

Abruzzo in Autumn

Naturetrek Tour Report

1st – 8th September 2022



Abruzzo Chamois by Jamie Carruthers



Sagittario Gorge by Jessica Turner



Colchicum lusitanum by Jessica Turner



Swallowtail on Winter Savory by Jamie Carruthers

Tour report by Jessica Turner
Images by Jamie Carruthers and Jessica Turner



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Summary

The Abruzzo National Park and the surrounding areas boast some great scenery and wildlife, especially in terms of mammals. Although we were disappointed not to see a Marsican Brown Bear on this occasion, finding very fresh paw prints and scats showed that they were definitely around. Walking back from La Cicerana in the dark gave eye-shine which was probably a Wolf, and two Wolves were glimpsed briefly from Gioia Vecchio. Meanwhile, we were delighted to see good numbers of Abruzzo Chamois in the stunning surroundings of Val di Rose and Red Deer were starting the rut. We saw a good selection of birds, with the Griffon Vultures on their nesting cliffs being especially memorable, as well as some lovely late-summer flowers and butterflies. A great group and lovely hospitality at the Albergo Paradiso contributed to a most enjoyable week in Abruzzo in Autumn.

Day 1

Thursday 1st September

Rome - Pescasseroli

It was an early start as Jessica and most of the group gathered at Heathrow Terminal 5 for the 7am flight to Rome, with one group member on a slightly later flight from Manchester. When we emerged from baggage reclaim, we met with Paolo, who had driven down from his home in Pescasseroli. It took a while for us to sort out the vehicles and to meet with our Manchester-flight member, but the bags were soon loaded, and we headed off eastwards towards the Rome ring-road, which was incident free. As we went, we noted Umbrella Pines (*Pinus pinea*), Oleander (*Nerium oleander*), Giant Reed (*Arundo donax*) and Hooded Crows.

Clear of the ring-road, we drove east towards the Apennine mountains, passing through several tunnels and over deep valleys, bordered by a number of hilltop villages as the countryside became more wooded. We stopped for lunch just over the border into Abruzzo, seeing dark clouds and hearing a few rumbles of thunder. The first raindrops fell as we set off again, with some dramatic lightning flashes. As we passed the great plain by Avezzano, the site of Lake Fucino, once the third largest lake in Italy and now a fertile agricultural area, the rain became torrential, and the road down to Pescina was crossed by muddy rivers as soil and gravel was washed off the slopes.

However, the storm was localised, and the rain became lighter as we climbed up into the Abruzzo National Park, noting the thickly wooded hillslopes, so characteristic of the area. Visibility was still very limited, however, so there was no point stopping at Gioia Vecchio and we continued the steady descent through the National Park towards Pescasseroli, seeing two Red Foxes, one by the road, the other, further on, sitting in the road, probably begging for food as it didn't move away as we drove past. We passed through the village and soon reached our hotel, the Albergo Paradiso, where we received a warm welcome from Sonia, the manager.

We settled into our rooms and arranged to meet at 6.45pm to discuss plans for the week. However, the rain stopped, and the sun appeared, so some of the group explored the local area, with Common Redstart and a Hare being reported. We enjoyed a tasty meal, after which we were very ready for our beds.

Day 2

Friday 2nd September

Round hotel; La Difesa; La Cicerana

This morning, before breakfast, some of the group met at 7am to explore the area round the hotel. Though it was fine, it was very misty, and it was also very quiet in terms of birds. Hooded Crows and Italian Sparrows were active, and we added Coal Tit, Chiffchaff and Robin, but little else. A young Fox ran across the road and sat briefly in a garden before trotting off.

After a good breakfast, we took the vehicles the short distance to the start of our walk through La Difesa and the Vallone Pesco di Lordo. Here, there are ancient Beech trees (*Fagus sylvatica*), and Paolo explained about the ancient management of the forest as wood-pasture for small numbers of pigs, horses and cows belonging to local people, and as a supply of wood, usually cut by the women, as the men were shepherds and would be away for maybe eight months of the year. The enormous flocks of sheep that used to graze the mountains of Abruzzo were driven south, down to Puglia, for the winter months: the *transumanza*.

As we set off, we noted the scrubby trees and shrubs including St Lucie's Cherry (*Prunus mahaleb*), Wild Pear (*Pyrus communis*), Blackthorn (*Prunus spinosa*) and Hawthorn (*Crataegus monogyna*). Two Firecrests showed well in the bushes. Smaller plants included the Tunic Flower *Petrorhagia saxifraga*, with tiny pale-pink flowers, the beautiful Blue Eryngo (*Eryngium amethystinum*), Glaucous Spurge (*Euphorbia myrsinites*) and Cypress Spurge (*Euphorbia cypressias*). Small White and Meadow Brown butterflies were seen. Under the Beech trees was a fine stand of Herb-Paris (*Paris quadrifolia*), each spike with its single black berry; this is an ancient woodland indicator species. A wide variety of mosses, lichens were growing on the enormous boulders and exposed tree roots and trunks, and the sun filtering through the leaves was beautiful.

We walked in to the more open Vallone Pesco di Lordo, appreciating the views of the mountains beyond. As the morning warmed, butterflies were more active, including Silver-washed and Queen of Spain Fritillaries, Adonis and Common Blues, Clouded Yellow, Scarce Copper, Silver-spotted, Dingy and Southern Grizzled Skippers, Woodland and Tree Graylings and Hermit. Hummingbird Hawk-moths were around a patch of Red Hemp-nettle (*Galeopsis ladanum*), and other plants in flower included Bird's-foot-trefoil (*Lotus corniculatus*) and Alpine Basil-Thyme (*Clinopodium alpinum*). There were many grasshoppers, including both Red-winged and Blue-winged 'Flash-colours' which are amazingly well camouflaged at rest, showing colours when they jump. Again, it was very quiet in terms of birds, although Nuthatch and Buzzard were calling, and we had nice views of a Marsh Tit. We returned to the hotel for lunch today, followed by a short break.

We met up again at 3pm, driving north to the Passo del Diavolo, where we took a track to the barrier marking the entry to the restricted area. We parked here and prepared to walk, while Paolo explained a little about the area and its importance for Marsican Brown Bears. Bushes of Alpine Buckthorn (*Rhamnus alpinus*) grow above the treeline in some areas, and the berries are a popular food source for the bears. We were walking to a remote rifugio, La Cicerana and almost immediately Paolo found a perfect hind footprint of a bear in some soft mud, probably a sub-adult from its size – and it had been made recently! Further on we found some old bear droppings too. The grassy slopes were dotted with mauve Autumn Crocuses (probably mainly *Colchicum lusitanum* but possibly also some *C. neapolitanum*: the species are very hard to tell apart). Again, there were many Woodland and Tree Graylings and Hermits, another female Scarce Copper and other insects included many red-and-black Ground Bugs *Spilostethus saxatilis*. We also added Common Sowbread/ Ivy-leaved Cyclamen (*Cyclamenhederifolium*) and the leaves of Stinking

Hellebore. There were quite a few enormous Parasol Mushrooms (*Macrolepiota procera*) in the open areas, and we also noted a Bolete, probably Lurid Bolete (*Suillellus*, formerly *Boletus luridus*) and on Beech trees we found Porcelain Fungus (*Oudemansiella mucida*), delicate, white with a very slimy cap, and Hoof Fungus (*Fomes fomentarius*).

We reached the remote rifugio, where we were welcomed with tea and coffee and had time to rest and enjoy the views. One of the other Ecotur staff showed us a recently produced Bear scat that had been found very close to the hut; this one was full of Crab Apple remains. We walked on the short distance to the viewing area and settled ourselves where we could look across to the hillside dotted with Alpine Buckthorn bushes. Unfortunately, it had been a poor year for the Rhamnus berries, and many of the shrubs looked very bare, probably in part due to Red Deer browsing. We could see a good number of Red Deer, with several stags, some in a small group, others alone and one with a group of hinds. The rut has started early this year, and several were roaring. Jays called from the forest, and we also heard a Lilford's White-backed Woodpecker call. Sadly, no Bears appeared this evening (although two had been seen the previous one) and we left as the light was fading fast.

We walked back to the rifugio, where Cesidio had prepared a delicious supper of lentils followed by a baked courgette and cheese dish with salad, with local wine. Eventually, we prepared ourselves for the walk back by starlight and torchlight. As we walked, we suddenly saw eye-shine in Paolo's torch beam. It was not possible to be absolutely certain that it was a young Wolf rather than a Fox, as we could only glimpse the eye-shine, not see any outline, but Paolo felt it was the former because of how the animal was moving. As we had been walking up, we had seen a cow with a newly dead new-born calf just in that area, and although the body was as yet untouched, the canid had obviously discovered it. We also heard a slightly musical churring which we had also heard near the hut on the way up: this was later identified as European Tree Cricket, which only sings after about 5pm – about the time we first heard it. Tawny Owls were hooting and more Red Deer were roaring. Back near the minibuses, we stopped to look at the stars and enjoy the silence. Soon Cesidio, who had been tidying up at the hut, appeared with the couple of group members who had opted for a ride down in his jeep rather than the walk, and we drove back to the hotel, after a fascinating evening.

Day 3

Saturday 3rd September

Gioia Vecchio; Alba Fucens, Petrella Liri

We woke to another fine morning. Some of the group were out with Paolo at 6.15 am to drive to Gioia Vecchio to scan the valley and slopes. They reported three Roe Deer, a few Red Deer and a couple of Wild Boar.

After breakfast, with picnic makings on board, we headed down out of the park, back towards Avezzano, to visit the Roman site of Alba Fucens. We set off north from Pescasseroli, taking the turn towards Bisegna, dropping down through San Sebastiano to Pescara, near the autostrada, and on past the flat area that was Lake Fucino. In San Pelino, where a couple of Swifts were seen, we turned north, into the Sirente-Veline Regional Park; it was then not far to Albe, the site of the Roman town of Alba Fucens. We parked and most of us had coffee outside the village bar. Paolo then explained a little about the site. Alba Fucens was a town of the Aequi tribe, on the border with the Marsi, and was colonised by Rome in 304BC. It was a strategically important and relatively prosperous place that was destroyed in the 10th Century.

As he was speaking, we could hear the characteristic calls of Bee-eaters and a flock of about a dozen flew overhead and there were many more around too. Then a Peregrine Falcon was noted, and a Griffon Vulture put in an appearance too, while on the ground was a male Spotted Fritillary. Great! We then had time to explore the area, first the grassy areas towards and round the very fine amphitheatre, then the remains of streets, houses, shops and other buildings, with some fine stonework. It had become cloudy, and there were relatively few insects, also probably in part due to the recent torrential storms, but an Italian Wall Lizard was seen. Plants included the green Field Eryngo (*Eryngium campestre*) and the sculptural 'umbellifer', Honewort (*Trinia glauca*), and a male Black Redstart showed well among the ruins. We enjoyed our delicious picnic of local produce, perched on a (non-Roman) wall.

We then moved on round the west side of Avezzano, turning north-west up a steep-sided valley road. We parked below some cliffs known to be a breeding site for Griffon Vultures. These were reintroduced into the Sirente-Velino area about 25 years ago but have spread to colonise this area recently. Immediately we could see a couple of birds and as we looked, we realised that there were many on the ledges, with a mixture of adult and youngsters. Through the scopes we had stunning views of these majestic birds and watched the adults returning to well-grown chicks. Meanwhile, more kept gliding in along the ridge, almost in formation, before either landing or lifting and thermalling above. We spent about half an hour just enjoying this spectacle, reckoning that there must have been over 30 birds.

Delighted with our sightings, we celebrated with genuine gelati in Capistrello, before driving back across the centre of the plain; Paolo told us that 30% of Italy's carrots are grown here and we could see the agriculture of the fertile soil. The Romans started to drain the lake – only possible by tunnelling through the mountains – but their drainage channels were later abandoned so it refilled, before finally being drained at the end of the 19th Century. We joined the Circonfucense road before climbing back up to Gioia Vecchio and on home, arriving back just before 6pm. After a break, some met to update checklists and discuss our sightings, before another delicious dinner.

Day 4

Sunday 4th September

Val Fondillo Gioia Vecchio

This morning dawned fair but cloudy. Those out early reported two Hares and two Red Squirrels, which in this area are chocolate brown. There were many Four-spotted Footman moths around this morning with at least 10 on the minibus; the males are grey with yellow heads and females are straw-coloured with four spots across the wings.

After breakfast we drove the short distance down the Sangro valley, past the village of Opi, to Val Fondillo, a delightful valley. Having parked and moved up slightly higher, we scanned the slopes of Monte Marsicano behind us, finding at least 20 Abruzzo Chamois, mainly silhouetted on the summit. There were also Red Deer hinds and a stag. The Abruzzo Chamois, also called the Apennine Chamois is a subspecies of the Pyrenean Chamois, different from the Alpine species. Although the species is very localised, the numbers on Monte Marsicano are increasing.

Further up the track, we found the very fresh paw print of Marsican Brown Bear: this time a front paw print of a large male, much larger than the hind paw print we had seen before. It was very new, probably from earlier this morning, as it was over older tyre marks and other prints in the mud. The sun appeared briefly, bringing out some butterflies and we saw Clouded Yellow, Berger's Clouded Yellow, Chalk-hill, Adonis and Common Blues, Silver-washed Fritillary and Southern White Admiral. A female Sooty Copper was also seen, as well as Hornet Hoverfly.

They were especially enjoying the patches of Horse Mint (*Mentha longifolia*). Sadly, the temperature dropped as the sun disappeared again, as did the butterflies. We had superb views of at least a couple of families of Red-backed Shrikes, with the adults bringing insects for demanding youngsters, all perched on top of the Juniper and other scrubby bushes. A Marsh Tit and Serins showed well, and a Raven flew overhead. New plants included Grass-of-Parnassus (*Parnassia palustris*), Dodder (*Cuscuta epithymum*), in flower, and Fringed Gentian (*Gentianopsis ciliata*). We started hearing rumbles of thunder and the rain came. Although it was not too heavy, it did seem to be setting in, so we retraced our steps.

We had our picnic in the dry of the hotel, enjoying delicious almond cakes from the local bakery as a Sunday treat. The plan was to have a break and regather at 5pm to drive to Gioia Vecchio. Those who wanted to updated checklists, but the rain was short-lived and the sun came out, so most opted to head out again in the afternoon, exploring the various tracks near the hotel. Afternoon sightings reported included Fox, Marsh Tit, Treecreeper (probably Eurasian) and Nuthatch, while Red-billed Chough were heard. The sun brought out butterflies, including Painted Lady, Brown Argus, Small Copper, Large Wall Brown, Clouded Yellow, Adonis Blue and Silver-spotted Skipper. A large fly that was photographed was a Hornet Robberfly.

At 5pm we met up to drive up to Gioia Vecchio again. The evening light here is more difficult than in the morning, but the recent addition of benches catching the evening sun was appreciated, as was a van selling beer and wine! It was generally quiet, but a few Red Deer hinds were on the slopes and a couple of stags further up. House Martins were hawking in the valley and Bee-eaters were heard. One of the group had a good view of a Lilford's White-backed Woodpecker flying across below us, while nearer to hand, a couple of Forest Shieldbugs attracted attention. As the sun went lower in the sky, the light on the distant mountains and the plain was dramatic, illuminating the edges of clouds. We were about to go when Jamie set pulses racing by spotting a dark animal moving along a hedge line, but it turned out to be a Wild Boar, which showed very briefly as it crossed a gap into the deep forest.

As the light faded, we returned to the hotel for another delicious dinner and our beds. It rained quite heavily in the night.

Day 5

Monday 5th September

Gioia Vecchio, La Cicerana and Selva Moricento

The rain had cleared, leaving a misty morning, but the sun soon got to work, and the cloud dispersed. The early risers were out at 6.15am with Paolo, heading to Gioia Vecchio and seeing a couple of Wild Boar en route. They had not been there long when two Wolves were sighted, very close under the church, possibly coming to steal food put out for the sheepdogs. Sadly, not everyone managed to see them before they disappeared from view. Red Deer, a Roe Deer and another Wild Boar were seen as well.

After breakfast, we left at 9.30am to drive back up to Passo del Diavolo. Today we would be walking in the ancient and protected forest of Selva Moricento, beyond La Cicerana. Paolo took us up to the rifugio in the Landrover; we had to travel as two groups. The first group set off, although two decided to walk part of the way. While waiting at the hut, a Raven flew up the valley and Wart-biter Cricket was seen. The second group enjoyed the butterflies as they waited and saw a female Wheatear en route. We had coffee before setting off.

At a fallen Beech tree, Paolo explained about the importance of dead wood to biodiversity, and we could see holes of the wood-boring larvae of the iconic Alpine Longhorn beetle (*Rosalia alpina*) and a larger hole made by White-backed Woodpecker. The decaying trees held a wider range of fungi, including Hoof Fungus and Small Stagshorn (*Calocera cornea*). Paolo also showed us a 'rub tree', a prominent Beech on the junction of two tracks where Bears leave scent by rubbing their backs, so no lichens on the one side are only above about two metres, and hairs can often be found. He explained more about Bear behaviour and human interactions. A Common Darter dragonfly was around a nearby wet area. Nuthatch were vocal and also seen, and as we returned, we saw a Buzzard on a rock, a flock of Linnets and a Common Redstart. A tiny Alpine Autumn Crocus (*Colchicum alpinum*) and Alpine Stork's-bill (*Erodium alpinum*) were found, and we walked through clouds of both Blue- and Red-winged Grasshoppers. We all agreed that this is a very special area.

Back at the hut, we had a delicious lunch of pasta with mushrooms and Chickpea fritters with courgettes, and then had some time to sit outside and enjoy the ambience. Most of the group then walked back down to the minibuses. Paolo checked the remains of the dead calf we had seen on Friday, reporting that only the head and vertebrae remained; it had been eaten by Wolves the previous night.

We stopped in Pescasseroli on the way back and many of the group enjoyed an ice cream, there was time to shop and explore, and some walked back to the hotel. Scarce Swallowtail and Grey Wagtail were reported. After a break we met to update lists before another excellent dinner.

Day 6

Tuesday 6th September

Val di Rose

We had an early start this morning for our mountain walk as we were meeting Marco, our guide, at 8am at the start of the path. We had breakfast at 6.30am and made up our picnics, before leaving at 7.30. We drove down the Sangro valley to Villette Barrea where we turned up to the village of Civitella Alfedena, parking above the village. The Val di Rose is a popular walk but also the home of Abruzzo Chamois and, during the summer holiday period, the National Park imposes a limit on the number of people who can walk there, and they must all be accompanied by an authorised guide. We were the only group today. As we parked facing an apartment block, a snowstorm of House Martins took off from where they had been resting on the roofs and walls: probably well over 100 birds.

We set off slowly up the steep and stony path, noting the Turkey Oaks (*Quercus cerris*) with very bristly acorn cups and Cornelian Cherry (*Cornus mas*) in fruit. The path went into the Beech forest, where we were walking on leaf litter, before emerging into the open with beautiful views of the Lago di Barrea, blue below us. Further up, we encountered a young Western Green Lizard, and found some Wolf scat, full of hair, probably either Wild Boar or deer. Paolo pointed out that it was positioned on the junction of two paths and was also a means of communication for the animals.

Eventually we reached the last large glade before the tree line, where we stopped for a break and scanned the cliffs above us. With his telescope, Paolo soon picked out several Chamois on the rocks above and we then located another small group grazing, so maybe nine or ten animals, distant but showing well. A Golden Eagle circled briefly over the cliff, frustratingly close to the sun, and shortly afterwards, a Griffon Vulture glided along the cliff line. We continued and soon reached the open grassy area, where we based ourselves beneath a solitary Sycamore tree. Round and on large rocky boulders plants included *Daphne oleoides*, with some still in flower, Dwarf Juniper (*Juniperus*

communis var. *saxatilis*), Rock Crane's-bill (*Geranium macrorhizum*), Cobweb Houseleek (*Sempervivum arachnoideum*), Livelong Saxifrage (*Saxifraga paniculata*) and the endemic *Saxifraga porophylla*, a Reddish Saxifrage, with the last two showing their tiny lime-encrusted leaves. Black Redstarts were flitting around, and we also saw a family of Northern Wheatears. Two insects here were the bright green-and-black Chabrier's Marbled Bush-cricket (of which some recognise an Abruzzo-endemic subspecies *brunneri*) and the endemic La Meta Apennine Grasshopper.

The stars, though, were the Chamois as we were now much nearer to them and could see more of them: in total we counted 22, which was wonderful as the total population in the Val di Rose area is currently only about 25-30 animals. The population in this area is decreasing, whereas on other, adjoining mountains it is increasing; the reason is unknown but may not be due to human disturbance. We could see the adults and kids, resting and feeding, some in the open and others in the shade of the cliffs, and we could see clearly their face markings and curved horns. While some chose to enjoy the area there, others climbed further, up to the Passo Cavuto at 1942 metres. The path took us even closer to the Chamois, but we were careful not to disturb them, and they were apparently unconcerned. Plants included the tiny, endemic *Gentianella columnae*, a few Fringed Gentians, Small Scorpion-vetch (*Coronilla vaginalis*) and magenta-flowered Crane's-bill *Geranium austroapenninum*. From the top of the pass the views were stunning, across the mountains including Monte Petroso, the highest mountain in Abruzzo at 2249 metres. We walked along to the edge from where we could see down into Camosciara and noted various other alpine plants including Dwarf Mountain Pine (*Pinus mugo*), Mountain Avens (*Dryas octopetala*) a tiny Scabious *Scabiosa silenifolia* and the leaves of Ciliate Rock-jasmine (*Androsace villosa*). A Swallowtail butterfly flew past, a Griffon Vulture sailed overhead, and we could pick out another group of nine Chamois on a distant slope. As we were walking down an extremely dark, relatively unmarked falcon flew past below us; we couldn't see its underparts, but the nearest species we could come up with was Red-footed Falcon, which passes through on migration.

We all made our way down at our own pace, with Common Wall Lizard, Slow Worm and Asp Viper being reported en route. At the bottom we thanked Marco for his guiding and company and reconvened in the village at the Bar delle Lince for drinks and crisps, agreeing that, although strenuous, it had been a fantastic walk. We returned to the hotel for much-needed showers, a break, lists and dinner. The two who had spent the day around the hotel had enjoyed exploring the hills and meadows behind and had walked into the village.

Day 7

Wednesday 7th September

Gioia Vecchio; Passo Godi, Scanno, Sagittario Gorge, Aschi

Another fine morning greeted those out early, although it was very quiet, with Red Fox and Jays being noted. After an 8am breakfast, we drove again down the Sangro valley to Villetta Barrea, this time driving through the village and turning north above the valley towards the Passo Godi. We stopped to admire the views back over the lake, to see where we had walked the previous day, and to scan the hillsides above, but all was quiet. We then drove higher, stopping just beyond the small ski resort of Passo Godi at 1,630 metres, on the watershed. Here we saw another Red-backed Shrike, a pair of Yellowhammers, a Northern Wheatear and a Wood Warbler, probably on passage. The Dwarf Juniper made circular patches on the stony slopes, and a Common Wall Lizard and plenty of butterflies were enjoying the morning sun, especially Clouded Yellows, Berger's Clouded Yellows, Chalk-hill and Adonis Blues and Small Heath. A shepherd was moving his sheep up the hillside opposite, the flock being kept very compact by the dogs.

We then dropped down into the Sagittario valley to the historic town of Scanno, pausing as a large flock of goats with some sheep were moving along the road. The town dates back to the 11th Century, with a maze of narrow streets and alleyways on the steep valley slopes, and we had time for coffee and to explore. Our route next took us past the Lago di Scanno, into the dramatic and beautiful Gole di Sagittario, or Sagittario Gorge, where the road runs between steep limestone cliffs. A few patches of bright gold flowers on the cliffs were *Sternbergia lutea*, a crocus-like bulb rare in this part of central Italy, but we could not stop safely to enjoy them. We did stop by the man-made Lago di San Domenico, with amazingly clear blue-green water, where we had another delicious picnic on the lake shore in the company of a vocal Chinese Goose. There were Coot on the lake, and butterflies were enjoying a patch of Hemp Agrimony (*Eupatorium cannabinum*) by the water's edge. There were large numbers of Silver-washed Fritillaries, while both Common and Scarce Swallowtail were seen, and Southern Comma was new for the list. A female Sooty Copper and a large black wasp with yellow bands, *Scolia hirta*, were also on the flowers. The plants here were more Mediterranean, but generally very dried out, although we saw the remains of the endemic bellflower *Campanula fragilis* subsp. *cavolinii* growing on the rocks.

From here we continued through the gorge, taking a small turning to the right and parking at the start of a path along a section of the River Sagittario. As we started the walk, we admired the Ivy-leaved Cyclamen (or Common Sowbread: *Cyclamen hederifolium*), dotted around in little groups, and there was a collection of Porcupine quills; this species is increasing in population and also moving to higher altitudes, but is rarely seen. Trees included Flowering Ash (*Fraxinus ornus*), Montpellier Maple (*Acer monspessulanus*) and Italian Maple (*Acer opalus* subsp. *obtusatum*), and we also noted Southern Polypody and Rustyback ferns (*Polypodium cambricum* and *Asplenium ceterach*). Common Swallowtail and a pair of mating Southern White Admirals were seen well.

We descended the steep stony path with caution, to the valley bottom, where the Sagittario is a fast-flowing stream. Here it was more humid, but the rather dark valley floor was illuminated by carpets of pink Cyclamen. We reached a more open area, where we could look up to the top of the cliffs, but all was very quiet, although we could see the town of Annversa degli Abruzzi above us. As it was so hot and the path back steep and stony, the group continued with Paolo to a shady park area at the end of the path to wait while the leaders walked back and collected the minibuses, rejoining the group after about 45 minutes. There were clouds of Silver-washed Fritillaries and Southern Hawker and Common Darter dragonflies and a frog, probably Italian Pool Frog, were noted.

After refreshing ourselves with juice, cake and fruit from the picnic, we set off again, past the village of Cocullo and heading north and west through the hills. We stopped at the highest point (a little over 1200 metres) from where we could see the Gran Sasso massif and a group of Ravens enjoying the breeze (as were we!). The road dropped to Ortona, from where we started the climb back towards Pescasseroli. However, we soon turned off on to a track near the village from Aschi, from where we could see many Red Deer. It was the beginning of the rut, and several stags were bellowing and showing rutting behaviour, although maintaining distance from each other. There were many hinds too, and a particularly fine stag already had a large harem. We spent time watching them before completing the journey home, arriving back at the hotel at 7pm, after a long but very enjoyable day. After a break we met at 8pm for a delicious final dinner together, topped off with homemade Tiramisu.

Day 8

Thursday 8th September

Gioia Vecchio; Pescasseroli; Val Fondillo; flights home

We woke to a bright morning. There was just one last chance to scan from Gioia Vecchio, but all was very quiet, with only a Fox and Red Deer seen and a White-backed Woodpecker heard. Two of the group opted to stay there and were collected shortly after 10am, while the others returned for breakfast. Shopping was on the agenda for some, with visits to the supermarket and other shops while Jessica topped up picnic supplies. A Swallowtail was seen in Pescasseroli.

We gathered at 11am for a final visit to Val Fondillo, where we had been rained off previously. Unfortunately, the cloud cover increased, so the hoped-for butterflies were few, but we managed a Clouded Yellow and Adonis Blue, and a Barred Hook-tip moth. Flowering Ground Pine (*Ajuga chamaepitys*) was a new plant, and we saw the Red-backed Shrikes again. With thunder rumbling and rain imminent, we returned to the hotel for our final picnic.

After doing any necessary repacking, we said our goodbyes and thanks to Sonia who, with her team, had looked after us so well, and set off in fine weather for Rome. We took the Bisegna route out of the park, still watching, just in case... We made good time, hearing en route the news of the death of the Queen. At the airport we said goodbye to Paolo and to Eve who was travelling the following day. Check-in was smooth, although the flight was delayed, but we got back to Heathrow with many memories and photos of a great week in Abruzzo.



Red Fox by Jamie Carruthers



Red-backed Shrike family by Jamie Carruthers

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Species lists (H = Heard only, S = Signs, D = Dead)

Mammals

Common name	Scientific name	September 2022							
		1	2	3	4	5	6	7	8
Roman Mole	<i>Talpa romana</i>		S	S	S	S	S	S	S
Red Fox	<i>Vulpes vulpes</i>	2	1	2	1	S	S		1
Grey Wolf	<i>Canis lupus</i>		1?			2	S		
Marsican Brown Bear	<i>Ursus arctos marsicanus</i>		S		S	S			
Red Deer	<i>Cervus elaphus</i>		✓	3	✓	✓	✓	✓	✓
Roe Deer	<i>Capreolus capreolus</i>			3		1			
Apennine or Abruzzo Chamois	<i>Rupicapra pyrenaica ornata</i>				c20		31		
Wild Boar	<i>Sus scrofa</i>		S	2	1	3	S	S	S
Brown / Italian Hare	<i>Lepus europaeus / L. corsicanus</i>	1			2		1		
Red Squirrel	<i>Sciurus vulgaris</i>				2				
Crested Porcupine	<i>Hystrix cristata</i>							S	

Birds

Common name	Scientific name	September 2022							
		1	2	3	4	5	6	7	8
Common Swift	<i>Apus apus</i>			✓	✓				
Rock Dove/Feral Pigeon	<i>Columba livia</i>	✓	✓	✓		✓	✓	✓	✓
Common Wood Pigeon	<i>Columba palumbus</i>			✓		✓	✓	✓	✓
Eurasian Collared Dove	<i>Streptopelia decaocto</i>			✓					
Eurasian Coot	<i>Fulica atra</i>							✓	
Yellow-legged Gull	<i>Larus michahellis</i>								✓
Griffon Vulture	<i>Gyps fulvus</i>			C30			1	1	
Golden Eagle	<i>Aquila chrysaetos</i>						1		
Common Buzzard	<i>Buteo buteo</i>		✓	H		✓	✓	✓	✓
Tawny Owl	<i>Strix aluco</i>		H				H		
European Bee-eater	<i>Merops apiaster</i>			✓	H				

Common name	Scientific name	September 2022							
		1	2	3	4	5	6	7	8
White-backed Woodpecker	<i>Dendrocopos leucotos liffordi</i>		H		1	H			H
Great Spotted Woodpecker	<i>Dendrocopos major</i>		H						
European Green Woodpecker	<i>Picus viridis</i>		H	H	✓		H		H
Common Kestrel	<i>Falco tinnunculus</i>		✓	✓	✓	✓	✓	✓	
Red-footed Falcon	<i>Falco vespertinus</i>						?		
Peregrine Falcon	<i>Falco peregrinus</i>			✓					
Red-backed Shrike	<i>Lanius collurio</i>				8+			1	1
Eurasian Jay	<i>Garrulus glandarius</i>		H	H	H	H	X	✓	✓
Eurasian Magpie	<i>Pica pica</i>		✓	✓	✓			✓	✓
Red-billed Chough	<i>Pyrrhocorax pyrrhocorax</i>				H		H		
Western Jackdaw	<i>Coloeus monedula</i>		✓	✓					✓
Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	✓
Northern Raven	<i>Corvus corax</i>		H		X	X		✓	
Coal Tit	<i>Parus ater</i>	✓	✓	✓	H	✓	H	✓	✓
Marsh Tit	<i>Poecile palustris</i>		✓		✓			✓	H
Eurasian Blue Tit	<i>Cyanistes caeruleus</i>		✓	✓	✓	✓	✓	✓	✓
Great Tit	<i>Parus major</i>		✓	✓	H	✓		✓	✓
Barn Swallow	<i>Hirundo rustica</i>			✓					✓
Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
Long-tailed Tit	<i>Aegithalos caudatus</i>			H	✓	H			
Wood Warbler	<i>Phylloscopus sibilatrix</i>							✓	
Common Chiffchaff	<i>Phylloscopus collybita</i>		H	H	H			H	H
Eurasian Blackcap	<i>Sylvia atricapilla</i>				H				
Common Firecrest	<i>Regulus ignicapillus</i>		2						
Eurasian Wren	<i>Troglodytes troglodytes</i>					H			
Eurasian Nuthatch	<i>Sitta europaea</i>		H		H	✓	✓	✓	H
Eurasian Treecreeper	<i>Certhia familiaris</i>				✓				
Common Starling	<i>Sturnus vulgaris</i>		✓	✓	✓	✓		✓	✓
Ring Ouzel	<i>Turdus torquatus</i>								
Common Blackbird	<i>Turdus merula</i>		✓		✓		✓	✓	✓
Song Thrush	<i>Turdus philomelos</i>		✓						
Mistle Thrush	<i>Turdus viscivorus</i>				✓				
European Robin	<i>Erithacus rubecula</i>		✓	H			✓	✓	✓
Black Redstart	<i>Phoenicurus ochruros</i>			✓			✓		
Common Redstart	<i>Phoenicurus phoenicurus</i>	✓	✓			✓			✓
Northern Wheatear	<i>Oenanthe oenanthe</i>					✓	✓	✓	
Italian Sparrow	<i>Passer italiae</i>	✓	✓	✓	✓	✓	✓	✓	✓
Grey Wagtail	<i>Montacilla cinerea</i>					✓			
White Wagtail	<i>Montacilla alba</i>				✓				✓
Common Chaffinch	<i>Fringilla coelebs</i>		✓	H	✓			✓	✓
Common Linnet	<i>Linaria cannabina</i>				✓	✓			
Red Crossbill	<i>Loxia curvirosta</i>					H			
European Goldfinch	<i>Carduelis carduelis</i>	H	H		✓	✓			✓
European Serin	<i>Serinus serinus</i>		H		✓	✓	✓	✓	✓
Corn Bunting	<i>Emberiza calandra</i>								
Yellowhammer	<i>Emberiza citrinella</i>				✓			✓	
Cirl Bunting	<i>Emberiza cirlus</i>						✓		

Reptiles & Amphibians

Common name	Scientific name	September 2022							
		1	2	3	4	5	6	7	8
Common Toad	<i>Bufo bufo</i>			D					
Italian Pool Frog	<i>Pelophylax bergeri</i>							✓	
Western Green Lizard	<i>Lacerta bilineata</i>						✓		
Common Wall Lizard	<i>Podarcis muralis</i>		✓	✓	✓	✓	✓	✓	✓
Italian Wall Lizard	<i>Podarcis sicula</i>			✓				✓	
Slow Worm	<i>Anguis fragilis</i>						✓		
Fish									
Brown Trout	<i>Salmo trutta</i>				✓				✓
Fish sp.								✓	

Butterflies & Moths

Common name	Scientific name	September 2023							
		1	2	3	4	5	6	7	8
Swallowtail	<i>Papilo machaon</i>			✓		✓	✓	✓	✓
Scarce Swallowtail	<i>Iphiclides podalirius</i>					✓		✓	
Large White	<i>Pieris brassicae</i>		✓						
Small White	<i>Pieris rapae</i>		✓	✓	✓	✓	✓	✓	✓
Green-veined White	<i>Pieris napi</i>		✓						
Clouded Yellow	<i>Colias crocea</i>		✓		✓	✓	✓	✓	✓
Berger's Clouded Yellow	<i>Colias alfacariensis</i>			✓	✓	✓	✓	✓	
Wood White	<i>Leptidea sinapis</i>						✓		
Small Copper	<i>Lycaena phlaeas</i>				✓				
Scarce Copper	<i>Lycaena virgaureae</i>		✓			✓	✓	✓	
Sooty Copper	<i>Lycaena tityrus</i>				✓				
Brown Argus	<i>Aricia agestis</i>				✓	✓			
Chalk-hill Blue	<i>Polyommatus coridon</i>				✓	✓	✓	✓	
Adonis Blue	<i>Polyommatus bellargus</i>		✓		✓	✓	✓	✓	✓
Common Blue	<i>Polyommatus icarus</i>		✓		✓	✓		✓	
Southern White Admiral	<i>Limenitis reducta</i>				✓	✓		✓	
Peacock Butterfly	<i>Aglais io</i>							✓	
Painted Lady	<i>Vanessa cardui</i>				✓	✓			
Southern Comma	<i>Polygonia egea</i>							✓	
Silver-washed Fritillary	<i>Argynnis paphia</i>		✓		✓	✓	✓	✓	
Queen of Spain Fritillary	<i>Issoria lathonia</i>		✓						
Spotted Fritillary	<i>Melitaea didyma</i>			✓					
Woodland Grayling	<i>Hipparchia fagi</i>		✓	✓	✓	✓	✓	✓	
Tree Grayling	<i>Neohipparchia statilinus</i>		✓	✓		✓	✓	✓	
Hermit	<i>Chazara briseis</i>		✓			✓			
Great Banded Grayling	<i>Brintesia circe</i>					✓		✓	
Autumn Ringlet	<i>Erebia neoridas</i>		✓			✓	✓		
Meadow Brown	<i>Maniola jurtina</i>		✓	✓	✓	✓	✓	✓	✓
Gatekeeper	<i>Pyronia tithonus</i>				✓				
Small Heath	<i>Coenonympha pamphilus</i>		✓			✓	✓	✓	
Speckled Wood	<i>Pararge aegeria tircis</i>				✓	✓		✓	
Wall Brown	<i>Lasiommata megera</i>		✓						
Large Wall Brown	<i>Lasiommata maera</i>		✓		✓		✓	✓	

Common name	Scientific name	September 2023							
		1	2	3	4	5	6	7	8
Red-underwing Skipper	<i>Spialia sertorius</i>					✓			
Southern Grizzled Skipper	<i>Pyrgus malvoides</i>		✓						
Dingy Skipper	<i>Erynnis tages</i>		✓						
Silver-spotted Skipper	<i>Hesperia comma</i>		✓		✓	✓			
Barred Hook-tip	<i>Watsonalla cultraria</i>								✓
Galium Carpet	<i>Epirrhoe galiata</i>			✓					
Straw Belle	<i>Aspitates gilvaria</i>					✓			
Humming-bird Hawk-moth	<i>Macroglossum stellatarum</i>		✓	✓				✓	
Hoary Footman	<i>Eilema cf. caniola</i>				✓				
Four-spotted Footman	<i>Lithosia quadra</i>		✓		✓			✓	✓
Jersey Tiger	<i>Euplagia quadripunctata</i>							✓	
Silver Y	<i>Autographa gamma</i>				✓				

Other Invertebrates

Common name	Scientific name	September 2023							
		1	2	3	4	5	6	7	8
Banded Demoiselle	<i>Calopteryx splendens</i>		✓						
Southern Hawker	<i>Aeshna cyanea</i>							✓	
a Hawker	<i>Aeshna</i> sp.					✓			
Common Darter	<i>Sympetrum striolatum</i>					✓		✓	
Grasshopper spp	Acrididae		✓	✓	✓				✓
La Meta Apennine Grasshopper	<i>Italopodisma trapezoidalis</i>						✓		
Blue-winged Grasshopper	<i>Oedipoda caerulea</i>		✓	✓		✓	✓	✓	
Red-winged Grasshopper	<i>Oedipoda cf. germanica</i>		✓	✓		✓	✓	✓	
Wart-biter	<i>Decticus verrucivorus</i>					✓			
Chabrier's Marbled Bush-cricket	<i>Eupholidoptera chabrieri</i>						✓		
Field Cricket	<i>Gryllus campestris</i>					✓			
Italian Tree Cricket	<i>Oecanthus pellucens</i>		H						
Red and black Shield Bug	<i>Graphosoma lineatum</i> ssp. <i>italicum</i>			✓	✓	✓			
Forest Bug	<i>Pentatoma rufipes</i>				✓		✓		
Black-and-red Bug	<i>Lygaeus equestris</i>				✓				
A Ground Bug	<i>Spilostethus saxatilis</i>		✓			✓	✓	✓	
Common Crane-fly	<i>Tipula oleracea</i>				✓				
Marmalade Hoverfly	<i>Episyrphus balteatus</i>						✓		
Hornet Hoverfly	<i>Volucella zonaria</i>				✓				
Hornet Robberfly	<i>Asilus crabroniformis</i>				✓				
Ichneumon Wasp	<i>Netelia testacea</i>		✓						
A Sand Wasp (cf Ichneumon)	<i>Ammophila cf. sabulosa</i>		✓			✓	✓		
Bee Killer	<i>Philanthus triangulum</i>							✓	
Common Wasp	<i>Vespula vulgaris</i>		✓	✓		✓	✓	✓	
European Paper Wasp	<i>Polistes cf gallicus</i>		✓			✓			
A Scolid Giant Wasp	<i>Scolia hirta</i>					✓			
Violet Carpenter Bee	<i>Xylocopa violacea</i>		✓	✓			✓	✓	
Honey Bee	<i>Apis mellifera</i>			✓	✓			✓	
Buff-tailed Bumblebee	<i>Bombus terrestris</i>			✓	✓	✓		✓	
Common Carder Bee	<i>Bombus pascuorum</i>		✓	✓	✓	✓		✓	✓
Dung Beetle	<i>Scarabaeus</i> sp.						✓		

Common name	Scientific name	September 2023							
		1	2	3	4	5	6	7	8
7-Spot Ladybird	<i>Coccinella 7-punctata</i>				✓	✓	✓	✓	
2-Spot Ladybird	<i>Adalia bipunctata</i>				✓				
Mint Leaf Beetle	<i>Chrysolina herbacea</i>				✓				
Crab Spider	<i>Misumena vatia</i>				✓				
A Harvestman (commonest sp.)	<i>Phalangium opilio</i>					✓			
A millipede	Julidae sp.			✓					
Robin's Pincushion galls caused by	<i>Diplolepis rosae</i>		✓	✓					
Beech Gall caused by	<i>Mikiola fagi</i>						✓		
Snail sp.			✓	✓					

Plants (* = a species is endemic)

Scientific name	Common name	TL	Location
PTERIDOPHYTES			
FERNS & ALLIES			
Leptosporangiate Ferns			
True Ferns			
Aspleniaceae			
Spleenwort Family			
<i>Asplenium ceterach</i>	Rustyback	7	Sagittario Gorge
<i>Asplenium ruta-muraria</i>	Wall-rue	6	Val di Rose
<i>Asplenium scolopendrium</i>	Hart's-tongue Fern	2	La Difesa
Athyriaceae			
Lady-fern Family			
<i>Athyrium filix-femina</i>	Lady-fern	6	Val di Rose
Dryopteridaceae			
Buckler-fern Family			
<i>Dryopteris filix-mas</i>	Male Fern	7	Sagittario Gorge
<i>Polystichum lonchitis</i>	Holly-fern	6	Val di Rose
Polypodiaceae			
Polypody Family			
<i>Polypodium cambricum</i>	Southern Polypody	7	Sagittario Gorge
GYMNOSPERMS			
CONIFERS			
Cupressaceae			
Juniper Family			
<i>Juniperus communis</i>	Common Juniper	2	La Cicerana
<i>Juniperus communis</i> var. <i>saxatilis</i>	Dwarf Juniper	6	Val di Rose
<i>Juniperus oxycedrus</i>	Prickly Juniper	7	Sagittario Gorge
Pinaceae			
Pine Family			
<i>Pinus mugo</i>	Dwarf Mountain Pine	6	Val di Rose
<i>Pinus nigra</i> subsp. <i>nigra</i>	Austrian or Black Pine	7	Above Villetta Barrea
ANGIOSPERMS			
FLOWERING PLANTS			
Eu-dicots			
True Dicotyledons			
Adoxaceae			
Moschatel Family			
<i>Sambucus ebulus</i>	Dwarf Elder	4	Val Fondillo
<i>Sambucus nigra</i>	Elder	2	La Difesa
Anacardiaceae			
Sumach Family			
<i>Pistacia terebinthus</i>	Terebinth Tree	7	Sagittario Gorge
Apiaceae			
Carrot Family			

Scientific name	Common name	TL	Location
<i>Bupleurum falcatum</i> subsp. <i>cernuum</i>	A Hare's-ear	6	Val di Rose
<i>Daucus carota</i>	Wild Carrot	2	La Difesa
<i>Eryngium amethystinum</i>	Blue Eryngo	2	La Difesa
<i>Eryngium campestre</i>	Field Eryngo	3	Alba Fucens
<i>Seseli montanum</i> subsp. <i>tommasinii</i>	Seseli	6	Val di Rose
<i>Trinia glauca</i>	Honewort	3	Alba Fucens
Apocynaceae	Periwinkle Family		
<i>Nerium oleander</i>	Oleander (planted)	1	Roadsides nr Rome
Araliaceae	Ivy Family		
<i>Hedera helix</i>	Ivy	3	Alba Fucens
Asteraceae	Daisy Family		
<i>Artemisia vulgaris</i>	Mugwort	3	Petrella Liri
<i>Bellis perennis</i>	Daisy	6	Val di Rose
<i>Carduus defloratus</i>	Alpine Thistle	6	Val di Rose
<i>Carlina acanthifolia</i>	Acanthus-leaved Carline Thistle	2	La Difesa
<i>Carlina acaulis</i> subsp. <i>simplex</i>	'Stemmed' Stemless Carline Th.	2	La Difesa
<i>Carlina vulgaris</i>	Carline Thistle	3	Alba Fucens
<i>Centaurea scannensis</i>	An endemic Knapweed	7	Sagittario Gorge
<i>Cichorium intybus</i>	Chicory	3	Alba Fucens
<i>Cota tinctoria</i> subsp. <i>australis</i>	Yellow Chamomile	3	Alba Fucens
<i>Echinops sphaerocephala</i>	Great Globe Thistle	2	La Cicerana
<i>Eupatorium cannabinum</i>	Hemp Agrimony	7	Sagittario Gorge
<i>Helichrysum italicum</i>	A Curry Plant	7	Mountain road
<i>Jacobaea samnitum</i> *	A large-flowered Ragwort	4	Val Fondillo
<i>Lactuca viminea</i> subsp. <i>chondrillifolia</i>		3	Alba Fucens
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	4	Val Fondillo
<i>Senecio squalidus</i>	Oxford Ragwort	6	Val di Rose
Betulaceae	Birch Family		
<i>Corylus avellana</i>	Hazel	2	La Difesa
Boraginaceae	Forget-me-not Family		
<i>Cynoglossum magellense</i> *	An endemic Hound's-tongue	5	Selva Moricento (leaves)
<i>Echium italicum</i>	Pale Bugloss	3	Alba Fucens (over)
<i>Echium vulgare</i>	Viper's-bugloss	3	Alba Fucens
<i>Echium vulgare</i> subsp. <i>pustulatum</i>	a Viper's-bugloss	3	Alba Fucens
<i>Solenanthes apenninus</i> *	Solenanthes	2	La Difesa (leaves)
Brassicaceae	Cabbage Family		
<i>Erysimum pseudorhaeticum</i> *	a Treacle Mustard	3	Alba Fucens
<i>Lunaria rediviva</i>	Perennial Honesty	7	Sagittario Gorge
Campanulaceae	Bellflower Family		
<i>Campanula fragilis</i> subsp. <i>cavolinii</i> *	An endemic bellflower	7	Sagittario Gorge (over)
<i>Campanula rapunculus</i>	Rampion Bellflower	3	Alba Fucens
<i>Campanula scheuchzeri</i>	Scheuchzer's Bellflower (a Harebell)	2	La Cicerana
<i>Campanula tanfanii</i> *	A Harebell-type	6	Val di Rose
<i>Campanula trachelium</i>	Nettle-leaved Bellflower	3	Alba Fucens

Scientific name	Common name	TL	Location
Caprifoliaceae			
Honeysuckle Family			
<i>Cephalaria leucantha</i>	a Cream Scabious	7	Sagittario Gorge
<i>Dipsacus fullonum</i>	Wild Teasel	2	Round hotel
<i>Lonicera etrusca</i>	Etruscan Honeysuckle	3	Alba Fucens
<i>Scabiosa columbaria</i>	Small Scabious	3	Alba Fucens
<i>Scabiosa silenifolia</i>		6	Val di Rose
<i>Scabiosa triandra</i>	A Scabious with v. divided lvs	3	Alba Fucens
Caryophyllaceae			
Pink Family			
<i>Cerastium tomentosum</i>	Snow-in-Summer	5	Selva Moricento (leaves)
<i>Petrorhagia saxifraga</i>	a Tunic Flower	2	La Difesa
<i>Silene latifolia</i>	White Champion	2	Round hotel
Celastraceae			
Spindle Family			
<i>Euonymus europaeus</i>	Spindle Tree	8	Val Fondillo
<i>Parnassia palustris</i>	Grass-of-Parnassus	4	Val Fondillo
Cistaceae			
Rock-rose Family			
<i>Helianthemum oelandicum</i> subsp. <i>alpestre</i>	Alpine Rock-rose	6	Val di Rose
Convolvulaceae			
Bindweed Family			
<i>Convolvulus arvensis</i>	Field Bindweed	2	Round hotel
<i>Convolvulus cantabrica</i>	Pink Bindweed	3	Alba Fucens
<i>Cuscuta epithymum</i>	Common Dodder	4	Val Fondillo
Cornaceae			
Dogwood Family			
<i>Cornus mas</i>	Cornelian Cherry	6	Val di Rose
<i>Cornus sanguinea</i>	Dogwood	3	Alba Fucens
Crassulaceae			
Stonecrop Family			
<i>Sedum acre</i>	Biting Stonecrop	2	Vallone Pesco di Lordo
<i>Sedum dasyphyllum</i>	Fat-leaved Stonecrop	4	Val Fondillo (leaves)
<i>Sempervivum arachnoideum</i>	Cobweb Houseleek	6	Val di Rose
Euphorbiaceae			
Spurge Family			
<i>Euphorbia amygdaloides</i>	Wood Spurge	2	La Difesa
<i>Euphorbia cyparissias</i>	Cypress Spurge	2	La Difesa
<i>Euphorbia myrsinites</i>	Glaucous Spurge	2	La Difesa
Fabaceae			
Pea Family			
<i>Astragalus hamosus</i>	A Milk-vetch	2	La Cicerana
<i>Astragalus sempervirens</i>	Mountain Tragacanth	6	Val di Rose
<i>Coronilla vaginalis</i>	Small Scorpion-vetch	6	Val di Rose
<i>Laburnum anagyroides</i>	Laburnum	6	Val di Rose
<i>Lathyrus vernus</i>	Spring Pea	2	La Difesa (leaves)
<i>Lotus corniculatus</i>	Bird's-foot Trefoil	2	La Difesa
<i>Ononis spinosa</i>	Spiny Restharrow	2	La Cicerana
<i>Securigera varia</i>	Crown Vetch	3	Alba Fucens
<i>Spartium junceum</i>	Spanish Broom	3	Roadsides nr Rome
<i>Vicia sylvatica</i>	Wood Vetch	2	La Difesa (leaves)

Scientific name	Common name	TL	Location
Fagaceae			
	Beech Family		
<i>Fagus sylvatica</i>	Beech	1	Widespread
<i>Quercus cerris</i>	Turkey Oak	6	Val di Rose
<i>Quercus ilex</i>	Holm Oak	7	Sagittario Gorge
<i>Quercus pubescens</i>	Downy Oak	3	Roadsides
Gentianaceae			
	Gentian Family		
<i>Gentiana cruciata</i>	Cross Gentian	4	Val Fondillo (over)
<i>Gentiana dinarica</i>	An endemic Trumpet Gentian	6	Val di Rose
<i>Gentianella columnae</i>	An endemic 'Felwort'	6	Val di Rose
<i>Gentianopsis ciliata</i>	Fringed Gentian	4	Val Fondillo
Geraniaceae			
	Crane's-bill Family		
<i>Erodium alpinum</i>	Alpine Stork's-bill	5	Selva Moricento
<i>Erodium cicutarium</i>	Common Stork's-bill	3	Alba Fucens
<i>Geranium macrorrhizum</i>	Rock Crane's-bill	6	Val di Rose
<i>Geranium pyrenaicum</i>	Hedgerow Crane's-bill	2	Vallone Pesco di Lordo
<i>Geranium reflexum</i>	Reflexed Crane's-bill	2	La Difesa (leaves)
<i>Geranium robertianum</i>	Herb Robert	2	La Difesa
<i>Geranium austroapenninum</i>	Ashy Crane's-bill	6	Val di Rose
Grossulariaceae			
	Gooseberry Family		
<i>Ribes uva-crispa</i>	Gooseberry	5	Selva Moricento
Hypericaceae			
	St. John's-wort Family		
<i>Hypericum montanum</i>	Mountain St. John's-wort	4	Val Fondillo
<i>Hypericum perforatum</i>	Perforate St. John's-wort	2	La Difesa
Lamiaceae			
	Deadnettle Family		
<i>Ajuga chamaepitys</i>	Ground-pine	8	Val Fondillo
<i>Clinopodium (Acinos) alpinum</i>	Alpine Basil-thyme	2	La Difesa
<i>Clinopodium nepeta</i> subsp. <i>glandulosum</i>	Lesser Calamint	3	Petrella Liri
<i>Galeopsis ladanum</i>	Red Hemp-nettle	2	La Difesa
<i>Hyssopus officinalis</i>	Hyssop	7	Rds nr Sagittario Gorge
<i>Lamium maculatum</i>	Spotted Dead-nettle	4	Val Fondillo
<i>Mentha aquatica</i>	Water Mint	4	Val Fondillo
<i>Mentha longifolia</i>	Horse Mint	4	Val Fondillo
<i>Micromeria graeca</i> subsp. <i>tenuifolia</i>	Pink Micromeria	7	Sagittario Gorge
<i>Prunella laciniata</i>	Cut-leaved Self-heal	4	Val Fondillo
<i>Prunella vulgaris</i>	Self-heal	4	Val Fondillo
<i>Salvia verbenaca</i>	Wild Clary	2	La Difesa
<i>Satureja montana</i>	Winter Savory	3	Petrella Liri
<i>Sideritis italica</i>	A Sideritis	2	La Cicerana
<i>Thymus oenipontanus</i>	Wild Thyme	4	Val Fondillo
Malvaceae			
	Mallow Family		
<i>Malva sylvestris</i>	Common Mallow	3	Alba Fucens
Oleaceae			
	Olive Family		
<i>Fraxinus ornus</i>	Manna or Flowering Ash	7	Sagittario Gorge
<i>Ligustrum vulgare</i>	Privet	4	Val Fondillo

Scientific name	Common name	TL	Location
Onagraceae			
Willowherb Family			
<i>Chamerion angustifolium</i>	Rosebay Willowherb	5	Selva Moricento
<i>Epilobium dodonaei</i>	an Alpine Willowherb	7	Mountain road
Orobanchaceae			
Broomrape Family			
<i>Euphrasia agg</i>	Eyebright	4	Val Fondillo
<i>Odontites lutea</i>	Yellow Odontites	3	Alba Fucens
<i>Odontites vulgaris</i>	Red Bartsia	2	Round hotel
Plantaginaceae			
Plantain Family			
<i>Cymbalaria muralis</i>	Ivy-leaved Toadflax	2	Vallone Pesco di Lordo
<i>Digitalis ferruginea</i>	Brown Foxglove	2	La Difesa (over)
<i>Globularia meridionalis</i>	a Matted Globularia	6	Val di Rose
<i>Globularia vulgaris</i>	Common Globularia	5	La Cicerana
<i>Linaria purpurea</i>	Purple Toadflax	3	Alba Fucens
<i>Linaria vulgaris</i>	Common Toadflax	2	Roadsides nr hotel
<i>Plantago major</i>	Greater Plantain	2	La Difesa
<i>Plantago media</i>	Hoary Plantain	4	Val Fondillo
Plumbaginaceae			
Thrift Family			
<i>Armeria canescens</i>	Plantain-leaved Thrift	4	Val Fondillo
<i>Plumbago europaea</i>	Plumbago or Common Leadwort	7	Sagittario Gorge
Polygalaceae			
Milkwort Family			
<i>Polygala nicaeensis</i>	Nice Milkwort	6	Val di Rose
Primulaceae			
Primrose Family			
<i>Androsace villosa</i>	Ciliate Rock-jasmine	6	Val di Rose
<i>Cyclamen hederifolium</i>	Common Sowbread/ Autumn Cyclamen	2	La Cicerana
Ranunculaceae			
Buttercup Family			
<i>Clematis vitalba</i>	Old Man's Beard	2	Round hotel
<i>Delphinium consolida</i> ssp. <i>paniculatum</i>	Forking Larkspur	3	Alba Fucens
<i>Helleborus foetidus</i>	Stinking Hellebore	2	La Cicerana
<i>Ranunculus repens</i>	Creeping Buttercup	2	La Difesa
Rhamnaceae			
Buckthorn Family			
<i>Rhamnus alpinus</i>	Alpine Buckthorn	2	La Cicerana
<i>Rhamnus cathartica</i>	Buckthorn	3	Alba Fucens
Rosaceae			
Rose Family			
<i>Crataegus laevigata</i>	Midland Hawthorn	5	La Cicerana
<i>Crataegus monogyna</i>	Hawthorn	2	La Difesa
<i>Dryas octopetala</i>	Mountain Avens	6	Val di Rose
<i>Fragaria vesca</i>	Wild Strawberry	2	La Difesa
<i>Malus sylvestris</i>	Crab Apple	2	La Difesa
<i>Potentilla detommasii</i>	A Sulphur Cinquefoil	2	La Difesa (leaves)
<i>Prunus mahaleb</i>	St. Lucie's Cherry	2	La Difesa
<i>Prunus spinosa</i>	Blackthorn	2	La Difesa
<i>Pyrus communis</i> subsp. <i>pyraster</i>	Wild Pear	2	La Difesa

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<i>Rosa canina</i> agg.	Dog Rose	2	La Difesa
<i>Rubus fruticosus</i> agg.	Bramble	2	La Difesa
<i>Rubus idaeus</i>	Raspberry	3	Alba Fucens
<i>Sanguisorba minor</i>	Salad Burnet	3	Petrella Liri
<i>Sorbus aucuparia</i>	Rowan	2	Round hotel
Rubiaceae	Bedstraw Family		
<i>Asperula aristata</i>	Southern Squinancywort	6	Val di Rose
<i>Cruciata laevipes</i>	Crosswort	5	La Cicerana
<i>Galium odoratum</i>	Woodruff	2	La Difesa
<i>Galium verum</i>	Lady's Bedstraw	3	Petrella Liri
Salicaceae	Willow Family		
<i>Populus alba</i>	White Poplar	4	Val Fondillo
<i>Salix alba</i>	White Willow	4	Val Fondillo
<i>Salix apennina</i>	Apennine Willow	7	Sagittario Gorge
Santalaceae	Sandelwood Family		
<i>Viscum album</i>	Mistletoe	4	Val Fondillo
Sapindaceae	Maple Family		
<i>Acer campestre</i>	Field Maple	2	La Difesa
<i>Acer monspessulanum</i>	Montpelier Maple	7	Sagittario Gorge
<i>Acer opalus</i> subsp. <i>obtusatum</i>	Italian Maple	7	Sagittario Gorge
<i>Acer pseudoplatanus</i>	Sycamore	2	Gioia Vecchio
Saxifragaceae	Saxifrage Family		
<i>Saxifraga callosa</i>	Thick-leaved Saxifrage	7	Sagittario Gorge (over)
<i>Saxifraga paniculata</i>	Live-long Saxifrage	6	Val di Rose
<i>Saxifraga porophylla</i> *	Reddish Saxifrage	6	Val di Rose
<i>Saxifraga rotundifolia</i>	Round-leaved Saxifrage	2	La Difesa (leaves)
Scrophulariaceae	Figwort Family		
<i>Scrophularia canina</i>	Dog (French) Figwort	2	Vallone Pesco di Lordo
<i>Verbascum mallophorum</i>	a large branched Mullein	2	Round hotel
<i>Verbascum thapsus</i>	Aaron's Rod	2	Round hotel
Thymelaeaceae	Daphne Family		
<i>Daphne alpina</i>	Alpine Daphne	7	Passo Godi
<i>Daphne laureola</i>	Spurge Laurel	6	Val di Rose
<i>Daphne mezereum</i>	Mezereon	2	La Difesa
<i>Daphne oleoides</i>	A Daphne	6	Val di Rose
Ulmaceae	Elm Family		
<i>Ulmus canescens</i>	Mediterranean Elm	7	Sagittario Gorge
Urticaceae	Nettle Family		
<i>Urtica dioica</i>	Nettle	2	Round hotel
Violaceae	Violet Family		
<i>Viola alba</i> subsp. <i>dehnhardtii</i>	A Violet (mauve)	6	Val di Rose (leaves)

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Monocots	Monocotyledons		
Amaryllidaceae	Daffodil Family		
<i>Sternbergia lutea</i>	Sternbergia	7	Sagittario Gorge
Asparagaceae	Asparagus Family		
<i>Asparagus acutifolius</i>	Prickly Asparagus	7	Sagittario Gorge
<i>Polygonatum multiflorum</i>	Solomon's-seal	2	La Difesa
<i>Ruscus aculeatus</i>	Butcher's-broom	7	Sagittario Gorge
Colchicaceae	Autumn Crocus Family		
<i>Colchicum alpinum</i>	Alpine Autumn Crocus	5	Selva Moricento
<i>Colchicum lusitanum</i>	An Autumn Crocus	2	La Cicerana
<i>Colchicum neapolitanum</i>	An Autumn Crocus	2	La Cicerana
Melanthiaceae	Herb-Paris Family		
<i>Paris quadrifolia</i>	Herb-Paris	2	La Difesa
Orchidaceae	Orchid Family		
<i>Epipactis helleborine</i>	Broad-leaved Helleborine	2	La Difesa (over)
FUNGI			
Lecanoromycetes	Lichens		
<i>Lobaria pulmonaria</i>	Lungwort	5	Selva Moricento
Agaricomycetes			
<i>Suillellus (Boletus) luridus</i>	Lurid Bolete	2	La Cicerana
	Bolete sp.	2	La Cicerana
<i>Coprinus comatus</i>	Shaggy Ink Cap	3	Alba Fucens
<i>Fomes fomentarius</i>	Hoof Fungus	2	La Difesa
<i>Laccaria amethystina</i>	Amethyst Deceiver	5	Selva Moricento
<i>Macrolepiota procera</i>	Parasol Mushroom	2	La Cicerana
<i>Oudemansiella mucida</i>	Porcelain Fungus	2	La Cicerana
<i>Calocera cornea</i>	Small Stagshorn	5	Selva Moricento
<i>Peziza cf. repanda</i>	A 'Peel Fungus' on Beech	5	Selva Moricento
	Funnel Fungus sp.	5	Selva Moricento
<i>Russula sp.</i>	A Brittlegill	6	Val di Rose