

Switchback right

Switchback left

Switchback right

Switchback left

l 162 giant needlegrass *Achnatherum coronatum* 10 / 9

Switchback right

Switchback left

r Saddle; sign: "Do not cut switchbacks"

l 163 ~ rein orchid *Piperia cooperi* 30 / 9

2.50 r "2.5 mile post"

r 164 \*gazania *Gazania X (mounding hybrid)* 2 / 2

r (Second oracle oak, *Quercus kelloggii X Quercus wislizeni var. frutescens*)

End guide at top of Iron Mountain

[http://tchester.org/sd/plants/guides/bser/iron\\_mountain\\_trail.html](http://tchester.org/sd/plants/guides/bser/iron_mountain_trail.html)

Updated 12 April 2007.

### Plant Guide to Iron Mountain Trail, Poway

Mile	S	#	id?	Common Name	Latin Name	#here	#all
0.00				Begin trail at SR67 entrance just south of Poway Road			
0.00	b	1		*shortpod mustard	<i>Hirschfeldia incana</i>	99	/ 9
0.00	b	2		*foxtail barley	<i>Hordeum murinum</i>	5	/ 1
0.00	b	3		dove weed	<i>Eremocarpus setigerus</i>	30	/ 5
0.00	r	4		western ragweed	<i>Ambrosia psilostachya</i>	5	/ 1
0.00	b	5		*long-beaked filaree	<i>Erodium botrys</i>	99	/ 9
0.00	r	6		*smooth cat's ear	<i>Hypochaeris glabra</i>	99	/ 9
0.00	r	7		*prickly sow thistle	<i>Sonchus asper ssp. asper</i>	10	/ 9
0.00	r	8		*sow thistle	<i>Sonchus oleraceus</i>	10	/ 9
0.00	r	9		*Italian thistle	<i>Carduus pycnocephalus</i>	1	/ 1
0.00	r	10	~	horseweed	<i>Conyza canadensis</i>	1	/ 1
0.00	b	11		*Russian thistle	<i>Salsola tragus</i>	5	/ 2
0.00	r	12		*annual blue grass	<i>Poa annua</i>	2	/ 1
0.00	b	13		*soft chess	<i>Bromus hordeaceus</i>	20	/ 5
0.00	b	14		*red brome	<i>Bromus madritensis ssp. rubens</i>	50	/ 9
0.00	r	15	sp	annual everlasting	<i>Gnaphalium sp.</i>	5	/ 1
0.00	r	16		*scarlet pimpernel	<i>Anagallis arvensis</i>	10	/ 5
0.00	b	17		California sagebrush	<i>Artemisia californica</i>	10	/ 5
0.00	b			(California buckwheat, <i>Eriogonum fasciculatum var. foliolosum</i> )			
0.00	b	18		San Diego birdsfoot lotus	<i>Lotus hamatus</i>	5	/ 2
0.00	b			(curly dock, <i>Rumex crispus</i> ; Spanish clover, <i>Lotus purshianus var. purshianus</i> )			
0.00	r	19	~	*wall bedstraw	<i>Galium parisiense</i>	10	/ 1
0.00	b	20		*tocalote	<i>Centaurea melitensis</i>	99	/ 9
0.00	b	21		*redstem filaree	<i>Erodium cicutarium</i>	99	/ 9
0.00	r	22		*California burclover	<i>Medicago polymorpha</i>	50	/ 9
0.00	r	23		*horehound	<i>Marrubium vulgare</i>	10	/ 5
0.00	r	24		*ripgut brome	<i>Bromus diandrus</i>	20	/ 5
0.00	l	25		*Crete weed	<i>Hedypnois cretica</i>	50	/ 9
0.00	l	26		*cheeseweed	<i>Malva parviflora</i>	3	/ 1
0.00	l	27		*white-stemmed filaree	<i>Erodium moschatum</i>	20	/ 5
0.00	l	28		*sourclover	<i>Melilotus indicus</i>	10	/ 3
0.00				Cross over culvert			
0.00	l	29		*London rocket	<i>Sisymbrium irio</i>	50	/ 9
0.00	l	30	ssp	big sagebrush	<i>Artemisia tridentata</i>	2	/ 1

0.00	l	(laurel sumac, <i>Malosma laurina</i> ; chaparral bush mallow, <i>Malacothamnus fasciculatus</i> )			r 146	California bee plant	<i>Scrophularia californica</i> <i>ssp. floribunda</i>	5 / 2
0.01	r	Kiosk				T-jct; go right		
0.01	b 31	coast live oak	<i>Quercus agrifolia</i> var. <i>agrifolia</i>	20 / 1	r 147	bushrue	<i>Cneoridium dumosum</i>	1 / 1
0.01	b 32	~ *nettle-leaved goosefoot	<i>Chenopodium murale</i>	10 / 2	r 148	Indian warrior	<i>Pedicularis densiflora</i>	30 / 9
0.02	l 33	narrow-leaf milkweed	<i>Asclepias fascicularis</i>	1 / 1	l 149	~ seashore bentgrass	<i>Agrostis pallens</i>	3 / 3
0.02	l	(planted pine, <i>Pinus sp.</i> ; eucalyptus, <i>Eucalyptus sp.</i> ; purple wild radish, <i>Raphanus sativus</i> )				Trail turns right 90°		
0.02	r 34	sacred datura	<i>Datura wrightii</i>	1 / 1	r	(giant needlegrass, <i>Achnatherum coronatum</i> )		
0.03	l 35	rattlesnake weed	<i>Chamaesyce albomarginata</i>	1 / 1	l 150	woolly-fruited lomatium	<i>Lomatium dasycarpum</i> ssp. <i>dasycarpum</i>	20 / 3
	r 36	planted pine	<i>Pinus sp.</i>	/	r 151	~ Parish's bluecurls	<i>Trichostema parishii</i>	10 / 3
	l 37	*purple wild radish	<i>Raphanus sativus</i>	5 / 2	r 152	Mohave yucca	<i>Yucca schidigera</i>	1 / 1
	l 38	*prickly lettuce	<i>Lactuca serriola</i>	1 / 1	1.50 r	"1.5 mile post"		
	l 39	laurel sumac	<i>Malosma laurina</i>	10 / 3	l	Jct. short Overlook Trail		
	l 40	*winter vetch	<i>Vicia villosa</i> ssp. <i>varia</i>	10 / 2	r 153	white everlasting	<i>Gnaphalium canescens</i> ssp. <i>microcephalum</i>	1 / 1
	l 41	California-aster	<i>Lessingia filaginifolia</i> var. <i>filaginifolia</i>	5 / 2	l 154	everlasting nest-straw	<i>Stylocline gnaphaloides</i>	5 / 1
	l 42	saw-toothed goldenbush	<i>Hazardia squarrosa</i> var. <i>grindelioides</i>	30 / 9	r 155	tinker's penny	<i>Hypericum anagalloides</i>	10 / 2
	r 43	California buckwheat	<i>Eriogonum fasciculatum</i> var. <i>foliolosum</i>	10 / 3	r	(thick-leaved yerba santa, <i>Eriodictyon crassifolium</i> var. <i>crassifolium</i> )		
	l 44	deerweed	<i>Lotus scoparius</i> var. <i>scoparius</i>	30 / 5	l	(deergrass, <i>Muhlenbergia rigens</i> )		
	r 45	broom baccharis	<i>Baccharis sarothroides</i>	10 / 3	l	(oracle oak, <i>Quercus kelloggii</i> X <i>Quercus wislizeni</i> var. <i>frutescens</i> )		
0.10	r 46	white sage	<i>Salvia apiana</i>	10 / 3	l	(Mexican rush, <i>Juncus mexicanus</i> )		
	r 47	bicolored everlasting	<i>Gnaphalium bicolor</i>	3 / 3	b 156	thick-leaved yerba santa	<i>Eriodictyon crassifolium</i> var. <i>crassifolium</i>	10 / 3
	l 48	golden yarrow	<i>Eriophyllum confertiflorum</i> var. <i>confertiflorum</i>	30 / 9	l 157	meadow-rue	<i>Thalictrum fendleri</i> var. <i>polycarpum</i>	10 / 2
	l 49	~ chaparral bush mallow	<i>Malacothamnus fasciculatus</i>	10 / 5	l 158	? spreading-stiff-hairy tiny ann with alt petioled roundish leaves with truncate base ?		20 / 2
	r	(California four o'clock, <i>Mirabilis californica</i> )			l 159	rigid hedge-nettle	<i>Stachys ajugoides</i> var. <i>rigida</i>	10 / 1
	l	(fragrant everlasting, <i>Gnaphalium canescens</i> ssp. <i>beneolens</i> )			l	(San Diego sedge, <i>Carex spissa</i> ; willow, <i>Salix</i> sp.)		
	l 50	~ holly-leaf navarretia	<i>Navarretia atractyloides</i>	1 / 1	l 160	Mexican rush	<i>Juncus mexicanus</i>	10 / 1
	l 51	small-seeded spurge	<i>Chamaesyce polycarpa</i>	1 / 1		Cross drainage and switchback left		
	r 52	popcorn flower	<i>Cryptantha intermedia</i>	20 / 3		Switchback right		
	r 53	red maids	<i>Calandrinia ciliata</i>	10 / 3	l 161	California lace fern	<i>Aspidotis californica</i>	1 / 1
	b	Sign: "Remain on trail"			2.00 r	"2.0 mile post"		
	l 54	slender tarweed	<i>Hemizonia fasciculata</i>	10 / 1		Switchback left		
	r	Road rejoins trail						

r 121	leafy daisy	<i>Erigeron foliosus</i> var. <i>foliosus</i>	50 / 9	l 55	wild-cucumber	<i>Marah macrocarpus</i> var. <i>macrocarpus</i>	2 / 2
r 122	narrowleaf bedstraw	<i>Galium angustifolium</i> ssp. <i>angustifolium</i>	10 / 9	r 56	*mouse-ear chickweed	<i>Cerastium glomeratum</i>	5 / 1
r 123	felt-leaved monardella	<i>Monardella hypoleuca</i> ssp. <i>lanata</i>	50 / 9	r 57	*windmill pink	<i>Silene gallica</i>	30 / 5
b 124	southern tauschia	<i>Tauschia arguta</i>	20 / 9	b 58	common fiddleneck	<i>Amsinckia menziesii</i> var. <i>intermedia</i>	5 / 1
r 125	scaly lipfern	<i>Cheilanthes clevelandii</i>	10 / 3	0.25 l 59	slender sunflower	<i>Helianthus gracilentus</i>	30 / 9
r 126	bristly bird's beak	<i>Cordylanthus rigidus</i> ssp. <i>setigerus</i>	20 / 5	r	(coastal goldenbush, <i>Isocoma menziesii</i> )		
r 127	rush-rose	<i>Helianthemum scoparium</i>	99 / 9	r 60	*lesser swine cress	<i>Coronopus didymus</i>	5 / 1
r 128	Ramona horkelia	<i>Horkelia truncata</i>	30 / 9	r 61	bush monkeyflower	<i>Mimulus aurantiacus</i>	30 / 9
r 129	California everlasting	<i>Gnaphalium californicum</i>	2 / 2	r	(Ramona-lilac, <i>Ceanothus tomentosus</i> var. <i>olivaceus</i> )		
r 130	white star-lily	<i>Zigadenus fremontii</i>	30 / 9	r 62	small-flowered soap plant	<i>Chlorogalum parviflorum</i>	30 / 9
1.00 r	"1 mile post"			r 63 sp	filago	<i>Filago</i> sp.	30 / 9
r 131	canyon silktassel	<i>Garrya veatchii</i>	1 / 1	r 64 sp	tiny annual clover	<i>Trifolium microcephalum?</i>	1 / 1
b 132	bush poppy	<i>Dendromecon rigida</i>	20 / 5	r 65 ssp	western thistle	<i>Cirsium occidentale</i>	1 / 1
r 133 sp	violet	<i>Viola</i> sp.	10 / 5	l	Jct. trail and signpost to Ellie Lane trailhead		
r 134	common skullcap	<i>Scutellaria tuberosa</i>	20 / 2	l 66	coastal goldenbush	<i>Isocoma menziesii</i>	2 / 2
r 135	California filago	<i>Filago californica</i>	20 / 1	l	Two porta-potties		
r 136	pygmy-weed	<i>Crassula connata</i>	20 / 1	l 67	stinging lupine	<i>Lupinus hirsutissimus</i>	1 / 1
r 137	*Mediterranean pygmy-weed	<i>Crassula tillaea</i>	20 / 1	l	(dwarf nettle, <i>Urtica urens</i> )		
r 138 ~	Pacific sanicle	<i>Sanicula crassicaulis</i>	1 / 1	l 68	Ramona-lilac	<i>Ceanothus tomentosus</i> var. <i>olivaceus</i>	99 / 9
r 139 sp	popcorn flower	<i>Plagiobothrys</i> sp.	10 / 1	l 69	chaparral yucca	<i>Yucca whipplei</i>	30 / 9
r 140 ?	sharp-toothed annual	?	3 / 1	r 70 sp	prickly-pear	<i>Opuntia</i> sp.	1 / 1
	Switchback right			r	(California goosefoot, <i>Chenopodium californicum</i> )		
l 141	Cleveland sage	<i>Salvia clevelandii</i>	20 / 9	r 71	*slender wild oats	<i>Avena barbata</i>	50 / 9
	Switchback left			l 72 ~	purple needlegrass	<i>Nassella pulchra</i>	1 / 1
b 142	tuberous sanicle	<i>Sanicula tuberosa</i>	40 / 9	l 73	blue dicks	<i>Dichelostemma capitatum</i> ssp. <i>capitatum</i>	5 / 2
l 143	silver puffs	<i>Uropappus lindleyi</i>	10 / 2	l	(chia, <i>Salvia columbariae</i> )		
	Cross creek with visible water in April 2007			0.50 b 74	chamise	<i>Adenostoma fasciculatum</i>	50 / 9
r	(miner's lettuce, <i>Claytonia perfoliata</i> ssp. <i>perfoliata</i> )			r ~	(Engelmann oak, <i>Quercus engelmannii</i> )		
l	(goldenrod, <i>Solidago californica</i> )			l 75	ashy spike-moss	<i>Selaginella cinerascens</i>	20 / 9
	Switchback right			l 76	Bigelow's spike-moss	<i>Selaginella bigelovii</i>	2 / 1
	Switchback left			l 77	bird's-foot fern	<i>Pellaea mucronata</i> var. <i>mucronata</i>	3 / 3
r	(shiny lomatium, <i>Lomatium lucidum</i> )			l	(silver puffs, <i>Uropappus lindleyi</i> )		
r	(Indian warrior, <i>Pedicularis densiflora</i> )			l 78	strigose lotus	<i>Lotus strigosus</i>	10 / 3
b 144	interior live oak	<i>Quercus wislizeni</i> var. <i>frutescens</i>	30 / 9	r 79	*common groundsel	<i>Senecio vulgaris</i>	20 / 5
r 145	southern mountain misery	<i>Chamaebatia australis</i>	10 / 9	r	(Torrey's scrub oak, <i>Quercus acutidens</i> ; bush poppy, <i>Dendromecon rigida</i> )		

r 80	Parish's purple nightshade (goldentop, <i>Lamarckia aurea</i> )	<i>Solanum parishii</i>	20 / 9	l 100	Torrey's scrub oak	<i>Quercus acutidens</i>	10 / 9
l 81	California plantain (meadow-rue, <i>Thalictrum fendleri</i> var. <i>polycarpum</i> )	<i>Plantago erecta</i>	20 / 1	l 101	sugar bush (matchweed, <i>Gutierrezia sarothrae</i> )	<i>Rhus ovata</i>	2 / 2
l 82	*nit grass	<i>Gastridium ventricosum</i>	2 / 1	l	Jct. use trail to Iron Mine		
l 83	foothill needlegrass	<i>Nassella lepida</i>	1 / 1	l 102	red-skinned onion (California buckwheat, <i>Eriogonum fasciculatum</i> var. <i>polifolium</i> )	<i>Allium haematochiton</i>	10 / 5
l 84	hairyleaf redberry (southern honeysuckle, <i>Lonicera subspicata</i> var. <i>denudata</i> )	<i>Rhamnus pilosa</i>	20 / 9	l 103	southern California morning-glory	<i>Calystegia macrostegia</i>	1 / 1
l 85 sp	phacelia	<i>Phacelia</i> sp.	10 / 2	r 104	hollyleaf cherry	<i>Prunus ilicifolia</i> ssp. <i>ilicifolia</i>	2 / 2
l 86	threadstem Cross creek to right (San Diego mountain mahogany, <i>Cercocarpus minutiflorus</i> ; eucrypta, <i>Eucrypta chrysanthemifolia</i> var. <i>chrysanthemifolia</i> ) I failed to record the first on-trail occurrence of the following taxon, which occurs somewhere after this point	<i>Pterostegia drymarioides</i>	30 / 2	l 105	coast jepsonia	<i>Jepsonia parryi</i>	10 / 1
87	San Diego mountain mahogany (sugar bush, <i>Rhus ovata</i> ; California everlasting, <i>Gnaphalium californicum</i> )	<i>Cercocarpus minutiflorus</i>	/	l 106	silverback fern	<i>Pentagramma triangularis</i> ssp. <i>viscosa</i>	50 / 9
l 88	scarlet larkspur (California bee plant, <i>Scrophularia californica</i> ssp. <i>floribunda</i> )	<i>Delphinium cardinale</i>	50 / 9	l 107	toyon (heartleaf penstemon, <i>Keckiella cordifolia</i> ) Cross creek to right		
l 89 sp	Mariposa lily	<i>Calochortus</i> sp.	1 / 1	r 108	mule fat (Mariposa rush, <i>Juncus dubius</i> )	<i>Baccharis salicifolia</i>	2 / 1
l 90	mission manzanita	<i>Xylococcus bicolor</i>	30 / 9	b 109	common bedstraw	<i>Galium aparine</i>	10 / 2
l 91	white-flowering currant	<i>Ribes indecorum</i>	5 / 3	r 110	milk maids	<i>Cardamine californica</i>	50 / 9
r 92	bigberry manzanita (triangular-fruit sedge, <i>Carex triquetra</i> )	<i>Arctostaphylos glauca</i>	10 / 9	r 111	coast-range melic	<i>Melica imperfecta</i>	10 / 9
l 93 ~	*Mediterranean schismus (poison oak, <i>Toxicodendron diversilobum</i> ) Cross creek to left	<i>Schismus barbatus</i>	1 / 1	l 112	poison oak Switchback right	<i>Toxicodendron diversilobum</i>	3 / 2
l 94	San Diego pea	<i>Lathyrus vestitus</i> var. <i>alefeldii</i>	5 / 3	r 113	heartleaf penstemon	<i>Keckiella cordifolia</i>	10 / 5
l 95 ~	eucrypta	<i>Eucrypta chrysanthemifolia</i> var. <i>chrysanthemifolia</i>	1 / 1	l 114 ~	California wood fern Switchback left Switchback right	<i>Dryopteris arguta</i>	2 / 2
r 96 ~	narrow-leaved miner's lettuce (silverback fern, <i>Pentagramma triangularis</i> ssp. <i>viscosa</i> ; ~purple snapdragon, ~ <i>Antirrhinum nuttallianum</i> ssp. <i>nuttallianum</i> )	<i>Claytonia parviflora</i> ssp. <i>parviflora</i>	5 / 1	115	Eastwood manzanita Switchback left	<i>Arctostaphylos glandulosa</i> ssp. <i>zacaensis</i>	99 / 9
r 97	*Australian brass-buttons	<i>Cotula australis</i>	10 / 2	r 116	California snowdrop bush	<i>Styrax officinalis</i> var. <i>redivivus</i>	99 / 9
r 98	climbing bedstraw	<i>Galium nuttallii</i> ssp. <i>nuttallii</i>	5 / 5	r 117	fire reedgrass	<i>Calamagrostis koelerioides</i>	99 / 9
l 99 sp	annual suncup	<i>Camissonia</i> sp.	10 / 3	r 118	southern Indian pink	<i>Silene laciniata</i> ssp. <i>major</i>	30 / 9
				r 119	southern honeysuckle	<i>Lonicera subspicata</i> var. <i>denudata</i>	20 / 9
				r	Check for goldback fern		
				l 120	wild celery (scaly lipfern, <i>Cheilanthes clevelandii</i> )	<i>Apiastrum angustifolium</i>	1 / 1