Butterflies of the Picos de Europa

Naturetrek Tour Report

16 - 23 June 2013





Baton Blue

De Prunner's Ringle



Knapweed Fritillary

Report compiled by Lee Morgan & Andrew Cleave Images by Lee Morgan



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Summary:

The Picos mountain meadows are not lush and green without good reason, and we had some heavy rain during our week's exploration of this outstandingly rich region of high mountains, flower-filled meadows, deciduous woodlands and deep limestone gorges. However, on the sunny days we were delighted with the range of species and sheer numbers of butterflies and other insects which we are able to observe and photograph. We walked through meadows and along lanes where there was a profusion of wild flowers which attracted the butterflies on sunny days. Even high up in the alpine zone, where we walked between banks of snow, we found many alpine flowers and some of the high-mountains specialist birds and insects. Our hotel accommodation for the larger part of the trip was in an area where there was plenty of scope to wander along grassy slopes, and search for butterflies whilst Cirl Buntings called nearby. The final day on the dramatic Cantabrian coast provided several more species for the list and made a relaxing interlude before our flight home.

Day 1 Sunday 16th June

Sunny spells on arrival, and a rather brisk wind in the mountains. 24°C

Our flight to Asturias Airport from London Stansted departed on time and we arrived in Spain in the late afternoon where we found the weather to be warm and quite sunny. After Lee and Andrew had completed the formalities for the two mini-buses we loaded up and set off eastwards along the excellent coastal road, enjoying glimpses of the sea, and the occasional Black Kite and Buzzard, until we reached turning into the mountains at Unquera. Here the road became steeper as we followed the Hermida Gorge towards Potes. We broke the journey at a narrow point in the gorge where the Urdon Gorge joined the main valley. Following the track upwards we had our first introduction to the flora and fauna of the area with a good range of mountain plants to be seen. A few fine specimens of the Woodcock Orchid *Ophrys scolopax* were found on rocks above the path. It was windy at this stage so was not ideal for spotting butterflies. Nonetheless, we did manage to spot a single tattered specimen of Chapman's Ringlet *Eribia palarica* and Piedmont Ringlet *Eribia meolans* and the potential for the site was clear to everyone.

After only a short walk up the valley we returned to the mini-buses and resumed the journey through the gorge to Espinama, a small mountain resort on the road towards Fuente De. We checked in to the Hostal Nevandi, and before our evening meal had a quick look at some magnificent Lizard Orchids *Himantoglossum hircinum* growing on a grassy bank below the hotel. As night fell some of the party were able to see Roe Deer browsing on the opposite hillside.

Day 2 Monday 17th June

Heavy rain in the morning, but a warm sunny afternoon. 17°C

In view of the rainy conditions at first light we decided to do our shopping for picnic supplies in Potes and then check out the meadows around Pido, the attractive old village nearest to Espinama. A mixture of steeply-sloping meadows, thick hedgerows and woodlands of beech and hazel provided a good range of habitats, and some shelter from the rain. Despite the conditions we found a few butterfly species on flowers in the meadow including some very photogenic Knapweed Fritillaries *Melitaea phoebe*, Sooty Copper *Lycaena tityrus*, Pearly Heath *Coenonympha arcania* and Long-tailed Blues *Lampides boeticus*. Other insects here included the impressive Wart-biter Bush-cricket *Decticus verrucivorus*.

We returned to the hotel and ate our picnic lunch in the annexe and then drove to the Cabanes de Liebana – an interesting area of ancient pollarded Sweet Chestnut trees. Luckily the sun shone for us here so there was more chance of finding insects on the wing and there were some good photographic opportunities in the shelter of the valley below the trees. Birds seen here included Wryneck and Redstart, and against the distant mountain slopes there were many Griffon Vultures rising on thermals.

Day 3 Tuesday 18th June

A sunny morning, but cloud built up later with some afternoon showers. 18°C

We planned to visit the high alpine zone today and the weather was kind to us. After preparing packed lunches we drove the short distance to the head of the valley and arrived at Fuente De which is the base station of the Cable Car; this provides an exciting ascent, in under four minutes, to a completely different habitat. On arrival at the summit station, some of the party braved the infinity platform to take photographs of the amazing panoramic view before we set off into the area of shattered limestone rocks, extensive snow patches and towering peaks. Despite the harshness of the conditions there were flowers to be seen everywhere and we found many beautiful alpines such as the Ciliate Rock-jasmine *Androsace ciliata* and Spring Gentian *Gentiana verna* amongst the shattered limestone rocks and on ledges above the path. Birds seen here included Alpine Chough, Black Redstart, Alpine Accentor and Snow Finch, and a few distant Chamois were also spotted. The cold conditions at this altitude were not suitable for butterflies to be on the wing, but we found several specimens of the most attractive Geometrid moth *Euranthis plummistaria* which posed perfectly for photographs.

After wandering along some of the high paths between banks of snow we started on the descent, following the winding trail down into the green valleys used for summer grazing. Alpine Lady's Mantle *Alchemilla alpina* and Green Helleborus viridis were common along the sides of the track and wet flushes were filled with patches of Marsh Marigold *Caltha palustris* and Greater Butterwort *Pinguicula grandiflora*.

The cloud cover had built up at this stage and so we were very glad to reach the Refugio where hot drinks and snacks were much appreciated. Continuing our descent we reached some very rich pastures where a profusion of orchids were found, including Burnt Tip Neotinea ustulata, Man Orchid Orchis anthropophorum, Tongue Orchid Serapias lingua, Pink Butterfly Orchis papilionacea, Heath Spotted Dactylorhiza maculata, Fragrant Gymnadenia conopsea and a species of Marsh Orchid D. (elata?). As well as the orchids there several species of Bellflowers Campanula rapunculoides, etc and patches of colourful Marsh Lousewort Pedicularis sylvatica. The final stages of our walk found us in dense, deciduous woodlands as the trail zig-zagged down towards Espinama; the verges and banks were full of interesting flora including colourful Geranium spp and Bastard Balm Melittis melissophyllum. We reached the hotel after a strenuous but exciting day in some outstanding scenery. We were treated to a superb evening meal of local produce.

Day 4

Wednesday 19th June

Heavy rain for most of the day. 14°C

We left the Hostal Nevandi this morning and transferred to our other base in the north of the Picos mountains. Unfortunately the rain meant that our planned stops in some good butterfly sites were not at all productive. We had our picnic near the historic church of Sta Maria de Liebana where there are some small pastures, groves of fruit trees and a slightly un-kempt churchyard. We found a few interesting plants, but due to the weather there were no insects on the wing. We made a further stop at the Urdon Gorge, which we had visited on our first day. Once again, rain kept the butterflies out of sight, but we found more Woodcock Orchids and a few Mediterranean species such as Pitch Trefoil *Psoralea bituminosa* and Swallow-wort *Vincetoxicum hirundinaria*. The rare fern *Woodwardia radicans* was spotted in its usual location on a rocky bank of the river. We then carried on to Arenas de Cabrales and checked in to the Hotel Torre-Cerrado, at which point the rain eased slightly. Some of the party explored the meadows around the hotel, finding a few Adonis and Small Blue butterflies sheltering beneath leaves.

Day 5 Friday 20th June

Cloudy at first, but becoming warm and sunny later. 22°C

We took advantage of the drier conditions to explore the meadows close to the hotel where a variety of butterflies such as Meadow Browns *Maniola jurtina*, Small Heaths *Coenonympha pamphilus*, Large, Small and Greenveined Whites could be seen emerging from the longer grass and flying low enough for us to get a good look at them. These meadows proved to have a rich flora as well and a few more species were added to the list, including the attractive silvery-blue Pyrenean Eryngo.

We then drove up the valley towards Canales where we parked one mini-bus at the top and one at the bottom of the narrow road down to the pretty village of La Molina. The group then set off to walk down the road, checking the meadows, gardens and verges on either side. The sun came out and we were treated to splendid views of the tree-lined gorge and the high peaks all around. Warm conditions encouraged more butterflies, such as Queen of Spain Fritillary *Issoria latbonia*, Lang's Short-tailed Blue *Leptotes pirithous* and Mazerine Blue *Cyaniris semiargus*, to emerge and we made very slow progress as there were plenty of things to interest us on the way down the hill.

A fine display of Heart-flowered Tongue Orchids Serapias cordigera encouraged some to scramble up the bank, where more botanical delights were discovered whilst others concentrated on the meadows which were almost entirely yellow with Greater Hay-rattle Rhinanthus major. We eventually reached the parking place by the village where we enjoyed our picnic and much-needed drinks. There was time to explore the village which seemed deserted but all the houses were in good condition with colourful displays of flowers around them. Passing through the village we checked the nesting site for Bonelli's Eagle and then paused at the start of the woodland. Being rather shady there was not much moving here so most of the group opted to walk back up the hill and check the meadows again. Some were ferried up in the mini-bus and we paused briefly at the café for a drink before checking the verges on the main road. We were impressed by the great numbers of Bee Orchids Ophrys apifera here which were very photogenic; a few tiny Fly Orchids Ophrys insectifera were found amongst them. Butterflies continued to emerge here and despite the occasional burst of traffic on the road, some good photographs were taken, especially of some Long-tailed Blues and Marsh Fritillaries. It was difficult to tear ourselves away from this sunny spot, but we planned to get back to hotel in time for a further look at the surrounding meadows. We enjoyed an evening drink outside whilst we went over the day's very long list of sightings of a really good range of species.

Day 6

Saturday 21st June

A rather grey day with low cloud. 18°C

After an early morning walk around the hotel meadows for some of the party, we left after breakfast to visit the historic town of Covadonga and its impressive Basilica. The drive through the valleys was interesting, enabling us to see something of the unique style of building of this region with many of the elaborate granaries on tall staddle stones making good photographic subjects. We stopped at Covadonga to explore the town and the grottoes surrounding the Basilica. The walls of the grotto were covered in ferns and mosses, and the steep gardens on the slopes were filled with woodland flowers.

After a coffee-break here we continued in the mini-buses towards the twin lakes of Lago Enol and Lago Ercina, following the narrow road up into the mountains. The flower-filled meadows gave way to upland pastures and rocky outcrops and eventually we reached the picnic site near the lakes. Whilst Lee prepared a picnic of local produce, we explored the margins of Lago Enol where there were some good displays of Greater Butterwort. After the picnic, washed down with some of the region's famous cider, we followed the trail through the old copper mines towards Lago Ercina (where we saw our only active butterfly of the day; a Queen of Spain Fritillary) and headed for the crags on the eastern shore where alpine flora is quite accessible. The splendid Pyrenean Trumpet Gentians *Gentiana occidentalis* were really showy here. After a pleasant walk along the lake shore we returned to the minibuses and drove back to one of the viewpoints along the road where we could just glimpse the Bay of Biscay far off to the north.

Day 7

Sunday 22nd June

A fine sunny day, with a cool breeze in the mountains. 19°C

After a pre-breakfast stroll around the meadows for some, and some early-morning shopping we prepared our picnics and then set off for the upland valley of Vega de Sotres, travelling via the impressive Cares Gorge and Bulnes.

The scenic route provided stunning views in every direction, but few places to stop, apart from one good parking area where we paused to look at the Griffon Vultures and take photographs of the mountains all around us. We headed for the start of the Vega de Sotres trail and found it to be popular with other visitors, most of whom were walkers, climbers or mountain-bikers. The impressive open valley has a good flora amongst the pastures and rocky outcrops and it also proved to be rich in butterfly species with Swallowtails, skippers plenty of Blues and even a Duke of Burgundy on the wing, so once again, we made very slow progress as more and more species were found and photographed. We had several good sightings of De Pruner's Ringlet *Erebia triaria* too, with some of them providing good photo opportunities.

Reaching the head of the valley and the mostly-deserted village we were tempted to wander through an incredibly colourful meadow, but a shepherd with some rather intimidating dogs made it clear that we should keep to the paths. This was not a problem as there were things to see all around us and we explored the village where some of the houses were clearly in good repair and occasionally occupied whilst others looked neglected, but had interesting plants growing on the walls and basking Red Admirals *Vanessa atalanta* for us to photograph. The large cattle drinking trough filled with clear spring water had some huge tadpoles in it, and nearby in the puddles clouds of Small Blue butterflies settled down to drink at the margins. We returned to the minibuses by the same route and as it was becoming a little cooler now in the late afternoon there were fewer butterflies to attract us but we still found many photographic subjects on the way down. Back at Arenas de Cabrales some of the party decided to look around the village whilst others had a further look at the hotel meadows. We discussed our day's sightings over another excellent meal.

Mostly cloudy with a light breeze. 19°C

Day 8

Monday 23rd June

Today we had to leave the Picos Mountains and return to Asturias airport. Fortunately an afternoon flight meant that we did not have to rush away so there was time for a final look around the meadows before heading towards the coast. We followed a different route back to the airport, driving through more wooded valleys and meadows before reaching the wild rocky coastline. We found our way down a road to an enormous deserted car park near the beach of St Juan de la Arenas where we were surprised to find a car-park attendant! No-one else arrived whilst we were there so we had a superb beach backed by dunes and grassland all to ourselves. It was rather windy here, but we did find several Lulworth Skippers Thymelicus actaeon nectaring on some of the dune flora, plus a few Clouded Yellows Colias croceus and Hummingbird Hawk-moths Macroglossum stellatarum. There were a few Bee Orchids in the dune slacks and a very good dune flora including Sea Holly Eryngium maritimum and Pyramidal Orchid Anacamptis pyramidalis. Eventually it was time to leave, so after our picnic by the sea we drove the very short distance to Asturias Airport where we returned the mini-buses and checked in for our flight home. Despite the rather poor weather at times we had several spells of good sunny weather during the week when the butterflies performed well and everyone could see the potential of this beautiful region. We were able to visit habitats ranging from the high alpine zone to the lush sheltered valleys and found interesting species in all of these areas.

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Species List

Butterflies (✓ = recorded but not counted)

			June							
	Common name	Scientific name	16	17	18	19	20	21	22	23
1	Red-underwing Skipper	Spialia sertorius							✓	
2	Dingy Skipper	Erynnis tages						✓		
3	Large Skipper	Ochlodes sylvanus								
4	Lulworth Skipper	Thymelicus acteon					✓			✓
5	Small Skipper	Thymelicus sylvestris		✓		✓				
6	Safflower Skipper	Pyrgus carthami						✓		
7	Cinquefoil Skipper	Pyrgus cirsii						✓		
8	Rosy Grizzled Skipper	Pyrgus onopordi						✓		
9	Grizzled Skipper	Pyrgus malvae								
10	Swallowtail	Papilio machaon						✓		
11	Brimstone	Gonepteryx rhamni				✓		✓		
12	Clouded Yellow	Colias crocea	✓	✓		✓		✓		✓
13	Large white	Pieris brassicae	✓	✓		✓		✓		
14	Green-veined white	Pieris napi				✓		✓		
15	Small White	Pieris rapae	✓	✓		✓		✓		
16	Orange Tip	Anthocaris cardemines				✓		✓		
17	Western Dappled White	Euchloe crameri						✓		
18	Wood White	Leptidea sinapis	✓			✓				
19	Sooty Copper	Lycaena tityrus		✓				✓		
20	Long-tailed Blue	Lampides boeticus		✓		✓	✓	✓		
21	Brown Argus	Aricia agestis				✓				
22	Holly Blue	Celastrina argiolus				✓				
23	Little Blue	Cupido minimus	✓	✓		√		✓		
24	Common Blue	Polyommatus icarus						✓		
25	Adonis Blue	Lysandra bellargus				✓		✓		
26	Mazerine Blue	Cyaniris semiargus		✓		√				
27	Baton Blue	Pseudophilotes baton		✓						
28	Lang's Short-tailed Blue	Leptotes pirithous				✓				
29	Provencal Short-tailed Blue	Cupido alcetas						✓		
30	Red Admiral	Vanessa atalanta		✓		✓		✓		
31	Knapweed Fritillary	Melitaea phoebe		✓						
32	Marsh Fritillary	Euphydryas aurinia				✓		✓		✓
33	Speckled Wood	Pararge aegeria				✓		✓		
34	Wall Brown	Lasiommata megera		✓		✓				
35	Large Wall Brown	Lasiommata maera				✓				
36	Chapmans Ringlet	Erebia palarica	✓							
37	De Prunner's Ringlet	Erebia triaria						✓		
38	Piedmont Ringlet	Erebia meolans	✓					✓		
39	Meadow Brown	Maniola jurtina				✓		✓		
40	Marbled White	Melanargia galathea				✓		✓		
41	Pearly Heath	Coenonympha arcania		✓						
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Birds (h = heard only)

1	Grey Heron	Ardea cinerea					✓			
2	Mallard	Anas platyrhynchos	✓							
3	Black Vulture	Aegypius monachus		✓				✓		
4	Griffon Vulture	Gyps fulvus	✓	✓	✓	✓	✓	✓	✓	✓

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	Common name	Scientific name	16	17	18	19	20	21	22	23	
5	Egyptian Vulture	Neophron percnopterus		✓	✓				✓		
6	Short-toed Eagle	Circaetus gallicus		✓							
7	Booted Eagle	Hieraaetus pennatus	✓	✓				✓			
8	Hen Harrier	Circus cyaneus							✓		
9	Red Kite	Milvus milvus		✓							
10	Black Kite	Milvus nigrans	✓	✓			✓	✓			
11	Common Buzzard	Buteo buteo	✓	✓	✓	✓	✓	✓	✓	✓	
12	Common Kestrel	Falco tinnunculus		✓				✓			
13	Peregrine	Falco peregrinus		✓							
14	Coot	Fulica atra						✓			
15	Yellow-legged Gull	Larus Cacchinans	✓				✓	✓		✓	
16	Rock Dove/Feral Pigeon	Columba livia							✓		
17	Wood Pigeon	Columba palumbus	✓	√	✓	✓	✓		✓		
18	Collard Dove	Streptopelia decaocto		√			✓				
19	Cuckoo	Cuculus canorus		√							
20	Tawny Owl	Strix Aluco						h			
21	Alpine Swift	Tachymarptis melba		✓			✓				
22	European Swift	Apus apus	✓	✓	✓	✓	/	/	✓	/	
23	Great Spotted Woodpecker	Dendrocopos major	/	h			h				
24	Black Woodpecker	Dryocopus martius						/			
25	Red-backed Shrike	Laniius collurio		✓	✓	✓	/	✓	✓		
26	Wryneck	Jynx torquilla	✓	· /	_		, ·	ļ ,	_		
27	Skylark	Alauda arvensis	· ·					h			
28	Crag Martin	Ptyonoprogne rupestris			✓		✓	II ✓	✓		
29	Swallow	Hirundo rustica	✓	✓	✓	✓	V	✓	✓	/	
30	House Martin	Delichon urbica	_	✓	✓	✓	V	✓	✓	<u> </u>	
31	Water Pipit			_	✓	,	,	✓	✓	-	
32	·	Anthus spinoletta			✓			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	V	-	
	Meadow Pipit	Anthus pratensis Anthus trivialis		✓	V		h-				
33	Tree Pipit			∨	✓	✓	h ✓	✓		/	
34	White Wagtail	Motacilla alba	√		V		✓ ✓	∨	√	-	
35	Grey Wagtail	Motacilla cinerea	✓	√		√		-	√		
36	Wren	Troglodytes troglodytes		h		✓	✓	✓	V		
37	Dipper	Cinclus cinclus		✓		√			✓	-	
38	Dunnock	Prunella modularis			√	√		✓			
39	Alpine Accentor	Prunella collaris			✓					<u> </u>	
40	Robin	Erithacus rubecula		✓	✓	✓	✓	✓	✓	<u> </u>	
41	Nightingale	Luscinia megarhynchos				h					
42	Common Redstart	Phoenicurus phoenicurus		✓	✓						
43	Black Redstart	Phoenicurus ochruros	✓	✓	✓	✓	✓	✓	√	✓	
44	Common Wheatear	Oenanthe oenanthe			✓				✓	<u> </u>	
45	Stonechat	Saxicola troquata		✓						<u> </u>	
46	Blue Rock Thrush	Monticola solitarius	✓								
47	Song Thrush	Turdus philomelos		✓		✓	✓	✓			
48	Blackbird	Turdus merula	✓	✓	✓	✓	✓	✓	✓	<u> </u>	
49	Garden Warbler	Sylvia borin				✓					
50	Blackcap	Sylvia atricailla		✓		✓	✓		✓		
51	Bonelli's Warbler	Phylloscopus bonelli					h		h		
52	Chiffchaff	Phylloscopus collybita						✓	h		
53	Iberian Chiffchaff	Phylloscopus collybita ibericus					✓				
54	Firecrest	Regulus ignicapillus				✓	h	h			
55	Goldcrest	Regulus regulus		✓	h	h					

						Ju	ine			
	Common name	Scientific name	16	17	18	19	20	21	22	23
56	Great Tit	Parus major		✓	✓	✓	✓	✓	✓	
57	Coal Tit	Parus ater			✓	✓				
58	Blue Tit	Parus caeruleus		✓	✓	✓	✓	✓	✓	
59	Nuthatch	Sitta europaea			✓		✓			
60	Wall Creeper	Tichodroma muraria			✓					
61	Short-toed Treecreeper	Certhia brachydactyla		h			h			
62	Magpie	Pica pica	✓	✓	✓	✓	✓	✓	✓	✓
63	Eurasian Jay	Garrulus glandarius	✓	✓	✓	✓	✓	✓		
64	Chough	Pyrrhocorax pyrrhocorax		✓	✓	✓	✓	✓		
65	Alpine Chough	Pyrrhocorax graculus			✓		✓			
66	Carrion Crow	Corvus corone	✓	✓			✓	✓	✓	
67	Raven	Corvus corax		✓	✓	✓	✓	✓	✓	
68	House Sparrow	Passer domesticus	✓	✓	✓		✓	✓	✓	
69	Snowfinch	Montifringilla nivalis			✓					
70	Chaffinch	Fringilla coelebs		✓		✓	✓	✓	✓	
71	Linnet	Acanthis cannabina		✓	✓			✓	✓	
72	Goldfinch	Carduelis carduelis		✓	✓	✓	✓	✓	✓	
73	Greenfinch	Carduelis chloris					✓	✓	✓	
74	Serin	Serinus serinus	✓	✓	✓	✓	✓	✓	✓	
75	Bullfinch	Pyrrhula pyrrhula		✓			✓	✓		
76	Yellowhammer	Emberiza citrinella			✓					
77	Corn Bunting	Emberiza cirlus					h		✓	
78	Cirl Bunting	Emberiza cirlus				h		✓		

Herps

1	Common Toad	Bufo Bufo		✓	✓		
2	Iberian Rock Lizard	Lacerta monticola				✓	
3	Wall Lizard	Podarcis muralis				✓	
4	Common Lizard	Zootoca vivipara				✓	
5	Slow worm	Anguis fragilis	✓				

Mammals

1	Red Deer	Cervus elaphus	✓		✓		
2	Chamois	Rupicapra pyrenaica		✓			
3	Wild Boar	Sus scrofa				✓	

Other Invertebrates

1	Field Cricket	Gryllus campestris	✓				
2	Wartbiter Cricket	Decticus verrucivorus	✓				
3	Great Green Bushcricket	Tettigonia tettigonia	✓				
4	Mountain Cicada	Cicadetta Montana		h			
5	Ascalaphid Spp.	Libelloides spp.			✓		✓
6	Carpenter Bee	Xylocopa violacea					

Moths

1	Hummingbird Hawkmoth	Macroglossum stellatarum		✓	✓		✓
2	Chimney Sweeper	Odezia atrata	✓				
3	Speckled Yellow	Pseudopanthera macularia	✓				
4	5 Spot Burnet	Zygaena trifolli agg.	✓				

			June								
	Common name	Scientific name	16	17	18	19	20	21	22	23	
5	Burnet Companion	Euclidia glyphica		✓							

Plants

Scientific Name	Common Name	Location/Notes
Ferns and Horsetails		
E. fluviatile	Water Horsetail	Espinama
Woodsia alpina	Alpine Woodsia	above El Cable
Adiantum capillus-veneris	Maidenhair Fern	Shady walls and banks, La Molina
Blechnum spicant	Hard Fern	Ditches and woodlands, common
Phyllitis scolopendrium	Hart's-tongue Fern	Shady walls and banks, common
Asplenium adiantum-nigrum	Black Spleenwort	Pido, old walls in village
A. ruta-muraria	Wall Rue	Pido, Covadonga, common
Ceterach officinarum	Rusty-backed Fern	Pido, Covadonga, old walls
Athyrium filix-femina	Lady Fern	La Molina, Pido, woodlands
Cystopteris fragilis	Brittle Bladder Fern	Fuente De, scarce
Dryopteris affinis	Scaly Male Fern	Fuente De, Pido
Dryopteris dilitata	Broad Buckler Fern	La Molina, Pido, woodlands
Oreopteris limbosperma	Lemon-scented/Mountain Fern	Damp riverside woods, La Molina
Polystichum aculeatum	Hard Shield Fern	La Molina
P. lonchitis	Holly Fern	Fuente De, uncommon on scree
P. setiferum	Soft Shield Fern	La Molina, abundant in woodland
Gymnocarpium robertianum	Limestone Oak Fern	Covadonga, common on scree
Polypodium(vulgare)	Common Polypody	Walls and banks, abundant
Pteridium aquilinum	Bracken	Widespread and abundant
Woodwardia radicans	Rooting Chain Fern	Hermida Gorge
Conifers		
Pinus pinaster	Maritime Pine	Coastal woods nr Asturias airport
Pinus sylvestris	Scots Pine	Scattered locations
Pinus pinea	Umbrella Pine	Coast near Asturias airport
Pinus nigra	Corsican/Black Pine	Coast near Asturias airport
Juniperus communis	Juniper	Widespread on open hillsides
Taxus baccata	Yew	Widespread in open areas
	Diagtylodona	

<u>Dicotyledons</u>

Apiaceae (Umbellifers)	Carrot Family	
Angelica syvestris	Angelica	Occasional, roadsides
Astrantia major	Masterwort	Pido, Espinama shady banks
Conium maculatum	Hemlock	Roadsides, scattered
Conopodium majus	Pignut	Leaves only
Daucus carota	Wild Carrot	Roadsides, scattered
Dethawia tenuifolia	Dethawia	Scarce, nr Covadonga

Eryngium bourgatii Pyrenean Eryngo Widespread, roadsides and banks, hay

meadows

Eryngium maritimumSea HollyDunes near Asturias airportFoeniculum vulgareFennelWidespread, roadsidesHeracleum sphondyliumHogweedRoadsides - common

Laserpitium latifolium Broad-leaved Sermountain Above Espinama in woods

Levisticum officinale Lovage Espinama, leaves only

Oenanthe crocata Hemlock Water Dropwort ditches and roadsides, common

Peucedanum ostruthiumMasterwortScarce, nr CovadongaSanicula europaeaWood SanicleWoods near Pido

Silaum silaus Pepper Saxifrage meadows nr Espinama

Smyrmium olusatrum Alexanders Hermida Gorge

Thapsia villosa a yellow umbellifer Espinama

Torilis japonicaUpright Hedge ParsleyLa Molina, roadsidesTorilis nodosaKnotted Bur ParsleyFields near La Molina

Trinia glauca Honewort Lago de Enol

Aquifoliaceae Holly Family

Ilex aquifolium Holly Hermida woods in gorge

Asclepiadaceae Milkweed Family

Vincetoxicum hirundinaria Swallow-wort Hermida gorge

Asteraceae Daisy family

(Compositae)

Achillea millefolium Yarrow Widespread

Adenostyles aliariae Adenostyles Sotres, open stony areas

Andryala integrifolia Andryala Hermida Gorge

Anthemis triumfettii Southern Dog Daisy Widespread in dry places

Bellis perennis Daisy Roadsides, abundant

Carduncellus monspeliensis Purple Thistle Fuente De, stony areas

Cardinis carlinifolius Carline-leaved Thistle Sotres
C. carlinoides Pyrenean Thistle Fuente De

C. nutans Musk Thistle (pale) Pido, roadsides and fields

Centaurea alpestris Knapweed Fields, roadsides

C. montana Mountain Cornflower Fuente De

C. nigra Black Knapweed Fields, roadsides

Phagnalon Rupestre Phagnalon (like tiny yellow Hermida Gorge area

knapweed)

Cichorium intybus Chicory Roadsides cultivated areas

Cirsium palustris Marsh Thistle Meadows, common

Doronicum austriacum Austrian Leopardsbane Sotres

Doronicum grandiflorum Large-flowered Leopardsbane Sotres, common

Filago vulgaris Common Cudweed Fields, roadsides, tracks

Scientific NameCommon NameLocation/NotesGalactites tomentosaGalactitesDry, sunny banksHieracium alpinumAlpine HawkweedHermida GorgeHieracium lanatumWoolly HawkweedLeaves only

H. pilosellaMouse-ear HawkweedDry places, widespreadErigeron (mucronatus)Mexican FleabaneHermida Gorge areaLapsana communisNipplewortRoadsides, waste placesLeucanthemum vulgareOxe-eye DaisyMeadows, very common

Matricaria discoidea Pineapple Mayweed Tracks and paths

Silybum marianum Milk Thistle Dry areas, scarce, nr Lebena

Taraxacum alpinum Alpine Dandelion Fuente De

Tragopogon crocifolius Purple Salsify Pido, roadsides and fields

Tragopogon pratensis Goatsbeard Widespread, fields and roadsides

Betulaceae Birch Family

Betula pendula Silver Birch Scarce, La Molina woodlands

B. pubescens Downy Birch Scarce

Alnus glutinosa Alder Riversides, very common A. viridus Green Alder Towns and parks, Arenas

Boraginaceae Forget-me-not Family

Lithodora diffusaScrambling GromwellAbove Fuente De and Lago ErcinolEchium vulgareViper's BuglossWidespread, roadsides and banks

Myosotis alpestris Alpine Forget-me-not Meadows above Fuente De

M. scorpioides Water Forget-me-not Near Covadonga
Pentaglottis sempervirens Green Alkanet nr Espinama

Symphytum tuberosum Tuberous comfrey Roadsides, damp areas

Brassicaceae Cabbage/Cress Family

(Cruciferae)

Arabis hirsutaHairy RockcressEspinamaAlyssum montanumMountain Alyssumabove El Cable

Biscutella laevigataBuckler MustardRoadsides, waste placesCardamine impatiensNarrow-leaved BittercressPido, roadsides and tracksCardamine pratenseLady's SmockMeadows, common

C. raphanifolia Radish-leaved Bittercress nr Espinama

Erysimum decumbens Decumbent Treacle Mustard Fuente De, on scree

Iberis aurosica Dauphine Candytuft Fuente De, on scree

Iberis spathulata Spoon-leaved Candytuft Fuente De, open rocky areas

Matthiola fruticosaSad StockAbove cable car station, Fuente DeRorippa nasturtium-WatercressNr Covadonga, ditches and streams

aquaticum

Sisymbrium austriacum Austrian Rocket Widespread

Campanulaceae Bellflower Family

Campanula erinus Annual Bellflower Near Sotres

Heliathemum nummularian

H. canum

Scientific Name	Common Name	Location/Notes
C. glomerata	Clustered Bellflower	Vega de Sotres - meadows
C patula	Spreading Bellflower	Pido, common on roadsides
C. persicifolia	Peach-leaved Bellflower	Roadsides and banks, common
C. rapunculoides	Creeping Bellflower	Espinama, abundant in woods
C. rotundifolia	Harebell	Hermida Gorge
Jasione montana	Mountain Sheep's-bit	Covadonga
Jasione crispa	Dwarf Sheep's-bit	roadsides nr Covadonga
Phyteuma charmelii	Horned Rampion	Meadows near Espinama
P. orbiculare	Round-headed Rampion	Upland meadows, Sotres, Covadonga
P. spicata ssp pyrenaica	Pyrenean Spiked Rampion	Above Pido
Caprifoliaceae	Honeysuckle Family	
Lonicera periclymenum	Honeysuckle	Scarce, roadsides and woods
Sambucus nigra	Elder	Roadsides and slopes
S. ebulus	Danewort/Small Elder	Hermida Gorge
Caryophyllacea	Pink Family	
Arenaria grandiflora	Large-flowered Sandwort	Near Espinama
Dianthus monspessulanus	Fringed Pink	La Molina, roadside bank
D. gallicus	Jersey Pink	dunes near airport
D. deltoides	Maiden Pink	Dunes near airport
D. armeria	Deptford Pink	Dry areas, roadsides
Lychnis flos-cuculi	Ragged Robin	Meadows and streamsides
Minuartia verna	Vernal Sandwort	Near Pido, on rocky bank
Petrocoptis pardoi	Blue-leaved Petrocoptis	La Molina, Covadonga, shady rocks
P. pyrenaica	Pyrenean Soapwort	scarce, Covadonga
Petrorhagia prolifera	Proliferous Pink	Dry grassy banks
P. saxifraga	Tunic Flower	Scarce, Covadonga
Silene acaulis ssp longiscapa	Moss Campion (ssp with longer stalked flowers)	Above Fuente De, mostly non-flowering
S. alba	White Campion	Dry banks and verges
S. dioica	Red Campion	Meadows, common in places
S. otites	Spanish Catchfly	Sotres, meadows
S. vulgaris	Bladder Campion	Meadows and roadsides
Stellaria holostea	Greater Stitchwort	Woods, widespread and common
S. nemorum	Wood Stitchwort	Scarce, nr La Molina
S. graminea	Lesser Stitchwort	Meadows, damp places, common
Celastraceae	Spindle-tree Family	
Euonyymus europaeus	Spindle Tree	Hermida Gorge
Cistaceae	Rock-rose family	
Cistus salvilifolius	Sage-leaved Cistus	Hermida Gorge
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Common Rockrose

Hoary Rockrose

Hermida Gorge

Scarce, nr Sotres

Scientific NameCommon NameLocation/NotesH. appeninumWhite RockroseHermida Gorge

Clusiaceae St John'-wort Family

(Hypericaceae)

Hypericum androsaemum Tutsan La Molina, shady woods

H. pulchrumSlender St John's-wortabove CovadongaH. montanumPale St John's-wortHermida GorgeH. perforatumPerforate St. John's-wortHermida Gorge

Convolvulaceae Bindweed Family

Calystegia soldanella Sea Bindweed dunes near Asturias airport

Convolvulus arvensis Field Bindweed Common

Cuscata epithymum Dodder Nr Covadonga

Corylaceae Hazel Family

Corylus avellana Hazel La Molina woods, Pido woods

Crassulaceae Stonecrop Family

Sedum albumWhite StonecropEspinamaS. acreBiting StonecropNr Fuente De

S. dasyphyllum Thick-leaved Stonecrop Pido and other rocky areas
S. rupestre Rock Stonecrop Pido, rocks and roadside
S. villosum Hairy Stonecrop Vega de Sotres, leaves only

Dipsacaceae Teasel Family

Dipsacus fullonum Teasel Roadsides and waste places

Knautia arvensisField ScabiousRoadsidesSuccisa pratensisDevil'sbit ScabiousLa Molina

Ericaceae Heath Family

Arbutus unedo Strawberry Tree Hermida Gorge
Calluna vulgaris Heather/Ling above Covadonga

Erica cinerea Bell Heather Scarce, slopes nr Covadonga
E. arborea Tree Heather Dry slopes nr Covadonga

E. tetralix Cross-leaved Heath Scarce, roadside stop, Covadonga

E. vagans Cornish Heath Nr Covadonga
Daboecia cantabrica St. Dabeoc's Heath La Molina, Lago Enol

Vaccinium myrtillus Bilberry Woodlands above Espinama

Euphorbiaceae Spurge Family

Euphorbia amygdaloidesWood SpurgeLa MolinaE. flavicomaan upland SpurgeFuente De

E hybernaE. paraliasIrish SpurgeWoods above EspinamaDunes near Asturias airport.

E. pyrenaica Pyrenean Spurge Fuente De

Mercurialis perennis Dog's Mercury Woods near Pido

Fabaceae Pea Family

(Leguminosae)

Scientific Name Common Name Location/Notes Anthyllis vulneraria ssp Kidney Vetch Widespread, open sunny areas pyrenaica Above Fuente De Astragalus depressus Sprawling Milk Vetch Espinama Chamaespartium sagittale Winged Greenweed Widespread Cytisus scoparius Broom Above Hermida Gorge Echinospartum horridum Echinospartum Widespread Genista hispanica Spanish Gorse Genista legionensis Above Espinama G. sericea Silvery Broom Scarce Hippocrepis comosa Horseshoe Vetch Widespread in sunny, rocky places Yellow Pea Lathyrus laevigatus ssp Sotres area occidentalis Scattered, roadsides L. latifolius Everlasting Pea L. linifolius Bitter Vetch Sotres meadows L. pratensis Meadow vetchling Scarce, Covadonga Lotus alpinus Alpine Bird's-foot Trefoil Bird's-foot Trefoil Roadsides, meadows L. corniculatus Medicago sativa Lucerne Arenas de Cabrales meadows Black Medick Meadows, roadsides M. lupulina Melilotus altissima Tall Melilot Meadows, roadsides Tracks and paths M. suffruticosa Sprawling Medick Ononis repens Restharrow Arenas, coastal dunes, common Pitch Trefoil Psoralea bituminosa Hermida Gorge Trifolium campestre Pido, common on roadsides Hop Trefoil Pido T. ochroleucum Sulphur Clover T pratense Red Clover Meadows, roadsides White Clover Meadows, roadsides T. repens Vicia cracca Tufted Vetch Verges, banks V. hirsuta Scarce, roadsides and woods Hairy Tare V. orobus Upright Vetch Sotres - lower meadows V. pyrenaica Vega de Sotres Pyrenean Vetch V. sepium Bush Vetch Roadsides, meadows, common V. villosa Fodder Vetch Meadows, scattered Fagaceae Oak and Beech Family Castnea sativa Sweet Chestnut Pido, Espinama, Pendes

Gentianaceae Gentian Family

Fagus sylvatica

Quercus ilex

Q. pubescens

Q. pyrenaica

Beech

Holm Oak

Pyrenean Oak

Downy/White Oak

Gentiana occidentalis Pyrenean Trumpet Gentian Fuente De, Lago Ercinol

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Sotres, Pido

Potes area

La Molina

Potes

G. verna Spring Gentian above Fuente De -very few flowers

Centaurium erythraea Common Centaury Near Fuente De

Blackstonia perfoliata Yellow-wort Arenas, Hermida Gorge

Geraniaceae Geranium Family

Geranium columbinum Long-stalked Cranesbill Fields, tracks, common

G. molle Dove's-foot Cranesbill

G. purpureum Little Robin Hermida Gorge

G sanguineum Bloody Cranesbill Arenas, Hermida Gorge

G. robertianum Herb Robert La Molina, roadsides and verges

G. pyrenaicum Pyrenean Geranium La Molina, roadsides

G. lucidum Shining Cranesbill La Molina, shady banks and woods

Erodium cicutarium Common Storksbill Tracks and paths

Globularia ceae Globularia Family

Globularia nudicaulis Leafless-stemmed Globularia Lago de Enol
G. repens Matted Globularia above Fuente De

Gooseberry Family

Ribes uva-crispa Wild Gooseberry La Molina

Labiatae Dead-nettle Family

Acinos alpinusAlpine CalamintFuente DeAjuga reptansCommon BugleWidespreadBallota nigraBlack HorehoundWidespread

Clinopodium vulgare Wild Basil Sotres

Galeopsis pyrenaica Pyrenean Hempnettle Sotres

Marrubium vulgare White Horehound Covadonga

Mellittis melissophyllum Bastard Balm Above Espinama

Origanum vulgare Marjoram Leaves only

Prunella grandifloraLarge-flowered Self-healAbove Espinama, PidoP. vulgarisSelfhealRoadsides, meadowsSalvia pratensisMeadow ClaryWidespread, dry areasSideritis hyssopifoliaSideritisCovadonga, near Mirador

Stachys annua (Yellow) Woundwort Nr Pido

Stachys monieri Alpine Betony Covadonga - near Mirador

S. palustris Marsh Woundwort Fuente De S. sylvatica Hedge Woundwort **Widespread**

Teucrium pyrenaicum Pyrenean Germander Scattered stony locations

T. scorodoniaWood SageNr CovadongaThymus praecoxHairy ThymeNr CovadongaT. pulegioidesLarge ThymeNr Fuente De

Lentibulariaceae Butterwort Family

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Pinguicula grandiflora Large-flowered Burtterwort Streams and flushes near Covadonga,

Hermida Gorge

Linaceae Flax Family

Linum bienne Pale Flax Scattered, dry places, meadows

L. catharticum Purging/Fairy Flax Nr Covadonga, Sotres

L. viscosum Sticky Flax Roadsides

L. suffruticosum ssp Pyrenean Flax above Fuente De

salsoloides

Malvaceae Mallow Family

Malva moschata Musk Mallow Meadows, common

M. neglectaDwarf MallowRoadsidesM. sylvestrisCommon MallowRoadsides

Menyanthaceae Bogbean family

Menyanthes trifoliata Bogbean Covadonga

Onagraceae Willowherb Family

Epilobium alsinifolium Chickweed Willowherb Above Espinama
E. tetragonum Square-stemmed Willowherb Pido - roadside

Oenothera glazoriana Large-flowered Evening Primrose Roadsides, widespread nr coast

Papaverceae Poppy Family

Chelidonium majus Greater Celandine Around Espinama

Fumaria capreolata Ramping Fumitory Pido - gardens and waste ground

Papaver rhoeasField PoppyPido -fields and gardensP. argemonePrickly PoppyNr Arenas de Cabrales

Plantaginaceae Plantain Family

Plantago lanceolataRibwort PlantainCommonP. majorGreater PlantainCommon

P. media Hoary Plantain Hermida Gorge

Platanaceae Plane Family

Platanus (hispanica) Plane Tree Hermida Gorge

Plumbaginaceae Thrift Family

Armeria maritima ssp alpina Mountain Thrift Above Fuente De

Polygonaceae Knotweed Family

Polygonum hydropiper Water Pepper Woodlands, La Molina

P. bistorta Bistort Damp meadows

P. viviparum Alpine Bistort Sotres, Above Espinama

Rumex scutatus French Sorrel/Rubble Dock Hermida Gorge
R. acetosella Sheep's Sorrel Covadonga

R. pulcher Fiddle Dock Roadsides and tracks

R. alpinus Monk's Rhubarb Fuente De

Primulaceae Primrose Family

Primula verisCowslipLeaves onlyP. vulgarisPrimrose FamilyLeaves only

Anagallis arvensis Scarlet Pimpernel Roadsides, tracks

Androsace villosa Ciliate Rock-jasmine Fuente De

Lysimachia nemorum Yellow Pimpernel Woods, common

L. nummularia Creeping Jenny Woods, common at La Molina

Ranunculaceae Buttercup Family

Three-leaved Wood Anemone Anemone trifolia Near Fuente De Narcissus-flowered Anemone Near Fuente De A. narcissus Above Pido Aquilegia vulgaris Columbine Pyrenean Columbine Covadonga A. pyrenaica ssp bicolor An endemic Columbine A. viscosa Pido area Monkshood Nr Pido Aconitum napellus

Caltha palustris Marsh Marigold Common, wet flushes

Helleborus foetidusStinking HelleboreHermida GorgeHelleborus viridisGreen HelleboreAbove Espinama

Hepatica nobilisHepaticaLeaves onlyRanunculus amplexicaulisAmplexicaule-leaved ButtercupFuente DeR. flammulaLesser SpearwortCovadongaR. gramineusGrass-leaved ButtercupVega de SotresR. parnassifoliusParnassus-leaved ButtercupLago de Enol

Resedaceae Mignonette Family

Reseda lutea Wild Mignonette Roadsides
R. luteola Weld Roadsides

R. suffruticosa White' Mignonette Above Espinama

Rosaceae Rose Family

Alchemilla alpinaAlpine Lady's-mantleAbove Fuente DeA. vulgaris aggLady's-mantleUpland meadowsAgrimonia eupatoriaAgrimonyWidespread

Amelanchier ovalis Amelanchier Fuente De woodlands

Filipendula ovalis Dropwort Arenas de Cabrales, dry meadows

Fragaria vesca Wild Strawberry Hermida Gorge

Potentilla erecta Tormentil Widespread, roadsides and tracks

P. montana Nr Pido

P. reptansCreeping CinquefoilWidespreadP. rupestrisRock CinquefoilHermida GorgePrunus mahalebSt Lucie's CherryHermida Gorge

Rosa canina Dog Rose Roadsides, hedgerows

R. arvensis Field Rose Pido

Sanguisorba minor Salad Burnet Nr Covadonga

Sorbus (aria) Whitebeam sp Woods nr La Molina, and other

locations

Rubiaceae Bedstraw Family

Asperula pyrenaica Pyrenean Woodruff Pido, La Molina

Cruciata laevipes Crosswort Widespread, roadsides, meadows

Galium aparine Cleavers Roadsides, hedgerows

Galium odoratumSweet WoodruffWoods nr PidoG. mollugoHedge BedstrawWidespreadRubia peregrinaWild MadderHermida Gorge

Santalaceae Sandalwood Family

Thesium pyrenaicum Pyrenean Bastard Toadflax Above Espinama

Saxifragaceae Saxifrage Family

Saxifraga granulataMeadow SaxifrageCovadongaS. (aspera)Rough (?) Saxifrageabove El CableS. rotundifoliaRound-leaved SaxifrageNr Sotres

S. bryoides Mossy Saxifrage La Molina, on steep bank

S. cuneifolia Spoon-leaved Saxifrage Covadonga, nr lakes

S. paniculata
Paniculate Saxifrage
Nr Sotres
S. pentadactylis
Hairless Mossy Saxifrage
Pido area
S. pubescens
Hairy Saxifrage
Pido area

Scrophulariaceae Figwort Family

Anarrhinum bellidifolium Daisy-leaved Toadflax Espinama, track nr Hotel

Antirrhinum braun- Yellow Snapdragon Roadsides

blanquetii

Chaenorhinum origanifolium Malling Toadflax Roadsides

Cymbalaria muralisIvy-leaved ToadflaxDry-stone walls, bridgesDigitalis parviflora(Small Brown Foxglove)La Molina, on busy roadsideD. purpureaFoxgloveScarce, leaf rosettes only

Erinus alpina Fairy Foxglove Rocks, walls, above Fuente De

Euphrasia (rostkoviana)Eyebright spCovadongaLinaria alpinaAlpine Toadflaxabove El Cable

L. faucicola
An endemic Toadflax
Covadonga, nr Mirador
L. supina
Pyrenean Toadflax
Above Fuente De

L. triornithophora leaves only

Melampyrum pratenseCow-wheatAbove EspinamaPedicularis verticillataWhorled Lousewortabove Fuente De

P. foliosa Leafy Lousewort Sotres

P. sylvatica Common Lousewort Nr Covadonga

Rhinanthus minor Yellow Rattle Above Espinama, very common

R. serotinus ssp asturicus Greater Yellow Rattle Covadonga, abundant and spectacular

Scrophularia auriculata Water Figwort Pido - roadsides and ditches

S. nodosa Common Figwort Woods, common

Verbascum pulverulentum Hoary Mullein Roadsides

Veronica beccabunga Brooklime Nr Covadonga

V. serpyllifolia Thyme-leaved Speedwell Scattered, grassy places

V. officinalis Heath Speedwell Roadsides

V. aphylla Leafless-stemmed Speedwell Scarce, leaf rosettes only

V. arvensisWall SpeedwellPoadsides, tracksV. nummulariaPyrenean SpeedwellPido, La Molina

Thymelaeaceae Daphne Family

Daphne laureola ssp philippi Spurge Laurel Fuente De woodlands

Tiliaceae Lime Family

Tilia cordataSmall-leaved LimeLa MolinaT. platyphyllosLimeCares Gorge

Ulmacea Elm Family

Ulmus glabra Wych Elm Woods above Espinama

Valerian aceae Valerian Family

Centranthus angustifolius Narrow-leaved Red Valerian Roadsides, common

Valeriana pyrenaicaPyrenean ValerianDamp areasV. montanaan upland Valeriannr Fuente De

Violaceae Violet Family

V.riviniana Common Dog Violet Shady placesV. pyrenaica Pyrenean Violet Fuente De

V.cornuta Horned Pansy Sotres - lower meadows

Viscaceae Mistletoe Family

Viscum album Mistletoe Near Arenas de Cabrales

Monocotyledons

Liliaceae

Allium sphaerocephalon Round-headed Leek Espinama

Asphodelus albus White Asphodel Nr Covadonga

Lilium martagonMartagon Lilyleaves onlyMuscari comosumTassel HyacinthEspinama

Ornithogalum umbellatum Common Star of Bethlehem Nr Covadonga

O. pyrenaicum Bath Asparagus Espinama

Polygonatum multiflorum Common Solomon's Seal Woods above Pido

P. verticillatum Whorled Solomon's Seal Sotres area
Ruscus aculeatus Butchers Broom Nr Pido

Scilla vernaSpring SquillAbove Fuente DeSmilax asperaSasparillaHermida area

Pancratium maritimum Sea Daffodil Leaves only, dunes nr airport

Merendera (pyrenaica) Merendera Lago de Enol

Iridaceae Iris Family

Iris latifolia English Iris leaves only

Iris foetida Stinking Iris Nr Liebana, along shady lane

Scientific Name	Common Name	Location/Notes
Cyperaceae	Sedge family	
Eriophorum latifolium	Cotton Grass	Fuente De, Covadonga
Carex echinata	Star Sedge	Above Espinama
Orchidaceae	Orchid family.	
Anacamptis pyramidalis	Pyramidal Orchid	La Molina
Aceras anthropophorum	Man Orchid	Fuente De, Hermida
Dactylorhiza sp		Nr Potes
D. fuchsii	Common Spotted Orchid	Nr Covadonga
D. incarnata	Early Marsh Orchid	Covadonga, nr lakes
D. maculata	Heath Spotted Orchid	Covadonga, La Molina
Epipactis helleborine	Broad-leaved Helleborine	leaves only, nr Fuente De
Gymnadenia conopsea	Fragrant Orchid	Invernales
Himantoglossum hircinum	Lizard Orchid	mountain village above Epsinama, roadsides at Fuente De
Neottia nidus-avis	Bird's-nest Orchid	Shady wood nr Fuente De
Ophrys apifera	Bee Orchid	La Molina, Hermida Gorge
Ophrys tenthredinifera	Sawfly Orchid	Above Espinama
Ophrys insectifera	Fly Orchid	Canales, La Molina
Ophrys scolopax	Woodcock Orchid	Hermida Gorge
Ophrys sphegodes	Early Spider Orchid	Vega de Sotres
Orchis ustulata	Burnt-tip Orchid	Fuente De, Vega de Sotres
Orchis papillioncea	Pink Butterfly Orchid	meadows above Espinama
Orchis laxiflora	Lax-flowered Orchid	roadsides nr Covadonga
Serapias cordigera	Heart-flowered Tongue Orchid	La Molina, Covadonga
S. lingua	Tongue Orchid	La Molina, Covadonga, Liencres

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