

The Italian & French Alps

Naturetrek Tour Report

1 - 8 July 2009



Petrocalis pyrenaica



Botanising in Vanoise National Park



Campanula thyrsoides



Glacier clad peaks of La Grand Casse, Vanoise National Park

Report compiled by Philip Thompson

Images courtesy of Peter and Jane Simpson



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Day 1

Wednesday 1st July

The main group were met at Turin Airport where we transferred to the minibus for the journey to the hotel in Cogne where we were to spend the first three nights. The weather was beautifully sunny, as it was to remain throughout the trip apart from a few short spells of very light rain and cloud. Shortly before arriving in the village of Cretaz on the outskirts of Cogne we stopped briefly to admire a large patch of the localized *Astragalus alopecurus* on the steep roadside bank. The diversity and richness of the local flora was immediately apparent from the accompanying plants on this single bank to whet the appetites of the group botanists!

We arrived at the hotel in the early afternoon, so that after we had been assigned our respective rooms, a short walk was then taken in the valley south of the small village of Lillaz. This first walk allowed for a gentle introduction to the flora of the area in a digestible amount as the following days were to provide something of a floral overload! Among the first plants seen in the meadows were the abundant Bistort-*Persicaria bistorta*, Campanula *rhomboidalis*, *Phyteuma orbiculare*, *spicatum* and *ovatum*, Globeflower-*Trollius europaeus* and Hoary Plantain-*Plantago media*. As we entered the woodland a large patch of the distinctive thorn less Alpine Rose-*Rosa pendulina* was found beneath which the attractive yellow *Viola biflora* was growing. As we progressed through the woodland edge several notable plants were added including May Lily-*Maianthemum bifolium*, Herb Paris-*Paris quadrifolia* and Wolfsbane-*Aconitum lycoctonum*. We also encountered a couple of initially elusive Nutcrackers and a pair of Crested Tits.

Day 2

Thursday 2nd July

Our first full day in the field was spent walking north from the village of Gimillan alongside the Torrent Grauson. The warm sunny weather brought out butterflies in profusion which included several Apollo's, Swallowtail, Dark Green, Titania's, Glanville, Grison's and Pearl-bordered Fritillaries, Mountain Dappled and Black-veined Whites, Almond-eyed and Dusky Ringlets, Great Sooty Satyr, Duke of Burgundy and Green Hairstreak.

The route climbed quite steeply from the village through tall meadows to level out among rocky hillside slopes which were full of flowers. We then entered an area of light Larch and Scots Pine forest before descending to cross the Torrent.

Plants seen along the way included the large glaucous *Laserpitium siler*, *Vincetoxicum hirundinarium*, *Antennaria dioica*, *Centaurea montana* and *uniflora*, the large yellow-flowered Chamois Ragwort-*Senecio doronicum*, *Phyteuma scorzonerifolium*, the similar looking Pinks, *Dianthus sylvestris* and *gratianopolitanus*, and an abundance of Houseleeks of 4 different species. On a scree slope near the river a single plant of the Alpine endemic Large-flowered Bellflower-*Campanula alpestris* was found to be admired. On the steep slopes below the path were numerous flowering rosettes of *Saxifraga paniculata*. Birds were proving elusive but did include another pair of Crested Tits and a singing Rock Bunting that was only spotted on our return journey.

Once across the river we climbed again through attractive flowery meadows before entering some light forest where we picnicked in the shade. The slopes nearby contained our first Gentians of the trip in the form of *Gentiana verna* alongside some showy *Pulsatilla halleri*. After lunch we continued on a little further to the base of a steeper climb from which we admired the view back down the valley and across towards the glacier clad summit of Gran Paradiso itself and other nearby peaks. Flying below a nearby cliff-face were several House Martins among which were a couple of Crag Martins. We returned to cross the river by another bridge lower down and take a different route back. Several new butterfly and plant species were seen on our return to round off a wonderful day in the mountains.

Day 3

Friday 3rd July

A pre-breakfast walk was taken by some members into Cretaz and down to the fast flowing Torrent Grand Eyvia in search of Dipper. A bird was spotted soon after our arrival leaving a crack in the river embankment to rapidly fly off downstream. After watching the Serins, Black Redstarts and White Wagtails nearby the bird returned after 10 minutes or so. After a short wait the bird could then be just seen within the entrance to the nest site looking out. It then briefly emerged into the open before once more shooting off downstream.

After breakfast we travelled the short distance through Cogne to the village of Valnontey from where we set off on foot up the zigzag path on the western slopes of the valley. The path led past the fence surrounding the Botanic Gardens which showcased the local alpine flora. The abundant Martogan Lilies within had crossed over to mix with the plants outside to be photographed by many of the group. The open pinewoods through which we climbed had numerous open sunny glades containing an abundance of flowers many of which were new for the trip. Highlights were the handsome spikes of *Campanula spicata* looking at first glance not unlike Viper's Bugloss, another localised member of the Fabaceae in the form of *Astragalus exscapus*, *Pedicularis verticillata* and *rostratospicata* and Woolly Thistle-*Cirsium eriophorum*. Once more the butterflies were notable by their abundance on the warm sunny slopes with additions including both Scarce and Purple-shot Coppers and Almond-eyed Ringlet.

We climbed as high as the bridge that crossed the waterfall dropping to the valley below. Once cooled and refreshed we made our way back, only to hear another Nutcracker calling from the surrounding pines. Good views were obtained of the bird as it moved about the trees before flying off to perch prominently at the top of a distant Norway Spruce.

Once back at the vehicle we drove a short way up a dirt track to picnic by the river. The banks of the river had several patches of scrubby vegetation containing the Tamarisk relative *Myricaria germanica* and the distinctive Willowherb *Epilobium fleischeri*.

After lunch we then walked up the valley floor on a level track to explore the wet meadows and woodland. Shortly after setting off we were surprised to see a very tame Fox vixen trotting up the path carrying a bag of rubbish scavenged from the nearby campsite. She was unconcerned by our presence and was spotted a couple of times as we progressed on our walk. At the trackside the lilac flowered Alpine Clematis was seen in flower as well as Small Cow-wheat-*Melampyrum sylvaticum*. At a small wet meadow by a small house built among the rocks were numerous *Dactylorhiza alpestris*, Alpine Bartsia-*Bartsia alpina* and orange flowered *Crepis aurea*. The wet mud alongside the small streams crossing the path attracted numerous butterflies including Mountain Green-veined White, Glandon Blue and Osiris Blue. We crossed the river to return on the opposite side. We investigated a wet boggy area within the meadows that contained several new plants among which were Arnica and Tofield's Asphodel.

Day 4

Saturday 4th July

Today was spent in travelling as we transferred from Italy into France to visit the adjoining Vanoise National Park. Whilst the travelling time was nearly 4 hours the journey was broken up with several stops and we were travelling through some of the most spectacular scenery to keep everyone occupied and was therefore a very enjoyable and exciting day.

We first stopped shortly after crossing the border at the Col du Petit St. Bernard after completing the first ascent of the journey. The grassland here had abundant Alpine Clover-*Trifolium alpinum*, *Soldanella alpina*, *Gentiana bavarica* and *Viola calcarata*. Once everyone was rounded up and back on board we continued on the short distance to La Rosiere where we stopped for coffee and elevenses whilst taking in the fantastic view down into the valley. We then dropped sharply down via numerous hairpin bends before heading towards Val D'Iserre and up our second ascent to the very high Col de l'Iseran at 2764 metres. A couple of short stops were taken on the way up to let people check out the flowers at the roadsides. At the Col we stopped for a late lunch in the chilly wind whipping across the ridge. Several new plants were all around us but our attention was concentrated on food since we were due to return here later in the week for a proper exploration. We then moved on and dropped down the other side into the valley of the Arc River that our next destination of Lanslevillard stood alongside. We arrived at the hotel in good time to relax before dinner.

Day 5

Sunday 5th July

We took the short drive from Lanslevillard up onto the Col du Mont Cenis from where the Lac du Mont Cenis could be seen surrounded by the peaks of the Mont Cenis massif. We took the side road around the lake edge towards the Refuge of the same name. A short stop was taken en route to admire a bank of Spring Gentians among others. We parked at the refuge and set off towards the Col du Petit Mont Cenis. Pace was slow as we admired the plentiful flowers and puzzled over a singing Whitethroat with a regional dialect! Before we had even moved off we found several plants of Snow Gentian-*Gentiana nivalis* in front of the refuge. Moving along the track several Frog Orchids were spotted concealed in the grass and at a small rivulet that crossed the path *Primula pedemontana*, *Allium schoenoprasum* and *Pinguicula alpina*. A little further on in the shelter beneath a large boulder *Saxifraga rotundifolia* was found. Probably the highlight of the walk was when we climbed a low rocky ridge on which a profusion of the deep pink *Dianthus pavonius* grew among the deep golden yellow *Potentilla grandiflora* and nearby the cream coloured alpine endemic Yellow Soapwort-*Saponaria lutea* was mixed with *Euphrasia spp.* making for a wonderful clashing mix of colour set among the mountain scenery.

Time was running on so a short cut was taken across the meadows to meet the road back to the refuge, along the way we watched a local pastoralist with his dog round up his frisky cows.

We then drove a short way to picnic overlooking the river among an incredibly colourful array of flowers. Whilst eating a rather distant Golden Eagle was spotted soaring over the nearest peaks to serve as a nice end to lunch. We then drove on to overlook the lake once more where we again stopped to have a scout among the slopes. A large flowering population of Alpine Pasque Flower-*Pulsatilla alpinus* was found, as was a single example of Round-headed Orchid-*Traunsteineri globosa*.

An offer of coffee at a nearby café was rejected in favour of another walk on the other side of the lake on the lower slopes of Mont Cenis itself. Upon alighting from the vehicle we immediately found flowering within an area of recent snowmelt *Corydalis solida*. The walk was a steady climb during which we added the cream flowered *Pedicularis comosa* to our trip tally. Upon reaching a ridge with views of two of the historic defensive forts a small party of Alpine Chough were watched feeding on the slopes above us before the weather began to close in slightly so we returned to the vehicle to head back. A quick stop was taken on the return at a small wet flush within the pinewoods where we found some Round-leaved Wintergreen-*Pyrola rotundifolia*, Twayblade-*Neottia ovata* and Heath Spotted Orchid-*Dactylorhiza maculata*.

Day 6

Monday 6th July

Another short journey was taken towards Termignon before we turned north and started climbing up the gorge of the River Doron. This was a very spectacular and scenic journey before we eventually arrived at the car park of Bellecombe where we stopped and set off on foot towards the Plan du Lac and Refuge of that name. The weather had appeared cloudy at first but as the day went on it burnt off to culminate in another beautiful day in the mountains where everyone was struck by the clarity of air and views towards the glacier clad peaks around us. New plants were beginning to become fewer but we did add Southern Gentian-*Gentiana alpina* to the growing list of Gentianaceae. The butterflies were continuing to be a feature of the trip with new species such as Peak White, Mountain Grayling and Marsh Fritillary being added to the total. The abundant Trailing Azelea-*Loiseleuria procumbens* which was all around was eventually found still with flowers. Before lunch we checked out an area known for Ptarmigan but had no luck. We then headed for the refuge to have our picnic at the tables followed by a coffee.

An afternoon walk was then taken over towards the gorge edge and a group of small pools. On the way we found the pretty deep pink Alpine Lychnis. Upon reaching the rocks near the gorge edge we found the short-stemmed *Phyteuma globularifolium* ssp. *pedemontanum* growing among the cracks. A rest was taken as we once again enjoyed the views and mountain air before we returned to the main road and then split into two groups. One group returned on our original path while the others followed the road back. Nearing the car park the group on the road were lucky to find a few specimens of the sought after alpine speciality Edelweiss-*Leontopodium alpinum*. The rest of the group were then shuttled up in the minibus to join in the group's good fortune.

During the return journey down through the woods a stop was taken for a short walk through the woods to an attractive bridge crossing a torrent. The objective was to find a couple of new plants such as *Dactylorhiza cruenta*, *Epipactus atrorubens*, *Polygonum chamaebuxus*, *Aquilegia atrata* and *Orthillia secunda* all of which were found.

Day 7

Tuesday 7th July

A pre-breakfast walk was taken along a track leading from the village by some of the group. A Sparrowhawk being mobbed by the breeding Fieldfares was a nice start. As we approached an area of tall Meadowsweet and Hogweed vegetation our main target of Marsh Warbler could be heard just starting to break into song and a few brief unsatisfactory glimpses were obtained. A handsome male Bullfinch was added next followed by singing Garden Warbler. New plants included Large Yellow Restharrow-*Ononis natrix* and melancholy Thistle-*Cirsium helenooides*. On the return leg of the walk we managed slightly better views of another Marsh Warbler.

The main group visit for the day was the planned return to the Col du l'Iseran for some hoped for high alpine plants. The journey up was spectacular made even better when during a roadside stop an adult Golden Eagle with a dangling leg cruised by along the slopes above us very nearby to be mobbed by an angry Kestrel. Once parked at the Col it wasn't long before we connected with the numerous Snowfinches which were moving all around in small parties, some with fledged young being fed by the parents. These proved to be very tame and provided all with some excellent views. The group split up as we foraged around on the rocky terrain looking for alpine gems. Foremost was the discovery very near our parked vehicle of yet more Edelweiss! Other discoveries included *Petrocallis pyrenaica*, *Cerastium uniflorum*, *Androsace alpina*, *Gentiana orbicularis*, and *Artemisia umbelliformis*.

After a coffee we then drove down to lower levels for a delightful picnic overlooking a spectacular set of waterfalls which we enjoyed sitting among the flowers again. The added bonus here was finding *Phyteuma hemisphaericum* on a nearby rock. Once everyone had finished eating we walked over to admire the falls where we found plentiful *Gentianella campestris* and a few examples of *Thalictrum aquilegifolium*. During our return to the valley bottom a few more roadside stops were taken to allow people to obtain photos of plants missed earlier and also to finally settle in everyone's mind the difference between St Bruno's and St Bernard's Lilies!! On our return to Lanslevillard we still had some time available so we decided to head up towards the Col du Mont Cenis and explore the woodlands for more plants. The result was the finding of Bird's Nest Orchid and 4 species of Wintergreen including the trip addition of *Pyrola chlorantha* and a couple of Marsh and Crested Tits for the birders.

Day 8

Wednesday 8th July

The group said their farewells as we split into three to make our homeward journey. The only bonus for those flying home was the sight of an amazing rainbow as we passed the dam at the head of Lac du Mont Cenis and the addition of a flyby Peregrine Falcon as we travelled along the motorway to Turin. A pleasant relaxing time was then spent waiting to board the plane home to end what I hope was a very successful and enjoyable trip.

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Species Lists

Birds (c = common h = heard only)

	Common name	Scientific name	July							
			1	2	3	4	5	6	7	8
1	Grey Heron	<i>Ardea cinerea</i>	1							
2	Golden Eagle	<i>Aquila chrysaetos</i>					1		1	
3	Common Buzzard	<i>Buteo buteo</i>	2							
4	Sparrowhawk	<i>Accipiter nisus</i>						1		
5	Common Kestrel	<i>Falco tinnunculus</i>			3		2	2	3	
6	Peregrin Falcon	<i>Falco peregrinus</i>								1
7	Woodpigeon	<i>Columba palumbus</i>						3		
8	Cuckoo	<i>Cuculus canorus</i>		H						
9	Common Swift	<i>Apus apus</i>	C	C	C	C	C	C	C	C
10	Skylark	<i>Alauda arvensis</i>				H	2	2	H	
11	Crag Martin	<i>Ptyonoprogne rupestris</i>		2	2			1		
12	Barn Swallow	<i>Hirundo rustica</i>	2							4
13	House Martin	<i>Delichon urbica</i>		10	2					
14	Water Pipit	<i>Anthus spinoletta</i>				4	C	C	C	
15	Grey Wagtail	<i>Moticilla cinerea</i>			6			1	2	
16	White Wagtail	<i>Moticilla alba</i>		1	C	C	2		1	
17	Dipper	<i>Cinclus cinclus</i>			2					
18	Winter Wren	<i>Troglodytes troglodytes</i>	H	H	H					
19	Dunnock	<i>Prunella modularis</i>		H				H		
20	European Robin	<i>Erithacus rubecula</i>	H					H		
21	Black Redstart	<i>Phoenicurus ochruros</i>	1	2	4		2	4	C	
22	Northern Wheatear	<i>Oenanthe oenanthe</i>					C	10	C	
23	Whinchat	<i>Saxicola rubetra</i>		2	4		2		1	
24	Mistle Thrush	<i>Turdus viscivorus</i>			2					
25	Fieldfare	<i>Turdus pilaris</i>	3		4		1	2	1	
26	Blackbird	<i>Turdus merula</i>			2			2		
27	Garden Warbler	<i>Sylvia borin</i>			H		H	3	2	
28	Blackcap	<i>Sylvia atricapilla</i>						1		
29	Lesser Whitethroat	<i>Sylvia curruca</i>		H						
30	Common Whitethroat	<i>Sylvia communis</i>					2			
31	Marsh Warbler	<i>Acrocephalus palustris</i>						2		
32	Chiffchaff	<i>Phylloscopus collybita</i>			H	H		H	H	
33	Goldcrest	<i>Regulus regulus</i>	6							
34	Great Tit	<i>Parus major</i>						1		
35	Blue Tit	<i>Cyanistes caeruleus</i>			1			1		
36	Coal Tit	<i>Periparus ater</i>	2							
37	Crested Tit	<i>Lophophanes cristatus</i>	2	3					2	
38	Marsh Tit	<i>Poecile palustris</i>							2	
39	Long-tailed Tit	<i>Aegithalos caudatus</i>			6					
40	Red-backed Shrike	<i>Lanius collurio</i>							1	
41	Common Magpie	<i>Pica pica</i>							3	
42	Eurasian Jay	<i>Garrulus glandarius</i>		1	2	1		1		
43	Nutcracker	<i>Nucifraga caryocatactes</i>	3		1					
44	Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>						2		
45	Alpine Chough	<i>Pyrrhocorax graculus</i>				2	6	10	9	
46	Carrion Crow	<i>Corvus c corone</i>	2	5	C		C	4	2	
47	Hooded Crow	<i>Corvus c cornix</i>	6							5

	Common name	Scientific name	July							
			1	2	3	4	5	6	7	8
48	Raven	<i>Corvus corax</i>							3	
49	Common Starling	<i>Sturnus vulgaris</i>	1							
50	House Sparrow	<i>Passer domesticus</i>		6	4				1	4 C
51	Snowfinch	<i>Montifringilla nivalis</i>								20
52	Common Chaffinch	<i>Fringilla coelebs</i>	C	C	C	C			C	C
53	Common Linnet	<i>Acanthus cannabina</i>					2			2
54	Common Redpoll	<i>Carduelis flammea</i>				1				
55	European Goldfinch	<i>Carduelis carduelis</i>	1		4	4			2	
56	European Serin	<i>Serinus serinus</i>	3		3					
57	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>							1	
58	Yellowhammer	<i>Emberiza citrinella</i>		1					H	2
59	Rock Bunting	<i>Emberiza cia</i>		2						

Butterflies

Hesperiidae

Dingy Skipper

Erynnis tages

Silver-spotted Skipper

Hesperia comma

Large Skipper

Ochlodes lineolus

Lulworth Skipper

Thymelicus acteon

Small Skipper

Thymelicus sylvestris

Alpine Grizzled Skipper

Pyrgus andromedae

Grizzled Skipper

Pyrgus malvae

Papilionidae

Apollo

Parnassius apollo

Clouded Apollo

Parnassius mnemosyne

Swallowtail

Papilio machaon

Pieridae

Brimstone

Gonepteryx rhamni

Clouded Yellow

Colias crocea

Mountain Clouded Yellow

Colias phicomone

Pale Clouded Yellow

Colias hyale

Pierinae

Black-veined White

Aporia crataegi

Large White

Pieris brassicae

Mountain Green-veined White

Pieris byroniae

Green-veined White

Pieris napi

Small White

Pieris rapae

Orange Tip

Anthocharis cardamines

Mountain Dappled White

Euchloe simplonia

Peak White

Pontia callidice

Wood White

Leptidea sinapsis

Lycaenidae

Duke of Burgundy

Hamaeris lucina

Green Hairstreak

Callophrys rubi

Scarce Copper

Lycaena virgaureae

Purple-shot Copper

Lycaena alciphron

Glandon Blue

Agriades glandon

Osiris Blue

Cupido osiris

Little Blue

Cupido minimus

Large Blue	<i>Maculinea arion</i>
Mazarine Blue	<i>Cyaniris semiargus</i>
Common Blue	<i>Polyommatus icarus</i>
Escher's Blue	<i>Polyommatus escheri</i>
Adonis Blue	<i>Lysandra bellargus</i>

Nymphalidae

Painted Lady	<i>Vanessa cardui</i>
Red Admiral	<i>Vanessa atalanta</i>
Small Tortoiseshell	<i>Aglais urticae</i>
Dark green Fritillary	<i>Argynnis aglaja</i>
Mountain Fritillary	<i>Boloria napaea</i>
Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>
Titania's Fritillary	<i>Boloria titania</i>
Glanville Fritillary	<i>Melitaea cinxia</i>
Knapweed Fritillary	<i>Melitaea phoebe</i>
Spotted Fritillary	<i>Melitaea didyma</i>
False Heath Fritillary	<i>Melitaea diamina</i>
Grison's Fritillary	<i>Mellicta varia</i>
Heath Fritillary	<i>Mellicta athalia</i>
Marsh Fritillary	<i>Euphydryas aurinia</i>

Satyrinae

Large Wall Brown	<i>Lasiommata maera</i>
Blind Ringlet	<i>Erebia pharte</i>
Almond-eyed Ringlet	<i>Erebia alberganus</i>
De Prunner's Ringlet	<i>Erebia triaria</i>
Dewy Ringlet	<i>Erebia pandrose</i>
Mnestra's Ringlet	<i>Erebia mnestra</i>
Silky Ringlet	<i>Erebia gorge</i>
Marbled White	<i>Melanargia galathea</i>
Alpine Grayling	<i>Oeneis glacialis</i>
Great Sooty Satyr	<i>Satyrus ferula</i>
Meadow Brown	<i>Maniola jurtina</i>
Alpine Heath	<i>Coenonympha gardetta</i>
Small Heath	<i>Coenonympha pamphilis</i>

Mammals

Red Fox	Alpine Marmot	Chamois
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Plants

Scientific name	Common name	Location
PTERIDOPHYTES		
FERNS & ALLIES		
Equisetaceae		
<i>Equisetum palustre</i>	Horestail Family	Marsh Horsetail
Dryopteridaceae		
<i>Polystichum aculeatum</i>	Buckler-fern Family	Hard Shield-fern
<i>Polystichum lonchitis</i>		Holly-fern
Ophioglossaceae		
<i>Botrychium lunaria</i>	Adder's-tongue Family	Moonwort

Scientific name	Common name	Location
Polypodiaceae <i>Polypodium vulgare</i>	Polypody Family Common Polypody	
Woodsiaceae <i>Athyrium distentifolium</i>	Lady-fern Family Alpine Lady-fern	
PINOPSIDA (GYMNOSPERMS)	CONIFERS	
Cupressaceae <i>Juniperus communis</i> subsp. <i>communis</i> <i>Juniperus communis</i> subsp. <i>nana</i> (<i>alpina</i>) <i>Juniperus sabina</i>	Juniper Family Common Juniper Dwarf Juniper Savin	
Pinaceae <i>Abies alba</i> <i>Larix decidua</i> <i>Picea abies</i> subsp. <i>abies</i> <i>Pinus mugo</i> <i>Pinus sylvestris</i> <i>Pinus uncinata</i>	Pine Family European Silver Fir European Larch Spruce Dwarf Mountain Pine Scot's Pine Mountain Pine	
MAGNOLIOPSIDA (ANGIOSPERMS)	FLOWERING PLANTS	
	Magnoliidae (Dicotyledons)	
Apiaceae (Umbelliferae) <i>Anthriscus sylvestris</i> <i>Astrantia major</i> <i>Astrantia minor</i> <i>Athamanta cretensis</i> <i>Bupleurum ranunculooides</i> <i>Bupleurum stellatum</i> <i>Chaerophyllum hirsutum</i> <i>Daucus carota</i> <i>Heracleum sphondylium</i> <i>Laserpitium latifolium</i> <i>Laserpitium siler</i> <i>Ligusticum mutellina</i> <i>Ligusticum mutellinoides</i> <i>Meum athamanticum</i> <i>Peucedanum ostruthium</i> <i>Pimpinella major</i> <i>Pleurospermum austriacum</i>	Carrot Family Cow Parsley Masterwort Lesser Masterwort Athamanta Three-veined Hare's-ear Hairy Chervil Wild Carrot Hogweed Broad-leaved Sermountain Narrow-leaved Sermountain Alpine Lovage Unbranched Lovage Masterwort Greater Burnet-saxifrage Pleurospermum	
Asclepiadaceae <i>Vincetoxicum hirundinaria</i>	Milkweed Family Swallow-wort	
Asteraceae (Compositae) <i>Achillea erba-rotta</i> agg <i>Achillea macrophylla</i> <i>Achillea millefolium</i> <i>Adenostyles alliariae</i> <i>Antennaria carpatica</i> <i>Antennaria dioica</i>	Daisy Family Simple-leaved Milfoil Yarrow Adenostyles Cat's-foot	

Scientific name	Common name	Location
<i>Arnica montana</i>	Arnica	
<i>Artemesia absinthium</i>		
<i>Artemesia umbelliformis</i>		Col de L'Iseran
<i>Artemisia glacialis</i>	Glacier Wormwood	
<i>Aster alpinus</i>	Alpine Aster	
<i>Aster bellidastrum</i>	False Aster	
<i>Carduus nutans</i>	Musk Thistle	
<i>Carduus defloratus</i>	Alpine Thistle	
<i>Carduus personnata</i>	Great Marsh Thistle	
<i>Carduus tenuiflorus</i>		
<i>Carlina acaulis</i>		
<i>Cicerbita alpina</i>	Alpine Sow-thistle	
<i>Cirsium eriophorum</i>	Woolly Thistle	
<i>Cirsium helenoides</i>		
<i>Cirsium palustre</i>	Marsh Thistle	
<i>Cirsium spinosissimum</i>	Spiniest Thistle	
<i>Centaurea scabiosa</i>		
<i>Centaurea montana</i>	Perennial Cornflower	
<i>Centaurea uniflora</i>	Plume Knapweed	
<i>Crepis aurea</i>	Golden Hawk's-beard	
<i>Doronicum grandiflorum</i>	Large-flowered Leopard's-bane	
<i>Erigeron acer</i>	Blue Fleabane	
<i>Erigeron uniflorus</i>	One-flowered Fleabane	
<i>Gnaphalium luteoalbum</i>	Jersey Cudweed	
<i>Gnaphalium norvegicum</i>	Highland Cudweed	
<i>Hieracium alpinum agg</i>	Alpine Hawkweed	
<i>Hieracium tomentosum (lanatum)</i>	Woolly Hawkweed	
<i>Hieracium pilosella</i>		
<i>Hieracum villosum</i>		
<i>Homogyne alpina</i>		
<i>Lactuca perennis</i>	Blue Lettuce	
<i>Leontopodium alpinum</i>	Edelweiss	Bellecombe & Col de L'Iseran
<i>Leucanthemopsis alpina</i>	Alpine Moon Daisy	
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	
<i>Petasites alba</i>	White Butterbur	
<i>Prenanthes purpurea</i>		
<i>Senecio doronicum</i>	Chamois Ragwort	
<i>Senecio incanus</i>		
<i>Taraxacum agg</i>	Dandelion	
<i>Tragopogon crocifolius</i>		
<i>Tragopogon pratensis</i>	Goat's-beard	
<i>Tussilago farfara</i>	Colt's-foot	
Berberidaceae	Barberry Family	
<i>Berberis vulgaris</i>	Barberry	
Betulaceae	Birch Family	
<i>Alnus viridis</i>	Green Alder	
Boraginaceae	Forget-me-not Family	
<i>Cerinthe minor</i>	Lesser Honeywort	
<i>Echium vulgare</i>	Viper's-bugloss	
<i>Myosotis sylvatica</i>	Wood Forget-me-not	

Scientific name	Common name	Location
<i>Myosotis alpestris</i>	Alpine Wood Forget-me-not	
<i>Pulmonaria montana</i>	Mountain Lungwort	
Brassicaceae (Cruciferae)	Cabbage Family	
<i>Allyssoides utriculata</i>	Alyssoides	
<i>Arabis hirsuta</i>	Hairy Rock-cress	
<i>Biscutella brevicaulis</i> (<i>B.laevigata</i> subsp. <i>b</i>)	a Buckler Mustard	
<i>Coincya richeri</i>	Coincya	
<i>Descurainia sophia</i>	Flixweed	
<i>Draba aizoides</i>	Yellow Whitlow-grass	
<i>Erysimum jugicola</i>		
<i>Erysimum rhaeticum</i>		
<i>Petrocaulis pyrenaica</i>	Pyrenean Whitlow-grass	
Campanulaceae	Bellflower Family	
<i>Campanula alpestris</i>	Large-flowered Bellflower	nr Gimillian
<i>Campanula barbata</i>	Bearded Bellflower	
<i>Campanula cochlearifolia</i>	Fairy's Thimble	
<i>Campanula glomerata</i>	Clustered Bellflower	
<i>Campanula rapunculoides</i>	Creeping Bellflower	
<i>Campanula rhomboidalis</i>		
<i>Campanula rotundifolia</i>	Harebell	
<i>Campanula scheuchzeri</i>		
<i>Campanula spicata</i>	Spiked Bellflower	
<i>Campanula thyrsoides</i>	Yellow Bellflower	
<i>Campanula trachelium</i>	Nettle-leaved Bellflower	
<i>P.globularifolium</i> subsp. <i>pedemontanum</i>	a Rampion	
<i>Phyteuma hemispermicum</i>	Globe-headed Rampion	
<i>Phyteuma orbiculare</i>	Round-headed Rampion	
<i>Phyteuma ovatum</i>	Dark Rampion	
<i>Phyteuma scorzonerifolium</i>	Scorzonera-leaved Rampion	
<i>Phyteuma spicatum</i>	Spiked Rampion	
Caprifoliaceae	Honeysuckle Family	
<i>Lonicera alpigena</i>	Alpine Honeysuckle	
<i>Lonicera caerulea</i>	Blue-berried Honeysuckle	
<i>Lonicera nigra</i>		
<i>Lonicera xylosteum</i>	Fly Honeysuckle	
<i>Sambucus racemosa</i>	Red-berried Elderberry	
Caryophyllaceae	Pink Family	
<i>Cerastium alpinum</i>	Alpine Mouse-ear	
<i>Cerastium arvense</i>	Field Mouse-ear	
<i>Cerastium uniflorum</i>		
<i>Dianthus carthusianorum</i> agg	Carthusian Pink	
<i>Dianthus gratianopolitanus</i>	Cheddar Pink	
<i>Dianthus pavonius</i>	Three-veined Pink	
<i>Dianthus sylvestris</i>	Wood Pink	
<i>Gypsophila repens</i>	Alpine Gypsophila	
<i>Lychnis alpina</i>	Alpine Lychnis	
<i>Minuartia sedoides</i>	Mossy Cyphel	
<i>Minuartia recurva</i>	Sickle-leaved Sandwort	
<i>Minuartia verna</i> subsp. <i>verna</i>	Spring Sandwort	

Scientific name	Common name	Location
<i>Sagina glabra</i>		
<i>Saponaria lutea</i>	Yellow Soapwort	
<i>Saponaria ocymoides</i>	Rock Soapwort	
<i>Silene acaulis</i>	Moss Campion	
<i>Silene dioica</i>	Red Campion	
<i>Silene exscapa</i>	a Moss Campion	
<i>Silene nutans</i>	Nottingham Catchfly	
<i>Silene otites</i>	Spanish Catchfly	
<i>Silene vallesia</i>	Valleis Catchfly	
<i>Silene vulgaris subsp. vulgaris</i>	Bladder Campion	
<i>Spergularia rubra</i>		
<i>Stellaria nemorum</i>		
Chenopodiaceae	Goosefoot Family	
<i>Chenopodium bonus-henricus</i>	Good King Henry	
Cistaceae	Rock-rose Family	
<i>Helianthemum nummularium</i>	Rock-rose	
<i>Helianthemum oelandicum subsp. canum</i>	Hoary Rock-rose	
Clusiaceae	St. John's-wort Family	
<i>Hypericum perforatum</i>	Perforate St. John's-wort	
Convolvulaceae	Bindweed Family	
<i>Cuscuta epithymum</i>	Dodder	
Crassulaceae	Stonecrop Family	
<i>Rhodiola rosea</i>	Roseroot	
<i>Sedum acre</i>	Biting Stonecrop	
<i>Sedum album</i>	White Stonecrop	
<i>Sedum alpestre</i>		
<i>Sedum annuum</i>		
<i>Sedum atratum agg</i>	Dark Stonecrop	
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	
<i>Sedum telephium agg</i>	Orpine	
<i>Sedum rupestre</i>	Rock Stonecrop	
<i>Sempervivum arachnoidium</i>	Cobweb Houseleek	
<i>Sempervivum grandiflorum</i>	Large-flowered Houseleek	
<i>Sempervivum montanum</i>	Mountain Houseleek	
<i>Sempervivum tectorum</i>	Common Houseleek	
Dipsacaceae	Teasel Family	
<i>Knautia arvensis</i>	Field Scabious	
<i>Knautia dipsacifolia</i>	Wood Scabious	
<i>Scabiosa columbaria</i>	Small Scabious	
Euphorbiaceae	Spurge Family	
<i>Euphorbia cyparissias</i>	Cypress Spurge	
<i>Euphorbia seguieriana</i>		
Ericaceae	Heather Family	
<i>Loiseleuria procumbens</i>	Creeping Azalea	
<i>Rhododendron ferrugineum</i>	Alpenrose	

Scientific name	Common name	Location
<i>Vaccinium gaultheroides</i> <i>Vaccinium vitis-idaea</i>	Cowberry	
Fabaceae (Leguminosae)	Pea Family	
<i>Anthyllis vulneraria agg</i>	Kidney Vetch	
<i>Astragalus alpinus</i>	Alpine Milk-vetch	
<i>Astragalus australis</i>	Southern Milk-vetch	
<i>Astragalus centralpinus (alopecurus)</i>	a Milk-vetch	
<i>Astragalus danicus</i>	Purple Milk-vetch	
<i>Astragalus exscapus</i>		
<i>Astragalus frigidus</i>	Pallid Milk-vetch	
<i>Astragalus leontinus</i>	Tyrolean Milk-vetch	
<i>Astragalus monspessulanus</i>	False Vetch	
<i>Astragalus onobrychis</i>		
<i>Astragalus penduliflorus</i>	Mountain Lentil	
<i>Astragalus sempervirens</i>	Mountain Tragacanth	
<i>Colutea arborescens</i>	Bladder Senna	
<i>Hippocrepis comosa</i>	Horseshoe Vetch	
<i>Lathyrus pratensis</i>	Meadow Vetchling	
<i>Lathyrus latifolius</i>	Broad-leaved Everlasting Pea	
<i>Lotus alpinus</i>	Alpine Bird's-foot Trefoil	
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	
<i>Lotus maritimus (Tetragonolobus maritimus)</i>	Dragon's Teeth	
<i>Lotus pedunculatus</i>	Greater Bird's-foot Trefoil	
<i>Medicago sativa</i>	Lucerne	
<i>Melilotus alba</i>		
<i>Melilotus officinalis</i>		
<i>Onobrychis montana</i>	Mountain Sainfoin	
<i>Onobrychis viciifolia</i>	Common Sainfoin	
<i>Ononis natrix</i>	Large Yellow Restharrow	
<i>Oxytropis campestris</i>	Yellow Milk-vetch	
<i>Oxytropis gaudinii (helvetica)</i>	Gaudin's Milk-vetch	
<i>Trifolium alpinum</i>	Alpine Clover	
<i>Trifolium badium</i>	Brown Clover	
<i>Trifolium medium</i>	Zig-zag Clover	
<i>Trifolium montanum</i>	Mountain Clover	
<i>Trifolium pratense subsp. pratense</i>	Red Clover	
<i>Trifolium repens</i>	White Clover	
<i>Vicia cracca</i>	Tufted Vetch	
<i>Vicia onobrychoides</i>	False Sainfoin	
<i>Vicia sepium</i>	Bush Vetch	
Fumariaceae	Fumitory Family	
<i>Corydalis solida</i>		
Gentianaceae	Gentian Family	
<i>Gentiana acaulis</i>	Trumpet Gentian	
<i>Gentiana alpina</i>	Southern Gentian	
<i>Gentiana bavarica</i>		
<i>Gentiana brachyphylla</i>	Short-leaved Gentian	
<i>Gentiana clusii</i>	Clusius's Gentian	
<i>Gentiana lutea</i>	Yellow Gentian	
<i>Gentiana nivalis</i>	Snow Gentian	

Scientific name	Common name	Location
<i>Gentiana orbicularis</i>		
<i>Gentiana punctata</i>	Spotted Gentian	
<i>Gentiana verna subsp. delpinensis</i>	a Short-leaved Gentian	
<i>Gentiana verna subsp. verna</i>	Spring Gentian	
<i>Gentianella campestris</i>	Field Gentian	
Geraniaceae	Crane's-bill Family	
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	
<i>Geranium robertianum</i>	Herb Robert	
<i>Geranium sanguineum</i>	Bloody Crane's-bill	
<i>Geranium sylvaticum</i>	Wood Crane's-bill	
<i>Geranium rivulare</i>	a Wood Crane's-bill	
Globulariaceae	Globularia Family	
<i>Globularia cordifolia</i>	Matted Globularia	
Grossulariaceae	Gooseberry Family	
<i>Ribes uva-crispa</i>	Wild Gooseberry	
Lamiaceae (Labiatae)	Deadnettle Family	
<i>Acinos alpinus</i>	Alpine Calamint	
<i>Ajuga pyramidalis</i>	Pyramidal Bugle	
<i>Ajuga reptans</i>	Bugle	
<i>Clinopodium acinos (A.arvensis)</i>	Basil Thyme	
<i>Clinopodium vulgare</i>	Wild Basil	
<i>Nepeta nepetella</i>		
<i>Prunella grandiflora</i>	Large-flowered Self-heal	
<i>Prunella vulgaris</i>	Self-heal	
<i>Salvia pratensis</i>	Meadow Clary	
<i>Scutellaria alpina</i>	Alpine Skullcap	
<i>Stachys officinalis</i>	Betony	
<i>Stachys recta</i>	Yellow Woundwort	
<i>Teucrium montanum</i>	Mountain Germander	
<i>Thymus polytrichus</i>	Hairy Thyme	
<i>Thymus pulegioides</i>	Greater Thyme	
<i>Thymus serpyllum</i>	Wild Thyme	
Lentabulariaceae	Bladderwort Family	
<i>Pinguicula alpina</i>	Alpine Butterwort	
<i>Pinguicula vulgaris</i>	Common Butterwort	
Linaceae	Flax Family	
<i>Linum alpinum</i>	Alpine flax	
<i>Linum catharticum</i>	Purging or Fairy Flax	
Onagraceae	Willowherb Family	
<i>Epilobium angustifolium</i>	Rosebay Willowherb	
<i>Epilobium fleischeri</i>	Alpine Willowherb	
<i>Epilobium montanum</i>	Mountain Willowherb	
Orobanchaceae	Broomrape Family	
<i>Orobanche alba</i>	Thyme Broomrape	

Scientific name	Common name	Location
Oxalidaceae <i>Oxalis acetosella</i>	Wood-sorrel Family Wood-sorrel	
Papaveraceae <i>Papaver dubium</i>	Poppy Family Long-headed Poppy	
Parnassiaceae <i>Parnassia palustris</i>	Grass of Parnassus Family Grass of Parnassus	
Plantaginaceae <i>Plantago alpina</i> <i>Plantago lanceolata</i> <i>Plantago maritima</i> <i>Plantago media</i>	Plantain Family Ribwort Plantain Hoary Plantain	
Plumbaginaceae <i>Armeria arenaria</i> <i>Armeria maritima subsp. alpina</i>	Thrift Family Mountain Thrift	
Polygalaceae <i>Polygala alpina</i> <i>Polygala alpestris</i> <i>Polygala chamaebuxus</i> <i>Polygala comosa</i>	Milkwort Family Alpine Milkwort Mountain Milkwort Shrubby Milkwort Tufted Milkwort	
Polygonaceae <i>Oxyria digyna</i> <i>Persicaria bistorta</i> <i>Persicaria viviparum</i> <i>Rumex acetosa</i> <i>Rumex alpinus</i> <i>Rumex scutatus</i>	Knotweed Family Mountain Sorrel Bistort Alpine Bistort Sorrel Monk's Rhubarb French Sorrel	
Primulaceae <i>Androsace adfinis subsp. puberula</i> <i>Androsace alpina</i> <i>Androsace obtusifolia</i> <i>Androsace vitaliana subsp. vitaliana</i> <i>Primula farinosa</i> <i>Primula pedemontana</i> <i>Primula veris</i> <i>Soldanella alpina</i>	Primrose Family Pink Rock-jasmine Blunt-leaved Rock-jasmine Vitaliana Bird's-eye Primrose Cowslip Alpine Snowbell	
Pyrolaceae <i>Moneses uniflora</i> <i>Orthillia secunda</i> <i>Pyrola chlorantha</i> <i>Pyrola rotundifolia</i>	Wintergreen Family One-flowered Wintergreen Nodding Wintergreen Pale Green Wintergreen Round-leaved Wintergreen	
Ranunculaceae <i>Aconitum lycoctonum subsp. vulparia</i> <i>Anemone baldensis</i> <i>Aquilegia atrata</i>	Buttercup Family Wolf's-bane Monte Baldo Anemone Dark Columbine	

Scientific name	Common name	Location
<i>Aquilegia vulgaris</i>	Common Columbine	
<i>Callianthemum coriandrifolium</i>	Callianthemum	
<i>Caltha palustris</i>	Marsh Marigold	
<i>Clematis alpina</i>	Alpine Clematis	
<i>Clematis vitalba</i>	Old Man's Beard	
<i>Pulsatilla alpina</i> subsp. <i>alpina</i>	Alpine Pasque Flower	
<i>Pulsatilla halleri</i>		
<i>Pulsatilla vernalis</i>	Spring Pasque Flower	
<i>Ranunculus aconitifolius</i>	Aconite-leaved Buttercup	
<i>Ranunculus acris</i>	Meadow Buttercup	
<i>Ranunculus glacialis</i>	Glacier Crowfoot	
<i>Ranunculus grenieranus</i>	Grenier's Buttercup	
<i>Ranunculus nemorosus</i>	Wood Buttercup	
<i>Ranunculus kuepferi</i> (<i>pyrenaeus</i>)	Pyrenean Buttercup	
<i>Thalictrum aquilegifolium</i>	Great Meadow-rue	
<i>Thalictrum foetidum</i>		
<i>Thalictrum minus</i>	Lesser Meadow-rue	
<i>Trollius europaeus</i>	Globeflower	
Resedaceae	Mignonette Family	
<i>Reseda lutea</i>	Mignonette	
Rhamnaceae	Buckthorn Family	
<i>Rhamnus pumila</i>	Dwarf Buckthorn	
Rosaceae	Rose Family	
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	
<i>Alchemilla hybrida</i>		
<i>Alchemilla pentaphylla</i>	Cut-leaved Lady's-mantle	
<i>Aruncus dioicus</i>	Goat's-beard Spirea	
<i>Cotoneaster integerrimus</i>	Wild Cotoneaster	
<i>Crataegus monogyna</i>	Hawthorn	
<i>Dryas octopetala</i>	Mountain Avens	
<i>Filipendula ulmaria</i>	Meadowsweet	
<i>Fragaria vesca</i>	Wild Strawberry	
<i>Geum montanum</i>	Mountain Avens	
<i>Geum rivale</i>	Water Avens	
<i>Potentilla aurea</i>	Golden Cinquefoil	
<i>Potentilla argentea</i>	Hoary Cinquefoil	
<i>Potentilla crantzii</i>	Alpine Cinquefoil	
<i>Potentilla erecta</i>	Tormentil	
<i>Potentilla grandiflora</i>	Large-flowered Cinquefoil	
<i>Potentilla reptans</i>	Creeping Cinquefoil	
<i>Rosa pendulina</i>	Alpine Rose	
<i>Rosa pimpinellifolia</i>	Burnet Rose	
<i>Rubus fruticosus</i> agg.	Bramble	
<i>Rubus idaeus</i>	Raspberry	
<i>Sanguisorba minor</i>	Salad Burnet	
<i>Sibbaldia procumbens</i>	Sibbaldia	
<i>Sorbus aucuparia</i>	Rowan	

Scientific name	Common name	Location
Rubiaceae	Bedstraw Family	
<i>Asperula aristata</i>	a Squinancywort	
<i>Galium verum</i>	Ladies Bedstraw	
Salicaceae	Willow Family	
<i>Populus tremula</i>	Aspen	
<i>Salix herbacea</i>		
<i>Salix reticulata</i>	Net-leaved	
<i>Salix retusa</i>	Retuse-leaved Willow	
<i>Salix serpyllifolia</i>	a Willow	
Santalaceae	Sandalwood Family	
<i>Thesium alpinum</i>	Alpine Bastard Toadflax	
<i>Thesium pyrenaicum</i>		
Saxifragaceae	Saxifrage Family	
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	
<i>Saxifraga androsacea</i>	Scree Saxifrage	
<i>Saxifraga aspera</i>		
<i>Saxifraga bryoides</i>	Rough Saxifrage	
<i>Saxifraga cuneifolia</i>	Lesser London-pride	
<i>Saxifraga exarata subsp. moschata</i>	White Musky Saxifrage	
<i>Saxifraga oppositifolia</i>	Purple Saxifrage	
<i>Saxifraga paniculata</i>	Live-long Saxifrage	
<i>Saxifraga retusa</i>		
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	
Scrophulariaceae	Figwort Family	
<i>Bartsia alpina</i>	Alpine Bartsia	
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	
<i>Digitalis ambigua (grandiflora)</i>	Large Yellow Foxglove	
<i>Digitalis lutea</i>	Small Yellow Foxglove	
<i>Linaria alpina</i>	Alpine Toadflax	
<i>Linaria angustissima</i>		
<i>Linaria repens</i>	Striped Toadflax	
<i>Linaria vulgaris</i>	Common Toadflax	
<i>Melampyrum nemorosum</i>		
<i>Melampyrum pratense</i>	Common Cow-wheat	
<i>Melampyrum sylvaticum</i>	Wood Cow-wheat	
<i>Pedicularis cenisia</i>	Mt. Cenis Lousewort	
<i>Pedicularis comosa</i>	Crested Lousewort	
<i>Pedicularis rosea</i>	Pink Lousewort	
<i>Pedicularis rostratospicata</i>		
<i>Pedicularis verticillata</i>	Verticillate Lousewort	
<i>Rhinanthus alectorolophus</i>	Great Yellow Rattle	
<i>Rhinanthus minor</i>	Hay Rattle	
<i>Verbascum nigrum</i>	Dark Mullein	
<i>Verbascum pulverulentum</i>	Hoary Mullein	
<i>Verbascum thapsus</i>	Aaron's Rod	
<i>Veronica alpina</i>	Alpine Speedwell	
<i>Veronica aphylla</i>	Leafless-stemmed Speedwell	
<i>Veronica bellidioides</i>	Violet Speedwell	
<i>Veronica chamaedrys</i>	Germander Speedwell	

Scientific name	Common name	Location
<i>Veronica frutiucans</i>	Rock Speedwell	
<i>Veronica officinalis</i>	Heath Speedwell	
Tamaricaceae	Tamarisk Family	
<i>Myricaria germanica</i>	Myricaria	
Thymelaeaceae	Daphne Family	
<i>Daphne alpina</i>		
<i>Daphne laureola</i>	Spurge Laurel	
<i>Daphne striata</i>	a Daphne	
Valerianaceae	Valerian Family	
<i>Valeriana montana</i>	Mountain Valerian	
<i>Valeriana officinalis</i>	Common Valerian	
<i>Valeriana tripteris</i>	Three-leaved Valerian	
Violaceae	Violet Family	
<i>Viola biflora</i>	Yellow Violet	
<i>Viola calcarata subsp. calcarata</i>	Long-spurred Pansy	
<i>Viola canina</i>	Heath Dog Violet	
<i>Viola tricolor subsp. tricolor</i>	Heartsease	
Liliidae (Monocotyledons)		
Iridaceae	Iris Family	
<i>Crocus albiflorus</i>	White-flowered Crocus	
Juncaceae	Rush Family	
<i>Luzula lutea</i>		
<i>Luzula nivea</i>	Snowy Wood-rush	
Juncaginaceae	Arrow-grass Family	
<i>Triglochin palustre</i>	Marsh Arrow-grass	
Liliaceae	Lily Family	
<i>Allium schoenoprasum</i>	Chives	
<i>Allium sphaerocephalon</i>	Round-headed Leek	
<i>Anthericum liliago</i>	St. Bernard's Lily	
<i>Asphodelus albus</i>		
<i>Colchicum autumnale</i>	Autumn Crocus	
<i>Gagea fragifera</i>		
<i>Lillium martagon</i>	Martagon Lily	
<i>Lloydia serotina</i>	Snowdon Lily	
<i>Maianthemum bifolium</i>	May Lily	
<i>Ornithogalum angustifolium</i>	Common Star of Bethlehem	
<i>Paradisea liliastrum</i>	St. Bruno's Lily	
<i>Paris quadrifolia</i>	Herb Paris	
<i>Polygonatum odoratum</i>	Angular Solomon's-seal	
<i>Tofieldia calyculata</i>	Tofield's Asphodel	
<i>Veratrum album</i>	False White Helleborine	
Orchidaceae	Orchid Family	
<i>Coeloglossum viride</i>	Frog Orchid	

Scientific name	Common name	Location
<i>Dactylorhiza alpestris</i>	Broad-leaved Marsh Orchid	
<i>Dactylorhiza cruenta</i>	Flecked Marsh Orchid	below Col du Mont Cenis
<i>Dactylorhiza fuchsii</i>	Common Spotted-orchid	
<i>Dactylorhiza maculata</i>	Heath Spotted Orchid	
<i>Dactylorhiza majalis</i>	Broad-leaved Marsh Orchid	
<i>Epipactis atrorubens</i>	Dark Red Helleborine	below Col du Mont Cenis
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	
<i>Gymnadenia conopsea</i> agg.	Fragrant Orchid	
<i>Gymnadenia (Nigritella) rhellicani</i>	Black Vanilla Orchid	
<i>Gymnadenia (Nigritella) cenisia</i>	Red Vanilla Orchid	
<i>Neottia nidus-avis</i>	Bird's-nest Orchid	
<i>Neottia (Listera) ovata</i>	Twayblade	
<i>Orchis mascula</i>	Early Purple Orchid	
<i>Orchis militaris</i>	Military Orchid	
<i>Traunsteinera globosa</i>	Round-headed Orchid	Mont Cenis

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