

Abruzzo in Autumn

Naturetrek Tour Report

31 August - 7 September 2017



Adonis Blue



Green Lizard



'Stemless' Carline Thistle



Large Wall Brown

Report compiled by Jessica Turner
Images courtesy of Jeremy Norris



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Summary

This was the third year for our autumn trip to the Abruzzo National Park, and it is always a joy to experience the forests and meadows of this part of the Central Apennines. An exceptionally hot and dry summer meant that everywhere the vegetation was parched, and this had also affected the wildlife. Although we did not see any Bears, we learnt that the lack of food was bringing them into towns and villages; indeed, one had broken into an allotment near the hotel the night before we arrived. Red Deer were starting to rut, and we enjoyed some good views of Wild Boar and of Abruzzo Chamois. We saw a good range of late-summer butterflies and an interesting selection of plants, especially in the Sagittario Gorge where the Cyclamen were a particular delight. Bird life was fairly quiet, but the Golden Eagles were a pleasure. We also enjoyed the picturesque and historic towns and villages of the area. Our hosts at the Albergo Paradiso, Geraldine and Marco, gave us a warm welcome and excellent hospitality, introducing us to several local specialities. A delightful week in a stunning location!

Day 1

Thursday 31st August

London Heathrow - Rome - Pescasseroli

The group members met Jessica at London Heathrow, Terminal 5, for our 10.45am flight to Rome. Having collected the minibus, we successfully negotiated the Rome ringroad, noting the flowering Oleanders (*Nerium oleander*) along the central reservation, and Hooded Crows, Starlings, Swallows and House Martins overhead. We drove eastwards towards the Apennine mountains, passing through several tunnels and over deep valleys, past a number of hilltop villages, and the countryside became more wooded. We stopped for a break and a leg-stretch at Monte Velino services, where Common Wall Lizard and Italian Sparrows were seen, and were soon passing the great plain by Avezzano, the site of Lake Fucino, once the third largest lake in Italy and now a fertile agricultural area. Skirting the plain, we started the climb into the Abruzzo National Park, noting the thickly-wooded hill-slopes, so characteristic of the area.

Once we were in the park, it was a steady descent to Pescasseroli where, on the far side, we reached Albergo Paradiso, our base for the week. We received a warm welcome, and were soon settled into our rooms, before an excellent dinner. Jessica outlined some of the plans for the week, and we retired for the night.

Day 2

Friday 1st September

Round hotel; meadows above the hotel; La Cicerana

This morning, before breakfast, we explored the area round the hotel so we could get our bearings. We walked up the track behind the hotel. At the Fonte Fracassi, the local spring, birds were coming in to drink, including several Coal Tits, a pair of Bullfinches, Chaffinch and Robin. One Coal Tit managed to perch on the end of the water pipe, where the trickle of water was emerging. A Sparrowhawk flew overhead. Other birds included Blackbird and Goldfinch, while Nuthatch and Serin were heard. A short climb up a small hill gave views over the area.

After a good breakfast, we set off to explore further the meadows and woods above the hotel. The birds were still around the spring, but only giving glimpses, and a Wren was hopping round a wood pile. Swallows and House Martins were overhead. There were berries on the Sloe (*Prunus spinosa*), Hawthorn (*Crataegus monogyna*) and Purging Buckthorn (*Rhamnus cathartica*), although not abundantly. We noted Acanthus-leaved Carline Thistle (*Carlina acanthifolia*) with its large, stemless flower, the 'stemmed' Stemless Carline Thistle (*Carlina acaulis* subsp. *simplex*) with slightly smaller flowers, and Common Carline Thistle (*Carlina vulgaris*) with small flowers, along with the delightful Blue Eryngo (*Eryngium amethystinum*). Butterflies were scarce, with Large and Small Whites being the only species seen.

The stony path climbed through Black Pine (*Pinus nigra*) and Beech (*Fagus sylvaticus*), where we found a beautiful clump of Ivy-leaved Cyclamen, also called Common Sowbread (*Cyclamen hederifolium*), and emerged into undulating meadows. We passed a shepherd with a few sheep. A female Wheatear was noted on a rocky outcrop, and later a different pair was seen. More Swallows and House Martins flew overhead. There were a number of grasshoppers around, including two 'flash-colour' types, one with pale blue wings and one with bright red, which showed as they did their extended jumps. Jeremy found and photographed a Silver-spotted Skipper and a female Adonis Blue butterfly.

We retraced our steps back to the hotel, and then made a brief visit to Pescasseroli for a little shopping. Back at the hotel, we had a very tasty lunch and a short break, before meeting Paolo, our Ecotur guide, at 3pm. We were due to drive north to the Passo Diavolo, then walk up to the rifugio at La Cicerana, our base for bear watching. Unfortunately, the cloud that had been building to the north started to give some rain, and Paolo heard that there was a very heavy storm round the rifugio, so he suggested that we go by jeep instead. That gave us some extra time, so we moved to a café for refreshments, while Paolo described to us some of the ecology of Marsican Brown Bears, and their distribution and habits. We then took the minibus to Passo Diavolo, where we changed to the jeep for the three-kilometre journey up to La Cicerana. It was raining heavily, but as we reached the open valley the sun came out, and there was a beautiful rainbow. By the time we reached the rifugio, the storm had passed, and the sun was warm. This was pretty much the first rain since early June.

After a break, we walked the short distance to the viewing area, from which we could overlook the mountain slopes opposite. Paolo explained that the Alpine Buckthorn (*Rhamnus alpinus*) that the bears love so much were the bushes we could see above the tree line, mainly in corries, but that this year, with the hot weather and drought, the fruiting had been much earlier than usual, with a very poor crop. A female with cubs had been seen quite regularly in the area, but he was concerned that they might have already cleared the bushes. He may have been right: certainly, no animals were seen in the area while we were there. We did see a large Red Deer stag, and could hear him roaring, marking the start of the rutting season. There were a couple of hinds grazing on a neighbouring hillside, but very hard to pick out. We enjoyed the light on the hills, and the sunset as we walked back to the rifugio. A bat, probably a Noctule, was flitting round the building. As it grew dark, we enjoyed the log fire inside, and a delicious supper of soup, local sausage and cheeses – they buy the cheeses directly from the shepherd who grazes his stock in the valley. It was a beautiful night as we emerged from the rifugio, for the walk back down to the minibus; the moon was shining brightly, and we could see a good number of stars. We stopped and turned off our torches, enjoying the lack of light pollution and identifying constellations. We all agreed that it had been a very enjoyable evening.

Day 3

Saturday 2nd September

Val Fondillo; Opi; Bisegna viewpoint

After our late evening, the group reconvened at breakfast. As we were waiting to leave, Jeremy saw a Buzzard being harassed by a Hooded Crow. Our destination today was Val Fondillo. We parked at the entrance to the valley, split up the components of our picnic, and set off along the track. Scanning the slopes of Monte Marsicano behind us, we saw a group of four Red Deer hinds, with a group of four Abruzzo Chamois, virtually in the same field of view. It is quite unusual to see the chamois so far down the slope at this time of year, but was probably an indicator of the poor grazing available.

We noted the sparse fruit crops on St. Lucie's Cherry (*Prunus mahaleb*) and a Crab Apple (*Malus sylvestris*), and saw Spiny Restharrow, with pink flowers, and the parasitic Common Dodder (*Cuscuta epithymum*), with its thread-like stems and scarcely visible, scale-like leaves. Butterflies were on the wing and nectaring on Carlina Thistle flowers, including Adonis, Common and Chalk-hill Blues and Silver-spotted Skipper, and we found the orange-and-black striped 'AC Milan bug', *Graphosoma lineatum*. Having explored the edge of the valley, we returned to the path by a cave which had Maidenhair Spleenwort (*Asplenium trichomanes*) growing in it, and the silvery lime-encrusted rosettes of the endemic Reddish Saxifrage (*Saxifraga porophylla*) on top of the boulder. The path ran by a stream, the Torrente Fondillo, in which we could see young Brown Trout; Pond Skaters were moving around the surface of the stream-side pools. Grass-of-Parnassus (*Parnassia palustris*), a rare species in the area, was growing on the bank, and we added Large Wall Brown to the butterfly list. The sun had disappeared, and dark clouds were building, so we decided to have our picnic in the shelter of Beech trees. Unfortunately, the rain came before we had finished, but we were sheltered from the worst of the storm. Thunder was rumbling round the hills, but the rain soon eased as we set off to return along the track.

In a damp area with willow scrub, Wild Boar had been foraging and digging up roots and bulbs. We found a number of pale mauve Autumn Crocuses (*Colchicum lusitanum*), some only half in the ground: others had obviously made a tasty morsel. A Spotted Flycatcher was flitting through the willows and doing its characteristic fly-catching flights, and a female or juvenile Collared Flycatcher was glimpsed briefly but not relocated. A Blackcap was also seen as it disappeared into the scrub. After the storm, an area of flowering Water Mint (*Mentha aquatica*) smelt lovely but was almost devoid of insects. When we reached the visitor centre, we stopped for coffee and local cake, to celebrate Gundel's birthday.

Refreshed, we left the valley to visit the little hill-top village of Opi, turning the minibus and parking on the steep main street. From here we had excellent views both up and down the Sangro valley, and learnt a little of the wartime history of this community. We saw three Chamois in their large enclosure on the neighbouring hillside (one of the 'Faunistic areas' of the National Park) and a young Kestrel flew overhead. We then returned to the hotel for a short break before an evening drive.

We met at 6.15pm to drive up the valley, looking for mammals. An Eastern Eggar moth was in the hotel porch entrance, and was moved to safety. We stopped at the Bisegna road junction to scan the valley back towards Pescasseroli. A juvenile Red-backed Shrike was perching on various bushes, and then a young male Wild Boar appeared in a nearby field, giving excellent views before disappearing again into the trees. We moved on to an

area of field on the Bisegna road. As we were watching, another Wild Boar appeared on the far side and trotted towards us, stopping in the middle of the field. The light, by now, was failing, but the boar was spending a long time in one place, and we realised it was tearing at the remains of an old carcass, apparently of a calf. As it was becoming too dark to see properly, we returned to the Paradiso, where we enjoyed another excellent meal. During the night there was a terrific thunderstorm overhead, with heavy rain.

Day 4

Sunday 3rd September

Pescasseroli; La Cicerana (bear-watching)

This morning dawned bright but cold, and the weather became drizzly, with a cold wind. As we were leaving the hotel after breakfast, a Crossbill was on the top of one of the Spruces in the hotel garden, and another three flew in, while a Serin was heard. This morning we opted to spend time in Pescasseroli, to visit the historic part of the town and look at the river (which was very low). A cycle race had closed some of the roads, but was due to finish by the afternoon. Having explored the pretty town, we returned to the hotel for a warming coffee before lunch.

The weather brightened, and so today we were able to walk to La Cicerana. Having met Paolo in Pescasseroli, we drove to Passo Diavolo, disturbing a flock of Linnets which were on the track. We parked the minibus, but this time set off on foot up the stony track. Among the plants we noted *Sideritis* (*Sideritis italica*) and an emerging flower of the Autumn Crocus *Colchicum neapolitanum*, which has slightly wider tepals than *C. lusitanum*. A Marsh Tit was on a thistle head, and we passed an old Wolf scat, full of hair.

We reached the rifugio and had time to relax over a cup of tea before heading out again to scan the hillsides. The evening light was beautiful, but all was extremely quiet, with only one very distant Red Deer seen by Paolo but not the rest of us. Even the stags were silent today, maybe because of the sudden drop in temperature. Interest was provided by the sight of a walker with a dog climbing the mountain slopes, which are closed to the public, and Paolo took a photograph through his telescope to report to the Park Rangers. We walked back to the rifugio in the dusk, and enjoyed warmth of the wood-burning stove and another excellent supper of 'pasta al funghi', scamozza (dried Mozzarella) wrapped in speck, and fresh ricotta, not to mention some fine wine.

The moon was even brighter tonight for our walk down, and we disturbed a Nightjar on the road. Although we were disappointed not to have seen any bears, we thanked Paolo for the opportunity to appreciate this habitat, shared with such an iconic mammal.

Day 5

Monday 4th September

Villetta Barrea; Passo Godi; Lago di Scanno; Gole di Sagittario; Cocullo; Bisegna

Today we took a long journey, to experience more of the local area. After breakfast, and with the picnic on board, we set off down the Sangro Valley to the village of Villetta Barrea, where the Sangro flows in to the Lago di Barrea. Here we turned north, climbing up above the valley towards the Passo Godi, and a Common Redstart flew up from the road in front of us. We stopped to look back over the lake, and up to the hills. A group of six Red Deer hinds disappeared into scrub quite close at hand, while more Red Deer, also hinds, could be seen

grazing on distant hillsides. Meadow Brown and Grayling butterflies and the yellow semi-parasitic plant *Odontites luteus* were noted. A stop further up showed 10 Red Deer above us. We passed through the small ski resort of Passo Godi, and stopped at the watershed at 1,564 metres. Kestrels were hawking, and we saw two nests, one above the other, on an electricity pylon, with a Kestrel at the lower one and two other individuals on the insulators. A juvenile Red-backed Shrike was in a Rose bush.

We dropped down into the valley beyond, and stopped in the historic town of Scanno, which dates back to the 11th century, with a maze of narrow streets and alleyways on the steep valley slopes. After coffee and time to explore this fascinating town, we continued down to the Lago di Scanno for our picnic, sitting at the water's edge. Coot and Mallard were on the water, a dragonfly was hawking, and a young Grass Snake appeared from the water and moved up the concrete bank, disappearing into a crack in a terraced wall. Butterflies here included Common and Adonis Blues, and Great Banded Grayling.

Moving on, we soon entered the stunning Gole di Sagittario, or Sagittario Gorge, where the road runs between steep limestone cliffs. We stopped at Villalago, by the lake, to explore the roadside cliffs. The plants here were more Mediterranean, with Spiny Spurge (*Euphorbia spinosa*) and the very aromatic, white-flowered Winter Savory (*Satureja montana*), although the similar but more spindly, pink-flowered *Micromeria graeca* and the endemic bellflower *Campanula fragilis* subsp. *cavolinii*, growing on the rocks, were over. Other species included Terebinth tree (*Pistacia terebintha*), the cream, Scabious-like *Cephalaria leucantha* and Chicory (*Cichorium intybus*). Three Crag Martins flew overhead.

From here we continued through the gorge, taking a small turning to the right and parking at the start of a path along a section of the River Sagittario. Trees included Flowering or Manna Ash (*Fraxinus ornus*), Montpellier Maple (*Acer monspessulanus*) and Italian Maple (*Acer opalus* subsp. *obtusatum*), and we also noted Southern Polypody and Rustyback ferns (*Polypodium cambricum* and *Asplenium ceterach*), and Small Scabious (*Scabiosa columbaria*). The main delight here, though, was the patches of pink Ivy-leaved Cyclamen (*Cyclamen hederifolium*), illuminating the rather dark valley floor, and the fast-flowing stream. As we reached a more open area, where we could look up to the little town of Annversa degli Abruzzi above us, we saw a flock of about 30 Red-billed Chough, and four Ravens flew overhead. Several Silver-washed Fritillaries and Large Wall Browns were nectaring on Hemp Agrimony (*Eupatorium cannabinum*). As we retraced our steps, we had to pause to let a large flock of about 100 goats go past on the narrow and steep path.

We drove alongside of the rest of the gorge, above Annversa. We then started the loop back towards Pescasseroli, driving north and west, through Cocullo, Ortona, San Sebastiano and Bisegna. Above Cocullo we had another stop, mainly to enjoy the pink Willowherb *Epilobium dodonaei* growing by the road. Here we also recorded the Curry Plant *Helichrysum italicum*, and Cardinal and Grayling Butterflies. A Buzzard flew overhead. Near the Bisegna road junction we encountered a Red Fox by the road which appeared to be begging for food, but gave good photographic opportunities. A single Roe Deer was glimpsed in a field. Although it had been a long day, with a lot of driving, we all agreed that it had been very enjoyable.

Day 6

Tuesday 5th September

Val di Rose

We woke to another fine day, ideal for our mountain walk up the Val di Rose. After breakfast, with picnics made, we drove back along the Sangro valley to Villetta Barrea, this time turning right over the river and up to the village of Civitella Alfedena, where we parked at the start of our path. A Humming-bird Hawk-moth was feeding on a Buddleia. We set off up the stony path, where plants in the initial section included Barberry (*Berberis vulgaris*), Turkey Oak (*Quercus cerris*) and, in the open, Mountain Tragacanth (*Astragalus sempervirens*). We were concentrating on walking up the steep path through the Beech forest and glades, and the group soon strung out, as people went at their own pace. We had lovely views down to the silvery Lago di Scanno, below us. Despite the low water level, a Canadair fire-fighting plane was collecting water and flew off to the north. A Common Wall Lizard was on a tree trunk and a Western Green Lizard posed well on a rock. Among the butterflies, we recorded Adonis, Common and Long-tailed Blues, Meadow Brown, Large White and Eastern Bath White. A mixed tit party flitted between trees and bushes, including Blue, Great, Coal and Marsh Tits.

Finally, we reached the final glade, where we took a much-needed rest. The main focus of our attention was the Abruzzo Chamois, and we could see two resting on the scree above us. They are an endemic race, and a different species from Alpine Chamois; this area is their stronghold. Jeremy alerted us to a couple of enormous birds, and we watched this pair of Golden Eagles as they thermalled high in the sky and eventually were lost to sight. Refreshed, it was not long until we reached the tree line and emerged into the open alpine meadows, with stunning views in all directions. There were more Chamois here, and we counted 15 in total. We ate our picnic by a solitary Sycamore tree, and continued to explore the area; Gundel and Frank climbed to the ridge to the side, enjoying the magnificent views beyond. Black Redstarts were flitting around the boulders, and Water Pipit and Wren were noted. Plants included Cobweb Houseleek (*Sempervivum arachnoideum*) in a boulder, and the non-flowering plants of *Daphne oleoides* and Mezereum (*Daphne mezereum*). Eventually, we all made our way down

We reconvened at the Bar delle Lince in the village, where we enjoyed refreshments before returning to the hotel for a quiet evening. We all had a sense of achievement after our strenuous walk, and were all delighted to have seen the Chamois in such beautiful surroundings.

Day 7

Wednesday 6th September

Pescasseroli; Camosciara; Gioia Vecchio

After breakfast, we all went into Pescasseroli in order to do some shopping, look round the market and explore the back streets of this little town.

Feeling rather tired after our exertions of the previous day, we decided on a gentle and easy walk in beautiful surroundings, so we drove to Camosciara, the valley in the heart of the park. We parked and set off walking along the road, enjoying the craggy peaks of La Camosciara and the other mountains around us. Among the trees, we noted Dogwood and Cornelian Cherry (*Cornus sanguinea* and *Cornus mas*), Wild Pear (*Pyrus communis* subsp. *pyraster*) and the bristly acorn cups of Turkey Oak (*Quercus cerris*). Nuthatch was calling, and butterflies included Chalk-hill, Adonis and Long-tailed Blues, Wall, Pearl-bordered Fritillary, Meadow Brown and Wood

White. Small patches of the Autumn Crocus *Colchicum lusitanum* shone pale mauve against dark soil, and we found the leaves of Hepatica (*Hepatica nobilis*). We wandered along by the stream, noting areas of significant erosion, indicating power of the river in spate. One old Oak tree bore patches of the lichen Lungwort, and we saw how the colour instantly changes from brown to green when it becomes wet.

We had a leisurely picnic in the sun, back by the minibus, and returned to the Paradiso, where we had tea on the sunny roof terrace. We met again at 5.30pm for a slow drive up the valley towards Gioia Vecchio. On the way, near the remains of the landslide, we saw movement in a meadow which revealed itself to be a large troop or 'sunder' of Wild Boar, with four adults and 15 tiny piglets, still with their ginger-and-white stripey coats. We watched them running through the grass and eventually lost them from sight. We carried on to Gioia Vecchio, where we saw another, large Wild Boar more distantly, and a group of four in the valley below us, foraging amongst the trees and scrub. As the light faded, there was also a beautiful sunset over the mountains. Pleased with such good views, we returned to the hotel for another delicious meal, and our final evening together. We said our goodbyes to Marco and Geraldine, as they had to be out in the morning.

Day 8

Thursday 7th September

Pescasseroli – Rome - London

Today was our final morning, and we had to return to Rome. After breakfast we loaded our luggage into the vehicle and said our farewells and thanks to Elena and the Albergo Paradiso. We drove north, out of the park and down to the plain below, where we joined the autostrada for Rome. We reached the airport in good time and checked in for our flights, leaving behind the wonderful wildlife and beautiful scenery of the Abruzzo National Park. Once back in the UK, another Naturetrek adventure came to an end.

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Species Lists

Plants (* = a species is endemic)

The layout of the plant list, and plant names have been updated in line with current taxonomy (mainly based on DNA studies).

Scientific name	Common name	Location
PTERIDOPHYTES		
FERNS & ALLIES		
Leptosporangiate Ferns		
True Ferns		
Aspleniaceae	Spleenwort Family	
<i>Asplenium ceterach</i>	Rustyback	Sagittario Gorge
<i>Asplenium ruta-muraria</i>	Wall Rue	Val di Rose
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	Val Fondillo
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris filix-mas</i>	Male Fern	Sagittario Gorge
Polypodiaceae	Polypody Family	
<i>Polypodium vulgare</i> agg.	Common Polypody	Sagittario Gorge
GYMNOSPERMS		
CONIFERS		
Cupressaceae	Juniper Family	
<i>Juniperus communis</i>	Common Juniper	Val Fondillo
<i>Juniperus communis</i> var. <i>saxatilis</i>	Dwarf Juniper	Val di Rose
Pinaceae	Pine Family	
<i>Pinus mugo</i>	Dwarf Mountain Pine	Val di Rose
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	Near Hotel
ANGIOSPERMS		
FLOWERING PLANTS		
Eu-dicots		
True Dicotyledons		
Adoxaceae	Moschatel Family	
<i>Sambucus ebulus</i>	Dwarf Elder	Near Hotel
<i>Sambucus nigra</i>	Elder	Near Hotel
Anacardiaceae	Sumach Family	
<i>Pistacia terebinthus</i>	Terebinth Tree	Sagittario Gorge
Apiaceae	Carrot Family	
<i>Eryngium amethystinum</i>	Blue Eryngo	Common
<i>Eryngium campestre</i>	Field Eryngo	Above Cocullo
<i>Seseli montanum</i> subsp. <i>tommasinii</i>	Seseli	Near Hotel
Apocynaceae	Periwinkle Family	
<i>Nerium oleander</i>	Oleander (planted)	Rome Ringroad
<i>Vincetoxicum hircundinaria</i>	Swallow-wort	Val di Rose

Scientific name	Common name	Location
Aquifoliaceae <i>Ilex aquifolium</i>	Holly Family Holly	Val Fondillo
Araliaceae <i>Hedera helix</i>	Ivy Family Ivy	Sagittario Gorge
Betulaceae <i>Corylus avellana</i>	Birch Family Hazel	Val Fondillo
Boraginaceae <i>Cynoglossum magellense*</i> <i>Echium vulgare</i> <i>Myosotis scorpioides</i>	Forget-me-not Family An endemic Hound's-tongue Viper's-bugloss Water Forget-me-not	Near Hotel (leaves) Val di Rose Val Fondillo
Brassicaceae <i>Lunaria annuus</i>	Cabbage Family Annual Honesty	Sagittario Gorge
Campanulaceae <i>Campanula fragilis</i> subsp. <i>cavolinii*</i> <i>Campanula rapunculus</i> <i>Campanula trachelium</i>	Bellflower Family An endemic bellflower Rampion Bellflower Nettle-leaved Bellflower	Sagittario Gorge (over) Val Fondillo Camosciara
Caprifoliaceae <i>Cephalaria leucantha</i> <i>Dipsacus fullonum</i> <i>Scabiosa columbaria</i>	Honeysuckle Family a Cream Scabious Wild Teasel Small Scabious	Sagittario Gorge Val Fondillo Val Fondillo
Caryophyllaceae <i>Cerastium tomentosum</i> <i>Dianthus longicaulis</i> <i>Petrorhagia saxifraga</i> <i>Silene vulgaris</i>	Pink Family Snow-in-Summer A Wood Pink a Tunic Flower Bladder Campion	Val Fondillo (leaves) Above Cocullo Near Hotel Val Fondillo
Celastraceae <i>Euonymus europaeus</i> <i>Parnassia palustris</i>	Spindle Family Spindle Tree Grass-of-Parnassus	Val Fondillo Val Fondillo
Cistaceae <i>Fumana procumbens</i>	Rock-rose Family Procumbent Fumana	Sagittario Gorge (over)
Compositae (Asteraceae) <i>Carduus affinis</i> <i>Carlina acanthifolia</i> <i>Carlina acaulis</i> subsp. <i>simplex</i> <i>Carlina corymbosa</i> <i>Carlina vulgaris</i> <i>Centaurea ambigua</i> subsp. <i>nigra</i> <i>Centaurea jacea</i> <i>Echinops sphaerocephala</i> <i>Eupatorium cannabinum</i>	Daisy Family Acanthus-leaved Carlina Thistle Stemmed' Stemless Carlina Thistle Corymbose Carlina Thistle Carlina Thistle Brown Knapweed Great Globe Thistle Hemp Agrimony	Val Fondillo Near Hotel Near Hotel Near Hotel Near Hotel Val Fondillo Camosciara Near Passo Diavolo Sagittario Gorge

Scientific name	Common name	Location
<i>Helichrysum italicum</i>	A Curry Plant	Above Cocullo
<i>Jacobaea samnitum</i> *	A large-flowered Ragwort	Val Fondillo
<i>Lactuca viminea</i> subsp. <i>chondrillifolia</i>		Sagittario Gorge
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Val Fondillo
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	Val Fondillo
<i>Cuscuta epithimum</i>	Common Dodder	Val Fondillo
Cornaceae	Dogwood Family	
<i>Cornus mas</i>	Cornelian Cherry	Camosciara
<i>Cornus sanguinea</i>	Dogwood	Camosciara
Crassulaceae	Stonecrop Family	
<i>Sedum album</i>	White Stonecrop	Near Hotel
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	Val di Rose
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	Val di Rose
Euphorbiaceae	Spurge Family	
<i>Euphorbia cyparissias</i>	Cypress Spurge	Near Hotel
<i>Euphorbia myrsinites</i>	Glaucous Spurge	Near Hotel
<i>Euphorbia spinosa</i>	Spiny Spurge	Sagittario Gorge
Fagaceae	Beech Family	
<i>Fagus sylvatica</i>	Beech	Common
<i>Quercus cerris</i>	Turkey Oak	Val di Rose
<i>Quercus ilex</i>	Holm Oak	Sagittario Gorge
<i>Quercus pubescens</i>	Downy Oak	Roadsides
Gentianaceae	Gentian Family	
<i>Gentiana cruciata</i>	Cross Gentian	Val Fondillo (over)
Geraniaceae	Crane's-bill Family	
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	Val di Rose (leaves)
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Val Fondillo
Grossulariaceae	Gooseberry Family	
<i>Ribes uva-crispa</i>	Gooseberry	Val di Rose
Hypericaceae	St. John's-wort Family	
<i>Hypericum perforatum</i>	Perforate St. John's-wort	Near Hotel
Lamiaceae	Deadnettle Family	
<i>Clinopodium nepeta</i> subsp. <i>glandulosum</i>	Lesser Calamint	Sagittario Gorge
<i>Mentha aquatica</i>	Water Mint	Val Fondillo
<i>Micromeria graeca</i> subsp. <i>tenuifolia</i>	Pink Micromeria	Sagittario Gorge (over)
<i>Prunella laciniata</i>	Cut-leaved Self-heal	Val Fondillo
<i>Satureja montana</i>	Winter Savory	Sagittario Gorge
<i>Sideritis italica</i>	A Sideritis	La Cicerana
<i>Thymus oenipontanus</i>	Wild Thyme	Val Fondillo

Scientific name	Common name	Location
Leguminosae (Fabaceae)	Pea Family	
<i>Astragalus sempervirens</i>	Mountain Tragacanth	Val di Rose
<i>Laburnum anagyroides</i>	Laburnum	Camosciara
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	Near Hotel
<i>Ononis spinosa</i>	Spiny Restharrow	Val Fondillo
<i>Spartium junceum</i>	Spanish Broom	Sagittario Gorge
<i>Trifolium pratense</i>	Red Clover	Val Fondillo
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	Sagittario Gorge
<i>Fraxinus ornus</i>	Manna or Flowering Ash	Sagittario Gorge
<i>Ligustrum vulgare</i>	Privet	Val Fondillo
Onagraceae	Willowherb Family	
<i>Epilobium dodonaei</i>	an Alpine Willowherb	Above Cocullo
Orobanchaceae	Broomrape Family	
<i>Euphrasia agg</i>	Eyebright	Near Hotel
<i>Odontites lutea</i>	Yellow Odontites	Sagittario Gorge
<i>Odontites vulgaris</i>	Red Bartsia	Near Hotel
<i>Orobanche hederaræ</i>	Ivy Broomrape	Sagittario Gorge (over)
Plantaginaceae	Plantain Family	
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	Opi
<i>Digitalis ferruginea</i>	Brown Foxglove	Near Hotel (over)
<i>Linaria purpurea</i>	Purple Toadflax	Val Fondillo
<i>Plantago media</i>	Hoary Plantain	Val Fondillo
Plumbaginaceae	Thrift Family	
<i>Armeria canescens</i>	Plantain-leaved Thrift	Near Hotel
Primulaceae	Primrose Family	
<i>Cyclamen hederifolium</i>	Common Sowbread	Near Hotel
<i>Primula vulgaris</i>	Primrose	Val Fondillo (leaves)
Ranunculaceae	Buttercup Family	
<i>Clematis vitalba</i>	Old Man's Beard	Near Hotel
<i>Helleborus foetidus</i>	Stinking Hellebore	Val Fondillo (leaves)
<i>Hepatica nobilis</i>	Hepatica	Camosciara (leaves)
<i>Ranunculus thora</i>	Thore's Buttercup	Camosciara (leaves)
<i>Thalictrum simplex</i>	A Meadow-rue	Val Fondillo
Rhamnaceae	Buckthorn Family	
<i>Rhamnus alpinus</i>	Alpine Buckthorn	La Cicerana
<i>Rhamnus cathartica</i>	Buckthorn	Near Hotel
<i>Rhamnus pumila</i>	Dwarf Buckthorn	Val di Rose
Rosaceae	Rose Family	
<i>Crataegus monogyna</i>	Hawthorn	Common
<i>Fragaria vesca</i>	Wild Strawberry	Val Fondillo

Scientific name	Common name	Location
<i>Malus sylvestris</i>	Crab Apple	Val Fondillo
<i>Potentilla reptans</i>	Creeping Cinquefoil	La Cicerana
<i>Prunus spinosa</i>	Blackthorn	Near Hotel
<i>Pyrus communis</i> subsp. <i>pyraster</i>	Wild Pear	Near Hotel
<i>Rosa canina</i> agg.	Dog Rose	Near Hotel
Rubiaceae	Bedstraw Family	
<i>Asperula aristata</i>	Southern Squinancywort	Near Hotel
Salicaceae	Willow Family	
<i>Salix alba</i>	White Willow	Val Fondillo
<i>Salix apennina</i>	Apennine Willow	Val Fondillo
<i>Salix purpurea</i>	Purple Willow	Val Fondillo
Santalaceae	Sandelwood Family	
<i>Viscum album</i>	Mistletoe	Val Fondillo
Sapindaceae	Maple Family	
<i>Acer campestre</i>	Field Maple	Common
<i>Acer monspessulanum</i>	Montpelier Maple	Sagittario Gorge
<i>Acer opalus</i> subsp. <i>obtusatum</i>	Italian Maple	Val Fondillo
<i>Acer pseudoplatanus</i>	Sycamore	Val di Rose
Saxifragaceae	Saxifrage Family	
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	Sagittario Gorge (leaves)
<i>Saxifraga porophylla</i> *	Reddish Saxifrage	Val Fondillo (leaves)
Scrophulariaceae	Figwort Family	
<i>Scrophularia canina</i>	Dog (French) Figwort	Near Hotel
<i>Verbascum mallophorum</i>	a large branched Mullein	Near Hotel
Solanaceae	Nightshade Family	
<i>Solanum dulcamara</i>	Woody Nightshade	Val Fondillo
Thymelaeaceae	Daphne Family	
<i>Daphne laureola</i>	Spurge Laurel	Near Hotel
<i>Daphne mezereum</i>	Mezereon	Val di Rose (leaves)
<i>Daphne oleoides</i>	a Daphne	Val di Rose (leaves)
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Nettle	Val Fondillo
Monocots	Monocotyledons	
Asparagaceae	Asparagus Family	
<i>Polygonatum multiflorum</i>	Solomon's Seal	Near Hotel
<i>Ruscus aculeatus</i>	Butcher's Broom	Sagittario Gorge
Colchicaceae	Autumn Crocus Family	
<i>Colchicum lusitanum</i>	An Autumn Crocus	Val Fondillo

Scientific name	Common name	Location
<i>Colchicum neapolitanum</i>	An Autumn Crocus	La Cicerana
Orchidaceae	Orchid Family	
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	Val di Rose (over)
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	Val di Rose (over)
FUNGI		
Lecanoromycetes	Lichens	
<i>Lobaria pulmonaria</i>	Lungwort	Camosciara
Agaricomycetes		
<i>Fomes fomentarius</i>	Hoof Fungus	Val di Rose

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

	Common name	Scientific name	August / September							
			31	1	2	3	4	5	6	7
1	Golden Eagle	<i>Aquila chrysaetos</i>						✓		
2	Eurasian Sparrowhawk	<i>Accipiter nisus</i>		✓						
3	Common Buzzard	<i>Buteo buteo</i>			✓		✓		✓	
4	Eurasian Coot	<i>Fulica atra</i>					✓			
5	Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓		✓		✓		✓	
6	Common Wood Pigeon	<i>Columba palumbus</i>	✓			✓	✓	✓	✓	
7	Tawny Owl	<i>Strix aluco</i>				H				
8	European Nightjar	<i>Caprimulgus europaeus</i>				✓				
9	Great Spotted Woodpecker	<i>Dendrocopos major</i>								H
10	European Green Woodpecker	<i>Picus viridis</i>		H		H	H	H	H	
11	Common Kestrel	<i>Falco tinnunculus</i>			✓		✓		✓	
12	Red-backed Shrike	<i>Lanius collurio</i>			✓		✓			
13	Eurasian Jay	<i>Garrulus glandarius</i>				H		H	H	
14	Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓	
15	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>					✓			
16	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	
17	Northern Raven	<i>Corvus corax</i>					✓	✓		
18	Coal Tit	<i>Periparus ater</i>		✓		✓		✓		
19	Marsh Tit	<i>Poecile palustris</i>				✓		✓		
20	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓		✓	✓		
21	Great Tit	<i>Parus major</i>		✓			✓	✓	✓	
22	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓	
23	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>					✓			
24	Common House Martin	<i>Delichon urbicum</i>		✓		✓	✓	✓	✓	
25	Common Chiffchaff	<i>Phylloscopus collybita</i>			✓					
26	Eurasian Blackcap	<i>Sylvia atricapilla</i>		✓	✓		H			H
27	Eurasian Wren	<i>Troglodytes troglodytes</i>		✓	✓		H	✓		
28	Eurasian Nuthatch	<i>Sitta europaea</i>		H				H	H	
29	Common Starling	<i>Sturnus vulgaris</i>	✓							
30	Common Blackbird	<i>Turdus merula</i>		✓	✓	✓	✓	✓	✓	
31	Spotted Flycatcher	<i>Muscicapa striata</i>			✓					
32	European Robin	<i>Erithacus rubecula</i>		✓	✓	✓				
33	Collared Flycatcher	<i>Ficedula albicollis</i>			✓					

	Common name	Scientific name	August / September							
			31	1	2	3	4	5	6	7
34	Black Redstart	<i>Phoenicurus ochruros</i>						✓		
35	Common Redstart	<i>Phoenicurus phoenicurus</i>					✓			
36	Northern Wheatear	<i>Oenanthe oenanthe</i>		✓			✓			
37	Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓	✓	✓		✓	
38	Water Pipit	<i>Anthus spinoletta</i>						✓		
39	Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓	✓	✓	
40	Common Linnet	<i>Linaria cannabina</i>				✓		✓		
41	Red Crossbill	<i>Loxia curvirostris</i>		H		✓				
42	European Goldfinch	<i>Carduelis carduelis</i>		✓			✓		✓	
43	European Serin	<i>Serinus serinus</i>		H	LO	H				

Mammals (S = signs of)

1	Red Fox	<i>Vulpes vulpes</i>					1	S		
2	Grey Wolf	<i>Canis lupus</i>				S		S	S	
3	Red Deer	<i>Cervus elaphus</i>		1	4		✓			
4	Roe Deer	<i>Capreolus capreolus</i>					1			
5	Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>			4			15		
6	Wild Boar	<i>Sus scrofa</i>		S	2	S		S	25	
7	Bat cf Noctule	<i>cf. Nyctalus noctula</i>	<input type="checkbox"/>	1						

Reptiles & Amphibians (D = Dead)

1	Common Toad	<i>Bufo bufo</i>					D			
2	Green Lizard	<i>Lacerta viridis</i>						✓		
3	Common Wall Lizard	<i>Podarcis muralis</i>	✓				✓	✓	✓	
4	Grass Snake	<i>Natrix natrix</i>					✓			

Fish

1	Brown Trout	<i>Salmo trutta</i>			✓					
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Butterflies

1	Large White	<i>Pieris brassicae</i>		✓	✓	✓	✓	✓	✓	
2	Small White	<i>Pieris rapae</i>		✓			✓	✓	✓	
3	Eastern Bath White	<i>Pontia edusa</i>					LO	✓		
4	Wood White	<i>Leptidea sinapis</i>					✓		✓	
5	Long-tailed Blue	<i>Lampides boeticus</i>							✓	
6	Lang's Short-tailed Blue	<i>Leptotes pirithous</i>						LO		
7	Chalk-hill Blue	<i>Polyommatus coridon</i>			✓				✓	
8	Adonis Blue	<i>Polyommatus bellargus</i>		✓	✓		✓	✓	✓	
9	Common Blue	<i>Polyommatus icarus</i>			✓		✓	✓		
10	Comma Butterfly	<i>Polygonia c-album</i>					✓			
11	Southern Comma	<i>Polygonia egea</i>					✓			
12	Cardinal Fritillary	<i>Argynnis pandora</i>					✓			
13	Silver-washed Fritillary	<i>Argynnis paphia</i>					✓			
14	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>							✓	
15	Spotted Fritillary	<i>Melitaea didyma</i>					LO			
16	Woodland Grayling	<i>Hipparchia fagi</i>					✓			
17	Grayling	<i>Hipparchia semele</i>					✓			

	Common name	Scientific name	August / September							
			31	1	2	3	4	5	6	7
18	Great Banded Grayling	<i>Brintesia circe</i>	✓				✓			
19	Autumn Ringlet	<i>Erebia neoridas</i>				✓				
20	Meadow Brown	<i>Maniola jurtina</i>					✓	✓	✓	
21	Small Heath	<i>Coenonympha pamphilus</i>		✓						
22	Speckled Wood	<i>Pararge aegeria tircis</i>								✓
23	Wall Brown	<i>Lasiommata megera</i>								✓
24	Large Wall Brown	<i>Lasiommata maera</i>			✓		✓			
25	Silver-spotted Skipper	<i>Hesperia comma</i>		✓	✓					

Moths

1	Crambid	<i>Agriphila tristella</i>			✓					<input type="checkbox"/>
2	Eastern Eggar	<i>Eriogaster catax</i>			✓					<input type="checkbox"/>
3	Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>						✓		<input type="checkbox"/>
4	Double Square-spot	<i>Xestia triangulum</i>		✓						<input type="checkbox"/>

Other Invertebrates

1	Black-tailed Skimmer	<i>Orthetrum cancellatum</i>					✓			
2	a Hawker	<i>Aeshna sp.</i>								✓
3	Grasshopper spp	<i>Acrididae</i>		✓	✓		✓	✓	✓	
4	Blue-winged Grasshopper	<i>Oedipoda caerulea</i>		✓				✓	✓	
5	Red-winged Grasshopper	<i>Oedipoda cf. germanica</i>		✓				✓		
6	Red and black Shield Bug	<i>Graphosoma lineatum (italicum)</i>			✓					
7	Red & black Ground Bug	<i>Lygaeus saxatilis</i>				✓		✓	✓	
8	Drone-fly	<i>Eristalis tenax</i>				✓				



Local Goats