

13th – 16th June 2024

Il Gran Sasso hikes

In the footsteps of Carol Mather's Apennine escape route – Sept/Oct 1943

Nicholas, Toby and Sasha Mather, Rupert Barclay and Adam McBride,
Victoria Harley (appointed botanist!),

Our guide, Rodolfo Nasini and his brother Andrea

<i>Cerastium arvense</i>	Mouse-ear Chickweed
<i>Geranium pyrenaicum</i>	Hedgerow/Mountain Cranesbill
<i>Cruciata laevipes</i>	Smooth Bedstraw
<i>Dianthus carthusianorum</i>	Carthusian Pink
<i>Acinos alpinus</i>	Rock thyme
<i>Gymnadenia conopsea</i>	Fragrant Orchid
<i>Lotus corniculatus</i>	Bird's Foot Trefoil
<i>Scabiosa ochroleuca</i>	Cream Scabious, or Cream Pincushions
<i>Phyteuma orbiculare</i>	Round-headed Rampion
<i>Veronica chamaedrys</i>	Germander Speedwell / Bird's Eye Speedwell
<i>Oxytropis campestris</i>	Field Locoweed
<i>Onobrychis viciifolia</i>	Common Sainfoin
<i>Dactylorhiza sambucina</i>	Elder Flower Orchid –two colours: pale lemon and dark red
<i>Orchid mascula</i> (?)	Early Purple Orchid
<i>Gentiana verna</i>	Spring Gentian
<i>Gentiana dinarica</i>	Trumpet Gentian
<i>Saxifraga granulata</i>	Meadow Saxifrage
<i>Myosotis alpestris</i>	Alpine Forget-me-knot
<i>Viola lutea</i>	Mountain Pansy (yellow)
<i>Viola eugeniae</i>	Eugenia's Pansy
<i>Narcissus poeticus</i>	Poet's Narcissus, Pheasant's Eye
<i>Alchemilla alpina</i>	Alpine Lady's Mantle
<i>Pulsatilla alpina</i>	Alpine Pasqueflower or Alpine Anemone
<i>Silene acaulis</i>	Moss Campion or Cushion Pink
<i>Soldanella alpina</i>	Alpine Snowbell, or Blue Moonwort
<i>Petasites hybridus</i>	Common Butterbur
<i>Rosa pendulina</i>	Alpine or Mountain Rose
<i>Thalictrum aquilegifolium</i> Album	White Meadow Rue
<i>Saxifraga rotundiflora</i>	Round-leaved Saxifrage
<i>Doronicum grandiflorum</i>	Leopard's Bane
<i>Viola calcarata</i>	Long-spurred Violet
<i>Aurinia saxatilis</i>	Basket of Gold
<i>Euphorbia cyparissias</i>	Cypress Spurge