

# Val d' Aran

**Sunday 1 – Sunday 8 July 2007**

## **Trip report**

**Leader:**

Mike Lockwood

### **TRIP DIARY**

A good, although somewhat erratic tour. The flying start with the flora was not matched in the first few days by the butterflies, which really took a few days to get going. Likewise, the birds were slow to get moving and the Lammergeier never appeared, despite hours of looking skywards.

Nevertheless, we did manage to record both a new dragonfly for the Spanish State and confirm a 25-year-old record of a butterfly only ever seen once before in Catalonia.

The highs were undoubtedly the flora on the first day (and throughout), the Short-toed and Golden Eagles in quick succession below Beret, the mud-puddling butterflies on the way down from La Vall de Varradòs, and the dragonflies at Bassa d'Oles.

The weather behaved after an uncertain start and the food in all the restaurants we tried was excellent and copious. It was great having Joaquim and his local knowledge to come home to everyday and it was a pleasure to relax in the spacious lounge of the hotel with its vast array of wildlife magazines and books on display.

A personal highlight were the narcissus-flowered anemone, which I had never seen in full flower before and the Large Chequered Skipper in the final throes of the final day.

#### **Day 1 Sunday 1 July**

##### **Toulouse Airport – Salardú**

It was a delight to meet a group at such a new but calm airport, with the hired van parked just a couple of minutes walk away. It was lateish and so we headed off towards the Vall d'Aran without further ado, counting the Black Kites along the way – 30+ in all. As well, we noted Grey and a couple of Purple Herons and oddities such as Mallard and Coot that we weren't to see neither hide nor hair of again in the next week.

We entered the Vall d'Aran in the rain through the non-existent customs post and began to see signs in a strange language that was to be one of the intellectual curiosities of the week: Aranese, a dialect of Occitan that is still spoken in the Vall d'Aran and which was very much present in the names of the places we were to visit.

#### **Day 2 Monday 2 July**

##### **Artiga de Lin**

It's a guide's nightmare when the first day begins in the rain. However, this wasn't quite the case on day 1 in the Vall d'Aran as it wasn't actually raining, although the heavy rain the night before had left the clouds hugging the mountain sides and were ruling out venturing up too high or heading off to one of the key butterfly sites. Thus, we headed off to Aritga de Lin, an easily accessible valley with a limestone outcrop and spectacular flowers. (Apologies if the day's activities seem more like a list of flowers!)

As we parked in the pastures surrounded by beech *Fagus sylvatica* and silver-fir *Abies alba* forests the clouds were doing their best to lift. We set off straight away towards the edge of the beech forest and thus began an anthological day for the botanists. First off in the shade of the beech we found dusky *Geranium phaeum* and wood crane's-bills *G. sylvaticum*, accompanied by martagon lilies *Lilium martagon* not quite out, lesser meadow-rue *Thalictrum minus*, spiked rampion *Phyteuma spicata*, great clumps of Irish spurge *Euphorbia hiberna*, the tall white flowers of aconite-leaved buttercup *Ranunculus aconitifolius*, green hellebore *Helleborus viridis* and wood saxifrage *Saxifraga umbrosa*. Well gone-over were the Pyrenan squill *Scilla lilio-hyacinthus*, whose broad strap-like leaves decorated the beech understorey.

Once out of the beech forests, we headed back down the road a little way to take a short circuit through the silver-fir forest along side the magnificent waterfall of Uelhs deth Joeu, the upwelling of water from the Aneto glacier (which we to see from the hotel once the clouds lifted the following day). The roadside pastures held livelong saxifrage *Saxifrage paniculata*, clustered bellflower *Campanula glomerata*, Nottingham catchfly *Silene nutans*, Welsh poppy *Mecanopsis cambrica* (a favourite of the gardeners) and a number of spikes in the meadow of great yellow gentian *Gentiana lutea*.

As we headed towards the forest one of the most eye-catching plants to be seen was goat's-beard spirea *Aruncus dioicus*, characterized by its long fingers of white flowers. As well, we chalked up heath spotted orchid *Orchis maculata*, alpine gypsophila *Gypsophila repens*, the attractive yellow pea *Lathyrus laevigatus*, red campion *Silene dioica*, sweet William *Dianthus barbatus* and yellow archangel *Lamiastrum galeobdolon*. By the side of the road we identified Norway maple *Acer platanoides*, which exudes a white-latex like a spurge if you break a leaf off, and large-flowered butterwort *Pinguicula grandiflora* in a boggy patch.

After about 500 m along the road, we turned right down a track and headed down to the river at the base of the spectacular waterfall. After admiring the crashing water and enjoying its sound for a while, we crossed over a small bridge and headed up a steep path into the dank silver-fir forest. First stop were a couple of patches of purple toothwort *Lathraea clandestina* parasitising the roots of the alders or willows, and then lesser wintergreen *Pyrola minor* and the leaves of *Pulmonaria affinis*. Once out of the forest and into a clearing, Mike disturbed a grazing deer and, heading back towards the van, we came across another purple patch of flora (not literally!): the tall blue alpine sow-thistle *Cicerbita alpina*, the white of dame's violet *Hesperis matronalis* ssp. *candida* (which we took 4 days to identify), horned pansy *Viola cornata*, a few Pyrenean lilies *Lilium pyrenaicum* in flower, the medicinal *Arnica montana*, Pyrenean eryngo *Eryngium bourgatii* and a single English iris *Iris latifolia* in flower. We noticed a large thistle just coming into flower by the wayside that we puzzled over for a few days and then forgot. In retrospect it seems to have been woolly thistle *Cirsium eriophorum* just coming into flower.

Walking back up towards the vans we looked back at the slopes over the other side of the small valley we were in and picked out a couple of Chamois grazing in the pastures and, once we had our eyes in, found a couple of groups of deer, probably roe deer. A Honey Buzzard flew low over the hillside just below the cloud line, almost the first bird of the day!! We also found our first butterfly of the day – and what a good find it turned out to be!!: a damp and cold Clouded Apollo sheltering in the grass. And soon after we doubled the day's butterfly list with a Bright-eyed Ringlet. Before lunch we had added Piedmont Ringlet to our large list (3) of butterflies for the morning.

After lunch we headed straight up a second valley towards the cliffs at its head on an area of limestone with a flora that put the morning's efforts to shame!!! Colin went back to take a photograph of a mystery flower in the woods which turned out in all likelihood to be sanicle *Sanicla europaea*.

Our first aim was to reach the large limestone boulders that had tumbled down the valley from the cliffs above. We perused the rocks and found, mainly on the north-facing faces, alpine lady's mantle *Alchemilla alpina*, tufted catchfly *Silene saxifraga*, common houseleek *Sempervivum tectorum*, rock cinquefoil *Potentilla rupestre* and lots of the charming fairy foxglove *Erinus alpinus*. We were seeing

also lots of alpine gypsophila, familiar from the morning, but puzzled over another similar, small pink annual forming clumps on the rocks that turned out to be *Asperula cynanchica* ssp. *pyrenaica*.

At this point we had a brief interlude for birds: a Green and then a Great Spotted Woodpecker called from the nearby beech forest. And then a Black Woodpecker began to call. We looked over to the beeches to the east and Mike, Andrew and Colin saw one of these magnificent birds fly out of the forest and perch on a dead tree. Mike quickly ran to alert Michael and Gill, who were behind a large rock and they just got back in time to see the woodpecker loop across our valley to the beeches on the other side.

More or less at the same point it seemed that the clouds might lift awhile: we heard both Red-billed and Alpine Choughs and a large dark raptor flew down off the mountain side and passed reasonably close along the slopes up to our right. It turned out to be an Egyptian Vulture, looking dark in the gloomy conditions or possibly a young bird without the full adult plumage. The only other birds showing themselves were numerous Mistle Thrushes.

We continued up through the pastures, getting further away all the time from the cow-grazed area and up into the pure alpine flower communities. We hit a memorable area of flora: yellow monk's-hood *Aconitum anthora* just coming into flower, the seed heads of many Pyrenean snake's-heads *Fritillaria nigra*, whorled Solomon's seal *Polygonatum verticillatum*, Herb Paris *Paris quadrifolia* and lots of lily-of-the-valley *Convallaria majalis* in full flower hiding in the shade of an alpine buckthorn *Rhamnus alpinus*, mezereum *Daphne mezereum*, trumpet *Gentiana acaule* and spring *G. verna* gentians, globeflower *Trollius europaeus*, a few mountain avens *Dryas octopetala* hanging on, leafy lousewort *Pedicularis foliosa*, alpine pasque flowers *Anemone alpina* still in flower and, best of all, the perfect flowers of narcissus-flowered anemone *A. narcissiflora*.

We continued up the ever-steepening path towards the cliffs, led by Gillian and were stopped in our tracks by the call of an Alpine Marmot. Looking around, we found one not far above us sitting at the entrance to its set (?) just next to the path. We all got good views at this furry beast let us approach quite closely before heading back down into its burrow (?). Above we found alpine avens *Geum montanum* and lots of roseroot *Sedum rosea*, and noted that the yellow blur of flowers away at the foot of the cliffs were in fact myriads of the gardener's favourite, Welsh poppy. We tried to get closer to the cliffs, but as the clouds began to fall we had to be content with checking out Pyrenean honeysuckle *Lonicera pyrenaica* and Pyrenean saxifrage *Saxifraga longifolia* with the binoculars.

On the way down there was still time for an excellent clump of Pyrenean lilies in full flower, St. Bruno's lily *Paradisea liliastrum*, alpine aster *Aster alpinus*, one-flowered fleabane *Erigeron uniflorus* and the small silvery flowers (in fact, the silvery colour comes from the flower's small papery bracts) of *Paronychia kapela*. Quite a little excursion with, butterfly-wise, only a Clouded Yellow for our efforts.

Not content here, we took an alternative route home and stopped at a viewpoint over the main valley where had a little wander at lower altitude and enjoyed plants of the lower meadows including marjoram *Origanum vulgare*, winter savoury *Satureja montana*, *Iberis sempervirens*, cow-wheat *Melampyrum pratense*, alpine woundwort *Stachys alpina* and, finally, nipplewort *Lapsana communis*. A curiosity was what seemed to be a hybrid between the two foxgloves, yellow and common, that were on display. The slightly lower altitude allowed Common Marbled Whites and our first Hummingbird Hawkmoths to fly. A male Rock Bunting sat in a bush briefly.

And so ended day 1: a phenomenal day for the flora and in some ways it was fortunate that the butterflies weren't flying: it would have been impossible to have looked at everything!!

### **Day 3 Tuesday 3 July**

#### **Woods above Les – Vall de Toran**

The day dawned much brighter and so it was time to go and search for some butterflies in the Toran valley, the last valley in the Val d' Aran before the French state begins.

But first we had a date with a Middle Spotted Woodpecker or two. There is a relict population of the species in the pedunculate oak *Quercus rober* forest in the lower part of the valley and so after a stop to buy batteries, with Dipper in the river below, we head up a stony path into the depths of the forest with the sound of the road below gradually quietening as we progressed.

We had immediate success, hearing the woodpecker below us once we were into the forest, and a brief silhouette of a bird flicked through the forest and disappeared uphill. We continued up the steep cart trail, hearing the woodpecker intermittently, and recording on the way Nuthatch, Marsh Tit, Short-toed Treecreeper (confirmed by Joaquim as not a Common Treecreeper at this altitude) and a Honey Buzzard low in the forest. But alas, although we got nearer and nearer the woodpecker, it refused to show itself. However, we did find a fresh and dozy Purple Hairstreak on the path, which allowed itself to be photographed at will. In a meadow on the way down we had views of Black-veined Whites (the first of many) and Wood Whites flying in the morning sun.

We moved on to Toran and stopped at Mike's favourite Purple Emperor spot. Today wasn't to be an Emperor day, and indeed we remained Emperor-less throughout the trip, probably because of the poor and late butterfly season that was upon us. In the nearby meadow, we did however come across High Brown and Dark Green Fritillaries (remarkably almost the only ones we saw during the whole week), Pearly Heath, brilliant male Scarce Coppers, Marbled Fritillaries, a White Admiral basking on the alders and a Large Blue that circled us and then flew off.

We moved on to the next meadow. Here we were slightly surprised to see a male Orange-tip, a sign that it was a late butterfly season, and then identified a large Violet Carpenter Bee, Dingy Skipper and Little Blue. Another Large Blue flew around without halting and a field mouse drank in the runnel of water running along the side of the road.

From here we moved on to lunch, which was taken in the shade after a false stop just a little further up the valley.

The after lunch stroll took us along a track heading up into the valley in the shade of a mixed forest of beech, European silver-fir and Norway maple. In the shade of the forest we found yellow pea *Lathyrus laevigatus* with yellow flowers turning orange, radish-leaved bittercress *Cardamine pyrenaica* and ragged robin *Lychnis flos-cuculi* in the streams, accompanied by more goat's-beard spiraea *Aruncus dioicus*, the leaves of five-leaflet bittercress *Cardamine heptaphylla* and hepatica *Anemone hepatica*. The kidney saxifrage *Saxifraga hirsuta*, with leaves superficially like the previous day's wood saxifrage, was in flower, as were the nodding *Pyrola secunda* and lesser wintergreens; as well, we noted alpine elderberry *Sambucus racemosa* with its bright red berries below us, yellow pimpernel *Lysimachia nemorum*, and hard *Polystichum lonchitis* and holly *Blechnum spicant* ferns, the latter with both its sterile and fertile stems.

Butterflies were appearing in reasonable numbers: Pearl-bordered, Heath and Spotted Fritillaries, Piedmont Ringlet and Clouded Apollo, the latter quickly becoming the butterfly of the trip, despite its general scarcity. As well, we noted Black-veined Moth – convergent evolution with the Black-veined White??

We reached the end of the track at a bridge over the stream, just downhill from a small reservoir. Here we turned around and retraced our steps, adding creeping snapdragon *Antirrhinum asarina* to our flower list. One back at our picnic spot, we made a short detour into the woods for an area with a lot of yellow bird's-nest *Monotropa hypopitys* in the undergrowth.

As it was still sunny and fairly early, we headed back down the valley in the van and detoured up to the village of Canejan, perched high above the valley and the last village in the Spanish state. As we debussed, we came across a Large Wall Brown, where else, but on a wall! We potted up through the village and to the old communal washhouse, from where we had good views back down into the Vall d' Aran. The dry meadows here sported a tall white mullein *Verbascum lychnitis*, Carthusian pink *Dianthus carthusianorum*, orphine *Sedum telephium* and alkanet *Anchusa officinalis*. We added Woodland Grayling to the butterfly list, somewhat longer than yesterday's.

#### **Day 4 Wednesday 4 July**

#### **Port de Bonaigua – Estanyola de Gerdar**

The day began with low cloud, but with the promise of better things once the sun burnt through the clouds.

We headed up to Port to Bonaigua (2,070 m), where the clouds were still low. Nevertheless, we decided to investigate the area at the beginning of the path we had to take to give the clouds a bit of time to lift. The first boggy patch had Tofield's asphodel *Tofieldia calyculata*, the leaves of common sundew *Drosera rotundifolia*, large-flowered butterwort, starry saxifrage *Saxifraga stellaris*, heath spotted orchid and alpine bartsia *Bartsia alpina*. In the slightly drier areas we also found common lousewort *Pedicularis sylvatica*, alpine clover *Trifolium alpinum*, fragrant orchid *Gymnadenia conopsea*, garland flower *Daphne cneorum*, alpine bistort *Polygonum viviparum* and hard fern.

The birds of the pastures were active: a pair of Whinchats sat on the juniper bushes, whilst Northern Wheatears, Citril Finches, Linnets and Black Redstarts kept our binoculars busy. We had fun trying to get good views of the Water Pipits that were enlivening the pastures with their songs and noted a group of Red-billed Choughs flying low.

As the weather didn't seem to be improving that much, we decided to head downhill into the Iberian Peninsula and look for a bit of sun. We didn't have to drop down too far on the southern side of the pass to find a small meadow in the sun just off the main road. Here we wandered at will as the day's first butterflies appeared: the inevitable Black-veined Whites, the occasional Clouded Apollo, Silver-studded Blue, Queen of Spain Fritillary and Pearly Heath. Gillian investigated a small wasp's nest on a rock, we also tracked down a Common Hawker dragonfly that was quartering the meadow and we all had good views of Crested Tit in the surrounding firs.

We changed meadows, following a path on the other side of the road into a boggier patch of meadow. Here there was common cotton-grass *Eriophorum angustifolium*, but few of the copper butterflies we expected; just a single female Purple-edged Copper. Otherwise, the butterflies here included a Marbled Skipper on a patch of mud, a Comma and a Duke of Burgundy on the edge of the forest. We also had a quick view of a Bee Hawkmoth (probably Broad-bordered) and a Hummingbird Hawkmoth resting on a leaf and looking very unremarkable.

We drove back up to the pass and had an early lunch in and around the van, before picking up the path towards Estanyola de Gerdar, an easy-to-reach glacial lake that was the afternoon's target.

The clouds had lifted (a bit later than planned) and so we set off along the gentle climbing path up into the open forest. Wild cotoneaster *Cotoneaster integerrimus*, bearberry *Arctostaphylos uva-ursi* and alpine rose *Rosa alpina* formed part of the undergrowth, along with great banks of alpenrose *Rhododendrum ferrugineum*. Elsewhere we noted a small bellflower *Campanula scheuchzeri*, lots of parsley *Cryptogramma crispa*, oak *Gymnocarpium dryopteris* and lady *Athyrium filix-femina* ferns on a scree, a small patch of white musky saxifrage *Saxifraga moschata*, sesamoides *Sesamoides canescens* and cobweb houseleek *Sempervivum arachnoideum* on the granite rocks.

The butterflies mainly consisted of numerous Piedmont Ringlets, Peal-bordered Fritillaries, an Olive Skipper with its very poorly marked topside to its hindwing and a smaller ringlet that caught our attention. We were able to see its blind 'eyes' (spots consisting of a single black dot with no white border) that identified it as a Mountain Ringlet.

As the climb started to steepen we rested awhile and Mike encouraged us to look out for streptopus *Streptopus amplexifolius* and small white orchid *Pseudorchis albida* as we reached the lake. And lo and behold! They were waiting for us as we arrived, two scarce plants that are generally rather hard to find in the Pyrenees. We chose to rest awhile besides the lake to enjoy the sun. Mike wandered around looking for dragonflies; the others rested and had excellent views of Crested Tit in the nearby trees. After our rest, we continued up the path a little way, with many Azure Damselflies in the grass around the path and a couple of White-faced Darters that rested, as usual, on pale-coloured rocks and gave us all good views. Flowerwise, we could add lesser masterwort *Astrantia minor*, globe-headed rampion *Phyteuma hemispaericum*, false medlar *Sorbus chamaemesphilus*, a bush whose flowers would have been a sight for sore eyes a fortnight beforehand, and alpine colt's-foot *Homogyne alpina* to the list.

After awhile we retraced our steps along the same path and back to the van. From here we drove back up to the pass for a quick turn around the two small lakes that are of remarkable interest for dragonflies, despite the proximity of the Bonaigua ski-station. We parked and wandered down the slope to the first lake, past numerous patches of the pale pink Pyrenean thistle *Carduus carlinoides* and a single plant of

sad stock *Matthiola fruticulosa* ssp. *valesiaca*. Here we could see many emerging Common Hawks, some with their wings drying out, some just half out of their larval cases half way up the narrow-leaved bur-reeds *Sparganium angustifolium* that populated the lake. On the other lake on the other side of the road, we saw the leaves of marsh cinquefoil *Potentilla palustris* and disturbed a tandem of White-faced Darters and saw a number of Four-spotted Chasers.

## **Day 5 Thursday 5 July**

### **Vall de Montgarri – Pla de Beret**

A day of good weather in the beautiful valley of the river Noguera Pallersa (which flows into the Mediterranean via the river Ebro) at Montgarri and around the somewhat less than virgin ski-station of Beret.

We left Salardú early to be able to get past the roadworks at Beret before the road was closed at 8.30. We thus arrived in the woods near the little hamlet – one church and a mountain hut – of Montgarri by just gone nine o'clock and proceeded to walk down through the pines (with Citril Finch and Bullfinch) to the bridge over the river Noguera Pallersa. Here we had to wait for the cows to cross first before picking up a track through the pastures, with forest to our left and clearer forests and high peaks to our right.

The main interest of the first part of the walk were the Red-backed Shrikes that were showing well up to our right perched on the many bushes of Pyrenean broom *Genista purgans*. Once into a more wooded area we stopped to listen to Garden Warbler and then a little way on we heard and saw briefly a group of Siskins in some pines. Yellowhammers called from the pastures.

The day was warming up well for the butterflies: Olive and Red-underside Skippers to begin with, followed by Silver-studded Blues, Piedmont and Bright-eyed Ringlets, our first Glanville Fritillaries, Queen of Spain Fritillary, Brown Argus and a number of Clouded Yellows.

Plantwise it was a more relaxing morning's walk after the overdose of the previous days. Colin spotted blue-leaved roses *Rosa glauca* dotting the field edges and hedgerows, that were otherwise composed of hazel *Corylus avellana* and wayfaring tree *Viburnum lantana*. The dry pastures held common rock-rose and lots of groups of maiden pink *Dianthus deltoides*.

Our target was a small grassy knoll, where we sat and rested and scoured the sky for raptors. Nothing much happened for a while, until first one and then successively another 14 Griffon Vultures flew over. They circled vaguely for a while before heading off to some unknown destination. A Rock Bunting showed itself in a line of pines near where we sitting. With that, we decided that it was time to retrace our steps back for lunch.

After disturbing a fresh Yellow-winged Darter on the hillside on our way down via a boggy patch with lots of cotton grass, we found that in our absence the butterflies had livened up somewhat. We began to find small groups mud-puddling: first a Turquoise Blue, then a group of skippers with a number of Marbled Skippers in their midst, a Brown Argus and finally Mazarine and Common Blues.

After a refreshing drink in the bar that was not a bar, we had lunch in the shade of a pine and watched how two bulls squared up to each other, marking their territory, not far from where we were sitting (Gill's knowledge of the subject reassured us that they weren't about to run amok!).

After lunch we headed down to the Beret ski station where there is a limestone outcrop that we decided was worth a look for flowers given the predominance of acid rocks in the area. However, our first sightings were of, first, a smart male Ring Ouzel on the ground not far in front of us and then a male Rock Thrush, which whizzed past us and disappeared out of sight over a nearby low ridge. We climbed to top of said ridge and sat and rested. Eventually Andrew spotted the Rock Thrush a little way in front of us, but it again disappeared, not to be seen again.

Flowerwise we found *Asperula hirta* growing in the cracks of the cliffs near a sink hole where water from a stream disappeared underground. As well, there were mats of mountains avens on the bare limestone pavement. Walking back to the van an Apollo – our first! – flew past at its usual leisurely pace and vanished up the hillside. Two Alpine Choughs with their smart yellow bills flew over and came down close, giving us our first decent view of the species to date.

Our final stop of the day was just beyond the roadworks we had hurried to avoid in the morning where a broad track would take us along a south-facing grassy mountain slope for a good chance of raptors and Rock Thrush. The Rock Thrush appeared almost immediately, but disappeared just as frustratingly as the previous one had. More obliging was a family group of at least 7 Northern Wheaters, which played and fed along the path we were walking down. After admiring the a single patch of white rock-rose *Helianthemum apenninum* amidst a lot of common (yellow) rock-rose, alpine aster and bloody cranesbill *Geranium sanguineum* by the wayside, it was time to start looking up again. A Short-toed Eagle cruised over and we were able to watch it hover at our leisure. And then first one then another Golden Eagles appeared on the ridge above us and we watched as one cruised right over the whole main valley and disappeared over the mountains off to the south. Griffon Vultures continued trickling past in small numbers over the same ridge.

We stopped at a bend and sat and looked all the way down the Vall d'Aran to the perpetual snows of Aneto and its glacier. Our reveries were disturbed, however, by the arrival of a couple of Apollos, which Michael was able to get good views of. On our way back we 'notched up' Escher's Blue, our first Painted Lady and another quick snatch of Rock Thrush song that was not compensated by a good view.

## **Day 6 Thursday 6 July**

### **Vall de Varradòs – Bassa d'Oles**

To start the day we returned to the Rock Thrush site from the previous day, in part to look for Colin's lost film cards, and part out of masochistic interest in finding the Rock Thrush. We failed on both accounts, although our efforts were not in vain as we had excellent views through the scope of both Tree and Water Pipits sharing the same bush.

In sunshine we headed down the valley from Salardú and up the narrow road into the verdant Varradòs valley, where our first stop was for photographs of Aneto and its glacier from the roadside.

We parked at the end of the road and picked up a track and then a small path through an area of pastures hoping to get to another one of Mike's grassy knolls in the mid-distance. The waysides were flowery to say the least: martagon lilies *Lilium martagon* at last in flower, bloody crane's-bill, a solitary English iris, and somewhat further up the path, Bath asparagus *Ornithogalum pyrenaicum* and both St. Bruno's and St. Bernard's *Anthericum liliago* lilies.

However, we were having a fine time with all the butterflies – Black-veined Whites and Clouded Apollos as per everyday, but also Queen-of-Spain, Glanville, Pearl-bordered, False Heath and Heath Fritillaries, Large and Dingy Skippers, Sooty Copper and the small and dark Geranium Argus, which nectars on bloody and other crane's-bills and also uses these plants to lay its eggs. Two moths also caught our eye: the Black-veined Moth we had seen before and a Clouded Buff we had identified the previous evening.

The path was getting quite steep and so we stopped to rest and decided that it would be easier to carry on to the track ahead and then loop back to the van than to return along the same path. Once at the top of the path we crossed the river, watched as a Mountain Dappled White flew past too fast for comfort, and picked up the track back down to the car-park. In the beech forest we mainly came across plants from previous days – aconite-leaved buttercup, Tofield's asphodel, alpine bistort, whorled Solomon's seal, wood saxifrage, yellow archangel and lesser wintergreen – and others that were new - greater meadow-rue *Thalictrum aquilegifolium* and mountain currant *Ribes petraeum*. A new bird was Common Treecreeper, which at this altitude and in this habitat could not be a Short-toed Treecreeper. A little further down the track we stopped to watch a Nuthatch.

We got back into the vans and headed off down the road for lunch, which was taken in the shade by a spring. After a break to prepare ourselves for the afternoon, we returned to the van and dropped back down the valley for a stop at a classic roadside mud-puddling spot. Although not as good as in some years, we were able to get close-up views of species such as Amanda, Escher, Adonis, Little and Silver-studded Blues, False Heath Fritillary, Marbled and Mallow Skippers (the latter our first), and the inevitable Black-veined Whites.

Our next stop was Basses d'Oles (literally, 'Pool of Waves'), an artificial lake at 1,600 m a.s.l in the pine woods high above Vielha. After a long, windy drive we arrived and could see why the lake was so-

named: the wind was making the surface of the lake quite choppy and we had to walk along one side a little way from the car-park to find our first dragonflies. In and amongst the bogbean *Menyanthes trifoliata* there were literally thousands of Common Blue Damselfly colouring the leaves and the water's edge blue. Elsewhere, there were Large Red Damselfly, Four-spotted Chasers, Emperor and Southern Hawkers over the water. In the pines we found our first common butterwort *Pinguicula vulgaris* by the path and as we sat in the sun next to the water, we watched a female Purple-edged Copper looking for a suitable dock on which to lay her eggs. No waterbirds were apparent on the lake, although we could here Little Grebes calling and Andrew said later that he had in fact seen four.

From here we walked up a track and along to another, more natural lake. We sat and relaxed in the sun again and watched the many Palmate Newts doing what newts do in the pool in front of us. A male Broad-bodied Chaser patrolled the water side and Mike wandered off and came back with tales of White-faced Darter, which we all saw as we walked around the pool on our way back to the van.

## **Day 7 Friday 7 July**

### **Vall d'Aiguamotx – El Portillón**

We opted for an early pre-breakfast walk on our final day, taking the van up to the nearby village of Unha and simply walking out into the meadows along a pleasantly wooded track. The highlights of the stroll were more good views of Red-backed Shrikes on the bushes on either side of the track, a Common Buzzard overhead, our only Goldfinches, and Yellowhammers calling from the wayside. Flowerwise, the number of pyramidal orchids in flower was worth the early start in itself.

We had decided the previous night to only spend the morning in the Vall d'Aiguamotx, making use of the 4-wheel taxi service to save time, and then go back to the hotel and pick up Joaquim for a last bid to find a Lammergeier. So we drove up the wonderful Aiguamotx valley, through hay meadows waving in the sun and to the car-park where we had to leave the van and get into a taxi to take us up to the lake in the woods with one of the best sphagnum bogs in the whole Pyrenees.

We de-taxed by the track and immediately headed into the woods, observing Mazarine Blue and Heath and Pearl-bordered Fritillaries. After a brief walk, we reached our target, a lake (name withheld) surrounded by an immense bed of *Sphagnum*. We immediately began to see dragonflies: White-faced Darters in tandem and, above all, Emerald dragonflies patrolling the edge of the lake. According to Mike, they were either Downy or Brilliant Emeralds, the former not reliably ever recorded in Catalonia, the latter only known from three sites. We got a few photographs in flight but decided to leave the exact identification for another moment, as there was no sign of any of the Emeralds actually stopping. We left Colin taking photographs and continued around the lake, noting two different species of sundew, common and long-leaved *Drosera longifolia*, a different species of cotton-grass, Hare's-tail cottongrass *Eriophorum vaginatum* with only one flower head, alpine bartsia, Tofield's asphodel and large-flowered butterwort.

Around the other side of the lake we found a Marsh Fritillary of the subspecies *debilis*, smaller and darker, which feeds on gentians at these high altitudes, as well as Mountain Ringlet. As we were leaving the area of the lake we surprised an Emerald dragonfly in a tree; it flew off and perched within camera range. She turned out to be a female Brilliant Emerald, with a very distinctive vulvar scale that projects downwards from the underside of the tip of the abdomen.

From here it was time to start back down to the car-park along a delicious path through the pine forest, where, since it was a Saturday in July, we were destined to meet a number of people – more than in whole of the rest of the week – asking us “How far it was?” to the lakes!

One of the intended highlights of this walk down should be the *Gentian burseri* that decorate the path here. However, they were not quite in flower, unlike a clump of whorled Solomon's seal, which was splendidly photographed by all. Also in the woods we noted bog whortleberry *Vaccinium uliginosum* lots of arnica, more white small orchids and lesser wintergreen. Further down and much nearer the car-park, we found our sixth species of gentian – field gentian *Gentiana campestre* – and an excellent display of alpine rose.

Lunch was taken in the shade again near the reservoir at the bottom of the Aiguamotx valley. Mike wandered off to see how the butterflies were doing and came back slightly disappointed, for this is one

of the best sites in the whole of La Vall d' Aran. Nevertheless, after finishing our local paté and chocolate, we went off for a quick wander in the meadows and saw a good display of fritillaries: Knapweed and Lesser Marbled, both new for us, as well as Spotted and Marbled. We took photographs of a pair of mating Mazarine Blues before heading back to the van to go and pick up Joaquim for an adventure on the last afternoon.

Joaquím took us down the valley and up on a road that crossed into France via the pass of El Portilló. Our main targets were the pastures above the silver-fir forests right on the border where a lot of cattle graze on the French side and thus regularly attract vultures. We drove up through the magnificent fir forests to a small parking place just below the meadows. In the afternoon sun we began a gentle walk up the track to the pastures, noting as we went bright male Purple-edged Coppers (after only having seen females thus far).

Once up on the border, we sat in midst the pastures to wait and listened to the Skylarks. Our first record was that of a Quail calling, which for Joaquim was much more of an interesting record than any potential sighting of a Lammergeier (we didn't necessarily agree!). Griffon Vultures floated over the peak behind us, but still no Lammergeier. We eventually decided that it was time to head home. At the top of the slope, we admired a group of horses and a family group of Water Pipits drinking at the water trough. At this point a Golden Eagle flew over the ridge behind us, but no Lammergeier.

On the way down we had the compensation of *Gentiana burseri* perfectly in flower – we had somehow walked past them on the way up – and Alpine St. John's Wort *Hypericum richeri* ssp. *burseri*, two latin names that recall the botanist Joachim Burse (1583-1649), born in the city of Kamenz in Saxonia, Germany in 1583.

*(Footnote: I went back to the dragonfly site two days later and confirmed our sighting of Downy Emerald. This represents the first record for the Spanish state, but not, of course, for the Iberian Península).*

## **Day 8 Saturday 8 July**

### **Vall de Toran**

On our final day we had time to repeat part of Tuesday's efforts for Middle Spotted Woodpecker and butterflies. This time we eschewed the path through the woods and drove up the road and stopped to wait and listen. We heard a woodpecker calling almost immediately, but as it got closer Mike had quick views and it was judged to be a Greater Spotted. The sun was bringing out a lot of butterflies and we were delighted to see Great Sooty Satyr, which we had missed on the previous Tuesday, as well as two other large Satyridae, Great Banded Grayling and Woodland Grayling. A Rock Bunting showed well in the trees.

From here it back up to the Toran Valley to see if we could find any Emperors on the banana skins we had strategically left behind on Tuesday. We were out of luck, and the main interest at the banana-skin spot was a Western Demoiselle damselfly basking on the bracken. We headed a little way further up the valley for another sortie into the meadows. At last we began to see a number of the Dark Green Fritillaries (which should have been abundant at this time of the year), as well as other novelties including a Keeled Skimmer, our only Essex Skipper and Holly Blue. A final new flower was touch-me-not or yellow balm *Impatiens noli-tangere*, one of the many species of flower that are found in Catalonia only in the Vall d' Aran.

And then, just as Mike was gathering up the rubbish and heading for a nearby rubbish bin, a small black butterfly 'skipped' across the meadow in front of him. After following it for a little while it settled on a self-heal where Mike could see that it was a Large Chequered Skipper, only once ever recorded before in Catalonia!! After frantic arm-waving, Mike managed to attract the attention of Michael, who was able to get a decent photo of the underside. What a find in the final seconds before packing up and heading for the airport! In fact, the single Large Chequered Skipper collected around 25 years ago was lost on the same day it was collected and neither the entomologist in question nor anyone else has never been able to repeat the record!. So our sighting is the first confirmed record for Catalonia.

And with that in mind we headed off to Toulouse airport, counting only around 20 Black Kites on the way and spotting briefly what seemed to be a Cattle and Little Egret roost in a lake next to the motorway.

**BIRDS, Val d' Aran, July 2007**

Species	1/7	2/7	3/7	4/7	5/7	6/7	7/7	8/7	Comments
Little Grebe						4			Bassa d'Oles
Purple Heron	2								On way from airport
Grey Heron	2								On way from airport
Cattle Egret								1	On way back to airport
Little Egret	1							50	On way back to airport
Mallard	4								On way from airport
European Honey Buzzard		1	1						Artiga de Lin and above Les
Common Buzzard		1	1		1	1	2		Various sightings around valley
Egyptian Vulture		1							1 bird in clouds at Artiga de Lin
Eurasian Griffon Vulture				8+	25	15+	5		Common in numbers around peaks
Short-toed Eagle					1				1 hovering below Beret
Golden Eagle					2	1	1		Surprisingly regular sightings in remote areas
Red Kite			1						One from road
Black Kite	30+							21	On and around motorway to Toulouse
Sparrowhawk					1				In forest on way to Montgarri
Common Kestrel	1			1	1	1	1		Around valley and at altitude
Coot	1								On way from airport
Common Quail							h		1 calling above El Portilló
Yellow-legged Gull	2							2	On and around motorway to Toulouse
Rock Dove (Feral Pigeon)	x	x	x	x		x	x	x	In villages
Turtle Dove	2								From van on way from airport
Wood Pigeon	x	x			x	2	4		On and around motorway to Toulouse
Eurasian Collared Dove	x	x	x			x	x	x	In Salardú
Common Cuckoo				h	h				Heard in valley
Tawny Owl		h							Heard briefly at Artiga de Lin
Common Swift	x	x	x	x	x	x	x		Common
Eurasian Wryneck					h				Heard in morning from hotel
Great Spotted Woodpecker		h			2	1	1	h	Common
Middle Spotted Woodpecker			1						1 heard and seen briefly above Les
Green Woodpecker		h							Heard Artiga de Lin
Black Woodpecker		1							Seen and heard at Artiga de Lin
Eurasian Skylark					1		1		In high pastures
European Crag Martin	x	x	x	x	x	x	x		Common
Common House Martin	x	x	x	x	x	x	x		Common
Barn Swallow	x	x	x	x	x	x	x		Common
White Wagtail	1	1	2	x	x	x			Common
Grey Wagtail		1	2		x	2			Common along rivers
Tree Pipit				2	1	1	1		Common in pastures below tree line
Water Pipit						1	1		Common in pastures above tree line
Red-backed Shrike				2	4		2		Common in open areas with scattered

White-throated Dipper			1						bushes Along river Garona
Wren			2	h			h		Heard occasionally
Hedge Accentor				x			h	h	Heard and seen in open pine forests
Rock Thrush						2			Around Beret
Common Blackbird	1	2	x	x	x	x			Common
Ring Ouzel				1	1				Beret and Bonaigua
Mistle Thrush		15	1	x	x	x	1		Common
Song Thrush		h	1						Heard and seen occasionally
European Robin		1	1	h	h	h	h		Common
Black Redstart	1	2	2	2	x		2		Common in villages and rocky areas
Whinchat				2					Bonaigua
Northern Wheatear				8	12	6			In open areas and above tree line
Common Chiffchaff		h					h		Heard occasionally in pines
Blackcap		h	h	h	h	h	1		Heard frequently
Garden Warbler					3	2			Heard in mixed forests
Goldcrest		h		h	h	1	1		Abundant in pines
Spotted Flycatcher	1	1	2	1	1				Pair breeding outside hotel
Coal Tit				x	x	x	x		Very common
Crested Tit				4	1	2	2		Common
Great Tit		10	6	x		x	x		Common
Blue Tit		6	2	x	x				Common
Marsh Tit		1	4						Scarcest of the tits
Long-tailed Tit			2						One sighting
Nuthatch			3				1		Heard and seen occasionally
Treecreeper							1		In Varradòs
Short-toed Treecreeper			1						Above Les
Eurasian Jay	2	4	4	x	x	x	x		Very common in all habitats
Black-billed Magpie	x	x		x	x	x			Common
Red-billed Chough		h		40	5	x			Common up high
Alpine Chough		h			2				Surprisingly scarce
Carrion Crow	x	2	2	2	2	2	1		Common
Common Raven		2	2		2		2		Pairs seen frequently
Common Starling	x		x		2		2		Common in lowland areas
Yellowhammer				2	4		h		In areas of hay meadows
Rock Bunting		1				1		1	Singles here and there
Common Chaffinch		4	4	5	6	x	x		Very common
Eurasian Serin			2	2	2	2	x		Surprisingly common, even at altitude
Citril Finch	1	1		x	x	x	x		Abundant and widespread
Siskin					2		2		In pines at altitude
European Greenfinch		1	1		2	1	1		Common
European Goldfinch							1		Near Salardú
Eurasian Bullfinch		h			1		2		In high forests
Common Linnet				2	4	2	2		Up high in pastures
Common Crossbill					6	6	6		Heard frequently in pines
House Sparrow	x	x	x	x	x	x	x		In villages

OTHER VERTEBRATES VAL D'ARAN 2007

Species	1/7	2/7	3/7	4/7	5/7	6/7	7/7	8/7	Comments
<b>MAMMALS</b>									
Wood Mouse			1						Vall de Toran
Red Deer		4							Artiga de Lin
Roe Deer		1							Artiga de Lin

Chamois		3							Artiga de Lin
Alpine Marmot		2							Artiga de Lin
<b>REPTILES</b>									
Common Wall Lizard			2	x	x	x	x		Common
<b>AMPHIBIANS</b>									
Palmate Newt						40+			Bassa d'Oles
Common Toad			1						Val de Toran
Common Frog		x					1		The only frog in the area

**BUTTERFLY CHECK LIST VAL D'ARAN 2007**

	1/7	2/7	3/7	4/7	5/7	6/7	7/7	8/7	Comments
<b>PAPILIONIDAE</b>									
Apollo					3	X			Around Beret
Clouded apollo		1	1	6	1	3			Abundant and widespread!
<b>PIERIDAE</b>									
Black-veined white			X	X	X	X	X		Abundant and widespread
Large white			X	X	X	X	X		Abundant and widespread
Small white			X	X	X	X	X		Abundant and widespread
Green-veined white			X						Val de Torane
Mountain dappled white						X	X		Flowery meadows
Orange-tip			X			X	X		Surprisingly common
Clouded yellow		1	X	X	X	X			Common
Brimstone			X						Val de Toran
Wood white			X				X		Woodland edges
<b>LYCAENIDAE</b>									
Purple hairstreak			X						Above Les
Small copper			X		X	X	X		Here and there
Scarce copper			X						Val de Toran
Sooty copper						X	X		Marshy meadows
Purple-edged copper				X		X	X		Marshy meadows
Holly Blue								X	Val de Toran
Little/Small blue			X			X			Found up above 2,000 m
Large blue			X						Val de Toran
Silver-studded blue				X	X	X	X		Common
Brown argus					X	X			Here and there
Mazarine blue			X		X	X	X		One of the commoner blues
Escher's blue					X	X			Val de Varradòs
Amanda's blue						X			Val de Varradòs
Turquoise blue					X	X	X		Val de Varradòs
Adonis blue						X			Val de Varradòs
Common blue					X	X			Val de Varradòs
<b>RIODINIDAE</b>									
Duke of burgundy fritillary				X					Near Bonaigua
<b>NYMPHALIDAE</b>									
White admiral			X						Val de Toran
Red admiral			X	X	X		X		Widespread
Painted lady					X				Only near Beret
Small tortoiseshell		X	X		X				Here and there
Comma			X	X	X	X			Common
Dark green fritillary								X	Surprisingly rare
High brown fritillary			X						Surprisingly rare
Queen of Spain fritillary				X	X	X			Not rare
Marbled fritillary			X			X		X	Common around banks of brambles

Lesser marbled fritillary							X		Val d'Aiguamotx
Pearl-bordered fritillary			X	X		X	X		Common at altitude
Small pearl-bdrd fritillary							X		Val d'Aiguamotx
Glanville fritillary					X	X	X		Appeared in later half of week
Knapweed fritillary							X		Val d'Aiguamotx
Spotted fritillary			X				X		Occasional
False heath fritillary			X			X	X		Quite common
Heath fritillary			X	X	X	X	X		Common
Marsh fritillary							X		Val d'Aiguamotx
<b>SATYRINAE</b>									
Marbled white		2	X			X	X		In grassy areas
Woodland grayling			X					X	Near Canejan
Great sooty satyr								X	Above Les
Great banded grayling								X	Above Les
Mountain ringlet				X					Bonaigua
Bright-eyed ringlet		1		X	X		X		Common
Piedmont ringlet		1	X	X	X	X	X		Common
Meadow brown			X				X		Occasional
Ringlet			X						Val de Toran
Small heath				X	X	X	X		Common
Pearly heath			X	X		X	X		Common
Speckled wood			X	X					In woodland
Wall brown		1	X		X				Common
Large wall brown			X			X			Not rare
<b>HESPERIIDAE</b>									
Olive skipper				X					At altitude
Rosy grizzled skipper			?						Val de Toran
Red-underwing skipper					X				Montgarri
Mallow skipper						X			Val de Varradòs
Marbled skipper				X	X	X			Common in second half of week
Dingy skipper			X	X	X	X	X		Common
Large chequered skipper								X	Val de Toran
Essex skipper								X	Val de Toran
Small skipper			X						Val de Toran
Large skipper			X						Val de Toran

**DRAGONFLY CHECK LIST VAL D'ARAN 2007**

	1/7	2/7	3/7	4/7	5/7	6/7	7/7	8/7	Comments
Western Demoiselle								x	One male in Val de Toran
Common Blue Damselfly				x		x	x		Myriads at Bassa d'Oles and Bassa Nera
Large Red Damselfly						x	x		A few at Bassa d'Oles and Bassa Nera
Common Hawker				x		x	x		Large emergence at port de Bonaigua
Southern Hawker						x			Marsh at Bosc de Gerdar
Emperor Dragonfly						x			Bassa d'Oles
Downy Emerald							x		Bassa Nera
Brilliant Emerald							x		Bassa Nera
Two-toothed Golden Ringed		x							Vall de Toran
4-spotted Chaser				x		x	x		Good numbers at three sites

Broad-bodied Chaser			x			x	x		At almost any pool of water
Keeled Skimmer						x	x	x	In and around meadows
White-faced Darter				x		x	x		Common at Bonaigua and Bassa Nera; 2 at Bassa d'Oles
Yellow-winged Darter					x				Montgarri
<i>Sympetrum</i> sp.						x			Bassa d'Oles

<b>PTERIDOPHYTA (FERNS)</b>		
POLYPODIACEAE		
	<i>Pteridium aquilinum</i>	Bracken
	<i>Cryptogramma crispera</i>	Parsley Fern
	<i>Blechnum spicant</i>	Hard Fern
	<i>Polystichum lonchitis</i>	Holly fern
	<i>Dryopteris filix-mas</i>	Male Fern
	<i>Gymnocarpium dryopteris</i>	Oak Fern
	<i>Gymnocarpium robertianum</i>	Limestone Oak Fern
	<i>Athyrium filix-femina</i>	Lady Fern
	<i>Asplenium septentrionale</i>	Forked Spleenwort
	<i>Asplenium ruta-muraria</i>	Wall-rue
	<i>Ceterach officinarum</i>	Rusty-back Fern
<b>SPERMATOPHYTA</b>		
<b>Gymnosperms</b>		
PINACEAE		
	<i>Abies alba</i>	European Silver-fir
	<i>Pinus mugo</i> subsp. <i>uncinata</i>	Mountain Pine
	<i>Pinus sylvestris</i>	Scots Pine
CUPRESSACEAE		
	<i>Juniperus communis</i>	Common Juniper
	<i>Juniperus sabina</i>	Savin
<b>Angiosperms</b>		
RANUNCULACEAE		
	<i>Caltha palustris</i>	Marsh marigold
	<i>Trollius europaeus</i>	Globeflower
	<i>Helleborus foetidus</i>	Stinking hellebore
	<i>Helleborus viridis</i>	Green hellebore
	<i>Clematis vitalba</i>	Traveller's joy
	<i>Aconitum napellus</i>	Common monk's-hood
	<i>Aconitum anthora</i>	Yellow monk's-hood
	<i>Anemone hepatica</i>	Hepatica
	<i>Anemone nemorosa</i>	Wood anemone
	<i>Anemone narcissiflora</i>	Narcissus-flowered anemone
	<i>Anemone alpina</i>	Alpine pasque flower
	<i>Thalictrum aquilegifolium</i>	Greater meadow-rue
	<i>Thalictrum minus</i>	
	<i>Aquilegia vulgaris</i>	Columbine
	<i>Ranunculus amplexicaulis</i>	Amplexicale buttercup
	<i>Ranunculus aconitifolius</i>	Aconite-leaved buttercup
	<i>Ranunculus bulbosus</i>	Bulbous buttercup
CRASSULACEAE		

	<i>Umbilicus rupestris</i>	Navelwort
	<i>Sempervivum arachnoideum</i>	Cobweb houseleak
	<i>Sempervivum montanum</i>	Mountain houseleek
	<i>Sempervivum tectorum</i>	Common houseleek
	<i>Sedum rosea</i>	Rose-root
	<i>Sedum telephium</i>	Orphine
SAXIFRAGACEAE		
	<i>Chrysplenium oppositifolium</i>	Opposite-leaved golden saxifrage
	<i>Ribes petraeum</i>	Mountain currant
	<i>Ribes rubrum</i>	Redcurrant
	<i>Saxifraga aizoides</i>	Yellow saxifrage
	<i>Saxifraga paniculata</i>	Livelong saxifrage
	<i>Saxifraga caesia</i>	Blue saxifrage
	<i>Saxifraga longifolia</i>	Pyrenean saxifrage
	<i>Saxifraga hirsuta</i>	Kidney saxifrage
	<i>Saxifraga umbrosa</i>	Wood saxifrage
	<i>Saxifraga granulata</i>	Meadow saxifrage
	<i>Saxifraga stellaris</i>	Starry saxifrage
	<i>Saxifraga aquatica</i>	Water saxifrage
	<i>Saxifraga moschata</i>	White musky saxifrage
ROSACEAE		
	<i>Aruncus dioicus</i>	Goat's-beard spiraea
	<i>Filipendula ulmaria</i>	Dropwort
	<i>Rubus idaeus</i>	Wild raspberry
	<i>Rubus ulmifolius</i>	Bramble
	<i>Rosa glauca</i>	Blue-leaved rose
	<i>Rosa canina</i>	Dog-rose
	<i>Agrimonia eupatoria</i>	Agrimony
	<i>Sanguisorba officinalis</i>	Great burnet
	<i>Sanguisorba minor</i>	Salad burnet
	<i>Dryas octopetala</i>	Mountain avens
	<i>Geum montanum</i>	Alpine avens
	<i>Geum rivale</i>	Water avens
	<i>Geum urbanum</i>	Herb Bennet
	<i>Potentilla rupestris</i>	Rock cinquefoil
	<i>Potentilla palustris</i>	Marsh cinquefoil
	<i>Potentilla erecta</i>	Tormentil
	<i>Potentilla argentea</i>	Hoary cinquefoil
	<i>Fragaria vesca</i>	Wild strawberry
	<i>Alchemilla alpina</i>	Alpine lady's mantle
	<i>Alchemilla vulgaris</i>	Lady's mantle
	<i>Sorbus aucuparia</i>	Rowan
	<i>Sorbus aria</i>	Hoary cinquefoil
	<i>Sorbus chamaemesphilus</i>	False medlar
	<i>Cotoneaster integerrimus</i>	Wild cotoneaster
	<i>Crataegus monogyna</i>	Hawthorn
	<i>Prunus avium</i>	Wild cherry
	<i>Prunus spinosa</i>	Sloe
PAPILIONACEAE		
	<i>Sarothamnus scoparius</i>	Broom
	<i>Genista purgans</i>	Pyrenean broom
	<i>Chamaespartium sagittale</i>	Winged greenweed
	<i>Astragalus glycyphyllos</i>	Wild liquorice
	<i>Vicia sepium</i>	Bush vetch
	<i>Vicia sativa</i>	Alfalfa

	<i>Vicia cracca</i>	Tufted vetch
	<i>Vicia onobrychioides</i>	False sainfoin
	<i>Lathyrus vernus</i>	Spring vetchling
	<i>Lathyrus laevigatus</i>	Yellow pea
	<i>Ononis spinosa</i>	Spiny restharrow
	<i>Ononis rotundifolia</i>	Round-leaved restharrow
	<i>Ononis natrix</i>	Large yellow restharrow
	<i>Trifolium pratense</i>	Red clover
	<i>Trifolium alpinum</i>	Alpine clover
	<i>Trifolium repens</i>	White clover
	<i>Trifolium montanum</i>	Mountain clover
	<i>Lotus corniculatus</i>	Bird's-foot trefoil
	<i>Anthyllis montana</i>	Mountain kidney vetch
	<i>Hippocrepis comosa</i>	Horseshoe vetch
ONAGRACEAE		
	<i>Epilobium angustifolium</i>	Rosebay willowherb
TIMELEACEAE		
	<i>Daphne laureola</i>	Spurge laurel
	<i>Daphne mezereum</i>	Mezereon
	<i>Daphne cneorum</i>	Garland flower
PAPAVERACEAE		
	<i>Papaver rhoeas</i>	Field poppy
	<i>Meconopsis cambrica</i>	Welsh poppy
	<i>Chelidonium majus</i>	Greater celandine
BRASSICACEAE		
	<i>Matthiola fruticulosa</i> ssp. <i>valesiaca</i>	Sad stock
	<i>Hesperis matronalis</i> ssp. <i>candida</i>	Dame's violet
	<i>Erysimum sylvestre</i>	Wood treacle-mustard
	<i>Cardamine heptaphylla</i>	Five-leaflet bittercress
	<i>Cardamine pyrenaica</i>	Radish-leaved bittercress
	<i>Cardamine pratensis</i>	Cuckoo flower
	<i>Iberis sempervirens</i>	
	<i>Biscutella laevigata</i>	Buckler-mustard
RESEDACEAE		
	<i>Sesamoides canescens</i>	Sesamoides
CISTACEAE		
	<i>Helianthemum nummularium</i>	Common rock-rose
	<i>Helianthemum apenninum</i>	White rock-rose
DROSERACEAE		
	<i>Drosera rotundifolia</i>	Common sundew
	<i>Drosera longifolia</i>	Long-leaved sundew
VIOLACEAE		
	<i>Viola cornuta</i>	Horned pansy
	<i>Viola tricolor</i>	Heart's-ease
CLUSIACEAE		
	<i>Hypericum androsaemum</i>	Tutsan
	<i>Hypericum richeri</i> ssp. <i>burseri</i>	Alpine St. John's wort
	<i>Hypericum perforatum</i>	Perforate St. John's wort
MALVACEAE		
	<i>Malva moschata</i>	Musk mallow
	<i>Malva neglecta</i>	Dwarf mallow
	<i>Malva sylvestris</i>	Common mallow
TILIACEAE		
	<i>Tilia platyphyllos</i>	Large-leaved lime
OXALIDACEAE		

	<i>Oxalis acetosella</i>	Wood-sorrel
	<i>Oxalis corniculata</i>	Yellow oxalis
GERANIACEAE		
	<i>Geranium robertianum</i>	Herb Robert
	<i>Geranium sanguineum</i>	Bloody crane's-bill
	<i>Geranium pyrenaicum</i>	Pyrenean crane's-bill
	<i>Geranium phaeum</i>	Dusky crane's-bill
	<i>Geranium sylvaticum</i>	Wood crane's-bill
LINACEAE		
	<i>Linum perenne</i>	Perennial flax
BALSAMINACEAE		
	<i>Impatiens noli-tangere</i>	Touch-me-not
ACERACEAE		
	<i>Acer campestre</i>	Field maple
	<i>Acer platanoides</i>	Norway maple
AQUIFOLICEAE		
	<i>Ilex aquifolium</i>	Holly
RAMNACEAE		
	<i>Rhamnus alpinus</i>	Alpine buckthorn
CORNACEAE		
	<i>Cornus sanguinea</i>	Dogwood
ARALIACEAE		
	<i>Hedera helix</i>	Common ivy
APIACEAE		
	<i>Sanicula europaea</i>	Sanicle
	<i>Astrantia major</i>	Masterwort
	<i>Astrantia minor</i>	Lesser masterwort
	<i>Eryngium bourgatii</i>	Pyrenean eryngo
	<i>Molopospermum peloponnesaicum</i>	Molopospermum
	<i>Meum athamanticum</i>	Spignel
	<i>Angelica sylvestris</i>	Wild angelica
	<i>Daucus carota</i>	Wild carrot
	<i>Laserpitium siler</i>	
BETULACEAE		
	<i>Alnus glutinosa</i>	Alder
	<i>Corylus avellana</i>	Hazel
	<i>Betula pendula</i>	Birch
FAGACEAE		
	<i>Fagus sylvatica</i>	Beech
	<i>Quercus rober</i>	Pendunculate oak
	<i>Quercus humilis</i>	Downy oak
SALICACEAE		
	<i>Populus nigra</i>	Black poplar
	<i>Populus tremula</i>	Aspen
	<i>Salix herbacea</i>	Least willow
	<i>Salix alba</i>	White willow
ULMACEAE		
	<i>Ulmus glabra</i>	
URTICACEAE		
	<i>Urtica dioica</i>	Common nettle
EUFORBIACEAE		
	<i>Mercurialis perennis</i>	Dog's-mercury
	<i>Euphorbia cyparissias</i>	Cypress spurge
	<i>Euphorbia hyberna</i>	Irish spurge
LORANTACEAE		

	<i>Viscum album</i>	Mistletoe
POLYGONACEAE		
	<i>Rumex scutatus</i>	Rubble dock
	<i>Rumex acetosella</i>	Sheep's sorrel
	<i>Rumex acetosa</i>	Common sorrel
	<i>Polygonum viviparum</i>	Alpine bistort
	<i>Polygonum bistorta</i>	Bistort
CARIOFILACEAE		
	<i>Stellaria nemorum</i>	Wood stitchwort
	<i>Stellaria holostea</i>	Greater stitchwort
	<i>Paronychia kapela</i>	
	<i>Sherardia arvensis</i>	Field madder
	<i>Lychnis coronaria</i>	Rose campion
	<i>Lychnis flos-cuculi</i>	Ragged Robin
	<i>Silene latifolia</i>	White campion
	<i>Silene dioica</i>	Red campion
	<i>Silene vulgaris</i>	Bladder campion
	<i>Silene saxifraga</i>	Tufted catchfly
	<i>Silene nutans</i>	Nottingham catchfly
	<i>Gypsophila repens</i>	Alpine gypsophila
	<i>Saponaria ocymoides</i>	Rock soapwort
	<i>Saponaria officinalis</i>	Soapwort
	<i>Dianthus barbatus</i>	Sweet William
	<i>Dianthus carthusianorum</i>	Carthusian pink
	<i>Dianthus deltoides</i>	Maiden pink
	<i>Dianthus armeria</i>	Deptford pink
QUENOPODIACEAE		
	<i>Chenopodium bonus-henricus</i>	Good King Henry
PIROLACEAE		
	<i>Pyrola secunda</i>	Nodding wintergreen
	<i>Pyrola minor</i>	Lesser wintergreen
	<i>Monotropa hypopitys</i>	Yellow bird's-nest
ERICACEAE		
	<i>Rhododendrum ferrugineum</i>	Alpenrose
	<i>Arctostaphylos uva-ursi</i>	Bearberry
	<i>Vaccinium uliginosum</i>	Bog whortleberry
	<i>Vaccinium myrtillus</i>	Bilberry
	<i>Calluna vulgaris</i>	Ling
PRIMULACEAE		
	<i>Primula integrifolia</i>	Entire-leaved primrose
	<i>Primula latifolia</i>	Viscid primrose
	<i>Primula veris</i>	Cowslip
	<i>Lysimachia nemorum</i>	Yellow pimpernel
OLEACEAE		
	<i>Fraxinus excelsior</i>	Large-leaved ash
GENCIANACEAE		
	<i>Gentiana lutea</i>	Great yellow gentian
	<i>Gentiana burseri</i>	
	<i>Gentiana pyrenaica</i>	Pyrenean gentian
	<i>Gentiana acaulis</i>	Trumpet gentian
	<i>Gentiana verna</i>	Spring gentian
	<i>Gentiana campestre</i>	Field gentian
MENYANTHACEAE		
	<i>Menyanthes trifoliata</i>	Bogbean
ASCLEPIADACEAE		

	<i>Vincetoxicum hirundinaria</i>	Swallow-wort
CONVOLVULSCEAE		
	<i>Cuscuta europaea</i>	Greater dodder
BORAGINACEAE		
	<i>Anchusa officinalis</i>	Alkanet
	<i>Lithospermum officinale</i>	Gromwell
	<i>Echium vulgare</i>	Viper's bugloss
	<i>Pulmonaria affinis</i>	
	<i>Cynoglossum officinale</i>	Hound's-tongue
LAMIACEAE		
	<i>Ajuga pyramidalis</i>	Pyramidal bugle
	<i>Teucrium pyrenaicum</i>	Pyrenean germander
	<i>Teucrium scorodonia</i>	Wood sage
	<i>Sideritis hyssopifolia</i>	Sideritis
	<i>Galeopsis ladanum</i>	Large pink hemp-nettle
	<i>Lamium purpureum</i>	Red deadnettle
	<i>Lamiastrum galeobdolon</i>	Yellow archangel
	<i>Stachys alpina</i>	Alpine woundwort
	<i>Stachys recta</i>	
	<i>Prunella vulgaris</i>	Self-heal
	<i>Prunella grandiflora</i>	Large-flowered selfheal
	<i>Satureja montana</i>	Winter savoury
	<i>Origanum vulgare</i>	Marjoram
	<i>Thymus serpyllum</i> agg.	Wild thyme
VERBENACEAE		
	<i>Verbena officinalis</i>	Vervain
SCROFULARIACEAE		
	<i>Scrophularia canina</i>	Alpine figwort
	<i>Verbascum lychnitis</i>	
	<i>Verbascum pulverulentum</i>	Hoary mullein
	<i>Antirrhinum majus</i>	Common snapdragon
	<i>Antirrhinum assarina</i>	Creeping snapdragon
	<i>Linaria repens</i>	Striped toadflax
	<i>Linaria supina</i>	Yellow toadflax
	<i>Linaria alpina</i>	Alpine toadflax
	<i>Linaria organifolia</i>	Chaenorhinum
	<i>Digitalis lutea</i>	Yellow foxglove
	<i>Digitalis purpurea</i>	Common foxglove
	<i>Erinus alpinus</i>	Fairy foxglove
	<i>Veronica beccabunga</i>	Brooklime
	<i>Veronica officinalis</i>	Heath speedwell
	<i>Melampyrum pratense</i>	Common cow-wheat
	<i>Bartsia alpina</i>	Alpine bartsia
	<i>Pedicularis verticillata</i>	Whorled lousewort
	<i>Pedicularis foliosa</i>	Leafy lousewort
	<i>Pedicularis sylvatica</i>	Common lousewort
	<i>Pedicularis pyrenaica</i>	Pyrenean lousewort
	<i>Rhinanthus mediterraneus</i>	Large yellow rattle
	<i>Lathraea clandestina</i>	Purple toothwort
	<i>Orobanche hederæ</i>	Ivy broomrape
LENTIBULARIACEAE		
	<i>Pinguicula vulgaris</i>	Common butterwort
	<i>Pinguicula grandiflora</i>	Large-flowered butterwort
GLOBULAREAE		

	<i>Globularia cordifolia</i>	Matted globularia
PLANTAGINACEAE		
	<i>Plantago maritima</i>	Fleshy plantain
	<i>Plantago lanceolata</i>	Ribwort plantain
	<i>Plantago major</i>	Greater plantain
RUBIACEAE		
	<i>Asperula cynanchica</i> ssp. <i>pyrenaica</i>	
	<i>Asperula hirta</i>	
	<i>Galium verum</i>	Lady's bedstraw
	<i>Cruciata glabra</i>	Crosswort
CAPRIFOLIACEAE		
	<i>Sambucus racemosa</i>	Alpine elderberry
	<i>Sambucus nigra</i>	Elderberry
	<i>Sambucus ebulus</i>	Dwarf elder
	<i>Viburnum lantana</i>	Wayfaring tree
	<i>Lonicera periclymenum</i>	Honeysuckle
	<i>Lonicera pyrenaica</i>	Pyrenean honeysuckle
VALERIANACEAE		
	<i>Valeriana pyrenaica</i>	Pyrenean valerian
	<i>Valeriana officinalis</i>	Common valerian
	<i>Valeriana montana</i>	
	<i>Succisa pratensis</i>	Devil's-bit scabious
	<i>Knautia arvernensis</i>	Wood scabious
	<i>Bryonia cretica</i>	White bryony
CAMPANULACEAE		
	<i>Campanula glomerata</i>	Clustered bellflower
	<i>Campanula persicifolia</i>	Peach-leaved bellflower
	<i>Campanula patula</i>	Spreading bellflower
	<i>Campanula scheuchzeri</i>	
	<i>Campanula rotundifolia</i>	Harebell
	<i>Phyteuma spicata</i>	Spiked rampion
	<i>Phyteuma hemispaericum</i>	Globe-headed rampion
	<i>Jasione laevis</i>	
ASTERACEAE		
	<i>Eupatorium cannabinum</i>	Hemp agrimony
	<i>Solidago virgaurea</i>	Golden-rod
	<i>Bellis perennis</i>	Common daisy
	<i>Aster alpinus</i>	Alpine aster
	<i>Erigeron uniflorus</i>	One-flowered fleabane
	<i>Anthemis montana</i>	Mountain dog-daisy
	<i>Achillea millefolium</i>	Yarrow
	<i>Tanacetum vulgare</i>	Tansy
	<i>Artemisia vulgaris</i>	Mugwort
	<i>Tussilago farfara</i>	Colt's-foot
	<i>Homogyne alpina</i>	Alpine colt's-foot
	<i>Adenostyles alliariae</i>	Adenostyles
	<i>Arnica montana</i>	Arnica
	<i>Senecio adonidifolius</i>	
	<i>Carlina acanthifolia</i>	Acanthus-leaved carline thistle
	<i>Carduus carlinoides</i>	Pyrenean thistle
	<i>Cirsium eriophorum</i>	Woolly thistle
	<i>Cirsium palustre</i>	Marsh thistle
	<i>Onopordium acanthium</i>	Cotton thistle
	<i>Cichorium intybus</i>	Chicory
	<i>Cicerbita alpina</i>	Alpine sow-thistle

	<i>Prenanthes purpurea</i>	Purple lettuce
	<i>Taraxacum officinale</i>	Dandelion
	<i>Lapsana communis</i>	Nipplewort
LILIACEAE		
	<i>Tolfieldia calyculata</i>	Tofield's asphodel
	<i>Veratrum album</i>	White false helleborine
	<i>Asphodelus alba</i>	White asphodel
	<i>Anthericum liliago</i>	St. Bernard's lily
	<i>Paradisea liliastrum</i>	St. Bruno's lily
	<i>Erythronium dens-canis</i>	Dog's-tooth violet
	<i>Fritillaria nigra</i>	Pyrenean snake's-head
	<i>Lilium martagon</i>	Martagon lily
	<i>Lilium pyrenaicum</i>	Pyrenean lily
	<i>Ornithogalum pyrenaicum</i>	Bath asparagus
	<i>Scilla lilio-hyacinthus</i>	Pyrenean squill
	<i>Allium victorialis</i>	Alpine leek
	<i>Convallaria majalis</i>	Lily of the valley
	<i>Streptopus amplexifolius</i>	Streptopus
	<i>Polygonatum verticillatum</i>	Whorled Solomon's seal
	<i>Paris quadrifolia</i>	Herb Paris
AMARILLIDACEAE		
	<i>Narcissus poeticus</i>	Pheasant's-eye daffodil
	<i>Iris latifolia</i>	English iris
CYPERACEAE		
	<i>Eriophorum angustifolium</i>	Common cottongrass
	<i>Eriophorum vaginatum</i>	Hare's-tail cottongrass
	<i>Carex rostrata</i>	Bottle sedge
DIOSCOREACEAE		
	<i>Tamus communis</i>	Black bryony
JUNCACEAE		
	<i>Luzula nivea</i>	Snowy woodrush
ORQUIDACEAE		
	<i>Platanthera clorantha</i>	Greater butterfly orchid
	<i>Gymnadenia conopsea</i>	Fragrant orchid
	<i>Neottia nidus-avis</i>	Bird's-nest orchid
	<i>Pseudorchis albida</i>	Small white orchid
	<i>Orchis sambucina</i>	Elder-flowered orchid
	<i>Orchis maculata</i>	Heath spotted orchid
	<i>Orchis majalis</i>	Broad-leaved marsh orchid
	<i>Orchis ustulata</i>	Burnt-tip orchid
	<i>Ancampsis pyramidalis</i>	Pyramidal orchid
SPARGANIACEAE		
	<i>Sparganium angustifolium</i>	Narrow-leaf bur-reed

Mike Lockwood, July 2007

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