

Catalonia - The Eastern Pyrenees

Naturetrek Tour Report

7 - 14 May 2008



Eastern Pyrenees



Naturetrek Group Picnic



Red-footed Falcon

Report compiled by Steve West and Sophie Miller
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Weather:

Catalonia has been suffering one of its worst droughts in history, with very little rain having fallen over the last 3 years and the perspective of water restrictions being imposed in the near future. Fortunately this situation changed in mid-April and since then there have been an unusually high number of rainy days bringing a considerable quantity of rainfall to virtually all parts of Catalonia. This year's Naturetrek tour took place within this context of unstable weather.

It was sunny and warm for days 1 and 2, with mid-day temperatures between 20 and 25°C (although for some strange reason Steve's van thermometer showed the temperature in Fahrenheit – conversion tables anyone?). From then on the weather became unsettled, with quite heavy or intermittent rain and overcast skies on days 3 and 4. Day 5 started with clear skies, although this wasn't to last, with the wind gathering momentum in the late morning and clouds building up and bringing light rain in the afternoon. Day 6 was warm and humid in the morning with thunderstorms in the afternoon. Day 7 was bright, clear and sunny, although the clouds reappeared on day 8 leaving showers as we were en-route to Barcelona.

Temperatures mostly ranged between cool and warm. At times it was cold in the mountains, above all in the rain and when at high altitudes. On the warmest days (day 1 and day 7) the maximum temperature was approximately 25°C.

Some Highlights of the Tour

Scenery:

Although the weather was very different from last year's tour, the mountain scenery around the National Park was as stunning as ever. We visited the forest refuge in the 2007 tour and had our picnic nearby, sitting in the bright sunshine while enjoying views of mountain peaks with a powdering of snow. This year we had to trudge through the snow in order to reach that same refuge!

And a patch of blue sky was such a novelty that its finder pointed it out to everyone! Nevertheless, the views from the vicinity of the refuge were impressive indeed, and charged with natural energy. The attractive Romanic churches in tiny Pyrenean villages on the edge of the Park and in the Noguera Pallaresa valley were also memorable, the latter in a postcard setting of daffodil meadows and a raging torrent.

Further south, the all-round views from the summit of Montsec offer an unrivalled perspective of the Pyrenees to the north and the sierras and reservoirs to the south which lead down to the plains of Lleida. Unforgettable too were the early-morning light on the pre-breakfast excursion to the drylands, the fields of poppies and wild flowers, and the vertical crags and rock faces, not least that of Mont-roig.

Bird Highlights:

On Day 2 we saw a total of 4 Lammergeiers (compared to 2 brief observations last year) and tens of Griffon Vultures swooping out of the air to feed. Later, close views of both male and female Black Woodpeckers were enjoyed by all. A brilliant male Rock Thrush almost had us singing in the rain on Day 3, while numerous Citril Finches near the mountain villages were a welcome surprise. For some the walk up to the forest refuge was rewarded with brief views of a female Capercaillie, but soon after almost everyone had excellent views of the local race of Ring Ouzel singing from a treetop.

We had thrilling views of the stunning Golden Oriole on not just one but on several occasions, including male-male pursuits and as many as 5 birds in one morning in the mountains. Ortolan Bunting, Black-eared Wheatear and the outrageously colourful Bee-eater were other avian gems much appreciated by the group.

The cereal plains near Balaguer were at their very best: numerous Little Bustards, 2 male Montagu's Harriers quartering the fields, 3 Great Spotted Cuckoos, several Rollers, at least 15 Red-footed Falcons and 4 Black-bellied Sandgrouse (the latter two species were new for the Naturetrek Catalonia tour).

Probably the most captivating bird moment of all though was the displaying Bonelli's Eagle which we watched in warm sunshine for approximately an hour as it soared, glided and swooped over our picnic site. Mont-roig did not disappoint either, among the most noteworthy sights here were 4 Egyptian Vultures, migrating Honey Buzzards and a noisy and entertaining family of Peregrine Falcons.

Day 1

Wednesday 7th May

Unfortunately a human error led to some confusion around the baggage reclaim procedure, resulting in an hour's delay in our leaving Barcelona airport. Not to worry though, everything else including the weather and the traffic was in order, so we made reasonably good time on our way to our mountain hotel.

After an hour's drive we turned off the main road towards Tremp, which threw the map-readers off the scent for a little while, Jim accusing Steve of "cutting the corners"! Soon we were passing through rolling countryside, fields of wheat and barley, interspersed with almond and olive groves, working villages with farms, usually perched on a hilltop. The general area was obviously good for raptors, as before we reached Tremp (and a stop for refreshments) we had already seen our first Griffon Vulture, Marsh Harrier, Black Kite, Red Kite, Common Buzzard and Short-toed Eagle (Paul: "Can you really see the toes on that while you're driving?").

Numerous white cocoons of the Processionary Moth were clearly evident in many of the pine trees and provided a topic for some discussion.

Beyond Tremp we drove along narrow mountain valleys (seeing the first patches of snow), following the course of one of Catalonia's best white water sports rivers before turning left off the road to our "lost valley" and Espot.

Day 2

Thursday 8th May

A quick survey of the birds around the hotel before getting in the minibuses revealed Crag Martin, Black Redstart, Serin and a Blackbird that had seemingly remained on the same perch since the previous evening!

A special opportunity to see feeding vultures, including Lammergeiers, had arisen and so the planned visit to the National Park was postponed to the next day. Less than an hour later we were driving past lonely, semi-deserted villages and onto our first gravel track. A Red Squirrel was spotted from the front van and on the way we also picked up Rock Bunting and Woodlark. Many bends and some spectacular views later we reached the designated pass, only to be informed that sadly the planned spectacle could not go ahead as some technicians from the Catalan government were trying to catch Lammergeiers to fix them with satellite tracking devices. However, a little negotiation and some downbeat looks had the desired effect, and the technicians kindly agreed to throw down some food to attract the vultures.

While vulture watching we found amongst our toes a number of rock roses including the pink *Helianthemum nummularia* subsp *pyrenacea*, mountain sheep's-bit *Jasione montana*, swathes of *Thymus glabrescens* and green and stinking hellebores *Helleborus viridus* and *H. foetidus*. The scrub covering the hillsides was glorious with clouds of white blossom amalancheir amongst hawthorn and kermes oak *Quercus coccifera*. The star of the day was the delicate rush-leaved narcissus *Narcissus requienii*.

We lined up in anticipation, watching from a sensible distance, and almost immediately some 30 Griffon Vultures or more came down to feed on the free food. Before long an adult and an immature Lammergeier also appeared on the scene, and subsequently both birds perched on the rocks for all to see. In that time many of us also saw Golden Eagle, Booted Eagle, Short-toed Eagle, Raven and Peregrine Falcon.

Excellent views of a displaying Subalpine Warbler whet our appetites for lunch, for which we chose an ideal spot nearby complete with abandoned village, singing Woodlarks and several Red-billed Choughs. Crested Tits were seen and the first Cuckoo of the year heard and Lucy even relocated her notebook before we started back down the mountainside. A short stop to watch singing Bonelli's Warblers and Cirl Buntings was followed by a roadside refreshment stop, with Grey Wagtail on the river and a Capercaillie in the car park (OK, it was only a fountain piece, but it was very lifelike!). As we sat in the afternoon sun sipping our drinks another Lammergeier flew leisurely around the crags, giving many of us the false impression that Lammergeiers were common!

We passed the hotel and continued on to a site for one of the area's very special birds – the Black Woodpecker. Would the species have abandoned the area? What kind of views, if any, would we get of this, Europe's largest woodpecker? And would the Coal Tits be silent, if only for a moment?

This tense expectation was immediately dispelled with the appearance of first a male then a female Black Woodpecker, both perching on Aspen trees before flying out of view around the hillside. Sarah found a dead Coal Tit, the wings of which were unceremoniously detached from the owner's lifeless body to add to my feather collection. Admiring the Black Woodpeckers we also had at our feet cowslips, Common Bird's-foot-trefoil, Yarrow, White Asphodel *Asphodelus albus* on the opposite bank and the pretty little French Sorrel *Rumex scutatus* and Mountain Sorrel *Oxyria digyna*.

A subsequent walk along the banks of a stream started with close views of a Rock Bunting, and a considerable number of Crag Martins, and ended at a sulphur spring. In view of the gloomy forecast for the next couple of days I asked a local shepherd with 8 or 9 sheep for his opinion, "Would it rain?". "Rain? No, it won't rain, it's forgotten how to", came the somewhat reassuring reply. While the weather lasted we saw Danewort *Sambuca ebulus*, and Hepatica *Hepatica nobilis*, Wood Sorrel *Oxalis acetosella* and large-flowered Butterwort *Pinguicula glandiflora* in the fairy glen at the top.

After dinner we were excited to hear a Scop's Owl calling from somewhere outside the hotel. The calls were faint though, and all our attempts at locating the bird led to the same direction...under the eaves of the hotel itself! However, try as we might we could not set eyes either on this bird, or on its duetting pair which also started calling from somewhere in the darkness. Nevertheless, Andrew in particular was fascinated by the sound, "delivered with the regularity of a metronome" to use his own words.

Day 3

Friday 9th May

One glance out of the hotel window confirmed the weatherman's predictions: it was raining and probably would do for most of the day. I grumbled with Josep, the hotel proprietor, mentioning that the shepherd had got it wrong. "If he only had 8 sheep then he's obviously not a very successful shepherd" was his good-humoured reply.

Our options somewhat limited by the weather we decided to visit the eastern fringe of the National Park. Our first stop was a tiny village nearby, with meadows, hedgerows and little terraced fields. The rain gear all came out, with Nigel getting a special mention for flying the colours of the flag! We admired the village's miniature church and graveyard and looked in vain for the Nightingale singing from an adjacent garden. A pair of Bullfinches feeding on Dandelion seeds provided good entertainment, and soon we had seen Rock Buntings and Cirl Buntings, before encountering what was surely the bird of the day: a stunning male Rock Thrush. A small flock of Citril Finches was a first for most, and although the Wryneck calling from a field margin wouldn't be coaxed out we did not let our heightened spirits be dampened by further rain.

Searching the small villages we found by the roadside at Estais some nice 'weeds' including White Bryony *Bryonica dioica*, wormwood, Greater Celandine, and a delicate White Pansy found by Lucy near the van. Euphorbia count now with both Irish spurge *E. hyberna* and Cypress Spurge noted *E. cyparissias*.

Another brief stop near another small village produced more Citril Finches, Griffon Vulture, Common Wheatear, and Stonechat. Afterwards we saw Crested Tit and Short-toed Treecreeper on a forest walk, hearing both Firecrest and Goldcrest and of course, the ever-present Coal Tit.

Several Roe Deer watched us from the roadside as we approached our picnic site for the day: the steps of a wonderfully restored Romanic church in a seemingly deserted village. We were lucky as the rain had stopped, and so we could enjoy our lunch while watching the birds go about their business.

Moving higher after lunch we got to the coll at 2070m which although chilly was a stunner for alpine plants including yellow swathes of Vitilliana, White Evergreen Candytuft *Iberis sempervirens*, Pyrenean Buttercup *Ranunculus pyrenaicus*, Alpine Lady's Mantle *Alchemilla alpina*, a tiny yellow Gagea and yellow Mountain Saxifrage *Saxifraga aizoides*. A lovely plant noted by Buffy and Jo from their gardens at home was Dog's-tooth Violet *Erythronium dens-canis* that the more we looked the more we found! Above us on the rocks numerous Griffon Vultures had adopted rather comical postures trying to dry themselves, while Chris got busy with his camera on the field edges clicking at Red-billed Choughs, more Citril Finches, Black Redstart and a Cirl Bunting.

We then headed down to Esterris d'Àneu for teas and coffees, the botanists of the group admiring the weeds on the patio, before braving the roadworks that would lead us up to the mountain pass of Port de la Bonaigua. At one stage we were left open-mouthed as Sophie's van raced past us! As it turned out it wasn't Sophie but a similar-looking red van carrying men to the roadworks.

We pulled off the road almost at the pass itself and split into two groups, the "birders" following me to try and track down a possible Alpine Accentor that I had heard singing. Although that particular bird was not relocated we did see Water Pipit, Northern Wheatear and mixed flocks of Red-billed and Alpine Choughs.

We drove back towards the hotel diverting into a dense forest of fir. On our way down through the woods we also found (well Chris did!) the delicate blue Wood Anemone *Apennina* and some scattered plants of common Lungwort *Pulmonaria officinalis* in the ditch. Quite heavy rain convinced us that the day had come to an end.

Day 4

Saturday 10th May

More rain was on its way so after a fuel stop we made our way along a delightful river valley, past small villages with Romanic churches, a raging stream, and fields full of horses and white daffodils.

We parked at Isil and took a walk through the village, and before long Chris had spotted a Dipper on the river. From there we continued on foot around the surrounding fields and were greeted with the clear fluting whistle of a Golden Oriole. Suddenly two male Golden Orioles flew out, one chasing the other in and out of the trees and bushes and over the hillside. What a great sight of such striking birds!

Heading up to the hills again we all jumped out to see the Pheasants-eye Daffodil *Narcissus poeticus* and on the rocks by the River Isil creeping Snapdragon (white), tufts of large blue Iris and bunches of Meadow Saxifrage *Saxifraga granulata*.

Up the track we found blue Gromwell *Lithospermum purpurocaerulea*, narrow leaved Hay Rattle *Rhianthus angustifolia*, and plenty of Water Avens *Geum rivale*. Returning along the road, clusters of Purple Toothwort *Lathraea clandestina* hugged the base of the willows which gave the woodlands a rather good 'gaudi' effect!

As Joanna led the way up the hill we saw plenty of other birds on the pleasant walk including Yellowhammer, Cirl Bunting, Rock Bunting, Common Whitethroat, Grey Wagtail, the ubiquitous Jay and 3 more Golden Orioles (different birds?). Lucy found a rather squidgy deceased Salamander and showed it to Angela, much to her dismay!

Lunch was taken next to the River Noguera Pallaresa, in the company of Grey Wagtail, Crested Tits, Long-tailed Tits and a rare patch of blue sky! Paul and Jan decided to get some exercise by conquering a small hill before we set off back down the valley, making a short stop to watch a Nuthatch from the roadside. Our lunch up the river valley was I'm afraid a bit of a gold mine for the plants and Patricia soon found the Pyrenean Snakeshead *Fritillaria pyrenaica* and we soon joined her to find Spring Gentian *Gentiana verna*, reddish Saxifrage *Saxifraga media*, *Saponica ocymeades*, and other lovely alpins on the rock. Angela exploring the woods found the delicate pink Spring Vetchling *Lathyrus vernus*.

Duly refreshed we returned to the magnificent pine forest we had visited briefly the day before. This time we were determined to reach the refuge at an altitude of more than 2,000m, walking briskly and in silence through the mist, listening to the calls of Crossbills, Goldcrests, a distant Black Woodpecker and Coal Tits galore. Buffy, Andrew and Chris showed their form and led the group through the last stretch as Sophie and I returned down the path to retrieve the vans and to drive them up to the snowline. A sizeable flock of Crossbills was flying around the tree tops, and Lucy saw a Red Squirrel and another small mammal, possibly a Pine Marten. Moving on we braved the tops to find Heather *Calluna vulgaris*, Bear Berry *Arctostaphylos uva-ursi* in lovely swathes of under the trees and just coming into pink buds amongst Jan-made snowmen!... and the yellow variety of Spurge Laurel *Daphne laureola* subsp *philippi*.

Sophie and I parked the vans and came across some strange hieroglyphics in the snow. Wait a minute, "female"...Gap"? "Cap"! Andrew and Chris had flushed a female Capercaillie and had left us a message telling us of their discovery.

Next came the fun bit. We trudged and heaved ourselves over the snow, many of the ladies emitting loud shrieks as they slid or stumbled. The refuge was closed, but the views were fantastic. We were leaving when, to our delight, Ann discovered a male Ring Ouzel, of the local race *alpestris*, singing from the top of a Black Pine.

A subsequent search for Tengmalm's Owl was, as expected, fruitless, but despite that and the weather the general consensus was that we had had a wonderful day.

Day 5

Sunday 11th May

Blue skies meant a difficult decision had to be made, but I was keen to move on towards the monastery, and also had little faith in the weather remaining benign for the rest of the day. Therefore we set off along the road towards Tremp, where we stopped briefly for a Hobby flying over the outskirts of the town. Before long we were following a narrow winding road into the heart of the northern part of Montsec, a sparsely populated area with fields and villages nestled between imposing mountain ranges.

Heading back south we passed roadsides cascading with flowers and at the first stop wild *Gladiolus italicus* was found, amongst swathes of blue *Aphyllanthes monspeliensis*, pink Rock Roses and wild *Salvias*. A field of pink Lucerne bordered the narrow road, and tiny grass Vetchling *Lathyrus nissola*, Pheasant's eye *Adonis annua* and Shepherd's Needle *Scandix pecten-veneris* were scattered along the arable fields.

The wind was gathering momentum, but for the time being the sun was shining as we parked the vans and started to explore this lovely but little known area. There were literally flowers and birds galore, and even Marsh Frogs croaking in a little pond. Paul and Jan spotted an Ortolan Bunting, which we saw well, and we had glimpses of one or two more as well as a couple of Tawny Pipits, several Woodlarks, a Spotted Flycatcher, a Corn Bunting, a pair of Woodchat Shrikes, a Hoopoe, and abundant Bonelli's Warblers. A Nightingale sang from the depths of the thicket and I was asked once again, "Steve, what's that singing?"! Jim and I had brief views of an Orphean Warbler, although it eluded the rest of the group.

We had lunch at a hermitage and then drove up to the top of Montsec. Around our picnic spot Maidenhair Fern was hidden amongst the walls. Chris found a male Rock Thrush while others searched the area for plants, a few continuing on foot to the astronomical observatory. Jim's rather optimistic report of about 9 Dartford Warblers had to be taken with a pinch of salt, but what the birding bunch didn't see in terms of birds they made up for by discovering some Wild Tulips, much to Patricia's delight.

The views were breathtaking although we could also see that the weather was catching up with us again, so we made our way to Àger before the rain could reach us. Up on the freezing ridge at Mont Sec the Hedgehog Broom *Erinacea anthyllis* was just in flower and we found *Fritillaria lusitanica*, *Potentilla hirta*, common Jonquil *Narcissus jonquilla* and the birders show us the Wild Tulip *Tulipa australis* further up the path. Nigel finds us a good alpine, the Burnt Candytuft *Aethionema saxatile*. A really great spot to botanise in your winter woollies!

After coffees and teas in a café with much local colour we made our way to the monastery, where some of the group continued birding around the grounds.

Day 6

Monday 12th May

The pre-breakfast excursion to the drylands near Balaguer turned out to be one of the best birding moments of the tour. In the wonderful early morning light we followed a series of dirt tracks and were soon watching an incredible variety of exciting birds, including scores of Calandra Larks, a dozen or so Little Bustards, and smaller numbers of Stone Curlew, Lesser Kestrel, Hoopoe, Southern Grey Shrike and a pair of Black-winged Stilts flying overhead. Andrew pointed out a Hobby, which was soon joined by another in almost playful pursuit of a Swallow. Exploring the grounds of the Monastery was rather nice with Corn Marigolds, *Centaurea jacea*, Rosemary and other lovely scented herbs

With so much going on it was difficult to know where to look, and it took me ten minutes or so before I got round to looking at a bird in a bush that Jim had been asking me about. Wait a minute! It was a female Red-footed Falcon! And there was a male Red-footed Falcon perched in the same bush! Before leaving the drylands for breakfast at the monastery we had seen at least 6 Red-footed Falcons, a scarce spring migrant in this part of the world. One last stop provided us with brief views of 4 Black-bellied Sandgrouse, one of the rarest breeding birds in Catalonia.

After breakfast we did a spot of shopping in Os de Balaguer, and Sarah spotted two Bee-eaters on the way. From here we drove down to Balaguer, but before we arrived we had to pull over to watch an Egyptian Vulture, several Honey Buzzards and White Storks. White Stork nests also provided a distraction as we passed through the town of Balaguer before reaching our destination near Artesa de Segre. Bee-eaters flew over our heads as we descended along a path listening to Bonelli's Warblers, Cirl Bunting and some uncooperative Firecrests.

On our track we found a great spread of flowers *Teucrium fruticans*, *Litbodora diffracta*, salsify, *Volutaria lippi* and the yellow siderites. Rustyback *Ceterach officinarum* fern clung to the walls where there was the occasional bush of wild Jasmine *Jasminum fruticans*. Other flowers included the white *Tamarix africana*, Mediterranean Salad Burnet *Poterium verrucosum* and Dropwort *Filipendula vulgaris*.

Suddenly an adult Bonelli's Eagle appeared in the sky, causing Paul to observe that we had both Bonelli's Warbler and Bonelli's Eagle at the same time, and who was Bonelli? ...Franco Bonelli (1784-1830) was an Italian naturalist and author. The eagle flew out of sight over a nearby crag, and so we were delighted when it reappeared after a short time, diving and stooping upwards, drawing steep-sided "U"s in the sky. It was displaying! Although we walked around the general area, finding Short-toed Treecreeper and even setting eyes on the elusive Nightingale, the Bonelli's Eagle was undoubtedly the bird of the moment and we were more than content to watch its thrilling antics as we tucked into our Naturetrek picnics. We ate our lunch under the southern nettle trees *Celtis australis* also found outside our Monastery. A subadult Bonelli's Eagle later appeared on the scene and we spotted another Golden Oriole to add even more value to what was already a great birding experience.

A storm was brewing as we headed to the Estany d'Ivars in the afternoon. On arrival Patricia let out a cry when she spotted a bird of prey perched on a post, to much amusement when it was revealed to her that it was the emblem of the foundation responsible for managing the newly restored lake! At the wetland, the large stands of Common Reed were interspersed with Sea Club-rush *Bulboschemus maritima*, Black Poplars and Alder. Hollow leaved Asphodel *Asphodelus fistulosus* were scattered over the grass lawn.

The wetland itself was much livelier than it had been the previous year, with a good number of Black-winged Stilts, a Purple Heron, singing Great Reed Warblers, several Black Terns, Marsh Harriers, Sand Martins, Alpine Swifts and a Cetti's Warbler (heard only). A storm was impending so we made a strategic retreat to a hide. From here the observations continued with Shoveler, Pochard, Red-crested Pochard, two summer-plumaged Black-necked Grebes, several Night Herons facing into the wind and rain, Cattle Egret, Little Grebe, Great Crested Grebe and Common Redshank. After some thunder and lightning we withdrew, reluctantly leaving a Penduline Tit calling in a tree on the edge of the car park.

Day 7

Tuesday 13th May

A short pre-breakfast outing near Os de Balaguer, bore its fruit in the shape of Bee-eaters, a Pied Flycatcher, several Woodlarks, a pair of Cirl Buntings and Sylvia warblers, including Sardinian, Dartford, Subalpine and Orphean, although all of them were pretty elusive. Another Nightingale was observed (we were getting good at this). Our morning hunt finds the rather diminutive brown bluebell *Dipcardi*, lovely virper's bugloss *Echium vulgare*, compact brome *Bromus madritensis* and a faded yellow stock *Matthiola fructuosa*.

The rest of the morning was spent at Mont-roig, following the foot of the magnificent red cliffs on an excursion which has become a regular fixture on the Naturetrek Catalonia tour. Here the birds did not disappoint: Black Wheatear, Blue Rock Thrush, Egyptian Vulture, Alpine Swift, Griffon Vulture, Red-billed Cough, Rock Sparrow and a noisy Peregrine Falcon family were among the most noteworthy. Walking up to the peregrines there were great clumps of sea mallow *Lavatera maritima* amongst the mastic trees and higher up the Turpentine and *Sorbus* trees. Other flowers included bright yellow Fleabane type flower *Pallenis spinosa*, *Halimum commutatum*, a white Snapdragon and Hoary Rockrose *Helianthemum canum*. At the saddle were the remains of early Spider Orchid *Ophrys spehgodex*.

Making our way down to Balaguer in search of bread and water we had one more site to visit before we could enjoy our now overdue lunches. In an area of garrigue, eroded, semi-barren hillsides cut through by wide gullies with lush vegetation we looked for, and found, both Thekla Lark and the very handsome Black-eared Wheatear. Bonus birds were also found, such as Tawny Pipit, Bee-eater and yet another male Golden Oriole. Our roadsides stops included finds of narrow-leaved Cistus *Cistus monspeliensis*, the pink *Linum suffruticosum* subsp *salsaloides*, blue Pimpernel, yellow Iris (at lunchtime), *Anchusa azurea*, the frilly white Sarcocapnos *Sarcocapnos enneaphylla* and *Coris monspeliensis*.

We eventually had our picnic on the riverside near Camarasa, a lovely site although short on places to sit. Here a Purple Heron flew into the reeds on our arrival while a Wryneck sang from cover several times.

Coffee and ice-cream came next, and Sophie was almost gripped by road rage as I stole her parking space in the shade! But the ambience was relaxed and we sat talking and making plans for the remainder of the afternoon. For the last nature session of the whole trip we decided to visit the drylands of Bellmunt, where I announced we could see Montagu's Harrier, Great Spotted Cuckoo and Roller.

After passing a few Turtle Doves on a quiet road we passed through a village and then on to the drylands themselves. Almost immediately a magnificent male Montagu's Harrier sailed in front of the first van, and when everyone had got out of the vehicles a second male was observed. A little further on the Little Bustards were emitting their raspberry call and we were blessed with the presence of two Great Spotted Cuckoos in a grassy field. My rather pathetic attempts at imitating this species call were amusing but totally ineffective.

The time had come to walk a section of the drylands and to enjoy the sunshine, the smells and the sounds of this scenic area. Shortly we discovered a ploughed field, around which no fewer than 9 Red-footed Falcons had gathered. Two Stone Curlews came into view, along with Rollers, Little Owls, a Southern Grey Shrike, a Honey Buzzard, a Red Kite and a Hobby. Not a bad way to end the trip!

Day 8

Wednesday 14th May

We had breakfast at a civilized hour and bade farewell to the monastery, undertaking the 2-hour drive to Barcelona airport.

Species Lists

Plants

Scientific name	Common name	Catalan name	Location
Pinaceae	Pine Family		
<i>Abies alba</i>	Silver fir		Day 3 Mt pass
<i>Pinus nigra</i>	Austrian or Black Pine	Pinassa	-
<i>P. sylvestris</i>	Scots Pine	Pi roig	Day 4 at top
<i>Picea abies</i>	Norway Spruce		Roadside
Cupreaceae	Cypress Family		
<i>Juniperis communis</i>	Common juniper	Ginebre	-
<i>J.nana</i>	Prostrate juniper		Day 3 Mt pass
<i>J. oxycedrus</i>	Prickly juniper		-
Salicaceae	Willow Family		
<i>Salix alba</i>	White Willow	Salze blanc	-
<i>Populus tremula</i>	Aspen	Tremol	Espot
<i>Populus nigra</i>	Black poplar		Day 6 Estany d'ivors wetland
Betulaceae	Birch Family		
<i>Betula pendula</i>	Silver Birch		Roadside
<i>Alnus glutinosa</i>	Alder		Day 6 Estany d'ivors wetland
Corylaceae	Hazel Family		
<i>Corylus avellana</i>	Hazel	Avellaner	Day 2
Fagaceae	Beech Family		
<i>Fagus sylvatica</i>	Beech	Faig	Roadside
<i>Quercus ilex</i>	Holm oak	Alzina	Roadside
<i>Q. coccifera</i>	Kermes or Holly Oak	Garric	Day 2
<i>Q. robur</i>	Pedunculate Oak		Travel day 5
<i>Q. pyrenaica</i>	Pyrenean Oak		-
<i>Q. mas</i>	-		Travel day 5
Ulmaceae	Elm Family		
<i>Ulmus sp</i>	Elm		-
<i>Celtis australis</i>	Southern nettle-tree		Monastery
Moraceae	Fig Family		
<i>Ficus carica</i>	Fig		Montroig Day 7
Urticaceae	Nettle Family		
<i>Urtica dioica</i>	Stinging Nettle		Road side
<i>Parietaria judaica</i>	Pellitory-of-the-wall		Village
<i>Soleirolia soleirolii</i>	Mind-your-own-business		Village
Polgonaceae	Dock Family		
<i>Oxyria digyna</i>	Mountain sorrel		Day 2 up the stream
<i>Rumex scuataus</i>	Rubble Dock		Everywhere
<i>Polygonum aviculare</i>	Knotgrass		Coffee shop
			Day 3 & 4
Chenopdiaceae	Fathen Family		
<i>Beta vulgaris</i>	Beet		-
Caryophyllaceae	Pink Family		
<i>Paronychia capitata</i>	Paronychia		Tops – day 2
<i>Saponaria ocymoides</i>	Rock Soapwort		Roadsides
<i>Silene latifolia</i>	White Campion		Roadside
<i>Silene vulgaris</i>	Bladder campion		Day 6 - drylands

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<i>Silene otitis</i> (cf)	Spanish Catchfly		Day 5 Roadside
<i>Stellaria holostea</i>	Lesser stitchwort		Estais Day 3
<i>Spergularia rubra</i>	Sand-spurrey		Day 6/7
Ranunculaceae	Buttercup Family		
<i>Anemone nemorosa</i>	Wood anemone		Day 3
<i>Anemone apennina</i>	Blue wood anemone		Day 3
<i>Aquilegia vulgaris</i>	Common Columbine	Corniol	Day 3
<i>Caltha palustris</i>	Marsh marigold/ King cup		Day 3 riverside
<i>Clamatis vitalba</i>	Old Man's Beard		Road side
<i>Hepatica nobilis</i>	Hepatica		Day 3
<i>Helleborus viridis</i>	Green Hellebore		Day 3
<i>Ranunculus. sardous</i>	Hairy Buttercup		Day 3
<i>R. bulbosus</i>	Bulbous Buttercup		Day 4
<i>R. pyrenaicus</i>	Pyrenean Buttercup		Day 3 pass.
<i>Thalictrum sp.</i>	Meadow Rue		Roadside
<i>Troillius europaeus</i>	Globeflower		-
<i>Nigella arvensis</i>	Love-in-a-mist		Day 6/7
Fumariaceae	Fumitory Family		
<i>Fumaria officinalis</i>	Common Fumitory		Road side
<i>Fumaria capreolata</i>	Ramping Fumitory		Day 7
<i>Sarcocapnos enneaphylla</i>	Sarcocapnos	Herba freixurera	On Cliffs Day 7
Papaverceae	Poppy family		
<i>Chelidonium majus</i>	Greater Celandine		Estais Day 2
<i>Glaucium flavum</i>	Yellow-horned Poppy		Estais Day 2
<i>Papaver argemone</i>	Prickly Poppy		-
<i>P. rhoeas</i>	Corn Poppy	Rosella	Roadsides
<i>P. dubium</i>	Long-headed Poppy		Fields
Cruciferae	Cress Family		
<i>Aethionema saxatile</i>	Burnt Candytuft		Day 5
<i>Alliaria petiolata</i>	Garlic mustard		Road sides
<i>Alyssum alpestre</i>	Alpine Alyssum		Day 3 tops
<i>Biscutella didymus</i>	Biscutella		Roadside
<i>Eruca sativa</i>	Eruca		Roadside
<i>Erysimum sp.</i>	a Treacle Mustard		Day 6 roadside
<i>Iberis sempervirens</i>	Evergreen Candytuft		Day 3 tops
<i>Isatis tinctoria</i>	Woad		Estais day 2
<i>Mattiola fructiculsa</i>	Three horned stock		Day 6 roadside
<i>Scandex pectan veneris</i>	Shepherd's needle		Day 5 roadside
Resedaceae	Mignonette Family		
<i>R. lutea</i>	Wild Mignonette		Roadsides
<i>R. luteola</i>	Weld		Road sides
Crassulaceae	Stonecrop Family		
<i>Sedum acre</i>	Biting Stonecrop		Walls
<i>S. anglicum</i>	English Stonecrop		Day 2 Estais
<i>Sedum telphium</i>	Orpine		Day 2 Estais
<i>Sempervivum monatum</i>	Mountain houseleek		Day 3 tops
<i>Umbelicus rupestris</i>	Wall pennywort		Day 2 Estais
Saxifragaceae	Saxifrage Family		
<i>Saxifraga granulata</i>	Meadow saxifrage		Day 4
<i>S. media</i>	Reddish saxifrage		Day 4 lunch
<i>S. aizoides</i> (cf)	Yellow mountain saxifrage		Day 3 tops
Rosaceae	Rose Family		
<i>Alchemilla alpina</i>	Alpine Lady's Mantle		Day 3 tops
<i>Filipendula vulgaris</i>	Dropwort		Day 6
<i>Amelanchier ovalis</i>	Amelanchier		Day 2
<i>Crataegus monogyna</i>	Hawthorn	Arc blanc	Hills
<i>Fragaria vesca</i>	Wild Strawberry		Day 2

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<i>Potentilla crantzii</i>	Alpine Cinquefoil		Day 2 tops
<i>P.hirta</i>			Day 5
<i>Prunus spinosa</i>	Blackthorn/Sloe		Hills
<i>P. avium</i>	Wild cherry		Hills
<i>Poterium verrucosum</i>	Mediterranean salad burnet		Day 6
<i>Rosa canina</i>	Dog Rose		Day 6
<i>R. majalis</i>	Cinnamon Rose		Possibly
<i>Sanguisorba officinalis</i>	Great Salad Burnet		Tops
<i>Sorbus aucuparia</i>	Rowan/Mountain Ash	Moixera de quilla	Day 7
<i>Sorbus aurea</i> subsp <i>lutea</i>	White beam species		Day 6
Leguminaceae	Pea Family		
<i>Astragalus monspessulanus</i>	False Vetch		Day 4
<i>Anthyllis vulneraria</i> subsp <i>pyrenaica</i>			Tops
<i>Anthyllis vulneraria</i> subsp <i>praepropera</i> (c.f)	Mediterranean kidney vetch		Day 7
<i>Anthyllis montana</i>	Mountain Kidney Vetch		Day 3
<i>Cercis siliquastrum</i>	Judas Tree		In town
<i>Dorycnium hirsutum</i>	Dorycnium		Travel day
<i>Erinacea anthyllis</i>	Hedgehog Broom		Montsec
<i>Genista hispanica</i>	Spanish Broom	Ginesta	Roadsides day 3
<i>Hippocrepis glauca</i>	Horse shoe vetch		Day 7
<i>Lathyrus latifolia</i>	Broad-leaved Everlasting Pea		
<i>L. vernus</i>	Spring vetch		Wood day 4
<i>L. nissola</i>	Grass vetchling		Day 5
<i>Lotus corniculatus</i>	Common Bird's-foot-trefoil		Espot
<i>Medicago sativa</i> subsp <i>sativa</i>	Lucerne		Travel day in fields
<i>M. aculeate</i>	Medick species		Day 5
<i>O. vicifolia</i>	Sainfoin		Roadsides
<i>Psoralea bituminosa</i>	Pitch Trefoil		Roadsides
<i>Robinia pseudacacia</i>	False Acacia		Town
<i>Trifolium pratense</i>	Red Clover		Roadside
<i>T. repens</i>	White Clover		Roadside
<i>T. campestre</i>	Hop Trefoil		Roadside
<i>Vicia cracca</i>	Tufted Vetch		Roadside
<i>Vicia hybridia</i>	Hairy yellow vetchling		Day 6
Geraniaceae	Geranium Family		
<i>Erodium cicutarium</i>	Common Storksbill		Tops
<i>Geranium molle</i>	Dove's-foot Crane's-bill		Occasional
<i>G. dissectum</i>	Cut-leaved Crane's-bill		Day 6
<i>G. malviflorum</i>	Mallow-flowered Crane's-bill		Day 5
<i>G. pratense</i>	Meadow Crane's-bill		Possibly
<i>G. robertianum</i>	Herb Robert		Woodland
<i>G. rotundifolium</i>	Round-leaved Crane's-bill		Estais
Euphorbiaceae	Spurge Family		
<i>Euphorbia cyparissias</i>	Cyprus Spurge		Roadside
<i>E. helioscopia</i>	Sun Spurge		Coffee stop
<i>E. hyberia</i>	Irish Spurge		Day 3 & 4 Roadside
Linaceae	Flax Family		
<i>Linum perenne</i>	Perennial Flax		Roadside
<i>L. suffruticosum</i> ssp <i>salsoloides</i>	Pyrenean Flax		Day 7 midday
Rutaceae	Rue Family		
<i>Ruta chalapensis</i>	Fringed Rue		Day 7 midday
Polygalaceae	Milkwort Family		
<i>P. comosa</i>	Tufted Milkwort		Mt tops
<i>P. nicaeensis</i> agg	Nice Milkwort		Tops
<i>P. serphyllifolia</i>	Thyme-leaved Milkwort		Tops

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Anacardiaceae <i>Pistacia lentiscus</i> <i>P. terebrinthus</i>	Cashew Family Mastic Tree, Lentiscus Turpentine Tree		Day 7 Day 7
Rhamnaceae <i>Rhamnus carthaticus</i>	Buckthorn Family Buckthorn		-
Malvaceae <i>Lavatera maritima</i> <i>M. sylvestris</i>	Mallow Family Sea mallow Common Mallow		Day 7 Roadside
Thymelaceae <i>Daphne laureola</i> <i>D. laureola subsp philippi</i> <i>D cneorum</i>	Daphne Family Spurge Laurel Yellow spurge laurel Garland Flower		Day 3 Day 3 in wood Day 3 in wood
Cistaceae <i>Cistus monspeliensis</i> <i>Helianthemum canum</i> <i>H. nummularium</i> <i>H. nummularium subsp pyrenacium</i> <i>H. apenninum</i> <i>Halimium commutatum</i>	Rockrose Family Narrow-leaved Rockrose Hoary Rockrose Common Rockrose Pink common rockrose - -		Day 7 Day 7 Day 2 Day Day 7
Tamaricaceae <i>Tamarix africana</i>	Tamarix African tamarix		Day 6 lunch
Hypericaceae <i>Hypericum perforatum</i>	St John's Wort Family Perforate St John's Wort		
Violaceae <i>Viola canina</i> <i>V. riviana</i> <i>V. bubanii (cf)</i>	Violet Family Heath Dog Violet Common Dog Violet White pansy		Day 3 Estais
Cucurbitaceae <i>Bryonia cretica</i> <i>Ecballium elaterium</i>	Gourd Family White Bryony Squirting cucumber		Estais Day 6, by van
Cornaceae <i>Cornus sanguinea</i>	Cornus Dogwood		Day 6
Umbelliferae <i>Bupleurum sp.</i> <i>Conopodium majus</i> <i>Eryngium campestre</i> <i>Ferula communis</i> <i>Foeniculum vulgare</i> <i>Heracleum sphondylium</i>	Carrot Family Hare's-ear species Pignut Field Eryngo Giant Fennel Fennel Hogweed		- Day 3 Roadside Roadside Day 6 Day 7 Roadside
Ericaceae <i>Calluna vulgaris</i> <i>Erica arborea</i> <i>Rhododendron ferrugineum</i> <i>Arctostaphylos uva-ursi</i>	Heath Family Heather Tree heath Alpenrose Bearberry		Day 4 Day 5 roadside ? Day 3 woodland
Primulaceae <i>Anagallis arvensis</i> <i>Coris monspeliensis</i> <i>Primula veris</i> <i>Lysimachia nummularia</i> <i>Vitaliana primuliflora</i>	Primrose Family Pimpernel – blue Coris Cowslip Creeping jenny Vitaliana		Day 7 Day 7 Roadside Day 3 Day 3 Alpine top

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Convolvulaceae <i>Convolvulus cantabrica</i> <i>C. arvensis</i> <i>Cuscuta europea</i>	Bindweed Family Pink Convolvulus Field Bindweed Greater Dodder		Day 5 Roadside -
Oleaceae <i>Jasminum fruticans</i> <i>Ligustrum vulgare</i> <i>Olea europaea</i>	Olive Family Wild Jasmine Privet Olive		Day 6 - In fields
Gentianaceae <i>Gentiana acaulis</i> <i>G. verna</i>	Gentian Family Trumpet Gentian Spring Gentian		Day 4 lunch Day 3 tops
Plumbaginaceae <i>Armeria alliacea</i> <i>A. maritima ssp alpina</i>	Thrift Family Plantain-leaved Thrift Alpine Thrift		- -
Asclepiadaceae <i>Vincetoxicum hirundinaria</i>	Milkweed Family Swallow-wort		-
Boraginaceae <i>Anchuza azurea</i> <i>Pulmonaria officianalis</i> <i>Lithospermum purpurocaerula</i>	Borage Family Large blue alkanet Common lungwort Blue gromwell		Day 7 Day 3 Day 4
<i>Myosotis alpina</i> <i>Cynoglossum cheirifolium</i> <i>Cynoglossum cretica</i> <i>Echium vulgare</i> <i>Lithospermum fruticosum</i> <i>Lithodora diffusa</i>	Alpine forget-me-not Hound's-tongue Blue hound's-tongue Vipers Bugloss Shrubby gromwell Scrambling gromwell		Day 3 tops Day 6 Day 6 Roadside Day 7 Day 6
Verbenaceae <i>Verbena officinalis</i>	Verbena Family Vervain		-
Labiatae <i>Ajuga reptans</i> <i>Marrubium vulgare</i> <i>Menta aquatica</i> <i>Lavendula angustifolia ssp pyrenaica</i> <i>Lamium amplexicaule</i> <i>Origanum vulgare</i> <i>Phlomis lychnitis</i> <i>Rosmarinus officinalis</i> <i>Teucrium fruticosum</i> <i>Teucrium chamaedrys</i> <i>T. pyrenaicum</i> <i>T. membranaceus</i> <i>Thymus vulgaris</i> <i>T. glabrescens</i> <i>T. mastichina</i> <i>Salvia pratensis</i> <i>Sideritis romana</i>	Mint Family Bugle White horehound Water mint Lavender Henbit Marjoram Yellow Phlomis Rosemary Tree germander Wall Germander Pyrenean Germander - Thyme - A White Thyme Meadow Clary Sideritis	Espigol Marjorana Romer Timo	Day 4 Day 5 Day 4 - Roadside Roadside Day 7 Roadside Day 6 - - Day 6 Yes Yes Yes Roadside Day 5 and 6
Scrophulariaceae <i>Antirrhinum majus</i> <i>Asarina procumbens</i>	Figwort Family Snapdragon Creeping Snapdragon		- Day 4 rocks near river Day 4
<i>Rhinanthus angusifolia</i> <i>Verbascum nigrum</i> <i>V. pulverulentum</i> <i>V. thapsus</i> <i>V. undulata</i> <i>Linaria vulgaris</i> <i>Linaria arvenis</i>	Narrow leaved hay -rattle Dark Mullein Hoary Mullein Aaron's Rod Wavy-leaved Mullein Common toadflax Field Toadflax		Roadsides Day 5 Day 3

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Globulariaceae <i>Globularia repens</i> <i>G. vulgaris</i>	Globularia Family Matted Globularia Common Globularia		Day 4 -
Lentibulariaceae <i>Pinguicula grandiflora</i> <i>P. vulgaris</i>	Butterwort Family Large-flowered Butterwort Common Butterwort		Day 2 -
Orobanchaceae <i>Orobanche species</i> <i>Lathraea clandestine</i>	Broomrape Family Broomrape Purple toothwort		Day 3 and 7 Day 3, River
Rubiaceae <i>Cruciata laevipes</i> <i>Galium aparine</i> <i>G. verum</i> <i>G. odoratum</i> <i>Rubia peregrina</i>	Madder Family Crosswort Goosegrass/Cleavers Lady's Bedstraw Sweet woodruff Wild madder		Day 3 Day 4 Day 3 Day 3 Day 6
Caprifoliaceae <i>Lonicera periclymenum</i> <i>Lonicera etrusca</i> <i>Sambucus ebulus</i> <i>S. nigra</i> <i>S. racemosus</i> <i>Viburnum lantana</i>	Honeysuckle Family Common Honeysuckle Etruscan honeysuckle Danewort Common Elder Alpine Elder Wayfaring Tree		Day 2 Day 6 Day 2 by river Day 2 Day 4 Day 2
Valerianaceae <i>Centranthus ruber</i> <i>Valeriana officinalis</i> <i>V. locusta</i> <i>V. echinata</i> (c.f)	Valerian Family Red Valerian Common Valerian Common cornsalad -		Day 3 Day 4 Roadside Travel day
Campanulaceae <i>Campanula cochlearifolia</i> <i>C. glomerulata</i> <i>C. speciosa</i> <i>Phyteuma betonicifolium</i> <i>P. orbiculare</i> <i>Jasione montana</i>	Bellflower Family - Clustered Bellflower Pyrenean bellflower Blue-spiked Rampion Round-headed Rampion Mountain Sheep's-bit		- - - - - Day 2
Dipsacaceae <i>Dipsacus fullonum</i> <i>?Knautia dipsacifolia</i> <i>Scabiosa columbaria</i> <i>Scabiosa stellata</i>	Scabious Family Teasel Wood Scabious Small Scabious		Leaves?
Compositae <i>Antennaria dioica</i>	Daisy Family Catsfoot		Lunchtime Day 4
<i>Anthemis arvensis</i> <i>Aster alpinus</i> <i>A. sedifoliosus ssp trinervis</i> <i>Artemisia assoana</i> <i>Bellis perennis</i> <i>Calendula arvensis</i> <i>Carlina acaulis</i> <i>Carduus pyrenaicus</i> <i>Centaurea cyanus</i> <i>Centaurea jacea</i> <i>C. (Leuzia) conifera</i> <i>Chrysanthemum alpina</i> <i>Cichorium intybus</i> <i>Cirsium vulgare</i> <i>C. Eriophorum</i>	Corn camomile Alpine Aster Three-veined Aster Daisy Field marigold Stemless Carlina Thistle Pyrenean Thistle Cornflower Brown-rayed knapweed Pine Cone Knapweed Alpine Moon Daisy Chicory Spear thistle Woolly thistle		Day 6 - - - Roadside Day 6 - - Day 6/7 Day 6 Day 7 - - Day 3 Day 3

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<i>Helichrysum stoechas</i>	Everlasting		Day 5
<i>Hieracium pilosella</i>	Mouse-ear Hawkweed		Day 5
<i>Lactuca perennis</i>	Blue Lettuce		-
<i>Lactuca serriola</i>	Prickly lettuce		Day 6
<i>Onopordum nervosum</i>			Day 5 Tremp
<i>Pallenis spinosa</i>			Day 7
<i>Santolina chamaecyparissus</i>	Lavender Cotton		Road side
<i>Senecio doricum</i>	Chamois ragwort		-
<i>Silybum marianum</i>	Milk Thistle		Roadsides
<i>Sonchus asper</i>	Prickly sow-thistle		Coffee stop
<i>Sonchus oleraceus</i>	Smooth sow-thistle		Coffee stop
<i>Tanacetum vulgare</i>	Tansy		Day 6
<i>Traygopogon porrioifolius</i>	Salsify		Day 5
<i>Traygopogon pratensis</i> (agg.)	Goats beard		Roadside
<i>Volutaria lippii</i>	Volutaria		Day 6 track
Liliaceae	Lily Family		
<i>Anthericum liliago</i>	St Bernards Lily		Day 6 Reservoir
<i>Aphyllanthes monspeliensis</i>	Blue Aphyllanthes		Travel day 5
<i>Asphodelus albus</i>	White Asphodel		Roadside day 5
<i>Asphodelus fitulosus</i>	Hollow-stemmed Asphodel		Day 5 and 6
<i>Gladiolus italicus</i>	Field gladiolus		? Day 5
<i>Dipcadi serotinum</i>	Brown bluebell		Day 6 and 7
<i>Muscari comosum</i>	Tassel Hyacinth		Leaves
<i>M. racemosum</i>	Grape Hyacinth		Leaves
<i>Gagea sp</i>	Gagea		Day 2
<i>Tulipa australis</i>	Wild tulip		Montsec Day 5
<i>Erythronium dens-canium</i>	Dog's tooth violet		Day 2 2070m
<i>Iris pseudacorus</i>	Yellow iris		Day 6/7 lunch
<i>Fritillaria lusitanica</i>	-		Day 5
<i>Fritillaria pyrenaica</i>	Pyrenean snakes head		Day 4
Amaryllidaceae	Daffodil Family		
<i>Narcissus poeticus</i>	Poet's Narcissus/ Pheasants eye.		Roadside Day 3
<i>Marcissus requiennii</i>	Rush-leaved narcissus		Day 2
<i>Narcissus jonquilla</i>	Common jonquil		Montsec Day 5
Gramineae	Grass Family		
<i>Arundo donax</i>	Giant reed		Road side
<i>Aegilops geniculata</i>	-		Tremps Day 5
<i>Bulboschenus maritimus</i>	Sea club-rush		Day 6 Esta;ny d'ivors wetland
<i>Briza minor</i>	Small Quaking Grass		-
<i>Bromus madritensis</i>	Compact brome		Day 7 Road edge
<i>Carex echinata</i>	Star sedge		Day 5
<i>Cynodon dactylon</i>	Bermuda Grass		
<i>Festuca viviparia</i>			Day 3
<i>Festuca sppl</i>	Glaucous?		
<i>Lygeum spartum</i>	Albardine		Day 6 Reservoir
<i>Luzula sylvatica</i>	Wood rush		Day 3
<i>Nardus stricta</i>	Black grass		Day 3
<i>Phragmites australis</i>	Common reed		Day 6 Esta;ny d'ivors wetland
Orchidaceae	Orchid Family		
<i>Ophrys sphegodes</i>	Early spider orchid		Leaves only
Buxaceae	Box Family		
<i>Buxus sempervirens</i>	Box		Day 2 Day 4 Tops

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Malvaceae <i>Malva sylvestris</i> <i>Lavatera maritima</i>	Mallow Family Common mallow Sea mallow		Day 6 wetland Day 7 up track
Plantaginaceae <i>Plantago lanceolata</i> <i>P. media</i> <i>P. arenaria</i> <i>P. bellardii</i> <i>P. coronopus</i>	Plantain Family Ribwort Plantain Hoary Plantain Branched Plantain - Buck's-horn Plantain		Fields Tracks Day 6 Day 6
Pteridophyta <i>Asplenium trichomanes</i> <i>A. viride</i> <i>A. ceterach</i> <i>Polypodium sp</i>	Ferns Maidenhair Spleenwort Green Spleenwort Rusty-back Fern		Day 5 lunch " Day 6 Day 4

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