AOSTA VALLEY AND PIEDMONT · ITALY

Gran Paradiso National Park

Italy's oldest national park, high valleys, larch woods and glaciers around Cogne, Valsavarenche and the Nivolet, where alpine ibex graze close to the paths, chamois and marmots fill the meadows and bearded vultures and golden eagles patrol the ridges.

127 animals 17 mammals, 83 birds, 9 reptiles, 4 amphibians, 13 butterflies and 1 dragonfly

Best time: Jun to Sept

Seen _____ of 127

ANIMAL DATE AND PLACE

01 Ibex, chamois and deer 6

- ☐ Alpine Ibex
- ☐ Northern Chamois
- ☐ Roe Deer
- ☐ Red Deer Rare
- ☐ Wild Boar Rare
- ☐ Italian Wolf Rare

02 Marmots and smaller mammals 11

- ☐ Alpine Marmot
- ☐ Red Fox
- ☐ Stoat
- ☐ Mountain Hare Rare
- ☐ Brown Hare Rare
- ☐ European Snow Vole
- ☐ Red Squirrel
- ☐ Beech Marten Rare
- ☐ Pine Marten Rare
- ☐ Badger Rare
- ☐ Edible Dormouse Rare

03 Vultures, eagles and owls 15

- ☐ Bearded Vulture
- ☐ Golden Eagle
- ☐ Griffon Vulture Rare
- ☐ Common Buzzard

ANIMAL DATE AND PLACE

03 Vultures, eagles and owls continued

- ☐ Common Kestrel
- ☐ Black Kite
- ☐ Honey Buzzard
- ☐ Short-toed Eagle Rare
- ☐ Eurasian Sparrowhawk
- ☐ Eurasian Goshawk Rare
- ☐ Peregrine Falcon Rare
- ☐ Eurasian Eagle-Owl Rare
- ☐ Tawny Owl
- ☐ Tengmalm's Owl Rare
- ☐ Eurasian Pygmy Owl Rare

04 Grouse and partridges 4

- ☐ Rock Ptarmigan Rare
- ☐ Black Grouse
- ☐ Rock Partridge Rare
- ☐ Hazel Grouse Rare

05 High mountain birds 15

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

ANIMAL | DATE AND PLACE

05 High mountain birds continued

- [ ] Northern Wheatear
- [ ] Black Redstart
- [ ] Rufous-tailed Rock Thrush
- [ ] Ring Ouzel
- [ ] Eurasian Crag Martin
- [ ] Alpine Swift
- [ ] Common Raven
- [ ] Citril Finch
- [ ] Rock Bunting

06 Forest birds 26

- [ ] Northern Nutcracker
- [ ] Black Woodpecker
- [ ] Great Spotted Woodpecker
- [ ] Eurasian Green Woodpecker
- [ ] Eurasian Treecreeper
- [ ] Eurasian Nuthatch
- [ ] Crested Tit
- [ ] Coal Tit
- [ ] Willow Tit
- [ ] Goldcrest
- [ ] Common Firecrest
- [ ] Red Crossbill
- [ ] Eurasian Bullfinch
- [ ] Eurasian Siskin
- [ ] Eurasian Jay
- [ ] Western Bonelli's Warbler
- [ ] Common Chiffchaff
- [ ] Mistle Thrush
- [ ] Fieldfare
- [ ] Song Thrush
- [ ] Eurasian Wren
- [ ] Dunnock
- [ ] European Robin

ANIMAL | DATE AND PLACE

06 Forest birds continued

- [ ] Lesser Whitethroat
- [ ] Tree Pipit
- [ ] Common Cuckoo

07 Meadows, rivers and villages 23

- [ ] White-throated Dipper
- [ ] Grey Wagtail
- [ ] White Wagtail
- [ ] Red-backed Shrike
- [ ] Whinchat
- [ ] Common Redstart
- [ ] Spotted Flycatcher
- [ ] Yellowhammer
- [ ] Common Linnet
- [ ] Redpoll
- [ ] European Serin
- [ ] European Goldfinch
- [ ] Common Chaffinch
- [ ] Great Tit
- [ ] Eurasian Blue Tit
- [ ] Common Blackbird
- [ ] Eurasian Blackcap
- [ ] Common Hoopoe Rare
- [ ] Barn Swallow
- [ ] Western House Martin
- [ ] Common Swift
- [ ] Italian Sparrow
- [ ] Carrion Crow

08 Reptiles and amphibians 13

- [ ] Common Wall Lizard
- [ ] Common Lizard
- [ ] Western Green Lizard
- [ ] Italian Slow Worm
- [ ] Asp Viper
- [ ] Western Whip Snake

ANIMAL	DATE AND PLACE

08 Reptiles and amphibians continued

- [ ] Smooth Snake Rare
- [ ] Aesculapian Snake Rare
- [ ] Grass Snake Rare
- [ ] Common Frog
- [ ] Common Toad
- [ ] Alpine Newt
- [ ] Fire Salamander

09 Butterflies and dragonflies 14

- [ ] Apollo
- [ ] Small Apollo Rare
- [ ] Swallowtail

ANIMAL	DATE AND PLACE

09 Butterflies and dragonflies continued

- [ ] Peacock
- [ ] Small Tortoiseshell
- [ ] Painted Lady
- [ ] Clouded Yellow
- [ ] Black-veined White
- [ ] Marbled White
- [ ] Dark Green Fritillary
- [ ] Mountain Ringlet
- [ ] Common Blue
- [ ] Camberwell Beauty
- [ ] Common Hawker

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 127

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

ALSO SEEN, NOT ON THIS LIST

_____

_____

_____

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 Gran Paradiso passport stamp, and watch your life list grow.

BEST TIME

Jun to Sept

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.