

# MOUNT RAINIER

NATIONAL PARK

*Washington*

UNITED STATES DEPARTMENT OF THE INTERIOR  
NATIONAL PARK SERVICE



# Mount Rainier

[WASHINGTON]

## National Park

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United States Department of the Interior

*Harold L. Ickes, Secretary*

NATIONAL PARK SERVICE

*Arno B. Cammerer, Director*



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UNITED STATES

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## RULES AND REGULATIONS

### • Briefed •

REGULATIONS are designed not only to protect the natural beauties of the park but to aid visitors in the full enjoyment of this scenic area. You are requested to assist the park administration by respecting both the simple rules and the rights of others. The following synopsis is for your guidance; complete rules and regulations may be seen at the superintendent's office at Longmire or at all ranger stations. Park rangers are here to help and advise you as well as to enforce the regulations. Consult them freely.

**Fires.**—Build fires only in designated places; always extinguish COMPLETELY before leaving camp. Do not guess your fire is out—KNOW IT. Do not throw burning tobacco or matches along the sides of roads or trails.

**Keep park clean.**—Keep your camp clean. As far as possible, burn garbage in your campfire; place cans and residue in containers provided. If no container is provided, bury the refuse. Do not throw lunch papers, wrappers or other trash along roads or trails. Carry the material until you can burn it or place in receptacle.

**Trees, flowers and animals.**—Within the park the destruction, injury or disturbance in any way of trees, flowers, birds or animals is prohibited. However, dead and fallen trees may be used for firewood, except in campgrounds where wood is provided.

**Automobiles.**—Drive carefully and obey park traffic rules. Secure entrance permit; fee \$1. Weekdays park gates are open from 6 a. m. to 9:30 p. m.; Sundays, holidays and days preceding holidays, from 5 a. m. to 11 p. m.

**Dogs, cats, firearms.**—Dogs, cats, and firearms are not allowed within the park. Firearms may be checked at entrance ranger stations. Dogs and cats will be cared for at nominal rates at kennels near park entrances.

**Warning about bears.**—Do not feed bears from your hand; the animals are wild and may bite or strike. If not molested the bears will not harm you. They will break into camps or automobiles for odorous food. Supplies, placed in a box or sack, should be suspended between two trees at least 8 feet above the ground. Bears are especially hungry in the spring and fall, and serious damage may result if food is left accessible to them.

**Lost and found articles.**—Lost or found articles should be reported to park headquarters at Longmire or to any ranger station. Persons should leave their names and addresses so articles not claimed within 60 days may be returned to the finders.

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

## Events

### OF HISTORICAL IMPORTANCE

1792	May 8. Capt. George Vancouver of the Royal British Navy, first white man to record sight of "The Mountain", named it Mount Rainier in honor of his friend Admiral Peter 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 16. Lt. 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 did not reach the summit. Due to the lateness of the hour, he was compelled to turn back at an elevation of about 12,000 feet.
1870	August 17. Hazard Stevens and P. B. Van Trump of Olympia, Wash., made the first successful ascent of Mount Rainier (via Gibraltar route).
1870	October 17. Samuel Franklin Emmons and Dr. A. D. Wilson of the United States Geological Survey reached the summit via Cowlitz Glacier-Gibraltar route. This was the second successful ascent.
1883	August. Longmire Mineral Springs were discovered by James Longmire during the return trip of the third successful summit climb. Others who made the ascent were G. B. Bayley and P. B. Van Trump. Longmire later established a homestead claim about the springs.
1884	James Longmire, aided by sons and grandsons, built the first trail from Sukotash Valley (now Ashford) to Longmire Springs.
1885	August. Visiting the alpine meadow for her first time, Mrs. Elcain Longmire named the area Paradise Valley because of the beautiful wild-flower display.
1890	August 10. The first woman, Fay Fuller, reached the summit of Mount Rainier.
1890-91	The Longmire family, assisted by several Indians, constructed the first road from Sukotash Valley (now Ashford) to Longmire Springs.

1893	December 12. Hon. Watson C. Squire, United States Senator, introduced a bill for the establishment of "Washington National Park." The name was later modified to Mount Rainier National Park.
1895	The Longmires constructed the first trail to Paradise Valley.
1899	March 2. Mount Rainier National Park was established by act of Congress, approved by President McKinley.
1904-5	Eugene V. Ricksecker and United States Army Engineers surveyed the route of the present Paradise Valley Road. Construction began in 1906.
1909	Regular (horse-drawn) stage service was started between Ashford and Longmire.
1912	October 8. President Taft visited the park and rode to Paradise Valley on the partially completed road. The President's car was bogged above Narada Falls, however, and was pulled into the valley by a team of mules. President Taft was the only Chief Executive who visited the park while in office.
1913	Government surveyors of the United States Geological Survey established the elevation of Mount Rainier as 14,408 feet above sea level.
1916	Women were first allowed to drive over park roads.
1916	The National Park Service was established as the administrative body for the national parks.
1917	July 1. Paradise Inn formally was opened to the public.
1931	January 31. As the eastern park boundary was extended to the summit of the Cascade Range, an area of 53.1 square miles was added to the park. The total area now is 377.78 square miles.
1931	March 24. Mather Memorial Parkway was established comprising 50 miles of the most scenic section of Chinook Pass Highway within the national park and national forest.
1931	July 15. Yakima Park first was opened to the public.
1933	September 2. New Mowich Entrance was dedicated. Ceremonies commemorated Dr. William Fraser Tolmie who, as first white man to enter the area, penetrated the wilderness 100 years earlier.

## Contents

	<i>Page</i>
Vast Size of Mountain . . . . .	2
Its Lofty Height . . . . .	3
A Glacial Octopus. . . . .	3
Wealth of Gorgeous Flowers . . . . .	5
The Forests. . . . .	7
How To Reach the Park . . . . .	11
By Automobile . . . . .	11
By Railroad and Automobile Stage. . . . .	13
By Airplane . . . . .	13
Administration . . . . .	16
Public Campgrounds . . . . .	16
Post Offices. . . . .	16
Communication and Express Service. . . . .	16
Medical Service. . . . .	16
Trails . . . . .	17
What To Wear . . . . .	17
Fishing . . . . .	17
Mount Rainier Summit Climb . . . . .	18
Accommodations and Expenses . . . . .	19
Summer Season . . . . .	20
Winter Season . . . . .	21
Ohanapecosh Hot Springs . . . . .	22
Horseback Trips and Guide Service . . . . .	23
Transportation . . . . .	24
Tables of Distances . . . . .	25
Principal Points of Interest . . . . .	31
Reached From Paradise Valley . . . . .	31
Reached From Yakima Park . . . . .	33
Reached From Longmire. . . . .	34
Reached From Ohanapecosh . . . . .	34
References . . . . .	35
Government Publications. . . . .	36



## AN ALL-YEAR PARK

MOUNT RAINIER NATIONAL PARK may be fully enjoyed throughout the year. The summer season extends from early June to early November; the winter ski season, from late November well into May. All-year roads make the park always accessible.

Nisqually Road is open to Paradise Valley from about June 25 to about November 15; during the winter season Nisqually Road is maintained to Narada Falls, 1.5 miles by trail from Paradise Valley. White River Road to Yakima Park is open from about June 20 to about November 15 but is closed during the winter. East Side Road to Ohanapecosh Hot Springs and Carbon River Road, 6 miles within the park, are open from about June 1 to about November 15. Both are closed during the winter.

NOTE.—Opening and closing dates of park roads are dependent upon snow conditions. Write the park superintendent for exact dates each year.

Adequate hotel and cabin accommodations are always available, except in Carbon River district.

### WHAT TO DO

*Hiking.*—When planning hikes review tables on pages 31 to 34, inclusive, listing principal points of interest reached from Paradise Valley, Yakima Park, Longmire, and Ohanapecosh. You may choose the exact trip you wish to make—long or short; easy or difficult; to lakes, streams, peaks, snow fields, or flowers.

*Camping and Picnicking.*—See page 13.

*Fishing.*—See page 16.

### WINTER SPORTS

Excellent skiing conditions are available on the vast unobstructed ski grounds at Paradise Valley from December to June. Snow conditions afford beginners ski runs at Longmire from the middle of December to the middle of March.

### NATURALIST SERVICE

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

*Lectures.*—Interesting programs consisting of free lectures on the natural features of the park, illustrated with motion pictures and colored slides, are offered at Paradise Valley, Yakima Park, and Longmire. Nightly at Paradise; nightly, except Sunday, at Longmire and Yakima Park. Programs start at 8 p. m.

*Museums.*—The park museum, headquarters for educational activities, and office of the park naturalist are located in the museum building at Longmire. Natural history displays and wild flower exhibits are main-

tained at Paradise Community House, Yakima Park Blockhouse, and Longmire Museum.

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

Shorter hikes of a half day or less may be arranged to the beaver dams, crest of Rampart Ridge, and other interesting 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 2 hours) start twice daily from the Community House at 9 a. m. and 2 p. m. under leadership of naturalists.

*Hikes from Yakima Park.*—Free hikes of varying distances, 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, and “Nisqually Vista Trail” at Paradise. Trees, flowers, and points of interest are 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.

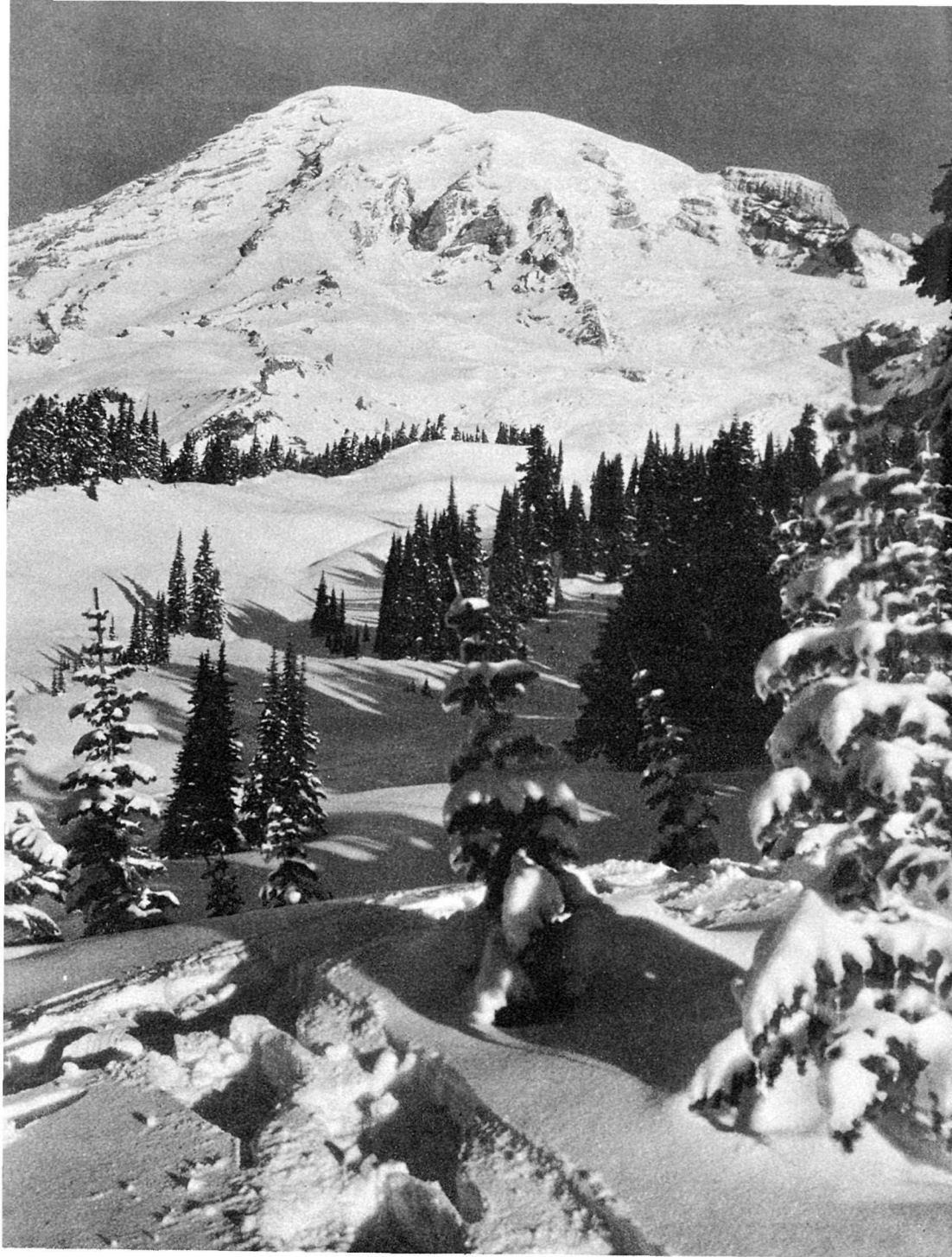
### SPECIAL SERVICE

*“Tin pants” sliding.*—“Tin pants” sliding down the steep snow slopes on Paradise Glacier affords a different summer sport that is great fun for everyone. Pants are “tinned” with paraffin to provide a gliding surface and to resist snow. Guided trips are made twice daily from Paradise Valley, and full equipment is provided at nominal 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 Nisqually Glacier, to Paradise Glacier for “tin pants” slides, and to other places of interest. Summit trips are conducted as desired.

*Saddle-horse trips.*—Daily saddle-horse trips are conducted by Rainier National Park Co. guides at Paradise Valley and Yakima Park. Special guide service is available for trips to all sections of the park.

*Hot mineral baths.*—At Ohanapecosh Hot Springs the Bridge Clinic maintains a modern sanitary bathhouse, hotels, cabins, and other necessary facilities.



MOUNT RAINIER IN WINTER GARB

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# MOUNT RAINIER

*National Park*

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• OPEN ALL YEAR •

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“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.

Mount Rainier National Park was established by act of Congress and approved by President McKinley March 2, 1899. By a subsequent act,

January 31, 1931, the eastern park boundary was extended to the summit of the Cascade Range, the boundary recommended by the original bill. Including the 53.1 square miles added at that time, the park now contains 377.78 square miles (241,782 acres).

#### 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 inactive 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. Only Mount Whitney (Calif.), elevation 14,495 feet, and Mount Elbert (Colo.), elevation 14,420 feet, rise above the pinnacle of Mount Rainier.

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

In shape it is not a simple cone tapering to a slender-pointed summitlike Fujiyama, the great volcano of Japan. Rather, it is 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 andesite rock. At one time it may have attained an altitude of 16,000 feet, if one may judge by the steep inclination of the lava and cinder layers visible in its flanks. Then, it is thought, a great explosion followed that destroyed the top part of the mountain and reduced its height by some 2,000 feet. A vast crater was formed, surrounded by a jagged rim. Within this crater, which measured nearly 3 miles across from north to south, two small cinder cones were later built up, and these contiguous cones together now form the dome that constitutes the main summit of the peak. They rise only about 300 feet above the higher portions of the old crater rim. Most prominent

among these are Point Success (14,150 feet) on the southwest side and Liberty Cap (14,112 feet) on the northwest side.

Mount Rainier is not known to have had any great eruptions during historic times. Indian legends tell of a great eruption, but the date is unknown. During the nineteenth century the old volcano appears to have been feebly active at long intervals, and now it is dormant. Visitors need have no fear that an eruption will take place while they are at the foot of the mountain. That considerable heat still remains in the volcanic reservoirs below, however, is shown by the steam jets that continue to issue at the summit and by the warm springs at Longmire.

#### ITS LOFTY HEIGHT

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. 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 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

Mount Rainier bears a greater number of glaciers than any other peak in the continental United States. A study of the map will show great arms of ice extending from the summit down the mountain sides to end in rivers far below. Six great glaciers appear to originate at the very top of the peak. They are: Nisqually, Ingraham, Emmons, Winthrop, Tahoma, and Kautz. But many glaciers of great size and impressiveness are born of snows in 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: Cowlitz, Fryingpan, Carbon, Russell, North and South Mowich, and Puyallup.



The main glaciers range from 4 to 6 miles in length. They are comparable in magnitude and in scenic beauty to the glaciers of the Swiss Alps, among which only one, the Aletsch Glacier, is of decidedly superior size. The total extent of the glacial mantle of Mount Rainier is more than 40 square miles.

Ice in the active or "live" glaciers is constantly, though very slowly, moving down the sides of the peak. There are also many inactive or "dead" glaciers on Mount Rainier in which the ice does not move. Actual measurements on Nisqually, one of the active glaciers, show that the maximum rate in summer is about 18 inches a day. In their upper courses the glaciers are replenished every winter by vast quantities of snow. In their lower courses they lose more substance by melting than they gain by new snowfalls. At the present time, owing to the warmth of the summer months, all the glaciers are melting back—that is, they are growing shorter at a perceptible rate. Nisqually, which has been measured by the National Park Service annually since 1918, is melting back on an average of 70 feet per year.



*Rainier National Park Co. photo.*

SKIERS ENJOYING THE BROAD OPEN TERRAIN ABOVE PARADISE VALLEY

#### WEALTH OF GORGEOUS FLOWERS

In glowing contrast to this marvelous spectacle of ice are the gardens of wild flowers surrounding the glaciers. These flowering fields are called parks. Some of the most beautiful alpine meadows include Spray, Klatche, Van Trump and Paradise Parks, and Indian Henrys Hunting Ground.

"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 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 deep forests between the elevations of 2,000 and 4,000 feet are those adapted to growth in the shade. In the absence of abundant sunlight to aid in the preparation of their own food many plants live on decayed vegetation. 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 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 swordfern, deerfern, oakfern, lady fern, and woodfern 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, fools 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 and the most colorful floral beauty of the park begin. As elevation increases, the groups of trees diminish in both number and size. At about 7,000 feet, which is timberline, they appear only as prostrate mats.

The region of the greatest floral beauty is near the elevation of 5,500 feet. In this region plants are large and profuse. Warm summer sun, abundant moisture, and fertile soil combine to provide exceptional growing conditions.



*Rainier National Park Co. photo.*

AVALANCHE LILIES IN INDIAN HENRY'S HUNTING GROUND

All colors are represented. The principal plants having red flowers in this zone are Indian paintbrush, Lewis' monkeyflower, red heather, rosy spiraea, red pentstemon, and 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, glacierlily or yellow deertongue, mountain-dandelions, and yellow mimulus or monkeyflowers.

The principal plants in the pumice fields at or above timber line are: Mountain phlox, golden-aster, Lyall's lupine, yellow heather, Polemonium, purple phacelia, golden draba, and smelowskia. The last two vie with each other to attain the highest altitude. There is a total of 600 or 700 flowering plants native to this park.

#### THE FORESTS

The forests of Mount Rainier National Park contain few deciduous trees, but they 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 rivers, White, Carbon, Mowich, Nisqually, and 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 enclosing 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 diameter increase at the stump in valley land is about 1 inch in 6 years. A Douglas fir growing along the road between the park boundary and Longmire, at the age of 90 to 120 years, may have a breast diameter of 20 inches and contain 700 board feet of timber. Many trees of this size, having grown in shade or under other adverse conditions, may be much more than a century old. The trees between 200 and 300 years of age are often 40 or 50 inches in diameter. Douglas firs are sometimes over 600 years old and 60 to 100 inches in diameter.

Up to the elevation of 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



western hemlock, Douglas fir, and western red cedar. Other trees at low altitudes are amabilis fir, grand fir, and western yew. Western yew is an evergreen tree but not a coniferous species.

While these trees compose the type peculiar to the bottom lands, they are not confined there; rather they extend up the ridges and are 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 take the place of the dense undergrowth of the bottom lands.

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 on 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 hillsides and wind-swept ridges. The prevailing trees are the amabilis, noble fir, Alaska cedar, and western white pine. They sometimes grow separately in pure stands, but more often they are associated. At the lower limits of this zone the trees 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. 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 in 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 as high as 7,000 feet. A few diminutive white-barked pine grow above this elevation.



*Copyright, Asahel Curtis.*

MOUNT RAINIER REFLECTED IN MIRROR LAKE—INDIAN HENRYS HUNTING GROUND

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 7,500 feet. There is no distinct timber line.

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 a 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



Grant photo.

NATURE GUIDE PARTY AT SUNRISE

shades and dim vistas of the primitive forest. On the whole, they have a cheerful and pleasing appearance very different from the 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

*Paradise Valley and Southwest Section of Park.*—A 56-mile paved and oil-macadam road leads from Pacific Highway at Tacoma to Nisqually Entrance to the park. Motorists coming from Oregon on the Pacific Highway may turn east at Mary's Corner, 86 miles north of Portland. Over this paved and oil-surfaced route, it is 74 miles from Mary's Corner to Nisqually Entrance.

At Nisqually Entrance auto permits, costing \$1, are obtained. One permit entitles the auto to which it is issued to come into any of the four park entrances any number of times during the calendar year.

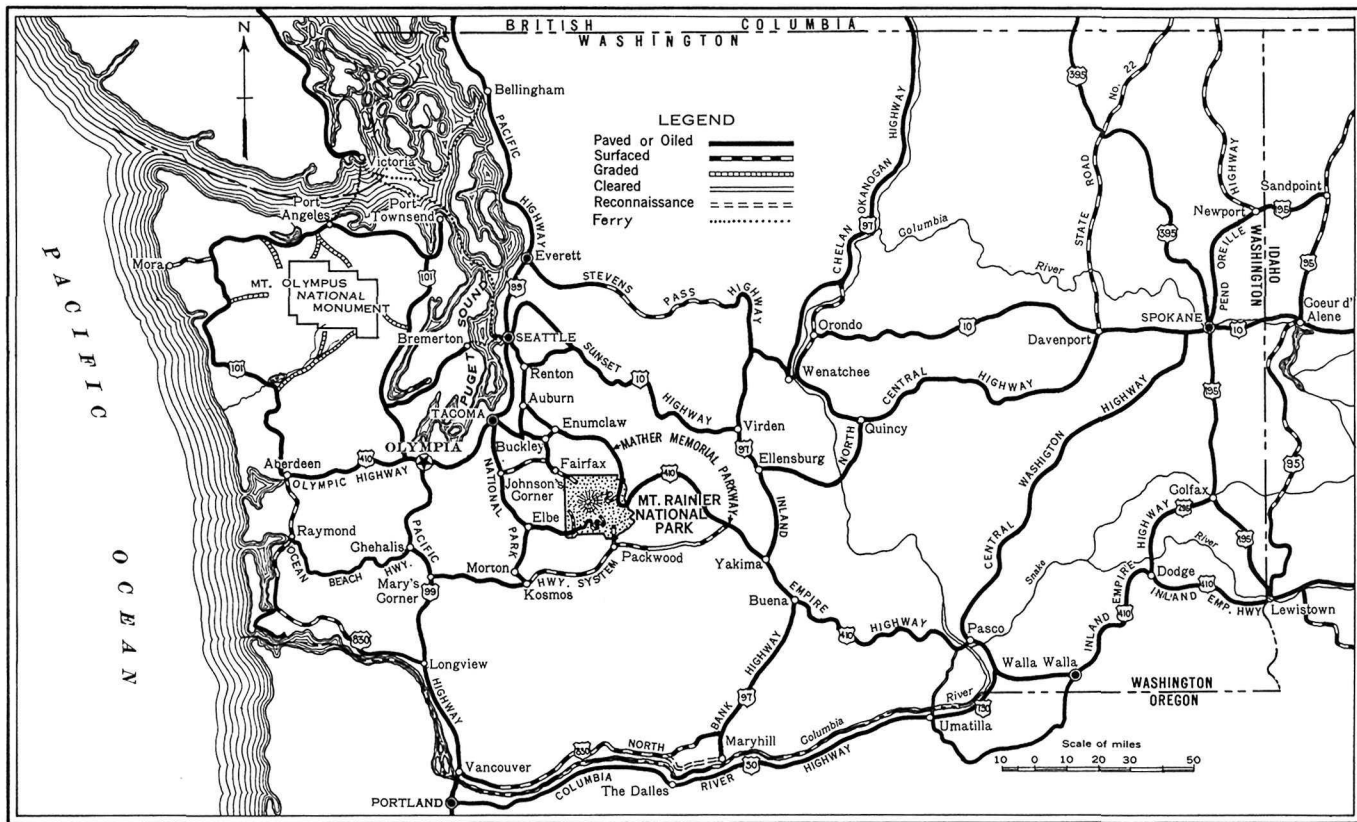
A 20-mile oil-macadam road continues from the entrance, through Longmire, to Paradise Valley.

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 and how they are handled for continuous forest production. From this unique "show window" forest the highway follows impressive Nisqually Canyon for several miles.

*Yakima Park (Sunrise) and Northeast Section of Park.*—Motorists may approach this section of Mount Rainier National Park either from Enumclaw, 42 miles west of the park checking station at White River, or from Yakima, 76 miles east of the checking station. State Highway No. 5, which connects the two cities, crosses the Cascade Mountain Range at Chinook Pass and goes through the northeast corner of the park. The entire east-west highway, as well as the 14 miles of road from the checking station to Yakima Park, is oil-macadam surfaced. A picnic ground is provided at Tipsoo Lakes near the summit of the mountain range which forms the eastern park boundary.

Auto permits are obtained at White River checking station for \$1. One permit entitles the car to which it is issued to come into any of the four park entrances any number of times during the calendar year.

Dedicated in honor of Stephen T. Mather, first Director of the National



APPROACH ROADS TO MOUNT RAINIER NATIONAL PARK

## Mount Rainier National Park—Washington

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Park Service, a strip of land on either side of the highway leading down both sides of the Cascade Divide has been set aside as Mather Memorial Parkway. This parkway, 50 miles long, extends from the highway to either side of the canyon through which the road passes.

*Carbon River and Northwest Section of Park.*—The northwest corner of the park is reached by highway from Enumclaw, 22 miles from Carbon River Entrance station. Approximately 11 miles of the road are paved. Throughout the summer a passable road is maintained 6 miles within the park to a point 2½ miles from Carbon Glacier. No automobile permit is needed for entrance, but visitors are requested to register. Trails lead to various lakes, glaciers, streams, and flower fields in the “wilderness area” of this park.

*Ohanapecosh Hot Springs and Southeast Section of Park.*—Approach to Ohanapecosh is made on paved and oil-surfaced roads via Kosmos, a point 65 miles southeast of Tacoma and 115 miles northeast of Portland (via Mary’s Corner). A 42-mile gravel road continues east from Kosmos to Ohanapecosh Entrance. No auto permit is necessary for entrance, but visitors must register.

Waters from the hot springs are piped into a bathhouse on the bank of Ohanapecosh River. Visitors may use the hot mineral waters for a nominal charge.

### BY RAILROAD AND AUTOMOBILE STAGE

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

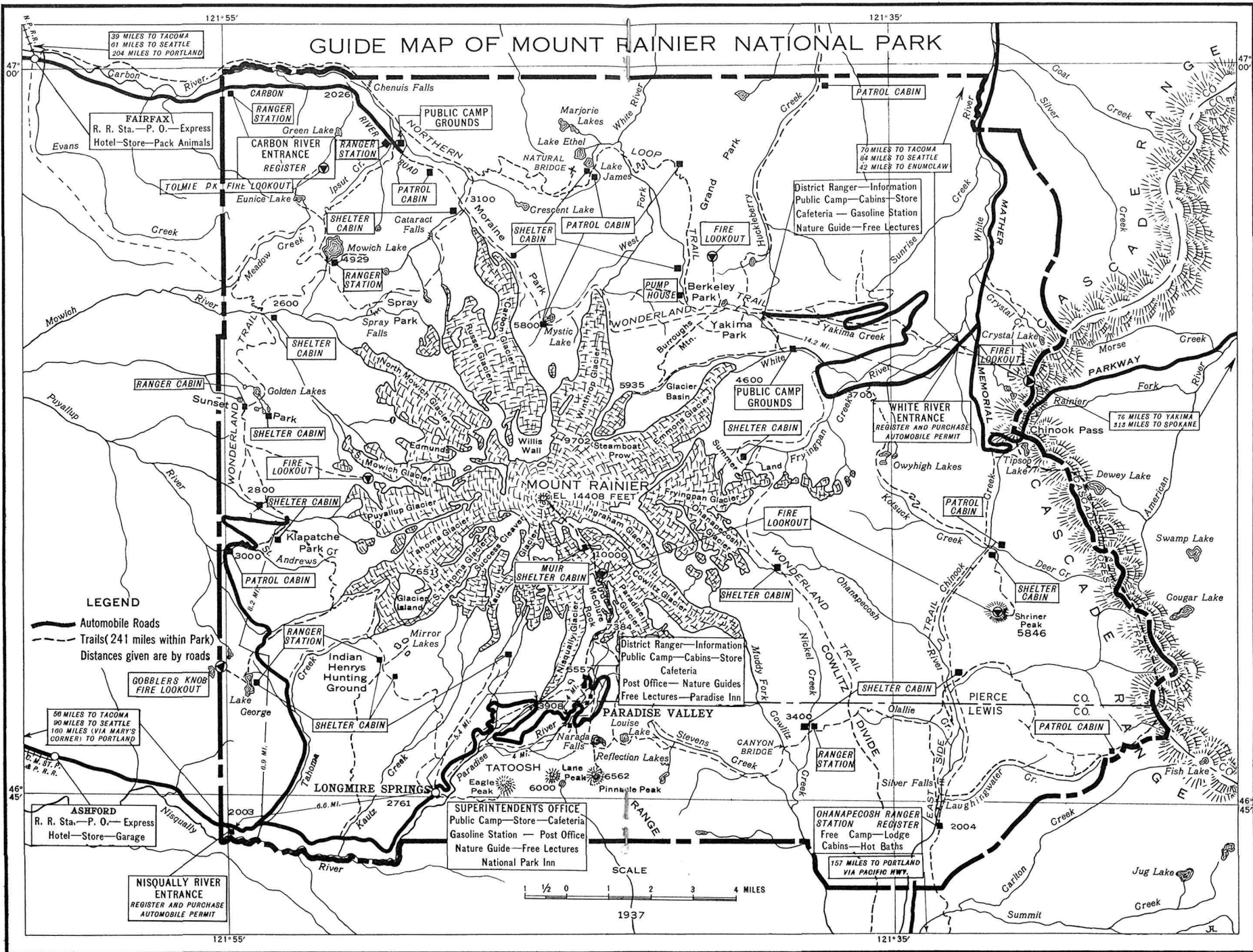
For information concerning stage service from these cities to the park, see Transportation, page 24.

### BY AIRPLANE

High speed, de luxe airplane service from all points in the United States to Seattle and Tacoma is available via United Air Lines and Northwest Airlines. Direct overnight service is available from eastern and midwestern cities. 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.



# GUIDE MAP OF MOUNT RAINIER NATIONAL PARK





#### 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.

#### PUBLIC CAMPGROUNDS

Comfortable campgrounds are maintained throughout the park for the convenience of those visitors who bring camping equipment. Modern campgrounds at Longmire, Paradise Valley, and Yakima Park are equipped with stoves, wood, tables, water, and sanitary facilities. Camps at Ohanapeosh, White River, Tahoma Creek, and Six Mile Creek, although less developed, have similar facilities. At Tahoma Creek water must be taken from the stream.

Food supplies may be purchased at Longmire, Paradise Valley, Yakima Park, and Ohanapeosh but campers must bring their own tents, bedding, cooking utensils, and other provisions.

#### POST OFFICES

Post offices are maintained at Longmire, Wash., the entire year, and at Paradise Inn, Wash., and Sunrise Lodge, Wash., from July 1 until Labor Day.

#### COMMUNICATION AND EXPRESS SERVICE

Telephone communication to all sections of the park is available from hotels, ranger stations, community houses, and Longmire Park headquarters. Long-distance telephone and telegraph services are available from hotels, Longmire headquarters, and Yakima Park Blockhouse.

Arrangements for express shipments may be made at hotels.

#### MEDICAL SERVICE

During the summer season a trained nurse, employed by the Rainier National Park Co., is stationed at Paradise Inn and at Yakima Park, and first-aid facilities are maintained at Longmire. A physician, having offices near the Nisqually Entrance to the park throughout the year, may be summoned. In cases of accident, illness, or serious injury park rangers assist visitors in contacting the doctor.

During the winter sports season a physician maintains offices in Paradise Valley each week-end. Park rangers are at hand in Paradise Valley to help skiers who may receive minor injuries.

#### TRAILS

The most spectacular scenery and fascinating natural features are reached by trails of varying lengths leading from roads and developed areas. Inexperienced hikers may take many interesting trips on well-maintained trails with complete safety.

Park rangers will gladly furnish information and help plan trips to suit the individual's time and ability.

Wonderland Trail, a 95.2-mile circuit of the peak, affords great pleasure to those who wish to enter remote areas. Overnight shelters are provided along the trail. (See map in center of pamphlet.)

#### WHAT TO WEAR

*Summer.*—To obtain the most enjoyment from a visit to Mount Rainier National Park, visitors should come prepared for hiking and saddle-horse riding. Wear reasonably warm clothing and be prepared for sudden changes of weather and altitude.

Particular attention should be given to footwear for hiking. Medium-weight shoes, hobnailed, will suffice for all ordinary tramping, but for ice climbing, calks instead of hobnails are required. If guides are engaged, they will provide calked shoes, clothing, alpenstocks, colored glasses, and face paints necessary for trips over snow or ice fields.

Arrangements for guides can be made at Paradise Guide House. Hiking clothing may be rented by those who do not bring their own.

*Winter.*—A wool outfit, preferably a ski suit, that will resist snow and moisture is the most practical clothing for the full enjoyment of winter sports. As the sun is reflected by the snow, face paints and dark glasses are needed.

Skis, poles, bindings, ski waxes, ski boots, sun paints, colored glasses, mittens, ski caps, socks, and windbreaks (parkas) may be purchased at Longmire and Paradise Valley. Complete ski outfits, including clothing, shoes, and skis, may be rented at Longmire; skis and poles, at Paradise Valley.

#### FISHING

No license is required to fish in the park.

Moderately good fishing may be enjoyed in park lakes and streams where

fish of the following species have been planted: Rainbow, native cutthroat, 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. 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 at Reflection Lake near Paradise Valley. Boats may be rented on Reflection Lake.

#### MOUNT RAINIER SUMMIT CLIMB

As a safety precaution, all climbers attempting the summit of Mount Rainier (14,408 feet high) are required to register with a district ranger before starting and to report the success of the climb to the district ranger before leaving the park. To insure reasonable chances of success, climbers must present evidence that they are physically capable; that they have knowledge and experience in similar hazardous climbing; and that they have proper equipment and supplies.

Generally speaking, Mount Rainier is a difficult peak to climb. The route to the summit is not a definitely marked path. Dangerously crevassed ice covers a large proportion of the mountain's flanks, and the steep ridges between glaciers are composed of treacherous crumbling lava and pumice.

Weather on the mountain is fickle. Midsummer snow storms, always accompanied by fierce gales, rise with unexpected suddenness.

Preparation by those who have set their ambition on making the ascent is far more than merely the collection of proper equipment. Thorough "seasoning" of oneself by making several less strenuous climbs up rocky peaks and short distances over glaciers is necessary before leaving for the "top." An extensive study of conditions, hazards, and precautions is essential before starting.

Need for securing services of a competent guide is virtually imperative. Guides not only show the way but tell visitors how to climb, when to rest and to take nourishment, and take care of persons exhausted or sick. The security enjoyed on a guide-conducted party far exceeds in value the moderate expense of the service.

Paradise Valley, logical starting point, is at an altitude of 5,557 feet and is 8.3 miles from the summit. Guides and necessities may be secured there.

Guided parties leave Paradise Valley in the afternoon so as to reach Camp

Muir, 4 miles away, before dusk. At this 10,000-foot elevation a shelter and very simple accommodations are provided. After a few hours rest, climbers start the last 3 miles of the trip about 1 or 2 a. m.

From Camp Muir over rough lava blocks on Cowlitz Cleaver to the base of Gibraltar Rock is a taxing climb. From here up through the "chutes" to the saddle above Gibraltar, climbers encounter the most serious difficulties of the trip. There is ever danger of persons above starting rock debris and ice fragments that may injure those below.

From Gibraltar remains a long, fatiguing climb up a continuous ice slope. Gaping crevasses must be avoided.

The rim of the south crater is usually reached about 8 a. m. Here climbers may record their ascent in registers within metal cases. Those having the strength may go on to Columbia Crest, the snow dome that constitutes the highest summit of the mountain.

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 rocks. Afternoon heat causes melting of the ice, thus allowing rocks to fall into the "chutes" through which summit climbers pass both on the ascent and descent.

The simpler the diet, on the whole, the more beneficial. Never eat much at a sitting on the ascent, but eat often and a little at a time. The conventional diet is not suitable for the strenuous athletic work of summit climbing. Beef tea, lean meat, all dry breakfast foods, cocoa, sweet chocolate, crackers, hard tack, dry bread, rice, raisins, prunes, dates, and tomatoes are in order.

Special mountain-climbing equipment is indispensable to a safe ascent of Mount Rainier. Heavy boots with calks are necessary for the rock work of the climb and crampons are needed for the climb over ice. Ice axes, ropes, and first-aid kits are essential. Grease paint, amber glasses, and warm woolen clothing are needed for protection from the weather. Proper equipment may be rented from the guides at Paradise Valley.

Although the mountain has been conquered by other routes than by Gibraltar Rock, ascents from other starting points are for only the most experienced mountain climbers. No guides are available; the trips are long and tiring; and no shelters are provided.

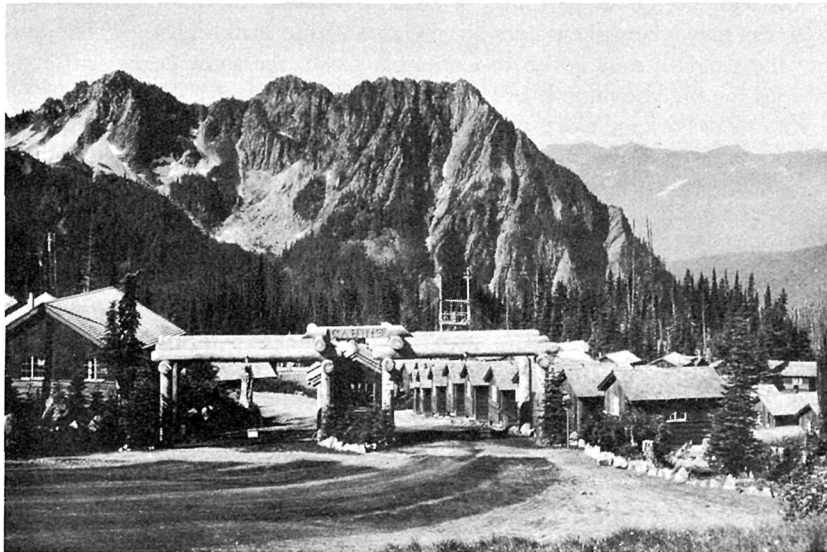
#### ACCOMMODATIONS AND EXPENSES

Throughout the summer season in Mount Rainier National Park, every type of accommodation is available in Paradise Valley, Longmire, Yakima

Park, and Ohanapecosh Hot Springs. During the winter cabin and hotel facilities are available at Longmire; hotel accommodations, at Paradise Valley, and cabins, at Ohanapecosh Hot Springs.

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 bath. A room in the cottage annex costs \$2 for one person. A 10-percent discount on rooms is allowed for a stay of 1 week or longer. Meals are available at the cafeteria in National Park Inn. Three-room housekeeping cabins for from 1 to 4



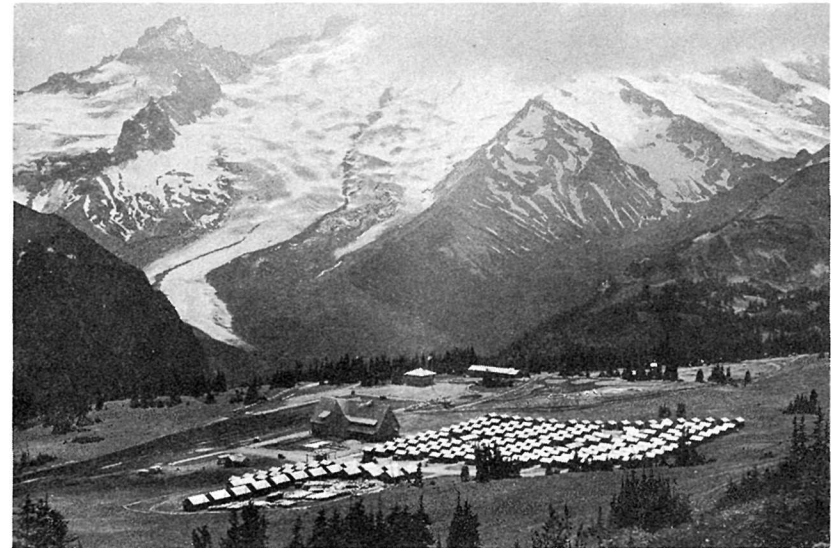
*Rainier National Park Co. Photo.*

HOUSEKEEPING CABINS AT PARADISE VALLEY

persons, without linen or maid service, may be rented for \$4 a day and \$25 a week; additional persons, \$1 each. With linen and maid service, the rates are \$6 a day and \$38 a week; additional persons, \$1.25 each per day.

At Paradise Valley all types of facilities, 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 \$6.50 each for 2 or more persons in a room without bath, to \$9 for 1 person in room, with bath. Table d'hôte meals: Breakfast, \$1.25; luncheon, \$1.50; 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 stay of a week or more. Housekeeping cabins of both the 3-room and 1-room type are available. The former cost the same as at Longmire, and rates for the 1-room units, without bed linen or maid service, are \$2 a day; \$5.50 for 3 days; and \$12.50 a week for not more than 2 persons. With linen and maid service, the rates are \$3 a day; \$8 for 3 days; and \$19 a week; additional persons, \$1.25 each per day. One-room units, with bed linen but without maid service, are proportionately lower.



*Rainier National Park Co. photo.*

SUNRISE LODGE AND HOUSEKEEPING CABINS, YAKIMA PARK

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

A wide range of services and accommodations is available throughout the winter season in Paradise Valley, the center of skiing and other winter sports activities.

Paradise Inn offers on week days and holidays complete first-class service

similar to that available during the summer season. Week-end and holiday service is American plan at \$7 each per day double and \$8 per day single, for a room with bath, and \$6 each double and \$7 single per day for a room without bath. Mid-week service is European plan, with meals a la carte at the Paradise Inn dining room and rooms from \$2.25 each per day for two or more in a room without bath to a single room with bath at \$4 per day. Table d'hote single meals, week-ends and holidays, are \$1.50 each.

At Paradise Lodge rooms with or without bath are on the European plan, ranging from \$2.25 each per day for two or more persons in a room without bath to \$4 per day for a single room with bath. Cafeteria service is available at the Lodge dining room on week-ends and holidays only. Mid-week meal service for Lodge guests is available at the Paradise Inn dining room.

One of the most popular methods of securing accommodations in Paradise Valley during the period from December 14 to May 1 is by lease. A one-room cabin with a capacity of two people may be leased for this period for \$40 and a three-room cabin with a capacity of four people may be leased for \$80. Rooms in Paradise Lodge may be leased at rates ranging from four people in a room without bath for \$90 to a room with bath at \$150 for four people. Rooms in Paradise Inn may also be leased for this period at reasonable rates.

Rooms are offered at Longmire on the European plan at rates between \$2.50 per day, single, room without bath, to \$3.50 per day for a single room with bath, with additional charges of \$1 per day for each additional person for rooms without bath and \$1.50 per day for each additional person in rooms with bath. Rooms in cottages are \$2 per day single with \$1 a day for each additional person. Housekeeping accommodations are also available at Longmire. Meal service is cafeteria style. Dormitory accommodations also may be procured. Skis, snowshoes, and other necessary equipment are available at reasonable rates.

Detailed rates for winter accommodations and services are contained in a folder on winter sports in Mount Rainier National Park. This folder may be obtained also from the Seattle or Tacoma offices of the Rainier National Park Co.

#### 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.



Grant photo.

COMMUNITY HOUSE AT PARADISE VALLEY

*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 \$3.50, 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 one person to \$10 a day each for seven



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 one person to \$10 each for a party of four or more.

TRANSPORTATION

TO THE PARK

The Rainier National Park Co. operates auto stages from Seattle and Tacoma to Longmire throughout the year. During the summer season daily service is maintained from Seattle and Tacoma, through Longmire, to Paradise Valley. In the winter when the road is closed by snow at Narada Falls, a mile and a half by trail from Paradise, stage service is available to that point.

Contingent upon snow conditions in the spring and ending on Labor Day stages are operated into Yakima Park, via White River entrance, from Tacoma, Seattle, and Yakima. After Labor Day and until Yakima Park is closed by snow, touring cars with driver may be rented by private parties for transportation into Yakima Park from Seattle and Tacoma. No transportation service is available from the city of Yakima after Labor Day.

All-year transportation from Tacoma to Longmire one way is \$1.90. Rates between other points are proportionate. All-year service from Ashford to Nisqually entrance, Longmire, and Narada Falls is available. From Ashford to Paradise Valley transportation service is maintained, except during the winter when the road is closed at Narada Falls.

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

A gasoline service station is operated at Longmire throughout the year. At Yakima Park a service station is open during the summer season. Motor supplies may be purchased at Longmire and Yakima Park.

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.	Miles 1.0	Miles 19.0	Feet 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 Henrys Hunting Ground, 5.5 miles.
Bear Prairie Point . . . . .	4.8	15.2	2,500	Magnificent view of mountain.
Longmire . . . . .	6.6	13.4	2,761	Superintendent's headquarters.
Indian Henrys Trail . . . . .	7.0	13.0	2,850	Trail to Indian Henrys 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	5,557	District ranger; Paradise Inn.
Public campgrounds . . . . .	20.4	0.4	5,557	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. Wonderland Trail branches to Indian Henry.
Tahoma Camp . . . . .	4.2	10.9	3,146	
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	Striking panorama of surrounding peaks.
Yakima Park . . . . .	15.6	0.0	6,400	Ranger headquarters; housekeeping cabins; cafeteria; small camping area.
Campgrounds and picnic area . . . . .	16.9	1.3	6,400	Large public campground; picnic area; Shadow Lake.

Mount Rainier National Park—Washington

WONDERLAND TRAIL, PARADISE VALLEY TO YAKIMA PARK—28.5 MILES

PARADISE VALLEY TO NICKEL CREEK—9 MILES

Name	Distance from—		Elevation above sea level	Remarks
	Paradise Valley	Yakima Park		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Paradise Valley . . . . .	0.0	28.5	5,557	Ranger station, hotel, lodge, housekeeping cabins, camp grounds, etc.
Reflection Lakes . . . . .	1.5	27.0	4,860	Mirrored lakes.
Louise Lake . . . . .	2.5	26.0	4,590	Beautiful clear lake.
Stevens Canyon . . . . .	3.5	25.0		
Martha Falls . . . . .	4.0	24.5	3,110	Waterfalls in Martha Creek.
Stevens Creek Crossing . . . . .	6.5	22.0	2,730	
Muddy Fork Box Canyon . . . . .	7.7	20.8	3,040	One of the most picturesque river canyons in America.
Nickel Creek . . . . .	8.5	20.0	3,300	Patrol and shelter cabins.

NICKEL CREEK TO INDIAN BAR—6.5 MILES

Nickel Creek . . . . .	8.5	20.0	3,300	Patrol and shelter cabins.
Cowlitz Divide . . . . .	10.0	18.5	4,770	Trail branches to Ohanapecosh Hot Springs development, 2.5 miles.
Indian Bar . . . . .	15.0	13.5	4,150	Basin above Wauhaukaupauken Falls. Shelter cabin.

INDIAN BAR TO SUMMERLAND—4 MILES

Indian Bar . . . . .	15.0	13.5	4,150	Described above.
Ohanapecosh Park . . . . .	16.0	12.5	5,500	Scenic region; many waterfalls and rugged peaks.
Fryingpan Glacier . . . . .	17.5	11.0	6,750	Trail crosses over ice.
Summerland . . . . .	19.0	9.5	5,900	Wild flowers amid rugged surroundings.

SUMMERLAND TO YAKIMA PARK—9.5 MILES

Summerland . . . . .	19.0	9.5	5,900	Described above.
White River Road at Fryingpan Creek . . . . .	23.3	5.2	3,840	Fryingpan Creek Highway Bridge.
White River Road at White River Bridge . . . . .	24.3	4.2	3,965	Highway bridge over White River.
Old White River Camp . . . . .	25.6	2.9	4,600	Trail to Snout of Emmons Glacier, Glacier Basin, and Burroughs Mountain.
Yakima Park . . . . .	28.5	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
	Ohanapecosh Hot Springs	White River Road		
Ohanapecosh Hot Springs	<i>Miles</i> 0.0	<i>Miles</i> 17.0	<i>Feet</i> 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 Ohanapecosh 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 Ohanapecosh 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	Waterfalls 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	Charming lakes amid rugged peaks.
White River Road	17.0	0.0	3,700	

WONDERLAND TRAIL, YAKIMA PARK TO CARBON RIVER ROAD—15 MILES

Name	Distance from—		Elevation above sea level	Remarks
	End of Carbon River Road	Yakima Park		
Yakima Park	<i>Miles</i> 15.0	<i>Miles</i> 0.0	<i>Feet</i> 6,400	Scenic park; unobstructed view of mountain camp, cabins, lodge.
Trail Junction	12.9	2.1	6,550	Junction of Mystic Lake Trail.
Winthrop Glacier	9.2	5.8	4,800	Second largest glacier in park.
Mystic Lake	7.0	8.0	5,750	Clear, beautiful lake; shelter cabins; magnificent views obtained.
Moraine Park	5.1	9.9	5,700	Good camping; grass and water.
Moraine Cabin	5.0	10.0	5,100	Shelter cabin.
Carbon Glacier	3.5	11.5	3,355	Lowest perpetual ice field in the United States.
End of Carbon River Road	0.0	15.0	3,175	Shelter cabin; Wonderland Trail junction with Carbon River Road.

Mount Rainier National Park—Washington

WONDERLAND TRAIL, CARBON RIVER TO LONGMIRE—46.5 MILES

END OF CARBON ROAD TO MOWICH LAKE—12 MILES

Name	Distance from—		Elevation above sea level	Remarks
	End of Carbon River Road	Longmire		
End of Carbon River Road	<i>Miles</i> 0	<i>Miles</i> 46.5	<i>Feet</i> 3,175	Shelter cabin Wonderland Trail; junction with Carbon River Road.
Mist Park	6.0	40.5	5,500	At head of Cataract Creek.
Spray Park	8.0	38.5	6,000	Most beautiful park on north side.
Spray Falls	8.3	38.2	5,500	Highest waterfalls on north side.
Eagle Cliffs	9.0	37.5	5,300	Fine view of Mount Rainier.
Mowich Lake	12.0	34.5	4,930	Fishing; good camping; 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	12.0	34.5	4,930	Described above. Good fishing. Numerous clear lakes; good fishing and camping.
North Mowich River	15.5	31.0	2,650	
South Mowich River	16.0	30.5	2,650	
Golden Lakes	20.8	25.7	5,000	

Mount Rainier National Park—Washington

WONDERLAND TRAIL, CARBON RIVER TO LONGMIRE—46.5 MILES—continued

SUNSET PARK TO LONGMIRE VIA INDIAN HENRYS—24 MILES

Name	Distance from—		Elevation above sea level	Remarks
	End of Carbon River Road	Longmire		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Sunset Park . . . . .	22.5	24.0	5,500	Upland park; telephone; patrol and shelter cabins.
North Puyallup River (end West Side Road) . . . . .	26.7	19.8	3,500	Highway bridge; view of overhanging glacier.
Klapatche Park . . . . .	29.2	17.3	5,500	Alpine park; shelter cabin.
St. Andrews Park . . . . .	30.2	16.3	5,700	Alpine park.
South Puyallup River . . . . .	33.5	13.0	3,800	View of South Puyallup River.
Tahoma Creek Crossing . . . . .	37.0	9.5	4,200	Trail bridge over Tahoma Creek.
Indian Henrys . . . . .	39.0	7.5	5,300	Patrol cabin; shelter cabin.
Squaw Lake . . . . .	40.0	6.5	5,000	Small clear lake.
Kautz Creek . . . . .	43.7	2.8	3,700	Fast-flowing stream from Kautz Glacier.
Ramparts Ridge . . . . .	44.5	2.0	3,800	Trail over Ramparts Ridge to Longmire.
Van Trump Trail . . . . .	44.8	1.7	3,500	Trail branches to Van Trump Park.
Longmire . . . . .	46.5	0.0	2,761	Superintendent's headquarters; hotels; cabins; campgrounds.

PARADISE TRAIL FROM LONGMIRE SPRINGS TO PARADISE VALLEY—5.2 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	5.2	2,761	Described above.
Mouth of Paradise River . . . . .	1.4	4.3	3,150	Bridge over Nisqually River.
Carter Falls . . . . .	2.1	3.2	3,500	On Paradise River.
Madcap Falls . . . . .	2.3	3.0	3,600	Do.
Narada Falls . . . . .	3.7	1.5	4,572	Principal falls on Paradise River with sheer drop of 168 feet.
Paradise Inn, lodge, camp . . . . .	5.2	0.0	5,557	Hotel, lodge, cabins, camp.

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 . . . . .	1.2 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 . . . . .	.6 N . . . . .	5,800	Fine view; marker to identify all peaks and prominent points.
Monument . . . . .	1.5 NE . . . . .	5,900	Where Chief Sluisin, Indian guide, waited return of first summit climbers.
Golden Gate . . . . .	1.5 NE . . . . .	6,500	Where Paradise Glacier and Skyline trails cross.
Reflection Lakes . . . . .	1.5 SE . . . . .	4,861	Beautiful clear lakes on bench north of Pinnacle Peak, Tatoosh Range.
Bench Lake . . . . .	2.0 SE . . . . .	4,500	On lower bench overlooking Stevens Canyon.
Pinnacle Peak . . . . .	3.0 SE . . . . .	6,562	Sharp peak on Tatoosh Range. Easy trip from Paradise Park.
Stevens Peak . . . . .	4.0 SE . . . . .	6,511	At east end of Tatoosh Range.
Unicorn Peak . . . . .	4.7 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.
Sluisin Falls . . . . .	1.2 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 . . . . .	1.7 NE . . . . .	6,000	East lobe of Paradise Glacier draining into Stevens Canyon.
Stevens Ice Cascades . . . . .	2.0 NE . . . . .		Crevassed slope of Stevens Glacier.
Stevens Water Cascades . . . . .	2.2 NE . . . . .		At foot of Stevens Glacier.
Stevens Canyon . . . . .	2.2 NE . . . . .		Below Stevens Glacier. 4 miles long, ½ mile wide, 1,000 to 2,000 feet deep.
Fairy Falls . . . . .	2.7 NE . . . . .	5,500	Falls 700 feet high at head of Stevens Canyon.
Mazama Ridge . . . . .	1.0 SE . . . . .	5,900	Noted for abundance of beautiful wild flowers.
Faraway Rock . . . . .	2.5 SE . . . . .	5,300	Excellent panorama of Tatoosh Range with lakes in foreground.
Lake Louise . . . . .	2.5 SE . . . . .	4,500	Beautiful lake. Good fishing.

Mount Rainier National Park—Washington

REACHED FROM PARADISE VALLEY—continued

Name	Distance and direction from Paradise Valley	Elevation above sea level	Remarks
Cowlitz Glacier	<i>Miles</i> 3.0 NE	<i>Feet</i> 4,500	Largest glacier on southeast side of the mountain.
Cowlitz Rocks	2.5 NE	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	3.2 N	8,262	Lofty spires between Cowlitz and Ingraham Glaciers.
Cowlitz Chimneys	8.0 NE	7,607	Large chimney-like peaks on divide between Cowlitz River and White River.
McClure Rock	3.1 N	7,384	Flat rocky platform overlooking Paradise Glacier.
Anvil Rock Fire Look-out Station	4.6 N	9,584	Sharp crest halfway between McClure Rock and Camp Muir. The trail leads over snow fields.
Camp Muir shelter hut	5.0 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	5.5 N	11,033	Pinnacle on Cowlitz Cleaver. Its shape resembles a beehive.
Camp Misery	5.5 N	11,033	Above the Beehive.
Gibraltar Rock	6.0 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	7.8 N	14,161	First point reached on rim of east crater.
Columbia Crest	8.3 N	14,408	Huge snowdrift on northwest side of east crater. Highest summit of Mount Rainier.
Point Success	8.5 N	14,150	Most southern summit. About 250 feet lower than Columbia Crest.
Liberty Cap	8.8 N	14,112	High summit near the north end of mountain.
East Crater	7.8 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	Panorama 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 campgrounds 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	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.
Mount Fremont	2.5 NW	7,200	Fire lookout.

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 <sup>1</sup> . . . . .	4,232	Beautiful lake. Good fishing.
Mount Wow . . . . .	1.5 W <sup>1</sup> . . . . .	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 . . . . .	3.7 NE. . . . .	4,572	Principal falls on Paradise River with sheer drop of 150 feet.
Paradise Valley . . . . .	5.2 NE. . . . .	5,557	Camps, hotels; base for mountain climb.

<sup>1</sup> Distance given is from road.

REACHED FROM OHANAPECOSH

Name	Distance and direction from Ohanapecosh	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 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 by a trail through a deep forest. Junction with Wonderland Trail to Indian Bar, Ohanapecosh Park, and Panhandle Gap.

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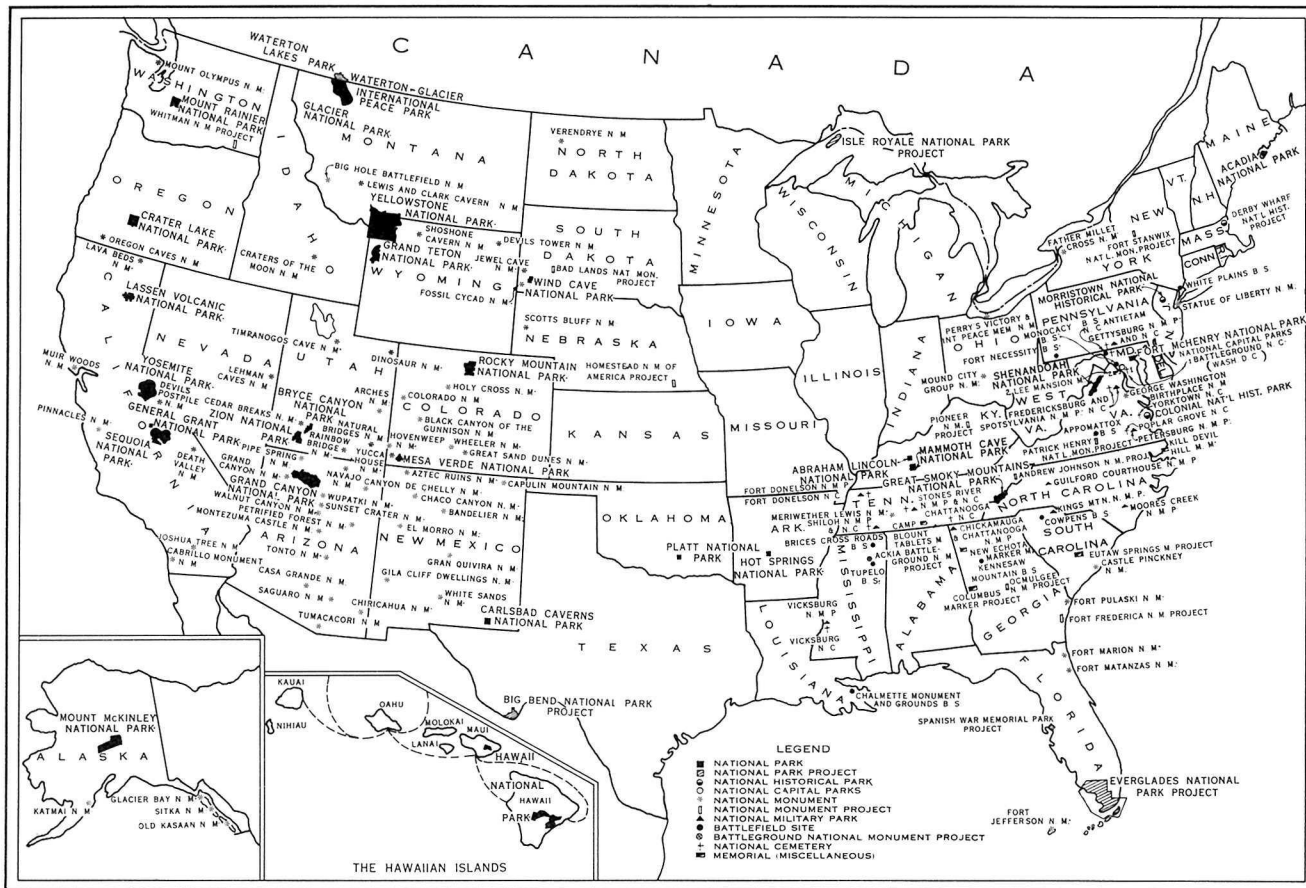
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