

# Wengen - The alpine flowers of the Swiss Alps

Naturetrek Tour Report

15 - 22 June 2008

---



Report compiled by David Tattersfield



Naturetrek Cheriton Mill Cheriton Alresford Hampshire SO24 0NG England

T: +44 (0)1962 733051

F: +44 (0)1962 736426

E: [info@naturetrek.co.uk](mailto:info@naturetrek.co.uk)

W: [www.naturetrek.co.uk](http://www.naturetrek.co.uk)

Tour Leader:	David Tattersfield
Participants:	John Stillwell
	Robert Blewitt
	Pauline Blewitt
	Richard Dewing
	Heather Stockton
	June Dowson
	Al Parks
	Valerie Herring
	Peter Herring
	Martin Thompson
	Penny Thompson
	Linda Morris
	Phill Blanning
	Alison Kirkby
	Sarah Warrener
	Christine Payne

## Day 1

Sunday 15th June

For all of us, this was our first experience of Heathrow's new Terminal 5. We departed on time for Zurich and were soon enjoying the air-conditioned comfort of the inter-city train to Interlaken. Here we changed trains for Lauterbrunnen following the milky Lutschine River up through the forests. For the final leg of our journey, we boarded the cogwheel railway, which threads its way under and through the limestone cliffs, to Wengen, perched high on the alp above. After the short walk to our hotel we had plenty of time to settle in and relax after the journey before our evening meal.

## Day 2

Monday 16th June

Europe was experiencing an unusually late spring and unsettled weather. Cloud obscured the mountains and the morning was decidedly damp so we set off down to Lauterbrunnen through meadows and forest, crossing the railway several times. There were many interesting plants to discover including Bird's nest Orchid, *Neottia nidus-avis*, Herb Paris, *Paris quadrifolia*, and Baneberry, *Actaea spicata* under the trees and Masterwort, *Astrantia major* and Dark Columbine, *Aquilegia atrata* in the hay-meadows. We had time for a coffee, before catching the bus to Trummelbach and lunching by the river. The Trummelbach Falls, where the river draining the Jungfrau and Monch glaciers corkscrews through the sheer limestone cliffs, was an unforgettable experience, but it was pleasant to emerge into a warmer environment and relax at the café. Most of the group chose to return to Lauterbrunnen by the gentle route through the meadows and take the train back to Wengen.

Alison and I took a more strenuous option, climbing the zigzag path that threads its way up and through the cliffs, taking four hours and getting a thorough soaking in the process. However the effort was worthwhile for the views and the splendid plants we saw on the way.

## Day 3

Tuesday 17th June

Cloud was still obscuring the mountains and prudence suggested that it would be pointless going too high. We took the train down to Lauterbrunnen and ascended the steep valley side to Grutschalp using the impressive new cable car. Another train took us to Murren and after a short stroll through the village we boarded the funicular railway to Almendhubel where morning coffee was most welcome, before our day's walk. The pasture was studded with pristine clumps of gentians, *Gentiana acaulis* and Mountain Pansy, *Viola lutea* was common in a variety of colour combinations. We managed to eat lunch in the dry, before the inevitable rain. The late season was indicated by plants such as Alpine Pasque Flower, *Pulsatilla alpina* subsp. *apiifolia*, Alpine Snowbell, *Soldanella alpina* and Spring Crocus, *Crocus vernus* subsp. *albiflorus* and we crossed a number of snow patches on our way back to Grutschalp. Despite the afternoon rain, we enjoyed a range of new habitats, each providing new species to add to our list. The weather had also brought out a number of Alpine Salamanders as we descended through the forest to catch the cable car.

## Day 4

Wednesday 18th June

At last the weather appeared to be improving, so we took the cable car up to Mannlichen. We were immediately in a different world, surrounded by tantalising glimpses of lofty snow-covered peaks and with a wealth of alpine flowers at our feet. We made slow progress towards Mannlichen summit. The turf was studded with Gentians, Violas, Louseworts and many more species typical of alpine pasture, while slopes and cliffs, of varying aspect, provided habitats for a wide array of dwarf shrub and snow-bed communities. Globe Flower, *Trollius europaeus* Alpine Snowbell, *Soldanella alpina* Trumpet Gentian, *Gentiana acaulis* masses of *Crocus albiflorus* all competed for our attention. We reassembled at the café near the top of the Grindelwald cable car for light refreshments, before finding a spot for lunch among stunning displays of Spring Pasque Flower, *Pulsatilla vernalis*. As our planned path was still snowbound, we took a lower trail, which meandered gently down to the forest. There were many distractions of new plants and views of the imposing north wall of the Eiger, but with a constant eye on the time we eventually arrived at Kleine Schidegge to catch the last train down to Wengen.

## Day 5

Thursday 19th June

A short train journey deposited us at Wengernalp in brilliant sunshine where we spent some time identifying new plants on the bank behind the station platform. The meadows beyond were full of photogenic Swiss cows and we stopped for refreshments, surrounded by swathes of colourful flowers. Wet flushes contained Broad-leaved Marsh Orchid, *Dactylorhiza majalis* and Bavarian Gentian, *Gentiana bavarica*, while the drier hillsides were ablaze with *Rhododendron ferrugineum* and *Trollius europaeus*. The path continued into an area of forest where Nutcrackers could be heard overhead. Here was a quite different flora, with new and very localised plants such as Nodding Wintergreen, *Orthilia secunda*, One-flowered Wintergreen, *Moneses uniflora* and the inconspicuous saprophytic Coralroot Orchid, *Corallorhiza trifida*.

We had lunch in an idyllic spot looking up to the west face of the Eiger, before setting off to explore the alpine meadows. The highlight of the afternoon was undoubtedly the dozens of Lady's Slipper Orchid, *Cypripedium calceolus*, all in perfect condition. It was then a long but pleasant sunny walk down through meadows and forests to Wengen.

## Day 6

Friday 20th June

After yesterday's excursion, we welcomed an easy day. Two trains took us down to Wilderswil where we boarded the exciting rack-railway up to Schynige Platte. The main attraction for us was the Alpine Garden which is extremely well laid out in a natural setting. It gave us all an opportunity to brush up on the plants we had already seen and see more of a wider distribution in the Alps. The weather was perfect with clouds enhancing the panorama of peaks to the south. After lunch on the station platform, we walked across to the viewpoint to look down on Interlaken and the turquoise Brienzensee. The limestone slopes were home to several notable new plants, including Leafy Lousewort, *Pedicularis foliosa*, Limestone Fern, *Gymnocarpium robertianum* and Rigid Buckler-fern, *Dryopteris villarii*. All too soon it was time to return to the station to catch our return train.

## Day 7

Saturday 21st June

The weather had been improving throughout the week and our last full day was to be almost perfect. We took the trains as far as Eigergletscher and spent some time exploring the moraines left by the retreating glacier. Several plants have made this harsh environment their exclusive home and advertise their presence with spectacular flowers. Among these, Broad-leaved Mouse-ear, *Cerastium latifolium*, Mt. Cenis Pansy, *Viola cenisia* and the deliciously scented Round-leaved Pennycress, *Thlaspi rotundifolium* were greatly admired. Back through the station, we joined the start of the North Face Trail, which meanders round to the starting-point of the classic climbs on the Eigernordwand. It was still early spring, here, as the snow had not long gone. Glacier Crowfoot, *Ranunculus glacialis* splashed the screes with white and pink blooms and the turf was studded with bright blue Gentians, *Gentiana clusii* and *Gentiana verna*. Crimson-tipped Lousewort, *Pedicularis oederi*, a rare plant in Switzerland, grew alongside Snowdon Lily, *Lloydia serotina*, and Alpine Butterwort, *Pinguicula alpina*. We had a leisurely lunch overlooking the North Face and enjoying the magnificent panorama with a flock of Alpine Chough around our feet, eager for any scraps. After negotiating a number of snowbeds the final section of the trail descended steeply past impressive waterfalls to Alpiglen, where we caught the train back to Kleine Scheidegg.

## Day 8

Sunday 22nd June

Another perfect day dawned with the sun gleaming on the pristine snow of the Jungfrau. After breakfast we were able to enjoy the views from the hotel, before wandering down to the village to catch the mid-morning train and returning to Zurich later for our return flight home...

## 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](http://www.naturetrek.co.uk) to sign up.

## Species Lists

### Plants

#### ***Pteridophyta***

##### ***Aspidiaceae***

*Dryopteris affinis (borreri)*  
*Dryopteris austriaca*  
*Dryopteris carthusiana*  
*Dryopteris dilatata*  
*Dryopteris expansa*  
*Dryopteris filix-mas*  
*Dryopteris villarii*  
*Gymnocarpium dryopteris*  
*Gymnocarpium robertianum*  
*Polystichum aculeatum*  
*Polystichum lonchitis*

##### ***Aspleniaceae***

*Asplenium adiantum-nigrum*  
*Asplenium ruta-muraria*  
*Asplenium septentrionale*  
*Asplenium trichomanes*  
*Asplenium viride*  
*Ceterach officinarum*  
*Phyllitis scolopendrium*

##### ***Athyriaceae***

*Athyrium filix-femina*  
*Athyrium distentifolium*  
*Cystopteris alpina*  
*Cystopteris fragilis*  
*Cystopteris montana*  
*Woodsia alpina*

##### ***Blechnaceae***

*Blechnum spicant*

##### ***Cryptogrammaceae***

*Cryptogramma crispa*

##### ***Dennstaedtiaceae***

*Pteridium aquilinum*

##### ***Equisetaceae***

*Equisetum fluviatile*  
*Equisetum arvense*  
*Equisetum palustre*  
*Equisetum sylvaticum*

##### ***Lycopodiaceae***

*Diphasiastrum alpinum*  
*Huperzia selago*  
*Lycopodiella annotinum*  
*Lycopodium clavatum*

#### **Ferns and Fern Allies**

##### ***Dryopteris Family***

Scaly Male Fern Widespread  
 Broad Buckler-fern Occasional  
 Narrow Buckler-fern Damp scrub  
 Northern Buckler-fern Damp scrub  
 Male Fern Widespread  
 Rigid Buckler-fern Oberberghorn  
 Oak Fern Woods. Local  
 Limestone Fern Schynige Platte  
 Hard Shield-fern Woods. Occasional  
 Holly Fern Mountain rocks

##### ***Spleenwort Family***

Black Spleenwort Shady cliffs  
 Wall Rue Walls  
 Forked Spleenwort Rare, on rocks  
 Maidenhair Spleenwort Walls and cliffs  
 Green Spleenwort Mountain rocks.  
 Rusty Back Uncommon  
 Hartstongue Uncommon

##### ***Athyrium Family***

Lady Fern Occasional  
 Alpine Lady Fern Above Murren  
 Alpine Bladder Fern Eiger  
 Brittle Bladder fern Frequent. Rocks  
 Mountain Bladder Fern Trummelbach  
 Rare. Above Murren

##### ***Blechnum Family***

Hard Fern Above Grutschalp

##### ***Parsley Fern Family***

Parsley Fern Acidic rocks

##### ***Bracken Family***

Bracken Valley woodland.

##### ***Horsetail Family***

Water Horsetail Rare in pools  
 Field Horsetail Meadows and track sides  
 Marsh Horsetail Occasional. Wet pasture  
 Wood Horsetail Woods and damp pasture

##### ***Clubmoss Family***

Alpine Clubmoss Occasional. Mountain turf  
 Fir Clubmoss Frequent. Acidic pastures  
 Interrupted Clubmoss Local. Almend  
 Stagshorn Clubmoss Local. Above Grutschalp

<b>Ophioglossaceae</b>	<b>Adder's Tongue Family</b>	
<i>Botrychium lunaria</i>	Moonwort	Short turf. Widespread
<i>Botrychium virginianum</i>		Trummelbach
<b>Polypodiaceae</b>	<b>Polypody Family</b>	
<i>Polypodium vulgare</i>	Common Polypody	Occasional on rocks
<b>Selaginellaceae</b>	<b>Lesser Clubmoss Family</b>	
<i>Selaginella selaginoides</i>	Lesser Clubmoss	Occasional in turf
<b>Thelypteridaceae</b>	<b>Thelypteris Family</b>	
<i>Oreopteris limbosperma</i>	Lemon-scented Fern	Alder Scrub
<i>Phegopteris connectilis</i>	Beech Fern	Woods. Occasional
<b>Gymnospermae</b>	<b>Conifers</b>	
<b>Cupressaceae</b>	<b>Cypress Family</b>	
<i>Juniperus communis subsp. nana</i>	Common Juniper	Occasional
<b>Pinaceae</b>	<b>Pine family</b>	
<i>Abies alba</i>	European Silver Fir	Forests
<i>Picea abies</i>	Norway Spruce	Forests
<i>Pinus cembra</i>	Arolla Pine	Occasional. Planted
<i>Pinus mugo</i>	Dwarf Mountain Pine	Tree-line
<i>Pinus sylvestris</i>	Scots Pine	Widespread
<i>Pinus uncinata</i>	Occasional	
<i>Pseudotsuga menziesii</i>	Douglas Fir	Occasional. Planted
<b>Taxaceae</b>	<b>Yew Family</b>	
<i>Taxus baccata</i>	Yew	Occasional. Forests
<b>Angiospermae</b>	<b>Flowering Plants</b>	
<b>Ranunculaceae</b>	<b>Buttercup Family</b>	
<i>Aconitum napellus</i>	Common Monkshood	Damp meadows
<i>Aconitum vulparia</i>	Wolfsbane	Frequent. Forest
<i>Actaea spicata</i>	Baneberry	Woods below Wengen
<i>Anemone nemorosa</i>	Wood Anemone	Widespread
<i>Anemone narcissiflora</i>	Narcissus-flowered Anemone	Mountain pasture
<i>Aquilegia alpina</i>	Alpine Columbine	Biglenalp
<i>Aquilegia atrata</i>	Dark Columbine	Forest and meadows
<i>Caltha palustris</i>	Marsh Marigold	Flushes and streamsides
<i>Clematis alpina</i>	Alpine Clematis	Alpine Garden
<i>Delphinium elatum</i>	Alpine Larkspur	Occasional. Forest
<i>Hepatica nobilis</i>	Hepatica	Woodland
<i>Pulsatilla alpina subsp. alpina</i>	Alpine Pasque Flower	Frequent. White flowers
<i>Pulsatilla alpina subsp. apuifolia</i>	Alpine Pasque Flower	Frequent. Yellow flowers
<i>Pulsatilla vernalis</i>	Spring Pasque Flower	Common. Mannlichen
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup	Locally common.
<i>Ranunculus acris</i>	Meadow Buttercup	Common
<i>Ranunculus alpestris</i>		
<i>Ranunculus glacialis</i>	Glacier Crowfoot	
<i>Ranunculus kuepferi</i>	Keupfer's Buttercup	Mannlichen. Endemic
<i>Ranunculus montanus</i>	Mountain Buttercup	Mountain pasture
<i>Ranunculus parnassifolius</i>	Parnassus-leaved Buttercup	Alpine Garden
<i>Ranunculus repens</i>	Creeping Buttercup	Meadows

<i>Thalictrum alpinum</i>	Alpine Meadow Rue	Alpine turf
<i>Thalictrum aquilegifolium</i>	Great Meadow Rue	Meadows
<i>Thalictrum foetidum</i>	Stinking Meadow Rue	Trummelbach
<i>Trollius europaeus</i>	Globeflower	Damp pasture
<b>Papaveraceae</b>	<b>Poppy Family</b>	
<i>Papaver rhoeas</i>	Common Poppy	Occasional
<b>Fagaceae</b>	<b>Beech Family</b>	
<i>Castanea sativa</i>	Sweet Chestnut	Occasional. Planted
<i>Fagus sylvatica</i>	Beech	Valley forest
<i>Quercus petraea</i>	Sessile Oak	Frequent. Woods
<i>Quercus robur</i>	Pedunculate Oak	Occasional
<b>Betulaceae</b>	<b>Birch Family</b>	
<i>Alnus glutinosa</i>	Common Alder	Valleys, by rivers
<i>Alnus viridis</i>	Green Alder	Mountain scrub
<i>Betula pendula</i>	Silver Birch	Widespread
<i>Betula pubescens</i>	Downy Birch	Frequent
<b>Corylaceae</b>	<b>Hazel Family</b>	
<i>Corylus avellana</i>	Hazel	Frequent in woodland
<b>Cannabaceae</b>	<b>Hop Family</b>	
<i>Humulus lupulus</i>	Hop	Below Wengen
<b>Juglandaceae</b>	<b>Walnut Family</b>	
<i>Juglans regia</i>	Walnut	Occasional. Planted
<b>Ulmaceae</b>	<b>Elm Family</b>	
<i>Ulmus glabra</i>	Wych Elm	Valleys
<b>Urticaceae</b>	<b>Nettle Family</b>	
<i>Urtica dioica</i>	Stinging Nettle	Widespread
<b>Chenopodiaceae</b>	<b>Goosefoot Family</b>	
<i>Chenopodium album</i>	Fat Hen	Occasional weed
<b>Caryophyllaceae</b>	<b>Pink Family</b>	
<i>Arenaria ciliata</i>	Ciliate-leaved Sandwort	Scree
<i>Minuartia sedoides</i>	Mossy Cyphel	Alpine rocks and turf
<i>Minuartia verna</i>	Vernal Sandwort	Rocky places
<i>Moebria ciliata</i>	Creeping Sandwort	Scree
<i>Moebria muscosa</i>	Woods, Trummelbach	
<i>Stellaria nemorum</i>	Wood Stitchwort	Woods
<i>Stellaria media</i>	Common Chickweed	Occasional
<i>Stellaria holostea</i>	Greater Stichwort	Occasional
<i>Stellaria graminea</i>	Lesser Stichwort	Woods and meadows
<i>Cerastium alpinum</i>	Alpine Mouse-ear	Mountain turf
<i>Cerastium cerastoides</i>	Starwort Mouse-ear	Rocks and pasture
<i>Cerastium fontanum</i>		
<i>Cerastium glomeratum</i>	Sticky Mouse-ear	Waste places
<i>Cerastium latifolium</i>	Broad-leaved Mouse-ear	Moraines and scree
<i>Sagina saginoides</i>	Alpine Pearlwort	Alpine turf and scree
<i>Lycnis flos-cuculi</i>	Ragged Robin	Wet flushes
<i>Silene nutans</i>	Nottingham Catchfly	Occasional. Rocks
<i>Silene rupestris</i>	Rock Campion	Local on rocks

<i>Silene vulgaris</i>	Bladder Campion	Occasional. Meadows
<i>Silene acaulis</i>	Moss Campion	Mountain turf
<i>Silene exscapa</i>	Mountain turf	
<i>Silene pratensis</i>	White Campion	Occasional. Tracksides
<i>Silene dioica</i>	Red Campion	Frequent. Meadows
<i>Gypsophila repens</i>	Alpine Gypsophila	Frequent
<i>Dianthus barbatus</i>	Sweet William	Garden-escape. Wengen
<i>Dianthus sylvestris</i>	Rocky places. Local	
<b>Polygonaceae</b>	<b>Dock Family</b>	
<i>Oxyria digyna</i>	Mountain Sorrel	Rocks and screes
<i>Polygonum bistorta</i>	Bistort	Damp pasture
<i>Polygonum viviparum</i>	Alpine Bistort	Common
<i>Reynoutria japonica</i>	Japanese Knotweed	Invasive alien
<i>Rumex acetosa</i>	Common Sorrel	Widespread
<i>Rumex acetosella</i>	Sheep's Sorrel	Acidic pasture
<i>Rumex alpestris</i>	Widespread	
<i>Rumex alpinus</i>	Monks Rhubarb	Disturbed pasture
<i>Rumex obtusifolius</i>	Broad-leaved Dock	Occasional
<i>Rumex scutatus</i>	Rubble Dock	Occasional. Screens
<b>Hypericaceae</b>	<b>StJohn's Wort Family</b>	
<i>Hypericum maculatum</i>	Imperforate St.Johnswort	Frequent
<b>Tiliaceae</b>	<b>Lime Family</b>	
<i>Tilia platyphyllos</i>	Large-leaved Lime	Valleys
<b>Cistaceae</b>	<b>Rock-rose Family</b>	
<i>Helianthemum nummularium</i> subsp. <i>grandiflorum</i>	Common	
<b>Violaceae</b>	<b>Violet Family</b>	
<i>Viola biflora</i>	Yellow Wood Violet	Common
<i>Viola calcarata</i>	Long-spurred Pansy	Locally common
<i>Viola cenisia</i>	Mt. Cenis Pansy	Moraines and scree
<i>Viola lutea</i>	Mountain Pansy	Murren
<i>Viola palustris</i>	Bog Violet	Common
<i>Viola riviniana</i>	Common Dog Violet	Common
<b>Salicaceae</b>	<b>Willow Family</b>	
<i>Populus alba</i>	White Poplar	Valleys
<i>Populus tremula</i>	Aspen	Occasional
<i>Salix aurita</i>	Eared Sallow	Widespread
<i>Salix breviserrata</i>	Finely-toothed Willow	Occasional
<i>Salix foetida</i>	Above Grutschalp	
<i>Salix hastata</i>	Large-stipuled Willow	Lauberhorn
<i>Salix glaucosericea</i>	Silky Willow	Lauberhorn
<i>Salix hegetschweileri</i>	Alpine Willow	Alpine turf. Eiger
<i>Salix helvetica</i>	Swiss Willow	Planted. Murren
<i>Salix herbacea</i>	Least willow	Mountain turf
<i>Salix laggeri</i>	Lagger's Willow	
<i>Salix myrsinites</i>	Whortle-leaved Willow	Mountain turf
<i>Salix reticulata</i>	Net Leaved Willow	Alpine rocks and turf
<i>Salix retusa</i>	Retuse-leaved Willow	Alpine rocks and turf
<i>Salix serpyllifolia</i>	Alpine rocks and turf	
<i>Salix viminalis</i>	Osier	Occasional. Riversides



**Brassicaceae**

*Alliaria petiolata*  
*Arabis alpina* subsp. *alpina*  
*Arabis bellidifolia*  
*Arabis caerulea*  
*Biscutella laevigata*  
*Capsella bursa-pastoris*  
*Cardamine hirsuta*  
*Cardamine pentaphyllos*  
*Cardamine pratensis*  
*Cardamine resedifolia*  
*Draba aizoides*  
*Draba dubia*  
*Draba tomentosa*  
*Erophila verna*  
*Hesperis matronalis*  
*Hugueninia tanacetifolia*  
*Hutchinsia alpina*  
*Kerneria saxatilis*  
*Thlaspi perfoliatum*  
*Thlaspi rotundifolium*  
 subsp. *rotundifolium*

**Ericaceae**

*Calluna vulgaris*  
*Empetrum nigrum* subsp.  
*hermaphroditum*  
*Erica herbacea* (= *carnea*)  
*Rhododendron hirsutum*  
*Rhododendron ferrugineum*  
*Loiseleuria procumbens*  
*Arctostaphylos alpinus*  
*Arctostaphylos uva-ursi*  
*Vaccinium myrtillus*  
*Vaccinium uliginosum*  
*Vaccinium vitis-idaea*

**Monotropaceae**

*Monotropa hypopitys*

**Pyrolaceae**

*Moneses uniflora*  
*Orthilia secunda*  
*Pyrola minor*

**Primulaceae**

*P. auricula*  
*Primula elatior*  
*P. farinosa*  
*P. hirsuta*  
*Androsace helvetica*  
*Androsace obtusifolia*  
*A. chamaejasme*  
*A. pubescens*  
*Soldanella alpina*  
*Soldanella pusilla*  
*Lysimachia nemorum*

**Cress Family**

Garlic Mustard  
 Alpine Rockcress  
 Mountain rocks  
 Blue Rockcress  
 Buckler Mustard  
 Shepherd's Purse  
 Hairy Bittercress  
 Damp forest  
 Lady's Smock  
 Mignonette-leaved Bittercress  
 Yellow Whitlow-grass  
 Austrian Whitlow-grass  
 Rocks. Almendhubel  
 Spring Whitlow-grass  
 Dame's Violet  
 Tansy-leaved Rocket  
 Chamois Cress  
 Kerneria  
 Perfoliate Pennycress  
 Round-leaved Pennycress

**Heath Family**

Ling  
 Crowberry  
 Spring Heath  
 Hairy Alpenrose  
 Alpenrose  
 Creeping Azalea  
 Alpine Bearberry  
 Bearberry  
 Bilberry  
 Bog Whortleberry  
 Cowberry

**Wintergreen Family**

One-flowered Wintergreen  
 One-sided Wintergreen  
 Lesser Wintergreen

**Primrose Family**

Bears Ears  
 Oxlip  
 Birdseye Primrose  
 Hairy Primrose  
 Swiss Androsace  
 Blunt-lvd Rock Jasmine  
 Ciliate Rock Jasmine  
 Hairy Rock Jasmine  
 Alpine Snowbell  
 Dwarf snowbell  
 Yellow Pimpernel

Tracksides  
 Alpine rocks  
 Screens and moraines  
 Rocky places  
 Widespread  
 Occasional  
 Wet places  
 Mountain rocks  
 Moraines  
 Rocky places  
 Occasional  
 Garden escape  
 Schynige Platte  
 Mountain rocks  
 Rocks  
 Near habitation  
 Moraines and screes

Frequent  
 Acidic heaths  
 Biglenalp  
 Biglenalp  
 Common  
 Acidic heaths  
 Occasional  
 Acidic heaths  
 Common  
 Frequent  
 Common

Rare. Forests

Forest  
 Biglenalp  
 Forests

Mountain rocks and turf  
 Snowbeds  
 Mountain turf  
 Mountain rocks  
 Alpine rocks  
 Alpine rocks  
 Frequent  
 Rare  
 Snowbeds  
 Rare  
 Damp woods

**Crassulaceae**

*Rhodiola rosea*  
*Sedum album*  
*Sedum alpestre*  
*Sedum atratum*  
*Sedum dasyphyllum*  
*Sedum spurium*  
*Sedum reflexum*  
*Sedum rubens*  
*Sedum sexangulare*  
*Sempervivum montanum*  
*Sempervivum tectorum*

**Saxifragaceae**

*Saxifraga aizoides*  
*Saxifraga androsacea*  
*Saxifraga aspera*  
*Saxifraga caesia*  
*Saxifraga moschata*  
*Saxifraga oppositifolia*  
*Saxifraga paniculata*  
*Saxifraga rotundifolia*  
*Saxifraga stellaris*

**Parnassiaceae**

*Parnassia palustris*

**Rosaceae**

*Agrimonia eupatoria*  
*Alchemilla alpina*  
*Alchemilla pentaphyllea*  
*Alchemilla glabra* agg.  
*Aruncus dioicus*  
*Cotoneaster integerrima*  
*Crataegus monogyna*  
*Dryas octopetala*  
*Filipendula ulmaria*  
*Fragaria vesca*  
*Geum montanum*  
*Geum rivale*  
*Geum urbanum*  
*Potentilla aurea*  
*Potentilla crantzii*  
*Potentilla erecta*  
*Prunus avium*  
*Rosa glauca*  
*Rosa micrantha*  
*Rosa pendulina*  
*Rubus idaeus*  
*Rubus saxatilis*  
*Sanguisorba minor*  
*Sibbaldia procumbens*  
*Sorbus aria*  
*Sorbus aucuparia*  
*Sorbus chamaemespilus*

**Stonecrop Family**

Roseroot  
 White Stonecrop  
 Alpine Stonecrop  
 Dark Stonecrop  
 Thick-leaved Stonecrop  
 Caucasian Stonecrop  
 Rock Stonecrop  
 Rocks  
 Tasteless Stonecrop  
 Mountain Houseleek  
 Common Houseleek

Cliffs  
 Walls. Wengen  
 Mountain rocks  
 Rocks  
 Walls and rocks  
 Garden-escape. Wengen  
 Occasional. Rocks  
 Walls. Wengen  
 Rocks  
 Occasional. Rocks

**Saxifrage Family**

Yellow Mountain Saxifrage  
 Scree Saxifrage  
 Rough Saxifrage  
 Blue Saxifrage  
 Musky Saxifrage  
 Purple Saxifrage  
 Livelong Saxifrage  
 Round-leaved Saxifrage  
 Starry Saxifrage

Wet turf and screes  
 Damp screes and rocks  
 Occasional. Rocks  
 Limestone rocks. Local  
 Mountain rocks and turf  
 Rocks, moraines, screes  
 Rocks and cliffs  
 Damp woodland  
 Acidic flushes

**Grass of Parnassus Family**

Grass of Parnassus

Damp flushes

**Rose Family**

Agrimony  
 Alpine Lady's Mantle  
 Cut-leaved Lady's Mantle  
 Occasional  
 Goatsbeard Spiraea  
 Wild Cotoneaster  
 Hawthorn  
 Mountain Avens  
 Meadowsweet  
 Wild Strawberry  
 Alpine Avens  
 Water Avens  
 Herb Bennet  
 Golden Cinquefoil  
 Alpine Cinquefoil  
 Tormentil  
 Wild Cherry  
 Blue-leaved Rose  
 Occasional  
 Alpine Rose  
 Raspberry  
 Stone Bramble  
 Salad Burnet  
 Sibbaldia  
 Whitebeam  
 Rowan  
 False Medlar

Occasional  
 Common  
 Mountain turf  
 Woods. Below Wengen  
 Oberberghorn  
 Woods. Scrub  
 Mountain rocks and scree  
 Meadows. Wilderswil  
 Woods and pasture  
 Mountain turf  
 Occasional  
 Woods  
 Mountain turf. Occasional  
 Mountain turf. Common  
 Acidic turf  
 Woods  
 Occasional  
 Frequent. Mountains  
 Woods  
 Occasional. Rocky places  
 Widespread  
 Snowpatches  
 Occasional. Woods  
 Woods. Scrub  
 Murren. Biglenalp

**Fabaceae**

*Astragalus alpinus*  
*Astragalus australis*  
*Astragalus frigidus*  
*Coronilla vaginalis*  
*Ononis repens*  
*Oxytropis campestris*  
*Oxytropis jacquini*  
*Oxytropis lapponica*  
*Robinia pseudacacia*  
*Vicia cracca*  
*Vicia sepium*  
*Vicia sylvatica*  
*Vicia lutea*  
*Lathyrus aphaca*  
*Lathyrus laevigatus subsp. occidentalis*  
*Lathyrus pratensis*  
*Melilotus alba*  
*Medicago sativa*  
*Medicago lupulina*  
*Trifolium alpinum*  
*T. trifolium montanum*  
*Trifolium repens*  
*Trifolium badium*  
*Trifolium pratense*  
*Trifolium thalii*  
*Lotus corniculatus*  
*Lotus alpinus*  
*Lotus uliginosus*  
*Anthyllis vulneraria subsp. alpestris*  
*Hippocrepis comosa*  
*Hedysarum hedysaroides*  
*Onobrychis montana*  
*Onobrychis viciifolia*  
*Onobrychis arenaria*

**Thymelaceae**

*Daphne mezereum*

**Onagraceae**

*Chamaenerion angustifolium*  
*Epilobium alpestre*  
*Epilobium alsinifolium*  
*Epilobium anagallidifolium*

**Cornaceae**

*Cornus sanguinea*

**Santalaceae**

*Thesium alpinum*  
*Thesium pyrenaicum*

**Euphorbiaceae**

*Mercurialis perennis*  
*Euphorbia cyparissias*

**Pea Family**

Alpine Milk-vetch  
 Southern Milk-vetch  
 Pallid Milk-vetch  
 Small Scorpion Vetch  
 Common Restharrow  
 Yellow Milk-vetch  
 Mountain Milk-vetch  
 Northern Milk-vetch  
 False Acacia  
 Tufted Vetch  
 Bush Vetch  
 Wood Vetch  
 Yellow Vetch  
 Yellow Vetchling  
 Yellow Pea  
 Meadow Vetchling  
 White Melilot  
 Lucerne  
 Black Medick  
 Alpine Clover  
 Mountain Clover  
 White Clover  
 Brown Clover  
 Red Clover  
 Mountain turf  
 Birdsfoot Trefoil  
 Alpine Birdsfoot Trefoil  
 Greater Birdsfoot Trefoil  
 Common Kidney Vetch  
 Horseshoe Vetch  
 Alpine Sainfoin  
 Mountain Sainfoin  
 Sainfoin  
 Small Sainfoin

Below Wengen

Occasional. Planted

Meadows

Grutschalp

Lauterbrunnen

Common

Common

Frequent

Frequent

Mountain meadows

Meadows

Meadows

Mountain turf

Occasional

Mountain pasture

Common. Limestone

Mountain pasture

Occasional

Occasional

**Daphne Family**

Mezereum

Local

**Willowherb Family**

Rosebay Willowherb

Occasional

Chickweed Willowherb

Frequent

Alpine Willowherb

Frequent

Frequent

**Dogwood Family**

Dogwood

Woods

**Sandalwood Family**

Alpine Bastard Toadflax

Occasional. Pasture

Pyrenean Bastard Toadflax

Occasional. Pasture

**Spurge Family**

Dogs Mercury

Woods

Cypress Spurge

Trummelbach

**Linaceae**

*Linum alpinum*  
*Linum catharticum*

**Flax Family**

Wengernalp  
Purging Flax

Common

**Polygalaceae**

*Polygala chamaebuxus*  
*Polygala vulgaris*  
*Polygala alpestris*  
*Polygala alpina*

**Milkwort Family**

Shrubby Milkwort  
Common Milkwort  
Mountain Milkwort  
Alpine Milkwort

Frequent

**Aceraceae**

*Acer platanoides*  
*Acer campestre*  
*Acer pseudoplatanus*

**Maple Family**

Norway Maple  
Field Maple  
Sycamore

Occasional  
Frequent  
Common

**Geraniaceae**

*Geranium sylvaticum*  
*Geranium pyrenaicum*  
*Geranium robertianum*

**Geranium Family**

Wood Cranesbill  
Pyrenean Cranesbill  
Herb Robert

Common  
Common  
Common

**Balsaminaceae**

*Impatiens parviflora*

**Balsam Family**

Small Balsam

Woods. Alien

**Oxalidaceae**

*Oxalis acetosella*

**Wood Sorrel Family**

Wood Sorrel

**Araliaceae**

*Hedera helix*

**Ivy Family**

Ivy

**Apiaceae**

*Astrantia major*  
*Astrantia minor*  
*Athamanta cdetensis*  
*Chaerophyllum hirsutum*  
*Laserpitium latifolium*  
*Pimpinella major*  
*Pimpinella saxifraga*  
*Aegopodium podagraria*  
*Bupleurum stellatum*  
*Ligusticum mutellina*  
*Ligusticum mutellinoides*  
*Peucedanum ostruthium*  
*Heracleum sphondylium*

**Carrot Family**

Great Masterwort  
Lesser Masterwort

Greater Burnet Saxifrage  
Burnet Saxifrage  
Ground Elder

Alpine Lovage

Masterwort  
Hogweed

**Gentianaceae**

*Gentiana asclepiadea*  
*Gentiana purpurea*  
*Gentiana bavarica*  
*Gentiana brachyphylla*  
*Gentiana clusii*  
*Gentiana lutea*  
*Gentiana acaulis*  
*Gentiana verna*  
*Gentiana nivalis*

**Gentian Family**

Willow Gentian  
Purple Gentian  
Bavarian Gentian  
Short-leaved Gentian  
Clusius's Gentian  
Great Yellow Gentian  
Trumpet Gentian  
Spring Gentian  
Snow Gentian

Woods  
Murren  
Marshes  
Mannlichen  
Limestone  
Pasture  
Mountain pasture  
Common  
Eiger

**Asclepiadaceae**

*Vincetoxicum hirundinaria*

**Milkweed Family**

Swallow-wort

Frequent

**Boraginaceae**

<i>Echium vulgare</i>	Viper's Bugloss	Wengen
<i>Asperugo procumbens</i>	Madwort	
<i>Myosotis alpestris</i>	Alpine Wood forget-me-not	Common

**Lamiaceae**

<i>Ajuga pyramidalis</i>	Pyramidal Bugle	
<i>Ajuga reptans</i>	Common Bugle	
<i>Teucrium montanum</i>		
<i>Teucrium scorodonia</i>	Wood Sage	
<i>Galeopsis tetrahit</i>	Common Hemp Nettle	
<i>Lamium galeobdolon</i>	Yellow Archangel	
<i>Origanum vulgare</i>		
<i>Stachys alpina</i>	Alpine Betony	
<i>S. sylvatica</i>	Hedge Woundwort	
<i>Glechoma hederacea</i>	Ground Ivy	
<i>Prunella vulgaris</i>	Self-heal	
<i>Prunella grandiflora</i>		
<i>Acinos alpinus</i>	Alpine Calamint	
<i>Clinopodium vulgare</i>	Wild Basil	
<i>Thymus praecox</i>	Hairy Thyme	
<i>Thymus polytrichus</i>		
<i>T. pulegioides</i>	Larger Wild Thyme	
<i>Salvia pratensis</i>	Meadow Clary	

**Plantaginaceae**

<i>Plantago alpina</i>	<b>Plantain Family</b>	
<i>Plantago atrata</i>		
<i>Plantago major</i>		Greater Plantain
<i>Plantago media</i>		Hoary Plantain
<i>Plantago lanceolata</i>		Ribwort Plantain

**Oleaceae**

<i>Fraxinus excelsior</i>	<b>Olive Family</b>	Ash
<i>Ligustrum vulgare</i>		Wild Privet

**Scrophulariaceae**

<i>Verbascum chaixii</i>	<b>Figwort Family</b>		
<i>Verbascum nigrum</i>		Dark Mullein	
<i>Linaria alpina</i>		Alpine Toadflax	
<i>Cymbalaria muralis</i>		Ivy-leaved Toadflax	
<i>Digitalis lutea</i>		Small Yellow Foxglove	Trummelbach
<i>Digitalis grandiflora</i>		Large Yellow Foxglove	Trummelbach
<i>Erinus alpinus</i>		Fairy Foxglove	
<i>Veronica bellidioides</i>		Violet Speedwell	
<i>Veronica alpina</i>		Alpine Speedwell	
<i>Veronica aphylla</i>			
<i>Veronica fruticans</i>	Rock Speedwell		
<i>Veronica urticifolia</i>	Nettle-leaved Speedwell	Woods	
<i>Veronica officinalis</i>	Heath Speedwell		
<i>Veronica chamaedrys</i>	Germander Speedwell	Below Wengen	
<i>Veronica beccabunga</i>	Brooklime	Wet places	
<i>Melampyrum sylvaticum</i>	Wood Cow-wheat		
<i>Euphrasia minima</i>			
<i>Euphrasia rostkoviana</i>	Common Eyebright	Meadows	
<i>Bartsia alpina</i>	Alpine Bartsia	Alpine turf	

<i>Pedicularis ascendens</i>		
<i>Pedicularis foliosa</i>	Leafy Lousewort	Schynige Platte
<i>Pedicularis kernerii</i>	Kerner's Lousewort	Alpine turf
<i>Pedicularis recutita</i>	Wet pasture	
<i>Pedicularis verticillata</i>	Verticillate Lousewort	Mountain turf
<i>Pedicularis tuberosa</i>	Long-beaked Yellow Lousewort	Mountain turf
<i>Rhinanthus minor</i>	Yellow Rattle	
<i>Rhinanthus alectorolophus</i>	Greater Yellow Rattle	Meadows
<b>Lentibulariaceae</b>	<b>Butterwort Family</b>	
<i>Pinguicula alpina</i>	Alpine Butterwort	Mountain turf
<i>Pinguicula vulgaris</i>	Common Butterwort	Wet turf
<b>Globulariaceae</b>	<b>Globularia Family</b>	
<i>Globularia cordifolia</i>	Matted Globularia	Frequent
<i>Globularia nudicaulis</i>	Leafless-stemmed Globularia	Frequent
<b>Adoxaceae</b>	<b>Adoxa Family</b>	
<i>Adoxa moschatellina</i>	Town Hall Clock	Mannlichen
<b>Campanulaceae</b>	<b>Bellflower Family</b>	
<i>Campanula barbata</i>	Bearded Bellflower	Mountain turf
<i>Campanula cochlearifolia</i>	Fairy Thimbles	Screes
<i>Campanula rhomboidalis</i>	Wilderswil	
<i>Campanula rotundifolia</i>	Harebell	
<i>Campanula scheuchzeri</i>	Mountain turf	
<i>Campanula trachelium</i>	Woods	
<i>Campanula thyrsoidea</i>	Schynige Platte	
<i>Phyteuma betonicifolium</i>	Betony-leaved Rampion	Almendhubel
<i>Phyteuma spicatum</i>	Spiked Rampion	Frequent
<i>Phyteuma orbiculare</i>	Round-headed Rampion	Frequent
<b>Rubiaceae</b>	<b>Madder Family</b>	
<i>A. cynanchica</i>	Squinancywort	
<i>Galium odoratum</i>	Woodruff	
<i>G. mollugo</i>	Hedge Bedstraw	
<i>G. megalospermum</i>	Swiss Bedstraw	Moraines
<i>Galium pumilum</i>		
<i>Galium verum</i>	Lady's Bedstraw	
<i>Cruciata laevipes</i>	Crosswort	
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>	
<i>Lonicera alpigena</i>	Alpine Honeysuckle	
<i>Lonicera caerulea</i>	Blue-berried Honeysuckle	Murren
<i>Lonicera nigra</i>	Black-berried Honeysuckle	
<i>Lonicera xylosteum</i>	Fly Honeysuckle	Woods
<i>Sambucus nigra</i>	Common Elder	Woods
<i>Sambucus racemosa</i>	Alpine Elder	Schynige Platte
<b>Dipsacaceae</b>	<b>Teasel Family</b>	
<i>Scabiosa lucida</i>	Shining Scabious	
<b>Valerianaceae</b>	<b>Valerian Family</b>	
<i>Valeriana dioica</i>		
<i>Valeriana officinalis</i>	Common Valerian	
<i>Valeriana tripteris</i>	Three-leaved Valerian	Woods

**Asteraceae**

*Eupatorium cannabinum*  
*Bellis perennis*  
*Aster alpinus*  
*Erigeron annuus*  
*Erigeron alpinus*  
*Erigeron neglectus*  
*Erigeron uniflorus*  
*Gnaphthodium norvegicum*  
*Gnaphthodium supinum*  
*Antennaria carpatica*  
*Antennaria dioica*  
*Artemisia umbelliformis*  
*Achillea atrata*  
*Achillea erba-rotta subsp. moschata*  
*Achillea millefolium*  
*Leucanthemopsis alpina*  
*Leucanthemum vulgare*  
*Tussilago farfara*  
*Petasites albus*  
*Petasites paradoxus*  
*Homogyne alpina*  
*Adenostyles alliariae*  
*Arnica montana*  
*Doronicum grandiflorum*  
*Carduus defloratus*  
*Cirsium oleraceum*  
*Cirsium spinosissimum*  
*Centaurea scabiosa*  
*Centaurea montana*  
*Hypochaeris uniflora*  
*Leontodon helveticus*  
*Leontodon hispidus*  
*Tragopogon pratensis*  
*Cicerbita alpina*  
*Lapsana communis*  
*Mycelis muralis*  
*Prenanthes purpurea*  
*Crepis aurea*  
*Crepis paludosa*  
*Hieracium angustifolium*  
*Hieracium aurantiacum*  
*Hieracium lactucella*  
*Hieracium murorum*  
*Hieracium pilosella*  
*Hieracium villosum*  
*Saussurea alpina*  
*Senecio doronicum*  
*Senecio ovatus*  
*Taraxacum alpinum*  
*Taraxacum officinale*

**Daisy Family**

Hemp Agrimony  
Daisy  
Alpine Aster Schynige Platte  
Wilderswil  
Neglected Fleabane  
Norwegian Cudweed Occasional  
Dwarf Cudweed Snowbeds  
Catsfoot  
Mannlichen  
Dark-stemmed Sneezewort  
Musk Milfoil  
Yarrow  
Alpine Moon Daisy  
Ox-eye Daisy Meadows  
Coltsfoot  
White Butterbur  
Alpine Coltsfoot Common  
Adenostyles  
Arnica Common  
Large- lowered Leopardsbane Screens  
Alpine Thistle  
Cabbage Thistle Meadows  
Spiniest Thistle  
Greater Knapweed  
Mountain Cornflower  
Giant Catsear  
Swiss Hawkbit  
Alpine Hawkbit  
Goatsbeard  
Alpine Sowthistle  
Nipplewort  
Purple Lettuce  
Golden Hawksbeard  
Marsh Hawksbeard  
Orange Hawkweed  
Mouse-ear Hawkweed  
Alpine Saw-wort  
Chamois Ragwort  
Alpine Dandelion  
Dandelion

**Juncaceae**

*Juncus jacquinii*  
*Juncus trifidus*  
*Luzula lutea*

**Rush Family**

**Cyperaceae***Carex ferruginea***Graminae***Bromus bordeaceus**Festuca rubra**Festuca ovina**Festuca pratensis**Festuca violacea**Lolium perenne**Poa annua**Poa alpina**Poa supina**Poa trivialis**Poa pratensis**Poa nemoralis**Dactylis glomerata**Cynosurus cristatus**Briza media**Melica uniflora**Sesleria caerulea**Bromus sterilis**Brachypodium sylvaticum**Agropyron repens**Arrhenatherum elatius**Koeleria macrantha**Deschampsia cespitosa**Deschampsia flexuosa**Anthoxanthum alpinum**Anthoxanthum odoratum**Holcus lanatus**Holcus mollis**Agrostis capillaris**Nardus stricta**Phleum alpinum**Phleum pratense***Liliaceae***Anthericum ramosum**Convallaria majalis**Tofieldia calyculata**Veratrum album**Colchicum autumnale**Gagea fistulosa**Lilium martagon**Lloydia serotina**Allium schoenoprasum**Allium scordoprasum**Allium victorialis**Maianthemum bifolium**Paradisea liliastrum**Streptopus amplexifolius**Polygonatum odorum**Polygonatum verticillatum**Paris quadrifolia***Sedge Family**

Rusty Sedge

**Grass Family**

Soft Brome

Red Fescue

Sheeps Fescue

Meadow Fescue

Perennial Ryegrass

Annual Meadow Grass

Alpine Meadow Grass

Creeping Meadow Grass

Rough Meadow Grass

Smooth Meadow Grass

Wood Meadow Grass

Cocksfoot

Crested Dogstail

Quaking Grass

Wood Melick

Barren Brome

False Brome

Common Couch

False Oat-grass

Crested Hair-grass

Tufted Hair-grass

Wavy Hair-grass

Sweet Vernal Grass

Yorkshire Fog

Creeping Soft Grass

Common Bent

Mat Grass

Alpine Timothy

Timothy

**Lily Family**

Trummelbach

Lily of the Valley

Limestone screes

Tofield's Asphodel

Common

White False Helleborine

Common

Meadow Saffron

Meadows

Yellow Gagea

Rare

Martagon Lily

Occasional

Snowdon Lily

Mountain turf

Chives

Occasional

Occasional. Meadows

Alpine Leek

Rare

May Lily

Mountain woods

St Bruno Lily

Mountain pasture

Streptopus

Occasional. Woods

Whorled Solomons Seal

Occasional. Forests

Herb Paris

Occasional. Woods



**Iridaceae**

*Crocus albiflorus* subsp.  
*albiflorus*

**Iris Family**

Spring Crocus

Common

**Orchidaceae**

*Chamorchis alpina*  
*Cypripedium calceolus*  
*Epipactis helleborine*  
*Epipactis atrorubens*  
*Cephalantha longifolia*  
*Neottia nidus-avis*  
*Listera cordata*  
*Listera ovata*  
*Platanthera bifolia*  
*Platanthera chlorantha*  
*Gymnadenia conopsea*  
*Gymnadenia odoratissima*  
*Pseudorchis albida*  
*Nigritella rhellicani*  
*Coeloglossum viride*  
*Dactylorhiza majalis*  
*Dactylorhiza traunsteineri*  
*Dactylorhiza maculata*  
*Ophrys insectifera*  
*Orchis ustulata*  
*Orchis mascula*  
*Corallorhiza trifida*  
*Traunsteinera globosa*

**Orchid Family**

Dwarf Orchid  
Lady's Slipper  
Broad leaved Helleborine  
Dark-red Helleborine  
Long-leaved Helleborine  
Birds Nest Orchid  
Lesser Twayblade  
Twayblade  
Lesser Butterfly Orchid  
Greater Butterfly Orchid  
Fragrant Orchid  
Short-spurred Fragrant Orchid  
Small White Orchid  
Vanilla Orchid  
Frog Orchid  
Broad-leaved Marsh Orchid  
Traunsteiner's Orchid  
Common Spotted Orchid  
Fly Orchid  
Burnt Tip Orchid  
Early Purple Orchid  
Coral Root  
Round-headed Orchid

Rare  
Rare  
Frequent. Forests  
Frequent. Forests  
Occasional. Woods  
Frequent. Forests  
Local. Forests  
Frequent. Meadows  
Occasional. Woods  
Occasional. Woods  
Common  
Common  
Locally common  
Frequent  
Locally common  
Local  
Common  
Very rare  
Rare. Biglenalp  
Frequent  
Forests  
Schynige Platte

**Naturetrek Facebook**

We are delighted to launch the Naturetrek Facebook page so that participants of Naturetrek tours can remain in touch after the holiday and share photos, comments and future travel plans.

Setting up a personal profile at [www.facebook.com](http://www.facebook.com) is quick, free and easy. The [Naturetrek Facebook page](#) is now live; do please pay us a visit!