

Abruzzo in Autumn

Naturetrek Tour Report

3rd – 10th September 2020



Report compiled by Jessica Turner
Images courtesy of Nick Rutter



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Summary

It was a joy to return to the field with Naturetrek's first overseas tour since lockdown, and we enjoyed an excellent week of hot and sunny weather with some great wildlife sightings. Highlights included one of the best views of a Marsican Brown Bear in the valley below us at Gioia Vecchio, some lovely sightings of Griffon Vultures, and a host of late-summer butterflies. We were well looked after, as ever, by Geraldine and Marco and excellently guided by Paolo and Cesidio on our Ecotur outings. My thanks go to them and to all the group for sharing enthusiasms, spotting skills and expertise.

Day 1

Thursday 3rd September

London Heathrow to Rome to Pescasseroli

The five group members met Jessica at London Heathrow, Terminal 5, for our 8.20am flight to Rome. Well spaced-out on the plane, we enjoyed good views as we flew. The earlier start meant we landed before midday, and successfully negotiating the health and hygiene rules, were soon outside the airport. Jessica collected the minibus and picked up the group from a sunny short-stay car park, and we headed round the relatively quiet Rome ringroad and 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 opposite Monte Velino, where no sooner had it been mentioned that Griffon Vultures had been reintroduced into the area, several birds were picked up, thermalling over the far mountains. Although very distant, their size and shape were diagnostic and at least four were seen. Swallows and Martins, the latter probably being Crag Martins, were also noted. Other birds on the journey included Yellow-legged Gull, Hooded Crows, Jays, Kestrel, Common Buzzard and Common Redstart.

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 hillslopes, so characteristic of the area. Passing Gioia Vecchio, it was a steady descent towards Pescasseroli. We drove through the village, and soon reached the Albergo Paradiso, our base for the week, where we received a warm welcome from Geraldine, plus temperature checks and advice on hygiene rules. After settling in and a break, we went for a walk up the stony track behind the hotel. A juvenile Black Redstart was on a wire, and Firecrest had already been seen from the rooms. Large numbers of Swallows and House Martins were hawking overhead, disturbed by a Peregrine flying through them, and we had brief glimpses of Spotted Flycatcher and three Crossbills which flew overhead, as well as a Hobby. A Small Heath butterfly and a probable Great Banded Grayling were seen, as well as several grasshoppers. Plants included the beautiful Blue Eryngo (*Eryngium amethystinum*), the stemmed form of Stemless Carline Thistle (*Carlina acaulis* subsp. *simplex*), the small-flowered Common Carline Thistle (*Carlina vulgaris*) and the lime-encrusted leaves of Live-long Saxifrage (*Saxifraga paniculata*).

We retraced our steps to the hotel, where we met up at 7.30pm for a delicious meal. Afterwards, we were more than ready for bed, after a long day.

Day 2

Friday 4th September

Round hotel; La Difesa; La Cicerana

This morning, before breakfast, we explored the area round the hotel and the small fields and allotments along the road. Though it was fine, it was very misty, but the mist soon burnt off. We saw a Black and Common Redstarts, adults and juveniles, Italian and Tree Sparrows and Serins, among the birds. Kevin, walking up behind the hotel, reported a Red Deer stag's roar through the mist, and Sue reported Treecreeper, which was probably Eurasian. An outside light attracted Scarce Footman and Balkan Chaperon moths (the latter species being found in the Abruzzo area and, more locally, in the Balkans and the Caucasus), while Common Pipistrelle and European Free-tailed Bats were recorded by clients' bat detectors.

Afterwards, we took the vehicles the short distance to the start of our walk through La Difesa and the Vallone Pesco di Lordo. Here, there are ancient Beech trees (*Fagus sylvatica*), making it a potentially good habitat for Woodpeckers, although none were seen this morning. The sun was by now warm, and an early sighting was another Griffon Vulture circling, being mobbed by a tiny-looking Common Buzzard. Under the Beech trees was a fine stand of Herb-Paris (*Paris quadrifolia*), each spike with its single black berry; this is an ancient-woodland indicator species. A wide variety of mosses, lichens and ferns, including Maidenhair Spleenwort (*Asplenium trichomanes*) and the lichen Lungwort (*Lobaria pulmonaria*), plus Round-leaved Saxifrage (*Saxifraga rotundifolia*), were growing on the enormous boulders and exposed tree roots and trunks, and the sun filtering through the leaves was beautiful. Nuthatches were vociferous and several were seen, as well as Blackcap, Chiffchaff, Coal and Marsh Tits. A series of drinking troughs by a spring was a reminder of the days of 'transumanza', when the enormous numbers of sheep that used to graze the mountains of Abruzzo were driven south, down to Puglia, for the winter months.

We walked in to the more open Vallone Pesco di Lordo, appreciating the views of the mountains beyond, with Ravens, Kestrels, Sparrowhawk and another Peregrine Falcon seen along the horizon. Butterflies were enjoying the sun in the open areas, including Swallowtail, Queen of Spain Fritillary, Great Banded Grayling, Hermit, Scarce and Small Coppers, some magnificent Adonis, Chalk-hill and Common Blues, Brown Argus, Clouded Yellow and Berger's Clouded Yellow, and Oberthur's Grizzled, Silver-spotted and Red-underwing Skippers. Large Wall Brown was also reported. There were also many 'Flash-colour' grasshoppers, that show red or blue as they jump, but are amazingly camouflaged at rest. A few plants in flower included Common Rock-rose (*Helianthemum nummularium*), Red Hemp-nettle (*Galeopsis ladanum* subsp. *angustifolium*), Purple Toadflax (*Linaria purpurea*), the small pink flowers of the Tunic Flower *Petrorhagia saxifraga*, and Alpine Basil Thyme (*Clinopodium alpinum*). As the morning was nearly over, we slowly re-traced our steps back to the minibus, as we were having a cooked lunch in the hotel today. Red Admiral was added to our growing butterfly list.

After lunch, we met on the sun terrace to update our checklist, with Kevin hearing a flock of migrating Bee-eaters. After a short break, we met by the minibus, adding Comma butterfly and a Common Wall Lizard. We then drove into town to meet with Paolo, our Ecotur guide. He was going to take us to a remote rifugio, from

where we would walk to a viewpoint from which we could see bushes of Alpine Buckthorn (*Rhamnus alpinus*) on the mountainsides. The *Rhamnus* berries are favourites with Marsican Brown Bears, so this could be our best opportunity for seeing this endangered but iconic species. We drove to the Passo del Diavolo, where we took a track to the barrier marking the entry to the restricted area, passing Red-backed Shrikes and Northern Wheatears. We parked here and prepared to walk, while Paolo explained a little about the area and its importance for Bears. We passed a Bear scat about three days old, full of *Rhamnus* seeds. The grassy slopes were dotted with mauve Autumn Crocuses (*Colchicum lusitanum*). Butterflies included Great Banded Grayling, the similar Woodland Grayling, the smaller Tree Grayling, Scarce Swallowtail, Common, Adonis and Chalk-hill Blues and Silver-spotted Skipper, and there were also several of the red-and-black Ground Bug *Spilostethus saxatilis*. A small group of Woodlarks were seen, and an Antlion *Distoleon tetragrammicus* was on the path. When we reached the isolated rifugio at La Cicerana, we were delighted to be welcomed with a cup of tea, enjoyed with more Kestrels and Red-backed Shrikes. A Hoopoe flew across nearby. Paolo told us that two young wolves had killed a sheep a few days before, in the afternoon, and showed us a photo. However, we were also told on our arrival, that they had tried again, earlier this afternoon, but this time unsuccessfully.

Rested and refreshed, we walked on the short distance to our viewing area. We settled ourselves where we could look across to the hillside dotted with Alpine Buckthorn bushes. We could see a good number of Red Deer, with several stags, some in a small group, others alone and one with a group of hinds. The rut has started early this year, and several were roaring. We also saw a couple of Roe Deer, and many House Martins were in the valley below. Sadly, no Bears appeared this evening, and we left as the light was fading fast.

We walked back to the rifugio, where Cesido had prepared a delicious supper of bean and vegetable soup and Parmigiano di melanzane (aubergine, tomato and cheese) with local wine. Eventually, we prepared ourselves for the walk back by starlight and torchlight. As we walked, a Nightjar was on the path in front of us, and later one was heard 'churring'. A young Fox was very inquisitive and came very close. The moon rose, large and golden, and we stopped to look at the stars and enjoy the silence. We drove back to the hotel, after a fascinating evening.

Day 3

Saturday 5th September

Near Bisegna; Alba Fucens, Petrella Liri; Gioia Vecchio

We woke to another beautiful morning. Those out early saw Hobby, Hoopoe, Stonechat and Crossbill, among other species.

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 north from Pescasseroli, taking the turn towards Bisegna. We stopped just outside the village by a rocky cliff, where there were plenty of butterflies with Cardinal Fritillary, Large Skipper and Southern Comma being new. Plants included the aromatic Winter Savory (*Satureja montana*) and a Curry Plant (*Helichysum italicum*). Bird life was extremely quiet here. We moved on, dropping down through San Sebastiano to Pescara, near the autostrada, and on past the flat area that was Lake Fucino. In San

Pelino we turned north, into the Sirente-Veline 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 outside the village bar.

We then had time to explore the area, first the grassy areas towards and round the very fine amphitheatre, then returning via the remains of streets, houses, shops and other buildings, with some fine stonework. 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. Round the well-preserved ruins there were plenty of flowers such as Common Toadflax (*Linaria vulgaris*) and Sainfoin (*Onobrychis viciifolia*), while on the drier slopes were the cream-coloured Scabious-like *Cephalaria leucantha*, Small Scabious (*Scabiosa columbaria*), Blue Eryngo, the green Field Eryngo (*Eryngium campestre*) and the sculptural ‘umbellifer’, Honewort (*Trinia glauca*). Again, there were many butterflies, including some fine Adonis, Common, Chalk-hill and Silver-studded Blues, Clouded Yellow and the paler Berger’s Clouded Yellow, Wall Brown, Lesser Spotted Fritillary, and many Tree Graylings, well camouflaged at rest on rocks. Two Griffon Vultures were picked up thermalling over the mountain, while a flock of 20-plus Bee-eaters were calling above us, and also swooping down into the valley below, enabling good views of their bright plumage. Willow Warbler, a passage migrant only here, was added to the list and, as we walked back, we saw a large Scolid Wasp *Scolia birta*, on Eryngo flowers. We enjoyed our delicious picnic of local produce, perched on a (non-Roman) wall.

Paolo had told us about a breeding site for Griffon Vultures, about 40 minutes from Alba Fucens, so we decided to visit it. We drove back to the outskirts of Avezzano, going down the west side to Capistrello and turning north-west up a steep-sided valley road. We parked in a layby and looked up, seeing a couple of Griffons, then more, and more, until 14 were flying just overhead, some in groups, in apparent formation. We watched a couple come in to land on the rocks, and could see one on the cliff. However, we realised we were fortunate to see so many in flight as, after about 10 minutes, all the flying birds had disappeared. Crag Martins were also against the cliffs. Back at ground level, there was a trough with a puddle of water in it, which had attracted a Southern White Admiral and a strange-looking Blue, either an anomalously-marked Adonis Blue, or possibly a hybrid with Chalk-hill Blue, with intermediate characteristics. A Common Wall Lizard appeared from a crack.

Delighted with our sightings, we left the area to cross the plain, noting the agriculture of the fertile soil, and joining the Circonfucense road. Our route took us back up through Gioia Vecchio, where we stopped. Rather frustratingly, we were told we had missed a Bear by about 10 minutes – nothing appeared while we were there, although a Red Deer was on the slope opposite. However, it was encouraging to learn that a Bear was using the valley at this time, so we returned to the hotel, determined to try again.

Day 4

Sunday 6th September

Gioia Vecchio; Val Fondillo; Gioia Vecchio

This morning we were out by 6am to drive up to Gioia Vecchio. En route we saw a Red Deer hind with a fawn and a disappearing animal, probably Brown Hare, although it was hard to see in the half-light. At Gioia Vecchio, we again saw Red Deer and saw and heard Roe Deer barking. However, no Bear appeared while we were there, and eventually we left to return to the hotel for breakfast.

After another good breakfast, we set off to drive down the Sangro valley, past the little hill-top village of Opi, to the Val Fondillo. It was already quite busy as we parked in the shade of some large Willows and set off into the valley. Although there were many people about, most just strode along the main track as we meandered on side paths. A Red-backed Shrike was on a fence post, and a Wood White butterfly flew past, with its fluttery flight. There were several patches of Horse Mint (*Mentha longifolia*) and Water Mint (*Mentha aquatica*) which were alive with butterflies nectaring in the morning sun. These included masses of Adonis and Common Blues, Small Whites, Lang's Short-tailed Blue, Brown Argus, a couple of Southern White Admirals, Southern Grizzled Skipper, Silver-washed Fritillary, Cardinal, Knapweed Fritillary and a Spotted Fritillary which obligingly sat to be photographed. Scans of the skies above Monte Marsicano revealed a Peregrine, Red-billed Choughs, Common Buzzard, Raven, Sparrowhawk and later, three Griffon Vultures.

We wandered down to the stream, enjoying the clear, fast-flowing water. On the bank we found Grass-of-Parnassus (*Parnassia palustris*) and Fringed Gentian (*Gentianopsis ciliata*), while a flat grassy area held a display of Autumn Crocuses (*Colchicum lusitanum*), some of the which had been dug up by Wild Boar for their corms. Dragonflies were present too, and we noted a fine Southern Skimmer and several Common Darters, some of which were mating and laying eggs in a stagnant pool. The old bridge, which had been swept away by local flooding, had been replaced by an aerial walkway, much further from the water. A boulder forming a cave had a little rock garden growing on it, including the lime-encrusted basal rosettes of the endemic *Saxifraga porophylla*. We walked up to the edge of the forest as we returned, seeing a Spotted Flycatcher and a juvenile Red-backed Shrike.

We enjoyed another delicious, although rather late, picnic in the shade while continuing to scan the mountain slopes, and then an ice cream from the visitor centre. As the car park was by now extremely busy, we decided not to try to visit Opi, but returned to the hotel, where we sat in the garden to update the list. After a break, we met again to revisit Gioia Vecchio. Steve and Sue, exploring the meadows above the hotel, reported Lesser Spotted Fritillary and Silver-spotted Skippers. A Crossbill was at the top of one of the trees in the hotel garden. At Gioia Vecchio, we saw individual Red and Roe Deer and then had a frustratingly brief glimpse of a Marsican Brown Bear as it walked from the forest down to the bottom of the valley; not everyone was able to see it. However, we were again encouraged to know that it was still using the valley. As we returned, a Red Fox was by the road.

Day 5

Monday 7th September

Gioia Vecchio; La Cicerana (Selva Moricento), Passo del Diavolo; Gioia Vecchio.

Determined to search again for the Bear, most of the group met at 6am to head to Gioia Vecchio. En route we encountered three Red Foxes. As we scanned, a bird of prey was seen to be Western Marsh Harrier, presumably on passage. Soon another watcher picked out a Bear moving in the bottom of the valley below us, but it quickly disappeared. However, we kept looking, and it appeared again, this time very much closer and walking in our direction. Everyone got exceptionally good views of this Bear, which was probably a female or a young male, brown with a paler mantle. The bear disappeared into trees below where we were standing and, though we stayed

watching, we did not see it again. However, we were moved to think that we were so close to this iconic mammal, which was just behaving naturally, foraging for fruit and berries or resting. A Fox appeared near where we had last seen the Bear, and Roe Deer was seen and heard barking, as well as a Red Deer stag. We returned to the hotel for a late breakfast, delighted with our sightings.

This morning we were returning to La Cicerana, to visit the ancient woodland of Selvi Moricento, now a UNESCO World Heritage site and integral part of the reserve, where no human interference of collecting wood, fungi etc, is permitted. We met Cesidio, our guide, in Pescasseoli and drove to the Passo del Diavolo. We stopped for a while here, seeing Tawny Pipit, Red-backed Shrike, three Whinchats, Northern Wheatears and Alpine Stork's-bill (*Erodium alpinum*). We parked at the barrier and transferred to Cesidio's jeep for the bumpy drive up to the rifugio. When we arrived, we enjoyed coffees, teas and cake, and had time for a wander before lunch. From the rifugio, we saw Yellowhammer, heard Skylark (later seen) Tree Pipit, Rock Bunting, Common Buzzard and a male and juvenile Red-backed Shrike. Lunch was a delicious selection of local dishes, with the crumbed and fried Aubergine, topped with cheese and tomato being especially good. We also tried some very local cheese, from the sheep and goats grazing about 50 metres from us. A Common Redstart was in the tree by the hut.

Refreshed and replete, we set off for our walk. We soon stopped by a dead Beech tree, where we looked for *Rosalia alpina*, the Alpine Longhorn beetle, but it was too late in the year for them. Cesidio pointed out rocks that had been turned over by Bears looking for ants, an important part of their summer diet. Moving on, we entered the Selva Moricento ancient woodland, climbing over fallen trees and noting Hoof Fungus and Dryad's Saddle on the decaying wood. Several Marsh Tits were seen, some as part of a mixed tit party, together with Nuthatches. We reached a large tree with Bear scratches and a wooden sign which had been chewed by a Bear a few years back. We also found Fox scats, one full of Rhamnus seeds and another of apparently undigested Rowan berries, as well as a very old Wolf scat, full of hair. We reached the basin of Campo Moricento, where we sat on boulders surveying the forest around us. We did not see any woodpeckers, but holes in a dead tree were probably made by Lilford's White-backed Woodpecker. (The tapping noise heard, thought at the time to be Nuthatch, may instead have been White-backed Woodpecker.) The boulders held Rock Buckthorn (*Rhamnus saxatilis*), a large-leaved Cotoneaster (*Cotoneaster nebrodensis*) and Common Houseleek (*Sempervivum tectorum*), and we also found some spikes of Brown Foxglove (*Digitalis ferruginea*) still in flower.

Back at the hut, we enjoyed cups of tea before being driven back down to the minibus, having enjoyed a fascinating insight into the ecology of this area. We agreed that we would all visit Gioia Vecchio this evening, but with some time to spare, we stopped again at the Passo del Diavolo, this time seeing a small flock of Woodlarks and a Lace Border moth. There were more watchers at the church and, almost as soon as we arrived, a Bear appeared over the shoulder of the hill and moved from right to left along the valley. This was a different individual, a larger, blacker male, suffering from a patch of dermatitis on the side of his face. (The local biologists are researching this condition in the bears.) Again, we all had excellent views, although not as close as in the morning. Thrilled, we returned to the hotel for another excellent dinner.

Day 6

Tuesday 8th September

Val di Rose

We woke to another fine day, ideal for our mountain walk up the Val di Rose. After an early breakfast, with picnics made, we drove down the Sangro valley to Villetta Barrea, turning right over the river and up to the village of Civitella Alfadena, where two Red Deer hinds were just by the road. We parked at the start of the path and met Valeria, our local guide. She explained that in order to reduce disturbance to the wildlife, during the summer months (this year until 13th September), access to the area is restricted to small groups on certain days only, which must be led by an authorised guide. She had the permit for us when we met the Ranger policing the path. While we were waiting to set off, we had good views of a male Cirl Bunting and two Grey Wagtails flew over.

We started up the stony path, noting the very spiny vetch Mountain Tragacanth (*Astragalus sempervirens*). We climbed steadily and slowly, hearing Nuthatch, Chiffchaff, Green Woodpecker, Kestrel and Common Buzzard. We were concentrating on walking up the steep path through the Beech forest and glades and enjoyed the views back down to the Lago di Barrea, which was surprisingly full considering the dry conditions. Valeria pointed out some old Wolf scats close together, as a communication marking point and explained how they also scent by scratching the ground. Another area of old scat was thought to be that of a Bear which had eaten carrion, since it was too extensive for Wolf. Higher up, a white Wolf scat indicated it had been eating bone marrow.

When we reached the final glade before the tree line, we stopped for a longer break and scanned the mountainside, finding two Abruzzo or Apennine Chamois in the shelter of the rock faces. The Abruzzo Chamois is a different species from the Alpine Chamois, and this area is their stronghold, although numbers in the Val di Rose are decreasing, maybe due to human disturbance, but increasing on the neighbouring Monte Marsicano and Monte Meta. While we were on the mountain, Valeria noted some unauthorised climbers and notified the Ranger. We climbed on, soon clearing the tree line and emerging into the open alpine meadows, with stunning views in all directions. Black Redstarts were flitting around, as were a few Northern Wheatears and Water Pipits. Large flocks of Choughs were flying noisily around, some Red-billed, others Alpine, so we could distinguish their very different calls; there were probably around 50 birds. We noted little bushes of *Daphne oleoides* and Cobweb Houseleek (*Sempervivum arachnoideum*), and the magenta flowers of Rock Crane's-bill (*Geranium macrorrhizum*) growing in crevices on the boulders. As we ate our lunch, two Golden Eagles gave wonderful views as they circled over the skyline in perfect light. This was the pair that nest in Camosciara, two of only five birds in the park. We had further views of the Chamois and also saw another individual running.

Most of the group were content to explore that area, with some making their own way down with time to look more closely at the glades, reporting a female Scarce Copper butterfly and a Common Wall Lizard. The others climbed up to the Passo Cavuto, which is 1,942 metres above sea level, and where the views are even more amazing. Just over the pass, we encountered another group of Chamois, seven this time, including a youngster with tiny horn buds. We added Linnet to the bird list, and found a few flowers including a small blue Scabious *Scabiosa silenifolia*, and the yellow Small Scorpion-vetch (*Coronilla vaginalis*).

We too walked back down, with a flock of Bee-eaters overhead, all reconvening for welcome refreshments at the Bar delle Lince in the village. We returned to the hotel for a quiet evening, all having a sense of achievement after our strenuous walk and delighted to have seen the Chamois in such beautiful surroundings.

Day 7

Wednesday 9th September

Villetta Barrea; Passo Godi; Lago di Scanno; Gole di Sagittario, Pescasseroli.

The morning dawned fine, and Kevin, out early, reported a large sounder of Wild Boar with seven adults and 19 youngsters, most just losing their baby stripes – surprisingly, the only Boar seen all week. Nick reported a Sparrowhawk with prey, and Nightjar had been heard the previous two nights from the hill above the hotel.

After breakfast, with the picnic on board, we set off down the Sangro Valley to the village of Villetta Barrea, where the Sangro flows into the Lago di Barrea. Here we 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, but all was quiet. We then drove higher, stopping just beyond the small ski resort of Passo Godi at 1,630 metres, on the watershed. A warbler in a bush was Western Bonelli's, and Nick spotted a Wryneck which could not be relocated. Butterflies here included our first male Scarce Copper of the trip; previous Scarce Coppers seen had been females with those seen here being very fresh-looking. 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. After coffee and time to explore this fascinating town, we continued down past the Lago di Scanno where we noted Coot, along with some feral geese.

Moving on, we soon entered the stunning Gole di Sagittario, or Sagittario Gorge, where the road runs between steep limestone cliffs. We stopped by the man-made Lago di San Domenico, with amazingly clear blue-green water. A pair of Little Grebe was here, as well as more Coot. Crag Martins were against the cliff face and a Blue Rock Thrush was glimpsed. Butterflies here included Holly Blue around Ivy flowers. There were very few flowers here, as it was so dry. 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, where we had our picnic. As it was being prepared, female Sooty Copper and a Spotted Fritillary were noted, as well as a distant Golden Eagle. Ivy-leaved Cyclamen (or Common Sowbread: *Cyclamenhederifolium*) were dotted around in little groups.

We set off along the stony track which drops steeply to the fast-flowing Sagittario river, noting Manna (or Flowering) Ash (*Fraxinus ornus*) and the berries of the Terebinth Tree (*Pistacia terebinthus*). It was cooler by the water, with ferns including Hart's-tongue (*Asplenium scolopendrium*), and Butcher's-broom (*Ruscus aculeatus*). There were more Cyclamen, but bird life was extremely quiet apart from the call of a distant Red-billed Cough. Back at the minibus, we refreshed ourselves with juice and fruit, before setting off north and west to complete our circular tour. We climbed above Cocullo, with a brief stop just below the highest point, before dropping again into the valley and climbing through San Sebastiano and Bisegna back to Pescasseroli. A Red Fox watched us from the verge. We then stopped in Pescasseroli to finish the day with local *gelati*, enjoying the wide variety of flavours.

Back at the hotel, Nick finally encountered a Red Squirrel in one of the conifers near the timber yard, the only one of our trip. We met for our final catch-up and meal before an early night.

Day 8

Thursday 10th September

Pescasseroli – Rome - UK

Today was our final 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 Albergo Paradiso. We took the route through Bisegna and down to the plain below, where we joined the autostrada for Rome. A Little Egret was in flight and Cattle Egrets were in a field near the ringroad. We reached the airport in good time, said goodbye to Jessica who was staying on to lead another group, and checked in for our flight, leaving behind the wonderful wildlife and beautiful scenery of the Abruzzo National Park.

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Red-backed Shrike



Spotted Fritillary

Checklists

			September								
	Common name	Scientific name	TL	3	4	5	6	7	8	9	10
	Our tour checklist follows the names and taxonomy (including species order) of the International Ornithological Congress list of the birds of the world (version 10.2, July 2020) which seems destined to become the global standard in future. The species included are based on those thought most likely to be recorded together with what has been seen on previous tours										
1	European Nightjar	<i>Caprimulgus europaeus</i>			X				H		
2	Rock Dove/Feral Pigeon	<i>Columba livia</i>		X	X	X	X	X	X	X	
3	Common Wood Pigeon	<i>Columba palumbus</i>		X	X	X	X	X	X	X	
4	Eurasian Collared Dove	<i>Streptopelia decaocto</i>				X					
5	Common Moorhen	<i>Gallinula chloropus</i>				X					
6	Eurasian Coot	<i>Fulica atra</i>								X	
7	Little Grebe	<i>Tachybaptus ruficollis</i>								X	
8	Great Crested Grebe	<i>Podiceps cristatus</i>							X		
9	Black-headed Gull	<i>Chroicocephalus ridibundus</i>		X							
10	Yellow-legged Gull	<i>Larus michahellis</i>				X	X				
11	Griffon Vulture	<i>Gyps fulvus</i>		4	1	16	3				
12	Golden Eagle	<i>Aquila chrysaetos</i>							2	1	
13	Eurasian Sparrowhawk	<i>Accipiter nisus</i>		X	X		X	X		X	
14	Western Marsh Harrier	<i>Circus aeruginosus</i>						X			
15	Common Buzzard	<i>Buteo buteo</i>		X	X	X	X	X	X	X	
16	Tawny Owl	<i>Strix aluco</i>			H						
17	Eurasian Hoopoe	<i>Upupa epops</i>			X	X		X			
18	European Bee-eater	<i>Merops apiaster</i>			H	X		X	X		
19	Wryneck	<i>Jynx torquilla</i>								X	
20	White-backed Woodpecker	<i>Dendrocopos leucotos lilfordi</i>			X			H			
21	Great Spotted Woodpecker	<i>Dendrocopos major</i>					H			H	
22	European Green Woodpecker	<i>Picus viridis</i>			X	H	H	H	H	H	
23	Common Kestrel	<i>Falco tinnunculus</i>		X	X	X	X	X	X	X	
24	Eurasian Hobby	<i>Falco subbuteo</i>		X		X					
25	Peregrine Falcon	<i>Falco peregrinus</i>		X	X		X		X		
26	Red-backed Shrike	<i>Lanius collurio</i>			X	X	X	X			
27	Eurasian Jay	<i>Garrulus glandarius</i>		X		X	X	X	H	X	
28	Eurasian Magpie	<i>Pica pica</i>		X	X	X	X	X	X	X	
29	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>							X	H	
30	Alpine Chough	<i>Pyrrhocorax graculus</i>							X		
31	Western Jackdaw	<i>Coloeus monedula</i>		X							
32	Hooded Crow	<i>Corvus cornix</i>		X	X	X	X	X	X	X	
33	Northern Raven	<i>Corvus corax</i>			X	X	X		X		
34	Coal Tit	<i>Periparus ater</i>		X	X	X	X	X	X	X	
35	Marsh Tit	<i>Poecile palustris</i>		H	X		X	X	X	X	
36	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		H	X	X	X	X	X	X	
37	Great Tit	<i>Parus major</i>				X	X	X	X	X	
38	Woodlark	<i>Lullula arborea</i>			X			X			
39	Eurasian Skylark	<i>Alauda arvensis</i>						X		X	
40	Barn Swallow	<i>Hirundo rustica</i>		X	X	X	X	X	X	X	
41	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		X	X	X				X	
42	Common House Martin	<i>Delichon urbicum</i>		X	X	X	X	X	X	X	

				September							
	Common name	Scientific name	TL	3	4	5	6	7	8	9	10
43	Long-tailed Tit	<i>Aegithalos caudatus</i>							H		
44	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>								X	
45	Willow Warbler	<i>Phylloscopus trochilus</i>				X		X			
46	Common Chiffchaff	<i>Phylloscopus collybita</i>		X	X	X	X	X	X	X	
47	Melodious Warbler	<i>Hippolais polyglotta</i>					X		X		
48	Eurasian Blackcap	<i>Sylvia atricapilla</i>		H	X	X	X	X	X	X	
49	Common Whitethroat	<i>Curruca communis</i>			X						
50	Common Firecrest	<i>Regulus ignicapillus</i>		X	X	X				H	
51	Goldcrest	<i>Regulus regulus</i>									
52	Eurasian Wren	<i>Troglodytes troglodytes</i>		X	X	H	X	X	H	X	
53	Eurasian Nuthatch	<i>Sitta europaea</i>		X	X	X	X	X	X	H	
54	Eurasian Treecreeper	<i>Certhia familiaris</i>			X	X			H		
55	Common Starling	<i>Sturnus vulgaris</i>		X		X		X		X	
56	Ring Ouzel	<i>Turdus torquatus</i>									
57	Common Blackbird	<i>Turdus merula</i>			X	X	X	X	X	X	
58	Mistle Thrush	<i>Turdus viscivorus</i>			X			X			
59	Spotted Flycatcher	<i>Muscicapa striata</i>		X			X		X		
60	European Robin	<i>Erithacus rubecula</i>		X	X	X	X	X	X	X	
61	Black Redstart	<i>Phoenicurus ochruros</i>		X	X	X	X	X	X	X	
62	Common Redstart	<i>Phoenicurus phoenicurus</i>		X	X	X	X	X	X	X	
63	Blue Rock Thrush	<i>Monticola solitarius</i>								X	
64	Whinchat	<i>Saxicola rubetra</i>					X	X	X		
65	European Stonechat	<i>Saxicola rubicola</i>				X					
66	Northern Wheatear	<i>Oenanthe oenanthe</i>			X			X	X	X	
67	Italian Sparrow	<i>Passer italiae</i>		X	X	X	X	X	X	X	
68	Eurasian Tree Sparrow	<i>Passer montanus</i>			X	X		X	X	X	
69	Grey Wagtail	<i>Montacilla cinerea</i>							X		
70	White Wagtail	<i>Montacilla alba</i>		X	X	X	X	X		X	
71	Tawny Pipit	<i>Anthus campestris</i>						X			
72	Tree Pipit	<i>Anthus trivialis</i>		X	X		X	X		X	
73	Water Pipit	<i>Anthus spinoletta</i>							X		
74	Common Chaffinch	<i>Fringilla coelebs</i>		X	X	X	X	X	H	X	
75	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>		H	H	X	H	H		H	
76	European Greenfinch	<i>Chloris chloris</i>					X				
77	Common Linnet	<i>Linaria cannabina</i>							X		
78	Red Crossbill	<i>Loxia curvirosta</i>		X		X		H	X		
79	European Goldfinch	<i>Carduelis carduelis</i>		X	X	X	X	X	X	X	
80	European Serin	<i>Serinus serinus</i>			X	X			X	X	
81	Yellowhammer	<i>Emberiza citrinella</i>						X			
82	Rock Bunting	<i>Emberiza cia</i>			X				X		
83	Cirl Bunting	<i>Emberiza cirlus</i>					X		X		

	Common name	Scientific name	TL	3	4	5	6	7	8	9	10
	MAMMALS:										
1	Roman Mole	<i>Talpa romana</i>			S		S	S	S		
2	Red Fox	<i>Vulpes vulpes</i>			2	1	1	5	1	1	
3	Grey Wolf	<i>Canis lupus</i>						S	S		
4	Marsican Brown Bear	<i>Ursus arctos marsicanus</i>			S		1	2	S		
5	Red Deer	<i>Cervus elaphus</i>		7	20+	3	5	1	2	H	
6	Roe Deer	<i>Capreolus capreolus</i>			2	1	3	1			
7	Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>							10		
8	Wild Boar	<i>Sus scrofa</i>					S	S	S	26	
9	Red Squirrel	<i>Sciurus vulgaris</i>								1	
10	Common Pipistrelle	<i>Pipistrellus pipistrellus</i>		X	X	X	X	X	X		
11	Savi's Pipistrelle	<i>Hypsugo savii</i>						X			
12	European Free-tailed Bat	<i>Tadarida teniotis</i>						X			
	H = Heard										
	S = Sign										
	T = Tadpoles										
	REPTILES & AMPHIBIANS:										
1	Common Toad	<i>Bufo bufo</i>			T						
2	Common Wall Lizard	<i>Podarcis muralis</i>			X	X	X	X	X	X	
3	Italian Wall Lizard	<i>Podarcis sicula</i>				X					

	Common name	Scientific name	TL	September							
				3	4	5	6	7	8	9	10
1	Swallowtail	<i>Papilio machaon</i>			X			X			
2	Scarce Swallowtail	<i>Iphiclidides podalirius</i>			X						
3	Large White	<i>Pieris brassicae</i>		X							
4	Small White	<i>Pieris rapae</i>			X	X	X	X	X	X	
5	Southern Small White	<i>Pieris mannii</i>					X	X			
6	Clouded Yellow	<i>Colias crocea</i>		LO	X	X	X			X	
7	Berger's Clouded Yellow	<i>Colias alfacariensis</i>			X	X	X	X	X	X	
8	Brimstone	<i>Gonepteryx rhamni</i>					X				
9	Wood White	<i>Leptidea sinapis</i>					X				
10	Small Copper	<i>Lycaena phlaeas</i>			X						
11	Scarce Copper	<i>Lycaena virgaureae</i>			X		X		X	X	
12	Sooty Copper	<i>Lycaena tityrus</i>				X				X	
13	Lang's Short-tailed Blue	<i>Leptotes pirithous</i>					X		X		
14	Holly Blue	<i>Celastrina argiolus</i>					X			X	
15	Brown Argus	<i>Aricia agestis</i>			X	X	X	X			
16	Silver-studded Blue	<i>Plebejus argus</i>				X					
17	Mazarine Blue	<i>Cyaniris semiargus</i>					?				
18	Chalk-hill Blue	<i>Polyommatus coridon</i>			X	X	X		X	X	
19	Adonis Blue	<i>Polyommatus bellargus</i>			X	X	X	X	X	X	
20	Hybrid Adonis x Chalk-hill Blue	<i>P. bellargus x coridon</i>				?					
21	Common Blue	<i>Polyommatus icarus</i>			X	X	X	X	X	X	
22	Southern White Admiral	<i>Limenitis reducta</i>				X	X				

				September							
	Common name	Scientific name	TL	3	4	5	6	7	8	9	10
23	Red Admiral	<i>Vanessa atalanta</i>			X					X	
24	Comma Butterfly	<i>Polygonia c-album</i>			X		X	X			
25	Southern Comma	<i>Polygonia egea</i>				X					
26	Cardinal Fritillary	<i>Argynnis pandora</i>				X	X	X		X	
27	Silver-washed Fritillary	<i>Argynnis paphia</i>			X	X	X			X	
28	Queen of Spain Fritillary	<i>Issoria lathonia</i>			X		X				
29	Knapweed Fritillary	<i>Melitaea phoebe</i>					X				
30	Spotted Fritillary	<i>Melitaea didyma</i>					X			X	
31	Lesser Spotted Fritillary	<i>Melitaea trivia</i>				X					
32	Woodland Grayling	<i>Hipparchia fagi</i>			X	X	X	X	X	X	
33	Tree Grayling	<i>Neohipparchia statilinus</i>			X	X	X			X	
34	Hermit	<i>Chazara briseis</i>			X	X		X		X	
35	Great Banded Grayling	<i>Brintesia circe</i>		X	X	X		X		X	
36	Autumn Ringlet	<i>Erebia neoridas</i>			X		X	X	X		
37	Meadow Brown	<i>Maniola jurtina</i>			X	X	X	X	X	X	
38	Small Heath	<i>Coenonympha pamphilus</i>		X	X	X	X	X	X	X	
39	Speckled Wood	<i>Pararge aegeria tircis</i>			X		X	X		X	
40	Wall Brown	<i>Lasiommata megera</i>				X	X		X	X	
41	Large Wall Brown	<i>Lasiommata maera</i>			X	X					
42	Red-underwing Skipper	<i>Spialia sertorius</i>			X						
43	Southern Grizzled Skipper	<i>Pyrgus malvoides</i>				X	X			X	
44	Oberthur's Grizzled Skipper	<i>Pyrgus armoricanus</i>			X		X				
45	Dingy Skipper	<i>Erynnis tages</i>					X				
46	Silver-spotted Skipper	<i>Hesperia comma</i>			X	X				X	
47	Large Skipper	<i>Ochlodes venatus</i>				X					
	MOTHS:										
1	Southern Six-spot Burnet	<i>Zygaena transalpina</i>	X								
2	Burnet sp.		X								
3	Lace Border	<i>Scopula ornata</i>	X								
4	Brimstone Moth	<i>Opisthograptis luteolata</i>	X								
5	Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>	X								
6	Scarce Footman	<i>Eilema complana</i>	X								
7	Balkan Chaperon	<i>Cymbalophora rivularis</i>	X								
	OTHER INVERTEBRATES:										
1	Southern Hawker	<i>Aeshna cyanea</i>	X								
2	a Hawker	<i>Aeshna</i> sp.	X								
3	Southern Skimmer	<i>Orthetrum brunneum</i>	X								
4	Common Darter	<i>Sympetrum striolatum</i>	X								
5	Mayfly	Order <i>Ephemeroptera</i>	X								
6	Grasshopper spp	Acrididae	X								
7	Blue-winged Grasshopper	<i>Oedipoda caerulescens</i>	X								
8	Red-winged Grasshopper	<i>Oedipoda</i> cf. <i>germanica</i>	X								

				September									
	Common name	Scientific name	TL	3	4	5	6	7	8	9	10		
9	Forest Bug	<i>Pentatoma rufipes</i>	X										
10	A Black-shouldered Shieldbug	<i>Carpocoris mediterraneus</i>	X										
11	Black-and-red Bug	<i>Lygaeus equestris</i>	X										
12	A Ground Bug	<i>Spilostethus saxatilis</i>	X										
13	An Antliobn	<i>Distleon tetragrammicus</i>	X										
14	Common Crane-fly	<i>Tipula oleracea</i>	X										
15	Common Scorpionfly	<i>Panorpa communis</i>	X										
16	Common Wasp	<i>Vespula vulgaris</i>	X										
17	German Wasp	<i>Vespula germanica</i>	X										
18	A Scolid Giant Wasp	<i>Scolia hirta</i>	X										
19	Violet Carpenter Bee	<i>Xylocopa violacea</i>	X										
20	Honey Bee	<i>Apis mellifera</i>	X										
21	Buff-tailed Bumblebee	<i>Bombus terrestris</i>	X										
22	Red-tailed Bumblebee	<i>Bombus lapidarius</i>	X										
23	Common Carder Bee	<i>Bombus pascuorum</i>	X										
24	Woodland Dor Beetle	<i>Anoplotrupes stercorosus</i>	D										
25	European Garden Spider	<i>Araneus diadematus</i>	X										
26	A Harvestman (commonest sp.)	<i>Phalangium opilio</i>	X										
27	Robin's Pincushion galls caused by	<i>Diplolepis rosae</i>	X										

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	Scientific name	Common name	TL	Location
	* = a species is endemic			
1	PTERIDOPHYTES	FERNS & ALLIES		
2	Leptosporangiate Ferns	True Ferns		
3	Aspleniaceae	Spleenwort Family		
4	<i>Asplenium scolopendrium</i>	Hart's-tongue Fern	7	Nr Anversa
5	<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	1	Above hotel
6				
7	Polypodiaceae	Polypody Family		
8	<i>Polypodium vulgare</i> agg.	Common Polypody	7	Nr Anversa
9				
10	GYMNOSPERMS	CONIFERS		
11	Cupressaceae	Juniper Family		
12	<i>Juniperus communis</i>	Common Juniper	2	La Difesa
13	<i>Juniperus communis</i> var. <i>saxatilis</i>	Dwarf Juniper	6	Val di Rose
14	<i>Juniperus oxycedrus</i>	Prickly Juniper	7	Nr Anversa
15				
16	Pinaceae	Pine Family		
17	<i>Pinus mugo</i>	Dwarf Mountain Pine	6	Val di Rose
18	<i>Pinus nigra</i> subsp. <i>italica</i> *	Villetta Barrea Black Pine	6	Val di Rose
19	<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	7	Above Villetta Barrea

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	Scientific name	Common name	TL	Location
20				
21	ANGIOSPERMS	FLOWERING PLANTS		
22	Eu-dicots	True Dicotyledons		
23	Adoxaceae	Moschatel Family		
24	<i>Sambucus ebulus</i>	Dwarf Elder	2	La Difesa
25				
26	Anacardiaceae	Sumach Family		
27	<i>Pistacia terebinthus</i>	Terebinth Tree	7	Nr Anversa
28				
29	Apiaceae	Carrot Family		
30	<i>Daucus carota</i>	Wild Carrot	3	Alba Fucens
31	<i>Eryngium amethystinum</i>	Blue Eryngo	1	Above hotel
32	<i>Eryngium campestre</i>	Field Eryngo	3	Alba Fucens
33	<i>Seseli montanum</i> subsp. <i>tommasinii</i>	Seseli	2	La Difesa
34	<i>Trinia glauca</i>	Honewort	3	Alba Fucens
35				
36	Araliaceae	Ivy Family		
37	<i>Hedera helix</i>	Ivy	7	Nr Anversa
38				
39	Asteraceae	Daisy Family		
40	<i>Adenostyles alpina</i>	Adenostyles	5	Selva Moricentro
41	<i>Bellis perennis</i>	Daisy	5	Selva Moricentro
42	<i>Carduus defloratus</i>	Alpine Thistle	6	Val di Rose
43	<i>Carlina acanthifolia</i>	Acanthus-leaved Carlina Thistle	2	La Difesa
44	<i>Carlina acaulis</i> subsp. <i>simplex</i>	Stemmed' Stemless Carlina Thistle	1	Above hotel
45	<i>Carlina vulgaris</i>	Carlina Thistle	1	Above hotel
46	<i>Centaurea jacea</i>	Brown Knapweed	3	Alba Fucens
47	<i>Cichorium intybus</i>	Chicory	4	Val Fondillo
48	<i>Cirsium tenoreanum</i>	a Woolly Thistle	2	La Difesa
49	<i>Cota tinctoria</i> subsp. <i>australis</i>	Yellow Chamomile	4	Val Fondillo
50	<i>Echinops sphaerocephala</i>	Great Globe Thistle	2	La Cicerana
51	<i>Eupatorium cannabinum</i>	Hemp Agrimony	7	Nr Anversa
52	<i>Helichrysum italicum</i>	A Curry Plant	3	Nr Bisegna
53	<i>Jacobaea samnitum</i> *	A large-flowered Ragwort	4	Val Fondillo
54	<i>Leucanthemum vulgare</i>	Ox-eye Daisy	2	La Difesa
55	<i>Senecio squalidus</i>	Oxford Ragwort	6	Val di Rose
56	<i>Solidago virgaurea</i>	Goldenrod	5	Selva Moricentro
57				
58	Betulaceae	Birch Family		
59	<i>Corylus avellana</i>	Hazel	4	Val Fondillo
60				
61	Boraginaceae	Forget-me-not Family		
62	<i>Cynoglossum magellense</i> *	An endemic Hound's-tongue	2	La Cicerana (leaves)
63	<i>Echium vulgare</i>	Viper's-bugloss	6	Val di Rose
64				
65	Brassicaceae	Cabbage Family		

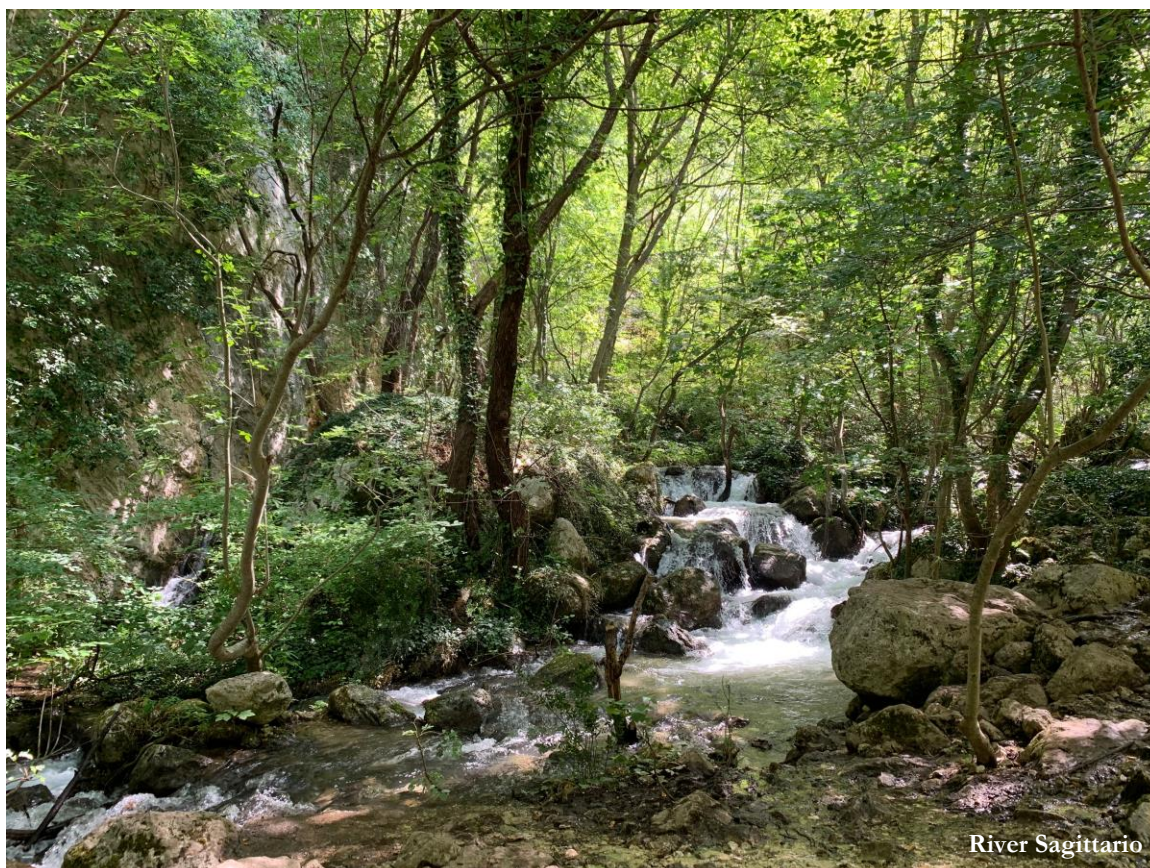
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	Scientific name	Common name	TL	Location
66	<i>Erysimum pseudorhaeticum*</i>	a Treacle Mustard	4	Val Fondillo
67	<i>Lunaria annuus</i>	Annual Honesty	7	Nr Anversa
68				
69	Campanulaceae	Bellflower Family		
70	<i>Campanula rapunculus</i>	Rampion Bellflower	2	La Difesa
71	<i>Campanula tanfanii*</i>	A Harebell-type	6	Val di Rose
72	<i>Campanula trachelium</i>	Nettle-leaved Bellflower	5	Selva Moricentro
73				
74	Caprifoliaceae	Honeysuckle Family		
75	<i>Cephalaria leucantha</i>	a Cream Scabious	3	Nr Bisegna
76	<i>Dipsacus fullonum</i>	Wild Teasel	2	La Difesa
77	<i>Scabiosa columbaria</i>	Small Scabious	3	Alba Fucens
78	<i>Scabiosa silenifolia</i>		6	Val di Rose
79				
80	Caryophyllaceae	Pink Family		
81	<i>Cerastium tomentosum</i>	Snow-in-Summer	5	La Cicerana
82	<i>Dianthus deltoides</i>	Maiden Pink	5	La Cicerana
83	<i>Petrorhagia dubia</i>	a Tunic Flower	3	Alba Fucens
84	<i>Petrorhagia saxifraga</i>	a Tunic Flower	2	Vallone Pesco di Lordo
85	<i>Saponaria officinalis</i>	Soapwort	7	Nr Anversa
86	<i>Silene italica</i>	Italian Catchfly	3	Nr Bisegna
87				
88	Celastraceae	Spindle Family		
89	<i>Parnassia palustris</i>	Grass-of-Parnassus	4	Val Fondillo
90				
91	Cistaceae	Rock-rose Family		
92	<i>Helianthemum nummularium</i>	Rock-rose	2	Vallone Pesco di Lordo
93				
94	Convolvulaceae	Bindweed Family		
95	<i>Convolvulus arvensis</i>	Field Bindweed	3	Alba Fucens
96	<i>Cuscuta epithymum</i>	Common Dodder	4	Val Fondillo
97				
98	Cornaceae	Dogwood Family		
99	<i>Cornus mas</i>	Cornelian Cherry	3	Nr Patrella Liri
100	<i>Cornus sanguinea</i>	Dogwood	3	Alba Fucens
101				
102	Crassulaceae	Stonecrop Family		
103	<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	1	Above hotel
104	<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	6	Val di Rose
105	<i>Sempervivum tectorum</i>	Common Houseleek	5	Selva Moricentro
106				
107	Euphorbiaceae	Spurge Family		
108	<i>Euphorbia cyparissias</i>	Cypress Spurge	2	La Difesa
109	<i>Euphorbia myrsinites</i>	Glaucous Spurge	2	La Difesa
110				
111	Fabaceae	Pea Family		
112	<i>Astragalus sempervirens</i>	Mountain Tragacanth	6	Val di Rose

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	Scientific name	Common name	TL	Location
113	<i>Coronilla vaginalis</i>	Small Scorpion-vetch	6	Val di Rose
114	<i>Laburnum anagyroides</i>	Laburnum	6	Val di Rose
115	<i>Lathyrus vernus</i>	Spring Pea	6	Val di Rose
116	<i>Lotus corniculatus</i>	Bird's-foot Trefoil	2	Vallone Pesco di Lordo
117	<i>Onobrychis viciifolia</i>	Sainfoin	3	Alba Fucens
118	<i>Ononis spinosa</i>	Spiny Restharrow	4	Val Fondillo
119	<i>Spartium junceum</i>	Spanish Broom	1	Roadsides
120				
121	Fagaceae	Beech Family		
122	<i>Fagus sylvatica</i>	Beech	1	Widespread
123	<i>Quercus cerris</i>	Turkey Oak	7	Passo Godi
124				
125	Gentianaceae	Gentian Family		
126	<i>Gentiana cruciata</i>	Cross Gentian	1	Above hotel (over)
127	<i>Gentiana lutea</i>	Great Yellow Gentian	2	Vallone Pesco di Lordo (over)
128	<i>Gentiana verna</i>	Spring Gentian	6	Val di Rose
129	<i>Gentianopsis ciliata</i>	Fringed Gentian	4	Val Fondillo
130				
131	Geraniaceae	Crane's-bill Family		
132	<i>Erodium alpinum</i>	Alpine Stork's-bill	5	Passo del Diavolo
133	<i>Geranium macrorrhizum</i>	Rock Crane's-bill	6	Val di Rose
134	<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	4	Val Fondillo
135	<i>Geranium austroapenninum</i>	Ashy Crane's-bill	2	Vallone Pesco di Lordo
136				
137	Grossulariaceae	Gooseberry Family		
138	<i>Ribes uva-crispa</i>	Gooseberry	6	Val di Rose
139				
140	Hypericaceae	St. John's-wort Family		
141	<i>Hypericum perforatum</i>	Perforate St. John's-wort	6	Val di Rose
142	<i>Hypericum tetrapterum</i>	Square-stemmed St. John's-wort	4	Val Fondillo
143				
144	Lamiaceae	Deadnettle Family		
145	<i>Clinopodium (Acinos) alpinum</i>	Alpine Basil Thyme	2	Vallone Pesco di Lordo
146	<i>Clinopodium nepeta</i> subsp. <i>glandulosum</i>	Lesser Calamint	7	Nr Anversa
147	<i>Galeopsis ladanum</i> subsp. <i>angustifolium</i>	Red Hemp-nettle	2	Vallone Pesco di Lordo
148	<i>Mentha aquatica</i>	Water Mint	4	Val Fondillo
149	<i>Mentha longifolia</i>	Horse Mint	4	Val Fondillo
150	<i>Micromeria graeca</i> subsp. <i>tenuifolia</i>	Pink Micromeria	7	Nr Anversa
151	<i>Satureja montana</i>	Winter Savory	3	Nr Bisegna
152	<i>Sideritis italica</i>	A Sideritis	2	La Cicerana
153	<i>Thymus oenipontanus</i>	Wild Thyme	6	Val di Rose
154				
155	Oleaceae	Olive Family		
156	<i>Fraxinus ornus</i>	Manna or Flowering Ash	7	Nr Anversa
157	<i>Ligustrum vulgare</i>	Privet	4	Val Fondillo

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	Scientific name	Common name	TL	Location
158				
159	Orobanchaceae	Broomrape Family		
160	<i>Euphrasia agg</i>	Eyebright	4	Val Fondillo
161	<i>Odontites lutea</i>	Yellow Odontites	3	Alba Fucens
162	<i>Odontites vulgaris</i>	Red Bartsia	3	Alba Fucens
163				
164	Plantaginaceae	Plantain Family		
165	<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	2	Vallone Pesco di Lordo
166	<i>Digitalis ferruginea</i>	Brown Foxglove	5	Selva Moricentro (in flower)
167	<i>Digitalis lutea</i>	Small Yellow Foxglove	2	La Difesa (over)
168	<i>Linaria purpurea</i>	Purple Toadflax	2	Vallone Pesco di Lordo
169	<i>Linaria vulgaris</i>	Common Toadflax	3	Alba Fucens
170				
171	Plumbaginaceae	Thrift Family		
172	<i>Armeria canescens</i>	Plantain-leaved Thrift	4	Val Fondillo
173				
174	Primulaceae	Primrose Family		
175	<i>Cyclamen hederifolium</i>	Common Sowbread	7	Nr Anversa
176				
177	Ranunculaceae	Buttercup Family		
178	<i>Clematis vitalba</i>	Old Man's Beard	1	Above hotel
179	<i>Helleborus foetidus</i>	Stinking Hellebore	2	La Difesa
180				
181	Rhamnaceae	Buckthorn Family		
182	<i>Rhamnus alpinus</i>	Alpine Buckthorn	2	La Cicerana
183	<i>Rhamnus saxatilis</i>	Rock Buckthorn	5	Selva Moricentro
184				
185	Rosaceae	Rose Family		
186	<i>Cotoneaster nebrodensis</i>	A large-leaved Cotoneaster	5	Selva Moricentro
187	<i>Crataegus monogyna</i>	Hawthorn	2	La Difesa
188	<i>Fragaria vesca</i>	Wild Strawberry	5	Selva Moricentro
189	<i>Malus sylvestris</i>	Crab Apple	6	Val di Rose
190	<i>Potentilla reptans</i>	Creeping Cinquefoil	1	Above hotel
191	<i>Prunus mahaleb</i>	St. Lucie's Cherry	2	La Difesa
192	<i>Prunus spinosa</i>	Blackthorn	2	La Difesa
193	<i>Pyrus communis</i> subsp. <i>pyraster</i>	Wild Pear	2	La Difesa
194	<i>Rosa canina</i> agg.	Dog Rose	2	La Difesa
195	<i>Rubus fruticosus</i> agg.	Bramble	2	La Difesa
196	<i>Sanguisorba minor</i>	Salad Burnet	2	La Difesa
197	<i>Sorbus aucuparia</i>	Rowan	2	La Difesa
198				
199	Rubiaceae	Bedstraw Family		
200	<i>Galium aparine</i>	Cleavers	6	Val di Rose
201	<i>Galium odoratum</i>	Woodruff	5	Selva Moricentro
202	<i>Galium verum</i>	Lady's Bedstraw	3	Alba Fucens
203				
204	Santalaceae	Sandelwood Family		

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205	<i>Viscum album</i>	Mistletoe	2	La Difesa
206				
207	Sapindaceae	Maple Family		
208	<i>Acer monspessulanum</i>	Montpelier Maple	7	Nr Anversa
209				
210	Saxifragaceae	Saxifrage Family		
211	<i>Saxifraga paniculata</i>	Live-long Saxifrage	1	Above hotel
212	<i>Saxifraga porophylla</i> *	Reddish Saxifrage	4	Val Fondillo
213	<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	2	La Difesa
214				
215	Scrophulariaceae	Figwort Family		
216	<i>Verbascum lychnitis</i>	White Mullein	2	La Difesa
217	<i>Verbascum mallophorum</i>	a large branched Mullein	2	La Difesa
218				
219	Thymelaeaceae	Daphne Family		
220	<i>Daphne mezereum</i>	Mezereon	2	La Difesa
221	<i>Daphne oleoides</i>	A Daphne	6	Val di Rose
222				
223	Urticaceae	Nettle Family		
224	<i>Urtica dioica</i>	Nettle	7	Nr Anversa
225				
226	Monocots	Monocotyledons		
227	Amaryllidaceae	Daffodil Family		
228	<i>Allium sphaerocephalon</i>	Round-headed Garlic	3	Alba Fucens
229				
230	Asparagaceae	Asparagus Family		
231	<i>Asparagus acutifolius</i>	Prickly Asparagus	7	Nr Anversa
232	<i>Polygonatum multiflorum</i>	Solomon's-seal	5	Selva Moricentro
233	<i>Ruscus aculeatus</i>	Butcher's-broom	7	Nr Anversa
234				
235	Colchicaceae	Autumn Crocus Family		
236	<i>Colchicum lusitanum</i>	An Autumn Crocus	2	La Cicerana
237	<i>Colchicum neapolitanum</i>	An Autumn Crocus	3	Alba Fucens
238				
239	Melanthiaceae	Herb-Paris Family		
240	<i>Paris quadrifolia</i>	Herb-Paris	2	La Difesa
241				
242	Orchidaceae	Orchid Family		
243	<i>Epipactis helleborine</i>	Broad-leaved Helleborine	6	Val di Rose (over)
244	<i>Neottia nidus-avis</i>	Bird's-nest Orchid	6	Val di Rose (over)
245				
246	FUNGI			
247	Lecanoromycetes	Lichens		
248	<i>Lobaria pulmonaria</i>	Lungwort	2	La Difesa
249	<i>Ramalina fraxinea</i>	Strap Lichen	6	Val di Rose (on Beech)
250	<i>Usnea</i> sp.	Beard Lichen	6	Val di Rose
251	Agaricomycetes			

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	Scientific name	Common name	TL	Location
252	<i>Fomes fomentarius</i>	Hoof Fungus	2	La Difesa
253	<i>Polyporus squamosus</i>	Dryad's Saddle	5	Selva Moricentro



River Sagittario