

# The Travelling Naturalist

## Trip Report

### Iceland in Summer 2008



#### Introduction

Summer is a great time to visit Iceland, one of the world's truly special places. The dramatic volcanic landscapes provide a wonderful scenic background for a natural history holiday and this year's trip had the added advantage of a spell of very kind weather.

The trip highlights included:

- the breeding waders, seabirds and wildfowl for which Iceland is justly famous,
- the magnificent wild flowers which are at their best at this time of year,
- and, of course, the dramatic geology which was all around us.

What follows is a daily record of the places we visited, the wildlife we saw and some comprehensive lists of all the species we recorded.

#### Participants

Iain and Marjorie MacInnes from Skye, Scotland  
Alastair and Jean Richardson from Tasmania, Australia

#### Sunday 29 June/Monday 30 June 2008

*Bright at first becoming cloudy later, light NE wind with temperatures up to 12°C.*

Flight delays mean a much later than anticipated arrival in Iceland but we soon cheer up when we are greeted by a singing snow bunting outside the airport terminal. Even though it's the middle of the 'night' it's a lovely bright 'day' and we enjoy the drive to our hotel. We drive along the north coast of the Reykjanes peninsula and have our first views of some of the waders and seabirds that breed in such large numbers in Iceland. We see arctic terns, common snipe, some whimbrels, and several ravens as we drive along the coastal road. The visibility is excellent and we can see Iceland's capital city, Reykjavík in the distance.

Our journey takes us across the mid-Atlantic ridge — the tectonic plate margin that divides North America from Europe and Asia. It is, of course, a volcanically active area and we see our first evidence of this in some of the hot springs and steam vents near the road.

We arrive at our hotel located amidst some delightful scenery on the flanks of the mid-Atlantic ridge itself. We decide to rest for a few hours before beginning our first full day in Iceland.

We travel into Þjórsárdalur. It's an area that has been affected by several eruptions from Iceland's famous volcano Hekla which we can clearly see ahead of us. All around us are breeding arctic terns and the list of breeding waders starts to grow with sightings of golden plover, redshank, dunlin and red-necked phalarope. A rough track leads us across some amazing volcanic landscapes. We see pseudocraters formed from steam explosions when lava flows across a marsh or shallow lake and all around is the tephra from successive eruptions of Hekla.



Marjorie, Iain, Jean and Alastair

We walk up a delightful valley full of wild flowers and low trees. We find mountain avens, masses of wild thyme, alpine bistort and the rather special arctic river beauty. We also record small white orchid and three species of bed-straw. Our path descends into a small chasm and we see rock arches and waterfalls. In the fast flowing river we see our first harlequin duck. It's a female and through the telescope we have good views of this rather special species.

We visit the remains of an old Viking farmstead which was buried under the ash fall from an eruption of Hekla in 1104. Exca-

vated by archaeologists in the 1930s it is an important historical relic.

We visit the waterfall Hjalparfoss and explore the surrounding area. We find sea pea, alpine bartisia and tufted saxifrage. As we return to our hotel we scour, unsuccessfully as it turns out, the valleys for signs of pink-footed geese. This species breeds in the interior of Iceland but occasionally some non-breeding birds spend their summers with the grey lag geese which breed in the area.

We have a lovely dinner and at call-over discuss the plan for the days ahead.

## Tuesday 1 July 2008

*Overcast at first with showers later. Brisk SE winds with temperatures reaching 12°C.*

We begin the day searching for the sometimes elusive Iceland wren. It's a distinctive sub-species of winter wren, noticeably larger and paler-coloured. We walk along the base of cliffs near Seljalandsfoss, a waterfall which it is possible to walk behind, and soon strike lucky. We first hear then see the wren. It perches on some stalks of angelica and we actually manage to get a 'scope fixed on it. We all get good views. There is marsh cinquefoil nearby and the slopes are carpeted in wood cranesbill and meadowsweet. We also record ragged robin in the area.

As we travel to the glacier of Sólheimajökull we see a great skua sitting on the ground. There's another in the area and we have some good views. Sólheimajökull is a glacial tongue extending from the much larger ice-cap of Mýrdalsjökull and we learn about the ways the glaciers form and the landforms they create. The snout is not far from the sea and there are a few fulmars in the area, breeding on ledges in the nearby canyons. We are able to reach the flank of the glacier and walk on to the ice itself. The landscape is magnificent and we picnic in the area. We find northern green orchid, lesser twayblade, alpine cinquefoil and hairy stonecrop as we enjoy our sandwiches!

We drive to the headland of Dyrhólaey and from the steep cliffs do some more birdwatching. We see many puffins, both on land and in the sea, some guillemots and razorbills, kittiwakes and both great and arctic skuas. On the sea, near the spectacular rock arch, we see a flock of eider ducks. The coastal scenery here is breathtaking but the strong wind and showers send us scurrying for shelter at the nearby beach. We watch the breakers crash against the shore and marvel at the way the seabirds manage to stay aloft in the blustery winds. Through the telescope we see countless thousands of birds offshore — mostly fulmars and kittiwakes with fewer auks and gulls amongst them. As we leave the area we record a pomarine skua flying nearby.

Our last stop is at the waterfall of Skógafoss with our attention split between the powerful cascade and some breeding oystercatchers nearby.

It's been a great day.

### Wednesday 2 July 2008

*Showers at first but soon becoming bright and sunny. Cold NE wind keeps the temperature down to 10°C*

It's to be a gentle day of travelling as we begin our journey to our new base at Grundarfjörður in Snæfellsnes, our home for the next three nights.

On our way to Þingvellir we see a group of four harlequins in the river. We set up the telescope and have some wonderful views of both males and females. The males are spectacular in their breeding plumage. Þingvellir is a national park and is an important place for its ecological, geological and historical features. We stop on the edge of the rift valley and look across towards the American continent as it is here that the mid-Atlantic ridge crosses the country. We see many redwings and hear a wren. We make a comfort stop at the national park service centre and use the opportunity to examine the displays and maps on Iceland's natural history from the impressive collection there.

We explore the shore of the lake Þingvallavatn and it's not long before we see a pair of great northern divers. They are close to shore and we have some very good views.

We take a short walk around the site of the Vikings' open-air parliament at Þingvellir and learn something about the way in which they managed their affairs when the country was first settled. It's hard to leave this magnificent area but we force ourselves away and next stop for a spell of seal watching and a very comfortable picnic on the shore of Hvalfjörður. We see a group of eight or so common seals relaxing on some skerries and are amused by the antics of one as it tries to stay on its 'perch' as long as possible before the rising tide dislodges him. We remark on the large numbers of eider ducks and see some puffins as well. There are a few waders on the shore including oystercatchers and ringed plovers.

At Borgarnes we find a real Icelandic rarity, shelduck. There are only a few pairs of this species nesting in Iceland and we get good, if distant, views of several birds across a muddy inlet.

Our journey continues into Snæfellsnes and we make several stops to admire the very dramatic volcanic scenery we encounter on the way. We travel to the peninsula's north coast and make a stop to explore the lava formations there. We find arctic poppies at the lava's edge and as we look out to some of the islands offshore see a large head on the low cliff at the end of one of the islands. It's a young white-tailed eagle and it's not long before we see a parent nearby. We have some good views.

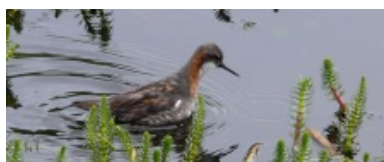
As we approach Grundarfjörður we see our first glaucous gulls which will become a common sight in the days ahead.

We arrive at our harbourside hotel and after dinner some of us take a stroll next to the fjord.

### Thursday 3 July 2008

*Another bright and sunny day though with a chill NW wind. Showers later. Temperatures reaching 16°C.*

If you're interested in natural history then there are few better places to be than in Snæfellsnes.



*Red-necked phalarope*

We make our first stop for an active spell of birdwatching just a short distance from Grundarfjörður. In the lee of the incredible mountain of Kirkjufell we see some waders feeding including redshank, ringed plover, whimbrel and dunlin. In a nearby pool we can compare tufted duck and greater scaup and also have good views of glaucous gulls. Looking towards the surrounding mountains we see thousands of fulmars nesting on ledges. Nearby we record our first Iceland gull.

We travel towards Rif and in the pools here encounter large flocks of red-necked phalaropes. We estimate there are several hundred birds in the area and some are very close to us giving the

photographers some great opportunities. There are arctic terns everywhere and we have to run the gauntlet as protective adults harry us when we scurry back to the vehicle.

We visit Skarðsvík and do a little botanising in the grass covered areas adjacent to the lava field. There are many orchids, both northern green and small-white as well as frog orchid. The mountain avens is still in flower and we find moonwort and water avens too. We visit the sandy beach and find sea sandwort and scurvygrass whilst one of the group takes the chance to paddle in the rather chilly sea!

At the bird cliffs of Öndverðarnes we find common and Brünnich's guillemots breeding side by side. There are razorbills and a few puffins as well and, of course, the cliff ledges contain many thousands of kittiwakes. We picnic at the bird cliffs and have a wonderful couple of hours with the thousands of nesting seabirds. We search offshore for cetaceans but no luck today, though we do record Atlantic grey seal.



Brünnich's guillemots

We next visit the crater of Saxhóll and after examining it spend a pleasant spell botanising on its flanks. We find heath spotted orchid and roseroot. As we travel to Arnarstapi we encounter a rather sharp shower and shelter in the little café until it passes. At the nearby bird cliffs are many kittiwakes. They are nesting in the basalt cliffs and with care we approach them. They are unperturbed by our presence and provide wonderful photographic subjects.

We travel across the peninsula by a steep mountain road but the cloudbase prevents us from seeing the glacier of Snæfellsjökull. It's a short drive back to the hotel and after another delicious dinner we write up our notes and discuss the highlights of the day.

Later in the evening the wind drops and there's a chance to take a short boat trip in search of more seabirds. It's splendid being on the calm sea and we have great views of puffins, glaucous gulls, cormorants, shags and the seemingly ubiquitous eider ducks.

### Friday 4 July 2008

*Fine, bright and sunny with light NE wind. Temperature between 12 and 14°C*

An early start to get us to the harbour town of Stykkishólmur in good time to catch our ferry sailing to the island of Flatey. The journey takes about an hour and a half and on the way we sail close to some of the islands and skerries in Breiðafjörður. We look for white-tailed eagles — unsuccessfully as it turns out — but no matter as the thousands of seabirds, particularly puffins, more than compensate.

Flatey is a great place for birdwatching. At first it is the waders that grab our attention: scolding redshanks, noisy oystercatchers, chattering red-necked phalaropes in the small pools and displaying snipe. We also see snow buntings including some fledged youngsters still being fed by their parents. Offshore we see our first black guillemots and find several purple sandpipers on some rocks.



Redshank on Flatey

We are mobbed by arctic terns as we make a quick visit to the island's church but it's the puffins which steal the show as we visit their low breeding cliffs on the north side of the island. There are thousands in the water. There are more black guillemots in the area, too. Growing in the low cliffs we find some tufted saxifrage with, of course, lots of thrift and sea campion as well.

Our return trip is in bright sunshine and we are fortunate to see some groups of white-beaked dolphins before we reach Stykkishólmur in the middle of the afternoon. There's time for a visit to Helgafell, an important historical site, and on the lake we see a pair of great northern divers and their young chicks.

We again travel along the northern coast and find several pairs of red-throated divers breeding in the smaller pools. We also see the young eagle again but this time there's no sign of its parents.

After a delicious dinner of freshly caught cod there's time to take a stroll around the town of Grundarfjörður and learn about what it is like to live and work in an Icelandic fishing town.

### **Saturday 5 July 2008**

*Bright and sunny with a light NE wind. Temperatures reach 20°C. A lovely day*

We begin our journey to Eyjafjörður in northern Iceland with a wonderful journey along the southern shore of Breiðafjörður. At Álftafjörður we see more than 700 whooper swans as they congregate on the calm waters of the fjord. It's wonderful to watch and listen to them in the calm conditions. We make a short stop at Búðardalur before continuing along Laxárdalur and across the watershed to Hrótafjörður where we break for lunch at Borðeyri. We find oysterplant



Breiðafjörður

here and in the sea watch a great northern diver, several red-throated divers, a few puffins and arctic skuas.

It's time to continue our journey and we make a welcome break at Blönduós firstly at the estuary where we spend a few moments bird watching and secondly at Hrótey where during a very productive spell of botanising we see a ptarmigan with her family of eight or so youngsters. On a nearby pool we see slavian grebes and watch entranced as one of the adults repeatedly dives for small fish to feed a well grown chick.

We drive through some of the most spectacular scenery of the trip so far — older glaciated landscapes with high mountains and dramatic valleys and on the way encounter our first pink-footed geese which have bred in one of the valleys. We get great views of youngsters and adults. Our guesthouse is in a wonderful location a few kilometres south of the city of Akureyri. We know it will be a comfortable base for us as we explore northern Iceland in the days ahead.

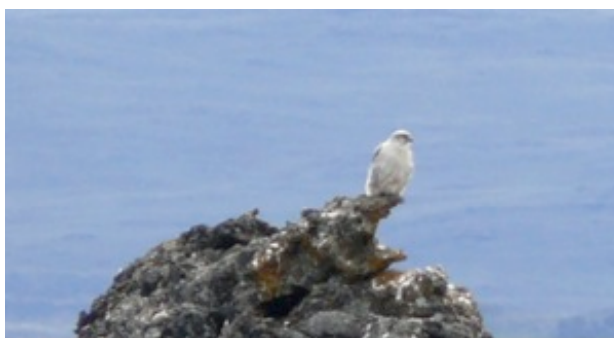
### **Sunday 6 July 2008**

*Bright and sunny but becoming overcast later. Light NE wind. Temperatures up to 16°C*

We begin a busy day by travelling along the eastern shores of Eyjafjörður before reaching the lovely waterfall at Goðafoss.

A little further on we stop at Laxá, the outlet river of Lake Mývatn and watch some harlequin ducks feeding in the fast flowing water. We drive to the eastern side of the lake and see the strange pseudocraters of Skútustaðir. We have a productive spell of birdwatching on the lake and see our first Barrow's goldeneye and long tailed ducks. Mývatn is a very important place for breeding wildfowl and as we look out across the still waters see literally thousands and thousands of ducks. Many are tufted ducks and greater scaups but we also see wigeon, gadwall and common scoter.

We take a short walk along the lakeside and from an overview look into a sheltered bay and see around 40 Barrow's goldeneyes. They are mostly males and many are in eclipse but others are still in their breeding plumage and we have some excellent views of this magnificent species. There are more slavian grebes in the area and further offshore we see a great northern diver. As we watch the birds we find both alpine and northern gentian and also hawkweed leaved treacle-mustard. Mývatn means 'Midge Lake' and it is the chironomids which give it its name. However, there's sufficient wind to keep them at bay.



Gyrfalcon

At Dimmuborgir we are very fortunate to see a gyrfalcon almost as soon as we start our walk. It's a female, perched on a lava pinnacle, and we are treated to a wonderful display. She's soon joined by a smaller male and we marvel at our good fortune to be able to see these birds so well.

We picnic near higher ground before walking to some recent lava flows. There are hot springs in the area and on the way we find two rather special plants in this part of Iceland — cassiope and trailing azalea.

We explore more of the volcanic landscapes and visit a cave containing hot water and some remarkable fissures. In one of the fissures we find herb paris, a rather rare plant in Iceland.

We return to the lake and do some birdwatching along its western shore. In addition to the abundant tufted ducks and scaup we again see long-tailed duck and common scoter. There are also wigeon in the area, some great northern divers, whooper swans, slavian grebes and we record pintail as well.

We stop at the fast flowing water of Laxá and see more harlequins including a tiny duckling bravely tackling the fast flowing river. It seems to be enjoying itself surfing in the waves.

It's been another great day.

### Monday 7 July 2008

*Misty start but clearing later. Light NW wind. Colder with temperatures between 5 and 10°C*

We drive the short distance to Árskógssandur to catch the ferry to Hrísey Island. On the way we see many common gulls, feeding with black-headed gulls in the new cut grass. It's just a fifteen minute boat journey to the island and as we sail see an Iceland gull in the harbour. As we disembark on the island we are greeted by a singing snow bunting.

We walk around the island and it is not long before we start encountering its prolific bird life. We have some good views of a common redpoll perched on a bush and then are surrounded by waders, loudly telling us off. Black-tailed godwits, whimbrels, redshanks and common snipe are very much in evidence and provide the photographers with splendid opportunities. On the outskirts



Searching for herb paris



Found it! Herb paris

of the village we watch a male ptarmigan fly to a perch on a house chimney. Not for nothing is Hrisey sometimes called the ptarmigan island and this is a very good start.

We continue our walk and later we see more ptarmigans, including one with ten or more chicks. We look out into the fjord and there's a brief period of excitement as we look for what may have been a minke whale but it doesn't reappear and so remains a mystery.

From the high point we are treated to a magnificent view of the fjord but the low clouds conceal the dramatic mountains today. We find black guillemots, lots of kittiwakes and fulmars, and many more waders including some spectacular black-tailed godwits. It is a wonderful place to relax and enjoy the beauty of this part of the world.

Our return route takes us past some sheltered areas and growing on a grass covered slope we find some heath spotted orchids. They are guarded by some rather vocal whimbrels and we have some good views of them together with their well grown chicks. The ferry journey to the mainland produces many more birds including a feeding frenzy of many thousands of arctic terns and kittiwakes. We speculate about the fish they are hunting and conclude it's likely to be sand eel.

We have time for a quick visit to Akureyri. The botanical garden here is perhaps the best in Iceland. It is also pleasant strolling around the centre of Iceland's second city.

We next travel further into the valley of Eyjafjörður. We see the hot springs that supply the area's hot water and soon see a short-eared owl. It's patrolling the hillside but soon rises and begins to soar before disappearing to the north.

It is our last evening in Eyjafjörður and the friendly guest house staff provide us with a delicious dinner of traditional Icelandic foods often eaten at celebrations.

## Tuesday 8 July 2008

*Misty at first but soon clearing to become another lovely day, bright with good visibility and a light NE wind. Temperatures between 6 and 20°C*

It's to be an adventurous day travelling across Iceland's remote interior. As we travel along a wonderful valley we see a duck flying rapidly above the the river, keeping pace with our vehicle. It's a female goosander and amazingly stays with us for several kilometres before the river bends and we lose sight of her. We find the same flocks of pink-footed geese that we saw the other day. They are on the banks of a fast flowing river. We learn how the breeding grounds of this species were located in the early 1950s by Peter Scott and his companions and that Iceland has most of the world's breeding pink-feet. There are also some greylag geese nearby so we are easily able to compare the two species.



Hveraveiðir

We ascend to the high central plateau and enjoy the magnificent views. In the distance we can see the two large icecaps of Hofsjökull and Langjökull and our route will take us between them. We note several arctic skuas, a few whooper swans, tufted ducks, ringed plover and dunlin as we drive along the dusty track.

We reach Hveravellir and after our picnic explore the hot springs in the area. It's also possible to bathe in one of the natural hot pools here, an opportunity quickly seized by one member of the group.

Our journey continues over some desert-like landforms as we approach the two ice-caps. At one point we stop for photographs near a glacial lake where we can just make out some recently calved icebergs floating in the water.

Later in the afternoon we reach the southern fringes of the plateau and a short while later arrive at the dramatic waterfall of Gullfoss. We explore the area before travelling on to the well known hot springs of Geysir. We witness several eruptions of the geyser and examine the other geothermal phenomena in the area.



Gullfoss

It's now a short drive to our hotel and we are greeted like old friends by the staff as we arrive. They provide us with yet another magnificent meal as we reflect on what has been a memorable day.

### **Wednesday 9 July 2008**

*Overcast but brightening later. Light S wind. Temperatures 10 to 16°C*

We make a quick visit to Hveragerði and look at the geothermal activity here before travelling to the coast at Stokkseyri. The shore exposes the

great lava flow of Þjórsárhraun, the largest post glacial lava flow on earth. We see a dead northern bottlenose whale on the beach and offshore record several gannets, some great skuas, glaucous gulls and, of course, many more arctic terns.

We visit the beach near Eyrarbakki and find more oysterplant on the sandy shore. There are many red-necked phalaropes in the area and we also note a small flock of sanderling. There are lots of red-throated divers, too and we watch them as they leave the small pools on which they breed in order to fly out to sea and feed. We picnic with our backs to the dunes and look out across the enormous lagoon formed by the glacial river towards the hills of the mid-Atlantic ridge. Red-throated divers rest on the lagoon and arctic skuas chase arctic terns. It is a wonderful scene and a pleasant place to enjoy the last of our Icelandic picnics.

We travel to Iceland's capital, Reykjavík and have a couple of hours exploring the city before we meet up for dinner and our final call-over and note taking.

Thanks for visiting Iceland and I hope very much to meet up with you on another Travelling Naturalist trip again one day.

Andy Jones  
July 2008

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## Species Lists

The following lists comprise the species of birds and plants we recorded between 30 June and 9 July 2008.

### Birds

English name	Scientific name
Rock Ptarmigan	<i>Lagopus mutus</i>
Whooper Swan	<i>Cygnus cygnus</i>
Pink-footed Goose	<i>Anser brachyrhynchus</i>
Greylag Goose	<i>Anser anser</i>
Common Shelduck	<i>Tadorna tadorna</i>
Eurasian Wigeon	<i>Anas penelope</i>
Gadwall	<i>Anas strepera</i>
Eurasian Teal	<i>Anas crecca</i>
Mallard	<i>Anas platyrhynchos</i>
Northern Pintail	<i>Anas acuta</i>
Common Teal	<i>Anas crecca</i>
Tufted Duck	<i>Aythya fuligula</i>
Greater Scaup	<i>Aythya marila</i>
Common Eider	<i>Somateria mollissima</i>
Harlequin Duck	<i>Histrionicus histrionicus</i>
Long-tailed Duck	<i>Clangula hyemalis</i>
Common Scoter	<i>Melanitta nigra</i>
Barrow's Goldeneye	<i>Bucephala islandica</i>
Red-breasted Merganser	<i>Mergus serrator</i>
Goosander	<i>Mergus merganser</i>
Red-throated Diver	<i>Gavia stellata</i>
Great Northern Diver	<i>Gavia immer</i>
Slavonian Grebe	<i>Podiceps auritus</i>
Northern Fulmar	<i>Fulmarus glacialis</i>
Northern Gannet	<i>Morus bassanus</i>
Great Cormorant	<i>Phalacrocorax carbo</i>
European Shag	<i>Phalacrocorax aristotelis</i>
White-tailed Eagle	<i>Haliaeetus albicilla</i>
Merlin	<i>Falco columbarius</i>
Gyr Falcon	<i>Falco rusticolus</i>

Eurasian Oystercatcher	<i>Haematopus ostralegus</i>
Common Ringed Plover	<i>Charadrius hiaticula</i>
European Golden Plover	<i>Pluvialis apricaria</i>
Red Knot	<i>Calidris canutus</i>
Sanderling	<i>Calidris alba</i>
Purple Sandpiper	<i>Calidris maritima</i>
Dunlin	<i>Calidris alpina</i>
Common Snipe	<i>Gallinago gallinago</i>
Black-tailed Godwit	<i>Limosa limosa</i>
Whimbrel	<i>Numenius phaeopus</i>
Common Redshank	<i>Tringa totanus</i>
Ruddy Turnstone	<i>Arenaria interpres</i>
Red-necked Phalarope	<i>Phalaropus lobatus</i>
Arctic Skua	<i>Stercorarius parasiticus</i>
Great Skua	<i>Stercorarius skua</i>
Pomarine Skua	<i>Stercorarius pomarinus</i>
Common Gull	<i>Larus canus</i>
Black-headed Gull	<i>Larus ridibundus</i>
Lesser black-backed Gull	<i>Larus fuscus</i>
Herring Gull	<i>Larus argentatus</i>
Iceland Gull	<i>Larus glaucoides</i>
Glaucous Gull	<i>Larus hyperboreus</i>
Great black-backed Gull	<i>Larus marinus</i>
Black-legged kittiwake	<i>Rissa tridactyla</i>
Arctic Tern	<i>Sterna paradisaea</i>
Common Guillemot	<i>Uria aalge</i>
Brünnich's Guillemot	<i>Uria lomvia</i>
Razorbill	<i>Alca torda</i>
Black Guillemot	<i>Cepphus grylle</i>
Atlantic Puffin	<i>Fratercula arctica</i>
Feral Pigeon/Rock Dove	<i>Columba livia</i>
Short-eared owl	<i>Asio flammeus</i>
Meadow Pipit	<i>Anthus pratensis</i>
White Wagtail	<i>Motacilla alba</i>
Winter Wren	<i>Troglodytes troglodytes</i>

Northern Wheatear	<i>Oenanthe oenanthe</i>
Redwing	<i>Turdus iliacus</i>
Common Raven	<i>Corvus corax</i>
European Starling	<i>Sturnus vulgaris</i>
Common Redpoll	<i>Carduelis flammea</i>
Snow Bunting	<i>Plectrophenax nivalis</i>

## Plants

English Name	Scientific name
Yarrow	<i>Achillea millefolium</i>
Alpine Lady's Mantle	<i>Alchemilla alpina</i>
Common Lady's Mantle	<i>Alchemilla vulgaris</i>
Meadow Foxtail	<i>Alopecurus pratensis</i>
Garden Angelica	<i>Angelica archangelica</i>
Angelica	<i>Angelica sylvestris</i>
Kidney Vetch	<i>Anthyllis vulneriana</i>
Alpine Rock-cress	<i>Arabis alpina</i>
Bearberry	<i>Arctostaphylos uva-ursi</i>
Thrift	<i>Armeria maritima</i>
Alpine Bartsia	<i>Bartsia alpina</i>
Dwarf Birch	<i>Betula nana</i>
Hairy Birch	<i>Betula pubescens</i>
Moonwort	<i>Botrychium lunaria</i>
Sea Rocket	<i>Cakile arctica</i>
Ling	<i>Calluna vulgaris</i>
Marsh Marigold	<i>Caltha palustris</i>
Lady Smock	<i>Cardamine pratensis</i>
Northern Rockcress	<i>Cardaminopsis petraea</i>
Common Sedge	<i>Carex nigra</i>
Bottle Sedge	<i>Carex rostrata</i>
Cassiope	<i>Cassiope hypnoides</i>
Alpine Mouse-ear	<i>Cerastium alpinum</i>
Common Mouse-ear	<i>Cerastium fontanum</i>
Common Scurygrass	<i>Cochlearia officinalis</i>
Frog Orchid	<i>Coeloglossum viride</i>

Heath Spotted Orchid	<i>Dactylorhiza maculata</i>
Alpine Clubmoss	<i>Diphazium alpinum</i>
Hoary Whitlowgrass	<i>Draba incana</i>
Mountain Avens	<i>Dryas octopetala</i>
Crowberry	<i>Empetrum nigrum</i>
Alpine Willowherb	<i>Epilobium anagallidifolium</i>
Rosebay Willowherb	<i>Epilobium angustifolium</i>
Arctic Riverbeauty	<i>Epilobium latifolium</i>
Field Horsetail	<i>Equisetum arvense</i>
Marsh Horsetail	<i>Equisetum palustris</i>
Variiegated Horsetail	<i>Equisetum variegatum</i>
Alpine Fleabane	<i>Erigeron borealis</i>
Common Cottongrass	<i>Eriophorum angustifolium</i>
Scheuchzer's Cottongrass	<i>Eriophorum scheuchzeri</i>
Common Whitlowgrass	<i>Erophila verna</i>
Hawkweed-leaved Treacle-mustard	<i>Erysimum hieracifolium</i>
Cold Eyebright	<i>Euphrasia frigida</i>
Red Fescue	<i>Festuca rubra</i>
Meadowsweet	<i>Filipendula ulmaria</i>
Northern Bedstraw	<i>Galium boreale</i>
Slender Bedstraw	<i>Galium normanii</i>
Lady's Bedstraw	<i>Galium verum</i>
Alpine Gentian	<i>Gentiana nivalis</i>
Slender Gentian	<i>Gentianella tenella</i>
Wood Cranesbill	<i>Geranium sylvaticum</i>
Water Avens	<i>Geum rivale</i>
Mare's-tail	<i>Hippuris vulgaris</i>
Sea Sandwort	<i>Honkenya peploides</i>
Fir Clubmoss	<i>Huperzia selago</i>
Rush	<i>Juncus spp</i>
Juniper	<i>Juniperus communis</i>
Sea Pea	<i>Lathyrus japonicus ssp maritimus</i>
Lyme Grass	<i>Leymus arenarius</i>
Trailing Azalea	<i>Loiseularia procumbens</i>
Nootka Lupin (introduced)	<i>Lupinus nootkatensis</i>

Spiked Wood-rush	<i>Luzula spicata</i>
Sea Mayweed	<i>Matricaria maritima</i>
Bogbean	<i>Menyanthes trifoliata</i>
Oysterplant	<i>Mertensia maritima</i>
Field Forget-me-not	<i>Myosotis arvensis</i>
Sweet Cicely	<i>Myrrhis odorata</i>
Mountain Sorrel	<i>Oxyria digyna</i>
Arctic Poppy	<i>Papaver radiculatum</i>
Herb Paris	<i>Paris quadrifolia</i>
Alpine Cat's-tail	<i>Phleum alpinum</i>
Icelandic Hawkweed	<i>Pilosella islandica</i>
Common Butterwort	<i>Pinguicula vulgaris</i>
Greater Plantain	<i>Plantago major</i>
Sea Plantain	<i>Plantago maritima</i>
Northern Green Orchid	<i>Platanthera hyperborea</i>
Smooth Meadow-Grass	<i>Poa pratensis</i>
Alpine Bistort	<i>Polygonum viviparum</i>
Silverweed	<i>Potentilla anserina</i>
Alpine Cinquefoil	<i>Potentilla crantzii</i>
Marsh Cinquefoil	<i>Potentilla palustris</i>
Self-heal	<i>Prunella vulgaris</i>
Small-white Orchid	<i>Pseudorchis albida</i>
Common Wintergreen	<i>Pyrola minor</i>
Racomitrium sp	<i>Racomitrium sp</i>
Meadow Buttercup	<i>Ranunculus acris</i>
Yellow Rattle	<i>Rhinanthus minor</i>
Roseroot	<i>Rhodiola rosea</i>
Stone Bramble	<i>Rubus saxatilis</i>
Common Sorrel	<i>Rumex acetosa</i>
Sheep's Sorrel	<i>Rumex acetosella</i>
Northern Dock	<i>Rumex longifolius</i>
Bluish Willow	<i>Salix callicarpea</i>
Dwarf Willow	<i>Salix herbacea</i>
Wooly Willow	<i>Salix lanata</i>
Tea-leaved Willow	<i>Salix phylicifolia</i>

Tufted Saxifrage	<i>Saxifraga caespitosa</i>
Mossy Saxifrage	<i>Saxifraga hypnoides</i>
Biting Stonecrop	<i>Sedum acre</i>
Hairy Stonecrop	<i>Sedum villosum</i>
Sphagnum sp	<i>Sphagnum sp</i>
Moss Campion	<i>Silene acaulis</i>
Red Campion	<i>Silene dioica</i>
Sea Campion	<i>Silene maritima</i>
Rowan	<i>Sorbus aucuparia</i>
Dandelion	<i>Taraxacum officinalis</i>
Alpine Meadow Rue	<i>Thalictrum alpinum</i>
Beech Fern	<i>Thelypteris phegopteris</i>
Wild Thyme	<i>Thymus praecox ssp. arcticus</i>
Scottish Asphodel	<i>Tofieldia pusilla</i>
Red Clover	<i>Trifolium pratense</i>
White Clover	<i>Trifolium repens</i>
Coltsfoot	<i>Tussilago farfara</i>
Bilberry	<i>Vaccinium myrtillus</i>
Bog Bilberry	<i>Vaccinium uliginosum</i>
Alpine Speedwell	<i>Veronica alpina</i>
Rock Speedwell	<i>Veronica fruticans</i>
Tufted Vetch	<i>Vicia cracca</i>
Heath Dog Violet	<i>Viola canina</i>
Marsh Violet	<i>Viola palustris</i>
Wild Pansy	<i>Viola tricolor</i>