ABRUZZO, LAZIO AND MOLISE · ITALY

Abruzzo, Lazio and Molise National Park

Old beech forest and limestone peaks around Pescasseroli in the central Apennines, home to the last Marsican brown bears, Apennine wolves and chamois, red deer at the edge of the villages and white-backed woodpeckers in the woods.

140 animals

17 mammals, 90 birds, 7 reptiles, 10 amphibians, 13 butterflies, 2 dragonflies and 1 other insect

Best time: May to Oct

Seen _____ of 140

ANIMAL | DATE AND PLACE

01 Bears, wolves and chamois 8

- ☐ Brown Bear
- ☐ Italian Wolf Rare
- ☐ Southern Chamois
- ☐ Red Deer
- ☐ Roe Deer
- ☐ Wild Boar
- ☐ Red Fox
- ☐ Wildcat Rare

02 Smaller mammals 9

- ☐ Badger
- ☐ Beech Marten
- ☐ Pine Marten Rare
- ☐ Least Weasel Rare
- ☐ Red Squirrel
- ☐ Edible Dormouse
- ☐ Crested Porcupine Rare
- ☐ Hedgehog
- ☐ European Snow Vole

ANIMAL | DATE AND PLACE

03 Birds of prey and owls 15

- ☐ Golden Eagle
- ☐ Griffon Vulture Rare
- ☐ Short-toed Eagle
- ☐ Honey Buzzard
- ☐ Common Buzzard
- ☐ Eurasian Goshawk
- ☐ Eurasian Sparrowhawk
- ☐ Red Kite
- ☐ Black Kite
- ☐ Peregrine Falcon
- ☐ Common Kestrel
- ☐ Eurasian Eagle-Owl Rare
- ☐ Tawny Owl
- ☐ Little Owl
- ☐ Eurasian Scops Owl

04 Mountain and cliff birds 19

- ☐ Wallcreeper Rare
- ☐ Red-billed Chough
- ☐ Alpine Chough
- ☐ White-winged Snowfinch Rare
- ☐ Alpine Accentor

Tick them off in Wilder

ANIMAL | DATE AND PLACE

04 Mountain and cliff birds continued

- [ ] Rock Partridge Rare
- [ ] Water Pipit
- [ ] Northern Wheatear
- [ ] Rufous-tailed Rock Thrush
- [ ] Blue Rock Thrush
- [ ] Black Redstart
- [ ] Eurasian Crag Martin
- [ ] Alpine Swift
- [ ] Common Raven
- [ ] Rock Bunting
- [ ] Eurasian Skylark
- [ ] Common Linnet
- [ ] White-throated Dipper
- [ ] Grey Wagtail

05 Forest birds 34

- [ ] White-backed Woodpecker Rare
- [ ] Black Woodpecker
- [ ] Great Spotted Woodpecker
- [ ] Eurasian Green Woodpecker
- [ ] Eurasian Wryneck
- [ ] Eurasian Nuthatch
- [ ] Short-toed Treecreeper
- [ ] Eurasian Treecreeper
- [ ] Marsh Tit
- [ ] Coal Tit
- [ ] Great Tit
- [ ] Eurasian Blue Tit
- [ ] Long-tailed Tit
- [ ] Common Firecrest
- [ ] Wood Warbler
- [ ] Western Bonelli's Warbler
- [ ] Eurasian Blackcap
- [ ] Common Chiffchaff
- [ ] European Robin

ANIMAL | DATE AND PLACE

05 Forest birds continued

- [ ] Eurasian Wren
- [ ] Dunnock
- [ ] Common Blackbird
- [ ] Song Thrush
- [ ] Mistle Thrush
- [ ] Common Chaffinch
- [ ] Eurasian Bullfinch
- [ ] Red Crossbill
- [ ] Hawfinch
- [ ] Eurasian Jay
- [ ] Collared Flycatcher Rare
- [ ] Spotted Flycatcher
- [ ] Common Redstart
- [ ] Eurasian Golden Oriole
- [ ] Common Cuckoo

06 Meadow, village and lake birds 22

- [ ] Red-backed Shrike
- [ ] Whinchat
- [ ] European Stonechat
- [ ] Woodlark
- [ ] Tree Pipit
- [ ] Yellowhammer
- [ ] Cirl Bunting
- [ ] European Goldfinch
- [ ] European Serin
- [ ] Common Nightingale
- [ ] Common Hoopoe
- [ ] European Bee-eater
- [ ] Barn Swallow
- [ ] Western House Martin
- [ ] Common Swift
- [ ] Italian Sparrow
- [ ] Hooded Crow
- [ ] Eurasian Magpie

	ANIMAL	DATE AND PLACE
06	**Meadow, village and lake birds** continued	
☐	Common Wood Pigeon	
☐	White Wagtail	
☐	Mallard	
☐	Grey Heron	
07	**Reptiles and amphibians** 17	
☐	Common Wall Lizard	
☐	Western Green Lizard	
☐	Italian Slow Worm	
☐	Aesculapian Snake	
☐	Western Whip Snake	
☐	Grass Snake	
☐	Asp Viper	
☐	Northern Spectacled Salamander	
☐	Fire Salamander	
☐	Italian Crested Newt	
☐	Alpine Newt	
☐	Apennine Yellow-bellied Toad	
☐	Common Toad	
☐	Common Frog	

	ANIMAL	DATE AND PLACE
07	**Reptiles and amphibians** continued	
☐	Italian Stream Frog	
☐	Agile Frog	
☐	Italian Tree Frog	
08	**Butterflies and insects** 16	
☐	Apollo	
☐	Clouded Apollo	
☐	Swallowtail	
☐	Scarce Swallowtail	
☐	Marbled White	
☐	Black-veined White	
☐	Peacock	
☐	Brimstone	
☐	Cleopatra	
☐	Silver-washed Fritillary	
☐	Dark Green Fritillary	
☐	Large Blue	
☐	Chalk-hill Blue	
☐	Beautiful Demoiselle	
☐	Golden-ringed Dragonfly	
☐	Rosalia Longicorn	

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 140

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Abruzzo passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.