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.
"...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

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.