

The Travelling Naturalist

Trip Report

Iceland in Summer 2011

Leader
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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 some 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 lists of the species we recorded.

Sunday 3 July 2011

Heavy rain on arrival but lessening later. Temperatures reach 12°C.

We assemble at Keflavík airport and then drive along the north coast of the Reykjanes peninsula. It starts to rain heavily but we manage to see our first ravens and arctic skuas.

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.

Monday 4 July 2011

Overcast at first but brightening later, light NW wind with temperatures up to 12°C.

We make a quick visit to the south coast of Iceland. On the way we see a short-eared owl languidly patrolling the sand dunes. We have brief but very good views. At the coast at Óseyrartangi we see oysterplant and sea sandwort before recording several red-throated divers, long-tailed ducks and common scoter. We see a very large flock of eider ducks as well.

On the small pools nearby we see red-necked phalaropes and a pair of whooper swans and their cygnets. At Eyrarbakki we note a small flock of purple sandpiper and our first mammal of the trip, a common seal.

We travel into Jörðárdalur. 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 whimbrel. At Gaukshöfji we find small white and frog orchids and some specimens of coral root orchid as well. We have our picnic lunch here and enjoy the volcanic landscapes around us.

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. We visit the remains of an old Viking farmstead which was buried under the ash fall from an eruption of Hekla in 1104. Excavated by archaeologists in the 1930s it is an important historical relic.

We walk up a delightful valley full of wild flowers and low trees. We find mountain avens, masses of wild thyme, alpine bistort, Scottish asphodel and the rather special arctic river beauty. Our path descends into a small chasm and we see rock arches and waterfalls.

At Hjalparfoss we discover a little more arctic river beauty and sea pea amidst the incredible basalt columns of the cliffs next to the waterfall. We also record an American mink here.

We travel back looking for pink-footed geese but they elude us today. We enjoy a delicious dinner at our hotel and discuss the day's sightings and our plans for tomorrow.

Tuesday 5 July 2011

A sunny start but becoming cloudy with some light showers in the afternoon. SE wind with temperatures ranging from 7 to 10°C.

Our first birdwatching stop is near Hvolsvöllur where we look for wildfowl and waders on some small pools. We also examine some grasses and sedges. The weather is wonderful — clear, bright and still and we have some great views of the volcanoes of south Iceland. We pay particular attention to Eyjafjallajökull and examine the areas affected by the previous year's eruption. We can see the new craters and rising steam from the still warm lava.

At Seljalandsfoss we hear several singing winter wrens but despite a lot of searching are unable to find them. There are lots of flowers in the area and we have some good views of northern green orchid, the two species of angelica found in Iceland and start to get to grips with identifying some of the wood-rushes found here.

This area is also well known historically as it features in several of the old sagas and we learn something about Njál's saga — perhaps the most famous of all the medieval tales.

We travel further along the coastal road and see the debris left by the *jökulhlaup* or glacial flood that occurred when the volcano erupted underneath the ice cap last year.

We then drive to the snout of the Sólheimajökull glacier and see a great skua on the way. After our picnic we explore the area and have a great spell of botanising and geologising in this remarkable landscape. Northern rockcress is widespread here and we also see many more northern green and frog orchids. There are few birds evident in this harsh landscape but we note ravens, wheatears, fulmars and a solitary arctic skua.

We make a quick visit to the dramatic waterfall at Skógar and remark on the enormous numbers of fulmars nesting on the nearby cliffs.

It's been a great day.

Wednesday 6 July 2011

Cloudy at first but soon becoming bright and sunny. NE wind with temperatures between 7 and 14°C.

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

We make a visit to Nesjavellir and have a very productive spell looking for plants on the flanks of the volcano. We are pleased to find cassiope and alpine speedwell here.

_ingvellir 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. The area is covered in Iceland's climax vegetation — a lovely mix of birch and willow with juniper and rowan interspersed here and there. 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 take a short walk through a chasm and then around the site of the Vikings' open-air parliament at _ingvellir and learn something about the way in which they managed their affairs when the country was first settled.

We explore the shore of the lake _ingvallavatn and see a great northern diver offshore. On some nearby pools we also see a red-throated diver sitting on a nest.

It's hard to leave this magnificent area but we force ourselves away and next stop for a spell of comfortable sea watching on the shore of Hvalfjörður. 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 whimbrels.

At Borgarnes we find a real Icelandic rarity, shelduck. There are not many pairs of this species nesting in Iceland and we get good, if distant, views of a pair and their ducklings 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.

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 a delicious dinner take stock of the day's records and discuss plans for our exploration of the area the following day.

Thursday 7 July 2011

A very blustery day with a chill NE wind. The wind decreases later and temperatures reach 10°C.

If you're interested in natural history then there are few better places to be than in Snæfellsnes. We first have some lessons in gull identification and note our first Iceland gull amidst some glaucous gulls on the shore near our hotel. We 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. Despite the profusion of birds botany is not forgotten and in crevices on the cliffs we find five saxifrage species; tufted, mossy, marsh, starry and alpine snow.

We travel towards Rif and in the pools here encounter large flocks of red-necked phalaropes. We estimate there are at least a 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 Skarsvík 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. In a sheltered fissure we find a real prize — herb paris, a rather rare plant in Iceland. We also find lots of rock speedwell.

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 have a wonderful couple of hours with the thousands of nesting seabirds. We search offshore for cetaceans but with the strong winds disturbing the surface of the sea there's no luck today. As we drive we see a male ptarmigan as it flies across the road and lands in the lava close to us. We have wonderful views.

At Írskrabrúnnar we do some more seawatching and witness an arctic skua harry an arctic tern to make it give up its food. The chase lasts a couple of minutes before the tern gives up its prey.

After dinner we take a boat trip hoping to encounter some cetaceans. Fog scuppers that plan but we see some good birds and some group members catch some cod.

Friday 8 July 2011

Overcast at first but brightening later but still a brisk NE wind. Temperature between 8 and 15°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 Breiðfjörður. 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 many puffins.

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 and we munch our picnic enjoying the antics of these amusing birds.

Our return trip is in bright sunshine and we are fortunate to see a small group of white-beaked dolphin 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 diver feeding their chick.

We return through Berserkjahraun and spend time examining the plant succession developing on this new lava field. The lichens and *Racomitrium* moss dominate but in the more sheltered cracks soils have formed and the heath plants appear. We record both bilberry and bog bilberry, crowberry and heather and also note fir clubmoss.

Saturday 9 July 2011

A pleasant day but with a chill NW wind at first. Temperatures vary between 8 and 14°C.

We begin our journey to Eyjafjörur in northern Iceland with a wonderful drive along the southern shore of Breiðfjörur. At Berserkjahraun we examine some arctic poppies on the lava's edge and a short time later see a white-tailed eagle fly overhead. We have some good views of this enormous raptor.

At Álftafjörur we see more than 1200 whooper swans as they congregate on the calm waters of the fjord.

We stop on the fjord's southern shores and enjoy the spectacular views across the myriad islands of Breiðfjörur.

We make a short stop at Búardalur before continuing along Laxárdalur and across the watershed to Hnútafjörur and Borøyri. We find oysterplant and Babbington's orache here and in the sea watch three great northern divers that are very close to the shore, several red-throated divers, a few puffins and many arctic skuas. We enjoy a sheltered picnic watching these special birds.

It's time to continue our journey and we next stop at Blönduós where during a very productive spell of botanising we find a lovely stand of wild pansies and lots of northern green, small white and frog orchids. On a nearby pool we see nesting slavian grebes and red-necked phalaropes.

We drive through some of the most spectacular scenery of the trip so far — older glaciated landscapes with high mountains and dramatic valleys. We travel through Akureyri, Iceland's second city before we arrive at our guesthouse which is in a wonderful location a few kilometres south of the city. We know it will be a comfortable base for us as we explore northern Iceland in the days ahead.

Sunday 10 July 2011

Bright and sunny but with a chill NE wind. Temperatures up to 15°C.

We begin a busy day by travelling along the eastern shores of Eyjafjörur 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 are entranced by the antics of a tiny harlequin duckling braving the strongest currents. 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 Barrow's goldeneye, gadwall, tufted duck, greater scaup, wigeon, mallard and common teal. 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. The brisk wind thankfully keeps the chironomid flies from troubling us too much.

We take a short walk along the lakeside and from an overview look into a sheltered bay and see around 120 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. We see a gyrfalcon perched on an island in the lake and have some great if distant views. A little later we see another falcon. There are more slavian grebes in the area and further offshore we see a great northern diver. As we watch the birds we find hawkweed leaved treacle-mustard.

We spend a pleasant hour botanising in this special place. We lose count of the number of orchids we find in what amounts to a spectacular, natural rock garden.

It's time to explore some of the geological features of the area and we visit the fissure at Grjótagjá and touch the hot water in the caves there. We also visit the solfataras and other geothermal phenomena at Hverir.

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 great northern diver, red-necked phalarope and some common scoter.

It's been another great day.

Monday 11 July 2011

A lovely day, calm, bright with a light S wind with temperatures between 8 and 16°C.

We travel to Hauganes for a sail on to Eyjafjörður and the chance to go whale watching. We board a lovely old timber fishing boat and sail with high hopes. These are rewarded very soon after leaving harbour when we encounter the first of two humpback whales we see this morning. The first whale is resting on the surface and we have some amazing views. The skipper cuts the engine and the whale approaches us and looks as interested in us as we are in it! Cameras click at this wonderful creature just a few metres away from us.

We see several harbour porpoises on our way to see another humpback whale which we locate some distance away. This one is actively feeding and spends only a short time on the surface before it dives again to feed.

There are several black guillemots in the vicinity, lots of arctic terns and kittiwakes and now and again an arctic skua flies past as well. It's a great trip.

We have a harbourside picnic before travelling to Hjalteyri in the hope of seeing some more whales from the land. After some searching we manage some very distant views of a humpback whale. Nesting arctic terns and their chicks are in the area, too.

At Akureyri we visit the botanic gardens and spend a little while exploring Iceland's second city before we travel further along the valley to Överá to see the lovely waterfalls there. There are lots of good plants as well and we all remark on the profusion of orchids growing here.

Tuesday 12 July 2011

Clear at first but clouding over later with some light showers later in the day. Temperatures vary between 7 and 13°C.

It's to be an adventurous day travelling across Iceland's remote interior.

On our way to Varmahlí we see pink-footed geese with their goslings and we learn more about the importance of Iceland as the main breeding site for this species. We learn how the breeding grounds of this species were located in the early 1950s by Peter Scott and his companions who travelled on horseback into Iceland's interior. There are also some greylag geese nearby so we are easily able to compare the two species.

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 arctic skua, a few whooper swans, tufted ducks, ringed plover dunlin and snow bunting as we drive along the dusty track.

We break for lunch and a spell of botanising soon produces some alpine catchfly and other more familiar species.

Our journey continues over some cold desert-like landforms as we approach the two ice-caps. At one point we stop for photographs and remark on the incredible landscapes around us.

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. Here we find some of the rather rare drug eyebright near the hot springs themselves.

It's now a short drive to our hotel and we are provided with yet another magnificent meal as we reflect on what has been a memorable day.

After dinner we stroll around the historic site and see the volcanoes of Hekla and Eyjafjallajökull in the distance.

Wednesday 13 July 2011

Mild but overcast with some heavy showers. Temperatures reach 14°C.

We make a quick visit to the crater of Keri_ and are treated to the wonderful sight of three recently fledged merlins chasing each other and playing on the steep slopes of the crater. We travel to Hverager_i to explore the new hot springs there before we visit Iceland's capital city, Reykjavík. We spend a little time coastal birdwatching and later record blackbird — a relatively recent addition to the breeding species of Iceland.

There's just time for a last spell of birdwatching on the Reykjanes peninsula before it's time to finish the trip. As we say our goodbyes all agree it's been a great trip.

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 2011

Species Lists

The following lists comprise the species of birds and plants we recorded between 3 and 13 July 2011. The plant list is incomplete. There are several species of sedges, rushes and grasses to be added and the list will be updated in due course. Additionally, there have been many changes in the nomenclature of both the common and scientific names of plants in Iceland within the last year. This can be confusing so this list follows the old style for the last time. Future Travelling Naturalist trips will use the new names.

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>
Mallard	<i>Anas platyrhynchos</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>
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>
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>
Red-necked Phalarope	<i>Phalaropus lobatus</i>
Arctic Skua	<i>Stercorarius parasiticus</i>
Great Skua	<i>Stercorarius skua</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 (heard several times)	<i>Troglodytes troglodytes</i>
Northern Wheatear	<i>Oenanthe oenanthe</i>
Redwing	<i>Turdus iliacus</i>
Blackbird	<i>Turdus merula</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>

Mammals

English name	Scientific name
Common Seal	<i>Phoca vitulina</i>
White-beaked dolphin	<i>Lagenorhynchus albirostris</i>
Harbour Porpoise	<i>Phocoena phocoena</i>
Humpback Whale	<i>Megaptera novaeangliae</i>
American Mink	<i>Mustela vison</i>

Plants

Order follows Kristinsson 1986.

Species recorded are from my own notes. A more detailed list maintained by a group member will be circulated in due course.

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>
Cow Parsley	<i>Anthriscus sylvestris</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>
Alpine Bistort	<i>Bistorta vivipara</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 Scurvygrass	<i>Cochlearia officinalis</i>
Frog Orchid	<i>Coeloglossum viride</i>
Heath Spotted Orchid	<i>Dactylorhiza maculata</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 Treachlemustard	<i>Erysimum hieracifolium</i>
Cold Eyebright	<i>Euphrasia frigida</i>
Drug Eyebright	<i>Euphrasiastricta</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>
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>
Nootka Lupin (introduced)	<i>Lupinus nootkatensis</i>
Wood-rush spp	<i>Luzula spp</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 radicum</i>
Herb Paris	<i>Paris quadrifolia</i>
Cat's-tail spp	<i>Phleum spp</i>
Common Butterwort	<i>Pinguicula vulgaris</i>
Sea Plantain	<i>Plantago maritima</i>
Northern Green Orchid	<i>Platanthera hyperborea</i>
Smooth Meadow-Grass	<i>Poa pratensis</i>
Knotgrass	<i>Polygonum aviculare</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>
Creeping Spearwort	<i>Ranunculus reptans</i>
Pigmy Buttercup	<i>Ranunculus pygmaeus</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 phyllificolia</i>
Tufted Saxifrage	<i>Saxifraga caespitosa</i>
Marsh Saxifrage	<i>Saxifraga hirculus</i>
Mossy Saxifrage	<i>Saxifraga hypnoides</i>
Alpine Snow Saxifrage	<i>Saxifraga nivalis</i>
Purple Saxifrage	<i>Saxifraga oppositifolia</i>
Starry saxifrage	<i>Saxifraga stellaris</i>
Annual Stonecrop	<i>Sedum annuum</i>
Hairy Stonecrop	<i>Sedum villosum</i>
Sphagnum sp	<i>Sphagnum sp</i>
Moss Champion	<i>Silene acaulis</i>
Red Champion	<i>Silene dioica</i>
Sea Champion	<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>

Addendum

I'm grateful to Gordon Simpson for supplying the following additions from his own notes.

PLANTS

Scheuchzer's Cottongrass
Eriophorum scheuchzeri

Drug Eyebright
Euphrasia stricta

Greater Plantain
Plantago major

Thyme-leaved Speedwell
Veronica serpyllifolia

FUNGI

Bovista nigrescens

Inocybe sp

Laccaria sp

Rust on Alpine Meadow Rue
Puccinia septentrionalis

Rust on Lady's Mantle
Trachyspora intrusa

Rust on Wood Crane's-bill
Uromyces geranii

LICHENS

Cladonia arbuscula

Peltigera membranacea

Pertusaria corallina

Porpidia macrocarpa

Rhizocarpon geographicum

MOSESSES

Rhytidiadelphus loreus

Rhytidiadelphus squarrosus

Thuidium tamariscinum

INSECTS

White-tailed Bumblebee
Bombus lucorum

A Hoverfly
Melanostoma sp

A Hoverfly
Sphaerophoria sp