

*Brought to you by California State Parks Foundation*  
**Wildflower Guide**

**WHERE TO SPOT  
SPRING WILDFLOWERS  
IN CALIFORNIA  
STATE PARKS**



**ABOUT CALIFORNIA STATE PARKS FOUNDATION**

With a rich history spanning more than five decades, California State Parks Foundation champions California state parks, ensuring their protection and preservation for the greater good.

By collaborating with park partners and dedicated California State Parks staff, as well as engaging policymakers in Sacramento, we actively address the challenges faced by these precious parks.

Our mission extends beyond the present, as we endeavor to foster a thriving movement of park lovers who will passionately cherish and defend these natural wonders today, leaving behind a legacy of beloved parks for the enjoyment and inspiration of generations to come.

Visit our website to learn more: [calparks.org](http://calparks.org)



As the weather begins to warm up and the rains pass, much of California explodes into a vibrant display of floral sights and smells. Take full advantage of our beautiful state this spring by visiting one of these state parks near you!

Before visiting, make sure to review our tips for the best trip possible.

## TIPS FOR VIEWING SPRING BLOOMS IN STATE PARKS



### DON'T DOOM THE BLOOM

[calparks.org/dontdoomthebloom](https://calparks.org/dontdoomthebloom)

Take only pictures, stay on designated trails, and tread lightly. Do not trample or pick the flowers.



### RECREATE RESPONSIBLY

[calparks.org/recreateresponsibly](https://calparks.org/recreateresponsibly)

Whether you are an experienced outdoor enthusiast or a new explorer, make sure to plan ahead and know your physical limitations.



### CHECK THE STATUS OF THE PARK

[calparks.org/parkstatus](https://calparks.org/parkstatus)

Find out what restrictions and guidelines are in place before going.



### DOGS IN STATE PARKS

[calparks.org/dogsinparks](https://calparks.org/dogsinparks)

Dogs are permitted in certain parks but must remain on leash on designated roads and campgrounds. Dogs are not allowed on hiking trails, in the backcountry, or in the wildflower fields. Do not leave dogs unattended in your vehicles – temperatures can reach lethal levels.



### DRONE USAGE

[calparks.org/drones](https://calparks.org/drones)

Drones require special permission from individual state park units.



### LEAVE NO TRACE

[calparks.org/leavenotrace](https://calparks.org/leavenotrace)

Leave the park better than when you arrived! Pack out anything you packed in, including trash.

# PARKS TO VISIT IN NORTHERN CALIFORNIA



1

## Sue-meg State Park

In the springtime, herbs, grasses, and shrubs decorate the meadows, producing colorful wildflower displays. Spring and summer wildflowers include **Douglas iris (*Iris douglasiana*)**, **skunk cabbage (*Lysichiton americanus*)**, and **rhododendron (*Rhododendron*)**. Thimbleberry, salmonberry, and huckleberry are found along meadow edges.



2

## Azalea State Natural Reserve

This lesser-known park is a beautiful, serene gem when its **western azalea (*Rhododendron occidentale*)** are in bloom. It is worth going for the fragrance alone! Pack a lunch to enjoy in the picnic area, and plan to visit in April or May when the flowers are at their peak.



3

## Trione-Annadel State Park

There's a great variety of wildflowers here from spring until early summer, and some stay as late as September. The best months to see the park's wildflowers are April and May. Look out for **goldfield (*Lasthenia*)**, **monkey-flower (*Erythranthe*)**, **buttercup (*Ranunculaceae*)**, and **iris (*Iris*)**. Remember to stay on the trails and watch out for poison oak.



4

## Jedediah Smith Redwoods State Park

This verdant park protects more than 10,000 acres of ferns, flowers, and redwoods. **Redwood sorrel (*Oxalis oregana*)**, **salal (*Gaultheria shallon*)**, **Douglas iris (*Iris douglasiana*)**, and **tiger lily (*Lilium lancifolium*)** grow in splendor beneath the tall trees. Salmonberry, thimbleberry, and huckleberry provide wildlife forage.



5

## South Yuba River State Park

The most impressive season at this park is spring, when snowmelt roars over massive granite boulders and spectacular displays of wildflowers grace the riverbanks and secluded waterfalls. The Buttermilk Bend Trail is usually perfect for wildflower viewing, and you may see **Collinsia (*Collinsia heterophylla*)**, **foothill sunburst (*Pseudobahia heermannii*)**, and **lupine (*Arroyo lupine*)**.



6

## Kruse Rhododendron State Natural Reserve

Originally built as a memorial to a father from his son, this reserve blooms each May into an extravagant display of pink **rhododendron (*Rhododendron*)** that dots the vibrant green landscape. The reserve also adjoins Salt Point State Park, so you can hit two parks in one day if you have time!



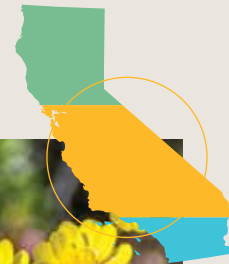
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## Russian Gulch State Park

The headlands here bloom with acres of wildflowers in the spring. **Seaside daisy (*Erigeron glaucus*)**, **pacific trillium (*Trillium ovatum*)**, and **pink honeysuckle (*Lonicera hispidula*)** are a few you might get a glimpse of. There's also a great mix of shady forest and open coastal views, depending on what you're in the mood for.



# PARKS TO VISIT IN CENTRAL CALIFORNIA



1

## Garrapata State Park

Spring in Monterey County offers the opportunity to see more than 2,000 varieties of wildflowers against a dramatic ocean backdrop at Garrapata State Park.

**California poppy** (*Eschscholzia californica*), **coast morning glory** (*Calystegia macrostegia*), **purple iris** (*Iris versicolor*), **redwood sorrel** (*Oxalis oregana*), and many other species await your discovery.



2

## Henry W. Coe State Park

Northern California's largest state park offers more than 250 miles of hiking trails, sweeping vistas of quintessential Californian hillsides, and hidden swimming holes. This spring, when the hills turn from gold to green, come visit and you'll likely see **Mariposa lily** (*Calochortus splendens*), **larkspur** (*Delphinium*), **whispering bell** (*Emmenanthe penduliflora*), and **Ithuriel's spear** (*Triteleia laxa*).



3

## Samuel P. Taylor State Park

The landscape here ranges from shady canyon groves and oak-studded grasslands to rolling hills atop Barnabe Peak. Native wildflowers add an ever-changing highlight to the park. **Buttercup** (*Ranunculaceae*) and **milkmaid** (*Cardamine californica*) show up early in the spring, followed by **paintbrush** (*Castilleja*) as summer approaches.



4

## Point Lobos State Natural Reserve

Situated on California's idyllic coast, Point Lobos State Natural Reserve is a lovely place to visit for a springtime picnic. You'll see flowers such as **California wild rose** (*Rosa californica*), **seaside daisy** (*Erigeron glaucus*), and **sticky monkey-flower** (*Diplacus aurantiacus*). If you're lucky, you might also see migrating gray whales as they make their way along the coastline.



5

## Mount Tamalpais State Park

This Bay Area icon is the perfect location to be in a verdant landscape and check out seasonal wildflowers like **California poppy** (*Eschscholzia californica*), **lupine** (*Arroyo lupine*), **Douglas iris** (*Iris douglasiana*), and **goldfield** (*Lasthenia*). It's one of the most developed state parks, and you can picnic, hike, mountain bike, and watch wildlife here too.



6

## Pacheco State Park

Go on a colorful trip here with your friends or family! Carpeting the hills in spring are wildflowers such as **butter-and-eggs** (*Linaria vulgaris*), **popcorn flower** (*Plagiobothrys distantiflorus*), **larkspur** (*Delphinium*), and **California poppy** (*Eschscholzia californica*). Explore trails or go on a guided hike lined with wildflowers (check before going; guided hikes are often offered in the spring for visitors).



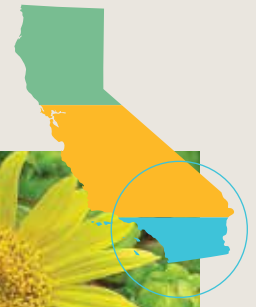
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## Mount Diablo State Park

There are several plant species that are only found in this park, including the **Mount Diablo fairy-lantern** (*Calochortus pulchellus*), **Mount Diablo manzanita** (*Arctostaphylos auriculata*), and **Mount Diablo bird's beak** (*Cordylanthus nidularius*). Visit the interpretive center to learn more about species endemic to the park. And be sure to take in the views!



# PARKS TO VISIT IN SOUTHERN CALIFORNIA



1

## Antelope Valley California Poppy Reserve State Natural Reserve

An iconic California scene can be experienced at Antelope Valley California Poppy Reserve. The hills come alive with an orange blaze of **California poppy** (*Eschscholzia californica*) during the spring, so make sure not to miss this stunning display. This park experiences large crowds, so please stay on designated trails and arrive early if you choose to visit.



2

## Arthur B. Ripley Desert Woodland State Park

This 560-acre park protects and preserves a remnant island of native Joshua tree and California juniper. Among these beautiful stands of resilient trees, you can also find a variety of wildflowers that include **tidy tip** (*Layia platyglossa*), **desert sage** (*Salvia eremostachya*), and **sun cup** (*Taraxia ovata*).



3

## Malibu Creek State Park

Visitors to this park, which is outside Los Angeles, will be treated to **lupine** (*Arroyo lupine*), **blue larkspur** (*Delphinium carolinianum*), and **canyon sunflower** (*Venegasia carpesioides*). You'll also get views of the Las Virgenes Valley and Malibu Canyon. Before being opened to the public in 1976, this area was used to film numerous movies and TV shows.



4

## Saddleback Butte State Park

Despite this park's high desert location, wildflowers are still abundant. Keep an eye out for **woolly daisy** (*Eriophyllum lanosum*), **Davy gilia** (*Gilia latiflora ssp. Davyi*), and **goldfield** (*Lasthenia*). The spring season brings breathtaking displays of these flowers, and visiting before summer means you'll beat the heat too!



5

## Torrey Pines State Natural Reserve

This park's magnificent sandstone cliffs and seaside vistas are easily accessible from downtown San Diego's urban center. Come visit to see the rare Torrey pine tree and springtime **yucca flower** (*Yucca schidigera*) displays. There is also **sea dahlia** (*Leptosyne maritima*), **popcorn flower** (*Plagiobothrys*), and **San Diego jewel flower** (*Caulanthus heterophyllus*).



6

## Anza-Borrego Desert State Park

If you've never been to California's largest state park, spring is one of the best times to go. You'll see thousands of desert wildflowers in bloom: **wild heliotrope** (*Phacelia crenulata*), **desert dandelion** (*Malacothrix glabrata*), **little gold poppy** (*Eschscholzia minutiflora*), **various cacti blooms**, and more! Henderson Canyon Road and Borrego Palm Canyon are two good spots to get a glimpse of the colors.



7

## Chino Hills State Park

The rolling hills in this park are bright green in the spring and covered with blooming flowers as far as the eye can see. It can get busy in the spring, so remember your Leave No Trace principles and stay on the trails to avoid crushing blooms such as **Canterbury bell** (*Campanula medium*), **California poppy** (*Eschscholzia californica*), **lupine** (*Arroyo lupine*), and **school bell** (*Dichelostemma capitatum*).



# PARKS TO VISIT IN CALIFORNIA



# YOU CAN MAKE A DIFFERENCE FOR STATE PARKS. BECOME A MEMBER TODAY.

As any California State Parks Foundation member will tell you, the greatest benefit of membership is the sense of satisfaction that comes from helping protect and maintain the precious state parks you love.

**Join with a contribution of \$25 or more per year and you'll receive all the benefits of membership:**



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