## Contents

Foreword by Margaret and Henry Taylor 7
Introduction 9

CHAPTER 1: A History of European Alpine Plants and

Their Geographical Distribution 11

CHAPTER 2: Ecological Zones in the European Alps 21

CHAPTER 3: Early Spring in the Garden 29

CHAPTER 4: The Pyrénées 55

The Cantabrian Mountains and the Picos de Europa 56

The Central Pyrénées 61

Andorra and the Eastern Pyrénées 84

CHAPTER 5: The Western and Central Alps 95

The Maritime Alps 95

The Spanish Sierras 116

The French Alps 121

The Swiss Alps 139

The Italian Alps 156

The Apennines 183

Chapter 6: The Eastern Alps 189

The Austrian and Bavarian Alps 189

The Dolomites 212

The Julian Alps 250

CHAPTER 7: The Balkans 255

The Central Balkans, Including the Former Yugoslavian States 255

Greece 265

Bulgaria 273

Chapter 8: The Carpathians, Including the High Tatra Mountains 283

Chapter 9: A Practical Guide to Alpine Gardening 293

Sources of Choice European Alpine Plants and Seed 305

Glossary 307

Bibliography 310

Conversion Table for Metric Measurement 312

Index of Plant Names 313