

The Wildlife of Delphi, Mount Parnassos & Mount Oiti

Naturetrek Tour Report

2 - 9 June 2018



The 'elephant-head' flowers of *Rhynchospora elephas*



Saga hellenica – an awesome predator of bush-crickets



Eleonora's Falcon overhead



The sublime *Paeonia parnassica*

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with eight Naturetrek clients

Day 1

Saturday 2nd June

After a smooth flight from Heathrow, we were all soon assembled at Athens, re-acquainted with our baggage and all aboard our vehicles with David and Christos. Heading north, we made quick progress on the new toll roads and before long we were pulling up for a leg stretch and our first Greek wildlife experiences beside what at first seemed to be just a muddy channel. But here we found Banded Demoiselles dancing en masse, Balkan Frog muttering along the edges, and tiny Blue Featherleg damselflies. A calling Penduline Tit remained hidden but, while searching for it, we came across an Eastern Olivaceous Warbler. Interesting plants included the range-restricted bindweed *Convolvulus mairei* and a patch of Yellow Water-lily – a rare plant this far south. Squirting Cucumber is always an intriguing plant and was even more interesting here due to the presence of a ladybird species that feeds exclusively on this plant.

We continued our journey to Delphi and got ourselves checked in, while some even found time to check out the nearest taverna. Who can resist a quick drink under an ancient, spreading Oriental Plane!

Day 2

Sunday 3rd June

Our first full day in the field started with a roadside stop overlooking steep, limestone cliffs near Arachova. Crag Martins were sweeping along the road and a passing Golden Eagle was spotted, being harassed by the local Common Buzzards. David's main reason for bringing us to this location was for the interesting assemblage of endemic and near endemic plants that grow from these cliffs, including *Inula verbascifolia* ssp. *parnassica*, *Stachys swainsonii*, *Scutellaria rupestris* ssp. *parnassica*, *Nepeta parnassica* and *Pterocephalus perennis*. The bug fans were entertained by obliging Large Tortoiseshell and Ilex Hairstreak butterflies, as well as a Common Swallowtail caterpillar.

Moving higher, we came to the rocky edge of the Livadia Plain, where Woodlark, Tawny Pipit and Northern Wheatear were in song and the ground was littered with wonderful, subalpine plants. Here we found *Scutellaria orientalis* and a nice variety of *Astragalus* species to enjoy, before moving further to a flat, gravelly area, where we really got stuck in! Even the grasshoppers were special and included the stone-mimicking Parnassos Stone Grasshopper, a very rare species that is known only from three locations. The star plant here was the wonderful, lemon-yellow *Erodium chrysanthum*, but the greatest excitement was provided by Chris's discovery of a Nose-horned Viper that was lurking in a wood pile. We paused to enjoy a spectacular Lizard Orchid (here, the species *Himantoglossum jankae*), then drove over to the sort of place that only mad naturalists could enjoy – the flooded basement of a half-built house! Yes, we were mad – but the Alpine Newts and Blue Chaser dragonflies made it a very worthy place to watch while having our picnic lunches. A Little Owl had watched us drive in from a nearby balcony and he was still there for quick photographs on the way out.

We swapped natural history for culture in the late afternoon and spent a couple of hours at the site of ancient Delphi with a full, guided tour. We all learned a lot about this intriguing place, which had such an important role in ancient Greek life for over 1000 years. Of course, we still managed to sneak in quite a bit of wildlife during

our time here, including amazing close encounters with Rock Nuthatches and a Dahl's Whip Snake, as well as chancing across the remarkable, predatory bush cricket, *Saga hellenica* – the stuff of nightmares!

Day 3

Monday 4th June

Today, we headed further afield, crossing to the far side of the Livadia Plain to explore parts of the extensive forests of Greek Fir. But first, we pottered around on the edge of Arachova and enjoyed singing Nightingales (one of which showed nicely), Cirl Bunting, Red-backed Shrike and Serin. Beyond the plain, we visited a scrubby area, rich in low-growing plants and attendant insects, before turning onto dirt tracks through the woods. Various stops turned up a wonderful array of wild flowers, including the blue spikes of *Asyneuma limonifolium*, the strangely salmon-pink flowers of *Dianthus biflorus* and the deep purple stems and flowers of Purple Bird's-nest Orchid. A small, trackside pool held mating Fire-bellied Toads, while Firecrest and Short-toed Treecreeper mooched around in the trees. Eventually, we found our way down to a footpath that led to an impressive, limestone sink hole. In the deep shade of the firs, colonies of caramel-coloured Bird's-nest Orchids were enjoyed, next to sweeping stands of Round-leaved Saxifrage.

We were in such a lovely spot that we decided to have lunch here, so our drivers returned for the vehicles and we were soon enjoying another sturdy lunch, accompanied by glitzy Cleopatra butterflies. A look in the meadow next to our lunch stop turned up good numbers of the Greek endemic cicada *Cicadetta bannekeae* – courtesy of Derek's sharp eyes – and we found one of the wonderfully colourful owlflies. Heath Fritillary, Small Heath and Powdered Brimstone were added to the butterfly list, and the many stands of White Helleborine drew our attention.

Moving on, we had an appointment with destiny for one member of the group. Further round the mountain we took a dirt road up into a valley full of grassy meadows and fir forest. *Geranium asphodeloides* lined the path and we found a few plants of *Lilium chalcedonicum*, which unfortunately wasn't in flower just yet. Black Woodpeckers were noisy here and butterflies included Greek Clouded Yellow and Clouded Apollo. Suddenly the moment of destiny arrived – a patch of the wonderful *Paeonia parnassica*. Most of the plants were passed their best, but one or two were just right, with their blood-red flowers catching the light. A fabulous moment! More peonies appeared as we continued to a small spring, where the dulling weather meant that Wood Tigers were resting quietly and could be approached easily for photographs.

Walking back, we hoped that the occasional spots of rain might encourage amphibians out into the open and, at a small water trough, we found Fire-bellied Toads and a full-grown Greek Stream Frog. Glanville and Pearl-bordered Fritillaries fed at the crane's-bill flowers, and the sun peeped back out as we drove on, completing the circle back to the main road after visiting an area around some abandoned buildings. A final treat was awaiting us beside the road as we headed back, in the shape of a small stand of the attractive *Morina persica*.

Day 4

Tuesday 5th June

We had covered the hot slopes around Delphi and the cooler fir forests on the lower slopes of Parnassos; now it was time to head for higher ground. Driving higher onto the mountain, we stopped just above the treeline and began with a roadside walk past flower-covered rocks and scree. Rich, carmine-pink *Geranium subcaulescens*, white-studded subshrubs of *Daphne oleoides* and yellow clusters of *Erysimum parnassi* and *Lysimachia serpyllifolia* were

plentiful here, along with the wispy flowers of *Silene parnassica*, while Black Redstarts were singing and Alpine Choughs drifted by on the breeze.

Next came quite an adventure as we headed ever upward, past the last of the ski stations and up towards the snowline. As in the UK, spring had come early here and there was actually far less snow left on the tops than would typically be expected at this time of year, so we had to head pretty far up before we reached a slope that gave access to some remaining snow. On the way, we got lucky in finding a male Common Rock Thrush singing from a prominent rock, and enjoyed a scattering of Tawny Pipits, Linnets and Northern Wheatears. After parking we began a walk past summer shepherd huts, with some of the group choosing to enjoy Woodlark, Tawny Pipit and Ortolan Bunting on the flatter ground, while the more gung-ho began an ascent of the steeper slope, up to the snow. Rewards for the latter group included clusters of *Corydalis blanda* ssp. *parnassica*, *Crocus veluchensis*, *Scilla subnivalis*, the attractive *Ranunculus brevifolius*, *Saxifraga sempervivum* and the brilliant yellow *Saxifraga sibthorpii*.

It had been a busy morning and we made our way back to the vehicle for a scenic picnic on the upper slopes of Parnassos. Once well-filled with our lunches, we headed back down and took a short detour to visit Korykion Andron, an interesting cave that would have been used by primitive people thousands of years ago. A scan of the interior revealed a couple of bats roosting up on the ceiling, but they were too far for any firm identification. From outside, the views were spectacular and it was easy to see how previous occupants would have a very commanding view of the area.

From here we took a short break and freshened up at the hotel, before heading downward to the coast and the little town of Galaxidi. Unfortunately, the Lesser Kestrels we had hoped for here were not in evidence, but some of us did find Jackdaws and a couple of Hoopoes as we strolled the streets, while others took the opportunity for a swim in the bay. All of this was topped off with a fabulous, traditional Greek dinner, although the music became an amusing distraction.

Day 5

Wednesday 6th June

Today was our transfer day and we took a final opportunity to watch Pallid Swift and Red-rumped Swallow in front of the hotel before packing and heading into Arachova for a quick bit of shopping therapy (or a little birding depending on choice!). We made a full crossing of the Livadia plain, pausing for a roadside Hoopoe, then on through the Greek Fir zone and down the northern side of Parnassos. We made a detour to a series of springs that were alive with dragonflies and damselflies. Crowds of Beautiful Demoiselles fluttered over the water and perched in the plane trees, while a couple of Sombre Goldenrings patrolled up and down.

A final treat before lunch was a stop to enjoy a roadside White Stork nest, complete with panting chicks. Lunching at a lovely, shady spot beside a rocky river gorge, we enjoyed a perched Small Pincertail dragonfly, before we continued to Ypati via a pair of European Bee-eaters and a lovely back route through the villages. Checking in was an easy affair and we soon had our rooms sorted at our new hotel. With Red Squirrels in the garden, we knew this was going to be a great place to stay!

We spent late afternoon making our first exploration of the foothills of Mount Oiti, working our way up through Greek Fir forest and patches of open meadow to reach a wild-looking, scree and rubble area. Our first stop was

for some roadside Common Twayblades, then we headed further up and photographed two more orchids – *Dactylorhiza saccifera* and *Dactylorhiza pindica* and their hybrid.

Our day finished a little later than planned after we took a wrong turn in one of the villages, but we turned around and made our way out on the right road. Dinner was taken at a wonderful restaurant just along the road and was voluminous but fabulous and accompanied by an array of moths – while Derek's bat detector notched up some passing pipistrelles.

Day 6

Thursday 7th June

After a pre-breakfast stroll for some, which produced some nice encounters with the local Red Squirrels who appeared to be moving their youngsters, we headed back up the mountain. We began our day in the field with a walk up to a waterfall. The track was rather rough and stony and proved a little tricky, though there was much to look at as we passed through a more Mediterranean habitat on the lower slopes. Most spectacular here was the great quantity of Oleander bushes, all in full bloom at this time of year. Balkan Marbled Whites flitted around scabious flowers and there were several fine examples of Hop-hornbeam. Eventually we made it down to the river, but the waterfall defeated most of us, since getting to it involved some tricky manoeuvres across planks and things! After a rest in the shade, we made our way back down, further entertaining ourselves with various tortoises (both Marginated and Hermann's) and the discovery of what appeared to be a Badger latrine (we'll look at anything!).

Passing through the greener, lower slopes we headed up to the scree slope areas again to look for two more orchids – *Epipactis subclausa* and *Epipactis greuteri*. Although we found them, we were a little early in the season and none of the flowers appeared to be open yet. We found a wonderful patch of the spectacular *Morina persica* just crying out to be photographed, before we made it up to a trackside spring where we took lunch. The stream that ran out from the spring provided a mass of flowering plants which included large quantities of buttercups and Greater Meadow-rue, which in turn were attracting a good range of butterflies including plenty of Peacocks and Brimstones. Knapweed and Heath Fritillaries seemed to prefer less savoury feeding spots! Also here was an extensive colony of the extraordinary *Rhynchocorys elephas*, with its bright yellow flowers which really do look like little elephant heads!

For the afternoon we continued up to the Livadies subalpine plain and began with some entertainment from several Alpine Newts and an array of dragonflies, including many tandem pairs of Large Red Damselflies. Beyond the pool, the grassy slopes held a wonderful range of local specialities in the flower line, which included *Silene roemerii*, *Dianthus tymphresteus*, *Viola aetolica*, *Armeria canescens* and a small colony of Moonwort. We took a steady walk up a winding path to a higher plateau of grassland and here we found one of the real rarities of the region, the minuscule *Veronica oetaea*, along with the regionally rare Mousetail. Tree Pipits were singing around us and we finally picked out a Common Cuckoo, having heard them daily throughout the trip. Back at the pool, Downy Emeralds were on the wing and showed well, which was a surprise since the field guide does not show them occurring this far south.

We planned on an earlier return to the hotel today but our plans were scuppered in the best possible way when we chanced upon a couple of Eleonora's Falcons hunting dragonflies. Jumping out to get a better look, the

number of birds kept increasing until we reckoned some 25 of these fabulous migrants were wheeling and dipping before us – pure magic!

Day 7

Friday 8th June

Pre-breakfast again saw us checking for Red Squirrels and one was obliging, although brief, on the large plane tree at the front of the hotel. The squirrels had eluded some of the group, so we headed down to the local spa town and walked around the town park. Although we saw a couple of Red Squirrels, they were not particularly approachable and our best find was a pair of Lesser Kestrels – although they were elusive, too. After a short walk to an old bridge near our hotel, we drove back up Mount Oiti, this time heading directly for the upper grassy areas. As ever, we had some great distractions on the way, including some very close Red-backed Shrikes, Cirl Bunting and a very obliging male Levant Sparrowhawk that sat for a while atop a tall Greek Fir. A juvenile White-throated Dipper was also a pleasant surprise at one of the many streamlets that crossed our path.

At the pool the dragonflies and newts were still present, with several of the latter smartly making their way upstream as their chosen puddle was rapidly drying out. After a re-visit to the Moonwort, we found a sunny and fabulously scenic spot to enjoy our picnic, during which Geoff got us onto a Hobby flying over. From here we continued on the dirt road which turned into something of an adventure as we crossed a few spots where spring melt water had cut across the route. Stonewalling and other ancient crafts came in handy but we managed to get through without too much trouble and stopped to visit an interesting cave, associated with the myths of Hercules. A little further on we stopped to visit the site of an ancient temple that had been built to commemorate the site where Hercules is said to have died. The views from here were fabulous and it was hard to believe that we were on a continent so heavily populated as Europe. As we began to depart, a pair of Short-toed Snake Eagles put on a good show.

Having crossed so many tricky spots along the way, we decided to venture on, coming out on the far side of the mountain massif and taking the longer – but much faster – route back, via the main roads. For one final time, we made the stroll down to the local restaurant and enjoyed a real feast of Greek cuisine and to reflect on what had been a fabulous week.

Day 8

Saturday 9th June

Our last day arrived and, with a fair journey on our hands, we finished breakfast then got straight into the job of loading the vehicle and heading for the main road. Even now, there were still surprises, with fly-over Little Egret and Black Stork to add to the list.

David and Christos had done a great job in showing us a corner of their homeland. The group had all been such a pleasure to travel with and we had all enjoyed some great sights, sounds and a huge dollop of great humour. Can't wait to do it all again!

Once at the airport we said goodbye to David and Christos before catching our flight back to the UK, where another Naturetrek adventure came to an end.

Species Lists

Birds (✓=recorded but not counted; H = heard only)

	Common name	Scientific name	June							
			2	3	4	5	6	7	8	9
1	Black Stork	<i>Ciconia nigra</i>								1
2	White Stork	<i>Ciconia ciconia</i>					✓			
3	Little Egret	<i>Egretta garzetta</i>								1
4	European Honey Buzzard	<i>Pernis apivorus</i>								1
5	Short-toed Snake Eagle	<i>Circaetus gallicus</i>							2	
6	Golden Eagle	<i>Aquila chrysaetos</i>		1						
7	Levant Sparrowhawk	<i>Accipiter brevipes</i>							1	
8	Eurasian Sparrowhawk	<i>Accipiter nisus</i>			1		1	1		
9	Common Buzzard	<i>Buteo buteo</i>	✓	✓	✓	✓	✓	✓	✓	
10	Yellow-legged Gull	<i>Larus michahellis</i>	✓	✓	✓	✓	✓			✓
11	Feral Rock Dove	<i>Columba livia</i>	✓	✓		✓	✓		✓	✓
12	Common Wood Pigeon	<i>Columba palumbus</i>		6	12	✓	✓	✓	✓	
13	European Turtle Dove	<i>Streptopelia turtur</i>					1			
14	Eurasian Collared Dove	<i>Streptopelia decaocto</i>	✓	✓	✓	✓	✓	✓	✓	✓
15	Common Cuckoo	<i>Cuculus canorus</i>		H	H	H	H	1	H	
16	Tawny Owl	<i>Strix aluco</i>			H					
17	Little Owl	<i>Athene noctua</i>		1						
18	Alpine Swift	<i>Tachymarptis melba</i>						8		
19	Common Swift	<i>Apus apus</i>		✓	✓	✓	✓		✓	
20	Pallid Swift	<i>Apus pallidus</i>			14		✓			
21	European Bee-eater	<i>Merops apiaster</i>					2			
22	Eurasian Hoopoe	<i>Upupa epops</i>		1	H	2	3			
23	Great Spotted Woodpecker	<i>Dendrocopos major</i>							1	
24	Syrian Woodpecker	<i>Dendrocopos syriacus</i>						2		
25	Black Woodpecker	<i>Dryocopus martius</i>			H			1	2	
26	European Green Woodpecker	<i>Picus viridis</i>			2					
27	Lesser Kestrel	<i>Falco naumanni</i>							2	
28	Common Kestrel	<i>Falco tinnunculus</i>	✓	✓	✓	✓	✓	✓	✓	✓
29	Eurasian Hobby	<i>Falco subbuteo</i>							1	
30	Eleonora's Falcon	<i>Falco eleonorae</i>						25	2	
31	Peregrine	<i>Falco peregrines</i>					1			
32	Red-backed Shrike	<i>Lanius collurio</i>		1	1		✓	3	✓	
33	Woodchat Shrike	<i>Lanius senator</i>		2			1			
34	Eurasian Jay	<i>Garrulus glandarius</i>		2	✓	✓	✓	✓	✓	✓
35	Eurasian Magpie	<i>Pica pica</i>	✓	✓	✓	✓	✓			
36	Alpine Chough	<i>Pyrrhocorax graculus</i>				✓				
37	Western Jackdaw	<i>Coloeus monedula</i>				✓	✓	✓		
38	Hooded Crow	<i>Corvus cornix</i>	✓	✓	✓	✓	✓	✓	✓	✓
39	Northern Raven	<i>Corvus corax</i>		1						
40	Coal Tit	<i>Parus ater</i>			✓	✓				
41	Eurasian Blue Tit	<i>Cyanistes caeruleus</i>							1	
42	Great Tit	<i>Parus major</i>		✓	H		✓	✓	✓	
43	Eurasian Penduline Tit	<i>Remiz pendulinus</i>	H							
44	Woodlark	<i>Lullula arborea</i>		✓	H	2				
45	Crested Lark	<i>Galerida cristata</i>					1			✓
46	Barn Swallow	<i>Hirundo rustica</i>	✓	✓	✓	✓	✓	✓	✓	✓
47	Eurasian Crag Martin	<i>Ptyonoprogne rupestris</i>		2	1	4		2		

	Common name	Scientific name	June							
			2	3	4	5	6	7	8	9
48	Common House Martin	<i>Delichon urbicum</i>	✓	✓	✓	✓	✓	✓	✓	✓
49	Red-rumped Swallow	<i>Cecropis daurica</i>	1	12	✓	2	✓	1	✓	
50	Long-tailed Tit	<i>Aegithalos caudatus</i>						✓		
51	Cetti's Warbler	<i>Cettia cetti</i>		✓	H		H			
52	Eastern Olivaceous Warbler	<i>Iduna pallida</i>	1				H			
53	Eurasian Blackcap	<i>Sylvia atricapilla</i>		H	✓			✓	✓	
54	Subalpine Warbler	<i>Sylvia cantillans</i>			1	1	H	H	1	
55	Sardinian Warbler	<i>Sylvia melanocephala</i>		✓				H	✓	
56	Common Firecrest	<i>Regulus ignicapilla</i>			✓	H		H	H	
57	Eurasian Wren	<i>Troglodytes troglodytes</i>						H	H	
58	Eurasian Nuthatch	<i>Sitta europaea</i>			H			H		
59	Western Rock Nuthatch	<i>Sitta neumayer</i>		✓	✓	H	3	H	H	
60	Short-toed Treecreeper	<i>Certhia brachydactyla</i>			✓			H	H	
61	Common Starling	<i>Sturnus vulgaris</i>							2	
62	Common Blackbird	<i>Turdus merula</i>		✓	✓	✓	✓	✓	✓	✓
63	Song Thrush	<i>Turdus philomelos</i>			H				H	
64	Mistle Thrush	<i>Turdus viscivorus</i>			1			✓		
65	Spotted Flycatcher	<i>Muscicapa striata</i>			1			1		
66	European Robin	<i>Erithacus rubecula</i>			H	H	H	✓	✓	
67	Common Nightingale	<i>Luscinia megarhynchos</i>			H+1		H	H	H	H
68	Black Redstart	<i>Phoenicurus ochruros</i>				2		2		
69	Common Rock Thrush	<i>Monticola saxatilis</i>				1				
70	Blue Rock Thrush	<i>Monticola solitaries</i>		✓		1				
71	European Stonechat	<i>Saxicola rubicola</i>			1		1			
72	Northern Wheatear	<i>Oenanthe oenanthe</i>		✓	1	✓	✓			
73	Black-eared Wheatear	<i>Oenanthe hispanica</i>		3						
74	White-throated Dipper	<i>Cinclus cinclus</i>							1	
75	House Sparrow	<i>Passer domesticus</i>	✓	✓	✓	✓	✓	✓	✓	✓
76	Dunnock	<i>Prunella modularis</i>						H		
77	Grey Wagtail	<i>Motacilla cinerea</i>						2		
78	Tawny Pipit	<i>Anthus campestris</i>		1						
79	Tree Pipit	<i>Anthus trivialis</i>						2		
80	Common Chaffinch	<i>Fringilla coelebs</i>		✓	✓	✓	✓	✓	✓	✓
81	European Greenfinch	<i>Chloris chloris</i>		✓	✓	✓	✓	✓	✓	✓
82	Common Linnet	<i>Linaria cannabina</i>		✓		✓	✓			
83	European Goldfinch	<i>Carduelis carduelis</i>		✓	✓	✓	✓	✓	✓	
84	European Serin	<i>Serinus serinus</i>			3					
85	Corn Bunting	<i>Emberiza calandra</i>		✓	✓	✓				
86	Rock Bunting	<i>Emberiza cia</i>					1	1	2	
87	Ortolan Bunting	<i>Emberiza hortulana</i>				2				
88	Cirl Bunting	<i>Emberiza cirlus</i>		✓	✓		✓	✓	✓	

Mammals

European Red Squirrel *Sciurus vulgaris*

Plus tracks, signs or corpses of Wild Boar, Eastern European Hedgehog, Red Fox, Stone Marten, European Badger and Common Pipistrelle

Amphibians & Reptiles

Alpine Newt *Ichthyosaura alpestris*

Greek Stream Frog *Rana graeca*

Common Toad *Bufo bufo*

Yellow-bellied Toad *Bombina variegata*

Balkan Frog *Pelophylax kurtmuelleri*
 Hermann's Tortoise *Testudo hermanni*
 Balkan Green Lizard *Lacerta trilineata*
 Dahl's Whip Snake, *Platyceps najadum*

Marginated Tortoise *Testudo marginata*
 Kotschy's Gecko *Mediodactylus kotschyi*
 Common Wall Lizard *Podarcis muralis*
 Nose-horned Viper *Vipera ammodytes*

Butterflies

Southern Swallowtail *Papilio machaon*
 Clouded Apollo *Parnassius Mnemosyne*
 Large White *Pieris brassicae*
 Mountain Small White *Pieris ergane*
 Eastern Bath White *Pontia edusa*
 Greek Clouded Yellow *Colias aurorina*
 Brimstone *Gonepteryx rhamni*
 Powdered Brimstone *Gonepteryx farinose*
 Ilex Hairstreak *Satyrium ilicis*
 Small Copper *Lycaena phlaeas*
 Holly Blue *Celastrina argiolus*
 Brown Argus *Arica agrestis*
 Mazarine Blue *Cyaniris semiargus*
 Turquoise Blue *Plebicula dorylas*
 Chapman's Blue *Polyommatus thersites*
 Common Blue *Polyommatus icarus*
 Southern White Admiral *Limenitis reducta*
 Peacock *Aglais io*
 Red Admiral *Vanessa atalanta*
 Comma *Polygonia c-album*
 Silver-washed Fritillary *Argynnis paphia*
 Pearl-bordered Fritillary *Clossiana euphrosyne*
 Knapweed Fritillary *Melitaea phoebe*
 Heath Fritillary *Mellicta athalia*
 Great Banded Grayling *Brintesia circe*
 Meadow Brown *Maniola jurtina*
 Speckled Wood *Pararge aegeria*
 Large Wall Brown *Lasiommata maera*
 Small Skipper *Thymelicus sylvestris*

Scarce Swallowtail *Iphiclides podalirius*
 Black-veined White *Aporia crataegi*
 Small White *Pieris rapae*
 Balkan Green-veined White *Pieris balcana*
 Orange Tip *Anthocharis cardamines*
 Clouded Yellow *Colias crocea*
 Cleopatra *Gonepteryx cleopatra*
 Eastern Wood White *Leptidea duponcheli*
 Blue-spot Hairstreak *Satyrium spini*
 Little Blue *Cupido minimus*
 Iolas Blue *Iolana iolas*
 Mountain Argus *Arica artaxerxes*
 Amanda's Blue *Agrodiaetus amanda*
 Adonis Blue *Lysandra bellargus*
 Escher's Blue *Polyommatus escheri*
 Nettle-tree Butterfly *Libythea celtis*
 Large Tortoiseshell *Nymphalis polychloros*
 Small Tortoiseshell *Aglais urticae*
 Painted Lady *Vanessa cardui*
 Southern Comma *Polygonia egea*
 Queen of Spain Fritillary *Issoria lathonia*
 Glanville Fritillary *Melitaea cinxia*
 Spotted Fritillary *Melitaea didyma*
 Balkan Marbled White *Melanargia galathea*
 Delattin's/Balkan Grayling *Hipparchia volgensis/senthes*
 Small Heath *Coenonympha pamphilus*
 Wall Brown *Lasiommata megera*
 Oberthur's Grizzled Skipper *Pyrgus armoricanus*
 Large Skipper *Ochlodes venatus*

Dragonflies & Damselflies

Beautiful Demoiselle *Calopteryx virgo*
 Blue Featherleg *Platycnemis pennipes*
 Blue Emperor *Anax imperator*
 Sombre Goldenring *Cordulegaster bidentata*
 Blue Chaser *Libellula fulva*
 Odalisque *Epallage fatime*

Banded Demoiselle *Calopteryx splendens*
 Large Red Damsel *Pyrrhosoma nymphula*
 Small Pincertail *Onychogomphus forcipatus*
 Broad-bodied Chaser *Libellula depressa*
 Downy Emerald *Cordulia aenea*

Plants

Common Name	Scientific Name	Comments
Adder's-tongues	Ophioglossaceae	
Moonwort	<i>Botrychium lunaria</i>	Levadies
Horsetails	Equisetaceae	
Field Horsetail	<i>Equisetum arvense</i>	Livadia
Great Horsetail	<i>Equisetum telmateia</i>	Oiti
Brackens	Dennstaedtiaceae	
Bracken	<i>Pteridium aquilinum</i>	
Ribbon Ferns	Pteridiaceae	
Maidenhair Fern	<i>Adiantum capillus-veneris</i>	Ypati waterfall
	<i>Allosorus persicus</i>	Delphi
Spleenworts	Aspleniaceae	
Irish Spleenwort	<i>Asplenium onopteris</i>	Shady rocks
Maidenhair Spleenwort	<i>Asplenium trichomanes</i>	Shady rocks
Green Spleenwort	<i>Asplenium viride</i>	Shady rocks
Wall-rue	<i>Asplenium ruta-muraria</i>	
Rustyback Fern	<i>Asplenium ceterach</i>	
Buckler Ferns	Dryopteridaceae	
	<i>Dryopteris mindshelkensis submontana</i>	Parnassos fir forest
Pine Family	Pinaceae	
Greek Fir	<i>Abies cephalonica</i>	Dominant on mountains
Black Pine	<i>Pinus nigra</i>	Scarce on Mt Oiti
Aleppo Pine	<i>Pinus halepensis</i>	Common lowland pine
Cypress Family	Cupressaceae	
Mediterranean Cypress	<i>Cupressus sempervirens</i>	Delphi
Common Juniper	<i>Juniperus communis</i>	Prostrate form above tree line
Prickly Juniper	<i>Juniperus oxycedrus</i>	
Stinking Juniper	<i>Juniperus foetidissima</i>	Impressive specimen at the cave
Joint-pines	Ephedraceae	
	<i>Ephedra foeminea</i>	Delphi
Water-lilies	Nymphaeaceae	
Yellow Water-lily	<i>Nuphar lutea</i>	Roadside stop on day 1
Laurel Family	Lauraceae	
Bay Laurel	<i>Laurus nobilis</i>	

Common Name	Scientific Name	Comments
Arum Family	Araceae	
Wild Arum	<i>Arum maculatum</i>	Springs below Parnassos
Dragon Arum	<i>Dracunculus vulgaris</i>	Springs below Parnassos
Meadow Saffrons	Colchicaceae	
Parnassos Meadow Saffron	<i>Colchicum parnassicum</i>	Parnassos – leaves only
Lily Family	Lily Family	
Greek Fritillary	<i>Fritillaria graeca</i>	Parnassos – leaves and fruits
Martagon Lily	<i>Lilium Martagon</i>	Mt Oiti – in bud
	<i>Lilium chalcidonicum</i>	Parnassos – leaves
Orchid Family	Orchidaceae	
White Helleborine	<i>Cephalanthera damasonium</i>	Parnassos forests
Red Helleborine	<i>Cephalanthera rubra</i>	Oiti scree slopes
	<i>Epipactis subclausa</i>	Oiti scree slopes
Broad-leaved Helleborine	<i>Epipactis Helleborine</i>	Parnassos forests
Greuter's Helleborine	<i>Epipactis greuteri</i>	Oiti scree slopes
Violet Bird's-nest Orchid	<i>Limodorum abortivum</i>	Parnassos forest
Common Twayblade	<i>Neottia ovate</i>	Oiti forest
Bird's-nest Orchid	<i>Neottia nidus-avis</i>	Parnassos forest
Greater Butterfly Orchid	<i>Platanthera chlorantha</i>	Oiti forest
	<i>Dactylorhiza saccifera</i>	Oiti forest tracks
Pindos Marsh Orchid	<i>Dactylorhiza pindica</i>	Oiti forest tracks
Pale-flowered Orchid	<i>Orchis pallens</i>	Oiti forest
Pine Orchid	<i>Orchis mascula mascula</i>	Parnassos forest
Pyramidal Orchid	<i>Anacamptis pyramidalis</i>	Livadia
	<i>Himantoglossum jankae</i>	Livadia
Iris Family	Iridaceae	
Dwarf Iris	<i>Iris pumila ssp attica</i>	Livadia - leaves
	<i>Crocus veluchensis</i>	Parnassos upper slopes
	<i>Gladiolus illyricus</i>	Parnassos fir forest
Asphodels	Asphodelaceae	
Hollow-leaved Asphodel	<i>Asphodelus fistulosus</i>	Delphi
Yellow Asphodel	<i>Asphodeline lutea</i>	
Amaryllis Family	Amaryllidaceae	
Wild Leek	<i>Allium ampeloprasum</i>	Delphi
Round-headed Leek	<i>Allium sphaerocephalon</i>	Delphi
	<i>Allium phthioticum</i>	Levadies
Pheasant's-eye Daffodil	<i>Narcissus poeticus</i>	Levadies

Common Name	Scientific Name	Comments
Asparagus Family	Asparagaceae	
Common Butcher's-broom	<i>Ruscus aculeatus</i>	
	<i>Ornithogalum narbonense</i>	Livadia
	<i>Scilla subnivalis</i>	Parnassos scree
	<i>Muscari heldreichii</i>	Parnassos scree
Sharp-leaved Asparagus	<i>Asparagus acutifolius</i>	Delphi
Sedge Family	Cyperaceae	
Round-headed Club-rush	<i>Scirpus holoschoenus</i>	Oiti forest
Common Spike-rush	<i>Eleocharis palustris</i>	Parnassos fir forest
Common Galingale	<i>Cyperus longus</i>	
Yellow Nutsedge	<i>Cyperus esculentus</i>	Delphi
Grasses	Poaceae	
	<i>Stipa pulcherrima</i>	Oiti scree forest
Common False-brome	<i>Brachypodium sylvaticum</i>	Forests
Tor-grass	<i>Brachypodium pinnatum</i>	Parnassos
Slender Oat	<i>Avena barbata</i>	Delphi
Yellow Oat-grass	<i>Trisetum flavescens</i>	Parnassos
Hare's-tail Grass	<i>Lagurus ovatus</i>	Delphi
Sweet Vernal-grass	<i>Anthoxanthum odoratum</i>	Parnassos
Greater Quaking-grass	<i>Briza maxima</i>	Delphi
Black Bent	<i>Agrostis gigantea</i>	Ypati
Annual Beard-grass	<i>Polypogon monspeliensis</i>	
Water Bent	<i>Polypogon viridis</i>	Delphi
	<i>Alopecurus gerardii</i>	Parnassos scree
Alpine Cat's-tail	<i>Phleum alpinum</i>	Parnassos scree
Common Cock's-foot	<i>Dactylis glomerata</i>	
Golden Dog's-tail	<i>Lamarckia aurea</i>	Delphi
Rough Dog's-tail	<i>Cynosurus echinatus</i>	
Rigid Fern-grass	<i>Catapodium rigidum</i>	Delphi
Hairy Brome	<i>Bromus ramosus</i>	Ypati
Wall Barley	<i>Hordeum murinum</i>	
	<i>Aegilops triuncialis</i>	
	<i>Aegilops geniculatus</i>	
	<i>Aegilops neglecta</i>	Livadia
Green Bristle-grass	<i>Setaria viridis</i>	
Johnson-grass	<i>Sorghum halepense</i>	
	<i>Hyparrhenia hirta</i>	
Giant Reed	<i>Arundo donax</i>	
	<i>Arundo plinii</i>	Ypati
Purple Moor-grass	<i>Molinia caerulea</i>	Levadies
Common Reed	<i>Phragmites australis</i>	Wet areas
Bermuda-grass	<i>Cynodon dactylon</i>	Delphi
	<i>Paspalum dilatatum</i>	Delphi

Common Name	Scientific Name	Comments
Poppy Family	Papaveraceae	
Long-headed Poppy	<i>Papaver dubium</i>	
Common Poppy	<i>Papaver rhoeas</i>	
Rough Poppy	<i>Papaver hybridum</i>	
	<i>Papaver apulum</i>	Livadia
Parnassos Corydalis	<i>Corydalis blanda parnassica</i>	Parnassos upper slopes
Common Fumitory	<i>Fumaria officinalis</i>	
Capers	Capparaceae	
Common Caper	<i>Capparis spinosa</i>	Delphi
Buttercup Family	Ranunculaceae	
Marsh-marigold	<i>Caltha palustris</i>	
Greek Hellebore	<i>Helleborus cyclophyllus</i>	
Love-in-a-mist	<i>Nigella damascene</i>	
Common Larkspur	<i>Consolida ajacis</i>	
Balkan Anemone	<i>Anemone blanda</i>	Parnassos upper slopes
Traveller's-joy	<i>Clematis vitalba</i>	Ypani
Virgin's-bower	<i>Clematis flammula</i>	Arachova
	<i>Ranunculus psilostachys</i>	Parnassos scree
	<i>Ranunculus serbicus</i>	Oiti wet forest
	<i>Ranunculus brevifolius</i>	Parnassos upper slopes
Pond Water-crowfoot	<i>Ranunculus peltatus</i>	Levadies
Mousetail	<i>Myosurus minimus</i>	Levadies
Large Pheasant's-eye	<i>Adonis flammea</i>	Livadia
Great Meadow-rue	<i>Thalictrum aquilegifolium</i>	Oiti forest track
Planes	Platanaceae	
Oriental Plane	<i>Platanus orientalis</i>	
Peonies	Paeoniaceae	
Parnassos Peony	<i>Paeonia parnassica</i>	Parnassos forests
Saxifrages	Saxifragaceae	
	<i>Saxifraga sibthorpii</i>	Parnassos upper slopes
Houseleek Saxifrage	<i>Saxifraga sempervivum</i>	Parnassos upper slopes
Rue-leaved Saxifrage	<i>Saxifraga tridactylites</i>	Parnassos upper slopes
Round-leaved Saxifrage	<i>Saxifraga rotundifolia</i>	Parnassos forest
	<i>Saxifraga taygetea</i>	Parnassos scree
Stonecrops	Crassulaceae	
	<i>Umbilicus horizontalis</i>	Ypati
	<i>Sedum cepaea</i>	Delphi and Ypati
	<i>Sedum urvillei</i>	Delphi
Spanish Stonecrop	<i>Sedum hispanicum</i>	Delphi

Common Name	Scientific Name	Comments
Vines	Vitaceae	
Common Grape	<i>Vitis vinifera</i>	Delphi
Caltrops Family	Zygophyllaceae	
Small Caltrops	<i>Tribulus terrestris</i>	Delphi
Pea Family	Fabaceae	
Black Locust	<i>Robinia pseudoacacia</i>	
Bladder-senna	<i>Colutea arborescens</i>	Ypati
	<i>Astragalus angustifolius</i>	Livadia
	<i>Astragalus sempervirens</i>	Oiti
	<i>Astragalus thracicus</i>	Livadia
Wild Liquorice	<i>Astragalus glycyphyllos</i>	Ypati waterfall walk
	<i>Astragalus apollineus</i>	Parnassos scree
Pitch Trefoil	<i>Bituminaria bituminosa</i>	
	<i>Anthyllis hermanniae</i>	Waterfall walk, Ypati
Common Kidney Vetch	<i>Anthyllis vulneraria</i>	
	<i>Dorycnium herbaceum</i>	Oiti
Common Bird's-foot-trefoil	<i>Lotus corniculatus</i>	
Scorpion Senna	<i>Hippocrepis emerus</i>	Ypati
Horseshoe Vetch	<i>Hippocrepis comosa</i>	Oiti
Crown Vetch	<i>Securigera varia</i>	
Fodder Vetch	<i>Vicia villosa</i>	Livadia
	<i>Vicia sibthorpii</i>	Parnassos fir forests
Meadow Vetchling	<i>Lathyrus pratensis</i>	
	<i>Lathyrus digitatus</i>	Parnassos fir forest
	<i>Lathyrus laxiflorus</i>	Parnassos fir forest
Two-flowered Everlasting-pea	<i>Lathyrus grandiflorus</i>	Parnassos
Spiny Restharrow	<i>Ononis spinosa</i>	Livadia
Greek Fenugreek	<i>Melilotus graecus</i>	Arachova
Black Medick	<i>Medicago lupulina</i>	
Sickle Medick	<i>Medicago sativa falcate</i>	Oiti forest
Lucerne	<i>Medicago sativa sativa</i>	Livadia
	<i>Medicago disciformis</i>	Hercules' Fire, Oiti
Tree Medick	<i>Medicago arborea</i>	Delphi
White Clover	<i>Trifolium repens</i>	
Parnassos Clover	<i>Trifolium parnassi</i>	Parnassos and Oiti
	<i>Trifolium physodes</i>	Oiti forest
Red Clover	<i>Trifolium pratense</i>	
Hare's-foot Clover	<i>Trifolium arvense</i>	
	<i>Trifolium pignantii</i>	Parnassos forests
	<i>Trifolium alpestre</i>	Oiti forests
Sulphur Clover	<i>Trifolium ochroleucon</i>	
	<i>Trifolium grandiflorum</i>	Oiti forest
	<i>Chamaecytisus hirsutus</i>	Levadies

Common Name	Scientific Name	Comments
Spanish Broom	<i>Spartium junceum</i>	
Judas-tree	<i>Cercis siliquastrum</i>	
Rose Family	Rosaceae	
Almond	<i>Prunus dulcis</i>	Delphi
Blackthorn	<i>Prunus spinosa</i>	Parnassos
European Wild Cherry	<i>Prunus avium</i>	
St Lucie Cherry	<i>Prunus mahaleb</i>	Delphi
Prostrate Cherry	<i>Prunus prostrata</i>	Parnassos upper slopes
Almond-leaved Pear	<i>Pyrus amygdaliformis</i>	Delphi
Quince	<i>Cydonia oblonga</i>	Galaxidi
Loquat	<i>Eriobotrya japonica</i>	Towns
Parnassos Cotoneaster	<i>Cotoneaster parnassicus</i>	Parnassos upper slopes
Common Hawthorn	<i>Crataegus monogyna</i>	Parnassos
Oriental Hawthorn	<i>Crataegus orientalis</i>	Parnassos
Dropwort	<i>Filipendula vulgaris</i>	Oiti
	<i>Rubus canescens</i>	Oiti
	<i>Potentilla pedata</i>	Parnassos
Wild Strawberry	<i>Fragaria vesca</i>	
Wood Avens	<i>Geum urbanum</i>	
Bastard Agrimony	<i>Aremonia agrimonioides</i>	Parnassos forest
Salad Burnet	<i>Poterium sanguisorba</i>	
	<i>Alchemilla glabra</i>	Oiti forest track
Dog Rose	<i>Rosa canina</i>	
Buckthorns	Rhamnaceae	
Christ's-thorn	<i>Paliurus spina-christi</i>	Ypati
Elm Family	Ulmaceae	
Small-leaved Elm	<i>Ulmus minor</i>	Springs below Parnassos
Mulberry Family	Moraceae	
Black Mulberry	<i>Morus nigra</i>	Towns
White Mulberry	<i>Morus alba</i>	Towns
Common Fig	<i>Ficus carica</i>	
Nettles	Urticaceae	
Common Nettle	<i>Urtica dioica</i>	
Pellitory-of-the-wall	<i>Parietaria judaica</i>	
Oak Family	Fagaceae	
Sweet Chestnut	<i>Castanea sativa</i>	
Kermes Oak	<i>Quercus coccifera</i>	Dominant in maquis
Downy Oak	<i>Quercus pubescens</i>	Oiti

Common Name	Scientific Name	Comments
Walnuts	Juglandaceae	
White Walnut	<i>Juglans regia</i>	
Birch Family	Betulaceae	
Hop Hornbeam	<i>Ostrya carpinifolia</i>	Waterfall walk above Ypati
Cucumber Family	Cucurbitaceae	
Squirting Cucumber	<i>Ecballium elaterium</i>	
St John's-worts	Hypericaceae	
	<i>Hypericum rumeliacum apollinis</i>	Arachova
	<i>Hypericum triquetrifolium</i>	Delphi
	<i>Hypericum barbatum</i>	Levadies
Violets & Pansies	Violaceae	
Greek Violet	<i>Viola graeca</i>	Parnassos
	<i>Viola aetolica</i>	Oiti
Willows & Poplars	Salicaceae	
White Willow	<i>Salix alba</i>	Along lower water courses
Olive Willow	<i>Salix elaeagnos</i>	Along lower water courses
Amplexicaule Willow	<i>Salix amplexicaulis</i>	Oiti mid-altitude water courses
White Poplar	<i>Populus alba</i>	
Black Poplar	<i>Populus nigra</i>	Delphi/Arachova
Spurges	Euphorbiaceae	
Spotted Spurge	<i>Euphorbia maculate</i>	Delphi
	<i>Euphorbia orphanidis</i>	Parnassos scree
Tree Spurge	<i>Euphorbia dendroides</i>	Galaxidi
Greek Spiny Spurge	<i>Euphorbia acanthothamnos</i>	Delphi
Broad-leaved Glaucous Spurge	<i>Euphorbia myrsinites</i>	Parnassos
Mediterranean Spurge	<i>Euphorbia characias</i>	Delphi
Flaxes	Linaceae	
Fairy Flax	<i>Linum catharticum</i>	Oiti
Crane's-bills	Geraniaceae	
Rock Crane's-bill	<i>Geranium macrorrhizum</i>	Oiti
	<i>Geranium subcaulescens</i>	Parnassos fir forest
	<i>Geranium macrostylum</i>	Parnassos upper slopes
Hedgerow Crane's-bill	<i>Geranium pyrenaicum</i>	Parnassos
Round-leaved Crane's-bill	<i>Geranium rotundifolium</i>	
Dove's-foot Crane's-bill	<i>Geranium molle</i>	Parnassos
	<i>Geranium asphodeloides</i>	Parnassos fir forest
Shining Crane's-bill	<i>Geranium lucidum</i>	Parnassos

Common Name	Scientific Name	Comments
Herb Robert	<i>Geranium robertianum</i>	
Golden Stork's-bill	<i>Erodium chrysanthum</i>	Livadia
Purple Loosestrifes	Lythraceae	
Purple Loosestrife	<i>Lythrum salicifolia</i>	Springs below Parnassos
Willowherb Family	Onagraceae	
Great Willowherb	<i>Epilobium hirsutum</i>	
Rosebay Willowherb	<i>Chamerion angustifolium</i>	
Myrtle Family	Myrtaceae	
Southern Blue Gum	<i>Eucalyptus globules</i>	
River Red Gum	<i>Eucalyptus camaldulensis</i>	
Pomegranates	Punicaceae	
Pomegranate	<i>Punica granatum</i>	Delphi
Sumach Family	Anacardiaceae	
Mediterranean Sumac	<i>Rhus coriaria</i>	Oiti
Smoke-tree	<i>Cotinus coggygria</i>	
Pistachio	<i>Pistacia vera</i>	Ypati
Soap-tree Family	Sapindaceae	
Montpelier Maple	<i>Acer monspessulanum</i>	Ypati
Simarouba Family	Simaroubaceae	
Tree-of-heaven	<i>Ailanthus altissima</i>	
Mallow Family	Malvaceae	
Pale Hollyhock	<i>Alcea biennis</i>	Delphi and Galaxidi
Common Mallow	<i>Malva sylvestris</i>	
Daphne Family	Thymeleaceae	
	<i>Daphne oleoides</i>	Parnassos & Oiti scree
Rock-roses	Cistaceae	
Pink Rock-rose	<i>Cistus creticus</i>	Ypati
Common Rock-rose	<i>Helianthemum nummularium</i>	Oiti scree forest
Cabbage Family	Brassicaceae	
	<i>Erysimum cephalonicum</i>	Delphi
	<i>Erysimum parnassi</i>	Parnassos scree
	<i>Erysimum cuspidatum</i>	Livadia
Shepherd's-purse	<i>Capsella bursa-pastoris</i>	
	<i>Cardamine acris</i>	

Common Name	Scientific Name	Comments
Hoary Cress	<i>Lepidium draba</i>	
Honesty	<i>Lunaria annua</i>	
Small Alison	<i>Alyssum alyssoides</i>	Oiti
Golden Alison	<i>Aurinia saxatilis</i>	Delphi
	<i>Fibigia clypeata</i>	Waterfall walk, Ypati
Disk Cress	<i>Clypeola jonthlaspi</i>	Delphi
Aubretia	<i>Aubrieta deltoidea</i>	Parnassos
White Mustard	<i>Sinapis alba</i>	Delphi
Eastern Rocket	<i>Sisymbrium orientale</i>	Ypati
Garlic Mustard	<i>Alliaria petiolata</i>	
	<i>Thlaspi rivale</i>	Parnassos scree
Perfoliate Penny-cress	<i>Microthlaspi perfoliatum</i>	Parnassos
	<i>Malcolmia orsiniana</i>	Parnassos fir forest
Perennial Candytuft	<i>Iberis sempervirens</i>	
Burnt Candytuft	<i>Aethionema saxatile</i>	
Mistletoes	Santalaceae	
Common Mistletoe	<i>Viscum album</i>	Common on Greek Fir
Leadwort Family	Plumbaginaceae	
	<i>Armeria canescens</i>	Parnassos
Docks & Knotweeds	Polygonaceae	
Fiddle Dock	<i>Rumex pulcher</i>	
Pinks	Caryophyllaceae	
	<i>Minuartia hamata</i>	Oiti
	<i>Minuartia attica</i>	Parnassos
	<i>Minuartia confuse</i>	Parnassos scree
Common Chickweed	<i>Stellaria media</i>	
	<i>Cerastium candidissimum</i>	Livadia
Grey Mouse-ear	<i>Cerastium brachypetalum</i>	Parnassos
Heath Pearlwort	<i>Sagina subulata</i>	Levadies
Perennial Knawel	<i>Scleranthus perennis</i>	
Parnassos Rupturewort	<i>Herniaria parnassica</i>	Levadies
	<i>Herniaria incana</i>	Livadia
Four-leaved Allseed	<i>Polycarpon tetraphyllum</i>	Delphi
Sand Spurrey	<i>Spergularia rubra</i>	
Italian Catchfly	<i>Silene italic</i>	Oiti
Giant Catchfly	<i>Silene gigantean</i>	Delphi/Arachova
Bladder Campion	<i>Silene vulgaris</i>	
White Campion	<i>Silene latifolia</i>	Arachova
	<i>Silene spinescens</i>	Arachova
Parnassus Catchfly	<i>Silene parnassica</i>	Parnassos rocky scree
	<i>Silene roemeri</i>	Levadies

Common Name	Scientific Name	Comments
Sand Catchfly	<i>Silene conica</i>	Livadia
	<i>Petrorhagia dubia</i>	
	<i>Petrorhagia illyrica</i>	Oiti
	<i>Petrorhagia phthiotica</i>	Oiti
	<i>Dianthus biflorus</i>	Parnassos forest tracks
	<i>Dianthus viscidus</i>	Livadia
	<i>Dianthus pinifolius lilacinus</i>	Parnassos fir forest
	<i>Dianthus tymphresteus</i>	Levadies
Amaranths & Goosefoots	Amaranthaceae	
Sticky Goosefoot	<i>Dysphania botrys</i>	Arachova
Perennial Pigweed	<i>Amaranthus deflexus</i>	Ypati
Cactus Family	Cactaceae	
Prickly-pear	<i>Opuntia ficus-indica</i>	Delphi
Four-o'clock Flowers	Nyctaginaceae	
Marvel-of-Peru	<i>Mirabilis jalapa</i>	Towns
Primrose Family	Primulaceae	
Common Cowslip	<i>Primula veris</i>	Parnassos
Thyme-leaved Pimpernel	<i>Lysimachia serpyllifolia</i>	Parnassos upper slopes
Scarlet Pimpernel	<i>Anagallis arvensis</i>	
Common Sowbread	<i>Cyclamen hederifolium</i>	
Heath Family	Ericaceae	
Western Strawberry Tree	<i>Arbutus unedo</i>	Delphi
Eastern Strawberry Tree	<i>Arbutus andrachne</i>	Ypati
Bedstraw Family	Rubiaceae	
Lady's Bedstraw	<i>Asperula lutea</i>	Arachova
	<i>Galium verum</i>	
	<i>Galium rotundifolium</i>	Parnassos fir forest
Crosswort	<i>Cruciata laevipes</i>	
Gentian Family	Gentianaceae	
Yellow-wort	<i>Centaureum tenuiflorum</i>	Loutra Ipatis
	<i>Blackstonia perfoliata</i>	
	<i>Gentiana lutea</i>	Levadies
Great Yellow Gentian		
Dogbane Family	Apocynaceae	
Oleander	<i>Nerium oleander</i>	
	<i>Cynanchum acutum</i>	Near Castro
Borage Family	Boraginaceae	
Pale Bugloss	<i>Echium italicum</i>	

Common Name	Scientific Name	Comments
Greek Alkanet	<i>Alkanna graeca</i>	Delphi
Large Blue Alkanet	<i>Anchusa azurea</i>	
Common Alkanet	<i>Anchusa officinalis</i>	Hercules' cave
Alpine Forget-me-not	<i>Myosotis alpestris</i>	Parnassos scree
Mountain Hound's-tongue	<i>Cynoglossum montanum</i>	
European Heliotrope	<i>Heliotropium europaeum</i>	Delphi
Bindweeds	Convolvulaceae	
	<i>Convolvulus cantabrica</i>	Arachova
	<i>Convolvulus mairei</i>	Near Castro
Mallow-leaved Bindweed	<i>Convolvulus althaeoides</i>	Delphi
Large Bindweed	<i>Calystegia silvatica</i>	Ypati
Nightshades	Solanaceae	
Tree Tobacco	<i>Nicotiana glauca</i>	Galaxidi
Deadly Nightshade	<i>Atropa belladonna</i>	Parnassos forest
Silvery-leaved Nightshade	<i>Solanum elaeagnifolium</i>	Ypati
Olive Family	Oleaceae	
Narrow-leaved Ash	<i>Fraxinus angustifolia</i>	Arachova
European Privet	<i>Ligustrum vulgare</i>	Oiti
Plantain Family	Plantaginaceae	
	<i>Plantago holosteum</i>	Levadies
	<i>Kickxia commutate</i>	Loutra Ipatis
	<i>Linaria peloponnesiaca</i>	Oiti
Thyme-leaved Speedwell	<i>Veronica serpyllifolia</i>	
	<i>Veronica oetaea</i>	Levadies
	<i>Veronica glauca</i>	Parnassos scree
	<i>Veronica chamaedrys</i>	Oiti
	<i>Veronica orsiniana</i>	Levadies
Brooklime	<i>Veronica beccabunga</i>	Levadies
Figwort Family	Scrophulariaceae	
	<i>Verbascum speciosum megaphlomos</i>	Livadia
	<i>Verbascum mallophorum</i>	Hercules' cave
	<i>Verbascum epixanthinum</i>	Parnassos scree and Livadies
	<i>Verbascum undulatum</i>	Delphi and Parnassos
	<i>Verbascum sinuatum</i>	Waterfall walk, Ypati
	<i>Scrophularia scopolii</i>	Hercules' cave
	<i>Scrophularia laciniata</i>	Delphi
French Figwort	<i>Scrophularia canina</i>	Delphi
Acanthus Family	Acanthaceae	
Spiny Bear's-breech	<i>Acanthus spinosus</i>	Springs below Parnassos

Common Name	Scientific Name	Comments
Vervain Family		
Common Vervain	<i>Verbena officinalis</i>	Ypati
Labiates		
Lamiaceae		
Felty Germander	<i>Teucrium capitatum</i>	Livadia
Wall Germander	<i>Teucrium chamaedrys</i>	Oiti
	<i>Teucrium flavum</i>	Ypati
Ground-pine	<i>Ajuga chamaepitys</i>	Livadia
	<i>Ajuga orientalis</i>	Parnassos fir forest
Common Clary	<i>Salvia sclarea</i>	Oiti lower slopes
Silver Sage	<i>Salvia candidissima</i>	Oiti lower slopes
Horse Mint	<i>Mentha longifolia</i>	Lowland wetlands
	<i>Thymus longicaulis</i>	Oiti forest
	<i>Thymus teucrioides</i>	Parnassos scree
White Marjoram	<i>Origanum onites</i>	Ypati
	<i>Micromeria Juliana</i>	Delphi
Cut-leaved Selfheal	<i>Prunella laciniata</i>	Parnassos forest
Common Selfheal	<i>Prunella vulgaris</i>	Parnassos forest
Parnassos Cat-mint	<i>Nepeta parnassica</i>	Arachova
Lemon Balm	<i>Melissa officinalis</i>	Ypati
Rock Skullcap	<i>Scutellaria rupestris parnassica</i>	Arachova
Eastern Skullcap	<i>Scutellaria orientalis</i>	Livadia
Large Red Dead-nettle	<i>Lamium garganicum</i>	Parnassos
Jerusalem Sage	<i>Phlomis fruticosa</i>	Delphi
	<i>Sideritis montana</i>	Livadia
False Dittany	<i>Ballota acetabulosa</i>	Parnassos
Black Horehound	<i>Ballota nigra</i>	Ypati
Downy Woundwort	<i>Stachys germanica</i>	Parnassos & Oiti
	<i>Stachys swainsonii</i>	Arachova
	<i>Stachys graeca</i>	Livadia
	<i>Marrubium velutinum</i>	Parnassos
	<i>Marrubium peregrinum</i>	Parnassos
Broomrape Family		
Orobanchaceae		
Dwarf Eyebright	<i>Euphrasia minima</i>	Levadies
	<i>Rhinanthus pubescens</i>	Levadies
	<i>Rhynchocorys elephas</i>	Oiti damp forest
	<i>Pedicularis graeca</i>	Parnassos scree
Amethyst Broomrape	<i>Orobanche amethystea</i>	Parnassos
Hollies		
Aquifoliaceae		
Common Holly	<i>Ilex aquifolium</i>	
Bellflowers		
Campanulaceae		
	<i>Campanula spatulata</i>	

Common Name	Scientific Name	Comments
	<i>Campanula rupestris</i>	Ypati
	<i>Campanula rupicola</i>	Parnassos scree
	<i>Campanula topaliana delphica</i>	Delphi
	<i>Halacsyella parnassica</i>	Levadies
	<i>Asyneuma limonifolium</i>	Parnassos forest
Aster Family	Asteraceae	
	<i>Xeranthemum inapertum</i>	Oiti forest
Woolly Thistle	<i>Cirsium eriophorum</i>	Livadia
	<i>Cirsium appendiculatum</i>	Oiti damp woodland
	<i>Onopordum Illyricum</i>	Waterfall walk, Ypati
Milk Thistle	<i>Silybum marianum</i>	
	<i>Centaurea triumfettii</i>	Levadies
	<i>Centaurea pelia</i>	Delphi
	<i>Carthamus lanatus</i>	Waterfall walk, Ypati
Golden Thistle	<i>Scolymus hispanicus</i>	
	<i>Ptilostemon afer</i>	
Chicory	<i>Cichorium intybus</i>	
Nipplewort	<i>Lapsana communis</i>	
Salsify	<i>Tragopogon porrifolius</i>	
	<i>Podospermum roseum</i>	Levadies
	<i>Reichardia picroides</i>	Delphi
Wall Lettuce	<i>Mycelis muralis</i>	Ypati
Skeletonweed	<i>Chondrilla juncea</i>	Delphi
	<i>Inula verbascifolia parnassica</i>	Delphi
	<i>Pilosella cymosa</i>	Parnassos scree
Common Daisy	<i>Bellis perennis</i>	
	<i>Achillea millefolium</i>	Ypati
	<i>Achillea holosericea</i>	Parnassos fir forests
	<i>Achillea fraasii</i>	Parnassos scree
	<i>Achillea umbellata</i>	Parnassos scree
	<i>Doronicum columnae</i>	Parnassos scree
Elder Family	Adoxaceae	
European Elder	<i>Sambucus nigra</i>	
Dwarf Elder	<i>Sambucus ebulus</i>	
Honeysuckle Family	Caprifoliaceae	
	<i>Lonicera nummulariifolia</i>	Parnassos fir forests
Red Valerian	<i>Centranthus ruber</i>	
	<i>Centranthus longiflorus</i>	Oiti scree slopes
	<i>Lomelosia brachiata</i>	
	<i>Cephalaria ambrosioides</i>	Ypati
	<i>Knautia integrifolia</i>	Arachova
	<i>Scabiosa tenuis</i>	Waterfall walk, Ypati

Common Name	Scientific Name	Comments
	<i>Pterocephalus perennis</i>	Arachova
Morinas	Morinaceae	
	<i>Morina persica</i>	Livadia and Oiti scree slopes
Aralia Family	Araliaceae	
Common Ivy	<i>Hedera helix</i>	Ypati
Umbellifers	Apiaceae	
Field Eryngo	<i>Eryngium campestre</i>	
	<i>Chaerophyllum aureum</i>	Parnassos fir forest
	<i>Chaerophyllum aromaticum</i>	Oiti wet forest
Southern Shepherd's-needle	<i>Scandix australis</i>	Delphi
	<i>Scandix macrorrhyncha</i>	Parnassos scree
Perfoliate Alexanders	<i>Smyrniium perfoliatum</i>	Delphi
	<i>Malabaila aurea</i>	Arachova
	<i>Hellenocarum multiflorum</i>	Arachova
Ground-elder	<i>Aegopodium podagraria</i>	
Hemlock	<i>Conium maculatum</i>	
	<i>Bupleurum glumaceum</i>	Waterfall walk, Ypati
Common Hogweed	<i>Heracleum sphondylium pyrenaicum</i>	Oiti
	<i>Tordylium officinale</i>	N side of Parnassos
	<i>Torilis leptophylla</i>	Livadia
Common Carrot	<i>Daucus carota</i>	
	<i>Ferulago sylvatica</i>	Parnassos fir forest

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