



Prickly Rose

Rosa Acicularis

This wild shrub grows up to 1.5m tall. The rose hips, or berry like fruit, are extremely high in vitamin C. In fact the amount in one rose hip is the equivalent of 15 oranges. The hips, used by humans to make tea, jam, and jelly, are also eaten by bears and coyotes.

Red Columbine

Aquilegia Canadensis

Among the most familiar of BC's native plants, the columbine's red and yellow flowers have sweet nectar at their base, an attraction for humming birds and butterflies. The Interior First Nations people used this unique plant as a good luck charm for love.



Stinging Nettle

Urtica dioica

Don't get too close; it was named after its ability to cause an irritating skin rash! This 3m perennial, identifiable by its inconspicuous green flowers and jagged leaves, secretes formic acid through its hollow hairs. Although it's untouchable, its leaves can be cooked and eaten. The plant can even be used for medical purposes, including treatment for diabetes.

Sub-Alpine Daisy

Erigeron Peregrinus

Growing between 10cm and 60cm tall, it is more like an aster than a daisy. The flowers are solitary composite heads with pink, lavender, or reddish-purple ray flowers. The First Nations people called it the star flower and was used as a decorative pattern in their basketry.



Yarrow

Achillea millefolium

An aromatic perennial, it's most notable for its healing and multiple medical uses. First Nations people used the roots for toothaches, the leaves for rheumatism, and concoctions of the roots were gargled to stop sore throats. Yarrow leaves can also be placed in a fire to repel mosquitoes.

Alpine Tiger Lily

Lilium Parvum

The tiger lily has large, bright orange flowers that dangle like bells from the central stem. The petals, which curl back, are delicately sprinkled with dark coloured spots, like the fur of a tiger. The spots also gave rise to the superstition that smelling the tiger lily will give you freckles.



Alpine Pussytoes

Antennaria Alpina

A perennial growing up to 15cm tall and a species in the sunflower family. Often confused with the umber and rosy pussytoes, the difference is in the color of the disk flower. The alpine variety is whitish with several overlapping, pointed bracts, is woolly underneath and dark brown to black above.

False Solomon's Seal

Maianthemum Racemosum

Often found in bunches, it is the only lily to have distinctive large clusters of tiny star-like flowers, strongly perfumed. It is thought to have been named in reference to its seeds which, when cut, bare markings resembling the seal of Solomon, a six pointed star. The red berries are edible.



SUN PEAKS RESORT

Flora Guide



Please, be respectful of the natural environment. Leave only footprints behind and take only pictures. Garbage and recycling receptacles are conveniently located. Kindly leave the flora intact and do not wander off designated trails.

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Arctic Lupine

Lupinus Arcticus

One of BC's most common wildflowers, it has the ability to form huge colonies. These blue to pinkish flowers can provide a breathtaking display in mid-summer. A member of the pea family, it grows more than 70cm and sprouts in clusters. This pretty plant is the marmot's favourite food!



Dwarf Dogwood

Cornus Canadensis

This plant resembles the dogwood tree except for size. Introduced from Europe, it is a low, trailing perennial found in Canadian forests. The bracts are often mistaken for flowers, but these white leaves surround the blossoms, which are a cluster of tiny white or purplish flowers.



Fireweed

Chamaenerion Angustifolium

It's the first plant to grow after a forest fire and is often found thriving in areas that are burned or have a high vulnerability to fires. Growing up to 3m high with large clusters of rose, mauve, or purple flowers, bees use the flowers to produce an especially delicious honey!

Balsamroot

Balsamorhiza Sagittata

This perennial traditionally provided an important addition to the diets of the Interior First Nations people, while the sap was used as a topical antiseptic. The taproots and seeds were dried and pounded into a starchy flour. Grows 1-2 feet tall, with roots up to 8 feet deep.



Discover the Beauty

BC Hiking Trails

Experience British Columbia's hiking at its best. Start your adventures right from the village, or enjoy a relaxing ride up the Sunburst chairlift and start from 6,000' high above the Shuswap highlands below.

Proper planning is important before you set out on any type of adventure.

Obtain a trail map which contains elevations, trail distances and time estimates.

Check the weather so that you have an idea about clothing needs, and gear. Proper footwear is always recommended for safety. The temperature is always a bit cooler in the mountains, so bring layers.

Questions? For more information and maps contact Guest Services at **250.578.5474** or visit the Activities Desk in the Village Day Lodge, or the Tourism Sun Peaks office in the village.

Indian Paintbrush

Castilleja

A member of the figwort family that grows up to 60cm tall, it's found in mid to high elevations across BC and thrives in moist areas like forests and mountain slopes. The flowers are set in clusters and the red leafy bracts resemble a brush dipped in red paint, giving the plant its name.



Larkspur

Delphinium

Containing delphinine, it is highly toxic and its seeds highly poisonous. Oddly, sheep are unaffected by the poison and have been used to eradicate the plant from infected areas of the range. It is easily identified by its irregular blue and violet flowers.



Mountain Aster

Eurybia Chlorolepis

The aster, which is the Greek word for "star", strongly resembles a daisy. It can be differentiated by its multiple composite heads and purple color ranging from pale shades to vibrant hues. Traditionally used by First Nations as a stomach remedy, it's common in moist alpine meadows.



Orange Hawkweed

Pilosella Aurantiaca

Growing 20cm to 60cm tall, the solitary stems are bristly and exude a milky juice when broken. The stems boast bright, vivid red-orange flowers and the plant grows in clusters, thriving in open meadows and pastures. It is now regionally invasive in areas of BC.



Canada Goldenrod

Solidago Canadensis

A member of the sunflower family, it can grow from 30cm to 175cm and is well known for its medical uses. In fact, its scientific name means to restore or cure. The most popular medicinal use was to sooth colicky babies by externally using a tea made from the stems and flowers.

Canadian Thistle

Cirsium Arvense

Native to Europe and Northern Asia with pink-purple disk flowers that grow in small groups, it grows 30cm to 120cm tall. Unlike other thistles, it lacks prickles on the stem and has only weak prickles on the bracts. It is the only thistle with male and female flowers on separate plants.

