

# Switzerland - Alpine Flowers of the Upper Engadine

Naturetrek Tour Report

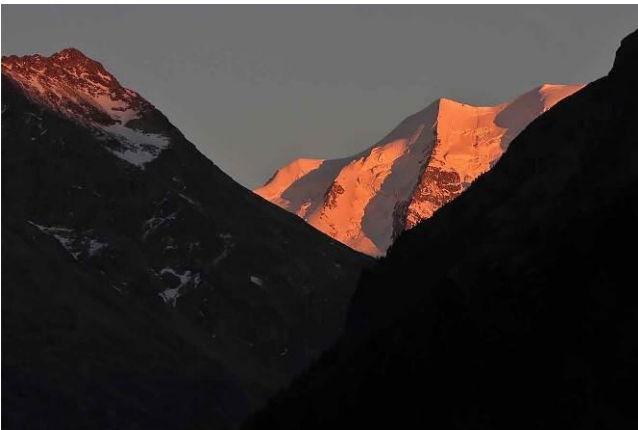
10 - 17 July 2016



*Campanula cochleariifolia*



*Geum reptans*



Piz Palu



*Soldanella pusilla*

Report and images by David Tattersfield



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Tour participants: David Tattersfield (leader) with seven Naturetrek clients

## Day 1

Sunday 10th July

We assembled at a sunny and hot Zurich airport and made our way down to the railway station to catch the train to Zurich main station. Once on the intercity express, we settled down to a comfortable journey, through the Swiss countryside, towards the Alps. We passed Lake Zurich and the Walensee, meeting the Rhine as it flows into Liechtenstein, and then changed to the regional railway at Chur. Dramatic scenery and many loops, tunnels and bridges followed, as we made our way through the mountains to Sameden. After a final short train ride to Pontresina, we were met by the hotel minibuss and arrived at our hotel, a few minutes later at 7.55pm. We were soon enjoying a delicious evening meal. After a brief chat about our plans for the exciting week ahead, we retired to bed.

## Day 2

Monday 11th July

We caught the 9.06am train at Surovas and travelled south along Val Bernina, the journey providing a great introduction to the spectacular scenery of the region. We crossing the highest point of the railway, beside the milky waters of Lago Bianco and alighted at Alp Grum. There were flowers to discover, almost every step of the way to our coffee break at the Belvedere, so we made very slow progress. Among many others, we found Vanilla Orchid *Gymnadenia rbellicani*, Small-white Orchid *Pseudorchis albida* and Heath Spotted-orchid *Dactylorhiza maculata* and of particular note were St Bruno's Lily *Paradisea liliastrum* and Alpine Leek *Allium victorialis*, which we only saw here during the week.

In the forest, we found a different range of plants, including Wood Crane's-bill *Geranium sylvaticum*, Whorled Solomon's-seal *Polygonatum verticillatum*, Martagon Lilies *Lilium martagon* and Yellow Melancholy Thistle *Cirsium eristhales*. We had our lunch, beside the railway, in warm sunshine, before continuing down the trail. More highlights followed – Large Yellow Foxglove, Large Pink *Dianthus superbus*, Carthusian Pink *Dianthus carthusianorum*, brick-red flowers of Cobweb Houseleek *Sempervivum arachnoideum*, on a cliff, and colonies of the exquisite One-flowered Wintergreen *Moneses uniflora*, on the shady forest floor. We emerged in the old village of Cavaglia, where yellow Wolf's-bane, *Aconitum lycotonum* subsp. *vulparia* made a wonderful show, along the edges of the stream. Beyond the railway station we visited the Gletscher Garten, where we explored the amazing potholes, left behind after the last glacial retreat. Special plants in the woodland were Chickweed Wintergreen *Trientalis europaea* and *Streptopus amplexifolius*, with small, yellowish, pendant flowers on bent pedicels, hidden beneath its leaves. The circular walk returned us to the station, where we caught the train back to Surovas and were back at the hotel for 7pm., just before a thunderstorm, which raged for most of the evening.

## Day 3

Tuesday 12th July

After overnight rain, we had a dry morning with short sunny periods. In the morning we walked the four kilometres up to the Morteratsch glacier. The steep walls of wasting ice, the constant fall of rocks and the torrents of melt-water, provided a memorable experience and we were able to follow the plant succession, from here back to the forest. We were a little later back than expected and ate a few snacks before our train.

When we reached Ozpizio Bernina, it was raining steadily, so we ate our lunch in the waiting room, after which the rain stopped and it remained dry for the rest of the afternoon. We walked along the shore of Lago Bianco, the White Lake, which straddles the watershed, its milky waters derived from the Cambrena glacier. There were many botanical highlights along the way, including the robust Spotted Gentian *Gentiana punctata*, the deep-red beaked flowers of Kerner's Lousewort *Pedicularis kernerii* and Rhaetian Rampion *Phyteuma hedraiantbifolium*. By the dam were some lovely colonies of Rhaetic Poppy *Papaver aurantiacum*. It was rather misty, as we descended into the forest, so we elected for a long break in the warmth of the Belvedere, before going down to Alp Grum for the 6.15pm train. When we arrived back in Surovas, we discovered that it had been raining in Pontresina, all afternoon.

## Day 4

Wednesday 13th July

Although we had a dry start, the weather was far from settled and there were long spells of steady light rain until midday. From Bernina Lagalb, we crossed the road into Val Minor, underneath the limestone peak of Piz Alv. There were colourful displays of flowers on the limestone-derived soils, in the first part of our walk, including fine displays of Large-flowered Common Rockrose *Helianthemum nummularium* subsp. *grandiflorum* and the smaller flowered Alpine Rockrose *Helianthemum oelandicum* subsp. *alpestre* growing alongside Alpine Gypsophila *Gypsophila repens* and Alpine Aster *Aster alpinus*. Nearby, there were beautiful tall spikes of Martagon Lily and yellow Mountain Lentil *Astragalus penduliflorus*, growing within mounds of prostrate Juniper.

We plodded on up the valley in the rain but, by the time we reached the first lake, it stopped and allowed us to better appreciate the plants around us. There were stunning, large clumps of *Doronicum elusii*, among the rocks, with huge yellow flowers, pink patches of Alpine Rock-jasmine *Androsace alpina* and purple Alpine Toadflax *Linaria alpina*. From here to Lej Minor, and beyond, the soggy turf was carpeted with myriads of the purple bells of Dwarf Snowbell *Soldanella alpina* and clumps of *Primula integrifolia*. On drier knolls were the deep-purple Broad-leaved Primrose *Primula latifolia*, Snowdon Lily *Gagea serotina* and Creeping Azalea *Kalmia procumbens*. We had a short, steep climb to the top of the pass, where the Cambrena glacier came into view and the rain returned. The final part of the walk was gently downhill, with a bit of a rush, at the bottom, to catch an earlier train from Ozpizio Bernina. We were back at the hotel earlier than planned, allowing us to catch up on our records, before dinner. As the evening progressed, the rain gradually turned to snow and it was snowing heavily, by the time we went to bed.

## Day 5

Thursday 14th July

A very different scene greeted us in the morning. Everywhere was carpeted with snow and it was drizzling, from a grey sky. We delayed our departure until there were signs of an improvement and caught the 10.10am train to the Diavolezza cable-car. At the top, high cloud stuck stubbornly to the peaks but nevertheless, we were treated to an amazing panorama of mountains, ice-fields and glaciers, covered in a thick blanket of fresh snow. There was little point looking for plants – they would be happy and unharmed until the snow melted. All we could do was to enjoy the experience. We had our lunch in front of the restaurant, where it felt surprisingly warm during the occasional blink of sun.

On our return to the valley, much of the snow had already melted and we were able to explore the streams and flushes, below Piz Alv. Notable plants were Marsh Lousewort *Pedicularis sylvatica*, lots of the nationally-rare

Flecked Marsh Orchid *Dactylophiza cruenta* and Scottish Asphodel *Tofieldia pusilla*. The remaining snow prevented us from venturing further, so we returned to the station and boarded the next train to Pontresina. We changed trains, here, and alighted at the next stop, Muragl. We took the old funicular, an experience in itself, to Muottas Muragl, high above the tree line and spent the next hour and a half gazing over the awe-inspiring vistas of the Upper Engadine and the Bernina Mountains. It had not been a day that had been planned, but it will linger long in our memories.

## Day 6

Friday 15th July

It was cloudy and a little breezy, with a temperature of 4°C, when we left the hotel. Most of the snow had melted in the valleys but the tops were still white. We caught the bus in Pontresina and travelled past St. Moritz and the lakes to Surlej, where we boarded the cable-car. We continued all the way to Corvatsch, the top station, and ventured out to take in the panorama. The temperature was minus 7°C, with cloud around the summits but patches of blue sky suggested a gradual improvement.

We returned to Murtel and followed the track to Fuorcla Surlej. Everywhere was still snow-covered but here and there the glistening-white flowers of Glacier Crowfoot *Ranunculus glacialis* were beginning to poke through. After lunch, at the top of the pass, we started our descent, which needed care in the steeper sections, but the route was distinct enough. The scene was remarkably different from the colourful spectacle of the previous week with only a few silky seed-heads of Alpine Pasqueflower and bedraggled Spotted Gentians to betray its presence. We eventually reached the valley bottom at the Roseg Hotel and left the snow behind. By now, it was a balmy 7°C and there remained a pleasant seven kilometre walk, through the forest. Twinflower *Linnaea borealis* is a rare plant in Switzerland, but here it covered mossy banks and boulders, in profusion. We finally emerged from the forest at Surovas Station and were back at the hotel by 8pm, after a very long but satisfying day.

## Day 7

Saturday 16th July

The weather showed further signs of improvement, after an overnight frost, not at all unusual following a clear July night. For our last day, we took the bus to St. Moritz, boarded the two-stage funicular railway to Corviglia and finally the cable-car to Piz Nair. After enjoying the tremendous views, over coffee, we climbed the short distance to the summit, with King-of-the-Alps, White Musky Saxifrage *Saxifraga exarata* subsp. *exarata* and dark-blue Short-leaved Gentian *Gentiana brachyphylla* at our feet. A little further down the slopes there was a delightful small area of hillside, with the same species and additional gems, such as Alpine Toadflax *Linaria alpina*, the tiny yellow Glacier Cinquefoil *Potentilla frigida*, Alpine Rock-jasmine *Androsace alpina* and the aromatic, silver-leaved Black Genipi *Artemisia genipi*.

We returned to Corviglia and enjoyed our lunch, sheltered from the cool breeze and surrounded by patches of colourful Long-spurred Pansy *Viola calcarata* and intense-blue Spring Gentian *Gentiana verna*. The path threaded its way through a fascinating area of sugar limestones, with many deep solution-hollows creating an almost lunar landscape. An astonishing diversity of flowers included lots of Edelweiss *Leontopodium alpinum*, many intensely-fragrant Short-spurred Fragrant Orchids *Gymnadenia odoratissima* and Lesser Butterfly Orchid *Platanthera bifolia* and we were delighted to find more Dwarf Orchid *Chamorchis alpina*, in flower. Lesser Wintergreen *Pyrola minor* was common, in the turf and we found some nice flowering specimens of Round-leaved Wintergreen *Pyrola rotundifolia*. Beyond Alp Nova, we went under the railway and down through wet pastures, thick with Broad-

leaved Marsh-orchid *Dactylorhiza majalis*. We narrowly missed the last funicular at Chanterella and continued down to St Moritz, on foot. It had been an amazing day, with some of the best flora that the region has to offer and the perfect way to end our week in the Upper Engadine.

## Day 8

Sunday 17th July

After breakfast and packing, we had time for a short excursion into the forest. We thanked the hotel staff for their tireless efforts to make our stay such a pleasant one, before being driven down to the station. The scenic journey back to Zurich went smoothly, leaving plenty of time to check-in for our return flight to London.

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## Species Lists

Plants (‡ = cultivated or naturalised)

Latin Name	Common Name	Notes
<b>LYCOPODIOPSIDA</b>		
<b>Lycopodiaceae</b>		
<i>Diphasiastrum alpinum</i>	Alpine Clubmoss	Occasional. Mountain turf
<i>Huperzia selago</i>	Fir Clubmoss	Frequent. Acidic pasture
<i>Lycopodium clavatum</i>	Stag's-horn Clubmoss	Mountain turf
<b>Selaginellaceae</b>		
<i>Selaginella selaginoides</i>	Lesser Clubmoss	Frequent in turf
<b>EQUISETOPSIDA</b>		
<b>Equisetaceae</b>		
<i>Equisetum arvense</i>	Field Horsetail	Meadows and tracksides
<i>Equisetum palustre</i>	Marsh Horsetail	Wet pasture
<i>Equisetum sylvaticum</i>	Wood Horsetail	Woods and wet pasture
<i>Equisetum variegatum</i>	Variegated Horsetail	Wet flushes. Val da Fain
<b>PTEROPSIDA</b>		
<b>Aspleniaceae</b>		
<i>Asplenium ruta-muraria</i>	Wall-rue	Walls in Pontresina
<i>Asplenium septentrionale</i>	Forked Spleenwort	Rare on rocks
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	Walls and cliffs
<i>Asplenium viride</i>	Green Spleenwort	Damp mountain rocks
<b>Dennstaedtiaceae</b>		
<i>Pteridium aquilinum</i>	Bracken	Valley woodland
<b>Dryopteridaceae</b>		
<i>Dryopteris carthusiana</i>	Narrow Buckler-fern	Damp scrub
<i>Dryopteris dilatata</i>	Broad Buckler-fern	Frequent
<i>Dryopteris filix-mas</i>	Male-fern	Widespread
<i>Gymnocarpium dryopteris</i>	Oak Fern	Woods. Local
<i>Gymnocarpium robertianum</i>	Limestone Fern	Calcareous scree
<i>Polystichum lonchitis</i>	Holly-fern	Mountain rocks
<b>Ophioglossaceae</b>		
<i>Botrychium lunaria</i>	Moonywort	Common in short turf
<b>Polypodiaceae</b>		
<i>Polypodium vulgare</i>	Common Polypody	Occasional on rocks
<b>Pteridaceae</b>		
<i>Cryptogramma crispa</i>	Parsley Fern	Acidic rocks and screes
<b>Thelypteridaceae</b>		
<i>Phegopteris connectilis</i>	Beech Fern	Woods. Occasional

Latin Name	Common Name	Notes
<b>Woodsiaceae</b>		
<i>Athyrium distentifolium</i>	<b>Lady-fern Family</b> Alpine Lady-fern	Mountain rocks
<i>Athyrium filix-femina</i>	Lady-fern	Occasional
<i>Cystopteris fragilis</i>	Brittle Bladder-fern	Frequent on rocks
<i>Woodsia ilvensis</i>	Oblong Woodsia	Rare on scree
<b>PINOPSIDA</b>		
<b>CONIFERS</b>		
<b>Cupressaceae</b>		
<i>Juniperus communis</i> subsp. <i>nana</i>	<b>Juniper Family</b> Common Juniper	Common
<b>Pinaceae</b>		
<i>Abies alba</i>	<b>Pine Family</b> European Silver-fir	Occasional in forests
<i>Larix decidua</i>	Larch	Frequent
<i>Picea abies</i>	Norway Spruce	Common in northern valleys
<i>Pinus cembra</i>	Arolla Pine	Forests
<i>Pinus mugo</i>	Dwarf Mountain-pine	Forests at the treeline
<i>Pinus sylvestris</i>	Scots Pine	Common in northern valleys
<b>MAGNOLIOPSIDA</b>		
<b>FLOWERING PLANTS</b>		
<b>MAGNOLIIDAE</b>		
<b>DICOTYLEDONS</b>		
<b>Apiaceae</b>		
<i>Angelica sylvestris</i>	<b>Carrot Family</b> Wild Angelica	Occasional. Lower valleys
<i>Astrantia minor</i>	Lesser Astrantia	Common
<i>Bupleurum stellatum</i>	Starry Hare's-ear	Lago Bianco
<i>Chaerophyllum hirsutum</i>	Hairy Chervil	Woods
<i>Chaerophyllum villarsii</i>	Villars' Chervil	Woods
<i>Heracleum sphondylium</i>	Hogweed	Common
<i>Imperatoria ostruthium</i>	Masterwort	Common
<i>Laserpitium gaudinii</i>	Gaudin's Sermountain	Rocky places
<i>Laserpitium halleri</i>	Haller's Sermountain	Rocky places
<i>Laserpitium latifolium</i>	Broad-leaved Sermountain	Common
<i>Ligusticum mutellina</i>	Alpine Lovage	Mountain pasture
<i>Ligusticum mutellinoides</i>	Unbranched Lovage	High mountain pasture
<i>Pimpinella major</i>	Greater Burnet-saxifrage	Meadows
<i>Pimpinella saxifraga</i>	Burnet-saxifrage	Meadows
<b>Araliaceae</b>		
<i>Hedera helix</i>	<b>Ivy Family</b> Ivy	Occasional in woods
<b>Asteraceae</b>		
<i>Adenostyles alliariae</i>	<b>Daisy Family</b> Adenostyles	Val Roseg
<i>Adenostyles leucophylla</i>	White-leaved Adenostyles	River gravels. Morteratsch
<i>Achillea atrata</i>	Dark-stemmed Sneezewort	Rocky places on limestone
<i>Achillea erba-rotta</i> subsp. <i>moschata</i>	Musk Milfoil	Rocky places on acidic soils
<i>Achillea macrophylla</i>	Large-leaved Sneezewort	Occasional
<i>Achillea millefolium</i>	Yarrow	Frequent
<i>Achillea nana</i>	Dwarf Milfoil	Scree
<i>Antennaria carpatica</i>	Carpathian Cat's-foot	Mountain turf
<i>Antennaria dioica</i>	Cat's-foot	Common
<i>Arnica montana</i>	Arnica	Common

Latin Name	Common Name	Notes
<i>Artemisia genipi</i>	Black Genipi	Screes
<i>Artemisia umbelliformis</i>	Yellow Genipi	Screes and cliffs
<i>Aster alpinus</i>	Alpine Aster	Limestone rocks and turf
<i>Aster bellidiastrum</i>	False Aster	Frequent
<i>Bellis perennis</i>	Daisy	Frequent
<i>Carduus defloratus</i>	Alpine Thistle	Common
<i>Carduus personata</i>	Great Marsh Thistle	Pontresina
<i>Carlina acaulis</i>	Stemless Carlina Thistle	Mountain turf
<i>Carlina vulgaris</i>	Common Carlina Thistle	Occasional. Lower valleys
<i>Centaurea scabiosa</i>	Greater Knapweed	Meadows
<i>Cicerbita alpina</i>	Alpine Blue-sowthistle	Forest below Alp Grum
<i>Cirsium acaule</i>	Dwarf Thistle	Occasional in pasture
<i>Cirsium eriophorum</i>	Woolly Thistle	Morteratsch and St Moritz
<i>Cirsium erisithales</i>	Yellow Melancholy Thistle	Alp Grum
<i>Cirsium heterophyllum</i>	Melancholy Thistle	Meadows
<i>Cirsium palustre</i>	Marsh Thistle	Damp places
<i>Cirsium spinosissimum</i>	Spiniest Thistle	Mountain turf
<i>Crepis aurea</i>	Golden Hawk's-beard	Common
<i>Crepis paludosa</i>	Marsh Hawk's-beard	Wet meadows
<i>Crepis uniflora</i>	One-flowered Hawk's-beard	Rocky pasture
<i>Doronicum clusii</i>	Clusius' Leopard's-bane	Screes
<i>Erigeron acris</i> subsp. <i>politus</i>	Blue Fleabane	Moraines
<i>Erigeron alpinus</i>	Alpine Fleabane	Locally common
<i>Erigeron neglectus</i>	Neglected Fleabane	Local
<i>Erigeron uniflorus</i>	One-flowered Fleabane	Local
<i>Eupatorium cannabinum</i>	Hemp Agrimony	Lowland
<i>Gnaphthodium norvegicum</i>	Norwegian Cudweed	Occasional in mountain pasture
<i>Gnaphthodium supinum</i>	Dwarf Cudweed	Snowbeds
<i>Hieracium alpinum</i>	Alpine Hawkweed	Frequent
<i>Hieracium angustifolium</i>	Glacier Hawkweed	Morteratsch
<i>Hieracium aurantiacum</i> †	Orange Hawkweed	Pontresina
<i>Hieracium hoppeanum</i>	Hoppe's Hawkweed	Stony places
<i>Hieracium intybaceum</i>	Whitish Hawkweed	Stony places. Morteratsch
<i>Hieracium lactucella</i>		Common
<i>Hieracium murorum</i>		Occasional
<i>Hieracium piliferum</i>		Stony places
<i>Hieracium pilosella</i>	Mouse-ear Hawkweed	Common
<i>Hieracium prenanthoides</i>		Stony places
<i>Hieracium staticifolium</i>	Statice-leaved Hawkweed	Morteratsch
<i>Hieracium villosum</i>	Hairy Hawkweed	Stony pasture
<i>Homogyne alpina</i>	Alpine Colt's-foot	Common
<i>Jacobaea incana</i> subsp. <i>carniolica</i>	Carniolian Ragwort	Locally common
<i>Leontodon helveticus</i>	Swiss Hawkbit	Mountain turf
<i>Leontodon hispidus</i>	Alpine Hawkbit	Acidic pasture
<i>Leontopodium alpinum</i>	Edelweiss	Limestone turf
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy	Common. Mountain rocks
<i>Leucanthemum atratum</i> agg.	Saw-leaved Moon Daisy	Mountain turf
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Meadows
<i>Matricaria discoidea</i>	Pineappleweed	Ruderal
<i>Mycelis muralis</i>	Wall Lettuce	Walls
<i>Petasites albus</i>	White Butterbur	Damp meadows
<i>Petasites paradoxus</i>	Alpine Butterbur	Mountain pasture
<i>Prenanthes purpurea</i>	Purple Lettuce	Forests



Latin Name	Common Name	Notes
<i>Saussurea alpina</i>	Alpine Saw-wort	Mountain turf
<i>Scorzoneroides autumnalis</i>	Autumn Hawkbit	Stony pasture
<i>Senecio doronicum</i>	Chamois Ragwort	Locally common
<i>Senecio hercynicus</i>	Shrub Ragwort	Forest below Alp Grum
<i>Senecio ovatus</i>	Wood Ragwort	Forests
<i>Senecio rupestris</i>	Rock Groundsel	Rocky places
<i>Senecio vulgaris</i>	Groundsel	Ruderal
<i>Solidago virgaurea</i> subsp. <i>minuta</i>	Goldenrod	Mountain rocks
<i>Stemnacantha rhapontica</i>	Giant Stemnacantha	Occasional in meadows
<i>Taraxacum alpinum</i>	Alpine Dandelion	Mountain rocks
<i>Taraxacum officinale</i>	Dandelion	Widespread
<i>Tragopogon pratensis</i>	Goat's-beard	Meadows
<i>Tussilago farfara</i>	Colt's-foot	Common. Damp rocky places
<b>Betulaceae</b>	<b>Birch Family</b>	
<i>Alnus glutinosa</i>	Common Alder	Valleys, by rivers
<i>Alnus incana</i>	Grey 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>Boraginaceae</b>	<b>Borage Family</b>	
<i>Cerinthe glabra</i>	Smooth Honeywort	Rare on Limestone. Alp Nova
<i>Echium vulgare</i>	Viper's Bugloss	Waste places
<i>Eritrichium nanum</i>	King-of-the-Alps	Acidic mountain rocks
<i>Myosotis alpestris</i>	Alpine Forget-me-not	Common
<i>Myosotis sylvatica</i>	Wood Forget-me-not	Woods
<i>Pulmonaria australis</i>	Southern Lungwort	Below Alp Grum
<b>Brassicaceae</b>	<b>Cabbage Family</b>	
<i>Arabis alpina</i> subsp. <i>alpina</i>	Alpine Rock-cress	Mountain rocks
<i>Arabis bellidifolia</i>	Daisy-leaved Rock-cress	Mountain rocks
<i>Barbarea vulgaris</i>	Winter-cress	Pontresina
<i>Biscutella laevigata</i>	Buckler Mustard	Rocky places
<i>Capsella bursa-pastoris</i>	Shepherd's-purse	Widespread
<i>Cardamine alpina</i>	Alpine Bitter-cress	Acidic rocks and screes
<i>Cardamine amara</i>	Large Bitter-cress	Streamsides
<i>Cardamine resedifolia</i>	Mignonette-leaved Bitter-cress	Mountain rocks
<i>Draba aizoides</i>	Yellow Whitlowgrass	Rocky places on limestone
<i>Draba dubia</i>	Austrian Whitlowgrass	Acidic rocks. Corvatsch
<i>Draba fladnizensis</i>	Bald White Whitlowgrass	Alpine rocks
<i>Draba tomentosa</i>	Tomentose Whitlowgrass	Limestone rocks
<i>Kernera saxatilis</i>	Rock Kernera	Rocks
<i>Pritzelago alpina</i>	Chamois Cress	Mountain rocks
<i>Sisymbrium austriacum</i>	Austrian Rocket	Waste places
<i>Thlaspi perfoliatum</i>	Perfoliate Penny-cress	Near habitation
<b>Campanulaceae</b>	<b>Bellflower Family</b>	
<i>Campanula barbata</i>	Bearded Bellflower	Mountain turf
<i>Campanula cochlearifolia</i>	Fairy's-thimble	Mountain rocks
<i>Campanula glomerata</i>	Clustered Bellflower	Occasional. Meadows
<i>Campanula rapunculoides</i>	Creeping Bellflower	Woods. Celerina
<i>Campanula scheuchzeri</i>	Scheuchzer's Bellflower	Mountain turf

Latin Name	Common Name	Notes
<i>Campanula trachelium</i>	Nettle-leaved Bellflower	Woods
<i>Phyteuma betonicifolium</i>	Betony-leaved Rampion	Common
<i>Phyteuma globulariifolium</i>	Globularia-leaved Rampion	Alpine rocks
<i>Phyteuma hedraianthifolium</i>	Rhaetian Rampion	Rocks. Lago Bianco
<i>Phyteuma hemisphaericum</i>	Globe-headed Rampion	Acidic rocks
<i>Phyteuma orbiculare</i>	Round-headed Rampion	Meadows. Frequent
<i>Phyteuma scheuchzeri</i>	Scheuchzer's Rampion	Occasional
<b>Caprifoliaceae</b>	<b>Honeysuckle Family</b>	
<i>Linnaea borealis</i>	Twinflower	Locally common in forests
<i>Lonicera alpigena</i>	Alpine Honeysuckle	Forests
<i>Lonicera caerulea</i>	Blue-berried Honeysuckle	Rocky places
<i>Lonicera nigra</i>	Black-berried Honeysuckle	Woods
<i>Lonicera xylosteum</i>	Fly Honeysuckle	Woods
<i>Sambucus nigra</i>	Common Elder	Woods
<i>Sambucus racemosa</i>	Alpine Elder	Frequent
<b>Caryophyllaceae</b>	<b>Pink Family</b>	
<i>Arenaria biflora</i>	Two-flowered Sandwort	Scree
<i>Arenaria ciliata</i>	Ciliate-leaved Sandwort	Scree
<i>Cerastium alpinum</i>	Alpine Mouse-ear	Mountain turf
<i>Cerastium arvense</i> subsp. <i>strictum</i>	Field Mouse-ear	Frequent
<i>Cerastium cerastoides</i>	Starwort Mouse-ear	Common. Rocks and pasture
<i>Cerastium fontanum</i>	Common Mouse-ear	Common
<i>Cerastium latifolium</i>	Broad-leaved Mouse-ear	Moraines and scree
<i>Dianthus carthusianorum</i> subsp. <i>vaginatus</i>	Carthusian Pink	Local. Open woodland
<i>Dianthus superbus</i>	Large Pink	Damp turf
<i>Dianthus sylvestris</i>	Wood Pink	Rocky places. Pontresina
<i>Gypsophila repens</i>	Alpine Gypsophila	Frequent
<i>Herniaria glabra</i>	Smooth Rupturewort	Railway ballast
<i>Minuartia biflora</i>	Northern Sandwort	Wet mountain turf
<i>Minuartia sedoides</i>	Mossy Cyphel	Alpine rocks and turf
<i>Minuartia recurva</i>	Sickle-leaved Sandwort	Stony places
<i>Minuartia verna</i>	Vernal Sandwort	Stony places
<i>Moehringia ciliata</i>	Creeping Sandwort	Scree
<i>Sagina procumbens</i>	Procumbent Pearlwort	Common
<i>Sagina saginoides</i>	Alpine Pearlwort	Alpine turf and scree
<i>Saponaria ocymoides</i>	Rock Soapwort	Chantarella
<i>Scleranthus annuus</i>	Annual Knawel	Occasional
<i>Silene acaulis</i>	Moss Campion	Mountain turf
<i>Silene dioica</i>	Red Campion	Meadows
<i>Silene exscapa</i>	Stemless Moss Campion	Mountain turf
<i>Silene nutans</i>	Nottingham Catchfly	Rocks and meadows
<i>Silene rupestris</i>	Rock Campion	Rocks
<i>Silene vulgaris</i>	Bladder Campion	Meadows
<i>Stellaria holostea</i>	Greater Stitchwort	Occasional
<i>Stellaria graminea</i>	Lesser Stitchwort	Woods and meadows
<i>Stellaria media</i>	Common Chickweed	Occasional
<i>Stellaria nemorum</i>	Wood Stitchwort	Woods
<b>Chenopodiaceae</b>	<b>Goosefoot Family</b>	
<i>Chenopodium album</i>	Fat-hen	Occasional weed
<i>Chenopodium bonus-henricus</i>	Good-King-Henry	Frequent weed

Latin Name	Common Name	Notes
<b>Cistaceae</b>	<b>Rock-rose Family</b>	
<i>Helianthemum nummularium</i> subsp. <i>grandiflorum</i>	Large-flowered Common Rockrose	Rocky places
<i>Helianthemum oelandicum</i> subsp. <i>alpestre</i>	Alpine Rockrose	Calcareous turf
<b>Crassulaceae</b>	<b>Stonecrop Family</b>	
<i>Sedum acre</i>	Biting Stonecrop	Frequent
<i>Sedum alpestre</i>	Alpine Stonecrop	Mountain rocks
<i>Sedum annuum</i>	Annual Stonecrop	Moraines. Morteratsch
<i>Sedum atratum</i>	Dark Stonecrop	Mountain rocks
<i>Sedum dasyphyllum</i>	Thick-leaved Stonecrop	Walls and rocks
<i>Sedum villosum</i>	Pink Stonecrop	Acidic flushes. Rare. Val Roseg
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	Common. Stony places
<i>Sempervivum montanum</i>	Mountain Houseleek	Common. Stony places
<i>Sempervivum tectorum</i>	Common Houseleek	Occasional. Rocky turf
<i>Sempervivum wulfenii</i>	Wulfen's Houseleek	Occasional. Rocky turf
<b>Dipsacaceae</b>	<b>Teasel Family</b>	
<i>Knautia dipsacifolia</i>	Wood Scabious	Shady places
<i>Scabiosa columbaria</i>	Small Scabious	Occasional
<b>Empetraceae</b>	<b>Crowberry Family</b>	
<i>Empetrum nigrum</i> subsp. <i>hermaphroditum</i>	Hermaphrodite Crowberry	Acidic heaths
<b>Ericaceae</b>	<b>Heath Family</b>	
<i>Arctostaphylos alpinus</i>	Alpine Bearberry	Limestone turf and screes
<i>Arctostaphylos uva-ursi</i>	Bearberry	Rocky pasture
<i>Calluna vulgaris</i>	Ling	Frequent
<i>Erica carnea</i>	Spring Heath	Limestone rocks
<i>Kalmia procumbens</i>	Trailing Azalea	Acidic heaths
<i>Rhododendron ferrugineum</i>	Alpenrose	Common
<i>Vaccinium myrtillus</i>	Bilberry	Common
<i>Vaccinium uliginosum</i>	Bog Whortleberry	Common
<i>Vaccinium vitis-idaea</i>	Cowberry	Common
<b>Euphorbiaceae</b>	<b>Spurge Family</b>	
<i>Euphorbia cyparissias</i>	Cypress Spurge	Frequent on limestone
<b>Fabaceae</b>	<b>Pea Family</b>	
<i>Anthyllis vulneraria</i> subsp. <i>alpestris</i>	Alpine Kidney Vetch	Mountain pasture
<i>Astragalus alpinus</i>	Alpine Milk-vetch	Mountain turf
<i>Astragalus australis</i>	Southern Milk-vetch	Mountain turf. Alp Nova
<i>Astragalus frigidus</i>	Pallid Milk-vetch	Limestone pasture
<i>Astragalus penduliflorus</i>	Mountain Lentil	Pasture and stony places. Local
<i>Hedysarum hedysaroides</i>	Alpine Sainfoin	Mountain pasture
<i>Hippocrepis comosa</i>	Horseshoe Vetch	Common on limestone
<i>Lathyrus pratensis</i>	Meadow Vetchling	Meadows
<i>Lotus alpinus</i>	Alpine Bird's-foot Trefoil	Mountain turf
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	Meadows
<i>Medicago lupulina</i>	Black Medick	Common
<i>Medicago sativa</i> †	Lucerne	Occasional in Pontresina
<i>Melilotus albus</i>	White Melilot	Waste places
<i>Melilotus officinalis</i>	Ribbed Melilot	Waste places

Latin Name	Common Name	Notes
<i>Onobrychis arenaria</i>	Small Sainfoin	Occasional. Pontresina
<i>Onobrychis montana</i>	Mountain Sainfoin	Mountain pasture. Alp Nova
<i>Oxytropis campestris</i>	Yellow Milk-vetch	Common in pasture
<i>Oxytropis jacquinii</i>	Mountain Milk-vetch	Stony places on limestone
<i>Oxytropis lapponica</i>	Northern Milk-vetch	Stony places
<i>Trifolium alpinum</i>	Alpine Clover	Common
<i>Trifolium badium</i>	Brown Clover	Mountain meadows
<i>Trifolium montanum</i>	Mountain Clover	Frequent
<i>Trifolium pallescens</i>	Pale Clover	Pasture and rocky places
<i>Trifolium pratense</i>	Red Clover	Meadows
<i>Trifolium repens</i>	White Clover	Common
<i>Trifolium thalii</i>	Thal's Clover	Mountain turf
<i>Vicia cracca</i>	Tufted Vetch	Frequent
<i>Vicia sepium</i>	Bush Vetch	Occasional
<b>Gentianaceae</b>	<b>Gentian Family</b>	
<i>Gentiana acaulis</i>	Trumpet Gentian	Mountain pasture
<i>Gentiana bavarica</i>	Bavarian Gentian	Marshes
<i>Gentiana brachyphylla</i>	Short-leaved Gentian	Alpine turf
<i>Gentiana clusii</i>	Clusius' Gentian	Limestone turf. St. Moritz
<i>Gentiana lutea</i>	Great Yellow Gentian	Limestone pasture
<i>Gentiana nivalis</i>	Snow Gentian	Mountain turf
<i>Gentiana punctata</i>	Spotted Gentian	Mountain pasture
<i>Gentiana verna</i>	Spring Gentian	Common
<i>Gentianella campestris</i>	Field Gentian	Pasture
<b>Geraniaceae</b>	<b>Crane's-bill Family</b>	
<i>Geranium pyrenaicum</i>	Pyrenean Crane's-bill	Common
<i>Geranium robertianum</i>	Herb Robert	Common
<i>Geranium sylvaticum</i>	Wood Crane's-bill	Common
<b>Globulariaceae</b>	<b>Globularia Family</b>	
<i>Globularia cordifolia</i>	Matted Globularia	Frequent on limestone
<i>Globularia nudicaulis</i>	Leafless-stemmed Globularia	Frequent on limestone
<b>Hypericaceae</b>	<b>St John's-wort Family</b>	
<i>Hypericum maculatum</i>	Imperforate St John's-wort	Frequent
<b>Lamiaceae</b>	<b>Dead-nettle Family</b>	
<i>Ajuga pyramidalis</i>	Pyramidal Bugle	Locally common
<i>Ajuga reptans</i>	Common Bugle	Common
<i>Clinopodium alpinum</i>	Alpine Calamint	Rocky turf on limestone
<i>Clinopodium vulgare</i>	Wild Basil	Frequent
<i>Dracocephalum ruyschiana</i>	Northern Dragon-head	Open forest. Rare
<i>Horminum pyrenaicum</i>	Dragon-mouth	Val Minor
<i>Lamiaeum galeobdolon</i>	Yellow Archangel	Woods. Alp Grum
<i>Lamium album</i>	White Dead-nettle	Frequent
<i>Lamium amplexicaule</i>	Henbit Dead-nettle	Waste places
<i>Lamium purpureum</i>	Purple Dead-nettle	Waste places
<i>Prunella grandiflora</i>	Large-flowered Self-heal	Meadows
<i>Prunella vulgaris</i>	Self-heal	Common
<i>Salvia pratensis</i>	Meadow Clary	Roadside banks. Pontresina
<i>Teucrium montanum</i>	Mountain Germander	Limestone rocks. Chantarella

Latin Name	Common Name	Notes
<i>Thymus polytrichus</i>	Wild Thyme	Common
<b>Lentibulariaceae</b>	<b>Butterwort Family</b>	
<i>Pinguicula alpina</i>	Alpine Butterwort	Mountain turf and rocks
<i>Pinguicula leptoceras</i>	Southern Butterwort	Wet flushes
<b>Linaceae</b>	<b>Flax Family</b>	
<i>Linum catharticum</i>	Fairy Flax	Common
<b>Onagraceae</b>	<b>Willowherb Family</b>	
<i>Chamerion angustifolium</i>	Rosebay Willowherb	Occasional
<i>Epilobium alpestre</i>	Whorled-leaved Willowherb	Frequent
<i>Epilobium alsinifolium</i>	Chickweed Willowherb	Frequent
<i>Epilobium anagallidifolium</i>	Alpine Willowherb	Frequent
<i>Epilobium fleischeri</i>	Fleischer's Willowherb	River gravels and moraines
<i>Epilobium montanum</i>	Broad-leaved Willowherb	Occasional
<b>Oxalidaceae</b>	<b>Wood-sorrel Family</b>	
<i>Oxalis acetosella</i>	Wood-sorrel	Shaded rocks
<b>Papaveraceae</b>	<b>Poppy Family</b>	
<i>Papaver aurantiacum</i>	Rhaetic Poppy	Scree. Local
<i>Papaver croceum</i> †	Islandic Poppy	River gravels.
<b>Parnassiaceae</b>	<b>Grass-of-Parnassus Family</b>	
<i>Parnassia palustris</i>	Grass-of-Parnassus	Damp flushes
<b>Plantaginaceae</b>	<b>Plantain Family</b>	
<i>Plantago alpina</i>	Alpine Plantain	Mountain turf
<i>Plantago atrata</i>	Dark Plantain	Mountain turf
<i>Plantago maritima</i> subsp. <i>serpentina</i>	Fleshy Plantain	Frequent
<i>Plantago media</i>	Hoary Plantain	Occasional
<b>Polemoniaceae</b>	<b>Jacob's-ladder Family</b>	
<i>Polemonium caeruleum</i>	Jacob's-ladder	Limestone rocks
<b>Polygalaceae</b>	<b>Milkwort Family</b>	
<i>Polygala alpestris</i>	Mountain Milkwort	Common
<i>Polygala alpina</i>	Alpine Milkwort	Mountain turf
<i>Polygala chamaebuxus</i>	Shrubby Milkwort	Frequent
<i>Polygala vulgaris</i>	Common Milkwort	Frequent
<b>Polygonaceae</b>	<b>Dock Family</b>	
<i>Oxyria digyna</i>	Mountain Sorrel	Rocks and screes
<i>Persicaria bistorta</i>	Common Bistort	Meadows
<i>Persicaria vivipara</i>	Alpine Bistort	Common
<i>Rumex acetosa</i>	Common Sorrel	Widespread
<i>Rumex acetosella</i>	Sheep's Sorrel	Acidic pasture
<i>Rumex alpestris</i>	Alpine Sorrel	Widespread
<i>Rumex alpinus</i>	Monk's-rhubarb	Disturbed areas
<i>Rumex obtusifolius</i>	Broad-leaved Dock	Occasional
<i>Rumex scutatus</i>	French Sorrel	Screes and rocky places

Latin Name	Common Name	Notes
<b>Portulacaceae</b>	<b>Purslane Family</b>	
<i>Montia fontana</i>	Blinks	Springs
<b>Primulaceae</b>	<b>Primrose Family</b>	
<i>Androsace alpina</i>	Alpine Rock-jasmine	Alpine scree
<i>Androsace chamaejasme</i>	Ciliate Rock-jasmine	Frequent
<i>Androsace obtusifolia</i>	Blunt-leaved Rock Jasmine	Limestone turf
<i>Primula x berninae</i> ( <i>P. latifolia</i> x <i>P. hirsuta</i> )	A hybrid Primrose	Val Minor
<i>Primula farinosa</i>	Bird's-eye Primrose	Mountain turf
<i>Primula halleri</i>	Long-flowered Primrose	Rare. Below Alp Grum
<i>Primula x heerii</i> ( <i>P. hirsuta</i> x <i>P. integrifolia</i> )	A hybrid Primrose	Val Minor
<i>Primula hirsuta</i>	Hairy Primrose	Mountain rocks
<i>Primula integrifolia</i>	Entire-leaved Primrose	Common. Wet turf
<i>Primula latifolia</i>	Broad-leaved Primrose	Locally common
<i>Primula x muretiana</i> ( <i>P. integrifolia</i> x <i>P. latifolia</i> )	A hybrid Primrose	Fuorcla Surlej
<i>Soldanella alpina</i>	Alpine Snowbell	Mountain turf
<i>Soldanella pusilla</i>	Dwarf Snowbell	Wet turf
<i>Trientalis europaea</i>	Chickweed Wintergreen	Local in forest. Cavaglia
<b>Pyrolaceae</b>	<b>Wintergreen Family</b>	
<i>Moneses uniflora</i>	One-flowered Wintergreen	Forest
<i>Orthilia secunda</i>	Serrated Wintergreen	Forest
<i>Pyrola minor</i>	Lesser Wintergreen	Forest
<i>Pyrola rotundifolia</i>	Round-leaved Wintergreen	Alp Nova
<b>Ranunculaceae</b>	<b>Buttercup Family</b>	
<i>Aconitum lycotonum</i> subsp. <i>vulparia</i>	Wolf's-bane	Frequent. Forests and streamsides
<i>Aconitum napellus</i> agg.	Monk's-hood	Damp pasture
<i>Aconitum napellus</i> subsp. <i>vulgare</i>	Compact Monk's-hood	Damp pasture
<i>Aconitum variegatum</i> subsp. <i>paniculatum</i>	Variegated Monk's-hood	Damp pasture
<i>Aquilegia alpina</i>	Alpine Columbine	Limestone pasture
<i>Caltha palustris</i>	Marsh Marigold	Flushes and streamsides
<i>Clematis alpina</i>	Alpine Clematis	Forest below Alp Grum
<i>Pulsatilla alpina</i> subsp. <i>apiifolia</i>	Alpine Pasqueflower	Mountain pasture
<i>Pulsatilla vernalis</i>	Spring Pasqueflower	Mountain pasture
<i>Ranunculus acris</i>	Meadow Buttercup	Common
<i>Ranunculus alpestris</i>	Alpine Buttercup	Common
<i>Ranunculus glacialis</i>	Glacier Crowfoot	Alpine scree
<i>Ranunculus kuepferi</i>	Kupfer's Buttercup	Mountain turf
<i>Ranunculus montanus</i>	Mountain Buttercup	Mountain turf
<i>Ranunculus platanifolius</i>	Maple-leaved Buttercup	Rare in open forest. Below Alp Grum
<i>Ranunculus repens</i>	Creeping Buttercup	Meadows
<i>Thalictrum aquilegiifolium</i>	Great Meadow-rue	Meadows
<i>Thalictrum foetidum</i>	Stinking Meadow-rue	Pasture
<i>Thalictrum minus</i>	Lesser Meadow-rue	Pasture
<i>Trollius europaeus</i>	Globeflower	Damp pasture
<b>Rhamnaceae</b>	<b>Buckthorn Family</b>	
<i>Rhamnus pumilus</i>	Dwarf Buckthorn	Mountain Rocks. Chanterella
<b>Rosaceae</b>	<b>Rose Family</b>	
<i>Alchemilla alpina</i>	Alpine Lady's Mantle	Common

Latin Name	Common Name	Notes
<i>Alchemilla conjuncta</i>	Silver Lady's Mantle	Frequent
<i>Alchemilla glabra</i>	Smooth Lady's Mantle	Frequent
<i>Alchemilla hybrida</i> agg.	Hybrid Lady's Mantle	Occasional
<i>Alchemilla pentaphyllea</i>	Cut-leaved Lady's Mantle	Damp mountain turf
<i>Alchemilla vulgaris</i> agg.	Lady's-mantle	Common
<i>Alchemilla xanthochlora</i>	Pale Lady's-mantle	Frequent
<i>Cotoneaster integerrima</i>	Wild Cotoneaster	Rocks
<i>Dryas octopetala</i>	Mountain Avens	Mountain rocks and scree
<i>Filipendula ulmaria</i>	Meadowsweet	Meadows
<i>Fragaria vesca</i>	Wild Strawberry	Woods and pasture
<i>Geum montanum</i>	Alpine Avens	Mountain turf
<i>Geum reptans</i>	Creeping Avens	Alpine rocks and scree
<i>Geum rivale</i>	Water Avens	Occasional. Wet places
<i>Potentilla anserina</i>	Silverweed	Waste places
<i>Potentilla argentea</i>	Hoary Cinquefoil	Rocky places, open woods
<i>Potentilla aurea</i>	Golden Cinquefoil	Occasional. Mountain turf
<i>Potentilla brauneana</i>	Dwarf Cinquefoil	Snowbeds on limestone
<i>Potentilla crantzii</i>	Alpine Cinquefoil	Common. Mountain turf
<i>Potentilla erecta</i>	Tormentil	Acidic turf
<i>Potentilla frigida</i>	Glacier Cinquefoil	Acidic alpine rocks
<i>Potentilla grandiflora</i>	Large-flowered Cinquefoil	Acidic pasture
<i>Potentilla rupestris</i>	Rock Cinquefoil	Local
<i>Poterium sanguisorba</i>	Salad Burnet	Widespread
<i>Prunus padus</i>	Bird Cherry	Near Hotel Palu
<i>Rosa canina</i>	Dog-rose	Wooded slopes
<i>Rosa pendulina</i>	Alpine Rose	Frequent. Mountains
<i>Rubus idaeus</i>	Raspberry	Woods
<i>Rubus saxatilis</i>	Stone Bramble	Occasional. Rocky places
<i>Sanguisorba officinalis</i>	Great Burnet	Meadows
<i>Sibbaldia procumbens</i>	Sibbaldia	Stony places in mountains
<i>Sorbus aria</i>	Whitebeam	Occasional in forest
<i>Sorbus aucuparia</i>	Rowan	Woods and scrub
<i>Sorbus chamaemespilus</i>	False-medlar	Mountain scrub
<b>Rubiaceae</b>	<b>Madder Family</b>	
<i>Galium anisophyllum</i>	Dwarf Bedstraw	Frequent
<i>Galium boreale</i>	Northern Bedstraw	Occasional. Grassy places
<i>Galium mollugo</i>	Hedge Bedstraw	Occasional
<i>Galium odoratum</i>	Woodruff	Woods
<i>Galium pumilum</i>	Slender Bedstraw	Frequent
<i>Galium verum</i>	Lady's Bedstraw	Meadows
<b>Salicaceae</b>	<b>Willow Family</b>	
<i>Populus tremula</i>	Aspen	Occasional
<i>Salix aurita</i>	Eared Willow	Frequent
<i>Salix breviserrata</i>	Finely-toothed Willow	Occasional
<i>Salix caprea</i>	Goat Willow	Lowland woods
<i>Salix eleagnos</i>	Hoary Willow	Occasional. Streamsides
<i>Salix foetida</i>	Stinking Willow	Val da Fain
<i>Salix glaucosericea</i>	Silky Willow	Occasional
<i>Salix hastata</i>	Large-stipuled Willow	Occasional
<i>Salix hegetschweileri</i>	Alpine Willow	Mountain turf
<i>Salix herbacea</i>	Least willow	Mountain turf

Latin Name	Common Name	Notes
<i>Salix laggeri</i>	Lagger's Willow	Occasional
<i>Salix myrsinites</i>	Whortle-leaved Willow	Mountain turf
<i>Salix reticulata</i>	Net-leaved Willow	Mountain rocks and turf
<i>Salix retusa</i>	Retuse-leaved Willow	Mountain rocks and turf
<i>Salix serpyllifolia</i>	Thyme-leaved Willow	Mountain rocks and turf
<b>Santalaceae</b>	<b>Bastard-toadflax Family</b>	
<i>Thesium alpinum</i>	Alpine Bastard-toadflax	Occasional. Pasture
<i>Thesium pyrenaicum</i>	Pyrenaean Bastard-toadflax	Rocky pasture
<b>Saxifragaceae</b>	<b>Saxifrage Family</b>	
<i>Chrysosplenium alternifolium</i>	Alternate-leaved Golden-saxifrage	Occasional. Wet places
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	Wet turf and screes
<i>Saxifraga androsacea</i>	Scree Saxifrage	Damp screes and rocks
<i>Saxifraga aspera</i>	Rough Saxifrage	Rocky places
<i>Saxifraga bryoides</i>	Mossy Saxifrage	Rocky places
<i>Saxifraga caesia</i>	Blue Saxifrage	Limestone scree and turf
<i>Saxifraga exarata</i> subsp. <i>exarata</i>	White Musky Saxifrage	Rocky places
<i>Saxifraga exarata</i> subsp. <i>moschata</i>	Musky Saxifrage	Rocky places
<i>Saxifraga oppositifolia</i>	Purple Saxifrage	Moraines and screes
<i>Saxifraga paniculata</i>	Livelong Saxifrage	Rocks and cliffs
<i>Saxifraga seguieri</i>	Seguier's Saxifrage	Damp alpine turf and rocks
<i>Saxifraga stellaris</i>	Starry Saxifrage	Wet acidic flushes
<b>Scrophulariaceae</b>	<b>Figwort Family</b>	
<i>Bartsia alpina</i>	Alpine Bartsia	Alpine turf
<i>Chaenorhinum minus</i>	Small Toadflax	Railway tracks
<i>Digitalis grandiflora</i>	Large Yellow Foxglove	Local. Woods
<i>Euphrasia alpina</i>	Alpine Eyebright	Mountain turf
<i>Euphrasia minima</i>	Dwarf Eyebright	Mountain rocks
<i>Linaria alpina</i>	Alpine Toadflax	Screes and rocky places
<i>Linaria vulgaris</i>	Common Toadflax	Below Alp Grum
<i>Melampyrum pratense</i>	Common Cow-wheat	Forest
<i>Melampyrum sylvaticum</i>	Small Cow-wheat	Forest
<i>Pedicularis kernerii</i>	Kerner's Lousewort	Alpine turf
<i>Pedicularis oederi</i>	Crimson-tipped Lousewort	Alpine turf
<i>Pedicularis palustris</i>	Marsh Lousewort	Marshes
<i>Pedicularis tuberosa</i>	Long-beaked Yellow Lousewort	Acidic mountain turf
<i>Pedicularis verticillata</i>	Whorled Lousewort	Mountain turf
<i>Rhinanthus alectorolophus</i>	Greater Yellow-rattle	Meadows
<i>Rhinanthus glacialis</i>	Glacier Yellow-rattle	Occasional
<i>Rhinanthus minor</i>	Yellow-rattle	Frequent
<i>Verbascum nigrum</i>	Dark Mullein	Lowland
<i>Veronica alpina</i>	Alpine Speedwell	Stony pasture
<i>Veronica beccabunga</i>	Brooklime	Wet places
<i>Veronica bellidioides</i>	Violet Speedwell	Acidic pasture
<i>Veronica chamaedrys</i>	Germander Speedwell	Occasional
<i>Veronica fruticans</i>	Rock Speedwell	Mountain rocks
<i>Veronica fruticososa</i>	A Rock Speedwell	Rocky moraines. Morteratsch
<i>Veronica officinalis</i>	Heath Speedwell	Woods and banks
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	Common
<i>Veronica urticifolia</i>	Nettle-leaved Speedwell	Woods



Latin Name	Common Name	Notes
<b>Tamaricaceae</b> <i>Myricaria germanica</i>	<b>Tamarisk Family</b> German Tamarisk	River gravels. Morteratsch
<b>Thymelaeaceae</b> <i>Daphne mezereum</i> <i>Daphne striata</i>	<b>Mezereon Family</b> Mezereon Striped Daphne	Limestone rocks. Local Stony pasture
<b>Urticaceae</b> <i>Urtica dioica</i>	<b>Nettle Family</b> Common Nettle	Widespread
<b>Valerianaceae</b> <i>Valeriana montana</i> <i>Valeriana officinalis</i> <i>Valeriana tripteris</i>	<b>Valerian Family</b> Mountain Valerian Common Valerian Three-leaved Valerian	Limestone rocks Damp meadows Woods
<b>Violaceae</b> <i>Viola biflora</i> <i>Viola calcarata</i> <i>Viola palustris</i> <i>Viola riviniana</i> <i>Viola rupestris</i> <i>Viola tricolor</i>	<b>Violet Family</b> Yellow Wood Violet Long-spurred Pansy Marsh Violet Common Dog-violet Teesdale Violet Wild Pansy	Common Locally common Common Common Limestone meadows Waste places
<b>LILIIDAE</b>	<b>MONOCOTYLEDONS</b>	
<b>Amaryllidaceae</b> <i>Allium schoenoprasum</i> <i>Allium victorialis</i>	<b>Daffodil Family</b> Chives Alpine Leek	Occasional. Pontresina Local. Alp Grum
<b>Asparagaceae</b> <i>Convallaria majalis</i> <i>Maianthemum bifolium</i> <i>Paradisea liliastrum</i> <i>Polygonatum odoratum</i> <i>Polygonatum verticillatum</i>	<b>Asparagus Family</b> Lily-of-the-Valley May Lily St Bruno's Lily Angular Solomon's-seal Whorled Solomon's Seal	Occasional in forests Forests Local. Pasture Woods Woods and Juniper scrub
<b>Colchicaceae</b> <i>Colchicum autumnale</i>	<b>Meadow Saffron Family</b> Meadow Saffron	Occasional. Meadows
<b>Cyperaceae</b> <i>Carex atrata</i> subsp. <i>aterrima</i> <i>Carex atrata</i> subsp. <i>atrata</i> <i>Carex canescens</i> <i>Carex capillaris</i> <i>Carex curvula</i> <i>Carex davalliana</i> <i>Carex dioica</i> <i>Carex echinata</i> <i>Carex ferruginea</i> <i>Carex flacca</i> <i>Carex flava</i> <i>Carex frigida</i> <i>Carex lachenalii</i>	<b>Sedge Family</b> Black Alpine Sedge Black Alpine Sedge White Sedge Hair Sedge An alpine Sedge Davall's Sedge Dioecious Sedge Star Sedge Rusty Sedge Glaucous Sedge Large Yellow Sedge Ice Sedge Hare's-foot Sedge	Wet pasture. Frequent Frequent Wet heaths Rocky places Locally dominant Frequent Calcareous flushes. Val Minor Common Locally dominant on limestone Common Fen. Corvaglia Moraines. Morteratsch Wet acid rocks

Latin Name	Common Name	Notes
<i>Carex leporina</i>	Oval Sedge	Moraines. Morteratsch
<i>Carex microglochin</i>	Bristle Sedge	Base-rich flushes
<i>Carex montana</i>	Soft-leaved Sedge	Limestone grassland. Val Minor
<i>Carex nigra</i>	Black Sedge	Common
<i>Carex ornithopoda</i>	Bird's-foot Sedge	Frequent
<i>Carex pallescens</i>	Pale Sedge	Frequent
<i>Carex panicea</i>	Carnation Sedge	Common
<i>Carex parviflora</i>	Small-flowered Sedge	Frequent
<i>Carex pauciflora</i>	Few-flowered Sedge	Oligotrophic flushes
<i>Carex rostrata</i>	Bottle Sedge	Swamps and lake margins
<i>Carex rupestris</i>	Rock Sedge	Limestone scree
<i>Carex sempervirens</i>	Evergreen Sedge	Common
<i>Eriophorum angustifolium</i>	Common Cottongrass	Common
<i>Eriophorum latifolium</i>	Broad-leaved Cottongrass	Wet places
<i>Eriophorum scheuchzeri</i>	Scheuchzer's Cottongrass	Lakes and pools
<i>Eriophorum vaginatum</i>	Hare's-tail Cottongrass	Occasional
<i>Kobresia simpliciuscula</i>	False-sedge	Base-rich alpine flushes
<i>Trichophorum cespitosum</i>	Northern Deergrass	Common
<b>Juncaceae</b>	<b>Rush Family</b>	
<i>Juncus alpinoarticulatus</i>	Alpine Rush	Wet mountain pastures
<i>Juncus arcticus</i>	Arctic Rush	Alluvium. Rare. Val Roseg
<i>Juncus filiformis</i>	Thread Rush	Occasional
<i>Juncus jacquinii</i>	Jacquin's Rush	Frequent
<i>Juncus trifidus</i>	Three-leaved Rush	Acidic turf
<i>Juncus triglumis</i>	Three-flowered Rush	Wet flushes. Val da Fain
<i>Luzula alpinopilosa</i>	Alpine Wood-rush	Mountain pasture
<i>Luzula lutea</i>	Yellow wood-rush	Mountain pasture
<i>Luzula luzuloides</i>	White Wood-rush	Woods
<i>Luzula multiflora</i>	Heath Wood-rush	Mountain pasture
<i>Luzula nivea</i>	Snowy Wood-rush	Woods
<i>Luzula spicata</i>	Spiked Wood-rush	Mountain pasture
<i>Luzula sylvatica</i>	Great Wood-rush	Woods
<b>Juncaginaceae</b>	<b>Arrowgrass Family</b>	
<i>Triglochin palustris</i>	Marsh Arrowgrass	Local. Wet flushes
<b>Liliaceae</b>	<b>Lily Family</b>	
<i>Lilium bulbiferum</i> subsp. <i>croceum</i>	Orange Lily	Woods and cliffs. Local
<i>Lilium martagon</i>	Martagon Lily	Woods
<i>Streptopus amplexifolius</i>	Streptopus	Woods. Cavaglia
<b>Melanthiaceae</b>	<b>Herb-Paris Family</b>	
<i>Veratrum album</i>	White False-helleborine	Mountain pasture
<b>Orchidaceae</b>	<b>Orchid Family</b>	
<i>Chamorchis alpina</i>	Dwarf Orchid	Scree and mountain turf. Local
<i>Coeloglossum viride</i>	Frog Orchid	Frequent
<i>Corallorhiza trifida</i>	Coralroot Orchid	Forests
<i>Dactylorhiza fuchsii</i>	Common Spotted-orchid	Common
<i>Dactylorhiza incarnata</i> subsp. <i>cruenta</i>	Flecked Marsh-orchid	Calcareous flushes. Local
<i>Dactylorhiza maculata</i>	Heath Spotted-orchid	Common
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh-orchid	Wet pasture. Common

Latin Name	Common Name	Notes
<i>Gymnadenia conopsea</i>	Fragrant-orchid	Common
<i>Gymnadenia odoratissima</i>	Short-spurred Fragrant-orchid	Locally common. Alp Nova
<i>Gymnadenia rhellicani</i>	Vanilla Orchid	Locally common
<i>Gymnadenia rubra</i>	Red Vanilla Orchid	Locally common
<i>Neottia ovata</i>	Twayblade	Occasional. Meadows
<i>Orchis mascula</i>	Early-purple Orchid	Locally common
<i>Platanthera bifolia</i>	Lesser Butterfly-orchid	Local. Grassland
<i>Pseudorchis albida</i>	Small-white Orchid	Common
<b>Poaceae</b>	<b>Grass Family</b>	
<i>Agropyron repens</i>	Common Couch	Waste places
<i>Agrostis capillaris</i>	Common Bent	Common
<i>Alopecurus pratensis</i>	Meadow Foxtail	Common in lower meadows
<i>Anthoxanthum alpinum</i>	Alpine Vernal-grass	Common
<i>Anthoxanthum odoratum</i>	Sweet Vernal-grass	Common
<i>Arrhenatherum elatius</i>	False Oat-grass	Occasional
<i>Brachypodium sylvaticum</i>	False Brome	Forests. Common
<i>Briza media</i>	Quaking-grass	Common
<i>Bromus hordeaceus</i>	Soft Brome	Lowland
<i>Cynosurus cristatus</i>	Crested Dog's-tail	Meadows
<i>Dactylis glomerata</i>	Cock's-foot	Waste places
<i>Deschampsia cespitosa</i>	Tufted Hair-grass	Wet turf. Common
<i>Deschampsia flexuosa</i>	Wavy Hair-grass	Common
<i>Festuca ovina</i>	Sheep's-fescue	Common
<i>Festuca rubra</i>	Red Fescue	Common
<i>Festuca violacea</i>	Violet Fescue	Mountains. Common
<i>Holcus lanatus</i>	Yorkshire-fog	Frequent
<i>Holcus mollis</i>	Creeping Soft-grass	Frequent
<i>Koeleria macrantha</i>	Crested Hair-grass	Frequent
<i>Lolium perenne</i>	Perennial Rye-grass	Waste places
<i>Melica uniflora</i>	Wood Melick	Frequent
<i>Molinia caerulea</i>	Purple Moor-grass	Oligotrophic flushes
<i>Nardus stricta</i>	Mat-grass	Common
<i>Oreochloa disticha</i>	Two-lined Moor-grass	Alpine Rocks
<i>Phleum alpinum</i>	Alpine Timothy	Common
<i>Phleum pratense</i>	Timothy	Meadows
<i>Poa alpina</i>	Alpine Meadow-grass	Common
<i>Poa annua</i>	Annual Meadow-grass	Common on trackways
<i>Poa nemoralis</i>	Wood Meadow-grass	Forests
<i>Poa pratensis</i>	Smooth Meadow-grass	Meadows
<i>Poa supina</i>	Creeping Meadow-grass	Meadows
<i>Poa trivialis</i>	Rough Meadow-grass	Meadows
<i>Schedonorus pratensis</i>	Meadow Fescue	Common
<i>Sesleria caerulea</i>	Blue Moor-grass	Limestone
<b>Tofieldiaceae</b>	<b>Scottish Asphodel Family</b>	
<i>Tofieldia calyculata</i>	Tofield's Asphodel	Common
<i>Tofieldia pusilla</i>	Scottish Asphodel	Rare. Wet flushes. Val da Fain

## Birds (✓=recorded but not counted; H = heard only; E = Evidence of)

	Common name	Latin name	July							
			10	11	12	13	14	15	16	17
1	Mute Swan	<i>Cygnus olor</i>	✓							
2	Mallard	<i>Anas platyrhynchos</i>	✓							
3	Great Crested Grebe	<i>Podiceps cristatus</i>	✓						✓	
4	Grey Heron	<i>Ardea cinerea</i>	✓							
5	Black Kite	<i>Milvus migrans</i>	✓							
6	Bearded Vulture	<i>Gypaetus barbatus</i>		2		2	1			
7	Golden Eagle	<i>Aquila chrysaetos</i>		2		✓		✓		
8	Common Kestrel	<i>Falco tinnunculus</i>				✓	✓			
9	Eurasian Coot	<i>Fulica atra</i>	✓					✓		
10	Black-headed Gull	<i>Chroicocephalus ridibundus</i>	✓							
11	Yellow-legged Gull	<i>Larus michahellis</i>	✓							
12	Rock Dove	<i>Columba livia</i>							✓	
13	Common Swift	<i>Apus apus</i>	✓		✓	✓	✓	✓	✓	
14	Alpine Swift	<i>Tachymartus melba</i>			✓					
15	Great Spotted Woodpecker	<i>Dendrocopos major</i>		H	✓	✓	H	✓		
16	European Green Woodpecker	<i>Picus viridis</i>					H	✓		
17	Eurasian Magpie	<i>Pica pica</i>	✓							
18	Spotted Nutcracker	<i>Nucifraga caryocatactes</i>		H	✓	H	✓	✓	✓	
19	Alpine Chough	<i>Pyrrhocorax graculus</i>					✓			
20	Carrion Crow	<i>Corvus corone</i>	✓	✓	✓				✓	
21	Northern Raven	<i>Corvus corax</i>		✓	✓		✓		✓	
22	Coal Tit	<i>Parus ater</i>		✓	✓			✓		
23	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		✓	✓		✓	✓	✓	
24	Common House Martin	<i>Delichon urbica</i>	✓							
25	Common Chiffchaff	<i>Phylloscopus collybita</i>			✓					
26	Eurasian Blackcap	<i>Sylvia atricapilla</i>			✓	✓				
27	Common Whitethroat	<i>Sylvia communis</i>	H							
28	Common Firecrest	<i>Regulus ignicapilla</i>						H		
29	Eurasian Nuthatch	<i>Sitta europaea</i>						✓		
30	Eurasian Treecreeper	<i>Certhia familiaris</i>						✓		
31	Ring Ouzel	<i>Turdus torquatus</i>			✓					
32	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓	✓
33	Common Rock Thrush	<i>Monticola saxatilis</i>			✓					
34	Fieldfare	<i>Turdus pilaris</i>		✓	✓		✓		✓	
35	Mistle Thrush	<i>Turdus viscivorus</i>		✓			✓		✓	
36	European Robin	<i>Erithacus rubecula</i>								
37	Black Redstart	<i>Phoenicurus ochruros</i>		✓		✓	✓	✓	✓	
38	Northern Wheatear	<i>Oenanthe oenanthe</i>		✓	✓	✓	✓	✓	✓	
39	House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
40	White-winged Snowfinch	<i>Montifringilla nivalis</i>				✓	✓	✓		
41	Alpine Accentor	<i>Prunella collaris</i>				✓	✓	✓		
42	Dunnock	<i>Prunella modularis</i>			✓					
43	Grey Wagtail	<i>Motacilla cinerea</i>		✓		✓				
44	White Wagtail	<i>Motacilla alba</i>		✓	✓	✓	✓		✓	
45	Water Pipit	<i>Anthus spinoletta</i>		✓	✓	✓	✓	✓	✓	
46	Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓		✓	✓	✓	
47	European Serin	<i>Serinus serinus</i>					H	✓	✓	
48	European Greenfinch	<i>Chloris chloris</i>			✓			✓		
49	Eurasian Siskin	<i>Spinus spinus</i>		✓						

	Common name	Latin name	July							
			10	11	12	13	14	15	16	17
50	Citril Finch	<i>Carduelis citrinella</i>			✓	✓				
51	Common Redpoll	<i>Acanthis flammea</i>			✓	✓	✓	✓	✓	
52	Red Crossbill	<i>Loxia curvirostra</i>						✓		
53	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>						✓	✓	
54	Rock Bunting	<i>Emberiza cia</i>			✓					

### Mammals

1	Red Squirrel	<i>Sciurus vulgaris</i>		✓	✓			✓		
2	Alpine Marmot	<i>Marmota marmota</i>		✓	H	✓	H	H	✓	
3	Common Vole	<i>Microtus arvalis</i>				✓				
4	Snow Vole	<i>Microtus nivalis</i>				E				
5	Alpine Ibex	<i>Capra hircus</i>		✓						

### Amphibians

1	Common Frog	<i>Rana temporaria</i>				✓				
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### Butterflies

1	Swallowtail	<i>Papilio machaon</i>		✓						
2	Small White	<i>Artogeia rapae</i>		✓						
3	Orange Tip	<i>Anthocharis cardamines</i>		✓						
4	Purple-edged Copper	<i>Palaeochrysophanus hippothoe</i>		✓						
5	Little Blue	<i>Cupido minimus</i>		✓						
6	Holly Blue	<i>Celastrina argiolus</i>			✓					
7	Scarce Large Blue	<i>Maculinea telejus</i>					✓			
8	Common Blue	<i>Polyommatus icarus</i>		✓	✓					
9	Painted Lady	<i>Vanessa cardui</i>		✓	✓					
10	Small Tortoiseshell	<i>Aglais urticae</i>		✓						
11	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>		✓						
12	Small Pearl-bordered Fritillary	<i>Boloria selene</i>		✓						
13	Piedmont Ringlet	<i>Erebia meolans</i>		✓	✓	✓				
14	Alpine Heath	<i>Coenonympha gardetta</i>		✓			✓		✓	
15	Duke of Burgundy Fritillary	<i>Hamearis lucina</i>		✓						

### Moths

1	Six-spot Burnet	<i>Zygaena filipendulae</i>		✓						
2	Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>	✓							
3	Chimney Sweeper	<i>Odezia atrata</i>		✓						
4	Mother Shipton	<i>Euclidia mi</i>		✓						