



## Self-Guided Summer Wildflower Walks

Many of us may not think of wildflowers in the summer, but it's a tremendous time to look. Summer wildflowers can be found in many areas, from cultivated butterfly gardens, to wild riparian zones along the Grand River. Summer wildflowers are as diverse as the habitats they live in, and Lake Metroparks has some of the best viewing of summer wildflowers in the area! Here are just a few of the best.

### Penitentiary Glen Reservation

Boasting the largest butterfly garden in Lake Metroparks, Penitentiary Glen Reservation is home to numerous colorful native flowers such as black-eyed Susan, purple coneflower, and coreopsis. These flowers attract lots of wildlife throughout the summer including clear-winged hummingbird-moths, monarch and tiger swallowtail butterflies, and ruby-throated hummingbirds. The garden is maintained by staff and a dedicated group of volunteers. In addition to the butterfly gardens, the meadows are home to other wildflowers including goldenrod and the wetlands contain swamp rose mallow.

### Hidden Valley Park

Riparian zones (forested areas along river corridors) are tremendous places to look for forest wildflowers in the summer. One of the best wildflower walks through this habitat is at Hidden Valley Park. You can see the brilliant yellow-orange Canada lily, the deep blue of the wild blue lobelia, and the understated beauty of Solomon's seal. You may also see ruby-throated hummingbirds and scarlet tanagers visiting the flowers for some nectar as well.

### Hidden Lake

The varied habitat of Hidden Lake is a great place to see wildflowers in many different habitats. From beautiful yellow goldenrod and tall purple ironweed in the meadow, to blue vervain, great blue lobelia, and the white (sometimes pink) flowers of turtlehead in more wooded areas.

### Veterans Park

A simple walk through Veterans Park reveals a number of flowers. You can find the orange tube-shaped flowers of the jewelweed plant as well as the brilliant red cardinal flower (both favorites of ruby-throated hummingbirds). You can also find the large pink flowers of the swamp rose mallow in and around Granger Pond.

### Hidden Lake

6850 Kniffen Rd.  
Leroy Twp., Ohio 44077

- Birder's Loop Trail
- Forest Connection Trail
- Goldenrod Loop Trail
- Hidden Lake Loop Trail
- Meadow View Loop Trail

### Hidden Valley Park

4872 Klasen Rd.  
Madison Twp., Ohio 44057

- River Breeze Trail

### Penitentiary Glen Reservation

8668 Kirtland-Chardon Rd.  
Kirtland, Ohio 44094

- Glen Meadow Loop Trail
- Halle Home Trail
- Red Fox Loop Trail

### Veterans Park

5730 Hopkins Rd.  
Mentor, Ohio 44060

- Cardinal Loop Trail
- Lookout Trail
- Mallard Point Trail
- Patriots Loop Trail
- Swamp Forest Trail

Park maps and more information can be found at  
[goto.lakemetroparks.com/bingewalk](http://goto.lakemetroparks.com/bingewalk)



**Cardinal flower**

**Cardinal flower** is a brilliant red wildflower that usually grows near stream banks or in marshes.  
*July–September*



**Canada lily**

**Canada lily**, also known as wild yellow lily, is a species of lily native to the eastern U.S. They are usually yellow-orange but can be red. Look for them in riparian zones.  
*June–July*



**Turtlehead**

**Turtlehead** are native to the eastern U.S. and grow in wet soils. The flowers are white to pinkish and are said to resemble a turtle's head.  
*July–August*



**Bergemot**

**Bergemot**, also known as bee balm, is common throughout the northeast. Flowers are small and clustered together and range in color from red to pale purple.  
*June–August*



**Jewelweed**

**Jewelweed** is one of the most common wildflowers in our region. It has yellow to orange tubular flowers and the sap of the plant can relieve the itch of bug bites and poison ivy.  
*July–September*



**Blue vervain**

**Blue vervain**, also known as swamp verbena, is common throughout much of the U.S. The flowers are a small blueish cluster. Blue vervain is typically found near riverbanks.  
*July–August*



**Ironweed**

**Ironweed** is a prairie plant that is common throughout the Ohio Valley and most of the eastern U.S. It ranges from three to nine feet tall and has small purple flowers.  
*July–September*



**Foxglove beard-tongue**

**Foxglove beardtongue** is found in moist soils and meadows. The white tubular flowers are sometimes visited by hummingbirds.  
*May–June*



**Goldenrod**

**Goldenrod** is the common name for close to 100 different species of plants all with yellow to white flowers. They can be found in nearly every habitat from prairie to forest. One of the most common species in our area is Canada goldenrod.  
*July–October*



**Swamp rose mallow**

**Swamp rose mallow** is a large round flower ranging from white to pink. It is typically seen in wetlands or near ponds.  
*July–September*



**Black-eyed Susan**

**Black-eyed Susan**, also known as rudbeckia, is a common yellow flower found in fields and meadows throughout the region and is a common plant at local nurseries.  
*July–September*



**Great blue lobelia**

**Great blue lobelia** grows in shady floodplains and wet prairies. Bell-like flowers are blue-violet, but can be white on rare occasions.  
*August–October*

*There are many flowers to look for throughout the parks this summer.  
These are just a few to keep an eye out for.  
Bloom times may be earlier or later depending on weather conditions.*

