

The Italian & French Alps

Naturetrek Tour Report

26 June - 3 July 2018

Report compiled by Philip Thompson



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Tour participants: Philip Thompson (leader) and eight Naturetrek clients

Day 1

Tuesday 26th June

Our flight from Gatwick arrived into Turin in the late afternoon necessitating a direct transfer to Cogne our first base of the trip. We headed north from Turin through flat agricultural fields with the distant mountains on the horizon. We were soon heading west up the Aosta valley with the mountains rising steadily on either side. Leaving the motorway, we turned off south to head along the winding mountain road towards Cogne

On arrival we had just enough time to check into our rooms and a quick freshen up before heading into dinner to relax and unwind after the journey.

Day 2

Wednesday 27th June

Our first excursion was just outside the Gran Paradiso National Park, with a short initial drive to the village of Gimillan and then a walk up the Torrent Grausson valley. This had the added attraction of a wonderful panoramic view across towards the high peaks of the NP with Gran Paradiso the highest glacier-clad summit.

The initial section led up through a steep lush meadow full of colour and butterflies. Several plants present would become familiar throughout the trip such as *Campanula rhomboidalis*, *Tragopogon pratensis* subsp. *orientalis* and *Knautia dipsacifolia*, among which our first Almond-eyed Ringlets were notable. A couple of Red-backed Shrikes stood out on the skyline prominently perched on the low scrubby trees. The path soon levelled out and we could catch our breath and take in the array of flowers mixed together in the tall meadows alongside. A couple of Apollo butterflies were patrolling the area mixed with numerous Black-veined Whites. The path led into a section of open conifer woodland where we continued to make fresh botanical discoveries by the path, the most notable being the localized endemic *Aethionema thomasianum*. The steep scree slopes held numerous flowering examples of *Saxifraga paniculata* creating a lovely show.

We then descended slightly to cross over the river at a wooden footbridge where we took a breather and spent some time checking the butterflies drawn to the damp mud, that included Glanville, Titania's and False Heath Fritillaries and Mazarine, Eros and Little Blues. We then opted to have our picnic here in order to allow some options to the group regarding how much further each individual wanted to go. Most opted to walk on across an open meadow before again reaching a section of open woodland. Here we continued on towards a section of steep ascending switchbacks that we climbed to afford a wonderful view. A few continued on to indulge in a little rock climbing, as was their passion, before we regrouped and began our return.

We took a different river crossing where we picked out further new plants before looping back to rejoin our earlier path and a rendezvous with a few of the group who had begun their return earlier. After discussing our relative discoveries, and enjoying a mint humbug each, we slowly continued on the return route back to the vehicle and on to the hotel where several of the group were keen to enjoy the spa and pool facilities on offer there.

Day 3

Thursday 28th June

Today was spent fully within the Gran Paradiso NP, beginning with a drive up the Valnontey valley to the village, where we parked up and took a morning walk up the steep side of the valley. The route initially led past the fence line of the local Botanical Garden, where we could peek in at a few gems whilst enjoying the numerous Martagon Lilies *Lilium martagon* growing outside (although their provenance may be a bit dubious!). The nearby meadows had a couple of placidly grazing Alpine Chamois that were unconcerned by the human activities of the area, followed by the sighting of our first Alpine Marmot among the fallen boulders, to which we had been alerted by their loud whistling alarm calls.

The path then began its ascent via numerous gently climbing switchbacks through Pine and Larch woodland among which a few fleeting glimpses of Mistle Thrushes and Fieldfare were obtained. The morning was pleasantly sunny and warm, bringing several butterflies on the wing of a rich diversity. Plants were similarly notable, with several excellent discoveries as we slowly climbed. Our aim was to reach the bridge that crossed the tumbling river that fell in a dramatic waterfall. Whilst resting and admiring the view a very unexpected White-throated Dipper shot past, heading up the waterfall and on to higher levels where the river is not quite so precipitous! A few of the group had walked on further to check out a profitable wet flush present a little higher, with the result that all the group ultimately walked a little further to enjoy a truly spectacular view. A Golden Eagle was picked out high above us, followed a little later by a pair of Lammergeiers crossing the valley. After our exertions of the climb the return walk down was rather easier on the heart and we were soon back at the vehicle. We then drove a few hundred metres along the river to find a pleasant picnic site to relax.

With lunch completed, we took a walk along the flat valley floor in search of further botanical highlights. We soon came to a wet marshy area with numerous interesting plants such as *Arnica montana*, *Tofieldia calyculata*, *Pseudorchis albida* and *Dactylorhiza majalis*. We moved on to enjoy the pleasant level track leading deeper into the park, along the way we were constantly entertained by fresh plant, butterfly and bird discoveries. The route crossed the river and led past a couple of striking rustic log cabins at which point after a short rest we headed back.

After our full day's walking we all had earned a coffee and ice cream in one of the cafés in the village, before our return to the hotel pool and a cocktail!

Day 4

Friday 29th June

Today we transferred from Italy, crossing into France for the second destination of the tour. The route led us through a stunning range of views and scenery during which we took a couple of stops before culminating in our arrival in Lanslevillard.

Having left Cogne, we returned to the main Aosta valley where we headed west, heading directly towards Monte Bianco/ Mont Blanc that rose up ahead of us in isolated splendour. Having enjoyed the view, we headed south-west, undertaking the steep hairpins of the road leading to the Col du Petit St-Bernard. Here we took our first break and had a pleasant wander across the open meadows, with a few patches of snow lying nearby. Our hoped-for White-winged Snowfinch on the buildings did not disappoint, and obliged with an extended view as an adult perched on the corner of the roof and gave a vocal performance. Other birds seen included several

Alpine Chough distantly among the surrounding summits. We were now considerably higher than earlier in the tour, so were met with a mixed selection of alpine flowers new for the trip, among which a fine display of flowering White Butterbur *Petasites alba* was notable, since this has usually gone to seed at the time of our visit. An excellent find for one of the group was the finding of *Pedicularis recutita*.

Moving on, we crossed into France and continued along the scenically stunning road, past alpine meadows and roadsides bedecked with flowers. After descending a little, we soon came to the village of La Rosière, where we took a break for morning coffee on the terrace of one of the cafés, enjoying the distant views across the Isère valley that dropped steeply down below us. Refreshed, we re-boarded the bus to undertake the long and winding descent to the valley floor where we headed upriver towards the famous ski resorts of Tignes and Val D'Isère. Passing through the large developments of the ski industry, we stopped once more at the Bridge Saint-Charles to take a walk after having lunch. Whilst the picnic was laid out, the sharp-eyed of the group succeeded in picking out a female Alpine Ibex on the slopes above us. With the help of a telescope we were able to pick out several more females and mixed-age juveniles, resting among the boulders.

With energy levels raised after lunch we set out on a pleasant walk following the Isère River towards its source on the Italian/French border. We were fortunate in encountering good numbers of Alpine Ibex above us, with a couple of individuals remaining unconcernedly within metres of the group. Overhead, further highlights were the sighting of a couple of Lammergeiers and Golden Eagles cruising the high slopes. At ground level the flowers did not disappoint, with numerous fresh discoveries, the highlight being *Viola pinnata*, a species not previously seen on this trip. The route led into a steep sided gorge on the slopes of which plentiful Edelweiss *Leontopodium nivale* subsp. *alpinum* were growing. Whilst admiring these iconic alpine flowers, a very brief glimpse of a bird flying beneath us out of sight raised alarm bells. After a short wait, the bird was re-sighted flying across the gorge to the rock face opposite, confirming suspicions to its identity as a Wallcreeper! We were then able to admire this much sought-after species slowly moving about the rocks for some time, to the delight of the group members present.

Continuing our walk, the gorge opened out to reveal the high alpine pasture beneath the high summits of the national border. Here we carefully scanned the high slopes in the hope of finding some male Alpine Ibex that habitually retreat here at this time of year, unfortunately with no success. With this, we retraced our steps back to re-join the other group members who had headed back earlier to continue our transfer. This was brought to a stop almost immediately with a glimpse of an interesting plant by the roadside. After a quick disembarkation this proved worthwhile with the confirmation of Alpine Bells, *Primula matthiola*, growing in abundance and in full flower. This was another species not previously seen on this trip, indicating the slightly shifted season this year.

Driving on, the road steadily climbed ever higher to ultimately reach the Col De L'Iseran, at 2,764 metres the highest paved pass in the Alps. On this occasion we passed directly over as we were due to spend time here on a later date. The scenery remained outstanding as we continued over and down the opposite side, ultimately dropping down into the valley of L'Arc flowing at its base. Now following the river valley, we drove on to Lanslevillard to check in and enjoy some French cuisine for dinner!

Day 5

Saturday 30th June

Most of the group took the option of an early morning walk in the nearby hillside pastures. Our main objective was to seek out any breeding Marsh Warblers in the tall Meadowsweet *Filipendula ulmaria* and Willowherb vegetation. After a little patience we managed to pick up a couple of birds flying across the fields to then drop in to cover, where we were frustratingly only able to track their position by the trembling plant stems. Further patience was required before we were able to gradually pick up a few decent views of these skulking birds.

A short drive was taken along the valley before we turned off north to begin the winding climb through forest and pasture to reach the car park at Bellecombe, where we set out on foot for a full day's exploration in the high alpine meadows alongside Plan du Lac. Surrounding us in the crystal-clear air were the high summits of the Vanoise National Park with several hanging glaciers.

Our route was mercifully pretty level, with very little ascent needed during the day. With the different geology came a different mix of plants with numerous new discoveries for the trip. We did not need to stray from the path, as most of our highlights grew right alongside. Mixed within a profusion of Mountain Avens *Dryas octopetala* were *Gentiana brachyphylla*, *Kalmia (Loiseleuria) procumbens*, *Homogyne alpina*, *Silene acaulis* subsp. *bryoides* and a selection of dwarf alpine Willows. Singing from the grassy slopes above us were numerous Water Pipits, with periodic groups of both Alpine and Red-billed Choughs passing by. The footpath led past the Plan du Lac, a small upland lake, where we found good patches of Long-spurred Pansy *Viola calcarata* and Spring Pasqueflower *Anemone (Pulsatilla) verna*.

Our route then led past the Refugio and into an area of abundant Alpenrose *Rhododendron ferrugineum*. Here we picked up several interesting butterflies that included Silky Ringlet and Moorland Clouded Yellow. The hoped-for Ptarmigan that breed here eluded us, but we were still more than pleased with the profusion of wildflowers that here included *Pedicularis rosea* subsp. *allionii* and *P. cenisia*, Monte Baldo Anemone *Anemone baldensis* and *Callianthemum coriandrifolium*. We stopped to enjoy our picnic lunch looking out across a wonderful panorama of peaks. Once replete, we headed back for a coffee from the Refugio before taking a path towards the Termignon gorge, where further interesting plants were found that included the diminutive *Phyteuma globularifolia* subsp. *pedemontana* and *Primula pedemontana*. Relaxing on a couple of the large rocky outcrops, a brief glimpse of a Lammergeier flying up the gorge was caught by some.

We then took a meandering route back to join the tarmac access road back to the car park after a great day's exploring. We drove back down the winding road to then take a stop for a short woodland walk leading to a crossing of a fast-flowing torrent of water. Within the shelter of the forest canopy we were able to find a choice selection of plants such as *Moneses uniflora*, *Orthillia secunda*, *Gentiana asclepiadea*, *Polygala chamaebuxus* and *Prenanthes purpurea*. As the track came to a more open area, we found a number of orchids that mainly comprised Heath Spotted Orchid *Dactylorhiza maculata*, but also included a couple of *Epipactis atrorubens* and Flecked Marsh Orchid *Dactylorhiza incarnata* subsp. *cruenta*. Having reached the river crossing, we paused to admire the view before returning to the vehicle and on to the hotel.

Day 6

Sunday 1st July

Today we headed south from the hotel to climb up and over the Col Du Mont Cenis and then to walk from the Refugio du Petit Mont Cenis. A slight problem arose with the discovery of the usual access road closed due to a landslide, requiring a long, slow and tortuous diversion via the dam wall of the Lac du Mont Cenis to finally reach our start point. At least the views of scenery and profusely flowering meadows along the way made for a pleasant diversion for the group.

Once at the car park we set out walking past the Refugio, where nearby, we found a few flowering examples of Snow Gentian, *Gentiana nivalis*. Just beyond the Refugio the ground was full of tall flowering spikes of Spotted Gentian, *Gentiana punctata*, making a great show. Our route took us through a mix of meadow, wet flushes and boulder outcrops, that resulted in the finding of many new plants and butterflies. Scanning the distant peaks, a small group of soaring Griffon Vultures were picked out in the crystal-clear air. Beneath a rocky overhang a small patch of *Primula latifolia* found shelter, followed nearby by a large colony of Alpine Columbine *Aquilegia alpina* growing around a patch of boulders. Birds remained scarce, with only the addition of a couple of Lesser Whitethroats being notable. After an enjoyable walk we returned to the Refugio to use their benches for our picnic, where we could relax and soak in the views joined by numerous locals enjoying the beautiful weather.

We then drove back towards the opposite side of the lake, stopping only to check out a patch of *Ranunculus aconitifolius* on the way. We then stopped to take a pleasant walk among the grassy meadows leading towards the summit of Gran Mont Cenis and Fort Rondon. The path sides held numerous large showy flower spikes of *Sempervivum tectorum* alongside *Pedicularis comosa*. We were able to enjoy a spectacular view across the lake from our elevated path as we slowly made our way along. We were able to reacquaint ourselves with numerous flowers we had encountered during the trip, making for a pleasant and relaxing walk.

Day 7

Monday 2nd July

With the weather forecast looking good we were able to return to the Col De L'Iseran, to explore this high-altitude habitat in detail. We arrived in bright sunlight and warm, still conditions, making for a pleasant time in an area that can be anything but! Walking a short distance from the car park we were soon on our hands and knees examining the prostrate and diminutive alpine specialties found here, their size making clear what a harsh environment this can be. Among many excellent finds were *Saxifraga androsacea*, *Cerastium latifolium*, *Minuartia sedoides*, *Silene suecica*, *Artemesia genepi*, *Petrocallis pyrenaica* and *Gentiana turgouensis* subsp. *schleicheri*. Making short flights among the plants and stones were a few Dewy Ringlets that periodically settled tilted to the sun and generally kept a low profile. Bird-wise the highlight was a small family party of White-winged Snowfinches that allowed for our close approach to admire them.

We next moved across the road to undertake a rather steep climb up through scree and boulders to gain further altitude, where we were to seek out a new selection of plants. As we climbed we were soon picking out *Geum reptans*, *Oxytropis fetida* and *Doronicum grandiflorum*. Our ultimate aim was achieved when we reached a large isolated rocky clump on which was growing a number of plants of *Campanula cenisia* and *Androsace helvetica*. Making our way back down a final highlight was a Mnestra's Ringlet passing through.

Having had a pleasant morning, we drove down a short way to take lunch by a ruined building near a stunning waterfall. Whilst eating we continued to make exciting discoveries, such as a group of Alpine Chamois resting in the high snowfields and a mix of vultures and raptors soaring around the peaks. We spent a little time admiring the waterfall around which grew *Potentilla grandiflora*, *Achillea nana*, *Phyteuma hemisphaericum* and *Thalictrum aquilegifolium*.

Moving on, we passed the spot where a motorcyclist had crashed as we had been eating, with his bike being winched back up onto the road and the ambulances and police having dispersed, an indication of the care needed on these steep and winding mountain roads. We soon stopped to take another walk along a narrow mountain track that led through the meadows and beneath several high rocky outcrops. After a couple of spells of careful scanning of these rocks we were successful in picking up a pair of Alpine Accentors that gave good, if distant, views. Rather closer were the group of four Black Vultures that swept past close enough to hear the air whistling through their flight feathers! These were joined by several Griffon Vultures and Lammergeier cruising around the general area providing some amazing views.

As the path began a couple of switchbacks we were pleased to find an abundance of Edelweiss, *Leontopodium nivale* subsp. *alpinum* in flower. Our route next reached a large sheer snowfield, making any further progress dangerous/ impossible. At the edge of the snow we found a few examples of *Saxifraga biflora* to attract our attention. Despite our outward walk coming to an end, there was no taking away from the beautiful views and scenery all around that several of the group had opted to sit and enjoy rather than continue walking!

We next drove a little lower to walk along the flat valley floor alongside a small river. A number of flowers usually present were notable by their absence in this rather delayed season, compensated for by the finding of a colony of *Crocus caeruleus* still in bloom. We finally headed home admiring the colonies of St. Bernard's and St. Bruno's Lilies, *Anthericum liliago* and *Paradisea liliastrum*, on the steep slopes alongside the road as we went.

Day 8

Tuesday 3rd July

Our return flight time allowed plenty of opportunity for the group to enjoy further excursions in this fantastic area. We firstly took a short drive to then take a narrow mountain road that climbed into the high pastures above the town of Lanslevillard.

Upon reaching the small car park and disembarking, we were immediately admiring a couple of examples of the gorgeous Orange Lily *Lilium bulbifera* subsp. *croceum*, growing in the tall lush meadow nearby. After this highpoint, things remained of high order as we walked the level track edged by bountiful flowers all along the route, among which numerous butterflies flitted of which both Apollo and Clouded Apollo were notable. The birds did not disappoint either, with sightings of European Honey Buzzard, Griffon Vulture and Spotted Nutcracker to enjoy.

Further examples of Orange Lilies were found joined by Burnt Orchid *Neotinea ustulata*, and *Veronica spicata*. We brought our outward progress to a halt when we had found a good colony of Mt. Cenis Restharrow *Ononis cristata*, this proving an apt spot to begin our return. We were soon back at the hotel to load the minibus and say our farewells. Our next destination was back at the Lac du Mont Cenis, where we stopped to have a final stroll among the botanic garden beds before we had a light lunch. A female Ring Ouzel put in a couple of fleeting appearances in the gardens, followed by the Snowfinches spotted nesting in the roof of the nearby building, both

being our final observations before we boarded the bus to drive back to Turin. This began with the near-endless descent down into Italy on the southern edge of the Alps. Once in the town of Susa we joined the motorway to soon arrive in Turin.

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Species Lists

Plants

Scientific Name

Common Name

PTERIDOPHYTES

FERNS & ALLIES

Adiantaceae

Adiantum capillus-veneris

Maiden-hair Fern Family

Maiden-hair Fern

Aspleniaceae

Asplenium ceterach (C. officinalis)

Asplenium ruta-muraria

Asplenium septentrionale

Asplenium trichomanes

Asplenium viride

Spleenwort family

Rustyback

Wall-rue

Forked Spleenwort

Maiden-hair Spleenwort

Green Spleenwort

Athyriaceae

Athyrium alpestre (distentifolium)

Athyrium filix-femina

Lady-fern Family

Alpine Lady Fern

Lady-fern

Blechnaceae

Blechnum spicant

Hard-fern Family

Hard-fern

Cystopteridaceae

Cystopteris fragilis

Gymnocarpium dryopteris

Gymnocarpium robertianum

Bladder-fern Family

Brittle Bladder-fern

Oak Fern

Limestone Fern

Dennstaedtiaceae

Pteridium aquilinum

Bracken Family

Bracken

Dryopteridaceae

Dryopteris filix-mas

Dryopteris submontana

Polystichum aculeatum

Polystichum lonchitis

Buckler-fern Family

Male-fern

Rigid Buckler-fern

Hard Shield-fern

Holly-fern

Ophioglossaceae

Botrychium lunaria

Adder's-tongue Family

Moonwort

Polypodiaceae

Polypodium vulgare

Polypody Family

Common Polypody

Woodsiaceae

Woodsia alpina

Woodsia Family

Alpine Woodsia

PINOPSIDA (GYMNOSPERMS)

CONIFERS

Cupressaceae

Juniperus communis

Juniperus communis var. *saxatilis*

Juniperus sabina

Juniper Family

Common Juniper

Dwarf Juniper

Savin

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

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

Pine Family

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

MAGNOLIOPSIDA (ANGIOSPERMS)**FLOWERING PLANTS****Magnoliidae (Dicotyledons)****Adoxaceae**

Sambucus nigra
Sambucus racemosa
Viburnum lantana

Moschatel Family

Common Elder
 Red-berried Elderberry
 Wayfaring Tree

Amaranthaceae

Chenopodium bonus-henricus

Good King Henry

Apiaceae

Anthriscus sylvestris
Astrantia minor
Athamanta cretensis
Bupleurum ranunculoides
Bupleurum stellatum
Chaerophyllum aureum
Chaerophyllum hirsutum
Daucus carota
Heracleum sphondylium
Laserpitium latifolium
Laserpitium siler
Ligusticum mutellina
Ligusticum mutellinoides
Meum athamanticum
Molopospermum peloponnesiacum
Peucedanum ostruthium
Pleurospermum austriacum
Sanicula europaea

Carrot Family

Cow Parsley
 Lesser Masterwort
 Athamanta
 Three-veined Hare's-ear
 -
 Golden Chervil
 Hairy Chervil
 Wild Carrot
 Hogweed
 Broad-leaved Sermountain
 Narrow-leaved Sermountain
 Alpine Lovage
 Unbranched Lovage
 Spignel
 Molopospermum
 Masterwort
 Pleurospermum
 Sanicle

Apocynaceae

Vincetoxicum hirundinaria

Periwinkle Family

Swallow-wort

Berberidaceae

Berberis vulgaris

Barberry Family

Barberry

Betulaceae

Alnus viridis
Betula pendula

Birch Family

Green Alder
 Silver Birch

Boraginaceae

Anchusa azurea
Anchusa officinalis
Cerinthe minor

Forget-me-not Family

Large Blue Alkanet
 Alkanet
 Lesser Honeywort

Scientific Name**Common Name**

Echium vulgare
Myosotis alpestris
Myosotis sylvatica
Pulmonaria australis
Pulmonaria montana

Viper's-bugloss
 Alpine Wood Forget-me-not
 Wood Forget-me-not
 Narrow-leaved Lungwort
 Mountain Lungwort

Brassicaceae**Cabbage Family**

Aethionema thomasianum
Alyssoides utriculata
Alyssum alpestre
Alyssum alyssoides
Alyssum montanum
Arabis alpina
Arabis glabra
Arabis hirsuta
Arabis soyeri subsp. *subcoriacea*
Arabis turrita
Barbarea vulgaris
Biscutella laevigata
Coincya monensis subsp. *chieranthos*
Descurainia sophia
Draba aizoides
Draba fladnizensis
Erophila verna
Erysimum ochroleucum
Erysimum rhaeticum
Hugueninia tanacetifolia
Petrocallis pyrenaica
Pritzelago alpina
Sisymbrium austriacum

a Burnt Candytuft
 Alyssoides
 Alpine Alyssum
 Small Alyssum
 Mountain Alyssum
 Alpine Rock-cress
 Tower Mustard
 Hairy Rock-cress
 a Rock-cress
 Tower-cress
 Common Winter-cress
 Buckler Mustard
 Wallflower Cabbage
 Flixweed
 Yellow Whitlow-grass

 Whitlowgrass
 Decumbent Treacle-mustard
 -
 Tansy-leaved Rocket
 Pyrenean Whitlow-grass
 Chamois Cress
 Austrian Rocket

Campanulaceae**Bellflower Family**

Campanula barbata
Campanula cenisia
Campanula cochlearifolia
Campanula glomerata
Campanula rapunculoides
Campanula rhomboidalis
Campanula rotundifolia
Campanula scheuchzeri
Phyteuma betonicifolium
Phyteuma globularifolium ssp. *pedemontanum*
Phyteuma hemisphaericum
Phyteuma orbiculare
Phyteuma ovatum
Phyteuma scorzonrifolium
Phyteuma spicatum subsp. *coeruleum*

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

Caprifoliaceae**Honeysuckle Family**

Knautia arvensis
Knautia dipsacifolia
Lonicera xylosteum
Valeriana montana

Field Scabious
 Wood Scabious
 Fly Honeysuckle
 Mountain Valerian

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

Common Valerian

Valeriana tripteris

Three-leaved Valerian

Caryophyllaceae**Pink Family***Arenaria biflora*

Two-flowered Sandwort

Arenaria ciliata

Fringed Sandwort

Arenaria grandiflora

Large-flowered Sandwort

Cerastium arvense

Field Mouse-ear

Cerastium cerastoides

Starwort Mouse-ear

*Cerastium latifolium**Cerastium uniflorum*

Glacier Mouse-ear

Dianthus carthusianorum

Carthusian Pink

Dianthus gratianopolitanus

Cheddar Pink

Dianthus pavonius

Three-veined Pink

Dianthus sylvestris

Wood Pink

Gypsophila repens

Alpine Gypsophila

*Minuartia capillacea**Minuartia laricifolia**Minuartia recurva*

Sickle-leaved Sandwort

Minuartia rupestris

Rock Sandwort

Minuartia sedoides

Mossy Cyphel

Minuartia verna subsp. *verna*

Spring Sandwort

Sagina glabra

-

Sagina procumbens

Procumbent Pearlwort

Sagina saginoides

Alpine Pearlwort

Saponaria lutea

Yellow Soapwort

Saponaria ocymoides

Rock Soapwort

Scleranthus perennis

Perennial Knawel

Silene acaulis

Moss Campion

Silene acaulis subsp. *bryoides*

a Moss Campion

Silene dioica

Red Campion

Silene nutans

Nottingham Catchfly

Silene otites

Spanish Catchfly

Silene pusilla (*S.alpestris*)

an Alpine Catchfly

Silene rupestris

Rock Catchfly

Silene suecica (*Lychnis alpina*)

Alpine Lychnis

Silene vallesia

Valleis Catchfly

Silene vulgaris subsp. *vulgaris*

Bladder Campion

Silene vulgaris subsp. *prostrata*

Prostrate Bladder Campion

Cistaceae**Rock-rose Family***Helianthemum nummularium*

Rock-rose

H. nummularium subsp. *grandiflorum**H. oelandicum* subsp. *alpestre*

Alpine Rock-rose

H. oelandicum subsp. *incanum*

Hoary Rock-rose

Compositae (Asteraceae)**Daisy Family***Achillea erba-rotta*

Simple-leaved Milfoil

Achillea millefolium

Yarrow

Achillea nana

Dwarf Milfoil

Adenostyles alliariae

Adenostyles

Antennaria dioica

Cat's-foot

Arnica montana

Arnica

Scientific Name	Common Name
<i>Artemisia absinthium</i>	Wormwood
<i>Artemisia campestris</i>	Field Wormwood
<i>Artemisia genipi</i>	
<i>Artemisia glacialis</i>	Glacier Wormwood
<i>Aster alpinus</i>	Alpine Aster
<i>Bellidastrum michelii</i>	False Aster
<i>Carduus nutans</i>	Musk Thistle
<i>Carduus defloratus</i>	Alpine Thistle
<i>Carduus personata</i>	Great Marsh Thistle
<i>Carduus tenuiflorus</i>	Seaside Thistle
<i>Carlina acaulis</i>	Stemless Carlina Thistle
<i>Cirsium eriophorum</i>	Woolly Thistle
<i>Cirsium helenioides</i>	Melancholy Thistle
<i>Cirsium palustre</i>	Marsh Thistle
<i>Cirsium spinosissimum</i>	Spiniest Thistle
<i>Centaurea montana</i>	Perennial Cornflower
<i>Centaurea scabiosa</i>	Greater Knapweed
<i>Centaurea triumphetti</i>	
<i>Centaurea uniflora</i>	Plume Knapweed
<i>Crepis aurea</i>	Golden Hawk's-beard
<i>Crepis rhaetica</i>	
<i>Doronicum columnae</i>	
<i>Doronicum grandiflorum</i>	Large-flowered Leopard's-bane
<i>Erigeron acer</i>	Blue Fleabane
<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>Leontodon helveticus</i>	
<i>Leontopodium nivale</i> subsp. <i>alpinum</i>	Edelweiss
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy
<i>Leucanthemum vulgare</i>	Ox-eye Daisy
<i>Petasites alba</i>	White Butterbur
<i>Petasites hybridus</i>	Butterbur
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed
<i>Prenanthes purpurea</i>	Purple Lettuce
<i>Senecio doronicum</i>	Chamois Ragwort
<i>Senecio incanus</i>	-
<i>Solidago virgaurea</i>	Goldenrod
<i>Taraxacum agg</i>	Dandelion
<i>Tragopogon crocifolius</i>	-
<i>Tragopogon pratensis</i> subsp. <i>orientalis</i>	Goat's-beard
<i>Tussilago farfara</i>	Colt's-foot
Convolvulaceae	Bindweed Family
<i>Calystegia sepium</i>	Hedge Bindweed
<i>Convolvulus arvensis</i>	Field Bindweed
Crassulaceae	Stonecrop Family
<i>Sedum acre</i>	Biting Stonecrop

Scientific Name**Common Name**

<i>Sedum album</i>	White Stonecrop
<i>Sedum alpestre</i>	-
<i>Sedum annuum</i>	Annual Stonecrop
<i>Sedum atratum</i>	Dark Stonecrop
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop
<i>Sedum maximum</i>	
<i>Sedum montanum</i>	
<i>Sedum ochroleucum</i>	Creamish Stonecrop
<i>Sedum roseum (Rhodiola rosea)</i>	Roseroot
<i>Sedum rupestre</i>	Rock Stonecrop
<i>Sedum villosum</i>	Hairy Stonecrop
<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

Elaeagnaceae**Sea-buckthorn Family***Hippophae rhamnoides*

Sea-buckthorn

Ericaceae**Heather Family**

<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Empetrum nigrum ssp. hermaphroditum</i>	Crowberry
<i>Loiseleuria procumbens</i>	Creeping Azalea
<i>Moneses uniflora</i>	One-flowered Wintergreen
<i>Orthillia secunda</i>	Nodding Wintergreen
<i>Pyrola chlorantha</i>	Pale Green Wintergreen
<i>Pyrola minor</i>	Common Wintergreen
<i>Rhododendron ferrugineum</i>	Alpenrose
<i>Vaccinium myrtillus</i>	Bilberry
<i>Vaccinium uliginosum</i>	Bog Bilberry
<i>Vaccinium vitis-idaea</i>	Cowberry

Euphorbiaceae**Spurge Family**

<i>Euphorbia cyparissias</i>	Cypress Spurge
<i>Euphorbia seguieriana</i>	Seguier's Spurge

Fagaceae

<i>Castanea sativa</i>	Sweet Chestnut
<i>Quercus pubescens</i>	Downy Oak

Gentianaceae**Gentian Family**

<i>Gentiana acaulis</i>	Trumpet Gentian
<i>Gentiana alpina</i>	Southern Gentian
<i>Gentiana asclepiadea</i>	
<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 punctata</i>	Spotted Gentian
<i>Gentiana terglouensis ssp. schleicheri</i>	
<i>Gentiana verna</i>	Spring Gentian
<i>Gentianella campestris</i>	Field Gentian

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

Geranium phaeum
Geranium pyrenaicum
Geranium robertianum
Geranium sanguineum
Geranium rivulare
Geranium sylvaticum

Crane's-bill Family

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

Grossulariaceae

Ribes uva-crispa

Gooseberry Family

Wild Gooseberry

Hypericaceae

Hypericum perforatum

St. John's-wort Family

Perforate St. John's-wort

Lamiaceae

Acinos alpinus
Ajuga pyramidalis
Ajuga reptans
Clinopodium vulgare
Nepeta nepetella
Prunella grandiflora
Prunella vulgaris
Salvia glutinosa
Salvia pratensis
Scutellaria alpina
Stachys recta
Teucrium montanum
Thymus longicaulis
Thymus praecox subsp. *polytrichus*
Thymus pulegioides

Deadnettle Family

Alpine Calamint
Pyramidal Bugle
Bugle
Wild Basil
a Cat-mint
Large-flowered Self-heal
Self-heal
Sticky Sage
Meadow Clary
Alpine Skullcap
Yellow Woundwort
Mountain Germander

Hairy Thyme
Greater Thyme

Leguminosae (Fabaceae)

Anthyllis vulneraria agg.
Astragalus alpinus
Astragalus australis
Astragalus cicer
Astragalus danicus
Astragalus exscapus
Astragalus hypoglottis
Astragalus leontinus
Astragalus monspessulanus
Astragalus penduliflorus
Hippocrepis comosa
Laburnum anagyroides
Lathyrus latifolius
Lathyrus pratensis
Lotus alpinus
Lotus corniculatus
Lotus pedunculatus
Medicago sativa
Melilotus albus
Melilotus officinalis
Onobrychis montana

Pea Family

Kidney Vetch
Alpine Milk-vetch
Southern Milk-vetch

Purple Milk-vetch
-

Tyrolean Milk-vetch
False Vetch
Mountain Lentil
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

Scientific Name**Common Name**

<i>Onobrychis viciifolia</i>	Common Sainfoin
<i>Ononis cristata</i> (<i>O. cenisia</i>)	Mt. Cenis Restharrow
<i>Ononis natix</i>	Large Yellow Restharrow
<i>Ononis rotundifolia</i>	Round-leaved Restharrow
<i>Oxytropis campestris</i>	Yellow Milk-vetch
<i>Oxytropis fetida</i>	
<i>Oxytropis halleri</i> subsp. <i>velutina</i>	
<i>Oxytropis helvetica</i>	Gaudin's Milk-vetch
<i>Oxytropis jacquinii</i>	Mountain Milk-vetch
<i>Oxytropis pilosa</i>	Woolly Milk-vetch
<i>Securigera varia</i>	Crown Vetch
<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 pallescens</i>	
<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
<i>Vicia villosa</i>	Fodder Vetch

Lentibulariaceae**Bladderwort Family**

<i>Pinguicula alpina</i>	Alpine Butterwort
<i>Pinguicula vulgaris</i>	Common Butterwort

Linaceae**Flax Family**

<i>Linum catharticum</i>	Purging or Fairy Flax
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Malvaceae**Mallow Family**

<i>Malva alcea</i>	Hollyhock Mallow
<i>Malva sylvestris</i>	Common Mallow

Onagraceae**Willowherb Family**

<i>Epilobium angustifolium</i>	Rosebay Willowherb
<i>Epilobium fleischeri</i>	Alpine Willowherb

Orobanchaceae**Broomrape Family**

<i>Bartsia alpina</i>	Alpine Bartsia
<i>Melampyrum nemorosum</i>	Blue Cow-wheat
<i>Melampyrum pratense</i>	Common Cow-wheat
<i>Melampyrum sylvaticum</i>	Small Cow-wheat
<i>Orobanche alba</i>	Thyme Broomrape
<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 recutita</i>	
<i>Pedicularis rosea</i> subsp. <i>allionii</i>	Pink Lousewort
<i>Pedicularis rostratospicata</i> ssp. <i>helvetica</i>	Flesh-pink Lousewort
<i>Pedicularis verticillata</i>	Verticillate Lousewort
<i>Rhinanthus alectorolophus</i>	Greater Yellow Rattle

Scientific Name**Common Name***Rhinanthus minor*

Yellow Rattle

Papaveraceae**Poppy Family***Corydalis solida*

Bird-in-a-bush

Papaver dubium subsp. *dubium*

Long-headed Poppy

Papaver rhoeas

Common Poppy

Plantaginaceae**Plantain Family***Digitalis grandiflora*

Large Yellow Foxglove

Digitalis lutea

Small Yellow Foxglove

Globularia cordifolia

Matted Globularia

Globularia vulgaris

Common Globularia

Linaria alpina

Alpine Toadflax

*Linaria angustissima**Plantago alpina*

Alpine Plantain

Plantago atrata

Mountain Plantain

Plantago lanceolata

Ribwort Plantain

Plantago major

Greater Plantain

Plantago maritima

Sea Plantain

Plantago media

Hoary Plantain

Veronica bellidoides

Violet Speedwell

Veronica fruticans

Rock Speedwell

Veronica serpyllifolia

Thyme-leaved Speedwell

Veronica spicata

Spiked Speedwell

Veronica urticifolia

Nettle-leaved Speedwell

Plumbaginaceae**Thrift Family***Armeria alpina*

Mountain Thrift

Armeria arenaria

-

Polygalaceae**Milkwort Family***Polygala alpestris*

Mountain Milkwort

Polygala alpina

Alpine Milkwort

Polygala chamaebuxus

Shrubby Milkwort

Polygonaceae**Knotweed Family***Oxyria digyna*

Mountain Sorrel

Persicaria bistorta

Bistort

Persicaria vivipara

Alpine Bistort

Polygonum aviculare

Knotgrass

Rumex acetosa

Sorrel

Rumex alpinus

Monk's Rhubarb

Rumex scutatus

French Sorrel

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

a Pink Rock-jasmine

*Androsace helvetica**Androsace obtusifolia*

Blunt-leaved Rock-jasmine

Primula farinosa

Bird's-eye Primrose

*Primula hirsuta**Primula integrifolia**Primula latifolia*

Viscid Primrose

Primula matthioli

Alpine Bells

Scientific Name**Common Name**

Primula pedemontana
Primula veris subsp. *suaveolens*
Soldanella alpina
Vitaliana primuliflora

Piedmont Primrose
 Cowslip
 Alpine Snowbell
 Vitaliana

Ranunculaceae**Buttercup Family**

Anemone (Pulsatilla) alpina ssp. *alpina*
Anemone (Pulsatilla) alpina ssp. *apiifolia*
Anemone baldensis
Anemone (Pulsatilla) halleri
Anemone (Pulsatilla) vernalis
Aquilegia alpina
Aquilegia atrata
Callianthemum coriandrifolium
Caltha palustris
Clematis alpina
Hepatica nobilis
Ranunculus aconitifolius
Ranunculus acris
Ranunculus glacialis
Ranunculus grenieranus
Ranunculus keupferi
Ranunculus montanus
Ranunculus nemorosus
Thalictrum aquilegifolium
Thalictrum foetidum
Thalictrum minus
Trollius europaeus

Alpine Pasqueflower
 Yellow Pasqueflower
 Monte Baldo Anemone
 Haller's Pasqueflower
 Spring Pasqueflower
 Alpine Columbine
 Dark Columbine
 Callianthemum
 Marsh Marigold
 Alpine Clematis
 Hepatica
 Aconite-leaved Buttercup
 Meadow Buttercup
 Glacier Crowfoot
 Grenier's Buttercup
 Pyrenean Buttercup
 Mountain Buttercup
 Wood Buttercup
 Great Meadow-rue
 Stinking Meadow-rue
 Lesser Meadow-rue
 Globeflower

Resedaceae**Mignonette Family**

Reseda lutea

Mignonette

Rhamnaceae**Buckthorn Family**

Frangula alnus
Rhamnus alpina
Rhamnus cathartica
Rhamnus pumila

Alder Buckthorn
 Alpine Buckthorn
 Buckthorn
 Dwarf Buckthorn

Rosaceae**Rose Family**

Agrimonia eupatoria
Alchemilla alpina
Alchemilla conjuncta
Alchemilla glabra
Alchemilla hybrida
Amelanchier ovalis
Aruncus dioicus
Cotoneaster integerrimus
Crataegus monogyna
Dryas octopetala
Filipendula ulmaria
Fragaria vesca
Geum montanum
Geum reptans

Agrimony
 Alpine Lady's-mantle
 Silver Lady's-mantle
 Smooth Lady's-mantle
 -
 Juneberry
 Goat's-beard Spirea
 Wild Cotoneaster
 Hawthorn
 Mountain Avens
 Meadowsweet
 Wild Strawberry
 Mountain Avens
 Creeping Avens

Scientific Name**Common Name**

<i>Geum rivale</i>	Water Avens
<i>Geum urbanum</i>	Wood Avens
<i>Potentilla anserina</i>	Silverweed
<i>Potentilla argentea</i>	Hoary Cinquefoil
<i>Potentilla aurea</i>	Golden Cinquefoil
<i>Potentilla brauniana</i>	Dwarf 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 saxatilis</i>	Stone Bramble
<i>Sanguisorba minor</i>	Salad Burnet
<i>Sibbaldia procumbens</i>	Sibbaldia
<i>Sorbus aria</i>	Whitebeam
<i>Sorbus aucuparia</i>	Rowan

Rubiaceae**Bedstraw Family**

<i>Asperula aristata</i>	a Squinancywort
<i>Asperula cynanchica</i>	Squinancywort
<i>Cruciata laevipes</i>	Crosswort
<i>Cruciata pedemontana</i>	
<i>Galium anisophyllum</i>	a Bedstraw
<i>Galium boreale</i>	Northern Bedstraw
<i>Galium lucidum</i>	a Bedstraw
<i>Galium megalospermum</i>	Swiss Bedstraw
<i>Gallium mollugo</i>	Hedge Bedstraw
<i>Galium verum</i>	Ladies Bedstraw

Salicaceae**Willow Family**

<i>Populus tremula</i>	Aspen
<i>Salix caesia</i>	Blue-green Willow
<i>Salix caprea</i>	Goat Willow
<i>Salix helvetica</i>	Swiss Willow
<i>Salix herbacea</i>	Least Willow
<i>Salix purpurea</i>	Purple Willow
<i>Salix reticulata</i>	Net-leaved Willow
<i>Salix retusa</i>	Retuse-leaved Willow
<i>Salix serpyllifolia</i>	Thyme-leaved Willow

Santalaceae**Sandalwood Family**

<i>Thesium alpinum</i>	Alpine Bastard Toadflax
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Saxifragaceae**Saxifrage Family**

<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage
<i>Saxifraga androsacea</i>	Scree Saxifrage
<i>Saxifraga aspera</i>	Rough Saxifrage
<i>Saxifraga biflora</i>	
<i>Saxifraga bryoides</i>	

Scientific Name**Common Name**

<i>Saxifraga caesia</i>	Grey Saxifrage
<i>Saxifraga diapensioides</i>	
<i>Saxifraga exarata</i> subsp. <i>exarata</i>	Musky Saxifrage
<i>Saxifraga exarata</i> subsp. <i>moschata</i>	White Musky Saxifrage
<i>Saxifraga muscoides</i>	
<i>Saxifraga oppositifolia</i>	Purple Saxifrage
<i>Saxifraga paniculata</i>	Live-long Saxifrage
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage

Scrophulariaceae**Figwort Family**

<i>Scrophularia canina</i> subsp. <i>hoppii</i>	French Figwort
<i>Verbascum densiflorum</i>	
<i>Verbascum lychnitis</i>	White Mullein
<i>Verbascum thapsus</i> subsp. <i>montanum</i>	Aaron's Rod

Thymelaeaceae**Daphne Family**

<i>Daphne laureola</i>	Spurge Laurel
<i>Daphne mezereum</i>	Mezereon

Urticaceae**Nettle Family**

<i>Parientaria judaica</i>	Pellitory of the Wall
<i>Urtica dioica</i>	

Violaceae**Violet Family**

<i>Viola arvensis</i>	Field Pansy
<i>Viola biflora</i>	Yellow Violet
<i>Viola calcarata</i> subsp. <i>calcarata</i>	Long-spurred Pansy
<i>Viola pinnata</i>	Finger-leaved Violet
<i>Viola riviniana</i>	Common Dog Violet
<i>Viola rupestris</i>	Teesdale Violet

Liliidae (Monocotyledons)**Amarylliaceae****Daffodil Family**

<i>Allium schoenoprasum</i>	Chives
<i>Allium sphaerocephalon</i>	Round-headed Leek

Asparagaceae**Asparagus Family**

<i>Anthericum liliago</i>	St. Bernard's Lily
<i>Maianthemum bifolium</i>	May Lily
<i>Ornithogalum umbellatum</i>	Star-of-Bethlehem
<i>Paradisea liliastrium</i>	St. Bruno's Lily

Cyperaceae**Sedge Family**

<i>Carex atrata</i>	Black Alpine Sedge
<i>Carex atrofusca</i>	Scorched Alpine Sedge
<i>Carex capillaris</i>	Hair Sedge
<i>Carex caryophyllea</i>	Spring Sedge
<i>Carex dioica</i>	Dioecious Sedge
<i>Carex flacca</i>	Glaucous Sedge
<i>Carex hostiana</i>	Tawny Sedge
<i>Carex montana</i>	Soft-leaved Sedge
<i>Carex nigra</i>	Common Sedge

Scientific Name**Common Name***Carex ornithopoda*

Bird's-foot Sedge

Carex pallescens

Pale Sedge

Carex panicea

Carnation Sedge

Carex paniculata

Great Tussock Sedge

Carex vaginata

Seathed Sedge

Carex viridula subsp. *oedocarpa*

Common Yellow Sedge

Eriophorum angustifolium

Common Cottongrass

Eriophorum latifolium

Broad-leaved Cottongrass

Eriophorum scheuchzeri

a Cottongrass

Eriophorum vaginatum

Hare's-tail Cottongrass

Schoenus nigricans

Black Bog-rush

Colchicaceae**Autumn Crocus Family***Colchicum autumnale*

Autumn Crocus

Dioscoreaceae**Black Bryony Family***Dioscorea communis*

Black Bryony

Iridaceae**Iris Family***Crocus caeruleus*

White-flowered Crocus

Juncaceae**Rush Family***Juncus trifidus*

Three-leaved Rush

Juncus triglumis

Three-flowered Rush

Luzula alpinopilosa

Alpine Woodrush

Luzula campestris

Good Friday Grass

Luzula luzuloides

White Wood-rush

Luzula multiflora

Heath Wood-rush

Luzula nivea

Snowy Wood-rush

Luzula pilosa

Hairy Wood-rush

Liliaceae**Lily Family***Gagea leotardii*

a Yellow Star of Bethlehem

*Gagea lutea**Gagea serotina*

Snowdon Lily

Lillium bulbiferum subsp. *croceum*

Orange Lily

Lillium martagon

Martagon Lily

Melanthiaceae

a False Helleborine

*Veratrum lobelianum***Orchidaceae****Orchid Family***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 rhellicani

a Vanilla Orchid

Neotinea ustulata

Burnt-tip Orchid

Neottia ovata

Twayblade

Scientific Name**Common Name**

Orchis mascula
Platanthera bifolia
Pseudorchis albida
Traunsteinera globosa

Early Purple Orchid
 Lesser Butterfly Orchid
 Small White Orchid
 Round-headed Orchid

Poaceae**Grass Family**

Alopecurus pratensis
Arrhenatherum elatius
Briza media
Bromus inermis
Dactylis glomerata
Deschampsia cespitosa
Helictotrichon pratense
Koeleria pyramidata
Lolium perenne
Melica nutans
Nardus stricta
Phleum alpinum
Phleum pratense
Poa alpina
Poa annua
Poa bulbosa var. *vivipara*
Poa pratensis
Poa trivialis
Sesleria caerulea
Trisetum flavescens

Meadow Fox-tail
 False Oat-grass
 Quaking Grass
 Hungarian Brome
 Cock's-foot
 Tufted hair-grass
 Meadow Oat-grass
 Pyramidal hair-grass
 Perennial Rye-grass
 Mountain Melick
 Mat-grass
 Alpine Timothy
 Timothy
 Alpine Meadow-grass
 Annual Meadow-grass
 Bulbous Meadow-grass
 Smooth Meadow-grass
 Rough Meadow-grass
 Blue Moor-grass
 Golden Oat

Tofieldiaceae

Tofieldia calyculata

Tofield's Asphodel

Xanthorrhoeaceae

Asphodelus albus

White Asphodel

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

	Common name	Scientific name	June / July							
			26	27	28	29	30	1	2	3
1	Grey Heron	<i>Ardea cinerea</i>				2				
2	European Honey Buzzard	<i>Pernis apivorus</i>								1
3	Lammergeier	<i>Gypaetus barbatus</i>			2	3	1		3	
4	Griffon Vulture	<i>Gyps fulvus</i>							4	
5	Cinereous (Black) Vulture	<i>Aegypius monachus</i>						4	12	1
6	Common Buzzard	<i>Buteo buteo</i>							1	2
7	Golden Eagle	<i>Aquila chrysaetos</i>			1	2			1	
8	Common Kestrel	<i>Falco tinnunculus</i>				1		2	1	
9	Yellow-legged Gull	<i>Larus michahellis</i>							2	
10	Rock Dove	<i>Columba livia</i>	✓							✓
11	Common Wood Pigeon	<i>Columba palumbus</i>					1		✓	✓
12	Eurasian Collared Dove	<i>Streptopelia decaocto</i>				✓	✓	✓	✓	✓
13	Alpine Swift	<i>Tachymarptis melba</i>			1					
14	Common Swift	<i>Apus apus</i>	✓		3	✓	✓	✓	✓	✓
15	Red-backed Shrike	<i>Lanius collurio</i>		3						
16	Eurasian Jay	<i>Garrulus glandarius</i>		1	1	2	1			H

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			26	27	28	29	30	1	2	3
17	Eurasian Magpie	<i>Pica pica</i>	✓	✓		✓	1			
18	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>		1						1
19	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>			2		3		2	4
20	Alpine Chough	<i>Pyrrhocorax graculus</i>		2		8	12	6	12	6
21	Carrion Crow	<i>Corvus corone</i>		2	2	✓			✓	✓
22	Hooded Crow	<i>Corvus cornix</i>	✓							✓
23	Northern Raven	<i>Corvus corax</i>						2	2	
24	Willow Tit	<i>Poecile montanus</i>			2					
25	Coal Tit	<i>Parus ater</i>		H	2					
26	European Crested Tit	<i>Lophophanes cristatus</i>			1					
27	Great Tit	<i>Parus major</i>			3	1	2	1		
28	Wallcreeper	<i>Tichodroma muraria</i>				1				
29	Eurasian Skylark	<i>Alauda arvensis</i>					3	H	1	
30	Barn Swallow	<i>Hirundo rustica</i>	✓			✓				✓
31	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>			1	6	6	✓	✓	✓
32	Common House Martin	<i>Delichon urbicum</i>				✓				
33	Common Chiffchaff	<i>Phylloscopus collybita</i>			H					H
34	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>				H		H		
35	Marsh Warbler	<i>Acrocephalus palustris</i>					3			
36	Eurasian Blackcap	<i>Sylvia atricapilla</i>			H	H	2			
37	Garden Warbler	<i>Sylvia borin</i>			H					
38	Lesser Whitethroat	<i>Sylvia curruca</i>						2		1
39	Common Whitethroat	<i>Sylvia communis</i>								1
40	Common Firecrest	<i>Regulus ignicapilla</i>					1			
41	Eurasian Wren	<i>Troglodytes troglodytes</i>								H
42	Common Starling	<i>Sturnus vulgaris</i>	✓							
43	Ring Ouzel	<i>Turdus torquatus alpestris</i>								1
44	Common Blackbird	<i>Turdus merula</i>		✓			✓	✓	1	✓
45	Fieldfare	<i>Turdus pilaris</i>			2		✓		2	
46	Song Thrush	<i>Turdus philomelos</i>				5				
47	Mistle Thrush	<i>Turdus viscivorus</i>		1	1	1	✓		1	✓
48	European Robin	<i>Erithacus rubecula</i>							H	
49	Black Redstart	<i>Phoenicurus ochruros</i>		H	2	4	✓	✓	✓	
50	Common Redstart	<i>Phoenicurus phoenicurus</i>				2				
51	Whinchat	<i>Saxicola rubetra</i>		1	1	1	1	1	1	1
52	Northern Wheatear	<i>Oenanthe oenanthe</i>				4	6	✓	✓	6
53	White-throated Dipper	<i>Cinclus cinclus</i>			1	2	1	2		
54	House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
55	White-winged Snowfinch	<i>Montifringilla nivalis</i>				1			6	2
56	Alpine Accentor	<i>Prunella collaris</i>							2	
57	Dunnock	<i>Prunella modularis</i>		H						
58	Grey Wagtail	<i>Motacilla cinerea</i>			2	2		1		1
59	White Wagtail	<i>Motacilla alba</i>	2	2	6	✓	✓	✓	✓	✓
60	Tree Pipit	<i>Anthus trivialis</i>					1			3
61	Water Pipit	<i>Anthus spinoletta</i>				✓	✓	✓	✓	
62	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	H		✓	✓
63	European Serin	<i>Serinus serinus</i>			1	✓	✓		✓	
64	European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓	✓	✓	✓	✓
65	Common Redpoll	<i>Acanthis flammea</i>			3					
66	Common Linnet	<i>Linaria cannabina</i>			3			3		✓
67	Red Crossbill	<i>Loxia curvirostra</i>			2		2			

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68	Yellowhammer	<i>Emberiza citrinella</i>					H		1	
69	Rock Bunting	<i>Emberiza cia</i>		1						1

Butterflies

1	Dingy Skipper	<i>Erynnis tages</i>		✓	✓	✓				
2	Grizzled Skipper	<i>Pyrgus malvae</i>		✓			✓	✓		✓
3	Safflower Skipper	<i>Pyrgus carthami</i>					✓		✓	
4	Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>		✓				✓		
5	Small Skipper	<i>Thymelicus sylvestris</i>		✓						
6	Clouded Apollo	<i>Parnassius mnemosyne</i>								✓
7	Apollo	<i>Parnassius apollo</i>		✓	✓	✓				✓
8	Swallowtail	<i>Papilio machaon</i>		✓	✓			✓		✓
9	Wood White	<i>Leptidea sinapis</i>		✓	✓		✓			
10	Black-veined White	<i>Aporia crataegi</i>		✓	✓		✓	✓		✓
11	Large White	<i>Pieris brassicae</i>			✓				✓	
12	Small White	<i>Pieris rapae</i>		✓						
13	Green-veined White	<i>Pieris napi</i>							✓	
14	Mountain Green-veined White	<i>Pieris bryoniae</i>						✓		
15	Peak White	<i>Pontia callidice</i>					✓			
16	Orange Tip	<i>Anthocharis cardamines</i>		✓						
17	Mountain Dappled White	<i>Euchloe simplonia</i>			✓	✓				
18	Clouded Yellow	<i>Colias crocera</i>		✓				✓		
19	Moorland Clouded Yellow	<i>Colias palaeno</i>		✓		✓	✓	✓		
20	Blue-spot Hairstreak	<i>Satyrrium spini</i>			✓					
21	Green Hairstreak	<i>Callophrys rubi</i>		✓		✓		✓	✓	
22	Purple-shot Copper	<i>Lycaena alciphron</i>			✓					
23	Little Blue	<i>Cupido minimus</i>		✓	✓	✓		✓	✓	
24	Osiris Blue	<i>Cupido osiris</i>			✓		✓	✓	✓	
25	Mountain Alcon Blue	<i>Phengaris alcon rebeli</i>				✓				
26	Large Blue	<i>Phengaris arion</i>		✓		✓				
27	Baton Blue	<i>Pseudophilotes baton</i>			✓					
28	Silver-studded Blue	<i>Plebejus argus</i>								✓
29	Mazarine Blue	<i>Cyaniris semiargus</i>		✓						
30	Eros Blue	<i>Polyommatus eros</i>		✓					✓	✓
31	Common Blue	<i>Polyommatus icarus</i>			✓					
32	Geranium Argus	<i>Aricia eumedon</i>			✓					
33	Turquoise Blue	<i>Polyommatus dorylas</i>			✓					
34	Small Tortoiseshell	<i>Aglais urticae</i>		✓	✓	✓	✓	✓	✓	
35	Red Admiral	<i>Vanessa atalanta</i>		✓				✓		
36	Painted Lady	<i>Vanessa cardui</i>		✓	✓	✓	✓	✓		
37	Glanville Fritillary	<i>Melitaea cinxia</i>		✓	✓		✓			✓
38	False Heath Fritillary	<i>Melitaea diamina</i>		✓						✓
39	Knapweed Fritillary	<i>Melitaea phoebe</i>			✓					✓
40	Heath Fritillary	<i>Mellicta athalia</i>			✓		✓			✓
41	Marsh Fritillary	<i>Euphydryas aurinia</i>				✓		✓	✓	
42	Mountain Fritillary	<i>Boloria napaea</i>							✓	
43	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>		✓						✓
44	Titania's Fritillary	<i>Boloria titania</i>		✓			✓			
45	Large Wall Brown	<i>Lasiommata maera</i>		✓	✓					✓
46	Northern Wall Brown	<i>Lasiommata petropolitana</i>			✓					
47	Alpine Heath	<i>Coenonympha gardetta</i>		✓	✓			✓	✓	

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48	Small Heath	<i>Coenonympha pamphilus</i>		✓						
49	Almond-eyed Ringlet	<i>Erebia albertanus</i>		✓	✓					✓
50	Silky Ringlet	<i>Erebia gorge</i>					✓			
51	Mnestra's Ringlet	<i>Erebia mnestra</i>							✓	
52	Piedmont Ringlet	<i>Erebia meolans</i>			✓					
53	Dewy Ringlet	<i>Erebia pandrose</i>							✓	
54	Alpine Grayling	<i>Oeneis glacialis</i>			✓			✓		
55	Great Sooty Satyr	<i>Satyrus ferula</i>							✓	

Mammals

Alpine Chamois, *Rupicapra rupicapra*

Alpine Marmot, *Marmota marmota*

Alpine Ibex, *Capra ibex*

Rabbit, *Oryctolagus cuniculus*

Reptiles

Common Frog, *Rana temporaria*

Common Wall Lizard, *Podarcis muralis*

Green Lizard, *Lacerta bilineata*