

Arnica montana

Habitus and growth type

Plant height [m]: **0.34**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Leaf

Specific leaf area [mm²/mg]: **20.81**

Flower

Flowering period: **May-August**

Fruit, seed and dispersal

Seed mass [mg]: **1.55**

Dispersal mode: **Myrmecochory, Anthropochory**

Dispersal distance class: **3, 7**

Trophic mode

Parasitism and mycoheterotrophy: **autotroph**

Carnivory: **non-carnivorous**

Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

Taxon origin

Origin in Europe: **native**

Ecology

Environmental relationships

Substrate humidity relationship: **Mesic**

Substrate reaction relationship: **Acidic**

Nutrient relationship: **Oligotrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **8.7**

Temperature indicator value: **4.1**

Reaction indicator value: **3**

Nutrient indicator value: **2.3**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.83**

Disturbance frequency (herb layer): **1.58**

Disturbance severity: **0.43**

Disturbance severity (herb layer): **0.33**

Mowing frequency: **0.17**

Grazing pressure: **0.28**

Soil disturbance: **0.14**

Habitat and sociology

EUNIS habitat

Diagnostic species of EUNIS habitats: [R1M Lowland to montane, dry to mesic grassland usually dominated by *Nardus stricta*](#)

Constant species of EUNIS habitats: [R1M Lowland to montane, dry to mesic grassland usually dominated by *Nardus stricta*](#), [R23 Mountain hay meadow](#)

Broad habitat

Occurrence in broad habitats: **Mire, Grassland (non-alpine, non-saline), Heathland, Scrub**

Distribution

Continentality: **5**

Continentality amplitude: **3**