

# The Canadian Rockies

*Albert & British Columbia*

## A Greentours Tour Report

12<sup>th</sup> – 27<sup>th</sup> June 2016

Led by Ian Green & Seda Soylu

### Day 1      June 12<sup>th</sup>      to the Rockies

I met everybody at Calgary and as the sun set in the west we could just make out the shape of the Rockies as darkness descended a few minutes after we left the airport. We travelled to Banff and thence to the lodge and settled into our lovely cabins at the Storm Mountain Lodge.

### Day 2      June 13<sup>th</sup>      Bow Valley Provincial Park

We started the day with our first experience of the wonderful breakfasts of Storm Mountain Lodge. Which would be the favourite, the superb poached eggs and bacon with chive-flavoured hollandaise sauce served with bacon on a crumpet, or would it be the omelettes with wild mushrooms? All served with a big bowl of fresh fruit salad. Outside the slopes of Storm Mountain shone in the morning sunshine, the upper parts snow-streaked, the lower cloaked in endless forest. Pine Siskin zipped about the property and we all got to know the cute Gold-mantled Ground Squirrels.

We set off around nine-twenty and drove down through the forested Bow Valley eventually reaching the edge of the mountains at Bow Valley Provincial Park. As we left the trans-Canada a beautifully lit young male White-tailed Deer posed for photos next to a large pond. Here we got our first taste of the flora too with lowland species such as Brown-eyed Susan, *Penstemon confertus*, *Oxytropis campestris* and *Commandra umbellatum*.

We parked up near the river and walked in the woods a little there. Along the river an Osprey flew and a Coopers Hawk rushed over. Under the trees we found colonies of beautiful Round-leaved Orchids, such a delicate and pretty species. We found our first Lady's Slipper here – the tiny (for a Lady's Slipper) Sparrow's-egg Lady's Slipper, their pouches exactly that – oval, white and the size of a sparrow's egg. There were many striking Striped Coralroots and as we reached our picnic spot – with nice benches and a handy restroom - we found ourselves surrounded by wonderful clumps of Yellow Lady's Slippers. Some of these had ten or more flowers in perfect condition. There were also little groups of Yellow Coralroot, the same as the European Coralroot Orchid. Gray Jays sought us out. I tried offering them a biscuit or two and though they did come incredibly close to us they

didn't land on my hand! The only other people here were a couple who came over to say hello – it was a surprise to meet former Greentours leader John Riddell again this way! We had a cheerful reunion – we had not met for ten years – and John gave us some very useful information which changed our plans for one of the later days!

Walking down the trail after lunch we found marvellous Western Wood Lilies. Mountain Death Camas was flowering well and there was lots of Star-flowered Solomon's Seal.

We found lovely patches of Round-leaved Orchid by the edge of the river here. Yellow Warblers hopped through the bushes and on the water's edge we spotted Green-winged Teal, Killdeer and Solitary Sandpiper. Cedar Waxwings had a nest. We watched as the birds came and went allowing us fantastic view. Tall White Orchids showered the pond's edge.

We took the old Bow Valley Parkway on the way back to look for mammals. This proved successful beyond our wildest dreams when we pulled up next to some Timber Wolves! There were three young cubs and their handsome mother just ten metres from the road. We watched spellbound as the mother licked all three cubs and took them behind a bush to be out of sight. However one of the cubs stayed out so we could see it well and then we noticed another Wolf, this time a large black adult, another female, and this one also with young. She had at least two, and these were somewhat younger. One cub looked back at us as we photographed it, then it along with the others drifted silently into the woods. A minute later we could hear the playful yelps of the cubs from within the forest. A magical moment. We also saw a couple of Mule Deer briefly. A rapidly road-crossing Least Chipmunk, and the endearingly cuddly Colombian Ground Squirrel, were also noted.

Elated, we arrived at the lodge and had an hour or so before dinner. This proved a fantastic meal. The golden beet soup or the green salad were very good indeed, but the main dish, superbly cooked bison, was just exquisite. And the male Rufous Hummingbird visited the feeders briefly.

### **Day 3      June 14<sup>th</sup>      Emerald Lake**

It was very cold this morning as some of us gathered for an early morning trip to look for mammals. This proved unsuccessful with just a single White-tailed Deer seen. There were few birds too though I did see a Pine Grosbeak back at the lodge before breakfast.

It was raining lightly as we left and indeed conditions gradually worsened as we headed over the continental divide to Yoho National Park. We stopped near Field and looked at some gravelly outwash where we enjoyed the large-flowered *Epilobium latifolium*. Yellow *Saxifraga aizoides* flowered amongst *Tofieldia glutinosa* and *Pinguiculas* and a host of sedges such as *Carex flava* and *Trichophorum caespitosum*.

Arriving at Emerald Lake we were unable to fully enjoy the beauty of the location, the emerald coloured lake sitting in afforested bowl surrounded by pretty mountains, as it was raining. We took a tea break in the hotel but eventually decided that we were going to have to brave the rain. It wasn't too heavy. We walked the lake side trail enjoying the incredibly varied and beautiful forest

understory. *Sambucus racemosus* and *Amelanchier alnifolium* bloomed prolifically as did *Sorbus sitchensis*. *Menziezia ferrugineum* had hanging bells of brownish blooms. White *Clintonia uniflora* was a great sight and other liliaceae included *Disporum trachycarpum* and *Streptopus amplexifolius*. Yellow trout Lily was now in seed. Little *Tiarella trifoliata* had sprays of whitish flowers. The weird *Oplopanax horridus* held its huge palmate leaves about the rest. Looking closely at the forest floor we found many tiny beauties. *Mitella nuda* has exquisitely structured blooms that look like no other bloom. Tiny *Moneses uniflora* held its hanging white heads above the moss too, and there were occasional plants of the orchid *Listera borealis* too. There were wonderful patches of Round-leaved Orchid by the track and by the shore we found fabulous groups of *Cypripedium parviflorum*. Slate-coloured Juncos were noticeable.

We took lunch back in the cars turning the heaters on to warm up and dry out!

Then in the afternoon we explored the first section of the track beyond the hotel. Back near the carpark we watched a pair of Common Loons, one parent bringing some food to the little chick who sat on the other parent's back.

## **Day 4      June 15<sup>th</sup>      Highway 40 & the Highwood Pass**

Following the tip-off from John we had learnt that Highway 40 would be opening today. This road takes one over the high mountains to the south of Canmore into Kananaskis County. John had also told us that Grizzly Bears can sometimes be seen right by the road on the days immediately after opening. So we thought it worth a try. And what a day for mammals it turned out to be!

We started though down at the local gas station where there were great photos to be had of the Colombian Ground Squirrels and back by the bridge over the Bow River there were Common Mergansers in the river and an Osprey nesting on the bridge. Then driving down the main highway we watched a Bald Eagle soar overhead – an adult with white tail and head. We made a brief call into some woods near Sunshine where we found the Calypso in some numbers with a goodly number still in tip-top condition. There were also Lesser Twayblades here.

Then it was along to Highway 40 where not long into the journey we had a female Moose with her youngster walk across the road. A brief but good sighting. Further up into the mountains we were admiring Assinboine Mountain when a Grizzly Bear was found on the roadside bank. The bear continued to fossick about below the road, just fifteen metres or so below us, seeming impervious to the attention from above. We filled our boots with photos – close-ups of the head or back a bit for habitat too – as the Grizzly slowly made its way along the bank. It stopped for a good scratch at one tree before after about fifteen minutes of prime viewing it drifted off into the forest. Fabulous. As we neared the pass Bighorn Sheep lined up on the roadside for their photos. Actually they were taking salts from the road edge. There were eight males in this group. Fabulous creatures and not at all perturbed by the humans just three metres away!

By now we were hungry so we stopped at a picnic site just over the pass. This was a great spot with lots of *Erythronium grandiflorum*. These Yellow Trout Lilies make a magnificent sight when in

numbers and here they were! There was a Boreal Chickadee in the trees and on the slope above we located two female Elk and watched these for some time in the 'scope.

We made a stop on the top of the pass for an hour. Here was an excellent flora dominated by fabulous hairy Western Pasqueflower *Pulsatilla occidentalis*, and the bright buttercup *Ranunculus niveus*. There was plenty more too. Three anemone species included *drummondii* and *parviflora*. There were clumps of the pretty white *Smelowskia calycina*, *Draba nivalis* and *Draba aurea* being less obvious. *Viola renifolia* decorated the lower scree where Linda found the wonderful *Polemonium pulcherinum*. In places there were mats of *Dryas octopetala* and the yellow heather *Phyllodoce glanduliflora*. The Saxifrage *Leptarrhena pyrolifolia* was also noted.

Just down the hill we stopped at the 'rock glacier'. A huge scree of reddish rocks. Pikas scurried for cover on the rocks as we enjoyed the fabulous flora. There were lots of a fine dwarfed form of *Aquilegia flavescens* and mats of fantastic *Silene acaulis*. The golden fleabane was much in evidence as was the Cut-leaved Aster and its relative the tiny *Erigeron purpuratus*. There was the mat-forming *Epilobium anagallidifolium*, the tiny *Astragalus dasyglottis*, several *minuartias* and *cerastiums*, and again the *Polemonium*. The tiny fern in the cracks was *Woodsia glabella* and the strange flower with tubular purple blooms was a *Penstemon*

Then it was time to make tracks though we did make stops for White-tailed Deer and the fabulous *Phacelia sericea*. The drive took us through some fantastic wild country with riversides bordered by untouched meadows and through much forest too and with some of the most spectacular snowy mountains either side. Indeed it snowed for a while as we drove the road. This was one of the locations for the recent Leonardo di Caprio film "The Revenant".

We made a stop in Banff on the way back so that people could buy new cameras, books, or just wander the shops, then after an hour we continued to the hotel arriving with half an hour to dinner.

## Day 5      June 16<sup>th</sup>      Icefields Parkway

It was unseasonably cold again this morning with a generous nip in the air, indeed the car thermometer measured -2°C just down the road from the lodge.

Another great breakfast under our belt and we were on our way north towards Jasper National Park. We made good headway and were soon enjoying the fantastic landscapes around Bow Lake. The turquoise-blue lake backed by stunning snow-streaked mountains with pencil-thin spruce in the foreground – perfection. The Bow Glacier hung over the far ridge in menacing fashion. We next stopped at the Peyto Lake lookout which was heaving with people even though the temperature was barely above zero! There were visitors from all parts and a young guy modelling shorts (he carried them up to the appropriate location on a clothes hanger!) and even a wedding photo-shoot, the bride in dress plus walking boots! We however were soon distracted by the plants by the carpark. There were a few rather fine yellow blooms of *Erythronium grandiflorum*, however it was the *Trollius albiflorus* that took the plaudits with a fine display of white blooms. There was a little *Pulsatilla occidentalis* among it and some nice *Claytonia lanceolata* too. As we walked the short

way to the view point we became acquainted with *Phyllodoce*. Here were lots of creamy *Phyllodoce glandulifera*, the Yellow Heather, and also just a little *Phyllodoce empetrifomis*, the Pink Mountain Heather. We also enjoyed the lovely white bells of *Cassiope mertensiana*. The viewpoint gave staggering views out over Peyto Lake and the snow and ice-clad mountains beyond. Peyto is an almost ice-blue, the colour caused by the glacial dust so fine that it is carried in suspension by the water. We found two white Mountain Goats sitting down on a slope across the valley. Down in the carpark we met some Australians with a rather crazily decorated camper and then a very obliging Clark's Nutcracker who gave us a good show as it perched on mirrors, skidded across car roofs, and finally perched in a .... Tree!

Then it was along the highway again, but we'd not gone far when we could see people braking ahead and a shape shimmying down towards the road. We pulled up just as the Grizzly Bear came out on to the road and sauntered across to the other side and slowly made its way past us. We had magnificent views of this impressive animal!

Elated we continued north to Saskatchewan Crossing where we celebrated with hot drinks. Then it was on a short distance to a site that was seriously impressive for its flora, particularly the orchids. The understorey of the forest here was a thick mossy blanket, broken only by the very obvious mammal tracks leading through it. There were large numbers of Calypso Orchids here. We found groups of ten or so in a number of spots and there must have been at least five hundred seen. And they were in perfect condition. With them were lots of wonderful *Platanthera obtusata*, plenty of elegant *Mitella nuda*, and abundant *Orthilia secunda* about to flower. *Equisetum scirpioides* wriggled through the moss and here and there were *Clematis occidentalis* and *Lonicera involucrata*. Across the road we found *Moneses uniflora* in fine bloom and Seda spotted several *Listera borealis* too. By the lake shore just metres away was *Amerorchis rotundiflora* and *Pedicularis groenlandica*. One of the first plants here was the yellow *Physaria didymocarpa* whilst gravels down by the river had lots of *Dryas drummondii*. There were tracks of Moose by the river and along a bit we found a superb track of Mountain Lion! Here too were Sparrow's-egg Ladies Slipper and the Shooting Star too. We also spotted another of the white Mountain Goats on the mountain above us.

Having picniced we drove on but only managed a kilometre before we pulled up next to another Bear, this a Black Bear. This one was equally obliging and we watched and photographed it for twenty minutes as it went about enjoying the dandelions in the meadow. We were only twenty or so metres away from this rather shiny Black Bear for most of the time.

Then it was on to Wilcox Pass. We walked up the trail through the trees, two more Clark's Nutcrackers chasing each other close to us. As we reached the higher areas the trees thinned out and we started to see a patchwork of alpine flowers. Bright orange-yellow *Sedum lanceolatum* was particularly fine. There were two *Oxytropis* – yellow *sericea* and purple *splendens*. *Dryas octopetala* was found and a little *Dryas integrifolia* too. *Erigeron caespitosus* was in fine form and there were occasional plants of *Erigeron aureus* as well, the most striking composite however was colonies of short *Solidago multiradiata*. More Clark's Nutcrackers were seen and there was a distant female Bighorn Sheep, but the most impressive wildlife was undoubtedly the fine adult Golden Eagle that drifted over us – really close! Later we saw another. More impressive still though was the scenery.

We could see so much ice and snow! Across the way lay the Athabasca Glacier, one of the five main glacier 'fingers' of the great Columbia Icefield which covers 325 square kilometres, is between 100m and 365m deep and receives up to 7m annual snowfall! We could see little dark spots near the base of the glacier – these were people taking the glacier bus up onto the glacier itself for a little bit of on-glacier experience!

After dinner and checklists I popped out for a short night walk and had not left the chalets before I heard a little scraping sound. A flying squirrel! It had landed below head height on the tree in front of me before scampering up. A Northern Flying Squirrel.

## Day 6      June 17<sup>th</sup>      Sunshine Meadows and Moraine Lake

It was still cold this morning but the sun was shining on and off. The Rufous Hummingbird sat atop the flag pole and even visited the flowers by the dining room window.

We set off at nine. The drive along the Bow Valley Parkway this morning produced only brief views of White-tailed Deer and another was seen equally briefly as we drove up the road towards Sunshine. A group of very ragged looking Bighorn Sheep were on the roadside and as we pulled into the carpark two females were there with a very cute youngster. As we parked up a dozen burly male rams ran into the carpark too! On the slopes high above the car park was a Mountain Goat. We had a cup of tea and then boarded the old school bus which takes one up to Sunshine Meadows. They don't let you drive though the road seems perfectly good! We arrived to find most of landscape covered in snow! We donned plenty of layers and headed up the trail to Rock Isle Lake. It was very cold – the snow was crisp indicating that it was below zero, and there was a keen wind in less sheltered spots too, but it was very beautiful. Colombian Ground Squirrels were everywhere and very tame and very photogenic. A couple of Least Chipmunks also posed for the cameras. Robin saw a Red Fox, an uncommon animal in this region. American Robins and Yellow-rumped Warblers were rather common, Pine Siskins very common. We saw an American Pipit or two and a pair of Gray-crowned Rosy Finches flew through. Ruby-crowned Kinglets showed off their ruby crowns. There were plenty of patches of ground free of snow and in these the buttercup *Ranunculus eschscholtzii* grew in abundance. It was sometimes joined by *Pulsatilla occidentalis*. Towards the lakes we found some large populations of *Erythronium grandiflorum*, the Glacier Lily. Many were 'burnt' by the recent snow fall but there were still plenty in good condition. We found *Pedicularis contorta* just opening up and also on a rocky slope *Leptarrhena pyrolifolia* (a saxifrage), *Saxifraga lyallii*, *Erigeron aurea*, *Erigeron humilis* and *Woodsia scopularum*.

We headed back to the trailhead and after some hot drinks we caught the bus back down to Sunshine. Then it was downhill though soon to be interrupted by a Black Bear who fed unconcernedly on the roadside as we watched from just ten metres away.

We reached Louise and had a quick look at the over-touristed lake there, then it was on up to Moraine Lake. This is another beautiful lake though with rather less tourists. We passed a number of those clambering over the moraine at the bottom. *Dodecatheon pulcherrimum* flowered by some cabins and a little further along we admired *Cassiope mertensiana* and *Listera borealis*. There was also

a little *Listera cordata*. On the lake we had great views of three female Harlequin Ducks as well as Common Loon. Then it was time to get back to the Storm Mountain Lodge.

## Day 7      June 18<sup>th</sup>      Kootenay National Park and the Horsethief River Valley

It was sunny this morning and some spent some time trying to get pictures of the Rufous Hummingbird before breakfast but it seemed that he was more willing to have his photograph taken in the evenings!

After breakfast we headed south into BC and the Kootenay National Park. We stopped at the Paint Pots Trail and spent a happy hour and half exploring the kilometre long trail and the Paint Pots themselves. These are little pools and muddy areas where the mud is a strong ochre colour and has in the past been used to make pigments by firing little cakes of the mud then crumbling it and using it with animal grease to make a red paint. In the mud we found several sets of deer tracks, one was very obviously being followed by a Wolf! Swainson's Thrush was in the trees and Lincoln's Sparrow in the boggy areas. These held a very fine sedge flora with species such as *echinata*, *aurea*, and *pauciflora*. Little Cranberries trailed through the vegetation and we found our first *Platanthera dilatata* amongst the moss. Under the trees the moss also held both *Listera borealis*, in particularly fine form, and *Listera cordata*, and lots of *Mitella nuda*. The lovely little *Primula mistissinica* was found in flower.

Then it was on down the road towards Radium. A Marten carpeted across the road, otherwise it was mammal-free. We stopped for some tea and coffee and then it was heads down until we were in Radium. Here we found Paul Cardy's marvellous site for *Cypripedium montanum*. This exquisite Lady's Slipper was in perfect flower, the blooms white and red-green with elegantly long and twisted sepals – gorgeous. The mats of Twinflower here were in wonderful flower too. On the nearby cliff was *Heuchera cylindrica*.

We moved to the Horsethief River Valley and took our picnic lunch at a superb vantage point which overlooked the river, woodlands and marshes below. We soon found a distant Moose, a female, and there were two White-tailed Deer too. Harebells bloomed prolifically on the slope below us and a Northern Flicker entertained us over lunch. We moved a little down the valley and took a walk down through the grassland towards the river. Various colour forms of *Medicago sativa* dominated the vegetation. We also found *Allium cernuum* and the lovely *Penstemon fruticosus* with large purple flowers. Vesper Sparrows were in the trees. We spotted a Bald Eagle's nest out in the marsh and an Osprey flew through giving us great views. Half a dozen Turkey Vultures were seen and nearer at hand was an Eastern Kingbird and lots of Bank Swallows. Nearer at hand a Downy Woodpecker was seen before we located a pair of Red-naped Sapsuckers nesting in a nearby aspen. Then it was time to head back towards the Storm Mountain Lodge stopping for icecreams and tea on the way.

## Day 8      June 19<sup>th</sup>      via Revelstoke to the Okanagan

We said farewell this morning to the gorgeous Storm Mountain Lodge, there can be few finer places to spend a week amongst such magnificent scenery and wonderful wildlife. The food is really exceptional too.

As if to remind us what we'd be missing two fine adult Wolves were standing in an open area above the Trans-Canada Highway not far into our journey. Unfortunately park wardens were on hand to make sure no vehicles stopped! I guess it wouldn't be good if lots of vehicles piled to a halt to watch them on this road!

We drove on passing through the amazing scenery of Glacier National Park, the steep slopes shrouded in clouds, the snow lying not far above us. We stopped to admire a large roadside colony of orchids, with both *Platanthera dilatata* and *Platanthera saccata* in fine form. There was also a lot of the lovely *Parnassia fimbriata* amongst it and the pretty little sedge *Carex aurea*, with little spherical pale sandy utricles.

Then it was down to Revelstoke where we stopped at the Giant Cedar Boardwalk. The cedars in question were Western Red Cedars and they were truly magnificent. Great tall trees rose out of a lush understorey – we were in temperate rainforest now. The great leaves of *Oplopanax horridus* dominated, the fruiting heads not yet red! Star plant for most of us was the *Asarum caudatum* which flowered prolifically under the shiny leaves. The ferns were superb with lots of Oak Fern, abundant *Dryopteris dilatata*, Beech Fern, and *Polystichum munitum*. *Aruncus dioicus* was common as was *Aralia nudicaulis*, the latter though wasn't in flower, neither was the umbellifer *Osmorhiza depauperata*. *Taxus brevifolia* and *Pachistema myrsinites* were seen. In the carpark we found *Pinus monticola*, and also Douglas Fir and Mountain Hemlock.

We next walked the Skunk Cabbage Trail which not surprisingly gave us a chance to see this aroid in abundance, the flowers gone, the seedheads sticking up proud and the impressive leaves imitating the vegetation. There was plenty more though with tall wands of *Senecio triangularis*, purple *Potentilla palustris*, yellow heads of *Lysimachia thyrsiflora*, and the large translucent red berries of *Lonicera ciliosus*. Other plants of note were *Mitella breweri*, *Crataegus douglasii*, *Carex crawfordii* and *Veronica americana*. In the water we spotted the water crowfoot *Ranunculus gmelinii*. Song Sparrows were numerous and ... well... singy. We started on down the road only to find that there was a bank of *Epipactis gigantea* on the roadsides – marvellous!

Now it was time to get our heads down and get down into the Okanagan. A Moose did manage to stop us and though we did get photos of it at reasonably close range it was only of the back end. A horn-happy train driver saw to it that the animal disappeared before we could do better. Carolina Wood Duck was on the pond here. Later a Mule Deer was seen too.

Then it is down to Osoyoos where we settled into our hotel and then went across the road for a meal in the local Greek Restaurant.



## Day 9      June 20<sup>th</sup>      Mount Baldy

Phil took a wander up the road before breakfast and found a very obliging California Quail and a Northern Flicker, both within a hundred metres of the hotel. We breakfasted just down the road, finding out just how big the breakfast portions can be in Canada!

Then it was into the semi-deserts of the Okanagan – within five minutes of the leaving the hotel we were pulling up across the lake by a sagebrush covered slope which was indeed very dry. However it did have some flowers, most notably a scattering of the lovely lilac-pink *Calochortus macrocarpus*. Some of these were very impressive and beautiful. In a little gully there were Wax Currants, a *Cheilanthes* fern, *Amelanchier*, and also the impressive thistle *Cirsium brevistylum*. Several California Quail soon left the area! Just up the road we stopped again for more *Calochortus* and here we also found *Phlox longifolia*. A superb male Lazuli Bunting was on great form here and we also saw Lark Sparrow and Western Kingbird.

Up the road we stopped to photograph *Philadelphus lewisii* which was covered in fragrant sprays of white blooms. Around was a wonderful mix of *Eriogonum umbellatum* and *Lupinus*. *Castillejas* and *Penstemons* too. An Alpine Blue was found and birds included Townsend's Solitaire. We started finding the Scarlet Gilia *Ipomopsis aggregate* a lovely red tubular bloom. We took the side road up towards Mount Baldy ski area and soon stopped again as a wonderful show of blooms rose up the bank in front of us. The extraordinary red bracts of *Clarkia pulchellum* made us think of bougainvillea but in fact this showy plant belonged to the willowherb family. There was an amazing show of various plants all around this and Mountain Bluebirds were here too. We spent the rest of the morning in more forested areas, mostly dominated by *Pinus ponderosa* and *Larix*. *Lilium columbianum* was a nice find and there was yellow-flowered *Viola glabella* too. Under the trees the yellow *Viola* was *orbicularis*. We reached the now largely derelict ski centre at lunch time and had our picnic on some benches where we found Mountain Bluebirds, White-crowned Sparrows and Steller's Jays for company. A Snowshoe Hare was seen.

The afternoon was spent descending slowly. First we enjoyed roadside displays of *Platanthera stricta*. Some cat prints heading off through the same mud as some deer prints looked to be either Lynx or Bobcat. A big surprise was a Porcupine wandering around on the road. This soon headed off into the trees but we ran in and 'treed' it! Further down and Seda spotted a large population of *Delphinium nuttallianum* in stunning shades of blue. Also here was the little *Lewisia pygmaea*. Canadian Tiger Swallowtail appeared and so did Chryxus Arctics. Lower down a Mule Deer offered good photographic opportunities.

After a circular exploration of Oliver we headed to Vaseux Lake. Here we had an hour to enjoy the boardwalk. Though there were quite a few mossies and not a little poison ivy we enjoyed our visit tremendously. Western Painted Turtles basked on waterside logs and plenty of Odonata flew about. Red Admiral looked smaller than the same species in Europe. Yellow Chat and Yellow Warbler were seen and two Eastern Kingbirds sallied for insects. Cedar Waxwings and Downy Woodpecker were seen and out on the lake were Redheads, American Wigeon and Northern Shoveler.

## Day 10      June 21<sup>st</sup>      Mount Kobau

We did an early morning trip to the dry lands east of Osoyoos. About the first thing we saw was an extraordinary site. We noticed some rather agitated Mule Deer in the sagebrush. A couple of the larger ones were racing back and forth and it was only then we noticed that they were chasing a fine adult Coyote. This went on for a couple of minutes, the Deer hot on the Coyotes heels!

We walked some of the sagebrush and found a decent selection of birds as well as another Mule deer and some Nuttall's Cottontails. Lewis's Woodpecker flew over and flickers were everywhere. California Quail was seen close by and Say's Phoebes sat on bushes, Lazuli Buntings too. American Goldfinches, Red-tailed Hawk and Western Meadowlarks were the other birds seen. *Calochortus* were frequent. Just before we left Beathe spotted a Black Bear!

We breakfasted at the excellent Jo-Jos and then a little after nine headed out of town towards Mount Kobau. An adult Bald Eagle drifting along right by the road caused us to stop and the eagle obliged by coming back for more. We stopped at the overlook for Spotted Lake, a weird alkali lake which apparently has one of the strongest and diverse mineral assemblages of any saline lake in the world! Certainly it looked pretty strange. A Yellow-throated Marmot was well-photographed at this spot. Turning up towards the mountain we spent the day making short or longer stops along the road that leads to the top of the mountain at around 1750m. We saw hardly a car or person all day and not so much livestock either. The habitats were open grasslands, beautiful rockeries, and open forests. Starting low down we soon found some Calliope Hummingbirds however they proved difficult to get a good look at, and only Linda managed a decent photograph. We found *Fritillaria pudica* in seed and an extraordinary yellow bloom with large shiny petals! This was *Mentzelia laevicaulis*. Rockeries further up the road had *Eriogonum heracleoides*, masses of superb purple *Penstemon frutescens*, *Woodsia scopulina* and *Woodsia obtusa*, *Arenaria serpyllifolia*, abundant *Lupinus sericeus* and magnificent displays of *Delphinium nuttalianum*. In one area of woodland we found another *Delphinium*, and in this spot was our first *Platanthera unalaskensis* as well as the gorgeous little *Orobanche uniflora*. *Goodyera oblongifolia* was almost in flower. *Lithophragma parviflora* caused some head scratching as to its identity, as did the mini-sunflower *Balsamorhiza sagittata*. *Monardia fistulosa* and little *Lappula redowskii* were noted though in this area it was the butterflies that took the plaudits. There were several superb Lorquin's Admirals here and also Red Admirals liked the *Holodiscus*. The very large bright orange fritillary was common and the unusual blue that is in fact a copper – Blue Copper!

A male Mule Deer was photographed by the roadside and so too were more Yellow-bellied Marmots and Yellow-pine Chipmunks. A Pileated Woodpecker was seen and there were chickadees, various warblers and White-crowned Sparrows about. We explored the top of the mountain and walked slowly back down to one of the lower parts of the road seeing wonderful rockeries as we went. *Polemonium pulcherrinum* was in magnificent form and so too was the *Lewisia rediviva*. Both *Lomatium triternatum* and *Lomatium dissectum* were in bloom, and there was a little *Phacelia hastata* (white) and lots of *Phacelia linearis* (bluish). The gorgeous waterleaf *Hydrophyllum capitatum* had blue flowers, the *Castilleja thomsonii* yellow bracts. Common Ringlet (Large Heath) was on the wing up here and so too was Milbert's Tortoiseshell and a type of Grizzled Skipper.

There was also an Orange-tip species. Other plants noted today included *Zigadenus venenosus*, *Collinsia parviflora*, *Claytonia lanceolata* with pink stamens, *Dodecatheon conjugens*, *Senecio integerrimus*, and a confusing array of violas. The lovely *Philadelphus lewisii* was frequent lower down.

As we came down a Red Squirrel crossed the road and fell down between the bars of a cattle grid! It soon popped up again – not a sign of sheepishness there. A little further down and we had two Black Bears on the road. Yearling cubs, one of them strongly cinnamon-phase, the other one partly so, and as they walked off into the woods we caught a glimpse of the mother too. Lower down there were yet more birds, this time Western Tanager posing for the cameras and there were also Spotted Towhees, Rock Wrens and Orange-crowned Warblers. Then it was time to get back to the hotel.

## **Day 11      June 22<sup>nd</sup>      via Laurie Guichin Memorial Grasslands to Whistler**

We did an early morning trip out towards the base of Mount Kobau. Mule Deer were the only mammals seen. Birds included more Lazuli Buntings and a superb Wilson's Phalarope.

Today was mostly a travelling day – once we left Osoyoos there was little time to stop en route though we couldn't resist occasionally! There were roadside butterflies at one spot and a few Mule Deer along the way. The impressive brilliant yellow blooms of *Mentzelia laevicaulis* decorated a trackside. Known as Blazing Star, this plant has impressive large yellow flowers with many yellow stamens, the outer five expanded and petal like.

We stopped at the Laurie Guichin Memorial Grasslands where we took lunch and wandered amongst the prairie. In truth we'd been driving through the same habitat for fifty kilometres, a wonderful drive. Nesting Osprey was the first thing of interest, and we had close views of Red-naped Sapsucker working tree trunks. *Geranium viscosissimum*, *Lathyrus nevadensis* and *Rosa woodsii* bloomed in the grasslands. Noticeboards explained the history of this site, and emphasised that such grassland is a rare habitat in British Columbia. On the little lake we noted Ruddy Duck and Pied-billed Grebe and there were several Killdeer

Now we had to continue our journey west. The almost empty Highway 8 took us through native lands, and we saw hardly another vehicle for a long time. Common Mergansers and Bald Eagles were among things seen en route. Our journey took us along the Thompson Valley, and then into the Fraser Valley where the two rivers meet at Lytton.

West of Lillooet the scenery and vegetation changed markedly. From sagebrush dominated by *Artemisia tridentata*, with *Artemisia frigida*, and *Gaillardia aristata* common on the roadsides, the vegetation soon became lush and densely verdant, the roadsides with much of interest. We stopped just over the pass before Pemberton where *Cirsium edule* was impressive, *Aquilegia formosa* was beautiful, there was much fine *Lilium columbianum*, many *Platanthera hyperborea* and *Platanthera dilatata*, and *Senecio indecorus*.

## Day 12      June 23<sup>rd</sup>      Stump Lake, Oliver's Landing and Garibaldi NP

This morning we drove downhill half an hour to Alice Lake Provincial Park. We took a trail through the woods, but not before a wonderful display of the strange saprophyte *Hemitomes congestum* or Gnome Plant was enjoyed right by the car park. This weird little flower looks rather like the European hypocytisus though is quite unrelated and sits on the ground in little balls of pale strawberry flowers. Walking through the woodlands was quite an experience here, the mixture of Hemlocks and Cedars so tall and draped in lichens and mosses, the ground also covered in moss, huge dead trunks laying under the mossy carpet. Winter Wrens sang throughout. We soon found a lake where floating mats of vegetation had the sundew *Drosera rotundifolia* in abundance, the little red leaves glistening with sticky glands. Some logs laying in the water had long lines of these delicate little plants on them. *Scheuchzeria palustris* flowered among them and so too *Potentilla palustris*, the abundant Bogbean *Menyanthes trifoliata* already over. One bank above the lakes proved a marvellous spot for plants. On the mossy slope were very many *Pyrola picta* with leaves variegated white, also some *Pyrola chlorantha* too. There was a superb plant of Indian Pipe, *Hypopitys uniflora*, a ghostly little saprophyte, this one with around six single flowered blooms emerging pale lilac-white from the moss. Nearby was lots of the Gnome Plant and a third saprophyte, the extraordinary Candystick, *Allotropia virgata*. This one had tall spikes covered in many flowers but it wasn't the flowers that made one stare in amazement it was the stems – thick and fleshy and looking like a raspberry ripple stick of candy or Brighton rock! We were finding lots of the coralroot orchid *Corallorhiza mertensiana* in fruit and soon we found one area with lots of its close relative *Corallorhiza maculata* in fine bloom. This was growing in a particularly atmospheric grove of trees with deep moss coating the huge fallen trunks and with swathes of Foamflower decorating areas between great clumps of the Sword Fern looking rather like they had been dropped from space. Walking on round the lake we spotted Carolina Wood Duck and a Belted Kingfisher and found our first beautiful *Dicentra formosa* with pale pink flowers. We soon found our fourth saprophytic plant of the morning. This was familiar to many of us from Britain or Europe, however here the Yellow Birdsnest, *Monotropa hypopitys*, was an amazing colour, more red and orange birdsnest!

We headed down to the coast for lunch. Just a few kilometres from Alive Lakes one reaches sea level at Squamish and following the inlet along a few more kilometres and we found Oliver's Landing. We took lunch at the back of the beach, giant driftwood in front of us and a Harbour Seal cruising up and down. A Great Blue Heron fished on the shore and Glaucous-winged Gulls flew overhead. Hummingbirds zipped by and around the same time a Bald Eagle drifted past. The scene was beautiful in front of us – the sea quite calm, the islands and far shore forested up the steep slopes. We walked around the landing a little, glimpsing the hummingbirds but only getting a good look once Phil and Linda had found the feeders they were visiting – Rufous Hummingbirds. Down by the rivermouth we got close enough to see that the alcid floating offshore was a Pigeon Guillemot.

We headed back inland stopping on the road up to Garibaldi when we espied a great population of *Chimaphila umbellata*. With it were a few *Monotrops hypopitys* and very pink *Pyrola asarifolia*. Roger found a wonderful specimen of *Platanthera orbiculata*. We headed up to the main trail where we

found quite a lot of *Listera borealis* and also both *Chimaphilas* in bloom. The saprophytes continued with more *Monotropa hypopitys* this time forming great clumps on the hillside and there were also a few more clumps of the lovely Candystick. As we walked back down we came across our first Douglas's Squirrel.

## Day 13      June 24<sup>th</sup>      Nairn Falls and Joffre Lakes

It was dull outside this morning as we partook of the usual 'something' benedict and tea and coffee at the stylish breakfast bar up the road. We headed east reaching Nairn Falls in less than half an hour and then spent the morning walking to said falls and back. It was a kilometre and half through the usual gorgeous forest this time with a powerful and fast river below us. *Chimaphila umbellata* was common and in fine flower along the pathsides, the same habitat was rich with *Trientalis latifolia*, this almost all over, and *Goodyera oblongifolia* which we found here in good flower. *Spiraea densiflora* was in good flower and down by the falls we found *Spiraea douglasii* and the hybrid between the two species. Golden-crowned Kinglet and Chestnut-backed Tit were in the trees and a Douglas's Squirrel scampered out of sight. The falls were indeed very impressive, the tumultuous waters making quite a din as they dived between huge rocks. These rocks had much *Saxifraga ferruginea* and one damp cliff was dotted with the unusual fronds or the fern *Adiantum pedatum*, the next bit of cliff had lots of *Phegopteris*. Particularly fine was the pink and yellow *Corydalis sempervirens* on the rocks near the falls.

We drove a little further east, uphill too. This took us to the trailhead for Joffre Lakes. Here we took our lunch as a hummer buzzed back and forth and Red-headed Sapsucker performed in the parking area-side alder bushes. Well-fed we took the walk down to the first lake enjoying *Streptopus roseus* and some fine *Platanthera aquinolaris* as we went. The lake was very beautiful but we didn't stop long as there was much to see along the trail. Linda found *Trientalis europea* growing in trackside sphagnum, this the second starflower of the day. *Platanthera saccata (stricta)* was also in the bog alongside *Kalmia microphylla*. We walked through gorgeous mossy forest with vacciniums, *mertenziessa* and wintergreens for company, Winter Wrens singing as we went. A pair of Hairy Woodpeckers were enjoying themselves on a dead hemlock, later Phil came back and photographed a Pileated Woodpecker on the same piece of wood. There was plenty of *Viola glabella* and higher up we found lots of *Listera cordata* and up by the second lake *Phyllodoce glandulifera*. The second lake was just stunning, the turquoise waters set amidst douglas firs and hemlocks and with spectacular mountains all around and an impressive looking glacier hanging over all.... Clark's Nutcrackers and Gray Jays were seen up here.

Last port of call for the day was a bog boardwalk near Pemberton where we enjoyed some Common Yellowthroats, some dragonflies and the ubiquitous Osprey. In the water were masses of *Brasenia schreberi* or Water-shield and Yellow Water Lily. On scree we found just the one plant of *Penstemon serratulus*. Then it was time to head back to Whistler and prepare for the evening feast!

## Day 14      June 25<sup>th</sup>      Blackcomb Mountain Whistler

Initially we thought the weather looked rather poor today for a visit to high altitude but after breakfast things looked a little like they might brighten up so we decided to risk it. It turned out to be a very good decision as the weather steadily brightened all day and we had a wonderful time amid the alpine zone on Blackcomb Mountain above Whistler.

We took the whistler express, a four-seat chairlift, up the first station and then took a walk from there. The ski-runs were interspersed with forest sections. *Castilleja miniatus* provided splashes of red on the ski-runs while on the edges of forest we found *Rhododendron albiflorum*. Under trees was a swathe of *Streptopus roseus*. *Viola glabella* was also there with *Actaea rubra* in flower too. Pine Siskins were common and there was plenty of sign of bears. We took the next chairlift up and very soon spotted a bear below us. This one was a cinnamon type bear, one with a very red face, and we had a great view of it as it walked down the slope crossing a snow patch as we sailed overhead. As we reached the next station we saw two animals rolling around on the ground. Bear cubs? Wolverines? Dogs? It turned out they were Hoary Marmots. We took our lunch down to watch them. As we ate we were entertained by these lively animals, seemingly not bothered by us being ten metres away. Two in particular liked to fight and roll around – they would stand in front of us each and look like they were kissing, but in fact teeth were bared! Then they would start boxing each other before they would eventually fall in a heap and roll over and over...whereupon another marmot would appear and run and jump on them. These animals really seemed to spend the entire hour we watched them just having fun. They would often run and hide down a hole only to pop up from another one and try and surprise another marmot! We found Beathe who had been walking up on her own and who had also encountered a bear, this one was black though so not the one we'd seen heading in her direction earlier.

After lunch some of the group took the twin-peaks gondola which literally is draped between the two mountains of Whistler and Blackcomb. They then took another chairlift before descending on foot and finding themselves embroiled in the mountain biking area, something that was not acceptable apparently so rangers were sent to their assistance. Seda went looking for bears with one of the rangers eventually again finding the indefatigable Beathe, but no bears! The rest of us explored the area at the top of the lift for an hour and a half. Much of the landscape had snow, but there were open areas and in these we found some great flowers. *Claytonia lanceolata* was abundant as was the yellow *Viola orbiculata*. There were a few flowers of *Pulsatilla occidentalis*. *Lonicera xylostemon* was in good flower and we also found pink *Phyllocladus empetrifolia* and fabulous lilac cushions of *Phlox caespitosa*. A *Penstemon* was also appreciated. We found few birds, some Gray Jays and a Ferruginous Hawk, but the views over towards Whistler Mountain were fantastic.

Later we took the chairlift down to the next level and walked down to Whistler. Our first thing of interest was the same cinnamon-phase Black Bear we'd seen in the morning. This time though we were on foot and so was he. We were able to view him safely from very close range as he seemed very amenable to human company, no doubt used to the many hikers and tourists wandering Whistler's trails. We enjoyed a good little session photographing him before leaving him in peace and wandering off down the trail. Here we encountered a fine range of plants. Notable were the

*Lilium columbianum* in fine form. There were large stands of *Platanthera dilitata* and *Platanthera unalaskensis* as well as a little *Platanthera aquilonaris*. There was a carpet of *Cornus canadensis* so thick nothing else could be seen growing between it. Another area held lots of *Castilleja* as well as abundant *Pyrola asarifolia* with round pink blooms. Here too was Partridge-foot and other members of the saxifrage family included a fine *Mitella* and a bright red Saxifrage. Douglas's Squirrels and Yellow-pine Chipmunks ran back and forth, two of the latter posing wonderfully on some logs. Then it was back into town where after a good break we reconvened and visited the restaurant opposite where the Peking Crispy Duck and the Gnocchi with wild mushrooms were voted favourites.

## Day 15      June 26<sup>th</sup>      Vancouver: Caulfeild Lighthouse, Stanley Park and Iona

A fine and warm morning – we had been both lucky and unlucky with the weather on this tour. It had been very cool, even cold, and often cloudy on the trip, however we'd hardly had any time taken out by rain (or snow). Now then more normal (for the time of year) sunny weather had returned to wave us goodbye!

After a leisurely breakfast in Elements we packed up the vehicles and headed down to the coast. The scenery was sensational all the way, now Black Tusk stood clear of its ice and everywhere snowy peaks rose precipitously from the road, their lower slopes clothed in thick lush forest. The long bay that reaches Squamish provided us with superb sea scenery with high-sided islands dotted in the waters. The size of the trees was quickly brought home to us when we stopped at Caulfield Lighthouse. A walk here took us through magnificent Red Cedars and Douglas Firs, some 60-70m tall. The understory held lots of *Gaultheria shalon* and also a little *Dicentra formosa* still in flower. We spent a while scanning for cetaceans at the end of the walk but nothing showed, perhaps the Sunday waters were too busy. In the previous week both Humpback and Orcas had been seen in the bay.

We headed to Stanley Park where on such a nice June Sunday it was predictably busy with sunbathers and cyclists abounding in about equal numbers. It was so busy at the café that we had to settle for a hotdog stand instead! Black Brant and Double-crested Cormorant were offshore. We took a walk around Stanley Park to the Beaver Pond. The pond was covered, totally, by water lilies with both pink and white forms of *Nymphaea odorata*. Also growing here were *Iris versicolor* which had just finished flowering and lots of *Potentilla palustris*. In the marshy vegetation we found Skunk Cabbage and *Oenanthe sarmentosa*. *Spiraea douglasii* was in good flower. Lorquin's Admiral landed on the track and a surprise was a Yellow Crake that suddenly ran out of cover, trotted alongside us for a couple of metres before exiting into the marsh, never to be seen again! We had good views of a female Calliope Hummingbird. On the marsh were Carolina Wood Ducks, Killdeer and Red-winged Blackbirds and overhead an adult Bald Eagle was harassed by the Northwestern Crows.

We drove through the centre of the city feeling rather small under the skyscrapers before reaching Iona Marsh on the far side. Here a brief walk around the marsh allowed us great views of Pied-

billed Grebes and their single youngster. We also saw Marsh Wren and Tree Swallow. Yellow Flag was in bloom. Then it was off to the airport for check-in.

**Day 16      June 27<sup>th</sup>      Departure**

We hope that all arrived into Heathrow in good time and connections were made to Norway etc....



## Systematic List Number 1                      Plants

The nomenclature and systematic order generally follow 'Plants of Western Oregon, Washington, and British Columbia' by Eugene N. Kozloff. As in many regional floras the families are arranged alphabetically, as are the genera and species within them, and this is followed here. The series of field guides published by Lone Pine were invaluable and have very good coverage of the flora of the region: 'Alpine Plants of British Columbia, Alberta, and Northwest North America' by Pojar and MacKinnon et al., 2013, 'Plants of the Rocky Mountains' by Kershaw, MacKinnon and Pojar, 1998, 'Plants of Southern Interior British Columbia and the Inland Northwest' by Parish, Coupe, and Lloyd et al., 1996, and 'Plants of the Pacific Northwest Coast' by Pojar and MacKinnon et al., 1994.

### PTERIDOPHYTA – Ferns and their relatives

<i>Adiantum pedatum</i>	Maidenhair Fern	Garibaldi PP and Nairn Falls
<i>Athyrium filix-femina</i>	Common Lady Fern	Widespread
<i>Blechnum spicant</i>	Deer Fern	Western BC
<i>Botrychium lunaria</i>	Moonwort	Grassi Lakes and several on Sulphur Mountain
<i>Botrychium virginianum</i>	Grape Fern	Bow Valley Provincial Park, Garibaldi PP, and Cheakamus Lake
<i>Cheilanthes gracillima</i>	Lace Fern	Columbia Lake PP
<i>Cryptogramma acrostichoides</i>	American Parsley Fern	Garibaldi and Nairn Falls
<i>Cystopteris fragilis</i>	Bladder Fern	Scattered records, widespread
<i>Diplazium complanatum</i>	Northern Running Pine	Emerald Lake
<i>Dryopteris carthusiana</i>	Narrow Spiny Woodfern	Shadow Lake
<i>Dryopteris dilatata</i>	Wood Fern	Western BC, locally numerous
<i>Dryopteris filix-mas</i>	Male Fern	Revelstoke
<i>Equisetum arvense</i>	Common Horsetail	Widespread and common
<i>Equisetum fluviatile</i>	Water Horsetail	Scattered records
<i>Equisetum hyemale</i>	Common Scouring Rush	Emerald Lake and Vaseux Lake
<i>Equisetum palustre</i>	Marsh Horsetail	Emerald Lake
<i>Equisetum pratense</i>	Meadow Horsetail	Emerald Lake
<i>Equisetum scirpoides</i>	Dwarf Scouring Rush	Widespread in the Rockies
<i>Equisetum telmateia</i>	Giant Horsetail	British Columbia
<i>Equisetum variegatum</i>	Variiegated Horsetail	Emerald Lake
<i>Gymnocarpium dryopteris</i>	Oak Fern	Emerald Lake and western BC
<i>Huperzia selago</i>	Fir Clubmoss	Moraine Lake
<i>Lycopodium annotinum</i>	Stiff Club-moss	Scattered forest records
<i>Lycopodium clavatum</i>	Running Clubmoss	Scattered in western BC
<i>Lycopodium dendroideum</i>	Ground Pine	Shadow Lake
<i>Pellaea glabella</i>	Smooth Cliff-brake	Columbia Lake PP
<i>Phegopteris connectilis</i>	Beech Fern	
<i>Polypodium amorphum</i>	Pacific Polypody	Scattered west BC records
<i>Polypodium hesperium</i>	Western Polypody	Nairn Falls
<i>Polypodium glycirrhiza</i>	Licorice Fern	Alice Lake PP
<i>Polystichum andersoni</i>	Anderson's Sword Fern	Cheakamus Lake . Fronds bear bulbils.
<i>Polystichum munitum</i>	Common Sword Fern	Locally common in western BC
<i>Pteridium aquilinum</i>	Bracken	Scattered records in BC

<i>Selaginella densa</i>	Dense Spikemoss	Okanagan
<i>Woodsia obtusa</i>	Blunt-lobed Woodsia	Mt.Kobau
<i>Woodsia scopulina</i>	Rocky Mountain Woodsia	Scattered records
<i>Woodwardia fimbriata</i>	Chain Fern	Stanley Park, Vancouver,

## SPERMATOPHYTA

### *Gymnospermae*

#### *Cupressaceae*

<i>Juniperus communis</i>	Common Juniper	Widespread and locally common
<i>Juniperus horizontalis</i>	Creeping Juniper	Bow Valley, Emerald Lake, etc.
<i>Juniperus scopulorum</i>	Rocky Mountain Juniper	Columbia Lake PP
<i>Thuja plicata</i>	Western Redcedar	Widespread and often co-dominant

#### *Pinaceae*

<i>Abies amabilis</i>	Silver Fir	
<i>Abies lasiocarpa</i>	Subalpine Fir	Widespread and locally numerous at timberline
<i>Larix lyallii</i>	Subalpine Larch	Widespread timberline tree in Rockies
<i>Larix occidentalis</i>	Western Larch	
<i>Picea engelmannii</i>	Engelman's Spruce	Locally dominant over large areas
<i>Picea glauca</i>	White Spruce	Widespread in the Rockies
<i>Picea mariana</i>	Black Spruce	Icefields Parkway
<i>Picea sitchensis</i>	Sitka Spruce	Extreme western BC
<i>Pinus albicaulis</i>	Whitebark Pine	Peyto Lake and Sulphur Mountain
<i>Pinus contorta</i>	Lodgepole Pine	Widespread and dominant over large areas
<i>Pinus monticola</i>	Western White Pine	Scattered in BC
<i>Pinus ponderosa</i>	Ponderosa Pine	Locally dominant in Okanagan
<i>Pseudotsuga menziesii</i>	Douglas Fir	Widespread, numerous in BC
<i>Tsuga heterophylla</i>	Western Hemlock	Dominant over large areas in BC

#### *Taxaceae*

<i>Taxus brevifolia</i>	Western Yew	Revelstoke and Day 12
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### *Angiospermae*

#### *Dicotyledones*

#### *Aceraceae*

<i>Acer circinnatum</i>	Vine Maple	Local in BC
<i>Acer glabrum</i>	Mountain Maple	Scattered records
<i>Acer macrophyllum</i>	Big-leaf Maple	A few BC sites

#### *Anacardiaceae*

<i>Rhus glabra</i>	Smooth Sumac	Okanagan
<i>Rhus radicans</i>	Poison Ivy	Okanagan

#### *Apiaceae*

<i>Cicuta douglasii</i>	Water Hemlock	Leaves in Revelstoke
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<i>Heracleum lanatum</i>	Cow Parsnip	Widespread, mostly in BC
<i>Ligusticum</i> sp.		Day 7
<i>Lomatium ambiguum</i>	Swale Desert-Parsley	This species also on Mt.Kobau ?
<i>Lomatium macrocarpum</i>	Large-fruited Lomatium	Mt.Kobau
<i>Lomatium triternatum</i>	Narrow-leaved Lomatium	Mt.Kobau
<i>Lomatium</i> sp.		Another species at Mt.Kobau too, possibly <i>Lomatium ambiguum</i>
<i>Oenanthe sarmentosa</i>	Pacific Water-Parsley	Garibaldi PP
<i>Osmorhiza chilensis</i>	Sweet Cicely	Emerald Lake etc.
<i>Osmorhiza depauperata</i>	Antenna Plant	Widespread in BC
<i>Perideridia gairdneri</i>	Gairdner's Yampah	Mt.Kobau in the past
<i>Zizia aptera</i>	Heart-leaved Alexanders	Bow Valley Provincial Park
<b>Apocynaceae</b>		
<i>Apocynum androsaemifolium</i>	Spreading Dog's-bane	Locally common, as at Nairn Falls
<i>Apocynum cannabinum</i>		Near Oliver
<b>Araliaceae</b>		
<i>Aralia nudicaulis</i>	Wild Sarsaparilla	Scattered BC records
<i>Opopanax horridus</i>	Devil's Claw	Scattered records, numerous in Revelstoke
<b>Aristolochiaceae</b>		
<i>Asarum caudatum</i>	Western Wild Ginger	Locally common in Garibaldi pP etc. Also Revelstoke. In good flower.
<b>Asclepiadaceae</b>		
<i>Asclepias speciosa</i>	Showy Milkweed	Locally common in the Okanagan
<b>Asteraceae</b>		
<i>Achillea millefolium</i>	Yarrow	Widespread and common
<i>Adenocaulon bicolor</i>	Pathfinder	In flower Shadow Lake and Cheakamus Lake,
<i>Agoseris aurantiaca</i>	Orange Agoseris	Okanagan
<i>Agoseris glauca</i>	False Dandelion	Bow Valley PP and Mt.Kobau
<i>Anaphalis margaritacea</i>	Pearly Everlasting	Scattered records
<i>Antennaria alpina</i>	Alpine Pussytoes	Sulphur Mountain
<i>Antennaria lanata</i>	Woolly Pussytoes	Emerald Lake etc.
<i>Antennaria media</i>	Rocky Mountain Pussytoes	Moraine Lake
<i>Antennaria neglecta</i>	Field Pussytoes	Beaver Lake road,
<i>Antennaria pulcherrima</i>	Showy Pussytoes	Okanagan
<i>Antennaria racemosa</i>	Racemose Pussytoes	Widespread, e.g. Mt.Kobau
<i>Antennaria rosea</i>	Rosy Everlasting	Widespread in small numbers
<i>Antennaria umbrinella</i>	Umber Pussytoes	Columbia Lake PP
<i>Arnica cordifolia</i>	Heart-leaved Arnica	Locally common in the Rockies and Okanagan
<i>Arnica diversifolia</i>	Lawless Arnica	Loggers Lake in the past
<i>Arnica fulgens</i>	Orange Arnica	Day 5 and Mt.Kobau,

<i>Arnica gracilis</i>	Smallhead Arnica	Moraine Lake
<i>Artemisia frigida</i>	Prairie Sagewort	Bow Valley, etc.
<i>Artemisia tridentata</i>	Tall Sagebrush	Dominant in Sagebrush in Okanagan
<i>Aster conspicuus</i>	Showy Aster	
<i>Aster foliaceus</i>	Leafy Aster	
<i>Aster laevis</i>	Smooth Aster	
<i>Aster sibiricus</i>	Arctic Aster	
<i>Aster subspicatus</i>	Douglas's Aster	This species Mt.Kobau? And Nairn Falls?
<i>Aster spp.</i>		Various other species were not identified
<i>Balsamorhiza sagittata</i>	Arrow-leaved Balsamroot	Daily in the Okanagan
<i>Bellis perennis</i>	Daisy	Day 8 only!
<i>Centaurea maculosa</i>	Spotted Knapweed	Day 5
<i>Chaenactis douglasii</i>	Hoary False Yarrow	South of Lillooet
<i>Chamomilla suaveolens</i>	Pineapple Weed	Scattered records
<i>Chrysopsis villosa</i>	Golden Aster	
<i>Chrysothamnus nauseosus</i>	Common Rabbit-brush	Southern BC
<i>Cichorium intybus</i>	Chicory	Roadsides in Okanagan
<i>Cirsium arvense</i>	Creeping Thistle	Okanagan
<i>Cirsium brevistylum</i>	Short-styled Thistle	Okanagan
<i>Cirsium edule</i>	Edible Thistle	Scattered BC records
<i>Cirsium foliosum</i>	Leafy Thistle	Day 4,
<i>Cirsium hookerianum</i>	White Thistle	Wilcox Pass
<i>Cirsium vulgare</i>	Spear Thistle	Okanagan
<i>Cirsium spp.</i>	thistles	A few others unidentified
<i>Crepis atrabarba</i>	Slender Hawksbeard	Mt.Baldy and Mt.Kobau
<i>Crepis ?paludosa</i>	Marsh Hawksbeard	Western BC
<i>Erigeron aureus</i>	Golden Fleabane	Wilcox Pass
<i>Erigeron caespitosus</i>	Tufted Daisy	Bow Valley PP
<i>Erigeron compositus</i>	Cut-leaved Fleabane	Common on Wilcox Pass, also Mt.Kobau and a few other sites
<i>Erigeron corymbosus</i>	Long-leaved Daisy	Mt.Kobau
<i>Erigeron divergens</i>	Spreading Daisy	Okanagan
<i>Erigeron glacialis</i>	Subalpine Daisy	Okanagan
<i>Erigeron linearis</i>	Fine-leaved Daisy	Mt.Kobau
<i>Erigeron peregrinus</i>	Tall Purple Fleabane	Scattered in the Rockies
<i>Erigeron pumilus ssp.intermedius</i>	Shaggy Daisy	Okanagan
<i>Erigeron speciosus</i>	Showy Daisy	
<i>Erigeron subtrinervis</i>	Trinerved Daisy	Vaseux Lake
<i>Erigeron spp.</i>	Fleabanes	Various other species were not identified
<i>Gaillardia aristata</i>	Brown-eyed Susan	Numerous in lower drier areas
<i>Haplopappus lyallii</i>	Lyall's Goldenweed	Columbia Lake PP
<i>Hieracium albiflorum</i>	White-flowered Hawkweed	Western BC
<i>Hieracium aurantiacum</i>	Fox and Cubs	Widespread, abundant on BC roadsides
<i>Hieracium umbellatum</i>	Narrow-leaved Hawkweed	Roadside weed at lower altitudes
<i>Hypochoeris glabra</i>	Smooth Cat's-ear	Weed in Vancouver
<i>Hypochoeris radicata</i>	Rough Cat's-ear	Western BC
<i>Lagophylla ramosissima</i>	Common Hareleaf	Okanagan
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Widespread

<i>Mycelis muralis</i>	Wall Lettuce	Scattered in BC
<i>Petasites frigidus</i>	Sweet Coltsfoot	Local, still in flower Emerald Lake
<i>Petasites palmatus</i>	Western Coltsfoot	
<i>Petasites sagittatus</i>	Arrow-leaved Coltsfoot	Noted in leaf
<i>Senecio canus</i>	Woolly Butterweed	Bow Valley Provincial Park
<i>Senecio indecorus</i>	Rayless Mountain Butterweed	Mt.Baldy etc.
<i>Senecio interrimus</i>	California Butterweed	Mt.Kobau
<i>Senecio pauciflorus</i>	Rayless Alpine Butterweed	Bow Valley PP
<i>Senecio pseudoaureus</i>	Streambank Butterweed	Bow Valley Provincial Park in the past
<i>Senecio streptanthifolius</i>	Rocky Mountain Butterweed	Day 5,
<i>Senecio triangularis</i>	Triangular-leaved Senecio	Scattered records
<i>Senecio vulgaris</i>	Groundsel	
<i>Solidago canadensis</i>	Canada Goldenrod	Day 7,
<i>Solidago multiradiata</i>	Northern Goldenrod	Emerald Lake and Day 4
<i>Sonchus asper</i>	Prickly Sow Thistle	
<i>Sonchus oleraceus</i>	Smooth Sow Thistle	
<i>Tanacetum vulgare</i>	Tansy	Shadow Lake
<i>Taraxacum ceratophorum</i>	Horned Dandelion	Sulphur Mountain
<i>Taraxacum officinale</i>	Dandelion	Widespread and extremely abundant
<i>Tragopogon dubius</i>	Goatsbeard	Scattered records
<i>Tragopogon pratensis</i>	Meadow Salsify	Scattered records

### ***Berberidaceae***

<i>Berberis aquifolium</i>	Oregon Grape	Okanagan
<i>Berberis nervosa</i>	Long-leaved Oregon Grape	Western BC
<i>Berberis repens</i>	Creeping Oregon Grape	Emerald Lake

### ***Betulaceae***

<i>Alnus incana</i>	Mountain Alder	Emerald Lake and Day 4
<i>Alnus rubra</i>	Red Alder	Widespread, locally common
<i>Alnus viridis sinuata</i>	Sitka Alder	Mt.Baldy etc.
<i>Betula glandulosa</i>	Bog Birch	Higher altitudes in the Rockies
<i>Betula occidentalis</i>	Water Birch	Bow Valley PP, and Mt.Baldy
<i>Betula papyrifera</i>	Paper Birch	Only in Whistler
<i>Corylus cornuta</i> var. <i>californica</i>	California Hazlenut	Scattered records

### ***Boraginaceae***

<i>Amsinckia menziesii</i>	Menzies' Fiddleneck	Mt.Kobau in the past
<i>Cynoglossum officinale</i>	Hound's Tongue	Okanagan
<i>Echium vulgare</i>	Viper's Bugloss	Roadsides in BC
<i>Hackelia micrantha</i>	Small-flowered Stickseed	Mt.Kobau
<i>Lappula redowskii</i>	Western Stickseed	Mt.Kobau
<i>Lappula squarrosa</i>	Bristly Stickseed	Bow Valley PP and Cheakamus Lake
<i>Lithospermum ruderales</i>	Woolly Puccoon	Bow Valley PP
<i>Mertensia paniculata</i>	Tall Bluebells	Bow Valley Provincial Park
<i>Myosotis alpestris</i>	Alpine Forget-me-not	Wilcox Pass and Emerald Lake
<i>Myosotis laxa</i>	Small Forget-me-not	Okanagan

<i>Myosotis stricta</i>	Short-stalked Forget-me-not	Western BC in the past
<b><i>Brassicaceae</i></b>		
<i>Arabis drummondii</i>	Drummond's Rock-cress	Scattered in the Rockies
<i>Arabis hirsuta</i>	Hairy Rock-cress	Bow Valley PP
<i>Arabis holboellii</i>	Holboell's Rock-cress	Mt.Kobau
<i>Arabis lemmonii</i>	Lemmon's Rock-cress	Day 3 and Sulphur Mountain
<i>Arabis lyallii</i>	Lyall's Rock-cress	Wilcox Pass in the past
<i>Berteroa incana</i>	Hoary Alison	Mt.Kobau in the past
<i>Boechera stricta</i>	Straight-up Sun-cress	Wilcox Pass
<i>Camelina microcarpa</i>	Little-podded False-flax	Okanagan
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	A few records
<i>Descurainia sophia</i>	Flixweed	Mt.Kobau and Day 7
<i>Draba aurea</i>	Golden Draba	Peyto Lake
<i>Draba borealis</i>	Northern Draba	Wilcox Pass
<i>Draba cana</i>	Hoary Draba	Sulphur Mountain
<i>Draba cinerea</i>	Grey-leaf Draba	Wilcox Pass and Emerald Lake
<i>Draba fladnizensis</i>	Austrian Draba	Possibly this at Emerald Lake
<i>Draba incerta</i>	Yellowstone Draba	Wilcox Pass and Sulphur Mountain
<i>Draba nemorosa</i>	Woods Draba	Mt.Kobau
<i>Draba nivalis</i>	Snow Draba	Sulphur Mountain
<i>Draba paysonii</i>	Payson's Draba	Wilcox Pass?
<i>Draba</i> species		Others unidentified
<i>Erysimum capitatum</i>	Western Wallflower	Sulphur Mountain
<i>Erysimum cheiranthoides</i>	Wormseed Mustard	Bow Valley Provincial Park
<i>Lepidium densiflorum</i>	Common Peppergrass	Mt.Kobau
<i>Lobularia maritima</i>	Sweet Alison	Vancouver
<i>Lunaria annua</i>	Honesty	Western BC in the past
<i>Physaria didymocarpa</i>	Common Twinpod	In flower along the Icefields Parkway, from the vehicle!
<i>Sisymbrium altissimum</i>	Tumble Mustard	Okanagan
<i>Thlaspi arvense</i>	Field Pennycress	Scattered records, e.g. Mt.Baldy, in the past
<i>Turritis glabra</i>	Tower Mustard	
<b><i>Buddlejaceae</i></b>		
<i>Buddleja davidii</i>	Buddleia	Naturalised in western BC
<b><i>Cactaceae</i></b>		
<i>Opuntia fragilis</i>	Brittle Prickly Pear Cactus	Okanagan in the past
<i>Opuntia polyacantha</i>	Many-spined Prickly Pear Cactus	Mt.Kobau, in flower, in the past
Surprisingly neither of these species seen this year!		
<b><i>Campanulaceae</i></b>		
<i>Campanula persicifolia</i>	Peach-leaved Bellflower	Apparently this naturalised at Nairn Falls. White flowers.
<i>Campanula rotundifolia</i>	Harebell	Columbia Lake PP

### **Caprifoliaceae**

<i>Linnaea borealis</i>	Twinflower	Widespread and often in abundant flower in forests, e.g. Emerald Lake and Whistler area.
<i>Lonicera ciliosa</i>	Orange Honeysuckle	Beaver Lake road
<i>Lonicera dioica</i>	Twining Honeysuckle	Bow Valley Provincial Park
<i>Lonicera hispidula</i>	Hairy Honeysuckle	In leaf at Nairn Falls
<i>Lonicera involucrata</i>	Twinberry	Widespread
<i>Lonicera utahensis</i>	Utah Honeysuckle	Emerald Lake
<i>Sambucus caerulea</i>	Blue Elderberry	Okanagan
<i>Sambucus racemosa</i>	Red Elderberry	Widespread
<i>Symphoricarpos albus</i>	Snowberry	Widespread
<i>Symphoricarpos mollis</i>	Creeping Snowberry	Scattered records
<i>Viburnum edule</i>	Mooseberry	Cheakamus Lake Trail and Day 5

### **Caryophyllaceae**

<i>Arenaria capillaris</i>	Thread-leaved Sandwort	Mt.Kobau, locally common
<i>Arenaria serpyllifolia</i>	Thyme-leaved Sandwort	Mt.Kobau
<i>Cerastium arvense</i>	Field Mouse-ear	Bow Valley Provincial Park
<i>Cerastium glomeratum</i>	Sticky Mouse-ear	A few records
<i>Gypsophila paniculata</i>	Baby's Breath	Okanagan
<i>Minuartia austromontana</i>	Rocky Mountain Sandwort	Wilcox Pass
<i>Minuartia rubella</i>	Boreal Sandwort	Sulphur Mountain
<i>Moehringia lateriflora</i>	Blunt-leaved Sandwort	Bow Valley Provincial Park in the past
<i>Sagina saginoides</i>	Arctic Pearlwort	Sunshine Meadows in the past
<i>Silene menziesii</i>	Menzie's Campion	Columbia Lake PP
<i>Silene noctiflora</i>	Night-flowering Catchfly	Beaver Lake road and Mt.Kobau
<i>Spergularia rubra</i>	Sand Spurrey	Vancouver roadsides
<i>Stellaria calycantha</i>	Northern Starwort	Bow Valley Provincial Park, and Day 12.
<i>Stellaria media</i>	Chickweed	Recorded
<i>Stellaria longipes</i>	Long-stalked Starwort	Mt.Baldy

### **Celastraceae**

<i>Pachistima myrsinites</i>	Mountain Boxwood	Revelstoke, Garibaldi PP, and Cheakamus Lake Trail
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### **Chenopodiaceae**

<i>Atriplex patula</i>	Common Orache	
<i>Chenopodium album</i>	Fat Hen	Scattered records

### **Convolvulaceae**

<i>Convolvulus arvensis</i>	Field Bindweed	Okanagan
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### **Cornaceae**

<i>Cornus nuttallii</i>	Pacific Dogwood	Going over at Nairn Falls, and at Cheakamus Lake
<i>Cornus stolonifera</i>	Red-osier Dogwood	Widespread and common
<i>Cornus unalaschkensis</i>	Bunchberry	Widespread and common

### ***Crassulaceae***

<i>Rhodiola integrifolia</i>	Western Roseroot	Mt.Kobau in the past
<i>Rhodiola rhodantha</i>	Rose Crown	Grassi Lakes
<i>Sedum lanceolatum</i>	Lance-leaved Stonecrop	Wilcox Pass, Mt.Kobau, etc.

### ***Droseraceae***

<i>Drosera rotundifolia</i>	Round-leaved Sundew	Alice Lake PP
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### ***Eleagnaceae***

<i>Eleagnos commutata</i>	Silverberry	Very locally abundant, as at Bow Valley
<i>Shepherdia canadensis</i>	Canada Buffaloberry	Widespread in the Rockies

### ***Ericaceae***

<i>Allotropa virgata</i>	Sugarstick	Garibaldi PP
<i>Arbutus menziesii</i>	Pacific Madrone	Roadsides near Vancouver
<i>Arctostaphylos uva-ursi</i>	Bearberry	Widespread and common
<i>Cassiope mertensiana</i>	White Mountain Heather	In leaf on Wilcox Pass and Peyto Lake
<i>Cassiope tetragona</i>	Four-angled Mountain Heather	In flower on Wilcox Pass
<i>Chimaphila umbellata</i>	Prince's Pine	Widespread in flower in Whistler area, and on Day 7
<i>Chimaphila menziesii</i>	Little Prince's Pine	At one site in Garibaldi Provincial Park
<i>Gaultheria shaloni</i>	Salal	Alice Lake PP
<i>Hemitomes congestum</i>	Gnome-plant	A great find at Alice Lake PP,
<i>Kalmia microphylla</i>	Western Swamp Laurel	In fruit at Paint Pots and Joffre Lakes
<i>Ledum glandulosum</i>	Trapper's Tea	Mt.Baldy and western BC
<i>Ledum groenlandicum</i>	Common Labrador Tea	Several Rockies sites
<i>Menziesia ferruginea</i>	Rustyleaf	Common at Emerald Lake, Day 5, and western BC
<i>Moneses uniflora</i>	One-flowered Wintergreen	Emerald Lake
<i>Monotropa hypopitys</i>	Broad-leaved Pinesap	Alice Lake PP, Garibaldi Provincial Park, and Cheakamus Lake.
<i>Monotropa uniflora</i>	Indian Pipe	Fine at Alice Lake
<i>Orthilia secunda</i>	Nodding Wintergreen	Local but widespread
<i>Phyllodoce empetriformis</i>	Pink Mountain-heather	In leaf Sulphur Mountain
<i>Phyllodoce glanduliflora</i>	Yellow Heather	In flower Wilcox Pass and Moraine Lake
<i>Pyrola asarifolia</i>	Common Pink Wintergreen	Widespread and locally common
<i>Pyrola chlorantha</i>	Greenish-flowered Wintergreen	Widespread, seen on 6 days
<i>Pyrola minor</i>	Common Wintergreen	In flower Cheakamus Lake
<i>Pyrola picta</i>	White-veined Wintergreen	In bud and in flower, western BC
<i>Rhododendron albiflorum</i>	White-flowered Rhododendron	Mt.Baldy and Joffre Lakes
<i>Vaccinium caespitosum</i>	Dwarf Blueberry	Scattered records
<i>Vaccinium membranaceum</i>	Black Huckleberry	Scattered records
<i>Vaccinium myrtillus</i>	Bilberry	Scattered records
<i>Vaccinium ovalifolium</i>	Oval-leaved Blueberry	Day 7 and Whistler area
<i>Vaccinium oxycoccos</i>	Cranberry	Paint Pots
<i>Vaccinium parvifolium</i>	Red Huckleberry	Western BC
<i>Vaccinium scoparium</i>	Grouseberry	Scattered records



### ***Euphorbiaceae***

*Euphorbia esula* Leafy Spurge Columbia Valley and Okanagan

### ***Fabaceae***

*Astragalus alpinus* Alpine Milk-vetch Wilcox Pass and Grassi Lakes  
*Astragalus americanus* American Milk-vetch Rockies in the past. Also known as  
*Astragalus frigidus* var. *americanus*  
*Astragalus collinus* Hillside Milk-vetch Mt. Baldy  
*Astragalus dasyglottis* Purple Milk-vetch Rockies in the past, also known  
as *Astragalus agestis*  
*Astragalus miser* Timber Milk-vetch East of Radium and Mt. Kobau  
*Astragalus tenellus* Pulse Milk-vetch Bow Valley PP  
*Astragalus eucoemus* Elegant Milk-vetch Bow Valley PP etc.  
*Coronilla varia* Crown Vetch Near Vaseux Lake  
*Hedysarum alpinum* Alpine Sweet-vetch Bow Valley Provincial Park in the past  
*Hedysarum boreale* Northern Sweet-vetch Common at Bow Valley Provincial Park,  
scattered elsewhere  
*Hedysarum sulphurescens* Yellow Sweet-vetch Widespread in the Rockies  
*Lathyrus ochroleucus* Creamy Peavine Bow Valley and Day 4  
*Lathyrus nevadensis* Purple Peavine Laurie Guichon Memorial Grasslands  
*Lotus corniculatus* Bird's-foot Trefoil Okanagan  
*Lotus denticulatus* Meadow Lotus Between Whistler and Oliver in the past  
*Lupinus arcticus* Arctic Lupin Scattered in BC  
*Lupinus lyallii* Dwarf Mountain Lupin East of Whistler in the past  
*Lupinus sericeus* Silky Lupin Okanagan  
*Medicago lupulina* Black Medick Widespread  
*Medicago sativa* Lucerne Columbia Lake PP and Okanagan  
*Melilotus alba* White Melilot Okanagan  
*Melilotus officinalis* Ribbed Melilot Scattered records  
*Oxytropis campestris* Field Locoweed Widespread  
*Oxytropis sericea* Silky Locoweed Scattered in the Rockies  
*Oxytropis splendens* Showy Locoweed Widespread in the Rockies  
*Trifolium aureum* Hop Clover Mt. Baldy  
*Trifolium dubium* Shamrock  
*Trifolium hybridum* Alsike Clover  
*Trifolium pratense* Red Clover East of Radium  
*Trifolium repens* White Clover A few records  
*Ulex europaeus* Gorse  
*Vicia americana* American Vetch Scattered records  
*Vicia cracca* Tufted Vetch Scattered BC records

### ***Fumariaceae***

*Corydalis aurea* Golden Corydalis Bow Valley PP  
*Corydalis sempervirens* Pink Corydalis Nairn Falls in the past  
*Dicentra formosa* Pacific Bleeding Heart Garibaldi PP and Cheakamus Lake.

**Gentianaceae**

<i>Gentiana prostrata</i>	Moss Gentian	Several on Wilcox Pass in the past
<i>Gentianella amarella</i>	Northern Gentianella	Beaver Lake Road

**Geraniaceae**

<i>Erodium cicutarium</i>	Common Storksbill	
<i>Geranium molle</i>	Dove's-foot Crane's-bill	Day 10,
<i>Geranium richardsonii</i>	White Geranium	In leaf in Alberta
<i>Geranium viscosissimum</i>	Sticky Purple Geranium	Laurie Guichon Memorial Grasslands

**Grossulariaceae**

<i>Ribes cereum</i>	Wax Currant	Okanagan
<i>Ribes hudsonianum</i>	Northern Black Currant	
<i>Ribes lacustre</i>	Black Gooseberry	Widespread
<i>Ribes oxycanthoides</i>	Northern Gooseberry	Sulphur Mountain
<i>Ribes viscosissimum</i>	Sticky Currant	Scattered records

**Hydrophyllaceae**

<i>Hydrophyllum capitatum</i>	Ballhead Waterleaf	Mt.Kobau
<i>Hydrophyllum fendleri</i>	Fendler's Waterleaf	West of Lillooet
<i>Phacelia hastata</i>	Silverleaf Phacelia	Mt.Kobau
<i>Phacelia linearis</i>	Slender-leaved Phacelia	Mt.Kobau and Columbia Lake PP
<i>Phacelia sericea</i>	Silky Phacelia	Fine on Sulphur Mountain

**Hypericaceae**

<i>Hypericum perforatum</i>	Perforate St.John's Wort	Scattered records
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**Lamiaceae**

<i>Marrubium vulgare</i>	White Horehound	Okanagan in the past
<i>Monarda fistulosa</i>	Horsemint	Mt.Kobau
<i>Prunella vulgaris</i>	Self-heal	Scattered records

**Lentibulariaceae**

<i>Pinguicula vulgaris</i>	Common Butterwort	Widespread in bogs in the Rockies
<i>Utricularia intermedia</i>	Flat-leaved Bladderwort	Vaseux Lake

**Linaceae**

<i>Linum lewisii</i>	Lewis' Flax	Local in the Rockies
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**Loasaceae**

<i>Mentzelia laevicaulis</i>	Blazing Star	Several south of Lillooet
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**Menyanthaceae**

<i>Menyanthes trifoliata</i>	Bogbean	Alice Lake PP
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**Nymphaeaceae**

<i>Nuphar lutea</i> ssp.polysepala	Yellow Pond Lily	Widespread
<i>Nymphaea odorata</i>	Fragrant Water Lily	Alice Lake, not native

**Onagraceae**

<i>Circaea alpina</i> ssp. <i>pacifica</i>	Enchanter's Nightshade	Scattered records
<i>Epilobium anagallidifolium</i>	Alpine Willowherb	Sulphur Mountain
<i>Epilobium angustifolium</i>	Rosebay Willowherb	Widespread
<i>Epilobium latifolium</i>	River Beauty	Garibaldi and Kootenay river gravels in the past
<i>Epilobium luteum</i>	Yellow-flowered Willowherb	Garibaldi river gravels in the past
<i>Epilobium minutum</i>	Tiny Willowherb	Moraine Lake
<i>Epilobium</i> spp.		Other species recorded occasionally
<i>Oenothera villosa</i>	Yellow Evening Primrose	Roadsides

**Orobanchaceae**

<i>Orobanche uniflora</i>	Naked Broomrape	A few on Mt.Kobau
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**Papaveraceae**

<i>Eschscholtzia californica</i>	California Poppy	Roadsides near Vancouver
<i>Papaver nudicaule</i>		Okanagan

**Parnassiaceae**

<i>Parnassius fimbriata</i>	Fringed Grass-of-Parnassus	In leaf in the Rockies
<i>Parnassia palustris</i>	Grass-of-Parnassus	Possibly present too

**Philadelphaceae**

<i>Philadelphus lewisii</i>	Mock Orange	In fine flower on Mt.Kobau, and elsewhere in Okanagan
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**Plantaginaceae**

<i>Plantago lanceolata</i>	Ribwort Plantain	Scattered records
<i>Plantago major</i>	Greater Plantain	Mt.Kobau
<i>Plantago patagonica</i>	Indian Wheat	Mt.Kobau in the past

**Polemoniaceae**

<i>Collomia heterophylla</i>	Varied-leaved Collomia	Scattered in the past
<i>Collomia linearis</i>	Narrow-leaved Collomia	Beaver Lake road and Mt.Kobau
<i>Ipomopsis aggregata</i>	Scarlet Gilia	Locally numerous in Okanagan
<i>Microsteris gracilis</i>	Annual Phlox	Scattered records in the past
<i>Phlox hoodii</i>	Moss Phlox	Premier Lake area in the past
<i>Phlox longifolia</i>	Long-leaved Phlox	Okanagan
<i>Polemonium pulcherrimum</i>	Showy Polemonium	Mt.Kobau, rather common at higher levels

**Polygonaceae**

<i>Eriogonum heracleoides</i>	Parsnip-flowered Buckwheat	Locally common in the Okanagan
<i>Eriogonum umbellatum</i>	Sulphur-flowered Buckwheat	Okanagan
<i>Fallopia convolvulus</i>	Black Bindweed	Vaseux Lake
<i>Oxyria digyna</i>	Mountain Sorrel	Moraine Lake
<i>Polygonum viviparum</i>	Alpine Bistort	Bow Valley Provincial Park in the past
<i>Rumex acetosella</i>	Sheep's Sorrel	Scattered records
<i>Rumex crispus</i>	Curly Dock	Roadside weed

<i>Rumex obtusifolius</i>	Broad-leaved Dock	Roadside weed
<b><i>Portulacaceae</i></b>		
<i>Claytonia lanceolata</i>	Western Spring Beauty	Mt.Kobau and the Rockies
<i>Claytonia sibirica</i>	Candyflower	Western BC
<i>Lewisia pygmaea</i>	Alpine Lewisia	Mt.Baldy, a fine addition in
<i>Lewisia rediviva</i>	Bitterroot	In fine flower on Mt.Kobau
<i>Montia parvifolia</i>	Small-leaved Claytonia	Western BC
<b><i>Primulaceae</i></b>		
<i>Androsace chamaejasme</i>	Alpine Rock-jasmine	Locally very common, as on Sulphur Mountain
<i>Androsace septentrionalis</i>	Northern Rock-jasmine	Scattered in the Rockies, e.g. Grassi Lakes
<i>Dodecatheon pulchellum</i>	Few-flowered Shooting Star	Mt.Kobau and Bow Valley Provincial Park, in fine flower
<i>Lysimachia thyrsoiflora</i>	Tufted Loosestrife	Revelstoke
<i>Primula mistassinica</i>		Emerald Lake and Paint Pots, in fine flower
<i>Trientalis arctica</i>	Northern Starflower	Lakeside bog at Logger's Lake in the past
<i>Trientalis latifolia</i>	Pacific Starflower	Alice Lake in leaf, in flower Nairn Falls
<b><i>Ranunculaceae</i></b>		
<i>Actaea rubra</i>	Red and White Baneberry	Scattered records
<i>Anemone drummondii</i>	Drummond's Anemone	Sulphur Mountain
<i>Anemone multifida</i>	Windflower	Widespread in the Rockies
<i>Anemone occidentalis</i>	Western Anemone	Peyto Lake
<i>Anemone parviflora</i>	Few-flowered Anemone	Widespread in the Rockies
<i>Anemone patens</i>	Prairie Crocus (sic)	Bow Valley PP
<i>Aquilegia brevistyla</i>	Blue Columbine	Bow Valley and Grassi Lakes
<i>Aquilegia flavescens</i>	Yellow Columbine	Widespread in Okanagan and Rockies
<i>Aquilegia formosa</i>	Crimson Columbine	Locally common in BC
<i>Caltha leptosepala</i>	White Marsh Marigold	Mt.Kobau and Peyto Lake in the past
<i>Clematis ligusticifolia</i>	White Clematis	Okanagan
<i>Clematis occidentalis</i>	Columbia Bower	Bow Valley, Emerald Lake, Grassi Lakes, etc.
<i>Clematis tangutica</i>	Golden Clematis	Naturalised on roadsides south of Radium
<i>Delphinium bicolor</i>	Low Larkspur	Bow Valley PP (PGC)
<i>Delphinium glaucum</i>	Tall Larkspur	Noted in leaf
<i>Delphinium nuttallianum</i>	Upland Larkspur	Mt.Kobau and Mt.Baldy
<i>Ranunculus acris</i>	Meadow Buttercup	A few records
<i>Ranunculus aquatilis</i>	White Water Buttercup	Laurie Guichon Memorial Grasslands
<i>Ranunculus eschscholtzii</i>	Subalpine Buttercup	Icefields Parkway
<i>Ranunculus flammula</i>	Lesser Spearwort	Mt.Baldy in the past
<i>Ranunculus gmelinii</i>	Small Yellow Water Buttercup	Possibly this at Bow Valley PP
<i>Ranunculus nivalis</i>	Snow Buttercup	Peyto Lake

<i>Ranunculus occidentalis</i>	Western Buttercup	Recorded
<i>Ranunculus pygmaeus</i>	Pygmy Buttercup	Sunshine in the past
<i>Ranunculus repens</i>	Creeping Buttercup	Garibaldi in the past
<i>Ranunculus uncinatus</i>	Little Buttercup	Scattered records
<i>Thalictrum occidentale</i>	Western Meadow-rue	Widespread
<i>Thalictrum venulosum</i>	Veiny Meadow-rue	West of Lillooet
<i>Trollius albiflorus</i>	Globeflower	Emerald Lake, and Peyto Lake
<b><i>Rhamnaceae</i></b>		
<i>Ceanothus sanguineus</i>	Redstem Ceanothus	
<i>Rhamnus purshiana</i>	Cascara	Garibaldi
<b><i>Rosaceae</i></b>		
<i>Amelanchier alnifolia</i>	Western Service Berry	Common and widespread
<i>Aruncus dioicus</i>	Goatsbeard Spiraea	Widespread in BC
<i>Crataegus douglasii</i>	Black Hawthorn	Revelstoke
<i>Dryas drummondii</i>	Yellow Dryad	Locally very common in the Rockies
<i>Dryas integrifolia</i>	Entire-leaved Mountain Avens	Possibly this at Wilcox Pass
<i>Dryas octopetala</i>	White Mountain Avens	Locally very common in the Rockies
<i>Fragaria vesca</i>	Wood Strawberry	Rockies
<i>Fragaria virginiana</i>	Scarlet Strawberry	Widespread and common
<i>Geum macrophyllum</i>	Large-leaved Avens	Scattered records
<i>Geum triflorum</i>	Western Red Avens	Bow Valley Provincial Park
<i>Holodiscus discolor</i>	Ocean Spray	Widespread in BC
<i>Malus fusca</i>	Oregon Crab Apple	
<i>Physocarpus malvaceus</i>	Mallow Ninebark	Scattered Rockies records
<i>Potentilla anserina</i>	Silverweed	Bow Valley PP
<i>Potentilla fruticosa</i>	Shrubby Cinquefoil	Common in the Rockies, also known as <i>Pentaphylloides floribunda</i>
<i>Potentilla glaucophylla</i>	Vari-leaved Cinquefoil	Mt.Kobau and Wilcox Pass
<i>Potentilla gracilis</i>	Slender Cinquefoil	Mt.Baldy
<i>Potentilla glandulosa</i>	Sticky Cinquefoil	Mt.Kobau and Day 10
<i>Potentilla nivea</i>	Snow Cinquefoil	Wilcox Pass and Sulphur Mountain
<i>Potentilla palustris</i>	Marsh Cinquefoil	Revelstoke
<i>Potentilla pensylvanica</i>	Prairie Cinquefoil	Bow Valley Provincial Park in the past
<i>Potentilla recta</i>	Sulphur Cinquefoil	Beaver Lake road
<i>Potentilla uniflora</i>	One-flowered Cinquefoil	Sulphur Mountain
<i>Potentilla</i> spp.	cinquefoil spp.	Others unidentified
<i>Prunus virginiana</i>	Western Choke Cherry	Scattered records
<i>Purshia tridentata</i>	Antelope Brush	Mt.Kobau and sagebrush
<i>Rosa acicularis</i>	Prickly Rose	Common in Alberta, of which it is the provincial flower
<i>Rosa gymnocarpa</i>	Baldhip Rose	Nairn Falls
<i>Rosa nutkana</i>	Nootka Rose	Columbia Lake, Okanagan, etc.
<i>Rosa woodsii</i>	Prairie Rose	Day 10
<i>Rubus parviflorus</i>	Thimbleberry	Widespread and common in western BC

<i>Rubus pedatus</i>	Strawberry Bramble	Emerald Lake and western BC
<i>Rubus spectabilis</i>	Salmon-berry	Garibaldi Provincial Park etc.
<i>Rubus ursinus</i>	Trailing Blackberry	Cheakamus Lake
<i>Sibbaldia procumbens</i>	Sibbaldia	Moraine Lake and Sulphur Mountain
<i>Sorbus scopulina</i>	Western Mountain Ash	Widespread in BC
<i>Sorbus sitchensis</i>	Sitka Mountain Ash	Scattered in Alberta
<i>Spiraea betulifolia</i>	White Spiraea	Day 7 and Nairn Falls
<i>Spiraea douglasii</i>	Douglas' Hardhack	Scattered in BC
<b><i>Rubiaceae</i></b>		
<i>Galium aparine</i>	Cleavers	Scattered records
<i>Galium boreale</i>	Northern Bedstraw	Widespread in the Rockies
<i>Galium</i> spp.	bedstraws	Others unidentified
<b><i>Salicaceae</i></b>		
<i>Populus balsamifera</i>		
<i>ssp.trichocarpa</i>	Black Cottonwood	Scattered records
<i>ssp.balsamifera</i>	Balsam Poplar	Widespread
<i>Populus tremuloides</i>	Aspen	Widespread and very common
<i>Salix arctica</i>	Arctic Willow	Sulphur Mountain
<i>Salix barrattiana</i>	Barratt's Willow	Locally common at higher altitudes, e.g. Peyto Lake
<i>Salix bebbiana</i>	Bebb's Willow	Emerald Lake
<i>Salix candida</i>	Hoary Willow	Emerald Lake
<i>Salix exigua</i>	Sandbar Willow	Vaseux Lake
<i>Salix farriae</i>	Farr's Willow	Emerald Lake
<i>Salix lucida ssp.lasiandra</i>	Shining Willow	Scattered records
<i>Salix reticulata</i>	Net-veined Willow	Wilcox Pass in the past
<i>Salix sitchensis</i>	Sitka Willow	Locally common
<i>Salix vestita</i>	Rock Willow	Scattered Rockies records
<i>Salix</i> spp.		Several other species present but not identified
<b><i>Santalaceae</i></b>		
<i>Comandra umbellata</i>	Pale Comandra	Bow Valley Provincial Park
<i>Geocaulon lividum</i>	Northern Bastard Toadflax	Emerald Lake and Paint Pots

### ***Saxifragaceae***

<i>Heuchera cylindrica</i>	Round-leaved Alumroot	Mt.Kobau, Mt.Baldy, and Day 5
<i>Heuchera glabra</i>	Smooth Alumroot	Whistler area in the past
<i>Heuchera micrantha</i>	Crevice Heuchera	Western BC
<i>Leptarrhena pyrolifolia</i>	Leather-leaved Saxifrage	Glacier NP
<i>Mitella breweri</i>	Brewer's Mitrewort	Glacier NP
<i>Mitella nuda</i>	Bishop's Cap	Scattered Rockies records
<i>Mitella ovalis</i>	Oval-leaved Mitrewort	Mt.Baldy in the past
<i>Mitella pentandra</i>	Five-point Mitrewort	Banff in the past
<i>Mitella stauropetala</i>		Possibly this species on Mt.Kobau
<i>Lithophragma parviflorum</i>		Mt.Kobau
<i>Micranthes occidentalis</i>	Western Saxifrage	Wilcox Pass
<i>Saxifraga aizoides</i>	Yellow Mountain Saxifrage	Locally in leaf in the Rockies
<i>Saxifraga bronchialis</i>	Spotted Saxifrage	Wilcox Pass, Sulphur Mountain etc.
<i>Saxifraga ferruginea</i>	Rusty Saxifrage	Nairn Falls, very variable in size
<i>Saxifraga lyallii</i>	Red-stemmed Saxifrage	Moraine Lake in the past
<i>Tellima grandiflora</i>	Fringe Cups	Scattered records
<i>Tiarella trifoliata</i>	Three-leaflet Coolwort	Widespread, e.g. Emerald Lake and in the Whistler area. Both varieties <i>trifoliata</i> and <i>unifoliata</i> seen

### ***Scrophulariaceae***

<i>Castilleja lutescens</i>	Yellow Paintbrush	
<i>Castilleja miniata</i>	Scarlet Paintbrush	Widespread and locally very common
<i>Castilleja occidentalis</i>	Western Yellow Paintbrush	Emerald Lake, Wilcox Pass, etc.
<i>Castilleja parviflora</i>	Small-flowered Paintbrush	Day 7,
<i>Castilleja rhexifolia</i>	Alpine Paintbrush	Mt.Baldy etc.
<i>Castilleja thompsonii</i>	Thompson's Paintbrush	Mt.Kobau
<i>Collinsia parviflora</i>	Maiden Blue-eyed Mary	Mt.Baldy and Mt.Kobau
<i>Digitalis purpurea</i>	Foxglove	Roadsides in western BC
<i>Linaria dalmatica</i>	Dalmatian Toadflax	Okanagan
<i>Linaria vulgaris</i>	Common Toadflax	Day 7
<i>Melampyrum lineare</i>	Cow-wheat	Shadow Lake
<i>Mimulus guttatus</i>	Common Monkey Flower	A very few on Mt.Baldy
<i>Mimulus moschatus</i>	Musk Monkey Flower	Bow Valley Provincial Park in the past
<i>Orthocarpus tenuifolius</i>	Thin-leaved Owl Clover	Premier Lake in the past
<i>Pedicularis bracteosa</i>	Bracted Lousewort	Scattered Rockies records, mostly in leaf
<i>Pedicularis groenlandica</i>	Elephanthead	In bud at Grassi Lakes
<i>Pedicularis racemosa</i>	Sickle-top Lousewort	Shadow Lake
<i>Penstemon confertus</i>	Yellow Beardtongue	Widespread and locally common as at Mt.Kobau
<i>Penstemon davidsonii</i>	Creeping Penstemon	
var. <i>davidsonii</i>		Nairn Falls in the past
var. <i>menziesii</i>		Gone over at Cheakamus Lake
<i>Penstemon fruticosus</i>	Shrubby Penstemon	Fine on Mt.Kobau
<i>Penstemon procerus</i>	Small-flowered Penstemon	Mt.Kobau
<i>Penstemon serrulatus</i>	Spreading Penstemon	Nairn Falls, Cheakamus Lake, etc.

<i>Verbascum thapsus</i>	Aaron's Rod	Scattered on roadsides
<i>Veronica americana</i>	American Brooklime	Okanagan
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	Scattered records
<i>Veronica wormsjoldii</i>	Alpine Speedwell	Mt.Baldy

### ***Solanaceae***

<i>Solanum dulcamara</i>	Bittersweet	Okanagan
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### ***Urticaceae***

<i>Urtica dioica</i>	Stinging Nettle	Scattered records.
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### ***Valerianaceae***

<i>Valeriana sitchensis</i>	Sitka Valerian	Scattered records
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### ***Verbenaceae***

<i>Verbena bracteata</i>	Bracted Verbena	Probably this species in the Okanagan
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### ***Violaceae***

<i>Viola adunca</i>	Western Dog Violet	Scattered records, Mt.Kobau and Rockies
<i>Viola canadensis</i>	Western Canada Violet	Bow Valley and Emerald Lake
<i>Viola glabella</i>	Smooth Yellow Violet	Locally in western BC
<i>Viola orbiculata</i>	Round-leaved Violet	Glacier NP
<i>Viola renifolia</i>	Kidney-leaved Violet	Emerald Lake and elsewhere in the Rockies

## ***Monocotyledones***

### ***Araceae***

<i>Lysichiton americanus</i>	Yellow Skunk Cabbage	Locally dominant, Revelstoke and Whistler area
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### ***Cyperaceae***

More Cyperaceae were seen than are listed here, especially *Carex* spp. I have bought Volume 23 of the North American flora to better work with this family in the future!

<i>Carex albonigra</i>	Two-toned Sedge	Mt.Baldy
<i>Carex aquatilis</i>	Water Sedge	Bow Valley Provincial Park etc.
<i>Carex capillaris</i>	Hair Sedge	Widespread, e.g. Emerald Lake
<i>Carex concinna</i>	Low Northern Sedge	Scattered Rockies records
<i>Carex crawfordii</i>	Crawford's Sedge	Revelstoke
<i>Carex lasiocarpa</i>	Woolly Sedge	Vaseux Lake
<i>Carex lenticularis</i>	Lens-shaped Sedge	
<i>Carex limosa</i>	Mud Sedge	
<i>Carex macloviana</i>	Falkland Islands Sedge	Mt.Baldy
<i>Carex magellanica</i> ssp. <i>irrigua</i>	Poor Sedge	This at Joffre Lakes ?
<i>Carex micropoda</i>		Sulphur Mountain
<i>Carex obnupta</i>	Slough Sedge	
<i>Carex ovalis</i>	Oval Sedge	This at Joffre Lakes ?
<i>Carex pauciflora</i>	Few-flowered Sedge	Paint Pots



<i>Carex pellita</i>		
<i>Carex pyrenaica</i>	Pyrenean Sedge	Sulphur Mountain
<i>Carex rossii</i>	Ross' Sedge	Scattered records
<i>Carex rostrata</i>	Beaked Sedge	Columbia Lake
<i>Carex scirpoidea</i>	Single Spike Sedge	Bow Valley PP and Emerald Lake
<i>Carex utriculata</i>	Beaked Sedge	
<i>Eleocharis palustris</i>	Creeping Spikerush	Emerald Lake etc.
<i>Eriophorum angustifolium</i>	Tall Cottongrass	Local
<i>Eriophorum chamissonis</i>	Russet Cottongrass	
<i>Eriophorum scheuchzeri</i>	White Cottongrass	Emerald Lake
<i>Rhynchospora alba</i>	White Beak Rush	
<i>Scirpus sylvaticus</i>	Small-flowered Bullrush	Scattered records
<i>Trichophorum caespitosum</i>	Tufted Club-rush	Numerous at Emerald Lake

### ***Iridaceae***

<i>Sisyrinchium montanum</i>	Blue-eyed Grass	Scattered Rockies records, e.g. several at Bow Vally PP
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### ***Juncaceae***

<i>Juncus ensifolius</i>	Dagger-leaved Rush	Joffre Lakes
<i>Juncus filiformis</i>	Thread Rush	Bow Valley PP etc.
<i>Juncus mertensianus</i>	Mertens' Rush	Mt.Baldy
<i>Juncus tenuis</i>	Slender Rush	Okanagan
<i>Juncus triglumis</i>	Three-flowered Rush	Paint Pots
<i>Luzula multiflora</i>	Many-flowered Wood-rush	
<i>Luzula parviflora</i>	Small-flowered Wood-rush	Scattered records
Many other rushes were not identified		

### ***Lemnaceae***

<i>Lemna minor</i>	Common Duckweed	Okanagan ponds
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### ***Liliaceae***

<i>Allium cernuum</i>	Nodding Onion	Columbia Lake PP
<i>Calochortus apiculatus</i>	Three-spot Mariposa Lily	Common at Premier Lake in the past
<i>Calochortus macrocarpus</i>	Sagebrush Mariposa Lily	Some fine examples at two sites in the Okanagan
<i>Clintonia uniflora</i>	White Clintonia	Locally common in flower
<i>Disporum hookeri</i>	Hooker's Fairy Bell	
<i>Disporum trachycarpum</i>	Rough-fruited Fairybells	Emerald Lake
<i>Erythronium grandiflorum</i>	Yellow Fawn Lily	A fine display at Peyto Lake, and still just in flower Emerald Lake.
<i>Fritillaria lanceolata</i>	Chocolate Lily	Laurie Guichon Memorial Grasslands
<i>Fritillaria pudica</i>	Yellow Bell	In fruit Mt.Kobau
<i>Lilium columbianum</i>	Columbia Lily	Widespread in BC and locally numerous.
<i>Lilium philadelphicum</i>	Western Wood Lily	In fine flower east of Radium, in leaf at Bow Valley PP.
<i>Maianthemum dilatatum</i>	False Lily-of-the-Valley	Leaves and fruit in Whistler area and on Day 4

<i>Maianthemum racemosum</i>	False Solomon's Seal	Widespread and common. Also known as <i>Smilacina racemosa</i> .
<i>Maianthemum stellatum</i>	Star-flowered Solomon's Seal	Widespread and common. Also known as <i>Smilacina stellata</i> .
<i>Stenanthium occidentale</i>	Bronze Bells	A few records, in flower Mt.Kobau.
<i>Streptopus amplexifolius</i>	Large Twisted-stalk	Scattered records
<i>Streptopus lanceolatus</i>	Rosy Twisted-stalk	In fine flower Glacier NP, and western BC. Also known as <i>Streptopus roseus</i> .
<i>Tofieldia glutinosa</i>	Sticky False Asphodel	Scattered records, widespread.
<i>Tofieldia pusilla</i>	Dwarf False Asphodel	Scattered in the Rockies
<i>Veratrum viride</i>	Green False Helleborine	Scattered, mostly in leaf
<i>Zigadenus elegans</i>	Mountain Death Camas	Emerald Lake, Sulphur Mountain and Day 4.
<i>Zigadenus venenosus</i>	Death Camas	Bow Valley PP, and numerous on Mt.Kobau.
<b>Orchidaceae</b>		
<i>Amerorchis rotundifolia</i>	Round-leaved Orchid	Locally common, as at Bow Valley Provincial Park, and Emerald Lake. In fine flower. Seen on 3 days.
<i>Calypso bulbosa</i>	Calypso	Locally rather common in the Rockies, e.g. Emerald Lake.
<i>Coeloglossum viride</i>	Long-bracted Frog Orchid	Several Rockies sites, e.g. Bow Valley Provincial Park, Emerald Lake, Sulphur Mountain.
<i>Corallorhiza maculata</i>	Spotted Coralroot	Garibaldi and Beaver Lake road
<i>Corallorhiza mertensiana</i>	Western Coralroot	Several in western BC, seen on 3 days
<i>Corallorhiza striata</i>	Striped Coralroot	Some fine examples on 2 days in the Rockies.
<i>Corallorhiza trifida</i>	Yellow Coralroot	Found at several sites in the Rockies, including Storm Mt.Lodge.
<i>Cypripedium montanum</i>	Mountain Lady's Slipper	A fine addition to the list in , near Radium, several in fine flower.
<i>Cypripedium parviflorum</i>	Yellow Lady's Slipper	Fine at Bow Valley Provincial Park, and Emerald Lake, etc. Seen on 5 days.
<i>Cypripedium passerinum</i>	Sparrow's-egg Lady's Slipper	In bud these year, at Grassi Lakes.
<i>Goodyera oblongifolia</i>	Rattlesnake Orchid	Common in leaf or bud at various BC Sites, also Peyto Lake
<i>Listera borealis</i>	Northern Twayblade	Grassi Lakes
<i>Listera caurina</i>	Northwestern Twayblade	A few at one site in Garibaldi Provincial Park, and Day 3
<i>Listera convallarioides</i>	Broad-leaved Twayblade	Garibaldi PP
<i>Listera cordata</i>	Heartleaf Twayblade	Emerald Lake, elsewhere in the Rockies, and Cheakamus Lake
<i>Platanthera hyperborea</i>	Northern Green Bog Orchid	Scattered records
<i>Platanthera dilatata</i>	Tall White Bog Orchid	Locally common in BC, seen on 4 days
<i>Platanthera obtusata</i>	Blunt-leaved Bog Orchid	Emerald Lake etc.
<i>Platanthera orbiculata</i>	Round-leaved Rein Orchid	Garibaldi PP

<i>Platanthera saccata</i> Whistler	Slender Bog Orchid	Locally very common, Mt.Baldy and area.
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<i>Platanthera unalascensis</i>	Alaska Rein Orchid	Emerald Lake and Mt.Kobau
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***Poaceae***

<i>Agropyron cristatum</i>	Crested Wheatgrass	Scattered
<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	Scattered
<i>Bromus anomalus</i>	Nodding Brome	
<i>Bromus ciliatus</i>	Fringed Brome	
<i>Bromus tectorum</i>	Cheatgrass	Widespread
<i>Calamagrostis canadensis</i>	Blue-joint Reed Grass	BC
<i>Dactylis glomerata</i>	Cock's-foot	Widespread
<i>Festuca idahoensis</i>	Idaho Fescue	Mt.Kobau
<i>Hierochloe odorata</i>	Common Sweetgrass	Banff
<i>Koeleria macrantha</i>	Junegrass	Widespread
<i>Lolium perenne</i>	Perennial Rye-grass	Scattered
<i>Phalaris arundinacea</i>	Reed Canary Grass	Okanagan
<i>Phleum alpinum</i>	Alpine Timothy	Mt.Baldy
<i>Phragmites australis</i>	Common Reed	Locally dominant
<i>Poa alpina</i>	Alpine Meadow-grass	Scattered records
<i>Poa annua</i>	Annual Meadow-grass	Widespread
<i>Poa pratensis</i>	Kentucky Bluegrass	Widespread
<i>Pseudoroegneria spicata</i>	Broad-glumed Wheatgrass	Southern BC
<i>Stipa comata</i>	Needle-and-thread Grass	Columbia Lake PP

Very many other grasses were present but not identified. Something for future visits!

***Potamogetonaceae***

<i>Potamogeton</i> sp.	Pondweed sp.	Vaseux Lake
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***Scheuchzeriaceae***

<i>Scheuchzeria palustris</i> ssp. <i>americana</i>		Paint Pots
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***Typhaceae***

<i>Typha latifolia</i>	Bulrush	Locally dominant
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## Systematic List Number 2                      Mammals

Pika	<i>Ochotona princeps</i>	a colony on the Rock Glacier below Highwood Pass, Highway 40
Snowshoe Hare	<i>Lepus americanus</i>	1 Storm Mt. Lodge, 1 Mount Baldy
Nuttall's Cottontail	<i>Sylvilagus floridanus</i>	noted along Highway 40 and also Mount Kobau
Least Chipmunk	<i>Eutamias minimus</i>	scattered records in the Rockies
Yellow-pine Chipmunk	<i>Eutamias amoenus</i>	Scattered records in BC
Golden-mantled Ground Squirrel	<i>Citellus lateralis</i>	Daily at Storm Mountain Lodge, where very tame, and a few records elsewhere.
Columbian Ground Squirrel	<i>Spermophilus columbianus</i>	Widespread in the Rockies, also Okanagan
Douglas Squirrel	<i>Tamiasciurus douglasi</i>	a few in the Whistler area
Red Squirrel	<i>Tamiasciurus hudsonicus</i>	frequent in the Rockies, and in Okanagan
Northern Flying Squirrel	<i>Glaucomys sabrinus</i>	1 in the grounds of Storm Mountain Lodge at night (IG only)
Yellow-bellied Marmot	<i>Marmota flaviventris</i>	Okanagan
Hoary Marmot	<i>Marmota caligata</i>	10+ seen very closely on Blackcomb Mountain
Porcupine	<i>Erethizon dorsatum</i>	1 'treed' on Mount Baldy after it crossed the road in front of us
Coyote	<i>Canis latrans</i>	1 between Calgary and Banff and also 1 being chased by Mule Deer in the Okanagan
Gray Wolf	<i>Canis lupus</i>	2 females with 5 cubs seen right by the road on the Bow Valley Parkway. 2 adults seen briefly but well close by Highway 1 in Banff National Park
Red Fox	<i>Vulpes vulpes</i>	Sunshine Meadows
Black Bear	<i>Ursus americanus</i>	A total of 11 seen. Most very well. 1 along the Icefield's Parkway gave great views. 1 below Sunshine Meadows. 1 seen near Osoyoos on the early morning trip and then 3 on Mount Kobau. A total of 5 seen on the last full day around Whistler including one cinnamon morph.
Grizzly Bear	<i>Ursus arctos</i>	Superb views of 1 along Highway 40 were followed the next day by just as good though briefer views along the Icefield's Parkway
Marten	<i>Martes americana</i>	1 trotted across the road in Kootenay
Harbour Seal	<i>Phoca vitulina</i>	2 off Oliver's Landing
Mule Deer	<i>Odocoileus hemionus</i>	scattered records, commonest in the Okanagan
White-tailed Deer	<i>Odocoileus virginianus</i>	frequent in the Rockies
Mountain Goat	<i>Oreamnos americanus</i>	3 seen along the Icefield's Parkway and 1 below Sunshine Meadows
Elk	<i>Cervus canadensis</i>	2 seen from Highway 40 just over Highwood Pass
Moose	<i>Alces alces</i>	a female and a youngster trotted across Highway 40 and a female seen near Lillooet
Bighorn Sheep	<i>Ovis canadensis</i>	Seen on 3 days in the Rockies with a total of 40 animals. Some VERY close views.

The following species were only noted by sign

Northern Pocket Gopher    *Thomomys talpoides*

Beaver                            *Castor canadensis*

Cougar                            *Puma concolor*

sign in Bow Valley PP

Much evidence, dams, lodges, knawed trees etc.

fine pawprints seen along the Icefield's Parkway

## Systematic List Number 3      Birds

The systematic order and nomenclature generally follow 'The Sibley Guide to Birds' By David Sibley, National Audubon Society, 2000.

Day 1	June 13 <sup>th</sup>	Bow Valley Provincial Park
Day 2	June 14 <sup>th</sup>	Emerald Lake
Day 3	June 15 <sup>th</sup>	Highway 40 & the Highwood Pass
Day 4	June 16 <sup>th</sup>	Icefields Parkway
Day 5	June 17 <sup>th</sup>	Sunshine Meadows and Moraine Lake
Day 6	June 18 <sup>th</sup>	Kootenay National Park and the Horsethief River Valley
Day 7	June 19 <sup>th</sup>	via Revelstoke to the Okanagan
Day 8	June 20 <sup>th</sup>	Mount Baldy
Day 9	June 21 <sup>st</sup>	Mount Kobau
Day 10	June 22 <sup>nd</sup>	via Laurie Guichin Memorial Grasslands to Whistler
Day 11	June 23 <sup>rd</sup>	Stump Lake, Oliver's Landing and Garibaldi NP
Day 12	June 24 <sup>th</sup>	Nairn Falls and Joffre Lakes
Day 13	June 25 <sup>th</sup>	Blackcomb Mountain Whistler
Day 14	June 26 <sup>th</sup>	Vancouver: Caulfeild Lighthouse, Stanley Park and Iona

Common Loon	<i>Gavia immer</i>	scattered records
Pied-billed Grebe	<i>Podilymbus podiceps</i>	scattered records
Double-crested Cormorant	<i>Phalacrocorax auritus</i>	Stanley Park, Vancouver
Great Blue Heron	<i>Ardea herodias</i>	frequent
Canada Goose	<i>Branta canadensis</i>	widespread and reasonably common
Black Brant	<i>Branta bernicla</i>	Stanley Park, Vancouver
Mallard	<i>Anas platyrhynchos</i>	frequent
Green-winged Teal	<i>Anas crecca</i>	a few records
American Wigeon	<i>Anas americana</i>	Vaseux Lake
Northern Shoveler	<i>Anas clypeata</i>	Vaseux Lake & Laurie Guichon Memorial Grasslands
Carolina Wood Duck	<i>Aix sponsa</i>	Stump Lake and Stanley Park
Ruddy Duck	<i>Oxyura jamaicensis</i>	Laurie Guichon Memorial Grasslands.
Redhead	<i>Aythya americana</i>	Vaseux Lake
Barrow's Goldeneye	<i>Bucephala islandica</i>	roadside lake north of Banff on HW1
Ring-necked Duck	<i>Aythya collaris</i>	Vaseux Lake
Harlequin	<i>Histrionicus histrionicus</i>	females on Moraine Lake.
Common Merganser	<i>Mergus merganser</i>	near Lillooet
Turkey Vulture	<i>Cathartes aura</i>	scattered BC sightings.
Red-tailed Hawk	<i>Buteo jamaicensis</i>	widespread in low numbers
Golden Eagle	<i>Aquila chrysaetos</i>	2 over Wilcox Pass.
Bald Eagle	<i>Haliaeetus leucocephalus</i>	Scattered records throughout
Cooper's Hawk	<i>Accipiter cooperi</i>	one Bow Valley Provincial Park
Osprey	<i>Pandion haliaetus</i>	widespread, with several nests seen.
American Kestrel	<i>Falco sparverius</i>	scattered records.
California Quail	<i>Callipepla californica</i>	commonly naturalised in the Okanagan
Yellow Crake	<i>Coturniceps noveboracensis</i>	Stanley Park, Vancouver

American Coot	<i>Fulica americana</i>	lakes in the Okanagan
Killdeer	<i>Charadrius vociferus</i>	Bow Valley PP and Oliver's Landing
Solitary Sandpiper	<i>Tringa solitaria</i>	Bow Valley PP
Wilson's Phalarope	<i>Phalaropus tricolor</i>	a surprise was one just outside Osoyoos
Spotted Sandpiper	<i>Actitis macularia</i>	scattered records
Pigeon Guillemot	<i>Cephus columba</i>	Oliver's Landing
Ring-billed Gull	<i>Larus delawarensis</i>	Okanagan
Glaucous-winged Gull	<i>Larus glaucescens</i>	Oliver's Landing and Vancouver
Band-tailed Pigeon	<i>Patagioenis fasciata</i>	Caulfield Lighthouse
Collared Dove	<i>Streptopelia decaocto</i>	scattered in BC
Mourning Dove	<i>Zenaida macroura</i>	scattered in BC
Common Nighthawk	<i>Chordeiles minor</i>	Okanagan
White-throated Swift	<i>Aeronautes saxatilis</i>	Okanagan
Calliope Hummingbird	<i>Stellula calliope</i>	Okanagan
Rufous Hummingbird	<i>Selasphorus rufus</i>	scattered records, daily at Storm Mt.Lodge
Belted Kingfisher	<i>Ceryle alcyon</i>	scattered
Lewis's Woodpecker	<i>Melanerpes lewis</i>	Okanagan
Northern Flicker	<i>Colaptes auratus</i>	widespread and reasonably common
Downy Woodpecker	<i>Picoides pubescens</i>	scattered, mainly BC
Hairy Woodpecker	<i>Picoides villosus</i>	Blackcomb, Whistler
Pileated Woodpecker	<i>Dryocopus pileatus</i>	scattered, mainly Alberta
Red-breasted Sapsucker	<i>Sphyrapicus ruber</i>	Joffre Lakes carpark
Red-naped Sapsucker	<i>Sphyrapicus nuchalis</i>	scattered
Western Wood-Pewee	<i>Contopus sordidulus</i>	Okanagan
Olive-sided Flycatcher	<i>Contopus borealis</i>	Blackcomb
Eastern Kingbird	<i>Tyrannus tyrannus</i>	scattered
Western Kingbird	<i>Tyrannus verticalis</i>	scattered, mostly Okanagan
Say's Phoebe	<i>Sayornis saya</i>	Okanagan
Pacific-slope Flycatcher	<i>Empidonax difficilis</i>	Mount Baldy
Hammond's Flycatcher	<i>Empidonax hammondi</i>	?probably this species Mount Kobau
Alder Flycatcher	<i>Empidonax alnorum</i>	possibly this species Mount Baldy
Steller's Jay	<i>Cyanocitta stelleri</i>	Mount Baldy
Gray Jay	<i>Perisoreus canadensis</i>	scattered records in Banff area
Clark's Nutcracker	<i>Nucifraga columbiana</i>	Peyto Lake and Highway 40
American Magpie	<i>Pica hudsonia</i>	widespread.
American Crow	<i>Corvus brachyrhynchos</i>	widespread and common.
Northwestern Crow	<i>Corvus caurinus</i>	Oliver's Landing and Vancouver
Raven	<i>Corvus corax</i>	widespread
Tree Swallow	<i>Tachycineta bicolor</i>	scattered in BC
Violet-green Swallow	<i>Tachycineta thalassina</i>	widespread
Bank Swallow	<i>Riparia riparia</i>	Horsethief Valley
Northern Rough-winged Swallow	<i>Stelgidopteryx serripennis</i>	scattered records, BC
Cliff Swallow	<i>Hirundo pyrrhonota</i>	scattered in Banff NP
Barn Swallow	<i>Hirundo rustica</i>	widespread
Black-capped Chickadee	<i>Poecile atricapilla</i>	scattered
Mountain Chickadee	<i>Poecile gambeli</i>	Kootenay
Boreal Chickadee	<i>Poecile hudsonica</i>	Highway 40

Red-breasted Nuthatch	<i>Sitta canadensis</i>	Widespread in small numbers
House Wren	<i>Troglodytes aedon</i>	scattered in BC
Winter Wren	<i>Troglodytes troglodytes</i>	heard in BC
Bewick's Wren	<i>Thryomanes bewickii</i>	Okanagan
Rock Wren	<i>Salpinctes obsoletus</i>	Okanagan
Marsh Wren	<i>Cistothorus palustris</i>	Laurie Guichon Memorial Grasslands and Iona, Vancouver
Golden-crowned Kinglet	<i>Regulus satrapa</i>	scattered, frequent in Banff area
Ruby-crowned Kinglet	<i>Regulus calendula</i>	only noted once in Banff area
Townsend's Solitaire	<i>Myadestes townsendi</i>	Mount Baldy
Mountain Bluebird	<i>Sialia currucoides</i>	scattered records
American Robin	<i>Turdus migratorius</i>	widespread and very common
Swainson's Thrush	<i>Catharus undulatus</i>	Paint Potts
Hermit Thrush	<i>Catharus guttatus</i>	Blackcomb, Whistler
Starling	<i>Sturnus vulgaris</i>	widespread at lower altitudes in BC
Buff-bellied Pipit	<i>Anthus rubescens</i>	Sunshine Meadows
Cedar Waxwing	<i>Bombycilla garrulus</i>	widespread
Tennessee Warbler	<i>Vermivora peregrina</i>	common in Banff area
Orange-crowned Warbler	<i>Vermivora celata</i>	Mount Kobau
Yellow-rumped Warbler	<i>Dendroica coronata</i>	widespread
Yellow Warbler	<i>Dendroica petechia</i>	scattered
Wilson's Warbler	<i>Wilsonia pusilla</i>	only noted at Emerald Lake
Common Yellowthroat	<i>Geothlypis trichas</i>	scattered
Yellow-breasted Chat	<i>Icteria virens</i>	Mount Baldy
American Redstart	<i>Setophaga ruticilla</i>	Paint Potts
Western Tanager	<i>Piranga ludoviciana</i>	scattered, mostly Okanagan
Black-headed Grosbeak	<i>Pheucticus melanocephalus</i>	Okanagan
Lazuli Bunting	<i>Passerina amoena</i>	frequent in the Okanagan area
Spotted Towhee	<i>Pipilo maculatus</i>	Mount Kobau
Vesper Sparrow	<i>Pooectes gramineus</i>	scattered
Chipping Sparrow	<i>Spizella passerina</i>	widespread and reasonably common
Fox Sparrow	<i>Passerella iliaca</i>	only noted once in BC
Song Sparrow	<i>Melospiza melodia</i>	scattered records – mostly BC
Lincoln's Sparrow	<i>Melospiza lincolnii</i>	a few records in Alberta
White-crowned Sparrow	<i>Zonotrichia leucophrys</i>	scattered records in BC
Dark-eyed Junco	<i>Junco hyemalis</i>	common and widespread.
Lark Sparrow	<i>Chondestes grammacus</i>	Okanagan
Western Meadowlark	<i>Sturnella neglecta</i>	Okanagan
Red-winged Blackbird	<i>Agelaius phoeniceus</i>	scattered
Brewer's Blackbird	<i>Euphagus cyanocephalus</i>	Mount Kobau
Brown-headed Cowbird	<i>Molothrus ater</i>	scattered
Common Grackle	<i>Quiscalus quiscula</i>	mostly Okanagan and southern valleys
House Finch	<i>Carpodacus mexicanus</i>	Okanagan and BC generally
Gray-crowned Rosy Finch	<i>Leucosticte tephrocotis</i>	Sunshine Meadows, Banff
Pine Grosbeak	<i>Pinicola enucleator</i>	Storm Mountain Lodge
Pine Siskin	<i>Carduelis pinus</i>	widespread
American Goldfinch	<i>Carduelis tristis</i>	scattered
House Sparrow	<i>Passer domesticus</i>	scattered records