

Subalpine Wildflowers

National Park Service
U.S. Department of the Interior



Mount Rainier National Park



Broadleaf Lupine



False Hellebore



Elephanthead *



Harebell *



Beargrass



Jeffrey Shooting Star *



Alpine Aster ◊



Rosy Spirea



Lewis Monkeyflower



Mountain Monkeyflower ○



Pasqueflower +



Pasqueflower Seedhead



Cusick's Speedwell *



White Mountain Heather ●



Arrowleaf Groundsel *



Cascade Huckleberry



Marsh Marigold +



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**
Aster alpigenus
- Bird's Beak Lousewort**
Pedicularis ornithoryncha
- Broadleaf Lupine**
Lupinus latifolius
- Cascade Aster**
Aster ledophyllus
- Cusick's Speedwell**
Veronica cusickii
- Elephanthead**
Pedicularis groenlandica
- Harebell**
Campanula rotundifolia
- Jeffrey's Shooting Star**
Dodecatheon jeffreyi
- Lewis Monkeyflower**
Mimulus lewisii

- Low Jacob's Ladder**
Polemonium pulcherrimum
- Mountain Bog Gentian**
Gentiana calycosa
- Rockslide Larkspur**
Delphinium glareosum
- Small-flowered Penstemon**
Penstemon procerus
- Spreading Phlox**
Phlox diffusa
- Subalpine Daisy**
Erigeron peregrinus

Yellow Flowers

- Arrowleaf Groundsel**
Senecio triangularis
- 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

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

Red / Pink Flowers

Cascade Huckleberry

Vaccinium deliciosum

Cliff Penstemon

Penstemon rupicola

Gray's Lovage

Ligusticum grayi

Magenta Paintbrush

Castilleja parviflora

Pink Mountain Heather

Phyllodoce empetriformis

Rosy Spirea

Spiraea densiflora

Scarlet Paintbrush

Castilleja miniata

Western Columbine

Aquilegia formosa

White Flowers

American Bistort

Polygonum bistortoides

Avalanche Lily

Erythronium montanum

Beargrass

Xerophyllum tenax

Bracted Lousewort

Pedicularis bracteosa

Coiled-beak Lousewort

Pedicularis contorta

Marsh Marigold

Caltha leptosepala var. biflora

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

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.



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