

The vegetation of dunes and swamps in Puszcza Kampinoska

One-day session, 11.IX.2010, departure at 7.30 AM, return at about 6 PM.

Leader Dr. Marek Ferchmin

Difficulty and equipment required: walking tour app. 10 km to make in easy terrain, field footwear and clothing required.

Program:

- ☞ Truskaw – Paśniki: sedges, rushes, meadows: *Platanthera bifolia*, *Succisella inflexa*, *Gentiana pneumonanthe*, *Dianthus superbus* – active protection by mowing, natural succession of the forest.
- ☞ Bór Niepustowy (strict protection area Cyganka): forests: oak-lime-hornbeam forest: *Daphne mezereum*, *Galium schultesii*, *Melampyrum nemorosum*, *Carex digitata*, thermophilic oak forest: *Adenophora liliifolia*, *Potentilla alba*, *Festuca altissima*, *Carex montana*, *Brachypodium pinnatum*, *Hypericum montanum*, mixed forest, alder bog forest, riverside forest, nature monitoring plots in Kampinoski National Park.
- ☞ Zakrętkowa Góra: sandy thermophilic grasslands: *Dianthus arenarius ssp. borussicus*, *Dianthus arenarius ssp. arenarius*, *Silene chlorantha*, *Silene otites*, *Gypsophila fastigiata*, elements of xerothermic grasslands: *Dianthus carthusianorum*, *Veronica spicata*, wrzosowisko: *Thesium ebracteatum*, *Potentilla alba*, *Calluna vulgaris f. albiflora*.
- ☞ Niepust: heaths: *Arctostaphylos uva-ursi*, *Antennaria dioica*, *Genista germanica*, *Genista tinctoria*, *Nardus* grasslands, grasslands, restitution of *Digitalis grandiflora*, *Aquilegia vulgaris*, *Pulsatilla pratensis*, *Anemone sylvestris*, minerotrophic peat bogs: *Viola stagnina*.
- ☞ Zdrojowa Góra: thermophilic oak forest: *Verbascum nigrum*, *Digitalis grandiflora*, *Vincetoxicum hirundinaria*, *Anthericum ramosum*, *Festuca heterophylla*, *Lilium martagon*, *Melittis melisophyllum*; *Betula obscura*
- ☞ Ćwikowa Góra (strict protection area Sieraków): layout of the vegetation on typical parabolic dune: wet forest, fresh forest, mixed forests, thermophilic oak forest (initial phase).
- ☞ Długie Bagno (strict protection area Sieraków): ombrogenous peat bog: *Chamaedaphne calyculata*, *Eriophorum vaginatum*, *Oxycoccus palustris*, *Drosera rotundifolia*, torfowisko prześciowe: *Calla palustris*, *Eriophorum angustifolium*, minerotrophic peat bog: *Phragmites australis*
- ☞ Cichowąż (strict protection area Sieraków): vicinity of swamp forest and alder bog forest; main location of *Chamaedaphne calyculata* (of an area of two and half hectares)
- ☞ Pociecha

Estimated cost without meal: app. 50 zł. Lunch at the inn "Kampinówka" in Izabelin, participants make orders on their own.