

Mount Rainier National Park

Activity Page for the Young at Heart



Although vulnerable to human-caused damage, the plants and animals in alpine and subalpine communities are well adapted to meet the challenges posed by harsh environmental conditions. Mount Rainier is known for its beautiful wildflower displays in the summer months. These flowers thrive in alpine environments, but one of their biggest threats are humans.

Test your flower identification skills below, then read up on how to preserve our meadows of wildflowers! Answers are on the bottom of the page.



Tips for viewing wildflowers responsibly:

Don't step off trail to get a closer look! Stepping off a designated trail can cause erosion and kill fragile plant life.

Do admire the flowers from a distance.

Don't pick the wildflowers. We know, we know. They're pretty and it can be hard to resist taking one home with you.

Do take some pictures! The flowers will last longer that way!

Do be careful when taking breaks. Say you want to stop at one of the benches on the trails in Paradise, or eat your lunch on a rock by a trail. Make sure you put your bag down in an area that doesn't have plant life.

Don't hike on social trails. These are trails that were created by hikers who strayed from designated trails. The trails once had shrubs or wildflowers growing on them.

Do give these areas a chance to heal.

1) Fairy Slipper, *Corydalis* bulbosa 2) Mountainbells *Stenanthium occidentale* 3) Common Harebell, *Campanula rotundifolia* 4) Broadleaf Arnica, *Arnica latifolia* 5) Bear Grass, *Xerophyllum tenax* 6) White-flowered Sickletop Lousewort, *Pedicularis racemosa*, ssp. *alba* 7) Scarlet Paintbrush, *Castilleja miniata* 8) Subalpine Daisy, *Erigeron peregrinus*