



Wildflower Hike  
Flowers of Rainier.com

# Berkeley Park

This map is intended solely for the purpose of illustrating the route of the hike in relation to the possible viewing of plants and is not intended for navigation or any other route finding purposes.

Berkeley Park is truly one of the wildflower wonders of the north side of The Mountain. Flanked by Mt. Fremont on the east and Skyscraper Mtn. on the west the narrow valley is densely vegetated with flowering shrubs and unique showy plants. Each leg of the hike is distinctive making this a hike with great variety and offering superb wildflower viewing.

**1<sup>st</sup> Leg - Sunrise to Frozen Lake:** *Approximately 1.52 mi., +467', -108'*. Lots to see on this leg which also has the best views of the mountain. See Wildflower Hike, Frozen Lake, for details.

**2<sup>nd</sup> Leg - Frozen Lake to Trail Junction:** *Approximately 0.73 mi., +141', -363', average grade 10%*. This leg is on the Wonderland Trail (WLT). Starting at approx. 6,750 elevation the first half is in the alpine zone where plants are smaller and grow closer to the ground. Look for Alpine Lupine on the left and Alpine Buckwheat and Pussypaws growing in the open pumice flats.

**3<sup>rd</sup> Leg - Trail Junction to Switchback:** *Approximately 0.52 mi., +0', -331', average grade 12%*. Go straight at the junction (the WLT veers off to the left). As the trail descends it enters a lush subalpine meadow reminiscent of the meadows on the Paradise side. The north facing hillside is densely vegetated with Subalpine Lupine, Sitka Valerian, Bistort and Magenta Paintbrush. Look for Partridge Foot where the trail makes a minor switchback to the east.

**4<sup>th</sup> Leg - Switchback to Berkeley Camp:** *Approximately 0.67 mi., +0', -400', average grade 12%*. Dropping into the remarkable Berkeley Park the lushness even increases as wetter conditions are encountered from Lodi Creek and runoff from surrounding hillsides. Large stands of shrubs, primarily willow and Rosy Spirea, consume much of the landscape. Monkeyflowers and Yellow Willowherb are along the stream. An interesting find is the Sitka Burnet in wet areas. Elephantheads and the very showy Mountain Bog Gentian can be easily spotted. This is a little wildflower paradise all unto its own.

**Guides and Map:** Hike 1 in Tami Asars' *Day Hiking Mount Rainier* (2nd edition), Hike 42 in Ron Judd's *Day Hike! Mount Rainier* (4<sup>th</sup> edition) and Tracy/Giblin *Alpine Flowers of Mt. Rainier*. Greens Trails Maps, No. 270, Mount Rainier East, WA or Mount Rainier Wonderland, No. 269S.

**Distance and Difficulty:** The total distance round trip from Sunrise to Berkeley Camp is approximately 6.9 miles. The guide books consider the difficulty to be "moderate." However, the major elevation gain, +1,200', is on the return trip; +600' on the way in for a total RT net gain of +1,800'. This "reverse profile" may initially give the impression that the hike is easier than it really is. Save some juice for the trip back out to Sunrise. Trail conditions are good and the grade is hardly ever greater than 12%.

**Preparation:** The hike is in an alpine environment which can produce unexpected hazardous conditions including wind, rain, cold, and whiteouts, as well as dehydrating extreme sunlight and heat (possibly all in the same day!). Most of the hike is in the open, so if its hot be prepared with sun screen and twice the water normally carried. The trail is fairly well maintained and heavily used but has its share of rocks, roots and other ankle twisters so good footwear is important. The *Ten Essentials* are always a good idea. Please see "Preparedness for Mount Rainier Hiking" on the *Flowers of Rainier* website, <http://www.flowersofrainier.com>.

**Weather Forecast:** [http://www.atmos.washington.edu/data/rainier\\_report.html](http://www.atmos.washington.edu/data/rainier_report.html)

**Trail Conditions:** <http://www.nps.gov/mora/planyourvisit/trails-and-backcountry-camp-conditions.htm>

**Ranger Station:** White River Wilderness Information Center, (360) 569-6670 (may be a summer number only).. Call Longmire Wilderness Information Center, (360) 569-6650, for year-round assistance.

## INDEX OF FLOWERS SHOWN ON MAP:

- 1 - Pussypaws, *Calyptidium umbellatum*
- 2 - Alpine Buckwheat, *Eriogonum pyrolifolium*
- 3 - Small-flowered Penstemon, *Penstemon procerus*
- 4 - Dwarf Goldenrod, *Solidago simplex*
- 5 - Alpine Lupine, *Lupinus lepidus* var. *lobbii*
- 6 - Bistort, *Bistorta bistortoides*
- 7 - Subalpine Lupine, *Lupinus latifolius* var. *subalpinus*
- 8 - Coiled-beak Lousewort, *Pedicularis contorta*
- 9 - Magenta Paintbrush, *Castilleja parviflora* var. *oreopola*
- 10 - Western Pasqueflower, *Anemone occidentalis*
- 11 - Yellow Willowherb, *Epilobium luteum*

- 12 - Gray's Lovage, *Ligusticum grayi*
- 13 - Sitka Valerian, *Valeriana sitchensis*
- 14 - Partridge Foot, *Luetkea pectinata*
- 15 - Green False Hellebore, *Veratrum viride*
- 16 - Sitka (Canadian) Burnet, *Sanguisorba stipulata*
- 17 - Mountain Bog Gentian, *Gentiana calycosa*
- 18 - Elephantheads, *Pedicularis groenlandica*
- 19 - Arrowleaf Senecio, *Senecio triangularis*
- 20 - Lewis Monkeyflower, *Erythranthe lewisii*
- 21 - Rosy Spirea, *Spiraea densiflora*
- 22 - Under-green (Variable) Willow, *Salix commutata*

Trail notes, other flowers observed, highlights:

Date of hike:    /    /