

Bulgaria - Flowers of the Balkans

Naturetrek Tour Report

20 - 27 June 2009



Flower Meadows by Peter Cullens



Pirin Mountains by Peter Cullens



Cow Wheat by Peter Cullens



Gymnadenia frivalfii by Sue Parker

Report compiled by Maureen Ponting



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Iris reichenbachii by Maureen Ponting



Onosma heterophylla by Maureen Ponting



Black-veined White Butterflies on *Stachys officinalis*
by Maureen Ponting



Black-veined White Butterflies on *Knautia arvensis*
by Maureen Ponting

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 Mitko Dimitrov (Local Botanist)

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Day 1

Saturday 20th June

Hotel Studena, Vitosha Mountain National Park

We arrived in Sofia in the afternoon, to be welcomed by Peter Dilchev, the son of our local tour manager and Mitko Dimitrov, our Bulgarian botanist.

We drove for about an hour to Hotel Studena, a hunting lodge surrounded by beautiful meadows, a lake and views of mountains. After settling in we met to explore the meadows, colourful with *Coronilla varia*, Crown Vetch. purple spikes of several *Salvia* spp. and the curious yellow and blue flowers of *Melampyrum scardicum*, Hungarian Cow-Wheat. A thunderstorm with all the trimmings sent us rushing back to the hotel.

Day 2

Sunday 21st June

Hotel Studena, Vitosha Mountain N.P

Woke to low clouds which soon cleared. A short drive took us to beautiful rolling limestone hills where we spent the morning. The first plant we saw on stepping out of the bus was the magnificent Balkan Lizard Orchid, *Himatoglossum caprinum*. From then on, we were overwhelmed by so many beautiful flowers. First we walked up a track and then onto one of the many hills. Some of the plants we saw were groups of the brown and white foxglove, *Digitalis lanata*, and the yellow foxglove *D. grandiflora*. On the limestone hills there were delicate spikes of the blue Campanula, *Asyneuma linarifolia*, and white spikes of St Bernard's Lily, *Anthericum liliago*. Also, large yellow patches of *Anthyllis aurea*, a Balkan endemic, and *Onosma taurica*, Golden Drop.

In the afternoon, we had a beautiful walk round the lake below our hotel where we saw many more plants - the red flowers of *Cynoglossum hungaricum*, tall flowers of *Dianthus cruentus*, and patches of the very blue *Ajuga genevensis*. We stopped beside a bank with two curious-looking pink and yellow Cow-Wheats, *Melempyrum arvense*, Field Cow-wheat and *M. cristatum*, Crested Cow –Wheat. We came across a large patch of *Asphodeline taurica* and, under conifers, *Cephalanthera rubra*, Red Helleborine. The sun emerged, bringing out masses of fritillary and Black-veined butterflies.

Day 3

Monday 22nd June

Bansko

Woke to rain and thunder, and to Nikolai's arrival for the remainder of the holiday. We left our hotel late and arrived at Rila for lunch. We then explored the Rila Monastery and museum and stopped on the way to Bansko at a marsh full of Marsh Helleborines, *Epipactis helleborine*. And, stepping over the highly aromatic *Mentha longifolia*, we saw clumps of typical marsh plants: *Lysimachia vulgaris*, Yellow Loosestrife and Purple Loosestrife *Lythrum salicaria*.

Before we reached Bansko, we had another delightful stop to watch storks nesting on village chimneys and roofs. Some of the nests had young birds

Day 4

Tuesday 23rd June

Bansko

A short drive into the Piren National Park and then a walk up to the Vikren mountain hut, following the road through rocky meadows and high mountains, proceeding rather slowly because there was so much to see. Unseasonably late snow was still lying in the stream beds and we saw many plants growing in the snowmelt. *Crocus veluchensis*, *Ranunculus montana* and *Scilla bifolia*. A beautiful clump of *Iris reichenbachii* was discovered on scree, and above it, yellow flowers of *Aquilegia aurea*. The road banks were colourful with spikes of *Polygala major* and *Geranium macrorhizum*. Just below the hut was a huge patch of the red *Geum coccineum*, with *Dactylorhiza cordigera* growing through it.

After lunch in the mountain hut we had a forest walk and saw *Centaurea managettae*, a yellow-flowered endemic. We also looked at the huge variation of *Dactylorhiza saccifera*, Wedge-lipped Orchid, growing under the trees. After this very full and interesting day we returned to our hotel.

Day 5

Wednesday 24th June

Bansko

We walked from the Vikren mountain hut up a steep path to the alpine zone of the Piren Mountains where we made many exciting discoveries. Large clumps of the endemic orchids, *Gymnadenia frivaldii*, beautiful cushions of *Dianthus microlepis* and the extraordinary-looking tall *Silene romerii*; also cushions of *Arenaria biflora*, Two-flowered Sandwort and in boggy places, the Balkan Butterwort, *Pinguicula balcanica* before a violent thunderstorm drove us back to the hut where there was a good fire and our picnic.

We went back to our hotel to wait for it to clear, and later on in the afternoon were able to walk again in the forest. A steep climb brought us to the Birds Nest Orchid, *Neottia nitis-avis* and under the conifers, *Orthilla secunda* and *Pyrola rotundifolia*, Round-leaved Wintergreen.

Day 6

Thursday 25th June

Hotel in Pamporova

A lovely clear day. We headed for the Rhodopi Mountains. On the way we visited four outstanding meadows. The first one was studded with *Acer tataricum*, Tatar Maple, with bright red maple keys. Among other numerous finds were the large yellow showy flowers of *Hypericum olympicum*. We had lunch in the next meadow, with quails calling all around us. Some of the flowers seen; *Armeria rumelica*, masses of red Gladiolus, a sea of pink *Knautia arvensis* growing with spikes of *Orchis coriophora*, Bug Orchid; also *Campanula persicifolia* and a beautiful umbellifer *Orlaya grandiflora*. The next meadow, on a hill, had a wet flush running down the side containing a mass of Cotton Grass and amongst it purple spikes of Marsh Orchids, *Dactylorhiza cordigera*, *D. kalopisii*, and *D. pindica*. as well as the more distinctive *Orchis laxiflora*.

In the last meadow and pinewood below a large tourist hotel we saw *Limadorum abortivum*, Violet Bird's Nest Orchid. We also were fascinated by the many fungi growing beneath the trees. We managed to put a name to them, with expert help from Pat O'Reilly. We then drove on to Pamporova through long gorges to our hotel, a small ski chalet set in meadows and surrounded by spruce forests

Day 7

Friday 26th June

Hotel in Pamporova

We started the day by exploring the forest surrounding our hotel which had been reconnoitred by Mitko the evening before. He was able to lead us to masses of Coralroot orchids, *Corallorhiza trifida*, and the One-flowered Wintergreen, *Moneses uniflora*. We boarded the bus and an hour's drive took us to the Trigrad Gorge in the Rhodopi Mountains. Walking up the gorge we saw Hop Hornbeam, *Ostrya carpinifolia*, with its beautiful white hanging flower bracts. We then drove further up the Gorge, bordered by sheer cliffs towering above us to a mountain refuge where we had lunch.

Afterwards we stopped to see a Wallcreeper below its nest. We then wandered down to see the botanical highlight of the holiday, the endemic *Haberlea rhodopensis*, a relative of the African Violet, growing in profusion on damp rocks. Local honey, flavoured with herbs, including the endemic *Sideritis scardica* and pine resins was being sold by the roadside.

Our last stop in the gorge was to see the endemic *Campanula lanata*, with large white flowers spreading over the rocks, also rosettes of *Jovibarba heuffelii* and finally *Viola aetolica*, with white and yellow flowers which brought to a spectacular end a trip filled with so many exciting finds.

Day 8

Saturday 27th June

We had an early start to Sofia Airport. We stopped on the way for a delicious lunch, and then on to the airport and a warm goodbye to Bulgaria and our guides.

Species Lists

Plants

(** plants seen in previous years)

Aceraceae

<i>Acer pseudoplatanus</i>	Sycamore	common
<i>A. tataricum</i>	Tartar Maple	meadows

Anacardiaceae

<i>Cotinus coggygria</i>	Smoke Tree	waysides
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Apiaceae

<i>Angelica sylvestris</i>	Wild Angelica	common
<i>Carum carvi</i>	Caraway	Day 4
<i>C. graecum</i>	Greek Caraway	Day 4
<i>Eryngium campestre</i>	Field Eryngo	meadows
<i>Heracleum sibiricum</i>	Large Hogweed	common
<i>Laserpitium siler</i>	Sermountain	Day 7: gorge
<i>Ligusticum mutellina</i>	Alpine Lovage, pink	Day 5
<i>Oenanthe fistulosa</i>		damp meadow, Day 6
<i>Orlaya grandiflora</i>	large outer petals	meadows
<i>Pastinaca hirsuta</i>	yellow hairy parsnip	Day 7
<i>Peucedanum arenarium</i>		Day 7: gorge
<i>Seseli libanotis</i>	tall plant	Day 2
<i>S. rhodopaeum</i>	Balkan endemic	Day 7
<i>Trinia ramosissima</i>	low plant	Day 7

Asclepiadaceae

<i>Vincetoxicum hirsutinaria</i>	Swallow Wort	Day 2
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Asteraceae

<i>Achillea ageratifolia</i>	creeping, woolly leaves	Day 2 & 4 - rocks
<i>A. clusiana (multifida)</i>	v. aromatic, bracts tomentose	Day 5
<i>A. clypeolata</i>	yellow flowers, grey leaves	Day 4
<i>A. millifolium</i>	Yarrow	common
<i>Anthemis tinctoria</i>	Yellow Camomile	Day 6
<i>Artemisia alba</i>	Camphor Wormwood	Day 2
<i>Aster alpinus</i>	Alpine Aster	Day 7
<i>Carduus kernerii</i> subsp. <i>scardicus</i>	Balkan endemic	Day 4
<i>C. nutans</i>	Musk Thistle	common
<i>Centaurea chrysolepis</i>	pale yellow flowers	Day 2 limestone
<i>C. mannagettae</i>	yellow flowers – endemic	Day 4
<i>C. napulifera</i>	flowers bicoloured	meadows, Day 5
<i>C. orientalis</i>	pale yellow flowers	Day 2
<i>C. rutifolia</i>	pink fls, grey lvs Balkan end.	Day 2
<i>C. solstitialis</i>	Yellow Star Thistle	meadows
<i>Cicorium intybus</i>	Chicory	roadsides
<i>Cirsium appendiculatum</i>	Balkan endemic	common
<i>C. canum</i> **	purple flowers	Day 1
<i>Crupiana vulgaris</i>	False Saw-Wort	Day 1

<i>Doronicum austriacum</i> **	Austrian Leopardsbane	
<i>D. columne</i>	Heart-leaved Leopardsbane	Day 4
<i>Ecinops ritro</i>	Globe Thistle	roadsides
<i>Erigeron atticus</i>	purple flowers	mountains, meadows
<i>Eupatorium cannabinum</i>	Hemp Agrimony	common
<i>Hieracium aurantiacum</i>	Fox and Cubs	Day 4
<i>H. scardicum</i>	white woolly leaves	rocks: day 2
<i>Hypochoeris maculata</i>	Spotted Cat's Ear	Day 7
<i>Inula aschersoniana</i>	large yellow flowers	Day 7
<i>I. ensifolia</i>	Narrow-leaved Inula	Day 2
<i>I. oculus-christi</i>	shaggy yellow flowers	day 2
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	common
<i>Leontodon croceus</i>	Balkan endemic	Day 5
<i>subsp.rilaensis</i>		
<i>L. hispidus</i>	Rough Hawkbit	common
<i>Petasites alba</i>	large leaves	common
<i>Pilosella officinarum</i>	Mouse-ear Hawkweed	Day 2
<i>Ptilostemon afer</i>	tall thistle, purp. Flowers	Day 4
<i>Senecio rupestris</i>	like <i>Squalidus</i>	Day 5
<i>Tanacetum corymbosum</i>	cluster of white flowers	Day 7
<i>Tragapogon pratensis</i>	Goatsbeard	meadows
<i>Xeranthemum annuum</i>	pink flowers	Day 2
 Betulaceae		
<i>Alnus incana</i>	Grey Alder	common
<i>Betula pendula</i>	Silver Birch	common
 Boraginaceae		
<i>Anchusa officinalis</i>	blue flowers	Common, meadows
<i>Cerinthe minor</i>		Day 2
<i>Cynoglossum hungaricum</i>	red flowers	Day 2
<i>Echium vulgare</i>	Vipers Bugloss	v. common
<i>Lithospermum arvensis</i>	Corn Gromwell	roadsides
<i>Myosotis sylvatica</i>	Wood Forget-me-Not	Day 4
<i>Onosma heterophylla</i>	pale yellow	Day 6
<i>O. taurica</i>	yellow flowers	Day 2
<i>Pulmonaria rubra</i>	red flowers	Day 6
<i>Symphytum ottomanum</i>	Turkish Comfrey	Day 7
 Brassicaceae		
<i>Alyssum murale</i>	yellow flowers	Day 2
<i>A. rostratum</i>	yellow flowers	Day 4
<i>Arabis turrata</i>	Tower Cress	common
<i>Aubrietia gracilis</i> **	blue flowers, endemic	Day 4
<i>Berteroa incana</i> **	white spikes	Day 6
<i>Cardamine glauca</i>	white notched petals	Day 5
<i>C. rivularis</i>	pink flowers	Day 2
<i>Erysimum cuspidatum</i>	yellow spikes	Day 4
<i>E. drenowskyi</i> **	endemic	
<i>Rorippa sylvestris</i>	yellow flowers	Day 7
<i>Thlaspi arvense</i>	arable weed	Day 2

<i>T. perfoliatum</i> **	white, forming patches	
<i>T. praecox</i>	white flowers, glaucous lvs.	Day 4
Campanulaceae		
<i>Asyneuma limonifolia</i>	blue spikes	Day 2
<i>Campanula alpine subsp. orbelica</i>	cluster of bells	days 4 & 5
<i>C. glomorata</i>	Clustered Bellflower	Day 2
<i>C. lanata</i>	white flowers, endemic	gorge, day 7
<i>C. orphanidea</i>	endemic	day 4
<i>C. patula</i>	Spreading Bellflower	common - meadows
<i>C. persicifolia</i>	Peach-leaved Bellflower	Day 6
<i>C. scutellata</i>	Balkan endemic, branched	Day 6
<i>C. sparsa</i>	Balkan endemic branched an..	Day 1
<i>C. velebitica</i>	like Harebell	Day 7
Caprifoliaceae		
<i>Sambucus ebulus</i>	Dwarf Elder	waysides
<i>Viburnum opulus</i>	Guelder Rose	common
Caryophyllaceae		
<i>Arenaria biflora</i>	Two-flowered Sandwort	Day 5 - Alpine
<i>A. rhodopaea</i>	endemic	Day 7 - gorge
<i>Cerastium alpinum</i>	Alpine Mouse-ear	Day 5 alpine
<i>C. lanatum</i> **	lanate leaves	Day 4 – alpine
<i>Dianthus armeria</i>	Deptford Pink	Day 6 – meadow
<i>D. cruentus</i>	tall, dark calyx, purple fls.	Day 1 & 2 – meadow
<i>D. deltoides</i>	pink flowers, white spots	meadows
<i>D. giganteus</i>	tall, pink	Day 5, 6 – meadows
<i>D. microlepis</i>	endemic forming cushions, pink	Day 5 – alpine
<i>D. petraeus</i>	white flowers, fine leaves	Day 4 – rocks
<i>D. pinifolia</i>	fine leaves, purple fls.	Day 6
<i>Gypsophyila muralis</i>	pink flowers	Day 2
<i>Kohlruschia velutina</i>	pink flowers	Day 2
<i>Lychnis coronaria</i>	Rose Campion	meadows
<i>L. flos-cuculi</i>	Ragged Robin	wet meadows
<i>L. vesicaria</i>	Sticky Catchfly	Day 4
<i>Minuartia bosniaca</i> **	Balkan endemic	Day 6, rocks
<i>M. glomerata</i> **	glandular hairy	Day 4, meadow
<i>M. verna</i>	Vernal Sandwort	common
<i>Moehringia pendula</i>	Rock Sandwort, endemic	Day 7, gorge
<i>Moenchia mantica</i> **	small branched, white flowers	Day 1, meadows
<i>Paronychia capitata</i>	prostrate	Day 2
<i>Saponaria bellidifolia</i>	yellow flowers	Day 4
<i>Scleranthus neglectus</i>	low cushions	Day 2
<i>Silene armeria</i>	Sweet William Catchfly	Day 2
<i>S. conica</i>		Day 6
<i>S. flavescens</i>	yellow flowers	rocks and meadows
<i>S. frivaldszkyana</i>	whitish flowers	Day 6
<i>S. italica</i>	Italian Catchfly	Day 7
<i>S. roemerii</i>	tall, white term. fls endemic	Day 5
<i>S. vulgaris</i>	Bladder Campion	common

<i>S. waldsteinii</i>	endemic	Day 7 –meadows
<i>Stellaria graminea</i>	Lesser Stitchwort	Day 2 –meadows
Cistaceae		
<i>Helianthemum canum</i>	Hoary Rockrose	common
<i>H. nummularium</i>	Common Rockrose	common
Convolvulaceae		
<i>Convolvulus arvensis</i>	Field Bindweed	waysides
<i>C. cantabrica</i>	Pink Convolvulus	Day 2
Corylaceae		
<i>Carpinus orientalis</i>	Eastern Hornbeam	Day 6 – meadows
<i>Corylus avellana</i>	Hazel	Day 2
<i>Ostrya carpinifolia</i>	Hop Hornbeam	Days 6 & 7
Crassulaceae		
<i>Jovibarba heuffelii</i>	rosettes on rocks	gorge
<i>Rhodiola rosea**</i>	Roseroot	Day 4
<i>Sedum acre</i>	Biting Stonecrop	common
<i>S. album</i>	White Stonecrop	Day 7 – gorge
<i>S. annuum**</i>	Annual Stonecrop	Day 5
<i>S. dasyphyllum**</i>	Thick-leaved Stonecrop	Day 4
<i>S. hispanicum</i>	six white petals	Day 5
<i>S. ochroleucum</i>	Yellow Stonecrop	Day 2
<i>Sempervivum leucanthemum**</i>	Bulgarian endemic	Day 6
Dipsacaceae		
<i>Knautia arvensis</i>	tall, pink flowers	common
<i>K. drymeia</i>	purp/pink flowers	meadows
<i>K. midzorensis**</i>	endemic	Day 4, alpine
<i>Morina persica</i>	Prickly Whorlflower	Day 7
<i>Scabiosa argentia</i>	pale yellow flowers	Day 6
<i>S. rhodopensis</i>	pale yellow, endemic	Day 7, gorge
<i>S. triniifolia</i>	pale yellow	Day 2 & 6
Ericaceae		
<i>Arcto-staphylos uva-ursi**</i>	Bear Berry	Day 2
<i>Bruckenthalia spiculifolia</i>	Spike Heath	Day 5
<i>Vaccinium myrtillus</i>	Bilberry	Day 4
Euphorbiaceae		
<i>Euphorbia amygdaloides</i>	Wood Spurge	forests
<i>E. cyparissias</i>	Cypress Spurge	common
<i>E. helioscopia</i>	Sun Spurge	common
<i>E. myrsinites</i>	Broad-leaved Glaucous Spurge	Day 6
<i>E. nicaeensis**</i>		Day 7
<i>E. taurinensis**</i>	2 glands with pink horns	Day 6
Fabaceae		
<i>Anthyllis aurea</i>	showy yellow flowers	Day 2

<i>A. vulneraria</i>	Kidney Vetch	common
<i>Astragalus glycyphyllos</i>	Wild Liquorice	common
<i>A. onobrychis</i>	dark red flowers	Day 2
<i>Chamaecistus absinthoides</i>	endemic, gray leaves	common in meadows
<i>C. hirsutus</i>	Hairy Broom	Day 2
<i>Chamaespartinum sagittale</i>	Winged Broom	Day 2
<i>Colutea arborescens</i>	Bladder Senna	Day 6
<i>Coronilla scorpioides</i>	Annual Scorpion Vetch	Day 2
<i>C. varia</i>	Crown Vetch	common
<i>Dorycnium pentaphyllum</i> subsp. <i>herbaceum</i>	white flowers	Day 2
<i>Genista carinalis</i>	spreading shrub, long keel	Day 7
<i>G. lydia (rumelica)**</i>	shrub (1m)	Day 6
<i>G. tinctoria (depressa)</i>	Dyers Greenweed	Day 2 & 4
<i>G. subcapitata**</i>	flowers sessile in heads	Day 4
	Balkan endemic	
<i>Hippocrepis comosa</i>	Horseshoe Vetch	meadows
<i>Lathyris alpestris**</i>	red/purple flowers	Day 2
<i>L. tuberosus</i>	bright crimson	Day 1
<i>Lotus corniculatus</i>	Birds Foot Trefoil	common
<i>Onobrychis alba</i>	white flowers	Day 2
<i>O. arenaria</i>	Small Sanfoin	meadows
<i>O. montana</i> susp. <i>scardicus</i>	Balkan endemic, pink	Day 4, rocks
<i>Trifolium alpestre</i>	Mountain Zig-zag Clover	Day 4
<i>T alpinum</i>	Alpine Clover	Day 4
<i>T. arvense</i>	Haresfoot Clover	meadows
<i>T. aureum</i>	Large Hop Trefoil	common
<i>T. dubium</i>	Lesser Yellow Trefoil	common
<i>T. incarnatum</i>	Crimson Clover	Day 1
<i>T. hirtum</i>	pale purple fls., densely hairy	Day 6
<i>T. medium</i>	Zig-zag Clover	Day 4
<i>T. montanum</i>	Mountain Clover	Day 6
<i>T. ochroleucum</i>	Sulphur Clover	Day 6
<i>T. pannonicum</i>	Hungarian Trefoil	Day 1
<i>T. striatum</i>	Soft Trefoil	Day 6
<i>T. strictum</i>	Upright Clover	Day 6
<i>Trifolium velenovskyi</i>	yellow flowers	Day 6
<i>Vicia sepium</i>	Bush Vetch	meadows
<i>V. villosa</i>	Fodder Vetch	meadows
Fagaceae		
<i>Fagus sylvatica</i>	Beech	mixed forests
<i>Quercus cerris</i>	Turkey Oak	mixed forests
<i>Q. pubescens</i>	White Oak	mixed forests
Gentianaceae		
<i>Gentiana asclepiadea**</i>	Willow-leaved Gentian	forest edges
<i>G. cruciata**</i>	Cross Gentian	Day 4 - meadows
<i>G. punctata</i>	Spotted Gentian	Day 4
<i>G. pyrenaica**</i>	Pyrenean Gentian	Day 5 – alpine
<i>G. verna</i>	Spring Gentian	Day 4

Geraniaceae

<i>Erodium cicutarium</i>	Common Storksbill	waysides
<i>Geranium coeruleatum</i>	bright blue flowers Balkan endemic	Day 7
<i>G. macrorrhizum</i>	Rock Cranesbill	common
<i>G. phaeum**</i>	Dusky Cranesbill	Day 3
<i>G. pyrenaicum</i>	Pyrenean Cranesbill	common
<i>G. rotundifolium</i>	Round-leaved Cranesbill	Day 4
<i>G. sanguineum</i>	Bloody Cranesbill	Day 5 – meadows
<i>G. sylvaticum</i>	Wood Cranesbill	common

Gesneraceae

<i>Haberlea rhodopensis</i>	endemic	gorge – Day 7
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Globulariaceae

<i>Globularia cordifolia</i>	blue flowers	Day 4
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Hypericaceae

<i>Hypericum cerastoides</i>	large flowers in low patches	Day 6
<i>H. linarioides</i>	spreading on rocks	Day 7
<i>H. olympicum</i>	large showy yellow flowers	Day 6
<i>H. perforatum</i>	Common St John's Wort	common
<i>H. rumeliacum</i>		Day 2
<i>H. tetraptrum</i>	Square-stemmed St John's Wort	wet meadows
<i>H. umbellatum**</i>	conspicuous net veins	Day 7

Lamiaceae

<i>Acinos alpinus</i>	Alpine Catmint	Day 2 & 4
<i>A. saueolens</i>	long pointed leaves	Day 2
<i>Ajuga chamaepytis</i>	Ground Pine	Day 2
<i>A. genevensis</i>	Blue Bugle	common
<i>A. laxmannii</i>	blue and cream flowers	Day 2
<i>A. pyramidalis</i>	alpine	Day 5
<i>Galeopsis speciosa</i>	Large-flowered Hemp Nettle	Day 4
<i>Lamium garganicum</i>	Large Red Deadnettle	common
<i>Marrubium friwaldskyanum**</i>	Bulgarian endemic	Day 7
<i>M. peregrinum</i>	flowers white, grey lvs.	Day 2
<i>Mentha longifolia</i>	Horse Mint	Day 3 marsh
<i>Micromeria dalmatica</i>	Balkan endemic	Days 4 & 7
<i>Nepeta nuda</i>	Hungarian Catmint	meadows
<i>Oreganum vulgare</i>	Marjoram	Day 2
<i>Phlomis tuberosa</i>		Day 2
<i>Prunella grandiflora</i>	Large Self-heal	meadows
<i>P. lacineata</i>	white flowers	meadows
<i>Salvia amplexicaulis**</i>	violet flowers	Day 1
<i>S. nemorosa**</i>	Wild Sage	Day 1
<i>S. sclarea</i>	Clary	Day 6, rocks
<i>S. verticillata</i>	Whorled Salvia	Days 1 & 2
<i>S. virgata</i>	purple spikes	common
<i>Satureja montana</i>	Winter Savory	Day 2
<i>Scutellaria alpina</i>	Alpine Skullcap	Day 4

<i>S. altissima</i> **	blue and white flowers	Day 6
<i>Sideritis montana</i>	yellow fls. forming patches	Day 2
<i>S. scardica</i>	Balkan endemic	Day 7 rocks
<i>Stachys angustifolia</i>	Glabrous Woundwort	Day 6
<i>S. germanica</i>	Downy Woundwort	Day 6
<i>S. officinalis</i>	Betony	Day 2
<i>S. recta</i>	Yellow Woundwort	meadows
<i>Teucrium chamaedrys</i>	Wall Germander	common
<i>T. montanum</i>	Mountain Germander	Day 2 - meadows
<i>T. polium</i>	Felty Germander	Day 2
<i>Thymus callieri</i>		Day 2
<i>T. striatus</i>	Thyme	common in mountains
Lentibulariaceae		
<i>Pinguicula balcanica</i>	Balkan Butterwort	Day 4 & 5
<i>P. vulgaris</i>	Common Butterwort	Day 4
Linaceae		
<i>Linum angustifolium</i>	white flowers	Day 2
<i>L. austriacum</i>	blue flowers	Day 2
<i>L. bienne</i>	Pale Flax	Day 2
<i>L. capitatum</i>	large yellow flowers	Day 4
<i>L. catharticum</i>	Purging Flax	Day 2
Oleaceae		
<i>Fraxinus ornus</i>	Flowering Ash	Day 2
Orobanchaceae		
<i>Orobanche alba</i>	Thyme Broomrape	Day 2
<i>O. caryophyllacea</i>	Bedstraw Broomrape	Day 2
Plantaginaceae		
<i>Plantago carinata</i>		Day 2
<i>P. gentianoides</i>		Day 2
Plumbaginaceae		
<i>Armeria rumelica</i>	Thrift – pale pink flowers	Day 6 – meadows
Primulaceae		
<i>Lysimachia nummularia</i>	Creeping Jenny	Day 2
<i>L. vulgaris</i>	Yellow Loosestrife	meadows
<i>Primula elatior</i>	Oxlip	Day 4
<i>P. farinosa</i> **	Bird's Eye Primrose	Day 2, 4 & 5 - alpine
<i>P. veris</i>	Cowslip	meadows
<i>Soldanella rhodopaea</i>	endemic	Day 5
Polygalaceae		
<i>Polygala alpestris</i>	Mountain Milkwort	Day 4
<i>P. comosum</i>	lilac/pink flowers	Day 2
<i>P. major</i>	large spikes of red/purp. fls.	common
<i>P. monspeliaca</i>	white flowers	Day 6

<i>P. vulgaris</i>	Common Milkwort	Day 4
Polygonaceae		
<i>Persicaria bistorta</i> **	Bistort	Day 2
<i>Rumex alpinus</i>	Monks Rhubarb	common – mountains
Pyrolaceae		
<i>Orthilla secunda</i>	Nodding Wintergreen	Day 5 – forests
<i>Moneses uniflora</i>	One-flowered Wintergreen	Day 7
<i>Pyrola rotundifolia</i>	Round-leaved Wintergreen	Day 5 - forests
Ranunculaceae		
<i>Aconitum lycoctonum</i> subsp. <i>neapolitanum</i> **	Yellow Monkshood	Day 3
<i>Anemone sylvestris</i> **	Snowdrop Windflower	Day 5 - woods
<i>Aquilegia aurea</i>	endemic yellow flowers	Day 4
<i>Caltha palustris</i>	King Cup	Day 5
<i>Clematis recta</i>	white flowers	Day 2 – meadows
<i>C. vitalba</i>	Travellers Joy	hedges
<i>Consolida regalis</i>	Larkspur	Day 4
<i>Helleborus odorus</i>		Day 2
<i>Ranunculus montana</i>	Mountain Buttercup	Day 4 – snowmelt
<i>R. platanifolius</i> **	tall branched white flowers	Day 2
<i>R. serbicus</i>	tall, silky leaves	Day 7
<i>Thalictrum aquilegifolium</i>	Great Meadow Rue	Day 4
<i>T. minus</i>	Lesser Meadow Rue	Day 4
<i>Troillius europaeus</i>	Globe Flower	Day 5
Rosaceae		
<i>Alchemilla glaucescens</i>	Lady's Mantle	Day 2
<i>Aremonia agrimonoides</i>	Bastard Agrimony	Day 4
<i>Cotoneaster integerrimus</i>	pinkish flowers	Day 4
<i>C. nebrodensis</i>	densely hairy	Day 5
<i>Crataegus orientalis</i>	Eastern Hawthorn	Day 4 – meadows
<i>Filipendula vulgaris</i>	Dropwort	meadows
<i>Geum coccineum</i>	bright red flowers	Days 2 & 5
<i>G. montanum</i>	Mountain Avens	Day 4
<i>G. rivale</i>	Water Avens	Day 5
<i>Potentilla argentia</i>	grey leaves	meadows
<i>P. aurea</i> subsp. <i>ternata</i>	Golden Cinquefoil	Day 2
<i>P. canina</i>	Dog Rose	common
<i>P. erecta</i>	Tormentil	common
<i>P. recta</i>	Sulphur Cinquefoil	Day 2
<i>Pyrus elaeagrifolia</i>	Wild Pear	Day 2
<i>Rosa pendulina</i>	Alpine Rose	common
<i>R. pimpinellifolia</i>	Burnet Rose	Day 4
<i>Rubus thyrsanthus</i>	spikes of white flowers	Day 2 – meadow
<i>Sorbus aucuparia</i>	Rowan	Day 5
<i>S. austriaca</i>	lobed leaves	Day 7

Rubiaceae

<i>Asperula purpurea</i>	Woodruff	Day 7
<i>A. cynanchica</i>	Squinancy Wort	Day 2
<i>Cruciata glabra</i>		meadows
<i>C. laevipes</i>	Crosswort	meadows
<i>Galium album</i>	Tall Bedstraw	meadows
<i>G. anisophyllum</i>	cushion-forming	alpine, Day 4
<i>G. mollugo</i>	Hedge Bedstraw	Day 2
<i>G. odoratum</i>	Sweet Woodruff	forests
<i>G. palustre</i>	Marsh Bedstraw	damp meadows
<i>G. verum</i>	Lady's Bedstraw	meadows

Santalaceae

<i>Thesium alpina</i>	Alpine Bastard Toadflax	Days 2 & 5
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Salicaceae

<i>Salix alba</i>	White Willow	along rivers
<i>S. capraea</i>	Goat Willow	common
<i>S. lapponum**</i>	Lapland Willow	Day 2

Saxifragaceae

<i>Saxifraga luteoviridis</i>	yellow/green flowers	Day 4
<i>S. paniculata</i>	Paniculate Saxifrage	Day 4
<i>S. rotundifolia</i>	Roundleaved Saxifrage	Day 4 - forests
<i>S. sempervivum</i>	pendulous red flowers	Day 7
<i>S. stellaris**</i>	upright pinkish-purple fls	Day 7 – gorge

Scrophulariaceae

<i>Bartsia alpina</i>	Alpine Bartsia	Day 2
<i>Digitalis grandiflora</i>	Yellow Foxglove	Day 2
<i>D. lanata</i>	brown/white flowers	meadows
<i>D. viridiflora</i>	Green-flowered Foxglove	Day 5
<i>Euphrasia pectinata</i>	Eyebright	Day 2
<i>Linaria genistifolia</i>	yellow flowers	Days 2 & 6
<i>Melampyrum arvense</i>	Field Cow-Wheat	Day 2
<i>M. cristatum</i>	Crested Cow-Wheat	Day 2
<i>M. pratense</i>	Common Cow-Wheat	Day 2
<i>M. scardicum</i>	yellow-blue flowers	Day 1
<i>M. sylvaticum</i>	Cow-Wheat	common
<i>Pedicularis orthantha</i>	reddish-purple fls.	Day 4
<i>Rhinanthus rumelicus</i>	Hay Rattle - tall	meadows
<i>Scrophularia canina</i>	Alpine Figwort	Day 2
<i>Verbascum blattaria</i>	Moth Mullein	Day 2
<i>V. davidoffi</i>	endemic	Day 4
<i>V. longifolium</i>		Day 5
<i>V. phlomoides</i>	densely woolly	Day 2
<i>Veronica alpina</i>	Alpine Speedwell	Day 5
<i>V. anagalis-aquatica</i>	Water Speedwell	Day 7
<i>V. belledioides</i>	Violet Speedwell	Day 5
<i>V. chamaedrys</i>	Germander Speedwell	common
<i>V. officinalis</i>	Heath Speedwell	Day 5

<i>V. serpyllifolia</i>	Thyme-leaved Speedwell	common
<i>V. teucrium</i>	Large Speedwell	Day 2
<i>V. urticifolia</i>	Nettle-leaved Speedwell	Day 4
Thymelaceae		
<i>Daphne alpina</i>	dwarf shrub, white flowers	Day 4
<i>D. cneorum</i>	prostrate, pink flowers	Day 4
<i>D. mezereum</i>	Mezereon	Day 4
<i>D. oleoides</i>	white, very scented flowers	Day 4
Ulmaceae		
<i>Ulmus minor</i>	Smooth-leaved Elm	Day 2
Valerianaceae		
<i>Valeriana montana</i>	Mountain Valerian	Day 4
<i>V. officinalis</i>	Valerian	meadows
Violaceae		
<i>Viola aetolica</i>	white/yellow flowers	Day 7, gorge
<i>V. biflora</i>	Yellow Wood Violet	Day 4
<i>V. dacica</i>	large fls, violet or yellow	mountains
<i>V. pyrenaica</i>	Pyrenean Violet	Day 4, snowmelt
<i>V. tricolor</i>	Heartsease	common
MONOCOTYLEDONS		
Dioscoreaceae		
<i>Tamus communis</i>	Black Bryony	Day 2
Iridaceae		
<i>Crocus veluchensis</i>	lilac/purple flowers	Day 4 – snowmelt
<i>Gladiolus imbricatus</i>	dark red flowers	meadows
<i>Iris reichenbachii</i>	greenish-yellow	Day 4 – rocks
Liliaceae		
<i>Anthericum liliago</i>	St Bernard's Lily	Day 2
<i>Allium rotundum</i>	purple head	meadows
<i>Asphodeline taurica</i>	white spikes	Day 2
<i>Lilium jankae</i> **	yellow flowers	Day 2
<i>L. martagon</i>	Martagon Lily	Day 7
<i>Muscari comosum</i>	Tassel Hyacinth	Day 2 – meadows
<i>Ornithogalum pyrenaicum</i>	Bath Asparagus	Day 6
<i>O. umbellatum</i>	Star of Bethlehem	common
<i>Paris quadrifolia</i>	Herb Paris	Day 7
<i>Polygonatum odoratum</i>	Scented Solomon's Seal	Day 6
<i>Scilla bifolia</i>	blue flowers	Day 4
<i>Veratrum album</i>	White False Helleborine	common
Orchidaceae		
<i>Cephalanthera rubra</i>	Red Helleborine	Days 2 & 5
<i>Corallorhiza trifida</i>	Coralroot Orchid	Day 7

<i>Dactylorhiza cordigera</i>	Heart-shaped Marsh Orchid	Day 4 & 6
<i>D. kalopisii</i>	purple spikes	Day 6
<i>D. maculata</i>	Heath Spotted Orchid	common
<i>D. pindica</i>	purple spikes	Day 6
<i>D. saccifera</i>	Wedge-lipped Orchid	roadsides
<i>D. sambucina</i>	Elder-flowered Orchid	Day 5
<i>Epipactis helleborine</i>	Broad-leafed Helleborine	Day 4
<i>E. palustris</i>	Marsh Helleborine	Day 3
<i>Gymnadenia conopsea</i>	Fragrant Orchid	Day 6
<i>G. frivaldii</i>	Balkan endemic	Day 5
<i>Himantoglossum caprinum</i>	Balkan Lizard Orchid	Day 2
<i>Leucorchis albida**</i>	Small White Orchid	Day 2
<i>Listera ovata</i>	Twayblade	Day 6
<i>Neottia nidus-avis</i>	Bird's Nest Orchid	Day 5
<i>Limadorum abortivum</i>	Violet Birds Nest Orchid	Day 6
<i>Orchis coriophora</i>	Bug Orchid	Day 6
<i>O. laxiflora</i>	Lax-flowered Orchid	marshy meadows
<i>O. morio</i>	Green Winged Orchid	Day 6
<i>O. ustulata</i>	Burnt Tip Orchid	Day 7
<i>Platanthera chlorantha</i>	Greater Butterfly Orchid	meadows and pine wood

CONIFERS

<i>Abies alba</i>	Silver Fir
<i>Juniperis communis</i>	Juniper
<i>J. oxycedrus</i>	Prickly Juniper
<i>Larix europaea</i>	Larch
<i>Picea abies</i>	Norway Spruce
<i>Pinus leucodermis</i>	Bosnian Pine
<i>P. mugo</i>	Mountain Pine
<i>P. nigra</i>	Black Pine
<i>P. peuce</i>	Macedonian Pine
<i>P. sylvestris</i>	Scots Pine

FERNS

<i>Asplenium ruta-muraria</i>	Wall Rue
<i>A. septentrionale</i>	Forked Spleenwort
<i>A. trichomanes</i>	Maidenhair Spleenwort
<i>Athyrium felix-femina</i>	Lady Fern
<i>Botrychium lunaria</i>	Moonwort
<i>Ceterach officinarum</i>	Rusty-back Fern
<i>Cystopteris alpina</i>	Alpine Brittle Bladder Fern
<i>C. fragilis</i>	Brittle Bladder Fern
<i>Dryopteris affinis</i>	Scaly Male Fern
<i>D. austriaca</i>	Broad Buckler Fern
<i>D. expansa</i>	Northern Buckler Fern
<i>D. felix-mas</i>	Male Fern
<i>Gymnocarpium dryopteris</i>	Oak Fern
<i>G. robertianum</i>	Limestone Fern
<i>Phegopteris connectilis</i>	Beech Fern
<i>Polypodium vulgare</i>	Common Polypody
<i>Polystichum aculeatum</i>	Hard Shield Fern

<i>P. lonchitis</i>	Holly Fern	
<i>P. setiferum</i>	Soft Shield Fern	
<i>Selaginella helvetica</i>	Swiss Clubmoss	Day 7 – gorge
<i>Isoetes lacustris</i> **	Quillwort	Day 4 - lake edges

Books used:

Flowers of Greece and the Balkans (*Oleg Polunin*)

Alpine Flowers of Britain & Europe (*Christopher Grey-Wilson and Marjorie Blamey*)

Conspectus of the Bulgarian Vascular Flora (*Dimitar Dimitrov*)

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