

Norway – Alpine Flowers of the Gol Plateau

Naturetrek Tour Report

2 - 9 July 2016



Alpine Bartsia



Large Skipper



Round-leaved Wintergreen in bud



Twinflower

Report and images by Jessica Turner



Naturetrek

Mingledown Barn

Wolf's Lane

Chawton

Alton

Hampshire

GU34 3HJ

UK

T: +44 (0)1962 733051

E: info@naturetrek.co.uk

W: www.naturetrek.co.uk

Tour Participants: Jessica Turner (leader) with seven Naturetrek clients

Tour Summary

The Gol Plateau of west-central Norway has a restricted but delightful flora and fauna. We explored a variety of habitats: flower-filled meadows, open woodland, moor, arctic heath and bog, plus the rocky slopes of Skogshorn. The predominant colours of the landscape were soft greens, greys and blues, with abundant lichens adding extra interest. Venturing further afield, we sampled 'Norway in a Nutshell', the fascinating Flåm railway and Borgund stave-church, near where we saw fine specimens of Pyramidal Saxifrage clinging to rock faces, with sprays of white flowers. Cranes were regularly feeding in the field by the hotel, and there were many signs of Elk in the area. Siberian Jays and a magnificent Scarce Copper butterfly were other highlights. Excellent hospitality, delicious food, good weather and great company all added up to an extremely enjoyable week.

Day 1

Saturday 2nd July

Fly Heathrow to Oslo – Transfer to Kamben

Three group members met Jessica at Heathrow Terminal 5 for the British Airways flight BA762 to Oslo Gardermoen. On our arrival in Norway, we soon completed immigration formalities and collected our luggage before meeting Martin, the co-proprietor of our hotel, who was also our driver. We quickly loaded our luggage into the vehicle and made our way out of the airport and onto the E16, the main Bergen road. Along the way we enjoyed the colourful patches of Large-leaved Lupin (*Lupinus polyphyllus*). We also noted Hooded Crow, Magpie, Swallow and Herring Gulls. Our route took us north-west from the capital and through some heavy showers, passing through Jevnaker, the outskirts of Hønefoss and along the east side of the beautiful Sperillen fjord.

After a little more than an hour, we made a stop for a snack just outside Nes i Ådal. A short wander outside showed us Hoary Cinquefoil (*Potentilla argentea*), Cowberry (*Vaccinium vitis-idaea*) and the creative use of old horse-shoes! We continued our journey on to Aurdal, where we turned south-west through Mønin and up towards the Gol Plateau, and on up to Golsfjellet and the Kamben Høyfjellshotell, our base for the week. Many of the verges were bright with Wood Crane's-bill (*Geranium sylvaticum*) and Northern Wolf's-bane (*Aconitum septentrionale*). Upon our arrival at our hotel, we were met and made welcome by Elin the co-proprietor, and met up with the two couples who had travelled independently.

After we had settled into our rooms, we met in the lounge, where we enjoyed the glorious views and a group of 13 Cranes feeding in the field below, and Jessica outlined plans for the week. We then had a delicious dinner, and some took a brief stroll before retiring for some welcome rest.

Day 2

Sunday 3rd July

Hallingen - Skutuset - Brautemo

Our first full day of the tour was spent exploring the boreal forests of the Gol Plateau. Leaving the hotel at 9am, we were driven by Martin the short distance down the track towards Hallingen, where he dropped us at the beginning of the path leading to the settlement of Skutuset. We started by looking at the delicate Chickweed Wintergreen (*Trientalis europaea*), Small Cow-wheat (*Melampyrum sylvaticum*), and two of the Willows common in the area, Downy and Mountain (*Salix lapponica* and *S. arbuscula*). A little further on we added One-flowered

Wintergreen (*Moneses uniflora*), Nodding Wintergreen (*Orthillia secunda*), Oak Fern (*Gymnocarpium dryopteris*) and two good stands of Lesser Twayblade (*Neottia cordata*). In an open bog we recorded Cranberry (*Vaccinium oxycoccos*) (thought at the time to be the very similar Small Cranberry), the remains of Bog Rosemary (*Andromeda polifolia*), Marsh Lousewort (*Pedicularis palustris*), and Cloudberry (*Rubus chamaemorus*). Small White, Idas Blue and Small Pearl-bordered Fritillary butterflies were noted.

We continued along the path, looking for blue markers, through the understorey of Bilberry (*Vaccinium myrtillus*), Bog Bilberry (*V. uliginosum*), Bearberry (*V. uva-ursi*), Cowberry (*V. vitis-idaea*) and occasional Crowberry (*Empetrum nigrum*), noting the differences and similarities between them. In a more open area, we found a beautiful bank of Heartsease (*Viola tricolor* agg.) with mainly purple flowers, many more Small Pearl-bordered Fritillaries, and the moorland-dwelling Heath Fragrant Orchid (*Gymnadenia borealis*). In another wet area, we found Hairy Stonecrop (*Sedum villosum*), Large Bitter-cress (*Cardamine amara*) and Starry Saxifrage (*Saxifraga stellata*). We had our picnic on a rise, overlooking the mountains but also the gathering clouds, which gave a few showers.

The path came out onto a minor road at the small hamlet of Skutuset. The roadside wood yielded the white-flowered buttercup *Ranunculus platanifolius*, which we admired at a distance. From Skutuset we turned south, finding a sudden burst of bird activity, with Fieldfare, Siskin and Greenfinch around us. The path led towards the village of Brautemo, passing through more boreal forest littered with lichen-covered rocky outcrops interspersed with more wet flushes, mires and streams. Here, we found a nice patch of Twinflower (*Linnaea borealis*), and had good views of a family of Siberian Jays. Amongst the amazing range of lichens, Star Reindeer Lichen (*Cladonia stellaris*) looked like masses of pale grey cauliflower heads; Red Elf-cup (*Cladonia coccifera*) bore scarlet fruiting bodies; and *Bryoria fuscescens* looked like tufts of Elk hair caught on twigs. Near the road, we added Northern Bedstraw (*Galium boreale*), and heard Willow Warbler. Martin soon arrived to collect us, and return us to the hotel, where we had some time to relax before another excellent dinner and completing our lists for a fascinating first full day.

Day 3

Monday 4th July

Solseter to Gol

Today dawned fine. After another delicious breakfast, and with picnics made, Martin dropped us off at the little settlement of Solseter, half way between our hotel and Gol. Here we took the path, which crosses the road in several places, down to the town of Gol. The early part of the route was through more semi-open, wet forest. Here we found plenty of Twinflower (*Linnaea borealis*), some looking particularly fine on a lichen-covered boulder. We also found Aspen (*Populus tremula*), Common Cow-wheat (*Melampyrum pratense*), the leaves of Marsh Cinquefoil (*Comarum palustris*) and some good stands of Common Spotted Orchids (*Dactylorhiza fuchsii*). We emerged into an open area where tree-felling had taken place, leaving a few standing Scots Pine (*Pinus sylvestris*). Here we noted the delicate heads of Wavy Hair-grass (*Deschampsia flexuosa*) and Rock Catchfly (*Silene rupestris*), and enjoyed the sun-warmed fruits of Wild Strawberry (*Fragaria vesca*)! As we moved lower, the habitat changed to a series of meadows and track verges with species such as Caraway (*Carum carvi*), Meadowsweet (*Filipendula ulmaria*), Meadow Vetchling (*Lathyrus pratensis*) and more fine stands of Northern Wolf's-bane (*Aconitum septentrionale*). Butterflies were active in the sun, including Common and Mazarine Blues, Northern Wall Brown, Small Copper, Pearl-bordered and Dark Green Fritillaries, and a very dark-veined form of Green-veined White,

plus Latticed Heath moth. Lunch was taken by a track, among a number of stumps and boulders. Birds included Fieldfare, Willow Warbler and Blackcap.

The path continued on a forestry track, below Scots Pine (*Pinus sylvestris*) and Norway Spruce (*Picea abies*). Amongst the now-familiar Bearberry (*Arctostaphylos uva-ursi*) and Cowberry (*Vaccinium vitis-idaea*), we found Fir Clubmoss (*Huperzia selago*), Beech Fern (*Phegopteris connectilis*), Lady Fern (*Anthyllis filix-femina*), a few spikes of Green Wintergreen (*Pyrola chlorantha*), and going-over spikes of Lesser Butterfly Orchid (*Platanthera bifolia*). Here, Wood White butterflies were on the wing, together with Small Heath. The path emerged from the woodland next to an electricity substation, and on a pile of adjacent rocks we found Orpine (*Sedum telephium* subsp. *maximum*), before re-entering the woodland. On the mossy boulders were emerging spikes of Creeping Lady's-tresses (*Goodyera repens*), and other boulders held Common Polypody (*Polypodium vulgare*). The path emerged on the outskirts of Gol, where a Scarce Copper butterfly showed its bright orange coloration. We walked into the town, where we found a pleasant cafe for refreshments and did a little shopping, before being met by Martin and the bus.

Back at the hotel, we had a break before another excellent meal. The group of Cranes was in the field again, and we watched them disappear in a long line into the next meadow, no doubt for fresh pickings.

Day 4

Tuesday 5th July

Skogshorn

We awoke to a rather cloudy sky and, after breakfast, we joined the minibus for the journey to Skogshorn which, at 1,728 metres, is the fifth highest mountain in the municipality of Helmedal. Our route took us north to Oset, over the dam, and along the northern shore of Tisleifjorden lake, to the car park at the base of the mountain which was the starting point for our walk. The path climbs steadily northwards from the road before turning west, where it begins to get steeper. It then bears south-west and up the steepest section to the summit.

As we set out we found Harebell (*Campanula rotundifolia*), with particularly large flowers, beside the path. Harebells in Norway show a complex pattern of polyploidy (multiple copies of genetic material) resulting in some very robust plants. We also noted Woolly Willow (*Salix lanata*), with its round leaves, alongside Downy Willow (*Salix lapponum*) with narrower leaves, and a possible hybrid between the two. The route, as it rose, took us through Downy Birch (*Betula pubescens*) woodland and into a shrub layer of Dwarf Birch (*Betula nana*). Along the path, we found Blue Mountain Heath (*Phyllodoce caerulea*) in fine flower, Tormentil (*Potentilla erecta*), Marsh Violet (*Viola palustris*) and Alpine Clubmoss (*Diphasiastrum alpinum*). A wet area held Hare's-tail Cotton-grass (*Eriophorum vaginatum*), Bog Rosemary (*Andromeda polifolia*), Lapland Lousewort (*Pedicularis lapponica*) and a good number of Heath Spotted Orchids (*Dactylorhiza maculata*). We had good views of a female Bluethroat and a Willow Warbler carrying food.

This habitat gave way to an upper area of rough gravel paths and boulder-strewn hillsides, which still had a quantity of snow lying. Here, we saw another Bluethroat, on the path. Unfortunately it began to rain, but the shower passed and we continued on our way. We had our picnic in the sun on some sheltered boulders, admiring the glorious scenery. The path began to rise more steeply, as we began to find a number of the smaller and prostrate shrub species. There were large patches of Training Azalea (*Kalmia procumbens*), mainly still in bud

although we did manage to find a few of the pretty, star-like, pink flowers. We also found Alpine Bearberry (*Arctous alpina*) already in fruit, Crowberry (*Empetrum nigrum*), Dwarf Willow (*Salix herbacea*), and a small patch of the diminutive Cassiope (*Harrimanella hypnoides*), again sadly, only in bud.

We then started our descent, meeting up with Robin and Anne at the bottom; Anne reporting an excellent sighting of a male Willow Ptarmigan. We met up with Martin with the bus before the next shower, and returned to Kamben along the southern shore of Storevaten and Tisleifjorden, feeling rather weary after our exertions. A pair of Bullfinch flew in front of the bus as we went. During another excellent meal, sunshine and showers produced a beautiful rainbow, and the Cranes were close and very active, giving good views. A small group of Siskins flew into the conifer outside the dining room, glowing in the evening sun.

Day 5

Wednesday 6th July

'Norway in a Nutshell': Gol – Myrdal – Flåm – Gudvangen

Today we went on the 'Norway in a nutshell' excursion. After breakfast at 7.30am, Martin drove us to Gol railway station, for the 9.25am train to Myrdal. There was a 15 minute stop at Haugastøl station and we left the train briefly, to explore and enjoy the glorious views. Here we found several spikes of Iceland Poppy (*Papaver nudicaule*), naturalised on the gravel banks. As we approached Finse, the highest station on the Oslo to Bergen route at 1,222 metres and with no public road access, there were some distant views of the Hardanger Glacier, and patches of remaining snow. Here we had another stop while many cyclists disembarked, and we admired the deep pink, low-growing Red Campion (*Silene dioica*) which carpeted the slopes by the platform. At Myrdal we transferred to the spectacular Flåm Railway. Completed in 1940, this unique railway took twenty years to build, and drops 864 metres in 20 kilometres to Flåm on the side of the Aurlandsfjorden (Aurlands Fjord), a branch of Sognefjord. The journey down the Flåm valley took us through some magnificent scenery, not least of which was the scheduled stop to view the thundering power of the mighty Kjosfossen: the Kjos Waterfall. Near the waterfall was Roseroot (*Sedum roseum*), Mountain Sorrel (*Oxyria digyna*) and Redcurrant (*Ribes rubrum*) while, from the train, we also saw Pyramidal Saxifrage (*Saxifraga cotyledon*) and Foxglove (*Digitalis purpurea*). Upon our arrival in Flåm we transferred to the steamer, 'Skagastol Fjord' for the two hour journey to Gudvangen. As we sailed down this stunning fjord, we had an attendant flock of Mew (Common) Gulls, waiting to join us for lunch! Tiny picturesque villages and fabulous scenery made this trip truly memorable. In addition, many of the waterfalls along the fjord were at their roaring best, due to recent rain and snow-melt.

When we arrived in Gudvangen we met with Martin for the return journey to Kamben. The new road link involves a series of tunnels, including one of 25 kilometres, the longest road tunnel in the world. Leaving the main road, we took the 'historic route' along the Laerdal valley, stopping to enjoy and photograph Pyramidal Saxifrage (*Saxifraga cotyledon*). We then stopped at Borgund to visit its magnificent stave-church, dedicated to St. Andrew. Built in about 1180, it is one of the most complete remaining examples of these medieval buildings, and we were able to appreciate the features and construction of the church. The walls surrounding the church had some fine clumps of Biting Stonecrop (*Sedum acre*). Leaving Borgund, we joined the E16 Bergen to Oslo highway for our homeward journey, turning off in a south-easterly direction towards Hemsedal and Gol and arriving back at the hotel at 7pm, in time for a short break before another delicious dinner. We all agreed that it had been a most enjoyable day.

Day 6

Thursday 7th July

Grønlie – Krististølen – Gomobu - Vasetstølen

Today we travelled out to Grønlie, the furthest of any of our local, daily excursions. Leaving the hotel, we travelled north to the village of Oset before crossing the dam at the eastern end of the Tisleifjorden. From here we turned north-west and followed the northern shore of the fjord through Langestølen, Nøser and then north-east to Rensenn. Another kilometre or so further on we stopped at the small, remote car park at Grønlie, with magnificent views of the snowy mountains in the distance. From here we set off along a track towards the hamlet of Krististølen. On the way we had close views of Meadow Pipits and a Northern Wheatear, all carrying food and nesting nearby. We took a path which led over a rocky outcrop and down onto sub-arctic heath, noting Alpine and Flat-stemmed Clubmoss (*Diphasiastrum alpinum* and *D. complanatum*), Blue Heath (*Phyllodoce caerulea*), Northern Buckler Fern (*Dryopteris expansa*) and Cloudberry (*Rubus chamaemorus*). As well as more Meadow Pipits, we also recorded Twite, and a 'nest' of Small-tree Eggar caterpillars, whose main food plants are *Vaccinium* and *Salix* species. The heath was dominated by Dwarf Birch (*Betula nana*) and Prostrate Juniper (*Juniperus communis* var. *saxatilis*), with areas of Downy, Woolly and Mountain Willows (*Salix lapponum*, *S. lanata* and *S. arbuscula*) and some taller specimens of Downy Birch (*Betula pubescens*) and Norway Spruce (*Picea abies*). Wetter areas were dominated by Common and Hare's-tail Cotton-grasses (*Eriophorum angustifolium* and *E. vaginatum*) and *Sphagnum* mosses. We noted both Marsh and Lapland Lousewort (*Pedicularis palustris* and *P. lapponicum*), the latter preferring slightly drier habitats. The path passed a large lake and, further on, we had close views of a female Bluethroat, also carrying food.

By a stream, we found the tiny, blue Alpine Speedwell (*Veronica alpina*) and Sibbaldia (*Sibbaldia procumbens*), the latter with a few yellow flowers. We had our lunch here, enjoying the warm sunshine and clear water. Our path across the heath area ended at Gomobu, where we found Heath Fragrant Orchid (*Gymnadenia borealis*) and Common Wintergreen (*Pyrola minor*) on a bank. We walked through the settlement, looking at the construction of the houses with their living roofs and traditional garden fences, before joining another path down to the lake at Vasetstølen. A tit party was in the trees, and we had good views of a Willow Tit. On a streamside rock we found a patch of Drooping Saxifrage (*Saxifraga cernua*) nicely in flower, and a plant of Ternate-leaved Cinquefoil (*Potentilla norvegica*). We relaxed with refreshments at the lakeside cafe before exploring the lake shore, where we found emerging spikes of the large Lousewort, Moor King (*Pedicularis sceptrum-carolinum*), the first ones just showing their red-tipped, yellow flowers. From here, Martin collected us in the bus and drove us back by another moorland route with magnificent views. We had another excellent dinner, accompanied by the flock of Cranes in the meadow. Later, after the group had retired for the night, Jessica had a very distant view of a grazing Elk, from the hotel windows.

Day 7

Friday 8th July

Skutuset – Syningen – Storefjell - Kamben

We woke to another fine morning and, after breakfast, were taken to the small hamlet of Skutuset, passing a pair of Cranes in a field by the road. We set off in a northerly direction, along the track leading to Syningen, a small hill which is a local viewpoint at 1,031 metres above sea level. As we walked, we enjoyed the now-familiar species which made up the heath and bog through which we were passing. Our path rose towards the hill, and we

paused to look at some rocks where we found Oblong Woodsia (*Woodsia ibensis*), Alpine Lady-fern (*Athyrium alpestre*) and Rock Catchfly (*Silene rupestris*). We then made our way to the summit, where we enjoyed the extensive views and listened to a Cuckoo in the valley below. Some of the group then scrambled down the west side, to an area of shale scree, where we found several patches of the white-flowered Tufted Saxifrage (*Saxifraga caespitosa*) and Annual Stonecrop (*Sedum annuum*) with its red leaves and yellow flowers. We also found several spikes of Round-leaved Wintergreen (*Pyrola rotundifolia*). Re-tracing our steps to the top, we noted extensive patches of Alpine Bearberry (*Arctuous alpina*) and Black Mountain Sedge (*Carex atrata*). We met with the rest of the group, Anne reporting a Ring Ouzel, and made our way down the east side.

The path ran through partially felled, open scrub and woodland, emerging onto a gravelled road edged by ditches where we found more Alpine Speedwell (*Veronica alpina*), surprisingly with pink flowers, along with abundant Starry Saxifrage (*Saxifraga stellaris*). We had our picnic on a log pile near a stream, the edges of which were a carpet of pink Hairy Stonecrop (*Sedum villosum*). Further on, we added Northern Fleabane (*Erigeron borealis*), Alpine Milk-vetch (*Astragalus alpinus*) and Rock Speedwell (*Veronica fruticans*) by another stream, plus Yellow Mountain Saxifrage (*Saxifraga aizoides*) and One-flowered Fleabane (*Erigeron uniflorus*). We then took a track leading up to the hotel, agreeing yet again, that the soft colour-palate of greys and blues of the willows, lichens, Wood Crane's-bill and Northern Wolf's-bane, with splashes of yellow and pink from buttercups and Red Campion, would thrill many a garden designer.

After a break at the hotel we headed out again, this time up the track towards Storefjell. Continuing to enjoy the beautiful afternoon, we noted the hay-making activity in the meadows below us and the Cranes feeding in the newly-mown fields. We then took a path round a small pond, near which we found a single spike of Frog Orchid (*Dactylorhiza viridis*) and Stiff Sedge (*Carex bigelowii*). We returned to the hotel for our final, again excellent, dinner and evening together.

Day 8

Saturday 9th July

Kamben to Oslo – Fly London Heathrow

Our last morning was greyer than of late. As we were breakfasting, the flock of Cranes staged a 'fly-past', seeking pastures new. We had a leisurely start, leaving Kamben at 10am and saying goodbye to Elin and the staff at the hotel. Martin was our driver for the journey back to Oslo airport. Our route took us south-eastwards, along the shores of Lake Krøderen, where we made a stop for lunch at a lake-side restaurant. Having driven through some showers, as we approached the airport the skies darkened and we were greeted by a sudden, very heavy downpour. We waited for the worst to pass, thanking Martin for his hospitality and driving, before making a dash for the terminal building. Here, we said goodbye those who were staying on in Oslo for a couple of days, while the rest of us checked in for our British Airways flight, BA 767, to London Heathrow.

Receive our e-newsletter

Join the Naturetrek e-mailing list and be the first to hear about new tours, additional departures and new dates, tour reports and special offers. Visit www.naturetrek.co.uk to sign up.

Species Lists

Plants

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 follows The Plant List, an internationally accepted list of vascular plant families, published and maintained by these two Institutions.

Scientific Name	Common Name	Location seen
PTERIDOPHYTES		
Lycophytes		
Lycopodiaceae		
<i>Diplazium alpinum</i>	Alpine Clubmoss	Skogshorn
<i>Diplazium complanatum</i>	Flat-stemmed Clubmoss	Grønlie to Vaset
<i>Huperzia selago</i>	Fir Clubmoss	Solseter to Gol
<i>Lycopodium annotinum</i>	Interrupted Clubmoss	Hallingen to Brautemo
<i>Lycopodium clavatum</i>	Stag's-horn Clubmoss	Solseter to Gol
Selaginellaceae		
<i>Selaginella selaginoides</i>	Lesser Clubmoss	Hallingen to Brautemo
FERNS & ALLIES		
Clubmosses & Quillworts		
Clubmoss Family		
Lesser Clubmoss Family		
Calamophytes		
Equisetaceae		
<i>Equisetum hyemale</i>	Dutch Rush	Skutuset to Kamben
<i>Equisetum palustre</i>	Marsh Horsetail	Brautemo
<i>Equisetum pratense</i>	Shady Horsetail	Skogshorn
<i>Equisetum sylvaticum</i>	Wood Horsetail	Hallingen to Brautemo
<i>Equisetum variegatum</i>	Variiegated Horsetail	Skutuset to Kamben
Horsetails		
Horsetail Family		
True Ferns		
Athyriaceae		
<i>Athyrium alpestre (distentifolium)</i>	Alpine Lady-fern	Skutuset to Kamben
<i>Athyrium filix-femina</i>	Lady-fern	Solseter to Gol
Cystopteridaceae		
<i>Gymnocarpium dryopteris</i>	Oak Fern	Hallingen to Brautemo
Bladder-fern Family		
Dennstaedtiaceae		
<i>Pteridium aquilinum</i>	Bracken	Solseter to Gol
Bracken Family		
Dryopteridaceae		
<i>Dryopteris expansa</i>	Northern Buckler-fern	Grønlie to Vaset
Buckler-fern Family		
Polypodiaceae		
<i>Polypodium vulgare</i> agg.	Common Polypody	Solseter to Gol
Polypody Family		
Thelypteridaceae		
<i>Phegopteris connectilis</i>	Beech Fern	Solseter to Gol
Marsh Fern Family		
Woodsiaceae		
<i>Woodsia ilvensis</i>	Oblong Woodsia	Skutuset to Kamben
Woodsia Family		
GYMNOSPERMS		
CONIFERS		
Cupressaceae		
Juniper Family		

Scientific Name	Common Name	Location seen
<i>Juniperus communis</i>	Juniper	Hallingen to Brautemo
<i>Juniperus communis</i> var. <i>saxatilis</i>	Dwarf Juniper	Grønlie to Vaset
Pinaceae	Pine Family	
<i>Picea abies</i> subsp. <i>abies</i>	Norway Spruce	Planted
<i>Pinus sylvestris</i>	Scots Pine	Solseter to Gol
<i>Pseudotsuga menziesii</i>	Douglas Fir	Planted
ANGIOSPERMS	FLOWERING PLANTS	
Eu-Dicots	True Dicotyledons	
Adoxaceae	Moschatel Family	
<i>Sambucus racemosus</i>	Red-berried Elder	Solseter to Gol
Apiaceae	Carrot Family	
<i>Angelica archangelica</i>	Garden Angelica	Roadsides
<i>Anthriscus sylvestris</i>	Cow Parsley	Solseter to Gol
<i>Carum carvi</i>	Caraway	Solseter to Gol
Betulaceae	Birch Family	
<i>Alnus glutinosa</i>	Alder	Solseter to Gol
<i>Betula nana</i>	Dwarf Birch	Hallingen to Brautemo
<i>Betula pendula</i>	Silver Birch	Hallingen to Brautemo
<i>Betula pubescens</i>	Downy Birch	Solseter to Gol
<i>Betula pubescens</i> x <i>B. nana</i>	Hybrid Birch	Skogshorn
<i>Corylus avellana</i>	Hazel	Solseter to Gol
Boraginaceae	Forget-me-not Family	
<i>Myosotis arvensis</i>	Field Forget-me-not	Hallingen to Brautemo
<i>Myosotis scorpioides</i>	Water Forget-me-not	Skutuset to Kamben
<i>Myosotis sylvatica</i>	Wood Forget-me-not	Solseter to Gol
Brassicaceae	Cabbage Family	
<i>Arabidopsis arenosa</i>	Tall Rock-cress	Skutuset to Kamben
<i>Barbarea vulgaris</i>	Common Winter-cress	Grønlie to Vaset
<i>Capsella bursa-pastoris</i>	Shepherd's-purse	Solseter to Gol
<i>Cardamine amara</i>	Large Bitter-cress	Hallingen to Brautemo
<i>Cardamine pratensis</i>	Lady's Smock	Hallingen to Brautemo
Campanulaceae	Bellflower Family	
<i>Campanula rotundifolia</i>	Harebell	Solseter to Gol
Caprifoliaceae	Honeysuckle Family	
<i>Knautia arvensis</i>	Field Scabious	Solseter to Gol
<i>Linnaea borealis</i>	Twin-flower	Hallingen to Brautemo
<i>Valeriana sambucifolia</i>	Elder-leaved Valerian	Solseter to Gol
Caryophyllaceae	Pink Family	
<i>Cerastium arvense</i>	Field Mouse-ear	Solseter to Gol
<i>Sagina nodosa</i>	Knotted Pearlwort	Vasetstølen
<i>Sagina procumbens</i>	Procumbent Pearlwort	Skutuset to Kamben
<i>Silene dioica</i>	Red Campion	Hallingen to Brautemo
<i>Silene rupestris</i>	Rock Catchfly	Solseter to Gol

Scientific Name	Common Name	Location seen
<i>Silene vulgaris</i>	Bladder Champion	Solseter to Gol
<i>Stellaria graminea</i>	Lesser Stitchwort	Hallingen to Brautemo
<i>Stellaria media</i>	Chickweed	Solseter to Gol
<i>Stellaria nemorum</i>	Wood Stitchwort	Skutuset to Kamben
Celastraceae	Spindle Family	
<i>Parnassia palustris</i>	Grass-of-Parnassus	Grønlie to Vaset
Compositae (Asteraceae)	Daisy Family	
<i>Achillea millefolium</i>	Yarrow	Grønlie to Vaset
<i>Achillea ptarmica</i>	Sneezewort	Skutuset to Kamben
<i>Antennaria dioica</i>	Mountain Everlasting	Hallingen to Brautemo
<i>Cirsium arvense</i>	Creeping Thistle	Skutuset to Kamben
<i>Cirsium helenioides</i>	a Melancholy Thistle	Skutuset to Kamben
<i>Cirsium palustre</i>	Marsh Thistle	Solseter to Gol
<i>Erigeron borealis</i>	Alpine Fleabane	Skutuset to Kamben
<i>Erigeron uniflorus</i>	One-flowered Fleabane	Skutuset to Kamben
<i>Gnaphalium norvegicum</i>	Highland Cudweed	Hallingen to Brautemo
<i>Gnaphalium supinum</i>	Dwarf Cudweed	Skutuset to Kamben
<i>Gnaphalium sylvaticum</i>	Heath Cudweed	Grønlie to Vaset
<i>Hieracium alpinum</i> agg.	Alpine Hawkweed	Grønlie to Vaset
<i>Hieracium vulgatum</i>	(spotted leaves)	Solseter to Gol
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Solseter to Gol
<i>Matricaria discoidea</i>	Pineapple Weed	Solseter to Gol
<i>Pilosella officinarum</i>	Mouse-eared Hawkweed	Skutuset to Kamben
<i>Saussurea alpina</i>	Alpine Saw-wort	Skutuset to Kamben (in bud)
<i>Scorzoneroides autumnalis</i>	Autumn Hawkbit	Grønlie to Vaset
<i>Solidago virgaurea</i>	Goldenrod	Hallingen to Brautemo
<i>Tanacetum vulgare</i>	Tansy	Solseter to Gol
<i>Tussilago farfara</i>	Colt's-foot	Grønlie to Vaset
Crassulaceae	Stonecrop Family	
<i>Sedum acre</i>	Biting Stonecrop	Borgund
<i>Sedum annuum</i>	Annual Stonecrop	Skutuset to Kamben
<i>Sedum roseum</i>	Roseroot	Grønlie to Vaset
<i>Sedum telephium</i> subsp. <i>maximum</i>	Orpine	Solseter to Gol
<i>Sedum villosum</i>	Hairy Stonecrop	Hallingen to Brautemo
Ericaceae	Heath family	
<i>Andromeda polifolia</i>	Bog Rosemary	Skogshorn
<i>Arctostaphylos uva-ursi</i>	Bearberry	Hallingen to Brautemo
<i>Arctous alpina</i>	Alpine Bearberry	Skogshorn
<i>Calluna vulgaris</i>	Heather	Hallingen to Brautemo
<i>Empetrum nigrum</i>	Crowberry	Hallingen to Brautemo
<i>Harrimanella (Cassiope) hypnoides</i>	Matted Cassiope	Skogshorn (in bud)
<i>Kalmia procumbens</i>	Trailing Azalea	Skogshorn
<i>Moneses uniflora</i>	One-flowered Wintergreen	Hallingen to Brautemo
<i>Orthilia secunda</i>	Nodding Wintergreen	Hallingen to Brautemo
<i>Phyllodoce caerulea</i>	Blue or Mountain Heath	Skogshorn
<i>Pyrola chlorantha</i>	Pale-green Wintergreen	Solseter to Gol
<i>Pyrola minor</i>	Common Wintergreen	Grønlie to Vaset
<i>Pyrola rotundifolia</i> agg.	Round-leaved Wintergreen	Hallingen to Brautemo

Scientific Name	Common Name	Location seen
<i>Vaccinium myrtillus</i>	Bilberry	Hallingen to Brautemo
<i>Vaccinium oxycoccos</i>	Cranberry	Hallingen to Brautemo
<i>Vaccinium uliginosum</i>	Bog Whortleberry	Hallingen to Brautemo
<i>Vaccinium vitis-idaea</i>	Cowberry	Hallingen to Brautemo
Gentianaceae	Gentian Family	
<i>Gentiana purpurea</i>	Purple Gentian	Skogshorn (leaves)
Geraniaceae	Geranium Family	
<i>Geranium sylvaticum</i>	Wood Crane's-bill	Common
Grossulariaceae	Gooseberry Family	
<i>Ribes rubrum</i>	Red Currant	Kjossfossen (Flåm railway)
Lamiaceae	Dead-nettle Family	
<i>Ajuga pyramidalis</i>	Pyramidal Bugle	Skogshorn
<i>Prunella vulgaris</i>	Selfheal	Skutuset to Kamben
Leguminosae (Fabaceae)	Pea Family	
<i>Astragalus alpinus</i>	Alpine Milk-vetch	Skutuset to Kamben
<i>Lathyrus pratensis</i>	Meadow Vetchling	Solseter to Gol
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	Solseter to Gol
<i>Lupinus polyphyllus</i>	Large-leaved Lupin	Roadsides
<i>Trifolium medium</i>	Zigzag Clover	Solseter to Gol
<i>Trifolium pratense</i>	Red Clover	Hallingen to Brautemo
<i>Trifolium repens</i>	White Clover	Hallingen to Brautemo
<i>Vicia cassubica</i>	Kashubian Vetch	Nes
<i>Vicia cracca</i>	Tufted Vetch	Hallingen to Brautemo
Lentibulariaceae	Bladderwort Family	
<i>Pinguicula vulgaris</i>	Common Butterwort	Hallingen to Brautemo
Menyanthaceae	Bogbean Family	
<i>Menyanthes trifoliata</i>	Bogbean	Hallingen to Brautemo (lvs)
Onagraceae	Willowherb Family	
<i>Epilobium anagallidifolium</i>	Alpine Willowherb	Skutuset to Kamben
<i>Epilobium (Chamerion) angustifolium</i>	Rosebay Willowherb	Hallingen to Brautemo (lvs)
<i>Epilobium tetragonum</i>	Square-stemmed Willowherb	Solseter to Gol
Orobanchaceae	Broomrape Family	
<i>Bartsia alpina</i>	Alpine Bartsia	Hallingen to Brautemo
<i>Euphrasia frigida</i>	an Eyebright	Storefjell
<i>Euphrasia stricta</i>	Eyebright	Hallingen to Brautemo
<i>Melampyrum pratense</i>	Common Cow-wheat	Solseter to Gol
<i>Melampyrum sylvaticum</i>	Small Cow-wheat	Hallingen to Brautemo
<i>Pedicularis lapponica</i>	Lapland Lousewort	Skogshorn
<i>Pedicularis palustris</i>	Marsh Lousewort	Hallingen to Brautemo
<i>Pedicularis szeptum-carolinum</i>	Moor King	Vasetstølen
Papaveraceae	Poppy Family	
<i>Papaver nudicaule</i>	Iceland Poppy	Haugastøl Station (naturalised)

Scientific Name	Common Name	Location seen
Plantaginaceae	Plantain Family	
<i>Digitalis purpurea</i>	Foxglove	Flåm railway
<i>Linaria vulgaris</i>	Common Toadflax	Solseter to Gol
<i>Plantago major</i>	Greater Plantain	Solseter to Gol
<i>Veronica alpina</i>	Alpine Speedwell	Grønlie to Vaset
<i>Veronica chamaedrys</i>	Germander Speedwell	Hallingen to Brautemo
<i>Veronica fruticans</i>	Rock Speedwell	Skutuset to Kamben
<i>Veronica officinalis</i>	Heath Speedwell	Solseter to Gol
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	Hallingen to Brautemo
Polygonaceae	Knotweed Family	
<i>Oxyria digyna</i>	Mountain Sorrel	Kjossfossen (Flåm railway)
<i>Persicaria alpina</i>	Alaskan Wild Rhubarb	From railway to Myrdal
<i>Persicaria vivipara</i>	Alpine Bistort	Hallingen to Brautemo
<i>Rumex acetosa</i>	Sorrel	Hallingen to Brautemo
<i>Rumex crispus</i>	Curled Dock	Solseter to Gol
Primulaceae	Primrose Family	
<i>Trientalis europaea</i>	Chickweed Wintergreen	Hallingen to Brautemo
Ranunculaceae	Buttercup Family	
<i>Aconitum septentrionale</i>	Northern Wolf's-bane	Widespread
<i>Actaea spicata</i>	Baneberry	Solseter to Gol (in berry)
<i>Caltha palustris</i>	Marsh Marigold	Solseter to Gol
<i>Ranunculus acris</i>	Meadow Buttercup	Common
<i>Ranunculus platanifolius</i>	a white-flowered Buttercup	Hallingen to Brautemo
<i>Ranunculus repens</i>	Creeping Buttercup	Skogshorn
<i>Thalictrum alpinum</i>	Alpine Meadow Rue	Hallingen to Brautemo
Rosaceae	Rose Family	
<i>Alchemilla alpina</i>	Alpine Lady's-mantle	Hallingen to Brautemo
<i>Alchemilla glabra</i>	Smooth Lady's-mantle	Solseter to Gol
<i>Alchemilla monticola</i>	a Lady's-mantle	Hallingen to Brautemo
<i>Amelanchier ovalis</i>	Juneberry	Edge of Gol
<i>Comarum palustre</i>	Marsh Cinquefoil	Solseter to Gol (lvs)
<i>Filipendula ulmaria</i>	Meadowsweet	Solseter to Gol
<i>Fragaria vesca</i>	Wild Strawberry	Hallingen to Brautemo
<i>Geum rivale</i>	Water Avens	Hallingen to Brautemo
<i>Potentilla argentea</i>	Hoary Cinquefoil	Nes
<i>Potentilla crantzii</i>	Alpine Cinquefoil	Hallingen to Brautemo
<i>Potentilla erecta</i>	Tormentil	Hallingen to Brautemo
<i>Potentilla norvegica</i>	Ternate-leaved Cinquefoil	Grønlie to Vaset
<i>Potentilla tabernaemontani</i>	Spring Cinquefoil	Grønlie to Vaset
<i>Rosa majalis</i>	Cinnamon Rose	Solseter to Gol
<i>Rubus chamaemorus</i>	Cloudberry	Hallingen to Brautemo
<i>Rubus idaeus</i>	Raspberry	Hallingen to Brautemo
<i>Rubus saxatilis</i>	Stone Bramble	Hallingen to Brautemo
<i>Sibbaldia procumbens</i>	Sibbaldia	Grønlie to Vaset
<i>Sorbus aucuparia</i>	Rowan	Hallingen to Brautemo
Rubiaceae	Bedstraw Family	
<i>Galium alba</i>	Hedge Bedstraw	Solseter to Gol

Scientific Name	Common Name	Location seen
<i>Galium boreale</i>	Northern Bedstraw	Hallingen to Brautemo
<i>Galium saxatile</i>	Heath Bedstraw	Solseter to Gol
<i>Galium verum</i>	Lady's Bedstraw	Solseter to Gol
Salicaceae	Willow & Poplar Family	
<i>Populus tremula</i>	Aspen	Solseter to Gol
<i>Salix arbuscula</i>	Mountain Willow	Hallingen to Brautemo
<i>Salix herbacea</i>	Dwarf Willow	Skogshorn
<i>Salix lanata</i>	Woolly Willow	Skogshorn
<i>Salix lanata</i> x <i>S. lapponum</i>	a Hybrid Willow	Skogshorn
<i>Salix lapponum</i>	Downy Willow	Hallingen to Brautemo
Saxifragaceae	Saxifrage Family	
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	Skutuset to Kamben
<i>Saxifraga cernua</i>	Drooping Saxifrage	Grønlie to Vaset
<i>Saxifraga cespitosa</i>	Tufted Saxifrage	Skutuset to Kamben
<i>Saxifraga cotyledon</i>	Pyramidal Saxifrage	Near Borgund
<i>Saxifraga stellaris</i>	Starry Saxifrage	Hallingen to Brautemo
Scrophulariaceae	Figwort Family	
<i>Verbascum nigrum</i>	Dark Mullein	Roadsides
Urticaceae	Nettle Family	
<i>Urtica dioica</i>	Common Nettle	Hallingen to Brautemo
Violaceae	Violet Family	
<i>Viola epipsila</i>	Dwarf Marsh Violet	Hallingen to Brautemo
<i>Viola palustris</i>	Marsh Violet	Skogshorn
<i>Viola tricolor</i> agg.	Heartsease	Hallingen to Brautemo
Monocots	Monocotyledons	
Asparagaceae	Asparagus Family	
<i>Maianthemum bifolium</i>	May Lily	Hallingen to Brautemo
Cyperaceae	Sedge Family	
<i>Carex atrata</i>	Black Alpine Sedge	Skutuset to Kamben
<i>Carex bigelowii</i>	Stiff Sedge	Skogshorn
<i>Carex brunnescens</i>		Hallingen to Brautemo
<i>Carex canescens</i>	White Sedge	Skogshorn
<i>Carex demissa</i>	Common Yellow-sedge	Hallingen to Brautemo
<i>Carex elata</i>	Tufted Sedge	Hallingen to Brautemo
<i>Carex nigra</i>	Common Sedge	Hallingen to Brautemo
<i>Carex panicea</i>	Carnation Sedge	Hallingen to Brautemo
<i>Carex vaginata</i>	Sheathed Sedge	Grønlie to Vaset
<i>Eriophorum angustifolium</i>	Common Cotton-grass	Hallingen to Brautemo
<i>Eriophorum scheuchzeri</i>	Scheuchzer's Cotton-grass	Grønlie to Vaset
<i>Eriophorum vaginatum</i>	Hare's-tail Cotton-grass	Hallingen to Brautemo
<i>Trichophorum alpinum</i>	Alpine Deergrass	Skutuset to Kamben
<i>Trichophorum cespitosum</i>	Deergrass	Hallingen to Brautemo

Scientific Name	Common Name	Location seen
Juncaceae		
<i>Juncus biglumis</i>	Rush Family Two-flowered Rush	Skogshorn
<i>Luzula multiflora</i> agg.	Heath Woodrush	Hallingen to Brautemo
<i>Luzula pilosa</i>	Hairy Woodrush	Grønlie to Vaset
<i>Luzula sylvatica</i>	Great Woodrush	Hallingen to Brautemo
Juncaginaceae		
<i>Triglochin palustris</i>	Arrowgrass Family Marsh Arrowgrass	Hallingen to Brautemo
Orchidaceae		
<i>Dactylorhiza fuchsii</i>	Orchid Family Common Spotted Orchid	Solseter to Gol
<i>Dactylorhiza incarnata</i> subsp. <i>pulchella</i>	Early Marsh Orchid	Hallingen to Brautemo
<i>Dactylorhiza maculata</i>	Heath Spotted Orchid	Skogshorn
<i>Dactylorhiza (Coeloglossum) viridis</i>	Frog Orchid	Storefjell
<i>Goodyera repens</i>	Creeping Ladies Tresses	Solseter to Gol
<i>Gymnadenia borealis</i>	Heath Fragrant Orchid	Hallingen to Brautemo
<i>Neottia cordata</i>	Lesser Twayblade	Hallingen to Brautemo
<i>Platanthera bifolia</i>	Lesser Butterfly Orchid	Solseter to Gol
Poaceae		
<i>Anthoxanthum odoratum</i>	Grass Family Sweet Vernal Grass	Hallingen to Brautemo
<i>Bromopsis inermis</i>	Hungarian Brome	Solseter to Gol
<i>Calamagrostis epigeios</i>	Wood Small-reed	Solseter to Gol
<i>Dactylis glomerata</i>	Cock's-foot	Solseter to Gol
<i>Deschampsia flexuosa</i>	Wavy Hair-grass	Solseter to Gol
<i>Festuca rubra</i> agg	Red Fescue	Solseter to Gol
<i>Melica nutans</i>	Mountain Melick	Solseter to Gol
<i>Nardus stricta</i>	Mat-grass	Grønlie to Vaset
<i>Phleum alpinum</i>	Alpine Cat's-tail	Hallingen to Brautemo
<i>Phleum pratense</i>	Timothy	Skutuset to Kamben
Tofieldiaceae		
<i>Tofieldia pusilla</i>	Scottish Asphodel Family Scottish Asphodel	Hallingen to Brautemo
LICHENS:		
<i>Alectoria c.f. sarmentosa</i>	(greenish, hanging on trees)	Common
<i>Bryoria fuscescens</i>	(Dark threads like Elk hair)	Hanging from trees
<i>Cetraria icelandica</i>	Iceland Moss	Common
<i>Cladonia coccifera</i>	Red Elf-cup	Common
<i>Cladonia rangiferina</i>	Reindeer Lichen	Common
<i>Cladonia stellaris</i>	Star Reindeer Lichen	Common - like 'cauliflowers'
<i>Parmelia omphalodes</i>	(Brown, wavy, foliose)	Common on rocks
<i>Peltigera polydactyla</i>	(Brown, foliose)	Common amongst moss
<i>Pseudevernia furfuracea</i>	-	Common
<i>Rhizocarpon geographicum</i>	The Map Lichen (crustose)	On rocks

Birds (✓=recorded but not counted; H=heard; S= sign; C= caterpillar)

	Common Name	Scientific Name	July							
			2	3	4	5	6	7	8	9
1	Mallard	<i>Anas platyrhynchos</i>					✓	✓		
2	Red-breasted Merganser	<i>Mergus serrator</i>					✓			
3	Willow Ptarmigan	<i>Lagopus lagopus</i>				1		S		

	Common Name	Scientific Name	July								
			2	3	4	5	6	7	8	9	
4	Eurasian Sparrowhawk	<i>Accipiter nisus</i>				✓					
5	Common Crane	<i>Grus grus</i>	13	✓	13	12	14	12	✓	✓	
6	Mew (Common) Gull	<i>Larus canus</i>					✓				
7	European Herring Gull	<i>Larus argentatus</i>	✓			✓					
8	Common Wood Pigeon	<i>Columba palumbus</i>							✓		
9	Common Cuckoo	<i>Cuculus canorus</i>	H			H			H		
10	European Green Woodpecker	<i>Picus viridis</i>	✓	✓		✓	✓	✓	✓		
11	Siberian Jay	<i>Perisoreus infaustus</i>		3							
12	Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓	✓	✓	✓	
13	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	✓	
14	Coal Tit	<i>Parus ater</i>		✓	✓						
15	Willow Tit	<i>Pocile montanus</i>						✓			
16	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓							
17	Great Tit	<i>Parus major</i>						✓			
18	Barn Swallow	<i>Hirundo rustica</i>	✓	✓		✓	✓	✓	✓		
19	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓		
20	Willow Warbler	<i>Phylloscopus trochilus</i>		H	✓	✓		✓			
21	Common Chiffchaff	<i>Phylloscopus collybita</i>		H							
22	Eurasian Blackcap	<i>Sylvia atricapilla</i>			✓						
23	Eurasian Wren	<i>Troglodytes troglodytes</i>						✓			
24	Ring Ouzel	<i>Turdus torquatus</i>							✓		
25	Common Blackbird	<i>Turdus merula</i>			✓		✓				
26	Fieldfare	<i>Turdus pilaris</i>	✓	✓	✓	✓	✓	✓	✓	✓	
27	Mistle Thrush	<i>Turdus viscivorus</i>				✓					
28	European Robin	<i>Erithacus rubecula</i>		H	H			✓	H		
29	Bluethroat	<i>Luscinia svecica</i>				2		2			
30	Whinchat	<i>Saxicola rubetra</i>			2						
31	Northern Wheatear	<i>Oenanthe oenanthe</i>				✓		✓	✓		
32	White-throated Dipper	<i>Cinclus cinclus</i>					✓				
33	House Sparrow	<i>Passer domesticus</i>	✓		✓		✓	✓			
34	White Wagtail	<i>Motacilla alba alba</i>	✓	✓	✓	✓	✓	✓	✓		
35	Meadow Pipit	<i>Anthus pratensis</i>				✓		✓			
36	Water Pipit	<i>Anthus spinoletta</i>				✓					
37	Common Chaffinch	<i>Fringilla coelebs</i>	✓	✓	✓	✓	✓	✓	✓	✓	
38	Eurasian Bullfinch	<i>Pyrrhula pyrrhula</i>				✓			✓		
39	European Greenfinch	<i>Chloris chloris</i>		✓					✓		
40	Twite	<i>Linaria flavirostris</i>						✓			
41	Common Redpoll	<i>Acanthis flammea</i>		H							
42	European Goldfinch	<i>Carduelis carduelis</i>		H							
43	Eurasian Siskin	<i>Spinus spinus</i>		✓		✓					
44	Yellowhammer	<i>Emberiza citrinella</i>						H			

Mammals

1	European Roe Deer	<i>Capreolus capreolus</i>	1							
2	Elk	<i>Alces alces</i>			S			S+1		
3	European Hare	<i>Lepus europaeus</i>	1							

Amphibians

1	Common Frog	<i>Rana temporaria</i>				1				
---	-------------	------------------------	--	--	--	---	--	--	--	--

	Common Name	Scientific Name	July								
			2	3	4	5	6	7	8	9	

Butterflies

1	Large White	<i>Pieris brassicae</i>						✓		
2	Small White	<i>Pieris rapae</i>		✓						
3	Green-veined White	<i>Pieris napi</i>			✓				✓	
4	Orange Tip	<i>Anthocharis cardamines</i>			✓		✓			
5	Wood White	<i>Leptidea sinapis</i>			✓					
6	Small Copper	<i>Lycaena phlaeas</i>			✓					
7	Scarce Copper	<i>Lycaena virgaureae</i>			✓					
8	Little Blue	<i>Cupido minimus</i>						✓		
9	Idas Blue	<i>Plebejus idas</i>		✓			✓			
10	Geranium Argus	<i>Eumedonia eumedon</i>						✓		
11	Mazarine Blue	<i>Cyaniris semiargus</i>			✓			✓		
12	Common Blue	<i>Polyommatus icarus</i>			✓			✓	✓	
13	Red Admiral	<i>Vanessa atalanta</i>								
14	Small Tortoiseshell	<i>Aglais urticae</i>			✓			✓		
15	Dark Green Fritillary	<i>Argynnis aglaja</i>			✓					
16	Queen of Spain Fritillary	<i>Issoria lathonia</i>			✓					
17	Pearl-bordered Fritillary	<i>Boloria euphrosyne</i>			✓					
18	Small Pearl-bordered Fritillary	<i>Boloria selene</i>		✓	✓			✓	✓	
19	Arran Brown	<i>Erebia ligea</i>						✓		
20	Small Heath	<i>Coenonympha pamphilus</i>		✓	✓			✓	✓	
21	Northern Wall Brown	<i>Lasiommata petropolitana</i>			✓					
22	Large Skipper	<i>Hesperia comma</i>			✓				✓	
Moths										
1	a Plume Moth	<i>Hellinsia osreodactylus</i>			✓				✓	
2	Six-spot Burnet	<i>Zygaena filipendulae</i>						✓		
3	Small-tree Eggar	<i>Eriogaster arbusculae</i>						C		
4	Garden Carpet	<i>Xanthorhoe fluctuata</i>			✓					
5	Latticed Heath	<i>Chiasmia clathrata</i>			✓					
6	Common Heath	<i>Ematurga atomaria</i>			✓					
7	Common White Wave	<i>Cabera pusaria</i>							✓	

Other invertebrates

Mosquito sp., *Culicidae* sp.

Wood Ant, *Formica rufa*

Buff-tailed Bumblebee, *Bombus terrestris*

Seven-spot Ladybird, *Coccinella 7-punctata*

Wolf Spider, *Pardosa* sp.

Cleg-fly, *Haematopota pluvialis*

White-tailed Bumblebee, *Bombus lucorum*

Bilberry Bumblebee, *Bombus monticola*

A red Leaf Beetle (black head), *Chrysomela populi*

Naturetrek Facebook

We are delighted to launch the Naturetrek Facebook page so that participants of Naturetrek tours can remain in touch after the holiday and share photos, comments and future travel plans.

Setting up a personal profile at www.facebook.com is quick, free and easy. The [Naturetrek Facebook page](#) is now live; do please pay us a visit!