

Trail Guide

WILDFLOWERS OF TIMPANOGOS CAVE NATIONAL MONUMENT



PHOTOS BY BRANDON KOWALLIS
WRITTEN BY BECKY PETERSON

PLEASE PRESERVE THE
PLANTS BY NOT PICK-
ING OR REMOVING THEM
FROM YOUR NATIONAL
MONUMENT



Welcome to Timpanogos Cave National Monument. This wildflower trail guide will help you identify a few of the many flowers you will see as you hike the cave trail. The flowers in this guide are grouped by color. Each page contains a photo of the wildflower along with information that will help you learn about that particular flower. **Other Names** describes different common names by which the plant is known, **Description** points out important characteristics of the flower, **Season** indicates when flowers are in bloom, **Location** describes where each flower can be found in the monument, **Habitat** describes growing conditions where the flower usually grows, **Type** describes whether the flower is perennial or annual, and **Fun Facts** include interesting facts about that particular plant. All photos by Brandon Kowallis.

■ Firecracker Penstemon	2	■ Alcove Golden Rod	13
■ Common Paintbrush	3	■ Heartleaf-Arnica	14
■ Linearleaf Paintbrush	4	■ Dwarf Goldenbush	15
■ Woods Rose	5	□ Mexican Cliffrose	16
■ Northern Sweetvetch	6	□ Cliff Jamesia	17
■ Red Alum Root	7	□ Colorado Columbine	18
■ Hoary Aster	8	□ False Solomon Seal	19
■ Broadleaf Penstemon	9	□ Miners Lettuce	20
■ Little Beebalm	10	□ Mountain Spray	21
■ Showy Milkweed	11	□ Richardson's Geranium	22
■ Beautiful Blazing Star	12	□ Pale Stickweed	23

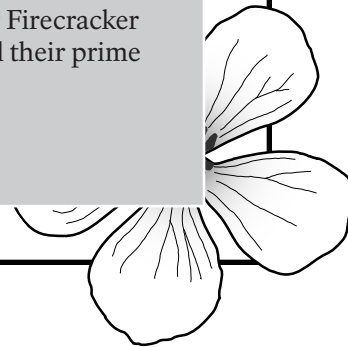


Firecracker Penstemon (*Penstemon eatonii*)

Other Names	Eaton's Penstemon, Scarlet Bugler Penstemon
Description	Has stocks of tubular scarlet flowers and shiny dark green leaves. Can grow up to 2.5 feet tall.
Season	May to August
Location	Mostly found on the middle and upper parts of the trail
Habitat	Found in numerous habitats between 1370 to 2950 meters elevation
Type	Perennial wildflower

Fun Facts

Hummingbirds will stake territories over Firecracker Penstemon patches and risk all to defend their prime nectar source.



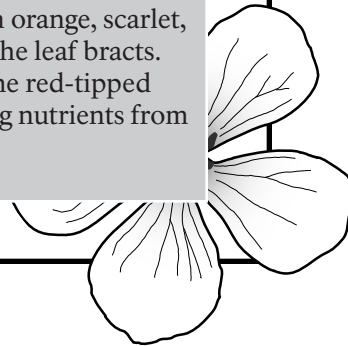


Common Paintbrush (*Castilleja chromosa*)

Other Names	Common Red Paintbrush
Description	This plant has leaf like bracts that are usually bright red. The flower can be found under the colorful bracts. The leaves themselves are linear to lanceolate with smooth margins
Season	Summer
Location	Located on the Switchbacks below the 3/4 way sign and near the cave exit
Habitat	Found in meadows to open woods
Type	Perennial wildflower

Fun Facts

Indian Paintbrush can vary in color from orange, scarlet, cream to yellow. The color is mainly on the leaf bracts. The actual flowers are hidden beneath the red-tipped leaves. The plant is semi-parasitic stealing nutrients from the roots of grasses and shrubs.



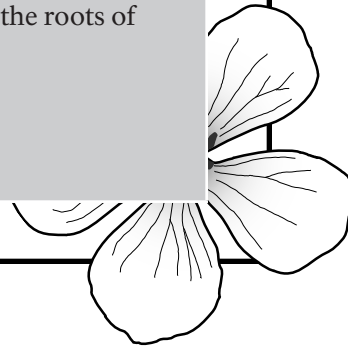


Linearleaf Paintbrush (*Castilleja linariifolia*)

Other Names	Narrow Leaf Paintbrush
Description	Leaves are greenish, linear, and narrow ranging from 2 to 8 centimeters long. Bracts are red and thin.
Season	Summer to Autumn
Location	Sunny dry places on trail
Habitat	Sunny dry soils such as mountain brush
Type	Perennial wildflower

Fun Facts

The color is mainly on the leaf bracts. The actual flowers are hidden beneath the red-tipped leaves. The plant is semi-parasitic, stealing nutrients from the roots of grasses and shrubs.





Fruit of Woods Rose

Woods Rose (*Rosa woodsii*)

Other Names	Wild Rose
Description	Small shrub with rose-like leaves and large flowers with 5 pink petals
Season	June to August
Location	Along the American Fork river
Habitat	Moist areas such as rivers, streams, and springs
Type	Perennial shrub

Fun Facts

The petals of the Woods Rose are used for potpourri and the pollen is used by honey bees. The hips can be used to make tea, fruitcakes, jellies, and puddings

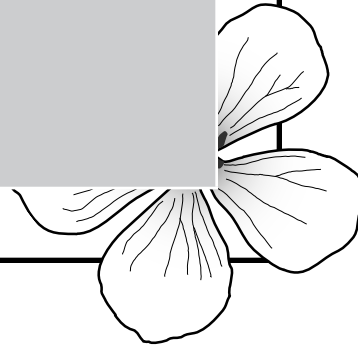


Northern Sweetvetch (*Hedysarumj boreale*)

Other Names	Sweetvetch
Description	Flower is bright magenta-pink. Leaves are pinnately compound with oblong to round leaflets.
Season	Summer
Location	On the north slopes as you drive up the canyon
Habitat	Foothills and montane habitats
Type	Perennial wildflower

Fun Facts

This legume is one of the few non-toxic legumes found in sage-steppe communities



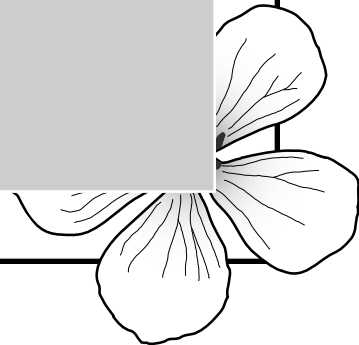


Red Alum Root (*Heuchera rubescens*)

Other Names	Pink Coral Bells
Description	It hugs the ground with small dark green leaves. The flowers are small, brownish-pink, on spike-like racemes (12-15")
Season	June
Location	In shady rocky areas of the trail
Habitat	Douglas fir and White fir communities
Type	Perennial wildflower

Fun Facts

The spring leaves are edible boiled or steamed and the root eaten raw will usually cure diarrhea.



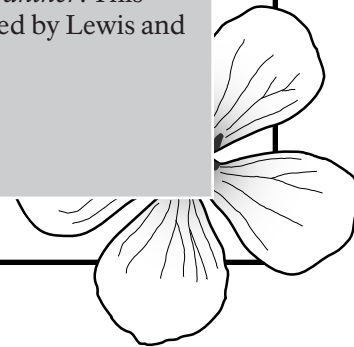


Hoary Aster (*Machaeranthera canescens*)

Other Names	Pinyon aster, Purple aster, Tansy Aster
Description	Leaves are small and linear. The ray flower can be found at the end of the stems and can be bright bluish-purple to pink.
Season	Late summer and fall
Location	Upper half of the trail
Habitat	Foothills, montane, subalpine. Disturbed areas, openings.
Type	Perennial wildflower

Fun Facts

Machaeranthera is Greek for *sword* and *anther*. This plant was one of the wildflowers collected by Lewis and Clark.



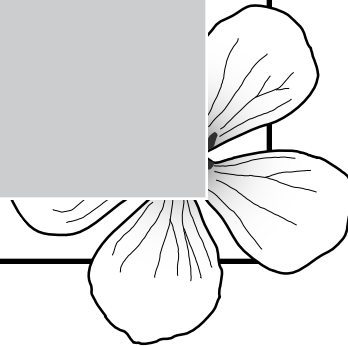


Broadleaf Penstemon (*Penstemon platyphyllus*)

Other Names	None
Description	Violet tubular flowers, with dark elliptical leaves.
Season	Spring to Summer
Location	Middle and upper parts of the trail.
Habitat	Rocky openings in oak-maple habitats
Type	Perennial wildflower

Fun Facts

This penstemon, like the Fire Cracker Penstemon feeds humming birds and insects.





Little Beebalmor (*Monardella odoratissima*)

Other Names	Stinking Horsemint, Western Pennyroyal, Mountain Monardella
Description	Each stem tip has one small, pink-purple to whitish flower head. Leaves are lanceolate to ovate with short hairs beneath. Plant has a strong mind scent.
Season	Summer
Location	Above 3/4 way on the cave trail
Habitat	Open rocky places found at mid mountainous elevations
Type	Perennial wildflower

Fun Facts

Traditionally leaves were used by Native Americans as hot and cold teas. At times these teas were used to treat colds.





Showy Milkweed (*Asclepias speciosa*)

Other Names	Davis Milkweed, Milkweed, Butterfly weed
Description	Leaves are light green, fuzzy, and oval to round. Flowers are found in clusters of 10-20. Flowers are pink, purple, and white.
Season	June to August
Location	North slope near roadside
Habitat	Dry roadsides
Type	Perennial wildflower

Fun Facts

Butterflies use this plant as a source of food and orioles use the dried twigs for their nests. Inside the stems there is a milky substance that is poisonous when ingested





Beautiful Blazing Star (*Mentzelia laevicaulis*)

Other Names	Giant Blazing Star
Description	Large creamy-pale yellow flower with weed like leaves
Season	Late summer to early autumn
Location	Sunny, dry slopes along roadside
Habitat	Desert shrub to mountain brush communities, often on disturbances such as roads
Type	Biennial or short-lived perennial wildflower

Fun Facts

Although the plants leaves are weedy in appearance the flower is incredibly beautiful. This flower unlike most other flowers opens in the evening allowing night pollinators such as the sphinx moth to collect their pollen and distribute it to other flowers.



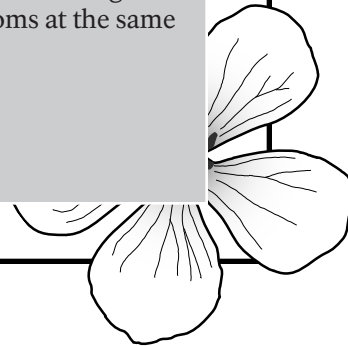


Alcove Goldenrod (*Solidago sparsiflora*)

Other Names	Goldenrod
Description	Leaves are glabrous and linear. Flowers are tiny, yellow, and are born in clusters at the end of the stem. Plant can grow to be 1 to 5 feet tall.
Season	June to September
Location	Middle to upper parts of the cave trail
Habitat	In moist ground near water sources
Type	Perennial wildflower

Fun Facts

Goldenrods are mistakenly blamed for the cause of hay fever, however, they do not cause the problem. Ragweed a plant that looks somewhat similar, blooms at the same time and is the real culprit.





Heartleaf-Arnica (*Arnica cordifolia*)

Other Names	None
Description	This plant has a large bright yellow flower with hairy, heart shaped green leaves
Season	Late Spring to early Summer
Location	Lower elevations on the cave trail
Habitat	Found under wooded places such as Douglas Fir
Type	Perennial wildflower

Fun Facts

The flower is poisonous and if eaten can cause slight fever. Externally it has been used by Native Americans as a disinfectant.

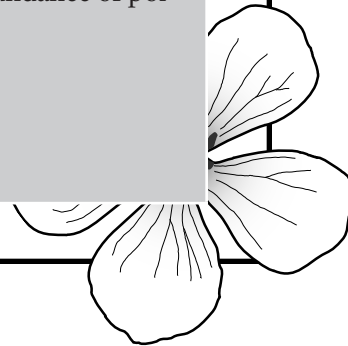


Dwarf Goldenbush (*Haplopappus acaulis*)

Other Names	Goldenbrush, Stemless Goldenweed
Description	Dark green plant having stiff stems and leaves in a dense low-growing patch (6 to 8 inch mat). Flowers are bright yellow, ray and disk, about 1 inch wide.
Season	May to July
Location	Upper parts of the trail
Habitat	Sunny, dry open spaces. Usually found in rocky places.
Type	Perennial wildflower

Fun Facts

The bright, fragrant flowers attract an abundance of pollinators including bees and butterflies.



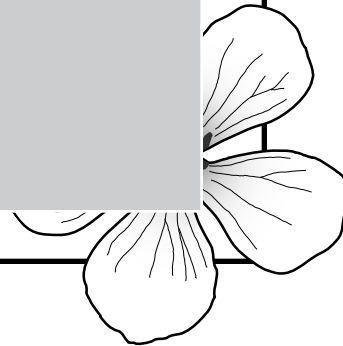


Mexican Cliffrose (*Cowania mexicana*)

Other Names	Cliffrose
Description	This shrub has a creamy yellow flower, light red bark, and feathery fruits
Season	Spring to Summer
Location	Mostly found on sunny hillsides along the road
Habitat	Desert shrub and mountain brush
Type	Perennial shrub or small tree

Fun Facts

The Native Americans have used the plant's bark for making baskets and the wood for constructing arrows.



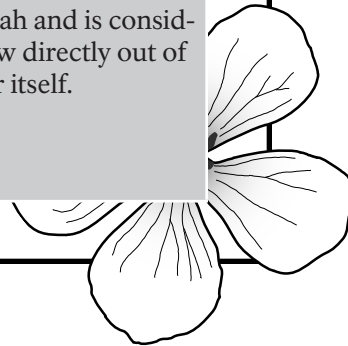


Cliff Jamesia (*Jamesia Americana*)

Other Names	Cliff bush, Wasatch Jamesia, Five-petal cliffbush
Description	This bush has small dark, jagged, green leaves with reddish stems. The flowers are white with 5 petals and are about 1” wide
Season	July to August
Location	Rock Cliffs along the trail
Habitat	Mountain brush and spruce-fir communities
Type	Perennial shrub

Fun Facts

This shrub is not commonly found in Utah and is considered sensitive within the state. It can grow directly out of quartzite rock using the cracks to anchor itself.



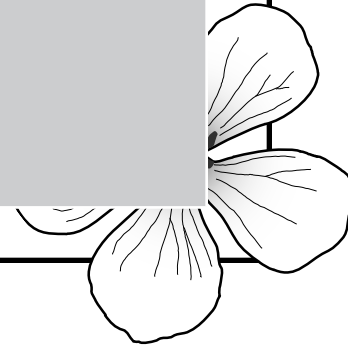


Colorado Columbine (*Aquilegia caerulea*)

Other Names	Columbine
Description	This white flower has a double-set of star-like petals with spurs coming from the back
Season	Late spring and early summer
Location	In front of the visitor center
Habitat	Sagebrush communities to Aspen communities
Type	Perennial wildflower

Fun Facts

This flower is the state flower of Colorado. In the aspen communities they can often be found dwarfed.





False Solomon Seal (*Smilacina racemosa*)

Other Names	Wood Lily, Snake Corn
Description	Leaves are dark green, oval, and pointed. Flowers are creamy-white arranged in branched clusters at the end of stems. Plants can grow between 1-3'.
Season	June to July
Location	First switch back on trail
Habitat	Forest floors
Type	Perennial wildflower

Fun Facts

Was used by the first settlers to prevent poison and the plague.

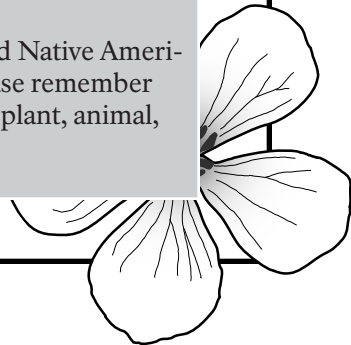


Miners Lettuce (*Montia perfoliata*)

Other Names	None
Description	Leaves at the ends of the stalks are green and circular (up to 2 inches in diameter) with a small, white flower growing from its center. Plant can grow to be 10" tall.
Season	May to June
Location	Found in moist soil along the lower and middle section of the trail
Habitat	Mountain brush and spruce-fir communities
Type	Annual wildflower

Fun Facts

Miner's Lettuce was used by pioneers and Native Americans as an herb and for salads. Note: Please remember that it is prohibited by law to remove any plant, animal, or mineral from a National Park.



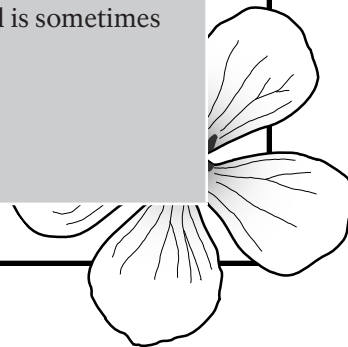


Mountain Spray (*Holodiscus dumosus*)

Other Names	Rockspirea, Cream Bush
Description	Low branched spreading shrub with reddish twigs. Mountain Spray has feathery clusters of small white to pink flowers. Leaves are aromatic and fall off in the Autumn.
Season	Summer
Location	Middle to upper parts of the cave trail
Habitat	Rocky areas that receive and adequate amount of moisture
Type	Perennial shrub

Fun Facts

This shrub is also found near oceans and is sometimes called Oceanspray.



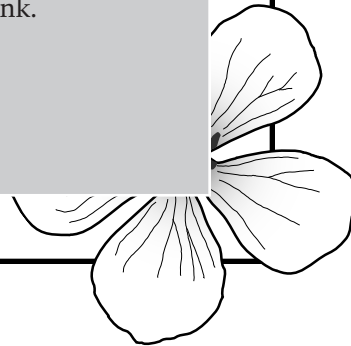


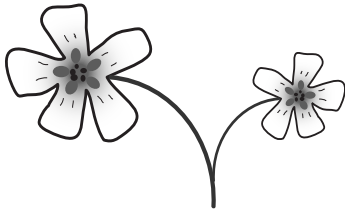
Richardson's Geranium (*Geranium richardsonii*)

Other Names	Wild Geranium
Description	The flowers grow in pairs and can range in color from white to purple. Leaves are palmately lobed.
Season	July to August
Location	Flower bed in front of visitor center
Habitat	Woodlands, forest openings, grasslands, and riparian areas
Type	Perennial wildflower

Fun Facts

Cheyenne Indians pulverized leaves into a powder and snuffed it up their noses to control nose bleeds. Roots were also powdered and made into a drink.





Pale Stickseed (*Hackelia patens*)

Other Names	Common stickseed, Stickseed Forget-Me-Nots
Description	Flowers are white with a yellow center and blue lines on the petals. Leaves are narrowly elliptic with short stiff hairs
Season	May to August
Location	Canyon Nature Trail
Habitat	Dry open places usually with sagebrush. Can be found anywhere between the plains and montane zone.
Type	Perennial wildflower

Fun Facts

This flower's fruit (seed) are barbed and are great hitchhikers.