



WILDFLOWERS SHAPED BY TIME

▶ The Allegheny Mountains, part of the central Appalachians, once rivaled the Rockies and the Andes in height. Their worn and rounded look attests to their old age. These ancient mountains are the product of roughly 200 million years of continuous erosion, which has reduced their vertical reach and rounded their formerly jagged peaks.

The native plants of this ancient land have been shaped by their mountainous temperate climates, elevation, and topography. Hundreds of kinds of wildflowers thrive in the central Appalachian Mountains, including many found nowhere else. Blooming begins in March and continues into early November.



▶ New England Aster



▶ Black-eyed Susan



▶ Wingstem



▶ Common Milkweed



▶ Great Lobelia



▶ Spotted Jewelweed

TRAIL WILDFLOWER HABITATS:

Hardwood forests are the best place to look for spring wildflowers. Spring wildflowers bring color to the woods before the trees leaf out and the forest becomes too dark and shady for sun-loving flowers to bloom. Look for spring beauty, several species of trillium, mayapple, wild geranium, star chickweed, and bloodroot.

Field, bottomland, and city habitats are relatively flat and open to the sun. In summer and fall, they are filled with blooms such as the woodland sunflower, Canada and old field goldenrod, several species of milkweed, and tall ironweed.

Pond and marsh habitats are found less frequently on the trail but offer interesting combinations of flowers that bloom in the summer and fall. Look for cow lily, swamp thistle, and nodding bur marigold.

Wildflower Walks

Carry a wildflower field guide to help identify what you see.

Learn more about native plants from the WV Native Plant Society and WV Division of Natural Resources

