

Abruzzo in Autumn

Naturetrek Tour Report

29 August - 5 September 2019



Abruzzo sunset



Adonis Blue on Wild Carrot



Broad-leaved Spindle



Southern White Admiral on Horse Mint

Report compiled by Jessica Turner
Images by Luca Boscain



Naturetrek

Mingledown Barn

Wolf's Lane

Chawton

Alton

Hampshire

GU34 3HJ

UK

T: +44 (0)1962 733051

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour Participants: Jessica Turner and Luca Boscain (leaders) with 14 Naturetrek Clients

Summary

The Abruzzo National Park and its surrounding area always offers interesting wildlife, this year with some great views of Wild Boar and Abruzzo Chamois, and plenty of evidence of Wolves and Marsican Brown Bears. We were a little disappointed not to have better views of bears; although it had been quite a good season for Rhamnus berries, the supply had perhaps been finished by the time we were scanning the slopes. It felt special, though, to be in the habitat, as evidenced by fresh scat and turned-over stones, of these truly wild animals. Similarly, fresh Wolf scats in the Val di Rose reminded us of their hidden presence. More obvious were the range of late-summer butterflies and other insects enjoying Blue Eyngo, Mint and the various Carline Thistles, the Red-backed Shrikes and Griffon Vultures. Alba Fucens is a fascinating site, both in terms of history and wildlife, and it was interesting to explore the historical towns of Scanno, in the beautiful Sagittario Gorge, and Pescasseroli. With the excellent hospitality of Geraldine and Marco and good company, we all had a great time exploring Abruzzo in Autumn.

Day 1

Thursday 29th August

London Heathrow to Rome to Pescasseroli

Nine group members met Jessica at London Heathrow, Terminal 5, for our 10.45am flight to Rome, where we met with Luca and the other group members, who had travelled on different flights from Leeds, Birmingham and Manchester. Having sorted out the minibuses, we successfully negotiated the Rome ringroad, with flowering Oleanders (*Nerium oleander*) along the central reservation, and Hooded Crows, Starlings, a few Swallows and Feral Pigeons overhead. We drove eastwards towards the Apennine mountains, noting the ominously black clouds. The road passed through several tunnels and over deep valleys, bordered by a number of hilltop villages, and the countryside became more wooded. We saw some dramatic lightning, but passed by that storm, with only a few drops of rain as we crossed into Abruzzo province. We stopped for a break and a leg-stretch opposite Monte Velino, where we were in sunshine; there were fantastic rainbows on the mountain tops, and more black clouds ahead. This time, we drove through torrential rain as we passed the great plain by Avezzano, the site of Lake Fucino, once the third largest lake in Italy and now a fertile agricultural area, although we could barely see it. The weather brightened as we left the autostrada and, 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 towards Pescasseroli. We stopped to watch a solitary Wild Boar, probably a young male, trotting parallel to us in a field by the road, giving us all good views. We drove through the village, and soon 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 20th August

Round hotel; Val Fondillo; Opi; Gioia Vecchio

This morning was grey but dry and, before breakfast, some of the group explored the area round the hotel, so we could get our bearings. Hooded Crows were prominent, and a juvenile Robin was at our feet. As we walked down the road looking at the fences and buildings in the small plots of land, we found mixed flocks of Tree Sparrows and Italian Sparrows and several Black Redstarts. We had excellent views of a pair of Firecrests, very close, plus a Short-toed Treecreeper.

After a good breakfast and with shopping done, we set off to drive down the Sangro valley, past the little hill-top village of Opi, to the Val Fondillo. We parked at the entrance to the valley and set off up the track, stopping to scan the slopes of Monte Marsicano. A Red Deer hind was profiled against the sky, and we then saw a large herd of maybe 70 animals. A large stag was nearby. Large flocks of Swallows and House Martins were hawking overhead, and there were a couple of nests in the entrance to the little visitor centre: we could see the young Swallows in them. A Fischer's Bush-cricket was on the wall of the building.

We noted Spindle (*Euonymus europaeus*), the Acanthus-leaved Carline Thistle (*Carlina acanthifolia*) with its large, stemless flower, and the 'stemmed' Stemless Carline Thistle (*Carlina acaulis* subsp. *simplex*) with slightly smaller flowers and Amythyst Eryngo (*Eryngium amythystinum*). A Common Wall Lizard was at the base of a stone wall. We had excellent views of Marsh Tit feeding on thistle seeds, and we started seeing butterflies as the sun appeared. There were a good number of Adonis Blues, some very fresh, and other early sightings included Small Heath, Green-veined White, Wood White and Clouded Yellow. Several Red-backed Shrikes, both juveniles and adults gave good views as we walked over to a 'weedy' field, full of seed-heads. Cirl Buntings, females or juveniles, soon disappeared, but we had good views of Spotted Flycatcher. Three Grey Heron flew in the direction of Opi, and Common Buzzard was over the hillside. Robin's Pincushion galls (caused by the gall wasp *Diplolepis rosae*) were on Dog Rose (*Rosa canina* agg.), and Striped Lychnis caterpillars were on their foodplant White Mullein (*Verbascum lychnitis*). Other plants included Squinancywort (*Asperula cynanchica*), Swallow-wort (*Vincetoxicum hirundinaria*) and Glaucous Spurge (*Euphorbia myrsinites*). The parasitic plant Common Dodder (*Cuscuta epithimum*) was flowering on Thyme.

We dropped back down to the stream and marshy areas, where patches of Horse Mint (*Mentha longifolia*) had a great range of butterflies, including a couple of very fine Southern White Admirals, Silver-washed Fritillaries, Knapweed Fritillary, Holly Blue, Provençal Short-tailed Blue (without its tails – it was originally suggested to be Osiris Blue), Common Blue, Meadow Browns, Silver-spotted Skipper and more Adonis Blues. Great Banded Grayling, Scarce Swallowtail, Painted Lady and Comma were also noted. A couple of Italian Stream Frogs were in the stream, one posing well for photos on a rock, and Grass-of-Parnassus (*Parnassus palustris*) was flowering on the bank, along with the endemic Ragwort *Jacobaea samnitum*. A flat grassy area held a display of Autumn Crocuses (*Colchicum lusitanum*) while, on the walk back down the valley, Hoopoe was seen.

We had our picnic back at the picnic site, enjoying delicious local cheeses, meats and wine, to the accompaniment of rumbling thunder as clouds built. Afterwards, we visited the little Visitor Centre, as the first drops of rain fell. We then decided to visit the little hill-top village of Opi, driving up through heavy rain, turning

the minibuses and parking on the steep main street. The rain eased, so we visited the covered viewing area with lovely views down the Sangro valley. A fine Red Deer stag was grazing on Beech leaves in the valley below, giving excellent views, and two Roe Deer were a little further up the slope. We also learnt a little of the wartime history of this community. As the rain stopped, we explored the village and moved to the other side, with views up the valley. Two Serins showed well, three Crag Martins flew over, and Kestrel was heard. A Common Buzzard was on a roadside pole as we drove back to the hotel.

After a break, we met to update our checklists, and then ventured out again, driving north to Gioia Vecchio, where we saw a large group (or sounder) of Wild Boar on the slopes. Talking to two people who were taking part in the annual census of the Marsican Brown Bears, we learnt that no bears had been seen recently in the valley, but several were at the *Rhamnus* bushes above the tree line. The Bears love the berries of Alpine Buckthorn (*Rhamnus alpinus*). We therefore decided to move back to the Passo del Diavolo, where we could see over to an area of *Rhamnus* in a scree-filled corrie. It was very distant, and the light was fading, but some people picked up movement of three animals: a female with two cubs, amongst the bushes; however, not all the group could pick them out, even through the scopes. Hoping for better views another time, we returned to the hotel, where we enjoyed another delicious meal before retiring to bed after an excellent first day in the field.

Day 3

Saturday 31st August

Valico del Tempio, Passo del Diavolo; Alba Fucens; Circonfucense

Most of the group ventured out early this morning, leaving at 5.45am in the misty pre-dawn. As we drove up the valley, we could make out a Wild Boar and a Roe Deer through the mist and, as it started to clear, there was another Boar and a couple of Red Deer stags. We took the Bisegna turn and drove up to the viewpoint in the Valico del Tempio, some seeing a Brown Hare en route. Here, we scanned the large open field; it was misty in the bottom, but the surrounding hills and mountains were clear. A herd of Red Deer were on the slopes behind us, and we could hear a stag roaring. A Red Fox was hunting in the scrub, distantly, a Brown Rat was in a small tree, a small group of Yellowhammers flew over and a Red-backed Shrike was perched on Juniper (*Juniperus communis*). As we left, a Roe Deer barked a couple of times. We moved on a little, but all was quiet, so we returned to Passo del Diavolo, to scan again the *Rhamnus* bushes. However, the corrie was still in shade, so the light was not good, and all was quiet. We saw a Mistle Thrush perched on top of a tree and had good views of Tree Pipit and Coal Tit, before returning for breakfast.

Today, we decided to head down out of the park, back towards Avezzano, to visit the Roman site of Alba Fucens. After breakfast, with shopping done, we set off up back along the Bisegna road, seeing a Common Wall Lizard as we left the hotel. The Valico del Tempio was now clear, and we could see the large herds of white cattle grazing peacefully. We stopped just outside Bisegna to look at the roadside cliffs, with a couple of Rock Buntings being seen briefly. Butterflies were enjoying the warm sunshine, including several Cardinal Fritillaries, a couple of Silver-washed Fritillaries, a Scarce Swallowtail, Southern White Admiral, Tree Graylings and either Great Banded or Woodland Grayling, which did not pause long enough to allow definite identification. Two new Skippers for the list were Mallow and Large Skipper. Among the plants on this dry cliff we noted flowering

Winter Savory (*Satureja montana*), with its fragrant leaves and white flowers, the Curry Plant *Helichrysum italicum*, and the remains of the endemic Knapweed *Centaurea ceratophylla*.

Eventually we moved on, dropping down from the mountains to the plain, through Pescina, where we took the road to Avezzano. In San Pelino we turned north, into the Sirente-Velino Regional Park; it was then not far to Albe, the site of the Roman town of Alba Fucens. We parked in the square, and most of us had coffee in the village bar. Overlooking the site of Lake Fucino and in the shadow of Monte Velino, Alba Fucens was a town of the Aequi tribe, on the border with the Marsi, and was colonised by Rome in 304BC. It was a strategically important and relatively prosperous place that was destroyed in the 10th Century, leaving a fine, well-preserved amphitheatre and the remains of streets, houses, shops and other buildings. So far, only part of the site has been excavated.

As we explored the site, most of us walked to the amphitheatre, enjoying the many butterflies and other insects around us. Many blues were flying, mainly Chapman's Blues and either Silver-studded or Reverdin's (almost impossible to distinguish without examining the genitalia), Spotted Fritillaries and many Berger's Clouded Yellows, together with Painted Lady, Clouded Yellow, Tree Grayling, Hermit and some browns. Red Band-winged Grasshoppers (also known as Flash-colours) were everywhere, and Hummingbird Hawk-moth was enjoying the thistles (mainly *Carduus affinis*). Overhead, one, then two Griffon Vultures circled on thermals; this species has recently been reintroduced to the Sirente-Velino park. Plants included Yellow Odontites (*Odontites lutea*) as well as Red Bartsia (*Odontites vulgaris*), Common Toadflax (*Linaria vulgaris*), Sainfoin (*Onobrychis viciifolia*), Lucerne (*Medicago sativa*) and Small Melilot (*Melilotus indicus*), while on the drier slopes were the cream-coloured Scabious-like *Cephalaria leucantha*, Small Scabious (*Scabiosa columbaria*), Blue Eryngo but also the green-flowered Field Eryngo (*Eryngium campestre*), Pale Bugloss (*Echium italicum*) and the sculptural 'umbellifer', Honewort (*Trinia glauca*). We also added Southern Squinancywort (*Cynanchica aristata*), Nettle-leaved Bellflower (*Campanula trachelium*), Italian Wall Lizard, Praying Mantis, Swallowtail, and the Giant Wasp *Scolia birta*. We looped round to the 'town' area of the ruins, noting the fine columns and intricate stone- and brickwork of walls.

We had our picnic in the square, using the awning of the bar as again, we could hear thunder, but all stayed dry. A Honey Buzzard was seen and before the forecast rain, we took time to explore further and to continue to enjoy the site. As it was now cloudy, more butterflies were at rest, among them a fine Spotted Fritillary, giving excellent views of the underwing, and Red-underwing Skipper. The first drops of rain began to fall as we were returning to the minibuses, coming more heavily as we left. However, we were obvious only on the edge of that particular storm, as the 'Circonfucense' road, on which we returned, was quite flooded in places. We were able to see the arable and vegetable production which now takes place in the fertile lake silt. At the edge of the plain, we stopped near Gioia dei Marsi, to look at a small lake which held Little Grebe, Moorhen, Coot and Mallard, and where Cetti's Warbler was heard and glimpsed. The roadside flora here included a tall and 'airy' form of Wild Parsnip (*Pastinaca sativa* subsp. *urens*), Soapwort (*Saponaria officinalis*) and some tasty Blackberries (*Rubus fruticosus* agg.), and a Speckled Wood was noted.

We then drove back up the winding road past Gioia Vecchio, arriving back in Pescasseroli as the sun came out. We met later to enjoy another delicious meal.

Day 4

Sunday 1st September

Moth trap, round hotel; La Difesa; La Cicerana

We set a moth trap in the garden overnight, but low overnight temperatures meant only three moths in total, two of which were the beautiful Orange Swift. A juvenile Robin was very tame and a Red Squirrel, dark chocolate-brown here, was in the Spruces above, eventually giving quite good views.

After breakfast, we drove the short distance to the start of our walk through the area of Beech forest known as La Difesa. As we set off up the stony track, a Jersey Tiger settled on a couple of people. This area of forest holds a good number of very old trees, which are left to rot *in situ*. Woodland-floor plants included Herb-Paris (*Paris quadrifolia*, an ancient-woodland indicator species), the leaves of Sweet Woodruff (*Galium odoratum*) and Round-leaved Saxifrage (*Saxifraga rotundifolia*), both Spurge Laurel and Mezereon (*Daphne laureola* and *D. mezereum*) and Common Polypody fern (*Polypodium vulgare*), while lichens on the old trees included Lungwort (*Lobaria pulmonaria*). Nuthatches were calling and seen, and many hirundines, mainly Swallows, were overhead. Silver-washed Fritillary, Clouded Yellow and Small White were on the wing, and we noted several Blue Band-winged Grasshoppers, admiring the contrast between camouflage at rest and sky-blue colour in flight.

We came to an area of large water-troughs, a reminder of the days when there were many thousands of sheep in the area, and the 'transhumanza' when they were driven along the tracks down to Puglia for the winter months. Late-season tadpoles of Common Toad were in the stream, and two Common Buzzards were seen, along with a Sparrowhawk. We carried on through the forest, enjoying the beauty of the ancient trees with their mosses, lichens and fungi, the latter including the Artist's Bracket (*Ganoderma applanatum*). Birds included Great, Blue, Coal and Marsh Tits, the latter giving some good views and we also had excellent views of Nuthatches on the forest floor. A Bank Vole provided extra interest. In a sunny glade we found Queen of Spain Fritillary, Baton Blue and Small Heath butterflies and a Common Darter dragonfly. Two of the group walked further, while the rest of us retraced our steps, adding Chiffchaff, a flowering spike of Brown Foxglove (*Digitalis ferruginea*) and, in another open area near the minibuses, Brimstone, Queen of Spain Fritillary and Common Blue butterflies. When we had all gathered, we returned to the hotel for lunch, noting the gathering clouds.

As we were eating, we heard the first thunder, and the rain started just before we were due to leave for our afternoon and evening trip to La Cicerana, with the hope of seeing the Marsican Brown Bear. We left in heavy rain, meeting Paolo, our Ecotur guide, in Pescasseroli. We agreed that the weather might improve and that we would continue with our plans but that we would travel to the rifugio by jeep, rather than walking in the wet. Consequently, we drove by minibus to the Passo del Diavolo, and parked at the end of the track, where a barrier restricts access to the valley of La Cicerana. We transferred to the two vehicles, with some waiting for a second journey, and were driven, slowly, by Paolo and Cesidio along the very rough track that leads to the rifugio La Cicerana. By the time we arrived, the rain was lighter, and we were welcomed with tea and coffee. When we were all together, Paolo started to explain to us about the Marsican Brown Bear population, their ecology and habits, and the importance of Alpine Buckthorn (*Rhamnus alpinus*) in their diet at this time of year. We were very concerned to hear about a Bear with three cubs which had been seen a couple of nights previously on the edge of Pescasseroli and had been chased by a car driver into the village. Panicking, she climbed a fence, but her cubs

were not able to; eventually, she was reunited with two of them, but the third was missing. We hope it may be found.

The rain had stopped, although it was still cloudy, but we were able to walk the short distance beyond the rifugio, from where we could see the *Rhamnus* bushes on the slopes, opposite. As we walked, we noted a Bear scat, full of berries and seeds, probably a few days old. We also found the delicate, white-flowered Catchfly *Silene saxifraga*, Alpine Autumn Crocus (*Colchicum alpinum*), the creamy-yellow clover *Trifolium ochroleucon*, a female Scarce Copper butterfly and several red-and-black bugs that were probably *Spilostethus saxatilis*. Sadly, no bears appeared this evening (five had been at the berries the previous evening: a female with three cubs - not the ones from the town - plus another), but we had good views of Red Deer. Several Kestrels were hunting over the slopes, and Mistle Thrush was seen in flight. As the light failed, we walked back to the rifugio, where a warm fire greeted us and we enjoyed a delicious supper of soup and polenta with mushrooms, washed down with red wine. We then drove back down in the dark, a Fox being seen by one of the vehicles.

Day 5

Monday 2nd September

Valico del Tempio; Villetta Barrea; Passo Godi; Lago di Scanno; Gole di Sagittario.

The morning dawned fine and most were out at 6am. We saw one Wild Boar and a couple of Roe Deer, with one very good view of a Roe buck which allowed photographs. Red Deer stags were bellowing constantly, and we could see them with their harems on the slopes above. We also saw a small flock of Linnets, and had good views of a Willow Warbler, a species only seen in Italy on passage.

After breakfast, with the forecast of heavy rain, we made our picnics (to eat in the bus) before we set off down the Sangro Valley, stopping past Val Fondillo to scan the slopes of Monte Marsicano. A Kestrel was seen distantly, and a couple of dark birds may have been choughs but were too distant to see properly. Closer to, a Nuthatch gave good views. We drove through to village of Villetta Barrea, where the Sangro flows into the Lago di Barrea, and turned north, climbing up above the valley towards the Passo Godi. We stopped to admire the views back over the lake, and to scan the hillsides above, seeing Red Deer, including a stag and hinds quite close, Kestrels, Buzzards and a Painted Lady. We then drove higher, stopping just beyond the small ski resort of Passo Godi at 1630 metres, on the watershed. As we started to scan, we could see a number of small birds, mainly Yellowhammers but also Tree Pipit, which showed well. Red-backed Shrikes, Kestrels and Buzzard were all seen too. There were a good number of butterflies here, including Turquoise, Adonis and Chalk-hill Blues, Tree and Great Banded Graylings and Clouded Yellow, with the cooler weather meaning that several were resting. Plants included Prostrate Juniper (*Juniperus communis* var. *saxatilis*) and *Daphne oleoides* on the rocky slopes.

We then dropped down to 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. As the forecast rain had not yet arrived, we opted only to stop briefly for photographs and then to continue into the Gole di Sagittario, or Sagittario Gorge, while it was still fine. Here the road runs between steep limestone cliffs. We stopped by the man-made Lago di San Domenico, with amazingly clear blue-green water, and walked back to the bridge that leads to a little church. A flock of about 40 Bee-eaters, on migration, flew over high above, while Coot and feral ducks were on the lake.

Several Common Wall Lizards were on rocks, two young Foxes were on the far shore and a Grass Snake was seen in the water, swimming round a boulder. A Hummingbird Hawk-moth was resting on a cliff, looking very different from when in flight. The flora was more Mediterranean, with Holm Oak (*Quercus ilex*), Spiny Spurge (*Euphorbia spinosa*), and two interesting endemic species in flower: the bellflower *Campanula fragilis* subsp. *cavolinii* and *Centaurea scannensis*, a grey-leaved Knapweed which is only found in this area of the Sagittario Gorge.

A few drops of rain fell as 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. The rain had stopped, so we ate our picnics sitting on boulders. It was very warm and humid, but not as forecast! As we started the walk, we admired the Ivy-leaved Cyclamen (or Common Sowbread: *Cyclamen hederifolium*), dotted around in little groups. Trees included Flowering Ash (*Fraxinus ornus*) and Montpellier Maple (*Acer monspessulanus*), and we also noted Southern Polypody and Rustyback ferns (*Polypodium cambricum* and *Asplenium ceterach*), Broad-leaved Spindkle (*Euonymus latifolius*) and a short spike of Forking Larkspur (*Consolida regalis*). We descended the steep stony path with caution, to the valley bottom, where the Sagittario is a fast-flowing stream, and there were more Cyclamen. A party of Long-tailed Tits moved through. In more open areas we could see Crag Martins against the cliff face, a Sparrowhawk circled high, while closer to, butterflies included Wood White, Silver-washed Fritillary, Brimstone and a very obliging Woodland Grayling that rested so we could see how it differed from Great Banded Grayling. A Fig tree (*Ficus carica*) had ripe fruit, Leadwort (*Plumbago officinalis*) was in flower, and a Violet Carpenter Bee was round a wooden post. As we got back to the minibuses, there were a few more drops of rain, but they stopped by the time we reached Scanno, where we enjoyed ice cream and the opportunity to explore this fascinating little town. We retraced our route home, with the sky dark towards Villetta Barrea, but the rain was not too heavy. We agreed it had been another excellent day.

Day 6

Tuesday 3rd September

Moth trap; Pescasseroli; meadows above hotel; La Cicerana

It was a mild and cloudy night, so the moth trap had far more activity this morning. Species in and around included Jersey Tiger, Grass Eggars, several Barred Hook-tips, Vestals and Brimstone Moths, Barred Sallow, Scalloped Oak and both male and female Four-spotted Footman (only the female has the four spots). A Lesser Spotted Woodpecker called loudly a couple of times, and Bullfinch was also heard.

After breakfast, most of the group went into Pescasseroli, in order to do some shopping and explore the back streets of this little town. Silver-washed Fritillary, Painted Lady, Violet Carpenter Bee and numerous Firebugs were recorded. Others stayed round the hotel, with the Red Squirrel being seen again. We then explored the woodland and meadows above the hotel, where birds included Coal Tit, Marsh Tit, Common Redstart, Nuthatch, Yellowhammer and Linnet, as well as Kestrels and Buzzards. A pair of Hawfinches was a nice sighting. Plants included Brittle Bladder-fern (*Cystopteris fragilis*) and the leaves of Live-long Saxifrage (*Saxifraga paniculata*) on rocks. Many butterflies were active, including Knapweed, Spotted and Queen of Spain Fritillaries, Silver-spotted and Red-underwing Skippers, Common Blue, Clouded Yellow, Small Heath and Hermit. We were also entertained by a Praying Mantis.

The weather was finer than on Sunday when, after another delicious lunch at the hotel, we set out to repeat our trip to La Cicerana. There were black clouds on the horizon, but we were hopeful that they would stay there – and they did! We met our guide, (another) Paolo, and drove to the barrier in the track at Passo del Diavolo, seeing a small group of Wheatears in the stony meadow. This time we walked to the rifugio, enjoying the many butterflies, which included Small and Sooty Coppers, both male and female Hermits, with their differently marked underwings, and Autumn Ringlet, as well as now-familiar species such as Great Banded Grayling and Adonis Blue. Kestrels were frequent (last autumn's good crop of Beech mast has resulted in an increase in small mammals, hence in predators), and smaller birds included Skylark, Yellowhammer, Tree Pipit and Wheatear. We found another Bear scat on the path; this one was older, maybe four to six weeks, and included a mix of vegetation, with fewer berries and seeds. Paolo also pointed out a rock which had been turned over by a Bear hunting insects, and we were able to look closely at a bush of *Rhamnus alpinus* which, being at a lower altitude, had already finished berrying. Other plants included bushes of Spiny Broom (*Cytisus spinescens*), grey-leaved *Sideritis italica* with yellowish flowers, and Autumn Crocuses, mainly *Colchicum lusitanum*, but possibly with a few *C. neapolitanum*, which have thinner tepals and starts flowering slightly later. We also found the smaller and paler *C. alpinum*, along with Alpine Stork's-bill (*Erodium alpinum*).

When we reached the rifugio, we were able to sit in the sun as we enjoyed tea and coffee, before walking out again to the viewing area. Sadly, once again, there were no signs of Bears at the bushes, but Red Deer were much in evidence with the bellowing stags. Kestrels were over the slopes and, just as we were thinking of leaving, we saw two Golden Eagles. We walked back as the sun was setting, with an interesting cloud on the horizon being lit up from within by lightning. A Tawny Owl called nearby.

After another delicious supper, half the group set out to walk down, while the others remained while Cesidio cleared up, before being driven down. As we waited, we enjoyed the stars and telescope views of the moon. As we drove back, a Fox crossed the track in front of us. Later, as we were driving back to the hotel, a Tawny Owl was on the road and another nearby, while one was also calling near the hotel. Although we were disappointed not to have seen the Bears, we had all enjoyed the experience and ambience of La Cicerana.

Day 7

Wednesday 4th September

Val di Rose

We woke to another fine day, ideal for our mountain walk up the Val di Rose. As access to this area was still restricted, we had to have permits and go with a guide, making an early start. Consequently, we had breakfast at 6.30am and, with picnics made, left at 7.30, driving down the Sangro valley past Opi, where there was a large 'sunder' of Wild Boar feeding on the far side of the meadows. In Villetta Barrea we turned right over the river and up to the village of Civitella Alfedena, where we met our guide Valeria and parked at the start of our path.

We set off up the stony path, where plants in the initial section included Cornelian Cherry (*Cornus mas*), Turkey Oak (*Quercus cerris*) and, in the open, Mountain Tragacanth (*Astragalus sempervirens*). Two Hawfinch perched briefly and flew over, and three Rock Buntings were seen by some, in a bush. We walked up the steep path through the Beech forest and glades and enjoyed the views back down to the rather misty Lago di Barrea. Valeria pointed out

to us an area with about five Wolf scats, used as a communication point, and pointed out the nail of a Wild Boar piglet in one of them. Eventually, we reached the final glade, where we had a rest and refreshments, while enjoying the wonderful views. Butterflies were active in the sun, including several Scarce Coppers, both male and female, Chalk-hill Blues, Autumn Ringlet and Large Wall Brown, and many Common Wall Lizards were on and in the ruined walls of an old shepherd's hut. However, our attention was mainly drawn to the Abruzzo Chamois on the slopes above, where we counted at least 11, with some grazing and others resting. The Abruzzo Chamois is a different species from the Alpine Chamois, and this area is their stronghold, hence the restricted access in the busy summer period, to reduce disturbance.

Refreshed, we climbed on, passing a couple of spikes of flowering Broad-leaved Helleborine (*Epipactis helleborine*), and soon clearing the tree line so we emerged into the open alpine meadows, with stunning views in all directions. We ate our picnic by a solitary Sycamore tree, where Black Redstarts were flitting around, as were a few Northern Wheatears and a juvenile Rock Bunting. Several migrating Marsh Harriers flew over, one being mobbed by a Sparrowhawk, as did a high but clearly audible flock of about 80 Bee-eaters, also on migration; we could see their colours as they caught the sun. We noted little bushes of *Daphne oleoides*, and plants of *Saxifraga porophylla* and Rock Crane's-bill (*Geranium macrorhizum*) growing in crevices on the boulders, but not in flower, and a few spikes of an endemic subspecies of magenta Carthusian Pink (*Dianthus cathusianorum* subsp. *tenorei*). There was also a solitary Hummingbird Hawk-moth. From here we had closer views of the Chamois, as well as seeing others on the slopes.

Most of us then continued up the path towards the Passo Cavuto, which is 1,942 metres above sea level, again getting good views of the Chamois. Water Pipits were flitting around, and an Alpine Accentor called. From the pass, we could see another small group of Chamois, and we walked across to where we could see down into Camosciara, as well as the stunning views. Here, flowers included the small blue Scabious *Scabiosa silenifolia*, yellow Small Scorpion-vetch (*Coronilla vaginalis*), the endemic Apennine Pink (*Dianthus brachycalyx*) and Alpine Rock-rose (*Helianthemum oelandicum* subsp. *alpestre*). We also found leaves of Mountain Kidney-vetch (*Anthyllis montana*), Mountain Avens (*Dryas octopetala*), the tiny leaf rosettes of Ciliate Rock-jasmine (*Androsace villosa*) and the remains of the bellflower Edraianthus (*Edraianthus graminifolius*), and noted Dwarf Mountain Pine (*Pinus mugo*). On the path up and down we found Cobweb Houseleek (*Sempervivum arachnoideum*), Livelong Saxifrage (*Saxifraga paniculata*), One-flowered Fleabane (*Erigeron uniflorus*) and the endemic Pale Ivy-leaved Toadflax (*Cymbalaria pallida*), all in flower.

Eventually, we left this fantastic location, reconvening at the Bar delle Lince in the village for welcome refreshments, before returning to the hotel. We all had a sense of achievement after our strenuous walk and were all delighted to have seen the Chamois in such beautiful surroundings. After time for showers and a little relaxation, we met to update our checklists and enjoy a last, delicious meal together, thanking Geraldine for her hospitality.

Day 8

Thursday 5th September

Pescasseroli – Rome - UK

Today was our departure morning, and we had to return to Rome. After an early breakfast we loaded our luggage into the vehicles and said our farewells and thanks to Marco and the staff at the Albergo Paradiso. We drove north, taking the Bisegna route 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.

Receive our e-newsletter

Join the Naturetrek e-mailing list and be the first to hear about new tours, additional departures and new dates, tour reports and special offers. Visit www.naturetrek.co.uk to sign up.

Social Media

We're social! Follow us on Facebook, Twitter and Instagram and be the first to hear about the launch of new tours, offers and exciting sightings and photos from our recently returned holidays.



www.facebook.com/naturetrekwildlifeholidays



www.twitter.com/naturetrektours



www.instagram.com/naturetrek_wildlife_holidays



Iberian Wall Lizard

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	Day	Location
PTERIDOPHYTES			
Leptosporangiate Ferns			
Aspleniaceae			
<i>Asplenium ceterach</i>	Rustyback	2	Opi
<i>Asplenium ruta-muraria</i>	Wall Rue	6	Above Hotel
<i>Asplenium scolopendrium</i>	Hart's-tongue Fern	5	Sagittario Gorge
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	2	Opi
Cystopteraceae			
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	6	Above Hotel
Dryopteridaceae			
<i>Polystichum aculeatum</i>	Hard Shield-fern	5	Sagittario Gorge
<i>Polystichum lonchitis</i>	Holly-fern	7	Val di Rose
Polypodiaceae			
<i>Polypodium cambricum</i>	Southern Polypody	5	Sagittario Gorge
<i>Polypodium vulgare</i> agg.	Common Polypody	4	La Difesa
GYMNOSPERMS			
Cupressaceae			
<i>Juniperus communis</i>	Common Juniper	2	Val Fondillo
<i>Juniperus communis</i> var. <i>saxatilis</i>	Dwarf Juniper	5	Passo Godi
<i>Juniperus oxycedrus</i>	Prickly Juniper	5	Sagittario Gorge
Pinaceae			
<i>Pinus mugo</i>	Dwarf Mountain Pine	7	Val di Rose
<i>Pinus nigra</i> subsp. <i>italica</i> *	Villetta Barrea Black Pine	7	Val di Rose
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	5	Above Villetta Barrea
<i>Pinus sylvestris</i>	Scots Pine	5	Near Bisegna
ANGIOSPERMS			
Eu-dicots			
Adoxaceae			
<i>Sambucus ebulus</i>	Dwarf Elder	4	La Difesa
<i>Sambucus nigra</i>	Elder	2	Opi
Apiaceae			
<i>Daucus carota</i>	Wild Carrot	2	Val Fondillo
<i>Eryngium amethystinum</i>	Blue Eryngo	2	Val Fondillo
<i>Eryngium campestre</i>	Field Eryngo	3	Alba Fucens
<i>Pastinaca sativa</i> subsp. <i>urens</i>	Wild Parsnip	3	Gioia dei Marsi
<i>Seseli montanum</i> subsp. <i>tommasinii</i>	Seseli	4	La Difesa
<i>Trinia glauca</i>	A Honewort	3	Alba Fucens
FERNS & ALLIES			
True Ferns			
Spleenwort Family			
Bladder-fern Family			
Buckler-fern Family			
Polypody Family			
CONIFERS			
Juniper Family			
Pine Family			
FLOWERING PLANTS			
True Dicotyledons			
Moschatel Family			
Carrot Family			

Scientific name	Common name	Day	Location
Apocynaceae			
<i>Nerium oleander</i>	Oleander (planted)	1	Rome ringroad
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	2	Val Fondillo
Araliaceae			
<i>Hedera helix</i>	Ivy	3	Alba Fucens
Betulaceae			
<i>Corylus avellana</i>	Hazel	2	Val Fondillo
<i>Ostrya carpinifolia</i>	Hop Hornbeam	5	Sagittario Gorge
Boraginaceae			
<i>Echium italicum</i>	Pale Bugloss	3	Alba Fucens
<i>Echium vulgare</i> subsp. <i>pustulatum</i>	a Viper's-bugloss	2	Val Fondillo
Brassicaceae			
<i>Erysimum pseudorhaeticum</i> *	a Treacle Mustard	3	Near Bisegna
<i>Lunaria annuus</i>	Annual Honesty	5	Sagittario Gorge
Campanulaceae			
<i>Campanula fragilis</i> subsp. <i>cavolinii</i> *	An endemic bellflower	5	Sagittario Gorge
<i>Campanula rapunculus</i>	Rampion Bellflower	2	Val Fondillo
<i>Campanula scheuchzeri</i>	Scheuchzer's Bellflower (a Harebell)	7	Val di Rose
<i>Campanula tanfanii</i> *	A Harebell-type	7	Val di Rose
<i>Campanula trachelium</i>	Nettle-leaved Bellflower	3	Alba Fucens
<i>Edraianthus graminifolia</i>	Edraianthus	7	Val di Rose (over)
Cannabaceae			
<i>Humulus lupulus</i>	Wild Hop	5	Sagittario Gorge
Caprifoliaceae			
<i>Cephalaria leucantha</i>	a Cream Scabious	3	Alba Fucens
<i>Dipsacus fullonum</i>	Wild Teasel	2	Val Fondillo
<i>Scabiosa columbaria</i>	Small Scabious	3	Alba Fucens
<i>Scabiosa silenifolia</i>		7	Val di Rose
<i>Scabiosa triandra</i>	A Scabious with v. divided leaves	5	Sagittario Gorge
Caryophyllaceae			
<i>Cerastium tomentosum</i>	Snow-in-Summer	2	Val Fondillo
<i>Dianthus brachycalyx</i> *	Apennine Pink	7	Val di Rose
<i>Dianthus carthusianorum</i> subsp. <i>tenorei</i> *	A Carthusian Pink	7	Val di Rose
<i>Petrorhagia saxifraga</i>	a Tunic Flower	2	Val Fondillo
<i>Saponaria officinalis</i>	Soapwort	3	Gioia dei Marsi
<i>Silene dioica</i>	Red Campion	2	Val Fondillo
<i>Silene latifolia</i>	White Campion	2	Val Fondillo
<i>Silene saxifraga</i>	Saxifrage Catchfly	5	La Cicerana / Sagittario Gorge
<i>Silene vulgaris</i>	Bladder Campion	2	Val Fondillo
Celastraceae			
<i>Euonymus europaeus</i>	Spindle Tree	2	Val Fondillo

Scientific name	Common name	Day	Location
<i>Euonymus latifolius</i>	Broad-leaved Spindle	5	Sagittario Gorge
<i>Parnassia palustris</i>	Grass-of-Parnassus	2	Val Fondillo
Cistaceae	Rock-rose Family		
<i>Helianthemum nummularium</i>	Rock-rose	4	La Difesa
<i>Helianthemum oelandicum</i> subsp. <i>alpestre</i>	Alpine Rock-rose	7	Val di Rose
Compositae (Asteraceae)	Daisy Family		
<i>Bellis perennis</i>	Daisy	2	Val Fondillo
<i>Carduus affinis</i>		2	Val Fondillo
<i>Carduus chrysacanthus</i>	Apennine Thistle	6	Above Hotel
<i>Carduus defloratus</i> subsp. <i>carliniifolius</i>	-	7	Val di Rose
<i>Carlina acanthifolia</i>	Acanthus-leaved Carlina Thistle	2	Val Fondillo
<i>Carlina acaulis</i> subsp. <i>simplex</i>	Stemmed' Stemless Carlina Thistle	2	Val Fondillo
<i>Carlina corymbosa</i>	Corymbose Carlina Thistle	3	Alba Fucens
<i>Carlina vulgaris</i>	Carlina Thistle	2	Val Fondillo
<i>Centaurea ceratophylla</i> *	An endemic Knapweed (spiny bracts)	3	Near Bisegna (over)
<i>Centaurea jacea</i>	Brown Knapweed	2	Val Fondillo
<i>Centaurea scannensis</i>	Scanno Knapweed	5	Sagittario Gorge
<i>Cichorium intybus</i>	Chicory	2	Val Fondillo
<i>Cirsium tenoreanum</i>	a Woolly Thistle	2	Val Fondillo
<i>Cota tinctoria</i> subsp. <i>australis</i>	Yellow Chamomile	2	Val Fondillo
<i>Echinops sphaerocephala</i>	Great Globe Thistle	2	Opi
<i>Erigeron uniflorus</i>	One-flowered Fleabane	7	Val di Rose
<i>Eupatorium cannabinum</i>	Hemp Agrimony	3	Gioia dei Marsi
<i>Helichrysum italicum</i>	A Curry Plant	3	Near Bisegna
<i>Jacobaea samnitum</i> *	A large-flowered Ragwort	2	Val Fondillo
<i>Lactuca viminea</i> subsp. <i>chondrillifolia</i>		3	Near Bisegna
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	2	Val Fondillo
<i>Senecio squalidus</i>	Oxford Ragwort	7	Val di Rose
Convolvulaceae	Bindweed Family		
<i>Convolvulus arvensis</i>	Field Bindweed	2	Val Fondillo
<i>Convolvulus cantabrica</i>	Pink Bindweed	3	Alba Fucens
<i>Cuscuta epithimum</i>	Common Dodder	2	Val Fondillo
Cornaceae	Dogwood Family		
<i>Cornus mas</i>	Cornelian Cherry	7	Val di Rose
<i>Cornus sanguinea</i>	Dogwood	2	Val Fondillo
Crassulaceae	Stonecrop Family		
<i>Sedum acre</i>	Wallpepper	7	Val di Rose
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	2	Val Fondillo
<i>Sedum sexangulare</i>	Tasteless Stonecrop	4	La Difesa
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	7	Val di Rose
Euphorbiaceae	Spurge Family		
<i>Euphorbia amygdaloides</i>	Wood Spurge	4	La Difesa
<i>Euphorbia cyparissias</i>	Cypress Spurge	2	Val Fondillo
<i>Euphorbia myrsinites</i>	Glaucous Spurge	2	Val Fondillo

Scientific name	Common name	Day	Location
<i>Euphorbia spinosa</i>	Spiny Spurge	5	Sagittario Gorge
Fagaceae			
Beech Family			
<i>Fagus sylvatica</i>	Beech	1	Common
<i>Quercus cerris</i>	Turkey Oak	7	Val di Rose
<i>Quercus ilex</i>	Holm Oak	5	Sagittario Gorge
<i>Quercus pubescens</i>	Downy Oak	1	Widespread
Gentianaceae			
Gentian Family			
<i>Gentiana cruciata</i>	Cross Gentian	2	Val Fondillo (over)
<i>Gentiana verna</i>	Spring Gentian	7	Val di Rose (in seed)
<i>Gentianella columnae</i>	An endemic 'Felwort'	7	Val di Rose
Geraniaceae			
Crane's-bill Family			
<i>Erodium alpinum</i>	Alpine Stork's-bill	6	La Cicerana
<i>Erodium cicutarium</i>	Common Stork's-bill	2	Val Fondillo
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	7	Val di Rose (leaves)
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	2	Val Fondillo
<i>Geranium robertianum</i>	Herb Robert	4	La Difesa
<i>Geranium austroapenninum</i> *	An Ashy Crane's-bill	7	Val di Rose
Grossulariaceae			
Gooseberry Family			
<i>Ribes uva-crispa</i>	Gooseberry	4	La Difesa
Hypericaceae			
St. John's-wort Family			
<i>Hypericum perforatum</i>	Perforate St. John's-wort	2	Val Fondillo
Lamiaceae			
Deadnettle Family			
<i>Ajuga chamaepitys</i>	Ground Pine	3	Alba Fucens
<i>Clinopodium (Acinos) alpinum</i>	Alpine Basil Thyme	2	Val Fondillo
<i>Clinopodium nepeta</i> subsp. <i>glandulosum</i>	Lesser Calamint	5	Sagittario Gorge
<i>Galeopsis ladanum</i> subsp. <i>angustifolium</i>	Red Hemp-nettle	4	La Difesa
<i>Lamium maculatum</i>	Spotted Dead-nettle	5	Sagittario Gorge
<i>Mentha longifolia</i>	Horse Mint	2	Val Fondillo
<i>Micromeria graeca</i> subsp. <i>tenuifolia</i>	Pink Micromeria	5	Sagittario Gorge
<i>Prunella laciniata</i>	Cut-leaved Self-heal	2	Val Fondillo
<i>Prunella vulgaris</i>	Self-heal	2	Val Fondillo
<i>Salvia verbenaca</i>	Wild Clary	2	Val Fondillo
<i>Satureja montana</i>	Winter Savory	3	Near Bisegna
<i>Sideritis italica</i>	A Sideritis	3	Near Bisegna
<i>Stachys germanica</i>	Downy Woundwort	2	Val Fondillo
<i>Thymus oenipontanus</i>	Wild Thyme	2	Val Fondillo
Leguminosae (Fabaceae)			
Pea Family			
<i>Astragalus sempervirens</i>	Mountain Tragacanth	7	Val di Rose
<i>Coronilla vaginalis</i>	Small Scorpion-vetch	7	Val di Rose
<i>Cytisus (Chamaecytisus) spinescens</i>	Hairy Broom	6	La Cicerana
<i>Laburnum anagyroides</i>	Laburnum	7	Val di Rose
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	2	Val Fondillo
<i>Medicago sativa</i>	Lucerne (cream)	3	Near Bisegna

Scientific name	Common name	Day	Location
<i>Medicago lupulina</i>	Black Medick	2	Val Fondillo
<i>Melilotus indicus</i>	Small Melilot	3	Alba Fucens
<i>Onobrychis viciifolia</i>	Sainfoin	3	Alba Fucens
<i>Ononis spinosa</i>	Spiny Restharrow	2	Val Fondillo
<i>Securigera varia</i>	Crown Vetch	2	Val Fondillo
<i>Spartium junceum</i>	Spanish Broom	1	Roadsides
<i>Trifolium ochroleucon</i>	A cream Clover	4	La Cicerana
Malvaceae	Mallow Family		
<i>Malva moschata</i>	Musk Mallow	4	La Difesa
<i>Malva neglecta</i>	Least Mallow	6	Pescasseroli
<i>Malva sylvestris</i>	Common Mallow	3	Roadsides
Moraceae	Mulberry Family		
<i>Ficus carica</i>	Common Fig	5	Sagittario Gorge
Oleaceae	Olive Family		
<i>Fraxinus ornus</i>	Manna or Flowering Ash	5	Sagittario Gorge
<i>Ligustrum vulgare</i>	Privet	2	Val Fondillo
Onagraceae	Willowherb Family		
<i>Chamerion angustifolium</i>	Rosebay Willowherb	3	Roadsides
<i>Epilobium dodonaei</i>	an Alpine Willowherb	5	Passo Godi road
<i>Epilobium hirsutum</i>	Great Willowherb	2	Val Fondillo
Orobanchaceae	Broomrape Family		
<i>Euphrasia agg</i>	Eyebright	2	Val Fondillo
<i>Odontites lutea</i>	Yellow Odontites	3	Near Bisegna
<i>Odontites vulgaris</i>	Red Bartsia	2	Val Fondillo
Plantaginaceae	Plantain Family		
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	2	Opi
<i>Cymbalaria pallida*</i>	Italian Toadflax	7	Val di Rose
<i>Digitalis ferruginea</i>	Brown Foxglove	4	La Difesa
<i>Digitalis lutea</i>	Small Yellow Foxglove	5	Passo Godi road
<i>Globularia meridionalis</i>	a Matted Globularia	6	La Cicerana
<i>Linaria purpurea</i>	Purple Toadflax	2	Opi
<i>Linaria vulgaris</i>	Common Toadflax	3	Alba Fucens and roadsides
<i>Plantago major</i>	Greater Plantain	2	Val Fondillo
<i>Plantago media</i>	Hoary Plantain	2	Val Fondillo
<i>Plantago sempervirens</i>	Shrubby Plantain	3	Alba Fucens
<i>Veronica beccabunga</i>	Brooklime	2	Val Fondillo
<i>Veronica chamaedrys</i>	Germander Speedwell	2	Val Fondillo
Plumbaginaceae	Thrift Family		
<i>Armeria canescens</i>	Plantain-leaved Thrift	2	Val Fondillo
<i>Plumbago europaea</i>	Plumbago or Common Leadwort	5	Sagittario Gorge
Primulaceae	Primrose Family		
<i>Anagallis arvensis</i>	Scarlet Pimpernel	2	Val Fondillo

Scientific name	Common name	Day	Location
<i>Cyclamen hederifolium</i>	Common Sowbread	5	Sagittario Gorge
Ranunculaceae	Buttercup Family		
<i>Actea spicata</i>	Baneberry	4	La Difesa
<i>Clematis vitalba</i>	Old Man's Beard	2	Val Fondillo
<i>Consolida regalis</i>	Forking Larkspur	5	Sagittario Gorge
<i>Helleborus foetidus</i>	Stinking Hellebore	2	Val Fondillo
<i>Ranunculus lanuginosus</i>	Woolly Buttercup	4	La Difesa
<i>Ranunculus repens</i>	Creeping Buttercup	3	Alba Fucens
<i>Thalictrum simplex</i>	A Meadow-rue	2	Val Fondillo (leaves)
Rhamnaceae	Buckthorn Family		
<i>Rhamnus alpinus</i>	Alpine Buckthorn	3	Mountain slopes
<i>Rhamnus fallax</i>	an Alpine Buckthorn	6	La Cicerana
<i>Rhamnus saxatilis</i>	Rock Buckthorn	5	Sagittario Gorge
Rosaceae	Rose Family		
<i>Crataegus monogyna</i>	Hawthorn	2	Val Fondillo
<i>Geum urbanum</i>	Wood Avens	4	La Difesa
<i>Malus sylvestris</i>	Crab Apple	2	Val Fondillo
<i>Potentilla detommasii</i>	A Sulphur Cinquefoil	4	La Difesa
<i>Potentilla reptans</i>	Creeping Cinquefoil	4	La Difesa
<i>Prunus spinosa</i>	Blackthorn	2	Val Fondillo
<i>Rosa canina</i> agg.	Dog Rose	2	Val Fondillo
<i>Rubus fruticosus</i> agg.	Bramble	2	Val Fondillo
<i>Rubus idaeus</i>	Raspberry	6	La Cicerana
<i>Sanguisorba minor</i>	Salad Burnet	2	Val Fondillo
Rubiaceae	Bedstraw Family		
<i>Asperula aristata</i>	Southern Squinancywort	3	Alba Fucens
<i>Asperula cynanchica</i>	Squinancywort	2	Val Fondillo
<i>Cruciata glabra</i>	Smooth Crosswort	4	La Difesa
<i>Cruciata laevipes</i>	Crosswort	2	Val Fondillo
<i>Galium odoratum</i>	Woodruff	4	La Difesa (leaves)
Salicaceae	Willow Family		
<i>Salix alba</i>	White Willow	2	Val Fondillo
<i>Salix caprea</i>	Goat Willow	2	Val Fondillo / La Cicerana
<i>Salix purpurea</i>	Purple Willow	2	Val Fondillo
Santalaceae	Sandelwood Family		
<i>Viscum album</i>	Mistletoe	2	Val Fondillo
Sapindaceae	Maple Family		
<i>Acer campestre</i>	Field Maple	2	Val Fondillo
<i>Acer monspessulanum</i>	Montpelier Maple	5	Sagittario Gorge
<i>Acer pseudoplatanus</i>	Sycamore	4	La Difesa
Saxifragaceae	Saxifrage Family		
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	5	Sagittario Gorge (leaves)

Scientific name	Common name	Day	Location
<i>Saxifraga paniculata</i>	Live-long Saxifrage	6	Above Hotel (leaves)
<i>Saxifraga porophylla</i> *	Reddish Saxifrage	2	Val Fondillo (leaves)
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	4	La Difesa (leaves)
Scrophulariaceae	Figwort Family		
<i>Scrophularia canina</i>	Dog (French) Figwort	6	La Cicerana
<i>Verbascum lychnitis</i>	White Mullein	2	Val Fondillo
<i>Verbascum mallophorum</i>	a large branched Mullein	2	Val Fondillo
<i>Verbascum thapsus</i>	Aaron's Rod	2	Val Fondillo
Thymelaeaceae	Daphne Family		
<i>Daphne laureola</i>	Spurge Laurel	4	La Difesa (not in flower)
<i>Daphne mezereum</i>	Mezereon	4	La Difesa (not in flower)
<i>Daphne oleoides</i>	A Daphne	7	Val di Rose (not in flower)
Urticaceae	Nettle Family		
<i>Urtica dioica</i>	Nettle	2	Val Fondillo
Monocots	Monocotyledons		
Asparagaceae	Asparagus Family		
<i>Asparagus acutifolius</i>	Prickly Asparagus	5	Sagittario Gorge
<i>Polygonatum multiflorum</i>	Solomon's-seal	4	La Difesa
<i>Ruscus aculeatus</i>	Butcher's-broom	5	Sagittario Gorge
Colchicaceae	Autumn Crocus Family		
<i>Colchicum alpinum</i>	Alpine Autumn Crocus	4	La Cicerana
<i>Colchicum lusitanum</i>	An Autumn Crocus	2	Val Fondillo
<i>Colchicum neapolitanum</i>	An Autumn Crocus	6	La Cicerana
Melanthiaceae	Herb-Paris Family		
<i>Paris quadrifolia</i>	Herb-Paris	4	La Difesa
Orchidaceae	Orchid Family		
<i>Dactylorhiza</i> sp.	A Marsh Orchid sp.	2	Val Fondillo (remains)
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	7	Val di Rose
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	7	Val di Rose (remains)
FUNGI			
Lecanoromycetes	Lichens		
<i>Lobaria pulmonaria</i>	Lungwort	4	La Difesa
Agaricomycetes			
<i>Fomes fomentarius</i>	Hoof Fungus	7	Val di Rose
<i>Ganoderma applanatum</i>	Artist's Bracket	4	La Difesa

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

	Common name	Scientific name	August/September							
			29	30	31	1	2	3	4	5
1	Mallard	<i>Anas platyrhynchos</i>			2					
2	Rock Dove/Feral Pigeon	<i>Columba livia "domestica"</i>	✓	3	✓		20	1		✓
3	Common Wood Pigeon	<i>Columba palumbus</i>	✓	2	✓	1		1		

	Common name	Scientific name	August/September							
			29	30	31	1	2	3	4	5
4	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓		7					
5	Common Moorhen	<i>Gallinula chloropus</i>			15					
6	Eurasian Coot	<i>Fulica atra</i>			5		20			
7	Little Grebe	<i>Tachybaptus ruficollis</i>			6					
8	Great Crested Grebe	<i>Podiceps cristatus</i>					2			
9	Yellow-legged Gull	<i>Larus michahellis</i>	4							
10	Grey Heron	<i>Ardea cinerea</i>		4	1		1		2	
11	Little Egret	<i>Egretta garzetta</i>								2
12	European Honey Buzzard	<i>Pernis apivorus</i>			1					
13	Griffon Vulture	<i>Gyps fulvus</i>			2					
14	Golden Eagle	<i>Aquila chrysaetos</i>						2		
15	Eurasian Sparrowhawk	<i>Accipiter nisus</i>				2	1		1	
16	Western Marsh Harrier	<i>Circus aeruginosus</i>							5	
17	Common Buzzard	<i>Buteo buteo</i>		5	3	3	10	8	1	
18	Tawny Owl	<i>Strix aluco</i>				H		4		
19	Eurasian Hoopoe	<i>Upupa epops</i>		1						
20	European Bee-eater	<i>Merops apiaster</i>					40		80	
21	Lesser Spotted Woodpecker	<i>Dryobates minor</i>				H		H		
22	Great Spotted Woodpecker	<i>Dendrocopos major</i>		1						
23	European Green Woodpecker	<i>Picus viridis</i>		H	H	H	H	H	H	
24	Common Kestrel	<i>Falco tinnunculus</i>		H		4	10	10	2	1
25	Red-backed Shrike	<i>Lanius collurio</i>		15	5	1	5	2		
26	Eurasian Jay	<i>Garrulus glandarius</i>		H	2	H	2	H	2	
27	Eurasian Magpie	<i>Pica pica</i>	✓	3	10	1	1	2		1
28	Western Jackdaw	<i>Coloeus monedula</i>	2							
29	Hooded Crow	<i>Corvus cornix</i>	✓	10	✓	✓	✓	✓	20	✓
30	Northern Raven	<i>Corvus corax</i>		H		H	1	15	H	
31	Coal Tit	<i>Parus ater</i>		3	15	7	3	3	5	
32	Marsh Tit	<i>Poecile palustris</i>		5	H	5	5	2	10	
33	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		2		2	1	1	H	
34	Great Tit	<i>Parus major</i>		3	2	1	5	2	H	
35	Woodlark	<i>Lullula arborea</i>					LOH			
36	Skylark	<i>Alauda arvensis</i>						2		
37	Barn Swallow	<i>Hirundo rustica</i>	✓	50	✓	✓	✓	✓	✓	✓
38	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		3			5			
39	Common House Martin	<i>Delichon urbicum</i>		150	✓	✓	✓	✓		
40	Long-tailed Tit	<i>Aegithalos caudatus</i>				H	10		H	
41	Cetti's Warbler	<i>Cettia cetti</i>			1					
42	Willow Warbler	<i>Phylloscopus trochilus</i>					1			
43	Common Chiffchaff	<i>Phylloscopus collybita</i>		H	3	H	H	H	5	
44	Eurasian Blackcap	<i>Sylvia atricapilla</i>		5	H		H		1	
45	Common Firecrest	<i>Regulus ignicapillus</i>		2		H	H	H	3	
46	Goldcrest	<i>Regulus regulus</i>				1				
47	Eurasian Wren	<i>Troglodytes troglodytes</i>		H	H	2	2	H	H	
48	Eurasian Nuthatch	<i>Sitta europaea</i>		H		10	5	5	5	
49	Eurasian Treecreeper	<i>Certhia familiaris</i>				H			H	
50	Short-toed Treecreeper	<i>Certhia brachydactyla</i>		5	H	H	1	H		
51	Common Starling	<i>Sturnus vulgaris</i>	1	40	10	H	5			10

	Common name	Scientific name	August/September							
			29	30	31	1	2	3	4	5
52	Common Blackbird	<i>Turdus merula</i>		5	5	2	2			1
53	Song Thrush	<i>Turdus philomelos</i>		1						
54	Mistle Thrush	<i>Turdus viscivorus</i>			2	1	1			
55	Spotted Flycatcher	<i>Muscicapa striata</i>		2						
56	European Robin	<i>Erithacus rubecula</i>		10	5	5	5	3	5	
57	Black Redstart	<i>Phoenicurus ochruros</i>		5			1	2	5	
58	Common Redstart	<i>Phoenicurus phoenicurus</i>		1						
59	Whinchat	<i>Saxicola rubetra</i>					2			
60	Northern Wheatear	<i>Oenanthe oenanthe</i>						3	3	
61	Italian Sparrow	<i>Passer italiae</i>		20	✓	✓	1	3	10	
62	Eurasian Tree Sparrow	<i>Passer montanus</i>		10		✓	H	1		
63	Alpine Accentor	<i>Prunella collaris</i>							LOH	
64	Dunnock	<i>Prunella modularis</i>							1	
65	Western Yellow Wagtail	<i>Motacilla flava</i> agg.					2			
66	Grey Wagtail	<i>Motacilla cinerea</i>		3						
67	White Wagtail	<i>Motacilla alba</i>	1			1	4		H	
68	Tree Pipit	<i>Anthus trivialis</i>		5	3		3	3		
69	Water Pipit	<i>Anthus spinoletta</i>							5	
70	Common Chaffinch	<i>Fringilla coelebs</i>		5	✓	2	10	3	2	
71	Hawfinch	<i>Coccothraustes coccothraustes</i>						2	2	
72	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>				H		H		
73	European Greenfinch	<i>Chloris chloris</i>					1	H		
74	Common Linnet	<i>Linaria cannabina</i>			H		8	6	2	
75	European Goldfinch	<i>Carduelis carduelis</i>		2	10	6	5	5		
76	European Serin	<i>Serinus serinus</i>		2	1	1				
77	Yellowhammer	<i>Emberiza citrinella</i>			6		3	10		
78	Rock Bunting	<i>Emberiza cia</i>			2		1		3	
79	Cirl Bunting	<i>Emberiza cirlus</i>		3			2			

Mammals (D = dead; S = signs of)

1	Mole	<i>Talpa</i> sp.				S		S	S	
2	Red Fox	<i>Vulpes vulpes</i>			1	1	2	1		1
3	Grey Wolf	<i>Canis lupus</i>							S	
4	Marsican Brown Bear	<i>Ursus arctos marsicanus</i>		3						
5	Red Deer	<i>Cervus elaphus</i>	1	70	35	25	30	15	1	
6	Roe Deer	<i>Capreolus capreolus</i>		4	2		2	1		
7	Apennine/Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>							18	
8	Wild Boar	<i>Sus scrofa</i>	1	14	2		1	S	15	
9	Brown Hare	<i>Lepus europaeus</i>			1					
10	Red Squirrel	<i>Sciurus vulgaris</i>				1		1		
11	Field vole sp.	<i>Microtus</i> sp.					D			
12	Bank Vole	<i>Clethrionomys glareolus</i>				5			1	
13	Brown Rat	<i>Rattus</i> cf. <i>norvegicus</i>			1					
14	Bat cf. Soprano Pipistrelle	cf. <i>Pipistrellus pygmaeus</i>						1		

Reptiles & Amphibians (T = tadpoles)

1	Common Toad	<i>Bufo bufo</i>				T				
2	Italian Stream Frog	<i>Rana italica</i>		3						

	Common name	Scientific name	August/September							
			29	30	31	1	2	3	4	5
3	Common Wall Lizard	<i>Podarcis muralis</i>		1	1		10	5	10	
4	Italian Wall Lizard	<i>Podarcis sicula</i>			3		1			
5	Grass Snake	<i>Natrix helvetica (N. natrix)</i>					1			

Butterflies

1	Swallowtail	<i>Papilio machaon</i>			1					
2	Scarce Swallowtail	<i>Iphiclides podalirius</i>		1	1					
3	Large White	<i>Pieris brassicae</i>		1	1					
4	Small White	<i>Pieris rapae</i>		2		✓	5	2	2	
5	Southern Small White	<i>Pieris mannii</i>								
6	Green-veined White	<i>Pieris napi</i>		10	1	5	1		1	
7	Clouded Yellow	<i>Colias crocea</i>		2	5	1	1	2		
8	Berger's Clouded Yellow	<i>Colias alfacariensis</i>			10		1			
9	Brimstone	<i>Gonepteryx rhamni</i>				2	1			
10	Wood White	<i>Leptidea sinapis</i>		1			3	1		
11	Small Copper	<i>Lycaena phlaeas</i>						1	1	
12	Scarce Copper	<i>Lycaena virgaureae</i>				1	1	2	7	
13	Sooty Copper	<i>Lycaena tityrus</i>						1		
14	Little Blue	<i>Cupido minimus</i>		1						
15	Provençal Short-tailed Blue	<i>Cupido alcetas</i>		1						
16	Holly Blue	<i>Celastrina argiolus</i>		1						
17	Baton Blue	<i>Pseudophilotes baton</i>		1		1			1	
18	Brown Argus	<i>Aricia agestis</i>					1	1	1	
19	cf. Reverdin's Blue	<i>Plebejus cf. argyrognomon</i>			10					
20	Silver-studded Blue	<i>Plebejus argus</i>			5					
21	Chalk-hill Blue	<i>Polyommatus coridon</i>		2			2		3	
22	Adonis Blue	<i>Polyommatus bellargus</i>		50			10	10	5	
23	Turquoise Blue	<i>Polyommatus dorylas</i>					10			
24	Common Blue	<i>Polyommatus icarus</i>		5	1	5	2	1		
25	Chapman's Blue	<i>Polyommatus thersites</i>			5					
26	Southern White Admiral	<i>Limenitis reducta</i>		5	1					
27	Painted Lady	<i>Vanessa cardui</i>		2	5		2	2		
28	Comma Butterfly	<i>Polygonia c-album</i>		1						
29	Cardinal Fritillary	<i>Argynnis pandora</i>			10			3		
30	Silver-washed Fritillary	<i>Argynnis paphia</i>		2	2	1	5			
31	Queen of Spain Fritillary	<i>Issoria lathonia</i>				3		2	2	
32	Spotted Fritillary	<i>Melitaea didyma</i>			3			3		
33	Knapweed Fritillary	<i>Melitaea phoebe</i>		2				2		
34	Woodland Grayling	<i>Hipparchia fagi</i>					3			
35	Hermit	<i>Chazara briseis</i>			1			10		
36	Tree Grayling	<i>Neohipparchia statilinus</i>			20		1	1		
37	Great Banded Grayling	<i>Brintesia circe</i>		1			1	5	3	
38	Autumn Ringlet	<i>Erebia neoridas</i>						15		
39	Meadow Brown	<i>Maniola jurtina</i>		15	5	1		3	1	
40	Small Heath	<i>Coenonympha pamphilus</i>		5	10	2	5	10	3	
41	Speckled Wood	<i>Pararge aegeria aegeria</i>				2	3	1		
42	Wall Brown	<i>Lasiommata megera</i>			2				1	
43	Large Wall Brown	<i>Lasiommata maera</i>		1			1		5	

	Common name	Scientific name	August/September							
			29	30	31	1	2	3	4	5
44	Mallow Skipper	<i>Carcharodus alceae</i>			1			1		
45	Red-underwing Skipper	<i>Spialia sertorius</i>			2	1		1	1	
46	Silver-spotted Skipper	<i>Hesperia comma</i>		4	1			10	1	
47	Large Skipper	<i>Ochlodes sylvanus</i>			1					

Micro Moths

1	A crambid	<i>Eudonia</i> sp.				1		2		
2	Common Grass-Veneer	<i>Agriphila</i> cf. <i>tristella</i>		✓		1		✓		
3	A crambid	<i>Pyrausta purpuralis</i>		2		2		1		
4	A crambid	<i>Palpita vitrealis</i>						1		
5	A pyralid	<i>Dioryctria</i> sp.						1		
6	A tortrix	Tortricidae sp.				LO				

Macro Moths

1	Orange Swift	<i>Hepialus sylvia</i>				2				
2	Southern Six-spot Burnet	<i>Zygaena transalpina</i>			2					
3	Grass Eggar	<i>Lasiocampa trifolii</i>						2		
4	Barred Hook-tip	<i>Watsonalla cultraria</i>						10		
5	Tawny Wave	<i>Scopula rubiginata</i>		LO						
6	Small Dusky Wave	<i>Idaea seriata</i>				LO				
7	Vestal	<i>Rhodomestra sacraria</i>						2		
8	Beech Green Carpet	<i>Colostygia</i> cf. <i>olivata</i>						2		
9	Common Carpet	<i>Epirrhoe</i> cf. <i>alternata</i>						1		
10	Galium Carpet	<i>Epirrhoe galiata</i>						1		
11	Pimpinel Pug	<i>Eupithecia</i> cf. <i>pimpinellata</i>				LO				
12	A carpet	<i>Coenotephria</i> cf. <i>Ablutaria</i>						1		
13	Brimstone Moth	<i>Opisthograptis luteolata</i>						3		
14	Scalloped Oak	<i>Crocallis elinguaris</i>						1		
15	Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>			2	1	1	2	1	
16	Gypsy Moth	<i>Lymantria dispar</i>						1		
17	Hoary Footman	<i>Eilema</i> cf. <i>caniola</i>						15		
18	Four-spotted Footman	<i>Lithosia quadra</i>						5		
19	Feathered Footman	<i>Spiris striata</i>			1					
20	Jersey Tiger	<i>Euplagia quadripunctata</i>		1		1		6		
21	Great Dart	<i>Agrotis bigramma</i>						2		
22	Turnip Moth	<i>Agrotis segetum</i>						1		
23	Flame Shoulder	<i>Ochropleura plecta</i>						1		
24	Lesser Yellow Underwing	<i>Noctua comes</i>						2		
25	Large Yellow Underwing	<i>Noctua pronuba</i>						1		
26	Hedge Rustic	<i>Tholera cespitis</i>						2		
27	Barred Sallow	<i>Tiliacea aurago</i>						1		
28	A noctuid	<i>Tiliacea sulphurago</i>						1		
29	A noctuid	<i>Episema glaucina</i>						1		
30	Dumeril's Rustic	<i>Luperina dumerilii</i>						1		
31	Small Mottled Willow	<i>Spodoptera exigua</i>						1		
32	A noctuid	<i>Chersotis margaritacea</i>						1		

	Common name	Scientific name	August/September						
			29	30	31	1	2	3	4

Other Invertebrates

1	Common Darter	<i>Sympetrum striolatum</i>				1				
2	A brown lacewing	Hemerobiidae sp.						1		
3	A green lacewing	Chrysopidae sp.						1		
4	La Meta Apennine Grasshopper	<i>Italopodisma trapezoidalis</i>							LO	
5	Orange-tipped Grasshopper	<i>Omocestus cf. haemorrhoidalis</i>				1				
6	Blue-winged Grasshopper	<i>Oedipoda caerulescens</i>		✓		✓		✓		
7	Red-winged Grasshopper	<i>Oedipoda germanica</i>		D	✓			1		
8	Lily Bush-cricket	<i>Tylopsis lilifolia</i>			1					
9	Fischer's Bush-cricket	<i>Pholidoptera fallax</i>		1						
10	Field Cricket	<i>Gryllus campestris</i>		✓		1				
11	Praying Mantis	<i>Mantis religiosa</i>			1			1		
12	Red and black Shield Bug	<i>Graphosoma lineatum italicum</i>			✓					
13	Black-and-Red Bug	<i>Lygaeus equestris</i>		✓						
14	A Lygaeid bug	<i>Spilostethus saxatilis</i>			✓					
15	Firebug	<i>Pyrrhocoris apterus</i>						✓		
16	Green Leafhopper	<i>Cicadella viridis</i>		1						
17	A crane-fly	<i>Tipulidae sp.</i>						1		
18	Common Drone Fly	<i>Eristalis cf. tenax</i>		✓						
19	A tachinid fly	<i>Phasia hemiptera</i>		✓						
20	A paper wasp	<i>Polistes atrimandibularis</i>						1		
21	Patchwork Leafcutter Bee	<i>Megachile cf. centuncularis</i>						1		
22	Violet Carpenter Bee	<i>Xylocopa violacea</i>					2	1		
23	Honey Bee	<i>Apis mellifera</i>		✓				✓	✓	
24	Red-tailed Bumblebee	<i>Bombus cf. lapidarius</i>		✓						
25	A bumblebee	<i>Bombus cf. mesomelas</i>					1		1	
26	Common Carder Bee	<i>Bombus pascuorum</i>		✓				✓	✓	
27	A crab spider	<i>Xysticus sp.</i>						1		
28	Oak Spider	<i>Aculepeira ceropegia</i>						1		
29	A harvestman	Phalangidae sp.		1						
30	A Harvestman (dorsal white line)	<i>Metaphalangium cirtanum</i>				1				
31	A millipede	Julidae sp.				1				
32	Robin's Pincushion galls caused by	<i>Diplolepis rosae</i>								



Roe buck