

Abruzzo in Autumn

Naturetrek Tour Report

7 - 14 September 2017



Red Fox



Long-tailed Blue



Green Lizard



Sangro valley at dawn

Report compiled by Jessica Turner
Images courtesy of Rachel Piper



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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. Some managed brief views of a female Brown Bear with cubs, and we learnt that the lack of food was bringing them into towns and villages; indeed, a few days after we left, one was seen walking down the main street of Pescasseroli. Red Deer were starting to rut, and we enjoyed some good views of Wild Boar and of Abruzzo Chamois. We saw an interesting selection of plants a good range and number of late-summer butterflies and other insects. Bird life was fairly quiet, but the migrating Bee-eaters were a pleasure. We also enjoyed the picturesque and historic towns and villages of the area, and especially the Roman remains at Alba Fucens, a new destination for this trip. 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 7th September

London Heathrow – Rome - Pescasseroli

The group members travelled from London Heathrow, Terminal 5, on the 10.45am flight to Rome, where they met with Jessica, who had led the previous week's group. Jessica collected the minibus and then we quickly loaded up and set off towards the Rome ringroad, which was typically rather slow. As we went, we noted the flowering Oleanders (*Nerium oleander*) along the central reservation, and Hooded Crows, Starlings, Swallows and House Martins, and a Yellow-legged Gull overhead. As we drove eastwards towards the Apennine mountains, the road passed through several tunnels and over deep valleys, bordered by a number of hilltop villages, and the countryside became more wooded. We stopped for a break and a leg-stretch by Monte Velino. As we continued, we admired the evening light on the mountains. We 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 the 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 8th September

Round hotel; Val Fondillo; Opi; Gioia Vecchio

This morning, before breakfast, we explored the area round the hotel so we could get our bearings. Overnight, Eastern Eggar and Grass moths had been attracted to the lights in the porch. A Red Squirrel was in the Spruce trees round the hotel, and we could see its dark coloration. A family of Goldfinches landed in a nearby tree and we had good views of one in the telescope. Bullfinch was calling, and Coal Tit, Great Tit and Robin were seen.

Plants included the 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 the 'ordinary' Carline Thistle (*Carlina vulgaris*) with small flowers, along with the delightful Blue Eryngo (*Eryngium amethystinum*). We climbed the small hill behind the hotel, seeing and hearing a distant Red Deer stag, and enjoying the views down the Sangro valley with the mist rising in the early sun.

After breakfast, we drove down the valley, past Opi: our destination today was Val Fondillo. Having obtained permission to drive one of the group further up the valley to ease walking, we parked back at the entrance to the valley and set off in warm sunshine. We noted the fruit crops on Sloe (*Prunus spinosa*), Hawthorn (*Crataegus monogyna*), Spindle (*Euonymus europaeus*), Wild Pear (*Pyrus communis* subsp. *pyraster*) and Crab Apple (*Malus sylvestris*). Two Common Buzzards were seen overhead. House Martins and Swallows were feeding low over the meadows. Butterflies on the wing and nectaring on Mint and Carline Thistle flowers included Southern White Admiral, Adonis, Common and Long-tailed Blues, Southern Grizzled and Silver-spotted Skippers, Heath and Silver-washed Fritillaries, Clouded Yellow, the much paler Berger's Clouded Yellow and Meadow Brown. We crossed the floor of the valley, stopping to scan the slopes of Monte Marsicano, behind us. Here we saw a large group of about 40 Red Deer hinds, later joined by a stag, and two groups of Abruzzo Chamois, totalling about 35. A juvenile Red-backed Shrike was on a nearby bush. We added Southern Comma, Chalk-hill Blue, Wood White, Peacock and Great Banded Grayling to our growing butterfly list. Birds were very quiet, but included Great Spotted Woodpecker, Nuthatch and Wren.

A boulder forming a cave held the endemic Reddish Saxifrage (*Saxifraga porophylla*), now past flowering, and a variety of ferns: Rustyback (*Asplenium ceterach*), Maidenhair Spleenwort (*Asplenium trichomanes*) and Wall-rue (*Asplenium ruta-muraria*). We met Penelope at the bridge over the fast-flowing stream, where she had spent time in the adjacent meadows, and slowly retraced our steps back down the track. A damp area showed extensive signs of Wild Boar activity, and included a display of Autumn Crocuses (*Colchicum lusitanum*), some of which had been dug up by the Boar for their bulbs.

We used the picnic area for our lunch of delicious local cheeses and meats, and some enormous local plums, enjoying our surroundings, but occasionally fending off friendly donkeys. 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 the surrounding mountains. We learnt a little of the wartime history of this community. We then headed back to the hotel and had some free time before meeting to discuss our day and check photographs.

At 6pm, we left to drive up the valley north of Pescasseroli. We stopped near the Bisegna road junction, where we saw two Red Foxes hunting in a meadow and also two Red Deer hinds. We then moved on to Gioia Vecchio. All was very quiet there, but we learnt that bears had been seen in the valley recently. As the light was fading fast and time was running out, we returned to the hotel for another delicious meal, before we retired to bed.

Day 3

Saturday 9th 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, turning right over the river and up to the village of Civitella Alfadena, where we parked at the start of our path. We set off up the stony path, where plants in the initial section included Barberry (*Berberis vulgaris*) and Turkey Oak (*Quercus cerris*) and, in the open, Mountain Tragacanth (*Astragalus sempervirens*). As we walked up the steep path through the Beech forest, we were enjoying the play of light on the trees and the wonderful lichens and mosses on their trunks. We could hear distant Red Deer and also heard Nuthatch and Green Woodpecker, and saw a Marsh Tit. The glades were rich in insects, especially butterflies and grasshoppers. Among the former, we recorded Autumn Ringlet, Small Copper, Berger's Clouded Yellow, Adonis and Common Blues and Meadow Brown, plus Red-winged, Blue-winged and Meadow Grasshoppers. A fine Western Green Lizard was in a Dog Rose (*Rosa canina*) bush. At first, there were magnificent views back down to the Lago di Barrea, then forwards to the slopes of Monte Boccanera above. We left one group member to enjoy the glades, as the rest of us pushed on.

Eventually we reached the final glade, where we stopped for a break. It was windier here, but an Autumn Ringlet drew attention, and a sprig of Purple Toadflax (*Linaria purpurea*) was in flower. We scanned the slopes above for Abruzzo Chamois, eventually finding three animals. They are an endemic race, and a different species from Alpine Chamois; this area is their stronghold. Having rested, it was not long until we reached the tree line and emerged into the open alpine meadows, with stunning views in all directions. We ate our picnic by a solitary Sycamore tree, and located four more Chamois, all rather distant. Black Redstart and Water Pipit were flitting around. We continued to explore the area, climbing up to the Passo Cavuto (at 1,942 metres), where the views were even more stunning. Some saw a fine Red Deer stag with a group of hinds on the other side of the pass and a flock of Red-billed Chough. A group of five Chamois were very much closer, giving photographic opportunities. As we started our descent, we also had good views of a couple of Red Deer hinds and a fawn, and found a Fox Moth caterpillar. Two Ravens flew over, calling loudly.

We made our way down, cautiously negotiating the stony path, and 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. As we drove past the fields at Opi, we paused to watch a troop of Wild Boar, with six adult/sub-adults and about 20 piglets (small but no longer stripey). We then noticed two further troops of similar size on the far side of the fields. It is quite unusual to see so many at once, although Boar live in these extended family groups of females and youngsters, also called 'sounders'. We met for another excellent dinner, catching up with one of the group who had spent the day more locally, exploring Pescasseroli.

Day 4

Sunday 10th September

Gioia Vecchio; meadows behind hotel

This morning dawned fine and we were out at 6.30am to drive to Gioia Vecchio. En route, we saw a large Wild Boar in a meadow near the Bisegna road junction. All was quiet at Gioia Vecchio, and we were the only

watchers. As we scanned, a female Brown Bear with two cubs appeared from the trees along the stream line, rapidly crossing a clearing. Unfortunately, not everyone was able to get on to them before they disappeared back into the trees. They were glimpsed again in another clearing but were then lost to sight. A regular watcher appeared and suggested that a view point further down the road might give another opportunity to see them, so we moved down, but they did not reappear. They were probably feeding on Crab Apples (*Malus sylvestris*) and Wild Pears (*Pyrus communis* subsp. *pyraster*) in the valley. We heard later that they were seen in the late afternoon as well. We needed to get back for breakfast, so we left the site.

The bright dawn deteriorated into dark cloud, but the promised rain had not yet arrived so, after breakfast, group members had the opportunity to explore further the area round the hotel, either on their own or with Jessica. Those who went up the hill reported Common Sowbread (*Cyclamen hederifolium*) under the trees. Others walked along the road towards the town with Jessica. A flock of 40 migrating Bee-eaters flew overhead, calling loudly. A Hooded Crow was harassing a Kestrel, and we had good views of Tree Sparrows and two Whinchats.

The rain came in the late morning, so we had our picnic at the hotel. The afternoon was then extremely wet with some thunder. It eased later, so several folk went out for some fresh air, but the rain soon returned with vengeance and continued through the night.

Day 5

Monday 11th September

Gioia Vecchio; Alba Fucens

It was still raining hard at dawn, so we abandoned any idea of going out early. The forecast for the morning was wet, but brightening later. Accordingly, we decided to go further afield, to visit the Roman remains at Alba Fucens, a little north of Avezzano, a completely new site for Naturetrek visits. After breakfast, we left the hotel in light rain, but it eased as we drove up the valley. By the time we reached Gioia Vecchio, the rain had stopped, but there was a cool wind. We spent some time scanning the valley and slopes, enjoying the light on the rain-washed hills and the cloud formations, and seeing a Wild Boar. We also saw Black Redstarts and a family of Marsh Tits, and Rachel reported an extremely fine, male Common Redstart.

We then drove on down, out of the National Park to the plain below, in improving weather. We noted how the trees were turning golden-brown, especially the Field and Italian Maples (*Acer campestre* and *Acer opalus* subsp. *obtusatum*). Several Jays flew across the road in front of us. Once we had passed through Gioia dei Marsi, we turned to take the Circumfucense road that goes around the edge of the flat area that was Lake Fucino. We stopped to note two Kestrels and a Sparrowhawk feeding with a large flock of House Martins and Swallows. Moving on, we drove through Paterno and San Pelino, turning north into the Sirente-Velino Regional Park. It was then not far to Albe, the site of the Alba Fucens. We parked in the square, visited the information office and then had coffee in the local bar.

Alba Fucens was an ancient town, developed by the Romans from 304BC and eventually abandoned in the 10th century. There are well-preserved town walls, streets and buildings, and an amphitheatre, all of which were fascinating to explore. We walked up a hill to the church of St. Pietro, which is on the site of a pagan temple, and

from which we could look over the amphitheatre. Two sculptural plants drew out attention: the green-flowered Field Eryngo (*Eryngium campestre*) and Honewort (*Trinia dalechampii*). Several Millipedes were found, and butterflies included many Tree Graylings, Great Banded Grayling, Adonis, Common and Long-tailed Blues, Wall Brown, Small Heath and Berger's Clouded Yellow. A small flock of Meadow Pipits were in the rough grass, and other plants included Yellow Odontites (*Odontites luteus*), Pale Bugloss (*Echium italicum*) and the Curry Plant *Helichrysum italicum*. Having explored the amphitheatre, we moved down to the part of the town with the remains of shops, houses and other buildings. The views over the mountains and Avezzano plain, once the site of the enormous Lake Fucino, were beautiful, but we could see distant rain showers. We had lunch in a small bar, and were going to spend some more time in the site, but the rain arrived, quite heavily, so we decided to head for home.

As we drove east, we came out of the rain, and the hills were drier, with wisps of clouds. A Red Squirrel crossed the road just in front of us and sat for a while on the verge bank, giving most of us excellent views of its chocolate-brown coloration, before it headed up into the trees. The rain caught up with us just as we reached Gioia Vecchio, and cloud was hanging low in the valley, so we decided not to stop there again, but return home. The rain continued into the evening so, after a break, we met to check photographs and update our lists, before another of Geraldine's delicious meals. We agreed that we had been very lucky with the weather and that Alba Fucens was a fascinating and worthwhile site to visit.

Day 6

Tuesday 12th September

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

Today we took a longer journey to explore further the fantastic local area. We drove down the vashley to Villetta Barrea, where we turned northwards, climbing steeply above the village towards the Passo Godi. We pulled in where we had lovely views back down to the Lago di Barrea, and we could trace the route of the Val di Rose. We could hear at least two Red Deer stags roaring, and saw a group of three hinds on the slopes above. Moving on, we passed through the small ski resort of Passo Godi, seeing a Yellowhammer and a Grey Wagtail, and stopped at the watershed at 1,564 metres. A family group of four Common Kestrels were feeding over the meadow, and we noted two nests, one above the other, in an electricity pylon. We also saw a Buzzard, and Common Blue butterflies.

We then 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, where we noted a Humming-bird Hawk-moth, we continued down to the Lago di Scanno for our picnic. As there was a chilly wind over the water, we stopped the minibus under some trees, and prepared the picnic in the back, out of the wind. However, the sun was warm so we took our plates over to a couple of benches nearby. Exploring the area, we found Great Banded Grayling, Berger's Clouded Yellow, Common Blue, Large White and Southern White Admiral butterflies, and there were a number of Coot on the water.

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 Terebinth tree (*Pistacia terebintha*). A new butterfly here was a Hermit, along with Clouded Yellow and Common Blue, and Mallards were on the lake.

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 the very aromatic, white-flowered Winter Savory (*Satureja montana*) and Rustyback fern (*Asplenium ceterach*), the cream Scabious-like *Cephalaria leucantha*. The main plant delight here, though, was the patches of pink Ivy-leaved Cyclamen (*Cyclamenhederifolium*), illuminating the rather dark valley floor by 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 Crag Martins overhead. Butterflies included Silver-washed Fritillary, Cardinal Fritillary, Wood White, Adonis, Common and Lang's Short-tailed Blues and Large Wall Brown. A tickle on Jessica's neck revealed itself to be a large Praying Mantis walking over her shoulder! This was moved to vegetation, and provided some great photographic opportunities.

Having returned to the minibus for a drink, we then drove along the side 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 views and also the pink Willowherb *Epilobium dodonaei* growing by the road. 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. Although it had been a long day, with a lot of driving, we all agreed that it had been very enjoyable.

Day 7

Wednesday 13th September

Gioia Vecchio; Pescasseroli; La Cicerana

We returned to Gioia Vecchio this morning at first light, leaving at 6.30am. The first folk down found a juvenile Redstart in the hotel porch, and also heard, but couldn't see, a Squirrel. This morning we saw a number of Red Deer stags, first two, then a further four, and finally a couple, one much larger than the other, locking antlers, although not entering into full combat. We also saw three Roe Deer, and heard a Bonelli's Warbler.

After breakfast, we went into Pescasseroli, in order to do some shopping, look round the market and explore the back streets of this little town. Rachel opted to enjoy the meadows nearer the hotel, reporting Silver-washed Fritillary, a female Spotted Fritillary, Common Blue and Small Copper, among other species. We returned to the hotel, where we enjoyed delicious pizza and salad for lunch.

After a break we met to go into Pescasseroli again, to meet with Paolo, our Ecotur guide, at 2.30pm. We drove up to Passo Diavolo, where we took a bumpy track to the start of our walk to La Cicerana, and parked the minibus. Paolo explained that the access up the valley is only to authorised (Ecotur) vehicles and walkers, in order to minimise disturbance. He explained about the distribution of the Marsican Brown Bear within the

National Park, its habits, diet and other aspects of ecology and conservation. We then set off up the stony track. There were many female Scarce Coppers nectaring on thistles, but no males, and we also recorded Small Copper, Small Heath, Autumn Ringlet, and Common, Adonis and Chalk-hill Blues. An Oberthur's Grizzled Skipper was a nice addition, too, as was Roesel's Bush-cricket. Among the plants, we enjoyed the Blue Eryngo (*Eryngium amethystinum*), Stemless Carline Thistle (*Carlina acaulis* subsp. *simplex*), two species of Autumn Crocus (*Colchicum lusitanum* and *C. Neapolitanum*, the latter having slightly wider, more uniformly coloured tepals) and Alpine Stork's-bill (*Erodium alpinum*). We found a couple of Wolf scats, some weeks old, but still full of hair, and boulders that had been turned over by Bears looking for ants, an important food source in summer. We also noted a bush of Alpine Buckthorn (*Rhamnus alpinus*), whose berries are such a treat for Bears; sadly, the berries had all ripened and been cleared in August, according to Paolo, while the higher bushes fruited later. A tit party flitted through the trees.

When we arrived at the rifugio, we were greeted with a refreshing cup of tea, and the chance to relax and enjoy the beautiful surroundings. A Kestrel was hawking nearby. After the break, Paolo took us on a walk into an area of very old forest, recently designated a UNESCO World Heritage Site. The wonderfully ancient trees were festooned with lichens, and we found some magnificent specimens of the bracket fungus Dryad's Saddle (*Polyporus squamosus*). We looked at a tree often used by Bears as a scratching post, to mark territory; sometimes hair can be caught in the bark, but not today. As the sun was setting, we walked back to the rifugio, enjoying the atmosphere of this delightful location which is home to both Bears and Wolves. Back in the rifugio, we enjoyed a delicious supper of soup, local salami and cheeses, including fresh ricotta, and wine. We carried on discussing local conservation issues, especially concerning the Bears, and we learnt that the Ecotur guides buy their cheese from the shepherd, whose flocks graze in the valley, thus promoting good relationships with local farmers.

Eventually, we set out to walk back down the valley to the minibus, by the light of our torches and the moon. Paolo picked out the shining eyes of a Fox, hunting in the meadow by the path. Before we reached the bottom, we paused and switched off all our lights to enjoy the darkness and the silence and the stars. Paolo pointed out various constellations, and the two 'tails' of the Milky Way. It was a magical moment. We switched on our torches again, and finished our walk, hearing a distant Tawny Owl. We thanked Paolo for such a wonderful time and dropped him in Pescasseroli, as we returned to the hotel, a nightcap for some, and bed.

Day 8

Thursday 14th 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 Marco and Geraldine and the Albergo Paradiso. We took the route through Bisegna and San Sebastiano down to the plain, 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.

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		
Leptosporangiate Ferns		
FERNS & ALLIES		
True Ferns		
Aspleniaceae	Spleenwort Family	
<i>Asplenium ceterach</i>	Rustyback	Near Hotel
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	Near Hotel
Dryopteridaceae	Buckler-fern Family	
<i>Dryopteris filix-mas</i>	Male Fern	Sagittario Gorge
Polypodiaceae	Polypody Family	
<i>Polypodium cambricum</i>	Southern 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
<i>Juniperus oxycedrus</i>	Prickly Juniper	Sagittario Gorge
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	Opi
<i>Sambucus nigra</i>	Elder	Opi
<i>Viburnum lantana</i>	Wayfaring Tree	Val Fondillo
Anacardiaceae	Sumach Family	
<i>Pistacia terebinthus</i>	Terebinth Tree	Sagittario Gorge
Apiaceae	Carrot Family	
<i>Daucus carota</i>	Wild Carrot	Near Avezzano
<i>Eryngium amethystinum</i>	Blue Eryngo	Common
<i>Eryngium campestre</i>	Field Eryngo	Alba Fucens
<i>Seseli montanum</i> subsp. <i>tommasinii</i>	Seseli	Near Hotel
<i>Trinia glauca</i>	Honewort	Alba Fucens
Apocynaceae	Periwinkle Family	
<i>Nerium oleander</i>	Oleander (planted)	Rome ringroad

Scientific name	Common name	Location
Araliaceae <i>Hedera helix</i>	Ivy Family Ivy	Sagittario Gorge
Betulaceae <i>Corylus avellana</i>	Birch Family Hazel	Val Fondillo
Boraginaceae <i>Echium vulgare</i>	Forget-me-not Family Viper's-bugloss	Near Hotel
Brassicaceae <i>Lunaria annuus</i>	Cabbage Family Annual Honesty	Sagittario Gorge
Campanulaceae <i>Campanula rapunculus</i> <i>Campanula tanfanii*</i>	Bellflower Family Rampion Bellflower A Harebell-type	Val Fondillo Val di Rose
Caprifoliaceae <i>Cephalaria leucantha</i> <i>Dipsacus fullonum</i> <i>Scabiosa columbaria</i>	Honeysuckle Family a Cream Scabious Wild Teasel Small Scabious	Above Cocullo Val Fondillo Val Fondillo
Caryophyllaceae <i>Dianthus deltoides</i> <i>Dianthus longicaulis</i> <i>Petrorhagia saxifraga</i>	Pink Family Maiden Pink A Wood Pink a Tunic Flower	Val di Rose Above Cocullo Val Fondillo
Celastraceae <i>Euonymus europaeus</i>	Spindle Family Spindle Tree	Val Fondillo
Cistaceae <i>Helianthemum nummularium</i>	Rock-rose Family Rock-rose	Val Fondillo (over)
Compositae (Asteraceae) <i>Bellis perennis</i> <i>Carduus defloratus</i> subsp. <i>carliniifolius</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>Cichorium intybus</i> <i>Cota tinctoria</i> subsp. <i>australis</i> <i>Echinops sphaerocephala</i> <i>Helichrysum italicum</i> <i>Lactuca viminea</i> subsp. <i>chondrillifolia</i> <i>Leucanthemum vulgare</i>	Daisy Family Daisy - Acanthus-leaved Carlina Thistle Stemmed' Stemless Carlina Thistle Corymbose Carlina Thistle Carlina Thistle Brown Knapweed Chicory Yellow Chamomile Great Globe Thistle A Curry Plant Ox-eye Daisy	Val Fondillo Val di Rose Near Hotel Val Fondillo Alba Fucens Val Fondillo Val Fondillo Val Fondillo Val Fondillo Alba Fucens Alba Fucens Alba Fucens Sagittario Gorge Val Fondillo
Convolvulaceae <i>Convolvulus arvensis</i>	Bindweed Family Field Bindweed	Val Fondillo

Scientific name	Common name	Location
<i>Cuscuta epithymum</i>	Common Dodder	Val Fondillo
Crassulaceae	Stonecrop Family	
<i>Sedum album</i>	White Stonecrop	Near Hotel
<i>Sedum hispanicum</i>	A Stonecrop	Near Hotel
<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	Roadsides
<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>Erodium alpinum</i>	Alpine Stork's-bill	La Cicerana
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	Val di Rose (leaves)
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Val di Rose
<i>Geranium robertianum</i>	Herb Robert	Val di Rose
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	Val di Rose
Lamiaceae	Deadnettle Family	
<i>Mentha aquatica</i>	Water Mint	Val Fondillo
<i>Satureja montana</i>	Winter Savory	Sagittario Gorge
<i>Sideritis italica</i>	A Sideritis	La Cicerana
Leguminosae (Fabaceae)	Pea Family	
<i>Astragalus sempervirens</i>	Mountain Tragacanth	Val di Rose
<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 di Rose
Oleaceae	Olive Family	
<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

Scientific name	Common name	Location
Orobanchaceae	Broomrape Family	
<i>Odontites lutea</i>	Yellow Odontites	Alba Fucens
<i>Odontites vulgaris</i>	Red Bartsia	Near Hotel
Plantaginaceae	Plantain Family	
<i>Digitalis lutea</i>	Small Yellow Foxglove	La Cicerana
<i>Linaria purpurea</i>	Purple Toadflax	Val di Rose
<i>Linaria vulgaris</i>	Common Toadflax	Alba Fucens
<i>Plantago media</i>	Hoary Plantain	Val Fondillo
Plumbaginaceae	Thrift Family	
<i>Armeria canescens</i>	Plantain-leaved Thrift	Val di Rose
Primulaceae	Primrose Family	
<i>Cyclamen hederifolium</i>	Common Sowbread	Nr Hotel /Sagittario Gorge
Ranunculaceae	Buttercup Family	
<i>Clematis vitalba</i>	Old Man's Beard	Near Hotel
<i>Helleborus foetidus</i>	Stinking Hellebore	Near Hotel
<i>Thalictrum simplex</i>	A Meadow-rue	Val Fondillo
Rhamnaceae	Buckthorn Family	
<i>Rhamnus alpinus</i>	Alpine Buckthorn	Val di Rose
Rosaceae	Rose Family	
<i>Crataegus laevigata</i>	Midland Hawthorn	La Cicerana
<i>Crataegus monogyna</i>	Hawthorn	Common
<i>Fragaria vesca</i>	Wild Strawberry	La Cicerana
<i>Malus sylvestris</i>	Crab Apple	Val Fondillo
<i>Potentilla detommasii</i>	A Sulphur Cinquefoil	Near Hotel
<i>Potentilla reptans</i>	Creeping Cinquefoil	La Cicerana
<i>Prunus mahaleb</i>	St. Lucie's Cherry	Val Fondillo
<i>Prunus spinosa</i>	Blackthorn	Common
<i>Rosa canina</i> agg.	Dog Rose	Common
<i>Rubus fruticosus</i> agg.	Bramble	La Cicerana
Rubiaceae	Bedstraw Family	
<i>Galium odoratum</i>	Woodruff	Val di Rose
<i>Galium verum</i>	Lady's Bedstraw	Alba Fucens
Salicaceae	Willow Family	
<i>Salix alba</i>	White 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

Scientific name	Common name	Location
<i>Acer opalus</i> subsp. <i>obtusatum</i>	Italian Maple	Roadsides
<i>Acer pseudoplatanus</i>	Sycamore	Near Hotel
Saxifragaceae	Saxifrage Family	
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	Val di Rose
<i>Saxifraga porophylla</i> *	Reddish Saxifrage	Val di Rose
Scrophulariaceae	Figwort Family	
<i>Scrophularia canina</i>	Dog (French) Figwort	Val Fondillo
<i>Verbascum mallophorum</i>	a large branched Mullein	Val Fondillo
<i>Verbascum thapsus</i>	Aaron's Rod	Above Cocullo
Thymelaeaceae	Daphne Family	
<i>Daphne laureola</i>	Spurge Laurel	Sagittario Gorge
<i>Daphne mezereum</i>	Mezereon	Val di Rose
Violaceae	Violet Family	
<i>Viola alba</i> subsp. <i>dehnhardtii</i>	A Violet (mauve)	Val di Rose
Monocots	Monocotyledons	
Asparagaceae	Asparagus Family	
<i>Asparagus acutifolius</i>	Prickly Asparagus	Sagittario Gorge
<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
<i>Colchicum neapolitanum</i>	An Autumn Crocus	La Cicerana
Orchidaceae	Orchid Family	
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	Val di Rose (remains)
FUNGI		
Lecanoromycetes	Lichens	
<i>Lobaria pulmonaria</i>	Lungwort	La Cicerana
Agaricomycetes		
<i>Fomes fomentarius</i>	Hoof Fungus	Val di Rose
<i>Polyporus squamosus</i>	Dryad's Saddle	La Cicerana

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

	Common name	Scientific name	September							
			7	8	9	10	11	12	13	
1	Grey Heron	<i>Ardea cinerea</i>		✓						
2	Eurasian Sparrowhawk	<i>Accipiter nisus</i>					✓			
3	Common Buzzard	<i>Buteo buteo</i>	✓	✓	H				✓	
4	Eurasian Coot	<i>Fulica atra</i>							✓	
5	Yellow-legged Gull	<i>Larus michahellis</i>	✓							
6	Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓	✓	✓	✓	✓	✓	✓	✓
7	Common Wood Pigeon	<i>Columba palumbus</i>	✓	✓	✓	✓	✓	✓	✓	✓

	Common name	Scientific name	September						
			7	8	9	10	11	12	13
8	Eurasian Collared Dove	<i>Streptopelia decaocto</i>					✓		
9	Tawny Owl	<i>Strix aluco</i>						✓	H
10	European Bee-eater	<i>Merops apiaster</i>				✓			
11	Great Spotted Woodpecker	<i>Dendrocopos major</i>		H	H				
12	European Green Woodpecker	<i>Picus viridis</i>					H	H	H
13	Common Kestrel	<i>Falco tinnunculus</i>			✓	✓	✓	✓	✓
14	Red-backed Shrike	<i>Lanius collurio</i>		✓					
15	Eurasian Jay	<i>Garrulus glandarius</i>		H	H	✓	✓	✓	✓
16	Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓
17	Red-billed Chough	<i>Pyrrhonorax pyrrhonorax</i>			✓				
18	Alpine Chough	<i>Pyrrhonorax graculus</i>			✓				
19	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓
20	Northern Raven	<i>Corvus corax</i>			✓	H		✓	
21	Coal Tit	<i>Parus ater</i>		✓	✓	✓			
22	Marsh Tit	<i>Poecile palustris</i>			✓		✓		H
23	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓			✓
24	Eurasian Skylark	<i>Alauda arvensis</i>				✓			
25	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓		
26	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>						✓	
27	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓		
28	Common Chiffchaff	<i>Phylloscopus collybita</i>			H				
29	Eurasian Blackcap	<i>Sylvia atricapilla</i>							H
30	Eurasian Wren	<i>Troglodytes troglodytes</i>		H	H	H	H		
31	Eurasian Nuthatch	<i>Sitta europaea</i>		H	H	H		H	H
32	Short-toed Treecreeper	<i>Certhia brachydactyla</i>							H
33	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓		✓		
34	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓
35	European Robin	<i>Erithacus rubecula</i>		✓	✓	✓			
36	Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓		✓	✓	✓
37	Common Redstart	<i>Phoenicurus phoenicurus</i>					✓		✓
38	Whinchat	<i>Saxicola rubetra</i>				✓			
39	Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓		✓	✓	✓
40	Eurasian Tree Sparrow	<i>Passer montanus</i>				✓			
41	Western Yellow Wagtail	<i>Motacilla flava</i> agg.							✓
42	Grey Wagtail	<i>Montacilla cinerea</i>							✓
43	White Wagtail	<i>Montacilla alba</i>		✓					
44	Meadow Pipit	<i>Anthus pratensis</i>						✓	
45	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓
46	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>		H					
47	Common Linnet	<i>Linaria cannabina</i>			✓			✓	✓
48	Red Crossbill	<i>Loxia curvirosta</i>		H					
49	European Goldfinch	<i>Carduelis carduelis</i>		✓	✓				
50	European Serin	<i>Serinus serinus</i>		H					
51	Yellowhammer	<i>Emberiza citrinella</i>						✓	

Mammals (S=signs of)

1	Mole	<i>Talpa</i> sp.				S			
2	Red Fox	<i>Vulpes vulpes</i>		3				1	2

	Common name	Scientific name	September						
			7	8	9	10	11	12	13
3	Grey Wolf	<i>Canis lupus</i>							S
4	Marsican Brown Bear	<i>Ursus arctos marsicanus</i>				3			S
5	Red Deer	<i>Cervus elaphus</i>		45	9			3H	8H
6	Roe Deer	<i>Capreolus capreolus</i>							3
7	Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>		35	12				
8	Wild Boar	<i>Sus scrofa</i>		S	✓	1	1		
9	Red Squirrel	<i>Sciurus vulgaris</i>		1			1		H

Reptiles & Amphibians (d=dead)

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

Butterflies

1	Large White	<i>Pieris brassicae</i>		✓	✓			✓	
2	Small White	<i>Pieris rapae</i>		✓	✓			✓	
3	Clouded Yellow	<i>Colias crocea</i>		✓	✓			✓	
4	Berger's Clouded Yellow	<i>Colias alfaciensis</i>		✓	✓		✓	✓	
5	Wood White	<i>Leptidea sinapis</i>		✓				✓	
6	Small Copper	<i>Lycaena phlaeas</i>			✓				✓
7	Scarce Copper	<i>Lycaena virgaureae</i>							✓
8	Long-tailed Blue	<i>Lampides boeticus</i>		✓	✓		✓		
9	Lang's Short-tailed Blue	<i>Leptotes pirithous</i>						✓	
10	Brown Argus	<i>Aricia agestis</i>							✓
11	Chalk-hill Blue	<i>Polyommatus coridon</i>		✓	✓				
12	Adonis Blue	<i>Polyommatus bellargus</i>		✓	✓		✓	✓	
13	Common Blue	<i>Polyommatus icarus</i>		✓	✓		✓	✓	✓
14	Southern White Admiral	<i>Limenitis reducta</i>		✓				✓	
15	Peacock Butterfly	<i>Aglais io</i>		✓					
16	Southern Comma	<i>Polygonia egea</i>		✓					
17	Cardinal Fritillary	<i>Argynnis pandora</i>						✓	✓
18	Silver-washed Fritillary	<i>Argynnis paphia</i>		✓				✓	
19	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>							✓
20	Heath Fritillary	<i>Melitaea athalia</i>		✓					
21	Woodland Grayling	<i>Hipparchia fagi</i>						✓	
22	Tree Grayling	<i>Neohipparchia statilinus</i>					✓		
23	Hermit	<i>Chazara briseis</i>						✓	
24	Great Banded Grayling	<i>Brintesia circe</i>		✓			✓	✓	
25	Autumn Ringlet	<i>Erebia neoridas</i>			✓				
26	Meadow Brown	<i>Maniola jurtina</i>		✓	✓				
27	Small Heath	<i>Coenonympha pamphilus</i>					✓		✓
28	Speckled Wood	<i>Pararge aegeria tircis</i>		✓				✓	✓
29	Wall Brown	<i>Lasiommata megera</i>					✓		
30	Large Wall Brown	<i>Lasiommata maera</i>		✓	✓			✓	
31	Southern Grizzled Skipper	<i>Pyrgus malvoides</i>		✓					
32	Oberthur's Grizzled Skipper	<i>Pyrgus armoricanus</i>							✓
33	Silver-spotted Skipper	<i>Hesperia comma</i>		✓	✓				

	Common name	Scientific name	September						
			7	8	9	10	11	12	13

Macros Moths (C=caterpillar)

1	Fox Moth	<i>Macrothylacia rubi</i>			C				
2	Eastern Eggar	<i>Eriogaster catax</i>		✓					
3	Small Phoenix	<i>Ecliptopera silaceata</i>							✓
4	Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>		✓				✓	

Other Invertebrates

1	a Hawker	<i>Aeshna sp.</i>		✓					
2	Grasshopper spp	<i>Acrididae</i>		✓	✓	✓	✓		✓
3	Meadow Grasshopper	<i>Chorthippus brunneus</i>			✓				✓
4	Blue-winged Grasshopper	<i>Oedipoda caerulea</i>		✓	✓				
5	Red-winged Grasshopper	<i>Oedipoda cf. germanica</i>		✓	✓				
6	Great Green Bush-cricket	<i>Tettigonia viridissima</i>			✓				
7	Roesel's Bush-cricket	<i>Metrioptera roeselii</i>							✓
8	White Sickle Bush-cricket	<i>Tylopsis lilifolia (pale brown f.)</i>					✓		
9	Praying Mantis	<i>Mantis religiosa</i>						✓	
10	Red and black Shield Bug	<i>Graphosoma lineatum (italicum)</i>		✓	✓				
11	Red & black Ground Bug	<i>Lygaeus saxatilis</i>			✓				
12	Marmalade Hoverfly	<i>Episyrphus balteatus</i>							✓
13	A large bristly orange/black fly	<i>Tachina fera</i>							✓
14	Ichneumon Wasp	<i>Netelia testacea</i>					✓		
15	A Sand Wasp (cf Ichneumon)	<i>Ammophila cf sabulosa</i>							✓
16	Wood Ant	<i>Formica rufa</i>						✓	
17	Violet Carpenter Bee	<i>Xylocopa violacea</i>	<input type="checkbox"/>	✓	<input type="checkbox"/>				
18	Millipede	<i>cf Tachypodoiulus niger</i>						✓	

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