

WILDLIFE TRAVEL



Iceland 2012



Iceland species lists and trip report, 11th to 20th June 2012

LIST OF TRAVELLERS

Leader

Andy Jones

ICELAND 2012: some highlights



Front: Red-necked Phalarope and (inset) Arctic Fox
Top: Harlequin and Humpback Whale. Bottom: Skógafoss and Oysterplant

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Introduction

Iceland's amazing landscapes provide a wonderful backdrop for a natural history holiday. This year's Wildlife Travel trip also had the added advantage of a splendid period of fine weather. We visited three of Iceland's regions and experienced the best of the country's wildlife. We were particularly fortunate with our mammal sightings though the cold spring meant that some of the wild flowers were delayed.

What follows is a daily diary of places visited, some of the wildlife highlights we experienced and a list of the species we recorded.

Monday 11 June 2012

A fine, bright day with a light NE wind and temperatures reaching 14°C.

Our flight arrives at Iceland's Keflavík airport and as we assemble outside we hear a snow bunting singing above the hustle and bustle of the terminal. We travel along the south shores of the Reykjanes peninsula and learn a little of the dynamic geology of the mid-Atlantic Ridge. We cross lava fields and see ash cones and craters and it's not long before we're admiring the arctic terns which will become so familiar to us in the days ahead.

On the slopes we see moss campion and mountain avens, on the cliffs are fulmars and the lava itself is carpeted in the distinctive *Racomitrium* moss — one of the first plants to colonise this new land.

We stop to explore the volcanic crater at Kerið and record both alpine and common lady's mantle on the crater's rim.

It's not far to our lovely guesthouse at Skálholt, located in a very peaceful and historic part of Iceland.

We enjoy a delicious dinner and learn a little about Iceland and discuss our plans for the days ahead.

Tuesday 12 June 2012

A light NW wind, bright and sunny with temperatures around 14°C.

We start the day with a visit to a nearby waterfall, Faxi. The slopes are carpeted with wild flowers and we admire the butterwort here. It's a short drive to the geothermal area at Geysir and we explore the hot springs and geysers of this remarkable area. We are treated to several eruptions of the geyser, Strokkur and comment on the profusion of nootka lupin in the area. This plant has been introduced to Iceland to help combat soil erosion and stabilise soils for agriculture but its long term ecological impact may be problematic.

Nearby is the incredible waterfall of Gullfoss and we have a happy time exploring the area. We find water avens and alpine bartsia on the slopes, experience the waterfalls 'refreshing' spray and watch ravens performing overhead.

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We drive into Þjórsárdalur and after our picnic lunch begin exploring this wild part of Iceland. There are breeding waders all around and we record black-tailed godwit, common snipe, whimbrel, golden plover and common redshank. On the slopes we find our first orchids of the trip — northern green orchid and frog orchid. We also record roseroot here. We look across to the volcano, Hekla and learn of the recent eruptions which have altered the landscape of the area. We examine the different types of tephra from successive eruptions and learn how viking age farms were buried under Hekla's ash.

We stroll along a lovely river and find moonwort and sea pea, admire the basalt columns at Hjalparfoss, look downstream and see harlequin ducks. Perfect.

There's time for a quick visit to the reconstructed viking age farm at Þjóðveldisbærinn and we learn a little about the Viking settlement of Iceland.

We search for pink-footed geese along the valley floor but do not find any today.

After dinner we learn more about Iceland's geology and wildlife.

Wednesday 13 June 2012

Overcast with bright spells. Light SE winds with temperatures ranging between 9 and 12°C.

We start the day with a visit to the waterfall of Seljalandsfoss. We first hear, then see, the Icelandic race of winter wren. The wrens are often feeding on flies on angelica plants. We comment on the wonderful displays of marsh marigold. We also have very good views of a whooper swan and record another pair with cygnets nearby.

Offshore we see the Westman Islands and we learn about the eruptions that created them. The newest island, Surtsey, appeared in 1963 and in 1973 the inhabited island of Heimaey was evacuated when an eruption started there.

Our volcanic journey continues as we drive around the base of Eyjafjallajökull though sadly the top of the mountain is covered in clouds. We examine the ash and debris left behind by 2010's eruption and enjoy the display and film at the excellent visitor centre.

We have a very productive spell of botanising at the glacier snout of Sólheimajökull and add many plants to our list, including: alpine bistort, mossy saxifrage, tufted saxifrage and we start to identify the different species of bedstraw found in Iceland. The landscape is raw and new and we learn about the ways glaciers have shaped, and are shaping, Iceland.

It's off to the south coast next and we visit Vík. Here we find our first puffins, several thousands in fact, and we have an enjoyable spell of coastal birdwatching. We also record kittiwake, fulmar, common guillemot, great skua and there are harlequin ducks in the sea.

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We have a wonderful drive along the southern coast and remark on the stacks, arches, skerries and islands that we see offshore.

It's been a great day and we very much enjoy the delicious dinner prepared at our guesthouse.

Thursday 14 June 2012

Another bright and sunny day with light NE winds and temperatures ranging between 7 and 10°C.

Spring arrived late in Iceland this year and our intended route across the highlands is still only passable to specialised 4x4 vehicles. No matter, as by taking the westerly route instead we can spend more time at Þingvellir.

Þingvellir is of immense interest ecologically, geologically and historically and we enjoy strolling around the national park. We have some very good views of both great northern and red-throated divers, record the birch and willow species that provide the climax vegetation of Iceland, look across the rift valley formed by the spreading of the tectonic plates and learn about the Viking parliament which was held here each mid-summer.

We then explore the coastal areas of Hvalfjörður and do some more birdwatching on the fjord's shore. Eider ducks are everywhere. We enjoy our picnic lunch in an Icelandic forest near Borgarnes.

We travel through west Iceland and call at Blönduós for a very productive spell of birdwatching on the shore. We see sanderling, arctic skua, kittiwakes and terns, and lots of greylag geese. The chill north wind sends us scurrying to a riverside café and we continue our birdwatching holding mugs of coffee and munching *kleinur*, Icelandic doughnuts.

As we travel along the glaciated valleys of north Iceland we glimpse some pink-footed geese. The scenery here is spectacular and we very much enjoy the drive to Eyjafjörður which will be our base for the next three nights.

It's not long before we've settled in to our guesthouse and enjoy our dinner of Icelandic lamb.

Friday 15 June 2012

Overcast with a chill NW wind. Temperatures between 5 and 10°C.

We're not too dismayed that the weather's turned cooler as we head for the lake at Mývatn. Breezy, cool weather means we are less likely to be troubled by the chironomid flies that breed around the lake. They form a very important part of the lake's ecosystem and their larvae are food for many bird species.

We first stop at the impressive waterfall of Goðafoss, take the obligatory photographs, examine the plants and then drive on to Mývatn itself.

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We have a great time watching the harlequin ducks as they surf down the fast flowing river of Laxá. We also see red-breasted merganser, wigeon and tufted duck here. In the calmer pools we see red-necked phalaropes as well.

We stop at Skútustaðir to explore the pseudo-craters and note hawkweed leaved treacle-mustard. There are long-tailed ducks and slavian grebes on the lakeside pools.

We have a very pleasant walk along the lake's eastern shore and are entranced when we see the change-over at a slavian grebe's nest. Tufted duck, scaup, wigeon, gadwall, common teal, long-tailed duck, mallard and common scoter are dutifully noted but the real excitement is reserved for our first sighting of Barrow's goldeneye and we have some really lovely views. The botany is good here, too and we find cassiope and more northern green orchids as we walk.

After lunch we change our focus from birds to the volcanic geology of the area when we visit Krafla. We walk to the still warm lava (recording trailing azalea and creeping sibbaldia on the way) and are amazed at its extent. We learn more about the eruptions which have recently added so much new rock to Iceland.

The hot springs and solfataras at Hverir are next on the agenda before we finish our Mývatn visit with a fine spell of birdwatching along the lake's western shores. All the usual suspects are there and it's a lovely journey noting the breeding wildfowl and waders as we travel.

It's been a grand day at Mývatn.

Saturday 16 June 2012

Bright and sunny with a northerly breeze. Temperatures around 10°C.

There have been reports of humpback whales in the fjord so we decide to start with a boat trip in search of them. We sail from the small port of Hauganes and it's not long before we see the distinctive blow of a humpback whale. Our skipper carefully approaches the animal, switches off the engine and we watch entranced as the animal swims towards us and circles the boat. We have the most wonderful views of this amazing mammal. It's not long before we see another whale a little further north. This one is actively feeding and we watch as it regularly surfaces and dives. We also see black guillemots, arctic skuas and lots of arctic terns as we wait for the whale to surface. A great trip.

During our picnic lunch on the harbourside we have good close-up views of ringed plover and dunlin feeding on the seaweed covered shore.

Next we travel to the island of Hrísey. The short ferry crossing produces some good views of harlequin and eiders.

We're greeted by a singing snow bunting on the island, see a redshank on a roof, a common snipe on a road sign and glimpse common redpolls as they zip past. As we walk around the island the breeding waders are everywhere. We see a male ptarmigan surveying his territory and we manage to avoid the attentions of arctic

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terns. The island is good for plants, too, and as we stroll around we see alpine clubmoss and the most amazing patches of butterwort. As we look across the fjord we see the blows of humpback whales to our east.

We very much enjoy our island visit and it's rounded off nicely by a brief sighting of harbour porpoise from the ferry as we return to the mainland.

After dinner we explore the Eyjafjörður valley. We hope to see short-eared owl but we're unlucky tonight.

Sunday 17 June 2012 — Iceland's National Day

A cold start with temperatures just 4°C on the mountain pass. Bright with a NW wind and warming to 10°C later.

It's a travelling day as we leave north Iceland for Snæfellsnes in the west. The day begins with some wonderful sightings of pink-footed geese and their goslings in the glacial valleys of northern Iceland.

Again we're blessed with good weather for the drive and we enjoy the magnificent landscapes of northern Iceland. At a roadside pool we admire more slavonian grebes against a backdrop of marsh marigold.

We stop for lunch on the coast of Hrútafjörður and it's not long before the 'daily diver' appears. Today it's a great northern (though there are red-throated further offshore, too) and we are treated to some wonderful views as it swims serenely past.

On the beach we find masses of oysterplant. It covers the foreshore with its electric blue flowers. Babbington's orache, sea sandwort and sea mayweed are also recorded here.

We cross the watershed and travel down the Laxárdalur valley, a very historic part of Iceland. A comfort break at Búðardalur is accompanied by a frenzied burst of woollen shopping, served by a lady in national costume in honour of Iceland's national day.

We journey along Skógarströnd and enjoy the splendid views over the fjord of Hvammsfjörður. At one stop a noisy squawking soon reveals a raven's nest with four well grown youngsters inside. There are many hundreds of whooper swans on Álftafjörður and we also comment on the amount of cotton grass growing in the damper areas here.

We spend an agreeable hour botanising along the coastal stretch of Beserkjahraun while we learn of the folk tales and history of the area. In the sheltered lava we find both mossy and tufted saxifrage, mountain avens, hairy and annual stonecrop, lots of moss campion and we continue our discussion about the various species of *Juncus*, *Carex*, *Agrostis*, *Poa* and *Phleum* that are found here.

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Our day ends at Grundarfjörður and we settle in to our comfortable hotel for a lovely dinner and a briefing about the days ahead.

The midnight sun presents us with a fine atmospheric display this evening.

Monday 18 June 2012

Brisk NE wind, partly cloudy with temperatures reaching 12°C.

The day starts with a lovely wildlife experience ...

As we stop to look over Kolgrafarfjörður some ripples on the water turn into white-beaked dolphins busily feeding in the sheltered waters of the fjord. Through the 'scope we enjoy some fabulous views of this magnificent cetacean. As if this were not enough some more ripples near the bridge reveal a few harbour porpoises also arriving for a late breakfast. There are lots of male eiders, many glaucous gulls, arctic skuas, arctic terns and a few cormorants as well. Fabulous.

We drive through the lava fields of Snæfellsnes and once again explore the botany of these special areas. We find alpine clubmoss and both oak and beech fern. We're scanning the skies in the hope of seeing a white-tailed eagle which we know occur in this area but we're not in luck today so we head for the south coast of Snæfellsnes for a lunchtime appointment with common and Atlantic grey seals. Both species are offshore and we have the chance to easily see the differences between these sometimes confusing species. Two grey seals are particularly active and we watch them splash and 'porpoise' in the sea. The beach here is almost golden and formed from the erosion of the light coloured rhyolitic rock nearby. On the beach are dunlins, ringed plovers and one or two purple sandpipers. We also see an oystercatcher which is ringed.

We have another wonderful wildlife encounter when we see several red-necked phalaropes on a small stream. They are unconcerned at our presence and we watch as they busily feed just a few feet in front of us.

We drive along the southern road and see more red-throated and great northern divers. We also see nesting arctic skua.

We enjoy the views from the Snæfellsnes mountains as we drive across the peninsula to the north coast. Near the shore, at what was to become 'Fox Corner', we see an arctic fox just a few metres from the road. It stops to stare at us and we see a goose or maybe a swan's egg in the fox's mouth. We're able to train the telescope on the animal and we have some exceptionally good views as it scampers away up the slope. Two ravens are very interested in the fox and the mammal has quite an audience as it lopes over the ridge and out of sight. Wow!

Some members of the group decide to take a boat trip after dinner. They see lots of seabirds, including puffins, glimpse a minke whale and enjoy the marvellous evening light of mid-summer Iceland.

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Tuesday 19 June 2012

Light showers soon give way to overcast skies but clearing to sunny spells later. Light northerly wind with temperatures reaching 10°C.

We start the day by watching arctic terns attack some horses. The horses are near the terns' nests and the small birds are fearlessly driving the horses away.

We visit Ólafsvík and Rif and have a pleasant spell of birdwatching at the pools there though this time it's our turn to be 'terned' as the arctic terns here take exception to where we've parked and attempt to shoo us away. There are Brent geese in the area, lots of dunlin and red-necked phalaropes, wigeon, teal and mallard, lots of eiders and, of course, the arctic terns.

Next we've another spell of lava botany and record small white orchid, herb paris, alpine fleabane and rock speedwell all growing in natural rock gardens. As we travel towards the bird cliffs we see a female ptarmigan perfectly camouflaged for this habitat.

At the western tip of Snæfellsnes it's auk time and we look at the massed ranks of common guillemots and razorbills on the cliffs. We also see the bird we're searching for, Brünnich's guillemot, amongst them. The auks take a back seat though when we see swimming under the cliffs a group of killer whales. They're not far offshore and we have some great views of them. There are some gannets offshore and we also record a few puffins here as well. Our lunchtime picnic today is spent in the company of the orcas and the auks.

As we leave the area we again see the killer whales just offshore. They're even closer than before and we scamper across the beach for a closer look. They're busily feeding and are joined by masses of seabirds. Superb.

We haven't finished with cetaceans yet though as a few kilometres further along the coast we find a stranded sperm whale. It died in the spring and was washed ashore by a high tide and storm surge. It's a big male and by now, as you'd expect, is rather smelly.

At the national park information centre at Hellnar we learn about the area and the conservation measures in place in this ecologically important part of Iceland.

At Arnarstapi we have close views of kittiwakes and also watch a white wagtail carrying food to its brood.

As we return to the hotel we once again pass Fox Corner but there's no sign of him tonight.

Freshly caught cod and scrumptious chocolate cake round off another great day.

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Wednesday 20 June 2012

A fine and bright start to the day but heavy showers later. Temperatures touch 14°C.

It's the last day of the trip but it starts well as we once again encounter the white-beaked dolphins in Kolgrafarfjörður. Perhaps we imagined it but it did look as if one gave a valedictory wave of a dorsal fin as we departed!

At Borgarnes we break our journey with a sighting of some of Iceland's rarest breeding birds, shelduck. There are perhaps as few as 50 pairs in the whole country and most of these are in the sheltered bays and inlets of this part of west Iceland. We learn of the importance of these areas for other species including Brent geese and red knot as they stop here on their migrations. We learn about other protected areas in Iceland and its global importance for other bird species.

There's just time for a quick visit to Iceland's capital Reykjavík before we need to get to the airport at Keflavík and the return flight to London.

It's been a great trip. Thanks for your company and I very much hope I'll see you on another Wildlife Travel tour again soon.

Andy Jones
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Birds Recorded

Red-throated Diver	<i>Gavia stellata</i>
Great Northern Diver	<i>Gavia immer</i>
Slavonian Grebe	<i>Podiceps auritus</i>
Fulmar	<i>Fulmarus glacialis</i>
Northern Gannet	<i>Morus bassanus</i>
Great Cormorant	<i>Phalacrocorax carbo</i>
Shag	<i>Phalacrocorax aristotelis</i>
Whooper Swan	<i>Cygnus cygnus</i>
Pink-footed Goose	<i>Anser brachyrhynchus</i>
Greylag Goose	<i>Anser anser</i>
Brent Goose	<i>Branta bernicla</i>
Shelduck	<i>Tadorna tadorna</i>
Mallard	<i>Anas platyrhynchos</i>
Gadwall	<i>Anas strepera</i>
Wigeon	<i>Anas penelope</i>
Teal	<i>Anas crecca</i>
Scaup	<i>Aythya marila</i>
Tufted Duck	<i>Aythya fuligula</i>
Northern Eider	<i>Somateria mollissima</i>
Common Scoter	<i>Melanitta nigra</i>
Long-tailed Duck	<i>Clangula hyemalis</i>
Harlequin	<i>Histrionicus histrionicus</i>
Barrow's Goldeneye	<i>Bucephala islandica</i>
Red-breasted Merganser	<i>Mergus serrator</i>
Ptarmigan	<i>Lagopus mutus</i>
Oystercatcher	<i>Himantopus ostralegus</i>
Turnstone	<i>Arenaria interpres</i>
Dunlin	<i>Calidris alpina</i>
Redshank	<i>Tringa totanus</i>
Black-tailed Godwit	<i>Limosa limosa</i>
Whimbrel	<i>Numenius phaeopus</i>
Common Snipe	<i>Gallinago gallinago</i>
Red-necked Phalarope	<i>Phalaropus lobatus</i>
Ringed Plover	<i>Charadrius hiaticula</i>
Golden Plover	<i>Charadrius apricaria</i>
Great Skua	<i>Stercorarius skua</i>
Arctic Skua	<i>Stercorarius parasiticus</i>
Black-headed Gull	<i>Larus ridibundus</i>
Common Gull	<i>Larus canus</i>
Herring Gull	<i>Larus argentatus</i>
Lesser Black-backed Gull	<i>Larus fuscus</i>
Great Black-backed Gull	<i>Larus marinus</i>
Glaucous Gull	<i>Larus hyperboreus</i>
Iceland Gull	<i>Larus glaucoides</i>
Kittiwake	<i>Rissa tridactyla</i>
Arctic Tern	<i>Sterna paradisaea</i>
Puffin	<i>Fratercula arctica</i>
Black Guillemot	<i>Cephus grylle</i>
Guillemot	<i>Uria aalge</i>
Brünnich's Guillemot	<i>Uria lomvia</i>
Razorbill	<i>Alca torda</i>
Feral Pigeon/Rock Dove	<i>Columba livia</i>
Meadow Pipit	<i>Anthus pratensis</i>
Pied Wagtail	<i>Motacilla alba</i>

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

Mammals Recorded

Arctic Fox	<i>Alopex lagopus</i>
Grey Seal	<i>Halichoerus grypus</i>
Common (Harbour) Seal	<i>Phoca vitalina</i>
Minke Whale	<i>Balaenoptera acutorostrata</i>
Humpback Whale	<i>Megaptera novaeangliae</i>
White-beaked Dolphin	<i>Lagenorhynchus albirostris</i>
Sperm Whale	<i>Physeter macrocephalus</i>
Harbour Porpoise	<i>Phocoena phocoena</i>

Plants Recorded

Fir Clubmoss	<i>Huperzia selago ssp. arctica</i>
Alpine Clubmoss	<i>Diphazium alpinum</i>
Marsh Horsetail	<i>Equisetum palustre</i>
Field Horsetail	<i>Equisetum arvense</i>
Shady Horsetail	<i>Equisetum pratense</i>
Water Horsetail	<i>Equisetum fluviatile</i>
Rough Horsetail	<i>Equisetum hyemale</i>
Common Moonwort	<i>Botrychium lunaria</i>
Male Fern	<i>Dryopteris filix-mas</i>
Beech Fern	<i>Thelypteris phegopteris</i>
Brittle Bladder-fern	<i>Cystopteris fragilis</i>
Oak Fern	<i>Gymnocarpium dryopteris</i>
Juniper	<i>Juniperus communis</i>
Marsh Marigold	<i>Caltha palustris</i>
Meadow Buttercup	<i>Ranunculus acris</i>
Arctic Buttercup	<i>Ranunculus hyperboreus</i>
Arctic Poppy	<i>Papaver radicum</i>
Dwarf Birch	<i>Betula nana</i>
Downy Birch	<i>Betula pubescens ssp. czerepanovii</i>
Babington's Orache	<i>Atriplex glabriuscula</i>
Sea Sandwort	<i>Honckenya peploides</i>
Lesser Stitchwort	<i>Stellaria graminea</i>
Common Chickweed	<i>Stellaria media</i>
Alpine Mouse-ear	<i>Cerastium alpinum</i>
Arctic Mouse-ear	<i>Cerastium arcticum</i>
Starwort Mouse-ear	<i>Cerastium ceratoides</i>
Common Mouse-ear	<i>Cerastium fontanum ssp. scandicum</i>
Procumbent Pearlwort	<i>Sagina procumbens</i>
Alpine Catchfly	<i>Lychnis alpina</i>
Moss Campion	<i>Silene acaulis</i>
Sea Campion	<i>Silene uniflora</i>
Alpine Bistort	<i>Bistorta vivipara</i>
Knotgrass	<i>Polygonum aviculare</i>
Common Sorrel	<i>Rumex acetosa</i>
Sheep's Sorrel	<i>Rumex acetosella</i>

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Northern Dock	<i>Rumex longifolius</i>
Mountain Sorrel	<i>Oxyria digyna</i>
Thrift	<i>Armeria maritima</i>
Heath Dog Violet	<i>Viola canina</i>
Wild Pansy	<i>Viola tricolor</i>
Aspen	<i>Populus tremula</i>
Dwarf Willow	<i>Salix herbacea</i>
Woolly Willow	<i>Salix lanata</i>
Bluish Willow	<i>Salix callicarpaea</i>
Tea-leaved Willow	<i>Salix phyllicifolia</i>
Hawkweed-leaved Treacle-mustard	<i>Erysimum hieraciifolium</i>
Lady's Smock	<i>Cardamine nymanii</i>
Northern Rock-cress	<i>Cardaminopsis petraea</i>
Hoary Whitlow-grass	<i>Draba incana</i>
Shepherd's Purse	<i>Capsella bursa-pastoris</i>
Common Scurvy-grass	<i>Cochlearia officinalis</i>
Sea Rocket	<i>Cakile arctica</i>
Crowberry	<i>Empetrum nigrum</i>
Bearberry	<i>Arctostaphylos uva-ursi</i>
Ling	<i>Calluna vulgaris</i>
Cassiope	<i>Cassiope hypnoides</i>
Bilberry	<i>Vaccinium myrtillus</i>
Bog Bilberry	<i>Vaccinium uliginosum</i>
Trailing Azalea	<i>Loiseleuria procumbens</i>
Heather	<i>Calluna vulgaris</i>
Roseroot	<i>Rhodiola rosea</i>
Hairy Stonecrop	<i>Sedum villosum</i>
Annual Stonecrop	<i>Sedum annuum</i>
Purple Saxifrage	<i>Saxifraga oppositifolia</i>
Mossy Saxifrage	<i>Saxifraga hypnoides</i>
Tufted Saxifrage	<i>Saxifraga caespitose</i>
Starry Saxifrage	<i>Saxifraga stellaris</i>
Meadowsweet	<i>Filipendula ulmaria</i>
Stone Bramble	<i>Rubus saxatilis</i>
Alpine Cinquefoil	<i>Potentilla crantzii</i>
Silverweed	<i>Potentilla anserina</i>
Water Avens	<i>Geum rivale</i>
Mountain Avens	<i>Dryas octopetala</i>
Alpine Lady's-mantle	<i>Alchemilla alpina</i>
Common Lady's-mantle	<i>Alchemilla vulgaris</i> agg.
Rowan	<i>Sorbus aucuparia</i>
Sea Pea	<i>Lathyrus japonicus</i>
Red Clover	<i>Trifolium pratense</i>
White Clover	<i>Trifolium repens</i>
Nootka Lupin	<i>Lupinus nootkatensis</i>
Arctic Riverbeauty	<i>Epilobium latifolium</i>
Chickweed Willowherb	<i>Epilobium alsinifolium</i>
Wood Crane's-bill	<i>Geranium sylvaticum</i>
Cow Parsley	<i>Anthriscus sylvestris</i>
Sweet Cicely	<i>Myrrhis odorata</i>
Garden Angelica	<i>Angelica archangelica</i>
Wild Angelica	<i>Angelica sylvestris</i>
Bogbean	<i>Menyanthes trifoliata</i>
Oysterplant	<i>Mertensia maritima</i>
Field Forget-me-not	<i>Myosotis arvensis</i>
Selfheal	<i>Prunella vulgaris</i>
Wild Thyme	<i>Thymus praecox</i> ssp. <i>arcticus</i>
Mare's-tail	<i>Hippuris vulgaris</i>

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Greater Plantain	<i>Plantago major</i>
Sea Plantain	<i>Plantago maritima</i>
Rock Speedwell	<i>Veronica fruticans</i>
Alpine Bartsia	<i>Bartsia alpina</i>
Yellow-rattle	<i>Rhinanthus minor</i>
Common Butterwort	<i>Pinguicula vulgaris</i>
Northern Bedstraw	<i>Galium boreale</i>
Slender Bedstraw	<i>Galium normanii ssp. islandicum</i>
Lady's Bedstraw	<i>Galium verum</i>
Dandelion	<i>Taraxacum spp.</i>
Hawkweed	<i>Hieracium spp</i>
Alpine Fleabane	<i>Erigeron borealis</i>
Yarrow	<i>Achillea millefolium</i>
Sea Mayweed	<i>Matricaria maritima</i>
Groundsel	<i>Senecio vulgaris</i>
Alpine Rush	<i>Juncus alpinus</i>
Three-leaved Rush	<i>Juncus trifidus</i>
Heath Wood-rush	<i>Luzula multiflora</i>
Common Cottongrass	<i>Eriophorum angustifolium</i>
Viviparous Fescue	<i>Festuca vivipara</i>
Alpine Meadow-grass	<i>Poa alpina</i>
Glaucous Meadow-grass	<i>Poa glauca</i>
Annual Meadow-grass	<i>Poa annua</i>
Meadow Foxtail	<i>Alopecurus pratensis</i>
Marsh Foxtail	<i>Alopecurus geniculatus</i>
Timothy	<i>Phleum pratense</i>
Alpine Cat's-tail	<i>Phleum alpinum</i>
Lyme-grass	<i>Elymus arenarius</i>
Scottish Asphodel	<i>Tofieldia pusilla</i>
Herb Paris	<i>Paris quadrifolia</i>
Northern Green Orchid	<i>Platanthera hyperborea</i>
Small-white Orchid	<i>Pseudorchis albida</i>
Frog Orchid	<i>Coeloglossum viride</i>