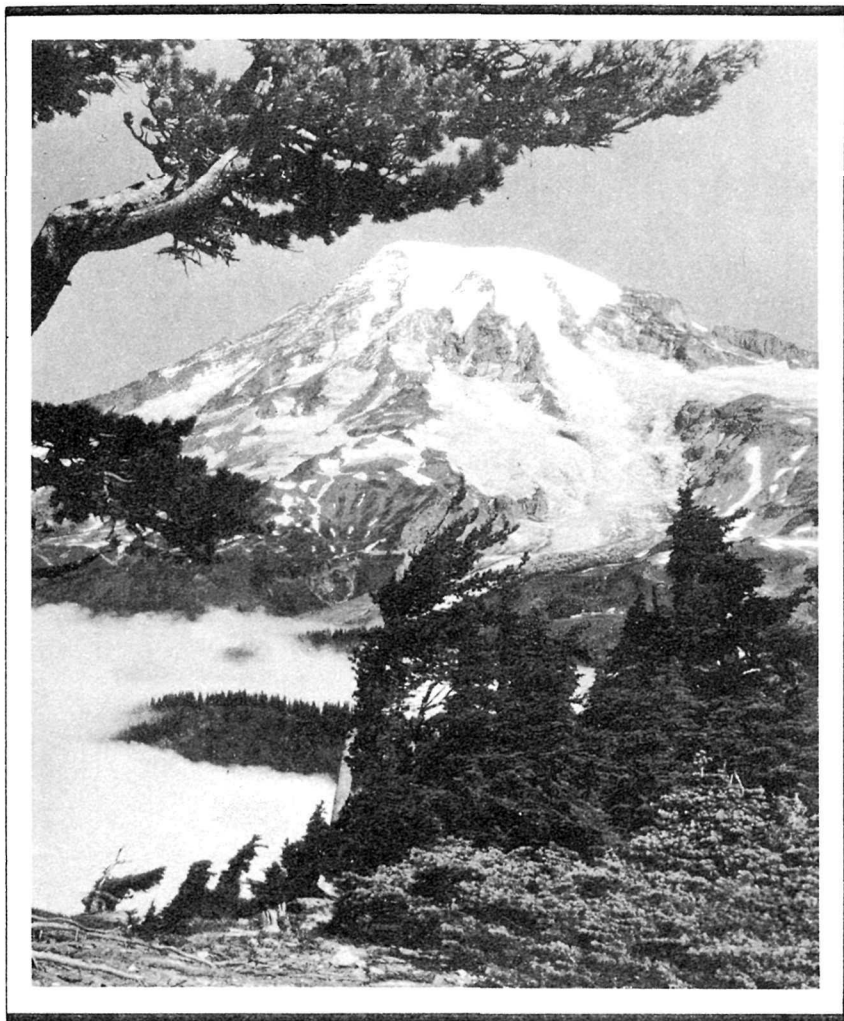


MOUNT RAINIER NATIONAL PARK

✦ *WASHINGTON* ✦



*UNITED STATES DEPARTMENT OF THE INTERIOR
NATIONAL PARK SERVICE*

UNITED STATES DEPARTMENT OF THE INTERIOR
HAROLD L. ICKES, Secretary
NATIONAL PARK SERVICE
ARNO B. CAMMERER, Director

MOUNT RAINIER
NATIONAL PARK
WASHINGTON



OPEN ALL YEAR

UNITED STATES
GOVERNMENT PRINTING OFFICE
WASHINGTON : 1935

IMPORTANT EVENTS IN RAINIER'S HISTORY

1792. May 8. The first white man to see "The Mountain" (Capt. George Vancouver, of the Royal English Navy) sighted the great peak and named it Mount Rainier.
1833. September 2. Dr. William Fraser Tolmie of Nisqually House, a Hudson's Bay post, entered the northwest corner of what is now the park. He was the first white man to penetrate this region.
1857. July. Lieut. A. V. Kautz, of the United States Army garrison at Fort Steilacoom, and four companions made the first attempt to scale Mount Rainier. Lieutenant Kautz, however, did not reach the topmost point as he was compelled to turn back at about 12,000 feet elevation due to the lateness of the hour.
1870. August 17. Hazard Stevens and P. B. Van Trump, of Olympia, Wash., made the first successful ascent of Mount Rainier (via the Gibraltar route).
1870. October. Samuel Franklin Emmons and Dr. A. D. Wilson, of the United States Geological Survey reached the summit via the Cowlitz Glacier-Gibraltar route. This was the second successful ascent.
1883. August. Messrs. P. B. Van Trump, James Longmire, and Bayley made the third successful ascent, the springs later termed Longmire Springs being discovered by James Longmire upon the return journey. Several months later James Longmire established his homestead claim about the springs he discovered.
1884. First trail constructed to Longmire Springs by the Longmires.
1885. August. Mrs. Elcain Longmire visited Paradise Valley for the first time and gave it its name because of the beauty of the wild flowers.
1890. The first woman, Fay Fuller, reached the summit of Mount Rainier.
- 1890-91. The Longmire family, assisted by several Indians, constructed the first road to Longmire Springs.
1893. December 12. Hon. Watson C. Squire, United States Senator, introduced a bill for the creation of "Washington National Park." The name was later modified to Mount Rainier National Park.
1895. First trail constructed to Paradise Valley. Built by the Longmires.
1899. March 2. Mount Rainier National Park created by Congress and approved by President McKinley.
- 1904-05. Eugene V. Ricksecker and United States Army Engineer Corps surveyed route of present Paradise Valley highway. Construction began in 1906.
1904. First daily stage operated between Ashford and Longmire.
1911. October 8. President Taft visited the park and rode in the first car to reach Paradise Valley. The car was bogged down in the mud on the highway above Narada Falls, however, and was pulled into the valley by a team of mules.
1912. August. First car reaches Paradise Valley under its own power.
1913. Government surveyors of the United States Geological Survey established elevation of Mount Rainier as 14,408 feet above sea level.
1916. Women allowed to drive over park roads for the first time.
1916. National Park Service created and given full jurisdiction over the park.
1917. July 1. Paradise Inn formally opened to the public.
1931. January 31. Approximately 53 square miles of territory east of the park and to the summit of the Cascade Range added to the area.
1931. March 24. Mather Memorial Parkway established, comprising 50 miles of the most scenic section of the Chinook Pass Highway within the national park and national forest.
1931. July 15. Yakima Park first opened to the public.
1933. September 2. Dedication of new Mowich entrance and celebration of one hundredth anniversary of visit of first white man, Dr. Wm. Fraser Tolmie, to region now known as Mount Rainier National Park.

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RULES AND REGULATIONS

(BRIEFED)

The park regulations are designed for the protection of the natural beauties and scenery as well as for the comfort and convenience of visitors. The following synopsis is for the guidance of visitors, who are requested to assist the administration by observing the rules. Complete rules and regulations may be seen at the superintendent's office and ranger stations.

Fires.—Light carefully and in designated places. Extinguish COMPLETELY before leaving camp, even for temporary absence. Do not guess your fire is out—KNOW it. Do not throw burning tobacco or matches on road or trail sides.

Camps.—Keep your camp clean. As far as possible burn garbage in camp fire, and empty cans and residue into garbage cans provided. If no can is provided, bury the refuse.

Trash.—Do not throw paper, lunch refuse, kodak cartons, chewing-gum wrappers, or other trash on roads, trails, or elsewhere. Ball up and carry until you can burn it in camp or place in receptacle.

Trees, flowers, and animals.—The destruction, injury, or disturbance in any way of the trees, flowers, birds, or animals is prohibited. Dead and fallen wood may be used for firewood.

Automobiles.—Drive carefully at all times. Keep cut-outs closed. Obey park traffic rules. Secure permit; fee \$1.

Park rangers.—The rangers are here to help and advise you as well as to enforce the regulations. When in doubt, ask a ranger.

Warning about bears.—Do not feed the bears from the hand; they are wild animals and may bite, strike, or scratch you. They will not harm you if not fed at close range. Bears will enter or break into automobiles if food that they can smell is left inside. They will also rob your camp of unprotected food supplies, especially in the early spring or late fall when food is scarce. It is best to suspend food supplies in a box well out of their reach between two trees. Bears are especially hungry in the fall of the year and serious loss or damage may result if food is left accessible to them.

Articles lost or found should be reported to the park headquarters or to any ranger station. Persons should leave their names and addresses so that articles which are not claimed within 60 days may be turned over to the finders.

Suggestions, complaints, or comments regarding any phase of park management, including the operation of camp grounds, hotels, and attitude of employees, should be communicated immediately to the superintendent.

WHAT TO DO

HIKING, FISHING, CAMPING

Many interesting and beautiful trails are available to park visitors from each district accessible by road. Guides or special equipment are not necessary other than comfortable hiking clothing for these trails. Special equipment, experience, or guide service are required, however, for those wishing to venture out on glaciers or attempting the summit of the mountain.

Fishing.—Good fishing may be obtained in park lakes and streams—no fishing license required. Information regarding park fishing regulations may be obtained from the administrative headquarters at Longmire or from any park ranger.

Camping.—Free public camp grounds are maintained by the Government at all developed areas. Stoves, fresh water, and sanitary facilities are provided.

WINTER SPORTS

Excellent skiing conditions are available in the vast unobstructed terrain at Paradise Valley from December to June. At Longmire the 1,200-foot toboggan slide, tin-pan slide, and many short ski runs furnish the best of facilities for general winter sports from the middle of December until the middle of March. The all-year highway passes through Longmire and continues to Narada Falls where ample parking space is provided. The 1.1-mile trail from Narada Falls to Paradise Valley is easily negotiated on foot or on skis. Full hotel service in first-class accommodations and winter sports rental equipment are available at both Paradise Valley and Longmire Springs.

NATURALIST SERVICE

The following activities are conducted free of charge by the naturalist division from July 1 to Labor Day:

Lectures.—Special camp-fire programs and free lectures illustrated with colored slides and motion pictures at Paradise, Yakima Park, and Longmire. Nightly at Paradise; nightly, except Sunday, at Longmire and Yakima Park.

Museums.—Headquarters for educational activities. Visit Park Museum at Longmire; natural history displays and wild-flower exhibits at Paradise Community House and at Yakima Park Blockhouse.

Hikes from Longmire.—Free hikes requiring 1 day for the round trip are conducted daily by ranger naturalists from the museum to Van Trump Park, Indian Henrys Hunting Ground, summit of Eagle Peak, crest of

Goblers Knob (fire lookout station), Klapatche Park, and other points of interest.

Shorter hikes of half day or less may be arranged to the Beaver Dams, crest of Rampart Ridge, and other places. Schedule for these hikes are posted weekly at the museum, and announced nightly at the lectures. Make arrangements with ranger naturalists at the museum.

Hikes from Paradise.—Free short hikes (approximately 3 hours) start twice daily from the Community House at 9 a. m. and 2 p. m. under leadership of ranger naturalist.

Hikes from Yakima Park.—Free hikes of varying duration including short nature walks and longer trips are conducted by ranger naturalists from the Blockhouse daily. A schedule is posted at the Blockhouse and announced nightly at lectures.

Nature Trails.—Visit the “Trail of the Shadows” at Longmire, “Snout of Nisqually Glacier” at Glacier Bridge parking area, “Nisqually Vista Trail” at Paradise, and “Sourdough” and “Rim” Trails at Yakima Park. The first three have trees, flowers, and points of interest labeled for ready identification, and on the trail to the glacier snout a ranger naturalist is on duty to answer questions each Sunday and holiday.

SPECIAL SERVICE

During the summer season special services such as guide trips, horseback trips, equipment rental, etc., are provided at reasonable rates.

Guide Trips.—The Rainier National Park Co. guide department at Paradise Valley rents complete hiking and climbing equipment and conducts parties each day to the Ice Caves, onto the Nisqually Glacier and to other places of interest. Summit trips are also conducted as desired.

Horseback Trips.—Regular and special horseback trips are operated by the Rainier National Park Co. at Paradise Valley and Yakima Park; and service is provided by them to all sections of the park.

Hot Mineral Baths.—At the Ohanapecosh Hot Springs the Bridge Clinic maintains a modern, sanitary bathhouse and other necessary services.

Maps and Booklets.—Topographic map of the park showing all trails, and booklets on the flowers, birds, animals, glaciers, and forests—published by the Government at nominal prices—are sold at museums, ranger stations, information desks, and by ranger naturalists.

Ask a ranger for further information and assistance.

MOUNT RAINIER NATIONAL PARK

“Of all the fire mountains which, like beacons, once blazed along the Pacific coast, Mount Rainier is the noblest”, wrote John Muir.

“The mountain that was ‘God’,” declares the title of John H. Williams’ book, thus citing the Indian nature worship which attributed to this superlative peak a dominating influence over the lives and fortunes of the aborigines.

“Easily king of all is Mount Rainier”, wrote F. E. Matthes, of the United States Geological Survey, reviewing that series of huge extinct volcanoes towering high above the skyline of the Cascade Range.

“Almost 250 feet higher than Mount Shasta, its nearest rival in grandeur and in mass, it is overwhelmingly impressive both by the vastness of its glacial mantle and by the striking sculpture of its cliffs. The total area of its glaciers amounts to approximately 48 square miles, an expanse of ice far exceeding that of any other single peak in the United States. Many of its individual ice streams are between 4 and 6 miles long and vie in magnitude and in splendor with the most boasted glaciers of the Alps. Cascading from the summit in all directions, they radiate like the arms of a great starfish.”

Mount Rainier was named by Capt. George Vancouver, famous English navigator and explorer, on May 8, 1792, while on a geographic expedition to the northwest coast of America. His first view of the mountain, effectively described in his journal, so impressed Captain Vancouver that he wished to distinguish the mountain by giving it the honored name of Rainier after Admiral Peter Rainier who had rendered England such distinguished service during the American Revolution.

The Mount Rainier National Park, containing 377.78 square miles (241,782 acres), is a heavily forested area surrounding the great peak from which it takes its name. It was given park status by act of Congress, March 2, 1899. Fifty-three and one-tenth square miles (34,000 acres) were added when the eastern boundary was extended to the summit of the Cascades by act of Congress January 31, 1931.

VAST SIZE OF MOUNTAIN

Seen from Tacoma or Seattle, Mount Rainier appears to rise directly from sea level, so insignificant seem the ridges about its base. Yet these ridges themselves are of no mean height. They rise 3,000 to 4,000 feet above the valleys that cut through them, and their crests average 6,000 feet in altitude. Thus, at the southwest entrance of the park in the

Nisqually Valley, the elevation, as determined by accurate measurement, is 2,003 feet, while Mount Wow (Goat Mountain), immediately to the north, rises to an altitude of 6,030 feet.

So colossal are the proportions of the great volcano that it dwarfs even mountains of this size and gives them the appearance of mere foothills. It is the third highest mountain in continental United States, being exceeded only by Mount Whitney (Calif.), elevation 14,496 feet; and Mount Elbert (Colo.), elevation 14,420 feet.

Mount Rainier, 14,408 feet, stands approximately 11,000 feet above its immediate base, and covers 100 square miles of territory, approximately one-fourth of the area of Mount Rainier National Park.

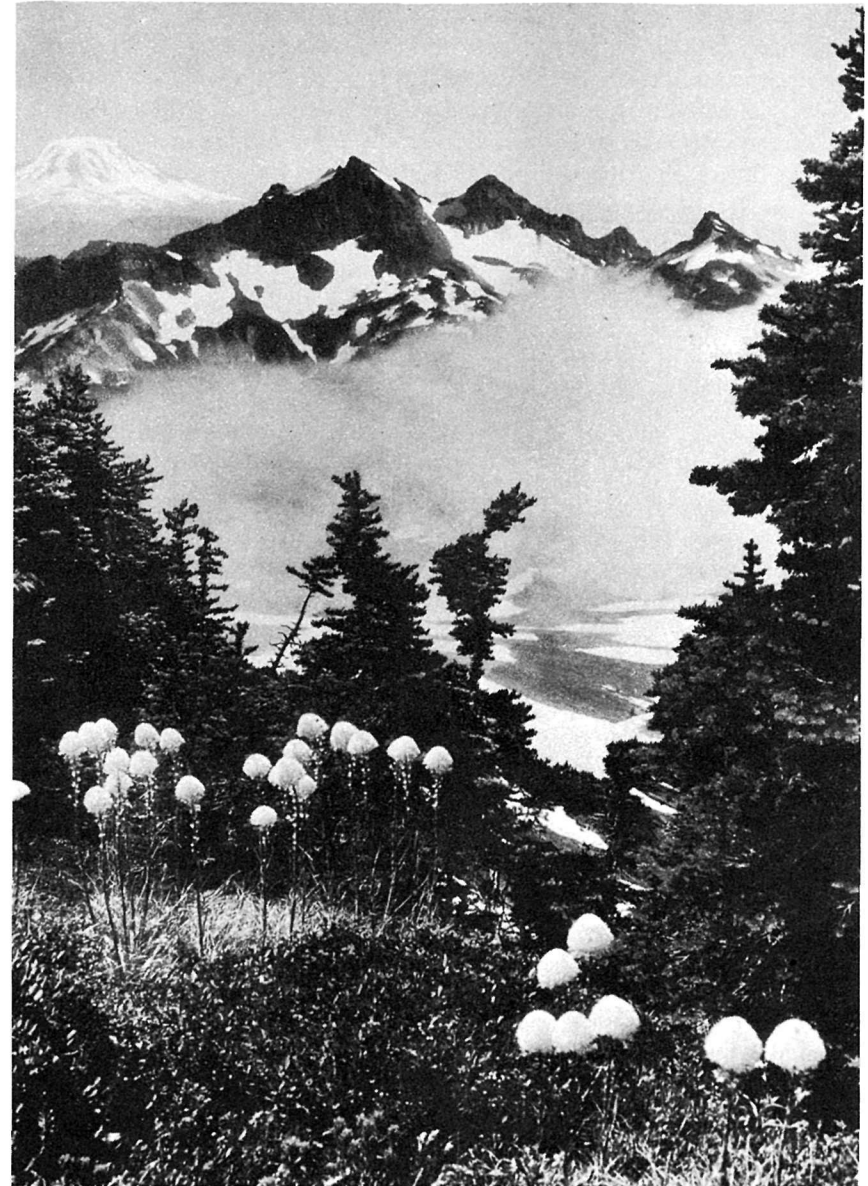
In shape it is not a simple cone tapering to a slender-pointed summitlike Fujiyama, the great volcano of Japan. It is rather a broadly truncated mass resembling an enormous tree stump with spreading base and irregularly broken top.

Its life history has been a varied one. Like all volcanoes, Rainier has built up its cone with the materials ejected by its own eruptions—with cinders and steam-shredded particles and lumps of lava and with occasional flows of liquid lava that have solidified into layers of hard basaltic rock. At one time it attained an altitude of not less than 16,000 feet, if one may judge by the steep inclination of the lava and cinder layers visible in its flanks. Then a great explosion followed that destroyed the top part of the mountain and reduced its height by some 2,000 feet.

Indian legends tell of a great eruption. Slight eruptions composed principally of columns of smoke which arose from the crater, have occurred within the memory of white men. Even now it is only dormant. Jets of steam melt fantastic holes in the snow and ice at its summit, and there are hot springs at its foot. But it is entirely safe to visit Mount Rainier, as further eruptions are unlikely.

ITS LOFTY HEIGHT

Later on this great cavity, which measured nearly 3 miles across from south to north, was filled by two small cinder cones. Successive feeble eruptions added to their height until at last they formed together a low, rounded dome—the eminence that now constitutes the mountain's summit. The higher portions of the old crater rim rise to elevations within a few hundred feet of the summit and, especially when viewed from below, stand out boldly as separate peaks that mask and seem to overshadow the central dome. Especially prominent are Point Success (14,150 feet) on the southwest side and Liberty Cap (14,112 feet) on the northwest side.



Timberline Ridge.

The altitude of the main summit had for many years been in doubt. Several figures were announced from time to time, no two of them in agreement; but all of these, it is to be observed, were obtained by more or less approximate methods. In 1913 the United States Geological Survey, in connection with its topographic surveys of the Mount Rainier National Park, made a new series of measurements by triangulation methods at close range. These give the peak an elevation of 14,408 feet, thus placing it near the top of the list of high summits of the United States. This last figure, it should be added, is not likely to be in error by more than a foot or two, and may with some confidence be regarded as final. Greater exactness of determination is scarcely practicable in the case of Mount Rainier, as its highest summit consists actually of a mound of snow, the height of which naturally varies.

This crowning snow mound, once supposed to be the highest point in the United States, still bears the proud name of Columbia Crest. It is essentially a huge snowdrift or snow dune heaped up by furious westerly winds.

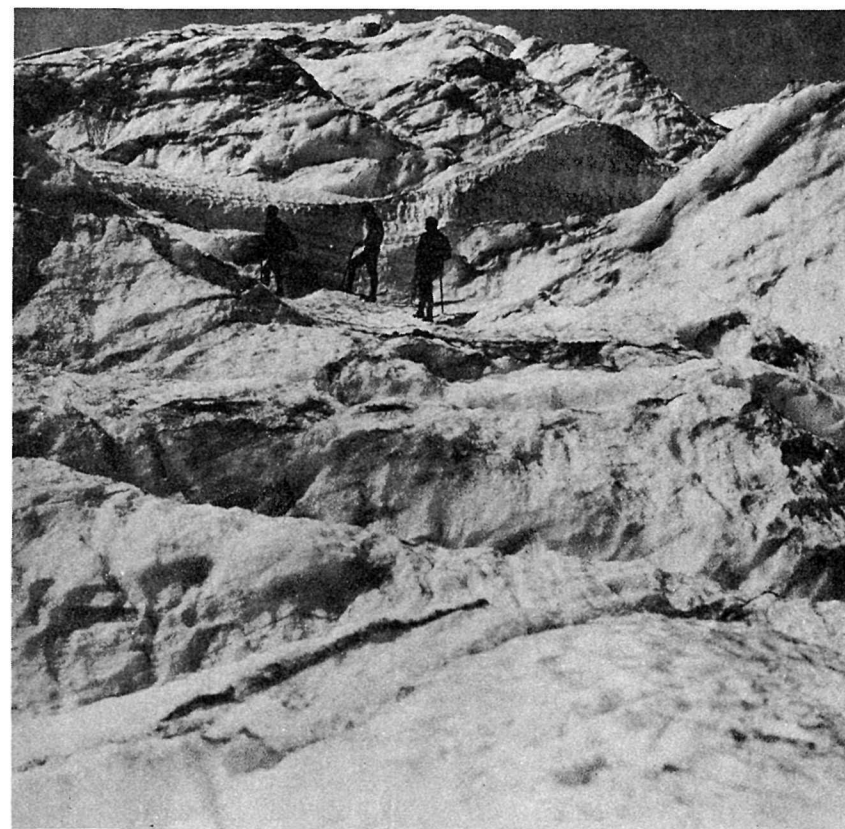
A GLACIAL OCTOPUS

One of the largest glacier systems in the world radiating from any single peak is situated on this mountain. A study of the map will show a snow-covered summit with great arms of ice extending from it down the mountain sides, to end in rivers far below. Six great glaciers appear to originate at the very summit. They are the Nisqually, the Ingraham, the Emmons, the Winthrop, the Tahoma, and the Kautz Glaciers. But many of great size and impressiveness are born of snows in rock pockets or cirques, ice-sculptured bowls of great dimensions and ever-increasing depth, from which they merge into the glistening armor of the huge volcano. The most notable of these are the Cowlitz, the Fryingpan, the Carbon, the Russell, the North and South Mowich, and the Puyallup.

Twenty-eight glaciers, great and small, clothe Rainier—rivers of ice, with many of the characteristics of rivers of water, roaring at times over precipices like waterfalls, rippling and tumbling down rocky slopes—veritable noisy cascades, rising smoothly up on hidden rocks to foam, brooklike, over its lower edges.

Every winter the moisture-laden winds from the Pacific, suddenly cooled against its summit, deposit upon its top and sides enormous snows. These press with overwhelming weight down the mountain's sloping sides.

Thus are borne the glaciers, for the snow under its own pressure quickly hardens into ice. Through 14 valleys carved in the solid rock flow these rivers of ice, now turning, as rivers of water turn, to avoid the harder rock



Crevasse in Nisqually Glacier.

strata, now roaring over precipices like congealed waterfalls, now rippling, like water currents, over rough bottoms, pushing, pouring relentlessly on until they reach those parts of their courses where warmer air turns them into rivers of water.

WEALTH OF GORGEOUS FLOWERS

In glowing contrast to this marvelous spectacle of ice are the gardens of wild flowers surrounding the glaciers. These flowery spots are called parks. One will find Spray Park, Klapatche Park, Indian Henrys Hunting Ground, and Paradise on the map of the park, and there are many others.

"Above the forests", writes John Muir, "there is a zone of the loveliest flowers, 50 miles in circuit and nearly 2 miles wide, so closely planted and



Avalanche lilies in Indian Henrys Hunting Ground.

luxurious that it seems as if nature, glad to make an open space between woods so dense and ice so deep, were economizing the precious ground and trying to see how many of her darlings she can get together in one mountain wreath—daisies, anemones, columbine, erythroniums, larkspurs, etc., among which we wade knee deep and waist deep, the bright corollas in myriads touching petal to petal. Altogether this is the richest subalpine garden I have ever found, a perfect flower elysium.”

The flowering plants in the forest in the zone ranging from 2,000 feet to 4,000 feet are those adapted to grow in the shade. Many of these live on decayed vegetation instead of preparing their own food as ordinary plants do under the action of light on the green coloring matter in their leaves. These are known as saprophytes. Two forms of the ghost plant or Indian pipe are good examples of these colorless forms. In addition to these saprophytic plants, there are many others providing their own living, such as the Indian pipsissewa and the pyrolas, producing beautiful waxy flowers. Nearly everywhere through the moss grows the little bunchberry or Canada dogwood. Close companions of the latter are the forest anemone, the fragrant twinflower, trillium, and the beautiful white, one-flowered clintonia. The sword fern, deer fern, oak fern, lady fern, and woods fern all vie with each other in producing a beautiful setting among the giant trees.

Many trails wind through these enchanted woods, giving the tourist an opportunity to forget the cares of business life and see nature at its best.

In the upper area of this zone the squaw grass, white rhododendron, foos huckleberry, mountain-ash and others are typical plants.

At about 4,500 feet, in the open places, the plants of the higher regions often blend with those of the forest areas.

At this elevation the grassy meadows begin. Here begins also the real floral beauty of the park. As elevation increases the groups of trees diminish in both number and size until timberline is reached, when they form prostrate mats at about 6,700 feet.

The region of the greatest floral beauty is about 5,500 feet. Here the plants are large, growing in fertile soil, aided by abundant moisture from the melting snows and the warm summer sun. All colors are represented. The principal plants having red flowers in this zone are Indian paint brush, Lewis' monkey flower, red heather, rosy spiraea, red pentstemon, and the fireweeds; those having white flowers are valerians, white heather, mountain dock, saxifrages, avalanche lilies, western anemone, several umbelliferous plants, and the cudweeds; those having blue flowers are speedwells, lupines, mertensias, and some pentstemons; those having yellow flowers are the

arnicas, potentillas, buttercups, glacier lily or yellow deertongue, mountain dandelions, and monkey flowers.

The principal plants in the pumice fields at or above timberline are the mountain phlox, golden aster, Lyall's lupine, yellow heather, scarlet pentstemon, purple phacelia, golden draba, and smelowskia. The last two vie with each other for attaining the highest altitude.

THE FORESTS

The forests of the Mount Rainier National Park contain few deciduous trees, but are remarkable for the variety and beauty of their conifers. The distribution of species and their mode of growth, the size of the trees, and the density of the stand are determined, primarily, by the altitude.

The dense evergreen forests characteristic of the lower western slopes of the Cascades extend into the park in the valleys of the main and west fork of White River, the Carbon, the Mowich, the Nisqually, and the Ohanapecosh. Favored by the warm and equable temperatures and the moist, well-drained soil of the river bottoms, and protected from the wind by the inclosing ridges, the trees are perfectly proportioned and grow to a great height. The forest is of all ages from the seedling concealed in the undergrowth to the veteran 4 to 8 feet in diameter and over 600 years old. The average increase at the stump in valley land is about 1 inch in 6 years. A Douglas fir growing along the stage road between the park boundary and Longmire, at the age of 90 to 120 years, may have a breast diameter of 20 inches and yield 700 feet of saw timber. But many of the trees of this size may be much older on account of having grown in the shade or under other adverse conditions. The trees between 200 and 300 years of age are often 40 to 50 inches in diameter. The largest Douglas firs are sometimes over 600 years old and 60 to 100 inches in diameter. Up to 3,000 feet the forests about Mount Rainier are composed of species common throughout the western parts of British Columbia, Washington, Oregon, and northern California. The dominant trees are the western hemlock, the Douglas fir, and western red cedar. While these trees compose the type peculiar to the bottom lands, they are not confined to it, but extend to the ridges and continue to be the prevailing species up to 3,000 feet. The stand on the mountain slopes is lighter and more open, and the trees are smaller. Huckleberry bushes and other shrubs adapted to the drier soil of the foothills, Oregon grape, and salal take the place of the tall and dense undergrowth of the bottom lands, and the amount of fallen timber is noticeably less.

Between the elevations of 3,000 and 4,500 feet the general character of the forest is intermediate between that of the lowland type and the subalpine growth of the high mountains. The forest is continuous, except where broken by extremely steep slopes and rocky crests where sufficient soil has not accumulated to support arborescent growth. In general, there is little undergrowth. The stand is fairly close on flats, benches, and moderate slopes, and more open on exposed situations and wind-swept ridges. The prevailing trees are the amabilis and noble fir. They sometimes grow separately in pure stands, but more often are associated. At the lower limits of this type they are mixed with the Douglas fir and hemlock, while subalpine species appear at the upper limits.

A large part of the area above the 4,500-foot contour consists of open, grassy parks, rocky and barren summits, snow fields, and glaciers. Tracts of dense subalpine forest occur in sheltered locations, but they are nowhere very extensive, and their continuity is broken by open swamp glades and meadows and small bodies of standing water. The steep upper slopes of the spurs diverging from the main ridges are frequently covered with a stunted, scraggy growth of low trees firmly rooted in the crevices between the rocks. The most beautiful of the alpine trees are about the mountain parks. Growing in scattered groves and standing in groups or singly in the open grassland and on the margins of the lakes, they produce a peculiarly pleasing landscape effect which agreeably relieves the traveler from the extended outlook to the snow fields of the mountain and broken ridges about it. At the lower levels of the subalpine forest the average height of the largest trees is from 50 to 60 feet. The size diminishes rapidly as the elevation increases. The trees are dwarfed and their trunks are bent and twisted by the wind. Small patches of low, weather-beaten, and stunted mountain hemlock, alpine fir, and white-bark pine occur up to 7,000 feet. A few diminutive mountain hemlock grow above this elevation. The trunks are quite prostrate, and the crowns are flattened mats of branches lying close to the ground. The extreme limit of tree growth on Mount Rainier is about 7,600 feet. There is no distinct timberline.

Notwithstanding the shortness of the summer season at high altitudes, the subalpine forests in some parts of the park have suffered severely from fire. There has been little apparent change in the alpine burns within the last 30 years. Reforestation at high altitudes is extremely slow. The seed production is rather scanty, and the ground conditions are not favorable for its reproduction. It will take more than one century for nature to replace the beautiful groves which have been destroyed by the carelessness of the first visitors to the mountains. At low elevations the forest recovers more

rapidly from the effects of fire. Between the subalpine areas and the river valleys there are several large, ancient burns which are partly reforested. The most extensive of these tracts is the Muddy Fork Burn. It is crossed by the Stevens Canyon Trail from Reflection Lakes to the Ohanapecosh Hot Springs. This burn includes an area of 20 square miles in the park and extends north nearly to the glaciers and south for several miles beyond the park boundary nearly to the main Cowlitz River. The open sunlit spaces and wide outlooks afforded by reforested tracts of this character present a strong contrast to the deep shades and dim vistas of the primitive forest. On the whole, they have a cheerful and pleasing appearance very different from the sad, desolate aspect of the alpine burns, which less kindly conditions of climate and exposure have kept from reforestation.

HOW TO REACH THE PARK BY AUTOMOBILE

Approach to Paradise Valley or Southwest Part of Park.—The Nisqually, or southwest, entrance of Mount Rainier National Park is reached by automobile over paved highway which begins in the city of Tacoma, 56 miles from the park. Tacoma, Seattle, and other Puget Sound cities are on the Pacific Highway, which extends from Vancouver, British Columbia, to Tia Juana, Mexico, and makes the park easily accessible to the entire Pacific coast. An excellent shorter route for motorists coming from Oregon and other southern points leaves the Pacific Highway 80 miles north of Portland, at Mary's Corner. This paved and graveled route follows the Cowlitz River Valley to Kosmos and through the towns of Morton and Mineral, joining the paved highway leading out of Tacoma at Elbe, 15 miles from the park entrance.

One of the most interesting features along the park approach road from Tacoma is the Charles Lathrop Pack Demonstration Forest of the University of Washington. Here the traveler may see how young trees are grown for forest planting; how the forests are protected from fire; and, in general, how they are handled for continuous forest production. The headquarters is located 2 miles beyond the Eatonville Junction not far from La Grande, where ample parking space is provided for the motorists who care to stop, and an attendant is present during the season to explain the many interesting features presented in this unique "show-window forest."

At the park checking station all automobiles are registered and permits for operating cars on park roads, costing \$1 and good for the year, must be obtained. Information concerning roads, camps, hotels, and other matters

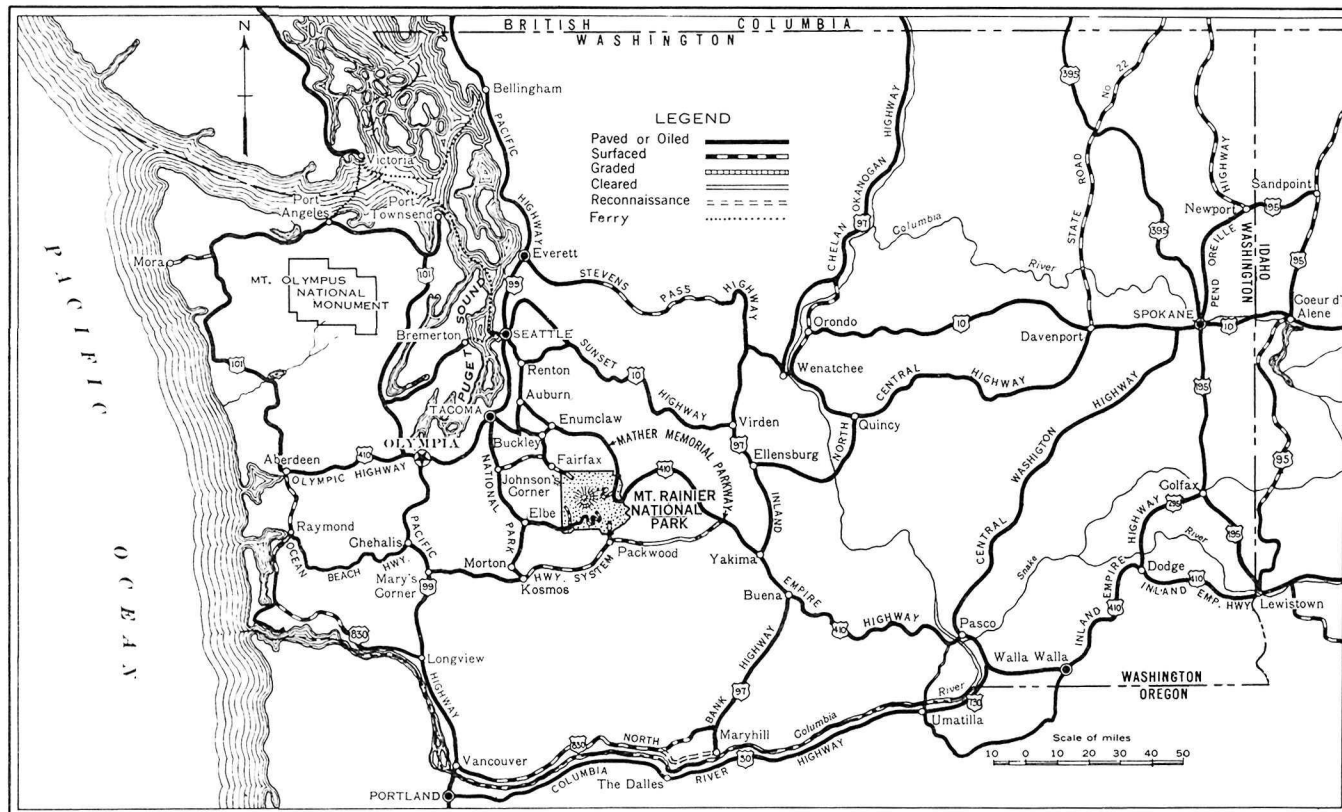
may be obtained from park rangers. From the entrance a dustless graveled highway leads 20 miles to Paradise Valley.

Approach to White River or Northeast Part of the Park.—The approach to the White River entrance and Yakima Park (Sunrise) is made through Enumclaw where paved roads leading from Tacoma, Seattle, and other Pacific Highway points converge. Leaving Enumclaw, the excellent graveled Naches Pass Highway passes through the most magnificent virgin forest of fir, hemlock, and cedar in the Pacific Northwest. The route follows the White River Canyon to the park junction, 40 miles from Enumclaw. Here the White River Highway branches to the right into the park and continues up the White River Canyon to Yakima Park. The Naches Pass Highway continues over the Cascade Divide and down into the Yakima Valley.

The eastern Washington approach to the White River entrance is made from the city of Yakima over the Naches Pass Highway which crosses the Cascades through Chinook Pass. From Yakima the road, which leads through the picturesque orchards of Yakima Valley and along the Naches River, is paved for 20 miles to the town of Naches. From this point an excellent graveled highway, leading through dense forests, follows 51 miles up the Naches and American River Canyons through Chinook Pass to Tipsoo Lake at the summit. Here a sweeping panoramic view of the rugged peaks of the Cascades, dominated by the majestic, towering dome of Mount Rainier, greets the visitor. Picnic grounds are provided at Tipsoo Lake and a park ranger is stationed there to serve visitors and furnish information about the park. From the summit this road winds by switchback through Chinook Canyon and Cayuse Pass, then down Klicat Creek Canyon $7\frac{1}{2}$ miles to the White River Park road junction.

A strip of land on either side of the State Highway through the national forest and the national park leading to the White River entrance from eastern and western Washington has been set aside by the Secretaries of Agriculture and Interior and dedicated as the Mather Memorial Parkway in honor of Stephen T. Mather, first Director of the National Park Service. The timber and other natural features along this parkway are to be preserved. From Chinook Pass, the summit of the Cascades, the parkway extends eastward about 32 miles and to the west 18 miles.

Approach to Carbon River or Northwest Part of the Park.—The Carbon River, or northwest entrance of the park, is reached from the Pacific Highway through Enumclaw, 22 miles, and through Sumner and Orting, 35 miles. The road is paved to Carbonado, 12 miles from the park entrance. From this point the county road is graveled and in good condition to the park boundary.



Park approach roads.

Mount Rainier National Park—Washington

From the park entrance, which is 46 miles from Tacoma and 75 miles from Seattle, the park road extends for 7 miles up the Carbon River Valley, ending at a point about $1\frac{1}{2}$ miles from the Carbon Glacier. This road is maintained in passable condition only during the summer months. There are no facilities other than the free camp grounds, which are located at Ipsut Creek, 5 miles from the park entrance. From the end of the road trails lead to Mowich Lake, Spray Park, and other points on the west side, and to the Natural Bridge, Mystic Lake, and other points on the north side of the mountain. No fee for automobile permits is required, but all visitors must stop at the park entrance and register.

Approach to Ohanapecosh or Southeast Part of the Park.—The approach to this entrance is made either from Tacoma or Seattle via Morton or from the Pacific Highway at Marys Corner. These two routes meet at Kosmos, 7 miles southeast of Morton. From Kosmos an excellent graveled road continues up the interesting Cowlitz Valley through the Big Bottom country, Randle, and Packwood to the park boundary. A new highway from this point to Cayuse Pass through the Ohanapecosh Hot Springs is under construction, and all sections are under contract, but the road is not open beyond the Hot Springs. Because not directly connected with the park highway system, no automobile permit fee is required at this entrance, but visitors must register.

The Ohanapecosh Hot Springs, situated on the bank of the Ohanapecosh River, in the heavy forest of giant Douglas firs, western red cedars, and western hemlock, is an ideal vacation place. Free camping facilities and comfortable hotel, cabin, and tent accommodations are maintained. There is also a modern bathhouse, where visitors may use the hot mineral waters for a nominal price. Meal service, canned foods, and campers' supplies are available at the lodge.

BY RAILROAD AND AUTOMOBILE STAGE

The three gateway cities to Mount Rainier National Park—Yakima, Seattle, and Tacoma—are reached by three transcontinental railroads—the Northern Pacific, the Chicago, Milwaukee, St. Paul & Pacific, and the Great Northern. The Union Pacific Railroad serves Seattle and Tacoma. The park is reached from Seattle, Tacoma, and Yakima by Rainier National Park Co. stages.

Daily stage service between Yakima and the park is offered during the summer season only, but year-round service is maintained between Seattle, Tacoma, and the park. There are different schedules and rates for the summer season (June 15 to Sept. 15) and the winter season (Sept. 16 to June 14).



Mount Rainier reflected in Mirror Lake.

Mount Rainier National Park—Washington

BY AIRPLANE

High speed, de luxe airplane service from all points in the United States to Seattle and Tacoma is available through the United Air Lines and Northwest Airlines. Leaving New York at noon, one may arrive in Tacoma or Seattle in time for breakfast the next morning and drive to the park before lunch.

ADMINISTRATION

The representative of the National Park Service in charge of the park is the superintendent, Owen A. Tomlinson. A force of rangers assists this officer in protecting the reservation. Exclusive jurisdiction over the park was ceded to the United States by act of the Washington Legislature dated March 16, 1901, and accepted by Congress by act approved June 30, 1916 (39 Stat. 243). Edward S. Hall is the United States commissioner.

POST OFFICES

The post offices are Longmire, Wash., the entire year; and Paradise Inn, Wash., and Sunrise Lodge, Wash., from July 1 until Labor Day.

NATURALIST SERVICE

The educational service maintained by the Government is directed by the park naturalist, assisted during the summer months by a staff of ranger naturalists well grounded in natural sciences. The principal features are field trips conducted on a regular schedule during the summer months, starting from the three main concentration centers, Longmire, Paradise, and Yakima; nightly (except Sunday) informal talks illustrated with colored slides and motion pictures; nature trails; and wildflower exhibits; and the park museum at Longmire.

PUBLIC CAMP GROUNDS

For the accommodation of visitors who bring in their own camping equipment, free public camp grounds are maintained at Longmire and Paradise Valley on the south side of the park and at Ipsut Creek in the northwest, at Yakima Park in the northeast, and at the Ohanapecosh Hot Springs in the southeast sections of the park.

Water, wood, and other facilities will be found at each camp site. Parties desiring to camp out should see the park ranger in charge for assignment and for camping rules.

COMMUNICATION AND EXPRESS SERVICE

Local and long-distance telephone service is available at all hotels and at other points in the park. Telegrams may be received or sent from hotels. All telephone lines are owned and operated by the National Park Service.

Express shipments received at any of the hotels or camps will, upon payment of charges, be forwarded by the Rainier National Park Co., and likewise the company will receive and deliver express shipments for its patrons at reasonable rates.

MEDICAL SERVICE

A physician is subject to call by the National Park Service and can be summoned by communicating with the Superintendent's office in case of accident, illness, or serious injury. During the summer season a trained nurse, employed by the Rainier National Park Co., is stationed at Paradise Inn, and first-aid facilities are maintained at Longmire and Yakima Park.

FISHING

Good fishing may be obtained in park lakes and streams where fish of the following species have been planted: Rainbow, native cutthroat,



A young visitor examines Mount Rainier through the telescope.

Montana black spotted cutthroat, steelhead, eastern brook, and Loch Leven. Flies may be used with good results toward the end of the season when high water has subsided. Streams of glacial origin, with the exception of the Ohanapecosh River, contain too much sediment for good results during July and August but are good fishing in the spring and fall months. No license is required to fish in the park. Lakes are open to fishermen from June 15 to September 30, inclusive, unless otherwise posted as closed. Streams are open from May 1 to October 31, inclusive, unless posted as closed. A limited supply of fishing tackle and bait may be purchased in the park.

WHAT TO WEAR

The best scenery and most interesting natural features are found at some distance from the automobile roads and hotels. To obtain the most enjoyment from a visit to Mount Rainier National Park visitors should come prepared for hiking and riding.

Park visitors should wear reasonably warm clothing and be prepared for sudden changes of weather and altitude.

Those who intend to live in the open or to do any hiking should give particular attention to the footwear to be worn after leaving hotel or camp. Medium-weight shoes, hobnailed, will suffice for all ordinary tramping, but for ice climbing, calks instead of hobnails are required. If the services of guides are to be engaged, the guides will provide the calked shoes, clothing, alpenstocks, colored glasses, and face paints necessary for trips over snow and ice fields. Arrangements for guides can be made, and hiking clothing may be rented by those who do not bring their own.

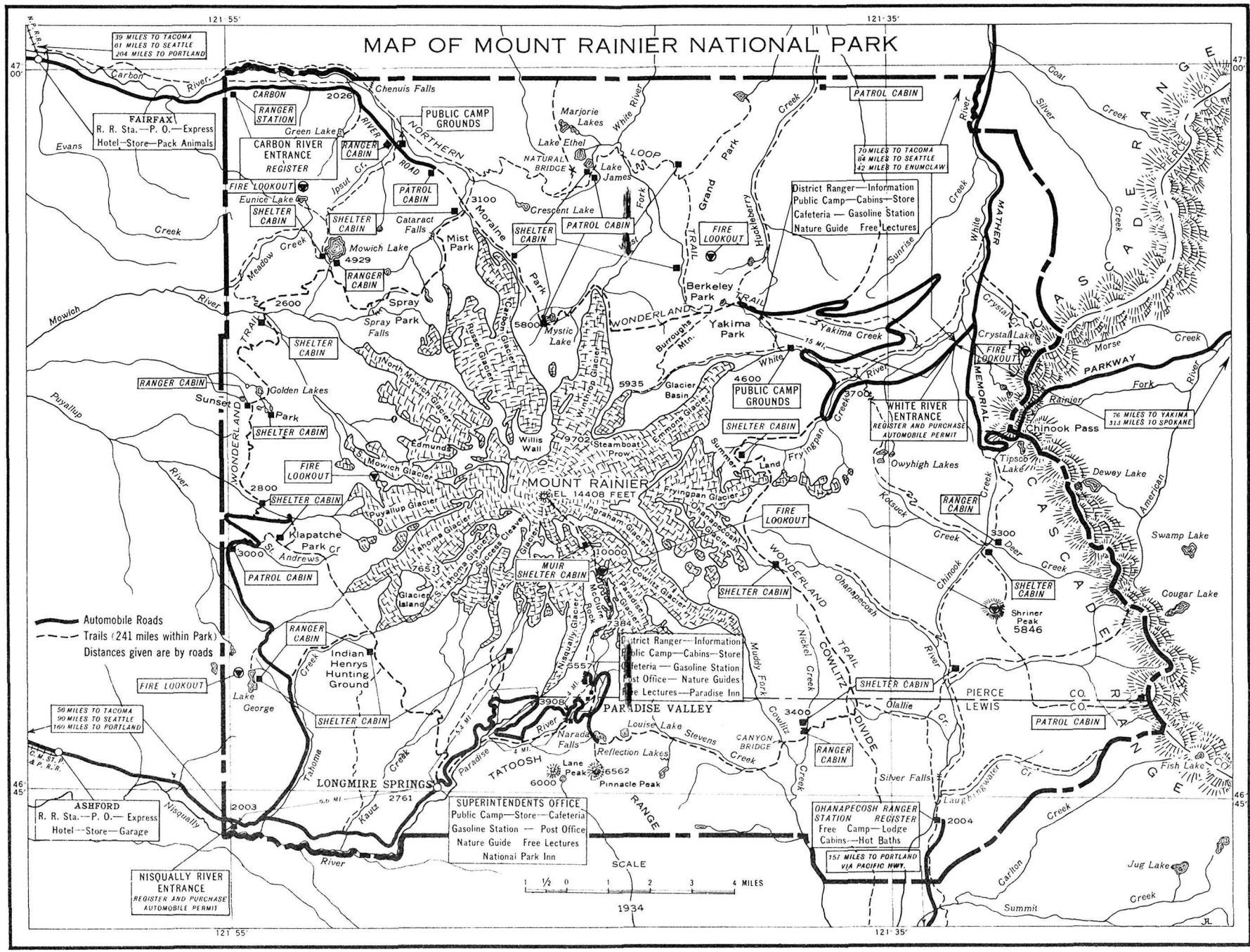
There are many interesting trail trips that can be made by the inexperienced hiker over well-marked trails with safety. Park rangers will gladly furnish information and help plan trips to suit the individual's time and ability. Do not hesitate to ask park rangers for trail and other information.

Visitors who intend to camp in the public camp grounds should furnish their own tents, bedding, cooking utensils, provisions, etc. There are stores at Longmire, Paradise Valley, Yakima Park, and Ohanapecosh where provisions may be purchased by campers.

HOW TO CLIMB MOUNT RAINIER

CAUTION FOR CLIMBERS

It must be recognized that rock and ice climbing on any high mountain is a hazardous undertaking. Owing to the nature of the trip to the summit of Mount Rainier, all climbers are required, as a safety precaution, to register with the district park ranger before starting. They are also required to



30 MILES TO TACOMA
61 MILES TO SEATTLE
204 MILES TO PORTLAND

FAIRFAX
R. R. Sta.—P. O.—Express
Hotel—Store—Pack Animals

CARBON RIVER ENTRANCE
REGISTER

PUBLIC CAMP GROUNDS

PATROL CABIN

70 MILES TO TACOMA
84 MILES TO SEATTLE
42 MILES TO ENUMCLAW

District Ranger—Information
Public Camp—Cabins—Store
Cafeteria—Gasoline Station
Nature Guide—Free Lectures

76 MILES TO YAKIMA
314 MILES TO SPOKANE

WHITE RIVER ENTRANCE
REGISTER AND PURCHASE
AUTOMOBILE PERMIT

District Ranger—Information
Public Camp—Cabins—Store
Cafeteria—Gasoline Station
Post Office—Nature Guides
Free Lectures—Paradise Inn

Automobile Roads
Trails (241 miles within Park)
Distances given are by roads

50 MILES TO TACOMA
90 MILES TO SEATTLE
190 MILES TO PORTLAND

ASHFORD
R. R. Sta.—P. O.—Express
Hotel—Store—Garage

NISQUALLY RIVER
ENTRANCE
REGISTER AND PURCHASE
AUTOMOBILE PERMIT

SUPERINTENDENT'S OFFICE
Public Camp—Store—Cafeteria
Gasoline Station—Post Office
Nature Guide—Free Lectures
National Park Inn

OHANAPECOSH RANGER
STATION REGISTER
Free Camp—Lodge
Cabins—Hot Baths

151 MILES TO PORTLAND
VIA PACIFIC NWY.

SCALE
1 1/2 0 1 2 3 4 MILES

1934



Climbing party within 300 feet of summit of Mount Rainier.

present satisfactory evidence of their physical ability to withstand the hardships of such a trip, and that they have sufficient knowledge and experience in similar hazardous climbing, and that they have proper equipment to insure reasonable chances of success. All prospective climbers should ask a park ranger for a copy of the special rules for summit climbers.

The ascent of Mount Rainier is ordinarily made from Paradise Valley by what is known as the Gibraltar route. This route, which is the one Gen. Hazard Stevens and P. B. Van Trump originally selected for their pioneer climb in 1870, has proved to be by far the most used of all the routes by which the old volcano has been attacked.

Generally speaking, Mount Rainier is not an easy peak to climb. The great altitude of its summit (14,408 feet above sea level) and the low level of the region about its base (between 2,000 and 5,000 feet) combine to make the ascent an exceedingly long and exhausting one. Dangerously crevassed ice covers a large proportion of the mountain's flanks, while the sharp ridges between the glaciers are composed of treacherous crumbling lava and pumice. Those who have set their ambition on making the ascent will do well, therefore, to realize at the outset that there is no choice of routes, and that should one lose the beaten trail there is little or no hope of extricating oneself by another way.

There are several reasons for securing the services of a competent guide. The route does not consist of a definitely marked path. It leads for miles over snow fields on which footprints melt away from one day to the next. Again, the rock climbing up the Cowlitz Cleaver and Gibraltar Rock is not altogether without hazard and is not to be attempted unaided except by experienced mountaineers. Most people do not know how to handle themselves on a long and difficult ascent, as mountain climbing is not with them a daily experience. They are apt to rush eagerly at the start, using up their strength before the really arduous part of the climb is reached. The guide is there not merely to show the way but to tell the tourist how to climb, when to rest and to take nourishment, and to take care of him in case he is overcome with exhaustion or is taken with mountain sickness.

Finally, account must be taken of the exceeding fickleness of the weather conditions on the mountain. Only guides familiar with Rainier's many moods can presume to foretell whether the day will turn out favorable for a climb or not. What may look to the uninitiated like harmless, fleecy vapors on the summit may be the forerunners of a sudden snowstorm. Such storms may occur even in midsummer and on the summit are always attended by fierce gales, against which it is impossible to hold one's footing.

Paradise Valley is the logical base from which to make the climb. It lies near the timberline, at an altitude of 5,557 feet. Accommodations there may be had by the day or week; guides may be secured, and through them such necessaries as alpenstocks, amber glasses, calks, hobnails, and actor's paint to protect the face from sunburn, etc., may be procured.

The start is usually made from Paradise Valley in the afternoon so as to reach Camp Muir before dusk. Here, at an elevation of 10,000 feet, a stone shelter cabin that protects the climber from wind or storm has been built by the Government. The Rainier National Park Co. provides blankets and mattresses for parties making the trip under the leadership of their guides.



Housekeeping cabins at Paradise Valley.

The camp is some 4,000 feet above the highest vegetation. Provisions and fuel are carried up from below and water is obtained by melting snow. The accommodations are of the simplest character, but enable parties to rest a few hours at this point, after having climbed 4,600 feet, and to start early the following morning, about 1 or 2 a. m., somewhat refreshed, for the remaining climb of 4,400 feet to the summit. Camp Muir is located in a saddle at the base of a narrow rock spur known as the Cowlitz Cleaver.

The ascent of the Cowlitz Cleaver is quite taxing, being mostly over rough, angular lava blocks. By daybreak, as a rule, the base of Gibraltar

Rock is reached. A narrow ledge is followed along the face of the cliff, part of the way overhung by rock masses and huge icicles, and this ledge leads to the base of a narrow chute between the ice of the upper Nisqually Glacier and the body of Gibraltar. This chute offers the most serious difficulties in the ascent. Ropes are usually suspended from the cliffs, whereby one may assist himself upward. There is ever danger of the persons above starting rock debris and ice fragments that may injure those below. The ascent and descent of the chute are therefore inevitably time consuming. Ordinarily the saddle above Gibraltar (12,679 feet) is not reached until 5 o'clock.

From Gibraltar on there remains only a long névé and ice slope to climb, which is often exceedingly fatiguing. Huge, gaping crevasses develop in it which must be skillfully avoided by detours. Freshly fallen snow may be so deep that one plunges into it to the waist, or else the snow may have melted out into tapering spines and so-called honeycombs many feet high, among which one cannot travel without considerable exertion.

The rim of the south crater is usually reached about 8 o'clock. It is always bare of snow, and shelter from the high gales may be found behind the great rock blocks on the crest. Metal cases are left here in which the climber may inscribe the record of his ascent.

The crater is always filled with snow and may be traversed without risk; only one should be careful near the edges, as the snow there is melted out in caverns by the steam jets which rise from beneath it in many places. Those having the strength may go on to Columbia Crest, the snow dome that constitutes the highest summit of the mountain. The return to Paradise Valley is easily made in from 5 to 6 hours, but summit parties must be below Gibraltar Rock before noon out of the path of falling rock and avalanches.

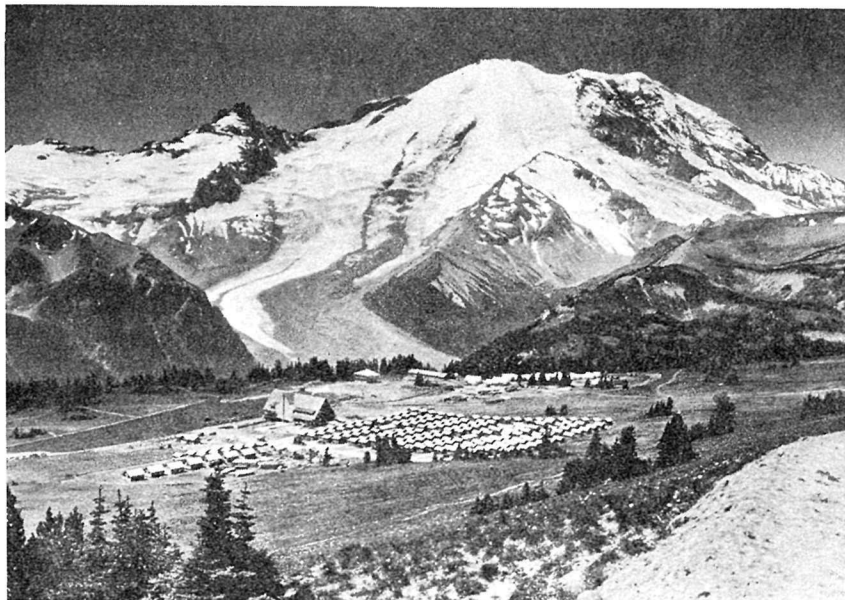
In conclusion, it may be well to say a word of caution to the overambitious. The climb is such a long one and the altitude gained so high that none but those who have previously prepared themselves by preliminary shorter climbs can hope to accomplish the feat with anything like genuine enjoyment. Altogether too many people have attempted the ascent immediately upon arrival from the city, without having permitted their hearts and lungs to become accustomed to the rarefied air of the higher altitudes, and without having toughened their muscles for the great task. As a consequence, they have either come back exhausted to the verge of collapse or else they have altogether failed in the undertaking, and there is unfortunately more than one case on record of persons who have permanently injured their health by such ill-considered proceeding.

It is wise upon arrival to spend several days—the more the better—in climbing about at lesser altitudes. A favorite try-out is an ascent of Pinnacle

Peak, on the Tatoosh Range. It affords useful lessons in every kind of climbing that one may be called upon to do in conquering the main peak.

Moderation in diet and the avoidance of heavy food of any sort are precautions that cannot be too urgently recommended. One should bear in mind that he is preparing for the most heroic kind of athletic work, and that such work is impossible on the conventional diet followed by most people. Before starting on the ascent of Mount Rainier do not eat such articles as fried eggs, fried potatoes, hot cakes, or heavy pastry.

Abstain from coffee and tobacco, if possible. Beef tea, lean meat, all dry breakfast foods, cocoa, sweet chocolate, crackers, hardtack, dry bread, rice,



Sunrise Lodge and housekeeping cabins, Yakima Park.

raisins, prunes, dates, and tomatoes are in order. The simpler the diet, on the whole, the more beneficial it is likely to be. Never eat much at a sitting during the ascent, but eat often and a little at a time. These are rules well known to mountaineers. The more faithfully one complies with them the higher one's efficiency will be and the keener the enjoyment of the trip.

ACCOMMODATIONS AND EXPENSES

Accommodations of every type are available in Mount Rainier National Park throughout the summer season, and on a modified schedule in winter. Service at Longmire, Paradise Valley, and Yakima Park is furnished by the



Winter at Paradise.

Rainier National Park Co., of Tacoma, Wash., and at Ohanapecosh Hot Springs by the Bridge Clinic, of Tacoma, Wash.

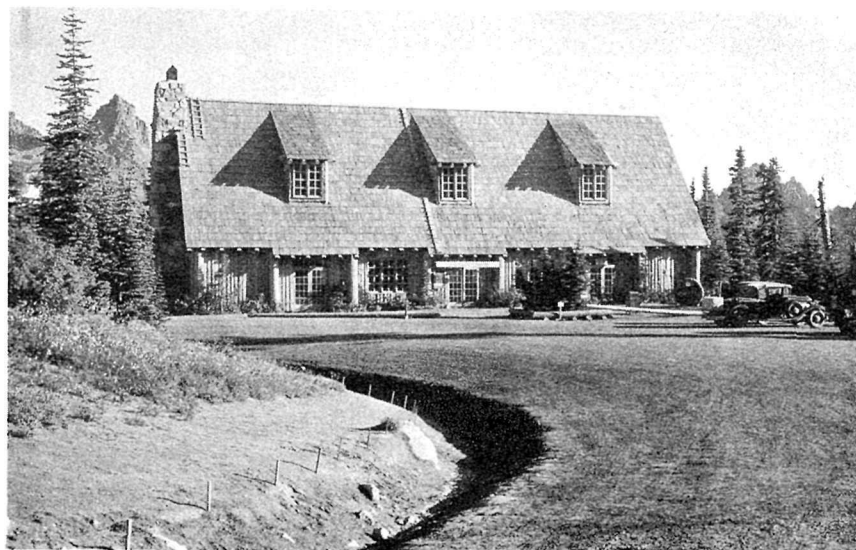
SUMMER SEASON

At Longmire the National Park Inn offers rooms at a cost to one person of \$2.50 a day, without bath, and \$3.50 with it. Rooms in the cottage annex cost \$2 for one person in a room. A 10 percent discount is allowed for a 3-day stay, and 15 percent for 1 week or longer. Meals are available at the cafeteria in the National Park Inn. Three-room housekeeping cabins for from 1 to 4 persons, without linen or maid service, may be rented for \$3 a day and \$19 a week. Additional persons, 75 cents each. With linen, the rates are \$4.50 a day and \$27 a week; additional persons, \$1 each. If maid service is furnished, the rates are higher.

At Paradise Valley all types of accommodations from cabins to modern hotel accommodations are available. At Paradise Inn, an attractive structure of weathered cedar logs with great stone fireplaces, American-plan rates range from \$6 each for 2 or more persons in room, without bath, to \$8

for 1 person in room, with bath. Table d'hôte meals: Breakfast, \$1; luncheon, \$1.25; dinner, \$1.50.

Paradise Lodge near the inn cares for visitors desiring more moderately priced accommodations, and there is cafeteria meal service. Rooms for one person, \$3 without bath; \$4 with bath. A 10 percent discount on rooms is allowed for a 3-day stay, and 15 percent for a week or more. Housekeeping cabins of both the 3-room and 1-room type are avail-



Community house at Paradise Valley.

able. The former cost the same as at Longmire, and rates for the one-room units, without bed linen or maid service, are \$1.50 a day; \$4 for 3 days; and \$9.50 a week for not more than 2 persons. With linen but no maid service, the rates are \$2.25 a day; \$6 for 3 days; and \$13.50 a week. Additional persons, \$1 each. Maid service may be obtained if desired.

At Yakima Park there are 215 housekeeping cabins available at the same rates as those charged at Longmire and Paradise Valley. Cafeteria service is available, and campers' supplies may be purchased locally.

WINTER SEASON

During the winter season, from October to July, accommodations are available at both Longmire and Paradise Valley. At Longmire the National Park Inn offers rooms for \$2.50 a day, without bath (one person in a

room); and \$3.50 for room with bath. Rooms at the cottage annex are \$2 a day for one person. Parties of four or more may obtain dormitory accommodations at \$1 each. Housekeeping cabins, without running water or cooking utensils, for from 1 to 4 persons cost \$5 a day; and \$1 for each additional person. Sports clothing and equipment may be rented at Longmire. Meals are served cafeteria style, and certain discounts are allowed for stays of specified lengths.

Paradise Lodge operates on the European plan offering rooms, with and without bath, and cafeteria meal service. One person in a room, with bath, \$4 a day; each additional person \$2. One person in a room, without bath, \$3 a day; each additional person \$1.50. Skis and other equipment may be rented or purchased at the Lodge.

Paradise Inn Annex located near Paradise Lodge is kept open on week-ends and holidays during the main part of the winter season and offers rooms with and without bath. One person in a room, with bath, \$3 a day; each additional person \$1.50. One person in a room, without bath, \$2 a day; each additional person \$1.

OHANAPECOSH HOT SPRINGS

Lodges, cabins, and other facilities are provided at Ohanapecosh Hot Springs by the Bridge Clinic, 744 Market Street, Tacoma, Wash. (Summer address, Ohanapecosh Lodge, Packwood, Wash.)

Accommodations may be obtained at Ohanapecosh Lodge, an inviting log structure, at \$4 a day per person, including meals, and \$17.50 a week. Breakfast and luncheon are 75 cents each and dinner \$1. Housekeeping cabins and tents may be rented at prices varying according to the number in the party, from \$1.25 a day to \$15 a week. These units are furnished with beds, tables, chairs, stoves, and wood.

During the winter season, housekeeping cabins are operated at prices prevailing during the summer, but food supplies are not available.

Mineral Baths.—Modern bathing facilities are available all year under supervision of a trained attendant for those desiring to use the hot waters.

HORSEBACK TRIPS AND GUIDE SERVICE

The Rainier National Park Co. maintains saddle- and pack-horse service suited to park trail conditions. Saddle horses and equipment cost \$5 for from 5 to 8 hours' service. Pack horses on the same basis are \$5. A saddle horse, with guide service, is \$7.50. Several short trips are scheduled at \$3, and arrangements may be made with the company for any type of trip desired, including the Wonderland Trail trip, encircling Mount Rainier,

a distance of approximately 100 miles. The cost of this splendid trip ranges from \$16 a day for 1 person to \$10 a day each for 7 or more persons. This takes care of all expenses including pack and guide service.

Competent guides may be engaged for special trips through the park, including mountain climbs. From Paradise Valley, where there is a guide and auditorium building in which illustrated talks about the parks are given, guide service for the summit climb ranges in cost from \$25 for 1 person to \$10 each for a party of 4 or more.

TRANSPORTATION

TO THE PARK

The Rainier National Park Co. operates auto-stages from Seattle, Tacoma, and Yakima to all points within the park from June 15 to September 15. The price for a one-way trip from Tacoma to Longmire during the summer season is \$1.90 and the rates from Seattle and Yakima vary according to the point of destination in the park. From September 16 to June 14 auto-stage service is available from Tacoma to Longmire for \$3.40 for a one-way trip, and also from Seattle to Longmire and other points at proportionate prices. All-year service from Ashford to the Nisqually River entrance, Longmire, Narada Falls, and Paradise Valley is also maintained.

WITHIN THE PARK

“Between station” service is made in either direction on regularly scheduled rates. Touring cars for parties of six, or busses for more, may be obtained for private parties at the regular rates for bus service, plus a car charge of \$2.50 an hour. Touring cars may be rented for short trips in the vicinity of the hotels and lodges at \$6 an hour.

GASOLINE SERVICE

Gasoline service stations are operated at Longmire, Paradise Valley, and Yakima Park during the summer season. Motor supplies may be purchased. This service is provided at Longmire throughout the winter also.

TABLES OF DISTANCES

NISQUALLY ROAD, PARK ENTRANCE TO PARADISE VALLEY—20 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Park entrance	Paradise Valley		
West Side Highway junction.	<i>Miles</i> 1.0	<i>Miles</i> 19.0	<i>Feet</i> 2,100	West Side junction.
Tahoma Creek	1.2	18.8	2,120	60-foot cedar-log bridge. Beginning of West Side Trail.
Fallen Rock	2.0	18.0	2,270	Large rock which has fallen from Tumtum.
Columbus Tree	3.4	16.6	2,363	Large Douglas fir over 700 years old.
Kautz Creek	3.6	16.4	2,378	Glacial stream from Kautz Glacier. Trail to Indian Henry's Hunting Gound, 5.5 miles.
Bear Prairie Point	4.8	15.2	2,500	Magnificent view of mountain.
Longmire	6.6	13.4	2,750	Superintendent's headquarters.
Indian Henry Trail	7.0	13.0	2,850	Trail to Indian Henry's Hunting Ground, 6.5 miles.
Cougar Rock	8.0	12.0	3,000	High Rock, base of Rampart Ridge.
Christine Falls	10.9	9.1	3,667	Beautiful falls. Trail to Comet Falls and Van Trump Park, 3 miles.
Nisqually Glacier	11.9	8.1	3,908	Comfort station; trail to end of glacier.
Ricksecker Point	13.4	6.6	4,212	Fine view of mountain and surrounding country.
Silver Forest	15.0	5.0	Fire killed, weathered gray tree trunks.
Narada Falls	16.0	4.0	4,572	Falls in Paradise River; 168-foot drop.
Inspiration Point	17.3	2.7	4,900	Magnificent view.
Paradise Valley	20.0	0.0	5,400	District ranger; Paradise Inn.
Public camp grounds	20.4	0.4	5,400	Free camp sites, community building, and cabins.

Mount Rainier National Park—Washington

WEST SIDE HIGHWAY, NISQUALLY ROAD TO NORTH PUYALLUP RIVER—15.1 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Nisqually Road	North Puyallup River		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Fish Creek	3. 9	11. 2	2, 923	Small clear stream. Good fishing.
Tahoma Camp	4. 2	10. 9	3, 146	Wonderland Trail branches to Indian Henry.
Tahoma Vista	5. 4	9. 7	3, 458	Fine view of mountain and surrounding country.
Round Pass	6. 9	8. 2	3, 879	Trail branches to Lake George, 1.2 miles.
South Puyallup River	8. 3	6. 8	3, 479	River crossing.
St. Andrews Creek	11. 2	3. 9	3, 743	Trail to Klapatche Park, 3 miles.
Klapatche Point	12. 4	2. 7	4, 117	Fine viewpoint.
North Puyallup River	15. 1	0. 0	3, 707	Parking area. View of Hanging Glacier. Trail to Klapatche Park, 3 miles.

WHITE RIVER ROAD, JUNCTION WITH STATE HIGHWAY TO YAKIMA PARK—15.6 MILES

Name	Distance from—		Elevation above sea level	Remarks
	State road	Yakima Park		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Entrance checking station	1. 4	14. 2	3, 470	Purchase automobile permit.
East Side Trail	3. 8	11. 8	3, 745	Trail to Owyhigh Lakes and Ohanapecosh.
Fryingpan Creek Bridge	4. 4	11. 2	3, 840	Wonderland Trail to Summerland Indian Bar, etc.
White River Bridge	5. 4	10. 2	3, 965	Road to Old White River Camp Ground. Trail to Snout of Emmons Glacier, Glacier Basin, Yakima Park, etc.
Yakima Creek	8. 2	7. 4	4, 830	Water for radiators.
Sunrise Point	12. 9	2. 7	5, 085	Wonderful panorama of surrounding peaks, including entire Cascade Range, Mount Baker, Glacier Peak, Mount Adams, Mount St. Helens, and Mount Hood.
Yakima Park	15. 6	0. 0	6, 385	Ranger headquarters; housekeeping cabins; cafeteria; small camping area.
Camp grounds and picnic area	16. 9	1. 3	6, 200	Large public camp ground; picnic area; Shadow Lake.

Mount Rainier National Park—Washington

CARBON RIVER ROAD, PARK ENTRANCE TO CATARACT CREEK—7.9 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Park entrance	Cataract Creek		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Carbon River entrance	0. 0	7. 9	1, 800	Ranger checking station.
Ipsut Creek	5. 0	2. 9	2, 500	Public camp ground; Ipsut Creek - Mowich Lake Trail junction.
Northern Loop Trail junction	6. 6	1. 3	2, 850	Trail leaves road for Lake James and Yakima Park.
Olson's Cabin	7. 0	0. 9	2, 900	Patrol cabin.
Cataract Creek	7. 9	0. 0	3, 150	End of road; Wonderland Trail junction; shelter cabin.

PARADISE TRAIL FROM LONGMIRE SPRINGS TO PARADISE VALLEY—5.9 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Longmire Springs	Paradise Valley		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Longmire Springs	0. 0	5. 9	2, 760	Superintendent's headquarters, hotel, cabins, camp grounds.
Mouth of Paradise River	1. 6	4. 3	3, 150	Bridge over Nisqually River.
Carter Falls	2. 7	3. 2	3, 500	On Paradise River.
Madcap Falls	2. 9	3. 0	3, 600	Do.
Narada Falls	4. 4	1. 5	4, 572	Principal falls on Paradise River with sheer drop of 168 feet.
Paradise Inn, lodge, camp	5. 9	0. 0	5, 400	Hotel, lodge, cabins, camp.

Mount Rainier National Park—Washington

WONDERLAND TRAIL, PARADISE VALLEY TO YAKIMA PARK—29 MILES

PARADISE VALLEY TO NICKEL CREEK—9 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Paradise Valley	Yakima Park		
	Miles	Miles	Feet	
Paradise Valley	0.0	29.0	5,400	Ranger station, hotel, lodge, housekeeping cabins, camp grounds, etc.
Reflection Lakes	2.0	27.0	4,860	Beautiful clear lakes.
Louise Lake	3.0	26.0	4,590	Beautiful clear lake.
Stevens Canyon	4.0	25.0	
Martha Falls	4.5	24.5	3,110	Beautiful falls in Martha Creek.
Stevens Creek Crossing	7.0	22.0	2,730	
Muddy Fork Box Canyon	8.0	21.0	3,040	One of the most beautiful river canyons in America, across which a horse and foot bridge has been built 100 feet above the water.
Nickel Creek	9.0	20.0	3,300	Patrol and shelter cabins.

NICKEL CREEK TO INDIAN BAR—6.5 MILES

Nickel Creek	9.0	20.0	3,300	Patrol and shelter cabins.
Cowlitz Divide	10.5	18.5	4,770	Trail branches to Ohanapecoh Hot Springs development, 2.5 miles.
Indian Bar	15.5	13.5	4,150	Beautiful basin above Wauhaukaupauken Falls. Shelter cabin.

INDIAN BAR TO SUMMERLAND—4 MILES

Indian Bar	15.5	13.5	4,150	Shelter cabin.
Ohanapecoh Park	16.5	12.5	5,500	Beautiful region; many waterfalls and rugged peaks.
Fryingpan Glacier	18.0	11.0	6,750	Trail crosses over ice.
Summerland	19.5	9.5	5,900	Beautiful park; many flowers amid rugged surroundings.

SUMMERLAND TO YAKIMA PARK—9.5 MILES

Summerland	19.5	9.5	5,900	Beautiful park.
White River Road at Fryingpan Creek	23.8	5.2	3,840	Fryingpan Creek Highway Bridge.
White River Road at White River Bridge	24.8	4.2	3,965	Highway Bridge over White River.
Old White River Camp	26.1	2.9	4,600	Trail to Snout of Emmons Glacier, Glacier Basin, and Burroughs Mountain.
Yakima Park	29.0	0.0	6,400	Ranger headquarters, cabins, etc.

Mount Rainier National Park—Washington

EAST SIDE TRAIL, OHANAPECOSH HOT SPRINGS TO WHITE RIVER ROAD—17 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Ohanapecoh Hot Springs	White River Road		
	Miles	Miles	Feet	
Ohanapecoh Hot Springs	0.0	17.0	2,000	Ranger cabin, telephone, lodge, tents, cabins, bathhouse, camp grounds.
Laughing Water Creek	0.6	16.4	2,000	Clear stream.
Silver Falls	1.0	16.0	2,050	On Ohanapecoh River.
Cedar Flat	2.0	15.0	2,300	Many large cedars.
Couger Creek	3.8	13.2	2,325	Clear stream in heavy timber.
Olallie Creek Cut-off Trail	4.0	13.0	2,350	Short cut to Olallie Creek.
Whittier Creek	5.4	11.6	2,700	Clear stream.
Stafford Falls	6.5	10.5	2,775	On Ohanapecoh River.
Fork of Chinook Creek	7.8	9.2	3,124	Heavily timbered basin.
Boundary Creek	8.5	8.5	3,275	Patrol cabin.
Sydney Falls	9.1	7.9	3,600	Beautiful falls on Kotsuck Creek; shelter cabin; telephone.
Horseshoe Falls	11.5	5.5	5,000	Beautiful falls on Kotsuck Creek.
Goats Pass	12.2	4.8	5,300	
Owyhigh Lakes	12.6	4.4	5,150	Beautiful lakes amid rugged peaks.
White River Road	17.0	0.0	3,700	

WONDERLAND TRAIL, YAKIMA PARK TO CARBON RIVER ROAD—13 MILES

Name	Distance from—		Elevation above sea level	Remarks
	End of Carbon River Road	Yakima Park		
	Miles	Miles	Feet	
Yakima Park	13.0	0.0	6,400	Beautiful park; unobstructed view of mountain camp, cabins, lodge.
Trail Junction	10.9	2.1	6,550	Junction of Mystic Lake Trail.
Winthrop Glacier	7.2	5.8	4,800	Second largest glacier in park.
Mystic Lake	5.0	8.0	5,750	Clear, beautiful lake; shelter cabins; magnificent views obtained.
Moraine Park	3.1	9.9	5,700	Good camping; grass and water.
Moraine Cabin	3.0	10.0	5,100	Shelter cabin.
Carbon Glacier	1.5	11.5	3,355	Lowest perpetual ice field in the United States.
End of Carbon River Road	0.0	13.0	3,175	Shelter cabin; Wonderland Trail junction with Carbon River Road.

Mount Rainier National Park—Washington

NORTHERN LOOP TRAIL FROM CARBON RIVER ROAD TO YAKIMA PARK—19.2 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Carbon River Road	Yakima Park		
Carbon River Road	<i>Miles</i> 0.0	<i>Miles</i> 19.2	<i>Feet</i> 3,175	Trail junction with Carbon River Road, 1.6 miles above Ipsut Creek.
Chenuis Mountain	3.8	15.4	6,100	Beautiful park region, with high cliffs, lakes, snow fields, and high rocky peaks; goats; good horse feed.
Natural Bridge Trail junction.	5.3	14.2	5,400	Branch trail to one of the natural wonders of the park.
Lake James	7.3	11.9	4,370	Patrol and shelter cabins; good fishing.
West Fork White River	9.3	9.9	3,240	Swift glacial stream from Winthrop Glacier; no bridge.
Grand Park	13.4	5.8	5,700	Most extensive mountain park on north side; good view of Mount Rainier.
Berkeley Park	15.7	3.5	6,000	Beautiful park basin; flora abounds in great profusion.
Frozen Lake	18.0	1.2	6,900	Barren region.
Yakima Park	19.2	0.0	6,400	Ranger station, camp, cabins, lodge.

Mount Rainier National Park—Washington

WONDERLAND TRAIL, CARBON RIVER TO LONGMIRE—53 MILES

END OF CARBON ROAD TO MOWICH LAKE—8 MILES

Name	Distance from—		Elevations above sea level	Remarks
	End of Carbon River Road	Longmire		
End of Carbon River Road.	<i>Miles</i> 0.0	<i>Miles</i> 53.0	<i>Feet</i> 3,175	Shelter cabin Wonderland Trail; junction with Carbon River Road.
Mist Park	3.0	50.0	5,500	Beautiful park at head of Cataract Creek.
Spray Park	6.0	47.0	6,000	Most beautiful park on north side.
Spray Falls	6.3	47.7	5,500	Highest and most beautiful fall on north side.
Eagle Cliffs	6.6	46.4	5,300	Fine view of Mount Rainier.
Lee Creek	7.2	45.3	4,900	Clear stream.
Mowich Lake	8.0	45.0	4,930	Beautiful clear lake; fishing; good camping; shelter cabin; telephone; branch trails to Carbon River Road. Via Ipsut Pass, 8 miles, and to West Boundary, via Mountain Meadows, 4.5 miles.

MOWICH LAKE TO SUNSET PARK—10.5 MILES

Mowich Lake	8.0	45.0	4,930	Beautiful clear lake; fishing; good camping; shelter cabin; telephone; branch trails to Carbon River Road. Via Ipsut Pass, 8 miles, and to West Boundary, via Mountain Meadows, 4.5 miles.
Trail forks	11.0	42.0	3,000	Trail to Mountain Meadows.
North Mowich River	11.5	41.5	2,650	
South Mowich River	13.0	41.0	2,650	Good fishing.
Golden Lakes	17.8	35.2	5,000	Numerous beautiful clear lakes; good fishing and camping.
Sunset Park	18.5	34.5	5,500	Beautiful upland park; telephone; patrol and shelter cabins.

SUNSET PARK TO KLAPATCHE PARK—12.5 MILES

Sunset Park	18.5	34.5	5,500	Beautiful upland park; telephone.
North Puyallup River	24.0	29.0	2,800	Shelter cabin.
West Side Road	26.5	26.5	4,200	Trail follows down road for 1.5 miles from this point.
North Puyallup Bridge	28.0	25.0	3,500	View of Hanging Glacier. Trail leaves road for Klapatche Park.
Klapatche Park	31.0	22.0	5,500	Beautiful alpine park; shelter cabins.

Mount Rainier National Park—Washington

WONDERLAND TRAIL, CARBON RIVER TO LONGMIRE—Contd.
KLAPATCHE PARK TO LAKE GEORGE—8.5 MILES

Name	Distance from—		Elevations above sea level	Remarks
	End of Carbon River Road	Longmire		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Klapatche Park	31.0	22.0	5,500	Beautiful alpine park; shelter cabin.
St. Andrews Creek, West Side Highway	34.0	19.0	3,900	Patrol cabin. Trail follows road to Round Pass.
Round Pass	38.3	14.7	4,000	Beautiful view of mountain. Trail leaves road to Lake George.
Lake George	39.5	13.5	4,230	Beautiful lake; good fishing; shelter cabin; ranger cabin.

LAKE GEORGE TO INDIAN HENRY—7 MILES

Lake George	39.5	13.5	4,230	Beautiful lake; good fishing; shelter cabin; ranger cabin.
Round Pass	40.7	12.3	4,000	Beautiful view of mountain. Trail follows road to Tahoma Camp.
Tahoma Creek Camp	42.5	10.5	3,100	Camp ground. Trail leaves road to Indian Henrys.
Tahoma Creek Crossing	44.8	8.2	4,200	Rail bridge over Tahoma Creek.
Indian Henrys	46.5	6.5	5,300	Patrol cabin; shelter cabin; telephone; all points of interest are in close proximity to station.

INDIAN HENRY TO LONGMIRE—6.5 MILES

Indian Henrys	46.5	6.5	5,300	Patrol cabin; shelter cabin; telephone; all points of interest in close proximity to station.
Squaw Lake	47.5	5.5	5,000	Small clear lake.
Devils Dream Creek	48.3	4.7	4,500	Small clear stream.
Fishers Hornpipe Creek	49.0	4.0	4,300	Do.
Kautz Creek	50.2	2.8	3,700	Fast-flowing stream from Kautz Glacier.
Ramparts Ridge	51.0	2.0	3,800	Trail over Ramparts Ridge to Longmire.
Van Trump Trail	51.3	1.7	3,500	Trail branches to Van Trump Park.
Longmire	53.0	0.0	2,760	Superintendent's headquarters; hotels; cabins; camp grounds; interesting side trips.

Mount Rainier National Park—Washington

PRINCIPAL POINTS OF INTEREST
REACHED FROM PARADISE VALLEY

[Best reached on foot]

Name	Distance and direction from Paradise Valley	Elevation above sea level	Remarks
	<i>Miles</i>	<i>Feet</i>	
Nisqually Glacier	1.25 W	5,500	Largest glacier on south side of Mount Rainier.
Glacier Vista	1.2 N	6,300	Wonderful view of entire Nisqually Glacier and mountain.
Panorama Point	1.8 N	6,800	Panorama of Paradise Valley and Nisqually watershed.
Alta Vista	0.6 N	5,800	Fine view; marker to identify all peaks and prominent points.
Monument	1.5 NE	5,900	Where Chief Sluiskin, Indian guide, waited return of first summit climbers.
Golden Gate	1.5 NE	6,500	Where Paradise Glacier and Skyline trails cross.
Reflection Lakes	2 SE	4,861	Beautiful clear lakes on bench north of Pinnacle Peak, Tatoosh Range.
Bench Lake	2.5 SE	4,500	On lower bench overlooking Stevens Canyon.
Pinnacle Peak	3 SE	6,562	Sharp peak on Tatoosh Range. Easy trip from Paradise Park.
Stevens Peak	4 SE	6,511	At east end of Tatoosh Range.
Unicorn Peak	4.75 SE	6,939	Highest peak on Tatoosh Range. Pinnacle, Stevens, and Unicorn Peaks are easy to climb, and a fine view of the surrounding country may be had from all of them.
Sluiskin Falls	1.25 NE	5,900	First fall of Paradise River below Paradise Glacier 300 feet high.
Paradise Glacier	1.5 NE	6,500	Clear ice glacier. Source of Paradise River on east side of Paradise Park.
Stevens Glacier	1.75 NE	6,000	East lobe of Paradise Glacier draining into Stevens Canyon.
Stevens Ice Cascades	2 NE		Crevassed slope on Stevens Glacier.
Stevens Water Cascades	2.25 NE		At foot of Stevens Glacier.
Stevens Canyon	2.25 NE		Below Stevens Glacier. 4 miles long, ½ mile wide, 1,000 to 2,000 feet deep.
Fairy Falls	2.75 NE	5,500	Beautiful falls 700 feet high at head of Stevens Canyon.
Mazama Ridge	1.5 SE	5,900	Noted for abundance of beautiful wild flowers.
Faraway Rock	2.8 SE	5,300	Excellent panorama of Tatoosh Range with lakes in foreground.
Lake Louise	2.5 SE	4,500	Beautiful lake. Good fishing.
Cowlitz Glacier	3 NE	4,500	Largest glacier on southeast side of the mountain.

Mount Rainier National Park—Washington

REACHED FROM PARADISE VALLEY—Continued

Name	Distance and direction from Paradise Valley	Elevation above sea level	Remarks
Cowlitz Rocks.....	<i>Miles</i> 2.5 NE..	<i>Feet</i> 7,457	Ridge dividing Paradise Glacier from Cowlitz Glacier.
Granite Falls.....	3.5 NE..	Large volume of water with sheer drop of 350 feet.
Cathedral Rocks.....	3.25 N..	8,262	Lofty spires between Cowlitz and Ingraham Glaciers.
Cowlitz Chimneys....	8 NE....	7,607	Large chimney-like peaks on divide between Cowlitz River and White River.
McClure Rock.....	2 N....	7,384	Flat, rocky platform overlooking Paradise Glacier.
Anvil Rock Fire Look-out Station.	3.25 N..	9,584	Sharp crest halfway between McClure Rock and Camp Muir. The trail leads over snow fields.
Camp Muir shelter hut.	3.75 N..	10,000	Saddle at foot of Cowlitz Cleaver, up which the trail to the summit of the mountain leads. To this point the ascent is easy. Mostly over snow fields.
Beehive.....	4.25 N..	11,033	Pinnacle on Cowlitz Cleaver. Its shape resembles a beehive.
Camp Misery.....	4.25 N..	11,033	Above the Beehive.
Gibraltar Rock.....	4.75 N..	12,679	Large rock mass at head of Cowlitz Glacier, along west ledge of which the ascent is made, often with the aid of ropes. This rock divides the feeders of 3 glaciers—Nisqually on the south, Cowlitz on the east, and Ingraham on the north.
Register Rock.....	6.5 N....	14,161	First point reached on rim of east crater.
Columbia Crest.....	7 N.....	14,408	Huge snowdrift on northwest side of east crater. Highest summit of Mount Rainier.
Point Success.....	7.25 N..	14,150	Most southern summit. About 250 feet lower than Columbia Crest.
Liberty Cap.....	7.5 N....	14,112	High summit near the north end of mountain.
East Crater.....	6.5 N....	14,100	Main crater on east side of Columbia Crest about 1,400 feet in diameter.

Mount Rainier National Park—Washington

REACHED FROM YAKIMA PARK

Name	Distance and direction from ranger headquarters	Elevation above sea level	Remarks
Sourdough Trail.....	<i>Miles</i> 2.5 N....	<i>Feet</i> 6,500	Easily accessible trail to Frozen Lake and Dege Peak. Wonderful view of Mount Rainier.
Burroughs Mountain..	2.5 W...	7,000	Wonderful view of Mount Rainier and surrounding ranges.
Frozen Lake.....	1.3 NW..	6,700	Water-supply reservoir. Barren region.
Glacier Basin.....	5.8 SW..	5,939	Old mine, view of mountain.
Berkeley Park.....	2.8 W....	6,000	Beautiful alpine park, wild flowers.
Dege Peak.....	1.8 NE..	7,006	On Sourdough Trail. An easy climb to good view of other Cascade peaks.
Clover Lake.....	3 NE....	5,728	Good fishing, wild flowers.
Shadow Lake.....	1 SW....	5,800	Small lake near picnic ground. No fishing permitted.
Old White River public camp.	3 S.....	4,500	Quiet protected camp grounds near terminus of Emmons Glacier.
Grand Park.....	5.5 NW..	5,700	Largest mountain park on north side. Excellent views.
Summerland Park....	9.5 S....	5,900	Beautiful alpine park amid rugged peaks.
Emmons Glacier.....	4.2 SW..	4,719	Largest glacier in continental United States.
Lake James.....	12 NW..	4,370	Beautiful lake set in dense forest. A 2-day trip.
Owyhigh Lakes.....	9.8 SE...	5,200	Alpine lakes and flower fields on East Side Trail.
Natural Bridge.....	15 NW..	5,500	One of the natural wonders of the park.
Winthrop Glacier....	5 W.....	5,100	Second largest glacier on mountain. On trail to Mystic Lake.
St. Elmo Pass.....	6 SW....	7,415	High pass above timberline overlooking both Emmons and Winthrop Glaciers.
Mystic Lake.....	8 W.....	5,700	Alpine lake and flower fields.
Steamboat Prow.....	8 SW....	9,500	Upper end of cleaver dividing Winthrop and Emmons Glaciers.
Camp Curtis.....	6.5 SW..	9,000	Protecting rock used as shelter for overnight camp by hikers to summit.
Columbia Crest.....	10 SW...	14,408	Huge snowdrift on northwest side of east crater. Highest point on Mount Rainier.

REACHED FROM LONGMIRE

Name	Distance and direction from Longmire	Elevation above sea level	Remarks
	<i>Miles</i>	<i>Feet</i>	
Eagle Peak	3.5 E	5, 955	West end of Tatoosh Range. Magnificent view of mountain and surrounding country.
River Trail	1.2 NE . . .	3, 100	Easy trail through fine timber. Cross Nisqually River on log and return via opposite side of river for round trip.
Public camp grounds.	0.5 E	2, 700	Free auto camp, community house, where nature lectures are given by a naturalist.
Beaver dams	2.3 S	2, 500	Interesting beaver workings.
Lake George	1.5 NW ¹ . .	4, 232	Beautiful lake. Good fishing.
Mount Wow	1.5 W ¹ . . .	6, 030	Good hard climb. Mountain goats often seen.
Glacier Bridge	3.8 NE . . .	3, 908	One-half mile from snout of Nisqually Glacier.
Narada Falls	4.4 NE . . .	4, 572	Principal falls on Paradise River with sheer drop of 150 feet.
Paradise Valley	5.9 NE . . .	5, 557	Camps, hotels; base for mountain climb.

¹ Distance given is from road.

REACHED FROM OHANAPECOSH

Name	Distance and direction from Longmire	Elevation above sea level	Remarks
	<i>Miles</i>	<i>Feet</i>	
Silver Falls Loop . . .	1.2 N	2, 000	Beautiful falls on Ohanapecosh River. Follow new trail on north side of river and return via old trail on south side. Good fishing.
Twin Lakes	6.5 NE . . .	5, 000	Two picturesque lakes on Cascade Crest Trail, reached through heavy timber.
Tipsoo Lake	18.0 N . . .	5, 400	Via Cascade Crest Trail, 18 miles, or via Cayuse Pass and East Side Trail, 12 miles.
Cowlitz Divide	4.5 NE . . .	4, 770	Good view at summit, which is reached via deep forest trail. Junction with Wonderland Trail to Indian Bar, Ohanapecosh Park, and Panhandle Gap.

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GOVERNMENT PUBLICATIONS

Glimpses of Our National Parks. An illustrated booklet of 92 pages. Address Director, National Park Service, Washington, D. C. Free.

Automobile Road Map of Mount Rainier National Park. Available in the park only. Free.

Guide to hiking trips and trail information. Obtainable on personal application at park headquarters at Longmire. Free.

Mount Rainier and Its Glaciers. By F. E. Matthes. 48 pages, illustrated. Superintendent of Documents, Washington, D. C. 15 cents.

Features of the Flora of Mount Rainier National Park. By J. B. Flett. 48 pages, illustrated. Superintendent of Documents, Washington, D. C. 25 cents.

Forests of Mount Rainier National Park. By G. F. Allen. 32 pages, illustrated. Superintendent of Documents, Washington, D. C. 20 cents.

Mammals and Birds of Mount Rainier National Park. By W. P. Taylor and W. T. Shaw. 241 pages, illustrated. Superintendent of Documents. Washington, D. C. 85 cents.

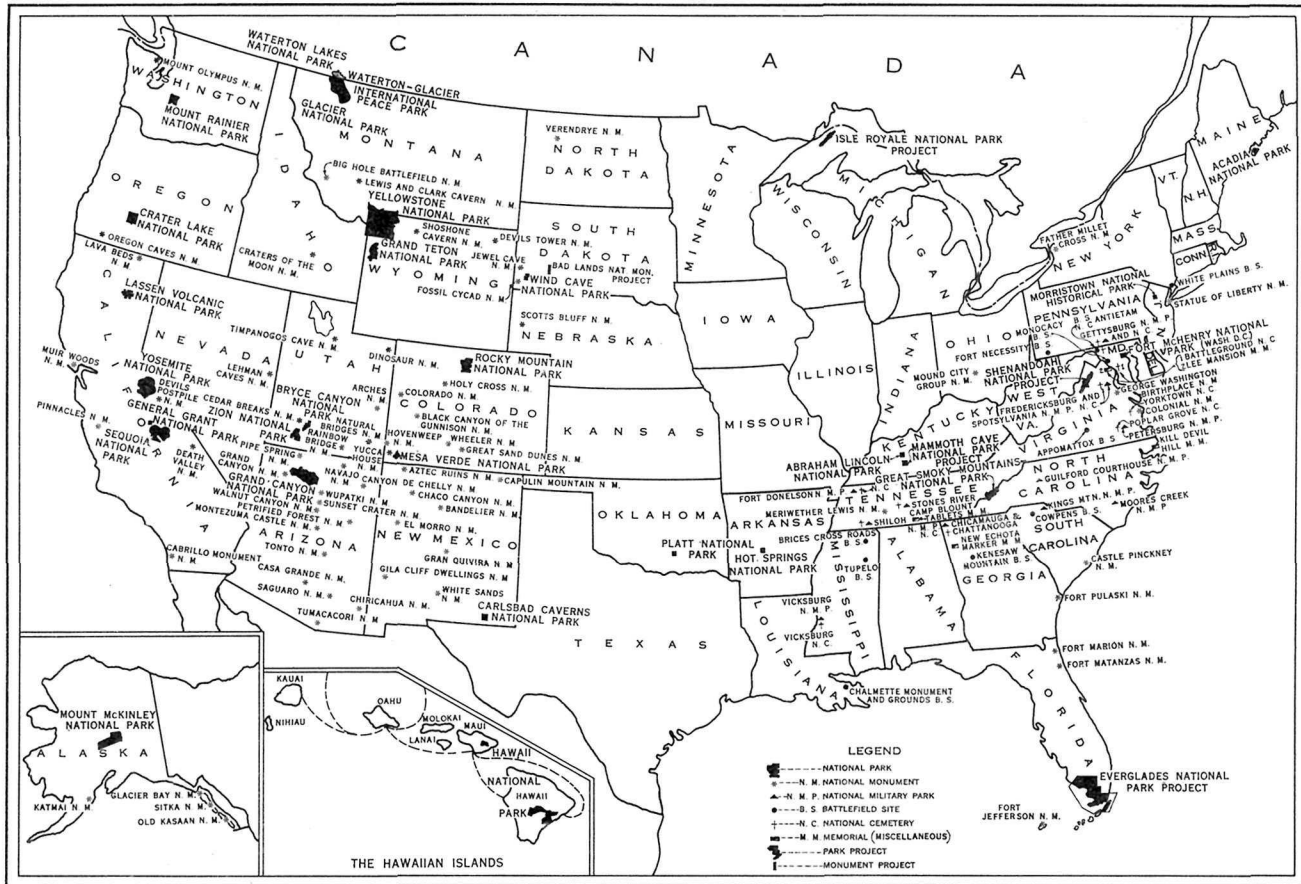
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Booklets about the national parks listed below may be obtained free of charge by writing the Director, National Park Service, Washington, D. C.:

Acadia, Maine.	Lassen Volcanic, Calif.
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LOCATIONS OF 24 NATIONAL PARKS, 1 NATIONAL HISTORICAL PARK, 11 NATIONAL MILITARY PARKS, 68 NATIONAL MONUMENTS, 10 BATTLEFIELD SITES, 11 NATIONAL CEMETERIES, AND 4 MISCELLANEOUS MEMORIALS ADMINISTERED BY THE NATIONAL PARK SERVICE.

