

# The Italian & French Alps

Naturetrek Tour Report

26th June – 3rd July 2025

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Alpine Accentor



Apollo



Scarce Copper



Spotted Gentian

Tour report by Philip Thompson

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Tour participants: Philip Thompson and Michael Burton Smith (leaders) with 12 Naturetrek clients

## Day 1

Thursday 26th June

Upon arrival into Turin Airport we met up with a couple of early arrivals, before collecting our hire buses. We initially headed west on the motorway, before pulling off at Susa and beginning the lengthy, winding climb up towards the dam of the Lac du Mont Cenis. Flowers became increasingly evident on the roadsides as we climbed, and once we crested the pass and the view of the lake opened out before us, we were amazed by the abundance of attractive blooms all along the roadside by the lake. With no time to stop, we continued to drop down to the valley containing the small hamlet of Bessans, where our hotel was located. After checking in and settling into our rooms, we met for the customary chat, before heading into the dining room for a tasty meal, with thoughts on our explorations the following morning.

## Day 2

Friday 27th June

Our first day's excursion began with a climb to the highest point of the trip, at the Col de L'Iseran (2,764m). We were fortunate with the weather: it was windless and sunny as we parked up and spread out to explore the high alpine flora found at this exposed site. We found a range of low-growing alpine specialities with, as ever, a few notable absences due to the vagaries of the season. Birdwise, the highlight was the presence of a pair of White-winged Snowfinches nesting in one of the nearby buildings. A climb up an adjacent rocky pinnacle in search of Alpine Accentor was successful, with a calling bird seen in flight a couple of times by some of the group. Mont Cenis bellflower (*Campanula cenisia*), a notable plant for the area, was found growing from some rocky overhangs, alongside other specialised species.

We regrouped by the vehicles and began the drive, retracing our earlier route. We made a stop a short way down the road alongside a wet flush on the steep slope. A very brief Griffon Vulture put in a fleeting appearance before drifting out of sight over the ridge, seen by only a couple of people unfortunately. The flush held several new plants, as well as a number of good butterflies, including Alpine Grayling.

We drove on down through the stunning scenery and stopped near an abandoned building with a wonderful view down the hanging valley, with a rushing torrent and waterfall nearby. We set up our picnic lunch here, during which we spotted an Alpine Chamois below us alongside the river. The rock face behind us held a pair of Alpine Choughs which called and showed very well. The lush vegetation nearby again held several new and exciting plants, equalled by a further assemblage of striking species near the waterfall in the shorter turf and rocky ground. Some time was spent admiring the views and the plants on offer before moving on once more. We climbed back up the road a short way to take a wonderful scenic contour path, once the short initial zig-zags had been negotiated. Our walk here was enlivened by the sighting of a family group of Common Rock Thrushes ahead of us in the boulder-strewn ground below the rock faces. Good numbers of Edelweiss (*Leontopodium nivale*) were found on the grassy slopes.

Our final stop was taken with a walk along the river in the hanging valley. Soon after disembarking from the buses, we were finding new plants such as Bavarian Gentian (*Gentiana bavarica*) and Yellow Bellflower (*Campanula thyrsoidea*). The level track led to an area of willow scrub, where we picked out a couple of Marsh Warblers. Our attention was soon diverted to the wet mud and rivulets alongside the path, which had attracted a range of

butterflies to the minerals brought to the surface. A diverse range of species was present, with the highlight being a Cranberry Blue, a species rarely seen on this tour. After a pleasant, easy walk we headed back to the vehicles for our final return to the hotel, for a drink and briefing before dinner.

## Day 3

Saturday 28th June

We travelled west down the valley heading towards Termignon where we would turn off and begin to climb up to higher levels. Unfortunately, we were a little delayed by picking up a puncture in Lanslebourg. Luckily, we were opposite a café and close to the river, so the group could relax with some refreshments and a little birding while the tyre was changed!

We eventually reached our destination at the car park high above the tree line at Plan du Lac, having passed a multitude of interesting plants on the way up. We set out for our walk carrying our picnic lunch, distributed among the group. The rather disappointing views we had obtained of Alpine Accentor yesterday were improved upon greatly, with a bird on the huge rocky extrusion alongside the path showing very well, joined by Black Redstart and White-winged Snowfinch: not a bad start! We made our way slowly along the narrow track, admiring and examining numerous plants as we went. The path opened out near the small lake, allowing us to take in the scenery which took some beating. The sadly declining glaciers on a number of the nearby high peaks were clearly showing their retreat. The air clarity was exceptional making the distant views pin sharp.

As we approached the mountain refuge/café a stunning adult Bearded Vulture flew low overhead, heading towards the Termignon Gorge, where it may well have had its nest site. We continued around the slope on the narrow path and entered an area with abundant Alpenrose (*Rhododendron ferrugineum*) that is a favoured breeding area for Rock Ptarmigan. We quietly made our way along in the hope of a sighting, before stopping to enjoy our lunch while we waited. On the track sides we compared the differences between the three superficially similar-looking flowers of Monte Baldo Anemone (*Anemone baldensis*), Mountain Avens (*Dryas octopetala*) and the localised *Callianthemum coriandrifolium*. All having similar flowers, but very different foliage. After an enjoyable lunch we eventually had to accept defeat with the ptarmigan this year, so we began our head back, calling in to the Refuge for a coffee on the way.

Our route led back along the road on the opposite shore of the lake, along which we noticed Southern Gentian (*Gentiana alpina*), among the many Trumpet Gentians (*Gentiana acaulis*). A nice find was a large specimen of Military Orchid (*Orchis militaris*) close to the road. During our walks we had seen several Alpine Marmots and both species of chough to keep us occupied. Back at the vehicles, we loaded up and drove back down the road, with a short stop en route to explore an area on the edge of the treeline, with its mix of flora and fauna differing from the high tops. A notable find, not previously seen on this trip, was a couple of patches of the attractive Northern Dragonhead (*Dracocephalum ruyschiana*) near the car park!

One of our target birds here was Rock Bunting, which, after we heard a distant couple of bursts of its simple song, was eventually picked up and showed well. Nearby a pair of Coal Tits were nesting in a cavity in the steep roadside banking. Interestingly, they exhibited rather odd plumage, with large and extensive areas of black around the head and body. A hot gully held a rich range of butterflies to keep the enthusiasts busy, with several notable finds.

After our slightly delayed day, we had run out of time, and thus headed back to the hotel for the usual evening formalities, including a cold beer!



Glacier Buttercup



Mt Cenis Bellflower



Nine-spotted Moths



Alpine view

## Day 4

## Sunday 29th June

Today we returned to the Lac du Mont Cenis, which we had passed on our arrival day, for a couple of walks in a very floriferous area. Our first port of call was the car park near the Refuge du Petit Mont Cenis. Once again, the surrounding scenery was spectacular, with an abundance of flowers in all the open grassy slopes and meadows. Our walk was generally not too strenuous, with only a couple of short inclines to negotiate. Near the refuge there was a large colony of tall Spotted Gentians (*Gentiana punctata*), which as usual fooled some into thinking that the flowers were going over, due to their brown-spotted appearance. Several plants of the delicate and diminutive Snow Gentian (*Gentiana nivalis*) were also found in the short turf near the refuge.

Our walk then led through slowly rising terrain of undulating ground with numerous hollows and dips, creating a diverse range of microclimates and thus holding many interesting plants. An excellent find was a female Ring Ouzel moving around the area from rocky outcrops to a small bushy tree, allowing all to get a good view. The edges of a narrow stream crossing the exposed rocky crevices held numerous rosettes of *Primula pedemontana*, which were unfortunately well past their best. A rocky overhang and shallow cave produced a breeding pair of Red-billed Choughs, noisily attendant to their fledged young. Our route then began a short section of climbing which soon levelled out, and we soon found a wonderful show of the striking Alpine Columbine (*Aquilegia alpina*), with numerous flowering plants. We continued our circuit, finding Small White Orchids (*Pseudorchis albida*) followed by numerous Vanilla Orchids (*Gymnadenia rhellicana*), before we paused to take in the view near the steep gorge. From here, we headed back on a rather indistinct path across open grassy terrain, before rejoining a more substantial and



clearly delineated path! This led us past several stunning mounds with exposed rock, covered with an amazing and colourful mix of alpine plants: enough to inspire anyone to take up 'rock gardening' at home. Notable species found on these rocks were the localised endemic Yellow Soapwort (*Saponaria lutea*) and the bright fuschia pink *Dianthus pavonius*. Our route then retraced our earlier route back to the refuge, where we stopped for our picnic lunch once it had been fetched from our parked vehicles nearby.

Refreshed, we drove on back around the lake to the eastern shore, where we took a path that ascended a couple of zig-zags before levelling off. The tracksides were full of colourful flowers and a couple of narrow ravines created warm conditions for a range of butterflies to work through. After a pleasant day, we headed back to the vehicles and our return journey.

## Day 5

## Monday 30th June

Today was our transfer from France into Italy, so we were promptly packed up into the vehicles after breakfast to take to the road, initially retracing our route up and over the Col du L'Iseran, then continuing down the opposite side to reach the Pont St Charles and the small car park alongside the Isere River. The weather forecast had predicted rain around midday, so we hoped to complete our morning walk before it began. Unfortunately, it was not our lucky day, and the rain began somewhat earlier than expected, resulting in a slightly curtailed walk. Nonetheless, there was plenty on offer to admire. We were back at the vehicles before anyone had got too wet, and continued with our long and winding transfer journey through some wonderful scenery.

We drove through the ski resort of Val D'Iserre, heading towards Bourg-Saint-Maurice but turning off just before the town to begin another epic climb up towards the Col de Petit St Bernard. It continued to rain intermittently as we travelled, but luckily things brightened by the time we arrived in La Rosiere, where we pulled over for a coffee break. It was soon realised that the cool bag with most of our lunch had been left back at the hotel in France, but fortunately there was a nearby supermarché in the town, so after a little shopping we were stocked up once more on cheese and meats etc., allowing us to have our picnic looking down into the valley and across to the surrounding peaks.

A short further drive brought us to the top of the pass, where we stopped for a short walk and some exploration. Unbelievably, after the crisis of last year's trip where torrential rain, flooding and landslips had prevented us from reaching Italy and necessitating a return to France, news came through of further landslips in the Cogne valley and the blocking of the access road! After several phone calls and pondering of what our Plan B would be this year, we got news that the road would be open again by 6.00pm. After a sigh of relief, we drove on, now with some extra time in hand time our arrival with the road opening. The weather had improved a little, but remained rather overcast and dull. Having dropped down over the pass into the Aosta valley, we stopped in the hope of a view of Mont Blanc, or rather Monte Bianco, as we were in Italy! Only glimpses were possible, as the summit was cloaked in thick cloud, which was rather disappointing. An interesting find of a dead Poplar Admiral by the road, our only sighting of this species.

We pulled off the motorway towards Aymavilles and Cogne, where we utilised our extra time with a visit to the historic and impressive Roman aqueduct at Pont d'Ael. The pretty village was a pleasant stop and the aqueduct was well worth a visit. We took a walk through the small reserve on the opposite side of the gorge, which is probably one of the best sites in Italy for butterflies. The dull weather didn't help much, but a few new species

were on the wing, notably several Great Sooty Satyrs. Having enjoyed our break, we drove on down the Cogne valley, past reconstruction work still being carried out after the damage last year, and also what looked like the recent landslide, now safely cleared for us to continue. We finally reached our Italian hotel and had a wonderful dinner.

## Day 6

Tuesday 1st July

Our first walk today began from the small village of Gimillan, outside the boundaries of the Gran Paradiso NP, but with stunning views across into the park and the high snow-covered peaks within. We enjoyed sunny, clear weather all day, resulting in an abundance of butterflies on the wing to join the botanical spectacle. Our short initial climb from our parking spot passed through a meadow of tall vegetation, over which several new species of butterfly were seen, alongside plants such as *Campanula rhomboidalis* and *Tragopogon orientalis*. With the path levelling off, we paused to catch our breath and cool down a little, allowing us to pick out the distinctive call of a Red-backed Shrike, which we managed to spot nearby. Cruising over the flower-filled meadows were several striking Apollos, alongside numerous Dark Green Fritillaries, which delighted the group. We made steady progress along the trail, stopping frequently to admire the range of species present in the more open areas. One notable species found here is another localised Alpine endemic, *Sempervivum grandiflorum*. The route reached an area of coniferous woodland, in which we soon picked out the distinctive call of a Northern Nutcracker; after some patient persistence we managed to glimpse the bird before it flew off. A short way further on, in a sloping section of dry, loose, sandy scree, we found the very localised speciality found only in the Aosta valley: *Aethionema thomasianum*. It was perhaps a little underwhelming for some, but was a pretty plant when closely examined!

The path then dropped down towards the river where it was clear the storms of last year had altered the course of the river and caused some substantial damage to the area. We paused to rest in a shady spot and spent some time checking through the range of butterfly species nearby.

We walked further across an open meadow area, to reach once again the edge of the open coniferous woodland, which afforded us some shade from the hot sun. We then prepared our picnic from the various ingredients carried by the group. With lunch completed, the group split into three, with a few beginning a slow return, while the remainder split between a walk to the nearby waterfall, and continuing to an area of climbing switchbacks on the path. Those who climbed further were rewarded with a nice Rock Bunting, Lesser Whitethroat, *Astragalus penduliflorus* and a marvellous view back down the valley and towards the Gran Paradiso high peaks. On the short grassy turf and rockface, further examples of Yellow Soapwort were found. We then all headed back, retracing our route. The upper river bridge that we usually take, allowing us to return on a different path, had been swept away last year, and still needed replacing.

Once everyone had regrouped by the vehicles, we drove down into the town of Cogne, where we all enjoyed some Italian ice cream and coffee, before heading back to the hotel and a swim for some.

## Day 7

Wednesday 2nd July

Today was spent within the National Park, starting from the village of Valnontey. We started with a walk up the flank of the valley, which at first glance looked to be a pretty daunting route; but the track had several long and gently climbing switchbacks, so the climbing gradient was not too onerous! As we slowly climbed and the day

warmed, the numbers of butterflies steadily increased, with a number of new and choice species being found: the highlight was the incredibly bright orange Scarce Coppers. A male Chamois feeding among some larches was unconcerned by the group and other walkers, allowing for some good, reasonably close views. The trees were quiet birdwise, but we did manage to connect with a small group of calling birds comprising Goldcrests and both Crested and Coal Tits. The plant highlight among a diverse and rich selection was the Alpine endemic *Astragalus exscapus*. We continued to climb slowly, ultimately reaching a footbridge over the roaring torrent of a tributary to the main river in the valley below. We cooled ourselves in the fine mist and spray while we watched the skilled workmen splitting rock to dress the new replacement bridge, following last years storm damage. Within the woodland nearby were a few examples of the yellow-flowered Wolf's-bane (*Aconitum lycoctonum*). We then retraced our route, enjoying further butterflies as we went.

Once back at our vehicles, we drove a very short distance to park once more and then walk alongside the river with our picnic, heading for a site a short way along the track. On the way, we were fortunate to pick up a family of Dippers active on the boulders within the fast-flowing river. Arriving at our destination, we were witness to further ramifications from the deluge of last year, in that there was no sign of any benches or tables, and the bridge we usually cross was resting high on the alluvial shoreline well away from the river! We improvised, and set up our lunch on the bridge, sitting on the edges in this attractive location. With lunch over, we briefly explored the nearby marshy area, which generally has a host of interesting wetland plants. This year, of course, the whole hydrology had changed, and the plantlife was yet to recover.

We continued on our walk along the flat valley floor. With all the changes brought on by last year, there was a concern that the stunning lupin-sized *Astragalus alopecurus* might have suffered. Fortunately, the colony was still intact, and apparently thriving, with numerous huge spikes of yellow flowers on show. We reached another footbridge that was still in place to cross to the opposite bank, and we walked the track through light woodland and lush vegetation, which offered a different range of plants. A singing Garden Warbler revealed its presence, but kept well hidden within the willow scrub. Reaching a small wet glade within the woodland, we discovered a colony of *Dactylorhiza majalis*. We continued alongside slopes covered with *Rhododendron ferruginea* above us, and beds of geraniums below. The track eventually brought us back to the vehicles, where we loaded up to head into Cogne, for a second helping of *gelato*.

## Day 8

## Thursday 3rd July

Our mid-afternoon return flight timings gave us the opportunity to squeeze in a final excursion before heading to the airport. With an earlier start, after breakfast, we were soon loaded, and with a warm sunny morning in the offing we took the opportunity to return to Pont d'Ael in search of butterflies. It was quite a difference from our previous visit, with high numbers and many species on the wing; we added a couple of new ones to our already large tally. The most exciting find was the discovery of a single roosting Piedmont Anomalous Blue, an incredibly localised species found only in a couple of locations in the Cogne valley, making a fitting finale to the tour. Elated with our success, we made our way back to the vehicles to complete the trip to the airport, picking up a Short-toed Snake Eagle on the way. Nearing the airport, and once more in low-lying country, we spotted several Black Kites and Hooded Crows in the fields alongside the motorway. We were soon in the terminal awaiting our flight home.

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## Species lists

Birds (H = Heard only)

Common name	Scientific name	June 2025							
		26	27	28	29	30	1	2	3
Mallard	<i>Anas platyrhynchos</i>	✓		✓	✓	✓			
Common Quail	<i>Coturnix coturnix</i>		H	H	H	H			
Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common Cuckoo	<i>Cuculus canorus</i>			✓			H		
Rock Dove	<i>Columba livia</i>	✓	✓	✓	✓	✓	✓		✓
Common Wood Pigeon	<i>Columba palumbus</i>	✓				✓			✓
Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓	✓	✓	✓	✓			✓
Grey Heron	<i>Ardea cinerea</i>				✓				
Bearded Vulture	<i>Gypaetus barbatus</i>			✓					
European Honey Buzzard	<i>Pernis apivorus</i>							✓	
Griffon Vulture	<i>Gyps fulvus</i>		✓						
Short-toed Snake Eagle	<i>Circaetus gallicus</i>				✓				✓
Golden Eagle	<i>Aquila chrysaetos</i>			✓		✓	✓		
Eurasian Sparrowhawk	<i>Accipiter nisus</i>								✓
Black Kite	<i>Milvus migrans</i>	✓							✓
Common Buzzard	<i>Buteo buteo</i>								✓
European Green Woodpecker	<i>Picus viridis</i>			✓		✓	H		
Common Kestrel	<i>Falco tinnunculus</i>			✓	✓	✓		✓	
Red-backed Shrike	<i>Lanius collurio</i>					✓	✓		✓
Eurasian Jay	<i>Garrulus glandarius</i>			✓		✓	✓		
Eurasian Magpie	<i>Pica pica</i>	✓		✓	✓	✓		✓	✓
Northern Nutcracker	<i>Nucifraga caryocatactes</i>					✓	✓		
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>		✓	✓	✓	✓		✓	
Alpine Chough	<i>Pyrrhocorax graculus</i>		✓	✓	✓	✓			
Carrion Crow	<i>Corvus corone</i>		✓	✓	✓	✓	✓	✓	
Hooded Crow	<i>Corvus cornix</i>	✓							✓
Northern Raven	<i>Corvus corax</i>				✓				✓
Coal Tit	<i>Parus ater</i>			✓			✓	✓	
Crested Tit	<i>Lophophanes cristatus</i>						✓	✓	
Willow Tit	<i>Poecile montanus</i>		✓			✓		✓	
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>					✓	✓		
Great Tit	<i>Parus major</i>			✓	H				
Eurasian Skylark	<i>Alauda arvensis</i>		✓	H	✓	✓			
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		✓	✓	✓	✓	✓	✓	✓
Barn Swallow	<i>Hirundo rustica</i>	✓							
Western House Martin	<i>Delichon urbicum</i>		✓		✓	✓	✓	✓	✓
Long-tailed Tit	<i>Aegithalos caudatus</i>							✓	
Common Chiffchaff	<i>Phylloscopus collybita</i>		H	H		✓	H	✓	
Marsh Warbler	<i>Acrocephalus palustris</i>		✓	✓					
Eurasian Blackcap	<i>Sylvia atricapilla</i>			H			✓		
Garden Warbler	<i>Sylvia borin</i>			✓		✓		✓	
Lesser Whitethroat	<i>Curruca curruca</i>						✓		
Goldcrest	<i>Regulus regulus</i>							✓	
Common Starling	<i>Sturnus vulgaris</i>	✓	✓			✓			
Song Thrush	<i>Turdus philomelos</i>					✓		H	
Mistle Thrush	<i>Turdus viscivorus</i>			✓					
Ring Ouzel	<i>Turdus torquatus alpestris</i>				✓				

Common name	Scientific name	June 2025							
		26	27	28	29	30	1	2	3
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓		✓	✓	✓	✓
Fieldfare	<i>Turdus pilaris</i>		✓	✓	✓	✓	✓	✓	
European Robin	<i>Erithacus rubecula</i>			✓	✓	✓	✓	✓	
Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓	✓	✓	✓	✓	✓
Common Redstart	<i>Phoenicurus phoenicurus</i>		H		✓	✓			
Common Rock Thrush	<i>Monticola saxatilis</i>		✓						
Whinchat	<i>Saxicola rubetra</i>		✓	✓	✓	✓		✓	✓
Northern Wheatear	<i>Oenanthe oenanthe</i>		✓	✓	✓				
White-throated Dipper	<i>Cinclus cinclus</i>							✓	
White-winged Snowfinch	<i>Montifringilla nivalis</i>		✓	✓					
Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓	✓	✓			
House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Alpine Accentor	<i>Prunella collaris</i>		✓	✓					
Grey Wagtail	<i>Motacilla cinerea</i>		✓					✓	
White Wagtail	<i>Motacilla alba</i>	✓	✓	✓	✓	✓	✓	✓	✓
Tree Pipit	<i>Anthus trivialis</i>			✓					
Water Pipit	<i>Anthus spinoletta</i>		✓	✓	✓	✓			
Eurasian Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓	✓	✓	
Common Linnet	<i>Linaria cannabina</i>		✓		✓	✓			
Redpoll	<i>Acanthis flammea</i>		✓	H				✓	
European Goldfinch	<i>Carduelis carduelis</i>		✓	✓		✓	✓	✓	
European Serin	<i>Serinus serinus</i>	✓	✓	✓		✓		✓	
Yellowhammer	<i>Emberiza citrinella</i>		✓	✓		✓	✓		
Rock Bunting	<i>Emberiza cia</i>			✓			✓	✓	

## Mammals

Common name	Scientific name
Eurasian Red Squirrel	<i>Sciurus vulgaris</i>
Alpine Marmot	<i>Marmota marmota</i>
Alpine Chamois	<i>Rupicapra rupicapra</i>
Stoat	<i>Mustela erminea</i>

## Reptiles & amphibians

Common name	Scientific name
Common Wall Lizard	<i>Podarcis muralis</i>
Common Frog	<i>Rana temporaria</i>

## Butterflies

Common name	Scientific name
Common Swallowtail	<i>Papilio machaon</i>
Clouded Apollo	<i>Parnassius mnemosyne</i>
Common Apollo	<i>Parnassius apollo</i>
Large Skipper	<i>Ochlodes sylvanus</i>
Small Skipper	<i>Thymelicus sylvestris</i>
Essex Skipper	<i>Thymelicus lineola</i>
Mallow Skipper	<i>Carcharodus alceae</i>
Marbled Skipper	<i>Carcharodus lavatherae</i>
Tufted Marbled Skipper	<i>Carcharodus flocciferus</i>

Common name	Scientific name
Dingy Skipper	<i>Erynnis tages</i>
Common Grizzled Skipper	<i>Pyrgus malvae</i>
Safflower Skipper	<i>Pyrgus carthami</i>
Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>
Oberthür's Grizzled Skipper	<i>Pyrgus armoricanus</i>
Wood White	<i>Leptidea sinapis</i>
Common Brimstone	<i>Gonepteryx rhamni</i>
Clouded Yellow	<i>Colias croceus</i>
Moorland Clouded Yellow	<i>Colias palaeno</i>
Black-veined White	<i>Aporia crataegi</i>
Peak White	<i>Pontia callidice</i>
Large White	<i>Pieris brassicae</i>
Small White	<i>Pieris rapae</i>
Common Orange-tip	<i>Anthocharis cardamines</i>
Purple-shot Copper	<i>Lycaena alciphron</i>
Purple-edged Copper	<i>Lycaena hippothoe</i>
Sooty Copper	<i>Lycaena tityrus</i>
Scarce Copper	<i>Lycaena vigaureae</i>
Green Hairstreak	<i>Callophrys rubi</i>
Blue-spot Hairstreak	<i>Satyrrium spini</i>
Large Blue	<i>Phengaris arion</i>
Osiris Blue	<i>Cupido osiris</i>
Little Blue	<i>Cupido minimus</i>
Silver-studded Blue	<i>Plebejus argus</i>
Idas Blue	<i>Plebejus idas</i>
Cranberry Blue	<i>Agriades optilete</i>
Glandon Blue	<i>Agriades glandon</i>
Geranium Argus	<i>Eumedonia eumedon</i>
Alpine Zephyr Blue	<i>Kretania trappi</i>
Mazarine Blue	<i>Cyaniris semiargus</i>
Brown Argus	<i>Aricia agestis</i>
Chalk-hill Blue	<i>Lysandra coridon</i>
Escher's Blue	<i>Polyommatus escheri</i>
Chapman's Blue	<i>Polyommatus thersites</i>
Turquoise Blue	<i>Polyommatus dorylas</i>
Common Blue	<i>Polyommatus icarus</i>
Eros Blue	<i>Polyommatus eros</i>
Damon Blue	<i>Polyommatus damon</i>
Piedmont Anomalous Blue	<i>Polyommatus humedasa</i>
Southern White Admiral	<i>Limenitis reducta</i>
Queen of Spain Fritillary	<i>Issoria lathonia</i>
Lesser Marbled Fritillary	<i>Brenthis ino</i>
Marbled Fritillary	<i>Brenthis daphne</i>
Silver-washed Fritillary	<i>Argynnis paphia</i>
Dark Green Fritillary	<i>Speyeria aglaja</i>
Niobe Fritillary	<i>Fabriciana niobe</i>
Shepherd's Fritillary	<i>Boloria pales</i>
Mountain Fritillary	<i>Boloria napaea</i>
Small Pearl-bordered Fritillary	<i>Boloria selene</i>
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>
Titania's Fritillary	<i>Boloria titania</i>
Painted Lady	<i>Vanessa cardui</i>

Common name	Scientific name
Red Admiral	<i>Vanessa atalanta</i>
Small Tortoiseshell	<i>Aglais urticae</i>
Comma	<i>Polygonia c-album</i>
Camberwell Beauty	<i>Nymphalis antiopa</i>
Marsh Fritillary	<i>Euphydryas aurinia</i>
Spotted Fritillary	<i>Melitaea didyma</i>
Knapweed Fritillary	<i>Melitaea phoebe</i>
Glanville Fritillary	<i>Melitaea cinxia</i>
False Heath Fritillary	<i>Melitaea diamina</i>
Heath Fritillary	<i>Melitaea athalia</i>
Chestnut Heath	<i>Coenonympha glycerion</i>
Alpine Heath	<i>Coenonympha gardetta</i>
Speckled Wood	<i>Pararge aegeria</i>
Large Wall Brown	<i>Lasiommata maera</i>
Common Marbled White	<i>Melanargia galathea</i>
Great Banded Grayling	<i>Brintesia circe</i>
Alpine Grayling	<i>Oeneis glacialis</i>
Great Sooty Satyr	<i>Satyrus ferula</i>
Piedmont Ringlet	<i>Erebia meolans</i>
Dewy Ringlet	<i>Erebia pandrose</i>
Almond-eyed Ringlet	<i>Erebia albergana</i>

## Plants

Scientific Name	Common Name
<b>PTERIDOPHYTES</b>	<b>FERNS &amp; ALLIES</b>
<b>Aspleniaceae</b>	<b>Spleenwort family</b>
<i>Asplenium ceterach</i>	Rustyback
<i>Asplenium ruta-muraria</i>	Wall Rue
<i>Asplenium trichomanes</i>	Maiden-hair Spleenwort
<i>Asplenium viride</i>	Green Spleenwort
<i>Athyrium distentifolium</i>	Alpine Lady Fern
<i>Athyrium filix-femina</i>	Lady-fern
<i>Blechnum spicant</i>	Hard-fern
<b>Dennstaedtiaceae</b>	<b>Bracken Family</b>
<i>Pteridium aquilinum</i>	Bracken
<b>Ophioglossaceae</b>	<b>Adder's-tongue Family</b>
<i>Botrychium lunaria</i>	Moonwort
<b>Polypodiaceae</b>	<b>Polypody Family</b>
<i>Dryopteris filix-mas</i>	Male-fern
<i>Polypodium vulgare</i>	Common Polypody
<i>Polystichum lonchitis</i>	Holly-fern
<b>PINOPSIDA (GYMNOSPERMS)</b>	<b>CONIFERS</b>
<b>Cupressaceae</b>	<b>Juniper Family</b>
<i>Juniperus communis</i> subsp. <i>communis</i>	Common Juniper
<i>Juniperus communis</i> subsp. <i>alpina</i>	Dwarf Juniper
<i>Juniperus sabina</i>	Savin
<b>Pinaceae</b>	<b>Pine Family</b>
<i>Abies alba</i>	European Silver Fir
<i>Larix decidua</i>	European Larch
<i>Picea abies</i> subsp. <i>abies</i>	Spruce
<i>Pinus mugo</i>	Dwarf Mountain Pine

Scientific Name	Common Name
<i>Pinus sylvestris</i>	Scots Pine
<b>MAGNOLIOPSIDA (ANGIOSPERMS)</b>	<b>FLOWERING PLANTS</b>
<b>Magnoliidae (Dicotyledons)</b>	
<b>Amaranthaceae</b>	
<i>Blitum bonus-henricus</i>	Good King Henry
<b>Apiaceae</b>	<b>Carrot Family</b>
<i>Anthriscus sylvestris</i>	Cow Parsley
<i>Astrantia major</i>	Great Masterwort
<i>Astrantia minor</i>	Lesser Masterwort
<i>Athamanta cretensis</i>	Athamanta
<i>Bupleurum ranunculoides</i>	Three-veined Hare's-ear
<i>Bupleurum stellatum</i>	a Hare's-ear
<i>Chaerophyllum aureum</i>	Golden Chervil
<i>Chaerophyllum hirsutum</i>	Hairy Chervil
<i>Daucus carota</i>	Wild Carrot
<i>Heracleum sphondylium</i>	Hogweed
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain
<i>Meum athamanticum</i>	Spignel
<i>Mutellina purpurea</i>	Alpine Lovage
<i>Neogaya simplex</i>	Unbranched Lovage
<i>Peucedanum ostruthium</i>	Masterwort
<i>Siler montanum</i>	Narrow-leaved Sermountain
<b>Apocynaceae</b>	<b>Dogbane Family</b>
<i>Vincetoxicum hirundinaria</i>	Swallow-wort
<b>Asteraceae</b>	<b>Daisy Family</b>
<i>Achillea erba-rotta</i>	Simple-leaved Milfoil
<i>Achillea millefolium</i>	Yarrow
<i>Achillea nana</i>	Dwarf Milfoil
<i>Adenostyles alliariae</i>	Adenostyles
<i>Antennaria carpatica</i>	Carpathian Cat's-foot
<i>Antennaria dioica</i>	Cat's-foot
<i>Arnica montana</i>	Arnica
<i>Artemisia absinthium</i>	Wormwood
<i>Artemisia campestris</i>	Field Wormwood
<i>Aster alpinus</i>	Alpine Aster
<i>Aster bellidiastrum</i>	False Aster
<i>Carduus defloratus</i>	Alpine Thistle
<i>Carduus personnata</i>	Great Marsh Thistle
<i>Centaurea montana</i>	Perennial Cornflower
<i>Centaurea nervosa</i>	A Knapweed
<i>Centaurea scabiosa</i>	Greater Knapweed
<i>Centaurea triumfettii</i>	A Knapweed
<i>Centaurea uniflora</i>	Plume Knapweed
<i>Cicerbita alpina</i>	Alpine Sow-thistle
<i>Cirsium eriophorum</i>	Woolly Thistle
<i>Cirsium palustre</i>	Marsh Thistle
<i>Cirsium spinosissimum</i>	Spiniest Thistle
<i>Crepis aurea</i>	Golden Hawk's-beard
<i>Doronicum grandiflorum</i>	Large-flowered Leopard's-bane
<i>Erigeron alpinus</i>	Alpine Fleabane
<i>Erigeron uniflorus</i>	One-flowered Fleabane
<i>Jacobaea incana</i>	Grey Ragwort

Scientific Name	Common Name
<i>Hieracium alpinum</i> agg.	Alpine Hawkweed
<i>Hieracium tomentosum</i>	Woolly Hawkweed
<i>Hieracium villosum</i>	A Hawkweed
<i>Homogyne alpina</i>	Alpine Colt's-foot
<i>Lactuca perennis</i>	Blue Lettuce
<i>Leontopodium nivale</i>	Edelweiss
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy
<i>Leucanthemum atratum</i>	Saw-leaved Moon Daisy
<i>Leucanthemum vulgare</i>	Ox-eye Daisy
<i>Petasites albus</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>Solidago virgaurea</i>	Goldenrod
<i>Taraxacum</i> agg.	Dandelion
<i>Tragopogon orientalis</i>	Goat's-beard
<i>Tussilago farfara</i>	Colt's-foot
<b>Berberidaceae</b>	<b>Barberry Family</b>
<i>Berberis vulgaris</i>	Barberry
<b>Betulaceae</b>	<b>Birch Family</b>
<i>Alnus alnobetula</i>	Green Alder
<i>Betula pendula</i>	Silver Birch
<b>Boraginaceae</b>	<b>Forget-me-not Family</b>
<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
<b>Brassicaceae</b>	<b>Cabbage Family</b>
<i>Aethionema thomasianum</i>	a Burnt Candytuft
<i>Alyssoides utriculata</i>	Alyssoides
<i>Alyssum montanum</i>	Mountain Alyssum
<i>Arabis alpina</i>	Alpine Rock-cress
<i>Arabis hirsuta</i>	Hairy Rock-cress
<i>Barbarea vulgaris</i>	Common Winter-cress
<i>Biscutella laevigata</i>	Buckler Mustard
<i>Cardamine bellidifolia</i> subsp. <i>alpina</i>	Alpine Bittercress
<i>Coincya richeri</i>	Coincya
<i>Descurainia sophia</i>	Flixweed
<i>Draba aizoides</i>	Yellow Whitlow-grass
<i>Draba verna</i>	Whitlow-grass
<i>Erysimum rhaeticum</i>	Swiss Treacle-mustard
<i>Hornungia alpina</i>	Chamois Cress
<i>Hugueninia tanacetifolia</i>	Tansy-leaved Rocket
<i>Petrocallis pyrenaica</i>	Pyrenean Whitlow-grass
<i>Pseudoturritis turrita</i>	Tower Cress
<i>Sisymbrium austriacum</i>	Austrian Rocket
<i>Turritis glabra</i>	Tower Mustard
<b>Campanulaceae</b>	<b>Bellflower Family</b>
<i>Campanula barbata</i>	Bearded Bellflower
<i>Campanula cenisia</i>	Mt Cenis Bellflower
<i>Campanula cochlearifolia</i>	Fairy's Thimble



Scientific Name	Common Name
<i>Campanula glomerata</i>	Clustered Bellflower
<i>Campanula rapunculoides</i>	Creeping Bellflower
<i>Campanula rhomboidalis</i>	a Bellflower
<i>Campanula rotundifolia</i>	Harebell
<i>Campanula scheuchzeri</i>	Scheuchzer's Bellflower
<i>Campanula spicata</i>	Spiked Bellflower
<i>Campanula thyrsoidea</i>	Yellow Bellflower
<i>Campanula trachelium</i>	Nettle-leaved Bellflower
<i>Phyteuma betonicifolium</i>	Betony-leaved Rampion
<i>Phyteuma hemisphaericum</i>	Globe-headed Rampion
<i>Phyteuma orbiculare</i>	Round-headed Rampion
<i>Phyteuma ovatum</i>	Dark Rampion
<i>Phyteuma scorzonifolium</i>	Scorzonera-leaved Rampion
<i>Phyteuma spicatum</i> subsp. <i>coeruleum</i>	Spiked Rampion
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>
<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>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>Valeriana tuberosa</i>	A Valerian
<b>Caryophyllaceae</b>	<b>Pink Family</b>
<i>Arenaria grandiflora</i>	Large-flowered Sandwort
<i>Atocion rupestre</i>	Rock Campion
<i>Cerastium arvense</i>	Field Mouse-ear
<i>Cerastium latifolium</i>	A Mouse-ear
<i>Cerastium tomentosum</i>	Snow-in-summer
<i>Cerastium uniflorum</i>	Glacier Mouse-ear
<i>Cherleria laricifolia</i>	A Cyphel
<i>Cherleria sedoides</i>	Mossy Cyphel
<i>Dianthus carthusianorum</i>	Carthusian Pink
<i>Dianthus pavonius</i>	Three-veined Pink
<i>Dianthus sylvestris</i>	Wood Pink
<i>Gypsophila repens</i>	Alpine Gypsophila
<i>Minuartia recurva</i>	Sickle-leaved Sandwort
<i>Sabulina verna</i>	Spring Sandwort
<i>Saponaria lutea</i>	Yellow Soapwort
<i>Saponaria ocymoides</i>	Rock Soapwort
<i>Silene acaulis</i>	Moss Campion
<i>Silene acaulis</i> subsp. <i>bryoides</i>	a Moss Campion
<i>Silene dioica</i>	Red Campion
<i>Silene flos-cuculi</i>	Ragged Robin
<i>Silene flos-jovis</i>	A Catchfly
<i>Silene nutans</i>	Nottingham Catchfly
<i>Silene otites</i>	Spanish Catchfly
<i>Silene vallesia</i>	Valleis Catchfly
<i>Silene vulgaris</i> subsp. <i>vulgaris</i>	Bladder Campion
<i>Stellaria graminea</i>	Lesser Stitchwort
<i>Viscaria alpina</i>	Alpine Catchfly

Scientific Name	Common Name
<b>Cistaceae</b>	<b>Rock-rose Family</b>
<i>Helianthemum nummularium</i>	Rock-rose
<i>Helianthemum nummularium</i> subsp. <i>grandiflorum</i>	A Rock-rose
<i>Helianthemum canum</i>	Hoary Rock-rose
<b>Convolvulaceae</b>	<b>Bindweed Family</b>
<i>Calystegia sepium</i>	Hedge Bindweed
<i>Convolvulus arvensis</i>	Field Bindweed
<b>Crassulaceae</b>	<b>Stonecrop Family</b>
<i>Hylotelephium anacampseros</i>	Love-restoring Stonecrop
<i>Hylotelephium maximum</i>	A Stonecrop
<i>Petrosedum montanum</i>	A Stonecrop
<i>Petrosedum ochroleucum</i>	Creamish Stonecrop
<i>Petrosedum rupestre</i>	Reflexed Stonecrop
<i>Sedum acre</i>	Biting Stonecrop
<i>Sedum album</i>	White Stonecrop
<i>Sedum alpestre</i>	A Stonecrop
<i>Sedum annuum</i>	Annual Stonecrop
<i>Sedum atratum</i>	Dark Stonecrop
<i>Sedum dasyphyllum</i>	Fat-leaved 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
<b>Elaeagnaceae</b>	<b>Sea-buckthorn Family</b>
<i>Hippophae rhamnoides</i>	Sea-buckthorn
<b>Ericaceae</b>	<b>Heather Family</b>
<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Kalmia procumbens</i>	Creeping Azalea
<i>Rhododendron ferrugineum</i>	Alpenrose
<i>Vaccinium myrtillus</i>	Bilberry
<i>Vaccinium uliginosum</i>	Bog Bilberry
<i>Vaccinium vitis-idaea</i>	Cowberry
<b>Euphorbiaceae</b>	<b>Spurge Family</b>
<i>Euphorbia cyparissias</i>	Cypress Spurge
<i>Euphorbia seguieriana</i>	Seguier's Spurge
<b>Fabaceae</b>	<b>Pea Family</b>
<i>Anthyllis vulneraria</i> agg.	Kidney Vetch
<i>Astragalus alopecurus</i>	A Milk-vetch
<i>Astragalus alpinus</i>	Alpine Milk-vetch
<i>Astragalus australis</i>	Southern Milk-vetch
<i>Astragalus danicus</i>	Purple Milk-vetch
<i>Astragalus exscapus</i>	A Milk-vetch
<i>Astragalus hypoglottis</i>	Purple Vetch
<i>Astragalus leontinus</i>	Tyrolean Milk-vetch
<i>Astragalus onobrychis</i>	A Milk-vetch
<i>Astragalus penduliflorus</i>	Mountain Lentil
<i>Astragalus sempervirens</i>	Mountain Tragacanth
<i>Chamaecytisus triflorus</i>	Hairy Broom
<i>Colutea arborescens</i>	Bladder Senna
<i>Hippocrepis comosa</i>	Horseshoe Vetch
<i>Laburnum anagyroides</i>	Laburnum
<i>Lathyrus latifolius</i>	Broad-leaved Everlasting Pea

Scientific Name	Common Name
<i>Lathyrus pratensis</i>	Meadow Vetchling
<i>Lotus corniculatus</i>	Bird's-foot Trefoil
<i>Lotus pedunculatus</i>	Greater Bird's-foot Trefoil
<i>Medicago sativa</i>	Lucerne
<i>Melilotus officinalis</i>	Ribbed Melilot
<i>Onobrychis montana</i>	Mountain Sainfoin
<i>Onobrychis viciifolia</i>	Common Sainfoin
<i>Oxytropis campestris</i>	Yellow Milk-vetch
<i>Oxytropis fetida</i>	A Milk-vetch
<i>Oxytropis halleri</i> subsp. <i>velutina</i>	Purple Oxytropis
<i>Oxytropis montana</i>	Mountain Milk-vetch
<i>Oxytropis pilosa</i>	Woolly Milk-vetch
<i>Trifolium alpestre</i>	A Clover
<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>	Pale Clover
<i>Trifolium 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
<b>Fagaceae</b>	<b>Beech Family</b>
<i>Castanea sativa</i>	Sweet Chestnut
<i>Quercus pubescens</i>	Downy Oak
<b>Gentianaceae</b>	<b>Gentian Family</b>
<i>Gentiana acaulis</i>	Trumpet Gentian
<i>Gentiana alpina</i>	Southern Gentian
<i>Gentiana bavarica</i>	Bavarian Gentian
<i>Gentiana brachyphylla</i>	Short-leaved Gentian
<i>Gentiana brachyphylla</i> subsp. <i>favratii</i>	A 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</i> subsp. <i>schleicheri</i>	A Gentian
<i>Gentiana verna</i>	Spring Gentian
<i>Gentianella campestris</i>	Field Gentian
<b>Geraniaceae</b>	<b>Crane's-bill Family</b>
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill
<i>Geranium robertianum</i>	Herb Robert
<i>Geranium sylvaticum</i>	Wood Crane's-bill
<b>Grossulariaceae</b>	<b>Gooseberry Family</b>
<i>Ribes petraeum</i>	Rock Redcurrant
<i>Ribes uva-crispa</i>	Wild Gooseberry
<b>Hypericaceae</b>	<b>St John's-wort Family</b>
<i>Hypericum montanum</i>	Pale St John's-wort
<i>Hypericum perforatum</i>	Perforate St John's-wort
<i>Hypericum richeri</i>	Alpine St John's-wort
<b>Lamiaceae</b>	<b>Deadnettle Family</b>

Scientific Name	Common Name
<i>Ajuga pyramidalis</i>	Pyramidal Bugle
<i>Ajuga reptans</i>	Bugle
<i>Clinopodium alpinum</i>	Alpine Calamint
<i>Clinopodium vulgare</i>	Wild Basil
<i>Dracocephalum ruyschiana</i>	Northern Dragonhead
<i>Galeopsis ladanum</i>	Large Pink Hemp-nettle
<i>Nepeta nepetella</i>	a Cat-mint
<i>Origanum vulgare</i>	Wild Marjoram
<i>Prunella vulgaris</i>	Self-heal
<i>Salvia pratensis</i>	Meadow Clary
<i>Scutellaria alpina</i>	Alpine Skullcap
<i>Stachys recta</i>	Yellow Woundwort
<i>Teucrium montanum</i>	Mountain Germander
<i>Thymus praecox</i> subsp. <i>polytrichus</i>	Hairy Thyme
<i>Thymus pulegioides</i>	Greater Thyme
<b>Lentibulariaceae</b>	<b>Bladderwort Family</b>
<i>Pinguicula alpina</i>	Alpine Butterwort
<b>Linaceae</b>	<b>Flax Family</b>
<i>Linum alpinum</i>	Alpine flax
<i>Linum catharticum</i>	Purging or Fairy Flax
<b>Malvaceae</b>	<b>Mallow Family</b>
<i>Malva alcea</i>	Hollyhock Mallow
<i>Malva sylvestris</i>	Common Mallow
<b>Onagraceae</b>	<b>Willowherb Family</b>
<i>Epilobium anagallidifolium</i>	Pimpernel-leaved Willowherb
<i>Epilobium angustifolium</i>	Rosebay Willowherb
<i>Epilobium fleischeri</i>	Alpine Willowherb
<i>Epilobium montanum</i>	Mountain Willowherb
<i>Epilobium nutans</i>	Nodding Willowherb
<b>Orobanchaceae</b>	<b>Broomrape Family</b>
<i>Bartsia alpina</i>	Alpine Bartsia
<i>Melampyrum pratense</i>	Common Cow-wheat
<i>Melampyrum sylvaticum</i>	Small Cow-wheat
<i>Orobanche minor</i>	Common Broomrape
<i>Pedicularis cenisia</i>	Mt Cenis Lousewort
<i>Pedicularis comosa</i>	Crested Lousewort
<i>Pedicularis foliosa</i>	Leafy Lousewort
<i>Pedicularis gyroflexa</i>	Tufted Lousewort
<i>Pedicularis rosea</i> subsp. <i>allionii</i>	Pink Lousewort
<i>Pedicularis rostratospicata</i> subsp. <i>helvetica</i>	Flesh-pink Lousewort
<i>Pedicularis verticillata</i>	Verticillate Lousewort
<i>Rhinanthus alectorolophus</i>	Greater Yellow Rattle
<i>Rhinanthus minor</i>	Yellow Rattle
<b>Oxalidaceae</b>	<b>Wood-sorrel Family</b>
<i>Oxalis acetosella</i>	Wood-sorrel
<b>Papaveraceae</b>	<b>Poppy Family</b>
<i>Papaver dubium</i> subsp. <i>dubium</i>	Long-headed Poppy
<i>Papaver rhoeas</i>	Common Poppy
<b>Plantaginaceae</b>	<b>Plantain Family</b>
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax
<i>Digitalis grandiflora</i>	Large Yellow Foxglove
<i>Digitalis lutea</i>	Small Yellow Foxglove

Scientific Name	Common Name
<i>Globularia bisnagarica</i>	Common Globularia
<i>Globularia cordifolia</i>	Matted Globularia
<i>Globularia nudicaulis</i>	Leafless-stemmed Globularia
<i>Linaria alpina</i>	Alpine Toadflax
<i>Linaria angustissima</i>	Narrow-leaved Toadflax
<i>Plantago alpina</i>	Alpine Plantain
<i>Plantago atrata</i>	Mountain Plantain
<i>Plantago lanceolata</i>	Ribwort Plantain
<i>Plantago major</i>	Greater Plantain
<i>Plantago media</i>	Hoary Plantain
<i>Veronica alpina</i>	Alpine Speedwell
<i>Veronica aphylla</i>	Leafless-stemmed Speedwell
<i>Veronica bellidioides</i>	Violet Speedwell
<i>Veronica chamaedrys</i>	Germander Speedwell
<i>Veronica fruticans</i>	Rock Speedwell
<i>Veronica fruticulosa</i>	A Speedwell
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell
<b>Plumbaginaceae</b>	<b>Thrift Family</b>
<i>Armeria alpina</i>	Mountain Thrift
<b>Polygalaceae</b>	<b>Milkwort Family</b>
<i>Polygala alpestris</i>	Mountain Milkwort
<i>Polygala alpina</i>	Alpine Milkwort
<b>Polygonaceae</b>	<b>Knotweed Family</b>
<i>Bistorta officinalis</i>	Bistort
<i>Bistorta vivipara</i>	Alpine Bistort
<i>Oxyria digyna</i>	Mountain Sorrel
<i>Polygonum aviculare</i>	Knotgrass
<i>Rumex acetosa</i>	Sorrel
<i>Rumex alpinus</i>	Monk's Rhubarb
<i>Rumex scutatus</i>	French Sorrel
<b>Primulaceae</b>	<b>Primrose Family</b>
<i>Androsace adfinis</i> subsp. <i>puberula</i>	Pink Rosk-jasmine
<i>Androsace obtusifolia</i>	Blunt-leaved Rock-jasmine
<i>Primula farinosa</i>	Bird's-eye Primrose
<i>Primula latifolia</i>	Viscid Primrose
<i>Primula pedemontana</i>	Piedmont Primrose
<i>Primula veris</i>	Cowslip
<i>Soldanella alpina</i>	Alpine Snowbell
<b>Ranunculaceae</b>	<b>Buttercup Family</b>
<i>Aconitum lycoctonum</i> subsp. <i>vulparia</i>	Wolf's-bane
<i>Anemone baldensis</i>	Monte Baldo Anemone
<i>Aquilegia alpina</i>	Alpine Columbine
<i>Aquilegia atrata</i>	Dark Columbine
<i>Aquilegia vulgaris</i>	Common Columbine
<i>Callianthemum coriandrifolium</i>	Callianthemum
<i>Caltha palustris</i>	Marsh Marigold
<i>Clematis vitalba</i>	Old Man's Beard
<i>Pulsatilla alpina</i> subsp. <i>alpina</i>	Alpine Pasque Flower
<i>Pulsatilla vernalis</i>	Spring Pasque Flower
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup
<i>Ranunculus acris</i>	Meadow Buttercup
<i>Ranunculus glacialis</i>	Glacier Crowfoot

Scientific Name	Common Name
<i>Ranunculus keupferi</i>	Pyrenean Buttercup
<i>Ranunculus montanus</i>	Mountain Buttercup
<i>Ranunculus platanifolius</i>	A Buttercup
<i>Ranunculus tuberosus</i>	A Buttercup
<i>Ranunculus villarsii</i>	Grenier's Buttercup
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue
<i>Thalictrum foetidum</i>	Stinking Meadow-rue
<i>Thalictrum minus</i>	Lesser Meadow-rue
<i>Trollius europaeus</i>	Globeflower
<b>Resedaceae</b>	<b>Mignonette Family</b>
<i>Reseda lutea</i>	Mignonette
<b>Rhamnaceae</b>	<b>Buckthorn Family</b>
<i>Frangula alnus</i>	Alder Buckthorn
<i>Rhamnus alpina</i>	Alpine Buckthorn
<i>Rhamnus cathartica</i>	Buckthorn
<i>Rhamnus pumila</i>	Dwarf Buckthorn
<b>Rosaceae</b>	<b>Rose Family</b>
<i>Agrimonia eupatoria</i>	Agrimony
<i>Alchemilla alpina</i>	Alpine Lady's-mantle
<i>Alchemilla conjuncta</i>	Silver Lady's-mantle
<i>Alchemilla glabra</i>	Smooth Lady's-mantle
<i>Alchemilla hybrida</i>	A Lady's-mantle
<i>Argentina anserina</i>	Silverweed
<i>Aria edulis</i>	Whitebeam
<i>Aruncus dioicus</i>	Goat's-beard Spirea
<i>Cotoneaster integerrimus</i>	Wild Cotoneaster
<i>Crataegus monogyna</i>	Hawthorn
<i>Dryas octopetala</i>	Mountain Avens
<i>Drymocallis rupestris</i>	Rock Cinquefoil
<i>Filipendula ulmaria</i>	Meadowsweet
<i>Fragaria vesca</i>	Wild Strawberry
<i>Geum montanum</i>	Mountain Avens
<i>Geum reptans</i>	Creeping Avens
<i>Geum urbanum</i>	Wood Avens
<i>Potentilla argentea</i>	Hoary Cinquefoil
<i>Potentilla aurea</i>	Golden Cinquefoil
<i>Potentilla crantzii</i>	Alpine Cinquefoil
<i>Potentilla erecta</i>	Tormentil
<i>Potentilla grandiflora</i>	Large-flowered Cinquefoil
<i>Potentilla reptans</i>	Creeping Cinquefoil
<i>Rosa canina</i>	Dog Rose
<i>Rubus fruticosus</i> agg.	Bramble
<i>Rubus idaeus</i>	Raspberry
<i>Rubus saxatilis</i>	Stone Bramble
<i>Sanguisorba minor</i>	Salad Burnet
<i>Sorbus aucuparia</i>	Rowan
<b>Rubiaceae</b>	<b>Bedstraw Family</b>
<i>Asperula cynanchica</i>	Squinancywort
<i>Cruciata laevipes</i>	Crosswort
<i>Cruciata pedemontana</i>	A Crosswort
<i>Galium anisophyllum</i>	a Bedstraw
<i>Galium lucidum</i>	a Bedstraw



Scientific Name	Common Name
<i>Galium megalospermum</i>	Swiss Bedstraw
<i>Gallium mollugo</i>	Hedge Bedstraw
<i>Galium verum</i>	Ladies Bedstraw
<b>Salicaceae</b>	<b>Willow Family</b>
<i>Populus tremula</i>	Aspen
<i>Salix caprea</i>	Goat 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
<b>Santalaceae</b>	<b>Sandalwood Family</b>
<i>Thesium alpinum</i>	Alpine Bastard Toadflax
<i>Thesium pyrenaicum</i>	Pyrenean Bastard Toadflax
<b>Saxifragaceae</b>	<b>Saxifrage Family</b>
<i>Micranthes stellaris</i> subsp. <i>robusta</i>	Starry Saxifrage
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage
<i>Saxifraga aspera</i>	Rough Saxifrage
<i>Saxifraga bryoides</i>	Mossy Saxifrage
<i>Saxifraga exarata</i>	White Musky Saxifrage
<i>Saxifraga moschata</i>	Musky Saxifrage
<i>Saxifraga oppositifolia</i>	Purple Saxifrage
<i>Saxifraga paniculata</i>	Live-long Saxifrage
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage
<b>Scrophulariaceae</b>	<b>Figwort Family</b>
<i>Scrophularia canina</i> subsp. <i>hoppii</i>	French Figwort
<i>Verbascum lychnitis</i>	White Mullein
<i>Verbascum pulverulentum</i>	Hoary Mullein
<i>Verbascum thapsus</i> subsp. <i>montanum</i>	Aaron's Rod
<b>Tamaricaceae</b>	<b>Tamarisk Family</b>
<i>Myricaria germanica</i>	Myricaria
<b>Thymelaeaceae</b>	<b>Daphne Family</b>
<i>Daphne laureola</i>	Spurge Laurel
<i>Daphne mezereum</i>	Mezereon
<b>Urticaceae</b>	<b>Nettle Family</b>
<i>Parientaria judaica</i>	Pellitory of the Wall
<i>Urtica dioica</i>	Common Nettle
<b>Viburnaceae</b>	<b>Viburnum Family</b>
<i>Sambucus nigra</i>	Common Elder
<i>Sambucus racemosa</i>	Alpine Elder
<i>Viburnum lantana</i>	Wayfaring Tree
<b>Violaceae</b>	<b>Violet Family</b>
<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 calcarata</i> subsp. <i>villarsiana</i>	Long-spurred Pansy
<i>Viola riviniana</i>	Common Dog Violet
<b>Liliidae (Monocotyledons)</b>	
<b>Amarylliaceae</b>	<b>Daffodil Family</b>
<i>Allium schoenoprasum</i>	Chives
<i>Allium sphaerocephalon</i>	Round-headed Leek
<b>Asparagaceae</b>	<b>Asparagus Family</b>

Scientific Name	Common Name
<i>Paradisea liliastrum</i>	St Bruno's Lily
<i>Polygonatum multiflorum</i>	Solomon's Seal
<i>Polygonatum odoratum</i>	Angular Solomon's-seal
<i>Polygonatum verticillatum</i>	Whorled Solomon's-seal
<b>Dioscoreaceae</b>	<b>Black Bryony Family</b>
<i>Dioscorea communis</i>	Black Bryony
<b>Liliaceae</b>	<b>Lily Family</b>
<i>Gagea fragifera</i>	a Yellow Star of Bethlehem
<i>Gagea serotina</i>	Snowdon Lily
<i>Lilium martagon</i>	Martagon Lily
<b>Melanthiaceae</b>	<b>Bunchflower Family</b>
<i>Veratrum lobelianum</i>	a False Helleborine
<b>Orchidaceae</b>	<b>Orchid Family</b>
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh Orchid
<i>Dactylorhiza sambucina</i>	Elder-flowered Orchid
<i>Dactylorhiza viridis</i>	Frog Orchid
<i>Gymnadenia conopsea</i>	Fragrant Orchid
<i>Gymnadenia rhellicani</i>	Black Vanilla Orchid
<i>Neottia ovata</i>	Twayblade
<i>Orchis mascula</i>	Early Purple Orchid
<i>Orchis militaris</i>	Military Orchid
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid
<i>Pseudorchis albida</i>	Small White Orchid