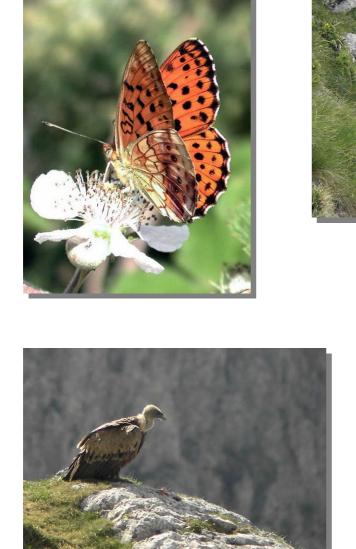
Spain's Picos de Europa Mountains

Naturetrek Tour Report

11 - 18 June 2006





Report compiled by Jenny and John Wilsher Image by Julia Todd



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Day 1

Sunday 11th June

After a good flight to Santander we meet up with other members of the group who join us from Madrid and Bilbao. Then we head west, turning south at Panes, to Potes, travelling through the dramatic, twisting Hermida Gorge. This wonderful gorge formed by the Rio Deva forms the eastern edge of the Picos de Europa. It is so narrow in places that the village of La Hermida gets no sunshine between November and April.

We are soon at our hotel in Espinama, where we meet up with the remainder of the group who join us from Alicante, and we enjoy an excellent meal of shellfish soup, fried pork and chips and good red wine.

Day 2

Monday 12th June

A pre-breakfast walk at 7am takes us towards the charming little village of Pido, where there are many examples of traditional local architecture. By the track in the lush vegetation are Creeping Bellflower (*Campanula rapunculoides*), Nottingham Catchfly (*Silene nutans*), Green Hellebore (*H. viridus*), Bloody Cranesbill (*Geranium sanguineum*), Sticky Flax (*Linum viscosum*) and many vetches.

Black Redstart is singing from the hotel roof and there are Blackcap, Wren and Blackbird. We have a fleeting glimpse of a Red-backed Shrike which is the reason the Blackcap is alarm calling. Other birds here are Great Tit, Blue Tit, Robin, Dunnock and House Sparrow.

After breakfast we head for Potes to shop for our picnic provisions. It is market day so we buy local cheeses including the famous Cabrales, made with cow, sheep and goat milk. Then we head for Cosgya where we explore the two very different sides of this narrow valley formed by the Rio Cuba. We walk up the western side, which consists of steep slopes of heathland punctuated by craggy outcrops and pillars. The slopes are covered in Dwarf Gorse (*Ulex minor*) with Silvery Broom (*Genista sericea*), Tree Heath (*Erica arborea*), Heather (*Calluna* vulgaris), Bell Heather (*Erica cinerea*) and St Dabeoc's Heath (*Daboecia cantabrica*). By the track we find Bee Orchid (*Ophrys apifera*), Common Spotted Orchid (*Dactylorbiza fuschii*), Pyrenean Germander (*Teucrium pyrenaicum*), Digitalis parviflora, Cut-leaved and Large-flowered Selfheal (*Prunella lacinata, P. grandiflora*) and some spikes of Martagon Lily hiding in the bracken. On the rocky outcrops are *Petrocoptis pardoi* and Fairy Foxglove (*Erinus alpinus*).

It is good for Butterflies (hot at times) and we see Common Buzzards, Kestrel & Griffon Vultures overhead. There is a colony of cliff nesting House Martins and Marsh Tits in the streamside trees, a rather distant Blue Rock Thrush and a Grey Wagtail on the stream. It is a relief to reach a shady spot for our picnic as the valley has warmed up. As we settle to eat, a pair of Ravens appear in the trees above, waiting to be first in line for our scraps. Later we see them fly past with beaks full of salami and bread.

We return after lunch down a higher track which is cooler, through Beech forest first, then Pyrenean Oak lower down. There is one spike of the saprophytic Bird's nest Orchid (*Neottia nius-avis*), many ferns including Male, Mountain and Hard Fern, Fringed Pink (*Dianthus monspessulanu*), Radish-leaved Bittercress (*Cadamine raphanifolia*), Dog and Field Rose (*Rosa canina*, *R.arvensis*), *Saxifraga hirsuta*, Bitter Vetch (*Lathyrus montanus*), Spreading Bellflower (*Campanula patula*), Round Headed Rampion (*Phyteuma orbiculare*), *Phyteuma charmellii* and *Linaria triornithophora*.

We also get good views of Crested Tit, Middle Spotted Woodpecker and Firecrest .

Then onto the meadows below the cable car at Fuente De, which has been an excellent spot for orchids in previous years, but it is dry and very grazed by herds of handsome cattle and horses. But we find one spike of Woodcock Ophrys (*O. scolopax*) and much evidence of earlier orchids. Then we look at a large area of scree which has been washed down into the meadow from the peaks above us and here we find some alpine species such as Spoon-leaved and Dauphine Candytuft (*Iberis spathulata, I. auroserica*), Alpine Gypsophila (*G. repens*) and Vernal Sandwort (*Minuartia verna*).

On our return to Espinama we stop at a wet flush in a roadside meadow that is white with Cotton Grass and studded with *Dactylorhiza elata* and Verticillate Lousewort (*Pedicularis verticillata*) with a few spikes of *Serapias lingua*. Then another stop to marvel at the Lizard Orchids (*Himantoglossum hircinum*) that are in peak condition on a dry roadside bank. Here a Yellowhammer is singing.

We watch for a while as a large number of Griffon Vultures drift along the mountain from the west and drop rapidly down to their roost/nesting site behind the peak.

Day 3

Tuesday 13th June

Today we are heading back to Fuent De to take the cable car up into the mountains. It is a very popular venue so we make sure we are first in line. It is a dramatic 800 metre ascent, being the longest cable car span in Europe. While we are queuing, we watch the activity of Serin, Coal and Marsh Tits in the conifers around the base station.

On exiting the cable car we are immediately in an alpine zone, and the flora and birds are very different. The immediate habitat is short turf between rocky outcrops and here we find Pink Sandwort (*Arenaria purpurascens*), Pyrenean Mignonette (*Reseda glauca*), Sad Stock (*Mathiola fruticulosa*), a Rock Jasmine (*Androsace villosa*), *Anenome trifolia*, Spurge Laurel (*Daphne laureola* ssp *philippi*), Pyrenean Violet (*Viola pyrenaica*), Spring Squill (*Scilla verna*), Spring and Pyrenean Trumpet Gentians (*Gentiana verna*, *G. occidentalis*) and Alpine and Pyrenean Toadflax (*Linaria alpina*, *L.supina*).

As we emerge from the top station there are Snowfinch, Water Pipit and Northern Wheatear and down the slope is a feeding Chamois. Further away we get the 'scope onto a magnificient Griffon Vulture perched on a rocky outcrop waiting for warmth.

Amongst the boulder scree along the track to our picnic site we find Alpine Dandelion (*Taraxacum alpinum*), Holly and Brittle Bladder Fern. As we slowly make our way upwards we see more Snowfinches and Wheatears, Alpine and Red-billed Chough and finally three Alpine Accentors calling and giving us good close views. There are more Snowfinches and three Common Buzzards flew overhead. At the picnic site, despite locating last years nest site there are no Wallcreepers showing. Unfortunately rain showers prompt an early finish to our lunch, but the Alpine Choughs are soon down to find any scraps, and an Alpine Accentor comes close to investigate

We now start our 10km walk back to Espinama. The track traverses turf covered slopes and we find Hoary Rockrose (*Helianthemum canum*), Moss Campion (*Silene acaulis* sp *longiscapa*), Alpine Thrift (*Armeria alpina*), Alpine Forget-me-not (*Myosotis alpetris*), the powder blue *Carduncellus monspeliensis*, Pyrenean Thistle (*Carduus carlinoides*), *Chaenorhinum origanifolium* and Hairy and Livelong Saxifrage (*S.pubescens*, *S.paniculata*) on the rocks. The low growing Echinospartum (*E. horridum*) clothes the rocks.

Returning down towards Refugio de Avila we stopped for coffee. Further down an Egyptian Vulture flies overhead and just before the tree zone we see Rock Thrush, Linnet and Grey Wagtail. Lower near an upland summer village there is Red backed Shrike, Jay, and in the Oak woodland below, Bonelli's Warbler, Nuthatch, and Short toed Treecreeper.

In the meadows just before we reach Espinama we look at the flowers, finding a few spikes of Pink Butterfly Orchid (*Orchis papilionacea*), though they are well past their best, Broad-leaved Sermountain (*Laserpitium latifolium*), Winged Greenweed (*Genista sagittalis*), White Asphodel (*Asphodelus alba*) and Fragrant Orchid (*Gymnadenia conopsea*). Water Horsetail, Water Figwort (*Schrophularia auricula*) and Marsh Marigold grow in the wet ditch alongside the track. In the village there is a male Redstart to finish the day.

Day 4

Wednesday 14th June

A pre-breakfast walk up the valley behind the hotel produces Bonelli's Warbler, Redstart, White Wagtail, and a Roe Deer barking in alarm.

After a group photo on the steps of Hostal Nevandi and extending warm thanks to Santi, our host, we leave Espinama, heading north to Potes, where we stock up with provisions and the group has a short time to look at this fascinating old town. Then we wend our way back through the Hermida Gorge stopping at the 10th century church of Santa Maria de Lebiena, which is sadly not open today. However there are plenty of birds to be seen with a Wryneck in the olive tree next to church carrying food to its nest. There is Booted Eagle, Buzzard, Black Kite, many Griffon Vultures, a Black Vulture, Egyptian Vulture and Short-toed Eagle overhead and a Cirl Bunting singing from nearby.

Lunch stop is at Mier beside the river with Dipper, Grey wagtail and Griffon Vulture overhead.

We reach our next base (affectionately known as Jim's) at around 3pm and have welcome refreshments in the garden before driving to Sotres and up to Vegas del Sotres for an afternoon walk. The weather is uncertain with low cloud but we find some good butterflies in the meadow including Purple-edged Copper, Common and Escher's Blue, Spotted and Heath Fritillary, Large Wall Brown, Grizzled and Large Skipper and Mountain Clouded Yellow. Flowers include Rubble Dock (*Rumex scutatus*), *Dianthus superbus, D. pungens*, Greater Meadow Rue (*Thalictrum aquilegifolium*), Pyrenean Vetch (*Vicia pyrenaica*), Wall Germander (*Teucrium chamaedrys*), Clustered Bellflower (*Campanula glomerata*), Pyramidal and Heath Spotted Orchid. On the rocks along the track are Maidenhair and Green Spleenwort, Wall Rue, Rustyback Fern and Livelong Saxifrage.

There is Rock Thrush, Stonechat, Water Pipit and Red-billed Chough on slopes above, and the stream meandering its way between the flowers is full of tadpoles.

Day 5

Thursday 15th June

Some of us are up early for a pre-breakfast amble in the meadow behind the hotel and we have good views of a Great Spotted Woodpecker. There is a heron flying up the valley and the usual Serin and Black Redstart are singing.

The weather forecast is not promising with very unsettled weather for the next three days. As today may bring us the best of the weather we decide to try the Cares Gorge. Once we have parked the vehicles at Puento Poncebos and are heading for the beginning of the walk, the sun has emerged and we enjoy a fantastic day in this stunning scenery.

The Cares Gorge is the most famous gorge in Northern Spain and is also known as the Divine Gorge, a huge cleft cut by the Rio Cares, dividing the two massifs of El Corion in the west from Los Urrieles, the central massif of the Picos. The Cares Gorge is sheltered from the extremes of weather and so harbours a more Mediterranean type flora. We find Strawberry Tree (*Arbutos uneido*), Mastic Tree (*Pistacia lentiscus*), Pinecone Knapweed (*Leuzia conifera*), Blue Aphyllanthes (*A. monspelliensis*), Western St John'swort (*Hypericum nummularium*), Wall Germander, the pungent Pitch Trefoil (*Psoralea bituminosa*), the poisonous Swallow-wort (*Vincetoxicum hirundinarid*), Squinancywort (*Asperula cyanchia*) and the leaves of Dark Red Helleborine (*Epipactis atrorubens*).

We lunch at Culiembru, which is halfway up the gorge, and are joined by the resident donkey. Various tactics are used to shoo him away with his attendant cloud of flies, including charging him with loud yells, but he invariably returns and we leave him our apple cores!

A good selection of birds are seen during the day: Griffon Vultures, Kestrel and Alpine Accentor. A Spanish Chiffchaff is singing and we get good views of singing Rock Buntings and Crag Martins, Blackcap, cliff nesting House Martins and down near the car-park Dipper on the river and Firecrest singing. Two members of the group also saw and were able to photograph Ocellated Lizards another indicator of the warmer micro-climate of the gorge.

Dark clouds and a clap of thunder hasten our retreat but the rain holds off until we are safely back to the café near the car park, enjoying fresh orange juice and other beverages, while we watch as a heavy cloudburst happens.

Day 6

Friday 16th June

Another cloudy day but we don't get very wet and our spirits aren't dampened. We head west towards Cangues D'Onis, the ancient regional capital, but we turn south-east at Sotu Cangues, heading for the Covadonga National Park, one of the first national parks in Spain. As the weather is not improving we stop at the Monastery and Basilica, at Covadonga, a very popular 19th century national monument, and once we've admired the church we opt for refreshments, while it rains outside.

Then we wend our way up to the focal point of the park where there are the two lakes Enol and La Ercina. The cloud swirls around us, preventing us from seeing much of the stunning scenery, but lifts enough for us to take a walk around the edge of La Ercina.

The lake is edged in rafts of Bogbean and rushes. On the grassy slopes we find Dwarf Sheepsbit (*Jasione crispa*) and on the rocks under the cliffs are Petrocoptis, the endemic *Linaria faucicola*, saxifrages including *S. paniculata* and S. hirsuta, rockroses and small pockets of Maidenhair and Green Spleenwort. Birds around this high lake are not numerous but include Water Pipit, Red-billed Chough, Raven, Stonechat and a distant Rock Thrush. There are a few Alpine Swift, Coot and a lone Green Sandpiper on the lakeshore.

Then back to the buses for our picnic, where Alpine Choughs are waiting for scraps. We have coffee in the café and then some of the group walks the paved track to Lac Enol. Near this lake is a new interpretative centre, telling the human history of the Picos, the geology and the natural history of the park etc.

We then wend our way home, stopping at a lush roadside meadow where we find handsome spikes of *Serapias cordigera*, *S. lingua*, Bee Orchid, masses of bright pink Alpine Betony (*Stachys monieri*), Large-flowered Selfheal, *Astrantia major* and Yellow Rattle and Narrow-leaved Yellow Rattle (*Rhinanthus minor*, *R.angustifolius*).

Day 7

Saturday 17th June

Our last full day in the Picos. It is cloudy and grey again but it does not rain, and we enjoy a good walk from the tiny village of La Molina. At first we walk through the flower rich meadows above the village, finding one spike of Lesser Butterfly Orchid (*Plantanthera bifolia*) and some Fragrant Orchids. In a shady gully we find Scaly Male, Lady, Hart's-tongue and Hard Ferns, Small-leaved Lime (*Tilia cordata*) and Tutsan (*Hypericum androsaemum*).

We walk through the village, admiring the tiny little church and the stonecrop encrusted roofs, including English, White and Creamish Stonecrop. Then into the valley where the Rio Casaru tumbles down through wooded slopes, and we carefully walk the ancient cobbled track. In a glade of ancient Chestnut trees where there is evidence of very recent Wild Boar activity, we find two intriguing little domed stone structures that were storage places for the chestnuts. Further up the valley are old buildings that we ponder over – was it a community with a church? Jim later confirms that it was the first hydro-electric plant in the area.

Birds today include Long-tailed Tit, Marsh Tit and Short-toed Treecreeper. There is another Buzzard, Egyptian Vulture and Spanish Chiffchaff, Nuthatch, Spotted Flycatcher and Firecrest.

At our usual picnic spot, one hardy member of the group has a dip in the pool upstream, and we find otter signs on a rock in the river. Lunch is followed by a pebble-spinning contest, which completely spoils our slim chance of seeing a Desman or Otter!

On our return walk we find Wood Sage (*Teucrium scorodonia*), Sticky Flax, Common Milkwort, Hemlock Water Dropwort (*Oenanthe crocata*), Wild Carrot (*Daucus carota*), Upright Hedge Parsley (*Torilis japonica*) and Thyme Broomrape (*Orobanche alba*). Beside the path a black Spanish form of Grass Snake is seen rapidly disappearing.

An early return to Arenas allows the group to explore this little town, buy souvenirs or postcards, enjoy a coffee at a pavement café and watch the locals play Mus – a fast variation of bridge where the four sets are gold, spades, chalice and juggling clubs, or buy local cheeses or Favada kits. Favada is a very tasty Asturian dish of smoked bacon and sausage, with white beans, that has been promised for dinner tonight. The local shops sell neat vacuum-packed kits of the main ingredients.

Day 8

Sunday 18th June

We say our farewells to Jim, our patient host who tolerated all our questions about the area, and head for Santander. Firstly we take a look at the saltmarsh at Santona, we stop at a bird watching hide but the tide is high and there is not much to be seen. We then pull off to a small freshwater marsh where we see our first White Stork. There are Zitting Cisticolas, Cetti's and Reed Warblers singing, a fleeting glimpse of a Moorhen and a Booted Eagle flies over us.

We head back towards Santader and take an opportunistic wander down a country lane to find a picnic spot, finding ourselves in a cut meadow overlooking the coast. It is our last taste of this beautiful area of Spain with singing Quail to accompany our picnic. Finally a short walk down the lane gives us excellent views of a singing Melodius Warbler to round off our trip before driving to the airport.

As always the group makes the trip what it is and it was a great week of good company, good walking, magnificent scenery, good food and good birds, butterflies and flowers.

Species lists

Plants

Scientific name	Common name	Location
Ferns etc		
Equisetum telmeteia	Great Horsetail	La Molina
<i>E. fluviatile</i>	Water Horsetail	Espinama
Adiantum capillis-veneris	Maidenhair Fern	La Molina
Blechnum spicant	Hard Fern	"
Phyllitis scolopendrium	Hart's-tongue Fern	"
Asplenium adiantum-nigrum	Black Spleenwort	"
A. viride	Green Spleenwort	Fuente De
A. ruta-muraria	Wall Rue	Vega de Sotres
Ceterach officinarum	Rusty-backed Fern	La Molina
Athyrium filix-femina	Lady Fern	La Molina
Dryopteris affinis	Scaly Male Fern	"
Oreopteris limbosperma	Lemon-scented/Mountain Fern	Cosgya
Polystichum aculeatum	Hard Shield Fern	La Molina
P.lonchitis	Holly Fern	Fuente De
P. setiferum	Soft Shield Fern	La Molina
Gymnocarpum robertianum	Limestone Oak Fern	
Polypodium vulgare	Common Polypody	
Pteridium aquilinum	Bracken	Widespread
Conifers		
Pinus sylvestris	Scots Pine	
Juniperus communis	Juniper	
Taxus baccata	Yew	
Juniper communis	Juniper	
oumper command		
Dicotyledons		
Apiaceae (Umbellifers)	Carrot Family	
Angelica syvestris	Angelica	
Astrantia major	Masterwort	Covodonga
A. minor	Lesser Masterwort	
Conopodium majus	Pignut	
Daucus carota	Wild Carrot	
Eryngium bourgatii	Pyrenean Eryngo	Widespread
Foeniculum vulgare	Fennel	
Heracleum sphondylium	Hogweed	
Laserpitium latifolium	Broad-leaved Sermountain	Above Espinama
Levisticum officionale	Lovage	Espinama
Oenanthe crocata	Hemlock Water Dropwort	La Molina
Pimpinella saxifraga	Burnet Saxifrage	Cares Gorge
P. major	Greater Burnet Saxifrage	Above Espinama
Sanicula europaea	Wood Sanicle	
Seseli libanotis	Moon Carrot	
? Silenum pyrenaeum	Pyrenean Angelica	Cares Gorge
Torilis japonica	Upright Hedge Parsley	La Molina
Aquifoliaceae	Holly Family	
llex aquifolium	Holly	
Anacardiaceae	Sumach Family	
Pistacia terebrinthus	Turpentine Tree	Cares Gorge
Asclepiadaceae	Milkweed Family	
Vincetoxicum hirundinaria	Swallow-wort	La Molina
Asteraceae (Compositae)	Daisy family	
Achillea millefolium	Yarrow	
Adenostyles aliariae	Adenostyles	Cosgya

Scientific name	Common name	Location
Anthemis triumfetti	Southern Dog Daisy	
Aster alpinum	Alpine Aster	Fuente De
Bellis perennis	Daisy	
Carduncellus monspelliensis		Fuenta De
Carduus carlinifolius	Carline-leaved Thistle	
C. carlinoides	Pyrenean Thistle	
C. defloratus	Alpine Thistle	
Centauria scabiosa	Greater Knapweed	
C. nigra	Black Knapweed	
C. conifera (Leuzia conifera) Cicorum intybus	Cone Knapweed Chicory	Cares Gorge
Cirsium palustris	Marsh Thistle	
Filago vulgaris	Common Cudweed	
Hieracium lanatum	Woolly Hawkweed	Leaves only
H. pilosella	Mouse-ear Hawkweed	
H. pumola	Dwarf Hawkweed	
Lactuca perennis	Blue Lettuce	Cares Gorge
L. virosa	Great Lettuce	Arrenas
Lapsana communis	Nipplewort	
Leucanthemum vulgare	Oxe-eye Daisy	
Matricaria discoidea	Pineapple Mayweed	
Pilosella officionarum	Mouse-ear Hawkweed	
Senecio doronicum	Chamois Ragwort	
S. pyrenaicus	Tourneforts Ragwort	
Silybum marianum	Milk Thistle	
Taraxacum alpinum	Alpine Dandelion	Fuente De
Tragopogon pratensis	Goatsbeard	
Aquifoliaceae	Holly Family	
llex aquifolium	Holly	
Defulações	Direk Comily	
Betulaceae Betula pendula	Birch Family Silver Birch	
B. pubescens	Birch	
Alnus glutinosa	Alder	
? A. viridus	Green Alder	
: A. VIIIdus		
Boraginaceae	Forget-me-not Family	
Lithodora diffusa	Scrambling Gromwell	
L. oleifolia	Shrubby Gromwell	
Echium vulgare	Viper's Bugloss	
Myosotis alpestris	Alpine Forget-me-not	
M. scorpioides	Water Forget-me-not	
Pressionen (Ormaiterres)	Cabbage/Cress Family	
Brassicaceae (Cruciferae) Arabis hirsuta	Hairy Rockcress	
Biscutella laevigata	Buckler Mustard	
Cardamine pratense	Lady's Smock	
C. raphanifolia	Radish-leaved Bittercress	La Molina
Eryimum decumbens	Decumbent Treacle Mustard	
Iberis aurosica	Dauphine Candytuft	Fuenta De
IDENS AUTOSICA		"
	Spoon-leaved Candvtuft	
Iberis spathulata Metthiola fruticosa	Spoon-leaved Candytuft Sad Stock	"
Iberis spathulata		
Iberis spathulata Metthiola fruticosa	Sad Stock	" Cosgya
Iberis spathulata Metthiola fruticosa Rorippa nasturtium-aquaticum	Sad Stock Watercress	
Iberis spathulata Metthiola fruticosa Rorippa nasturtium-aquaticum Sisymbrium austriacum	Sad Stock Watercress	Cosgya
Iberis spathulata Metthiola fruticosa Rorippa nasturtium-aquaticum Sisymbrium austriacum	Sad Stock Watercress	Cosgya
Iberis spathulata Metthiola fruticosa Rorippa nasturtium-aquaticum Sisymbrium austriacum Teesdaliopsis conferta	Sad Stock Watercress Austrian Rocket	Cosgya
Iberis spathulata Metthiola fruticosa Rorippa nasturtium-aquaticum Sisymbrium austriacum Teesdaliopsis conferta Campanulaceae	Sad Stock Watercress Austrian Rocket Bellflower Family	Cosgya Cares Gorge

Scientific name	Common name	Location
C. rotundifolia	Harebell	
Jasione montana	Mountain Sheep's-bit	Covodonga
Phyteuma charmelii	Horned Rampion	Above Espinama
P. orbiculare	Round-headed Rampion	
Caprifoliaceae	Honeysuckle Family	
Lonicera periclymenum	Honeysuckle	
Sambucus nigra	Elderflower	
S. ebulus	Danewort	
Caryophyllacea	Pink Family	
Arenaria grandiflora	Large-flowered Sandwort	Covadonga
A. purpurascens	Pink Sandwort	Fuente De
Dianthus monspessulanus	Fringed Pink	La Molina
D. pungens	Short Pink	Vegas de Sotres
D. superbus		"
Lychnis flos-cuculi	Ragged Robin	
Minuartia verna	Vernal Sandwort	
Petrocoptis pardoi	Blue-leaved Petrocoptis	La Molina, Covadonga
P. pyrenaica		Cosgya
Petrorhagia prolifera	Proliferous Pink	
P. saxifraga	Tunic Flower	
Silene acaulis ssp longiscapa	Moss Campion	Fuente De
S. alba	White Campion	
S. dioica	Red Campion	
S. nutans	Nottingham Catchfly	
S. vulgaris	Bladder Campion	
Stellaria holostea	Greater Stitchwort	
S. nemorum	Wood Stitchwort	
s. graminea	Lesser Stitchwort	
Celastraceae	Spindle-tree Family	
Euonyymus europaeus	Spindle Tree	
Cistaceae	Rock-rose family	
Heliathemum nummularian	Common Rockrose	
H. canum	Hoary Rockrose	
Clusiaceae (Hypericaceae)	St John'-wort Family	
Hypericum androsaemum	Tutsan	La Molina
H. nummularium	Western St. John's-wort	Cares Gorge
H perforatum	Perforate St. John's Wort	
Convolvulaceae	Bindweed Family	
Convolvulus arvensis	Field Bindweed	
Cuscata epithymum	Dodder	Cares Gorge
C. europaea	Greater Dodder	Above Espinama
Convigeogo	Hazal Family	
Corylaceae Corylus avellana	Hazel Family Hazel	
Crassulaceae	Stonecrop Family	
Sedum album	White Stonecrop	
S. acre	Biting Stonecrop	
S. ochroleum	Creamish Stonecrop	La Molina
S. rupestre	Rock Stonecrop	
S. anglicum	English Stonecrop	
Disacaceae	Teasel Family	
Dipsacus fullonum	Teasel	Cares Gorge
Knautia arvensis	Field Scabious	<u>U</u>
Scabiosa cinera	Pyrenean Scabious	

Scientific name	Common name	Location
Erioanaa	Hooth Family	
Ericaceae	Heath Family	
Arbutus unedo	Strawberry Tree Heather/Ling	Cares Gorge
Calluna vulgaris	Bell Heather	Cosgya "
Erica cinerea		
E. arborea	Tree Heather	
E. tetralix	Cross-leaved Heath Cornish Heath	
?E. vagans Daboecia cantabrica	St. Dabeoc's Heath	La Molina
Vaccinium myrtillus	Bilberry	
Vaccinium myrunus	Bliberry	
Euphorbiaceae	Spurge Family	
Euphorbia amygdaloides	Wood Spurge	Cosgya
E. chamaebuxus	Pyrenean Spurge	Fuente De
Mercurialis perennis	Dog's Mercury	
Fabaceae (Leguminosae)	Pea Family	
Anthyllis vulneraria ssp pyrenaica	Kidney Vetch	
Astragalus glycophyllos	Wild Liquorice	
Chamaespartium sagittale	Winged Greenweed	Espinama
Cytisus scoparius	Broom	
Echinospartum horridum	Echinospartum	
Genista hispanica	Spanish Gorse	
G. sericea	Silvery Broom	Cosgya
Hippocrepis comosa	Horseshoe Vetch	
Lathyrus laevigatus	Yellow Pea	
L.vernus	Spring Vetchling	
L. latifolius	Everlasting Pea	
L. linifolius	Bitter Vetch	Cosgya
Lotus alpinas	Alpine Birdsfoot Trefoil	
L. corniculatus	Birdsfoot Trefoil	
Medicago sativa		Arenas
M. lupulina	Black Medick	
M. suffruticosa	Sprawling Medick	
Ononis repens	Restharrow	Arenas
Psoralea bituminosa	Pitch Trefoil	Cares,
Trifolium campestre	Hop Trefoil	
T pratense	Red Clover	
T. repens	White Clover	
Vicia cracca	Tufted Vetch	
V. hirsuta	Hairy Tare	
V. pyrenaica	Pyrenean Vetch	Vega de Sotres
V. sepium	Bush Vetch	
Fagaceae	Oak and Beech Family	
Castenea sativa	Sweet Chestnut	
Fagus sylvatica	Beech	Sotres
Quercus ilex	Holm Oak	Cares Gorge
Q. pyrenaica	Pyrenean Oak	La Molina, Cosgya
0		
Gentianaceae Gentiana occidentalis	Gentian Family Pyrenean Trumpet Gentian	Fuente De
Gentiaria occidentaris G. verna	Spring Gentian	
Centaurium erythraea	Common Centaury	
Blackstonia perfoliata	Yellow-wort	Arenas
		Arenas
Geraniaceae	Geranium Family	
Geranium columbinum	Dove's-foot Cranesbill	
G saguineum	Bloody Cranesbill	Arenas
G. robertianum	Herb Robert	
G. pyrenaicum	Pyrenean Geranium	
G. lucidum	Shining Cranesbill	

Scientific name	Common name	Location
Erodium cicutarium	Common Storksbill	
Globulariaceae	Globularia Family	
Globularia nudicaulis	Leafless-stemmed Globularia	
G. repens	Matted Globularia	Fuente De
Labiatae	Dead-nettle Family	
Acinos alpinus	Alpine Calamint	Fuente De
A. arvensis	Basil Thyme	
Ajuga reptans	Common Bugle	
Ballota nigra	Black Horehound	
Marrubium vulgare	White Horehound	
Mellittis melissophyllum	Bastard Balm	
Origanum vulgare	Marjoram	Leaves only
Prunella lacinata	Cut-leaved Self-heal	Cosgya
P. grandiflora	Large-flowered Self-heal	La Molina
P. vulgaris	Selfheal	
Salvia pratensis	Meadow Clary	
Sideritis hyssopifolia	Sideritis	Covadonga
Stachys monieri	Alpine Betony Marsh Woundwort	Fuente De
S. palustris		
Teucrium pyrenaicum T. chamaedrys	Pyrenean Germander Wall Germander	Cares Gorge
T. scorodonia	Wood Sage	
Thymus mastichina	Round-headed (White) Thyme	
T. praecox	Wild Thyme	
T. pulegioides	Large Thyme	
1. pulogiolado		
Linaceae	Flax Family	
Linum bienne	Pale Flax	
L. catharticum	Purging/Fairy Flax	
L. perenne	Perennial Flax	Fuente De
L. viscosum	Sticky Flax	
L. suffruticosum ssp salsalsoides	Pyrenean Flax	Fuente De
Malvaceae	Mallow Family	
Malva moschata	Musk Mallow	
M. neglecta	Dwarf Mallow	
M. sylvestris	Common Mallow	
Menyanthaceae	Bogbean family	
Menyanthes trifoliata	Bogbean	Covadonga
	Dogodan	
Onograceae	Willowherb Family	
Epilobium alsinifolium	Chickweed Willowherb	Above Espinama
Oenothera glazoviana	Large-flowered Evening Primrose	Roadsides
Papaverceae	Poppy Family	
Chelidonium majus	Greater Celandine	
Fumaria capreolata	Ramping Fumitory	
Papaver rhoeas	Field Poppy	
P. argemone	Prickly Poppy	
Plantaginagaa	Diantain Family	
Plantaginaceae Plantago lanceolata	Plantain Family	
	Ribwort Plantain	
P. major P. media	Greater Plantain Hoary Plantain	
P. alpina	Alpine Plantain	Fuente De
і. сирпіса		
Plumbaginaceae	Thrift Family	
Armeria maritima ssp alpina	Mountain Thrift	

Scientific name	Common name	Location
Polygonaceae	Knotweed Family	
Polygonum hydropiper	Wall Pepper	
P. bistorta	Bistort	
Rumex scuatatus	French Sorrel/Rubble Dock	
R. acetosella	Sheep's Sorrel	
R. alpinus	Monk's Rhubarb	
Primulaceae	Primrose Family	
Primula veris	Cowslip	Past its best!
Anagallis arvensis	Scarlet Pimpernel	
Androsace villosa	Ciliate Rock-jasmine	Fuente De
Lysimachia nemorum	Yellow Pimpernel	
Ranunculaceae	Buttercup Family	
Anenome trifolia		Fuente De
Aquilegia vulgaris	Columbine	
A. pyrenaica ssp bicolor		La Molina
Caltha palustris	Marsh Marigold	
Helleborus viridis	Green Hellebore	
Hepatica nobilis Ranunculus flammula	Hepatica	Leaves only
	Lesser Spearwort	
Rosaceae	Rose Family	
Alchemilla alpina	Alpine Lady's-mantle	
A. vulgaris	Lady's-mantle	
Agrimonia eupatoria	Agrimony	
Amelanchier ovalis	Amelanchier	
Filipendula ovalis	Dropwort	
Fragaria vesca	Wild Strawberry	
Potentilla erecta	Tormentil	
P. reptans	Creeping Cinquefoil	
Rosa canina	Dog Rose	
R. arvensis	Field Rose	
Sanguisorba minor	Salad Burnet	
Sorbus sp.	A Whitebeam	
Rubiaceae	Bedstraw Family	
Asperula cyanchia	Squinancywort	Cares Gorge
Cruciata laevipes	Crosswort	
Gallium odoratum	Sweet Woodruff	
G. mollugo	Hedge Bedstraw	
Santalaceae	Sandalwood Family	
Thesium pyrenaicum	Sandalwood Family Pyrenean Bastard Toadflax	
mesium pyrenaicum		
Saxifragaceae	Saxifrage Family	
Saxiiraga granulata	Meadow Saxifrage	Covadonga
Saxinaga granulata S. aspera	Rough Saxifrage	
S. paniculata	Paniculate Saxifrage	Vegas de Sotre
S. umbrosa sp hirsuta	A Saxifrage	Covadonga
Scrophulariaceae	Figwort Family	
Anarrhinum bellidifolium	Daisy-leaved Toadflax	Cares
Antirrhinum braun-blanquetii		Roadsides
Chaenorhinum origanifolium		
Digitalis parviflora		La Molina
D. purpurea	Foxglove	
Erinus alpina	Fairy Foxglove	
Euphrasia rostkoviana	Common Eyebright	
Linaria alpina	Alpine Toadflax	Cares Gorge/Fuente De
L. faucicola		Covadonga
L. supina	Pyrenean Toadflax	

Scientific name	Common name	Location
L. triornithophora		Cosgya
Melanpyrum sylvaticum	Small Cow-wheat	Above Espinama
Pedicularis verticillata	Whorled Lousewort	Fuente De
P. sylvatica	Common Lousewort	
Rhinanthus minor	Yellow Rattle	Above Espinama
R. serotinus ssp asturicus	Greater Yellow Rattle	Covodonga
Scrophularia auriculata	Water Figwort	Fuente De
S. nodosa	Common Figwort	
Verbascum pulverulentum	Hoary Mullein	Roadsides
Verbascum pulverulentum Veronica beccabunga	Brooklime	Rodusides
V. serpyllifolia	Thyme-leaved Speedwell	
V. officionalis	Heath Speedwell	
V. nummularia	Pyrenean Speedwell	
	Dankara Franika	
Thymelaeaceae	Daphne Family	
Daphne layreleola ssp philippi	Spurge Laurel	Fuente De
Tiliaceae	Lime Family	
Tilia cordata	Small-leaved Lime	La Molina
T. platyphyllos		Cares Gorge
Ulmacea	Elm Family	
Ulmus glabra	Wych Elm	
ennae glasia		
Valerianaceae	Valerian Family	
	Narrow-leaved Red Valerian	Roadsides
Centranthus angustifolius		Roadsides
C. ruber	Red Valerian	
C. trypteris	Three-leaved Valerian	Cares Gorge
Valeriana pyrenaica	Pyrenean Valerian	
N/		
Violaceae	Violet Family	
V.riviniana	Common Dog Violet	
V. pyrenaica	Pyrenean Violet	Fuente De
Viscaceae	Mistletoe Family	
Viscum album	Mistletoe	
<u>Monocotyledons</u>		
Liliaceae		
Allium sphaerocephalon	Round-headed Leek	Espinama
Anphyllanthes monspeliensis	Blue Aphyllanthes	Cares Gorge
Asphodelus albus	White Asphodel	
Lillium martagon	Martagon Lily	
Muscari comosum	Tassel Hyacinth	Espinama
	Star of Bethlehem	
Ornithogalum umbellatum		Espinomo
O. pyrenaicum	Bath Asapragus	Espinama
Scilla verna	Spring Squill	Fuente De
Smilax aspera		Cares Gorge
Iridaceae	Iris Family	
Iris latifolia	English Iris	
Cyperaceae		
Eriophorum sp.	Cotton Grass	Fuente De
Orchidaceae		
Anacamptis pyramidalis	Pyramidal Orchid	La Molina
Aceras anthropophorum	Man Orchid	Fuente De
Dactylorhiza elata	Robust Marsh Orchid	Fuenta De
D. fuchsii	Common Spotted Orchid	

Scientific name	Common name	Location
D. incarnata	Early Marsh Orchid	
D. maculata	Heath Spotted Orchid	
Epipactis atrorubens	Dark Red Helleborine	Cares Gorge
Gymnadenia conopsea	Fragrant Orchid	
Himantoglossum hircinum	Lizard Orchid	Fuente De
Neottia nidus-avis	Bird'snest Orchid	Cosgya
Ophrys apifera	Bee Orchid	"
O. scolopax	Woodcock Orchid	Fuente De
Orchis papillionacea	Pink Butterfly Orchid	Espinama
Platanthera chlorantha	Lesser Butterfly Orchid	Covadonga
Serapias cordigera		La Molina, Covadonga
S. lingua	Tongue Orchid	"

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Birds

<u>)</u> } ; ;	Common Name Little Egret Grey Heron White Stork	Scientific Name Egretta garzetta	11	12	13	14	15	16	17	18
2 3 4 5 5	Grey Heron	Egretta garzetta						-		10
- - -		3								+
;	White Stark	Ardea cinerea	+				+		+	
; ;	WHILE SLOIK	Ciconia ciconia								+
;	Mallard	Anas platyrhynchos				+		+	+	
	Black/Monk Vulture	Aegypius monachus								
•	Griffon Vulture	Gyps fulvus		30+	+	+	+	+	+	
	Egyptian Vulture	Neophron percnopterus			+	+	+	+	+	
3	Short-toed Eagle	Circaetus gallicus				+				
)	Booted Eagle	Hieraatus pennatus				+				+
0	Black Kite	Milvus milvus	+			+			+	+
1	Marsh Harrier	Circus aeruginosus								
2	Sparrowhawk	Accipiter nisus								
3	Common Buzzard	Buteo buteo	+	+	+	+	+	+	+	+
4	Kestrel	Falco tinnunculus		+		+	+	+		
5	Quail	Coturnix coturnix								Н
6	Coot	Fulica atra						+		+
7	Curlew	Numenius arquata					+			+
8	Green Sandpiper	Tringa ochropus								
9	Yellow-legged Gull	Larus cachinnans				+				+
20	Wood Pigeon	Columba palumbus		+			+	+	+	+
21	Feral Pigeon / Rock Dove	Columba livia						+		
2	Collared Dove	Streptopelia decaocto								
3	Cuckoo	Cuculus cuculus		Н	Н				Н	
24	European Swift	Apus apus		+		+	+	+	+	+
25	Alpine Swift	Apus melba						+		
26	Green Woodpecker	Picus viridus					Н	+	н	
27	Great Spotted Woodpecker	Dendrocopus major					+		+	
28	Middle S. Woodpecker	Dendrocopus medius								
29	Wryneck	Jynx torquilla				+				
0	Crested Lark	Galerida cristata								+
31	Crag Martin	Ptyonoprogne rupestris		+	+	+	+	+		
32	Barn Swallow	Hirundo rustica		+	+	+	+	+	+	+
3	House Martin	Delichon urbica		+	+	+	+	+	+	+
84	Water Pipit	Anthus spinoletta			+	+		+		
5	Tree Pipit	Anthus trivialis				Н	+			
6	White Wagtail	Motacilla alba			+	+	+	+	+	
57	Grey Wagtail	Motacilla cinerea		+	+	+			+	
8	Wren	Troglodytes troglodytes		+		Н	н	+	+	
9	Dipper	Cinclus cinclus				+	+		+	
0	Dunnock	Prunella modularis		+						
1	Alpine Accentor	Prunella collaris			+		+	+		<u> </u>
2	Robin	Erithacus rubecula		+	н	Н	н	н	+	
3	Common Redstart	Phoenicurus phoenicorus			+	+				<u> </u>
4	Black Redstart	Phoenicurus ochruros		+	+	+	+	+	+	<u> </u>
5	Northern Wheatear	Oenanthe oenanthe			+	+			· ·	-
6	Stonechat	Saxicola torquata				+		+	+	1
7	Blue Rock Thrush	Monticola solitarius		+		·			· ·	-
8	Rock Thrush	Monticola saxatilis			+	+		+		

						June	2006			
	Common Name	Scientific Name	11	12	13	14	15	16	17	18
49	Song Thrush	Turdus philomelos		Н	Н	Н		+	+	
50	Mistle Thrush	Turdus viscivorus		Н						
51	Blackbird	Turdus merula		+	+	+	+	+	+	
52	Blackcap	Sylvia atricapilla		+	Н	+	+		+	
53	Zitting Cisticola	Cisticola juncidis								+
54	Cetti's Warbler	Cettia cetti								н
55	Reed Warbler	Acrocephalus scirpaceus								+
56	Melodious Warbler	Hippolais polyglotta								+
57	Bonelli's Warbler	Phylloscopus bonelli			+	+	Н		Н	
58	Spanish Chiffchaff	Phylloscopus ibericus					Н	Н	+	
59	Firecrest	Regulus ignicapillus		+	+		Н		+	
60	Spotted Flycatcher	Muscicapa striata							+	
61	Great Tit	Parus major		+		+	+	+	+	
62	Coal Tit	Parus ater		+	+				+	
63	Blue Tit	Parus caeruleus		+					+	
64	Crested Tit	Parus cristatus		+						
65	Marsh Tit	Parus palustris		+	+				+	
66	Long-tailed Tit	Aegithalos caudatus							+	
67	Nuthatch	Sitta europaea		Н	+				+	
68	Short-toed Treecreeper	Certhia brachydactyla			+				+	
69	Red-backed Shrike	Lanius collurio		+	+					
70	Magpie	Pica pica	+			+		+	+	
71	Jay	Garrulus glandaris		+	+	+	+	+	+	
72	Chough	Pyrrhocorax pyrrhocorax		+	+	+	+	+	+	
73	Alpine Chough	Pyrrhocorax graculus			+			+		
74	Carrion Crow	Corvus corone		+		+	+	+	+	
75	Raven	Corvus corax		+	+	+		+	+	
76	Spotless Starling	Sturnus unicolor								+
77	House Sparrow	Passer domesticus		+	+	+	+	+	+	+
78	Snowfinch	Montifringilla nivalis			+					
79	Chaffinch	Fringilla coelebs		+	+	+	+	+	+	
80	Linnet	Acanthis cannabina			+	+		+		
81	Goldfinch	Carduelis carduelis				+	+		+	
82	Greenfinch	Carduelis chloris			+	+	+			
83	Serin	Serinus serinus		+	+	+	+	+	+	+
84	Bullfinch	Pyrrhula pyrrhula		+					+	
85	Yellowhammer	Emberiza citrinella		н	+			+		
86	Cirl Bunting	Emberiza cirlus				+				
87	Rock Bunting	Emberiza cia		ĺ		İ	+			

Butterflies

Swallowtail	Papilio machaon
Scarce/Spanish Swallowtail	Iphiclides podalirius/feisthamelii
Black-veined White	Aporia crataegi
Green-veined White	Pieris napi
Small White	Artogeia rapae
Orange-tip	Anthrocharis cardamines
Western Dappled White	Euchloe crameri
Clouded Yellow	Colias crocea
Berger's Clouded Yellow	Colias alfacariensis
Mountain Clouded Yellow	Colias phicomone
Cleopatra	Gonepteryx Cleopatra
Scarce Copper	Lycaena virgaureae
Purple-edged Copper	Lycaena hippothoe
Escher's Blue	Polyommatus escheri
Adonis Blue	Lysandra bellargus
Silver-studded Blue	Plebejus argus
Common Blue	Polyommatus icarus
Painted Lady	Cynthia cardui
Red Admiral	Vanessa atalanta
Small Tortoiseshell	Aglais urticae
Camberwell Beauty	Nymphalis antiopa
Silver-washed Fritillary	Argynnis paphia
High Brown Fritillary	Argynnis adippe
Twin-spotted Fritillary	Brenthis hecate
Pearl-bordered Fritillary	Clossiana euphrosyne
Small Pearl-bordered Fritillary	Clossiana selene
Spotted Fritillary	Melitaea didyma
Heath Fritillary	Mellicta athalia
Marbled White	Melanargia galathea
Lefebvre's Ringlet	Erebia lefebvrei
Piedmont Ringlet	Erebia meolans
Common Brassy Ringlet	Erebia cassiodes
Pearly Heath	Ceononympha arcania
Speckled Wood	Parare aegeria aegeria
Large Wall Brown	Lasiommata maera
Wall Brown	Lasiommata megera
Small Copper	Lycaena phaeas
Grizzled Skipper	Pyrgus malvae
Large Skipper	Ochlodes sylvanus
Small Skipper	Thymelicus sylvestris

Reptiles

Iberian Rock Lizard	Iberolacerta monticola
Ocellated Lizard	Timon lepidus
Grass Snake	Natrix natrix

Mammals

Chamois	Rupicapra rupicapra
Roe Deer	Capreolus capreolus