Austria

A Greentours Trip Report

Lead by Fiona Dunbar

Trip Report by Fiona Dunbar, Species Lists by Fiona Dunbar and Amanda Borrows

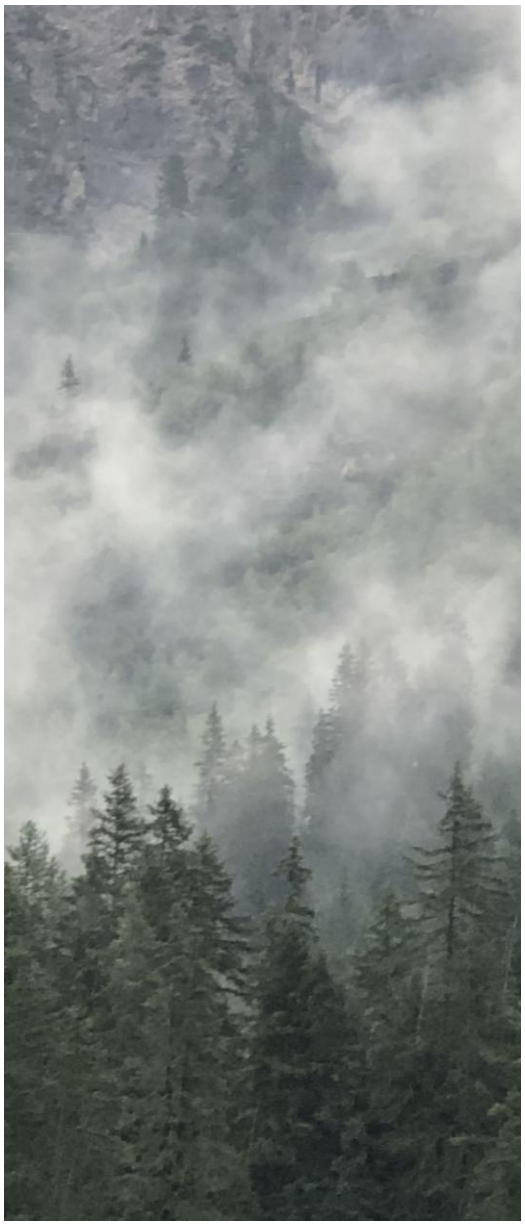


Day 1 Wednesday 1st July Arrival in Lech

I met the Celia, Lynn and Chris off the Gatwick flight and we drove the 90 minutes up into the mountains through heavy rain. After lunch in the hotel café, we had a couple of hours rest before heading out for a local walk through the meadowy slopes around Lech. The rain had eased though the river was still swollen with silty water.

Chris quickly spotted a Dipper, and Crag Martens, Pied and Grey Wagtail, Black Redstarts, Water Pipit and Ring Ouzel were added over the next hour.





We reached the meadows having walked through some of the attractive chalets near the hotel and strolling along a gravel path we began to examine the mixed sward on either side of us. Pink Greater Burnet Saxifrage (Pimpinella stood out from the varied grasses and sedges, along with orange heads of Orange Hawkweed (*Pilosella aurantiaca*). Spikes of pretty Alpine Bistort (*Polygonum bistorta*) and Tofield's Asphodel (*Tofieldia calyculata*) were mixed with Quaking Grass (Briza media) and Cotton Grass (*Eriophorum angustifolium*) and tall False Aster (*Aster bellidiastrum*). A small herd of cows, all sporting different sizes of cow bells were grazing. The first orchids we saw were numerous budding Fragrant Orchid and deep purple Marsh Orchids (*Dactylhoriza majalis*), Common Spotted Orchid *(Dactylhoriza fushii*). Further along the track were Twayblade (*Neottia ovata)* and Short-spurred Fragrant Orchids (*Gymnadenia odorissima*). There were some lovely thistles, the first of many pink Mountain Thistle (*Cirsium defloratum*), the aptly named Cabbage Thistle (*Cirsium oleraceum*) and the attractive pale Dwarf Thistle (*Cirsium acaule*). Other lovely flowers were Yellow Rattle (*Rhinathus minor*), Scheuchzer's bellflower (*Campanula scheuchzeri*) Roundheaded Rampion (*Phyteuma orbiculare*) the purple-flowered insectivorous Butterwort (*Pinguicula vulgaris*) and under the trees, attractive patches of Wood Cow wheat (*Melampyrum sylvaticum*). Turning for home, we had a good view over the small town of Lech, and wisps of cloud clung and moved through the scattered pines above the meadows. Last but not least were tiny Heath Bedstraw (*Galium saxatile*) the similar-at-first-glance white stars of semi-parasitic Meadow Bastard Toadflax (*Thesium pratensis*) and the rather fleshy yellow *Saxifraga aizoides*. It was still too cool for butterflies but we saw several black Chimney Sweep moths, wings tipped with white. Back to the hotel with an hour or more to freshen up before supper in the restaurant at 7.

Day 2 Thursday 2nd July Forminsee



We had our first excellent breakfast in the hotel, collected enormous, packed lunches and crossed the road to take the half hour scenic bus ride to Forminsee. Fabulous vintage cars were everywhere! The bus took us up along a tiny tarmac road through a scenic mountain valley – only the bus and official cars are allowed on this road during the day so almost no traffic other than cows.

Having been dropped off by the bus we were on our way along the wide path through a never-ending array of flowery meadows and rock gardens, with mountain peaks topped by the magnificent Rote Wand all around and the glacial blue lake below. Lech is at 1450m and Forminsee is at 1793 m. The lake lies in a cirque and was formed by a landslide.



We had numerous excellent Marmot sightings – they are very common here, and their warning whistles were frequently heard. Oxeye Daisy (*Leucanthemum vulgare*) and Yellow Oxeye
Daisy (*Buphthalmum salicifolium*) mixed with Arnica (*Arnica montana*) a range of Crepis including the very hairy Shaggy Hawkweed (*Hieracium villosum*), Orange Hawkweed or Fox and Cubs (*Pilostemma aurantiaca*) and Golden Hawksbeard (*Crepis aurea*). There were many lovely Campanulas; Fairy Bells (*Campanula cochlearifolia*), Bearded Bellflower (*Campanula barbata*), Harebell (*Campanula rotundifolia*)… Purple *Erigeron neglectus* showed it's orange centres and the more delicate *Erigeron uniflora* was also very nice. Mats of Thyme (*Thymus praecox*) and Rock Thyme (*Clinopodium alpinum*) crept over limestone boulders.



A small lorry which the bus followed up the single-track road turned out to be carrying fish to restock the lake. It was fascinating to watch large barrels of fish being lowered down the mountain side from the track to the edge of the water on a purpose-built sledge before the fish were tipped into the water.
It was a good day for butterflies with Pearl Bordered Fritillary, Mountain and Bergers Clouded Yellow, Swallowtail, Orange tip, Mazarine, Large and Small Blue amongst others. Moths were also rather lovely with Magpie Moth, Mountain

Highflyer, Rosy Wave, and my favourite, the Plain Golden Y. Water Pipits were common, and Linnets, Ring Ouzels and Black Caps were seen too.

The flowers that we looked at were too numerous to mention, but creamy Wolfsbane, pink *Adenostyles alliariae* Globeflower (*Trollius europaeus*), a single Alpine Pasqueflower (*Pulsatilla alpina*) and Snowdrop Windflower (*Anemone sylvestris*) were particularly lovely, as were spikes of Short-spurred Fragrant Orchid (*Gymnadenia odoratissima*), Globe Orchid (*Traunsteinera globosa*) and Vanilla Orchid (*gymnadenia rhellicani*). Starry Saxifrage (*Micranthes stellaris)* and Marsh Marigold (*Caltha palustris)* grew through wet mosses in a gushing mountain stream, where a spotted pony grazed.

Lunch was next to an isolated café. On the hillside behind it a pair of Ring Ouzels fed in the vegetation. We opted to retrace our steps back to the start rather than taking the shorter but much more challenging onward route!

There was time to pick up tea and snacks from the Spar shop opposite the hotel (even more magnificent vintage cars thronging the village now) and for a sauna or swim in one of the hotel pools before sprucing up for dinner in the restaurant.





Day 3 Friday 3rd July Lech Church, local woodland walk, Rubikopf As the forecast was for low cloud until late morning, we took the opportunity to visit Lech Church after breakfast. Constructed in 1390, it has a 33-meter-high Gothic bell tower topped with a Baroque onion dome added in 1694. Inside, are 1791 frescoes by Josef Anton Schuler, and beautifully carved wooden pews. The official height of the village, 1444m is taken from the base of the tower.

A glass coffin displayed the (supposed) remains of St Placidus, probably taken from a Roman Catacomb, richly decorated with lace and precious stones. The graveyard was immaculately kept, with ornate iron crosses and tiny rockeries for each, some





sporting Eidelweiss (*Leontopodium alpina*) and Fairy's Thimbles (*Campanula cochlearifolia*) as well as more usual garden plants.

We followed a circular route through mature pine woodland behind the hotel, where I had seen a black Red Squirrel earlier and there were plentiful signs of Wild Boar. Alpine Blue Sow Thistle (*Cicerbita alpina)* was new, as was the lovely Nettle-leaved Speedwell (*Veronica urticarifolia*), Wood Stitchwort (*Stellaria nemorum*) and Yellow Pimpernel (*Lysomarchia nemorum)*. Bird song was frequent, but the birds themselves were less obvious, we heard Coal and Crested Tit, Wren, and Serrin.

Having picked up lunches and bags, we were heading up on the Rubikopf cable car at 12, which took us up to a height of 2350m in about 15 minutes. Arnica grew thickly around the cable car building, in turf scattered with Spring Gentian (Gentiana verna). We took a wide path towards Monzabonsee (see = lake), which took us above a shallow valley bottom teeming with Marmots, Alpine Snowbell (*Soldanella alpina*) and trumpet gentians. (*Gentiana acaulis* and *clusii*) On rocky outcrops grew mats of purple Moss Campion (*Silene acaulis*), white-starred Ciliate Sandwort (*Moehringia ciliata*) and Chamois Rockcress (*Hornungia alpina*). A real highlight for me was a colony of the rare pale Yellow Bellflower (*Campanula thrysoides*). Lunch was on a scenic bench by the





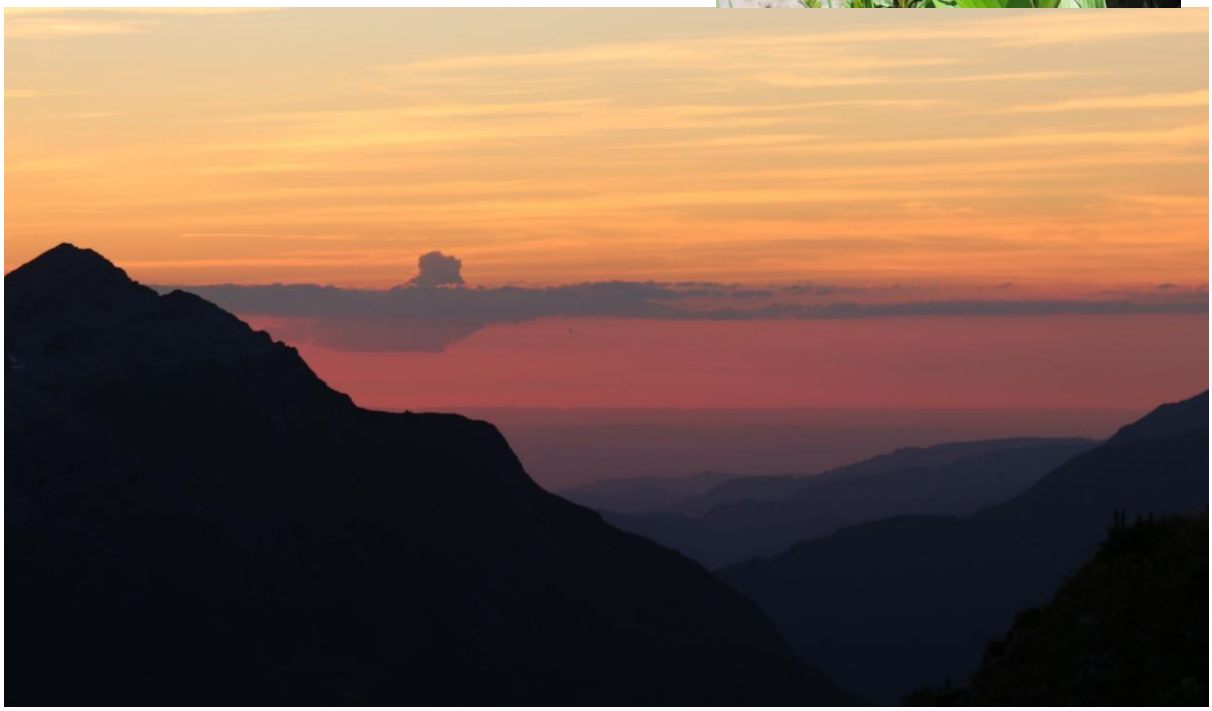
little lake, with Snow Buntings and Marmots in attendance. A low-growing buttercup around the lake was Mountain Buttercup (*Rananculus montanus*).

Lynn and Celia found a big patch of Dwarf Snowbell (*Soldanella pusilla*). The return path was steep in places but we puffed our way up it, passing a bright yellow Mountain Avens (*Geum montanum*), Musk Saxifrage (*Saxifraga moschata*), and a nice area with both Vanilla Orchid the red subspecies Austrian Vanilla Orchid, as well as Frog Orchid. We had lovely views of a couple of Alpine Accentors hopping around at the top of the path. The clouds drifted in and out, but the views were still impressive.

Back down on the cable car and across the road to the hotel. Today I discovered that the outdoor infinity pool has two jets which one can switch on which turn it into a gentle endless pool ie one can swim towards the jets (and the view) without reaching the edge!



Hazel and Mike, regular Greentours customers and friends of Lynn and Celia, joined us for dinner, as they were also staying at the hotel, which was lovely. After dinner, we again took the Rubikopf cable car up the mountain, open for the first time this year for a weekly opportunity to watch the sunset from the top of the mountain. The light was marvellous and the views spectacular as the morning cloud had cleared and the sun was fully out. We watched the sun drop behind the mountain, and the colours change and deepen after, before returning on the last, very cheerful cable car of the day.

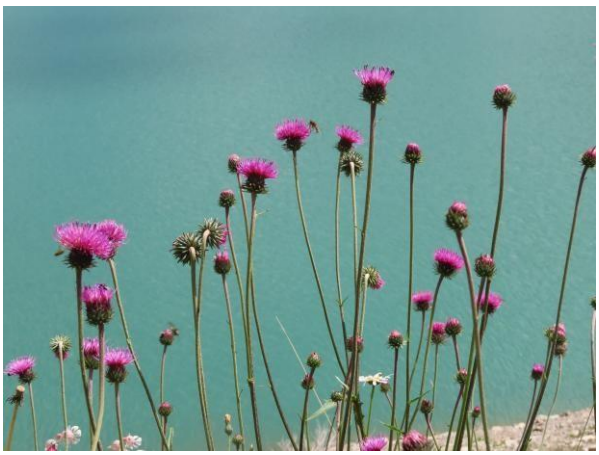


Day 4 Saturday 4th July Spullersee

Today we took the pretty bus ride up to Spullersee, a reservoir surrounded by meadows and mountains at a height of 1838m. Taking the wide track around the lake, we were soon noting new flowers amongst the incredible floral displays; Yellow Oxeye and Alpine Oxeye Daisies, Baby's Breath, tall spikes of blue Monkshood and huge feathery magenta *Centaurea alpestris*. Our first Martagon Lilies (*Lilium martagon)* were a highlight. Black Redstarts called from rock and treetop, and Celia spotted a Weasel running fearlessly over rocks between us and the water. A small marshy area was full of hundreds of Marsh Orchids amongst the Fox and Cubs, sedges, cotton grass and scouring grass. On the dryer banks of the wet area was a lovely Lesser Butterfly Orchid (*Platanthera bifolia*) and numerous flowering Moonwort (*Botrychium lunaria)*. Globe Orchids T*raunsteinera globosa)* proliferated amongst the Rusty Alpen Rose. Bearded Campanulas were very common, as were white flowers of tall Aconite-leaved Buttercup *(Ranunculus aconitifolius*) and Shining Scabious (*Scabiosa lucida)*. Butterflies were settling well today, and we saw Mazarine Blue, Orangetip, Pearl Bordered Fritillaries and Thor's Fritillary. Walking up to a meadowy knoll we passed a wet flush dominated by flowering
Chives (*Allium schoenoprasum)* and the path was lined with purple Alpine Sainfoin (*Hedysarum hedysaroides*) and white and lilac *Astragalus alpinum*. An attempt to construct Celia's walking poles without success lead joand white 'how many English ladies does it take to put up a walking pole' variety. Back on the main trail we admired the views and continued round the lake to a bench overlooking the lake where we stopped for lunch. A stream tumbling down the mountain side supported a good population of the yellow *Saxifraga aizoides* and a single flower of Grass of Parnassus.

After lunch we left the main track and took the footpath which continues round the edge of the lake, crossing a river and marshy area on wooden pathways and clambering up over a hill and back down to the lower dam. There were some lovely fresh Martagon Lilies and an Apollo butterfly – a real treat! Our Marmots today were located when walkers with dogs were around – the Marmots really don't like dogs, and their warning calls would continue until the danger had passed. We had good views of one standing meercat style as we made our way over the dam.





Some Austrian gentlemen took on the challenge of working out the walking pole construction at the bus stop and after a few attempts succeeded.



We treated ourselves to an excellent ice-cream in Lech in celebration the day!

Day 5 Sunday 5th July Oberlech and Petersbodenbahn cable cars, Gruber Hus Museum



On our way to the Oberlech cable car Cynthia spotted a Red Squirrel. The first part of the journey was a gondola up to Oberlech, where Cris channelled her inner Julie Andrews as we boarded the chair-lift up to Peterbodenbahn. The chair lifts are great for lazy botanising as the chair drifts silently up the hillside over the swathes of Bearded Campion (*Campanula barbata)* and Marsh Orchids (*Dactylhoriza majalis*) We passed directly over a grazing Red Deer calf, too!On reaching the top, at an altitude of 1930m we followed a trail through meadows to the gypsum sinkholes. There were a couple of lovely fresh Martagon Lillies (*Lilium martagon*). On the way was a café outside which two friendly Palamino mares with foals grazed and were thoroughly petted, and we watched endangered Alpine Newts swimming in a shallow pool surrounded by Spring Gentians. We topped a rise and reached a wonderful viewpoint looking out at ranges of distant snow-covered mountains. The sinkholes, also called karst funnels, are natural formations; slightly acid rain dissolves the rock underground, creating cavities. When the cavities are large enough, the layer of







earth above collapses and hollows become visible on the surface. There are over 1,000 sinkholes of various sizes, the largest is 35 meters deep and has a diameter of 100 meters and the area has been a nature reserve since 1988.

The gypsum holes and outcrops were covered with Baby's breath (*Gypsophila repens* – Gypsophyla literally means gypsum loving - and big patches of Fairy's Thimbles (*Campanula cochlearifolia*). Drifts of tiny star-like flowers were Fairy Flax (*Linum catharticum*). Meadows were full of Bearded Campion, *Campanula scheuchzeri* and three species of Rampion, Black (*Phyteuma nigra*), blue spikes of Betony-leaved *(P. betonifolia*) and the now familiar Round-headed (*P.orbiculare*). Amongst the Ranunculaceae were Globe Flower (*Trollius europaeus)*, Marsh Marigold (*Caltha palustris)* Narcissus-flowered Anemone (*Anemonastrum narcissiflorum)*, and the small flowered Carinthian Buttercup (*Ranunculus carinthiacus*). Drifts of pink and white umbels by the trackside were largely Caraway (*Carum carvi*) and Greater Burnet Saxifrage (*Pimpinella major*). There were many, many representatives of the aster family, including Giant Cat's Ear (*Hypochaeris uniflora*), Fox



and Cubs (*Hieracium aurantiacum*) and Orange Hawkbit (*Crepis aurea*). Birds were few but we heard Garden Warbler and Kestrel and Buzzard were overhead. Cynthia pointed out

Golden Rod (*Solidago virgaurea*) and Ragged Robin (*Lychnis flos-cuculi)* in a beautiful wet meadow full of Cotton Grass, Marsh Orchids and Red Rattle or Marsh Lousewort (*Pedicularis palustris*) On a hillside opposite was an Antony Gormley statue of a man staring out at the mountains. Interestingly, it is part of Horizon Field, a 2010 sculpture installation of 100 life-sized cast iron statues of the human body left at exactly 2,039 m (6,690 ft) above sea-level in the Austrian Alps.

Having walked over a moorland area with Heath (*Erica tetralix*) and Scheucher's Cotton Grass (*Eriophorum scheuchzeri*) (and Mountain Clouded Yellows and Ringlets) we followed a track down to Oberlech, stopping at a bench perfectly positioned for the views for lunch. Further down the trail we noted Great Marsh Thistle (*Cirsium personata)* and Common Bistort (*Polygonum bistorta)*. We also stopped by the Skyspace - apparently a cultural highlight, the walk-in art installation is by the renowned US artist James Turrell.

We were ready to take the Oberlech cable car back down and have a break before visiting the Huber Hus museum at 4pm. According to dendrochronological analysis of the wood, the Huber House was dated to 1590 and offers visitors insights into rural living and working culture in Lech. A photographic exhibition of historic pictures of Lech was well worth seeing, too.

Time for a swim before supper, and the free wine in the bar before another excellent meal helped too!



Day 6 Monday 6th July Seekopf

A 10 am start to allow the clouds to clear, and off up to Seekopf. A minibus took us up to the lake at an altitude of 2211m as the cable car was being serviced.

Walking down towards the lake Zürsersee there was a pair of Black Redstarts nesting in a wooden barn, and a small pool was thickly edged with white balls of Scheucher's Cotton Grass (*Eriophorum scheuchzeri*).The lake is surrounded by a circle of mountains and rocky outcrops, and between these were snowfields and mountain streams and wet meadows pools and marshes.



We were drawn to an area of snow above a trickling stream, where sheets of pink *Soldanella pusilla* grew. Near the running water there were some nice crucifers – white candytuft-like *Hutchinsia breviccula*, pink Round-leaved Pennycress (*Noccaea rotundifolia*), tall Alpine Rockcress (*Arabis alpina*) Chamois Cress, Soyer's Rockcress (*Arabis soyeri*) and *Cardaminopsis helleri.*



There was both Coltsfoot (*Tussilago farfara*) and Alpine Coltsfoot (*Homogyne alpina*), Birdseye Primula (*Primula farinosa*) and three perfect white flowers of Alpine Butterwort (*Pinguicula alpina*).



Above another area a marmot was standing and giving warning whistles while Celia and I photographed three species of Soldanella, pink *Soldanella pusilla*, white, conical *S. minima* and purple, deeply fringed *S. alpina.* These, along with some lovely clumps of Oxslip (*Primula elatior*) and frilly Alpine Buttercup (*Ranunculus alpina*). Lynn noted some double flowers of this. A nice find was Alpine Leek (*Allium victoralis*) in bud.

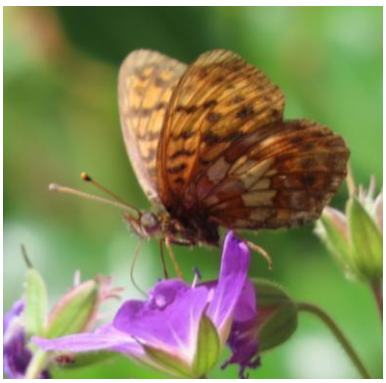


A small cave had Crag Marten nests inside, and was clearly worked by man, though the purpose was not clear. There was the usual campanula species, Bearded, Scheuchzer's, Harebell, Scheuchzer's; Gentians- Spotted and Purple, *Gentiana acaulis* and *clusii*, and three 'spring' gentians, *Gentiana verna, barbata* and *brachyphylla*.

We had lunch sitting on rocks next to the glacial blue lake watching the fish jump. Walking further round the lake there were more interesting things, the rather outrageous purple and

orange Alpine Bastard Toadflax (*Thesium alpinum*), glorious deep yellow patches of Heart-leaved Leopardsbane (*Doronicum coumnae*) by the water's edge and the strange Eidelweiss relative Highland Cudweed (*Omalotheca sylvatica*). We were high and the day was cooler so few butterflies, but Black-veined White, Small Blue and a Dewy Ringlet were noted. A minibus came quickly to take us down to the start – it was a very beautiful if winding track, and Marmots scurried off the track ahead of us. There was time for a cable car up to Oberbarn for a coffee since we had missed out on our cable car ride this morning.

Day 7 Tuesday 7th July Spullersee to Gasthus Alpela









A scenic bus drive took us again up to Spullersee, the only traffic a herd of slow-moving cows. This time we set off down the valley, passing a guard marmot on our right and a hillside with flowering Yellow Gentians. Budding Grass of Parnassus (*Parnassia palustris*) grew by the trackside with blue Monkshood (*Aconitum napellus)*, Chives and Common Valarian (*Valeriana officinalis*), and Hairy Alpenrose (*Rhododendron hirsutum*) flowered all the way up the hillsides to the base of the mountains. Swarms of Blue butterflies and Ringlets mid-puddled on wet areas of the track and/or cow dung. It was wonderful to have such a beautiful valley all to ourselves. Blackcap, Dunnock, and Wren could be heard calling, none as loud as the Marmots though. We spotted family of Marmots only a few metres away – a mother with 3 young pups. We watched the youngsters exploring the hill under Mum's careful eye for quite a while. Swallowtails and Painted Ladies abounded and as we entered scattered woodland we had Linnets, Redpoll, Fieldfares and Song thrush. As we followed the stream along the winding, open valley there were always mountains on either side and visible ahead in the distance. The habitats changed constantly from meadow to scattered woodland to woodland to marshy meadow. The main tree species were Green Alder, Juniper, Dwarf Mountain Pine (*Pinus mugo*), and Silver Birch. Every meadow was chock full of a range of Crepis, Rampions and Orchids, mainly Marsh, Twayblade and Short-spurred Fragrant Orchid. Ringlets and Fritillaries were frequent, and of many species – Titania's, Thor's, Pearl-bordered and Dark Green Fritillaries, Eastern Wood white, and one Arran Brown very interested in sucking the salts off my sock. A peaceful area of moss and Star Saxifrage (*Saxifraga stellaris*) through which the stream meandered had a special butterfly for us – White Admiral.

As the valley opened up we had *Soldanella minima*, Rock valerian and Leafless-stemmed Globularia (*Globularia nudicaulis*) by the stream. A herd of grazing, belled cattle had to be circumnavigated and then Lunch was at two benches in a lush meadow. The path crossed the road and headed into the forest, where the understory was dominated by Sphagnum moss, through which grew Single-flowered

Wintergreen (*Monesis uniflora*) and Wood Cow Wheat. The river was a little wider here, with waterfalls and turquoise pools. Another series of meadows and we were ready to see the café and the bus stop. We took the bus back to Lech and went for ice-creams and frappes at the hotel café. There was time for a wander, swim or a sauna before our last supper together.





Day 8 Wednesday 8th July To Innsbruck and Home

A 90 minute drive took us to the airport to drop the Lynn, Celia and Chris off for the Gatwick flight. The Manchester flight had a few more hours to go, so we had time to look round the stunning historic town of Innsbruck before heading back to the airport.



Photos

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Page 6 Martagon Lily and sunset from the Rubikopf **Page 7** *Dactyhoriza maculata* and Alpine Thistle (*Carduus defloratus*) **Page 8** It fooled us all, Chair lift , Fairy's thimbles and Baby's Breath, Gypsum holes and Alpine Oxeye Daisy, Gypsum holes **Page 9** Flowery meadow with Fox and Cubs, Cottongrass and Alpenrose view,, **Page 10** Another stunning meadow on the walk down to Oberlech, **Page 11** Mountain reflections, Spring Gentian, Alpine Toadflax, Alpine Snowbell. **Page 12** Thor's Fritillary, Titania's Fritillary, Swallowtail and baby Marmots with Mum **Page 13** Views below Spullersee and a selection of blues **Page 14** Moss Campion and Heart-leaved Leopards bane



List No 1 Plants

Ferns and Allies

Equisetum variegatum	Scouring rush
Botrychium lunaria	Moonwort
Asplenium trichomanes	Maidenhair Spleenwort
Asplenium ruta-muraria	Wall-rue
Asplenium viride	Green Spleenwort
Athyrium filix-femina	Lady Fern
Cystopteris fragilis	Britlle Bladder Fern
Cystopteris montana	Mountain Bladder-fern
Dryopteris filix-mas	Male Fern

Pinaceae

Picea abies	Norway Spruce
Larix decidua	Larch
Pinus sylvestris	Scot's Pine
Pinus mugo ssp. mugo	Mountain Pin

Cupressaceae

Juniperus communis ssp.alpina	Dwarf Juniper

Ranunculaceae

Trollius europaeus	Globeflower
Caltha palustris	Marsh Marigold
Anemone sylvestris	Snowdrop windflower
Anemonastrum narcissiflorum	Narcissus-flowered Anemone
Aconitum lycoctonum ssp. vulparia	Wolfsbane
Aconitum napellus	Monkshood
Anemone narcissiflora	Narcissus-flowered Anemone
Pulsatilla alpina ssp.alpina	Alpine Pasque Flower
Ranunculus alpestris	Alpine Crowfoot
Ranunculus repens	Creeping Buttercup
Ranunculus acris	Meadow Buttercup
Ranunculus montanus	Mountain Buttercup
Ranunculus carinthiacus	Carinthian Buttercup
Ranunculus aconitifolius	Aconite-leaved Buttercup
Ranunculus montanus	Mountain Buttercup
Ranunculus platanifolius	Large White Buttercup
Aquilegia atrata	Dark Columbine
Thalictrum aquilegiifolium	Great Meadow-rue

Urticaceae

Urtica dioica	Common Nettle

Betulaceae

Betula pendula	Silver Birch
Alnus viridis	Green Alder

Chenopodiaceae

Chenopodium bonus-henricus Good King Henry

Amaranthaceae

Amaranthus retroflexus

Caryophyllaceae

Arenaria serpyllifolia Thyme-leaved Sandwort
Cerastium arvense Field Mouse-ear
Cerastium latifolium Broad-leaved Mouse-ear
Moehoringia ciliata Ciliate Sandwort
Silene vulgaris Bladder Campion x
Silene alba White Campion
Silene italica Italian Catchfly
Silene nutans Nottingham Catchfly
Silene dioica Red Campion
Silene acaulis Moss Campion
Stellaria nemorum ssp montana Wood Stitchwort
Lychnis flos-cuculi Ragged Robin
Gypsophila repens Creeping Gypsophila
Heliospermum pusillum
Dianthus alpina Alpine Pink

Polygonaceae

Polygonum bistorta Bistort
Polygonum viviparum Alpine Bistort
Rumex alpinus Monk's-rhubarb
Rumex acetosella Sheep’s Sorrel
Rumex alpestris Mountain Dock
Polygala alpestris Mountain Milkwort
Polygala amara Bitter Milkwort
Polygals commosa Tufted Milkwort

Hypericaceae

Hypericum maculatum Imperforate St John's-wort

Cistaceae

Helianthemum nummularium Common Rockrose
Helianthemum oelandicum Hoary Rockrose

Violaceae

Viola biflora Yellow Wood Violet
Viola calcarata Long-spurred Pansy

Salicaceae

Salix hastata Halberd Willow
Salix reticulata Net-leaved Willow

Salix retusa	Retuse-leaved Willow

Brassicaceae

Arabis alpina	Alpine Rock-cress
Arabis soyeri	Soyer's Rockcress
Barbarea vulgaris	Winter watercress
Cardamine amara	Large Rock Cress
Cardaminopsis helleri	
Hornungia alpina	Chamois Cress
Hutchinsonia brevicaulia	
Myosotis alpestris	Alpine forget-me-not
Noccaea rotundifolia	Round-leaved Pennycress

Ericaceae

Erica cinerea	Heather
Calluna vulgaris	Ling
Moneses uniflora	One-flowered Wintergreen
Pyrola minor	Lesser wintergreen
Rhododendron ferrugineum	Rusty-leaved Alpenrose
Rhododendron hirsutum	Hairy Alpenrose
Vaccinium vitis-idaea	Lingonberry
Kalmia procumbens	Trailing Azalia

Primulaceae

Androsace chamaejasme	Sweetflower Rock Jasmine
Androsace villosa	Hairy Rock Jasmine
Androsace obtusifolia	Obtuse-leaved Rock-jasmine
Lysimachia nemorum	Yellow Pimpernel
Lysimachia punctata	Dotted Loosestrife
Primula auricula	Bear's Ear
Primula elatior	Oxlip
Primula farinosa	Bird's-eye Primrose
Soldanella alpina	Alpine Snowbell
Soldanella pusilla	Dwarf Snowbell
Soldanella minima	

Crassulaceae

Sedum atratum	Dark Stonecrop
Sempervivum montanum	Mountain Houseleek

Saxifragaceae

Saxifraga rotundifolia	Round-leaved Saxifrage
Saxifraga androsacea	Scree saxifrage
Saxifraga moschata	Musky Saxifrage
Saxifraga paniculata	Paniculate Saxifrage
Saxifraga aizoides	Yellow Saxifrage
Saxifraga reticulata	
Saxifraga sedoides	
Saxifraga stellaris	Star Saxifrage

Parnassia palustris	Grass of Parnassus

Rosaceae

Chamaemespilus alpina	False Medlar
Dryas octopetala	Eight-petal Mountain-Avens
Alchemilla vulgaris	Lady's-mantle
Alchemilla xanthochlora	
Alchamilla intermedia	
Alchemilla alpina	Alpine Lady's-mantle
Alchemilla nitida	Silver Lady's Mantle
Frageria versa	Wild strawberryx
Rosa alpina	Alpine Rose
Geum rivale	Water Avens
Geum montanum	Alpine avens
Potentilla aurea	Dwarf yellow cinquefoil
Potentilla alpina	
Potentilla crantzii	Alpine Cinquefoil
Potentilla erecta	Tormentil
Rubus saxatilis	Stone Bramble

Fabaceae

Anthyllis vulneraria	Common Kidney-Vetch
Anthyllis vulneraria alpestris	Alpine Kidney Vetch
Astragalus alpinus	Alpine Milkvetch
Astragalis australis	
Astragalus frigidus	Yellow Alpine Milkvetch
Hedysarum hedysaroides	Alpine sainfoin
Hippocrepis comosa	Horseshoe vetch
Lupinus polyphyllus	Large-leaved lupin
Trifolium badium	Brown Clover
Trifolium montanum	
Trifolium pratense	Red Clover

Thymeleaceae

Daphne cneorum

Onagraceae

Chamaenerion angustifolium	Fireweed
Epilobium alpestre	Whorled-leaved Willowherb
Epilobium alsinifolium	Chickweed Willowherb

Euphorbiaceae

Euphorbia cyparissias	Cypress Spurge

Linaceae

Linum catharticum	Purging or Fairy Flax

Oxalidaceae

Oxalis acetosella	Wood Sorrel

Geraniaceae

Geranium sylvaticum	Wood Cranesbill

Araliaceae

Hedera helix	Ivy

Apiaceae

Anthriscus sylvestris	Cow Parsley
Pimpinella major	Greater Burnet Saxifrage
Heracleum maximum	Cow Parsnip
Heracleum sphondylium	Hogweed
Carum carvi	Caraway
Chaerophyllum caum	Hairy Chervil
Ligusticum mutellina	Alpine Lovage
Laserpitium latifolium	Broad-leaved Sermountainx
Meum athamanticum	Bald Money
Neogaya simplex	Small alpine lovage

Gentianaceae

Gentiana acaulis	Trumpet Gentian
Gentiana bavarica	Bavarian gentian
Gentiana verna	Spring Gentian
Gentiana clusii	Clusius' gentian
Gentiana brachyphylla	Short-leaved
Gentiana lutea	Yellow Gentian
Gentiana punctata	Spotted gentian
Gentiana purpurea	Purple Gentian

Boraginaceae

Myosotis alpestris	Alpine Forget-me-not

Lamiaceae

Ajuga pyramidalis	Pyramidal Bugle
Ajuga reptans	Bugle
Lamium maculatum	Spotted Dead-nettle
Lamium album	White Dead-nettle
Lamium purpureum	Red Dead-nettle
Lamium galeobdolon	Yellow Archangel
Stachys alpina	Limestone Woundwort

Prunella vulgaris	Self-heal
Acinos alpinus	Alpine Calamint
Clinopodium alpinum	Rock Thyme
Thymus praecox	Hairy Thyme

Plantaginaceae

Plantago media	Hoary Plantain
Plantago alpina	Alpine Plantain
Veronica urticifolia	Nettle-leaved Speedwell
Veronica fruticans	Rock Speedwell
Veronica chamedris	
Veronica aphylla	Leafless-stemmed Speedwell
Veronica alpina	Alpine Speedwell
Veronica serpyllifolia	Thyme-leaved speedwell
Veronica beccabunga	Brooklime
Veronica montana	
Globularia nudicaulis	Leafless-stemmed Globularia
Globularia cordifolia	Matted Globularia

Scrophulariaceae

Linaria alpina	Alpine Toadflax
Melampyrum sylvaticum	Wood Cow-wheat
Euphrasia officinalis	Eyebright
Bartsia alpina	Alpine Bartsia
Orobanche reticulata	Thistle Broomrape
Pedicularis foliosa	LeafyLousewort
Pedicularis rostratocapitata	Long-Nosed Lousewort
Rhinanthus alectrolophus	Greater Yellow Rattle
Rhinanthus minor	Yellow Rattle
Rhinanthus glacialis	Aristate Yellow-rattle
Tozzia alpina	

Lentibulariaceae

Pinguicula vulgaris	Common Butterwort
Pinguicula alpina	Alpine Butterwort

Campanulaceae

Campanula cochleariifolia	Fairy's-thimble
Campanula barbata	Bearded Bellflower
Campanula rotundifolia	Harebell
Campanula scheuchzeri	Scheuchzer's bellflower
Campanula thrysoides	Yellow Bellflower
Phyteuma betonicifolium	Betony-leaved Rampion
Phyteuma orbiculare	Round-headed Rampion
Phyteuma ovatum	Dark Rampion
Phyteuma nigrum	
Phyteuma scheuchzeri	Horned Rampion

Phyteuma spicatum	Spiked rampion

Rubiaceae

Galium anisophyllon	Alpine bedstraw
Galium saxatile	Heath Bedstraw

Valerianaceae

Valeriana officinalis	Common valerian
Valeriana saxatilis	Rock valerian
Valeriana montana	Mountain Valerian

Dipsacaceae

Knautia dipsacifolia	Wood Scabious
Scabiosa lucida	Shining Scabious

Asteraceae

Arnica montana	Arnica
Achhillia millifolia	Millefoil
Achillia distans	Tansy Millfoil
Achillia moschata	Musk Millfoil
Adenostyles alliariae	
Antennaria dioica	Catsfoot
Aster alpinus	Alpine Aster
Aster bellidiastrum	False Aster
Bellis perennis	Daisy
Buphthalmum salicifolium	Yellow Oxeye Daisy
Carduus personata	Great marsh thistle
Carduus defloratus	Alpine thistle
Carlina acaulis	
Centaurea montana	Perennial Cornflower
Centauria alpestris	
Centaurea scabiosa	Greater Knapweed
Cicerbita alpina	Alpine Blue-sow Thistle
Cirsium acaule	Dwarf Thistle
Cirsium spinosissimum	Spiniest thistle
Cirsium acaulon	Dwarf Thistle
Cirsium oleraceum	Cabbage thistle
Cirsium personata	Great Marsh Thistle
Crepis paludosa	Marsh Hawksbeard
Crepis aurea	Golden Hawksbeard
Doronicum columnae	Heart-leaved leopard's bane
Erigeron uniflorus	
Erigeron neglectus	
Heiracium murorum	
Heiracuim peleterianum	
Homogyne alpina	Alpine Coltsfoot

Hieracium villosum	Shaggy Hawkweed
Hypochaeris uniflora	Giant cat's-ear
Jacobaea alpina	Alpine Ragwort
Leontodon pyranaicus	Pyrenean Hawkbit
Leucanthemum vulgare	Oxeye Daisy
Leucanthemopsis alpina	Alpine Oxeye Daisy
Omalotheca sylvatica	Highland cudweed
Petasites paradoxus	Alpine Butterbur
Pillosella cymosa	
Pilosella aurantiaca	Orange hawkweed
Pilosella officinarum	Mouse-eared Hawkweek
Senecio doronicum	Chamois Ragwort
Alpine Ragwort	
*Tephroser*is *helenitis*	Spathulate Fleawort
Tussilago farfara	Coltsfoot
Cichorium intybus	Chicory

Santalaceae

Thesium alpinum	Alpine Bastard-toadflax
Thesium pyrenaicum	Meadow Bastard Toadflax

Sapindaceae

Acer pseudoplatanus	Sycamore

Juncaceae

Luzula alpinopilosa	Alpine Woodrush

Cyperaceae

Eriophorum angustifolium	Common Cotton-grass
Eriophorum scheuchzeri	
Eriophorum vaginatum	Tussock cottongrass

Poaceae

Briza media	Quaking-grass
Cynosurus cristatus	Crested dogtail grass
Molinia caerulea	Purple moor grass
Melica nutans	Nodding grass
Phleum alpinum	Alpine Timothy

Liliaceae

Tofieldia calyculata	Tofield’s Asphodel
Veratrum album	White False Helleborine

Lilium martagon	Martagon Lily
Allium schoenoprasum	Chives
Allium victoralis	Alpine Leek

Orchidaceae

Cephalanthera damasconum	White Helleborine
Dactylorhiza fuchsii	Common Spotted Orchid
Dactylorhiza maculata	Heath Spotted Orchid
Dactylorhiza majalis	Broad-leaved Marsh Orchid
Dactylorhiza viridis	Frog Orchid
Gymnadenia rhellicani	Vanilla Orchid
Gymnadenia austriaca	Black Vanilla Orchid
Gymnadenia conopsea	Fragrant Orchid
Gymnadenia odoratissima	Short-spurred Fragrant-orchid
Neotinea ustulata aestivalis	Burnt tip Orchid
Neottia ovata	Common Twayblade
Orchis mascula	Early Purple Orchid
Platanthera bifolia	Lesser butterfly-orchid
Pseudorchis albida	Small-white Orchid
Traunsteinera globosa	Globe Orchid

List 2 Birds

Tachymarptis melba	Alpine Swift
Ardea cinerea	Grey Heron
Aquila chrysaetos	Golden Eagle
Milvus milvus	Red Kite
Milvus migrans	Black Kite
Dryocopus martius	Black Woodpecker
Dendrocopos major	Great Spotted Woodpecker
Falco tinnunculus	Common Kestrel
Pyrrhocorax graculus	Alpine Chough
Garrulus glandarius	Eurasian Jay
Pica pica	Eurasian Magpie
Nucifraga caryocatactes	Eurasian Nutcracker
Corvus frugilegus	Rook
Corvus corax	Common Raven
Corvus corona	Carrion Crow
Prunella collaris	Alpine Accentor
Prunella modularis	Dunnock
Passer domesticus	House Sparrow
Montifringilla nivalis	White-winged Snowfinch
Anthus pratensis	Meadow Pipit
Anthus spinoletta	Water Pipit
Motacilla cinerea	Grey Wagtail
Motacilla alba	White Wagtail
Fringilla coelebs	Common Chaffinch
Linaria cannabina	Common Linnet
Acanthis flammea	Common Redpoll
Carduelis carduelis	European Goldfinch

Spinus spinus	Eurasian Siskin
Plectrophenax nivalis	Snow Bunting
Periparus ater	Coal Tit
Lophophanes cristatus	Crested Tit
Parus major	Great Tit
Hirundo rustica	Barn Swallow
Sylvia atricapilla	Eurasian Blackcap
Sylvia borin	Garden Warbler
Troglodytes troglodytes	Eurasian Wren
Cinclus cinclus	White-throated Dipper
Erithacus rubecula	European Robin
Phoenicurus ochruros	Black Redstart
Oenanthe Oenanthe	Northern Wheatear
Turdus viscivorus	Mistle Thrush
Turdus philomelos	Song Thrush
Turdus merula	Eurasian Blackbird
Turdus pilaris	Fieldfare
Turdus torquatus	Ring Ouzel

List 3 Butterflies and Moths

Erynnis tages	Dingy Skipper
Pyrgus andromedae	Alpine Grizzled Skipper
Papilionidae – Festoons – Apollos – Swallowtails	
Parnassius apollo	Apollo
Papilio machaon	Swallowtail
Pieridae – Whites – Yellows	
Anthocharis cardamines	Orange-tip
Aporia crataegi	Black-veined White
Pieris brassicae	Large White
Pieris napi	Green-veined White
Pieris bryoniae	Dark-veined White
Colias phicomone	Mountain Clouded Yellow
Lycaenidae – Blues	
Cupido minimus	Small Blue
Phengaris arion	Large Blue
Agriades orbitulus	Alpine Blue
Aricia agestris	Brown Argus
Aricia artaxerxes	Northern Brown Argus
Cyaniris semiargus	Mazarine Blue
Polyommatus eros	Eros Blue
Nymphalidae – Fritillaries	
Argynnis aglaja	Dark-green Fritillary
Brenthis euphrosyne	Pearl-bordered Fritillary

Brenthis selene	Small Pearl-bordered Fritillary
Brenthis titania	Titania's Fritillary
Brenthis thore	Thor's Fritillary
Brenthis napaea	Mountain Fritlliary
Euphydryas cynthia	Cynthia's Fritillary
Nymphalidae – Admirals	
Vanessa atalanta	Red Admiral
Vanessa cardui	Painted Lady
Aglais urticae	Small Tortoiseshell
Limenitis camilla	White Admiral
Nymphalidae – Browns	
Lasiommata magera	Large Wall Brown
Coenonympha gardetta	Alpine Heath
Nymphalidae – Ringlets	
Erebia ligea	Arran Brown
Erebia medusa	Woodland Ringlet
Erebia pandrose	Dewy Ringlet
Erebia cassioides	Common Brassy
Nymphalidae – Graylings	
Brintesia circe	Great Banded Grayling

A Few Moths

Odezia atrata Chimney Sweep
Abraxas grossulariata Magpie Moth
Autographa iota Plain Golden Y
Hydriomena sp Mountain High Flyer
Scopula emutaria Rosy Wave
Aplocera praeformata Purple Treble Bar