

Slovenia - Alpine Flowers of the Julian Alps

Naturetrek Tour Report

2 - 9 July 2019

Report by Paul Tout & Simon Woolley



Naturetrek Mingledown Barn Wolf's Lane Chawton Alton Hampshire GU34 3HJ UK

T: +44 (0)1962 733051

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour participants: Paul Tout and Simon Woolley (leaders) with 12 Naturetrek clients

Day 1

Tuesday 2nd July

Stansted to Ljubljana & transfer to Lake Bohinj

Twelve tour participants were at Stansted Airport for the 1.05pm Easyjet EZY3245 flight to Ljubljana. Upon our arrival and once through passport control and having collected our luggage, we made our way to the arrivals hall where we met up with Paul and Simon, our tour leaders. With the luggage loaded into our minibuses, we headed towards Kranj, taking the motorway as far as the exit for Bled. Passing through Bled itself, we enjoyed spectacular views of the lake and Bled Castle some 130 metres above the lake on the northern shore. Continuing, the road ran beside the Sava Bohinjka River and Jesenice – Gorizia railway line constructed by the Austrians during the First World War to transport men and munitions to the front line on the Isonzo.

Passing through the small town of Bohinjska Bistrica and the villages of Savica and Polje, we soon arrived in Ribcev Laz, situated at the eastern end of the Lake Bohinj, and the Alpinum Hotel Jezero, where we were based for the duration of the tour. At this point the weather was worsening with thunder and rain threatening. Having settled into our rooms, we gathered for dinner at 7.30pm, happy to be out of the torrential rain and lightning.

Day 2

Wednesday 3rd July

Around Lake Bohinj from Ribcev Laz to Ukanc.

After breakfast at 8am, we met up in the lobby at 9am, before beginning on our first full day. We aimed to walk the path along the north edge of the lake taking us through natural woodland, pastures and planted Beech (*Fagus sylvatica*) and Norway Spruce (*Picea abies*) woodland. Initially making our way through natural forest, comprised of Beech, Hazel (*Corylus avellana*) and Ash (*Fraxinus excelsior*). In the first meadows there was plenty of Meadow Clary (*Salvia pratensis*) Dyer's Greenweed (*Genista tinctoria*) and Erect Clematis (*Clematis recta*). Four orchid species were encountered in the woodland: both Red and White Helleborine (*Cephalanthera rubra* and *C. damasonium*), Dark-red Helleborine (*Epipactis atrorubens*) and Common Spotted Orchid (*Dactylorhiza fuchsii*).

The weather was warm (with a maximum today of 25°C) and insects were active, including Rose Chafer, together with Chalk-hill Blue and Woodland Brown butterflies. As befitted early July, the birds were generally quiet, although Red-backed Shrike, Chiffchaff and Marsh Tit were recorded. As we continued to move on round the lake, Illyrian Scabious (*Knautia illyrica*), Rock and Alpine Buckthorn (*Rhamnus saxatilis* and *R. fallax*) and Norway Maple (*Acer platanoides*) were added, as well as a beautiful Large Emerald Moth, while small pool beside the path held several Yellow-bellied Toads. On the final section of the path Wall-rue and Green Spleenwort (*Asplenium ruta-muraria* and *A. viride*) were added to the list. After crossing a boulder-filled dry river-bed, we added Carnic Masterwort (*Astrantia carniolica*), Sternberg's Pink (*Dianthus sternbergii*) and Yellow Melancholy Thistle (*Cirsium erisithales*). We had lunch at the meadows at the northern edge of the lake close to Ukanc. By now it was warm and several new butterfly species were seen including Arran Brown, Wood White and Silver-washed Fritillary.

Cloud was beginning to build with rain threatening and squalls on the lake. Half the group chose to return by minibus to the hotel, with the rest returning on the boat that plies the route between Ukanc and Ribcev Laz.

Day 3

Thursday 4th July

Mount Mangrt.

Today we woke to another bright day with warm sun later. Our intention was to visit the Mangrt Saddle, straddling the border between Slovenia and Italy to the north-west of Bohinj. After an early breakfast at 7.30am, we joined the buses and were on the road by 8.30am. Leaving Ribcev, we made our way via Bohinjska Bistrica to Bled, and north to the motorway, which we joined westwards to Jesenice. From here we joined the old road, before turning east, passing Kranjska Gora and continuing towards Rateče and into Italy. Having passed Tarvisio and Cave del Predil, passing the now-abandoned Raibl lead and zinc mines beneath Monte Re, we headed back into Slovenia over the Predil Pass (1156 metres asl). On 18th May 1809, during the brief War of the Fifth Coalition (which saw the Austrian Empire and the United Kingdom allied against Napoleon's French Empire and Bavaria), an Austrian contingent under Captain Johann Hermann von Hermannsdorf was overrun by French forces moving from the Kingdom of Italy during the Battle of Tarvis. Von Hermannsdorf was killed and a monument, a fallen lion, was erected to him on the pass in 1851. Turning right on we climbed above the tree-line, towards the Mangrt Saddle (ca. 2000 metres), below Mount Mangrt (2679 metres).

Parking the minibus, we set off up the road to explore the cliffs, limestone outcrops and grassland below the Saddle. Species found included Globeflower (*Trollius europaeus*), Dwarf Alpenrose (*Rhodothamnus chamaecistus*), Hairy Alpenrose (*Rhododendron hirsutum*) Leafless-stemmed Speedwell (*Veronica aphylla*), Mountain Avens (*Dryas octopetala*) and Net-leaved Willow (*Salix reticulata*). Bird activity included Water Pipit, Northern Wheatear, Alpine Accentor and Alpine Chough. Walking up the track we passed below the cliffs. Some of the rocks are white limestone and formed beneath the Tethys Ocean hundreds of millions of years ago, but others are reddish in colour and called the Val Gardena Sandstones. These formed in periods when the rocks were uplifted into the air during the Permian, 250 million years ago and eroded by the exposure, leaving sandy and clayey deposits. In this section, the coldest and shadiest, we found a few Alpine Snowbells (*Soldanella alpina*), Alpine Bartsia (*Bartsia alpina*), Alpine Butterwort (*Pinguicula alpina*), Oxlip (*Primula elatior*) and Alpine Forget-me-not (*Myosotis alpestris*). Heading back toward the minibuses, we had lunch and slowly made our way back towards the hotel via some meadows near Rateče after a long but wonderful day.

Day 4

Friday 5th July

Mostnice Gorge

After breakfast, on a mainly sunny, warm and humid day, we boarded the bus for the journey to the car park above Stara Fužina. Roadworks meant we had to pass the long route round beyond Bohinjska Bistrica, passing through the village of Studor, famous for its *kozolec* hayrick frames. Moving a van with the lunches up to the refuges, we then made our way up the track along the beautiful Korita Mostnice Gorge, passing through scrubland and past wet travertine rocks and areas of open woodland. Even before leaving the car park, we found had found Heath Fritillary and Pearly Heath butterflies. Plants included Hoary Mullein (*Verbascum pulverulentum*) and Betony (*Betonica officinalis*). Ascending the path, White Admiral and Wood White were seen as well as their respective larval foodplants plants, Fly Honeysuckle (*Lonicera xylostyleum*), and the seed-pods of Spring Pea (*Lathyrus vernus*).

Passing the river gorge at the Devil's Bridge and through the entrance booth we made our way on up the west side of the gorge, through the forest. Butterflies included Arran Brown and Large Ringlet together with large

patches of Northern Wolf's-bane (*Aconitum vulparia*) and Lesser Meadow-rue (*Thalictrum minus*). Large numbers of Hart's-tongue Fern (*Asplenium scolopendrium*) were observed growing above the river in the gorge. Crossing back over the river and emerging from the gorge we had a picnic lunch after which we continued up the gently ascending road passing through meadows, scrub and areas of more mature woodland. Plants seen included Yellow Betony (*Stachys alopecurus*) and spikes of Sweet William (*Dianthus barbatus*). The hay meadows that now opened up along the route held huge quantities of Great Masterwort (*Astrantia major*) plus Marsh Helleborine (*Epipactis palustris*), Clustered Bellflower (*Campanula glomerata*) and Fragrant Orchid (*Gymnadenia conopsea* subsp. *conopsea*). In the pasture and along the trackside, we also saw large numbers of Scarce Copper and the occasional Dark Green Fritillary and Lesser Marbled Fritillary butterflies. From the pastures, re-entering the woodland, the path took us up to the Mostniski Slap (Mostnice Waterfall) by which moment it was time to begin our return to the hotel.

Day 5

Saturday 6th July

Šijec Barje, Goreljek Barje, Klek (mountain grazing).

After breakfast we took the minibuses up onto the Pokljuka plateau, a high, cold upland about 45 minutes north-east of the hotel. Our targets were two peat-bog reserves. Arriving at the first site, Barje Šijec, the most intact and most highly protected of the sites, one of the southernmost in Europe. We parked the vans and made our way through the woods that surround it way to the footpath that skirts the bog. Here, we found Cranberry (*Vaccinium oxycoccos*), Round-leaved Sundew (*Drosera rotundifolia*), a subspecies of the Early Marsh Orchid (*Dactylorhiza incarnata* subsp. *pulchella*), Marsh Fragrant Orchid (*Gymnadenia conopsea* subsp. *densiflora*) and a hybrid swarm of orchids the parentages of which were difficult to identify. The largest vegetative element consisted of the many Dwarf Mountain Pines (*Pinus mugo*), Marsh Valerian (*Valeriana dioica*) and Small Cotton-grass (*Eriophorum gracile*), together with many more. We also saw False Heath Fritillary and Black-veined White.

Returning towards the van we explored some coniferous woodland on the north side of the road. Early finds included Wood Horsetail (*Equisetum sylvaticum*), Oak Fern, (*Gymnocarpium dryopteris*), Beech Fern (*Phegopteris connectilis*), One-flowered Wintergreen (*Moneses uniflora*) and White Woodrush (*Luzula luzuloides*). Some lucky participants had a view of Firecrest and Robin and Tree Pipit were heard. A tree-climbing Common Lizard was also seen.

Our next stop, Goreljek, is a peat-bog with better facilities for visiting and a circular boardwalk but is subject to eutrophication from surrounding houses. In the woods we found the leaves of Green False-helleborine (*Veratrum lobelianum*) and stands of Common Cow-wheat (*Melampyrum sylvaticum*) and Bearberry (*Arctostaphylos uva-ursi*), while in the meadow close to the bog were some wonderful stands of Bearded Bellflower (*Campanula barbata*), Dark Rampion (*Phyteuma ovatum*), Ragged Robin (*Silene flos-cuculi*) and enormous numbers of plants of Arnica (*Arnica montana*) in flower, easily identifiable as all the first flowers had been plucked for the anti-inflammatory folk remedy! In the woods were May Lily (*Maianthemum bifolia*), *Homogyne sylvestris* and Alpine Catchfly (*Silene alpestris*). Of the birds Common Treecreeper was seen and elusive Bullfinches and Dunnocks were heard.

Our final stop was some distance away at the mountain grazing site of Klek. This extraordinary giant bowl at 1600 metres above sea level is rich in a wide range of plants but is so far from the road that it is little visited. We arrived on a Saturday and had the place virtually to ourselves. Walking through the Larch (*Larix decidua*)

woodland and beautiful meadows we saw some very interesting plants including Alpine Clematis (*Clematis alpina*), Round-leaved Saxifrage (*Saxifraga rotundifolia*), Bavarian Masterwort (*Astrantia bavarica*), Pinnate-leaved Ragwort (*Senecio abrotanifolius*) with leaves like a Cosmos daisy, and Short-spurred Fragrant Orchid (*Gymnadenia odoratissima*). Unfortunately, the Pannonian Gentians (*Gentiana pannonica*), a purple version of the Great Yellow Gentian, were not quite in flower. Birds included flocks of Crossbill and nesting Black Redstarts. A single Alpine Marmot was seen by one lucky observer. As we made our way around the bowl the local shepherd came out of his Alpine hut to check on a poorly calf. After a brief chat and establishing we were there to look at the plants, he showed us two splendid species we had previously missed at the site, Pink Cinquefoil (*Potentilla nitida*) and a single Dark Vanilla Orchid (*Gymnadenia austriaca*). By now time was getting on and we made our way back towards the vans.

Day 6

Sunday 7th July

Kot valley, Krma valley, Vrata valley.

Today we made our way to an area north of the Triglav massif where several rivers emerge from the mountains before feeding their way into the headwaters of the River Sava which, after a journey of almost 1,000 kilometres flows into the Danube at Belgrade and on, for another 1,100 kilometres into the Black Sea in eastern Romania!

The Kot valley is one of the three and a quiet, picturesque one although the Kot is often dry (as it was today). We walked through the woods along a forest track. By this stage in the holiday it was becoming increasingly difficult to find new plant species, but one very interesting flower that was added to the list was an orchid, Creeping Lady's-tresses (*Goodyera repens*) which was new for almost everyone. This suggested that the forest floor was a little more acidic than others we had been seeing, and this was borne out by the other woodland orchid species we were finding too, including Red Helleborine (*Cephalanthera rubra*), Broad-leaved Helleborine (*Epipactis helleborine*) and Common Twayblade (*Neottia ovata*) as did some of the other plants including White Butterbur (*Petasites albus*) in profusion, Cross Gentian (*Gentiana cruciata*), Mountain Currant (*Ribes alpinum*), Horse Mint (*Mentha longifolia*), Spearmint (*M. spicata*), while the yellow rattle encountered here was Lesser Yellow Rattle (*Rhinanthus minor* agg.) and both Baneberry (*Actaea spicata*) in fruit and the tree - scarce in Slovenia - Aspen (*Populus tremula*) were noted.

Views of Crested Tit, Nuthatch and Common Crossbill were obtained while a very late Orange Tip butterfly was the only one seen during the week. This is a species that emerges at the end of February on the coast in south-west Slovenia but is on the wing into mid-July in the Julian Alps. Several Large Ringlet butterflies were seen, one quite well, puddling in a clearing left by forestry work. Lots of the forests in Slovenia are exhibiting damage from forestry work as hot dry summers have stressed the Norway Spruce in plantations and authorities are having to deal with severe outbreaks of Eight-toothed European Spruce Bark Beetle (*Ips typographus*) which is seeing large areas of forest felled to slow its advance and great stacks of debarked timber along forest roads. It will be interesting to see how these felled areas evolve in the years to come. They should be excellent for woodland butterflies.

We stopped briefly in the Krma valley for lunch, where White Admiral, Large Ringlet and Woodland Brown butterflies were all noted along the gravel road, before moving on to the refuge at the end of the road. Rain was threatening and a dark sky offset the white limestone peaks of the Julians. Thunder began to rumble as we began to explore the acid grassland in the beautiful valley formed by glacial action at the end of the last Ice Age. At this

point the heavens opened and we were driven back to the minibuses and on to the Vrata River. Arriving in the Vrata valley and driving along the scenic Vrata river which is fed by melting snow on the north-facing slopes of Triglav, Slovenia's highest mountain. By now the rain had eased off to drizzle and we had arrived the fantastic Peričnik waterfall, at 52 metres one of the highest in Slovenia and definitely the most exciting. The more intrepid members of the party made their way up the steep and slippery path to the point where the falls crash into a hole in the rock that the water has carved, just a couple of metres from the viewpoint in a cloud of spray. More daring people can actually make their way behind the falls themselves, between the falling column of water and the mountain itself, although the weather and slippery conditions precluded this path today. The more sedate participants remained in the refuge, drinking coffees and hot chocolates, occasionally sallying forth to examine the beautiful array of plants along the roadside including Broad-leaved, Red and Dark Red Helleborines and the only Pyramidal Orchid (*Anacamptis pyramidalis*) seen in flower during the week.

By late afternoon it was raining rather hard and time to make our way back to the hotel.

Day 7

Monday 8th July

Mount Vogar, Planini Blato (Studor).

Today we made our way to the car park above Stara Fužina. The ongoing roadworks meant that once again we had to pass the long route round beyond Bohinjska Bistrica, passing through the village of Studor, famous for its *kozolec* hayrick frames. This time, with the weather fine, we stopped to take photographs, a pause that proved fortuitous. As well as the local vernacular architecture, the potato plots were riddled with the larvae of Colorado Beetle (*Leptinotarsa decemlineata*) and a couple of adult beetles. This pest was a 'lifer' for most of the participants and vaguely remembered from the poster outside every police station in the 1960s and '70s! Paul spotted a sealed jam-jar in which the potatoes' owner had dropped the larvae and beetles collected by hand. We did not open it! The next surprise was a pair of splendidly illuminated Golden Eagles, one adult and one sub-adult or old juvenile, circling a nearby peak. These provided good views for everyone before they disappeared from sight. The final treat at this stop was a Wryneck, spotted by one of the participants. It was sunbathing on the wooden crossbar of a vine pergola against a nearby shed and occasionally stirred to gobble up a passing ant! It is unusual to 'pick up' an undisturbed Wryneck in the binoculars. When you do their physical inactivity is often impressive and they will sit, unmoving, like this individual, for long periods. Why move when your lunch will come to you? Everyone in the group managed good views of the bird before it was time to move on.

A short drive found us at Stara Fužina, where we took the toll road up to the mountain meadows to Vogar (1054 metres), high above the Bohinj Lake, on the north side. Two-thirds of the way to the top, we stopped to explore some cliffs beside the road where we found the leaves of Bear's-ear Primrose (*Primula auricula*) and flowering plants of Adenostyles (*Adenostyles alliariae*), Sticky Flax (*Linum viscosum*) and Harebell (*Campanula rotundifolium*) as well as both Spoon-leaved (*Saxifraga cuneifolia*) and the Encrusted Saxifrage *S. hostii*. A rather lovely prostrate buckthorn growing out of cracks in the rockface was a bit of a puzzle before we settled on Dwarf Buckthorn (*Rhamnus pumila*) which is widespread in the area. The rockface also held Arran Brown and Large Ringlet butterflies as well as several Large and Essex Skippers.

We now moved up to a rough car park in the forest, from where we began to explore. The first meadow we examined had just been cut, but the farmer left a strip uncut along a spring crossing the field. Here we found Fragrant Orchid *Gymnadenia conopsea* subsp. *conopsea*, Common Cotton-grass (*Eriophorum angustifolium*), Grass-of-

Parnassus (*Parnassia palustris*) just coming into bud, and Common Spotted Orchid in full flower and a spectacular display of Heartleaf Ox-eye (*Telekia speciosa*) around one of the mountain cabins. This might have been planted, but the odd plant here and there in the woods were certainly wild. Crossbill and Tree Pipit were seen, with Chiffchaff, and Robin heard. By now it was fairly warm and as we made our way towards the viewpoint overlooking the lake more butterflies were seen, with Heath Fritillary, Marbled White and Large Skipper all recorded. As we moved on through the woodland, we added Balm-leaved Red Dead-nettle (*Lamium orvala*), Wood Vetch (*Vicia sylvatica*) and Mountain Clover (*Trifolium montanum*). Paul stopped to show us a plague of Slovenia and Croatia, the funerary candles in red plastic containers with an aluminium lid. Between them, the 6 million Slovenes and Croatians buy 60 million of the things, placing them at wayside shrines like the crucifix we were passing and on the graves of the dear and departed on the feast of All Souls. These two were of battery-powered LED variety, one still working. Paul noticed a few bugs inside the lamp and tapped them out on a nearby rock. These proved to be about 40 male Glow-worm beetles (*Lampyrus noctiluca*), about half of them still alive, showing the menace of these seemingly innocuous gadgets.

Before long, we passed the mountain refuge and reached the splendid view-point overlooking Lake Bohinj and across the valley to Mount Vogel. We now made our way back to the bus but before beginning our descent towards Stara Fuzina there was time for another stop, not far away in a picturesque mountain grazing farm called "Planina blato" (literally "muddy" or "wet" mountain farm). And wet it was, in one corner of the clearing dotted with traditional mountain huts and surrounded by towering peaks and dense spruce forest where, again, forestry workers were working hard on eradicating spruce beetle. The acidic turf was rather disappointing, although a Wart-biter bush-cricket (*Decticus verrucivorus*) was added to the invertebrate list and Small Copper to the butterflies. A Black Woodpecker was heard calling repeatedly from a patch of diseased spruce high up on the mountain above us, but it only showed briefly to a select few. On our way out of the clearing Simon spotted what proved to be some 'just-over' Coralroot Orchids (*Corallorhiza trifida*) up on a bank and a few berries on a bush revealed it to be an Alpine Honeysuckle (*Lonicera alpigena*), the only fruiting example noted during the week,

By now it was rather late, and it was time to return to the hotel, to pack and prepare for our departure.

Day 8

Tuesday 9th July

Lake Bohinj to Zgornje Jezersko & airport.

After a leisurely breakfast and leaving the hotel in the direction of Ljubljana at about 10am, we made our way up a river valley not far from the airport, the Kokra, to the village of Zgornje Jezersko. Although thwarted in our plans for a morning walk in the nearby Alpine forest by new roadworks, we had a pleasant enough stroll around the lake near the village with only the occasional brief shower. After a very pleasant lunch in the lakeside restaurant it was time to make our way to the airport about 40 minutes away for the late afternoon flight to Stansted with Easyjet.

Receive our e-newsletter

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

Species Lists

Plants (* = Very localised distribution or endemic)

Please Note: Nomenclature contained within this list follows the taxonomic amendments, based on DNA analysis, made by the Royal Botanic Gardens, Kew and the Missouri Botanic Garden, and following The Plant List, an internationally accepted list of vascular plant families, published and maintained by these two Institutions.

Scientific name	Common name	First location / day
PTERIDOPHYTES		
FERNS & ALLIES		
Eusporangiate Ferns		
Adder's-tongues & Moonworts		
<i>Botrychium lunaria</i>	Moonwort	3
Calamophytes		
Horsetails		
Equisetaceae		
Horsetail Family		
<i>Equisetum arvense</i>	Common Horsetail	5
<i>Equisetum pratense</i>	Shade Horsetail	5
<i>Equisetum sylvaticum</i>	Wood Horsetail	5
Leptosporangiate Ferns		
True Ferns		
Aspleniaceae		
Spleenwort Family		
<i>Asplenium ruta-muraria</i>	Wall Rue	2
<i>Asplenium scolopendrium</i>	Hart's-tongue Fern	4
<i>Asplenium trichomanes</i> ssp. <i>quadri-valens</i>	Maidenhair Spleenwort	4
<i>Asplenium viride</i>	Green Spleenwort	2
Cystopteridaceae		
Bladder-fern Family		
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	3
<i>Gymnocarpium dryopteris</i>	Oak Fern	3
<i>Gymnocarpium robertianum</i>	Limestone Fern	3
Dennstaedtiaceae		
Bracken Family		
<i>Pteridium aquilinum</i>	Bracken	2
Dryopteridaceae		
Buckler-fern Family		
<i>Dryopteris affinis</i> agg.	Golden-scaled Male-fern	7
<i>Dryopteris filix-mas</i>	Male-fern	4
<i>Polystichum lonchitis</i>	Holly Fern	5
Thelypteridaceae		
Marsh Fern Family		
<i>Phegopteris connectilis</i>	Beech Fern	5
GYMNOSPERMS		
CONIFERS		
Cupressaceae		
Juniper Family		
<i>Juniperus communis</i> subsp. <i>communis</i>	Common Juniper	2
Pinaceae		
Pine Family		
<i>Abies alba</i>	European Silver Fir	2

Scientific name	Common name	First location / day
<i>Larix decidua</i>	European Larch	3
<i>Picea abies</i> subsp. <i>abies</i>	Spruce	2
<i>Pinus mugo</i>	Dwarf Mountain Pine	3
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	4
<i>Pinus sylvestris</i>	Scots Pine	3

ANGIOSPERMS**FLOWERING PLANTS****Eu-dicots****True Dicotyledons****Adoxaceae**

Scientific name	Common name	First location / day
<i>Sambucus ebulus</i>	Dwarf Elder	4
<i>Sambucus nigra</i>	Elder	4
<i>Sambucus racemosus</i>	Red-berried Elder	7
<i>Viburnum lantana</i>	Wayfaring Tree	2
<i>Viburnum opulus</i>	Gelder Rose	2

Apiaceae

Scientific name	Common name	First location / day
<i>Aegopodium podagraria</i>	Ground Elder	4
<i>Angelica sylvestris</i>	Wild Angelica	7
<i>Anthriscus sylvestris</i>	Cow Parsley	4
<i>Astrantia bavarica</i>	Bavarian Masterwort	5
<i>Astrantia carniolica</i> *	Carnic Masterwort	2
<i>Astrantia major</i>	Great Masterwort	4
<i>Daucus carota</i>	Wild Carrot	4
<i>Hacquetia epipactis</i>	Hacquetia	4
<i>Heracleum austriacum</i> subsp. <i>siifolium</i>	Pink Hogweed	3
<i>Heracleum sphondylium</i>	Hogweed	6
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain	2
<i>Laserpitium siler</i>	a Sermountain	2
<i>Myrrhis odorata</i>	Sweet Cicely	2
<i>Pastinaca sativa</i>	Wild Parsnip	7
<i>Peucedanum venetum</i>	Southern Masterwort	2

Apocynaceae

Scientific name	Common name	First location / day
<i>Vinca minor</i>	Lesser Periwinkle	2 NIF = not in flower
<i>Vincetoxicum hirundinaria</i>	Swallow-wort	2

Araliaceae

Scientific name	Common name	First location / day
<i>Hedera helix</i> agg.	Ivy	2

Balsaminaceae

Scientific name	Common name	First location / day
<i>Impatiens parviflora</i>	Small Balsam	7

Berberidaceae

Scientific name	Common name	First location / day
<i>Berberis vulgaris</i>	Barberry	2

Betulaceae

Scientific name	Common name	First location / day
<i>Alnus glutinosa</i>	Common Alder	2
<i>Betula pendula</i>	Silver Birch	6
<i>Corylus avellana</i>	Hazel	2
<i>Ostrya carpinifolia</i>	Hop Hornbeam	2

Scientific name	Common name	First location / day
Boraginaceae		
Forget-me-not Family		
<i>Borago officinalis</i>	Borage	7
<i>Echium vulgare</i>	Viper's-bugloss	2
<i>Myosotis alpestris</i>	Alpine Wood Forget-me-not	3
<i>Myosotis scorpioides</i>	Water Forget-me-not	7
<i>Pulmonaria officinalis</i>	Lungwort	4
<i>Symphytum tuberosum</i>	Bulbous Comfrey	5
Brassicaceae		
Cabbage Family		
<i>Arabidopsis thaliana</i>	Thale Cress	7
<i>Biscutella laevigata</i>	a Buckler Mustard	7
<i>Capsella bursa-pastoris</i>	Shepherd's-purse	3
<i>Camelina rumelica</i>	a Gold-of-Pleasure	6
<i>Cardamine flexuosa</i>	Wavy Bitter-cress	5
<i>Draba aizoides</i>	Yellow Whitlow-grass	7 NIF
<i>Campanula barbata</i>	Bearded Bellflower	5
<i>Campanula glomerata</i>	Clustered Bellflower	4
<i>Campanula patula</i>	Spreading Bellflower	5
<i>Campanula persicifolia</i>	Peach-leaved Bellflower	2
<i>Campanula rapunculoides</i>	Creeping Bellflower	2
<i>Campanula rapunculus</i>	Rampion Bellflower	2
<i>Campanula rotundifolia</i>	Harebell	4
<i>Campanula thyrsooides</i> subsp. <i>carniolica</i> *	Carnic Bellflower	4
<i>Campanula trachelium</i>	Nettle-leaved Bellflower	2
<i>Phyteuma nigra</i>	Black Rampion	5
<i>Phyteuma orbiculare</i>	Round-headed Rampion	3
<i>Phyteuma scheuchzeri</i>	Horned Rampion	5
<i>Jasione montana</i>	Mountain Sheepsbit	5
Caprifoliaceae		
Honeysuckle Family		
<i>Knautia illyrica</i>	Illyrian Scabious	2
<i>Lonicera alpigena</i>	Alpine Honeysuckle	4
<i>Lonicera xylosteum</i>	Fly Honeysuckle	4
<i>Scabiosa triandra</i>	-	2
<i>Valeriana dioica</i>	Marsh Valerian	5
<i>Valeriana officinalis</i>	Common Valerian	7
<i>Valeriana tripteris</i>	Three-leaved Valerian	3
Caryophyllaceae		
Pink Family		
<i>Cerastium julicum</i> *	Julian Mouse-ear	3?
<i>Dianthus barbatus</i>	Sweet William	4
<i>Dianthus sternbergii</i>	a Fringed Pink	2
<i>Dianthus sylvestris</i>	Wood Pink	7
<i>Moehringia muscosa</i>	Mossy Sandwort	2
<i>Moehringia trinervia</i>	Three-nerved Sandwort	3
<i>Petrorhagia saxifraga</i>	Tunic Flower	2
<i>Silene acaulis</i>	Moss Campion	3
<i>Silene alpestris</i>	Alpine Catchfly	3
<i>Silene dioica</i>	Red Campion	4
<i>Silene (Lychnis) flos-cuculi</i>	Ragged Robin	5
<i>Silene latifolia</i>	White Campion	7
<i>Silene nutans</i>	Nottingham Catchfly	2
<i>Silene vulgaris</i>	Bladder Campion	2

Scientific name	Common name	First location / day
<i>Stellaria graminifolia</i>	Lesser Stitchwort	3
<i>Stellaria media</i>	Common Chickweed	4
<i>Euonymus europaeus</i>	Spindle	2
<i>Parnassia palustris</i>	Grass-of-Parnassus	3
Cistaceae	Rock-rose Family	
<i>Helianthemum nummularium</i>	Common Rock-rose	2
<i>H. oelandicum</i> subsp. <i>alpestris</i>	Alpine Rock-rose	3
Compositae (Asteraceae)	Daisy Family	
<i>Achillea clavennae</i>	Silvery Millfoil	3
<i>Achillea millefolium</i>	Yarrow	2
<i>Adenostyles alliariae</i>	Adenostyles	4
<i>Antennaria dioica</i>	Mountain Everlasting	3
<i>Aposeris foetida</i>	Aposeris	4
<i>Arctium lappa</i>	Great Burdock	7
<i>Arnica montana</i>	Arnica	5
<i>Artemisia vulgaris</i>	Mugwort	2
<i>Bellidastrum michelii</i>	False Aster	3
<i>Bellis perennis</i>	Daisy	T
<i>Buphthalmum salicifolium</i>	Yellow Ox-eye	2
<i>Carduus defloratus</i>	Alpine Thistle	2
<i>Carduus nutans</i>	Musk Thistle	2
<i>Carlina acaulis</i>	Stemless Carlina Thistle	3
<i>Centaurea phrygia</i> subsp. <i>pseudophrygia</i>	Wig Knapweed	5
<i>Centaurea scabiosa</i> subsp. <i>alpestris</i>	a Greater Knapweed	2
<i>Cichorium intybus</i>	Chicory	2
<i>Cirsium eriophorum</i>	Woolly Thistle	7
<i>Cirsium erisithales</i>	Yellow Melancholy Thistle	2
<i>Cirsium oleraceum</i>	Cabbage Thistle	2
<i>Cirsium palustre</i>	Marsh Thistle	5
<i>Cirsium spinosissimum</i>	Spiniest Thistle	3
<i>Crepis aurea</i>	Golden Hawksbeard	5
<i>Cyanus (Centaurea) montanus</i>	Perennial Cornflower	3
<i>Doronicum austriacum</i>	Austrian Leopard's-bane	3
<i>Erigeron annuus</i>	Annual Fleabane	2
<i>Eupatorium cannabinum</i>	Hemp Agrimony	2
<i>Galinsoga quadriradiata</i>	Gallant Soldier	7
<i>Homogyne alpina</i>	Alpine Colts-foot	3
<i>Leontopodium nivale</i>	Eidelweiss	3
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	5
<i>Mycelis muralis</i>	Wall Lettuce	2
<i>Petasites albus</i>	White Butterbur	6 NIF
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed	5
<i>Senecio abrotanifolius</i>	Pinnate-leaved Ragwort	5
<i>Serratula tinctoria</i>	Saw-wort	7
<i>Telekia speciosa</i>	Heartleaf Ox-eye	7
<i>Tragopogon pratensis</i> subsp. <i>orientalis</i>	Goat's-beard	4
<i>Tussilago farfara</i>	Colt's-foot	2 NIF
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	2

Scientific name	Common name	First location / day
Cornaceae	Dogwood Family	
<i>Cornus sanguinea</i>	Dogwood	2
<i>Cornus mas</i>	Cornelian Cherry	2
Crassulaceae	Stonecrop Family	
<i>Sedum atratum</i>	Dark Stonecrop	5
<i>Sedum hispanicum</i>		7
<i>Sedum roseum (Rhodiola rosea)</i>	Roseroot	3
<i>Sedum sexangulare</i>	Tasteless Stonecrop	2
Ericaceae	Heath family	
<i>Arctostaphylos uva-ursi</i>	Bearberry	5
<i>Erica carnea</i>	Spring Heath	2
<i>Moneses uniflora</i>	One-flowered Wintergreen	5 NIF
<i>Monotropa hypopitys</i>	Yellow Bird's-nest	4
<i>Rhododendron hirsutum</i>	Hairy Alpenrose	3 NIF
<i>Rhodothamnus chamaecistus</i>	Dwarf Alpenrose	3
<i>Vaccinium myrtillus</i>	Bilberry	4 NIF
<i>Vaccinium oxycoccus</i>	Cranberry	5 NIF
Euphorbiaceae	Spurge Family	
<i>Euphorbia amygdaloides</i>	Wood Spurge	2
<i>Euphorbia cyparissias</i>	Cypress Spurge	2
<i>Mercurialis perennis</i>	Dog's Mercury	4
Fagaceae	Oak & Beech Family	
<i>Fagus sylvatica</i>	Beech	2
<i>Quercus robur</i>	Pendunculate Oak	6
Gentianaceae	Gentian Family	
<i>Gentiana asclepiadea</i>	Willow-leaved Gentian	4 NIF
<i>Gentiana clusii</i>	Clusius' Gentian	3 NIF
<i>Gentiana cruciata</i>	Cross Gentian	6 NIF
<i>Gentiana pannonica</i>	Pannonian Gentian	5
<i>Gentiana verna</i>	Spring Gentian	3
Geraniaceae	Geranium Family	
<i>Geranium nodosum</i>	Knotted Crane's-bill	2
<i>Geranium phaeum</i>	Dusky Crane's-bill	5
<i>Geranium robertianum</i>	Herb Robert	2
Grossulariaceae	Gooseberry Family	
<i>Ribes alpinum</i>	Mountain Currant	6
Hypericaceae	St.John's-wort Family	
<i>Hypericum montanum</i>	Pale St.John's-wort	4
<i>Hypericum perforatum</i>	Perforate St. John's-wort	2
Juglandaceae	Walnut Family	
[<i>Juglans regia</i>]	Walnut	2
Lamiaceae	Dead-nettle Family	
<i>Betonica officinalis</i>	Betony	2

Scientific name	Common name	First location / day
<i>Clinopodium alpinum</i>	Alpine Basil Thyme	5
<i>Clinopodium vulgare</i>	Wild Basil	6
<i>Galeopsis ladanum</i>	Large Pink Hemp-nettle	7
<i>Lamium galeobdolon</i> agg.	Yellow Archangel	5
<i>Lamium orvala</i>	Balm-leaved Archangel	4
<i>Melittis melissophyllum</i>	Bastard Balm	2 NIF
<i>Mentha longifolia</i>	Horse Mint	6
<i>Mentha spicata</i>	Spearmint	6
<i>Origanum vulgare</i>	Wild Marjoram	2
<i>Prunella grandiflora</i>	Large-flowered Selfheal	2
<i>Prunella vulgaris</i>	Selfheal	5
<i>Salvia glutinosa</i>	Jupiter's Distaff	2
<i>Salvia pratensis</i>	Meadow Clary	2
<i>Stachys alopecuroides</i>	Yellow Betony	2
<i>Stachys recta</i>	Yellow Woundwort	2
<i>Teucrium chamaedrys</i>	Wall Germander	2
<i>Teucrium montanum</i>	Mountain Germander	2
<i>Thymus polytrichus</i>	Wild Thyme	2
<i>Thymus serpyllum</i>	A Thyme	6
Leguminosae (Fabaceae)	Pea Family	
<i>Anthyllis vulneraria</i>	Kidney-vetch	2
<i>Astragalus australis</i>	Southern Milk-vetch	3
<i>Astragalus glycyphyllos</i>	Wild Liquorice	2
<i>Cytisus (Chamaecytisus) hirsutus</i>	Hairy Broom	4
<i>Dorycnium pentaphyllum</i>	-	2
<i>Genista radiata</i>	Southern Greenweed	2
<i>Genista tinctoria</i>	Dyers Greenweed	2
<i>Hippocrepis comosa</i>	Horseshoe Vetch	2
<i>Laburnum anagyroides</i>	Laburnum	3
<i>Lathyrus pratensis</i>	Yellow Vetchling	4
<i>Lotus alpinus</i>	Alpine Bird's-foot Trefoil	3
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	2
<i>Medicago sativa</i>	Lucerne	2
<i>Medicago lupulina</i>	Black Medick	2
<i>Melilotus albus</i>	White Melilot	2
<i>Melilotus altissima</i>	Tall Melilot	4
<i>Ononis repens</i>	Restharrow	2
<i>Trifolium incarnatum</i>	Incarnate Clover	2
<i>Trifolium pratense</i>	Red Clover	2
<i>Trifolium repens</i>	White Clover	2
<i>Vicia cracca</i>	Tufted vetch	2
<i>Vicia sepium</i>	Bush Vetch	4
Lentibulariaceae	Bladderwort Family	
<i>Pinguicula alpina</i>	Alpine Butterwort	3
<i>Pinguicula vulgaris</i>	Common Butterwort	4 NIF
Linaceae	Flax Family	
<i>Linum perenne</i> subsp. <i>alpinum</i>	Perennial Flax	3
<i>Linum viscosum</i>	Sticky Flax	7

Scientific name	Common name	First location / day
Lythraceae	Purple-loosestrife Family	
<i>Lythrum salicaria</i>	Purple-loosestrife	2
Malvaceae	Mallow Family	
<i>Tilia cordata</i>	Small-leaved Lime	4
<i>Tilia platyphyllos</i>	Broad-leaved Lime	7
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	2
<i>Fraxinus ornus</i>	Manna or Flowering Ash	2
<i>Ligustrum vulgare</i>	Wild Privet	2
Onagraceae	Willowherb Family	
<i>Chamerion angustifolium</i>	Rosebay Willowherb	5
<i>Epilobium montanum</i>	Broad-leaved Willowherb	5
<i>Oenothera glazioviana</i>	Common Evening Primrose	3
Orobanchaceae	Broomrape Family	
<i>Bartsia alpina</i>	Alpine Bartsia	3
<i>Euphrasia picta</i>	Eastern Eyebright	2
<i>Melampyrum pratense</i>	Common Cow-wheat	2
<i>Melampyrum sylvaticum</i>	Wood Cow-wheat	4
<i>Orobanche gracilis</i>	Slender Broomrape	4
<i>Pedicularis verticillata</i>	Verticillate Lousewort	3
<i>Rhinanthus angustifolius</i> agg.	Greater Yellow Rattle	2
<i>Rhinanthus minor</i> agg.	Lesser Yellow Rattle	6
Oxalidaceae	Wood-sorrel Family	
<i>Oxalis acetosella</i>	Wood-sorrel	4
Papaveraceae	Poppy Family	
<i>Papaver rhoeas</i>	Corn Poppy	2
Plantaginaceae	Plantain Family	
<i>Digitalis grandiflora</i> (<i>D. ambigua</i>)	Large Yellow Foxglove	4
<i>Globularia punctata</i>	Common Globularia	2 NIF
<i>Linaria vulgaris</i>	Common Toadflax	4
<i>Plantago lanceolata</i>	Ribwort Plantain	2
<i>Veronica aphylla</i>	Leafless-stemmed Speedwell	3
<i>Veronica bonarota</i>	Bluish Paederota	3
<i>Veronica fruticans</i>	Rock Speedwell	3
<i>Veronica lutea</i>	Yellow Paederota	3
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	7
<i>Veronica urticifolia</i>	Nettle-leaved Speedwell	7
Polygalaceae	Milkwort Family	
<i>Polygala alpestris</i>	Mountain Milkwort	5
<i>Polygala serpyllifolia</i>	Heath Milkwort	5
Polygonaceae	Knotweed Family	
<i>Persicaria vivipara</i>	Alpine Bistort	3
<i>Reynoutria japonica</i>	Japanese Knotweed	2
<i>Rumex alpinus</i>	Monk's Rhubarb	5

Scientific name	Common name	First location / day
<i>Rumex acetosa</i>	Sorrel	2
<i>Rumex crispus</i>	Curled Dock	2
<i>Rumex sanguineus</i>	Wood Dock	4
Primulaceae	Primrose Family	
<i>Androsace villosa</i>	Woolly Rock-jasmine	3 NIF
<i>Cyclamen purpurescens</i>	a Cyclamen	2
<i>Lysimachia vulgaris</i>	Yellow Loosestrife	2
<i>Primula auricula</i>	Bear's-ear Primrose	3
<i>Primula elatior</i>	Oxlip	3
<i>Primula veris</i>	Cowslip	5 NIF
<i>Primula vulgaris</i>	Common Primrose	2 NIF
<i>Soldanella alpina</i>	Alpine Snowbell	3
Ranunculaceae	Buttercup Family	
<i>Aconitum paniculatum</i>	a Monk's-hood	7
<i>Aconitum vulparia</i>	Wolf's-bane	2
<i>Actaea spicata</i>	Baneberry	6 NIF
<i>Anemone (Pulsatilla) alpina</i> subsp. <i>alpina</i>	Alpine Pasqueflower	3 NIF
<i>Anemone trifolia</i>	Three-leaved Anemone	4 NIF
<i>Aquilegia atrata</i>	Dark Columbine	5
<i>Aquilegia vulgaris</i>	Columbine	2
<i>Caltha palustris</i>	Marsh Marigold	4 NIF
<i>Clematis alpina</i>	Alpine Clematis	5
<i>Clematis recta</i>	Upright Clematis	2
<i>Clematis vitalba</i>	Old-Man's-Beard	4
<i>Heleborus niger</i>	Christmas Rose	2 NIF
<i>Hepatica nobilis</i>	Hepatica	2 NIF
<i>Ranunculus acris</i>	Meadow Buttercup	6
<i>Ranunculus alpestris</i> subsp. <i>traunfellneri</i>	an Alpine Buttercup	3
<i>Ranunculus auricomus</i>	Wood Goldilocks	2
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	7
<i>Ranunculus platanifolius</i>	Plane-leaved Buttercup	5
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	2
<i>Thalictrum minus</i>	Lesser Meadow-rue	4
<i>Trollius europaeus</i>	Globeflower	3
Rhamnaceae	Buckthorn Family	
<i>Frangula alnus</i>	Alder Buckthorn	2
<i>Rhamnus fallax</i>	an Alpine Buckthorn	2
<i>Rhamnus pumila</i>	Dwarf Buckthorn	7
<i>Rhamnus saxatilis</i>	Rock Buckthorn	2
Rosaceae	Rose Family	
<i>Agrimonia eupatoria</i>	Common Agrimony	4
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	3
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	3
<i>Aruncus dioicus</i>	Goatsbeard Spiraea	2
<i>Crataegus monogyna</i>	Hawthorn	2
<i>Dryas octopetala</i>	Mountain Avens	3
<i>Filipendula ulmaria</i>	Meadowsweet	2
<i>Fragaria vesca</i>	Wild Strawberry	2
<i>Geum montanum</i>	Alpine Avens	3

Scientific name	Common name	First location / day
<i>Geum rivale</i>	Water Avens	5
<i>Geum urbanum</i>	Wood Avens or Herb Bennet	2
<i>Potentilla alchemilloides</i>	Alchemilla-leaved Cinquefoil	7
<i>Potentilla aurea</i>	Golden Cinquefoil	3
<i>Potentilla erecta</i>	Tormentil	6
<i>Potentilla nitida</i>	Pink Cinquefoil	3
<i>Potentilla reptans</i>	Creeping Cinquefoil	6
<i>Prunus avium</i>	Wild Cherry	6
<i>Prunus spinosa</i>	Blackthorn	2
<i>Rosa glauca</i>	Blue-leaved Rose	4 NIF
<i>Rosa pendulina</i>	Alpine Rose	7 NIF
<i>Rubus fruticosus</i> agg.	Bramble	2
<i>Rubus idaeus</i>	Raspberry	2
<i>Sanguisorba minor</i> (<i>Poterium</i> s.)	Salad Burnet	2
<i>Sorbus aria</i> agg.	Whitebeam	2
<i>Sorbus aucuparia</i>	Rowan	4
Rubiaceae	Bedstraw Family	
<i>Cruciata laevipes</i>	a Crosswort	2
<i>Galium album</i>	Hedge Bedstraw	2
<i>Galium odoratum</i>	Woodruff	2
<i>Galium palustre</i> agg.	Marsh Bedstraw	5
<i>Galium verum</i>	Lady's Bedstraw	2
Salicaceae	Willow & Poplar Family	
<i>Populus tremula</i>	Aspen	6
<i>Salix alba</i>	White Willow	2
<i>Salix caprea</i>	Goat Willow	2
<i>Salix cinerea</i>	Grey Willow	6
<i>Salix eleagnos</i>	Rosemary Willow	6
<i>Salix x fragilis</i>	Crack Willow	4
<i>Salix herbacea</i>	Least Willow	3
<i>Salix reticulata</i>	Net-leaved Willow	3
<i>Salix waldsteiniana</i>	a Mountain Willow	3
Santalaceae	Sandalwood Family	
<i>Thesium alpinum</i>	Alpine Bastard Toadflax	6
Sapindaceae	Maple Family	
<i>Acer platanoides</i>	Norway Maple	2
<i>Acer pseudoplatanus</i>	Sycamore	2
Saxifragaceae	Saxifrage Family	
<i>Chrysosplenium alternifolium</i>	Alternate-leaved Golden Saxifrage	5
<i>Saxifraga caesia</i>	Blue Saxifrage	3
<i>Saxifraga cuneifolia</i>	Spoon-leaved Saxifrage	7
<i>Saxifraga hostii</i>	Host's Saxifrage	7
<i>Saxifraga rotundifolia</i>	Round-leaved saxifrage	5
Scrophulariaceae	Figwort Family	
<i>Scrophularia canina</i> subsp. <i>hoppii</i>	Alpine Figwort	3
<i>Scrophularia nodosa</i>	Common Figwort	2
<i>Verbascum nigrum</i>	Dark Mullein	2

Scientific name	Common name	First location / day
<i>Verbascum pulverulentum</i>	Hoary Mullein	2
Solanaceae	Nightshade Family	
<i>Atropa belladonna</i>	Deadly Nightshade	3
<i>Solanum dulcamara</i>	Bittersweet	2
Thymelaeaceae	Mezereon Family	
<i>Daphne mezereum</i>	Mezereon	3
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	2
Violaceae	Violet Family	
<i>Viola biflora</i>	Yellow Violet	3

Monocots**Monocotyledons**

Amaryllidaceae	Daffodil Family	
<i>Allium vineale</i>	Crow Garlic	2
Asparagaceae	Asparagus Family	
<i>Anthericum ramosum</i>	Branched St. Bernard's Lily	2
<i>Convallaria majalis</i>	Lily-of-the-Valley	2 NIF
<i>Maianthemum bifolium</i>	May Lily	4 NIF
<i>Polygonatum multiflorum</i>	Solomon's-seal	2
<i>Polygonatum verticillatum</i>	Whorled Solomon's-seal	4
Cyperaceae	Sedge Family	
<i>Eriophorum angustifolium</i>	Common Cotton-grass	4
Juncaceae	Rush Family	
<i>Luzula nivea</i>	Snowy Woodrush	5
Liliaceae	Lily Family	
<i>Lilium bulbiferum</i>	Orange Lily	3
<i>Lilium carnolicum*</i>	Carnic Lily	7
Melanthiaceae	Herb-Paris Family	
<i>Paris quadrifolia</i>	Herb Paris	4
<i>Veratrum lobelianum</i>	Green False-helleborine	2
Orchidaceae	Orchid Family	
<i>Anacamptis pyramidalis</i>	Pyramidal Orchid	6
<i>Cephalanthera damasonium</i>	White Helleborine	2
<i>Cephalanthera rubra</i>	Red Helleborine	2
<i>Corallorhiza trifida</i>	Coralroot Orchid	7
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	2
<i>Dactylorhiza viridis (Coeloglossum viride)</i>	Frog Orchid	3
<i>Epipactis atrorubens</i>	Dark Red Helleborine	2
<i>Epipactis palustris</i>	Marsh Helleborine	4
<i>Goodyera repens</i>	Creeping Lady's-tresses	6
<i>Gymnadenia (Nigritella) austriaca</i>	Dark Vanilla Orchid	5
<i>Gymnadenia conopsea</i> subsp. <i>densiflora</i>	Marsh Fragrant Orchid	3

Scientific name	Common name	First location / day
<i>Gymnadenia odoratissima</i>	Short-spurred Fragrant Orchid)	5
<i>Herminium monorchis</i>	Musk Orchid	3
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	4
<i>Neottia ovata</i>	Twayblade	4 NIF
Poaceae	Grass Family	
<i>Briza media</i>	Quaking Grass	2
<i>Phragmites australis</i>	Common Reed	2
Tofieldiaceae	Scottish Asphodel Family	
<i>Tofieldia calyculata</i>	Tofield's Asphodel	5

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

	Common name	Scientific name	July							
			2	3	4	5	6	7	8	9
1	Mute Swan	<i>Cygnus olor</i>								✓
2	Mallard	<i>Anas platyrhynchos</i>		✓	✓	✓	✓	✓	✓	✓
3	Alpine Swift	<i>Tachymartus melba</i>			✓					
4	Common Swift	<i>Apus apus</i>			✓	✓		✓		
5	Rock Dove	<i>Columba livia var. domestica</i>						✓		
6	Common Wood Pigeon	<i>Columba palumbus</i>		✓						✓
7	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓							
8	Yellow-legged Gull	<i>Larus michahellis</i>		✓	✓			✓		
9	Grey Heron	<i>Ardea cinerea</i>		✓	✓	✓	H	✓	✓	
10	Golden Eagle	<i>Aquila chrysaetos</i>				✓			✓	
11	Common Buzzard	<i>Buteo buteo</i>	✓		✓	✓		✓	✓	
12	Tawny Owl	<i>Strix aluco</i>							H	
13	Great Spotted Woodpecker	<i>Dendrocopos major</i>						✓		
14	Black Woodpecker	<i>Dryocopus martius</i>							H	
15	Grey-headed Woodpecker	<i>Picus canus</i>					H			
16	Wryneck	<i>Jynx torquilla</i>							✓	
17	Common Kestrel	<i>Falco tinnunculus</i>			✓	✓			✓	✓
18	Red-backed Shrike	<i>Lanius collurio</i>		✓	✓	✓				
19	Eurasian Jay	<i>Garrulus glandarius</i>		✓		✓	✓	✓	✓	
20	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>				H				
21	Alpine Chough	<i>Pyrrhocorax graculus</i>				✓				
22	Hooded Crow	<i>Corvus cornix</i>	✓		✓	✓		✓		
23	Northern Raven	<i>Corvus corax</i>		✓	✓		✓			
24	Coal Tit	<i>Parus ater</i>					✓	✓		
25	European Crested Tit	<i>Lophophanes cristatus</i>						✓		
26	Marsh Tit	<i>Poecile palustris</i>		✓	✓					
27	Willow Tit	<i>Poecile montanus</i>							✓	
28	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		H		✓	✓			
29	Great Tit	<i>Parus major</i>				✓	✓			
30	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓	✓
31	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>								✓
32	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
33	Common Chiffchaff	<i>Phylloscopus collybita</i>		✓	H	H	H	H	✓	
34	Eurasian Blackcap	<i>Sylvia atricapilla</i>		✓	✓	✓	H	H	H	
35	Common Firecrest	<i>Regulus ignicapilla</i>					✓			
36	Eurasian Wren	<i>Troglodytes troglodytes</i>		H				H	H	

	Common name	Scientific name	July								
			2	3	4	5	6	7	8	9	
37	Eurasian Nuthatch	<i>Sitta europaea</i>		H	✓	✓			✓		
38	Common Treecreeper	<i>Certhia familiaris</i>					✓				
39	Common Starling	<i>Sturnus vulgaris</i>	✓		✓						✓
40	Ring Ouzel	<i>Turdus torquatus alpestris</i>			✓						
41	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓
42	Song Thrush	<i>Turdus philomelos</i>		✓	✓	✓	✓	✓	✓	✓	✓
43	Mistle Thrush	<i>Turdus viscivorus</i>				✓	✓			H	
44	Spotted Flycatcher	<i>Muscicapa striata</i>		✓	✓	✓	✓	✓	✓	✓	
45	European Robin	<i>Erithacus rubecula</i>		✓	✓	✓	H		✓	H	
46	Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓	✓	✓	✓	✓	✓	
47	Common Redstart	<i>Phoenicurus phoenicurus</i>							H		
48	Northern Wheatear	<i>Oenanthe oenanthe</i>			✓						
49	White-throated Dipper	<i>Cinclus cinclus</i>								✓	
50	House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓
51	Eurasian Tree Sparrow	<i>Passer montanus</i>							✓	✓	
52	Alpine Accentor	<i>Prunella collaris</i>			✓						
53	Dunnock	<i>Prunella modularis</i>					✓				
54	Grey Wagtail	<i>Motacilla cinerea</i>		✓	✓	✓			✓		
55	White Wagtail	<i>Motacilla alba</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓
56	Tree Pipit	<i>Anthus trivialis</i>					✓			✓	
57	Water Pipit	<i>Anthus spinoletta</i>			✓						
58	Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓	✓	✓	✓	✓
59	Hawfinch	<i>Coccothraustes coccothraustes</i>				✓					
60	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>				✓	H	H			
61	Red Crossbill	<i>Loxia curvirostra</i>					✓			✓	
62	European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓	✓				
63	European Serin	<i>Serinus serinus</i>			✓						
64	Eurasian Siskin	<i>Spinus spinus</i>					H				

Butterflie

1	Black-veined White	<i>Aporia crataegi</i>		✓	✓						
2	Large White	<i>Pieris brassicae</i>		✓	✓				✓		
3	Green-veined White	<i>Pieris napi</i>			✓	✓	✓	✓			
4	Dark-veined White	<i>Pieris bryoniae</i>			✓						
5	Orange Tip	<i>Anthocharis cardamines</i>							✓		
6	Clouded Yellow	<i>Colias crocea</i>			✓						
7	Brimstone	<i>Gonepteryx rhamni</i>		✓		✓	✓				
8	Wood White	<i>Leptidea sinapis</i>		✓		✓					
9	Blue-spot Hairstreak	<i>Satyrium spini</i>		✓							
10	Small Copper	<i>Lycaena phlaeas</i>									✓
11	Little Blue	<i>Cupido minimus</i>				✓					
12	Mazarine Blue	<i>Cyaniris semiargus</i>		✓							✓
13	Chalk-hill Blue	<i>Polyommatus coridon</i>		✓							
14	White Admiral	<i>Limenitis camilla</i>				✓		✓	✓		
15	Red Admiral	<i>Vanessa atalanta</i>			✓	✓	✓				
16	Painted Lady	<i>Vanessa cardui</i>		✓	✓	✓	✓				✓
17	Comma Butterfly	<i>Polygonum c-album</i>					✓				
18	Silver-washed Fritillary	<i>Argynnis paphia</i>		✓			✓				✓
19	Dark Geen Fritillary	<i>Argynnis aglaja</i>				✓					
20	Lesser Marbled Fritillary	<i>Brenthis ino</i>				✓					
21	False Heath Fritillary	<i>Melitaea diamina</i>					✓				

	Common name	Scientific name	July							
			2	3	4	5	6	7	8	9
22	Heath Fritillary	<i>Mellicta athalia</i>		✓		✓	✓		✓	
23	Marsh Fritillary	<i>Eurodryas aurinia</i>			✓					
24	Marbled White	<i>Melanargia galathea procida</i>		✓		✓			✓	✓
25	Arran Brown	<i>Erebia ligea</i>				✓			✓	
26	Dewy Ringlet	<i>Erebia pandrose</i>			✓					
27	Large Ringlet	<i>Large Ringlet</i>						✓	✓	
28	Small Heath	<i>Coenonympha pamphilus</i>						✓		
29	Pearly Heath	<i>Coenonympha arcania</i>		✓		✓				
30	Speckled Wood	<i>Pararge aegeria aegeria</i>							✓	
31	Large Wall Brown	<i>Lasiommata maera</i>							✓	
32	Woodland Brown	<i>Lopinga achine</i>		✓				✓	✓	
33	Alpine Grizzled Skipper	<i>Pyrgus andromedae</i>					✓			
34	Essex Skipper	<i>Thymelicus lineola</i>				✓			✓	
35	Small Skipper	<i>Thymelicus sylvestris</i>							✓	
36	Large Skipper	<i>Ochlodes venatus</i>		✓		✓			✓	

Moths

Large Emerald, *Geometra papilionaria*
 Black Mountain Moth, *Glacies coracina*
 Pine Hawk-moth, *Sphinx pinastri*
 Humming-bird Hawk-moth, *Macroglossum stellatarum*
 Wood Tiger, *Parasemia plantaginis*
 Silver Y, *Autographa gamma*

Six-spot Burnet, *Zygaena filipendulae*
 A Geometrid, *Psodos quadrifaria*
 Broad-bordered Bee-hawk, *Hemaris fuciformis*
 Scarlet Tiger, *Callimorpha dominula*
 Nine-spotted, *Amata phegea*
 Burnet Companion, *Euclidia glyphica*

Other Invertebrates

Brilliant Emerald, *Somatochlora metallica*
 Wart-biter Cricket, *Decticus verrucivorus*
 Shield Bug, *Graphosoma lineatum*
 Marmalade Hover-fly, *Episyrphus balteatus*
 Ruby-tailed Wasp, *Chrysis* sp.
 Wood Ant, *Formica rufa*
 Cupreous Chafer, *Anomala cuprea*
 European Glow-worm, *Lampyris noctiluca*
 Spotted Longhorn (Flower-beetle), *Rutpela maculata*

Green Mountain Grasshopper, *Miramella alpina*
 Alpine Dark Bush-cricket, *Pholidoptera aptera*
 Scorpion Fly, *Panorpa meridionalis*
 Hornet Hover-fly, *Volucella zonaria*
 An Ichneumon, *Rhyssa persuasoria*
 Rose Chafer, *Cetonia aurata*
 Colorado Beetle, *Leptinotarsa decemlineata*
 Italian Firefly, *Luciola italica*

Gastropods & Molluscs

Roman Snail, *Helix pomatia*

Mammals

Wild Boar, *Sus scrofa*
 European Roe Deer, *Capreolus capreolus*
 Alpine Marmot, *Marmota marmota*

Red Deer, *Cervus elaphus*
 Red Squirrel, *Sciurus vulgaris*
 Mole, *Talpa europaea*

Amphibians & Reptiles

Alpine Salamander, *Salamandra atra*
 Yellow-bellied Toad, *Bombina variegata*
 Common Lizard, *Zootoca vivipara*

Alpine Newt, *Ichthyosaura alpestris*
 Common Toad, *Bufo bufo*

Social Media

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



www.facebook.com/naturetrekwildlifeholidays



www.twitter.com/naturetrektours



www.instagram.com/naturetrek_wildlife_holidays