

# Abruzzo in Autumn

Naturetrek Tour Report

5th – 12th September 2025



Jersey Tiger



Apennine Fire Salamander



Western Green Lizard



*Sternbergia lutea*

Tour report by Jessica Turner  
Photos by Jessica Turner, Andy Gillham and John Roberts



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Tour Participants: Jessica Turner & Paolo Iannica (leaders) with 14 Naturetrek clients

## Summary

The Abruzzo area is always fascinating, and beautiful at any season. We were delighted to have some great views of Wolf pups; they were not quite as easy to spot as the previous year, but when we located them, we were able to watch them for quite a time. We were disappointed not to see any Marsican Brown Bears, despite all our efforts, but they were definitely in the area, as other sightings showed. We had generally excellent weather and were able to use the wet day to visit a colony of Apennine Fire Salamanders on the edge of the Maiella National Park, which were enjoying the first rain for a few weeks.

The numbers of late-summer butterflies were a delight, especially on mints in Val Fondillo, as well as a good range of other insects, and we had some great views of Griffon Vultures and Golden Eagle. Among the plants, the clumps of golden *Sternbergia* were a highlight, as well as the delightful blue Italian Eryngo, pink Ivy-leaved Cyclamens and mauve Autumn-croscuses. With stunning scenery, a delightful hotel and good company, we all enjoyed an excellent week.

### Day 1

Friday 5th September

Fly Rome; transfer Pescasseroli

Seven group members met Jessica at Heathrow Terminal 5 for our 8.00am flight to Rome Fiumicino Airport, landing at about 11.35am. Once we had collected our bags, we met with Paolo, who lives in Pescasseroli, and the others; three had flown in from Manchester, one from Edinburgh, and two had travelled the previous day. It took some time to collect the minibuses, so there was time for coffee and a snack before we loaded up and set off in the hot sun. Our route took us on the northern Rome ring road, which was also slow. A flock of Rose-ringed Parakeets flew over, and we noted Hooded Crows, Feral Pigeons and some Yellow-legged Gulls as we crawled along. Oleanders were flowering on the central reservation. When we cleared the GRA we drove eastwards towards the Apennine mountains, where we enjoyed the more wooded slopes, steep gorges and hilltop towns, before stopping at Civita services for a break. Italian Sparrows and Italian Wall Lizard were noted here, and a Common Swallowtail flew across as we stopped.

Our route then took us towards Pescara, with the towering Monte Velino to our left, and then the large plain that was once Lake Fucino (the third largest lake in Italy, finally drained in about 1900) on our right. We left the motorway at Pescina, dropping down to the edge of the plain before climbing up into the Abruzzo National Park (full title: Parco Nazionale d' Abruzzo, Lazio e Molise, or PNALM). We took the road up through Bisegna, enjoying the evening light and a Red Fox which crossed in front of us. It was then not far down into Pescasseroli and the Hotel Valle dell' Oro, our base for the week. We had time to settle in before meeting at 7.30pm, when Jessica outlined plans for the morrow, and we enjoyed a tasty dinner. Afterwards, we were all very ready for our beds.

## Day 2

Saturday 6th September

### Gioia Vecchio; Val Fondillo

We woke in the pre-dawn light and, after a cup of tea or coffee, were ready to leave at 5.45am to drive up to Gioia Vecchio, where we scanned the valley and hill-slopes beyond. We had two sightings of Wild Boar (a solitary male) and several Roe Deer but, surprisingly, no Red Deer. Bears had been seen on most days in the previous week, but not this morning. Birds included a perched Common Buzzard, and a family of Nuthatches overhead. We returned for breakfast at 8.45am, after which Jessica and Paolo shopped for the picnic, and we made up sandwiches to carry with us. We left at 10.20am, delayed by a straw-coloured Praying Mantis by the minibus. Insect duly photographed, we drove the short distance along the river Sangro to the beautiful valley of Val Fondillo, near the hill-top village of Opi.

We parked, with a beautiful specimen of Autumn Crocus, probably Naples Autumn Crocus (*Colchicum neapolitanum*) just by the vehicle. First, we scanned the slopes of Monte Marsicano, seeing two Golden Eagles, a juvenile in flight and an adult perched and catching the sun. There was also a distant herd of Red Deer hinds. As we walked across the grass into the valley, we saw two Hoopoes in flight, and a Stonechat. Common Wall Lizards were on a sunny wall of the old saw-mill and there was a good crop of Sloes on the Blackthorn (*Prunus spinosa*) and Rosehips (*Rosa canina* agg.), the latter also bearing Robin's Pincushion galls.

Other plants included blue-flowered Chicory (*Cichorium intybus*), blue Italian Eryngo (*Eryngium amethystinum*), mauve-flowered Vervain (*Verbena officinalis*), Red Bartsia (*Odontites vulgaris*), and three species of Carline Thistle: the large-flowered Acanthus-leaved (*Carlina acanthifolium*), a stemmed form of Stemless (*C. acaulis* subsp. *caulescens*) and Common (*Carlina vulgaris*). We saw another Praying Mantis, this one green.

The highlight of the morning was the number and diversity of butterflies flying around and nectaring, mainly on patches of Horse Mint (*Mentha longifolia*) and Water Mint (*Mentha aquatica*). These included Adonis, Chalk-hill, Lang's Short-tailed and Common Blues, Cardinal, Silver-washed, Marsh, Queen of Spain and Spotted Fritillaries, Common and Berger's Clouded Yellows, Southern White Admiral, Peacock, Scarce Swallowtail, and Oberthür's and Rosy Grizzled Skippers. We hardly knew where to look! Near the stream were signs of Wild Boar activity, and we found a single, blue Fringed Gentian (*Gentianopsis ciliata*), Grass-of-Parnassus (*Parnassia palustris*) and some more mauve Autumn-croscuses, these ones probably Portuguese (*Colchicum lusitanum*).

We had our picnic by the stream, with Grey Wagtail, Marsh Tit and a Tree Pipit. Southern Skimmer and Red-veined Darter dragonflies and Woodland Grayling were added to the list, while another mountain scan revealed a herd of Abruzzi Chamois, with several silhouetted against the sky: we could see their pronged horns. We continued further before looping back through the trees, enjoying the shade. There were some fine Fringed Gentians, and a new butterfly was the southern form of Speckled Wood.

We were pleased to relax with cold drinks and ice creams, before returning to the hotel. There was time for R&R before we met at 6.30pm to update our checklists, followed by dinner. We agreed it had been an excellent first day in the field.

## Day 3

Sunday 7th September

## Aschi; La Difesa; La Cicerana rifugio

We had an earlier start this morning, leaving at 5.15am to look for Wolves. Paolo had told us that there was a small pack with some pups using the area near the village of Aschi in Valle Giovenico, so we took the road down through Bisegna and San Sebastiano. The first minibus disturbed three Nightjars from the road. Initially we parked in the village and walked to a viewpoint, from where Paolo had seen the Wolves the previous week. Red Deer were roaring and a Kestrel called overhead, and by using his thermal camera, Paolo picked up a Red Fox sleeping in the rocks on the far slope, which we could just make out in the scope, but otherwise all was quiet. We then returned to the vehicles and took the road behind the hill, with Paolo soon picking up one of the Wolf youngsters with his thermal. We were able to see at least three of the pups (there are seven in total, but they often hide), probably now four months old, and maybe one of last year's pups, larger than the others but not yet an adult. They trotted along tracks on the hillside, sometimes disappearing into the trees, but giving extended views. What a treat! We moved up a little further, seeing more Red Deer, including a magnificent stag at close quarters, and turned our attention to other wildlife, with Stonechat, Tree Pipit and clouds of hirundines, both Swallows and House Martins. Plants included the yellow Bartsia *Odontites lutea*, Globe Thistle (*Echinops sphaerocephala*) and Yellow Star-thistle (*Centaurea solstitialis*). Delighted with the morning, we headed back to the hotel for a late breakfast.



Blue Eryngo



Berger's Clouded Yellow



Long-tailed Blue on Hyssop



Whinchat

At 10.20am we regathered and drove the short distance to the ancient forest area of La Difesa, which still contains very old Beech trees (*Fagus sylvatica*) covered in thick moss and lichens. The track rises to an open area with large water troughs, a memory of the many sheep that were on the hills which were walked down to Puglia for the winter months: the *transumanza*. Paolo explained about the origins of the National Park in 1922, its earlier history as a hunting forest and its development over the years, as well as the shepherds' way of life. Under the trees, we noted

plants including Herb-Paris (*Paris quadrifolia*), an ancient woodland indicator species, as well as the leaves of Sweet Woodruff (*Galium odoratum*) and Round-leaved Saxifrage (*Saxifraga rotundifolia*). Again, there were clouds of hirundines, and Nuthatches were ever-present. We found the remains of a male Western Green Lizard and could see the bright green and blue coloration, and Paolo found a bright blue leg from the iconic Alpine Longhorn Beetle (*Rosalia alpina*), which is a specialist for this area, but is seen in August. Several Jersey Tiger moths were in flight, and we looked at a bush of Alpine Buckthorn (*Rhamnus alpina*). We returned to the hotel for lunch today, as our evening meal would be in the Cicerana hut.

We met at 3.00pm to drive to the Passo del Diavolo, taking the track to a barrier, where we parked. Paolo explained more of the ecology and distribution of Marsican Brown Bears, during which Bee-eaters were heard overhead. We set off walking up the valley, enjoying hosts of butterflies on the Italian Eryngo (*Eryngium amethystinum*), mainly Meadow Browns and the blue species, with sometimes five or six to a flowerhead. Tree Grayling was added, and there were many red-and black ground bugs (*Spilostethus saxatilis*). Under the trees there were some nice patches of Ivy-leaved Cyclamen (*Cyclamen hederifolium*), and in more open areas, probable Portuguese Autumn-crocus (*Colchicum lusitanum*). Birds included Tree Pipits, Nuthatch, Marsh Tit, Buzzard and Kestrel. This year, we took our time, with the main objective being the walking and enjoying the area. Usually, we would walk beyond the hut to scan the hillsides where Alpine Buckthorn grows, but this year the berry crop was exceptionally sparse and early, and had been completely finished a couple of weeks previously, so there was no point. Paolo pointed out signs of Brown Bear activity, with overturned stones indicating where Bears had looked for ants, and we saw a very old Wolf scat, full of hair. We noted several fungi, including Lurid Bolete, in which the flesh turns navy-blue in contact with air.

After three kilometres we arrived at the Rifugio La Cicerana, and had some time to spend enjoying the area and ambience, before enjoying a delicious supper with local red wine as the sun set. This evening there was a full Moon and a total lunar eclipse. Initially, it was cloudy, but as we walked down, the cloud cleared and we could see the ‘blood Moon’, albeit with a slight haze. Later, we were able to see clearly as the Earth’s shadow gradually moved and the crescent grew to the full disc again. As we walked down in the dark, we saw a Red Fox by eyeshine, a very large (probably female) Common Toad, and could hear European Tree Cricket, which called between about 5.00pm and midnight with a musical churring. A female Tawny Owl called long and loud, and we could also hear Red Deer stags bellowing. At the bottom, we met with two clients who had travelled down by car and returned to the hotel at about 10.15pm. All agreed that it had been an amazing evening.

## Day 4

Monday 8th September

Gioia Vecchio; Alba Fucens; Petrella Liri; Gioia Vecchio

Another morning saw us up at 5.45am, driving to Gioia Vecchio once more. A couple of fine Red Deer stags showed well, and we saw seven Roe Deer in ones and twos on the slopes, plus a solitary Wild Boar, a male, which gave good sightings. We returned for breakfast at 8.15am.

We left again at 9.15, today heading down across the plain that was Lake Fucino. We took the Bisegna road through the Valle del Giovenco, past where we had seen the Wolves. We stopped at a cliff near Piscina where several clumps of Sternbergia (also called Yellow False-crocus, *Sternbergia lutea*), rare in Abruzzo, glowed at their pristine best. We also looked at other plants of dry habitats, including the fragrant-leaved Winter Savory (*Satureja montana*)

and White Wormwood (*Artemisia alba*), and Pale Scabious (*Cephalaria leucantha*). A Southern Comma basked in the morning sun.

Our main destination was Alba Fucens, a well-preserved and partially-excavated Roman town; the name comes from being able to see the dawn (*alba*) over Lake Fucino. We walked to the impressive amphitheatre, viewing it from above before entering, and enjoyed its acoustics as demonstrated by Caroline. Italian Wall Lizards were seen here. Plants included flowering pink Common Sainfoin (*Onobrychis viciifolia*), blue Lucerne (*Medicago sativa*) and yellow Sickle Medick (*Medicago falcata*), and Dogwood (*Cornus sanguinea*) was in berry. In the scrubby grass we found Praying Mantis, Silver-studded, Common, Chalk-hill and Adonis Blues, and Woodland and Great Banded Graylings. The group then explored the town's streets while Jessica and Paolo prepared the picnic in the village square. Common Redstart and Whinchat were seen, and two flocks of Bee-eaters flew overhead.

Refreshed and replete, we then drove south round Avezzano, turning east at Capistrello into a steep, wooded valley. Just before the village of Petrella Liri, we pulled in under some cliffs. White stains of guano indicated which ones were used by Griffon Vultures. The vultures were reintroduced into the Monte Velino area to the north, but have spread naturally. As we approached, one was in flight, and it was soon joined by many others. The maximum count was sixteen birds, sometimes in formation, and sometimes perched. A Golden Eagle appeared, looking small in comparison. Some of the cliffs were golden with what must have been Sternbergia, while closer to hand, we enjoyed a fine Wasp Spider. Delighted with such excellent sightings, we headed back around the edge of the plain, through fields of maize and vegetables, with a Hobby being seen. We stopped for another scan at Gioia Vecchio, but all was quiet.

## Day 5

Tuesday 9th September

### Val di Rose or Sagittario Gorge

We split the group today, with six joining Paolo for the steep walk up the Val di Rose, and eight accompanying Jessica to the Sagittario Gorge. The weather was fine but not too hot, and thus perfect for walking. Paolo's group breakfasted at 7.00am and left at 7.30am, having made picnics. They parked above the village of Civitella Alfadena, and took the path up through the Beech forest and clearings. The path is generally restricted during the summer months, but the official guide had given Paolo permission to lead the group as the numbers were small. They climbed steadily, noting a Badger latrine with many Cornelian Cherry (*Cornus mas*) stones, Wolf scat, and enjoying the views of Lago di Barrea below and then the mountains slopes above. Under the trees, fungi included both Lurid and Satan's Boletes, the latter having flesh that turns red.

Above the tree line, they had superb views of twenty-four Apennine Chamois (recently elevated to full species status), with some of the animals very close. They also saw three Golden Eagles and two Red-billed Choughs, as well as Northern Wheatear and Black Redstart. Plants included more Fringed Gentians and flowering Rock Crane's-bill (*Geranium macrorhizum*). They did not climb to the pass this year, as rain started and it was not clear how long it might last. On the way down they saw not only a Bank Vole but also a young Wolf, only about fifty metres away, and everyone got excellent views as it tracked the slope below. There was also a very fresh scat, probably from that animal. After refreshing themselves at the Bar delle Lince, they returned at about 5.45pm, agreeing it had been a tough but excellent walk.

The other group, with Jessica, left at 8.45am; we drove down to Villetta Barrea, where we turned north. We stopped to admire the lake below and could see the area of Val di Rose. Stags were roaring loudly, and we could see a dominant male close by, covered in mud, rounding up a harem of hinds. A young stag with simple antlers kept his distance.

Our next stop was above Barrea, at the top of the Passo Godi at 1642m, where we walked up a stony track. The vegetation here reflects the altitude, with the prostrate form of Common Juniper (*Juniperus communis* var. *saxatilis*). A couple of dwarf bushes of the alpine Olive-leaved Daphne (*Daphne oleoides*) were having a late flush of starry white flowers, and we noted Alpine Basil-thyme (*Clinopodium alpinum*) and the very spiny Mountain Tragacanth (*Astragalus alpinus*). Small birds included Yellowhammer and Northern Wheatear and, as we returned, a juvenile Red-backed Shrike, the only shrike of the week, showing the birds had already left the area to migrate south. A Great Green Bush-cricket was on a flowerhead and a Common Wall Lizard poked its head out of a hole.

We crossed the watershed and dropped down to the historic village of Scanno, where there was time for coffee and exploration, with Hummingbird Hawk-moth, Jersey Tiger moth and a tiny Cream-spot Ladybird. We had our picnic under the trees by the Lago di Scanno, hearing noisy Nuthatches. We then entered the narrow but very beautiful Sagittario Gorge, which was fairly quiet; we were able to park in one of the scarce lay-bys and get out to explore. We walked across the bridge to the chapel of San Domenico, admiring the turquoise lake. Beyond the chapel, we found a couple of plants of the endemic Cavolini's Bellflower (*Campanula fragilis* subsp. *cavolini*), one with some flowers, as well as Scanno Knapweed (*Centaurea scannensis*), known only from this gorge. Butterflies were nectaring on a patch of Hemp Agrimony (*Eupatorium cannabinum*): they were mainly Silver-washed Fritillaries, but also included Sooty Copper and Lang's Short-tailed Blue, while a Long-tailed Blue was on the dark-blue flowers of Hyssop (*Hyssopus officinalis*) and a Common Swallowtail patrolled the parking area. A small yellow flower was an American invader: Creeping Yellow-cress (*Rorippa sylvestris*).

We continued through the gorge, where the verge was pink in places with Ivy-leaved Cyclamen. Our route home was a loop to the north via Cocollo. We stopped at the high point, Olmi di Bobbi, seeing a Whinchat and enjoying the amazing views north to the Gran Sasso before getting home about ten minutes after the walkers. We too had enjoyed an excellent day.

We all met at 7.00pm to discuss sightings and to compare notes, which continued over another delicious dinner.

## Day 6

Wednesday 10th September

### Gioia Vecchio; Bosco di Quarto Santa Chiara; Gioia Vecchio

The weather changed in the night and, although the rain was not forecast until 8.00am, the first drops were falling as we left at 5.45am for Gioia Vecchio. Initially light, it became more persistent, and we returned for an earlier-than-planned breakfast. Afterwards, with the rain becoming heavier, we left to drive down the Sangro valley, through Barrea, Alfadena and Castel di Sangro. We turned north-east, towards Palena, on the edge of the Maiella National Park. Our destination was the Bosco di Quarto Santa Chiara, where there is a colony of Apennine Fire Salamanders, the largest colony in Italy. Wet weather provides ideal conditions for seeing these beautiful amphibians. As soon as we entered the wood, we could see them glowing gold and black on the mossy tree roots, both adults and young ones. Some tried to climb the tree bark, but they generally soon fell off. Paolo stopped

counting at fifty animals in a relatively small area; there were generally one or two per tree, and we had to be careful where we walked. Ivy-leaved Cyclamen was flowering, and we saw the leaves of Hepatica (*Hepatica nobilis*), Pencilled Crane's-bill (*Geranium pencillatum*) and Primrose (*Primula vulgaris*). Nuthatch was vocal. There were a number of fine fungi, including probably several *Russula* species. Having enjoyed this site and having taken many photographs of the Fire Salamanders, we retraced our route, noting very bedraggled Common Buzzards and a Kestrel on the way.

Our picnic stop was on the shore of the Lago di Barrea, where we used some café tables and watched the rain fall. Grey Heron, Great Crested and Little Grebes and Great Cormorant were recorded on the lake. The rain eased, but the car park was very flooded as we left. On the far side of the meadows near Opi was a 'sounder' of Wild Boar, comprising maybe forty-five adults and piglets running through the grass. Unfortunately, we were not able to stop to watch them. We were back at the hotel at about 2.30pm, with time for some R&R, and some opting for a walk in between heavy, thundery showers. We met again at 4.00pm to update our checklists.

As the rain had eased, we decided to head again to Gioia Vecchio, and we arrived to a beautiful rainbow behind the church. There were many watchers and again, we could see Red and Roe Deer on the slopes, but there was a very strong and gusty wind. A Forest Bug was photographed before we returned for dinner at 8.00pm.

## Day 7

Thursday 11th September

### Gioia Vecchio; La Cicerana and Selva Moricento; Gioia Vecchio

We were out again at 5.45am to revisit Gioia Vecchio, with a Wild Boar showing briefly on the verge in the headlights. The weather was fine again, and many Roe Deer were spotted, along with a few Red Deer. We stopped on the way back, hearing stags bellowing and seeing one silhouetted on the hill top. Closer to, birds included two Yellowhammers, three Whinchats and a Stonechat. Near the Bisegna turn, several Wild Boars were in a meadow, probably with more out of sight under the trees.

After breakfast, we regathered at 10.00am. While we were getting ready, five Griffon Vultures were soaring on thermals overhead. We drove up to Passo del Diavolo, and parked by the barrier. This time, Paolo drove half the group up in the Ecotur Landrover, returning for the others who had set off walking. We had coffee at the hut, watching a bold Red Fox who was coming for food scraps left nearby by another visitor (the managers of the hut have a 'no feeding' rule, but can't police everyone).

We then walked on into the Selva Moricento, an area of ancient and preserved Beech forest and a UNESCO protected site. Paolo explained to us about the significance of the ecosystem, where no dead wood or living material may be removed. We admired the large magenta flowers of Alpine Stork's-bill (*Erodium alpinum*), a small late-flowering spike of Rusty Foxglove (*Digitalis ferruginea*) and an Alpine Autumn-crocus (*Colchicum alpinum*). Paolo showed us a rub tree used by Bears as a marking post, mainly in the spring; we could see how one side was rather dirty with no lichen growth up to about two metres. This year it bore some strands of barbed wire, part of a study of the Marsican Brown Bear DNA, although the biologist we met said that while he had collected much hair in May and June, he had not been successful recently. The results are due next year, and should help establish the relationships and movements of the Bears in the landscape.

We returned for a delicious lunch in the hut, after which we all walked back down, enjoying the surroundings. Green Woodpecker and Skylark were noted and, as we drove, some saw Wild Boar again. We stopped in Pescasseroli for an ice cream, with attendant Italian Sparrows, before returning to the hotel for some R&R time. We regrouped at 5.30pm to try again at Gioia Vecchio; we saw a Wild Boar, the Red and Roe Deer, but sadly, no Bears. A Collared Flycatcher was seen briefly.

## Day 8

Friday 12th September

### Gioia Vecchio; return to Rome

Some of the group were keen for one final try at Gioia Vecchio, and went with Paulo at 5.45am. While they were there, another spotter saw a Bear very distantly back along the valley for a few seconds, but unfortunately none of our group were in time to see it and, despite further scanning in that area, it was not seen again. With mixed feelings, we met for breakfast at 8.30am. We were disappointed not to have seen the Bear: we had certainly put in the hours. But we appreciated that they are truly wild animals, and any sighting is a bonus. (They had been sighted on most days the previous week and it's possible they had finished a particular food source in the valley such as the Wild Pears, but we can't know.) There was time for a final walk before we left at 10.30am, taking the Bisegna route down to the plain. We had a smooth journey back, saying farewell to those staying overnight locally before the Manchester flight, and to Paolo who was returning to Pescasseroli.

Jessica would like to thank all the group members for their enthusiasm, knowledge and spotting skills, which all contributed to an excellent week in Abruzzo in Autumn. I hope we meet again!

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## Species lists

Birds (H=heard only)

I=Introduced	Scientific name	5	6	7	8	9	10	11
	<i>Anas platyrhynchos</i>				✓	✓		
Mallard	<i>Caprimulgus europaeus</i>			✓				
European Nightjar	<i>Columba livia</i>	✓	✓	✓	✓	✓	✓	✓
Rock Dove / Feral Pigeon	<i>Columba palumbus</i>		✓	✓	✓	✓	✓	✓
Common Wood Pigeon	<i>Streptopelia decaocto</i>	✓			✓			
Eurasian Collared Dove	<i>Fulica atra</i>				✓			
Eurasian Coot	<i>Tachybaptus ruficollis</i>					✓	✓	
Little Grebe	<i>Podiceps cristatus</i>						✓	
Great Crested Grebe	<i>Larus michahellis</i>	✓						
Yellow-legged Gull	<i>Phalacrocorax carbo</i>					✓	✓	
Great Cormorant	<i>Buteo buteo</i>		✓	✓	✓	✓	✓	✓
Grey Heron	<i>Ardea cinerea</i>		✓				✓	
Griffon Vulture	<i>Gyps fulvus</i>				✓			✓
Golden Eagle	<i>Aquila chrysaetos</i>		✓		✓	✓		
Common Buzzard	<i>Upupa epops</i>		✓	✓	✓	✓	✓	✓
Little Owl	<i>Athene noctua</i>			H				
Tawny Owl	<i>Strix aluco</i>			H			H	
Eurasian Hoopoe	<i>Alcedo atthis</i>						✓	
Common Kingfisher	<i>Merops apiaster</i>			H	✓			
European Bee-eater	<i>Dendrocopos major</i>			✓			H	
Great Spotted Woodpecker	<i>Picus viridis</i>		H		✓	H		✓
European Green Woodpecker	<i>Falco tinnunculus</i>	✓	✓	✓	✓	✓	✓	✓
Common Kestrel	<i>Falco subbuteo</i>				✓			
Eurasian Hobby	<i>Falco peregrinus</i>				✓			
Peregrine Falcon	<i>Lanius collurio</i>						✓	
Red-backed Shrike	<i>Garrulus glandarius</i>	✓	✓	✓	✓	✓	✓	✓
Eurasian Jay	<i>Pica pica</i>	✓		✓	✓	✓	✓	✓
Eurasian Magpie	<i>Pyrrhocorax pyrrhocorax</i>						✓	
Red-billed Chough	<i>Coloeus monedula</i>		✓					
Western Jackdaw	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓
Hooded Crow	<i>Corvus corax</i>				✓	✓		✓
Northern Raven	<i>Periparus ater</i>					✓		H
Coal Tit	<i>Poecile palustris</i>		✓	✓	✓	✓		✓
Marsh Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓		✓
Eurasian Blue Tit	<i>Parus major</i>		✓	✓	✓	✓		✓
Great Tit	<i>Alauda arvensis</i>							✓
Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>					✓		
Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓		✓
Western House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓		✓
Long-tailed Tit	<i>Aegithalos caudatus</i>		✓	H	H	✓		
Common Chiffchaff	<i>Phylloscopus collybita</i>		✓	✓	H	H		H
Eurasian Blackcap	<i>Sylvia atricapilla</i>		✓	✓	✓	✓		✓
Goldcrest	<i>Regulus regulus</i>						H	H
Eurasian Wren	<i>Troglodytes troglodytes</i>		✓	H		H		H
Eurasian Nuthatch	<i>Sitta europaea</i>		✓	✓	✓	✓		✓

I=Introduced		September 2025						
Common name	Scientific name	5	6	7	8	9	10	11
Common Starling	<i>Sturnus vulgaris</i>	✓			✓		✓	
Mistle Thrush	<i>Turdus viscivorus</i>							✓
Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓		✓
European Robin	<i>Erithacus rubecula</i>		✓	✓	✓	✓		H
Collared Flycatcher	<i>Ficedula albicollis</i>							✓
Black Redstart	<i>Phoenicurus ochruros</i>						✓	
Common Redstart	<i>Phoenicurus phoenicurus</i>		✓	H	✓	✓		✓
Whinchat	<i>Saxicola rubetra</i>					✓	✓	✓
European Stonechat	<i>Saxicola rubicola</i>		✓	✓		✓		✓
Northern Wheatear	<i>Oenanthe oenanthe</i>						✓	
Eurasian Tree Sparrow	<i>Passer montanus</i>		H				✓	
Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓	✓	✓	✓	✓
Grey Wagtail	<i>Motacilla cinerea</i>		✓					
White Wagtail	<i>Motacilla alba</i>	✓					✓	
Meadow Pipit	<i>Anthus pratensis</i>						✓	
Tree Pipit	<i>Anthus trivialis</i>		✓	✓	✓	✓		✓
Eurasian Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓		✓
European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓	✓	H	✓
European Serin	<i>Serinus serinus</i>		✓			✓	✓	
Yellowhammer	<i>Emberiza citrinella</i>					✓		✓
Cirl Bunting	<i>Emberiza cirlus</i>				H		✓	

## Mammals

S=signs		September 2025						
Common name	Scientific name	5	6	7	8	9	10	11
European Hare	<i>Lepus europaeus</i>			✓				
Bank Vole	<i>Myodes glareolus</i>						✓	
Eurasian Red Squirrel	<i>Sciurus vulgaris</i>		S					
Roman Mole	<i>Talpa romana</i>	S	S	S	S	S		S
Red Deer	<i>Cervus elaphus</i>		✓	✓	✓	✓		✓
Western Roe Deer	<i>Capreolus capreolus</i>		✓	✓	✓			✓
Abruzzi Chamois	<i>Rupicapra ornata</i>		✓				✓	
Wild Boar	<i>Sus scrofa</i>	S	✓	S	✓	S	✓	✓
Red Fox	<i>Vulpes vulpes</i>	✓	✓	✓	✓			✓
Grey Wolf	<i>Canis lupus</i>			✓		✓		
(Marsican) Brown Bear	<i>Ursus arctos marsicanus</i>			S		S		S
European Badger	<i>Meles meles</i>			✓		S		

## Amphibians & reptiles

T=tadpole		September 2025						
Common name	Scientific name	5	6	7	8	9	10	11
Common Toad	<i>Bufo bufo</i>			✓		✓		
Italian Stream Frog	<i>Rana italica</i>			✓				
a frog	Anura sp.						T	
Apennine Fire Salamander	<i>Salamandra salamandra gigliolii</i>						✓	
Western Green Lizard	<i>Lacerta bilineata</i>			✓	✓	✓		

T=tadpole		September 2025						
<b>Common name</b>	<b>Scientific name</b>	5	6	7	8	9	10	11
Common Wall Lizard	<i>Podarcis muralis</i>		✓	✓		✓		
Italian Wall Lizard	<i>Podarcis siculus</i>	✓			✓			

## Butterflies

		September 2025						
<b>Common name</b>	<b>Scientific name</b>	5	6	7	8	9	10	11
Scarce Swallowtail	<i>Iphiclides podalirius</i>		✓					
Common Swallowtail	<i>Papilio machaon</i>	✓			✓	✓		
Large Skipper	<i>Ochlodes sylvanus</i>		✓		✓			
Silver-spotted Skipper	<i>Hesperia comma</i>		✓					✓
Dingy Skipper	<i>Erynnis tages</i>		✓					
Oberthür's Grizzled Skipper	<i>Pyrgus armoricanus</i>		✓	✓				
Rosy Grizzled Skipper	<i>Pyrgus onopordi</i>		✓					
Berger's Clouded Yellow	<i>Colias alfacariensis</i>		✓		✓	✓		✓
Clouded Yellow	<i>Colias croceus</i>		✓	✓	✓	✓		✓
Eastern Bath White	<i>Pontia edusa</i>		✓					
Small White	<i>Pieris rapae</i>	✓	✓	✓	✓	✓		✓
Southern Small White	<i>Pieris mannii</i>				✓			
Green-veined White	<i>Pieris napi</i>		✓	✓				✓
Sooty Copper	<i>Lycaena tityrus</i>					✓		
Scarce Copper	<i>Lycaena vigaureae</i>		✓			✓		✓
Lang's Short-tailed Blue	<i>Leptotes pirithous</i>		✓			✓		
Long-tailed Blue	<i>Lampides boeticus</i>					✓		
Little Blue	<i>Cupido minimus</i>		✓					
Silver-studded Blue	<i>Plebejus argus</i>					✓		
Brown Argus	<i>Aricia agestis</i>					✓		✓
Chalk-hill Blue	<i>Lysandra coridon</i>		✓	✓		✓		✓
Adonis Blue	<i>Polyommatus bellargus</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>		✓	✓	✓	✓		✓
Peacock Butterfly	<i>Aglais io</i>		✓					
Southern Comma	<i>Polygonia egea</i>				✓			
Comma	<i>Polygonia c-album</i>				?			
Marsh Fritillary	<i>Euphydryas aurinia</i>		✓					
Spotted Fritillary	<i>Melitaea didyma</i>		✓	✓	✓			
Small Heath	<i>Coenonympha pamphilus</i>		✓	✓	✓	✓		✓
Speckled Wood	<i>Pararge aegeria</i>		✓	✓		✓		✓
Large Wall Brown	<i>Lasiommata maera</i>			✓	✓			✓
Wall Brown	<i>Lasiommata megera</i>							✓
Tree Grayling	<i>Hipparchia statilinus</i>			✓	✓	✓		✓
Woodland Grayling	<i>Hipparchia fagi</i>		✓	✓	✓	✓		✓
Great Banded Grayling	<i>Brintesia circe</i>				✓	✓		
Common Gatekeeper	<i>Pyronia tithonus</i>		✓					
Meadow Brown	<i>Maniola jurtina</i>		✓	✓	✓	✓		✓
Autumn Ringlet	<i>Erebia neoridas</i>					✓		✓

## Moths

Common name	Scientific name	September 2025						
		5	6	7	8	9	10	11
Rush Veneer	<i>Nomophila noctuella</i>	✓						
Hummingbird Hawk-moth	<i>Macroglossum stellatarum</i>	✓				✓		
Shaded Broad-bar	<i>Scotopteryx chenopodiata</i>			✓	✓			
Yellow Shell Moth	<i>Camptogramma bilineata</i>			✓				
Jersey Tiger	<i>Euplagia quadripunctaria</i>			✓	✓	✓		
Silver Y	<i>Autographa gamma</i>					✓		
Large Yellow Underwing	<i>Noctua pronuba</i>			✓				

## Other invertebrates

H=heard, D=dead	Common name	Scientific name	September 2025						
			5	6	7	8	9	10	11
<b>Dragonflies</b>									
Southern Skimmer	<i>Orthetrum brunneum</i>		✓						
Black-tailed Skimmer	<i>Orthetrum cancellatum</i>		?						
Red-veined Darter	<i>Sympetrum fonscolombii</i>		✓						
<b>Grasshoppers and allies</b>									
a grasshopper	<i>Acrididae</i> sp.		✓	✓	✓	✓	✓		✓
Egyptian Grasshopper	<i>Anacridium aegyptium</i>						✓		
Blue-winged Grasshopper	<i>Oedipoda caerulescens</i>		✓	✓	✓	✓	✓		
a red-winged grasshopper	<i>Oedipoda cf. germanica</i>		✓		✓	✓	✓		
Great Green Bush-cricket	<i>Tettigonia viridissima</i>						✓		
Italian / European Tree Cricket	<i>Oecanthus pellucens</i>				H				
Field Cricket	<i>Gryllus campestris</i>				✓				
Praying Mantis	<i>Mantis religiosa</i>		✓	✓	✓				
<b>Shield bugs</b>									
Italian Lined Shield Bug	<i>Graphosoma italicum</i>		✓					✓	
Black-shouldered Shield Bug	<i>Carpocoris purpureipennis</i>		✓			✓			
Large Purple-streaked Shield Bug	<i>Odontotarsus purpureolineatus</i>						✓		
<b>True bugs</b>									
Black-and-red Bug	<i>Lygaeus equestris</i>		✓						
a ground bug	<i>Spilostethus saxatilis</i>		✓	✓	✓	✓	✓		✓
Firebug	<i>Pyrrhocoris apterus</i>		✓						
<b>Flies</b>									
Common Crane-fly	<i>Tipula oleracea</i>		✓						
Hornet Hoverfly	<i>Volucella zonaria</i>		✓						
Hornet Robberfly	<i>Asilus crabroniformis</i>				✓				
<b>Ants, wasps and bees</b>									
Wood Ant	<i>Formica rufa</i>		✓						
European Hornet	<i>Vespa crabro</i>						✓		
Common Wasp	<i>Vespula vulgaris</i>		✓		✓	✓	✓		
European Paper Wasp	<i>Polistes gallicus</i>		✓	✓					
Violet Carpenter Bee	<i>Xylocopa violacea</i>		✓	D			✓		
Honey Bee	<i>Apis mellifera</i>		✓	✓	✓	✓	✓		
Common Carder Bee	<i>Bombus pascuorum</i>		✓	✓	✓	✓	✓		✓
<b>Beetles</b>									

H=heard, D=dead		September 2025							
Common name	Scientific name	5	6	7	8	9	10	11	
a ground beetle	<i>Carabus</i> sp.			✓					
Rove Beetle	<i>Staphylinidae</i>			✓					
7-Spot Ladybird	<i>Coccinella 7-punctata</i>		✓						
Cream-spot Ladybird	<i>Calvia 14-guttata</i>					✓			
Blue-and-black Longhorn Beetle	<i>Rosalia alpina</i>			D					
Bloody-nosed Beetle	<i>Timacrha tenebricosa</i>		✓						
a blue leaf beetle	<i>Chrysomelidae</i> sp.			✓					
<b>Arachnids</b>									
Wasp Spider	<i>Argiope bruennichi</i>				✓	✓			
A Harvestman (commonest sp.)	<i>Phalangium opilio</i>	✓	✓	✓					
A Harvestman (white line)	<i>Metaphalangium cirtanum</i>					✓			
<b>Millipedes</b>									
Millipede	<i>cf Tachypodoiulus niger</i>					✓		✓	
<b>Galls</b>									
Robin's Pincushion gall	<i>Diplolepis rosae</i>		✓	✓	✓	✓		✓	

## Fungi

With many thanks to Caroline Jackson-Houlston for this list. She has extensive knowledge of UK fungi but warns there may be Italian look-alikes of which she is unaware.

Scientific name	Common name	Comments
<i>Agaricus</i> sp.	a Field Mushroom	grass
<i>Boletus (Suillellus) luridus</i>	Lurid Bolete	path edges
<i>Boletus satanas</i>	Devil's Bolete	grass
<i>Clavariadelphus pistillaris</i>	Giant Club	Beech litter
<i>Cortinarius</i> sp?	medium sized, blue cap, white stipe	grass woodland edge, Beech
<i>Fomes fomentarius</i>	Hoof Fungus	standing dead tree
<i>Geastrum triplex</i>	Collared Earthstar	bank of track
<i>Hydnnum rufescens</i>	Terracotta Hedgehog Fungus	leaf litter, top of walk
<i>Hygrocybe persistens (acutoconica)</i>	Persistent Waxcap	grass, woodland edge
<i>Hygrocybe (Cupophyllus) pratensis</i>	Meadow Waxcap	grass, woodland edge
<i>Hygrophorus eburneus</i>	Ivory Woodwax	leaf litter
<i>Hypholoma fasciculare</i>	Sulphur Tuft	dead Beech, top of walk
<i>Marasmius rotula</i>	Collared Parachute	twig litter
<i>Mycena pura</i>	Lilac Bonnet	Beech woodland litter
<i>Oudemansiella mucida</i>	Porcelain Fungus	dead beech wood
<i>Russula atropurpurea</i>	Purple Brittlegill	woodland litter
<i>Russula cf. graveolens</i>		woodland litter
<i>Russula cf. nobilis</i>	Beechwood Sickener	Beech, red, bitter taste
<i>Russula delica</i>	Milk-white Brittlegill	grass at woodland edge
<i>Stropharia caerulea</i>	Blue Roundhead	leaf litter, top of walk
<i>Tricholoma</i> sp.	a knight fungus	large, white; dark brown spots decreasing in size from centre
<i>Vascellum pratense</i>	Meadow Puffball	
<i>Xerocomus</i> sp.	a small bolete	yellowish cap, red streaked stipe
<i>Xerula (Hymenopellis) radicata</i>	Rooting Shank	

## Lichens

Scientific name	Common name	Day	Location/comments
<i>Lobaria pulmonaria</i>	Lungwort	3	La Difesa

## Plants

E = regional endemic			
Scientific name	Common name	Day	Location/comments
<b>Aspleniaceae</b>	<b>Spleenworts</b>		
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	2	Val Fondillo
<i>Asplenium viride</i>	Green Spleenwort	5	Val di Rose
<i>Asplenium adiantum-nigrum</i>	Black Spleenwort	2	Val Fondillo
<i>Asplenium ruta-muraria</i>	Wall-rue	2	Val Fondillo
<i>Asplenium ceterach</i>	Rustyback Fern	2	Val Fondillo
<b>Polypodiaceae</b>	<b>Polypodies</b>		
<i>Polypodium cambricum</i>	Southern Polypody	5	Sagittario Gorge
<i>Polypodium vulgare</i>	Common Polypody	3	La Difesa
<b>Pinaceae</b>	<b>Pine Family</b>		
<i>Pinus nigra subsp. nigra</i>	Black Pine	2	Val Fondillo
<i>Pinus mugo</i>	Dwarf Pine	5	Val di Rose
<b>Cupressaceae</b>	<b>Cypress Family</b>		
<i>Juniperus communis</i>	Common Juniper	2	Val Fondillo
<i>Juniperus communis</i> var. <i>saxatilis</i>	Prostrate Juniper	5	Val di Rose / Passo Godi
<i>Juniperus oxycedrus</i>	Prickly Juniper	5	Sagittario Gorge
<b>Melanthiaceae</b>	<b>Bunchflower Family</b>		
<i>Paris quadrifolia</i>	Herb-Paris	3	La Difesa
<b>Colchicaceae</b>	<b>Meadow Saffron Family</b>		
<i>Colchicum lusitanum</i>	Portuguese Autumn-crocus	2	Val Fondillo
<i>Colchicum neapolitanum</i>	Naples Autumn-crocus	2	Val Fondillo
<b>Orchidaceae</b>	<b>Orchids</b>		
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	2	Val Fondillo (over)
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	2	Val Fondillo (over)
<b>Amaryllidaceae</b>	<b>Amaryllis Family</b>		
<i>Allium coloratum</i>	Showy Garlic	5	Passo Godi
<i>Allium</i> sp. (dead stalks)	an Allium	3	La Cicerana
<i>Sternbergia lutea</i>	Sternbergia / Yellow False-crocus	4	Near Pescina
<b>Asparagaceae</b>	<b>Asparagus Family</b>		
<i>Polygonatum multiflorum</i>	Common Solomon's-seal	3	La Difesa
<b>Ranunculaceae</b>	<b>Buttercup Family</b>		
<i>Thalictrum simplex</i>	Small Meadow-rue	2	Val Fondillo
<i>Helleborus foetidus</i>	Stinking Hellebore	2	Val Fondillo
<i>Actaea spicata</i>	Baneberry	2	Val Fondillo
<i>Hepatica nobilis</i>	Liverleaf	6	Quarto Santa Chiara (leaves)
<i>Clematis vitalba</i>	Traveller's-joy	2	Val Fondillo
<i>Ranunculus repens</i>	Creeping Buttercup	2	Val Fondillo
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	3	La Difesa
<b>Grossulariaceae</b>	<b>Currant Family</b>		
<i>Ribes uva-crispa</i>	Common Gooseberry	3	La Difesa

<b>E = regional endemic</b>			
<b>Scientific name</b>	<b>Common name</b>	<b>Day</b>	<b>Location/comments</b>
<b>Saxifragaceae</b>	<b>Saxifrage Family</b>		
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	3	La Difesa
<i>Saxifraga porophylla</i>	Italian Reddish Saxifrage - E	2	Val Fondillo
<b>Crassulaceae</b>	<b>Stonecrop Family</b>		
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	5	Val di Rose
<i>Petrosedum rupestre</i>	Reflexed Stonecrop	2	Val Fondillo
<i>Sedum sexangulare</i>	Tasteless Stonecrop	2	Val Fondillo
<i>Sedum album</i>	White Stonecrop	3	La Cicerana
<i>Sedum dasypodium</i>	Thick-leaved Stonecrop	2	Val Fondillo
<b>Fabaceae</b>	<b>Pea Family</b>		
<i>Laburnum anagyroides</i>	Common Laburnum	5	Val di Rose
<i>Chamaecytisus spinescens</i>	Hairy Spiny Broom	2	Val Fondillo
<i>Spartium junceum</i>	Spanish Broom	5	Sagittario Gorge
<i>Anthyllis vulneraria</i> agg.	Kidney-vetch (pink)	5	Passo Godi
<i>Lotus corniculatus</i>	Common Bird's-foot-trefoil	2	Val Fondillo
<i>Lathyrus vernus</i>	Spring Pea	2	Val Fondillo
<i>Ononis spinosa</i>	Spiny Restharrow	2	Val Fondillo
<i>Melilotus albus</i>	White Melilot	1	Roadsides
<i>Melilotus indicus</i>	Small Melilot	3	Aschi
<i>Medicago lupulina</i>	Black Medick	4	Alba Fucens
<i>Medicago sativa</i>	Common Lucerne	2	Val Fondillo
<i>Medicago falcata</i>	Yellow Lucerne	4	Alba Fucens
<i>Trifolium pratense</i>	Red Clover	2	Val Fondillo
<i>Onobrychis viciifolia</i>	Common Sainfoin	4	Alba Fucens
<i>Astragalus sempervirens</i>	Mountain Tragacanth	5	Passo Godi
<b>Rosaceae</b>	<b>Rose Family</b>		
<i>Prunus spinosa</i>	Blackthorn	2	Val Fondillo
<i>Prunus mahaleb</i>	St Lucie's Cherry	3	La Difesa
<i>Pyrus communis</i>	Common Pear	2	Val Fondillo
<i>Malus sylvestris</i>	European Crab Apple	2	Val Fondillo
<i>Sorbus aucuparia</i>	Common Rowan	2	Pescasseroli
<i>Amelanchier ovalis</i>	Snowy Mespilus	4	Near Pescina
<i>Cotoneaster nebrodensis</i>	Nebrodi Cotoneaster	5	Olmi di Bobbi
<i>Crataegus laevigata</i>	Midland Hawthorn	3	La Cicerana
<i>Crataegus monogyna</i>	Common Hawthorn	2	Val Fondillo
<i>Rubus fruticosus</i> agg.	Bramble	2	Val Fondillo
<i>Potentilla reptans</i>	Creeping Cinquefoil	2	Val Fondillo
<i>Potentilla rigoana</i>	Rigo's Cinquefoil - E	5	Passo Godi
<i>Fragaria vesca</i>	Wild Strawberry	2	Val Fondillo
<i>Alchemilla spp.</i>	Lady's-mantle spp	3	La Difesa
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	5	Val di Rose / Passo Godi
<i>Sanguisorba minor</i>	Salad Burnet	2	Val Fondillo
<i>Rosa canina</i> agg.	Dog Rose	2	Val Fondillo
<b>Rhamnaceae</b>	<b>Buckthorns</b>		
<i>Rhamnus alpina</i>	Alpine Buckthorn	3	La Cicerana
<i>Rhamnus saxatilis</i>	Rock Buckthorn	4	Near Pescina
<b>Urticaceae</b>	<b>Nettle Family</b>		
<i>Urtica dioica</i>	Common Nettle	3	La Difesa

<b>E = regional endemic</b>			
<b>Scientific name</b>	<b>Common name</b>	<b>Day</b>	<b>Location/comments</b>
<i>Parietaria judaica</i>	Pellitory-of-the-wall	4	Alba Fucens
<b>Fagaceae</b>	<b>Beech Family</b>		
<i>Fagus sylvatica</i>	European Beech		Widespread
<i>Quercus cerris</i>	Turkey Oak	5	Sagittario Gorge
<i>Quercus pubescens</i>	Downy Oak	3	La Cicerana
<b>Betulaceae</b>	<b>Birch Family</b>		
<i>Ostrya carpinifolia</i>	Hop Hornbeam	4	Alba Fucens
<i>Corylus avellana</i>	European Hazel	2	Val Fondillo
<b>Celastraceae</b>	<b>Spindle Family</b>		
<i>Euonymus europaeus</i>	European Spindle	2	Val Fondillo
<i>Parnassia palustris</i>	Grass-of-Parnassus	2	Val Fondillo
<b>Hypericaceae</b>	<b>St John's-worts</b>		
<i>Hypericum perforatum</i>	Perforate St John's-wort	2	Val Fondillo
<b>Violaceae</b>	<b>Violets</b>		
<i>Viola dehnhardtii</i>	Dehnhardt's Violet	3	La Difesa (leaves)
<b>Salicaceae</b>	<b>Willow Family</b>		
<i>Populus alba</i>	White Poplar	2	Val Fondillo
<i>Populus tremula</i>	European Aspen	2	Val Fondillo
<i>Salix alba</i>	White Willow	2	Val Fondillo
<b>Euphorbiaceae</b>	<b>Spurge Family</b>		
<i>Euphorbia myrsinites</i>	Broad-leaved Glaucous Spurge	2	Val Fondillo
<i>Euphorbia cyparissias</i>	Cypress Spurge	3	La Difesa
<i>Euphorbia amygdaloides</i>	Wood Spurge	2	Val Fondillo
<b>Geraniaceae</b>	<b>Crane's-bills</b>		
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	5	Val di Rose
<i>Geranium columbinum</i>	Long-stalked Crane's-bill	4	Petrella Liri
<i>Geranium pectillatum</i>	Pencilled Crane's-bill	6	Quarto Santa Chiara
<i>Geranium reflexum</i>	Reflexed Crane's-bill	3	La Difesa (leaves)
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	2	Val Fondillo
<i>Geranium robertianum</i>	Common Herb Robert	2	Val Fondillo
<i>Erodium alpinum</i>	Alpine Stork's-bill	3	La Cicerana
<i>Erodium cicutarium</i>	Common Stork's-bill	2	Val Fondillo
<b>Onagraceae</b>	<b>Willowherb Family</b>		
<i>Epilobium angustifolium</i>	Rosebay Willowherb	4	Roadsides
<i>Epilobium dodonaei</i>		5	Roadsides
<b>Sapindaceae</b>	<b>Soapberry Family</b>		
<i>Acer campestre</i>	Field Maple	2	Val Fondillo
<i>Acer pseudoplatanus</i>	Common Sycamore	2	Gioia Vecchio
<i>Acer obtusatum</i>	Italian Maple	3	La Difesa
<b>Malvaceae</b>	<b>Mallow Family</b>		
<i>Malva neglecta</i>	Dwarf Mallow	4	Alba Fucens
<b>Thymelaeaceae</b>	<b>Daphne Family</b>		
<i>Daphne mezereum</i>	Common Mezereon	5	Val di Rose
<i>Daphne laureola</i>	Spurge-laurel	2	Val Fondillo
<i>Daphne oleoides</i>	Olive-leaved Mezereon	5	Val di Rose / Passo Godi
<b>Cistaceae</b>	<b>Rock-rose Family</b>		
<i>Helianthemum nummularium</i>	Common Rock-rose	2	Val Fondillo
<i>Fumana procumbens</i>	Procumbent Fumana	5	Sagittario Gorge

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<b>Scientific name</b>	<b>Common name</b>	<b>Day</b>	<b>Location/comments</b>
<b>Brassicaceae</b>	<b>Cabbage Family</b>		
<i>Lunaria annua</i>	Annual Honesty	5	Roadsides
<i>Rorippa sylvestris</i>	Creeping Yellow-cress	5	Sagittario Gorge
<b>Santalaceae</b>	<b>Sandalwood Family</b>		
<i>Viscum album</i>	Common Mistletoe	1	Roadsides
<b>Plumbaginaceae</b>	<b>Leadwort Family</b>		
<i>Armeria canescens</i>	Plantain-leaved Thrift	2	Val Fondillo
<i>Plumbago europaea</i>	European Leadwort	5	Roadsides
<b>Caryophyllaceae</b>	<b>Campion Family</b>		
<i>Paronychia kapela</i>	A Paronychia	5	Sagittario Gorge
<i>Cerastium tomentosum</i>	Snow-in-summer	2	Val Fondillo
<i>Petrorhagia saxifraga</i>	Tunicflower	2	Val Fondillo
<i>Dianthus deltoides</i>	Maiden Pink	5	Passo Godi
<i>Silene vulgaris</i>	Bladder Campion	4	Alba Fucens
<i>Silene latifolia</i>	White Campion	2	Val Fondillo
<b>Cornaceae</b>	<b>Dogwood Family</b>		
<i>Cornus sanguinea</i>	Common Dogwood	2	Val Fondillo
<i>Cornus mas</i>	Cornelian Cherry	5	Val di Rose
<b>Primulaceae</b>	<b>Primrose Family</b>		
<i>Primula vulgaris</i>	Common Primrose	6	Quarto Santa Chiara
<i>Cyclamen hederifolium</i>	Common Sowbread	3	La Difesa
<i>Lysimachia arvensis</i>	Scarlet Pimpernel	2	Val Fondillo
<b>Portulacaceae</b>	<b>Purslane Family</b>		
<i>Portulaca oleracea</i>	Common Purslane	4	Near Pescina
<b>Rubiaceae</b>	<b>Bedstraw Family</b>		
<i>Cynanchica pyrenaica</i>	Common Squinancywort	3	La Cicerana
<i>Galium odoratum</i>	Sweet Woodruff	3	La Difesa
<i>Galium verum</i>	Lady's Bedstraw	5	Passo Godi
<i>Cruciata laevipes</i>	Common Crosswort	2	Val Fondillo
<b>Gentianaceae</b>	<b>Gentian Family</b>		
<i>Centaурium erythraea</i>	Common Centaury	2	Val Fondillo
<i>Gentiana lutea</i>	Great Yellow Gentian	5	Passo Godi
<i>Gentiana cruciata</i>	Cross Gentian	2	Val Fondillo
<i>Gentianopsis ciliata</i>	Fringed Gentian	2	Val Fondillo
<b>Apocynaceae</b>	<b>Periwinkle Family</b>		
<i>Nerium oleander</i>	Oleander	1	Roadsides
<b>Boraginaceae</b>	<b>Borage Family</b>		
<i>Echium vulgare</i>	Common Viper's-bugloss	4	Alba Fucens
<b>Convolvulaceae</b>	<b>Bindweed Family</b>		
<i>Convolvulus althaeoides</i> subsp. <i>tenuissimus</i>	Elegant Bindweed	4	Alba Fucens
<i>Convolvulus arvensis</i>	Field Bindweed	4	Alba Fucens
<i>Cuscuta epithymum</i>	Common Dodder	2	Val Fondillo
<b>Solanaceae</b>	<b>Nightshade Family</b>		
<i>Solanum dulcemara</i>	Bittersweet	2	Val Fondillo
<b>Oleaceae</b>	<b>Olive Family</b>		
<i>Ligustrum vulgare</i>	European Privet	2	Val Fondillo
<i>Fraxinus excelsior</i>	European Ash	2	Val Fondillo

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<b>Plantaginaceae</b>	<b>Plantain Family</b>		
<i>Linaria purpurea</i>	Purple Toadflax	3	La Difesa
<i>Linaria vulgaris</i>	Common Toadflax	1	Roadsides
<i>Cymbalaria muralis</i>	Common Ivy-leaved Toadflax	2	Val Fondillo
<i>Plantago major</i>	Greater Plantain	2	Val Fondillo
<i>Plantago media</i>	Hoary Plantain	2	Val Fondillo
<i>Digitalis ferruginea</i>	Rusty Foxglove	3	La Cicerana
<i>Globularia meridionalis</i>	A Matted Globularia	5	Passo Godi
<b>Scrophulariaceae</b>	<b>Figwort Family</b>		
<i>Verbascum mallophorum</i>		2	Val Fondillo
<i>Verbascum pulverulentum</i>	Hoary Mullein	3	La Difesa
<i>Scrophularia canina</i>	French Figwort	3	La Cicerana
<b>Verbenaceae</b>	<b>Verbena Family</b>		
<i>Verbena officinalis</i>	Vervain	2	Val Fondillo
<b>Lamiaceae</b>	<b>Dead-nettle Family</b>		
<i>Salvia glutinosa</i>	Sticky Clary	2	Val Fondillo
<i>Salvia verbenaca</i>	Wild Clary	2	Val Fondillo
<i>Prunella laciniata</i>	Cut-leaved Selfheal	2	Val Fondillo
<i>Prunella vulgaris</i>	Common Selfheal	2	Val Fondillo
<i>Hyssopus officinalis</i>	Common Hyssop	5	Sagittario Gorge
<i>Satureja montana</i>	Winter Savory	4	Near Pescina
<i>Thymus oenipontanus</i>	A Wild Thyme	2	Val Fondillo
<i>Mentha aquatica</i>	Water Mint	2	Val Fondillo
<i>Mentha longifolia</i>	Horse Mint	2	Val Fondillo
<i>Clinopodium alpinum</i>	Alpine Basil-thyme	2	Val Fondillo
<i>Clinopodium nepeta</i>	Lesser Calamint	4	Petrella Liri
<i>Stachys germanica</i>	Downy Woundwort	2	Val Fondillo
<i>Sideritis italica</i>	Sideritis / Italian Ironwort	3	La Cicerana
<i>Ballota nigra</i>	Black Horehound	3	Aschi
<i>Galeopsis angustifolia</i>	Red Hemp-nettle	5	Sagittario Gorge
<b>Orobanchaceae</b>	<b>Broomrape Family</b>		
<i>Euphrasia agg.</i>	an eyebright	2	Val Fondillo
<i>Odontites luteus</i>	Yellow Odontites	3	Aschi
<i>Odontites vulgaris</i>	Red Bartsia	2	Val Fondillo
<b>Campanulaceae</b>	<b>Bellflower Family</b>		
<i>Campanula rapunculus</i>	Rampion Bellflower	2	Val Fondillo
<i>Campanula fragilis</i> ssp. <i>cavolinii</i>	Cavolini's Bellflower - E	5	Sagittario Gorge
<i>Campanula tanfanii</i>	Tanfani's Bellflower - E	5	Val di Rose / Passo Godi
<i>Campanula latifolia</i>	Giant Bellflower	6	Quarto Santa Chiara
<b>Asteraceae</b>	<b>Daisy Family</b>		
<i>Echinops sphaerocephalus</i>	Glandular Globe-thistle	3	Aschi
<i>Carlina acanthifolia</i>	Acanthus-leaved Carline Thistle	2	Val Fondillo
<i>Carlina acaulis</i> ssp. <i>caulescens</i>	Stemless Carline Thistle	2	Val Fondillo
<i>Carlina corymbosa</i>	Flat-topped Carline Thistle	4	Alba Fucens
<i>Carlina vulgaris</i>	Common Carline Thistle	2	Val Fondillo
<i>Centaurea solstitialis</i>	Yellow Star-thistle	3	Aschi
<i>Centaurea jacea</i>	Brown Knapweed	2	Val Fondillo
<i>Centaurea scannensis</i>	Scanno Knapweed	5	Sagittario Gorge

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<i>Cirsium tenoreanum</i>	Italian Woolly Thistle	2	Val Fondillo	
<i>Lactuca viminea ssp chondrillofolia</i>	Pliant Lettuce	4	Alba Fucens	
<i>Cichorium intybus</i>	Common Chicory	2	Val Fondillo	
<i>Senecio squalidus</i>	Oxford Ragwort	2	Val Fondillo	
<i>Bellis perennis</i>	Common Daisy	2	Val Fondillo	
<i>Achillea millefolium</i>	Yarrow	2	Val Fondillo	
<i>Erigeron annuus</i>	Annual Fleabane	2	Val Fondillo	
<i>Artemisia alba</i>	White Southernwood	4	Alba Fucens	
<i>Cota tinctoria</i>	Yellow Chamomile	2	Val Fondillo	
<i>Leucanthemum vulgare</i>	Oxeye Daisy	2	Val Fondillo	
<i>Galinsoga quadriradiata</i>	Shaggy Soldier	3	Aschi	
<i>Bidens tripartitus</i>	Beggar-ticks	5	Sagittario Gorge	
<i>Eupatorium cannabinum</i>	Hemp-agrimony	5	Sagittario Gorge	
<b>Viburnaceae</b>				
<i>Sambucus ebulus</i>	Dwarf Elder	3	La Difesa	
<i>Sambucus nigra</i>	European Elder	2	Val Fondillo	
<b>Caprifoliaceae</b>				
<b>Honeysuckle Family</b>				
<i>Cephalaria leucantha</i>	Pale Scabious	4	Near Pescina	
<i>Scabiosa columbaria</i>	Small Scabious	4	Alba Fucens	
<i>Scabiosa triandra</i>	Fine-leaved Scabious	2	Val Fondillo	
<i>Dipsacus fullonum</i>	Common Teasel	2	Val Fondillo	
<b>Araliaceae</b>				
<i>Hedera helix</i>	Common Ivy	5	Sagittario Gorge	
<b>Apiaceae</b>				
<b>Umbellifers</b>				
<i>Eryngium amethystinum</i>	Italian Eryngo	2	Val Fondillo	
<i>Eryngium campestre</i>	Field Eryngo	3	La Cicerana	
<i>Daucus carota</i>	Common Carrot	2	Val Fondillo	
<i>Seseli montanum</i>	Mountain Seseli	2	Val Fondillo	
<i>Trinia glauca</i>	Honewort	4	Alba Fucens	