

Abruzzo in Autumn

Naturetrek Tour Report

1st – 8th September 2023



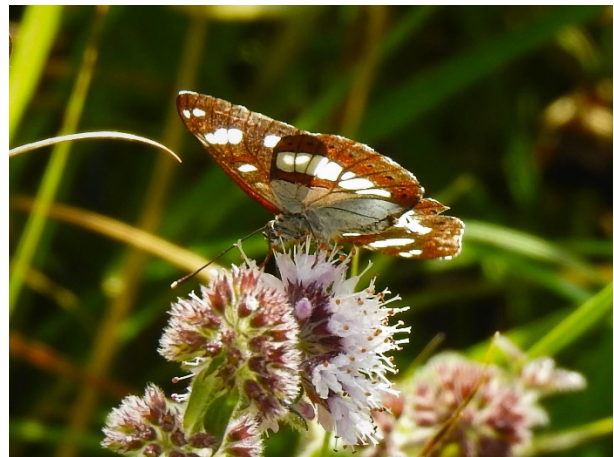
Marsh Tit



Slender Sternbergia



Apennine Chamois



Southern White Admiral

Tour report & images by Jessica Turner



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Summary

The Abruzzo area of the central Apennines offers some beautiful scenery where rocky mountains rise above extensive Beech forests and stony meadows, in which late-summer butterflies such as Autumn Ringlet, The Hermit and Chalk-hill Blue nectar on Blue Eryngo and large-flowered Carline Thistles. The Red Deer rut had started, and the hillsides resounded with the stags' roars. The mammal highlight was our extensive views of a young Marsican Brown Bear feeding in the valley at Gioia Vecchio, pulling fruit off the bushes, and we also saw evidence of the presence of Bears and Wolves elsewhere. Our descent to the plain gave us a breeding colony of Griffon Vultures and the extensive Roman ruins at Alba Fucens, while our steep climb up the Val di Rose gave good views of Apennine Chamois. Autumn-crocuses were flowering but a particular botanical highlight was the yellow stars of the tiny Slender Sternbergia at Passo del Diavolo and La Cicerana: a new species both for the trip and for Paolo, our local guide. My thanks to the group for your good company, enthusiasm and spotting skills – I hope we meet again!

Day 1

Friday 1st September

Fly Rome; transfer Pescasseroli

Three group members met with Jessica at Gatwick Airport for our 11.10am Wizz Air flight to Rome. A delayed take-off meant we landed about 3.15pm and, having collected our bags, we met with the other four group members. With the minibus sorted, we drove east, taking the northern ring-road round Rome. As we drove, we noted Umbrella Pines (*Pinus pinea*) and Oleander (*Nerium oleander*), while birds included Yellow-legged Gull, Little Egret, Hooded Crow and Barn Swallow and later, a couple of pairs of Swifts. We enjoyed the increasingly mountainous scenery and the little hill-top villages. The motorways split and we turned south-east towards Avezzano, stopping for a break near Monte Velino. We skirted the flat plain that was Lake Fucino, leaving the motorway at Pescina and climbing up into the Abruzzo National Park.

From Gioia Vecchio, the road dropped steadily to Pescasseroli and we saw a Red Fox on the verge. Driving through the small town, we soon arrived at the Hotel Paradiso, our base for the week. We checked in and went straight to dinner, during which Jessica outlined plans for the morrow. We were then very ready for our beds.

Day 2

Saturday 2nd September

Gioia Vecchio; Val Fondillo; meadows near hotel

This morning dawned fine but chilly and most of the group were out at 6.15am to drive to Gioia Vecchio. There were already a number of watchers present, but in terms of wildlife, it was very quiet, with a couple of Red Deer hinds and stags being seen on the slopes opposite. The sunrise over the mountains and the mist rising from the plain were very atmospheric. Nuthatches were very vocal, and a Middle Spotted Woodpecker was heard and seen briefly. On the way back we had good views of a juvenile Red-backed Shrike.

After a good breakfast, we met again at just after 9.30am to drive to Val Fondillo, just beyond the little village of Opi. Birds round the hotel included Black Redstart and Italian Sparrow. From the bottom of Val Fondillo, we scanned the slopes of Monte Marsicano, finding a group of about 20 Apennine Chamois, resting and grazing. Later a herd of Red Deer hinds was seen on the ridge. Meanwhile, a couple of Common Wall Lizards were on a fence, and we started spotting butterflies, which were abundant in the hot sun. We had good views of a couple of Cardinal fritillaries nectaring and other, generally more active ones, included Swallowtail, Clouded Yellow, Berger's Clouded Yellow and Common Blue. Swallows and House Martins hawked overhead. As we moved on, we added Adonis Blue, Brown Argus, and Small Copper. Blue Eryngo (*Eryngium amethystinum*), the stemmed subspecies of Stemless Carline Thistle (*Carlina acaulis* subsp. *caulescens*) and Horse Mint (*Mentha longifolia*) provided good nectar sources for the butterflies and other insects, and we also saw Acanthus-leaved and Common Carline Thistles (*Carlina acanthifolia* and *C. vulgaris*), the former with large, stemless flowers surrounded by a rosette of leaves. Soon, we added Southern White Admiral, Red Admiral, Comma, Southern Comma, Chalk-hill and Little Blues, as well as Violet Carpenter Bees and a Jersey Tiger moth. More Horse Mint attracted Silver-washed and Spotted Fritillaries, and we noticed the lilac stars of Portuguese Autumn Crocus (*Colchicum lusitanum*). As we left the crystal-clear stream, a juvenile Red-backed Shrike posed on a bush near the path. We crossed the valley to the wooded margin, with Woodland / Rock Graylings (distinguishable with certainty only by examining the genitalia) and large numbers of grasshoppers, especially the Blue-winged. Back near the stream, a Silver-spotted Skipper was on a leaf, and Speckled Wood was in the trees. A Grey Heron flew past, and other birds included Common Buzzard, Chiffchaff, Robin, Chaffinch and Wren, but all was very quiet on the bird front. We finished the morning with a delicious picnic back in the shade near the Visitor Centre, including cheese from Opi – extremely local!

We returned to the hotel and, after time for a coffee, met to walk up the stony track behind the hotel, through a patchwork of wood and meadows. Red Hemp-nettle (*Galeopsis angustifolia*) was flowering, and we also found a single, purple flower of the endemic pansy *Viola eugeniae*. Some Ivy-leaved Cyclamen (*Cyclamen hederifolium*) were flowering under the trees; these are also known as Common Sowbread, because they are enjoyed by pigs – and we noticed signs of Wild Boar digging. There were fewer butterflies than in the morning, but mainly Woodland / Rock Graylings, Tree Graylings and Meadow Browns. A stand-out bird was a male Western Black-eared Wheatear, which gave excellent views. After a break, we met to update our checklists and enjoy a tasty dinner, after a very enjoyable first day in the field.

Day 3

Sunday 3rd September

Aschi; La Difesa; La Cicerana

This morning we met in the dark at 5.30am to drive down to the village of Aschi (about 40 minutes). En route, we saw two Red Foxes in the headlights, mainly their eyeshine. As it got lighter, small birds took off from the road and Red Deer hinds were on the verge. We stopped by a short track which led to a viewpoint from where we could scan the rocky hillside. The Red Deer rut had started, and stags were roaring; we had very good views of one particular animal and his attendant harem of hinds. However, we were hoping to spot the pack of Wolves that inhabits the area, so we moved on to another point up the road, with more, very close Red Deer. A small road led

past a farm, where a Common Buzzard took off, and on behind the mountain. No Wolves were seen, but other birds included two Corn Buntings, Red-backed Shrike families, Great Tits and a Skylark. We returned to the hotel for a later breakfast.

We met again at 10.30am for a short walk in the ancient Beech-forest area of La Difesa, just a few minutes' drive from the hotel. Birds included a pair of Ravens, Nuthatch, Great Tit and Chaffinch, and we excellent views of a male Common Redstart. Scrubby trees included St. Lucie's Cherry (*Prunus mahaleb*), Wild Pear (*Pyrus communis*), Spindle (*Euonymus europaeus*) and Hawthorn (*Crataegus monogyna*), all with fruit. Under the large Beech trees, we noted Herb-Paris (*Paris quadrifolia*), Round-leaved Saxifrage (*Saxifraga rotundifolia*), Mezereon (*Daphne mezereum*), Wood Spurge (*Euphorbia amygdala*) and Trooping Funnel fungi. We enjoyed the many mosses and lichens coating the trees and boulders and noted the dead wood that remained as a special habitat. Butterflies included Speckled Wood, Silver-washed Fritillary, Clouded Yellow, Wall and Meadow Browns, Small and Common Blues and Small Heath. We came to some large water troughs, a reminder of the days when thousands of sheep grazed the area and were driven down to Puglia for the winter. We wandered back, returning to the hotel for lunch at 1pm. A female Four-spotted Footman moth was on the wall of the hotel.

After a short break, we gathered to meet up with Paolo, the Ecotur guide, at 3pm, driving to Passo del Diavolo. From here, we set off to walk to the Rifugio La Cicerana, in a remote valley. Paolo explained about the park, the importance of the habitat for Marsican Brown Bears, and their habits and ecology. We had all been shocked and saddened to hear about the shooting of a female bear 'Amarena', a couple of days before, in a village just outside the National Park. She was the mother of two young cubs, now eight months old, and Paolo explained that usually cubs stay with the mother for about 16 months. The rangers were looking for them.

We set off on our walk, seeing Jersey Tiger moth and enormous numbers of red-and-black Ground Bugs *Spilostethus saxatilis*. There were many butterflies too, with new ones being The Hermit, female Scarce Copper, Autumn Ringlet and a Red-underwing Skipper. Plenty of Woodland/Rock and Tree Graylings, Common, Chalk-hill, Adonis and Little Blues, Silver-washed and Spotted Fritillaries were also seen, along with large numbers of Grasshoppers, including Red- and Blue-winged. A Great Green Bush-cricket was on a thistle and a European Tree Cricket was heard shortly after 5pm (apparently, they sing from 5pm to about 3am). A paw print in mud may have been Wolf or dog, but a seed-filled Bear scat was fresh and unmistakable. Plants included Autumn-crocuses, Cyclamen and Italian Sideritis (*Sideritis italica*). A moth on the path was a Balkan Chaperon, found in the Balkans but in Italy only in Abruzzo. We reached the rifugio and refreshed ourselves with tea, coffee and beer.

We then walked on beyond the hut, to reach the viewpoint from where we could scan the mountainside. Above the main tree line in some areas are bushes of Alpine Buckthorn (*Rhamnus alpinus*), whose berries the bears love to eat. Unfortunately, this year has been a very poor season for berries, and this, combined with extensive browsing by Red Deer (two bushes we saw in the morning had been well eaten), meant that few were available. Bears were only recorded sporadically this year (one had been seen the previous evening) and sadly, we were not fortunate. There were plenty of Red Deer, with some of the stags roaring and being aggressive with each other, others

peacefully grazing together. As the light faded, we returned to the hut, enjoying the partial sunset before a tasty supper. Afterwards, we all set off to walk down by torchlight – the cloud cover had increased, and no moon or stars were visible. Tree Crickets were churring and another Red Fox was seen. We reached the vehicle at 10pm and were home by 10.30, after a very enjoyable evening.

Day 4

Monday 4th September

Alba Fucens; Petrella Liri; Gioia Vecchio

After our long day yesterday, today breakfast was at 8am, and we were ready to leave by 9.15am. Our morning destination was the Roman remains of Alba Fucens, north of Avezzano. Some Red Deer hinds were in a field north of Pescasseroli. The weather was cloudy with a little drizzle, but by the time we reached Alba Fucens, it was bright but windy.

We started by walking to the impressive amphitheatre, seeing how very dry the vegetation was. We spent time exploring, imagining what it must have been like two millennia earlier. We then looked at the scrubby grassland behind the theatre, where we found a fine Praying Mantis. Plants included the aromatic Winter Savory (*Satureja montana*), Field Wormwood (*Artemisia campestris*), and three species of Scabious: the cream-coloured Pale Scabious (*Cephalaria leucantha*), Small Scabious (*Scabiosa columbaria*) and the delicate flowers of Fine-leaved Scabious (*Scabiosa triandra*). There were a number of familiar butterflies, including Berger's Clouded Yellow, Silver-washed and Spotted Fritillaries and Common Blue, a green Crab Spider, and as we walked back there was a large Scolid Wasp *Scolia hirta*. The group then visited the rest of the currently excavated town, with Laurie providing information on the designs of the shops etc. while Jessica prepared the picnic in the square, which was slightly more sheltered from the wind.

Duly refreshed, we left to drive south-east, bypassing Avezzano and taking the road through Capistrello and up the steep-sided valley towards Petrella Liri. We stopped by the road to scan the ledges above, having great views of the Griffon Vultures which have a breeding colony here. The species was reintroduced to the Sirente-Velino park to the north but have expanded their range and recently colonised these cliffs, with about 30 birds being seen on ledges and in flight, including 'formation flying' probably of youngsters copying parents. We spent a good while enjoying these majestic birds, also seeing Ravens and tiny specks of Crag Martins. Closer to hand, Barry found a fine Wasp Spider and also a Southern Gatekeeper. Delighted with all this, we stopped in Capistrello to enjoy genuine Italian gelati. We then took the road across the plain, seeing the fields of Carrots, Onions and Fennel as well as other crops.

We took the road back up in to the Abruzzo National Park, with Jessica suggesting a stop at Gioia Vecchio for a leg-stretch. However, to our amazement and delight, a watcher already there told us there was a Bear in the valley. We soon located it and spent the next 40 minutes or so watching this young Marsican Brown Bear as it fed on the bushes, pulling off fruit and wandering round in and out of view. It was an amazing privilege to have such good

and extended views of it, albeit relatively distant, but close in Abruzzo terms, and it was still there when we left to return to the hotel. After a break, we met to update our lists and enjoy dinner together after a very successful day.

Day 5

Tuesday 5th September

Above Villetta Barrea; Passo Godi; Scanno; Sagittario Gorge; Aschi

This morning we met for breakfast at 8am, with a 9am departure. Barry, out earlier, reported Black Redstart, Chiffchaff and Nuthatch amongst other sightings. Our route took us down the Sangro Valley to the little town of Villetta Barrea, where we turned north. We stopped above the town to look at the lake and the route of our mountain walk up the Val di Rose. The weather was grey with a strong and chilly wind, not good for wildlife. Our next stop was at the Passo Godi, the water shed at 1600 metres above sea level. Here we took a walk along the stony track, looking for migrant birds, but seeing only Kestrel, Red-backed Shrike, Blue and Great Tits, with a Marsh Tit fluffed up against the cold wind. We noted the patches of Dwarf Juniper (*Juniperus communis* var. *saxatilis*) on the rocky slopes here.

We then dropped down to the historic town of Scanno, where there was time for coffee and to explore the narrow streets. Reconvening, we took the road past the Lago di Scanno, with Great Crested Grebe Mallard and Coot, and through the very beautiful Sagittario Gorge, where sadly, we were unable to find a parking space. The vegetation here was again, very dry. We pulled in at the bottom of the road to Castrovalva, where we had our picnic sitting on boulders. We then walked the stony path down to the bottom of the gorge, where there was the fast-flowing river. Southern Polypody (*Polypodium cambricum*) and Hart's-tongue ferns (*Asplenium scolopendrium*) grew lushly by the water and there were patches of Ivy-leaved Cyclamen in flower. Silver-washed Fritillaries and Woodland / Rock Graylings were on the wing. We heard Red-billed Chough and glimpsed a flock through the trees, but they soon disappeared from view. However, we had better views of Crag Martins against the cliff faces and a Jay flew off. Having looked up at the village of Anversa degli Abruzzi, we retraced our route to the minibus. From here, we climbed to Anversa and took the road north to Cocullo, with pink patches of the alpine Willowherb *Epilobium dodonaei* on the road edge. The road climbed with extensive views to the north and west, before dropping down to the Valle San Giovenico and the park boundary. Our final stop was at the viewpoint at Aschi, where the stags were roaring, and we noted plenty of fruit on the Cornelian Cherry trees (*Cornus mas*). We were also pleased to hear that, the previous night, Amarena's two cubs, having fled separately from where their mother was killed on the edge of the plain, had been seen together at Aschi, feeding on an apple tree. This is a very positive sign, but it is not known whether they can survive long-term without their mother.

Day 6

Wednesday 6th September

Ortona & Aschi; Selva Moricento; Pescasseroli

We were all out at 5.15am this morning, to drive back to the Aschi area in the hope of seeing Wolves. It was still dark, and the headlights of the vehicle picked out a Fox near the hotel and then a Hare, probably Apennine Hare (which is also called Corsican Hare although it was introduced there). Eyeshine further on was another Hare, species unknown, and a bird which took off from the crash barrier was most likely a Little Owl. The Red Deer

were again active from the Ortona viewpoint, and a Buzzard was heard, but sadly, no Wolves were visible. We moved on to the Aschi road, with a glimpse of a disappearing tail, probably of Beech Marten. More Red Deer were seen and heard, and we continued into the valley road behind. No Wolves were seen but, as the sun rose, we had good views of a pair of Tree Pipits. We met a local who said he had only seen Red Deer this morning, too.

After breakfast, we met again with Paolo outside the Ecotur office in Pescasseroli and drove back to the Passo del Diavolo, passing Red-backed Shrike en route. This time we parked near the road and travelled up to the rifugio in the company's ancient Land Rover, with two of the group walking the last section of the path. After tea and coffee, we set off to walk into the UNESCO-protected, ancient Beech Forest of Selva Moricento. The path was starred with Alpine Autumn-crocus (*Colchicum alpinum*), and Jessica was particularly thrilled to see the delicate, star-like, yellow flowers of Slender Sternbergia (*Sternbergia colchiciflora*), a rare species new to her; with no leaves showing until spring, it only has a short flowering time and is probably often missed. Alpine Stork's-bill (*Erodium alpinum*) was also flowering, as was a previously damaged Brown Foxglove (*Digitalis ferrugineum*). Again, there were clouds of grasshoppers and plenty of familiar butterflies. Paolo explained about the levels of protection in the park and the importance of dead wood as a habitat, and pointed out Hoof Fungus (*Fomes fomentarius*), used historically as tinder by the shepherds. He then showed us a 'rub tree' used by Bears for communication, with a Bear hair caught in the bark. We discussed the monitoring, range and genetics of the species, as we walked back to the hut.

After a delicious lunch, three set off to walk down, with the rest of us travelling by vehicle, picking one up en route. We then walked the last kilometre back to the vehicle, having lovely views of a Hoopoe perched in a tree. There were a few more Sternbergia flowers near where we had parked. All gathered, we drove back to Pescasseroli, where we enjoyed ice cream and coffee before having time to explore the town and either walking or being driven back to the hotel.

Day 7

Thursday 7th September

Val di Rose

It was another early start this morning, with breakfast at 6.30am and picnics made, before a 7.20am departure. Our destination was the Val di Rose, and we were meeting local guide Marco at 8am. (There are summer restrictions on visitor numbers and access to prevent disturbance to the Chamois.) A dead Badger was by the road out of Pescasseroli: the first Badger Jessica had seen in over 15 years of visiting the park. We met Marco above Civitella Alfadena and took the steep and stony path I1 which climbs through a patchwork of forest and glades, each person walking at their own pace. Remains of Bird's-nest Orchids (*Neottia nidus-avis*) could be seen under the trees, and several Common Wall Lizards were on hot rocks in the open. The temperature was pleasant for walking: not too hot and with a breeze.

The main group reached the last glade before the tree-line, where they saw a Griffon Vulture overhead. They continued up into the open alpine meadow, leaving two at an isolated shady tree (at about 1700 metres) while they climbed up to the pass at 1952 metres above sea level. As well as the stunning views, they reported a couple of

Red-billed Chough, another Griffon, and close views of two Apennine Chamois. Meanwhile, one of those Chamois was seen silhouetted against the sky from both the glade and the meadow, with clear scooped views and another, much closer, was found in the shade of a cliff, which then moved across a scree, giving some lovely views. The Apennine Chamois is a subspecies of the Pyrenean one, and different from the Alpine species further north. While the number of Chamois in the park is increasing, in Val di Rose there are fewer animals, and Marco told us that through August, none were seen from the path, so we were pleased to see these. Birds seen in the meadow included Black Redstarts, a female Common Redstart, a family of Stonechats, a Whinchat and a pair of Northern Wheatear, as well as the Red-billed Choughs and Ravens. There were many hirundines, mainly Swallows and House Martins, but also some Crag Martins, overhead. Plants near the top included Dwarf Mountain Pine (*Pinus mugo*), flowering Fringed Gentian (*Gentianopsis ciliata*) and the large-flowered Crane's-bill *Geranium austroapenninum*, a form of Ashy Crane's-bill (*G. subcaulescens*). Rock Crane's-bill (*Geranium macrorhizum*) was growing out of a boulder, and there was also *Daphne oleoides*, Mountain Tragacanth (*Astragalus sempervirens*) and a spike of flowering Nice Milkwort (*Polygala nicaeensis*). Butterflies included Chalk-hill and Common Blues, graylings and Wall Brown.

Having enjoyed these delightful surroundings, we started slowly down, with an old Wolf dropping, a mass of hair, being seen by some. Those down first visited the Wolf enclosure in the village but did not see the four animals which live there, and we all reconvened in the village bar for welcome drinks after a challenging but enjoyable walk.

Day 8

Friday 9th September

Val Fondillo; Pescasseroli - Rome

Today we were leaving, but with our flight not until 6.35pm, we had time in the area before our departure. After breakfast at 8am, some visited the supermarket, with the purchase of local, dried Porcini on the agenda. We then met at 9.30am for a second visit to Val Fondillo. En route, a Fox was seen in a meadow, holding something white in its jaws, probably a chicken. A juvenile Red-backed Shrike posed nicely, and many Swallows were perching in tall trees. Butterflies included Cardinals and Southern White Admiral. We were generally not feeling too energetic but wandered gently. Two took the opportunity to walk further up the valley, visiting the Tornareccia waterfall about half a mile beyond the bridge.

We returned to the hotel to repack, and Sonia provided a light lunch at midday. We said our thanks and farewells, leaving at 12.50pm. We dropped two of the group in the town to continue their travels, and the rest of us took the Bisegna road down to the plain. We had a smooth journey to Rome, where we said goodbye to the two staying overnight in the city, and the others checked in for the flight back to London.

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Species lists

Birds (H = Heard only)

Common name	Scientific name	September 23							
		1	2	3	4	5	6	7	8
Mallard	<i>Anas platyrhynchos</i>					✓			
Common Swift	<i>Apus apus</i>	✓							
Rock Dove / Feral Pigeon	<i>Columba livia</i>	✓			✓	✓			✓
Common Wood Pigeon	<i>Columba palumbus</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓							
Eurasian Coot	<i>Fulica atra</i>					✓			
Great Crested Grebe	<i>Podiceps cristatus</i>					✓			
Black-headed Gull	<i>Chroicocephalus ridibundus</i>	✓							
Yellow-legged Gull	<i>Larus michahellis</i>		✓			✓			
Grey Heron	<i>Ardea cinerea</i>				✓				
Little Egret	<i>Egretta garzetta</i>	✓							
Griffon Vulture	<i>Gyps fulvus</i>				✓			✓	
Common Buzzard	<i>Buteo buteo</i>	✓	✓	✓	✓	✓	✓	✓	
Little Owl	<i>Athene noctua</i>						✓		
Eurasian Hoopoe	<i>Upupa epops</i>						✓		
European Bee-eater	<i>Merops apiaster</i>			✓				✓	
Middle Spotted Woodpecker	<i>Dendrocoptes medius</i>		✓						
Lilford's White-backed Woodp.	<i>Dendrocopos leucotos lilfordi</i>				H				
European Green Woodpecker	<i>Picus viridis</i>					H	✓	H	
Common Kestrel	<i>Falco tinnunculus</i>				✓	✓	✓	✓	
Red-backed Shrike	<i>Lanius collurio</i>	✓	✓	✓		✓			
Eurasian Jay	<i>Garrulus glandarius</i>	✓	✓	✓	✓	✓	✓	✓	✓
Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓		✓

		September 23							
Common name	Scientific name	1	2	3	4	5	6	7	8
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>					✓	✓	✓	
Western Jackdaw	<i>Coloeus monedula</i>	✓							
Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	✓
Northern Raven	<i>Corvus corax</i>		✓	✓	✓	✓	✓	H	
Coal Tit	<i>Parus ater</i>				✓	✓	✓	H	✓
Marsh Tit	<i>Poecile palustris</i>			✓		✓	✓		
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓	✓	✓	
Great Tit	<i>Parus major</i>		✓	✓	✓	✓	✓	✓	
Eurasian Skylark	<i>Alauda arvensis</i>			✓					
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>				✓	✓		✓	
Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓	✓
Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
Long-tailed Tit	<i>Aegithalos caudatus</i>				✓	✓			
Common Chiffchaff	<i>Phylloscopus collybita</i>		✓			H	H		
Eurasian Wren	<i>Troglodytes troglodytes</i>		H				H	✓	
Common Starling	<i>Sturnus vulgaris</i>	✓			✓	✓			
Song Thrush	<i>Turdus philomelos</i>						✓		
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓	✓
European Robin	<i>Erithacus rubecula</i>		✓	✓		✓	✓		
Black Redstart	<i>Phoenicurus ochruros</i>		✓		✓	✓		✓	✓
Common Redstart	<i>Phoenicurus phoenicurus</i>			✓			✓	✓	
Whinchat	<i>Saxicola rubetra</i>							✓	
European Stonechat	<i>Saxicola rubicola</i>					✓		✓	
Northern Wheatear	<i>Oenanthe oenanthe</i>			✓				✓	
Western Black-eared Wheatear	<i>Oenanthe hispanica</i>		✓						
Eurasian Tree Sparrow	<i>Passer montanus</i>								✓
Italian Sparrow	<i>Passer italiae</i>		✓	✓		✓	✓	✓	✓
Dunnock	<i>Prunella modularis</i>					✓			
White Wagtail	<i>Motacilla alba</i>					✓			✓
Water Pipit	<i>Anthus spinoletta</i>			✓			✓		
Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓	✓		✓
European Goldfinch	<i>Carduelis carduelis</i>		✓						✓
European Serin	<i>Serinus serinus</i>								✓
Corn Bunting	<i>Emberiza calandra</i>			✓					

Mammals (S = Signs, D = Dead)

		September 23							
Common name	Scientific name	1	2	3	4	5	6	7	8
Mole sp.	<i>Talpa sp.</i>			S	S	S	S		
Roman Mole	<i>Talpa romana</i>							D	
European Hare	<i>Lepus europaeus</i>						?		
Corsican Hare	<i>Lepus corsicanus</i>						✓		

Marsican Brown Bear	<i>Ursus arctos marsicanus</i>			S	✓		S		
Red Fox	<i>Vulpes vulpes</i>	✓		✓	✓		✓		✓
Beech Marten	<i>Martes foina</i>						?		
European Pine Marten	<i>Martes martes</i>						S	S	
European Badger	<i>Meles meles</i>							D	
Wild Boar	<i>Sus scrofa</i>		S	S			S	S	
Apennine Chamois - E	<i>Rupicapra pyrenaica ornata</i>		✓					✓	
Red Deer	<i>Cervus elaphus</i>		✓	✓	✓	✓	✓		

Reptiles & Amphibians

		September 23							
Common name	Scientific name	1	2	3	4	5	6	7	8
Italian Stream Frog	<i>Rana italica</i>		✓						
Common Wall Lizard	<i>Podarcis muralis</i>		✓					✓	

Butterflies & Moths (C = Caterpillar)

		September 23							
Common name	Scientific name	1	2	3	4	5	6	7	8
Common Swallowtail	<i>Papilio machaon</i>		✓				✓		
Silver-spotted Skipper	<i>Hesperia comma</i>		✓				✓		
Red-underwing Skipper	<i>Spialia sertorius</i>			✓					
Southern Grizzled Skipper	<i>Pyrgus malvoides</i>		✓	✓			✓		
Clouded Yellow	<i>Colias croceus</i>		✓	✓	✓	✓	✓		✓
Berger's Clouded Yellow	<i>Colias alfacariensis</i>		✓	✓	✓		✓	✓	✓
Small White	<i>Pieris rapae</i>		✓	✓	✓	✓	✓	✓	✓
Green-veined White	<i>Pieris napi</i>							✓	
Large White	<i>Pieris brassicae</i>		✓	✓				✓	
Small Copper	<i>Lycaena phlaeas</i>		✓	✓			✓		
Scarce Copper	<i>Lycaena vigaureae</i>			✓					
Holly Blue	<i>Celastrina argiolus</i>								
Little Blue	<i>Cupido minimus</i>		✓	✓	✓				
Brown Argus	<i>Aricia agestis</i>		✓				✓		
Adonis Blue	<i>Lysandra bellargus</i>		✓	✓			✓		
Chalk-hill Blue	<i>Lysandra coridon</i>		✓	✓			✓	✓	✓
Common Blue	<i>Polyommatus icarus</i>		✓	✓	✓		✓	✓	✓
Southern White Admiral	<i>Limenitis reducta</i>		✓			✓			✓
Queen of Spain Fritillary	<i>Issoria lathonia</i>			✓					
Silver-washed Fritillary	<i>Argynnis paphia</i>		✓	✓	✓	✓			✓
Cardinal	<i>Argynnis pandora</i>		✓						✓
Red Admiral	<i>Vanessa atalanta</i>		✓						
Comma	<i>Polygonia c-album</i>		✓						
Southern Comma	<i>Polygonia egea</i>		✓						✓
Knapweed Fritillary	<i>Melitaea phoebe</i>		✓						
Spotted Fritillary	<i>Melitaea didyma</i>		✓	✓	✓	✓	✓		✓

Common name	Scientific name	September 23							
		1	2	3	4	5	6	7	8
Small Heath	<i>Coenonympha pamphilus</i>		✓	✓	✓	✓	✓	✓	✓
Speckled Wood	<i>Pararge aegeria</i>		✓	✓					
Wall Brown	<i>Lasiommata megera</i>		✓	✓				✓	
Woodland Grayling	<i>Hipparchia fagi</i>		✓	✓	✓	✓	✓	✓	
Tree Grayling	<i>Hipparchia statilinus</i>		✓	✓			✓	✓	
The Hermit	<i>Chazara briseis</i>			✓			✓		
Southern Gatekeeper	<i>Pyronia cecilia</i>				✓			✓	
Meadow Brown	<i>Maniola jurtina</i>		✓	✓	✓		✓	✓	
Autumn Ringlet	<i>Erebia neoridas</i>			✓			✓	✓	
Brimstone Moth	<i>Opisthograptis luteolata</i>							✓	
Common Heath	<i>Ematurga atomaria</i>			C					
Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>		✓	✓	✓	✓	✓	✓	
Convolvulus Hawk-moth	<i>Agrius convolvuli</i>		✓						
Four-spotted Footman	<i>Lithosia quadra</i>			✓		✓	✓		
Jersey Tiger	<i>Euplagia quadripunctata</i>		✓	✓				✓	
Balkan Chaperon	<i>Cymbalophora rivularis</i>			✓					
Silver Y	<i>Autographa gamma</i>		✓						

Other Invertebrates

Common name	Scientific name	September 23							
		1	2	3	4	5	6	7	8
Southern Hawker	<i>Aeshna cyanea</i>		✓						
Grasshopper spp	<i>Acrididae</i>		✓	✓	✓	✓	✓	✓	
Common Green Grasshopper	<i>Omocestus viridulus</i>			✓			✓		
Blue-winged Grasshopper	<i>Oedipoda caerulea</i>		✓	✓	✓		✓	✓	
Red-winged Grasshopper	<i>Oedipoda cf. germanica</i>		✓	✓	✓		✓	✓	
Great Green Bush-cricket	<i>Tettigonia viridissima</i>			✓					
Southern Wart-biter	<i>Decticus albifrons</i>		✓						
Italian / European Tree Cricket	<i>Oecanthus pellucens</i>			H					
Southern Field Cricket	<i>Gryllus bimaculatus</i>			✓					
Praying Mantis	<i>Mantis religiosa</i>				✓				
Lined Shield Bug	<i>Graphosoma lineatum</i> ssp. <i>italicum</i>			✓	✓			✓	
Forest Bug	<i>Pentatoma rufipes</i>			✓					
A Ground Bug	<i>Spilostethus saxatilis</i>		✓	✓	✓		✓	✓	
Bee Fly sp.	<i>Bombylius</i> sp.			✓				✓	
A large bristly orange/black fly	<i>Tachina fera</i>		✓						
Paper Wasp sp.	<i>Polistes</i> sp.			✓					
A Scoli Wasp	<i>Scolia hirta</i>			✓					
Ichneumon-type wasp	<i>Ichneumonidae</i>			✓					
Violet Carpenter Bee	<i>Xylocopa violacea</i>		✓						
Honey Bee	<i>Apis mellifera</i>		✓	✓	✓	✓			
Buff-tailed Bumblebee	<i>Bombus terrestris</i>		✓	✓			✓		

Common name	Scientific name	September 23							
		1	2	3	4	5	6	7	8
Red-tailed Bumblebee	<i>Bombus lapidarius</i>			✓					
Common Carder Bee	<i>Bombus pascuorum</i>		✓	✓	✓	✓	✓	✓	
cf. Devil's Coach-horse	<i>Ocyrops olens</i>			✓					
Wasp Spider	<i>Argiope bruennichi</i>				✓				
Crab Spider	<i>Misumenia vatia</i>				✓				
A Harvestman (commonest sp.)	<i>Phalangium opilio</i>			✓					
Millipede	<i>cf Tachypodoiulus niger</i>				✓				
Robin's Pincushion gall	<i>Diplolepis rosae</i>			✓	✓			✓	

Plants

Common name	Scientific name	Day	Location
Spleenworts	Aspleniaceae		
Maidenhair Spleenwort	<i>Asplenium trichomanes</i>	2	Above hotel
Wall-rue	<i>Asplenium ruta-muraria</i>	2	Above hotel
Rustyback Fern	<i>Asplenium ceterach</i>	2	Above hotel
Polypodies	Polypodiaceae		
Southern Polypody	<i>Polypodium cambricum</i>	5	Sagittario Gorge
Pine Family	Pinaceae		
Black Pine	<i>Pinus nigra subsp. nigra</i>	5	Roadsides
Dwarf Pine	<i>Pinus mugo</i>	7	Val di Rose
Cypress Family	Cupressaceae		
Common Juniper	<i>Juniperus communis</i>	2	Val Fondillo
Prostrate Juniper	<i>J. communis var. saxatilis</i>	5	Passo Godi
Prickly Juniper	<i>Juniperus oxycedrus</i>	5	Sagittario Gorge
Bunchflower Family	Melanthiaceae		
Herb-Paris	<i>Paris quadrifolia</i>	3	La Difesa
Meadow Saffron Family	Colchicaceae		
Alpine Autumn-crocus	<i>Colchicum alpinum</i>	6	La Cicerana
Portuguese Autumn-crocus	<i>Colchicum lusitanum</i>	2	Val Fondillo
Naples Autumn-crocus	<i>Colchicum neapolitanum</i>	4	Alba Fucens
Orchids	Orchidaceae		
Broad-leaved Helleborine	<i>Epipactis helleborine</i>	2	Above hotel
Amaryllis Family	Amaryllidaceae		
Slender Sternbergia	<i>Sternbergia colchiciflora</i>	6	La Cicerana
Asparagus Family	Asparagaceae		
Common Butcher's-broom	<i>Ruscus aculeatus</i>	5	Sagittario Gorge
Sharp-leaved Asparagus	<i>Asparagus acutifolius</i>	5	Sagittario Gorge
Buttercup Family	Ranunculaceae		
Stinking Hellebore	<i>Helleborus foetidus</i>	2	Val Fondillo
Baneberry	<i>Actaea spicata</i>	3	La Difesa
Traveller's-joy	<i>Clematis vitalba</i>	2	Val Fondillo
Woolly Buttercup	<i>Ranunculus lanuginosus</i>	3	La Difesa
Currant Family	Grossulariaceae		
Common Gooseberry	<i>Ribes uva-crispa</i>	3	La Cicerana
Saxifrage Family	Saxifragaceae		
Round-leaved Saxifrage	<i>Saxifraga rotundifolia</i>	3	La Difesa

Common name	Scientific name	Day	Location
Italian Reddish Saxifrage - E	<i>Saxifraga porophylla</i>	7	Val di Rose
Thick-leaved Saxifrage	<i>Saxifraga callosa</i>	5	Sagittario Gorge
Livelong Saxifrage	<i>Saxifraga paniculata</i>	2	Above hotel
Pea Family	Fabaceae		
Spanish Broom	<i>Spartium junceum</i>	1	Roadsides
Common Bird's-foot-trefoil	<i>Lotus corniculatus</i>	2	Val Fondillo
Spiny Restharrow	<i>Ononis spinosa</i>	3	La Cicerana
Common Lucerne	<i>Medicago sativa</i>	4	Alba Fucens
Red Clover	<i>Trifolium pratense</i>	3	La Difesa
Common Sainfoin	<i>Onobrychis viciifolia</i>	4	Alba Fucens
Mountain Tragacanth	<i>Astragalus sempervirens</i>	7	Val di Rose
Milkworts	Polygalaceae		
Nice Milkwort	<i>Polygala nicaeensis</i>	7	Val di Rose
Rose Family	Rosaceae		
Blackthorn	<i>Prunus spinosa</i>	2	Val Fondillo
St Lucie's Cherry	<i>Prunus mahaleb</i>	3	La Difesa
Common Pear	<i>Pyrus communis</i>	2	Above hotel
Common Hawthorn	<i>Crataegus monogyna</i>	2	Val Fondillo
Bramble	<i>Rubus fruticosus</i> agg.	4	Petrella Liri
Wild Raspberry	<i>Rubus idaea</i>	2	Val Fondillo
De Tommasi's Cinquefoil	<i>Potentilla detommasii</i>	3	La Difesa
Creeping Cinquefoil	<i>Potentilla reptans</i>	2	Val Fondillo
Wild Strawberry	<i>Fragaria vesca</i>	2	Val Fondillo
Dog Rose	<i>Rosa canina</i> agg.	2	Val Fondillo
Buckthorns	Rhamnaceae		
Alpine Buckthorn	<i>Rhamnus alpina</i>	3	La Difesa
Nettle Family	Urticaceae		
Common Nettle	<i>Urtica dioica</i>	2	Val Fondillo
Beech Family	Fagaceae		
European Beech	<i>Fagus sylvatica</i>	2	Widespread
Turkey Oak	<i>Quercus cerris</i>	5	Sagittario Gorge
Downy Oak	<i>Quercus pubescens</i>	1	Roadsides
Birch Family	Betulaceae		
European Hazel	<i>Corylus avellana</i>	2	Val Fondillo
Cucumber Family	Cucurbitaceae		
White Bryony	<i>Bryonia cretica</i>	2	Val Fondillo
Spindle Family	Celastraceae		
European Spindle	<i>Euonymus europaeus</i>	2	Val Fondillo
Large-leaved Spindle	<i>Euonymus latifolius</i>	5	Sagittario Gorge
St John's-worts	Hypericaceae		
Perforate St John's-wort	<i>Hypericum perforatum</i>	4	Alba Fucens
Square-stemmed St John's-wort	<i>Hypericum tetrapterum</i>	2	Val Fondillo
Violets	Violaceae		
Eugenie's Pansy - E	<i>Viola eugeniae</i>	2	Above hotel
Willow Family	Salicaceae		
White Poplar	<i>Populus alba</i>	2	Val Fondillo
White Willow	<i>Salix alba</i>	2	Val Fondillo
Purple Willow	<i>Salix purpurea</i>	2	Val Fondillo
Spurge Family	Euphorbiaceae		

Common name	Scientific name	Day	Location
Broad-leaved Glaucous Spurge	<i>Euphorbia myrsinites</i>	2	Val Fondillo
Cypress Spurge	<i>Euphorbia cyparissias</i>	2	Val Fondillo
Wood Spurge	<i>Euphorbia amygdaloides</i>	3	La Difesa
Crane's-bills	Geraniaceae		
Rock Crane's-bill	<i>Geranium macrorrhizum</i>	7	Val di Rose
	<i>Geranium austroapenninum</i>	7	Val di Rose
Hedgerow Crane's-bill	<i>Geranium pyrenaicum</i>	2	Val Fondillo
Common Herb Robert	<i>Geranium robertianum</i>	3	La Difesa
Alpine Stork's-bill	<i>Erodium alpinum</i>	6	Selva Moricento
Common Stork's-bill	<i>Erodium cicutarium</i>	2	Val Fondillo
Willowherb Family	Onagraceae		
	<i>Epilobium dodonaei</i>	5	Roadsides
Sumac Family	Anacardiaceae		
Terebinth	<i>Pistacia terebinthus</i>	5	Sagittario Gorge
Soapberry Family	Sapindaceae		
Field Maple	<i>Acer campestre</i>	2	Val Fondillo
Common Sycamore	<i>Acer pseudoplatanus</i>	3	Gioia Vecchio
Italian Maple	<i>Acer obtusatum</i>	5	Sagittario Gorge
Montpelier Maple	<i>Acer monspessulanum</i>	4	Alba Fucens
Mallow Family	Malvaceae		
Common Mallow	<i>Malva sylvestris</i>	4	Roadsides
Daphne Family	Thymelaeaceae		
Common Mezereum	<i>Daphne mezereum</i>	3	La Difesa
Spurge-laurel	<i>Daphne laureola</i>	5	Sagittario Gorge
Olive-leaved Mezereum	<i>Daphne oleoides</i>	7	Val di Rose
Rock-rose Family	Cistaceae		
Common Rock-rose	<i>Helianthemum nummularium</i>	2	Val Fondillo
Cabbage Family	Brassicaceae		
False Rhaetian Treacle-mustard E	<i>Erysimum pseudorhaeticum</i>	2	Val Fondillo
Sandalwood Family	Santalaceae		
Common Mistletoe	<i>Viscum album</i>	2	Val Fondillo
Leadwort Family	Plumbaginaceae		
Plantain-leaved Thrift	<i>Armeria canescens</i>	2	Val Fondillo
Campion Family	Caryophyllaceae		
Snow-in-summer	<i>Cerastium tomentosum</i>	1	Gioia Vecchio
Tunicflower	<i>Petrorhagia saxifraga</i>	2	Val Fondillo
Red Campion	<i>Silene dioica</i>	2	Above hotel
Dogwood Family	Cornaceae		
Common Dogwood	<i>Cornus sanguinea</i>	2	Val Fondillo
Cornelian Cherry	<i>Cornus mas</i>	5	Aschi
Primrose Family	Primulaceae		
Common Sowbread	<i>Cyclamen hederifolium</i>	2	Above hotel
Bedstraw Family	Rubiaceae		
Southern Squinancywort	<i>Asperula aristata</i>	4	Alba Fucens
Sweet Woodruff	<i>Galium odoratum</i>	3	La Difesa
Gentian Family	Gentianaceae		
Cross Gentian	<i>Gentiana cruciata</i>	2	Val Fondillo
Fringed Gentian	<i>Gentianopsis ciliata</i>	7	Val di Rose
Periwinkle Family	Apocynaceae		

Common name	Scientific name	Day	Location
Oleander	<i>Nerium oleander</i>	1	Rome ringroad
Borage Family	Boraginaceae		
Pale Viper's-bugloss	<i>Echium italicum</i>	4	Alba Fucens
Common Viper's-bugloss	<i>Echium vulgare</i>	4	Alba Fucens
Apennine Hound's-tongue - E	<i>Cynoglossum magellense</i>	2	Val Fondillo
Bindweed Family	Convolvulaceae		
Field Bindweed	<i>Convolvulus arvensis</i>	4	Alba Fucens
Cantabrian Bindweed	<i>Convolvulus cantabrica</i>	4	Alba Fucens
Common Dodder	<i>Cuscuta epithymum</i>	2	Val Fondillo
Olive Family	Oleaceae		
European Privet	<i>Ligustrum vulgare</i>	2	Val Fondillo
European Ash	<i>Fraxinus excelsior</i>	2	Val Fondillo
Manna Ash	<i>Fraxinus ornus</i>	5	Sagittario Gorge
Plantain Family	Plantaginaceae		
Purple Toadflax	<i>Linaria purpurea</i>	3	La Cicerana
Common Toadflax	<i>Linaria vulgaris</i>	4	Alba Fucens
Common Ivy-leaved Toadflax	<i>Cymbalaria muralis</i>	3	La Difesa
Greater Plantain	<i>Plantago major</i>	3	La Difesa
Hoary Plantain	<i>Plantago media</i>	2	Val Fondillo
Rusty Foxglove	<i>Digitalis ferruginea</i>	6	La Cicerana
Figwort Family	Scrophulariaceae		
	<i>Verbascum mallophorum</i>	2	Val Fondillo
French Figwort	<i>Scrophularia canina</i>	2	Val Fondillo
Verbena Family	Verbenaceae		
Vervain	<i>Verbena officinalis</i>	3	La Difesa
Dead-nettle Family	Lamiaceae		
Cut-leaved Selfheal	<i>Prunella laciniata</i>	2	Val Fondillo
Winter Savory	<i>Satureja montana</i>	4	Alba Fucens
Water Mint	<i>Mentha aquatica</i>	2	Val Fondillo
Horse Mint	<i>Mentha longifolia</i>	2	Val Fondillo
Lesser Calamint	<i>Clinopodium nepeta</i>	4	Petrella Liri
A Felty Germander	<i>Teucrium capitatum</i>	4	Alba Fucens
Italian Ironwort	<i>Sideritis italica</i>	3	La Cicerana
Spotted Dead-nettle	<i>Lamium maculatum</i>	2	Above hotel
Red Hemp-nettle	<i>Galeopsis angustifolia</i>	2	Above hotel
Broomrape Family	Orobanchaceae		
Eyebright sp.	<i>Euphrasia</i> agg.	2	Val Fondillo
	<i>Odontites luteus</i>	4	Alba Fucens
Red Bartsia	<i>Odontites vulgaris</i>	2	Val Fondillo
Bellflower Family	Campanulaceae		
Rampion Bellflower	<i>Campanula rapunculus</i>	3	La Difesa
Giant Bellflower	<i>Campanula latifolia</i>	2	Above hotel
Daisy Family	Asteraceae		
Glandular Globe-thistle	<i>Echinops sphaerocephalus</i>	2	Gioia Vecchio
Acanthus-leaved Carline Thistle	<i>Carlina acanthifolia</i>	2	Val Fondillo
Stemless Carline Thistle	<i>Carlina acaulis</i> ssp. <i>caulescens</i>	2	Val Fondillo
Flat-topped Carline Thistle	<i>Carlina corymbosa</i>	4	Alba Fucens
Common Carline Thistle	<i>Carlina vulgaris</i>	2	Val Fondillo
Brown Knapweed	<i>Centaurea jacea</i>	2	Val Fondillo

Common name	Scientific name	Day	Location
Italian Woolly Thistle	<i>Cirsium tenoreanum</i>	2	Val Fondillo
Apennine Thistle	<i>Carduus affinis</i>	2	Val Fondillo
Alpine Thistle	<i>Carduus defloratus</i>	2	Above hotel
Stiff Ptilostemon	<i>Ptilostemon strictus</i>	3	La Difesa
Pliant Lettuce	<i>Lactuca viminea ssp chondrillofolia</i>	4	Alba Fucens
Common Chicory	<i>Cichorium intybus</i>	2	Roadsides
Common Daisy	<i>Bellis perennis</i>	2	Val Fondillo
White Southernwood	<i>Artemisia alba</i>	4	Alba Fucens
Yellow Chamomile	<i>Cota tinctoria</i>	2	Val Fondillo
Hemp-agrimony	<i>Eupatorium cannabinum</i>	2	Val Fondillo
Viburnum Family	Viburnaceae		
Dwarf Elder	<i>Sambucus ebulus</i>	2	Roadsides
European Elder	<i>Sambucus nigra</i>	2	Val Fondillo
Honeysuckle Family	Caprifoliaceae		
Pale Scabious	<i>Cephalaria leucantha</i>	4	Alba Fucens
Small Scabious	<i>Scabiosa columbaria</i>	2	Above hotel
Fine-leaved Scabious	<i>Scabiosa triandra</i>	4	Alba Fucens
Common Teasel	<i>Dipsacus fullonum</i>	2	Val Fondillo
Aralia Family	Araliaceae		
Common Ivy	<i>Hedera helix</i>	4	Alba Fucens
Umbellifers	Apiaceae		
Italian Eryngo	<i>Eryngium amethystinum</i>	2	Val Fondillo
Field Eryngo	<i>Eryngium campestre</i>	4	Alba Fucens
Common Carrot	<i>Daucus carota</i>	2	Val Fondillo
Mountain Seseli	<i>Seseli montanum</i>	2	Val Fondillo
Honewort	<i>Trinia glauca</i>	4	Alba Fucens
Fungi			
Lecanoromycetes	Lichens		
A lungwort	<i>Lobaria pulmonaria</i>	2	Val Fondillo
Agaricomycetes			
Hoof Fungus	<i>Fomes fomentarius</i>	6	Selva Moricento
Trooping Funnel	<i>Infundibulicyte geotropa</i>	3	La Difesa



Young Marsican Brown Bear



Naples Autumn-crocus