

# Alpine Flower Trail

## Jungen-Jungtal

Discover the unique alpine flora and fauna



## Welcome to the Alpine Flower Trail

The area around Alpe Jungen is a true paradise for hikers and nature lovers. Lush meadows are awash with alpine asters, arnica, bellflowers, devil's claw, gentian, saxifrage, cinquefoil, horseshoe vetch, cranesbill, edelweiss, rock primrose and other colourful plants – as far as the eye can see. Thanks to the inner Alpine climate, even plants that are otherwise very rarely seen at this altitude bloom here. At around 2,000 metres above sea level, the themed trail affectionately known by locals as 'Jungu' begins. The signposted hiking trail winds its way from Jungen to the alpine hut and alpine stables in the Jungtal valley. The alpine flora is described with photos and text on over 80 information boards. Enjoy the magnificent mountain world surrounded by several four-thousand-metre peaks.



Stay on the path and don't pick any flowers – the flowering season is precious and far too fleeting.



## Plants on Jungu and in Jungtal

Alpine vegetation is divided into different altitude zones, each of which is characterised by certain plant species:

1. Vineyards (colline zone)
2. Broadleaf forests (mountainous zone)
3. Mountain forests with larches and stone pines (subalpine zone)
4. Above the forest line, dwarf shrubs (alpine zone)
5. Year-round snowfields (nival zone)

Alpine vegetation would be expected here. Due to the inner-alpine climate, which is sunny and dry, the vegetation levels are shifted upwards by several hundred metres. Jungu, with its larch mountain forests, can therefore be classified as subalpine. Depending on the area, different plant communities and formations can be found. The vegetation is influenced by the climate, soil, relief, rock, water balance and the effects of animals and humans.



## Alpine orchid

### *Erigeron alpinus*

The deciduous foliage is dark green in colour. The individual leaves are lanceolate. The delicate tongue-shaped petals are bright pink or purple, rarely white. The plant has an upright growth habit and can reach a height of up to 40 cm. Flowering time: July - August



Asteraceae family

## Alpine Edelweiss

### *Leontopodium Alpinum*

The most famous herb in Switzerland prefers steep slopes and reaches a height of up

to 20 cm. Edelweiss is woolly white, with narrow lanceolate leaves about 5 cm long that are particularly hairy on the underside. The higher the edelweiss grows, the furrier and whiter it becomes. The basal leaves form a rosette. Up to 15 white bracts form a multi-pointed star and surround the actual inflorescence. The female flowers are bright yellow and the male flowers are grey.

Flowering time: July - September



Asteraceae family

## Wormwood | Absinthe

### *Artemisia absinthium*

Also known as bitter mugwort or alsem, wormwood prefers to grow on dry, rather stony and calcareous soils near watercourses. This sun-loving plant has silvery-grey, felt-like hairs, a strong aromatic scent and a spicy, tart and distinctly bitter taste. Wormwood is said to have healing properties for headaches, jaundice and stomach and intestinal weak-

ness, among other things. Flowering time: July - September



Asteraceae family

## Gold-Pippau

### *Crepis aurea*

The mostly unbranched, sing-

le-headed plant has a leafless stem and blooms orange-red, less commonly red or orange-yellow. The shaggy bracts are lanceolate and pointed, with the outer ones half as long as the inner ones. The plant prefers to grow at high altitudes in fresh, nutrient-rich soils. It is heavily frequented by various insects and is particularly popular with butterflies. Flowering time: June - September



Asteraceae family

## Haller's laser herb

**Laserpitium halleri**

This herbaceous plant with upright flower stems grows preferentially on stony, sandy to loamy soils. It is found in typical larch and Swiss stone pine forests as well as on scree slopes. The above-ground parts of the plant are barely hairy. The upright stem is round and finely grooved. The white flowers appear in

double umbels.

Flowering time: June-September



Umbelliferae family

## Arnica

### **Arnica montana**

This fragrant plant reaches heights of up to 60 cm. The branched, glandular-hairy stem usually has one or two pairs of opposite leaves. The basal leaves are arranged in rosettes and are ovate to lanceolate with entire margins. The mostly solitary, basket-shaped inflorescences have egg-yellow tubular flowers and multi-veined, orange-yellow ligulate flowers. Arnica flowers contain essential oil

and flavonoids, which have anti-inflammatory properties.

Flowering time: June - August



Asteraceae family

## Alpine eyebright

**Euphrasia alpina**

Eyebright is a delicate, herbaceous plant that tends to be small in stature. The leaves are arranged oppositely. The hermaphroditic flowers sit individually in the upper leaf axils. The petals are long and broad, with 2-4 blunt or pointed teeth, and bloom in shades ranging from blue-lilac to pink; rarely, the lower lip is white. The plant is found on nutrient-poor grasslands

with low-calcium soils, at altitudes of up to 3,300 metres.

Flowering time: July - September



Brownroot family

## Stone carnation

### **Dianthus sylvestris**

It grows on sunny slopes and

in rock crevices on well-drained, alkaline, humus-rich stony or rocky soils. This rather small plant forms cushion-like lawns. The flowers are red to reddish-purple. The calyx scales are broadly ovate and suddenly short-pointed. The calyx grows to a length of 25 mm and is four times as long as the calyx scales.

Flowering time: June-September



Clove family



## Nodding cinquefoil

**Silene nutans**

The downward-facing flowers only open in the evening to attract moths. This herbaceous plant grows to a height of up to 60 cm. The unbranched, upright stem is covered in sticky hairs in its upper section. The basal leaves are spatulate to ovate, while the stem leaves are more lanceolate. The nodding flowers give off an intense fragrance. The narrow petals are white on the

inside and light pink on the outside.

Flowering time: June–September



Clove family

## Pyrenean buttercup

**Ranunculus Kuepferi**

The hairless flower stalks of

the herbaceous plant stretch up to 15 cm in height. The grass-like leaves, which are up to 9 cm long, are typically lanceolate and glabrous. One to three white-petalled flowers grow on each plant, each with a diameter of up to 30 mm. The petals are obovate or heart-shaped. This plant thrives in moderately moist, nutrient-poor and salt-free soil.

Flowering time: May to July



Buttercup family

## Star-flowered saxifrage

**Saxifraga Stellaris**

This plant grows up to 30 cm tall and forms a dense cushion.

The upright stems are leafless, and leaf rosettes form at the runners. The basal leaves are fleshy, thick, shiny and serrated at the tips. The inflorescence consists of white flowers with 5 or 6 petals with yellow dots at the base of the leaves. The petals are about twice as long as the pink to reddish sepals.

Flowering time: June–September



Saxifrage family

## Flour primrose

**Primula Farinosa**

The flour primrose grows up to 20 cm tall. Its glandular

hairs secrete tiny crystals which, mixed with plant wax, form a floury coating on the above-ground parts of the plant. The hermaphroditic flower has five petals and a double perianth. The purple to reddish-purple leaves are fused into a corolla tube. The yellow throat ring is striking in the multi-flowered, upright umbel.

Flowering time: May - July



Primrose family

## Common cat's paw *Antennaria Dioica*

The upper side of the stem leaves is rather bare, while the underside is covered in white,



Asteraceae family

woolly, felt-like hairs. The female flower heads can be recognised by their pink flowers, while the male ones bloom white and have blunt bracts at the top. The hygroscopic bracts only spread apart in dry weather. The irritable stamens bend when touched, pulling down the stamen tube so that the pollen is 'pumped out' of the fixed pistil.

Flowering time: May – July

## Spring kidneys *Minuartia Verna*

The stems of this lime-loving plant grow in dry meadows and rocky areas. Spring chickweed usually forms dense cushions on the ground and the lowest branches are woody. The narrow leaves are bright green and slightly fleshy. The tips of the egg-shaped sepals are pointed and slightly curved. The white petals are longer than the sepals.

Flowering time: July - August



Clove family

## Knotweed *Polygonum Viviparum*

The bare perennial has simple stems. The lower leaves are green, long-stemmed and lanceolate. The flowers are clustered in a loose spike. Directly below the inflorescence grow reddish-brown to purple buds, which are starch-filled tubers that develop small leaves.

Flowering time: June – August



Knotweed family

## Pyramid greenfinch *Ajuga Pyramidalis*

The ground is covered with a dense rosette of leaves. The upright stem is short-haired

and the stem leaves proudly display their flowers. The slowly tapering, entire or slightly serrated leaves are reddish-purple in colour and at least twice as long as the flowers. Pseudowhorls form the dense inflorescence. The calyx is shaggy and protects the flower from small insects. The nectar is additionally secured by a stiff, upward-pointing ring of hairs.

Flowering time: June – August



Labiata family

## Gletscher-Habichtskraut

**Hieracium Angustifolium**

Die grünen behaarten Stängel des strahlend gelb blühenden Alpenkrautes schlenkeln sich fröhlich der Sonne entgegen. Die grünen Laubblätter sind an den Stängeln verteilt und lang behaart. Das Gletscher-Habichtskraut ist mehrköpfig und aus den Blütenkörbchen ragen viele zipfelige Zungenblüten.

Blütezeit: Juni - September



Familie der Korbblütler

## Samtiger Spitzkiel

**Oxytropis Halleri ssp. Velutina**

Der samtige Spitzkiel ist sehr eigensinnig. Heisst, dass er nur in einer räumlich klar abge-

grenzten Umgebung gedeiht. Man findet ihn daher sehr selten. Er bevorzugt westalpines Terrain auf 2000 m ü. M. Die dicht behaarten Laubblätter zeigen ihre 10-16 Fiederpaare. Die Seidenhaare der Teilblätter wachsen schräg abstehend. Die üppige Blütenpracht des Samtigen Spitzkiels leuchtet violett, welches im Inneren von einer weiss gelben Maserung unterbrochen wird.

Blütezeit: Mai - Juli



Familie der Schmetterlingsblütler

## Besenheide | Heidekraut

**Calluna Vulgaris**

Die nickenden Blüten stehen in einem traubigen Blütenstand. Mit ihren rosafarbenen, roten oder weissen Blüten setzt sie auffällige Farbtupfer. Die vier Kron- und Kelchblätter sind gleich gefärbt. In der Degenerationsphase stirbt das Kraut von der Mitte her ab, bewurzelt sich aber an aufliegenden Zweigen neu. So entsteht die typische ringförmige Struktur

mit zentraler Lücke.

Blütezeit: August - Oktober



Familie der Heidekrautgewächse

## Alpen-Aster

**Aster alpinus**

Die Alpen-Aster hört auch auf klangvolle Namen wie Alpen-Sternblume oder Blaue Gamsblüh. Sie erreicht Wuchshöhen

bis 20 cm. Der aufrechte Stängel und die länglichen Laubblätter sind flaumig behaart. Je Stängel ist nur ein grosser körbchenförmiger Blütenstand vorhanden. Das Blütenkörbchen zeigt stolz seine gelben Röhrenblüten mit strahlig ausgebreiteten, violetten Zungenblüten. Letztere dienen zur Anlockung, während die gelben, nektarreichen Röhrenblüten gern bestäubt werden. Blütezeit: Juli - September



Familie der Korbblütler

## Shaggy hawkweed

### *Hieracium Villosum*

The leaves, stems and flower heads are covered in a light-

coloured fur. The upper stem leaves gradually merge into the bracts and bracteoles. The stem is branched with one to four flower heads. The juicy yellow five-lobed ray florets are ciliate on the outer teeth. The immobile air mantle surrounding the dense coat of hair reduces evaporation. This protects the plant from sunlight and drought. Flowering time: July - August



Asteraceae family

## Dwarf juniper

### *Juniperus Communis*

The needles end in a short spiny tip, the underside of which is covered with a waxy substance that protects them from drying out and cold temperatures. Characteristic of the female variety are the seed buds that grow side by side, in which the berries ripen. The spherical cones are brownish-black when ripe. The female cones (berries) are used to flavour gin.

Flowering time: April - May



Cypress family

## Short-leaved gentian

### *Gentiana Brachyphylla*

This herbaceous plant grows up to 6 cm tall. Its stem leaves form a rosette to rhombic shape, widest in the middle with a blunt to pointed upper end and papillose leaf margins that are only visible with a magnifying glass. The blue flowers stand individually above the uppermost pairs of stem leaves. The spread corolla lobes are at least twice as long as they are wide

and slightly greenish on the outside. The hermaphroditic flower has five petals with a double perianth. Flowering time: June - August



Gentian family

## Musk yarrow

### *Achillea Erba-Rotta*

The bracts of the fragrant musk yarrow, as it is known in Valais, are green with brown edges. The ray florets are white and the disc florets are yellow. The white flower heads consist of many individual flowers. If you look closely, you can see the glands on the leaves that contain the aromatic oil.

Flowering time: July - August



Asteraceae family

## Net willow

### *Salix Reticulata*

This rather inconspicuous dwarf shrub spreads along the ground. The green leaves are rounded and have a distinctive network of veins on their shiny upper surface. They are hairy on the underside. The inflorescence is quite inconspicuous in both male and female plants. The male inflorescences have long stems and

produce red flowers. Flowering time: June - August



Willow family

## Richly branched gentian

### *Gentiana Ramosa*

With its flower tips and richly branched growth form, it is

easy to distinguish from other gentian species. All leaves are blunt, the light purple corolla is 5-parted and rarely more than 2 cm long. The calyx tips are smooth at the edges and the bays between the calyx tips are rounded. The great peculiarity is that it is a subendemic species, meaning that it occurs almost exclusively in Switzerland and adorns the 'list of priority species'. Flowering time: July - September



Gentian family

## Rock campion

### *Silene Rupestris*

This alpine herb reaches heights of up to 25 cm. The branched stem is bare to spar-

sely hairy at the base. The green leaves grow opposite each other and while the lower ones are blunt, the upper ones are pointed. The loose inflorescence consists of five white to pink petals, which are heart-shaped with a deep notch. The bell-shaped calyx is up to 6 mm deep and has three styles protruding from it. The capsule fruits each contain about 30 kidney-shaped seeds. Flowering time: July - August



Clove family

## Sweet clover

### *Trifolium Saxatile*

The rock clover is a herbaceous plant whose narrow pinnate leaves are silky hairy on both sides. The stipules are pointed at the top and reddish with darker veins. The five calyx teeth are straight or curved inwards. The pale pink corolla has the typical shape of a butterfly flower. Flowering time: June - August



Butterfly family



## Wallis Kidney Vetch

*Anthyllis Vulneraria* ssp. *Valesiaca*

This plant thrives on stony ground. The few leaves grow on the lower part of the stem. The upper stem leaves differ from the side leaves in their pronounced length and width. The closely clustered flowers delight with their light yellow to pink colour. The calyx conceals reddish tips inside. Flowering time: May - September



Butterfly family

## Bearded bellflower

*Campanula Barbata*

The upright, rough-haired stem has only a few small leaves. Blue to violet flowers form a raceme inflorescence. The calyx lobes are half as long as the corolla and have a downward-pointing, heart-shaped appendage in the calyx sinuses. The long, seemingly disordered hairs of the bell-shaped flower serve as a protective barrier against nectar-robbing insects. Flowering time: July - August



Bellflower family

## Cute eyebright

*Euphrasia Pulchella*

The leaves are arranged oppositely. The small white petals with a bluish-veined centre and the characteristic yellow spot on the lower lip are striking. The botanical genus name of the cute eyebright comes from Greek. Here it stands for joy, cheerfulness and well-being.

Flowering time: July - October



Brownroot family

## Large-flowered cinquefoil

*Potentilla Grandiflora*

The large-flowered cinquefoil is a real eye-catcher with its golden yellow, cup-shaped flowers. It grows in branches and produces many flowers. With its summer green foliage of grey-green, feathery leaves, it is also very attractive outside the flowering season. The egg-shaped to rounded leaflets reach a diameter of about 3 cm and form the yellow flower. Large, blunt 'teeth' protrude from the inside. Flowering time: July - August



Rose family

## Alpine silver coat

*Alchemilla Alpina*

The leaves of this cushion-forming perennial are usually 5 to 7-lobed, dark green and hairless on the upper side, and covered with silvery hairs on the underside. The flowers, which are clustered together in panicles, usually consist of 4 inner sepals. There are no petals and the outer sepals are usually absent. The flowers, arranged in umbels, are greenish-yellow and reach a

diameter of up to 4 mm.  
Flowering time: June - August



Rose family

## Black crowberry

*Empetrum Nigrum*

The root creeper grows as a

carpet-forming shrub. The short needle-shaped leaves are arranged around the stem. The small sessile flowers appear on short shoots in the axils of the foliage leaves. These three-petalled reddish flowers have a double perianth. The small flowers develop into numerous black, bare berry-like drupes with stigma and calyx remnants.  
Flowering time: May - July



Heather family

## Evergreen bearberry

*Arctostaphylos Uva-Ursi*

The alternate leaves are divided into a petiole and a leaf

blade. The overhanging, racemose inflorescence reveals up to ten delicate flowers. The bare flower stalk is short and has five free, durable sepals. The graceful pink to reddish petals are fused along almost their entire length. The anthers have curved, thread-like appendages.

Flowering time: April - July



Heather family

## Alpine goldenrod

*Solidago Virgaurea* ssp. *Minuta*

Its leaves are lanceolate-ovate. The little sister of the common goldenrod has larger flower heads, which are denser and more top-heavy. Its inflorescence consists of several flower heads with golden yellow tubular and ligulate flowers. After flowering, the pappus (hairy calyx) remains, which serves as a flying apparatus for the seeds and enables them to

be dispersed by the wind.  
Flowering time: July - August



Asteraceae family

## Thin-spurred butterwort

**Pinguiculata Leptoceras**

The fleshy, light green, elongated leaves are curved at the edges and have a greasy sheen. The surface of these leaves of the carnivorous plant is sticky from the sticky secretion with which they catch small insects. At the end of the stem growing from the centre of the rosette, a single blue-violet flower with a white throat at spot forms. The egg-shaped fruit capsules that develop

bear abundant black seeds. Flowering time: June - August



Water hose family

## Troll flower

**Trollius Europaeus**

The green basal leaves sit directly on the stems and are palmate. They have serrated to pinnately lobed sections. The yellow flower sits at the end of the unbranched stem. The petals of the hermaphroditic flower grow together in a spherical shape, forming a dome. The perianth consists of up to 15 perigone and several nectary leaves. Flowering time: May - July



Buttercup family

## Small asterisk

**Arstrantia Minor**

The simple stem is bare and branches in the middle. The basal leaves are long-stalked and divided into five to nine finger-like lobes. The terminal umbel in the inflorescence is about 10 mm wide. The short bracts are pointed and very narrow. An umbel can consist of 35 flowers and has a star-shaped appearance. The short calyx teeth are egg-shaped

and pointed. Flowering time: July - August



Umbelliferae family

## Alpine mass love

**Aster Bellidiastrum**

Upright, slightly arched, single-headed stems grow from

the rootstock, with leaves only at the base. The yellow tubular flowers and narrow ray flowers form the basket-shaped flower head. While the upper side of the single row of ray flowers is white, the underside is sometimes reddish in colour. Each flower head has about 40-50 ray flowers. The base of the flower head is domed, not hollow, and contains hairy fruitlets. Flowering time: June - July



Asteraceae family

## Koch's gentian

### *Gentiana Acaulis*

The stemless gentian, as it is also known, is a low rosette



Gentian family

plant. The upright leaves are up to three times as long as they are wide. A single flower sits on a short inflorescence stem. The five azure-blue petals are fused together in a bell shape and can close when touched (irritable). The corolla tube is grained on the inside. Self-pollination is possible due to the stigma lobes pressed against the anthers. Flowering time: June - August

## Alpine clover

### *Trifolium Alpinum*

The leaf stalks grow about 5 cm up from the taproot. The hairless leaves are trifoliate, lanceolate and almost entire. The purple inflorescence contains up to twelve stalked flowers. These hermaphroditic flowers are five-petalled with a double perianth. The bright petals tower eight times higher than the calyx tube.



Butterfly family

Flowering time: June - August

## Nordic striped fern

### *Asplenium Septentrionale*

It grows up to 15 cm tall in dry, rocky environments. At the bottom, you can see black-brown, bristle-like pointed scales on the stem, and the higher you look, the greener the stem becomes. The leaf stalk is much longer than the leaf blade. The young leaves are two-lobed and inverted triangular. The bare and shiny leaf blade has up to five teeth. The stalked pinnules are widened at the

top and have up to six teeth. Flowering time: July - October



Striped fern family

## Mountain houseleek

### *Sempervivum Montanum*

This succulent Alpine herb forms long runners and grows to a height of about 20 cm. The rosettes, which are spherical at first and later spread out in a star shape, give off a resinous scent. The lanceolate rosette leaves are densely covered with short glandular hairs on both sides. Each stem can produce up to 13 purple-red flowers.

Flowering time: July - September



Family of the thick-leaved stup

## Vandelli's man shield

### *Androsace Vandellii*

This alpine herb grows in the crevices and cracks of silicate rocks. It is characterised by its firm, dense cushion of short, star-shaped hairs that are nestled together and covered in white felt. The stems are columnar below the spreading leaves and covered with tiny stiff, dead leaves. The living flowers stand singly at the end of the stem and are almost sessile. The throat of the small

white corolla is bright yellow. Flowering time: July - August



Primrose family

## Grape saxifrage

### *Saxifraga Paniculata*

This drought-resistant and frost-hardy alpine herb can reach a

height of 45 cm. The evergreen, fleshy leaves form a hemispherical rosette cushion up to 6 cm wide. The hermaphroditic flowers are usually found in a loose, panicle-like raceme inflorescence. The yellow colour at the base of the five white petals enhances the signal effect of the stamens. The styles develop after the anthers have released their pollen.

Flowering time: June - August



Saxifrage family

## Rock cinquefoil

### *Potentilla Rupestris*

Despite its name, it prefers sandy to loamy soil. It grows unpaired pinnate basal leaves, which become larger and larger the higher up the stem they are. The foliage is ovate and partly double-serrated. The upright inflorescence stem is branched at the top and ends in an almost umbellate inflorescence. Hermaphroditic flowers form on the flower stalk, each consisting of five

free, rounded, white sepals. Flowering time: June - July



Rose family

## Upright willow

### *Stachys Recta*

The green parts of the plant

are densely packed, rough or hairy. The pseudo-whorls are located in a pseudo-umbellate inflorescence. The tubular, bell-shaped calyx is rough-haired with spiny, protruding teeth and bare, prickly awn tips. The entire upper lip is erect and has turned-back edges. The four stamens curve strongly outwards with spreading pollen sacs. Flowering time: June - October



Labiata family



## Sticky ragwort

### *Senecio Viiscosus*

The underground taproot gives the Klebriges Greiskraut a secure hold. The leaves are arranged alternately on the stem and are divided into petiole and leaf blade. The uppermost leaves are smaller and more or less encircle the stem. Apart from the flowers and fruits, the above-ground parts of the plant are covered with short, sticky glandular hairs. The Klebriges Greiskraut is a strikingly unpleasant-smelling, deciduous alpine herb. Several basket-shaped partial flowers stand together in irregular inflorescences. The flower heads contain bright yellow ray and tubular flowers.

The approximately 13 bright yellow ray florets are short and their tongue is usually only spread out before fertilisation and in sunshine. They are curled back early so that they are easily overlooked. Creeping insects are presumably held back by the sticky stalk. The Klebriges Greiskraut was originally native to Atlantic, sub-Mediterranean climates, from where it also spread to the Valais Alps.

Flowering time: July - September



Asteraceae family

## Sweet tragacanth

### *Astragalus Glycyphyllos*

The botanical name refers to the sweet-tasting leaflets, which grow up to four centimetres long. Root nodules mixed with nitrogen-fixing bacteria form under the soil. The sweet tragacanth is a deep-rooting plant with a taproot. The stem, which often lies down

and rises at the ends, can stretch up to 80 cm in length. The stems are covered with opposite leaves and at the end of each stem is a multi-flowered racemose inflorescence with up to 30 individual small flowers. The unusual-looking flowers of the bear's pod are light

yellow-green in colour and have reddish, fused bracts with short tips. The upwardly curved, almost sessile pod has a beak-like appendage. There are 10 stamens inside the flower. Of these, 9 stamens are fused together. The tenth stamen is free-standing. The pistil is also contained inside the flower. Flowering time: June - August



Butterfly family

## Small-leaved bog bilberry

**Vaccinium Gaultherioides**

Broad oval, green leaves are attached to the roundish branches. Short stalks extend from the leaf angles, on which the individual flowers then grow. The flowers gradually ripen into plump blue berries that are light in colour on the inside.

Flowering time: May - August



Heather family

## Blueberry

**Vaccinium Myrtillus**

The dwarf shrub grows in branches with upright, hairless stems. The leaves are

glandular serrated to finely toothed. The hermaphroditic, thick-stemmed flowers grow individually from the leaf axils. The nodding flowers glow greenish to red. The enclosed stamens are short. The colouring anthocyanins are found in both the skin and the flesh, giving the berry its blue colour. In late summer, the autumn colours begin to appear – the foliage turns deep red and the leaves fall off in winter. Flowering time: May - August



Heather family

## Cranberry

**Vaccinium Vitis-Idaea**

This upright to creeping shrub from the blueberry family has roots that reach up to one metre deep. Its evergreen, tough leaves with thickened, downward-curving edges are dark green on top and light green underneath. Several flowers grow together in terminal, downy, hanging, racemose inflorescences. The

downy bracts are about 1 mm long and quickly fall off. First, the initially dark red flower buds open. The calyx is bare. The hermaphroditic, stalked flowers have a double perianth. The delicate pink petals are fused into a bell shape. There are 8–10 short stamens. The downy filaments are about

0.5 mm long and the horned anthers are about 1.5 mm long. A few weeks after fertilisation, the berries ripen, turning from white to bright red.

Flowering time: June - August



Heather family

## Jungen Alp

Jungen is located on the sunny side of the Mattertal valley: in summer, the sun shines for 12 hours a day, and in mid-December it shines for 5 hours. From Jungen, you have a fantastic panoramic view: to the north, the Bernese Alps and the impressive Aletsch Glacier. To the east rises the Mischabel group with the Balfrin, Ulrichs-, Nadel-, Stecknadel- and Dürrenhorn peaks, the Ried glacier and the Dom (4,545 metres above sea level), the highest mountain entirely on Swiss soil. To the south are the peaks of Lyskam, Felikorn, Castor, Pollux, Breithorn and Klein Matterhorn. To the west, the Brueneghorn, Weisshorn and Bishorn dominate the landscape. In total, 15 peaks

over 4,000 metres high can be seen from Jungen. The private land in Jungen covers an area of approximately 25 hectares. The alpine pasture is at least ten times as large and also includes the Jungtal valley. Since 1762, an attractive chapel with a magnificent panoramic view has stood on a rocky outcrop in the hamlet of Jungen.



## Jungenbahn cable car

The Jungenbahn cable car was established in 1980 with support from public authorities such as the federal government, canton and municipality. It is run as a cooperative and with a great deal of passion by the railway staff. Thanks to this traditional cable car, Jungen has become a jewel in the municipality of St. Niklaus, greatly benefiting agriculture, tourism and the local population. A ride on the small mountain gondola is a very special experience for young and old alike. As you climb steeply uphill, a picturesque mountain panorama opens up before your eyes. The small cable car can also be used to transport materials and farm animals uphill or downhill – usually in the Barelle. A surcharge is levied for changing this platform, which is possible by advance booking. Built

by the experts at Garaventa, the two-track cable car travels at a speed of up to 4.5 m/s and climbs from the valley station to 1,990.50 m above sea level. The small cable car comfortably covers the total altitude difference of 851.50 m in around 9 minutes. The cabin can accommodate 4 people – the ideal setting for sharing exciting stories or simply enjoying the breathtaking scenery.



## Alpine ibex

### Capra ibex

The best time to see the 'kings of the Alps' is early in the morning, when the day is just beginning and there are still few hikers out and about. Alpine ibex feel very much at home on the rocky terrain and in the forest. They have an average head-torso length of 150 cm and a shoulder height of 90 cm. A female weighs up to 40 kg, whereas a male can weigh 100 kg. The male has impressive curved horns (up to 1 m long), while the female's head is adorned with short, barely curved horns measuring 15–30 cm in length. In the Alps, the ibex lives at altitudes between the forest and ice lines. It climbs to heights of up to 3,500 metres above sea level. In winter, however, they remain at lower altitudes than in summer. Ibexes breed from December to January (rut). After a gestation period

of five to six months, one or, in rare cases, two young are born in May or June. The young can walk from day one, but are suckled by their mother for a year. Ibexes can live for up to twenty years.

Order: Cloven-hoofed animal

Suborder: Ruminant animal



Family of horned animals

## Brown hare

### Lepus europaeus

With a head-torso length of 42–68 cm, the brown hare is one of the largest of its kind. It is mainly crepuscular and nocturnal. Outside the mating season, it is solitary, resting during the day in shallow, usually well-covered hollows (burrows), pressing itself motionless to the ground when danger threatens and only fleeing at the last moment. Its diet consists of green plant parts, tubers,

roots and the bark of young trees. A female can have up to four litters per year. The gestation period is about 42 days. The young hares are precocial, born with fur and eyesight.



## Chamois

### Rupicapra rupicapra

Both sexes have horns (krucles) up to 25 cm long. With

a length of up to 130 cm and a withers height of 75 cm, a chamois weighs 30–45 kg. Its diet consists of plants, young shoots, moss and lichen. After the rutting season in November, the chamois gives birth to one, rarely two, young in May, which soon follow their mother and are suckled for three months.



## Marmot

### *Marmota*

This rodent has a head-torso length of up to 60 cm, plus a tail measuring 10 - 25 cm. Marmots build extensive tunnel systems consisting of escape tunnels and separate permanent burrows. They feed on grasses, herbs, fruits and insects. After mating (mating season) in May (gestation period 30 days), marmots give birth to up to five young. They build up large fat reserves in summer for their hibernation

(Sept to Apr). During hibernation, their heart rate drops from 200 to 20 beats per minute and their breathing rate to two breaths per minute.



## Black-nosed sheep

### *Ovis gmelini aries*

The woolly black face with

barely recognisable eyes, black ears, spiral horns, black Roman nose, black fetlocks and black spots on the hocks are characteristic of the Valais Blacknose sheep. It is a true climbing expert and can graze safely on steep and rocky slopes. It is undemanding, resilient and harmonious.



## Deer

### *Capreolus capreolus*

A male deer (roe buck) weighs 15–28 kg, a doe 10–15% less. Roe bucks have antlers (known as “horns” in hunting

terminology), which fall off between October and November but immediately grow back under a protective and nourishing layer of velvet. After the mating season (rut), roe deer enter a state of dormancy. The fertilised egg develops from December onwards and in May the young are born, characterised by longitudinal rows of white spots. Just 20 minutes after birth, fawns begin to take their first steps.



## Red deer

### *Cervus elaphus*

The male deer has large, widely branched antlers weighing up to 200 kg. The antlers are shed in spring and regrow over a period of 120 days. The rutting season begins in early September and lasts five to six weeks. The gestation period for fertilised red deer is around 230 days.





## Hérens

### *Bos taurus*

This muscular breed of cattle with short dark red to black



coats is excellent at moving around mountainous terrain, adaptable and undemanding. The cow weighs around 650 kg, while the male weighs around 900 kg. The Hérens is characterised by its natural combativeness, skilfully using its horns in wrestling matches with its peers to establish the hierarchy within the herd.

## Alpine Chough

### *Pyrrhocorax graculus*

With a wingspan of up to 74 cm, males weigh around 285 g and females 205–265 g. Their plumage is black, their beaks yellow and their legs red. The restless Alpine chough – also known as the mountain chough or rock chough – forms a monogamous, lifelong bond and does not stray more than 20 km from its breeding site. The breeding site is occupied from March onwards and eggs

are laid from mid-April. The clutch consists of 3–5 eggs. The female incubates the eggs and is fed by the male at the nest.



Family of Corvidae

## Bearded vulture

### *Gypaetus barbatus*

The bearded vulture is also known as the lamb vulture. It has a wingspan of up to 2.90 metres, a body length of up to 125 centimetres and weighs between 4.5 and 7.0 kilograms. It feeds almost exclusively on carrion. Eighty per cent of its diet consists of the bones of dead animals. Young birds still rely on muscle meat, but adult birds can feed almost exclusively on bones. An adult bird needs between 250 and 400 g of bones per day. To break these down into pieces small enough to swallow, bearded vultures drop the bones from a great height onto rocks. Eggs are laid in December or January. Bearded vultures usually lay two eggs. The second follows about a week after the first. The young birds hatch mainly in March. The second chick to hatch is usually unable to

compete with the older one for food. It therefore dies of neglect within a few days. In very rare exceptional cases, the older chick even kills its weaker sibling.



Family of Accipitridae

## Golden eagle

*Aquila chrysaetos*

The sexes of the golden eagle differ significantly in size and weight. The female can reach a body length of up to 100 cm; the male is on average around 10 cm smaller. The wingspan varies between 190 and 210 cm for males and between 200 and 230 cm for females. Females weigh 3.8–6.7 kg, males up to 4.6 kg. Despite its size, the golden eagle usually appears very light and elegant in flight. In addition to the strong fanning of the primary feathers typical of eagles, the relatively long, only slightly rounded tail is striking. Golden eagles usually hunt in open or semi-open landscapes, flying close to the ground and making optimal use of any cover. They glide close to slopes, over hilltops and small hills, trying to surprise their prey at close range. Golden eagles regularly prey on animals that are considerably heavier than

themselves. The maximum prey weight is around 15 kg. Carcasses play an important role, especially in winter. Golden eagles do not reach sexual maturity until around the age of six. Courtship begins in January, with the earliest eggs being laid at the end of February. The female usually lays two eggs, more rarely only one or three. The clutch is mainly incubated by the female.



Family of Accipitridae

## Black grouse

*Lyrurus tetrix*

They are typically stocky in build with short necks, legs and beaks. The male is shiny blue-black in colour with white undertail coverts. The female is adorned with brown to yellow-brown plumage. During the breeding season, the polygamous black grouse perform their courtship dances. The hens watch these displays from elevated positions at the edge of the 'courtship arena'. Later, they

go to the cock of their choice. They usually lay 7–8 eggs in their nest by the end of May. The chicks hatch after 24–28 days and are fully fledged after 20 days.



Family of Phasianidae

## Rock ptarmigan

*Lagopus mutus*

The rock ptarmigan moults

three to four times a year. Each time it changes its plumage, it adapts to its surroundings. In winter, it is white, with only the male having a black underside to its tail and a red patch above its eye. In spring, the male's upper body becomes colourfully speckled. The nest is a shallow hollow between stones or bushes with little padding. The eggs are incubated for up to 23 days.



Family of Phasianidae

## European larch

### *Larix decidua*

The European larch is a tree that thrives in light, growing at upper montane to subalpine altitudes, making it a typical forest species at the upper tree line. There is evidence that larch trees were already growing in this area around 4500 BC. The light-hungry larch still thrives here and, with its weather-resistant wood and cork-like bark, is an important protective tree species. The robust larch can live up to 700 years, tolerates temperatures as low

as  $-40^{\circ}\text{C}$  as well as midsummer heat, and has low water requirements. In autumn, the needles turn golden yellow and fall off. It is a deciduous, winter-bare conifer. Mycorrhizal fungi such as the golden bolete, the grey larch bolete and some milk caps often thrive at the foot of the larch. Every 7–9 years, the trees are infested en masse by the larch budworm, whose caterpillars can strip entire larch forests bare. However, the larch budworm is not a pest but an important part of the ecosystem and provides stability in the forest. Dwarf shrubs such as alpine rose are particularly well adapted to the conditions in the larch forest.



Family of Pinaceae



## Hiking tips

Once you arrive at Alpe Jungen, you will see buildings with Valais charm: picturesquely placed, log cabins made of larch wood with solid stone slab roofs adorn the landscape. Surrounded by alpine flower meadows and native animals, ibexes, goats, black-nosed sheep, cows and marmots watch the hikers from the meadows and pastures. Barbecue areas on the shores of the crystal-clear mountain lake invite you to linger. And the Jungeralp mountain restaurant entices visitors with its cosy terrace and Valais delicacies, which taste twice as good with the magnificent panoramic view. The mountain station is the starting point for hikes of various degrees of difficulty and offers a wide range of tours to suit all requirements. In addition to the impressive Alpine Flower Trail, you can climb over the Augstbord Pass to Gruben

and, in 6 hours (although you need to be fit for this), to the Topali Hut. Another recommended tour leads from Jungen via Schalb to the Moosalpe. This challenging hike above the Mattertal valley offers impressive views of the Ried Glacier, the Saas Valley and the mountain communities of Grächen and Gspon. Here, the Valais mountains show themselves from their best side, as this tour is one of the most beautiful hikes.





# Hiking Time

Here, you make the  
most of your time.

More info

