

*Mount Rainier*

NATIONAL PARK • WASHINGTON

# MOUNT RAINIER

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UNITED STATES DEPARTMENT OF  
THE INTERIOR · Harold L. Ickes, Secretary

NATIONAL PARK SERVICE · Arno B. Cammerer, Director

## 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 throughout the year. During the winter months this road is open to general traffic to Narada Falls, 1.5 miles by trail from Paradise Valley. From here, stage service only is maintained to Paradise Valley. White River Road to Yakima Park is open from about June 20 to about November 1, and is closed during the winter. The East Side Road to Ohanapecosh Hot Springs and the Carbon River Road are open from about June 1 to about November 1. Both roads are closed during the winter.

*Note.*—Opening and closing dates of park roads are dependent upon snow conditions. Write the park superintendent, Longmire, Washington, for exact dates each year.

Adequate hotel, lodge, or cabin accommodations are always available except in the Carbon River District.

### WHAT TO DO

**Hiking.**—When planning hikes review tables on pages 28 to 31, 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.

**Saddle-horse trips.**—See page 20. **“Tin pants” sliding.**—See next page.

**Camping and picnicking.**—See page 11. **Fishing.**—See page 13.

**Hot mineral baths.**—See page 20.

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

**Hikes from Longmire.**—Free hikes, requiring 1 day for the round trip are conducted by ranger naturalists from the museum to Van Trump Park, Indian Henrys Hunting Ground, crest of Gobblers Knob (fire lookout station), Klapatche Park, and other points of interest. While not on a daily schedule, these trips are conducted in the event that parties of 10 or more request such service.

Shorter hikes of a half day or less may be arranged to the beaver dams, crest of Rampart Ridge, and other interesting places. These hikes are 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 daily except Monday to answer questions.

### GUIDE SERVICE

**“Tin pants” sliding.**—“Tin pants” sliding down the steep snowslopes 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 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.



**M**OUNT 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).

“THE MOUNTAIN”

Mount Rainier, for which the park is named, is sometimes called “the mountain that was God.” Rising to an elevation of 14,408 feet, it is the third highest mountain in the United States proper. Only Mount Whitney (Calif.), 14,495 feet, and Mount Elbert (Colo.), 14,420 feet, rise above the pinnacle of Mount Rainier. It stands approximately 11,000 feet above its immediate base and covers 100 square miles, approximately one-fourth the area of the park.

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.

Unlike cone-shaped Fujiyama, Mount Rainier is a broadly truncated mass resembling an enormous tree stump with spreading base and irregularly broken top. Its crowning snow mound, once supposed to be the highest point in the United States, bears the proud name of Columbia Crest.

Mount Rainier's life history has been a varied one.

MOUNT RAINIER

IN WINTER

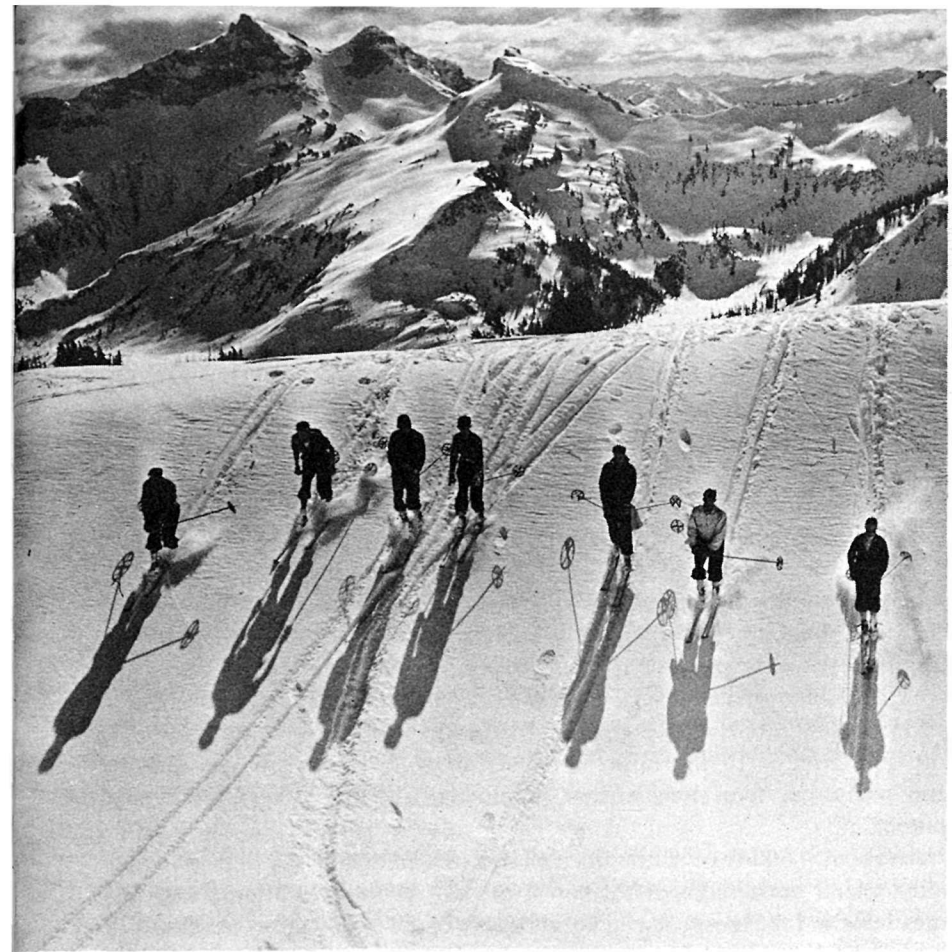
Like all volcanoes it has built up its cone with the materials ejected by its own eruptions—with cinders and steam-shredded particles and lumps of lava and with occasional flows of liquid lava that have solidified into layers of hard andesite rock. At one time it may have attained an altitude of 16,000 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 in historic times. During the nineteenth century it appears to have been feebly active at long intervals, but now it is dormant. 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.

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 to 22 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



*Rainier National Park Co. photo.*

SKIERS ENJOYING THE BROAD OPEN TERRAIN ABOVE PARADISE VALLEY

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.

#### 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. 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 timber line, 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.

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,



*Rainier National Park Co. photo.*

AVALANCHE LILIES IN INDIAN HENRYS HUNTING GROUND

golden draba, and smelowskia. The last two vie with each other to attain the highest altitude. Over 650 species of flowering plants are native to this park. Hundreds of such nonflowering plants as ferns, mosses, fungi, etc., are also found.

#### 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 varies in age 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.

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. 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.



*Copyright Asahel Curtis*

MOUNT RAINIER REFLECTED IN MIRROR LAKE—INDIAN HENRYS HUNTING GROUND



Grant photo.

NATURE GUIDE PARTY AT YAKIMA PARK

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.

#### 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 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 BUS

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, Southern Pacific Canadian Pacific, and Canadian National Systems serve Seattle and Tacoma. Seattle is also served by several bus lines, including the British Columbia Motor Transportation, Ltd., North Coast Transportation Co., and Washington Motor Coach Co., Inc.; Tacoma by the North Coast Transportation Co.; and Yakima by the Washington Motor Coach Co., Inc. 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 21.

#### 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.

#### 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.

#### FREE 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 Ohanapecosh, 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 Ohanapecosh 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.

## 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. Mechanical service is available at Paradise, Longmire, and Yakima Park.

## 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.

## 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.)

## 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 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 11 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 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 the climb is arduous and long, first crossing the Cowlitz Glacier, then dropping approximately 500 feet to pass below Cathedral Rocks before continuing to the summit up Emmons Glacier. Gaping crevasses must be avoided.

The rim of the south crater is usually reached about 8 or 9 a. m., and there climbers may record their ascent in registers within metal cases. Those having the strength may continue to Columbia Crest, the snow dome constituting the highest summit of the mountain. Return to Paradise Valley is easily made in from 6 to 8 hours.

The simpler the diet, on the whole, the more beneficial. One should never eat much at a sitting on the ascent, but should 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 the 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 different routes, ascents from other starting points are only for the most experienced mountain climbers. 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.

This booklet is issued once a year and *rates mentioned herein may have*



*Rainier National Park Co. Photo*

HOUSEKEEPING CABINS AT PARADISE VALLEY



*changed slightly since issuance*, but the latest rates approved by the Secretary of the Interior are on file with the superintendent and park operator.

#### 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 persons, without linen, may be rented for \$4 a day and \$25 a week; additional persons, \$1 each. With linen, 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, are \$2 a day; \$5.50 for 3 days; and \$12.50 a week for not more than 2 persons. With blankets and linen, the rates are \$3 a day; \$8 for 3 days; and \$19 a week; additional persons, \$1.25 each per day.

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. Midweek service is European plan, with meals a la carte



*Rainier National Park Co. Photo*

SUNRISE LODGE AND HOUSEKEEPING CABINS, YAKIMA PARK

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'hôte single meals, week-ends and holidays, are \$1.50 each. Cafeteria service is available at the Lodge dining room on week-ends and holidays only. Midweek meal service is available at the Paradise Inn dining room.

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.

*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



COMMUNITY HOUSE AT PARADISE VALLEY

*Grant photo*

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 at reasonable rates for special trips through the park and for the various mountain climbs.

At the Paradise Valley Guide House arrangements are made for the various trips, clothing, equipment, etc., including guide service for the summit climb, which ranges in cost from \$35 for one person to \$17.50 each for a party of three or more. Illustrated talks on the various trips are given in the Guide House Auditorium by guides. This guide service and illustrated talks are separate from the free naturalist service.

#### 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, 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.

##### 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.



WILD FLOWERS IN CONTRAST TO FIELDS OF ICE

During the winter season the Nisqually Road is kept open for general traffic as far as Narada Falls, 1.5 miles by trail from Paradise Valley. Owing to the great depth of snow and lack of parking space, private cars are not permitted beyond Narada Falls. From here bus service is operated and visitors may avail themselves of this service at moderate rates or use the trail as preferred.

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.
Fallen Rock . . . . .	2.0	18.0	2,270	Large rock which has fallen from Tuntum.
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.
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.



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 Henrys.
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	2.7	3,707	Parking area. View of Hanging Glacier. Trail to Klapatche Park, 3 miles; Sunset Park, 4.5 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 Campground. 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.

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.

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		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
Yakima Park . . . . .	15.0	0.0	6,400	Scenic park; 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	Magnificent views; shelter cabins.
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, Carbon River Road

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		
	<i>Miles</i>	<i>Miles</i>	<i>Feet</i>	
End of Carbon River Road . . . . .	0.0	46.5	3,175	Described above.
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.
North Mowich River . . . . .	15.5	31.0	2,650	
South Mowich River . . . . .	16.0	30.5	2,650	Good fishing.
Golden Lakes . . . . .	20.8	25.7	5,000	Good fishing and camping.

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 . . . . .	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.

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 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 . . . . .	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.
Sluiskin 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 . . . . .		Crevasse 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.

REACHED FROM PARADISE VALLEY—continued

Name	Distance and direction from Paradise Valley	Elevation above sea level	Remarks
	<i>Miles</i>	<i>Feet</i>	
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.
Cowlitz Glacier . . . . .	3.0 NE . . . . .	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. 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	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.
Van Trump Park . . . . .	2.7 N . . . . .	5, 550	Beautiful alpine park; shelter cabin. Take trail at Christine Falls.

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	Highpass above timber line 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
Eagle Peak . . . . .	<i>Miles</i> 3.5 E . . . . .	<i>Feet</i> 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 campgrounds . . . . .	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 . . . . .	4, 232	Beautiful lake. Good fishing.
Mount Wow . . . . .	1.5 W . . . . .	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
Silver Falls Loop . . . . .	<i>Miles</i> 1.2 N . . . . .	<i>Feet</i> 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.

## REFERENCES

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- WINTHROP, THEODORE. The Canoe and the Saddle, or Klalam and Klickitat. 1862. With the author's western letters and journals. Edited by John H. Williams. 16 color plates and 100 other illustrations. 1913. 332 pp. Mount Rainier on pp. 36-41, 100-122, 260, 273-274, 281-283, 309-318.
- YARD, ROBERT STERLING:  
The Top of the Continent. 1917. 244 pp., illustrated. Mount Rainier on pp. 115-139.  
The Book of the National Parks. 1926. 444 pp., 74 illustrations, 14 maps and diagrams. Mount Rainier on pp. 156-183.

## 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.**—Feeding bears in campgrounds and populated areas is prohibited; 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 entered northwest corner of what is now the park. First white man to penetrate this region.
- 1857— July 16. Lt. A. V. Kautz, of the United States Army, and four companions made first attempt to scale Mount Rainier but did not reach summit.
- 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, made second successful ascent of Mount Rainier via Cowlitz Glacier-Gibraltar route.
- 1883— August. Longmire Mineral Springs discovered by James Longmire on third successful summit climb, made with G. B. Bayley and P. B. Van Trump.
- 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.
- 1890— August 10. The first woman, Fay Fuller, reached the summit of Mount Rainier.
- 1899— March 2. Mount Rainier National Park established by act of Congress.
- 1909— Regular (horse-drawn) stage service was started between Ashford and Longmire.
- 1912— October 8. President Taft visited the park.
- 1913— Government surveyors of the United States Geological Survey established the elevation of Mount Rainier as 14,408 feet above sea level.
- 1931— March 24. Mather Memorial Parkway established.
- 1931— July 15. Yakima Park first was opened to the public.
- 1933— September 2. New Mowich Entrance dedicated.

## GOVERNMENT PUBLICATIONS

*Glimpses of Our National Parks.* An illustrated booklet. Address Director, National Park Service, United States Department of the Interior, 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.

*Fauna of the National Parks. Series No. 1.* G. M. Wright, J. S. Dixon, and B. H. Thompson. Survey of wildlife conditions in the national parks. 157 pages, illustrated. Superintendent of Documents, Washington, D. C. 20 cents.

*Fauna of the National Parks. Series No. 2.* By G. M. Wright and B. H. Thompson. Wildlife management in the national parks. 142 pages, illustrated. Superintendent of Documents, Washington, D. C. 20 cents.

*National Parks Portfolio.* By Robert Sterling Yard. Cloth bound; illustrated with more than 300 carefully chosen photographs. Superintendent of Documents, Washington, D. C. \$1.50.

*Topographic Map of Mount Rainier National Park.* In color. 20 by 18¾ inches. United States Geological Survey, Washington, D. C. 10 cents.

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

Acadia, Maine.

Carlsbad Caverns, N. Mex.

Crater Lake, Oreg.

General Grant, Calif.

Glacier, Mont.

Grand Canyon, Ariz.

Grand Teton, Wyo.

Great Smoky Mountains, N. C.-Tenn.

Hawaii, Hawaii.

Hot Springs, Ark.

Lassen Volcanic, Calif.

Mesa Verde, Colo.

Mount McKinley, Alaska.

Platt, Okla.

Rocky Mountain, Colo.

Sequoia, Calif.

Wind Cave, S. Dak.

Yellowstone, Wyo.

Yosemite, Calif.

Zion and Bryce Canyon, Utah.









*Mount Rainier*

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