

The Italian & French Alps

Naturetrek Tour Report

25 June - 2 July 2019

Report by Philip Thompson



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Day 1

Tuesday 25th June

With our flight arriving safely on time into Turin in the late afternoon we had time to simply arrange the minibus and then undertake a direct transfer to the Cogne valley where our first hotel lay. As we travelled north, we could see the distant high peaks of the Alps ahead and it was not long before we swung westwards to travel along the Aosta valley with the mountains rising steeply on both sides. We then turned off southwards into the Cogne valley where the road became narrower and winding as the scenery became ever more attractive. We crossed and passed close to the rushing Eyvia River as we travelled with an increasing number of tempting flowers seen on the roadside. Arriving at the comfortable spa hotel, we had just enough time to settle in before meeting before dinner for a quick chat and then on to the dining room for a tasty meal.

Day 2

Wednesday 26th June

The morning dawned hot and sunny as it was to remain throughout the duration of the trip, as Europe and the UK was plunged into a record-breaking heatwave. Despite the heat, we were at least fortunate that our trip was generally spent at altitude, within the cooler region of the high Alps, as the heat maps showed us surrounded by dark black and reds on the weather charts of lowland Europe.

Our first excursion was a short drive away, with a walk taken from the village of Gimillan. Our route began with a short steep climb through a meadow of tall herbs that allowed us to familiarize ourselves with some of the very many commoner plants that we would be encountering. After this short climb, the path levelled out and we were then assailed with a multitude of flowers, butterflies and a few choice birds to admire and try to take in. Among the many butterflies the undoubted stars were the Apollos, with several individuals drifting past the group to settle occasionally, allowing a close view and photo opportunities. As we left the open grassy meadows, we entered an area of open pine woodland with steep open stony slopes either side. In this rather bare habitat, we found the very localized endemic *Aethionema thomasianum* alongside rosettes of *Saxifraga paniculata*. Reaching the river, we paused in the shade for a rest and drink while we searched through the many butterflies coming to the damp mud. This mix of species held several good finds such as Alpine Blue and False heath Fritillary.

The heat of the day was taking its toll on some of the group who opted to remain and make their own way back, whilst most continued across an open meadow containing *Campanula scheuchzeri* and *Onobrychis montana*, on the opposite side of which were shading trees where we stopped for lunch. From here, a further few of the group opted to remain and relax whilst the final hardy members opted to continue on to a short climb near a waterfall, during which further interesting plants were seen, including a few examples of *Pulsatilla halleri* in bloom.

Heading back the group slowly reformed catching up the earlier departees. A different bridge was crossed to take an alternative route that led us through some fresh areas to explore producing further new plants as we went. Once the entire group was together, we continued back to the vehicle where we then drove on into Cogne for a refreshing ice cream after the heat of the day.

Day 3

Thursday 27th June

Our day began with a walk from Valnontey up the switchback path leading to a waterfall that dropped steeply down into the valley. With the heatwave in Europe continuing, we were fortunate that most of the route was within the shade of the Larch and pine forest. During our climb, we had a number of close encounters with the tame and people-habituated Chamois of the area that allowed for a close approach and extended views. Growing at the trackside we found several *Astragalus exscapus*, another localized alpine specialty. Reaching the bridge crossing the torrent, we paused to cool ourselves in the fine spray before continuing a little further up through the thinning woodland to eventually reach the open meadows, with a stunning view towards the summits of the park. A further spell of relaxation was taken whilst a couple of the group headed on upwards to explore further. We then began our slow descent back to the village where a cold soft drink in a café was required whilst we waited for the two pioneers to return.

We next drove a short way along the river and valley floor before stopping to take our lunch in the shade alongside the river. From here we took a further walk along the level valley floor at a relaxing pace. We encountered more exceedingly tame Chamois on the path that were licking salts from the soil on the path side and were reluctant to move away from the small gathering of walkers approaching from both directions! Eventually we passed slowly, allowing the Chamois to move to one side and watch us from the meadows only 10-15 metres away. The lightly wooded trail provided enough shade to keep the heat at bay as we continued our explorations. A damp marshy meadow held an interesting mix of plants that included *Arnica montana*, *Dactylorhiza majalis* and *Tofieldia calyculata*. With the group again starting to fragment, a few walked on further before we regrouped, once more, and headed back to Cogné for second helpings of the delicious ice cream on offer!

Day 4

Friday 28th June

Today was spent on our transfer from Italy across into France and the Vanois NP. We took all day doing this with a number of stops and walks along the way as we passed through some amazing scenery on the journey.

Our route led initially out of the Cogné valley and back to the Aosta valley where we headed west on the motorway. We turned off at Morgex to continue west, heading directly towards Monte Bianco/Mont Blanc. We pulled into a convenient layby where we were afforded a splendid view of the highest mountain in Europe for a few photos. Moving on, we were soon climbing numerous switchbacks as we headed south-west up towards the Col du Petit St Bernard. Enjoying the splendid views and abundant flowers as we passed, we left the forested slopes and entered the treeless alpine pastures of the col where we stopped for a walk. Late snow was still present in abundance, despite the heatwave, enabling us to catch up with a few *Crocus caeruleus* and *Soldanella alpina* appearing from the edges of the snow as it retreated. Among the grassy undulating ground, other prime flowers were found, such as *Viola calcarata*, *Geum montanum* and *Trifolium alpinum*, with numerous Dewy Ringlets flying throughout the area. As we were preparing to leave, we finally picked out a couple of White-winged Snowfinches flying over the buildings at the car park.

A short drive on across the border brought us to La Rosière where we stopped for a coffee on the terrace of an alpine ski café where we could enjoy the wonderful view, enlivened by a passing Short-toed Eagle! Refreshed, the road then began the equally winding descent way down into the Isère valley. Once at the valley floor, the road travelled alongside the river, climbing slightly all the way. In view of the heat and strong sun, we opted to find a

shady picnic site by the road before reaching our next planned stop. Having spotted a suitable layby, we pulled over to have our lunch beneath some over shading trees. From here, we drove on through the famous ski areas of Tignes and Val-d'Isère, stopping at the bridge at Saint-Charles at the base of the ascent up towards the Col de L'Iseran.

Here we took a further walk that followed the Isère river towards its source at the high escarpment at the border between Italy and France. The ground here was treeless and lacking in any shade, so we were fortunate to have a cooling breeze blowing down the valley. The initial steeper climb soon levelled out and we were able to admire a mother Alpine Ibex with her kid from a close distance for an extended spell before moving on further on the track. An attractive violet *Viola pinnata* was found at a couple of spots growing at the trackside, joined later by several examples of Edelweiss *Leontopodium nivalis* subsp. *alpinum*. Our luck was further good with the sighting of a couple of Lammergeier overhead in the valley. The heat and climb began to take its toll on a few of the group, who opted to stop and rest and begin their return, with a few of the group continuing along the steep gorge to where the valley opened out to reveal a splendid vista to admire before all then began their return.

With all back at the vehicle, we then drove on to begin our ascent up towards the Col du L'Iseran. A very brief pause was taken on the way up to point out Alpine Bells *Primula matthioli*, growing by the road. Reaching the top of the col we continued on without stopping, as we were due later in the week to return and explore this interesting area. Our route led us through more stunning scenery during which we spotted more Alpine Marmots before dropping down into the valley of the River Arc and ultimately Lanslevillard where we would be staying for the remainder of the trip.

Day 5

Saturday 29th June

Today was spent walking in the high alpine grasslands of the Plan du Lac. Arriving in the car park after the dramatic drive up, we shared out the picnic lunch among the group and headed out to spend most of the day on foot. As was the norm, early progress was slow as we spent time examining the many new and exciting species of flower along the edge of the path. Highlights included species such as *Loiseleuria procumbens*, *Vitaliana primuliflora*, *Gentiana brachyphylla* and a variety of dwarf willows. As the path levelled out, we reached the upland lake where we found several large colonies of *Anemone (Pulsatilla) vernalis*, with a few still in flower alongside recently melted snow patches.

The scenery opened up around us with distant views of the ranges nearby, several of which had large hanging glaciers spilling down from the tops. The clarity of the air was stunning making distant peaks stand out clearly in the absence of air pollution and smog. Our route led on past the mountain refuge that we skirted past heading towards an area of slopes clothed in abundant *Rhododendron ferrugineum* and more *Loiseleuria procumbens*. We took some time to examine the differences between the similar flowers of *Dryas octopetala*, *Anemone baldensis* and *Callianthemum coriandrifolium*. The area is known as a breeding haunt of Rock Ptarmigan and, on this occasion, we were very fortunate in spotting a bird fly up from the slope above us to settle nearby among some exposed rocks. The amazing camouflage of the bird once landed made it tricky to pick out, but we were all happy with the flight views when the white flashes in the wings stood out. We took this opportunity to sit and relax and eat lunch with a view to remember.

We returned to the refuge for a sit down and a coffee on the terrace before the group then split, with most following the easy tarmac route back to the vehicle. The tougher members pushed on across to view the Termignon gorge. Along the way we picked out *Gentiana alpina* among the large colonies of similar looking Trumpet Gentians, *Gentiana acaulis*. Searching among the rocks near the gorge we managed to find a few examples of the diminutive *Phyteuma globularifolia* subsp. *pedemontanum* and stunning fuchsia pink *Primula pedemontana*. During the return walk several Alpine Marmots were seen, whilst overhead both species of Chough were seen with a final highlight of a low-level Lammergeier drifting by that was fortunately seen by both sections of the group.

Once the entire group had re-formed, we began the drive back down from the heights. We took one stop on the way with a walk into the pine forest during which we caught up with several woodland species of plant not previously seen, that included a number of Wintergreens, *Clematis alpina*, *Veronica urticifolia* and *Aquilegia atrata*. The walk passed a large overhanging area of rock on which a few examples of *Saxifraga diapensioides* grew. Walking on, we reached the attractive rushing torrent crossed by a narrow wooden bridge. We had found several new orchids nearby, that included *Dactylorhiza incarnata* subsp. *cruenta*. After a full day in the open sun we were then happy to return to the hotel to relax on the terrace with a cooling beer or ice cream.

Day 6

Sunday 30th June

Most of the group undertook a pre-breakfast walk among the hay meadows opposite the hotel. Our attention was mainly directed to the birds of the area with a fine variety spotted. Although not much of a 'looker', the main highlight of the walk was finding several singing Marsh Warblers in the tall Meadowsweet meadows. To this, we added both species of Redstart, Mistle Thrush, Fieldfare, Crested Tit and several other species of birds by song alone.

The major part of the day was then spent in the vicinity of Mont Cenis and the large lake named after this famous peak. Being a Sunday in the midst of a raging heatwave, it seemed that all the world and his wife had travelled up into the mountains to escape the heat and enjoy the splendour of the Alps! It was fortunate that we had set out in good time to reach the car park near the Refugio du Petit Mont Cenis, where we managed to get a parking spot ahead of the crowds. We then took a walk past the refuge and on to take a circuit back, during which we were to find many more new species alongside a wealth of other previously encountered alpine species. Early finds were the abundant *Gentiana punctata* near the Refuge followed by *Primula latifolia* and *Aquilegia alpina*. We took a steady pace as the walk began to climb, allowing all to keep together as new species were pointed out. At the furthest point for the group, we sat and relaxed while the enthusiasts of the group walked on to admire the deep gorge of the River Ambin. Once regrouped, we continued our circuit passing a number of stunning natural rockeries of a mix of species, notable among them being *Saponaria lutea* among the colourful *Sempervivum arachnoideum* and *Dianthus pavonius*.

We were fortunate that we were able to occupy one of the benches at the Refuge for our picnic, among the many walkers and day-trippers enjoying the weather! Driving back along the narrow access road and onto the main tarmac route, we became aware of just how many people had visited the area. Luckily, this did not detract or impinge on our enjoyment and planned activities. We drove on to pull over at the start of a trail leading towards Grand Mont Cenis and the fort of Pont du Ronce. Our path was lined with a multitude of colourful species, all overlooking the lake and mountain summits all around. Group members opted to walk as far as they were happy

with, before stopping or beginning their slow return. A few walked on to maximize their explorations of this stunning region before we all eventually regrouped back at the bus and a drive back to the hotel for our customary refreshments on the terrace.

Day 7

Monday 1st July

As promised, we returned to the Col du L'Iseran to search for a range of tiny prostrate high-alpine flowers that occur in this harsh environment. The col sits at 2764 metres and is the highest paved tarmac road in the Alps, meaning we don't have to climb up a mountain to access the special plants found here! We were also very fortunate in the weather as the heatwave was still ongoing, so we were able to relax in pleasant temperatures, rather than wearing everything and braced against howling wind that can sometimes occur! We spent over an hour scouring the bare-looking scree for choice species, of which *Gentiana terglouensis* subsp. *schlechteri*, *Saxifraga androsacea*, *Petrocallis pyrenaica*, *Cerastium latifolium* and *Artemisia genipi* were among several more. In the grassier areas a few Edelweiss were flowering alongside the attractive pea family members *Oxytropis halleri* subsp. *velutina* and *Oxytropis pilosa*.

For the more energetic members, we next made a short and steep climb up towards the summit of Pointe des Lessieres at 3043 metres. Our aim was not to reach the top but to find a further range of high-alpine species tucked in among the rocky overhangs at this altitude. After a little searching, our main target of *Campanula cenisia* was eventually found, with other highlights being *Doronicum grandiflorum*, *Geum reptans*, *Oxytropis fetida*, *Androsace helvetica* and *Galium megalospermum*. We were also fortunate in spotting a trio of Alpine Accentors moving close above us among the rocks. On the descent a trio of White-winged Snowfinches joined us on the path for a very close encounter, birds that were also seen elsewhere by the group members who had remained below.

Our next stop was after a short drive lower down at an area of wet flush by the roadside. Here carpets of Glacier Crowfoot, *Ranunculus glacialis*, were just beginning to bloom, with several species of butterfly and other flowers growing in this wet and damp habitat.

Continuing our driving descent, we stopped by a ruined building with a splendid view out across the valley with a nearby tumultuous waterfall. We enjoyed our picnic whilst admiring all around us, with a rich range of plants present. Abundant Alpine Pasqueflowers *Anemone alpina* were mixed with several new species. After we had finished eating, we walked the short distance to the waterfall where *Phyteuma hemisphaericum* was found on the rocky shelves. The slope behind the waterfall had a fine colony of Alpine Pasqueflower mixed with *Pulmonaria montana*. We were entertained by a pair of Alpine Chough that appeared to be nesting in the roof of the ruin that we had lunched alongside.

A further move was then taken to walk the track that led beneath the Pointe des Arses. This afforded a fine view of the high peaks and hanging glaciers of the area, whilst also producing numerous stunning plants; most of these we had already encountered, but new at the end of the walk was *Saxifraga biflora*.

Finally, with time to spare we took a gentle level track on the valley floor as the culmination of our exertions! We parked alongside the small river where we found *Gentiana bavarica* in a wet flush, joined by the striking yellow-flowered *Campanula thyrsoidea*. An interesting discovery in the tall lush meadows alongside was a late-flowering example of the white *Narcissus poeticus* subsp. *raddiiflora*. Nearby, in a patch of recently melted snow were

numerous *Crocus caeruleus*. Walking back along the central path several species of butterfly had been attracted to the salts brought to the surface by the drying wet mud, while a singing Marsh Warbler remained deep in cover in a patch of willows.

On the homeward drive we could admire the many colonies of both St. Bruno's and St. Bernard's Lilies, *Paradisea liliastrum* and *Anthericum liliago*, on the steep roadside banks. A final highlight was the sighting of a Lammergeier drifting beneath us along the valley towards Lanslevillard and our hotel.

Day 8

Tuesday 2nd July

Our late afternoon return flight left us with ample time during the morning for one further walk that we took in the hills above the hotel. This was a pleasant level track that produced a vibrant range of flowers, butterflies and birds to provide a fine finale to the trip. One species particularly sought after were the beautiful Orange Lilies, *Lilium bulbiferum* subsp. *croceum* that were found at a number of spots along our route. Overhead we enjoyed the spectacle of a family of Short-toed Eagles testing their flight skills and begging for food from their parents. A territorial dispute between a resident male Cuckoo took place as he tried to see off a rival for the affections of a female. Reaching a patch of pine forest, a couple of Red Crossbills flew over and the calls of a Spotted Nutcracker alerted us to its presence. At the furthest point of our walk we found the localized Mt. Cenis Restharrow, *Onobrychis cristata*, overlooked by the summit of Grand Mont Cenis after which the plant is named.

We then headed back to the hotel to freshen up, change and load the vehicle before heading out to the Lac du Mont Cenis where we stopped to have a gentle walk in the botanical gardens and a snack lunch overlooking the lake. All that remained was the final very long descent back down to the Italian lowlands to the south of the Alps and to pick up the motorway back to Turin and the airport.

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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
Athyriaceae <i>Athyrium alpestre</i> (<i>A. distentifolium</i>) <i>Athyrium filix-femina</i>	Lady-fern Family Alpine Lady-fern Lady-fern
Blechnaceae <i>Blechnum spicant</i>	Hard-fern Family Hard-fern
Cystopteridaceae <i>Cystopteris fragilis</i> <i>Gymnocarpium dryopteris</i> <i>Gymnocarpium robertianum</i>	Bladder-fern Family Brittle Bladder-fern Oak Fern Limestone 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

Scientific Name**Common Name****Polypodiaceae***Polypodium vulgare***Polypody Family**

Common Polypody

Woodsiaceae*Woodsia alpina***Woodsia Family**

Alpine Woodsia

PINOPSIDA (GYMNOSPERMS)**CONIFERS****Cupressaceae***Juniperus communis* subsp. *communis**Juniperus communis* var. *saxatilis**Juniperus sabina***Juniper Family**

Common Juniper

Dwarf Juniper

Savin

Pinaceae*Abies alba**Larix decidua**Picea abies* subsp. *abies**Pinus cembra**Pinus mugo**Pinus sylvestris**Pinus uncinata***Pine Family**

European Silver Fir

European Larch

Spruce

Arolla Pine

Dwarf Mountain Pine

Scot's Pine

Mountain Pine

MAGNOLIOPSIDA (ANGIOSPERMS)**FLOWERING PLANTS****Magnoliidae (Dicotyledons)****Adoxaceae***Sambucus nigra**Sambucus racemosa***Moschatel Family**

Common Elder

Red-berried Elderberry

Amaranthaceae*Chenopodium bonus-henricus*

Good King Henry

Apiaceae*Angelica sylvestris**Anthriscus sylvestris**Athamanta cretensis**Bupleurum ranunculoides**Chaerophyllum aureum**Chaerophyllum hirsutum**Daucus carota**Heracleum sphondylium**Laserpitium latifolium**Laserpitium siler**Ligusticum mutellina**Ligusticum mutellinoides**Meum athamanticum**Molopospermum peloponnesiacum**Peucedanum ostruthium**Pimpinella major**Pleurospermum austriacum**Sanicula europaea***Carrot Family**

Wild Angelica

Cow Parsley

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

Greater Burnet-saxifrage

Pleurospermum

Sanicle

Scientific Name**Common Name****Apocynaceae****Periwinkle Family***Vincetoxicum hirundinaria*

Swallow-wort

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

Simple-leaved Milfoil

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

Aster alpinus

Alpine Aster

Bellidastrium michelii

False Aster

Carduus nutans

Musk Thistle

Carduus defloratus

Alpine Thistle

Carduus personata

Great Marsh Thistle

Carduus tenuiflorus

Seaside Thistle

*Centaurea nervosa**Centaurea scabiosa*

Greater Knapweed

Centaurea uniflora

Plume Knapweed

Cirsium eriophorum

Woolly Thistle

Cirsium helenioides

A Melancholy Thistle

Cirsium palustre

Marsh Thistle

Cirsium spinosissimum

Spiniest Thistle

Crepis aurea

Golden Hawk's-beard

Cyanus montanus (Centaurea montana)

Perennial Cornflower

*Cyanus (Centaurea) triumfettii**Doronicum grandiflorum*

Large-flowered Leopard's-bane

Erigeron acer

Blue Fleabane

Erigeron alpinus

Alpine Fleabane

Erigeron glabratus

Variable 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

*Leontodon helveticus**Leontopodium nivalis subsp. 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

Senecio incanus

-

Solidago virgaurea

Goldenrod

Scientific Name	Common Name
<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
Berberidaceae	Barberry Family
<i>Berberis vulgaris</i>	Barberry
Betulaceae	Birch Family
<i>Alnus viridis</i>	Green Alder
<i>Betula pendula</i>	Silver Birch
Boraginaceae	Forget-me-not Family
<i>Cerinth minor</i>	Lesser Honeywort
<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 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>Cardamine alpina</i>	
<i>Cardamine resedifolia</i>	
<i>Coincya monensis</i> subsp. <i>cheiranthos</i>	
<i>Coincya richeri</i>	Coincya
<i>Descurainia sophia</i>	Flixweed
<i>Draba aizoides</i>	Yellow Whitlow-grass
<i>Erophila verna</i>	Whitlowgrass
<i>Erysimum rhaeticum</i>	-
<i>Hornungia (Pritzelago) alpina</i>	Chamois Cress
<i>Hugueninia tanacetifolia</i>	Tansy-leaved Rocket
<i>Kernera saxatilis</i>	Kernera
<i>Lepidium campestre</i>	Field Pepperwort
<i>Petrocallis pyrenaica</i>	Pyrenean Whitlow-grass
<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 rhomboidalis</i>	a Bellflower
<i>Campanula rotundifolia</i>	Harebell

Scientific Name	Common Name
<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>P. globularifolium</i> subsp. <i>pedemontanum</i>	a Rampion
<i>Phyteuma hemisphaericum</i>	Globe-headed Rampion
<i>Phyteuma orbiculare</i>	Round-headed Rampion
<i>Phyteuma ovatum</i>	Dark Rampion
<i>Phyteuma scorzoneraefolium</i>	Scorzonera-leaved Rampion
Caprifoliaceae	Honeysuckle Family
<i>Knautia arvensis</i>	Field Scabious
<i>Knautia dipsacifolia</i>	Wood Scabious
<i>Lonicera alpigena</i>	Alpine Honeysuckle
<i>Lonicera caerulea</i>	Blue-berried Honeysuckle
<i>Lonicera nigra</i>	Black-berried Honeysuckle
<i>Lonicera xylosteum</i>	Fly Honeysuckle
<i>Scabiosa columbaria</i>	Small Scabious
<i>Valeriana montana</i>	Mountain Valerian
<i>Valeriana officinalis</i>	Common Valerian
<i>Valeriana tripteris</i>	Three-leaved Valerian
<i>Viburnum lantana</i>	Wayfaring Tree
Caryophyllaceae	Pink Family
<i>Arenaria biflora</i>	Two-flowered Sandwort
<i>Arenaria ciliata</i>	Fringed Sandwort
<i>Arenaria grandiflora</i>	Large-flowered Sandwort
<i>Cerastium arvense</i>	Field Mouse-ear
<i>Cerastium cerastoides</i>	Starwort Mouse-ear
<i>Cerastium latifolium</i>	
<i>Cerastium tomentosum</i>	Snow-in-summer
<i>Cerastium uniflorum</i>	Glacier Mouse-ear
<i>Dianthus carthusianorum</i>	Carthusian Pink
<i>Dianthus gratianopolitanus</i>	Cheddar Pink
<i>Dianthus pavonius</i>	Three-veined Pink
<i>Dianthus sylvestris</i>	Wood Pink
<i>Gypsophila repens</i>	Alpine Gypsophila
<i>Minuartia capillacea</i>	
<i>Minuartia laricifolia</i>	
<i>Minuartia recurva</i>	Sickle-leaved Sandwort
<i>Minuartia rupestris</i>	Rock Sandwort
<i>Minuartia sedoides</i>	Mossy Cyphel
<i>Minuartia verna</i> subsp. <i>verna</i>	Spring Sandwort
<i>Moehringia ciliata</i>	Creeping Sandwort
<i>Moehringia muscosa</i>	Mossy Sandwort
<i>Sagina glabra</i>	-
<i>Sagina procumbens</i>	Procumbent Pearlwort
<i>Sagina saginoides</i>	Alpine Pearlwort
<i>Saponaria lutea</i>	Yellow Soapwort
<i>Saponaria ocymoides</i>	Rock Soapwort
<i>Scleranthus perennis</i>	Perennial Knawel
<i>Silene acaulis</i>	Moss Campion

Scientific Name	Common Name
<i>Silene acaulis</i> subsp. <i>bryoides</i>	a Moss Champion
<i>Silene dioica</i>	Red Champion
<i>Silene nutans</i>	Nottingham Catchfly
<i>Silene otites</i>	Spanish Catchfly
<i>Silene pusilla</i> (<i>S. alpestris</i>)	an Alpine Catchfly
<i>Silene rupestris</i>	Rock Catchfly
<i>Silene vallesia</i>	Valleis Catchfly
<i>Silene vulgaris</i> subsp. <i>vulgaris</i>	Bladder Champion
<i>Silene vulgaris</i> subsp. <i>prostrata</i>	Prostrate Bladder Champion
<i>Stellaria graminea</i>	Lesser Stitchwort
<i>Stellaria nemorum</i>	Wood Stitchwort
Celastraceae	
<i>Parnassia palustris</i>	Grass-of-Parnassus
Cistaceae	
<i>Helianthemum nummularium</i>	Rock-rose
<i>H. nummularium</i> subsp. <i>grandiflorum</i>	
<i>H. oelandicum</i> subsp. <i>alpestris</i>	
<i>H. oelandicum</i> subsp. <i>incanum</i>	Hoary Rock-rose
Convolvulaceae	
<i>Calystegia sepium</i>	Hedge Bindweed
<i>Convolvulus arvensis</i>	Field Bindweed
<i>Cuscuta epithymum</i>	Dodder
Crassulaceae	
<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 maximum</i>	
<i>Sedum montanum</i>	
<i>Sedum roseum</i> (<i>Rhodiola rosea</i>)	Roseroot
<i>Sedum rupestre</i>	Rock Stonecrop
<i>Sedum villosum</i>	Hairy Stonecrop
<i>Sempervivum arachnoidium</i> agg	Cobweb Houseleek
<i>Sempervivum grandiflorum</i>	Large-flowered Houseleek
<i>Sempervivum montanum</i> agg	Mountain Houseleek
<i>Sempervivum tectorum</i>	Common Houseleek
Elaeagnaceae	
<i>Hippophae rhamnoides</i>	Sea-buckthorn
Ericaceae	
<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Empetrum nigrum</i> ssp. <i>hermaphroditum</i>	Crowberry
<i>Loiseleuria procumbens</i>	Creeping Azalea
<i>Rhododendron ferrugineum</i>	Alpenrose
<i>Vaccinium myrtillus</i>	Bilberry

Scientific Name**Common Name**

Vaccinium uliginosum
Vaccinium vitis-idaea

Bog Bilberry
 Cowberry

Euphorbiaceae**Spurge Family**

Euphorbia cyparissias
Euphorbia seguieriana

Cypress Spurge
 Seguier's Spurge

Fabaceae**Pea Family**

Anthyllis vulneraria agg.
Astragalus alopecurus
Astragalus alpinus
Astragalus australis
Astragalus danicus
Astragalus exscapus
Astragalus frigidus
Astragalus hypoglottis
Astragalus leontinus
Astragalus monspessulanus
Astragalus penduliflorus
Astragalus sempervirens
Cytisus hirsutus
Genista germanica
Hippocrepis comosa
Lathyrus latifolius
Lathyrus pratensis
Lotus alpinus
Lotus corniculatus
Lotus maritimus
Lotus pedunculatus
Medicago sativa
Melilotus albus
Melilotus officinalis
Onobrychis montana
Onobrychis viciifolia
Ononis cristata (*O. cenisia*)
Ononis natrix
Ononis rotundifolia
Oxytropis campestris
Oxytropis fetida
Oxytropis halleri subsp. *velutina*
Oxytropis helvetica
Oxytropis jacquinii
Oxytropis pilosa
Securigera varia
Trifolium alpinum
Trifolium badium
Trifolium medium
Trifolium montanum
Trifolium pallescens
Trifolium pratense subsp. *pratense*
Trifolium repens
Vicia cracca
Vicia onobrychioides

Kidney Vetch

 Alpine Milk-vetch
 Southern Milk-vetch
 Purple Milk-vetch
 -
 Pallid Milk-vetch

 Tyrolean Milk-vetch
 False Vetch
 Mountain Lentil
 Mountain Tragacanth
 Hairy Broom
 German Broom
 Horseshoe Vetch
 Broad-leaved Everlasting Pea
 Meadow Vetchling
 Alpine Bird's-foot Trefoil
 Bird's-foot Trefoil
 Dragon's Teeth
 Greater Bird's-foot Trefoil
 Lucerne
 White Melilot
 Ribbed Melilot
 Mountain Sainfoin
 Common Sainfoin
 Mt. Cenis Restharrow
 Large Yellow Restharrow
 Round-leaved Restharrow
 Yellow Milk-vetch

 Gaudin's Milk-vetch
 Mountain Milk-vetch
 Woolly Milk-vetch
 Crown Vetch
 Alpine Clover
 Brown Clover
 Zig-zag Clover
 Mountain Clover

 Red Clover
 White Clover
 Tufted Vetch
 False Sainfoin

Scientific Name**Common Name***Vicia sepium*

Bush Vetch

Vicia villosa

Fodder Vetch

Fagaceae*Castanea sativa*

Sweet Chestnut

Quercus pubescens

Downy Oak

Gentianaceae**Gentian Family***Gentiana acaulis*

Trumpet Gentian

Gentiana alpina

Southern Gentian

*Gentiana asclepiadea**Gentiana bavarica*

Bavarian Gentian

Gentiana brachyphylla

Short-leaved Gentian

Gentiana clusii

Clusius's Gentian

Gentiana lutea

Yellow Gentian

Gentiana nivalis

Snow Gentian

Gentiana orbicularis

-

Gentiana punctata

Spotted Gentian

Gentiana terglouensis subsp. *schleicheri**Gentiana verna*

Spring Gentian

Gentianella campestris

Field Gentian

Geraniaceae**Crane's-bill Family***Geranium phaeum*

Dusky Crane's-bill

Geranium pyrenaicum

Hedgerow Crane's-bill

Geranium robertianum

Herb Robert

Geranium sanguineum

Bloody Crane's-bill

Geranium rivulare

a Wood Crane's-bill

Geranium sylvaticum

Wood Crane's-bill

Grossulariaceae**Gooseberry Family***Ribes petraeum*

Rock Redcurrant

Ribes uva-crispa

Wild Gooseberry

Hypericaceae**St. John's-wort Family***Hypericum montanum*

Pale St. John's-wort

Hypericum perforatum

Perforate St. John's-wort

Lamiaceae**Deadnettle Family***Acinos alpinus*

Alpine Calamint

Ajuga pyramidalis

Pyramidal Bugle

Ajuga reptans

Bugle

Calamintha nepeta

Lesser Calamint

*Galeopsis ladanum**Nepeta nepetella*

a Cat-mint

Prunella grandiflora

Large-flowered Self-heal

Prunella vulgaris

Self-heal

Salvia pratensis

Meadow Clary

Scutellaria alpina

Alpine Skullcap

Stachys pradica

Alpine Betony

Stachys officinalis

Betony

Stachys recta

Yellow Woundwort

Thymus longicaulis

Scientific Name**Common Name**

Thymus praecox subsp. *polytrichus*
Thymus pulegioides

Hairy Thyme
 Greater Thyme

Lentibulariaceae**Bladderwort Family**

Pinguicula alpina
Pinguicula vulgaris

Alpine Butterwort
 Common Butterwort

Linaceae**Flax Family**

Linum alpinum
Linum catharticum

Alpine flax
 Purging or Fairy Flax

Malvaceae**Mallow Family**

Malva alcea
Malva sylvestris

Hollyhock Mallow
 Common Mallow

Onagraceae**Willowherb Family**

Epilobium angustifolium
Epilobium duriae
Epilobium montanum
Epilobium nutans

Rosebay Willowherb
 Western Willowherb
 Mountain Willowherb
 Nodding Willowherb

Orobanchaceae**Broomrape Family**

Bartsia alpina
Euphrasia christii
Euphrasia minima
Euphrasia rostkoviana
Euphrasia stricta
Melampyrum pratense
Melampyrum sylvaticum
Orobanche alba
Orobanche minor
Pedicularis ascendens
Pedicularis cenisia
Pedicularis comosa
Pedicularis foliosa
Pedicularis gyroflexa
Pedicularis rosea subsp. *allionii*
Pedicularis rostratospicata ssp. *helvetica*
Pedicularis verticillata
Rhinanthus alectorolophus
Rhinanthus minor

Alpine Bartsia
 Yellow Eyebright
 an Eyebright

 Common Cow-wheat
 Small Cow-wheat
 Thyme Broomrape
 Common Broomrape
 Ascending Lousewort
 Mt Cenis Lousewort
 Crested Lousewort
 Leafy Lousewort

 Pink Lousewort
 Flesh-pink Lousewort
 Verticillate Lousewort
 Greater Yellow Rattle
 Yellow Rattle

Papaveraceae**Poppy Family**

Papaver dubium subsp. *dubium*
Papaver rhoeas

Long-headed Poppy
 Common Poppy

Plantaginaceae**Plantain Family**

Digitalis grandiflora
Digitalis lutea
Globularia cordifolia
Globularia nudicaulis
Globularia vulgaris
Linaria alpina

Large Yellow Foxglove
 Small Yellow Foxglove
 Matted Globularia
 Leafless-stemmed Globularia
 Common Globularia
 Alpine Toadflax

Scientific Name**Common Name***Linaria angustissima**Linaria vulgaris**Plantago alpina**Plantago atrata**Plantago lanceolata**Plantago major**Plantago maritima**Plantago media**Veronica alpina**Veronica beccabunga**Veronica bellidioides**Veronica chamaedrys**Veronica fruticans**Veronica officinalis**Veronica serpyllifolia**Veronica spicata**Veronica urticifolia*

Common Toadflax

Alpine Plantain

Mountain Plantain

Ribwort Plantain

Greater Plantain

Sea Plantain

Hoary Plantain

Alpine Speedwell

Brooklime

Violet Speedwell

Germander Speedwell

Rock Speedwell

Heath Speedwell

Thyme-leaved Speedwell

Spiked Speedwell

Nettle-leaved Speedwell

Plumbaginaceae*Armeria alpina**Armeria arenaria***Thrift Family**

Mountain Thrift

-

Polygalaceae*Polygala alpestris**Polygala alpina**Polygala chamaebuxus**Polygala comosa***Milkwort Family**

Mountain Milkwort

Alpine Milkwort

Shrubby Milkwort

Tufted Milkwort

Polygonaceae*Oxyria digyna**Persicaria bistorta**Persicaria vivipara**Polygonum aviculare**Rumex acetosa**Rumex alpinus**Rumex scutatus***Knotweed Family**

Mountain Sorrel

Bistort

Alpine Bistort

Knotgrass

Sorrel

Monk's Rhubarb

French Sorrel

Primulaceae*Androsace adfinis* subsp. *puberula**Androsace helvetica**Androsace obtusifolia**Androsace septentrionalis**Primula farinosa**Primula latifolia**Primula matthioli**Primula pedemontana**Primula veris**Soldanella alpina**Vitaliana primuliflora***Primrose Family**

a Pink Rosk-jasmine

Blunt-leaved Rock-jasmine

Bird's-eye Primrose

Viscid Primrose

Alpine Bells

Piedmont Primrose

Cowslip

Alpine Snowbell

Vitaliana

Pyrolaceae*Moneses uniflora**Orthillia secunda***Wintergreen Family**

One-flowered Wintergreen

Nodding Wintergreen

Scientific Name**Common Name***Pyrola rotundifolia*

Round-leaved Wintergreen

Ranunculaceae**Buttercup Family***Anemone baldensis*

Monte Baldo Anemone

Aquilegia alpina

Alpine Columbine

Aquilegia atrata

Dark Columbine

Aquilegia vulgaris

Common 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 alpina subsp. *apiifolia*

Yellow Pasque Flower

Pulsatilla halleri

Haller's 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

Rosaceae**Rose Family***Agrimonia eupatoria*

Agrimony

Alchemilla alpina

Alpine Lady's-mantle

Alchemilla glabra

Smooth Lady's-mantle

Alchemilla pentaphyllea

Cut-leaved Lady's-mantle

Amelanchier ovalis

Juneberry

Aruncus dioicus

Goat's-beard Spirea

Cotoneaster integerrimus

Wild Cotoneaster

Crataegus monogyna

Hawthorn

Dryas octopetala

Mountain Avens

Filipendula ulmaria

Meadowsweet

Filipendula vulgaris

Dropwort

Fragaria vesca

Wild Strawberry

Geum montanum

Mountain Avens

Geum reptans

Creeping Avens

Geum rivale

Water Avens

Scientific Name**Common Name***Geum urbanum*

Wood Avens

Potentilla anserina

Silverweed

Potentilla argentea

Hoary Cinquefoil

Potentilla aurea

Golden Cinquefoil

Potentilla crantzii

Alpine Cinquefoil

Potentilla erecta

Tormentil

Potentilla grandiflora

Large-flowered Cinquefoil

Potentilla reptans

Creeping Cinquefoil

Rosa canina

Dog Rose

Rosa pendulina

Alpine Rose

Rosa pimpinellifolia

Burnet Rose

Rubus fruticosus agg.

Bramble

Rubus idaeus

Raspberry

Rubus saxatilis

Stone Bramble

Sanguisorba minor

Salad Burnet

Sorbus aria

Whitebeam

Sorbus aucuparia

Rowan

Rubiaceae**Bedstraw Family***Asperula aristata*

a Squinancywort

Asperula cynanchica

Squinancywort

Cruciata laevipes

Crosswort

*Cruciata pedemontana**Galium anisophyllum*

a Bedstraw

Galium boreale

Northern Bedstraw

Galium megalospermum

Swiss Bedstraw

Galium mollugo

Hedge Bedstraw

Galium verum

Ladies Bedstraw

Salicaceae**Willow Family***Populus tremula*

Aspen

Salix breviserrata

Finely-toothed Willow

Salix caesia

Blue-green Willow

Salix caprea

Goat Willow

Salix helvetica

Swiss Willow

Salix herbacea

Least Willow

Salix purpurea

Purple Willow

Salix reticulata

Net-leaved Willow

Salix retusa

Retuse-leaved Willow

Salix serpyllifolia

Thyme-leaved Willow

Santalaceae**Sandalwood Family***Thesium alpinum*

Alpine Bastard Toadflax

Thesium linophyllum

Flax-leaved Bastard Toadflax

Thesium pyrenaicum

Pyrenean Bastard Toadflax

Saxifragaceae**Saxifrage Family***Saxifraga aizoides*

Yellow Mountain Saxifrage

Saxifraga androsacea

Scree Saxifrage

Saxifraga aspera

Rough Saxifrage

*Saxifraga biflora**Saxifraga bryoides**Saxifraga diapensioides*

Scientific Name**Common Name**

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

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

Scrophulariaceae**Figwort Family**

Verbascum densiflorum
Verbascum nigrum
Verbascum lychnitis
Verbascum pulverulentum
Verbascum thapsus subsp. *montanum*

Dark Mulliein
 White Mullein
 Hoary Mullein
 Aaron's Rod

Solanaceae**Nightshade Family**

Hyoscyamus niger

Henbane

Tamaricaceae**Tamarisk Family**

Myricaria germanica

Myricaria

Thymelaeaceae**Daphne Family**

Daphne mezereum

Mezereon

Urticaceae**Nettle Family**

Parientaria judaica
Parientaria officinalis
Urtica dioica

Pellitory of the Wall
 Large Pellitory of the Wall

Violaceae**Violet Family**

Viola arvensis
Viola biflora
Viola calcarata subsp. *calcarata*
Viola calcarata subsp. *villarsiana*
Viola pinnata
Viola riviniana
Viola tricolor

Field Pansy
 Yellow Violet
 Long-spurred Pansy
 Long-spurred Pansy
 Finger-leaved Violet
 Common Dog Violet
 Heartsease

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

Allium rotundum
Allium schoenoprasum
Narcissus poeticus subsp. *radiiflorus*

Chives

Asparagaceae**Asparagus Family**

Anthericum liliago
Muscari botryoides
Paradisea liliastrum
Polygonatum multiflorum
Polygonatum verticillatum

St. Bernard's Lily

 St. Bruno's Lily
 Solomon's-seal
 Whorled Solomon's-seal

Cyperaceae**Sedge Family**

Carex atrata
Carex atrofusca

Black Alpine Sedge
 Scorched Alpine Sedge

Scientific Name**Common Name**

<i>Carex capillaris</i>	Hair Sedge
<i>Carex caryophylla</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
<i>Carex ornithopoda</i>	Bird's-foot Sedge
<i>Carex pallescens</i>	Pale Sedge
<i>Carex panicea</i>	Carnation Sedge
<i>Carex paniculata</i>	Great Tussock Sedge
<i>Carex vaginata</i>	Seathed Sedge
<i>Carex viridula</i> subsp. <i>oedocarpa</i>	Common Yellow Sedge
<i>Eriophorum angustifolium</i>	Common Cottongrass
<i>Eriophorum latifolium</i>	Broad-leaved Cottongrass
<i>Eriophorum scheuchzeri</i>	a Cottongrass
<i>Eriophorum vaginatum</i>	Hare's-tail Cottongrass
<i>Schoenus nigricans</i>	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
Juncus triglumis
Luzula alpinopilosa
Luzula campestris
Luzula luzuloides
Luzula multiflora
Luzula nivea
Luzula pilosa

Three-leaved Rush
Three-flowered Rush
Alpine Woodrush
Good Friday Grass
White Wood-rush
Heath Wood-rush
Snowy Wood-rush
Hairy Wood-rush

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

Marsh Arrow-grass

Liliaceae**Lily Family**

Gagea leotardii
Gagea serotina
Lillium bulbiferum subsp. *croceum*
Lillium martagon

a Yellow Star-of-Bethlehem
Snowdon Lily
Orange Lily
Martagon Lily

Melanthiaceae**Herb-Paris Family***Veratrum lobelianum*

a False-helleborine

Orchidaceae**Orchid Family**

Dactylorhiza incarnata subsp. *cruenta*
Dactylorhiza maculata

Flecked Marsh Orchid
Heath Spotted Orchid

Scientific Name**Common Name**

Dactylorhiza majalis
Dactylorhiza sambucina
Dactylorhiza viridis
Epipactis atrorubens
Epipactis helleborine
Gymnadenia conopsea
Gymnadenia rhellicani
Neotinea ustulata
Neottia ovata
Orchis mascula
Platanthera chlorantha
Pseudorchis albida
Traunsteinera globosa

Broad-leaved Marsh Orchid
 Elder-flowered Orchid
 Frog Orchid
 Dark Red Helleborine
 Broad-leaved Helleborine
 Fragrant Orchid
 a Vanilla Orchid
 Burnt-tip Orchid
 Twayblade
 Early Purple Orchid
 Greater 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							
			25	26	27	28	29	30	1	2
1	Rock Ptarmigan	<i>Lagopus muta</i>					2			
2	Common Quail	<i>Coturnix coturnix</i>						H		
3	Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓	✓
4	Common Cuckoo	<i>Cuculus canorus</i>								4
5	Rock Dove	<i>Columba livia</i>	✓	✓						✓
6	Common Wood Pigeon	<i>Columba palumbus</i>	✓							✓
7	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓				✓	✓	✓	✓

	Common name	Scientific name	June - July							
			25	26	27	28	29	30	1	2
8	Lammergeier	<i>Gypaetus barbatus</i>				2	1		1	
9	Eurasian Griffon Vulture	<i>Gyps fulvus</i>							3	
10	Short-toed Snake Eagle	<i>Circaetus gallicus</i>				1				3
11	Golden Eagle	<i>Aquila chrysaetos</i>			1					1
12	Eurasian Sparrowhawk	<i>Accipiter nisus</i>					1			1
13	Black Kite	<i>Milvus migrans</i>								8
14	Common Buzzard	<i>Buteo buteo</i>						1		
15	Great Spotted Woodpecker	<i>Dendrocopos major</i>						H		1
16	Common Kestrel	<i>Falco tinnunculus</i>			1	1		2		2
17	Red-backed Shrike	<i>Lanius collurio</i>		2	1					
18	Eurasian Jay	<i>Garrulus glandarius</i>		✓	✓	✓		✓		✓
19	Eurasian Magpie	<i>Pica pica</i>					✓	✓		✓
20	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>			H		1			1
21	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>			2			4		4
22	Alpine Chough	<i>Pyrrhocorax graculus</i>				4	6	8	4	1
23	Western Jackdaw	<i>Coloeus monedula</i>					2			
24	Carrion Crow	<i>Corvus corone</i>		✓	✓	✓		✓	✓	✓
25	Hooded Crow	<i>Corvus cornix</i>	✓							✓
26	Northern Raven	<i>Corvus corax</i>						2		
27	Coal Tit	<i>Parus ater</i>		H	H			H		8
28	European Crested Tit	<i>Lophophanes cristatus</i>		2	H			2		
29	Great Tit	<i>Parus major</i>		2						
30	Eurasian Skylark	<i>Alauda arvensis</i>					✓	✓	✓	✓
31	Barn Swallow	<i>Hirundo rustica</i>								✓
32	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		6	6	✓	✓	✓	✓	✓
33	Common House Martin	<i>Delichon urbicum</i>	✓							
34	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>		2					H	
35	Common Chiffchaff	<i>Phylloscopus collybita</i>			H					H
36	Marsh Warbler	<i>Acrocephalus palustris</i>						5	H	
37	Eurasian Blackcap	<i>Sylvia atricapilla</i>			H	H	H	2		✓
38	Garden Warbler	<i>Sylvia borin</i>					H	H		
39	Lesser Whitethroat	<i>Sylvia curruca</i>		H				H	1	1
40	Common Firecrest	<i>Regulus ignicapilla</i>		H						
41	Common Starling	<i>Sturnus vulgaris</i>	✓							
42	Common Blackbird	<i>Turdus merula</i>			✓	✓	✓	✓		✓
43	Fieldfare	<i>Turdus pilaris</i>		2		2	✓	✓		
44	Song Thrush	<i>Turdus philomelos</i>						H		
45	Mistle Thrush	<i>Turdus viscivorus</i>		2		1		2		1
46	Black Redstart	<i>Phoenicurus ochruros</i>		3	✓	✓	✓	✓	✓	✓
47	Common Redstart	<i>Phoenicurus phoenicurus</i>					1	✓	✓	✓
48	Whinchat	<i>Saxicola rubetra</i>		6	✓	✓		✓	✓	✓
49	Northern Wheatear	<i>Oenanthe oenanthe</i>				2	✓	✓	✓	✓
50	House Sparrow	<i>Passer domesticus</i>				✓	✓	✓	✓	✓
51	Italian Sparrow	<i>Passer italiae</i>		✓				✓		
52	White-winged Snowfinch	<i>Montifringilla nivalis</i>				2			3	
53	Alpine Accentor	<i>Prunella collaris</i>							3	
54	Dunnock	<i>Prunella modularis</i>							1	H
55	Grey Wagtail	<i>Motacilla cinerea</i>			✓					
56	White Wagtail	<i>Motacilla alba</i>		✓	✓	✓	✓	✓	✓	✓
57	Tree Pipit	<i>Anthus trivialis</i>								1
58	Water Pipit	<i>Anthus spinoletta</i>				✓	✓	✓	✓	✓

	Common name	Scientific name	June - July							
			25	26	27	28	29	30	1	2
59	Common Chaffinch	<i>Fringilla coelebs</i>		H	✓	✓		✓	✓	
60	Common Linnet	<i>Linaria cannabina</i>				✓	✓	✓	✓	✓
61	Red Crossbill	<i>Loxia curvirostra</i>		H						2
62	European Goldfinch	<i>Carduelis carduelis</i>				✓	✓	✓	✓	✓
63	European Serin	<i>Serinus serinus</i>				H	✓	✓	✓	✓
64	Yellowhammer	<i>Emberiza citrinella</i>							H	H
65	Rock Bunting	<i>Emberiza cia</i>			✓					2

Mammals

Stoat, *Mustela erminea*

Alpine Chamois, *Rupicapra rupicapra*

Red Squirrel, *Sciurus vulgaris*

Weasel, *Mustela nivalis*

Alpine Ibex, *Capra ibex*

Alpine Marmot, *Marmota marmota*

Reptiles

Common Frog, *Rana temporaria*

Common Wall Lizard, *Podarcis muralis*

Viviparous Lizard, *Lacerta vivipara*

Butterflies

Dingy Skipper, *Erynnis tages*

Grizzled Skipper, *Pyrgus malvae*

Safflower Skipper, *Pyrgus carthami*

Marbled Skipper, *Carcharodus lavatherae*

Small Skipper, *Thymelicus sylvestris*

Clouded Apollo, *Parnassius mnemosyne*

Swallowtail, *Papilio machaon*

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*

Little Blue, *Cupido minimus*

Large Blue, *Maculinea arion*

Silver-studded Blue, *Plebeius argus*

Mazarine Blue, *Cyaniris semiargus*

Escher's Blue, *Polyommatus escheri*

Glandon Blue, *Agriades glandon*

Alpine Blue, *Albulina orbitulus*

Red Admiral, *Vanessa atalanta*

Glanville Fritillary, *Melitaea cinxia*

Knapweed Fritillary, *Melitaea phoebe*

Heath Fritillary, *Melicta athalia*

Meadow Fritillary, *Melicta parthenoides*

Dark Green Fritillary, *Argynnis aglaja*

Pearl-bordered Fritillary, *Boloria euphrosyne*

Weaver's Fritillary, *Boloria dia*

Northern Wall Brown, *Lasiommata petropolitana*

Small Heath, *Coenonympha pamphilus*

Oberther's Grizzled Skipper, *Pyrgus armoricanus*

Large Grizzled Skipper, *Pyrgus alveus*

Red-underwing Skipper, *Spialia sertorius*

Essex Skipper, *Thymelicus lineola*

Apollo, *Parnassius apollo*

Scarce Swallowtail, *Iphiclides podalirius*

Wood White, *Leptidea sinapis*

Large White, *Pieris brassicae*

Mountain Green-veined White, *Pieris bryoniae*

Orange Tip, *Anthocharis cardamines*

Clouded Yellow, *Colias crocea*

Brimstone, *Gonepteryx rhamni*

Green Hairstreak, *Callophrys rubi*

Osiris Blue, *Cupido osiris*

Baton Blue, *Pseudophilotes baton*

Idas Blue, *Plebeius idas*

Eros Blue, *Polyommatus eros*

Common Blue, *Polyommatus icarus*

Geranium Argus, *Eumedonia eumedon*

Small Tortoiseshell, *Aglais urticae*

Painted Lady, *Vanessa cardui*

False Heath Fritillary, *Melitaea diamina*

Spotted Fritillary, *Melitaea didyma*

Grisson's Fritillary, *Melicta varia*

Marsh Fritillary, *Euphydryas aurinia*

Queen of Spain Fritillary, *Issoria lathonia*

Titania's Fritillary, *Boloria titania*

Large Wall Brown, *Lasiommata maera*

Alpine Heath, *Coenonympha gardetta*

Almond-eyed Ringlet, *Erebia alberganus*

de Prunner's Ringlet, *Erebia triaria*

Common Brassy Ringlet, *Erebia cassioides*

Alpine Grayling, *Oeneis glacialis*

Dewy Ringlet, *Erebia pandrose*

Marbled White, *Melanargia galathea*