# **Subalpine Wildflowers**

National Park Service U.S. Department of the Interior

**Mount Rainier National Park** 



The subalpine meadows of

Mount Rainier have long been

praised for their unsurpassed

beauty. Amidst the spectacular

flowers often goes unnoticed.

wildflower meadows, the uniqueness of individual

Take time to admire each

while using this guide to familiarize yourself with the

flower for its own qualities

Broadleaf Lupine

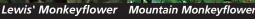


Rosy Spirea



Marsh Marigold







Pasqueflowe





Cusick's Speedwell



Small-flowered Penstemon



Pink Mountain Heather White Mountain Heather



Cascade Huckleberry



different species. For more information about wildflowers, stop at the Sunrise or Paradise visitor centers. Flower identification books are available for purchase throughout the park. *Please* stay on trails or thick patches of snow and do not pick flowers. **Blue / Violet Flowers Alpine Aster** Oreostemma alpigenus Bird's-beak Lousewort

Pedicularis ornithorhyncha

**Broadleaf Lupine** Lupinus latifolius

Cascade Aster Eucephalus ledophyllus

**Cusick's Speedwell** Veronica cusickii

Harebell Campanula rotundifolia

Jeffrey's Shooting Star Dodecatheon jeffreyi

Mountain Bog Gentian Gentiana calycosa

Mountain Bog Gentia

Jeffrey's Shooting Star

**Rockslide Larkspur** Delphinium glareosum

Showy Jacob's Ladder Polemonium pulcherrimum

Small-flowered Penstemon Penstemon procerus

**Spreading Phlox** Phlox diffusa

**Subalpine Daisy** Erigeron peregrinus

#### **Red / Pink Flowers**

**Cascade Huckleberry** Vaccinium deliciosum

**Cliff Penstemon** Penstemon rupicola

Elephanthead Pedicularis groenlandica

Lewis' Monkeyflower Mimulus lewisii

Magenta Paintbrush Castilleja parviflora

**Pink Mountain Heather** Phyllodoce empetriformis

**Rosy Spirea** Spiraea densiflora

Scarlet Paintbrush Castilleja miniata

Western Columbine Aquilegia formosa

#### **Brown / Green Flower**

False Hellebore Veratrum viride



## White Flowers

**American Bistort** Polygonum bistortoides

Avalanche Lily Erythronium montanum

**Beargrass** Xerophyllum tenax

Coiled-beak Lousewort Pedicularis contorta

Gray's Lovage Ligusticum grayi

Marsh Marigold Caltha leptosepala

**Partridge** Foot Luetkea pectinata

Pasqueflower Anemone occidentalis

**Pearly Everlasting** Anaphalis margaritacea

Sitka Mountain Ash Sorbus sitchensis

Sitka Valerian Valeriana sitchensis

**Tolmie's Saxifrage** Saxifraga tolmiei

White Mountain Heather Cassiope mertensiana

### Yellow / Orange Flowers

Arrowleaf Groundsel Senecio triangularis

**Bracted Lousewort** Pedicularis bracteosa

**Broadleaf Arnica** Arnica latifolia

Fan-leaf Cinquefoil Potentilla flabellifolia

Glacier Lily Erythronium grandiflorum

Mountain Monkeyflower Mimulus tilingii

**Tiger Lily** Lilium columbianum **Smooth Mountain Dandelion** Nothocalais alpestris

Subalpine Buttercup Ranunculus eschscholtzii

Mount Rainier's subalpine meadows receive enormous amounts of snow, giving plants only a very short summer growing season. Each plant's energy must be spent on rapid flowering, leaving little energy to

recover from damage caused by footsteps or other factors. With each step taken onto the meadows, an average of 20



plants are damaged. Even if a plant survives the weight of your footstep, it may be stunted for years.

Please stay on trails or thick patches of snow to protect fragile vegetation while visiting the meadows.



Spreading Phlox

Tolmie's Saxifrage

Showy Jacob's Ladder

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