

WILDFLOWERS of BIG WHITE



BIG WHITE'S POWDERY, WHITE WINTER SLOPES TRANSFORM EACH SUMMER INTO A KALEIDOSCOPE OF COLOUR AS FAR AS THE EYE CAN SEE

Alpine meadows, considered one of Canada's most beautiful natural phenomena, occur when alpine wildflowers make their spectacular appearance for a brief period of time during the spring and summer months. Putting down roots in a growing environment that includes adversities like low temperatures, dryness, and ultraviolet radiation (not to mention being buried under 3 metres of snow all winter long!) – you could say that alpine wildflowers are some of the toughest blossoms in B.C.

Here at Big White, we have an extensive network of lift accessible alpine hiking trails that allow you to admire some of B.C.'s most beautiful native blossoms. So lace up your boots, grab your camera, and hit the trails to walk with the wildflowers. **Please don't pick the flowers** - leave them for others to enjoy. Alpine flowers die quickly once picked and this year's flowers become next year's seeds, resulting in even more beautiful blooms next year.

PASQUE FLOWER

Anemone occidentalis

The Pasque flower is native to the meadows, foothills and prairies of North America and can be easily identified by its showy, bell-shaped flowers and attractive, fluffy seed heads. The plant's yellow blossoms bloom is typically the first flowers to bloom as the snow melts. The bloom will last about two weeks, after which the leaves expand and the flowering stalks will lengthen to create a whimsical, fluffy head that helps disperse its seeds in the wind

Fun Fact: At lower elevations, the flower blooms in early spring, around Easter time.



📷 Pasque flower



📷 Pasque flower

WESTERN ASTER

Aster occidentalis

Western asters are beautiful perennials that are found on the wild mountaintops of North America. The central disk of the flower is surrounded by a ring of petals in a brilliant shade of purple. The word 'Aster' is of Greek derivation and refers to this flower's star-like blossom.

Fun Fact: Asters are oftentimes a prime target for birds, bees and butterflies because they are fragrant and colourful.

ARTIC LUPIN

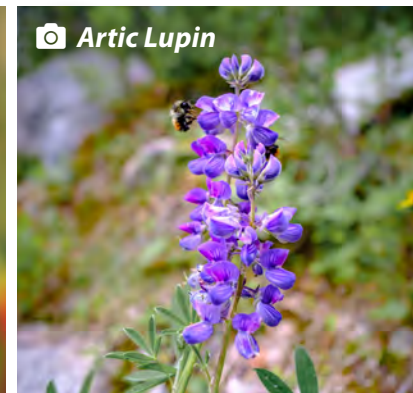
Lupinus arcticus

The Arctic lupin has grey-green leaves covered with soft, silver hairs and a blossom that consists of 5 to 28 narrow, pointed leaflets and it can grow anywhere from 0.5 to 1.5 metres high! It's native to northwestern North America, from Oregon north to Alaska and Nunavut, and known as one of the most common wildflowers in B.C.

Fun Fact: The lupin is a member of the pea family.



📷 Western Aster



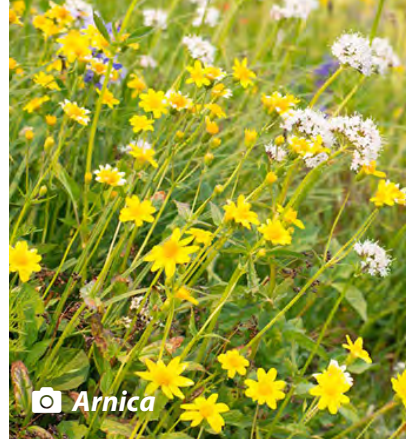
📷 Artic Lupin

ARNICA

Arnica montana

Arnica is a perennial plant of the sunflower family. It gets its name from its soft, hairy leaves – like lambs' ears – from the Greek word arni or "lamb". It has large, showy yellow blossoms with long ray florets.

Fun Fact: Homeopathic preparations of Arnica are widely marketed and used for ailments such as sprains, bruising, and osteoarthritis.



📷 Arnica



📷 Fireweed

NARROW-LEAF HAWKWEED

Hieracium canadense

Bright and beautiful, the Narrow-leaf hawkweed is a perennial that blooms from June – September and grows 0.3 to 1.5 metres in height. One plant will typically have 5 to 30 dandelion-like flowers on a stem covered in fine, short hairs.

Fun Fact: While it's colour may be cheerful, the Narrow-leaf hawkweed is known in the botany community and one of the most invasive, troublesome plants in the Pacific Northwest because of its tenacious survival skills like its air-born seed dispersion method and its bad habit of displacing other native plants.

CASTILLEJA

Castilleja miniata

Commonly known as Indian paintbrush, it has a striking red blossom that grows on top of a straight, hairy stem typically 30 to 50 cm in height. The upper part of the Indian paintbrush resembles a brush covered with bright dyes. It was often used by various tribes of Native Americans, hence the name "Indian paintbrush".



Fun Fact: This flower goes by many names including Prairie Fire, Grandmothers Hair, Painted Cup, Painted Lady, Common Red Paintbrush, Painted Lady, and Butterfly Weed.



📷 Hawkweed



📷 Castilleja

FIREWEED

Chamerion angustifolium

Fireweed is a perennial with pinky-purple flowers that grows from 0.5 to 3 metres in height. Since its seeds need extreme heat to crack open, Fireweed commonly grows in places where there has been a forest fire or fire disturbance.

Fun Fact: Fireweed is the floral emblem of Canada's Yukon territory



WHITE YARROW

Achillea millefolium

White Yarrow is one of the toughest wildflowers around, known to survive in many habitats including forests, meadows, grasslands, mountaintops, coastal areas and even deserts! It has one or more stems that can reach 0.15 to 0.90 metres in height with feathery leaves 5 to 20 cm long. The White Yarrow is easily identified by its cluster of miniature white flowers that attract many butterflies, hoverflies, and bumble bees.

Fun Fact: Yarrow was used as food in the 17th century. Leaves were prepared and consumed like spinach.



📷 White Yarrow

We acknowledge that we reside and operate on the traditional, ancestral, and unceded territory of the Sqilx'w/ Syilx (Okanagan) peoples.

#wildflowersofbigwhite

Don't forget to share your adventures on social and tag us. Use the hashtag #wildflowersofbigwhite

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