

# 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*



“...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

**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