    |
| <i>Taraxacum</i> agg.  | Dandelion                     |
| <i>Tragopogon pratensis</i> subsp. <i>orientalis</i>         | Goat's-beard                  |
| <i>Tussilago farfara</i>                                     | Colt's-foot                   |
| <b>Berberidaceae</b>   | <b>Barberry Family</b>        |
| <i>Berberis vulgaris</i>                                     | Barberry                      |
| <b>Betulaceae</b>  | <b>Birch Family</b>           |
| <i>Alnus viridis</i>   | Green Alder                   |
| <b>Boraginaceae</b>  | <b>Forget-me-not Family</b>   |
| <i>Cynoglossum officinale</i>                                | Hound's-tongue                |
| <i>Echium vulgare</i>  | Viper's-bugloss               |
| <i>Myosotis alpestris</i>                                    | Alpine Wood Forget-me-not     |
| <i>Pulmonaria montana</i>                                    | Mountain Lungwort             |

**Scientific Name****Common Name****Brassicaceae****Cabbage Family**

*Allyssoides utriculata*  
*Alyssum alpestre*  
*Alyssum alyssoides*  
*Alyssum montanum*  
*Arabis alpina*  
*Arabis glabra*  
*Arabis hirsuta*  
*Arabis subcoriacea* (A. jaquinii)  
*Arabis turrita*  
*Barbarea vulgaris*  
*Biscutella brevicaulis*  
*Biscutella laevigata*  
*Coincya richeri*  
*Descurainia sophia*  
*Draba aizoides*  
*Draba siliquosa*  
*Erophila verna*  
*Erysimum ochroleucum*  
*Erysimum rhaeticum*  
*Hugueninia tanacetifolia*  
*Petrocallis pyrenaica*  
*Pritzelago alpina*  
*Sisymbrium austriacum*

Alyssoides  
Alpine Alyssum  
Small Alyssum  
Mountain Alyssum  
Alpine Rock-cress  
Tower Mustard  
Hairy Rock-cress  
a Rock-cress  
Tower-cress  
Common Winter-cress  
a Buckler Mustard  
Buckler Mustard  
Coincya  
Flixweed  
Yellow Whitlow-grass  
  
Whitlowgrass  
Decumbent Treacle-mustard  
-  
Tansy-leaved Rocket  
Pyrenean Whitlow-grass  
Chamois Cress  
Austrian Rocket

**Campanulaceae****Bellflower Family**

*Campanula barbata*  
*Campanula glomerata*  
*Campanula rhomboidalis*  
*Campanula scheuchzeri*  
*Campanula thyrsoides*  
*Phyteuma betonicifolium*  
*Phyteuma orbiculare*  
*Phyteuma ovatum*  
*Phyteuma scorzonrifolium*  
*Phyteuma spicatum* subsp. *coeruleum*

Bearded Bellflower  
Clustered Bellflower  
a Bellflower  
Scheuchzer's Bellflower  
Yellow Bellflower  
  
Round-headed Rampion  
Dark Rampion  
Scorzonera-leaved Rampion  
Spiked Rampion

**Caprifoliaceae****Honeysuckle Family**

*Knautia arvensis*  
*Knautia dipsacifolia*  
*Lonicera caerulea*  
*Sambucus racemosa*  
*Scabiosa columbaria*

Field Scabious  
Wood Scabious  
Blue-berried Honeysuckle  
Red-berried Elderberry  
Small Scabious

**Caryophyllaceae****Pink Family**

*Arenaria ciliata*  
*Cerastium arvense*  
*Cerastium latifolium*  
*Cerastium tomentosum*  
*Dianthus carthusianorum* agg.  
*Dianthus gratianopolitanus*  
*Dianthus pavonius*  
*Dianthus sylvestris*

Fringed Sandwort  
Field Mouse-ear  
  
Snow-in-summer  
Carthusian Pink  
Cheddar Pink  
Three-veined Pink  
Wood Pink

| Scientific Name  | Common Name                 |
|--|-----------------------------|
| <i>Gypsophila repens</i>                               | Alpine Gypsophila           |
| <i>Minuartia laricifolia</i>                           |                             |
| <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>Sagina nodosa</i>                                   | Knotted Pearlwort           |
| <i>Saponaria lutea</i>                                 | Yellow Soapwort             |
| <i>Saponaria ocymoides</i>                             | Rock Soapwort               |
| <i>Saponaria officinalis</i>                           | Common 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 nutans</i>                                   | Nottingham Catchfly         |
| <i>Silene otites</i>                                   | Spanish Catchfly            |
| <i>Silene pusilla</i> ( <i>S.alpestris</i> )           | an Alpine Catchfly          |
| <i>Silene rupestris</i>                                | Rock Catchfly               |
| <i>Silene suecica</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   |
| <b>Chenopodiaceae</b>                                  | <b>Goosefoot Family</b>     |
| <i>Chenopodium bonus-henricus</i>                      | Good King Henry             |
| <b>Cistaceae</b>                                       | <b>Rock-rose Family</b>     |
| <i>Helianthemum nummularium</i>                        | Rock-rose                   |
| <i>Helianthemum oelandicum</i> subsp. <i>alpestris</i> | Alpine Rock-rose            |
| <b>Convolvulaceae</b>                                  | <b>Bindweed Family</b>      |
| <i>Cuscuta epithymum</i>                               | Dodder                      |
| <b>Crassulaceae</b>                                    | <b>Stonecrop Family</b>     |
| <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>Sedum telephium</i>                                 | Orpine                      |
| <i>Sempervivum arachnoidium</i>                        | Cobweb Houseleek            |
| <i>Sempervivum grandiflorum</i>                        | Large-flowered Houseleek    |
| <i>Sempervivum montanum</i>                            | Mountain Houseleek          |
| <i>Sempervivum tectorum</i>                            | Common Houseleek            |
| <b>Elaeagnaceae</b>                                    | <b>Sea-buckthorn Family</b> |
| <i>Hippophae rhamnoides</i>                            | Sea-buckthorn               |
| <b>Ericaceae</b>                                       | <b>Heather Family</b>       |
| <i>Arctostaphylos uva-ursi</i>                         | Bearberry                   |

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

*Empetrum nigrum*  
*Kalmia (Loiseleuria) procumbens*  
*Rhododendron ferrugineum*  
*Vaccinium gaultherioides*  
*Vaccinium myrtillus*  
*Vaccinium vitis-idaea*

Crowberry  
 Creeping Azalea  
 Alpenrose  
  
 Bilberry  
 Cowberry

**Euphorbiaceae****Spurge Family**

*Euphorbia cyparissias*

Cypress Spurge

**Fabaceae****Pea Family**

*Anthyllis vulneraria* agg.  
*Astragalus alopecurus*  
*Astragalus alpinus*  
*Astragalus australis*  
*Astragalus danicus*  
*Astragalus exscapus*  
*Astragalus glycyphyllos*  
*Astragalus monspessulanus*  
*Astragalus penduliflorus*  
*Colutea arborescens*  
*Hippocrepis comosa*  
*Laburnum anagyroides*  
*Lathyrus latifolius*  
*Lathyrus pratensis*  
*Lotus alpinus*  
*Lotus corniculatus*  
*Lotus pedunculatus*  
*Medicago sativa*  
*Melilotus alba*  
*Melilotus officinalis*  
*Onobrychis montana*  
*Onobrychis viciifolia*  
*Ononis cristata (O.cenisia)*  
*Ononis natix*  
*Ononis rotundifolia*  
*Oxytropis campestris*  
*Oxytropis fetida*  
*Oxytropis halleri* subsp. *velutina*  
*Oxytropis helvetica*  
*Oxytropis pilosa*  
*Securigera varia*  
*Tetragonolobus maritimus*  
*Trifolium alpinum*  
*Trifolium badium*  
*Trifolium medium*  
*Trifolium montanum*  
*Trifolium pratense* subsp. *pratense*  
*Trifolium repens*  
*Vicia cracca*  
*Vicia onobrychoides*  
*Vicia sepium*

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

| Scientific Name  | Common Name                   |
|--|-------------------------------|
| <b>Gentianaceae</b>                                    | <b>Gentian Family</b>         |
| <i>Gentiana acaulis</i>                                | Trumpet Gentian               |
| <i>Gentiana asclepiadea</i>                            |                               |
| <i>Gentiana bavarica</i>                               | Bavarian Gentian              |
| <i>Gentiana brachyphylla</i>                           | Short-leaved Gentian          |
| <i>Gentiana clusii</i>                                 | Clusius's Gentian             |
| <i>Gentiana lutea</i>                                  | Yellow Gentian                |
| <i>Gentiana nivalis</i>                                | Snow Gentian                  |
| <i>Gentiana orbicularis</i>                            | -                             |
| <i>Gentiana punctata</i>                               | Spotted Gentian               |
| <i>Gentiana terglouensis</i> subsp. <i>schleicheri</i> |                               |
| <i>Gentiana utriculosa</i>                             |                               |
| <i>Gentiana verna</i>                                  | Spring Gentian                |
| <i>Gentianella campestris</i>                          | Field Gentian                 |
| <b>Geraniaceae</b>                                     | <b>Crane's-bill Family</b>    |
| <i>Geranium phaeum</i>                                 | Dusky Crane's-bill            |
| <i>Geranium pyrenaicum</i>                             | Hedgerow Crane's-bill         |
| <i>Geranium robertianum</i>                            | Herb Robert                   |
| <i>Geranium sanguineum</i>                             | Bloody Crane's-bill           |
| <i>Geranium rivulare</i>                               | a Wood Crane's-bill           |
| <i>Geranium sylvaticum</i> subsp. <i>sylvaticum</i>    | Wood Crane's-bill             |
| <b>Globulariaceae</b>                                  | <b>Globularia Family</b>      |
| <i>Globularia cordifolia</i>                           | Matted Globularia             |
| <i>Globularia nudicaulis</i>                           | Leafless-stemmed Globularia   |
| <i>Globularia vulgaris</i> ( <i>bisnagarica</i> )      |                               |
| <b>Grossulariaceae</b>                                 | <b>Gooseberry Family</b>      |
| <i>Ribes petraeum</i>                                  | Rock Redcurrant               |
| <i>Ribes uva-crispa</i>                                | Wild Gooseberry               |
| <b>Hypericaceae</b>                                    | <b>St. John's-wort Family</b> |
| <i>Hypericum perforatum</i>                            | Perforate St. John's-wort     |
| <b>Lamiaceae</b>                                       | <b>Deadnettle Family</b>      |
| <i>Acinos alpinus</i>                                  | Alpine Calamint               |
| <i>Ajuga pyramidalis</i>                               | Pyramidal Bugle               |
| <i>Ajuga reptans</i>                                   | Bugle                         |
| <i>Nepeta nepetella</i>                                | a Cat-mint                    |
| <i>Prunella vulgaris</i>                               | Self-heal                     |
| <i>Salvia pratensis</i>                                | Meadow Clary                  |
| <i>Scutellaria alpina</i>                              | Alpine Skullcap               |
| <i>Stachys pradica</i>                                 | Alpine 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             |

| Scientific Name  | Common Name                |
|--|----------------------------|
| <b>Linaceae</b>  | <b>Flax Family</b>         |
| <i>Linum alpinum</i>                                       | Alpine flax                |
| <i>Linum catharticum</i>                                   | Purging or Fairy Flax      |
| <b>Malvaceae</b>   | <b>Mallow Family</b>       |
| <i>Malva alcea</i>   | Hollyhock Mallow           |
| <b>Onagraceae</b>  | <b>Willowherb Family</b>   |
| <i>Epilobium angustifolium</i>                             | Rosebay Willowherb         |
| <i>Epilobium fleischeri</i>                                | Alpine Willowherb          |
| <b>Orobanchaceae</b>                                       | <b>Broomrape Family</b>    |
| <i>Bartsia alpina</i>                                      | Alpine Bartsia             |
| <i>Euphrasia rostkoviana</i>                               | an Eyebright               |
| <i>Melampyrum pratense</i>                                 | Common Cow-wheat           |
| <i>Melampyrum sylvaticum</i>                               | Wood Cow-wheat             |
| <i>Orobanche alba</i>                                      | Thyme Broomrape            |
| <i>Pedicularis cenisia</i>                                 | Mont Cenis Lousewort       |
| <i>Pedicularis comosa</i>                                  | Crested Lousewort          |
| <i>Pedicularis gyroflexa</i>                               |                            |
| <i>Pedicularis rosea</i> subsp. <i>allionii</i>            | Pink Lousewort             |
| <i>Pedicularis rostratospicata</i> subsp. <i>helvetica</i> | Flesh-pink Lousewort       |
| <i>Pedicularis verticillata</i>                            | Verticillate Lousewort     |
| <i>Rhinanthus alectorolophus</i>                           | Greater Hay Rattle         |
| <i>Rhinanthus minor</i> agg.                               | Yellow Rattle              |
| <b>Papaveraceae</b>  | <b>Poppy Family</b>        |
| <i>Papaver rhoeas</i>                                      | Common Poppy               |
| <b>Plantaginaceae</b>                                      | <b>Plantain Family</b>     |
| <i>Digitalis ambigua</i>                                   | Large Yellow Foxglove      |
| <i>Digitalis lutea</i>                                     | Small Yellow Foxglove      |
| <i>Linaria alpina</i>                                      | Alpine Toadflax            |
| <i>Linaria angustissima</i>                                |                            |
| <i>Plantago alpina</i>                                     | Alpine Plantain            |
| <i>Plantago atrata</i>                                     | Mountain Plantain          |
| <i>Plantago lanceolata</i>                                 | Ribwort Plantain           |
| <i>Plantago major</i>                                      | Greater Plantain           |
| <i>Plantago maritima</i>                                   | Sea Plantain               |
| <i>Plantago media</i>                                      | Hoary Plantain             |
| <i>Veronica alpina</i>                                     | Alpine Speedwell           |
| <i>Veronica aphylla</i>                                    | Leafless-stemmed Speedwell |
| <i>Veronica bellidioides</i>                               | Violet Speedwell           |
| <i>Veronica fruticans</i>                                  | Rock Speedwell             |
| <i>Veronica spicata</i>                                    | Spiked Speedwell           |
| <i>Veronica urticifolia</i>                                | Nettle-leaved Speedwell    |
| <b>Plumbaginaceae</b>                                      | <b>Thrift Family</b>       |
| <i>Armeria maritima</i> subsp. <i>alpina</i>               | Mountain Thrift            |
| <b>Polygalaceae</b>  | <b>Milkwort Family</b>     |
| <i>Polygala alpestris</i>                                  | Mountain Milkwort          |
| <i>Polygala alpina</i>                                     | Alpine Milkwort            |



| Scientific Name                                    | Common Name               |
|--|---------------------------|
| <i>Polygala chamaebuxus</i>                        | Shrubby Milkwort          |
| <i>Polygala pedemontana</i>                        |                           |
| <b>Polygonaceae</b>                                | <b>Knotweed Family</b>    |
| <i>Oxyria digyna</i>                               | Mountain Sorrel           |
| <i>Persicaria bistorta</i>                         | Bistort                   |
| <i>Persicaria vivipara</i>                         | Alpine Bistort            |
| <i>Rumex acetosa</i>                               | Sorrel                    |
| <i>Rumex alpinus</i>                               | Monk's Rhubarb            |
| <i>Rumex scutatus</i>                              | French Sorrel             |
| <b>Primulaceae</b>                                 | <b>Primrose Family</b>    |
| <i>Androsace adfinis</i> subsp. <i>puberula</i>    | a Pink Rosk-jasmine       |
| <i>Androsace chamaejasme</i>                       |                           |
| <i>Androsace helvetica</i>                         |                           |
| <i>Androsace obtusifolia</i>                       | Blunt-leaved Rock-jasmine |
| <i>Androsace septentrionalis</i>                   |                           |
| <i>Androsace vitaliana</i> subsp. <i>vitaliana</i> | Vitaliana                 |
| <i>Primula farinosa</i>                            | Bird's-eye Primrose       |
| <i>Primula latifolia</i>                           | Viscid Primrose           |
| <i>Primula pedemontana</i>                         | Piedmont Primrose         |
| <i>Primula veris</i>                               | Cowslip                   |
| <i>Soldanella alpina</i>                           | Alpine Snowbell           |
| <b>Pyrolaceae</b>                                  | <b>Wintergreen Family</b> |
| <i>Moneses uniflora</i>                            | One-flowered Wintergreen  |
| <i>Orthillia secunda</i>                           | Nodding Wintergreen       |
| <i>Pyrola chlorantha</i>                           | Pale Green Wintergreen    |
| <b>Ranunculaceae</b>                               | <b>Buttercup Family</b>   |
| <i>Anemone baldensis</i>                           | Monte Baldo Anemone       |
| <i>Aquilegia alpina</i>                            | Alpine Columbine          |
| <i>Aquilegia atrata</i>                            | Dark Columbine            |
| <i>Callianthemum coriandrifolium</i>               | Callianthemum             |
| <i>Caltha palustris</i>                            | Marsh Marigold            |
| <i>Clematis alpina</i>                             | Alpine Clematis           |
| <i>Clematis vitalba</i>                            | Old Man's Beard           |
| <i>Hepatica nobilis</i>                            | Hepatica                  |
| <i>Pulsatilla alpina</i> subsp. <i>alpina</i>      | Alpine Pasque Flower      |
| <i>Pulsatilla alpina</i> subsp. <i>apiifolia</i>   | Yellow Pasque Flower      |
| <i>Pulsatilla halleri</i>                          | Haller's Pasque Flower    |
| <i>Pulsatilla vernalis</i>                         | Spring Pasque Flower      |
| <i>Ranunculus aconitifolius</i>                    | Aconite-leaved Buttercup  |
| <i>Ranunculus acris</i>                            | Meadow Buttercup          |
| <i>Ranunculus alpestris</i>                        | Alpine Buttercup          |
| <i>Ranunculus glacialis</i>                        | Glacier Crowfoot          |
| <i>Ranunculus grenieranus</i>                      | Grenier's Buttercup       |
| <i>Ranunculus keupferi</i>                         | Pyrenean Buttercup        |
| <i>Ranunculus montanus</i>                         | Mountain Buttercup        |
| <i>Ranunculus nemorosus</i>                        | Wood Buttercup            |
| <i>Thalictrum aquilegifolium</i>                   | Great Meadow-rue          |
| <i>Thalictrum foetidum</i>                         | Stinking Meadow-rue       |
| <i>Thalictrum minus</i>                            | Lesser Meadow-rue         |

| Scientific Name                 | Common Name               |
|---------------------------------|---------------------------|
| <i>Trollius europaeus</i>       | Globeflower               |
| <b>Resedaceae</b>               | <b>Mignonette Family</b>  |
| <i>Reseda lutea</i>             | Mignonette                |
| <b>Rhamnaceae</b>               | <b>Buckthorn Family</b>   |
| <i>Rhamnus alpina</i>           | Alpine Buckthorn          |
| <i>Rhamnus pumila</i>           | Dwarf Buckthorn           |
| <b>Rosaceae</b>                 | <b>Rose Family</b>        |
| <i>Alchemilla alpina</i>        | Alpine Lady's-mantle      |
| <i>Alchemilla conjuncta</i>     | Silver Lady's-mantle      |
| <i>Alchemilla hybrida</i>       | -                         |
| <i>Aruncus dioicus</i>          | Goat's-beard Spirea       |
| <i>Cotoneaster integerrimus</i> | Wild Cotoneaster          |
| <i>Crataegus monogyna</i>       | Hawthorn                  |
| <i>Dryas octopetala</i>         | Mountain Avens            |
| <i>Filipendula ulmaria</i>      | Meadowsweet               |
| <i>Fragaria vesca</i>           | Wild Strawberry           |
| <i>Geum montanum</i>            | Mountain Avens            |
| <i>Geum reptans</i>             | Creeping Avens            |
| <i>Geum rivale</i>              | Water Avens               |
| <i>Potentilla aurea</i>         | Golden Cinquefoil         |
| <i>Potentilla crantzii</i>      | Alpine Cinquefoil         |
| <i>Potentilla erecta</i>        | Tormentil                 |
| <i>Potentilla grandiflora</i>   | Large-flowered Cinquefoil |
| <i>Potentilla reptans</i>       | Creeping Cinquefoil       |
| <i>Potentilla rupestris</i>     | Rock Cinquefoil           |
| <i>Rosa canina</i>              | Dog Rose                  |
| <i>Rosa pendulina</i>           | Alpine Rose               |
| <i>Rosa pimpinellifolia</i>     | Burnet Rose               |
| <i>Rubus fruticosus</i> agg.    | Bramble                   |
| <i>Rubus idaeus</i>             | Raspberry                 |
| <i>Sorbus aria</i>              | Whitebeam                 |
| <i>Sorbus aucuparia</i>         | Rowan                     |
| <b>Rubiaceae</b>                | <b>Bedstraw Family</b>    |
| <i>Asperula aristata</i>        | a Squinancywort           |
| <i>Asperula cynanchica</i>      | Squinancywort             |
| <i>Cruciata laevipes</i>        | Crosswort                 |
| <i>Galium lucidum</i>           | a Bedstraw                |
| <i>Galium megalospermum</i>     | Swiss Bedstraw            |
| <i>Gallium mollugo</i>          | Hedge Bedstraw            |
| <i>Galium verum</i>             | Ladies Bedstraw           |
| <b>Salicaceae</b>               | <b>Willow Family</b>      |
| <i>Populus tremula</i>          | Aspen                     |
| <i>Salix breviserrata</i>       | Finely-toothed Willow     |
| <i>Salix caesia</i>             | Blue-green Willow         |
| <i>Salix caprea</i>             | Goat Willow               |
| <i>Salix herbacea</i>           | Least Willow              |
| <i>Salix reticulata</i>         | Net-leaved                |
| <i>Salix retusa</i>             | Retuse-leaved Willow      |

| Scientific Name   | Common Name  |
|---|--|
| <i>Salix serpyllifolia</i>  | a Willow   |
| <b>Santalaceae</b><br><i>Thesium alpinum</i>  | <b>Sandalwood Family</b><br>Alpine Bastard Toadflax  |
| <b>Saxifragaceae</b><br><i>Saxifraga aizoides</i><br><i>Saxifraga androsacea</i><br><i>Saxifraga aspera</i><br><i>Saxifraga biflora</i><br><i>Saxifraga bryoides</i><br><i>Saxifraga diapensioides</i><br><i>Saxifraga exarata</i> subsp. <i>exarata</i><br><i>Saxifraga exarata</i> subsp. <i>moschata</i><br><i>Saxifraga oppositifolia</i><br><i>Saxifraga paniculata</i><br><i>Saxifraga rotundifolia</i> | <b>Saxifrage Family</b><br>Yellow Mountain Saxifrage<br>Scree Saxifrage<br>Rough Saxifrage<br><br>Rough Saxifrage<br><br>Musky Saxifrage<br>White Musky Saxifrage<br>Purple Saxifrage<br>Live-long Saxifrage<br>Round-leaved Saxifrage |
| <b>Scrophulariaceae</b><br><i>Scrophularia canina</i> subsp. <i>hoppii</i><br><i>Verbascum lychnitis</i><br><i>Verbascum pulverulentum</i><br><i>Verbascum thapsus</i> subsp. <i>montanum</i>   | <b>Figwort Family</b><br>French Figwort<br>White Mullein<br>Hoary Mullein<br>Aaron's Rod   |
| <b>Tamaricaceae</b><br><i>Myricaria germanica</i>   | <b>Tamarisk Family</b><br>Myricaria  |
| <b>Thymelaeaceae</b><br><i>Daphne mezereum</i>  | <b>Daphne Family</b><br>Mezereon   |
| <b>Urticaceae</b><br><i>Urtica dioica</i>   | <b>Nettle Family</b><br>Common Nettle  |
| <b>Valerianaceae</b><br><i>Valeriana montana</i><br><i>Valeriana officinalis</i><br><i>Valeriana tripteris</i>  | <b>Valerian Family</b><br>Mountain Valerian<br>Common Valerian<br>Three-leaved Valerian  |
| <b>Violaceae</b><br><i>Viola biflora</i><br><i>Viola calcarata</i> subsp. <i>calcarata</i><br><i>Viola riviniana</i><br><i>Viola rupestris</i><br><i>Viola tricolor</i> subsp. <i>tricolor</i>  | <b>Violet Family</b><br>Yellow Violet<br>Long-spurred Pansy<br>Common Dog Violet<br>Teesdale Violet<br>Heartsease  |

### **Liliidae (Monocotyledons)**

|   |                             |
|---|-----------------------------|
| <b>Amaryllidaceae</b><br><i>Allium schoenoprasum</i><br><i>Allium sphaerocephalon</i> | Chives<br>Round-headed Leek |
| <b>Asparagaceae</b><br><i>Anthericum liliago</i>                                      | St. Bernard's Lily          |

**Common Name**

May Lily

St. Bruno's Lily

## White False Helleborine

## Lily Family

a Yellow Star of Bethlehem  
Snowdon Lily  
Orange Lily  
Martagon Lily

## Orchid Family

Broad-leaved Marsh Orchid  
Common Spotted Orchid  
Flecked Marsh Orchid  
Heath Spotted Orchid  
Broad-leaved Marsh Orchid  
Elder-flowered Ocrchid  
Frog Orchid  
Dark Red Helleborine  
Broad-leaved Helleborine  
Mt.Cenis Vanilla Orchid  
Fragrant Orchid  
Red Vanilla Orchid  
a Vanilla Orchid  
Twayblade  
Burnt-tip Orchid  
Lesser Butterfly Orchid  
Greater Butterfly Orchid  
Small White Orchid  
Round-headed Orchid

## Tofield's Asphodel

## White Asphodel

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

|   | Common name            | Scientific name              | June/July |    |    |   |   |   |   |   |
|---|------------------------|------------------------------|-----------|----|----|---|---|---|---|---|
|   |                        |                              | 28        | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 1 | Rock Ptarmigan         | <i>Lagopus muta</i>          |           |    |    |   | 4 |   |   |   |
| 2 | Griffon Vulture        | <i>Gyps fulvus</i>           |           |    |    | 2 | 1 | 2 |   |   |
| 3 | Eurasian Sparrowhawk   | <i>Accipiter nisus</i>       |           |    | 1  |   |   |   |   |   |
| 4 | Common Buzzard         | <i>Buteo buteo</i>           |           |    |    |   | 2 | 2 |   |   |
| 5 | Golden Eagle           | <i>Aquila chrysaetos</i>     |           | 2  | 1  |   | 1 | 3 | 1 |   |
| 6 | Common Kestrel         | <i>Falco tinnunculus</i>     |           |    | 1  | 1 | 1 | 2 | 1 |   |
| 7 | Yellow-legged Gull     | <i>Larus michahellis</i>     | ✓         |    |    |   |   |   |   |   |
| 8 | Feral Pigeon           | <i>Columba livia</i>         | ✓         | ✓  |    | ✓ |   |   | ✓ |   |
| 9 | Eurasian Collared Dove | <i>Streptopelia decaocto</i> |           |    |    |   |   |   | ✓ |   |

|    | Common name               | Scientific name                   | June/July |    |    |    |    |    |    |   |
|----|---------------------------|-----------------------------------|-----------|----|----|----|----|----|----|---|
|    |                           |                                   | 28        | 29 | 30 | 1  | 2  | 3  | 4  | 5 |
| 10 | Common Cuckoo             | <i>Cuculus canorus</i>            |           | H  | H  |    |    |    |    |   |
| 11 | Alpine Swift              | <i>Tachymarptis melba</i>         |           |    | 2  | 3  |    | 8  | 1  |   |
| 12 | Common Swift              | <i>Apus apus</i>                  |           | ✓  |    | ✓  | ✓  | ✓  | ✓  | ✓ |
| 13 | Great Spotted Woodpecker  | <i>Dendrocopos major</i>          |           | H  |    |    |    | 1  |    |   |
| 14 | Red-backed Shrike         | <i>Lanius collurio</i>            |           | 4  |    | 1  |    |    |    |   |
| 15 | Eurasian Jay              | <i>Garrulus glandarius</i>        |           | 1  |    | 2  |    |    |    |   |
| 16 | Eurasian Magpie           | <i>Pica pica</i>                  |           |    |    | 1  | 2  | 2  | 1  | 2 |
| 17 | Spotted Nutcracker        | <i>Nucifraga caryocatactes</i>    |           | 2  | 4  |    | 1  |    |    | 1 |
| 18 | Red-billed Chough         | <i>Pyrrhocorax pyrrhocorax</i>    |           |    |    |    | 2  |    |    | 2 |
| 19 | Alpine Chough             | <i>Pyrrhocorax graculus</i>       |           | 3  | 15 | 30 | 12 | 20 | 10 | 4 |
| 20 | Western Jackdaw           | <i>Coloeus monedula</i>           |           |    |    | ✓  |    |    |    | 1 |
| 21 | Carrion Crow              | <i>Corvus corone</i>              |           | 2  | 1  |    |    | 3  | 2  | 2 |
| 22 | Hooded Crow               | <i>Corvus cornix</i>              | ✓         |    |    |    |    |    |    | ✓ |
| 23 | Northern Raven            | <i>Corvus corax</i>               |           |    | 2  | 2  |    | 5  |    |   |
| 24 | Willow Tit                | <i>Poecile montanus</i>           |           | 3  | 4  |    |    |    |    |   |
| 25 | Coal Tit                  | <i>Periparus ater</i>             |           | H  | ✓  |    | 2  |    |    |   |
| 26 | European Crested Tit      | <i>Lophophanes cristatus</i>      |           | 2  | H  |    |    | H  |    |   |
| 27 | Great Tit                 | <i>Parus major</i>                |           |    | 1  |    | 1  | H  |    |   |
| 28 | Eurasian Skylark          | <i>Alauda arvensis</i>            |           |    |    | 4  | 3  | H  |    | H |
| 29 | Barn Swallow              | <i>Hirundo rustica</i>            | ✓         |    |    |    |    |    |    | ✓ |
| 30 | Eurasian Crag Martin      | <i>Ptyonoprogne rupestris</i>     |           | 6  | 4  | ✓  | ✓  | ✓  | ✓  | ✓ |
| 31 | Common House Martin       | <i>Delichon urbicum</i>           |           | ✓  | ✓  | ✓  | ✓  |    | ✓  | ✓ |
| 32 | Long-tailed Tit           | <i>Aegithalos caudatus</i>        |           |    | 12 |    |    |    |    |   |
| 33 | Common Chiffchaff         | <i>Phylloscopus collybita</i>     |           | H  |    | H  | H  |    |    | H |
| 34 | Western Bonelli's Warbler | <i>Phylloscopus bonelli</i>       |           |    |    | H  |    |    |    |   |
| 35 | Marsh Warbler             | <i>Acrocephalus palustris</i>     |           |    |    |    |    | 3  | 1  |   |
| 36 | Eurasian Blackcap         | <i>Sylvia atricapilla</i>         |           |    | H  | H  | H  | 2  |    | H |
| 37 | Garden Warbler            | <i>Sylvia borin</i>               |           |    | 4  | H  |    | 3  | 1  |   |
| 38 | Lesser Whitethroat        | <i>Sylvia curruca</i>             |           | 3  |    | H  |    | 1  |    |   |
| 39 | Goldcrest                 | <i>Regulus regulus</i>            |           | 1  | 2  |    |    |    |    | H |
| 40 | Eurasian Wren             | <i>Troglodytes troglodytes</i>    |           |    | H  |    | 2  |    |    |   |
| 41 | Common Starling           | <i>Sturnus vulgaris</i>           |           |    |    |    |    |    |    | ✓ |
| 42 | Ring Ouzel                | <i>Turdus torquatus alpestris</i> |           |    |    |    |    | H  |    |   |
| 43 | Common Blackbird          | <i>Turdus merula</i>              |           |    | ✓  |    |    | 1  |    |   |
| 44 | Fieldfare                 | <i>Turdus pilaris</i>             |           |    | ✓  |    |    | ✓  |    |   |
| 45 | Song Thrush               | <i>Turdus philomelos</i>          |           |    |    |    |    |    |    | H |
| 46 | Mistle Thrush             | <i>Turdus viscivorus</i>          |           | 1  | ✓  | 1  |    |    |    |   |
| 47 | European Robin            | <i>Erithacus rubecula</i>         |           |    | H  |    | H  |    |    |   |
| 48 | Black Redstart            | <i>Phoenicurus ochruros</i>       |           | 6  | 1  | ✓  | 2  | 6  | 4  | 3 |
| 49 | Common Redstart           | <i>Phoenicurus phoenicurus</i>    |           |    |    | 1  |    | 2  |    |   |
| 50 | Whinchat                  | <i>Saxicola rubetra</i>           |           | 4  | 2  | 1  |    | 4  | 3  | 4 |
| 51 | Northern Wheatear         | <i>Oenanthe oenanthe</i>          |           | 1  |    | 6  | 6  | ✓  | 10 | 4 |
| 52 | White-throated Dipper     | <i>Cinclus cinclus</i>            |           | 1  | 4  |    |    |    | 1  |   |
| 53 | House Sparrow             | <i>Passer domesticus</i>          |           |    | ✓  | ✓  | ✓  | ✓  | ✓  | ✓ |
| 54 | White-winged Snowfinch    | <i>Montifringilla nivalis</i>     |           |    |    | 5  | 1  |    | 4  |   |
| 55 | Alpine Accentor           | <i>Prunella collaris</i>          |           |    |    |    |    |    | 3  |   |
| 56 | Dunnock                   | <i>Prunella modularis</i>         |           | 4  | H  |    |    | 1  |    |   |
| 57 | Grey Wagtail              | <i>Motacilla cinerea</i>          |           |    | 2  | 3  | 1  |    |    |   |
| 58 | White Wagtail             | <i>Motacilla alba</i>             |           | 4  | ✓  | ✓  | ✓  | ✓  | ✓  | ✓ |
| 59 | Tree Pipit                | <i>Anthus trivialis</i>           |           |    |    |    | 1  |    |    | 3 |
| 60 | Water Pipit               | <i>Anthus spinoletta</i>          |           |    |    | 6  | 8  | ✓  | ✓  | ✓ |

|    | Common name         | Scientific name            | June/July |    |    |   |   |   |   |    |
|----|---------------------|----------------------------|-----------|----|----|---|---|---|---|----|
|    |                     |                            | 28        | 29 | 30 | 1 | 2 | 3 | 4 | 5  |
| 61 | Common Chaffinch    | <i>Fringilla coelebs</i>   |           | ✓  | ✓  | ✓ |   |   |   |    |
| 62 | European Serin      | <i>Serinus serinus</i>     |           |    | H  | H | 1 | 3 | 2 | H  |
| 63 | European Greenfinch | <i>Chloris chloris</i>     |           |    |    |   |   |   | H |    |
| 64 | Eurasian Siskin     | <i>Spinus spinus</i>       |           | 6  |    |   |   |   |   |    |
| 65 | European Goldfinch  | <i>Carduelis carduelis</i> |           | ✓  | ✓  |   | ✓ | ✓ | ✓ | ✓  |
| 66 | Common Linnet       | <i>Linaria cannabina</i>   |           |    |    | ✓ | ✓ | ✓ |   | ✓  |
| 67 | Red Crossbill       | <i>Loxia curvirostra</i>   |           |    |    |   | 2 |   |   | 12 |
| 68 | Eurasian Bullfinch  | <i>Pyrrhula pyrrhula</i>   |           |    |    |   |   | 2 |   |    |
| 69 | Yellowhammer        | <i>Emberiza citrinella</i> |           | H  |    | H |   | H | 1 | H  |
| 70 | Rock Bunting        | <i>Emberiza cia</i>        |           | 2  | 4  | H | 2 |   |   | 2  |

## Butterflies

Dingy Skipper, *Erynnis tages*  
 Grizzled Skipper, *Pyrgus malvae*  
 Safflower Skipper, *Pyrgus carthami*  
 Red-underwing Skipper, *Spialia sertorius*  
 Large Skipper, *Ochlodes sylvanus*  
 Swallowtail, *Papilio machaon*  
 Black-veined White, *Aporia crataegi*  
 Mountain Green-veined White, *Pieris bryoniae*  
 Orange Tip, *Anthocharis cardamines*  
 Moorland Clouded Yellow, *Colias palaeno*  
 Green Hairstreak, *Callophrys rubi*  
 Little Blue, *Cupido minimus*  
 Mountain Alcon Blue, *Maculinea rebeli*  
 Silver-studded Blue, *Plebeius argus*  
 Adonis Blue, *Lysandra bellargus*  
 Eros Blue, *Polyommatus eros*  
 Alpine Blue, *Albulina orbitulus*  
 Red Admiral, *Vanessa atalanta*  
 Glanville Fritillary, *Melitaea cinxia*  
 Knapweed Fritillary, *Melitaea phoebe*  
 Grison's Fritillary, *Melicta varia*  
 Mountain Fritillary, *Boloria napaea*  
 Titania's Fritillary, *Boloria titania*  
 Pearly Heath, *Coenonympha arcania*  
 Darwin's Heath, *Coenonympha darwiniana*  
 Almond-eyed Ringlet, *Erebia albertanus*  
 de Prunner's Ringlet, *Erebia triaria*

Oberther's Grizzled Skipper, *Pyrgus armoricanus*  
 Olive Skipper, *Pyrgus serratulae*  
 Alpine Grizzled Skipper, *Pyrgus andromedae*  
 Essex Skipper, *Thymelicus lineola*  
 Apollo, *Parnassius apollo*  
 Wood White, *Leptidea sinapis*  
 Green-veined White, *Pieris napi*  
 Peak White, *Pontia callidice*  
 Mountain Dappled White, *Euchloe simplonia*  
 Berger's Clouded Yellow, *Colias alfacariensis*  
 Purple-edged Copper, *Lycaena hippothoe*  
 Osiris Blue, *Cupido osiris*  
 Large Blue, *Maculinea arion*  
 Mazarine Blue, *Cyaniris semiargus*  
 Common Blue, *Polyommatus icarus*  
 Geranium Argus, *Eumedonia eumedon*  
 Small Tortoiseshell, *Aglais urticae*  
 Painted Lady, *Vanessa cardui*  
 False Heath Fritillary, *Melitaea diamina*  
 Heath Fritillary, *Melicta athalia*  
 Marsh Fritillary, *Euphydryas aurinia*  
 Pearl-bordered Fritillary, *Boloria euphrosyne*  
 Large Wall Brown, *Lasiommata maera*  
 Alpine Heath, *Coenonympha gardetta*  
 Small Heath, *Coenonympha pamphilus*  
 Large Ringlet, *Erebia euryale*  
 Dewy Ringlet, *Erebia pandrose*

## Mammals

Brown Hare, *Lepus europaeus*  
 Alpine Chamois, *Rupicapra rupicapra*  
 Red Squirrel, *Sciurus vulgaris*

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