Orchids recorded so far from West Sutherland (VC.108)

Sword-leaved Helleborine *Cephalanthera longifolia*: woodland; Achmelvich
Broad-leaved Helleborine *Epipactis helleborine*: woodland; Achmelvich, Inchnadamph, Borgie
Dark-red Helleborine, *Epipactis atrorubens*: base-rich areas; Inchnadamph, North Coast

Common Twayblade *Neottia ovata*: coast and limestone; locally frequent
Lesser Twayblade *Neottia cordata*: moorland and conifer plantations; widespread
Bird's-nest Orchid *Neottia nidus-avis*: woodland; Achmelvich and Loch a'Mhuilinn

Bog Orchid *Hammarbya paludosa*: bogs; rare and elusive

Small-white Orchid *Pseudorchis albida*: heathland and grassland; uncommon

Creeping Lady's-tresses *Goodyera repens*: conifer plantation at Tongue; Quinag

Greater Butterfly-orchid *Platanthera chlorantha*: grasslands, mainly coastal; rare
Lesser Butterfly-orchid *Platanthera bifolia*: moorland; frequent

Heath Fragrant-orchid *Gymnadenia borealis*: moorland; frequent
Marsh Fragrant-orchid *Gymnadenia densiflora*; base-rich flushes; rare

Frog Orchid *Dactylorhiza viridis*: base-rich habitats; occasional
Common Spotted Orchid *Dactylorhiza fuchsii*: base-rich habitats; uncommon; var. *hebridensis* at Oldshoremore
Heath Spotted-orchid *Dactylorhiza maculata*: damp moorland; abundant
Northern Marsh-orchid *Dactylorhiza purpurella*: damp grassland and roadside verges; frequent; var. *cambrensis* at Rhue
Early Marsh-orchid *Dactylorhiza incarnata*
var. *incarnata*: base-rich flushes; salmon-pink; widespread
var. *pulchella*: base-rich-flushes; purplish-red; uncommon
var. *coccinea*: dune grassland; brick-red; rare
var. *cruenta*: bogs; very rare, two sites only, in Scotland (Wester Ross, Assynt)
Pugsley's Marsh-orchid *Dactylorhiza traunsteinerioides* (formerly Lapland Orchid); very rare (two sites in Assynt)

Pyramidal Orchid *Anacamptis pyramidalis*: Oldshoremore (once only)

Early-purple Orchid *Orchis mascula*: base-rich habitats on coast and limestone; locally frequent

[Also 5+ **hybrids**, mostly rare and difficult to identify, some inter-generic]

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