

The Italian Dolomites

Naturetrek Tour Report

20 - 27 June 2007



Catinaccio



Austrian Vanilla Orchid



King of the Alps



Alpine Chough

Report & photographs by Su Gough



Naturetrek Cheriton Mill Cheriton Alresford Hampshire SO24 0NG England

T: +44 (0)1962 733051

F: +44 (0)1962 736426

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour Leader: Su Gough

Participants: Eric Jones
Sheila Burvill
Rosemary Clarke
Fenella Collins
Ken Fawcett
Jan Murton
Valerie Warrington

Day 1

Wednesday 20th June

A later than normal flight meant that we landed at Venice early afternoon, in high temperatures, but we soon transferred to our minibus, thankfully with air-conditioning, and began our journey out across the attractive Venetian plain and then up into the mountains. We stopped for lunch just outside Venice and then arrived safely at our base for the week the Hotel Gran Mugon in Tamion early evening, with enough time for the group to relax – and even do a little exploring enjoying the antics of the nesting Fieldfares around the hotel, and the stunning flower-filled meadows opposite – before we all met up again before the delicious evening meal.

Day 2

Thursday 21st June

The morning dawned beautifully clear and after a hearty breakfast we set out for our first exploration of the gorgeous Dolomites. We started with a walk around the meadows near the hotel, seeing some lovely plants such as Orange Lily *Lilium bulbiferum*, Globe Orchid, *Traunsteinera globosa*, Bearded Bellflower, *Campanula barbata* and an amazing clump of Bird's Nest Orchids, *Neotinia nitis-avis*. We also found a new broomrape, Sage Broomrape *Orobanche salviae* startlingly yellow next to the more common *Orobanche gracilis*, Shining Broomrape.

Continuing on into the 'sandstone' walk, which leads away from the hotel, we entered heavy Spruce forest. Here we encountered Matted Globularia, *Globularia cordifolia* for the first time and heard Crested Tits and Nutcrackers. We emerged into a beautiful alpine meadow and finally found an amazing clump of Lady's Slipper Orchids, *Cypripedium calceolus*.

We returned to the hotel and enjoyed the sunshine outside as we had our picnic lunch and then set off in the minibus down to Pozza di Fassa and up into the Monzoni valley. Here, we walked up to the Refugio at Taramelli, along a gentle path where we encountered several alpine species, such as *Potentilla crantzii*, Alpine Cinquefoil, *Geum montanum*, Mountain Avens and *Papaver rhaetica*, the beautiful yellow Rhaetian Poppy, along with a fox and a male Ring Ouzel on the way up. As we entered the Spruce woodland we found a small patch of Coralroot Orchid *Corallorhiza trifida*.

A steeper climb over a river bed and past our first patch of snow brought us to the refugio where we enjoyed a quick drink and spectacular views back down the valley, before returning to our bus. Back at the hotel we had time to relax and refresh before meeting up for a drink and a chat before dinner.

Day 3

Friday 22nd June

Today dawned clear and bright again and after Su had dashed to the supermarket to get the picnic, we all headed for the cable car up to Ciampedie in the Rosengarten. After spending a little while around the cable car station, we set off into the Spruce woodland and a completely different range of plants. We found Alpenrose, *Rhododendron ferrugineum*, Hairy Alpenrose *R. hirsutum*, and Mountain Avens, *Dryas octopetala*. Other highlights included the little Yellow Violet *Viola biflora*, *Saxifraga rotundifolia* and a very unusual variety of Frog Orchid *Coeloglossum viride* var. *longibraceata*.

Crested Tits were calling in the trees, and we emerged from the trees near Gardeccia into gorgeous sunshine. We settled for a delicious lunch in a glen, with butterflies flitting around us, and gentians in drifts around the picnic site. After lunch, we headed further into the realm of 'King Lauren's Rose Garden' and saw the Vaijolet Refugio teetering above us as we continued up the valley. The habitat became more open as we rose above the trees, and other species became obvious, including the localised *Paederota bonarota* and the stunning endemic Pink Cinquefoil *Potentilla nitida*. We spent some time below Vaijolet (only Eric decided to slog up the last steep bit of path!) and we enjoyed the many parties of Crossbill flying overhead and a bank covered in Alpine Cudweed better known, perhaps, by its other name: Edelweis!

Back down at Gardeccia, we had plenty of time for one of the variety of fantastic coffees, or can of Lemon Soda, before catching the penultimate ski-lift back down to Vigo di Fassa, with plenty of time to change before our pre-meal chat and drinks. By now many had seen the Red Squirrels which frequented the enormous trees at the back of the hotel too.

Day 4

Saturday 23rd June

Today we headed south, and stopped first at the visitor centre in Paneveggio for a chance to buy maps, and a quick look around the grounds showed several new species, including Ragged Robin, *Lychnis flos-cuculi* and a colony of Crag Martins nesting on a nearby house. Further on we entered the Val Venegia, supposedly containing all the plants of the Dolomites. Once again we set off at a leisurely pace up the valley towards the looming, and totally beautiful mountain, Cimon della Pala at the head. The marshy areas held a good display of Broad-leaved Marsh Orchids *Dactylorhiza majalis*.

After lunch we resumed our walk up the valley and found some stunning examples of Martagon Lily *Lilium martagon*. Continuing on up the path, we met Alpine Toadflax, *Linaria alpina* and a lovely Auricula Primrose, *Primula auricula* growing out of a vertical rock. Holly Fern, *Polystichum lonchitis* was found further up as the Spruce and Mountain Pine, *Pinus mugo* woodland thinned. Eventually we emerged onto the shining white scree slope of Cimon della Pala, an incredible white 'moonscape'.

After drinking in this scenery for some time, and doing some botany around the massive boulders, each one holding a perfect rockery with plants including the endemic Tyrolean Primrose *Primula tyrolensis*, we returned - with the inevitable stop at a refugio en-route! - where we were joined by a noisy flock of Alpine Choughs and accompanied by the whistling of Marmots, to the minibus. Whilst in the car park we spotted a Golden Eagle soaring far above us. Our drive back took us on a different route, and we enjoyed the change of scenery.

Ken spotted Glow-worms on the wall by the road on his walk after dinner, and the meadow opposite the hotel now held a calling Quail.

Day 5

Sunday 24th June

Today we enjoyed two very different walks. Firstly, we headed north into the Pordoi Pass, and parking at the top (2239m), we headed up the path towards Farrer's 'Bindelweg', the highest point on our exploration of the Dolomites. Several new plants were immediately noted, such as Monte Baldo Anemone *Anemone baldensis* and swathes of Globe Flower *Trollius europaeus*. Walker's dogs caused much consternation amongst the local Marmots with much whistling and rushing about and butterflies were in evidence, including an unexpected Marsh Fritillary.

As we came out onto the Bindelweg itself we discovered a range of exciting new species such as Long-flowered Primrose *Primula balleri*, Least Primrose, *P. minima*, Snowbell *Soldenella alpina* and our first white buttercup, *Ranunculus pyrenaicus*. We walked a little way along the Bindelweg to the refugio, where we had a drink and stunning views of the Marmolada – the highest mountain in the Dolomites, and the only one with a glacier.

Coming back down, we found our first Pasque Flower not in seed *Pulsatilla alpina* ssp. *apiifolia* before heading a little down the pass for our picnic lunch. Afterwards we headed back towards Pozza di Fassa and up the Monzoni Valley once again. We carried on, however, and entered the Val di San Nicolo. Several of the group wanted a good walk, and so set off for the Refugio Baita alle Cascade near the waterfall at the end of the path, whilst others decided to spend some time examining the flora and fauna of the alpine meadows a little more closely. We found several new plants including Narcissus-flowered Anemone *Anemone narcissiflora*, and insects were abundant with Clouded Burnet and Chalkhill Blue both in evidence. After the day's two walks we were glad to return to the minibus and head back to our hotel for a shower and rest before dinner.

Day 6

Monday 25th June

After eating breakfast on another glorious morning, we set off for town on our free morning. Ken had decided to walk from the hotel to meet us later, whilst the others in the group wanted to visit the supermarket and the fascinating, local Ladin Museum, before wandering back through Vigo di Fassa to do some souvenir shopping.

After meeting the group at the ski-lift car park we set off through the San Pellegrino Pass, and just past the top we turned off towards the Refugio Miralago, by a small lake. Our lunch was taken by the path, next to a wonderful orange Pinnate-leaved Ragwort, *Senecio abrotanifolius* with many other flowers on the bank holding promise of a fruitful walk later.

We spent the afternoon exploring a steep but very 'floriferous' meadow behind the refugio, initially spotting a sunbathing adder before we started to identify all the new flowers. We found many Vanilla Orchids, of both the Black and Red species: *Nigritella rbellicani* and *rubra*, Spotted Gentian, *Gentiana punctata* and perhaps the most obvious floral denizen of these meadows, the wonderful St Bruno's Lily, *Lilliastrum paradiseum*. Skylarks sang above us as we headed on over the gentle ridge before moving into the next valley, finding more Edelweiss on a rock on the way.

The best orchid find was the rare, endemic *Nigritella austriaca*, the raspberry pink Dolomite Vanilla Orchid, but the commonest orchid by far here was Fragrant Orchid *Gymnadenia conopsea* and we found some truly enormous specimens too, especially as we came down into the next valley – the meadows were pink with them! A gentle walk through these meadows, with Chives looking strangely out of place here by a brook (where they should be!), we continued to be overawed by the display of Orange Lillies amongst the grasses.

As the path returned into woodland we saw another sunbathing adder, and by a small rock-fall we discovered a stunning patch of Fly Orchid *Ophrys insectifera*. On a high, we returned to the refugio, and some celebrated with a slice of apple strudel, as well as a drink, before we began the scenic drive back to the hotel and our dinner, and arrived back at the hotel literally at the same moment as a big thunder storm.

Day 7

Tuesday 26th June

Heavy rain and hail over night had cleared, although the sky was cloudier than we were used to, but luckily the dry weather held, with sunny spells all day. As it was our last full day we decided to revisit Cimon della Pala, heading initially down a scenic route, going over 3 passes before finally arriving in the Rolle Pass where we drove up a little used track, until we were parked right below this amazing mountain near the Refugio Baita Segantini.

We spent the remaining time before lunch exploring the meadows around the refugio, finding many Small White Orchids *Leucorchis albida* and other treasures such as Southern Butterwort *Pinguicula leptoceras*. Water Pipits were singing all around us and a large group of Alpine Choughs joined us as we had lunch at a memorial straight across from the pinnacles of Cimon della Pala – a fantastic view indeed. We could also see our route for the afternoon across the lower slopes and up a gentle path to the boulder fields at the base of the scree. Along this path we met several new species, including Trumpet Gentian *Gentiana acaulis* and Creeping Azalea *Loiseleuria procumbens*. We reached a small col and looked down the valley – possibly the most stunning view of a week full of stunning views, with high alpiners around us such as the white Sequier's Buttercup *Ranunculus seguieri*.

The boulder field proved a fantastic destination, as we quickly spotted our target species, the delightful King of the Alps *Eritrichium nanum* in flower and other species such as Crested Lousewort *Pedicularis rostratocapitata* and Dwarf Alpenrose *Rhodothamnus chamaecistus*. A Common Wheatear kept us company on the boulders, and we could hear a nearby Alpine Accentor, before slowly returning to the refugio for a final coffee/grappa or slice of strudel. Sadly we all returned to the minibus for the return journey to the hotel, again arriving just in time as the heavens opened. We then had plenty of time for a leisurely drink and chat before enjoying our final meal at this lovely hotel.

Day 8

Wednesday 27th June

Our last day, and we had a leisurely breakfast before revisiting the meadows from our first days' walk for an hour or so before departing. Su had started the day by spotting a male Black Woodpecker from the hotel – possibly solving the mystery bird call that Katia and Stefano at the hotel had mentioned. Entering the wood on the walk and we heard the same mystery sound, and had brief views of the Black Woodpecker flying off down the valley. Many of the flowers had started to go over, and we all commented on the difference just a week – and some cow grazing - makes, and as we were admiring the Globe Orchids once again, a pair of Honey Buzzards flew over very low.

Then, mid morning, we headed down out of the mountains, stopping at a picnic site near Belluno, before heading out onto the Venetian Plains and away from the Dolomites, with some very menacing clouds in the distance.

The mountains were not visible from Marco Polo airport, where we said goodbye to Eric and Sheila who were going on to spend a few days in Padova, and we took off to the spectacular sight of the city of Venice with lightning and an inky black sky behind. A dramatic end to our wonderful holiday! At Gatwick we all went our separate ways as we began our onward journeys.

Species Lists

Plants

Berberidaceae
Berberis vulgaris

Betulaceae
Alnus viridis

Boraginaceae
Cerinthe glabra
Echium vulgare
Eritrichium nanum
Myosotis alpestris
M. arvensis
M. sylvatica agg.
Pulmonaria montana

Campanulaceae
Campanula alpina
C. barbata
C. cochlearifolia
C. glomerata
C. scheuchzeri
C. trachelium
Phyteuma hedraianthifolium
P. orbiculare
P. nigra
P. scorzonerifolia
P. sieberi

Caprifoliaceae
Lonicera alpigena
L. caerulea
Sambucus racemosa

Caryophyllaceae
Arenaria huteri
Ceratium arvense
C. carinthiacum
C. latifolium
Gypsophila repens
Lychnis flos-cuculi
Minuartia austriaca
M. sedoides
Moehringia ciliata
M. mucosa
Saponaria caespitosa
Silene vulgaris
S. dioica
S. nutans
S. acaulis
S. alpestris

Cistaceae
Helianthemum canum
H. nummularium
H. oelandicum alpestre

Compositae
Achillea atrata
A. clavennae
A. millefolium
A. oxyloba

Barberry family
Barberry

Birch family
Green Alder

Borage family
Smooth Honeywort
Viper's Bugloss
King of the Alps
Alpine Wood Forget-me-not
Field Forget-me-not
Wood Forget-me-not
Mountain Lungwort

Bellflower family
Alpine Bellflower
Bearded Bellflower
Fairy's Thimble
Clustered Bellflower

Nettle-leaved Bellflower
Rhaetian Rampion
Round-headed Rampion
Black Rampion

Honeysuckle family
Alpine Honeysuckle
Blue-berried Honeysuckle
Alpine (Red-berried) Elder

Pink family
Carnic Sandwort
Field Mouse-ear
Carnic Sandwort
Broad-leaved Mouse-ear
Alpine Gypsophila
Ragged Robin
Austrian Sandwort
Mossy Cyphel
Creeping Sandwort
Mossy Sandwort
Tufted Soapwort
Bladder Campion
Red Campion
Nottingham Catchfly
Moss Campion
Alpine Catchfly

Rockrose family
Hoary Rockrose
Common Rockrose
Alpine Rockrose

Daisy family
Dark-stemmed Sneezewort
Silvery Milfoil
Yarrow
Alpine Sneezewort

<i>Adenostyles alliariae</i>	Adenostyles
<i>Antennaria carpatica</i>	Carpathian Catsfoot
<i>A. dioica</i>	Catsfoot
<i>Aposeris foetida</i>	Aposeris
<i>Arnica montana</i>	Arnica
<i>Aster alpinus</i>	Alpine Aster
<i>Bellidiastrum micheli</i>	False Aster
<i>Buphthalmium salicifolium</i>	Yellow Oxeye
<i>Carduus defloratus</i>	Alpine Thistle
<i>Carlina acaulis</i>	Stemless Thistle
<i>Cirsium dissectum</i>	Meadow Thistle
<i>C. eristhales</i>	Yellow Melancholy Thistle
<i>C. montanum</i>	Southern Brook Thistle
<i>C. spinosissimum</i>	Spiniest Thistle
<i>Centaurea montanum</i>	Mountain Cornflower
<i>C. uniflora</i>	Plume Knapweed
<i>Crepis aurea</i>	Golden Hawksbeard
<i>C. montana</i>	Mountain Hawksbeard
<i>Doronicum columnae</i>	Heart-leaved Leopardsbane
<i>Erigeron acer</i>	Blue Fleabane
<i>E. alpinus</i>	Alpine Fleabane
<i>E. neglectus</i>	Neglected Fleabane
<i>E. uniflorus</i>	One-flowered Fleabane
<i>Hieracium alpinum</i> agg.	Alpine Hawkweed
<i>H. lanatum</i>	Wooly Hawkweed
<i>Homogyne alpina</i>	Alpine Coltsfoot
<i>Hypochoeris uniflora</i>	Giant Catsear
<i>Leontodon hispidus</i>	Rough Hawksbeard
<i>Leontopodium alpinum</i>	Edelweiss
<i>Leucanthemum vulgare</i>	Ox-eye Daisy
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy
<i>Petasites alba</i>	White Butterbur
<i>Scorzonera aristata</i>	Bearded Vipersgrass
<i>Senecio abrotanifolius</i>	Pinnate-leaved Ragwort
<i>S. ovirens</i>	Southern Ragwort
<i>Tussilago farfara</i>	Coltsfoot

Crassulaceae

Rhodiola rosea
Sedum atratum
S. acre

Cruciferae

Biscutella laevigata
Cardamine amara
Draba aizoides
D. dubia
D. stellata
Hutchinsia alpina
Kernera saxatilis
Petrocallis pyrenaica
Thlaspi rotundifolium ssp. *cepaefolium*

Dipsacaceae

Knautia dipsacifolia
Scabiosa lucida

Ericaceae

Calluna vulgaris
Loiseleuria procumbens
Rhododendron ferrugineum
R. hirsutum
Rhodothamnus chamaecistus
Vaccinium myrtillus
V. vitis-idaea

Gentianaceae

Gentiana acaulis

Sedum family

Roseroot
Black Stonecrop
Biting Stonecrop

Cress family

Buckler Mustard
Large Bittercress
Yellow Whitlowcress
Austrian Whitlowcress
Starry Whitlowcress
Chamois Cress
Kernera
Pyrenean Whitlowcress
Round-leaved Pennycress

Teasel family

Wood Scabious
Shining Scabious

Heather family

Heather
Creeping Azalea
Alpenrose
Hairy Alpenrose
Dwarf Alpenrose
Bilberry
Cowberry

Gentian family

Trumpet Gentian

<i>G. angustifolius</i>	Trumpet Gentian
<i>G. bavarica</i>	Bavarian Gentian
<i>G. clusii</i>	Clusius' Trumpet Gentian
<i>G. nivalis</i>	Snow Gentian
<i>G. pumilla</i>	Short-leaved Gentian
<i>G. punctata</i>	Spotted Gentian
<i>G. verna</i>	Spring Gentian
<i>Gentianella amarelle</i>	Felwort
<i>G. germanica</i> agg.	German Gentian

Geranaceae

Geranium pyrenaicum
G. sylvaticum

Geranium family

Pyrenean Cranesbill
Wood Cranesbill

Globulariaceae

Globularia cordifolia

Globularia family

Matted Globularia

Hypericaceae

Hypericum richeri

St John's Wort family

Alpine St John's Wort

Labiatae

Acinos alpinus
Ajuga pyramidalis
A. reptans
Horminum pyrenaicum
P. vulgaris
Salvia pratensis
Stachys alopecuros
Thymus polytrichus
T. pulegiodes

Mint family

Alpine Catmint
Pyramidal Bugle
Bugle
Dragonmouth
Selfheal
Meadow Clary
Yellow Betony
Thyme
Large Thyme

Leguminosae

Astragalus alpinus
A. frigidus
Anthyllis vulneria
Genista germanica
Hedysarum hedysaroides
Hippocrepis comosa
Lotus corniculatus (alpinus)
Onobrychis montana
O. arenaria
O. campestris
Oxytropis jacquinii
Trifolium alpinum
T. badium
T. montanum
T. pratense
T. repens
V. cracca
V. sepium

Pea family

Alpine Milk Vetch
Pallid Milk Vetch
Kidney Vetch
German Greenweed
Alpine Sainfoin
Horseshoe Vetch
Birdsfoot Trefoil
Mountain Sainfoin
Small Sainfoin
Common Sainfoin
Mountain Milk Vetch
Alpine Clover
Brown Clover
Mountain Clover
Red Clover
White Clover
Tufted Vetch
Bush Vetch

Lentibulariaceae

Pinguicula alpina
P. leptoceras
P. vulgaris

Butterwort family

Alpine Butterwort
Southern Butterwort
Common Butterwort

Linaceae

Linum catharticum

Flax family

Purging Flax

Onagraceae

Chamaenerion angustifolium
Epilobium alpestre (lvs)
E. nutans

Willowherb family

Rosebay Willowherb
Whorled Willowherb
Nodding Willowherb

Orobanchaceae

Orobanche gracilis
O. salviae

Broomrape family

Shining Broomrape
Sage Broomrape

Oxalidaceae*Oxalis acetosella***Papaveraceae***Papaver rhaeticum**P. rhoeas***Parnassiaceae***Parnassia palustris***Plumbaginaceae***Armeria maritima* ssp. *alpina***Polygalaceae***Polygala alpestris**P. chamaebuxus**P. nicaeensis***Polygonaceae***Oxyria digyna**Polygonum bistorta**P. viviparum**Rumex alpinus**R. scutatus***Primulaceae***Androsace chaemijasme**Androsace villosa**Primula auricula**P. elatior**P. farinosa**P. halleri**P. minima**P. tyrolensis**P. veris**Soldenella alpina**S. minima***Pyrolaceae***Moneses uniflora**Pyrola minor**P. rotundifolia***Ranunculaceae***Aconitum napellus**A. vulparia**Anemone baldensis**A. narcissiflora**Aquilegia atrata**A. vulgaris**Caltha palustris**Clematis alpina**Hepatica nobilis**Pulsatilla alpina* ssp. *apiifolia**Ranunculus alpestris**R. hybridus**R. montanus**R. pyrenaicus**R. seguieri**Thalictrum aquilegifolium**Trollius europaeus***Rosaceae***Aruncus dioicus**Dryas octopetala**Filipendula ulmaria**F. vulgaris**Fragaria vesca***Wood Sorrel family**

Wood Sorrel

Poppy family

Rhaetan Poppy

Common Poppy

Grass of Parnassus family

Grass of Parnassus

Thrift family

Thrift

Milkwort family

Mountain Milkwort

Shrubby Milkwort

Nice Milkwort

Dock family

Mountain Sorrel

Bistort

Alpine Bistort

Monk's Rhubarb

French Sorrel

Primrose family

Ciliate Rock Jasmine

Hairy Rock Jasmine

Auricula

Oxslip

Birdseye Primrose

Long-flowered Primrose

Least Primrose (lvs only)

Tyrolean Primrose

Cowslip

Alpine Snowbell

Least Snowbell

Wintergreen family

St Olaf's Candle

Least Wintergreen

Round-leaved Wintergreen

Buttercup family

Monkshood

Wolfsbane

Monte Balde Anemone

Narcissus-flowered Anemone

Black Columbine

Common Columbine

Kingcup

Alpine Clematis

Hepatica (lvs only)

Yellow Pasque Flower

Alpine Buttercup

Mountain Buttercup

Pyrenean Buttercup

Sequiers Buttercup

Great Meadow Rue

Globe Flower

Rose family

Goatsbeard Spirea

Mountain Avens

Meadowsweet

Dropwort

Strawberry

Geum montanum
G. rivale
Potentilla anserina
P. aurea
P. crantzii
P. erecta
P. nitida
Rosa pendulina
Rubus fruticosus agg
R. idaeus
R. saxatilis
Sanguisorba officianalis
Sorbus aucuparia

Rubiaceae

Galium anisophyllum
G. helveticum
G. mollugo
G. saxosum
G. verum

Salicaceae

Salix breviserrata
S. hegetschweileri
S. reticulata
S. retusa
S. serpyllifolia

Santalaceae

Thesium alpinum

Saxifragaceae

Chrysosplenium alternifolium
Saxifraga aizoides
S. aspersa
S. caesia
S. crustata
S. exarata
S. moschata
S. paniculata
S. rotundifolia
S. squarrosa

Scrophulariaceae

Bartsia alpina
Euphrasia picta
Linaria alpina
Melampyrum sylvaticum
Paederota bonarota
Pedicularis ascendens
P. comosa
P. elongata
P. palustris
P. rosea
P. rostratocapitata
P. verticillata
Rhinanthus minor
Scrophularia canina ssp *hoppii*
Verbascum pulverulentum
Veronica alpina
V. aphylla
V. bellidioides
V. chamaedrys
V. urticifolia

Thymelaceae

Daphne mezereum
Daphne striata

Alpine Avens
 Water Avens
 Silverweed
 Golden Cinquefoil
 Alpine Cinquefoil
 Tormentil
 Pink Cinquefoil
 Alpine Rose
 Bramble
 Raspberry
 Rock Bramble
 Greater Burnet
 Rowan

Bedstraw family

Swiss Bedstraw
 Hedge Bedstraw
 Cushion Bedstraw
 Lady's bedstraw

Willow family

Toothed Willow
 Alpine Willow
 Netted Willow
 Retuse-leaved Willow

Sandalwood family

Alpine Bastard Toadflax

Saxifrage family

Alternate-leaved Golden Saxifrage
 Yellow Mountain Saxifrage
 Rough Saxifrage
 Blue Saxifrage
 Encrusted Saxifrage
 White Musky Saxifrage
 Musk Saxifrage
 Paniculate Saxifrage
 Round-leaved Saxifrage

Figwort family

Alpine Bartsia
 Eastern Eyebright
 Alpine Toadflax
 Wood Cow-wheat
 Blue Paederota
 Ascending Lousewort
 Crested Lousewort
 Marsh Lousewort
 Pink Lousewort
 Beaked Lousewort
 Verticillate Lousewort
 Yellow Rattle
 Alpine Figwort
 Hoary Mullein
 Alpine Speedwell
 Leafless-stemmed Speedwell
 Violet Speedwell
 Germander Speedwell
 Nettle-leaved Speedwell

Daphne family

Mezereon

Umbelliferae

Anthriscus sylvestris
Athamanta cretensis
Daucus carota
Heracleum spondylium
Laserpitium latifolium
Molopospermum peloponnesiacum
Pimpinella major
Pleurospermum austriacum

Valerianaceae

Valeriana dioica
V. montana
V. saxatilis
V. tripteris

Violaceae

Viola biflora
V. riviniana
V. tricolour

Graminae

Alopecurus pratensis
Briza media
Dactylis glomerata
Festuca glauca
Melica nutans
Phleum alpinum
Poa bulbosa vivipera
P. pratense
Eriophorum angustifolium

Iridaceae

Crocus albiflorus

Juncaginaceae

Triglochin palustris

Liliaceae

Allium oleraceum
A. schoenoprasum
A. victorialis
Colchium autumnale
Lilium bulbiferum
L. martagon
Paradisea liliastrum
Polygonatum verticillatum
Tofieldia calyculata
Veratrum album

Orchidaceae

Coeloglossum viride
C. viride longibracteata
Corallorrhiza trifida
Cypripedium calceolus
Dactylorhiza alpestris
D. fuchsii
D. majalis
E. helleborine (lvs)
Gymnadenia conopsea
G. odoratissima
Leucorchis albida
Listera ovata
Neotinia nitis-avis
Nigritella austriaca
N. rhellicani
N. rubra

Cow Parsley family

Cow Parsley
Athamanta
Wild Carrot
Hogweed
Broad-leaved Sermountain
Molopospermum
Greater Burnet-saxifrage
Pleurospermum

Valerian family

Marsh Valerian
Mountain Valerian
Rock Valerian
Three-leaved Valerian

Violet family

Yellow Violet
Dog Violet
Heartsease

Grass family

Meadow Foxtail
Quaking Grass
Cocksfoot
Blue Fescue
Mountain Melick
Alpine Catstail
Bulbous Meadow Grass
Timothy
Cotton Grass

Iris family

White Crocus (lvs only)

Arrow-grass family

Marsh Arrow-grass

Lily family

Field Onion
Chives
Alpine Leek
Autumn Crocus (lvs only)
Orange Lily
Martagon Lily
St Bruno's Lily
Whorled Solomon's Seal
Tofield's Asphodel
False White Helleborine

Orchid family

Frog Orchid

Coralroot
Lady's Slipper Orchid
Alpine Broad-leaved Marsh Orchid
Common Spotted Orchid
Broad-leaved Marsh Orchid
Broad-leaved Helleborine
Fragrant Orchid
Very Fragrant Orchid
Little White Orchid
Twayblade
Bird's Nest Orchid
Austrian Vanilla Orchid
Black Vanilla Orchid
Red Vanilla Orchid

Platanthera bifolia
Traunsteinera globosa

Lesser Butterfly Orchid
Globe Orchid

Coniferaceae

Juniperus communis ssp. *alpina*
Larix decidua
Picea abies
Pinus cembra
P. mugo
P. nigra
P. sylvaticus

Conifers

Alpine Juniper
European Larch
Norway Spruce
Arolla Pine
Mountain Pine
Black Pine
Scots Pine

FERNS

Asplenium ruta-murale
A. viride
Botrychium lunaria
Cystopteris fragilis
Gymnocarpium dryopteris
Polystichum lonchitis

Wall Rue
Green Spleenwort
Moonwort
Brittle Bladder Fern
Oak Fern
Holly Fern

CLUBMOSESSES & HORSETAILS

Huperzia selago
Equisetum fluviatile
E. hyemale
E. palustre
E. pratense
E. telmateia
E. vulgare

Fir Clubmoss
Water Horsetail
Dutch Rush
Marsh Horsetail
Shady Horsetail
Giant Horsetail
Common Horsetail

Butterflies and moths

Adonis Blue	Shepherd's Fritillary
Common Blue	Pearl-bordered Fritillary
Little Blue	Small Heath
Mazarine Blue	Pearly Heath
Chalkhill Blue	Alpine Heath
Green-underside Blue	Almond-eyed Ringlet
Clouded Yellow	Dewy Ringlet
Orange Tip	Small Tortoiseshell
Marbled White	Red Admiral
Small White	Painted Lady
Large White	Grizzled Skipper
Green-veined White	Alpine Grizzled Skipper
Alpine Green-veined White	Red-underwing Skipper
Marsh Fritillary	Dingy Skipper
Heath Fritillary	
Chimney Sweep	Gold-fringed Moth
Burnet Companion	Clouded Burnet
Latticed Heath	Green Forester
Hummingbird Hawk-moth	Wood Tiger
Red-necked Footman	Speckled Sulphur Moth
5-spot Burnet	

Mammals

Marmot	Red Squirrel
Roe Deer	Vole
Mole (hills)	Chamois (leg!)
Fox	

Amphibians

Frog	Adder
Common Lizard	Toad

Birds

1 Mallard	33 Song Thrush
2 Buzzard	34 Blackcap
3 Honey Buzzard	35 Whitethroat
4 Osprey	36 Willow Warbler
5 Golden Eagle	37 Chiffchaff
6 Peregrine	38 Goldcrest
7 Kestrel	39 Great Tit
8 Quail	40 Coal Tit
9 Collared Dove	41 Crested Tit
10 Cuckoo	42 Marsh Tit
11 Swift	43 Willow Tit
12 Black Woodpecker	44 Long-tailed Tit
13 Green Woodpecker	45 Nuthatch
14 Great Spotted Woodpecker	46 Treecreeper
15 Skylark	47 Magpie
16 Crag Martin	48 Nutcracker
17 Swallow	49 Jay
18 House Martin	50 Alpine Chough
19 Water Pipit	51 Carrion Crow
20 Meadow Pipit	52 Hooded Crow
21 Tree Pipit	53 Raven
22 White Wagtail	54 Starling
23 Grey Wagtail	55 House Sparrow
24 Wren	56 Chaffinch
25 Dunnock	57 Redpoll
26 Alpine Accentor	58 Goldfinch
27 Robin	59 Siskin
28 Redstart	60 Citril Finch
29 Black Redstart	61 Serin
30 Wheatear	62 Linnet
31 Blackbird	63 Bullfinch
32 Ring Ouzel	64 Crossbill