

# Red helleborine

*Cephalanthera rubra* (L.) L.C.M Rich.

## DESCRIPTION

Grows from 20 to 50 cm high with often just a few but up to 20 quite large red flowers. The acute petals spread like wings so that the flowers remind the silhouette of tiny flying birds.

## HABITAT

Calcareous, sparse deciduous forests.

## DISTRIBUTION

Northern Africa, southern, central and northern Europe, eastward to Caucasus and Urals.

## THREATS

Unfavorable forest management leading to darker and less species-rich forests.

## PROTECTION

CITES Washington Convention – Annex II  
IUCN Red List of Threatened Species – Least Concern  
EU Wildlife Trade Regulation Annex B.

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