

Plant Guide to Seven Pines Trail, San Jacinto Mountains

Mile S	#	id?	Common Name	Latin Name	#here	#all
0.00			Begin trail at northern end of parking area, at saddle between Fuller Creek and North Fork, elevation 6300 feet (1920 m), The following plants are at or near the parking area, given in alphabetical order by scientific name.			
	1		white fir	<i>Abies concolor</i>	99 / 9	85
	2		western needlegrass	<i>Achnatherum occidentale</i>	20 / 3	12
	3		*tumble pigweed	<i>Amaranthus albus</i>	4 / 1	19
	4		pink-bracted manzanita	<i>Arctostaphylos pringlei</i> ssp. <i>drupacea</i>	99 / 7	33
	5	~	Hall's brome	<i>Bromus orcuttianus</i> var. <i>hallii</i>	20 / 3	8
	6		*downy brome	<i>Bromus tectorum</i>	20 / 2	70
	7		incense-cedar	<i>Calocedrus decurrens</i>	99 / 9	56
	8		forest goosefoot	<i>Chenopodium atrovirens</i>	30 / 5	30
	9		San Bernardino rubber rabbitbrush	<i>Chrysothamnus nauseosus</i> ssp. <i>bernardinus</i>	50 / 5	64
	10		Nevin's bird's beak	<i>Cordylanthus nevinii</i>	99 / 7	26
	11		purple-root cryptantha	<i>Cryptantha micrantha</i>	30 / 1	34
	12		squirreltail	<i>Elymus elymoides</i>	10 / 3	54
	13		southern mountain woolly-star	<i>Eriastrum densifolium</i> ssp. <i>austromontanum</i>	20 / 1	25
	14		slender buckwheat	<i>Eriogonum gracile</i> var. <i>incultum</i>	50 / 1	11
	15		pineland buckwheat	<i>Eriogonum molestum</i>	50 / 1	7
	16		sulphur buckwheat	<i>Eriogonum umbellatum</i> var. <i>munzii</i>	99 / 9	23
	17		Wright's buckwheat	<i>Eriogonum wrightii</i> var. <i>membranaceum</i>	99 / 5	29
	18		San Jacinto Mtns. bedstraw	<i>Galium angustifolium</i> ssp. <i>jacinticum</i>	99 / 9	25
	19		pinegrove groundsmoke	<i>Gayophytum oligospermum</i>	50 / 3	42
	20		splendid gilia	<i>Gilia splendens</i> ssp. <i>splendens</i>	99 / 5	21
	21		slender everlasting	<i>Gnaphalium canescens</i> ssp. <i>thermale</i>	20 / 1	26
	22		western marsh cudweed	<i>Gnaphalium palustre</i>	50 / 1	19
	23		California-aster	<i>Lessingia filaginifolia</i> var. <i>filaginifolia</i>	5 / 2	92
	24		whisker-brush	<i>Linanthus ciliatus</i>	5 / 1	14
	25		Sierra Nevada lotus	<i>Lotus nevadensis</i> var. <i>nevadensis</i>	40 / 5	47
	26		short-flowered monardella	<i>Monardella nana</i> ssp. <i>tenuiflora</i>	99 / 9	43
	27		incense-cedar mistletoe	<i>Phoradendron libocedri</i>	5 / 2	14

28	oak mistletoe	<i>Phoradendron villosum</i>	99 / 7	26
29	Coulter pine	<i>Pinus coulteri</i>	50 / 5	25
30	sugar pine	<i>Pinus lambertiana</i>	99 / 9	61
31	ponderosa pine	<i>Pinus ponderosa</i>	40 / 5	15
32	canyon live oak	<i>Quercus chrysolepis</i>	99 / 9	73
33	California black oak	<i>Quercus kelloggii</i>	30 / 3	30
34	goldenrod	<i>Solidago californica</i>	30 / 2	95
	The rest of the guide gives plants in order along the trail; plants off-trail are numbered just like plants on-trail			
0.00	1	Sign: "Seven Pines Trail; Deer Springs Trail 3.5 miles; Mt. San Jacinto 7.25 miles"		
0.01	1	Sign: "Fragile habitat; Creek Closure"		
0.01	1	Sign: "Wilderness Permit Required"		
0.03	b 35	mountain California-fuchsia <i>Epilobium canum ssp. latifolium</i>	99 / 9	90
0.07	r 36	Parish's tauschia <i>Tauschia parishii</i>	20 / 2	22
0.09	r 37	naked buckwheat <i>Eriogonum nudum var. pauciflorum</i>	99 / 9	53
0.11	l 38	Burlew's onion <i>Allium burlewii</i>	99 / 2	6
0.12		First of two close local high points on trail		
0.12	r 39	mountain grape-soda lupine <i>Lupinus excubitus var. austromontanus</i>	5 / 1	27
0.12	l 40	beautiful hulsea <i>Hulsea vestita ssp. callicarpa</i>	40 / 3	31
0.12	41 ~	pinewoods rock-cress <i>Arabis holboellii var. pinetorum</i>	1 / 1	27
0.17	r 42	San Jacinto buckwheat <i>Eriogonum apiculatum</i>	50 / 3	38
0.20	r 43	sugar pine dwarf-mistletoe <i>Arceuthobium californicum</i>	99 / 3	2
0.23		Local high point; cross divide for a brief sojourn in canyon of North Fork before returning to Fuller Creek canyon		
0.36	r 44	snow-plant <i>Sarcodes sanguinea</i>	20 / 8	36
0.36	r 45	western azalea <i>Rhododendron occidentale</i>	50 / 3	40
0.36		Densest population of sugar pine dwarf-mistletoe, <i>Arceuthobium californicum</i>		
0.39	l 46	pinedrops <i>Pterospora andromedea</i>	10 / 9	41
0.39	r 47	rock buckwheat <i>Eriogonum saxatile</i>	10 / 1	18
0.49	l 48	California coffeeberry <i>Rhamnus californica</i>	2 / 1	22
0.53	49	white catch-fly <i>Silene verecunda ssp. platyota</i>	99 / 9	59
0.53	l 50	white-veined wintergreen <i>Pyrola picta</i>	3 / 1	18
0.55	l 51	fir mistletoe <i>Phoradendron pauciflorum</i>	20 / 3	27
0.59	l 52	Laguna Mtns. jewel-flower <i>Streptanthus bernardinus</i>	8 / 3	7
0.60	l 53	mountain whitethorn <i>Ceanothus cordulatus</i>	99 / 9	61
0.60	l 54	Scouler's willow <i>Salix scouleriana</i>	10 / 4	51
0.60	l 55	deergrass <i>Muhlenbergia rigens</i>	1 / 1	52

2.89	Cross main branch of moist drainage			0.61 b 56	Parish's campion	<i>Silene parishii</i> ⁺	99 / 3	23	
2.89 r 138	subarctic lady-fern	<i>Athyrium filix-femina</i> var. <i>cyclosorum</i>	10 / 1	20	0.63 57	pine lousewort	<i>Pedicularis semibarbata</i>	99 / 9	47
2.89 r 139	few-flowering meadow-rue	<i>Thalictrum sparsiflorum</i>	10 / 2	4	0.67 58	little prince's pine	<i>Chimaphila menziesii</i>	5 / 2	25
2.89 l 140	broad-lipped twayblade	<i>Listera convallarioides</i>	99 / 1	1	0.72	Minor local high point; cross saddle for another brief sojourn in canyon of North Fork			
2.90	Begin meadowy area; species found in the wet area in alphabetical order by scientific name:				0.74 l 59	Jeffrey pine	<i>Pinus jeffreyi</i>	99 / 9	83
141	swamp sedge	<i>Carex senta</i>	20 / 1	46	0.74 60	granite prickly phlox	<i>Leptodactylon pungens</i>	15 / 2	34
142	common cryptantha	<i>Cryptantha affinis</i>	99 / 1	1	0.75	Switchback left			
143 ~	alpine shooting star	<i>Dodecatheon alpinum</i>	5 / 1	7	0.78 r 61	green-leaf manzanita	<i>Arctostaphylos patula</i>	20 / 3	47
144	Southern California rock draba	<i>Draba corrugata</i> var. <i>saxosa</i>	10 / 1	5	0.81 r 62	spotted coralroot	<i>Corallorhiza maculata</i>	30 / 5	23
145	fireweed	<i>Epilobium angustifolium</i> ssp. <i>circumvagum</i>	5 / 1	24	0.81	Switchback left			
146	primrose monkeyflower	<i>Mimulus primuloides</i> ssp. <i>primuloides</i>	30 / 1	15	0.84	Switchback right			
147	western cow-bane	<i>Oxypolis occidentalis</i>	50 / 1	3	0.85	Switchback left			
148	Parish's yampah	<i>Perideridia parishii</i>	20 / 1	14	0.94 r 63	beaked penstemon	<i>Penstemon rostriflorus</i>	50 / 9	49
149	lodgepole pine	<i>Pinus contorta</i> ssp. <i>murrayana</i>	7 / 1	35	0.96 r 64	bush chinquapin	<i>Chrysolepis sempervirens</i>	30 / 3	53
150	white bog orchid	<i>Platanthera leucostachys</i>	30 / 1	12	1.02	Local high point; elevation ~7100 feet (2164 m); cross small saddle and enter North Fork Canyon for rest of trip			
151	western bistort	<i>Polygonum bistortoides</i>	40 / 1	10	1.04 l 65	rock goldenbush	<i>Ericameria cuneata</i> var. <i>cuneata</i>	1 / 1	19
152	Douglas' knotweed	<i>Polygonum douglasii</i> ssp. <i>douglasii</i>	99 / 1	16	1.07	First of many switchbacks			
153 sp	lesser or bog wintergreen	<i>Pyrola minor</i> or <i>P. asarifolia</i>	41 / 1	1	1.12 l 66	San Jacinto lupine	<i>Lupinus hyacinthinus</i>	30 / 5	57
154	mountain gooseberry	<i>Ribes montigenum</i>	3 / 1	12	1.26 b 67	mountain pink currant	<i>Ribes nevadense</i>	99 / 7	50
155	small white violet	<i>Viola macloskeyi</i>	20 / 1	21	1.26	Local low point; cross small side creek; next three species found down the creek at the North Fork			
2.96 l	(Large field of ranger's buttons, <i>Sphenosciadium capitellatum</i>)				1.26 r 68	western columbine	<i>Aquilegia formosa</i>	50 / 7	54
3.13	Cross North Fork for last time; elevation 8480 feet (2585 m)				1.26 r 69	tall mannagrass	<i>Glyceria elata</i>	50 / 3	35
3.29	T-Jct. with PCT; highest point on loop; elevation 8640 feet (2633 m); go right; sign "(up): Little Round Valley 2.5; San Jacinto Peak 3.2; ((down): Strawberry Trail 2.5; Suicide Rock Trail 3.8; Banning Highway 6.3; (back): 7 Pines Trail"				1.26 r 70	thimbleberry	<i>Rubus parviflorus</i>	50 / 5	32
					1.27 l	Local high point; sign: "Entering Mount San Jacinto State Park Wilderness"			
					1.28 b 71	bracken	<i>Pteridium aquilinum</i> var. <i>pubescens</i>	99 / 9	63
					1.30	Cross small side creek			
						Plants at and near first crossing of North Fork given in alphabetical order of scientific name:			
					1.32 l 72	spike bentgrass	<i>Agrostis exarata</i>	1 / 1	20
					1.32 l 73	rough bentgrass	<i>Agrostis scabra</i>	5 / 1	16
					1.32 74	purple false-gilia	<i>Allophyllum divaricatum</i>	99 / 9	26
					1.32 r 75	fragile sheath sedge	<i>Carex fracta</i>	50 / 7	53
					1.32 b 76	giant red paintbrush	<i>Castilleja miniata</i> ssp. <i>miniata</i>	15 / 2	38
					1.32 77	green miner's lettuce	<i>Claytonia parviflora</i> ssp. <i>viridis</i>	10 / 1	12
					1.32 l 78	slender hairgrass	<i>Deschampsia elongata</i>	5 / 1	40

http://tchester.org/sb/plants/guides/7_pines.html

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1.32	l 79	glaucus willowherb	<i>Epilobium glaberrimum</i> ssp. <i>glaberrimum</i>	5 / 2	30	107	Parish's bedstraw	<i>Galium parishii</i>	1 / 1	29	
1.32	80	Cleveland's horkelia	<i>Horkelia clevelandii</i>	10 / 2	31	108	prickly hawkweed	<i>Hieracium horridum</i>	50 / 1	18	
1.32	b 81	long-styled rush	<i>Juncus longistylis</i>	20 / 1	20	109	mountain spray	<i>Holodiscus microphyllus</i> var. <i>microphyllus</i>	3 / 1	28	
1.32	l 82	lemon lily	<i>Lilium parryi</i>	39 / 3	43	110	western polypody	<i>Polypodium hesperium</i>	40 / 1	10	
1.32	r 83	broad-leaved lotus	<i>Lotus crassifolius</i> var. <i>crassifolius</i>	3 / 3	26	111	cliff cinquefoil	<i>Potentilla rimicola</i>	74 / 1	4	
1.32	84	Brewer's monkeyflower	<i>Mimulus breweri</i>	99 / 5	19	112	Watson's spike-moss	<i>Selaginella watsonii</i>	15 / 1	11	
1.32	l 85	musk monkeyflower	<i>Mimulus moschatus</i>	99 / 5	41	2.25 l 113	Fendler's meadow-rue	<i>Thalictrum fendleri</i> var. <i>fendleri</i>	10 / 2	31	
1.32	r 86	sticky cinquefoil	<i>Potentilla glandulosa</i> ssp. <i>reflexa</i>	30 / 5	38	2.30 114	wax currant	<i>Ribes cereum</i> var. <i>cereum</i>	1 / 1	56	
1.32	l 87	willow-leaved dock	<i>Rumex salicifolius</i> var. <i>salicifolius</i>	5 / 1	22	2.30 r 115	pine violet	<i>Viola pinetorum</i> ssp. <i>pinetorum</i>	50 / 5	6	
1.32	l 88	pearlwort	<i>Sagina saginoides</i>	35 / 2	28	2.30 r 116	Nevada cinquefoil	<i>Potentilla glandulosa</i> ssp. <i>nevadensis</i>	5 / 3	26	
1.32	l 89	ranger's buttons	<i>Sphenosciadium capitellatum</i>	50 / 5	38	2.30 r 117	mountain carpet clover	<i>Trifolium monanthum</i> var. <i>grantianum</i>	99 / 2	38	
1.32	Cross North Fork of San Jacinto River; elevation 6880 feet (2097 m)										
1.32	b 90	scarlet monkeyflower	<i>Mimulus cardinalis</i>	10 / 2	37	2.30 r 118	hairy wood rush	<i>Luzula comosa</i>	20 / 2	28	
1.32	r 91	groundsmoke	<i>Gayophytum diffusum</i> ssp. <i>parviflorum</i>	50 / 2	31	2.30 r 119	Bolander's blue grass	<i>Poa bolanderi</i>	10 / 2	4	
1.33	l 92	Parish's lupine	<i>Lupinus latifolius</i> var. <i>parishii</i>	10 / 2	29	2.30 r 120	pine cryptantha	<i>Cryptantha simulans</i>	20 / 1	10	
1.33	l 93	brittle bladder fern	<i>Cystopteris fragilis</i>	20 / 3	42	2.30 r 121	Suksdorf's monkeyflower	<i>Mimulus suksdorfii</i>	5 / 1	6	
1.33	l 94	abrupt-beak sedge	<i>Carex abrupta</i>	10 / 2	22	2.40 r 122	blue elderberry	<i>Sambucus mexicana</i>	5 / 1	87	
1.35	First of many more switchbacks										
1.40	b 95	changeable phacelia	<i>Phacelia mutabilis</i>	99 / 9	43	2.53 l 123	southern mountain-monardella	<i>Monardella australis</i>	50 / 3	23	
1.40	b 96	Jepson's blue wildrye	<i>Elymus glaucus</i> ssp. <i>jepsonii</i>	50 / 5	22	2.63 r 124	Wright's collinsia	<i>Collinsia torreyi</i> var. <i>wrightii</i>	99 / 1	5	
1.44	b 97	Sierra gooseberry	<i>Ribes roezlii</i> var. <i>roezlii</i>	10 / 5	43	2.63	Cross North Fork of San Jacinto River; elevation ~8030 feet (2448 m). Species in this area given in alphabetical order:				
1.44	r 98	Grinnell's beardtongue	<i>Penstemon grinnellii</i> var. <i>grinnellii</i>	9 / 1	41	l 125	Idaho bentgrass	<i>Agrostis idahoensis</i>	5 / 1	47	
1.46	Check for leafy daisy, <i>Erigeron foliosus</i>										
1.47	r 99	plain mariposa lily	<i>Calochortus invenustus</i>	99 / 9	35	b 126	scented shooting star	<i>Dodecatheon redolens</i>	99 / 2	8	
1.47	l 100	western wallflower	<i>Erysimum capitatum</i> ssp. <i>capitatum</i>	99 / 9	66	l 127 ssp	willowherb	<i>Epilobium ciliatum</i>	3 / 1	33	
1.50	101	Martin's paintbrush	<i>Castilleja applegatei</i> ssp. <i>martinii</i>	4 / 3	49	l 128	white-flowered willowherb	<i>Epilobium lactiflorum</i>	10 / 1	3	
1.61	r 102	golden yarrow	<i>Eriophyllum confertiflorum</i> var. <i>confertiflorum</i>	8 / 1	92	r 129	California geranium	<i>Geranium californicum</i>	3 / 1	27	
1.70	103	southern miner's lettuce	<i>Claytonia perfoliata</i> ssp. <i>mexicana</i>	5 / 1	35	l 130	long-anthered rush	<i>Juncus macrandrus</i>	10 / 1	10	
1.98	l 104	southern Sierra phacelia	<i>Phacelia austromontana</i>	99 / 1	3	b 131	larger mountain monkeyflower	<i>Mimulus tilingii</i>	20 / 2	45	
1.99	r	View of 8000 foot knoll 0.3 miles south									
2.17	105	prickly cryptantha	<i>Cryptantha muricata</i>	15 / 2	28	b 132	arrowhead butterweed	<i>Senecio triangularis</i>	99 / 4	7	
2.17	b 106 ~	slender wheatgrass	<i>Elymus trachycaulus</i>	10 / 3	21	l 133	thyme-leaved speedwell	<i>Veronica serpyllifolia</i> ssp. <i>humifusa</i>	10 / 2	22	
2.23	r	Jct. cross-country route to 8000 foot knoll that is 0.3 miles due south. Additional species found there, in alphabetical order by scientific name:									
						2.83 l 134	Parish's snowberry	<i>Symphoricarpos rotundifolius</i> var. <i>parishii</i>	99 / 3	55	
						2.83 l 135	California brome	<i>Bromus carinatus</i> var. <i>carinatus</i>	20 / 9	55	
						2.83 r 136	brown sedge	<i>Carex subfusca</i>	1 / 1	11	
						2.86 r 137	California corn lily	<i>Veratrum californicum</i> var. <i>californicum</i>	50 / 2	24	