

The Apennines: Italy's Abruzzo National Park

Naturetrek Tour Report

28 May – 4 June 2015



Ascalaphid



Common Star of Bethlehem



Evening Bears



Spotted Fritillary

Report compiled by Jessica Turner
Images by Lee Morgan



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Summary

Each visit to the Abruzzo National Park in the central Apennines of Italy proves as exciting as ever, with some great opportunities for mammal watching, together with a wide selection of birds, butterflies and flowers. There had not been any regular sightings of Marsican Brown Bear in the days before our visit, nor during the previous week's tour, but we kept the best until last with great views of a male and female on the last night! We also had good views of Wild Boar, Red and Roe Deer, and the chocolate-brown Red Squirrels. For those who made the climb, the excellent views of the Abruzzo Chamois, Golden Eagles and Alpine Accentor in Val di Rose were a highlight, whilst the others enjoyed new butterflies and plants on their 'magical mystery tour'. The orchids were magnificent, and the hot weather meant more butterflies were on the wing than in the first week.

Geraldine and Marco, as ever, provided a warm welcome and excellent hospitality at Albergo Paradiso, introducing us to several local specialities. A delightful week in a stunning location!

Day 1

Thursday 28th May

London Heathrow to Rome to Pescasseroli

Jessica and Lee met the group members at Rome Fiumicino airport, having led a group the previous week. With everyone assembled, we loaded the buses and negotiated the Rome ringroad, to head north-east towards the Apennines. Along the way we noted Hooded Crows, swifts, swallows, Common Buzzard, Kestrel and Cattle Egret. We were able to enjoy the rolling foothills of the Apennines, with their hilltop villages while, along the roadsides, there was abundant Spanish Broom (*Spartium junceum*), and patches of crimson Italian Sainfoin (*Hedysarum coronarium*). As we approached the plain at Avezzano, which used to hold a massive lake, we recorded a new bird for the tour: a Griffon Vulture, presumably from the reintroduction scheme in the Sirente-Velino area to the north. As we started our climb towards the Abruzzo National Park, a Turtle Dove flew in front of the bus, and the roadside flora was whetting our appetites with carpets of white Apennine Rockrose (*Helianthemum apenninum*) and a variety of orchid spikes being spotted. We made our way gently towards Pescasseroli, scanning hillsides and meadows as we drove, having good views of a Roebuck. Soon we arrived at the Albergo Paradiso, our base for the week, where we received a warm welcome from Geraldine and Marco. We were shown to our rooms, and had a short time to settle in, before having an excellent dinner of local fare. Jessica outlined plans for the following day, and we soon retired for the night.

Day 2

Friday 29th May

Camosciara

A fine morning greeted us, and we were out at 5.30am to drive to Gioia Vecchio, to look for mammals from the edge of the church, a spot which affords extensive views of the hillsides opposite. We had good views of a male

Wild Boar, a Roe Deer with a fawn, a Roebuck, plus other Red and Roe Deer on the slopes. A pair of Great Tits was nesting in a tiny crack in the church wall, while a pair of Marsh Tits had their nest in the top of a nearby lamp pole, and Black Redstart and Serin were seen well.

After breakfast, Jessica and Lee shopped for the picnic before we then drove south-east, along the Sangro Valley. Our destination today was Camosciara, one of the most popular valleys in the Park and surrounded by high mountain peaks and crags. Having parked, noting surprise Crag Martins in the car park, we set off along the road that heads up the valley, but soon branched off to explore the meadows and scrub of the lower valley. The fine and warm weather meant many butterflies were on the wing, and we had excellent views of Scarce Swallowtail, along with Red Admiral, Wood White, Pearl-bordered and Spotted Fritillaries, Common, Adonis and Chapman's Blues, Berger's Clouded Yellow and both forms of Speckled Wood (the southern, more chestnut coloured butterflies plus some of the more northern, dark brown and cream specimens). Among the Juniper (*Juniperus communis*), Hawthorn (*Crataegus monogyna*), Blackthorn (*Prunus spinosa*) and Wild Pear (*Pyrus pyraster*) scrub, we found many spikes of Twayblade (*Neottia ovata*), some fine Military Orchids (*Orchis militaris*), and Early Purple Orchids (*Orchis mascula* subsp. *speciosa*), all growing with some protection from grazing. In a wooded area, we added Bird's-nest Orchid (*Neottia nidus-avis*), White Helleborine (*Cephalanthera damasonium*) and Broad-leaved Helleborine (*Epipactis helleborine*), the last being still in bud. Wood Warbler was seen well, as was Western Bonelli's Warbler. A Chamois was seen silhouetted on a distant crag while, closer to hand, Common Wall and Italian Wall Lizards were enjoying the sun.

We returned to the road, lined by trees and shrubs including Laburnum (*Laburnum anagroides*) in full flower, Spindle (*Euonymus europea*), Dogwood (*Cornus sanguinea*), Turkey Oak (*Quercus cerris*), and Goat Willow (*Salix caprea*). Lady Orchids (*Orchis purpurea*), and Sword-leaved Helleborine (*Cephalanthera longifolia*) were found in their shade. By the stream, now fenced off, several clumps of Lady's Slipper Orchids (*Cypripedium calceolus*) were in perfect bloom. We also found patches of the endemic Trumpet Gentian (*Gentiana dinarica*), the endemic large-flowered Camosciara Butterwort (*Pinguicula vallis-regiae*) and the enormous kidney-shaped leaves of Thore's Buttercup (*Ranunculus thora*).

We had our picnic in a sunny glade before continuing to the end of the road, where we stopped to watch Brown Trout in the stream, before climbing to the waterfalls Cascata delle Tre Cannelle and Cascata delle Ninfe (Cascade of Three Channels and Cascade of the Nymphs). Under the Beech trees (*Fagus sylvatica*), we found spikes of Coralroot Orchid (*Corallorhiza trifida*), and Willow Tits were nesting in a tree near the cafe. While retracing our steps, part of the group stopped to photograph the Lady's Slipper Orchids, and to admire a fine Moroccan Orange Tip butterfly. We returned to the hotel for an early dinner, before heading out again.

After an excellent, dinner, we ventured north to the Bisegna road junction. On the outskirts of the town we had good views of two Wild Boar, while a large male was seen from the road junction, along with a couple of Roe Deer. A Red-backed Shrike showed well, a Red Fox was hunting in the meadow, and bats flew overhead, shown on a bat detector to be mainly Common Pipistrelle.

Day 3

Saturday 30th May

Val Fondillo

Some of the group were out at 7am to enjoy a local bird walk. Common Firecrest was seen, showing its fiery crown, and a pair of Black Redstarts was noted to be nesting in an old shed. A pair of Red-backed Shrikes was seen, as was Cirl Bunting and Serin. After breakfast we all went into the town, where the group had time to shop and explore, while Jessica and Lee sorted the picnic.

Our main destination today was Val Fondillo, which is adjacent to Camosciara but very different in character. We parked under some willows, and set off up the track. On the banks, plants included Star of Bethlehem (*Onitbogalum umbellatum*), Salad Burnet (*Potentilla sanguisorba*), and the pale yellow *Polygala flavescens*. We were delighted to find a patch of the locally special form of Late Spider Orchid (*Ophrys fuciflora*, the form known as *O. dinarica*). A variety of butterflies were starting to be noted, including Adonis Blue, Common Blue and Grizzled Skipper. Red-backed Shrikes were nesting near the track, and Early Marsh Orchid (*Dactylorhiza incarnata*) was found in a damp area.

On the slopes at the edge of the valley we found the dwarf Hairy Broom (*Cytisus hirsutus*), Rockrose (*Helianthemum nummularium*), the smaller flowered Hoary Rockrose (*Helianthemum oelandicum* subsp. *incanum*), and the first spikes of Toothed Orchid (*Neotinea tridentata*), along with Green Hairstreak butterfly. A large boulder near the bridge bore the endemic *Saxifraga porophylla* (a Reddish Saxifrage), and nearby were several spikes of Military Orchid (*Orchis militaris*). Here we crossed the bridge over the river, noting the Trout, to walk up the other side. Dipper was also seen along the stream.

Sword-leaved Helleborine (*Cephalanthera longifolia*) was growing under the Beech trees, and in the grassy areas, Toothed Orchids (*Neotinea tridentata*), Green-winged Orchids (*Anacamptis morio* subsp. *morio*), and Fragrant Orchids (*Gymnadenia conopsea*) were in flower, with a few spikes of Common Spotted Orchids (*Dactylorhiza fuchsii*). Amongst the Juniper (*Juniperus communis*) scrub were the deep blue Trumpet Gentians, *Gentiana dinarica*, and Matted Globularia (*Globularia cordifolia*). We also found a spike of St. Bernard's Lily (*Anthericum lilago*), a Perennial Cornflower (*Centaurea triumfettii*) and the local bellflower *Edraianthus graminifolius*.

We had our picnic in a sunny meadow by the water, which some people discovered to be ice-cold! More butterflies were added to the list, including Queen of Spain and Pearl-bordered Fritillaries, Clouded Yellow, Berger's Clouded Yellow, Little Blue and Duke of Burgundy, while Green Tiger Beetles were on the path. A Red Fox was seen, and the Red-backed Shrikes showed well. Red Deer were seen on the hillsides above the valley.

After another early supper, we set out for an evening watch, driving further along the road towards Bisegna. A Brown Hare was seen on the road. First, we stopped in an area of Beech woodland by a valley, but then moved to a more open viewpoint. Quail were calling, and Woodlark and Tree Pipit were singing. We saw Wild Boar, and Roe and Red Deer, the latter including some fine stags, silhouetted on the skyline. A Red Fox was hunting, and a further one was sighted on the way home. Those who wandered down the slope reported a good number of orchid spikes in colours including purple, lemon/cream and shades of salmon. These were found to be Early Purple Orchids (*Orchis mascula* subsp. *speciosa*), Sparse-flowered Orchids (*Orchis pauciflora*) and various hybrid

combinations between them. Eventually, as it was too dark to see any longer, we left this delightful spot, and headed for home.

Day 4

Sunday 31st May

Vallone Pesco di Lordo

For our early mammal watch, we returned to the Bisegna watchpoint. However, some folk had already seen a Wild Boar, just behind the hotel. Thick mist lay in the valley, through which Quail, Woodlark and Skylark could be heard. As the sun rose over the hillslopes, the mist started to thin, giving some beautiful effects in the morning light. Sightings included Red and Roe Deer, another Boar, and good views of Red-backed Shrike and Yellowhammer.

After breakfast, Jessica and Lee went shopping, while Alan located a very fresh Scarce Copper butterfly in a meadow behind the hotel. Reassembled, we took the buses the short distance to the start of the walk up the Vallone Pesco di Lordo, and were soon exploring a rocky meadow and woodland, and listening to Western Bonelli's Warbler. We found the blue Anchusa *Cynoglossis barrellieri*, a Mullein *Verbascum mallophorum*, and St. Lucie's Cherry (*Prunus mahaleb*). Butterflies included Queen of Spain, Spotted and Glanville Fritillaries, Common, Adonis and Baton Blues, Scarce Swallowtail, Grizzled Skipper, and Mountain Small White.

We then moved into the wooded area of well-established Beech trees (*Fagus sylvatica*), where the plants seen included Baneberry (*Actaea spicata*), Yellow Archangel (*Lamiastrum galeobdolon*), and Round-leaved Saxifrage (*Saxifraga rotundifolia*). We were struck by the beauty of the dappled light through the trees. Cuckoos were all around, and were seen as well as heard. In the stream, we found Toadpoles while a frog was calling (probably Agile Frog, but this could not be confirmed). Where the path forked, we left the road, and proceeded on a more open path. Yellow Alyssum (*Aurinia saxatilis*) was recorded, and *Geranium cinereum* subsp. *subcaulescens* was growing on a bank. We left the path and crossed a meadow to search out the main botanical point of interest: the rare and endemic Marsican Iris (*Iris marsica*), which occurs only in Abruzzo, and a large clump was located. With its large purple flowers, it is related to *Iris germanica*, the Garden Iris. We also noted the bushes of Alpine Buckthorn (*Rhamnus alpinus*), whose berries are so attractive to bears. We ate our picnic on a grassy slope, under the shade of a Beech tree, but aware of the building clouds. A Common Buzzard and a Northern Goshawk were seen above the tree line. Back in the woods, we noted Reflexed Crane's-bill (*Geranium reflexum*), Southern Woodruff (*Asperula taurina*), a Rosy Grizzled Skipper, and a Collared Flycatcher, seen at its nest.

We returned to the vehicles, driving north through Pescasseroli to a meadow near the site of the old landslip. However, as we approached, the heavens opened and rain poured down. Having sat for a while in the vehicles, we abandoned the idea of the visit and returned to the hotel for some free time. We met later to complete our lists, and enjoy a relaxed and delicious dinner.

Day 5

Monday 1st June

Barrea Gorge and Passo Godi

We started the day with another local bird walk, exploring the tracks, gardens and meadows near the hotel. Serin, Cirl Bunting, Black and Common Redstarts, and Firecrest were all seen well, but the highlight was having exceptional views of Wryneck.

After breakfast, and with the makings of the picnic, we drove down the valley, along the length of Lago di Barrea, and up to the small hillside town of Barrea where we parked overlooking the lake. Large flocks of Common Swifts were screaming overhead. We took the path above the town which leads to the local nature reserve overlooking the gorge. Red-billed Choughs and Crag Martins were seen were playing around and entering the caves opposite. The vegetation, this year, was both heavily grazed and dry, but on the cliffs of the gorge there was Thick-leaved Saxifrage (*Saxifraga callosa*) and *Daphne oleoides*, which was in flower. We also found several spikes of Adriatic Lizard Orchid (*Himantoglossum adriaticum*), Burnt Orchid (*Neotinea ustulata*), Paronychia (*Paronychia kapela*) and Cotoneaster (*Cotoneaster intergerrimus*). Butterflies included Scarce Swallowtail, Glanville and Heath Fritillaries, Eastern Bath White, Adonis Blue, and Large Wall and Meadow Browns. For the moth list, there was Forester Moth, Humming-bird Hawk-moth and Nine-spotted Moth.

Leaving the gorge, we then visited a site on the lakeside, where we found spikes of Late Spider Orchid (*Ophrys fuciflora*), Creeping Bellflower (*Campanula rapunculoides*) and Field Cow-wheat (*Melampyrum arvense*), with its purple-pink bracts. A Common Nightingale was singing. We eventually moved on to the other end of the lake, in Villetta Barrea, for our picnic. Common and Mirror Carp were apparent in the shallows, where the males were waiting for the females to spawn. Teal on the lake was new for the list, alongside the regular Mallard and Great Crested Grebe. A Sparrowhawk flew overhead. Plants included Reversed Clover (*Trifolium resupinatum*) and Red Star Thistle (*Centaurea calcitrapa*).

We then took the road from Villetta Barrea northwards, climbing through the Black Pine (*Pinus nigra*) forest. Although this was plantation, the Black Pine further up on the cliffs and mountains forms a pocket of a distinct race (*Pinus nigra* subsp. *italica*), differing from that in the Alps and elsewhere, so is known as the Villetta Barrea Black Pine. We stopped at 'Serena's Bend' to look at some Man Orchids (*Orchis anthropophora*), more Late Spider Orchids (*Ophrys fuciflora*), and St. Bernard's Lily (*Anthericum lilago*). Another plant here was a *Centaurea* with spiny bracts, the endemic *Centaurea ceratophylla*. We drove on, over the watershed at Passo Godi, stopping further along on the slopes of Monte Godi, just on the edge of the National Park. Here, the black clouds gave way to torrential rain, so we sat in the buses for a while, until the worst was over. Then, braving the elements, we followed a stony track to explore the rather wet hillside, adding to our orchid list carpets of Pale-flowered Orchid (*Orchis pallens*) and Elderflower Orchid (*Dactylorhiza sambucina*), in both magenta and lemon. Other plants included the endemic spurge *Euphorbia gasparrinii* subsp. *samniticum* (wrongly thought initially to be *E. verrucosa*), the endemic Tenore's Bugle (*Ajuga tenorei*), Spring Gentian (*Gentiana verna*) and Alpine Wood Forget-me-not (*Myosotis alpestris*). A male Common Rock Thrush was heard, and then seen on a boulder. Walking further up the path, we found Northern Wheatear and Stonechat, Burnt and Lady Orchids (*Neotinea ustulata* and *Orchis purpurea*) while, in the meadows beyond, some of the group saw a party of 20+ Wild Boar.

We returned to the hotel for a peaceful evening.

Day 6

Tuesday 2nd June

Val di Rose or Alfedena, Lago della Montagna Spaccata and Valle Fiorita

Today half the group decided to do our 'high' walk of Val di Rose, with Lee and Lindsay, starting above the hillside village of Civitella Alfedena. On the lower slopes, butterflies included Clouded Apollo and Southern Small White, and several Green Lizards were also seen. Climbing steadily, we eventually emerged from the Beech woods, above the tree line. Here, plants included some very fine Reddish Saxifrage (*Saxifraga porophylla*) on a boulder, together with Heart-leaved Leopards-bane (*Doronicum columnae*), bright blue Spring Gentian (*Gentiana verna*) and carpets of the endemic pansy *Viola eugeniae*, in a range of colours from purple to lemon and cream. Where snow had recently melted, we found the delicate, nodding Alpine Snowbells (*Soldanella alpina*) and a single Spring Crocus (*Crocus vernus*). A male Alpine Accentor was seen well, and we had amazing views of three Golden Eagles, calling and flying overhead, with one stooping. Also we had great views of about ten Abruzzo Chamois, which were very confiding. Coming down, the cloud was building, but we all managed to reach the Bar della Lince in the village, for some welcome refreshments, before the weather broke. All-in-all, a brilliant experience!

The other half of the group went with Jessica on a 'magical mystery tour', visiting a selection of new sites. We drove down the Sangro valley, through Barrea, and on to the town of Alfedena, where we turned off along a minor road. As we had no pre-set plan, we were looking for likely places to stop. We pulled in by an open meadow, and started to explore. A Black Kite circled overhead, giving good views of a new bird for the week. Thick-leaved Saxifrage (*Saxifraga callosa*) was abundant on a boulder, and we also found *Ophrys dinarica* and an Adriatic Lizard Orchid (*Himantoglossum adriaticum*), as well as Small Melilot (*Melilotus indicus*) and Dyer's Greenweed (*Genista tinctoria*). An exciting butterfly here was Large Blue, along with Chapman's Blue and Wood White.

We then moved on to the Lago della Montagna Spaccata, where we took a walk mainly through shady woodland, with occasional sunny glades and banks. Here we found Pencilled Crane's-bill (*Geranium versicolor*), Solomon's Seal (*Polygonatum multiflorum*), Columbine (*Aquilegia vulgaris*) and orchids including White Helleborine (*Cephalanthera damasonium*), Broad-leaved Helleborine (*Epipactis helleborine*), Heath Spotted Orchid (*Dactylorhiza maculata*) and Late Spider Orchid (*Ophrys fuciflora*). Another new plant was Sulphur Clover (*Trifolium ochroleucon*). A rustle in a drain by the path revealed a snake, which disappeared before giving a good view, but was probably an Asp Viper. Butterflies here included Green Hairstreak, Brimstone, Spotted Fritillary and Pearly Heath. Birds were fairly quiet, but we saw Great Crested Grebes on the lake.

We continued up the Valle Fiorita, stopping for our picnic at some crossroads, where we saw three Common Buzzards and a Jay, and heard Western Bonelli's Warbler and Blackcap. A Broad-bodied Chaser was over a marshy area, and butterflies included Idas Blue, Pearl-bordered Fritillary and Rosy Grizzled Skipper. We had had a tip-off about an orchid bank near here, which was duly located, with two species new for the trip being Bee Orchid (*Ophrys apifera*) and Sombre Bee Orchid (*Ophrys fusca*), along with more *Ophrys dinarica*. We then climbed into the mountains, finding White Asphodel (*Asphodelus alba*) and enjoying the views down into the valley and up to Monti della Meta. The road ended in a meadow full of horses, some with foals. We retraced our steps, stopping for coffee in Barrea, as we watched the rain sweep in across the lake.

Both groups agreed we had had a very enjoyable day.

Day 7

Wednesday 3rd June

The Orchid Meadow

Again, our early watch point was from the church at Gioia Vecchio. En route, we had good views of a Roe Deer, plus a male Wild Boar, Red Deer and a Red Squirrel. From the view point we saw further Red and Roe Deer, but, otherwise, all was rather quiet.

After breakfast, we first needed to do some shopping and, as it was Market day, we spent some time looking around the varied stalls, and buying 'goodies' to take home. We even added a new butterfly in town, in the shape of Lulworth Skipper, plus a Scarce Swallowtail, and birds included Garden Warbler and Crag Martins, which were found to be nesting under the eaves, by the church. Most of the group then decided to visit the Orchid Meadow, where we had been rained off, a few days earlier. This delightful meadow held a great many spikes of Lady Orchid (*Orchis purpurea*), carpets of the diminutive Burnt Orchid (*Neotinea ustulata*), Toothed Orchid (*Neotinea tridentata*), and interesting hybrids between the two, showing varying degrees of characteristics of either parent. Adriatic Lizard Orchids (*Himantoglossum adriaticum*), Lesser Butterfly Orchids (*Platanthera bifolia*), and Fragrant Orchids (*Gymnadenia conopsea*) were all flowering. Early Purple Orchids, also abundant but going over, appeared to be a mixed population of the typical *Orchis mascula*, and *Orchis mascula* subsp. *speciosa*, with the extended and wavy petals and sepals. Further up the meadow a clump was growing with some past-their-best Sparse-flowered Orchids (*Orchis pauciflora*) and a few hybrids were noted. Additional colour in the meadow was provided by Nice Milkwort (*Polygala nicaeensis*) in magenta, dark blue and white, and yellow Horseshoe Vetch (*Hippocrepis commosa*), which scented the air. Insect life here included Ascalaphids, Violet Carpenter Bees, Cicada, Chimney Sweeper moths, Adonis Blues and a range of other butterflies; all enjoying the hot sun. Eventually we returned to the hotel for a leisurely final picnic on the terrace, where we had excellent views of two Firecrests, at eye-level in the Larches. After a break, we adjourned to the Gelateria in the town, for a real Italian ice-cream.

We thought we would have one final evening outing so, after an early dinner, we headed north up the valley, towards the Bisegna road junction. We were not far out of the town when Jessica's radio crackled into life with a message from Lee – "Get back here - quickly!" Reversing down the road, all eyes to the right, we pulled in and tumbled out of the vehicles, to see a female Brown Bear near the wood margin. Then a male appeared, following her! They disappeared into the wood again but, shortly after, reappeared. The views were distant but clear, and good through the scopes, as they moved across the hillside, sometimes disappearing behind scrub, but coming out again, and heading towards the road behind us. Eventually we lost them behind a building complex and, although we tried driving down the road, we could not relocate them. But what an end to the trip! We were all thrilled with the sighting, and so grateful to Lee's wife, Lindsay, for spotting them. As we were watching, we also heard a Melodious Warbler singing nearby. Elated, we made our way back to the hotel.

Day 8

Thursday 4th June

This morning we had an early breakfast, before leaving for our journey to Rome. As ever, we drove slowly through the National Park area, scanning the hillsides and meadows, just in case As we descended from the mountains, we noted how plants were further forward in flowering, and the difference a week had made. We successfully negotiated the Rome ringroad, and the group were dropped at Departures, where we said speedy

farewells to Steve and June, who were flying with a different airline. The rest boarded our flights back to the London, our heads full of images of Abruzzo, in all its glorious diversity, and especially those Bears!

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Lake Barrea

Species Lists

Plants (*= a species is endemic)

Nomenclature contained within this list follows the taxonomic amendments, based on DNA analysis, made by the Royal Botanic Gardens, Kew and the Missouri Botanic Garden, and following The Plant List, an internationally accepted list of vascular plant families, published and maintained by these two Institutions.

Scientific name	Common name	Location
PTERIDOPHYTES		
FERNS & ALLIES		
Leptosporangiate Ferns		
True Ferns		
Aspleniaceae		
<i>Asplenium ceterach</i>	Spleenwort Family Rustyback	Camosciara
<i>Asplenium ruta-muraria</i>	Wall Rue	Val Fondillo
<i>Asplenium trichomanes</i>	Maidenhair Spleenwort	Val Fondillo
Cystopteraceae		
<i>Cystopteris fragilis</i>	Bladder-fern Family Brittle Bladder-fern	V. Pesco di Lordo
GYMNOSPERMS		
CONIFERS		
Cupressaceae		
<i>Juniperus communis</i>	Juniper Family Common Juniper	Camosciara
<i>Juniperus communis</i> subsp. <i>alpina</i>	Dwarf Juniper	Monte Godi
Pinaceae		
<i>Pinus mugo</i>	Pine Family Dwarf Mountain Pine	Val di Rose
<i>Pinus nigra</i> subsp. <i>italica</i> *	Villetta Barrea Black Pine	Camosciara
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	Widespread
<i>Pinus sylvestris</i>	Scots Pine	
ANGIOSPERMS		
FLOWERING PLANTS		
Eu-dicots		
True Dicotyledons		
Adoxaceae		
<i>Sambucus ebulus</i>	Moschatel Family Dwarf Elder	Camosciara
<i>Sambucus nigra</i>	Elder	Camosciara
<i>Viburnum lantana</i>	Wayfaring Tree	Val Fondillo
Apiaceae		
<i>Aegopodium podagraria</i>	Carrot Family Ground Elder	Camosciara
<i>Anthriscus sylvestris</i>	Cow Parsley	Camosciara
<i>Eryngium amethystinum</i>	Blue Eryngo	Val Fondillo (leaves)
<i>Laserpitium siler</i> subsp. <i>siculum</i>	A Sermountain	Roadsides
<i>Orlaya grandiflora</i>	Orlaya	Barrea
<i>Sanicula europaea</i>	Sanicle	Camosciara
<i>Scandix pecten-veneris</i>	Shepherd's Needles	V. Pesco di Lordo
<i>Seseli montanum</i>	Seseli	Val Fondillo (leaves)

Scientific name	Common name	Location
Apocynaceae <i>Vincetoxicum hirundinaria</i>	Periwinkle Family Swallow-wort	Val Fondillo
Araliaceae <i>Hedera helix</i>	Ivy Family Ivy	Camosciara
Betulaceae <i>Carpinus betulus</i> <i>Corylus avellana</i>	Birch Family Hornbeam Hazel	Val Fondillo Camosciara
Boraginaceae <i>Cynoglossum montanum</i> <i>Cynoglottis barrellieri</i> <i>Echium platagineum</i> <i>Echium vulgare</i> <i>Myosotis alpestris</i> <i>Myosotis incrassata</i> <i>Myosotis sylvatica</i> <i>Pulmonaria cf apennina</i> * <i>Solenanthes apenninus</i> *	Forget-me-not Family Mountain Hound's-tongue an Anchusa (Blue) Purple Viper's-bugloss Viper's-bugloss Alpine Wood Forget-me-not - Wood Forget-me-not A Lungwort Solenanthes	Val Fondillo V. Pesco di Lordo Lago di Barrea Val Fondillo Monte Godi Val Fondillo V. Pesco di Lordo Camosciara V. Pesco di Lordo
Brassicaceae <i>Alliaria petiolata</i> <i>Arabis glabra</i> <i>Aubrieta columnae</i> subsp. <i>columnae</i> * <i>Aurinia (Alyssum) saxatile</i> <i>Barbarea</i> sp. <i>Capsella bursa-pastoris</i> <i>Cardamine bulbifera</i> <i>Cardamine chelidonia</i> <i>Cardamine enneaphyllos</i> <i>Cardamine impatiens</i> <i>Erysimum pseudorhaeticum</i> * <i>Lunaria redivida</i> <i>Nasturtium officinale</i>	Cabbage Family Garlic Mustard Tower Mustard Aubrieta Yellow Alyssum A Wintercress Shepherd's Purse Coralroot a Bitter-cress (Purple) Drooping Bitter-cress Narrow-leaved Bitter-cress a Treacle Mustard Perennial Honesty Watercress	Camosciara Camosciara Camosciara V. Pesco di Lordo Val Fondillo Val Fondillo V. Pesco di Lordo Lago della Montagna Spaccata Camosciara Val Fondillo Val Fondillo Val Fondillo Val Fondillo
Campanulaceae <i>Campanula rapunculoides</i> <i>Edraianthus graminifolius</i>	Bellflower Family Creeping Bellflower Edraianthus	Lago di Barrea Val Fondillo
Caprifoliaceae <i>Dipsacus fullonum</i> <i>Lonicera caprifolium</i> <i>Lonicera xylostium</i> <i>Valeriana officinalis</i> <i>Valeriana tuberosa</i>	Honeysuckle Family Wild Teasel Perfoliate Honeysuckle Fly Honeysuckle Common Valerian Tuberous Valerian	Camosciara Camosciara Camosciara Camosciara Monte Godi
Caryophyllaceae <i>Cerastium tomentosum</i> <i>Dianthus carthusianorum</i>	Pink Family Snow-in-Summer Carthusian Pink	Camosciara Barrea

Scientific name	Common name	Location
<i>Paronychia kapela</i>	a Paronychia	Barrea
<i>Silene dioica</i>	Red Champion	Val Fondillo
<i>Silene (Lychnis) flos-cuculi</i>	Ragged Robin	Camosciara
<i>Silene italica</i>	Italian Catchfly	Val Fondillo
<i>Silene latifolia</i>	White Champion	Camosciara
<i>Silene pusilla</i>	an Alpine Catchfly	Val Fondillo
Celastraceae	Spindle Family	
<i>Euonymus europaeus</i>	Spindle Tree	Camosciara
Cistaceae	Rock-rose Family	
<i>Helianthemum apenninum</i>	White Rockrose	Roadsides
<i>Helianthemum nummularium</i>	Rockrose	Val Fondillo
<i>Helianthemum oelandicum</i> subsp. <i>incanum</i>	Hoary Rockrose	Val Fondillo
Compositae (Asteraceae)	Daisy Family	
<i>Adenostyles glabra</i>	Adenostyles	Val Fondillo
<i>Bellis perennis</i>	Daisy	Camosciara
<i>Bellis sylvestris</i>	Southern Daisy	Camosciara
<i>Carduus chrysacanthus</i>	Apennine Thistle	Barrea
<i>Carlina acanthifolia</i>	Acanthus-leaved Carlina Thistle	Val Fondillo
<i>Carlina acaulis</i> subsp. <i>caerulescens</i>	"Stemmed" Stemless Carlina Thistle	Val Fondillo
<i>Carlina vulgaris</i>	Carlina Thistle	Val Fondillo
<i>Centaurea ambigua</i>	-	Above Villetta Barrea
<i>Centaurea calcitrapa</i>	Red Star-thistle	Lago di Barrea
<i>Centaurea ceratophylla</i> *	-	Above Villetta Barrea
<i>Centaurea triumfettii</i>	A Perennial Cornflower	Val Fondillo
<i>Cirsium tenoreanum</i>	a Woolly Thistle	Val Fondillo (leaves)
<i>Cota tinctoria</i>	Yellow Chamomile	Barrea
<i>Doronicum columnae</i>	Heart-leaved Leopard's-bane	Val di Rose
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Val Fondillo
<i>Petasites hybridus</i>	Butterbur	Camosciara
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed	Val Fondillo
<i>Solidago virgaurea</i>	Goldenrod	Lago di Barrea
<i>Tragopogon dubius</i>	A Goat's-beard	Roadsides
Convolvulaceae	Bindweed Family	
<i>Convolvulus arvensis</i>	Field Bindweed	Barrea
<i>Cuscuta epithymum</i>	Common Dodder	Val Fondillo
Cornaceae	Dogwood Family	
<i>Cornus mas</i>	Cornelian Cherry	Camosciara
<i>Cornus sanguinea</i>	Dogwood	Camosciara
Crassulaceae	Stonecrop Family	
<i>Sedum acre</i>	Biting Stonecrop	Camosciara
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	Camosciara
<i>Sedum rubens</i>	Reddish Stonecrop	Camosciara
<i>Sedum rupestre</i>	Rock Stonecrop	V. Pesco di Lordo
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	Val di Rose

Scientific name	Common name	Location
Euphorbiaceae		
<i>Euphorbia amygdaloides</i>	Wood Spurge	Val Fondillo
<i>Euphorbia cyparissias</i>	Cypress Spurge	Camosciara
<i>Euphorbia dulcis</i>	Sweet Spurge	Camosciara
<i>Euphorbia gasparrinii</i> subsp. <i>samnitica</i> *	An endemic Spurge	Monte Godi
<i>Euphorbia helioscopia</i>	Sun Spurge	Camosciara
<i>Euphorbia myrsinites</i>	Glaucous Spurge	Val Fondillo
<i>Mercurialis perennis</i>	Dog's Mercury	Camosciara
Fagaceae		
<i>Fagus sylvatica</i>	Beech	Common
<i>Quercus cerris</i>	Turkey Oak	Camosciara
<i>Quercus pubescens</i>	Downy Oak	Camosciara
Gentianaceae		
<i>Blackstonia perfoliata</i>	Yellow-wort	Alfedena
<i>Gentiana cruciata</i>	Cross Gentian	Val Fondillo (leaves)
<i>Gentiana dinarica</i> *	a Trumpet Gentian	Val Fondillo
<i>Gentiana lutea</i>	Great Yellow Gentian	Monte Godi (leaves)
<i>Gentiana verna</i>	Spring Gentian	Monte Godi
Geraniaceae		
<i>Erodium cicutarium</i>	Common Stork's-bill	Val Fondillo
<i>Geranium cinereum</i> subsp. <i>subcaulescens</i>	a Crane's-bill	V. Pesco di Lordo
<i>Geranium dissectum</i>	Cut-leaved Crane's-bill	Val Fondillo
<i>Geranium lucidum</i>	Shining Crane's-bill	Camosciara
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	Val di Rose
<i>Geranium purpureum</i>	Little Robin	Hotel
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	Val Fondillo
<i>Geranium reflexum</i>	Reflexed Crane's-bill	Camosciara
<i>Geranium robertianum</i>	Herb Robert	Camosciara
<i>Geranium versicolor</i>	Pencilled Crane's-bill	Lago della Montagna Spaccata
Grossulariaceae		
<i>Ribes uva-crispa</i>	Gooseberry	V. Pesco di Lordo
Hypericaceae		
<i>Hypericum perforatum</i>	Perforate St. John's-wort	Barrea
Lamiaceae		
<i>Ajuga reptans</i>	Bugle	Val Fondillo
<i>Ajuga tenorei</i> *	Tenore's Bugle	Monte Godi
<i>Clinopodium (Acinos) alpinum</i>	Alpine Basil Thyme	Val Fondillo
<i>Lamiastrum galeobdolon</i>	Yellow Archangel	V. Pesco di Lordo
<i>Lamium album</i>	White Dead-nettle	Camosciara
<i>Lamium garganicum</i>	Large Red Dead-nettle	Val Fondillo
<i>Melittis melissophyllum</i>	Bastard Balm	Camosciara
<i>Mentha aquatica</i>	Water Mint	Val Fondillo
<i>Mentha longifolia</i>	Horse Mint	Camosciara
<i>Salvia verbenaca</i>	Wild Clary	Camosciara

Scientific name	Common name	Location
<i>Satureja montana</i>	Winter Savory	Barrea
<i>Sideritis syriaca</i>	A Sideritis	Alfedena
<i>Stachys germanica</i>	Downy Woundwort	Val Fondillo
<i>Thymus serpyllum</i>	Wild Thyme	Val Fondillo
Leguminosae (Fabaceae)	Pea Family	
<i>Anthyllis vulneraria</i> agg.	Kidney Vetch	Val Fondillo
<i>Astragalus depressus</i>	Sprawling Milk-vetch	Monte Godi
<i>Astragalus monspessulanus</i>	False Vetch	Camosciara
<i>Astragalus sempervirens</i>	Mountain Tragacanth	Monte Godi
<i>Cytisophyllum sessilifolium</i>	Sessile Broom	Roadsides
<i>Cytisus (Chamaecytisus) hirsutus</i>	Hairy Broom	Val Fondillo
<i>Genista tinctoria</i>	Dyer's Greenweed	Alfedena
<i>Hedysarum coronarium</i>	Italian Sainfoin	Roadsides
<i>Hippocrepis comosa</i>	Horseshoe Vetch	Common
<i>Laburnum anagroides</i>	Laburnum	Camosciara
<i>Lathyrus setifolius</i>	Red Grass Vetchling	Val Fondillo
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	Camosciara
<i>Onobrychis arenaria</i>	Small Sainfoin	Barrea
<i>Onobrychis viciifolia</i>	Sainfoin	Roadsides
<i>Spartium junceum</i>	Spanish Broom	Roadsides
<i>Trifolium ochroleucon</i>	Sulphur Clover	Lago della Montagna Spaccata
<i>Trifolium pratense</i>	Red Clover	Camosciara
<i>Trifolium repens</i>	White Clover	Camosciara
<i>Trifolium resupinatum</i>	Reversed Clover	Lago di Barrea
<i>Vicia cracca</i>	Tufted Vetch	Val Fondillo
<i>Vicia sativa</i> agg.	Common Vetch	Camosciara
Lentibulariaceae	Butterwort Family	
<i>Pinguicula vallis-regiae</i> *	Camosciara Butterwort	Camosciara
Linaceae	Flax Family	
<i>Linum bienne</i>	Pale Flax	Val Fondillo
<i>Linum catharticum</i>	Fairy (Purging) Flax	Alfedena
<i>Linum tenuifolium</i>	A white Flax	Above Villetta Barrea
Malvaceae	Mallow Family	
<i>Althaea hirsuta</i>	Hairy Mallow	
<i>Malva moschata</i>	Musk Mallow	
<i>Malva sylvestris</i>	Common Mallow	Roadsides
<i>Tilia platyphyllos</i>	Large-leaved Lime	
Oleaceae	Olive Family	
<i>Fraxinus excelsior</i>	Ash	Camosciara
<i>Fraxinus ornus</i>	Flowering Ash	Roadsides
Orobanchaceae	Broomrape Family	
<i>Euphrasia</i> agg.	Eyebright	Val Fondillo
<i>Melampyrum arvense</i>	Field Cow-wheat	Lago di Barrea
<i>Orobanche caryophyllacea</i>	Bedstraw Broomrape	Val Fondillo

Scientific name	Common name	Location
<i>Orobanche gracilis</i>	Slender Broomrape	Valle Fiorita
<i>Orobanche minor</i>	Common Broomrape	Lago di Barrea
<i>Pedicularis hoermanniana</i>	a Leafy Lousewort	Camosciara
<i>Rhinanthus minor</i>	Yellow Rattle	Val Fondillo
<i>Rhinanthus wettsteinii</i>	Apennine Rattle	Lago di Barrea
Papaveraceae	Poppy Family	
<i>Chelidonium majus</i>	Greater Celandine	Val Fondillo
<i>Papaver rhoeas</i>	Common Poppy	Roadsides
Plantaginaceae	Plantain Family	
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	Val Fondillo
<i>Digitalis ferruginea</i>	Brown Foxglove	Camosciara (leaves)
<i>Digitalis lutea</i>	Small Yellow Foxglove	Camosciara (leaves)
<i>Globularia cordifolia</i>	Matted Globularia	Val Fondillo
<i>Globularia punctata</i>	Common Globularia	Camosciara
<i>Linaria purpurea</i>	Purple Toadflax	Val Fondillo
<i>Plantago lanceolata</i>	Ribwort Plantain	Camosciara
<i>Plantago major</i>	Greater Plantain	Camosciara
<i>Plantago media</i>	Hoary Plantain	Camosciara
<i>Veronica beccabunga</i>	Brooklime	Val Fondillo
<i>Veronica chamaedrys</i>	Germander Speedwell	Camosciara
<i>Veronica montana</i>	Wood Speedwell	Camosciara
<i>Veronica orsiniana</i>	a Speedwell	V. Pesco di Lordo
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	V. Pesco di Lordo
Plumbaginaceae	Thrift Family	
<i>Armeria canescens</i>	Plantain-leaved Thrift	Val Fondillo
Polygalaceae	Milkwort Family	
<i>Polygala chamaebuxus</i>	Shrubby Milkwort	Camosciara
<i>Polygala flavescens</i>	A Yellow Milkwort	Val Fondillo
<i>Polygala nicaeensis</i>	Nice Milkwort	Camosciara
Polygonaceae	Knotweed Family	
<i>Rumex alpinus</i>	Monk's Rhubarb	Roadsides
<i>Rumex acetosella</i>	Sheep's Sorrel	Val Fondillo
Primulaceae	Primrose Family	
<i>Anagallis arvensis</i>	Scarlet Pimpernel	Val Fondillo
<i>Cyclamen hederifolium</i>	Common Sowbread	V. Pesco di Lordo (leaves)
<i>Primula auricula</i>	Bear's-ear	Val di Rose
<i>Primula vulgaris</i>	Primrose	Val Fondillo (leaves)
<i>Soldanella alpina</i>	Alpine Snowbell	Val di Rose
Ranunculaceae	Buttercup Family	
<i>Actea spicata</i>	Baneberry	V. Pesco di Lordo
<i>Anemone apennina</i>	Blue Anemone	V. Pesco di Lordo (leaves)
<i>Aquilegia vulgaris</i>	Columbine	Val Fondillo
<i>Delphinium c.f. halteratum</i>	a Delphinium	Val Fondillo (leaves)

Scientific name	Common name	Location
<i>Helleborus foetidus</i>	Stinking Hellebore	Camosciara
<i>Hepatica nobilis</i>	Hepatica	Camosciara (leaves)
<i>Ranunculus bulbosus</i>	Bulbous Buttercup	Common
<i>Ranunculus montanellus</i>	-	Val Fondillo
<i>Ranunculus penicillatus</i>	Stream Water Crowfoot	Val Fondillo
<i>Ranunculus serpens</i> subsp. <i>nemorosus</i>	Wood Buttercup	V. Pesco di Lordo
<i>Ranunculus thora</i>	Thore's Buttercup	Camosciara (leaves)
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	Camosciara
Resedaceae	Mignonette Family	
<i>Reseda lutea</i>	Wild Mignonette	Lago di Barrea
Rhamnaceae	Buckthorn Family	
<i>Rhamnus alpinus</i>	Alpine Buckthorn	V. Pesco di Lordo
Rosaceae	Rose Family	
<i>Alchemilla colorata</i>	a Lady's Mantle	V. Pesco di Lordo
<i>Aremonia agrimonoides</i>	Bastard Agrimony	V. Pesco di Lordo
<i>Cotoneaster integerrimus</i>	Wild Cotoneaster	Barrea
<i>Crataegus monogyna</i>	Hawthorn	Camosciara
<i>Fragaria vesca</i>	Wild Strawberry	Camosciara
<i>Geum urbanum</i>	Wood Avens	Camosciara
<i>Malus sylvestris</i>	Crab Apple	V. Pesco di Lordo
<i>Potentilla detomasii</i>	A Sulphur Cinquefoil	Val Fondillo
<i>Potentilla</i> c.f. <i>riegoana</i> *	a Cinquefoil	Val di Rose
<i>Prunus mahaleb</i>	St. Lucie's Cherry	V. Pesco di Lordo
<i>Prunus spinosa</i>	Blackthorn	Camosciara
<i>Pyrus pyraeaster</i>	Wild Pear	Camosciara
<i>Rosa canina</i> agg.	Dog Rose	Camosciara
<i>Rubus fruticosus</i> agg.	Bramble	Camosciara
<i>Rubus idaeus</i>	Raspberry	V. Pesco di Lordo
<i>Sanguisorba minor</i>	Salad Burnet	Camosciara
<i>Sorbus aria</i>	Whitebeam	Camosciara
<i>Sorbus aucuparia</i>	Rowan	Camosciara
Rubiaceae	Bedstraw Family	
<i>Asperula taurina</i>	Southern Woodruff	V. Pesco di Lordo
<i>Cruciata laevipes</i>	Crosswort	Camosciara
<i>Galium mollugo</i>	Hedge Bedstraw	Barrea
<i>Galium odoratum</i>	Woodruff	V. Pesco di Lordo
<i>Sherardia arvensis</i>	Field Madder	Camosciara
Salicaceae	Willow Family	
<i>Populus nigra</i> agg.	Black Poplar	Val Fondillo
<i>Populus tremula</i>	Aspen	Camosciara
<i>Salix alba</i>	White Willow	Camosciara
<i>Salix caprea</i>	Goat Willow	Camosciara
<i>Salix purpurea</i>	Purple Willow	Camosciara

Scientific name	Common name	Location
Santalaceae		
<i>Thesium divaricatum</i>	A Bastard Toadflax	Val Fondillo
<i>Viscum album</i>	Mistletoe	Val Fondillo
Sapindaceae		
<i>Acer campestre</i>	Field Maple	Camosciara
<i>Acer monspessulanum</i>	Montpelier Maple	Camosciara
<i>Acer opalus</i>	Italian Maple	Val Fondillo
<i>Acer pseudoplatanus</i>	Sycamore	Camosciara
Saxifragaceae		
<i>Saxifraga bulbifera</i>	Bulbous Saxifage	Val Fondillo
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	Barrea
<i>Saxifraga granulata</i>	Meadow Saxifrage	V. Pesco di Lordo
<i>Saxifraga paniculata</i>	Live-long Saxifrage	Barrea
<i>Saxifraga porophylla</i> *	Reddish Saxifrage	Val Fondillo / Val di Rose
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	Camosciara
Scrophulariaceae		
<i>Scrophularia scopolii</i>	Italian Figwort	Val Fondillo
<i>Scrophularia vernalis</i>	Yellow Figwort	Val Fondillo
<i>Verbascum mallophorum</i>	a large branched Mullein	V. Pesco di Lordo
<i>Verbascum pulverulentum</i>	Hoary Mullein	Val Fondillo
Thymelaeaceae		
<i>Daphne laureola</i>	Spurge Laurel	Camosciara
<i>Daphne mezereum</i>	Mezereon	Val di Rose
<i>Daphne oleoides</i>	-	Barrea
Ulmaceae		
<i>Ulmus glabra</i>	Wych Elm	V. Pesco di Lordo
Urticaceae		
<i>Urtica dioica</i>	Nettle	Camosciara
Violaceae		
<i>Viola eugeniae</i> *	a Pansy	Camosciara
<i>Viola riviniana</i>	Common Dog Violet	V. Pesco di Lordo
Monocots		
Monocotyledons		
Amaryllidaceae		
<i>Allium saxatile</i>	Rock Onion	Camosciara
<i>Allium vineale</i>	Crow Garlic	Alfedena
Asparagaceae		
<i>Anthericum liliago</i>	St. Bernards Lily	Val Fondillo
<i>Leopoldia (Muscari) comosum</i>	Tassel Hyacinth	Val Fondillo
<i>Muscari neglecta</i>	Dark Grape Hyacinth	Val Fondillo
<i>Ornithogalum umbellatum</i>	Common Star of Bethlehem	Camosciara

Scientific name	Common name	Location
<i>Polygonatum multiflorum</i>	Solomon's Seal	Lago della Montagna Spaccata
Cyperaceae	Sedge Family	
<i>Carex caryophyllea</i>	Spring Sedge	Camosciara
Iridaceae	Iris Family	
<i>Crocus vernus</i>	Spring Crocus	Val di Rose
<i>Iris germanica</i>	German Iris	Gioia Vecchio
<i>Iris marsica*</i>	Marsican Iris	V. Pesco di Lordo
Melanthiaceae	Herb Paris Family	
<i>Paris quadrifolia</i>	Herb Paris	Camosciara
<i>Veratrum album</i> subsp. <i>lobelianum</i>	White False Helleborine	Camosciara
Orchidaceae	Orchid Family	
<i>Anacamptis morio</i> subsp. <i>morio</i>	Green-winged Orchid	Val Fondillo
<i>Cephalanthera damasonium</i>	White Helleborine	Camosciara
<i>Cephalanthera longifolia</i>	Sword-leaved Helleborine	Camosciara
<i>Corallorhiza trifida</i>	Coralroot Orchid	Camosciara
<i>Cypripedium calceolus</i>	Lady's Slipper Orchid	Camosciara
<i>Dactylorhiza fuchsii</i>	Common Spotted Orchid	Val Fondillo
<i>Dactylorhiza incarnata</i>	Early Marsh Orchid	Val Fondillo
<i>Dactylorhiza maculata</i>	Heath Spotted Orchid	Lago della Montagna Spaccata
<i>Dactylorhiza sambucina</i>	Elderflower Orchid	Monte Godi
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	Lago della Montagna Spaccata
<i>Gymnadenia conopsea</i> agg	Fragrant Orchid	Val Fondillo
<i>Himantoglossum adriaticum</i>	Adriatic Lizard Orchid	Barrea
<i>Neotinea (Orchis) tridentata</i>	Toothed Orchid	Val Fondillo
<i>Neotinea (Orchis) ustulata</i>	Burnt Orchid	Barrea
<i>Neotinea tridentata</i> x <i>N. ustulata</i>	Hybrid	Orchid Meadow
<i>Neottia ovata</i>	Twayblade	Camosciara
<i>Neottia nidus-avis</i>	Bird's Nest Orchid	Camosciara
<i>Ophrys apifera</i>	Bee Orchid	Valle Fiorita
<i>Ophrys fuciflora</i> subsp. <i>fuciflora</i>	Late Spider Orchid	Lago di Barrea
<i>Ophrys fuciflora</i> subsp. <i>fuciflora</i> (<i>O. dinarica</i>)	A Late Spider Orchid	Val Fondillo
<i>Ophrys fusca</i>	Sombre Bee Orchid	Valle Fiorita
<i>Ophrys sphegodes</i> subsp. <i>sphogodes</i>	Early Spider Orchid	Orchid Meadow
<i>Orchis anthropophora</i>	Man Orchid	Above Villetta Barrea
<i>Orchis mascula</i>	Early Purple Orchid	Orchid Meadow
<i>Orchis mascula</i> subsp. <i>speciosa</i> (<i>O. ovalis</i>)	an Early Purple Orchid	Camosciara
<i>Orchis militaris</i>	Military Orchid	Camosciara
<i>Orchis pallens</i>	Pale-flowered Orchid	Monte Godi
<i>Orchis pauciflora</i>	Sparse Flowered Orchid	Bisegna Watch Point
<i>Orchis purpurea</i>	Lady Orchid	Camosciara
<i>Orchis mascula</i> x <i>O. pauciflora</i>	Hybrid	Bisegna Watch Point
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid	Orchid Meadow
Poaceae	Grass Family	
<i>Briza media</i>	Quaking Grass	Val Fondillo
<i>Dactylis glomerata</i>	Cocksfoot Grass	Camosciara

Scientific name	Common name	Location
<i>Festuca glauca</i>	Blue Fescue	Camosciara
Xanthorrhoeaceae	Asphodel Family	
<i>Asphodelus alba</i>	White Asphodel	Valle Fiorita
<i>Asphodeline lutea</i>	Yellow Asphodel	Roadsides

Birds (✓=recorded but not counted; H = heard only)

	Common name	Scientific name	May/June						
			28	29	30	31	1	2	3
1	Mallard	<i>Anas platyrhynchos</i>		✓			✓		
2	Eurasian Teal	<i>Anas crecca</i>					✓		
3	Common Quail	<i>Cortunix cortunix</i>			H	H	H		
4	Great Crested Grebe	<i>Podiceps cristatus</i>					✓	✓	
5	Grey Heron	<i>Ardea cinerea</i>			✓	✓	✓		
6	Western Cattle Egret	<i>Bubulcus ibis</i>	✓						
7	Griffon Vulture	<i>Gyps fulvus</i>	✓						
8	Golden Eagle	<i>Aquila chrysaetos</i>						3	
9	Eurasian Sparrowhawk	<i>Accipiter nisus</i>					✓		
10	Northern Goshawk	<i>Accipiter gentilis</i>				✓			
11	Black Kite	<i>Milvus migrans</i>						✓	
12	Common Buzzard	<i>Buteo buteo</i>	✓	✓	✓	✓		✓	✓
13	Eurasian Woodcock	<i>Scolopax rusticola</i>					✓		
14	Yellow-legged Gull	<i>Larus michahellis</i>	✓					✓	
15	Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓	✓	✓	✓	✓	✓	✓
16	Common Wood Pigeon	<i>Columba palumbus</i>	✓	✓	✓	✓	✓	✓	✓
17	European Turtle Dove	<i>Streptopelia turtur</i>	✓						
18	Eurasian Collared Dove	<i>Streptopelia decaocto</i>			✓				
19	Common Cuckoo	<i>Cuculus canorus</i>	H	✓	H	✓	H	✓	H
20	Eurasian Scops Owl	<i>Otus scops</i>						H	
21	Tawny Owl	<i>Strix aluco</i>		H	H	H			
22	Common Swift	<i>Apus apus</i>	✓	✓	✓	✓	✓	✓	✓
23	Eurasian Hoopoe	<i>Upupa epops</i>		H		H	H	H	
24	Eurasian Wryneck	<i>Jynx torquilla</i>		H	H	H	✓	H	H
25	Lesser Spotted Woodpecker	<i>Dendrocopos minor</i>				H			
26	Great Spotted Woodpecker	<i>Dendrocopos major</i>			✓				✓
27	European Green Woodpecker	<i>Picus viridis</i>		H	H	H	H		
28	Common Kestrel	<i>Falco tinnunculus</i>	✓				✓		
29	Red-backed Shrike	<i>Lanius collurio</i>		✓	✓	✓	✓		✓
30	Eurasian Jay	<i>Garrulus glandarius</i>	✓	✓		✓		✓	✓
31	Common Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓
32	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>		✓			✓	✓	
33	Western Jackdaw	<i>Coloeus monedula</i>	✓						
34	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓
35	Coal Tit	<i>Periparus ater</i>		✓	✓	✓	✓	✓	✓
36	Marsh Tit	<i>Poecile palustris</i>		✓	✓	✓		✓	✓
37	Willow Tit	<i>Poecile montanus</i>		✓					
38	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓	✓	✓
39	Great Tit	<i>Parus major</i>		✓	✓	✓	✓	✓	✓

	Common name	Scientific name	May/June						
			28	29	30	31	1	2	3
40	Woodlark	<i>Lullula arborea</i>				H			H
41	Eurasian Skylark	<i>Alauda arvensis</i>				✓		H	
42	Crested Lark	<i>Galerida cristata</i>	✓						
43	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓
44	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		✓			✓		✓
45	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓
46	Long-tailed Tit	<i>Aegithalos caudatus</i>		✓					
47	Common Chiffchaff	<i>Phylloscopus collybita</i>	H	✓	✓	✓	✓	✓	✓
48	Western Bonelli's Warbler	<i>Phylloscopus bonelli</i>		✓	✓	✓	H	✓	H
49	Wood Warbler	<i>Phylloscopus sibilatrix</i>		✓				✓	H
50	Melodious Warbler	<i>Hippolais polyglotta</i>							H
51	Eurasian Blackcap	<i>Sylvia atricapilla</i>	H	✓	✓	✓	✓	✓	✓
52	Garden Warbler	<i>Sylvia borin</i>					✓		H
53	Common Whitethroat	<i>Sylvia communis</i>						✓	
54	Common Firecrest	<i>Regulus ignicapillus</i>	H	✓	✓	✓	✓	H	✓
55	Eurasian Wren	<i>Troglodytes troglodytes</i>		✓	✓	H	✓	✓	
56	Eurasian Nuthatch	<i>Sitta europaea</i>		✓					
57	Eurasian Treecreeper	<i>Certhia familiaris</i>			H	H	✓	H	
58	Short-toed Treecreeper	<i>Certhia brachydactyla</i>		H	H	H	✓		
59	Common Starling	<i>Sturnus vulgaris</i>	✓	✓	✓	✓	✓	✓	✓
60	Common Blackbird	<i>Turdus merula</i>	✓	✓	✓	✓	✓	✓	✓
61	Song Thrush	<i>Turdus philomelos</i>		H	H		✓	H	H
62	Mistle Thrush	<i>Turdus viscivorus</i>				✓	✓	H	✓
63	European Robin	<i>Erithacus rubecula</i>		✓	✓	✓	✓	✓	✓
64	Common Nightingale	<i>Luscinia megarhynchos</i>					H	H	
65	Black Redstart	<i>Phoenicurus ochruros</i>		✓	✓	✓	✓	✓	✓
66	Common Redstart	<i>Phoenicurus phoenicurus</i>	✓	✓	✓	✓	✓	✓	✓
67	Whinchat	<i>Saxicola rubetra</i>				✓			
68	European Stonechat	<i>Saxicola torquata</i>					✓		✓
69	Northern Wheatear	<i>Oenanthe oenanthe</i>					✓	✓	✓
70	Common Rock Thrush	<i>Monticola saxatilis</i>					✓		
71	Spotted Flycatcher	<i>Muscicarpa striata</i>		✓					
72	Collared Flycatcher	<i>Ficedula albicollis</i>		✓	H	✓			
73	White-throated Dipper	<i>Cinclus cinclus</i>			✓				
74	House Sparrow	<i>Passer domesticus</i>	✓						
75	Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓	✓	✓	✓	✓
76	Eurasian Tree Sparrow	<i>Passer montanus</i>	✓	✓	✓	✓	✓	✓	✓
77	Alpine Accentor	<i>Prunella collaris</i>						✓	
78	Dunnock	<i>Prunella modularis</i>					✓		
79	Grey Wagtail	<i>Montacilla cinerea</i>		✓			✓		✓
80	White Wagtail	<i>Montacilla alba</i>	✓	✓	✓	✓	✓	✓	✓
81	Tree Pipit	<i>Anthus trivialis</i>				H	✓		✓
82	Water Pipit	<i>Anthus spinoletta</i>						✓	
83	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓
84	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>	✓	✓	✓	✓	✓		✓
85	European Greenfinch	<i>Chloris chloris</i>		✓	✓	✓	✓	✓	✓
86	Common Linnet	<i>Linaria cannabina</i>					✓	✓	
87	Red Crossbill	<i>Loxia curvirosta</i>		✓		✓			

	Common name	Scientific name	May/June						
			28	29	30	31	1	2	3
88	European Goldfinch	<i>Carduelis carduelis</i>	✓	✓	✓	✓	✓	✓	✓
89	European Serin	<i>Serinus serinus</i>	✓	✓	✓	✓	✓	✓	✓
90	Corn Bunting	<i>Miliaria calandra</i>			✓	✓			✓
91	Yellowhammer	<i>Emberiza citrinella</i>				✓	✓		
92	Rock Bunting	<i>Emberiza cia</i>						✓	
93	Cirl Bunting	<i>Emberiza cirulus</i>		H	✓	✓	✓	H	✓

Butterflies (C=caterpillar)

1	Swallowtail	<i>Papilo machaon</i>		✓					
2	Scarce Swallowtail	<i>Iphiclides podalirius</i>		✓		✓	✓		✓
3	Clouded Apollo	<i>Parnassius mnemosyne</i>						✓	
4	Black-veined White	<i>Aporia crataegi</i>					C		
5	Large White	<i>Pieris brassicae</i>		✓	✓	✓	✓	✓	✓
6	Small White	<i>Artogeia rapae</i>		✓	✓	✓	✓	✓	✓
7	Southern Small White	<i>Artogeia manni</i>						✓	
8	Mountain Small White	<i>Artogeia ergane</i>				✓			
9	Green-veined White	<i>Artogeia napi</i>		✓	✓	✓	✓	✓	
10	Eastern Bath White	<i>Pontia edusa</i>					✓	✓	
11	Orange Tip	<i>Anthocharis cardamines</i>		✓	✓	✓	✓	✓	
12	Moroccan Orange Tip	<i>Anthocharis belia</i>		✓	✓	✓	✓		
13	Clouded Yellow	<i>Colias crocea</i>		✓	✓	✓	✓	✓	✓
14	Berger's Clouded Yellow	<i>Colias alfacariensis</i>		✓	✓		✓	✓	✓
15	Brimstone	<i>Gonepteryx rhamni</i>		✓		✓	✓	✓	✓
16	Wood White	<i>Leptidea sinapis</i>		✓	✓	✓	✓	✓	✓
17	Green Hairstreak	<i>Callophrys rubi</i>			✓			✓	✓
18	Scarce Copper	<i>Lycaena virgaureae</i>				✓			
19	Little Blue	<i>Cupido minimus</i>		✓	✓	✓	✓	✓	✓
20	Holly Blue	<i>Celastrina argiolus</i>		✓					
21	Large Blue	<i>Maculinea arion</i>						✓	
22	Baton Blue	<i>Pseudophilotes baton</i>			✓	✓			✓
23	Idas Blue	<i>Plebejus idas</i>						✓	
24	Brown Argus	<i>Aricia agestis</i>		✓	✓	✓		✓	✓
25	Mazarine Blue	<i>Cyaniris semiargus</i>		✓	✓	✓		✓	✓
26	Chapman's Blue	<i>Agrodiaetus thersites</i>		✓				✓	
27	Chalk-hill Blue	<i>Lysandra coridon</i>				✓		✓	
28	Adonis Blue	<i>Lysandra bellargus</i>		✓	✓	✓	✓	✓	✓
29	Common Blue	<i>Polyommatus icarus</i>		✓	✓	✓	✓	✓	✓
30	Duke of Burgundy Fritillary	<i>Hamearis lucina</i>			✓				
31	Large Tortoiseshell	<i>Nymphalis polychloros</i>		✓					
32	Red Admiral	<i>Vanessa atalanta</i>		✓	✓				
33	Painted Lady	<i>Vanessa cardui</i>		✓	✓	✓	✓	✓	✓
34	Queen of Spain Fritillary	<i>Issoria lathonia</i>			✓	✓	✓		
35	Pearl-bordered Fritillary	<i>Clossiana euphrosyne</i>		✓	✓			✓	
36	Glanville Fritillary	<i>Melitaea cinxia</i>				✓	✓	✓	✓
37	Spotted Fritillary	<i>Melitaea didyma</i>		✓		✓		✓	✓
38	Heath Fritillary	<i>Mellicta athalia</i>				✓	✓	✓	✓
39	Meadow Brown	<i>Maniola jurtina</i>			✓		✓		✓
40	Small Heath	<i>Coenonympha pamphilus</i>		✓	✓	✓	✓	✓	✓

	Common name	Scientific name	May/June						
			28	29	30	31	1	2	3
41	Pearly Heath	<i>Coenonympha arcania</i>						✓	
42	Speckled Wood	<i>Pararge aegeria</i>		✓	✓	✓	✓	✓	✓
43	Wall Brown	<i>Lasiommata megera</i>			✓			✓	
44	Large Wall Brown	<i>Lasiommata maera</i>				✓	✓	✓	
45	Grizzled Skipper	<i>Pyrgus malvae</i>			✓	✓	✓	✓	✓
46	Rosy Grizzled Skipper	<i>Pyrgus onopordi</i>				✓		✓	
47	Dingy Skipper	<i>Erynnis tages</i>		✓	✓	✓	✓	✓	✓
48	Lulworth Skipper	<i>Thymelicus acteon</i>							✓

Macro Moths

1	Forester	<i>Adscita statices</i>			✓		✓		✓
2	Six-spot Burnet	<i>Zygaena filipendulae</i>			✓		✓	✓	✓
3	Transparent Burnet	<i>Zygaena purpuralis</i>					✓	✓	✓
4	Chimney Sweeper	<i>Odezia atrata</i>						✓	✓
5	Latticed Heath	<i>Chiasmia clathrata clathrata</i>				✓			
6	Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>			✓		✓		✓
7	Silver Y	<i>Autographa gamma</i>					✓		✓
8	Burnet Companion	<i>Euclidia glyphica</i>		✓					✓

Other Invertebrates

1	Mayfly	<i>Ephemera sp.</i>			✓				
2	Broad-bodied Chaser	<i>Libellula depressa</i>			✓			✓	
3	Stonefly	<i>Perlidae sp.</i>		✓	✓				
4	Roesel's Bush-cricket	<i>Metrioptera roeselii</i>					✓	✓	
5	Field Cricket	<i>Gryllus campestris</i>		H	H	✓	H	H	H
6	Hawthorn Shield Bug	<i>Acanthosoma haemorroidale</i>			✓				✓
7	a Cicada	<i>Cicadetta montana</i>		H	H				✓
8	Red and black Froghopper	<i>Cercopis vulnerata</i>						✓	✓
9	Ascalaphid	<i>Libelloides coccajus</i>						✓	✓
10	Violet Carpenter Bee	<i>Xylocopa violacea</i>				✓			✓
11	White-tailed Bumblebee	<i>Bombus lucorum</i>		✓	✓	✓			
12	Common Carder Bee	<i>Bombus pascuorum</i>		✓	✓	✓			✓
13	Green Tiger Beetle	<i>Cicindela campestris</i>			✓	✓	✓		
14	Rose Chafer	<i>Cetonia aurata</i>				✓			
15	Bee Beetle (a Chafer)	<i>Trichius zonatus</i>					✓		
16	Red and Black Beetle	<i>Trichodes alvearius</i>							✓
17	Glow-worm	<i>Lampyrus noctiluca</i>		✓	✓		✓		
18	7-Spot Ladybird	<i>Coccinella 7-punctata</i>			✓			✓	✓
19	a Longhorn Beetle (white stripe)	<i>Dorcadion arenarium</i>				✓			
20	Millipede	<i>cf Tachypodoiulus niger</i>							✓
21	Ladybird Spider	<i>Eresus niger</i>				✓			

Mammals (D=dropping; S=signs)

1	Common Pipistrelle Bat	<i>Pipistrellus pipistrellus</i>		✓					
2	Bat sp.				✓				
3	Mole	<i>Talpa sp.</i>				S			
4	Red Fox	<i>Vulpes vulpes</i>		✓	✓	✓		✓	✓

	Common name	Scientific name	May/June						
			28	29	30	31	1	2	3
5	Marsican Brown Bear	<i>Ursus arctos marsicanus</i>							2
6	Pine Marten	<i>Martes martes</i>					D		
7	Red Deer	<i>Cervus elaphus</i>		✓	✓	✓	✓	✓	✓
8	Roe Deer	<i>Capreolus capreolus</i>	✓	✓	✓	✓			✓
9	Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>						10	
10	Wild Boar	<i>Sus scrofa</i>		3	✓	✓	c20+		1
11	Brown Hare	<i>Lepus europaeus</i>			1				
12	Red Squirrel	<i>Sciurus vulgaris</i>		1	1	H			1

Reptiles & amphibians

1	Common Toad	<i>Bufo bufo</i>				✓			
2	Agile Frog	<i>Rana dalmatina</i>				H			
3	Italian Pool Frog	<i>Pelophylax bergeri</i>					✓		
4	Green Lizard	<i>Lacerta viridis</i>				✓		3	✓
5	Common Wall Lizard	<i>Podarcis muralis</i>		✓	✓				
6	Italian Wall Lizard	<i>Podarcis sicula</i>		✓	✓	✓	✓	✓	✓
7	Slow Worm	<i>Anguis fragilis</i>						✓	✓
8	Western Whip Snake	<i>Hierophis viridiflavus</i>					✓		
9	Asp Viper	<i>Vipera aspis</i>						✓	

Fish

1	Brown Trout	<i>Salmo trutta</i>		✓	✓			✓	✓
2	Common Carp	<i>Cyprinus carpio</i>					✓	✓	



Bee Beetle