

Subalpine Wildflowers

National Park Service
U.S. Department of the Interior
Mount Rainier National Park



Broadleaf Lupine



False Hellebore



Elephanthead



Mountain Bog Gentian



Beargrass



Jeffrey's Shooting Star



Marsh Marigold



Rosy Spirea



Lewis' Monkeyflower



Mountain Monkeyflower



Pasqueflower



Pasqueflower Seedhead



Pink Mountain Heather



White Mountain Heather



Cusick's Speedwell



Cascade Huckleberry



Small-flowered Penstemon



Cliff Penstemon

The subalpine meadows of Mount Rainier have long been praised for their unsurpassed beauty. Amidst the spectacular wildflower meadows, the uniqueness of individual flowers often goes unnoticed. Take time to admire each flower for its own qualities while using this guide to familiarize yourself with the 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

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



Subalpine Daisy



Alpine Aster



Cascade Aster



Avalanche Lily



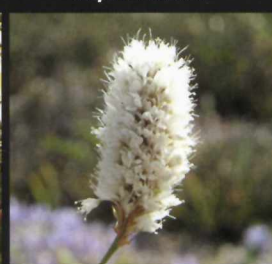
Glacier Lily



Tiger Lily



Partridge Foot



American Bistort



Sitka Mountain Ash



Pearly Everlasting



Gray's Lovage



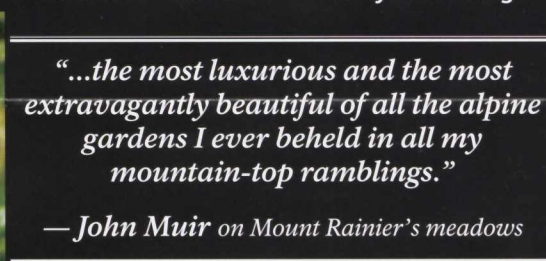
Sitka Valerian



Subalpine Buttercup



Fan-leaf Cinquefoil



"...the most luxurious and the most extravagantly beautiful of all the alpine gardens I ever beheld in all my mountain-top ramblings."

— John Muir on Mount Rainier's meadows



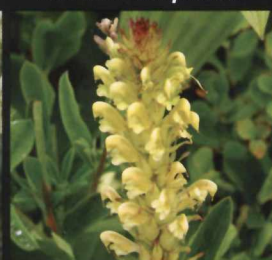
Scarlet Paintbrush



Magenta Paintbrush



Coiled-beak Lousewort



Bracted Lousewort



Bird's-beak Lousewort



Smooth Mtn. Dandelion



Broadleaf Arnica



Arrowleaf Groundsel

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 17 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.



Western Columbine



Rockslide Larkspur



Spreading Phlox



Tolmie's Saxifrage



Harebell



Showy Jacob's Ladder