

The Italian & French Alps

Naturetrek Tour Report

27 June - 4 July 2017

Report compiled by Philip Thompson



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Tour participants: Philip & Sharon Thompson (leaders) with 10 Naturetrek clients

Day 1

Tuesday 27th June

After having arrived in the mid-afternoon into Turin airport, we soon had the formalities of collecting our tour vehicles sorted and were on the road, heading north towards the Alps and the Aosta Valley. Along the way the lowland farmland scenery soon changed as we entered the mountain-fringed valley. Only a few common bird species were seen as we passed, but once we left the motorway and began to climb along the winding mountain road leading to Cogne the roadside flora improved greatly, as well as the scenery.

Once at the hotel we had just enough time to settle into our rooms and freshen up before meeting for a drink and pre-tour chat before dinner.

Day 2

Wednesday 28th June

The day dawned with much low cloud and mist rising out of the valley. This gradually dissipated as the morning passed leaving us in clear sunny conditions as we began our first walk from Gimillan into the Grausson valley. The path climbed steeply through a lush alpine meadow at the outset, meaning our progress was slow but allowing a good look at the many abundant flowers at the path side, joined by the first butterflies. The scenery and views steadily opened out allowing a view across towards Gran Paradiso, the summit of which unfortunately remained shrouded in cloud.

Having completed the initial short climb, the path levelled out and we were able to begin our immersion in the abundant flower species present. With the warming sun, the numbers of butterflies steadily increased to levels unseen in the UK today with several species present of which the Apollo was the star. These were joined by numerous Almond-eyed Ringlet, Dark Green Fritillary, Silver-studded Blue, Marbled White and Great Sooty Satyr. Notable plants seen in the early stages of the walk included *Sempervivum grandiflorum*, *Silene vallesia*, *Vicia onobrychioides* and *Phyteuma scorzonnerifolium*, although it was the overall abundance and colours that made the greatest impression, with interesting combinations and species everywhere we looked.

The open path reached an area of diffuse *Pinus uncinata* woodland where, on the gravelly scree at the path edge, we found the very localised endemic *Aethionema thomasianum*, found only in a few localities in the Aosta valley environs. With the rather advanced season this year we were fortunate in seeing it in full bloom in its diminutive glory! Of the birds seen an obliging Rock Bunting, fleeting Nutcrackers and distant patrolling Golden Eagle provided the highlights, although our attentions were somewhat fixed at our feet with the wealth of flowers and butterflies. The path led down to a wooden bridge crossing the torrent where we paused to spend some time checking out the butterflies present. Overhead the cloud cover had by now begun to build somewhat and conditions had cooled, resulting in a couple of species of blue and fritillary roosting in the grass. Moving on, we crossed an open meadow full of *Onobrychis montana* with its bright cerise flowers joined by a mix of yellow and blue from the campanulas and various pea species making a beautiful display.

At the far side of the meadow we reached the shelter of some pine woodland just in time to avoid the light rain that had begun to fall. We paused to enjoy a refreshing light picnic lunch as we waited out the conditions. Things did not appear to be improving greatly so we opted to begin our return along an initially different path, crossing

the torrent a little higher, although we didn't stop long on the bridge in the rather gloomy conditions. As we continued walking things steadily improved so that it was not long before we were once more walking in sunshine, bringing with it the return of the butterflies as if by magic. At a couple of sheltered gullies we continued to encounter new and interesting species with an array of fritillaries seen in particular.

We paused to rest at an open glade in the woodland to allow the group to reform, during which the Golden Eagle was sighted patrolling its territory once more. Among the pines several Crested and Willow Tits were sighted to the delight of the group. We slowly completed our return journey spotting several plants missed on the outward leg, making for an incredible list of discoveries for the day. Arriving back at the vehicles a little earlier than normal due to our curtailed post lunch walk, we opted to head into Cogne to enjoy a coffee and ice cream before taking a short exploration of the town famous for its pillow lace making.

Day 3

Thursday 29th June

Today was spent walking within the Gran Paradiso NP. We drove the short distance to Valnontey where we parked and took the path leading initially alongside the Botanical Gardens. We had only just left the vehicles when we spotted a couple of placidly grazing Chamois in the nearby meadows that allowed for a close approach. The track then began to climb up the steep valley walls taking many switchback turns, meaning the path was never too steep. The morning had begun rather overcast with only breaks of sunlight with the result that butterflies were only periodically on the wing. We did however start well with a flame-orange Scarce Copper that perched alongside the path. Several new plants were seen with *Astragalus exscapus* being the most notable. After a slow climb, during which we came upon a couple more very close Chamois, we reached a wooden bridge crossing the tumultuous waterfall dropping into the valley. We paused to rest and enjoy the views spotting *Aconitum lycoctonum* in the trees and a Nutcracker passing.

We continued climbing and as the trees thinned, we reached an area of open meadow. A pair of Golden Eagles passed close overhead raising the alarm among the Alpine Marmots around us. At an area of wet seepage the sun came out strongly and with it a multitude of butterflies causing a stop for a little time to identify those species present. Continuing on our climb, the views across the valley and up towards the higher peaks grew ever better making our efforts worthwhile. With energy levels dropping we opted to take lunch in the shelter of some pines just as the weather deteriorated somewhat and a light rain began to fall. We stoically ate our lunch hoping for an improvement.

We opted to continue climbing after our meal, as conditions were not too bad. As we set off we were surprised by the appearance of a very tame Red Fox that had come across to scavenge for scraps from our picnic. We were able to watch from only metres away as this vixen sniffed out any morsels; a real treat for us!

A further Chamois was seen, which similarly was totally unconcerned by the group's presence as it grazed the alpine pastures. The geology and soil was now rather more acid resulting in a rather different flora than from previously, an obvious example being the many bushes of *Rhododendron ferrugineum* growing on the slopes among many other species. It was clear our rate of progress would not bring us to the Refugio in time so we soon began our return walk.

Back in Valnontey we all had a well-earned cup of coffee before returning to the hotel.

Day 4

Friday 30th June

We transferred from Italy into France via a spectacular and eventful route. We began with the drive back from Cogne into the Aosta Valley and then headed west towards Monte Bianco/Mont Blanc. We stopped at a roadside pull-in to take photographs of the snow-clad iconic mountain before then heading south on the steep climb to the Col de Petit St Bernard, where we stopped for a short period of exploration. We were surprised to discover a fresh layer of snow all around that was slowly melting in the clear sunny conditions. Undaunted, we still enjoyed the scenery and the grassy meadows awash with *Trifolium montanum*, *Viola calcarata*, *Ranunculus keupferi* and *Potentilla crantzii*. We had time to have a quick look at the prehistoric stone circle and mix of ruined Roman settlement and WWII fortifications on this strategic pass.

We then drove on a short distance to stop for a coffee break in la Rosiere and take in the views. The local St. Bernard dogs were joined in their kennel by a rather defensive Collie that prevented a close approach! Refreshed, we then dropped down into the Isere valley where we continued through the famous ski resort to stop for lunch at Pont St. Charles. Unluckily, half way through eating it began to rain so we scampered for shelter in the vehicles to sit it out. With the weather looking to continue cold, windy and wet we opted to skip our proposed walk and continue on to the hotel in Lanslevillard. We drove on up to the top of the Col de l'Iseran, which appeared eerily quiet and bereft of tourists and cyclists. All became clear when we drove over and began our descent where we met a barrier across the road preventing any further progress! It was soon ascertained that there had been a landslide that morning a little further on which was still being cleared. Before we began a very long detour that would take several hours, we were advised to walk down the road to see how progress was being made, where we were informed that work was just finishing and the road would soon be re-opening - to our great relief! Making best use of our time we opted to explore the high alpine environment of the Col (something we were due to do later in the week) with a whole range of prostrate and stunted flowers in these harsh conditions. A couple of Mountain Fritillaries and Silky Ringlets were spotted finding shelter in the rocky scree during our search for flowers. Notable finds included *Gentiana orbicularis* and *schleicheri*, *Cerastium uniflorum*, *Ranunculus glacialis* and *Saxifraga androsacea* and *oppositifolia* to name a few. After our exploration of the level ground, the fitter and keener of the group then climbed the steep stony track up the flank of Pointe des Lessieres where we found the notable *Campanula cenisia* blooming from among the cracks and crevices, joined by *Doronicum grandiflora*, *Potentilla reptans* and *Oxytropis fetida*. The views were well worth the climb but the effort was also rewarded with a pair of singing and displaying Alpine Accentors to add to the White-winged Snowfinches seen earlier.

We then completed the transfer, past the cleared landslide and through some breathtaking scenery, on to Lanslevillard where we were to stay for the remainder of our trip.

Day 5

Saturday 1st July

Our first day in the Vanoise National Park was spent exploring the area to the western edge and a visit to Bellecombe. After a stunning drive up from the valley, we arrived in a rather misty and cool car park. We were optimistic that conditions would improve, so after we had distributed the picnic, we set off along the gently rising track. We were fortunate in spotting a pair of Alpine Accentors that were settled on a large rock across from the group at eye level, thus allowing most of us to obtain some excellent views of these iconic mountain birds. Overhead both species of Chough passed in small numbers throughout the day. Elsewhere in the rocky

boulder-strewn slopes numerous Water Pipits and Northern Wheatears completed the selection of specialist alpine species. Our initial progress was slow as we worked our way through the many new species of flower growing along the track, joined by some obliging and tame Alpine Marmots, a couple of which had their burrows right on the path. At these altitudes any butterfly seen is likely to be rather special, and we were not disappointed with sightings of numerous Dewy Ringlets, Peak White, both Mountain and Moorland Clouded Yellows, Mountain Fritillary and the alpine *f. debilis* of Marsh Fritillary.

We walked on past Plan du Lac and the Refuge to enter an area thick with *Rhododendron ferrugineum*, on the lookout for Ptarmigan, with no luck unfortunately. We did considerably better with the plants with excellent finds of *Callianthemum coriandrifolium*, *Anemone baldensis* and *Dryas octopetala* all with their very similar looking white flowers. Other discoveries included *Pedicularis cenisia* and *verticillata*, *Leucanthemopsis alpina* and *Pinguicula alpina*. We stopped at a suitable spot with a stunning view to have our lunch and enjoy the tussling Marmots below us, during which we were amazed by a Lammergeier (Bearded Vulture) cruising along the mountainside above us that drifted overhead almost before heading away, giving a wonderful view.

With lunch completed we headed back to the Refuge where we had a coffee on the terrace. From here we took a short walk out towards the gorge of le Doron de Termignon. In the grassy pasture as we passed we enjoyed the stunning deep blue trumpets of *Gentiana alpina* mixed with a few *Gentiana acaulis*. With time running short, we curtailed our walk and returned to the access road where we headed back to the car park. Along the way several Marmots were sighted as well as a pleasing and attractive mix of alpine flowers.

Once back with the vehicles we drove back down towards the valley floor where we stopped first to admire some St. Bruno's Lilies *Paradisea liliastrum* and secondly to take a walk into the pine woodland for a different mix of plant species. Notable finds here included *Aquilegia atrata*, *Epipactis atrorubens*, three species of Wintergreen and *Veronica urticifolia*.

Day 6

Sunday 2nd July

For the early risers our day began with a pre-breakfast walk among the nearby lush riverside pastures. Our main target was finding the elusive Marsh Warblers that frequents these tall lush Meadowsweet beds. On arrival it was not long before a fleeting glimpse and movement was detected. The problem being that the birds rarely sit up for long, although it is possible to watch their progress through the vegetation by following the quivering stems caused by their passage. After some patient waiting and checking at a couple of spots, we managed to hear a variety of song made up of mimicry and their own invention, plus several short views of a couple of birds on the stem tops and in flight as they moved about. Other attractive birds seen included the opportunity to compare both Garden Warbler and Blackcap song, as both species were present, plus a pair of handsome Bullfinch.

Today was spent in the vicinity of Grand and Petit Mont Cenis, the two peaks for which the area is famous and after which several plants are named, although you wouldn't have known it as both peaks remained clothed in cloud during the day!

We started with a walk from the Refuge du Petit Mont Cenis. As yesterday the day began rather cloudy and foggy, but did gradually clear as time went by. Close by the refuge were numerous spikes of the impressive Dotted Gentian *Gentiana punctata* that we paused to admire. Taking the track from here led through an attractive

mix of meadow, rocks and streamside during which we once more made numerous fresh discoveries of attractive flowers. One or two species were a little past their best but these were offset by the stunning *Aquilegia alpina* that made an impressive show growing around a large boulder. Rather smaller were numerous *Gymnadenia rbellicana* and *Pseudorchis albida* dotted among the grass. Another good find was a large group of *Polygonatum verticillata* growing among the seed-heads of the abundant *Pulsatilla alpina*.

After a steady climb the path levelled and we could catch our breath and enjoy the many flower species present. The walk on towards the Vallon d'Ambin with its stunning views into the valley was decided against as there low cloud and mist prevented any such views being visible! We opted instead to begin the loop back taking us through an ever-changing mix of meadow flowers interspersed with numerous large boulders. We stopped at a couple of these rocks, as they were clothed in an incredible blanket of colourful and exciting plants. The most notable species present was the localised endemic Yellow Soapwort *Saponaria lutea* but other good finds included *Dianthus pavonius*, *Sedum anacampseros*, *Potentilla grandiflora* and *Sempervivum montanum*. The lush streamside vegetation held abundant *Geranium sylvaticum* among which a few Geranium Argus butterflies were present.

After an enjoyable morning and the weather steadily brightening, we arrived back at the refuge where we used their tables to eat our picnic with a coffee for some. During our lunch we were kept entertained by the low passes of feeding Alpine and Common Swifts.

For the afternoon we transferred across the opposite side of the Lac du Mont Cenis for a walk that led towards the historic 19th century Fort de Ronce. At the start point things got off to a great start with a multitude of butterflies feeding on the flowers by the car park. These had escaped the attentions of the grazing cows within the fence and as a result were covered in blooms that had attracted a wide mix of species that kept us occupied for some time before we set out on our walk! The trail rose slowly through a couple of switchbacks before levelling off, providing a wonderful view across the lake and the peaks all around. Once more the path side held a colourful mix of flowers with numerous large fleshy flower spikes of *Sempervivum tectorum* standing out. Conditions were quite windy which kept butterfly activity confined to the sheltered gullies along the way but we were pleasantly surprised with the discovery of a single Damon Blue feeding among a group of Small Blues on the minerals provided by a patch of wet mud.

Having made our way back to the vehicles, we drove back past Lac du Mont Cenis admiring the roadside embankments awash with flowers of all sorts and colours as we passed before dropping back down from the Col du Mont Cenis (where Hannibal is believed to have crossed from Italy into France) and back to Lanslevillard.

Day 7

Monday 3rd July

Today we returned to the Col de l'Iseran where we were due to take a walk and exploration, but due to the change in itinerary enforced by the previous road blockage, we drove straight over to drop back to the Pont St-Charles where we took our previously cancelled walk. Before arriving there we were stunned by a large raptor cruising the mountainside coming directly towards us at head height. A rapid stop allowed us to identify this as an adult Lammergeier that continued coming towards us before settling on a prominent boulder only 30 metres in front of us! After spending some time admiring this stunning bird, a French driver behind us decided that he was being held up too long so overtook and flushed the bird, which then cruised past the vehicles at eye-level to

the joy of all. Things got even better when, after driving on a little way, a mother and kid Alpine Ibex crossed the road immediately in front of us, again no more than 20 metres away.

Arriving at our walk start, we set out in good spirits after our earlier sightings. Things continued in a good way with a number of Small Apollo butterflies being seen by the track at the start, joined as we went by several more notable species including Blind, Common Brassy and Piedmont Ringlets and Mountain Green-veined White. Among the usual array of interesting flowers, the undoubted highlight was the abundant flowering Edelweiss *Leontopodium alpinum* that were growing in the steep and precipitous grassy slopes. The path led through a narrow and dramatic gorge formed by the Isere River as it dropped from its source in the high peaks ahead, forming the French/Italian border.

As the gorge opened out and levelled, we reached a large amphitheatre of grassy meadows with a Refuge at its heart. We stopped to scan the surrounding slopes on the lookout for Ibex. After a couple of false alarms a group of male Ibex were spotted resting alongside a snowfield high above the valley. Although they were incredibly distant, it was possible to make out their large horns silhouetted against the white snow. Whilst not proving to be the highlight of the trip for some, it was still exciting to see these once very rare mammals, for which the Gran Paradiso was proclaimed to protect, still present high in their realm. We returned to the car park where we had our picnic once more, this time in much more pleasant conditions, enjoying the good food in the warm sun.

Next we re-crossed the Col de l'Iseran, dropping over and stopping opposite an area of wet flushed marshy ground that was a mass of Glacier Crowfoot *Ranunculus glacialis*, where we spent some time seeking out butterflies and flowers. We succeeded in finding Alpine Grayling but failed to find the elusive and enigmatic Cynthia's Fritillary. A pair of White-winged Snowfinch provided some consolation along with several Alpine Snowbells *Soldanella alpina* flowering alongside the melting snowfield above the road.

Our next stop was by a dramatic waterfall formed by the Ruisseau de Lenta as it made its way down from the peaks. We were still finding new and exciting plants with the discovery of some *Pulsatilla alpina* still in bloom and a few diminutive *Phyteuma humile* growing from the cracks of the surrounding rocks. Scanning the high peaks around us, a group of Alpine Chamois were sighted playing in a snowfield with a number of youngsters cavorting themselves, although again at great distance.

After a time relaxing and enjoying our surroundings, we walked back to the vehicles to drive on to our final stop of the day when we walked along the level valley floor beneath us alongside the stream. In this richer and moist conditions bathed by warm sunshine, a fresh array of plants and butterflies were discovered beginning with some fine examples of *Gentiana bavarica* and *Campanula thyrsoides* near the vehicles. Overhead we picked up a group of Griffon Vultures rising together and passing over the valley to settle on the slopes high above us, followed by a couple of sightings of two Lammergeiers patrolling the same areas. At our feet, amongst further new plants, a mass of butterflies were attracted to the damp soil and gravel on the track among which a couple of Alpine Blues and Yellow-spotted Ringlet (initially incorrectly identified as Lesser Mountain Ringlet) were picked out. Reaching an area of thick Willow scrub, the characteristic song of Marsh Warbler was heard and after another patient wait, a few glimpses were obtained of these ever-frustrating birds. With our heads full of butterflies, flowers and birds, we headed back to our hotel for our final evening meal.

Day 8

Tuesday 4th July

We began our day with a morning walk on the slopes above Lanslevillard. After a short drive we reached the small car park set high above the valley looking across at Grand Mont Cenis. With the sun already warm, there were plentiful butterflies on the wing of a wide variety. Flowers were rich and abundant with still more notable finds, beginning with *Geranium sanguineum* shortly followed by a trip highlight: Orange Lilies *Lilium bulbiferum* subsp. *croceum*. We made a slow and gentle pace as we soaked up the last highlights of the trip seeing a wide range of species of bird, flower and butterfly, ending with a little lesser highlight named after the area with the finding of Mt Cenis Restharrow *Ononis cenisia* (now rather sadly having had its name changed to *Ononis cristata*). The plentiful Apollo butterflies provided a fine send off as we made our way back to the vehicles and on to the hotel.

Once we had freshened up, changed and loaded the vehicles we bade our farewells and drove on to Lac du Mont Cenis where we still had time to stop and take a walk among the botanic gardens laid out overlooking the lake, before having a light picnic lunch. Once fed it was on into Italy, dropping down the seemingly never-ending descent into Susa from where we picked up the motorway and headed into Turin to catch our return flight to the UK.

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Species Lists

Plants

Scientific Name	Common Name
PTERIDOPHYTES	FERNS & ALLIES
Lycopodiaceae <i>Huperzia selago</i>	Clubmoss Family Fir Clubmoss
Selaginellaceae <i>Selaginella selaginoides</i>	Lesser Clubmoss Family Lesser Clubmoss
Equisetaceae <i>Equisetum arvense</i> <i>Equisetum palustre</i> <i>Equisetum sylvaticum</i> <i>Equisetum telmateia</i>	Horetail Family Field Horsetail Marsh Horsetail Wood Horsetail Great Horsetail
Adiantaceae <i>Adiantum capillus-veneris</i>	Maidenhair Fern Family Maidenhair fern
Aspleniaceae <i>Asplenium ruta-muraria</i> <i>Asplenium septentrionale</i> <i>Asplenium trichomanes</i> <i>Asplenium viride</i> <i>Ceterach officinalis</i>	Spleenwort family Wall Rue Forked Spleenwort Maiden-hair Spleenwort Green Spleenwort Rustyback
Blechnaceae <i>Blechnum spicant</i>	Hard-fern Family Hard-fern
Dennstaedtiaceae <i>Pteridium aquilinum</i>	Bracken Family Bracken
Dryopteridaceae <i>Dryopteris filix-mas</i> <i>Dryopteris submontana</i> <i>Polystichum aculeatum</i> <i>Polystichum lonchitis</i>	Buckler-fern Family Male-fern Rigid Buckler-fern Hard Shield-fern Holly-fern
Ophioglossaceae <i>Botrychium lunaria</i>	Adder's-tongue Family Moonwort
Polypodiaceae <i>Polypodium vulgare</i>	Polypody Family Common Polypody
Woodsiaceae <i>Athyrium distentifolium</i> <i>Athyrium filix-femina</i> <i>Cystopteris fragilis</i> <i>Gymnocarpium dryopteris</i> <i>Gymnocarpium robertianum</i> <i>Woodsia alpina</i>	Lady-fern Family Alpine Lady Fern Lady-fern Brittle Bladder-fern Oak Fern Limestone Fern Alpine Woodsia

Scientific Name	Common Name
PINOPSIDA (GYMNOSPERMS)	CONIFERS
Cupressaceae	Juniper Family
<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
Pinaceae	Pine Family
<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 sylvestris</i>	Scot's Pine
<i>Pinus uncinata</i>	Mountain Pine
MAGNOLIOPSIDA (ANGIOSPERMS)	FLOWERING PLANTS
Magnoliidae (Dicotyledons)	
Adoxaceae	
<i>Sambucus ebulus</i>	Dwarf Elder
<i>Sambucus nigra</i>	Common Elder
<i>Sambucus racemosa</i>	Red-berried Elderberry
<i>Viburnum lantana</i>	Wayfaring Tree
Amaranthaceae	
<i>Chenopodium bonus-henricus</i>	Good King Henry
Apiaceae	Carrot Family
<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>Peucedanum ostruthium</i>	Masterwort
<i>Pimpinella major</i>	Greater Burnet-saxifrage
<i>Pleurospermum austriacum</i>	Pleurospermum
<i>Sanicula europaea</i>	Sanicle
Apocynaceae	Milkweed Family
<i>Vincetoxicum hirundinaria</i>	Swallow-wort

Scientific Name**Common Name****Asteraceae****Daisy Family***Achillea erba-rotta*

Simple-leaved Milfoil

Achillea macrophylla

-

Achillea millefolium

Yarrow

Achillea nana

Dwarf Milfoil

Adenostyles alliariae

Adenostyles

Antennaria carpatica

Carpathian Cat's-foot

Antennaria dioica

Cat's-foot

Arnica montana

Arnica

Artemisia absinthium

Wormwood

Artemisia campestris

Field Wormwood

*Artemisia genipi**Artemisia glacialis*

Glacier Wormwood

Artemisia umbelliformis

-

Aster alpinus

Alpine Aster

Bellidastrum michelii

False Aster

Carduus nutans

Musk Thistle

Carduus defloratus

Alpine Thistle

Carduus personata

Great Marsh Thistle

Carduus tenuiflorus

Seaside Thistle

Cicerbita alpina

Alpine Sow-thistle

Cirsium eriophorum

Woolly Thistle

Cirsium helenioides

Melancholy Thistle

Cirsium palustre

Marsh Thistle

Cirsium spinosissimum

Spiniest Thistle

Centaurea montana

Perennial Cornflower

*Centaurea nervosa**Centaurea scabiosa*

Greater Knapweed

*Centaurea triumphettii**Centaurea uniflora*

Plume Knapweed

Crepis aurea

Golden Hawk's-beard

Doronicum grandiflorum

Large-flowered Leopard's-bane

Erigeron acer

Blue Fleabane

Erigeron alpinus

Alpine Fleabane

Erigeron uniflorus

One-flowered Fleabane

Hieracium alpinum agg

Alpine Hawkweed

Hieracium tomentosum

Woolly Hawkweed

Hieracium villosum

-

Homogyne alpina

Alpine Colt's-foot

Lactuca perennis

Blue Lettuce

Leontopodium alpinum

Edelweiss

Leucanthemopsis alpina

Alpine Moon Daisy

Leucanthemum atratum

Saw-leaved Moon Daisy

Leucanthemum vulgare

Ox-eye Daisy

Petasites alba

White Butterbur

Petasites hybridus

Butterbur

Pilosella officinarum

Mouse-eared Hawkweed

Prenanthes purpurea

Purple Lettuce

Senecio doronicum

Chamois Ragwort

Solidago virgaurea

Goldenrod

Taraxacum agg

Dandelion

Tragopogon pratensis subsp. orientalis

Goat's-beard

Tussilago farfara

Colt's-foot

Scientific Name	Common Name
Berberidaceae	Barberry Family
<i>Berberis vulgaris</i>	Barberry
Betulaceae	Birch Family
<i>Alnus viridis</i>	Green Alder
Boraginaceae	Forget-me-not Family
<i>Echium vulgare</i>	Viper's-bugloss
<i>Myosotis alpestris</i>	Alpine Wood Forget-me-not
<i>Myosotis sylvatica</i>	Wood Forget-me-not
<i>Pulmonaria montana</i>	Mountain Lungwort
Brassicaceae	Cabbage Family
<i>Aethionema thomasianum</i>	a Burnt Candytuft
<i>Alyssoides 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>Arabis glabra</i>	Tower Mustard
<i>Arabis hirsuta</i>	Hairy Rock-cress
<i>Arabis soyeri</i> subsp. <i>subcoriacea</i>	a Rock-cress
<i>Arabis turrita</i>	Tower-cress
<i>Barbarea vulgaris</i>	Common Winter-cress
<i>Biscutella laevigata</i>	Buckler Mustard
<i>Descurainia sophia</i>	Flixweed
<i>Draba aizoides</i>	Yellow Whitlow-grass
<i>Erophila verna</i>	Whitlowgrass
<i>Erysimum jugicola</i>	-
<i>Erysimum ochroleucum</i>	Decumbent Treacle-mustard
<i>Erysimum rhaeticum</i>	-
<i>Hugueninia tanacetifolia</i>	Tansy-leaved Rocket
<i>Petrocallis pyrenaica</i>	Pyrenean Whitlow-grass
<i>Pritzelago alpina</i>	Chamois Cress
<i>Sisymbrium austriacum</i>	Austrian Rocket
Campanulaceae	Bellflower Family
<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 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 hemisphaericum</i>	Globe-headed Rampion
<i>Phyteuma humile</i>	Dwarf Rampion
<i>Phyteuma orbiculare</i>	Round-headed Rampion
<i>Phyteuma ovatum</i>	Dark Rampion

Scientific Name

Phyteuma scorzonerifolium
Phyteuma spicatum subsp. *coeruleum*

Caprifoliaceae

Knautia arvensis
Knautia dipsacifolia
Lonicera alpigena
Lonicera caerulea
Lonicera nigra
Lonicera xylosteum
Scabiosa columbaria
Valeriana montana
Valeriana officinalis
Valeriana tripteris
Valeriana tuberosa

Caryophyllaceae

Arenaria ciliata
Arenaria grandiflora
Cerastium latifolium
Cerastium tomentosum
Cerastium uniflorum
Dianthus carthusianorum
Dianthus pavonius
Dianthus sylvestris
Gypsophila repens
Minuartia capillacea
Minuartia recurva
Minuartia rupestris
Minuartia sedoides
Minuartia verna subsp. *verna*
Moehringia muscosa
Sagina glabra
Sagina procumbens
Sagina saginoides
Saponaria lutea
Saponaria ocymoides
Saponaria officinalis
Silene acaulis
Silene acaulis subsp. *bryoides*
Silene dioica
Silene nutans
Silene otites
Silene pusilla (S.alpestris)
Silene rupestris
Silene suecica (*Lychnis alpina*)
Silene vallesia
Silene vulgaris subsp. *vulgaris*
Silene vulgaris subsp. *prostrata*
Stellaria graminea
Stellaria nemorum

Common Name

Scorzonera-leaved Rampion
 Spiked Rampion

Honeysuckle Family

Field Scabious
 Wood Scabious
 Alpine Honeysuckle
 Blue-berried Honeysuckle
 Black-berried Honeysuckle
 Fly Honeysuckle
 Small Scabious

Pink Family

Fringed Sandwort
 Large-flowered Sandwort

 Snow-in-summer
 Glacier Mouse-ear
 Carthusian Pink
 Three-veined Pink
 Wood Pink
 Alpine Gypsophila

 Sickle-leaved Sandwort
 Rock Sandwort
 Mossy Cyphel
 Spring Sandwort
 Mossy Sandwort
 -
 Procumbent Pearlwort
 Alpine Pearlwort
 Yellow Soapwort
 Rock Soapwort
 Common Soapwort
 Moss Campion
 a Moss Campion
 Red Campion
 Nottingham Catchfly
 Spanish Catchfly
 an Alpine Catchfly
 Rock Catchfly
 Alpine Lychnis
 Valleys Catchfly
 Bladder Campion
 Prostrate Bladder Campion
 Lesser Stitchwort
 Wood Stitchwort

Scientific Name	Common Name
Celastraceae	
<i>Parnassia palustris</i>	Grass-of-Parnassus
Cistaceae	Rock-rose Family
<i>Helianthemum nummularium</i>	Rock-rose
<i>Helianthemum nummularium subsp. grandiflorum</i>	
<i>Helianthemum oelandicum subsp. alpestris</i>	
<i>Helianthemum oelandicum subsp. incanum</i>	Hoary Rock-rose
Convolvulaceae	Bindweed Family
<i>Calystegia sepium</i>	Hedge Bindweed
<i>Convolvulus arvensis</i>	Field Bindweed
<i>Cuscuta epithymum</i>	Dodder
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 ochroleucum</i>	Creamish Stonecrop
<i>Sedum rupestre</i>	Rock Stonecrop
<i>Sedum telephium agg</i>	Orpine
<i>Sempervivum arachnoidium agg</i>	Cobweb Houseleek
<i>Sempervivum grandiflorum</i>	Large-flowered Houseleek
<i>Sempervivum montanum agg</i>	Mountain Houseleek
<i>Sempervivum tectorum</i>	Common Houseleek
Ericaceae	Heather Family
<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Empetrum nigrum</i>	Crowberry
<i>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
Euphorbiaceae	Spurge Family
<i>Euphorbia cyparissias</i>	Cypress Spurge
<i>Euphorbia seguieriana</i>	Seguier's Spurge
Fabaceae	Pea Family
<i>Anthyllis vulneraria agg.</i>	Kidney Vetch
<i>Astragalus alpinus</i>	Alpine Milk-vetch
<i>Astragalus australis</i>	Southern Milk-vetch
<i>Astragalus danicus</i>	Purple Milk-vetch
<i>Astragalus exscapus</i>	-
<i>Astragalus frigidus</i>	Pallid Milk-vetch
<i>Astragalus hypoglottis</i>	
<i>Astragalus leontinus</i>	Tyrolean Milk-vetch
<i>Astragalus monspessulanus</i>	False Vetch

Scientific Name**Common Name**

<i>Astragalus onobrychis</i>	-
<i>Astragalus penduliflorus</i>	Mountain Lentil
<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 albus</i>	White Melilot
<i>Melilotus officinalis</i>	Ribbed Melilot
<i>Onobrychis montana</i>	Mountain Sainfoin
<i>Onobrychis viciifolia</i>	Common Sainfoin
<i>Ononis cristata</i> (<i>O. cenisia</i>)	Mt. Cenis 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>Oxytropis pilosa</i>	Woolly Milk-vetch
<i>Trifolium alpestre</i>	
<i>Trifolium alpinum</i>	Alpine Clover
<i>Trifolium badium</i>	Brown Clover
<i>Trifolium medium</i>	Zig-zag Clover
<i>Trifolium montanum</i>	Mountain Clover
<i>Trifolium pratense</i> subsp. <i>pratense</i>	Red Clover
<i>Trifolium repens</i>	White Clover
<i>Vicia cracca</i>	Tufted Vetch
<i>Vicia onobrychioides</i>	False Sainfoin
<i>Vicia sepium</i>	Bush Vetch

Gentianaceae**Gentian Family**

<i>Gentiana acaulis</i>	Trumpet Gentian
<i>Gentiana alpina</i>	Southern Gentian
<i>Gentiana asclepiadea</i>	
<i>Gentiana bavarica</i>	Bavarian Gentian
<i>Gentiana brachyphylla</i>	Short-leaved Gentian
<i>Gentiana lutea</i>	Yellow Gentian
<i>Gentiana nivalis</i>	Snow Gentian
<i>Gentiana orbicularis</i>	-
<i>Gentiana pumila</i> subsp. <i>delphinensis</i>	a Short-leaved Gentian
<i>Gentiana punctata</i>	Spotted Gentian
<i>Gentiana terglouensis</i> subsp. <i>schleicheri</i>	
<i>Gentiana verna</i>	Spring Gentian
<i>Gentianella campestris</i>	Field Gentian

Geraniaceae**Crane's-bill Family**

<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>	Wood Crane's-bill

Scientific Name	Common Name
Grossulariaceae	Gooseberry Family
<i>Ribes petraeum</i>	Rock Redcurrant
<i>Ribes uva-crispa</i>	Wild Gooseberry
Hypericaceae	St. John's-wort Family
<i>Hypericum montanum</i>	Pale St. John's-wort
<i>Hypericum perforatum</i>	Perforate St. John's-wort
<i>Hypericum richeri</i>	Alpine St. John's-wort
Lamiaceae	Deadnettle Family
<i>Acinos alpinus</i>	Alpine Calamint
<i>Ajuga pyramidalis</i>	Pyramidal Bugle
<i>Ajuga reptans</i>	Bugle
<i>Clinopodium vulgare</i>	Wild Basil
<i>Galeopsis ladanum</i>	
<i>Nepeta nepetella</i>	a Cat-mint
<i>Origanum vulgare</i>	Wild Marjoram
<i>Prunella grandiflora</i>	Large-flowered Self-heal
<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 longicaulis</i>	
<i>Thymus praecox subsp. polytrichus</i>	Hairy Thyme
<i>Thymus pulegioides</i>	Greater Thyme
Lentibulariaceae	Bladderwort Family
<i>Pinguicula alpina</i>	Alpine Butterwort
<i>Pinguicula vulgaris</i>	Common Butterwort
Linaceae	Flax Family
<i>Linum alpinum</i>	Alpine flax
<i>Linum catharticum</i>	Purging or Fairy Flax
Malvaceae	Mallow Family
<i>Malva alcea</i>	Hollyhock Mallow
Onagraceae	Willowherb Family
<i>Epilobium anagallidifolium</i>	
<i>Epilobium angustifolium</i>	Rosebay Willowherb
<i>Epilobium fleischeri</i>	Alpine Willowherb
<i>Epilobium montanum</i>	Mountain Willowherb
<i>Epilobium nutans</i>	Nodding Willowherb
Orobanchaceae	Broomrape Family
<i>Bartsia alpina</i>	Alpine Bartsia
<i>Euphrasia rostkoviana</i>	
<i>Euphrasia stricta</i>	
<i>Melampyrum pratense</i>	Common Cow-wheat
<i>Melampyrum sylvaticum</i>	Small Cow-wheat
<i>Orobanche alba</i>	Thyme Broomrape

Scientific Name	Common Name
<i>Pedicularis ascendens</i>	Ascending Lousewort
<i>Pedicularis cenisia</i>	Mt 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 Yellow Rattle
<i>Rhinanthus minor</i>	Yellow Rattle
Papaveraceae	Poppy Family
<i>Papaver dubium</i> subsp. <i>dubium</i>	Long-headed Poppy
<i>Papaver rhoeas</i>	Common Poppy
Plantaginaceae	Plantain Family
<i>Digitalis grandiflora</i>	Large Yellow Foxglove
<i>Digitalis lutea</i>	Small Yellow Foxglove
<i>Globularia cordifolia</i>	Matted Globularia
<i>Globularia nudicaulis</i>	Leafless-stemmed Globularia
<i>Globularia vulgaris</i>	Common Globularia
<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 allionii</i>	
<i>Veronica beccabunga</i>	Brooklime
<i>Veronica bellidioides</i>	Violet Speedwell
<i>Veronica chamaedrys</i>	Germander Speedwell
<i>Veronica fruticans</i>	Rock Speedwell
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell
<i>Veronica spicata</i>	Spiked Speedwell
<i>Veronica urticifolia</i>	Nettle-leaved Speedwell
Plumbaginaceae	Thrift Family
<i>Armeria arenaria</i>	-
<i>Armeria maritima</i> subsp. <i>alpina</i>	Mountain Thrift
Polygalaceae	Milkwort Family
<i>Polygala alpestris</i>	Mountain Milkwort
<i>Polygala alpina</i>	Alpine Milkwort
<i>Polygala chamaebuxus</i>	Shrubby Milkwort
Polygonaceae	Knotweed Family
<i>Oxyria digyna</i>	Mountain Sorrel
<i>Persicaria bistorta</i>	Bistort
<i>Persicaria vivipara</i>	Alpine Bistort
<i>Polygonum aviculare</i>	Knotgrass
<i>Rumex acetosa</i>	Sorrel
<i>Rumex alpinus</i>	Monk's Rhubarb

Scientific Name**Common Name***Rumex scutatus*

French Sorrel

Primulaceae**Primrose Family***Androsace adfinis* subsp. *puberula*

a Pink Rosk-jasmine

Androsace obtusifolia

Blunt-leaved Rock-jasmine

Primula farinosa

Bird's-eye Primrose

*Primula hirsuta**Primula latifolia*

Viscid Primrose

Primula veris

Cowslip

Soldanella alpina

Alpine Snowbell

Vitaliana primuliflora

Vitaliana

Pyrolaceae**Wintergreen Family***Moneses uniflora*

One-flowered Wintergreen

Orthillia secunda

Nodding Wintergreen

Pyrola chlorantha

Pale Green Wintergreen

Pyrola rotundifolia

Round-leaved Wintergreen

Ranunculaceae**Buttercup Family***Aconitum lycoctonum* subsp. *vulparia*

Wolf's-bane

Aconitum napellus agg

Monkshood

Anemone baldensis

Monte Baldo Anemone

Aquilegia alpina

Alpine Columbine

Aquilegia atrata

Dark Columbine

Callianthemum coriandrifolium

Callianthemum

Caltha palustris

Marsh Marigold

Clematis alpina

Alpine Clematis

Clematis vitalba

Old Man's Beard

Hepatica nobilis

Hepatica

Pulsatilla alpina subsp. *alpina*

Alpine Pasque Flower

Pulsatilla vernalis

Spring Pasque Flower

Ranunculus aconitifolius

Aconite-leaved Buttercup

Ranunculus acris

Meadow Buttercup

Ranunculus glacialis

Glacier Crowfoot

Ranunculus grenieranus

Grenier's Buttercup

Ranunculus keupferi

Pyrenean Buttercup

Ranunculus montanus

Mountain Buttercup

Ranunculus nemorosus

Wood Buttercup

Thalictrum aquilegifolium

Great Meadow-rue

Thalictrum foetidum

Stinking Meadow-rue

Thalictrum minus

Lesser Meadow-rue

Trollius europaeus

Globeflower

Resedaceae**Mignonette Family***Reseda lutea*

Mignonette

Rhamnaceae**Buckthorn Family***Frangula alnus*

Alder Buckthorn

Rhamnus alpina

Alpine Buckthorn

Rhamnus cathartica

Buckthorn

Rhamnus pumila

Dwarf Buckthorn

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

Agrimonia eupatoria
Alchemilla alpina
Alchemilla glabra
Alchemilla pentaphyllea
Amelanchier ovalis
Aruncus dioicus
Cotoneaster integerrimus
Crataegus monogyna
Dryas octopetala
Filipendula ulmaria
Filipendula vulgaris
Fragaria vesca
Geum montanum
Geum reptans
Geum rivale
Geum urbanum
Potentilla anserina
Potentilla argentea
Potentilla aurea
Potentilla crantzii
Potentilla erecta
Potentilla grandiflora
Potentilla reptans
Potentilla rupestris
Rosa canina
Rosa pendulina
Rosa pimpinellifolia
Rubus fruticosus agg.
Rubus idaeus
Rubus saxatilis
Sanguisorba minor
Sanguisorba officinalis
Sorbus aria
Sorbus aucuparia

Rose Family

Agrimony
 Alpine Lady's-mantle
 Smooth Lady's-mantle
 Cut-leaved Lady's-mantle
 Juneberry
 Goat's-beard Spirea
 Wild Cotoneaster
 Hawthorn
 Mountain Avens
 Meadowsweet
 Dropwort
 Wild Strawberry
 Mountain Avens
 Creeping Avens
 Water Avens
 Wood Avens
 Silverweed
 Hoary Cinquefoil
 Golden Cinquefoil
 Alpine Cinquefoil
 Tormentil
 Large-flowered Cinquefoil
 Creeping Cinquefoil
 Rock Cinquefoil
 Dog Rose
 Alpine Rose
 Burnet Rose
 Bramble
 Raspberry
 Stone Bramble
 Salad Burnet
 Great Burnet
 Whitebeam
 Rowan

Rubiaceae

Asperula aristata
Asperula cynanchica
Cruciata laevipes
Galium anisophyllum
Galium megalospermum
Gallium mollugo
Galium verum

Bedstraw Family

a Squinancywort
 Squinancywort
 Crosswort
 a Bedstraw
 Swiss Bedstraw
 Hedge Bedstraw
 Ladies Bedstraw

Salicaceae

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

Willow Family

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

Scientific Name	Common Name
<i>Salix serpyllifolia</i>	a Willow
Santalaceae <i>Thesium alpinum</i>	Sandalwood Family Alpine Bastard Toadflax
Saxifragaceae <i>Saxifraga aizoides</i> <i>Saxifraga androsacea</i> <i>Saxifraga aspera</i> <i>Saxifraga bryoides</i> <i>Saxifraga caesia</i> <i>Saxifraga diapensioides</i> <i>Saxifraga exarata</i> subsp. <i>exarata</i> <i>Saxifraga exarata</i> subsp. <i>moschata</i> <i>Saxifraga oppositifolia</i> <i>Saxifraga paniculata</i> <i>Saxifraga rotundifolia</i> <i>Saxifraga stellaris</i>	Saxifrage Family Yellow Mountain Saxifrage Scree Saxifrage Rough Saxifrage Rough Saxifrage Musky Saxifrage White Musky Saxifrage Purple Saxifrage Live-long Saxifrage Round-leaved Saxifrage Starry Saxifrage
Scrophulariaceae <i>Scrophularia canina</i> subsp. <i>hoppii</i> <i>Verbascum densiflorum</i> <i>Verbascum lychnitis</i> <i>Verbascum pulverulentum</i> <i>Verbascum thapsus</i> subsp. <i>montanum</i>	Figwort Family French Figwort White Mullein Hoary Mullein Aaron's Rod
Thymelaeaceae <i>Daphne laureola</i> <i>Daphne mezereum</i>	Daphne Family Spurge Laurel Mezereon
Urticaceae <i>Parientaria judaica</i> <i>Urtica dioica</i>	Nettle Family Pellitory of the Wall Common Nettle
Violaceae <i>Viola biflora</i> <i>Viola calcarata</i> subsp. <i>calcarata</i> <i>Viola calcarata</i> subsp. <i>villarsiana</i> <i>Viola riviniana</i> <i>Viola tricolor</i>	Violet Family Yellow Wood Violet Long-spurred Pansy Long-spurred Pansy Common Dog Violet Heartsease
Liliidae (Monocotyledons)	
Amarylliaceae <i>Allium oleraceum</i> <i>Allium rotundum</i> <i>Allium schoenoprasum</i> <i>Allium sphaerocephalon</i> <i>Allium vineale</i>	Daffodil Family Field Garlic Chives Round-headed Leek Crow Garlic
Asparagaceae <i>Anthericum liliago</i> <i>Paradisea liliastrum</i>	Asparagus Family St. Bernard's Lily St. Bruno's Lily

Scientific Name**Common Name***Polygonatum verticillatum*

Whorled Solomon's-seal

Colchicaceae*Colchicum autumnale*

Autumn Crocus

Juncaginaceae*Triglochin palustris***Arrow-grass Family**

Marsh Arrow-grass

Liliaceae*Gagea leotardii***Lily Family**

a Yellow Star of Bethlehem

Gagea serotina

Snowdon Lily

Lilium bulbiferum subsp. *croceum*

Orange Lily

Lilium martagon

Martagon Lily

Melanthiaceae*Veratrum lobelianum*

a False Helleborine

Orchidaceae*Dactylorhiza incarnata***Orchid Family**

Early Marsh orchid

Dactylorhiza incarnata subsp. *cruenta*

Flecked Marsh Orchid

Dactylorhiza maculata

Heath Spotted Orchid

Dactylorhiza majalis

Broad-leaved Marsh Orchid

Dactylorhiza sambucina

Elder-flowered Orchid

Dactylorhiza viridis

Frog Orchid

Epipactis atrorubens

Dark Red Helleborine

Epipactis helleborine

Broad-leaved Helleborine

Gymnadenia conopsea

Fragrant Orchid

Gymnadenia cornelliana

Red Vanilla Orchid

Gymnadenia rhellicani

a Vanilla Orchid

Neotinea ustulata

Burnt-tip Orchid

Neottia ovata

Twayblade

Platanthera bifolia

Lesser Butterfly Orchid

Pseudorchis albida

Small White Orchid

Traunsteinera globosa

Round-headed Orchid

Tofieldiaceae*Tofieldia calyculata*

Tofield's Asphodel

Xanthorrhoeaceae*Asphodelus albus*

Asphodel

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

	Common name	Scientific name	June/July							
			27	28	29	30	1	2	3	4
1	Grey Heron	<i>Ardea cinerea</i>	3							
2	European Honey Buzzard	<i>Pernis apivorus</i>								1
3	Bearded Vulture (Lammergeier)	<i>Gypaetus barbatus</i>					1		3	
4	Griffon Vulture	<i>Gyps fulvus</i>							18	
5	Short-toed Snake Eagle	<i>Circaetus gallicus</i>				1				1
6	Common Buzzard	<i>Buteo buteo</i>				1	1			
7	Golden Eagle	<i>Aquila chrysaetos</i>		1	2			1		1
8	Common Kestrel	<i>Falco tinnunculus</i>	1			1		3	1	3

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

	Common name	Scientific name	June/July							
			27	28	29	30	1	2	3	4
60	European Serin	<i>Serinus serinus</i>			H	1		R	R	
61	European Goldfinch	<i>Carduelis carduelis</i>		R	R	R	R	R	R	R
62	Common Linnet	<i>Linaria cannabina</i>				2		4	R	
63	Red Crossbill	<i>Loxia curvirostra</i>		H	4					H
64	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>						2		
65	Yellowhammer	<i>Emberiza citrinella</i>				H		1	3	
66	Rock Bunting	<i>Emberiza cia</i>		2	3					

Mammals

Red Fox, *Vulpes vulpes*

Alpine Chamois, *Rupicapra rupicapra*

Red Squirrel, *Sciurus vulgaris*

Roe Deer, *Capreolus capreolus*

Alpine Ibex, *Capra ibex*

Alpine Marmot, *Marmotta marmotta*

Reptiles

Common Frog, *Rana temporaria*

Common Wall Lizard, *Podarcis muralis*

Green Lizard, *Lacerta bilineata*

Butterflies (76 species)

Dingy Skipper, *Erynnis tages*

Safflower Skipper, *Pyrgus carthami*

Alpine Grizzled Skipper, *Pyrgus andromedae*

Marbled Skipper, *Carcharodus lavatherae*

Small Skipper, *Thymelicus sylvestris*

Small Apollo, *Parnassius phoebus*

Swallowtail, *Papilio machaon*

Small White, *Pieris rapae*

Mountain Green-veined White, *Pieris bryoniae*

Orange Tip, *Anthocharis cardamines*

Mountain Clouded Yellow, *Colias phicomone*

Clouded Yellow, *Colias crocea*

Green Hairstreak, *Callophrys rubi*

Sooty Copper, *Lycaena tityrus*

Little Blue, *Cupido minimus*

Mountain Alcon Blue, *Maculinea rebeli*

Alpine Zephyr Blue, *Plebejus trappi*

Idas Blue, *Plebeius idas*

Damon Blue, *Agrodiaetus damon*

Common Blue, *Polyommatus icarus*

Geranium Argus, *Eumedonia eumedon*

Alpine Blue, *Albulina orbitulus*

Chalk-hill Blue, *Lysandra coridon*

Red Admiral, *Vanessa atalanta*

False Heath Fritillary, *Melitaea diamina*

Spotted Fritillary, *Melitaea didyma*

Grisson's Fritillary, *Mellicta varia*

Marsh Fritillary, *Euphydryas aurinia subsp. debilis*

Southern Grizzled Skipper, *Pyrgus malvoides*

Dusky Grizzled Skipper, *Pyrgus cacaliae*

Mallow Skipper, *Carcharodus alceae*

Essex Skipper, *Thymelicus lineola*

Silver-spotted Skipper, *Hesperia comma*

Apollo, *Parnassius apollo*

Black-veined White, *Aporia crataegi*

Green-veined White, *Pieris napi*

Peak White, *Pontia callidice*

Mountain Dappled White, *Euchloe simplonia*

Moorland Clouded Yellow, *Colias palaeno*

Blue-spot Hairstreak, *Satyrrium spini*

Scarce Copper, *Lycaena virgaureae*

Purple-edged Copper, *Lycaena hippothoe*

Osiris Blue, *Cupido osiris*

Large Blue, *Maculinea arion*

Silver-studded Blue, *Plebeius argus*

Mazarine Blue, *Cyaniris semiargus*

Eros Blue, *Polyommatus eros*

Glandon Blue, *Agriades glandon*

Mountain Argus, *Aricia artaxerxes*

Turquoise Blue, *Plebicula dorylas*

Large Tortoiseshell, *Nymphalis polychloros*

Glanville Fritillary, *Melitaea cinxia*

Knapweed Fritillary, *Melitaea phoebe*

Heath Fritillary, *Mellicta athalia*

Meadow Fritillary, *Mellicta parthenoides*

High Brown Fritillary, *Argynnis adippe*

Dark Green Fritillary, *Argynnis aglaja*
Lesser Marbled Fritillary, *Brenthis ino*
Pearl-bordered Fritillary, *Boloria euphrosyne*
Large Wall Brown, *Lasiommata maera*
Chestnut Heath, *Coenonympha glycerion f. bertolis*
Yellow-spotted Ringlet, *Erebia manto*
Almond-eyed Ringlet, *Erebia albertanus*
Dewy Ringlet, *Erebia pandrose*
Piedmont Ringlet, *Erebia meolans*
Alpine Grayling, *Oeneis glacialis*

Queen of Spain Fritillary, *Issoria lathonia*
Mountain Fritillary, *Boloria napaea*
Titania's Fritillary, *Boloria titania*
Alpine Heath, *Coenonympha gardetta*
Small Heath, *Coenonympha pamphilus*
Blind Ringlet, *Erebia pharte*
Silky Ringlet, *Erebia gorge*
Common Brassy Ringlet, *Erebia cassioides*
Marbled White, *Melanargia galathea*
Great Sooty Satyr, *Satyrus ferula*