

# Trail Guide

WILDFLOWERS OF TIMPANOGOS CAVE NATIONAL MONUMENT



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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.

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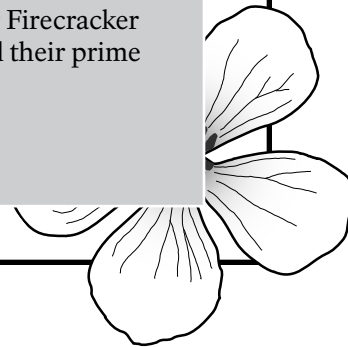


### Firecracker Penstemon (*Penstemon eatonii*)

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

#### Fun Facts

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



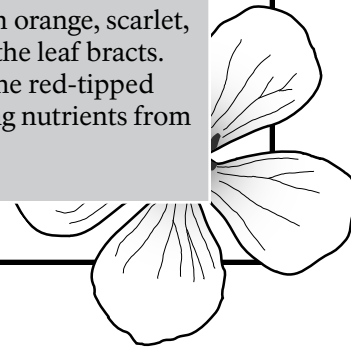


## Common Paintbrush (*Castilleja chromosa*)

<b>Other Names</b>	Common Red Paintbrush
<b>Description</b>	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
<b>Season</b>	Summer
<b>Location</b>	Located on the Switchbacks below the 3/4 way sign and near the cave exit
<b>Habitat</b>	Found in meadows to open woods
<b>Type</b>	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.



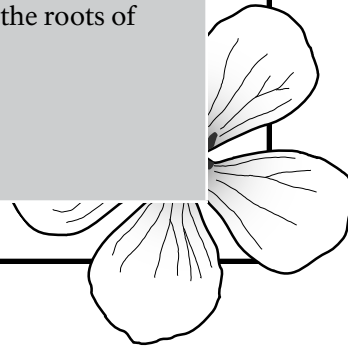


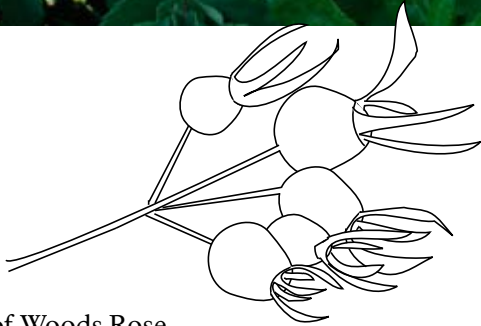
### Linearleaf Paintbrush (*Castilleja linariifolia*)

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

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

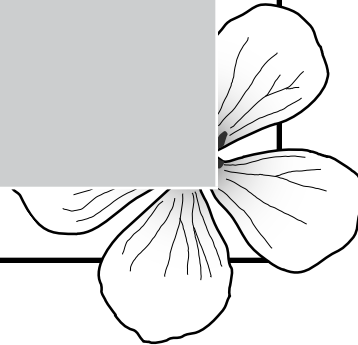


## Northern Sweetvetch (*Hedysarumj boreale*)

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

### Fun Facts

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





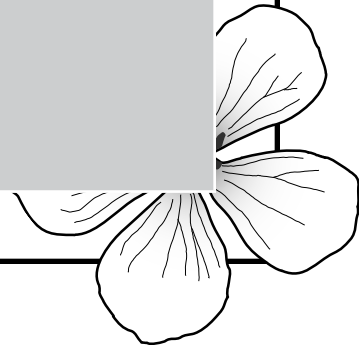


## Red Alum Root (*Heuchera rubescens*)

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

**Fun Facts**

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



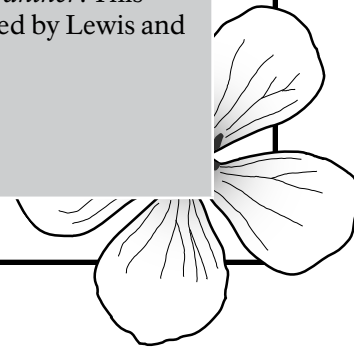


## Hoary Aster (*Machaeranthera canescens*)

<b>Other Names</b>	Pinyon aster, Purple aster, Tansy Aster
<b>Description</b>	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.
<b>Season</b>	Late summer and fall
<b>Location</b>	Upper half of the trail
<b>Habitat</b>	Foothills, montane, subalpine. Disturbed areas, openings.
<b>Type</b>	Perennial wildflower

### Fun Facts

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



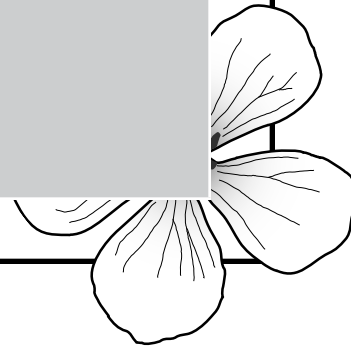


### Broadleaf Penstemon (*Penstemon platyphyllus*)

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

#### Fun Facts

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





### Little Beebalmor (*Monardella odoratissima*)

<b>Other Names</b>	Stinking Horsemint, Western Pennyroyal, Mountain Monardella
<b>Description</b>	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.
<b>Season</b>	Summer
<b>Location</b>	Above 3/4 way on the cave trail
<b>Habitat</b>	Open rocky places found at mid mountainous elevations
<b>Type</b>	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.



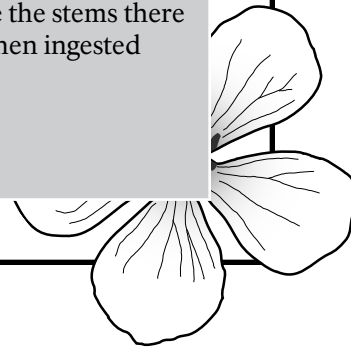


## Showy Milkweed (*Asclepias speciosa*)

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



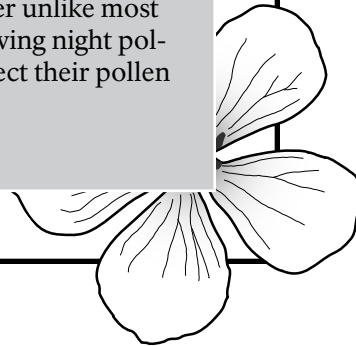


## Beautiful Blazing Star (*Mentzelia laevicaulis*)

<b>Other Names</b>	Giant Blazing Star
<b>Description</b>	Large creamy-pale yellow flower with weed like leaves
<b>Season</b>	Late summer to early autumn
<b>Location</b>	Sunny, dry slopes along roadside
<b>Habitat</b>	Desert shrub to mountain brush communities, often on disturbances such as roads
<b>Type</b>	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.



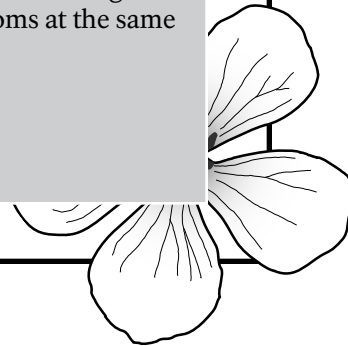


### Alcove Goldenrod (*Solidago sparsiflora*)

<b>Other Names</b>	Goldenrod
<b>Description</b>	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.
<b>Season</b>	June to September
<b>Location</b>	Middle to upper parts of the cave trail
<b>Habitat</b>	In moist ground near water sources
<b>Type</b>	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*)

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



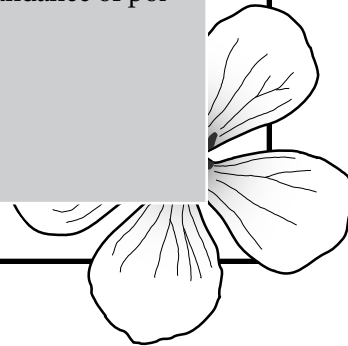


## Dwarf Goldenbush (*Haplopappus acaulis*)

<b>Other Names</b>	Goldenbrush, Stemless Goldenweed
<b>Description</b>	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.
<b>Season</b>	May to July
<b>Location</b>	Upper parts of the trail
<b>Habitat</b>	Sunny, dry open spaces. Usually found in rocky places.
<b>Type</b>	Perennial wildflower

### Fun Facts

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



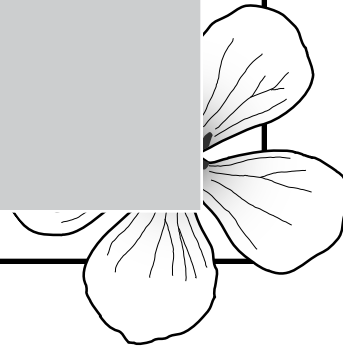


## Mexican Cliffrose (*Cowania mexicana*)

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



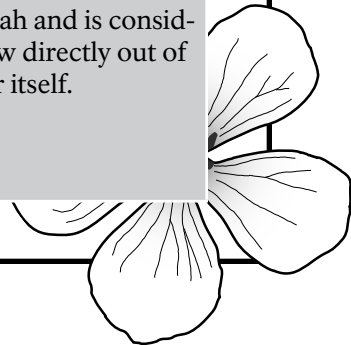


### Cliff Jamesia (*Jamesia Americana*)

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



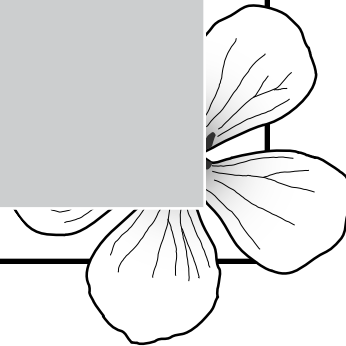


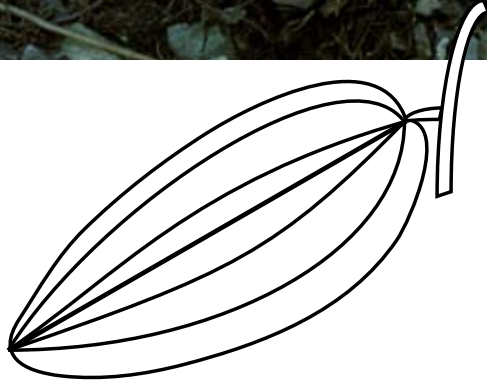
## Colorado Columbine (*Aquilegia caerulea*)

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

<b>Other Names</b>	Wood Lily, Snake Corn
<b>Description</b>	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'.
<b>Season</b>	June to July
<b>Location</b>	First switch back on trail
<b>Habitat</b>	Forest floors
<b>Type</b>	Perennial wildflower

### Fun Facts

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

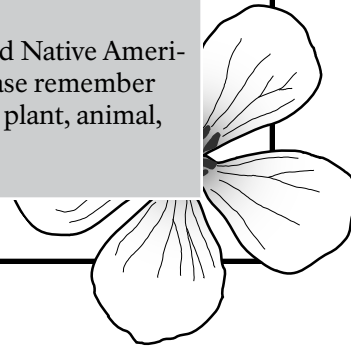


### Miners Lettuce (*Montia perfoliata*)

<b>Other Names</b>	None
<b>Description</b>	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.
<b>Season</b>	May to June
<b>Location</b>	Found in moist soil along the lower and middle section of the trail
<b>Habitat</b>	Mountain brush and spruce-fir communities
<b>Type</b>	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.



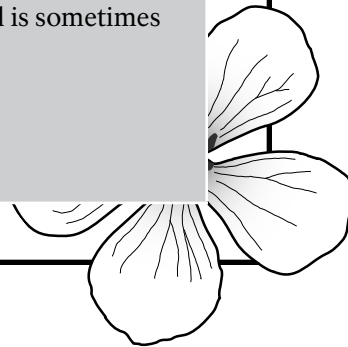


### Mountain Spray (*Holodiscus dumosus*)

<b>Other Names</b>	Rockspirea, Cream Bush
<b>Description</b>	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.
<b>Season</b>	Summer
<b>Location</b>	Middle to upper parts of the cave trail
<b>Habitat</b>	Rocky areas that receive and adequate amount of moisture
<b>Type</b>	Perennial shrub

**Fun Facts**

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



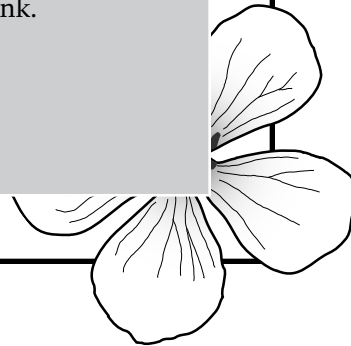


## Richardson's Geranium (*Geranium richardsonii*)

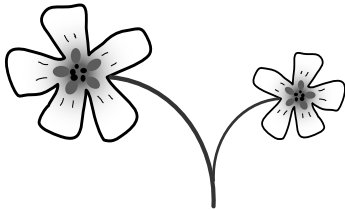
<b>Other Names</b>	Wild Geranium
<b>Description</b>	The flowers grow in pairs and can range in color from white to purple. Leaves are palmately lobed.
<b>Season</b>	July to August
<b>Location</b>	Flower bed in front of visitor center
<b>Habitat</b>	Woodlands, forest openings, grasslands, and riparian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

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

### Fun Facts

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