



MOUNT RAINIER
NATIONAL PARK
... WASHINGTON

UNITED STATES
DEPARTMENT OF THE
INTERIOR

Harold L. Ickes, *Secretary*



19 40

NATIONAL PARK SERVICE
Arno B. Cammerer, *Director*

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A pictorial leaflet depicting park features may be obtained free at Longmire Museum and Administration Building, Paradise Valley Ranger Station and Community Building, Yakima Park Blockhouse, and Ohanapeocosh and Carbon River Entrances.

Historic Events

- 1792 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 Dr. William Fraser Tomlie entered northwest corner of what is now the park. First white man to penetrate this region.
- 1857 Lt. A. V. Kautz and four companions made first attempt to scale Mount Rainier but did not reach summit.
- 1870 Hazard Stevens and P. B. Van Trump made the first successful ascent via Gibraltar route.
- 1890 The first woman, Fay Fuller, reached the summit of Mount Rainier.
- 1899 Mount Rainier National Park established by act of Congress.
- 1912 President Taft visited the park.
- 1913 United States Geological Survey established the elevation of Mount Rainier as 14,408 feet above sea level.



OPEN
ALL
YEAR

*Mount
Rainier*
NATIONAL PARK
WASHINGTON

HIKERS VIEW NISQUALLY GLACIER WHOSE ORIGIN IS AT SUMMIT OF MOUNT RAINIER

MOUNT RAINIER National Park was established by act of Congress, approved by President McKinley, March 2, 1899. By a subsequent act, January 31, 1931, the park was extended to the east to the summit of the Cascade Range, the boundary recommended by the original bill. The park embraces 377.78 square miles (241,782 acres).

"THE MOUNTAIN"

Mount Rainier, sometimes called "the mountain that was God," rises 14,408 feet and is the fourth highest mountain in the United States. It is approximately 11,000 feet above its immediate base and covers 100 square miles, one-fourth of the area of the park.

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 bears the proud name of Columbia Crest.

Like all volcanoes, Mount Rainier's cone was built by its own eruptions—with cinders and steam-shredded parti-

cles, lumps of lava, and occasional flows of liquid lava that have solidified into layers of hard andesite rock. Judging by the steep inclination of the lava and cinder layers visible in its flanks, it is thought to have once attained an altitude of 16,000 feet. In subsequent explosions, the top 2,000 feet was destroyed, leaving a vast 3-mile crater surrounded by a jagged rim. Within this, small cinder cones were built up, forming the dome now constituting the main peak, and rising 300 feet above the old crater rim. Prominent among these are Point Success (14,150 feet) and Liberty Cap (14,112 feet). No eruptions of Mount Rainier are known in historic times, but steam vapors still issue from fissures in the crater rim.

Mount Rainier has more glaciers than any other peak in the United States proper. Five, the Nisqually, Ingraham, Emmons, Winthrop, and Tahoma, originate at the top, while others, born of snows in immense cirques, merge impressively into the glistening armor of the great volcano. Most notable are the Cowlitz, Fryingpan, Carbon, Russell,

North and South Mowich, and Puyallup. Mount Rainier's glacial mantle totals more than 40 square miles.

FLOWERS AND FORESTS

In glowing contrast to the glaciers are the multicolored wild flowers. Almost 700 species of flowering plants, in addition to hundreds of ferns, mosses, and fungi, are found in Mount Rainier National Park. The most noted of the highly spectacular flower fields of the alpine meadows are Indian Henrys Hunting Ground, Paradise Park, Van Trump Park, Summerland, Spray Park, Berkeley Park, and Klapatche Park.

Dense evergreen forests characterize the lower slopes along the main rivers of the park. Up to the 3,000-foot elevation are seen the western hemlock, Douglas fir, western red cedar, amabilis and grand fir, and western yew. Between 3,000 and 4,500 feet are the amabilis and noble fir, western hemlock, Alaska cedar, and western white pine. The alpine fir and mountain hemlock are dominant at the 5,000-foot elevation, but white-barked pine and Engelmann spruce are also found. As elevation increases size diminishes, the extreme limit of tree growth being 7,500 feet.

MOUNT RAINIER SUMMIT CLIMB

To insure safety, all prospective summit climbers must register with a District Park Ranger at the time of starting a climb and upon returning from the ascent. Climbers must give evidence that they are physically capable, have had experience in similar hazardous climbing, and have proper equipment. Mount Rainier is not an easy climb, being dangerously crevassed and

having ridges of treacherous crumbling lava and pumice. Professional guides and proper equipment may be obtained at Paradise Valley (5,557 feet) from July 1 to Labor Day (approximate dates) for climbs via Kautz and Muir routes to the summit. Emmons route starts at White River Campground (4,500 feet) on the north side of the mountain.

WINTER SPORTS

During winter months, 600 inches of snow falls on mile-high Paradise Valley, on the south side of Mount Rainier, to cover the alpine area 20 feet deep and provide superlative ski runs of as long as 5 miles over expansive, unobstructed terrain. The ski season opens with December, when approximately 3 feet of snow is on the ground, under normal weather conditions. Winter skiing continues through January, February, and early March.

In March, April, and early May, warm sunshine favors Paradise Valley to bring skiing to its best. Light clothing is worn, and skiers gain a deep sun tan while following the exhilarating sport.

During the ski seasons, there normally is a wide choice of hotel services at Paradise Valley on week ends and holidays (but no accommodations mid-week) and continuous service for a part of the spring ski season. When accommodations are not available at Paradise Valley, facilities are offered at Longmire. However, before planning a winter stay either at Paradise Valley or Longmire, it is advisable to write Rainier National Park Co., Tacoma, Wash.

At Paradise Valley a ski tow, 1,350 feet long takes skiers to a starting point for downhill runs as long as 2 miles, and a ski school with competent instructors is operated.

ADMINISTRATION

Mount Rainier National Park is administered by the National Park Service, with the superintendent, Owen A. Tomlinson, in immediate charge. Park headquarters are at Longmire.

NATURALIST SERVICES

LECTURES.—During the summer, talks on natural history of this park, illustrated with motion pictures and colored slides, are offered nightly at Paradise Valley; nightly, except Sunday, at Yakima Park and Longmire; and occasionally at Ohanapecosh. Programs start at 8 p. m.

MUSEUMS.—Museums are maintained at Longmire and Ohanapecosh; natural history displays at Paradise Valley and Yakima Park.

HIKES.—During the summer, free hikes are conducted by ranger naturalists daily from public centers to nearby features. *From Longmire*—half or full day trips; *from Paradise Valley*—two hour trips twice daily; *from Yakima Park and Ohanapecosh*—trips of varying distances. Trips are announced at lectures and posted on bulletin boards at museums and natural history displays.

NATURE TRAILS.—“Trail of the Shadows” at Longmire; “Snout of Nisqually Glacier,” reached from Glacier Bridge on Nisqually Road between Longmire and Paradise Valley; “Nisqually Vista Trail” at Paradise Valley; and “Emmons Vista” at Yakima

Park. Along these trails, trees, flowers, and points of interest are labeled for ready identification.

GUIDE SERVICES

The Rainier National Park Co. guide department at Paradise Valley rents complete hiking and climbing equipment. Professional guides lead daily parties onto Nisqually Glacier, to Paradise Glacier for “Tin Pants” sliding, and to other places of interest. Summit trips are guided as desired. Special fishing parties are conducted from Paradise Valley to Reflection Lake, with hiking equipment, fishing tackle, and a boat included. Prices are reasonable.

Daily saddle trips are conducted by horse “wranglers” (guides) from Paradise Valley and Yakima Park. Special guide services and saddle horses are available for trips to all sections of the park.

FISHING

No license is needed to fish in the park.

Relatively good fishing may be enjoyed in park lakes and streams which are stocked each year with various species of trout. Lakes are open to fishermen from July 1 to September 30, inclusive, and streams from June 1 to October 15, inclusive, unless posted closed. Fishing tackle and bait may be purchased, and boats may be rented at Reflection Lake near Paradise Valley.

ROADS AND TRAILS

Interesting points to be visited along park roads are listed in tables on pages 10, 11, and 12. Principal features to be reached by foot from Paradise Valley, Yakima Park, Longmire, and Ohanapecosh are listed in tables on pages 13,

14, and 15. The most spectacular scenery and fascinating natural phenomena are reached by trails. Park rangers gladly will furnish information and help plan trips to suit the individual's time and ability.

Wonderland Trail, a 95-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 leaflet).

APPROACH HIGHWAYS TO PARK

Mount Rainier National Park, situated in the west central section of the State, is easily accessible by fine highways from Tacoma, Seattle, and Yakima, Wash., and Portland, Oreg. The new East Side park road affords a through route inside the park so motorists may loop from Tacoma or Seattle through the north and east park sections and continue south to Portland.

NOTE.—Opening and closing dates (for use by private autos) of Nisqually Road above Narada Falls as well as opening and closing dates of other park roads are dependent upon snow conditions. Write the Superintendent, Mount Rainier National Park, Longmire, Wash., for exact dates each year.

MOTOR COACH SERVICE TO PARK

Rainier National Park Co. operates motor coaches from Tacoma and Seattle to Longmire and Paradise Valley throughout the year. During winter months motor coaches above Narada Falls (4 miles below Paradise Valley by road and 1.1 miles by trail) operate only on week ends. Roundtrip fare from Tacoma to Paradise Valley is \$9;

from Seattle, \$10.50. During the summer months motor coaches are run from Tacoma, Seattle, and Yakima to Yakima Park (Sunrise). Roundtrip fare from any of the three cities to Yakima Park is \$10.50. "Between station" motor coach service is available within the park and automobiles may be rented for trips from hotels.

RAILROAD, BUS, AND AIRPLANE SERVICES

The three gateway cities to the park—Seattle, Tacoma, and Yakima—are reached by a number of railway, bus, and air lines. Information on these services may be secured from travel agencies.

FREE PUBLIC CAMPGROUNDS

Comfortable campgrounds at Longmire, Paradise Valley, Yakima Park, and Ohanapecosh are equipped with stoves, wood, tables, water, and sanitary facilities. Campgrounds at White River, Tahoma Creek, and Carbon River, although less developed, have similar facilities. At Tahoma Creek water must be taken from a stream. Food supplies may be purchased at Longmire, Paradise Valley, Yakima Park, and Ohanapecosh.

HOTEL AND CABIN FACILITIES

This leaflet is issued once a year and rates mentioned herein may have changed slightly since issuance. Latest rates may be obtained by writing The Superintendent, Mount Rainier National Park, Longmire, Wash.; Rainier National Park Co., Tacoma, Wash., for rates at Paradise Valley, Yakima Park, and Longmire; Ohanapecosh Hot Springs Lodge, Packwood, Wash., for rates at Ohanapecosh.



Rainier National Park Co. Photo

SUNRISE LODGE AND HOUSEKEEPING CABINS, YAKIMA PARK

AT PARADISE VALLEY.—Fine accommodations are offered in Paradise Inn, American plan, from \$6.50 each for two persons in a room, without bath, to \$9 for a single room, with bath. Room rates at Paradise Lodge, European plan, are from \$2.25 each for two persons in a room, without bath, to \$4 for a single room, with bath. A restaurant operates at Paradise Lodge. Housekeeping cabins, equipped with cook stove, wood, cold running water, and lights are available, furnished, except bedding and linen, at \$1.75 for two persons; with bedding and linen, at \$2.50 for two persons. Three-room cabins for four persons are available at rates double those for two persons.

A grocery store and fountain also operate at the lodge.

AT YAKIMA PARK.—Housekeeping cabins are available at Sunrise Lodge at the same rates as at Paradise Valley. A cafeteria, grocery store, and fountain also operate at the lodge.

AT LONGMIRE.—Rates range from \$1.50 each, if there are two in a cottage

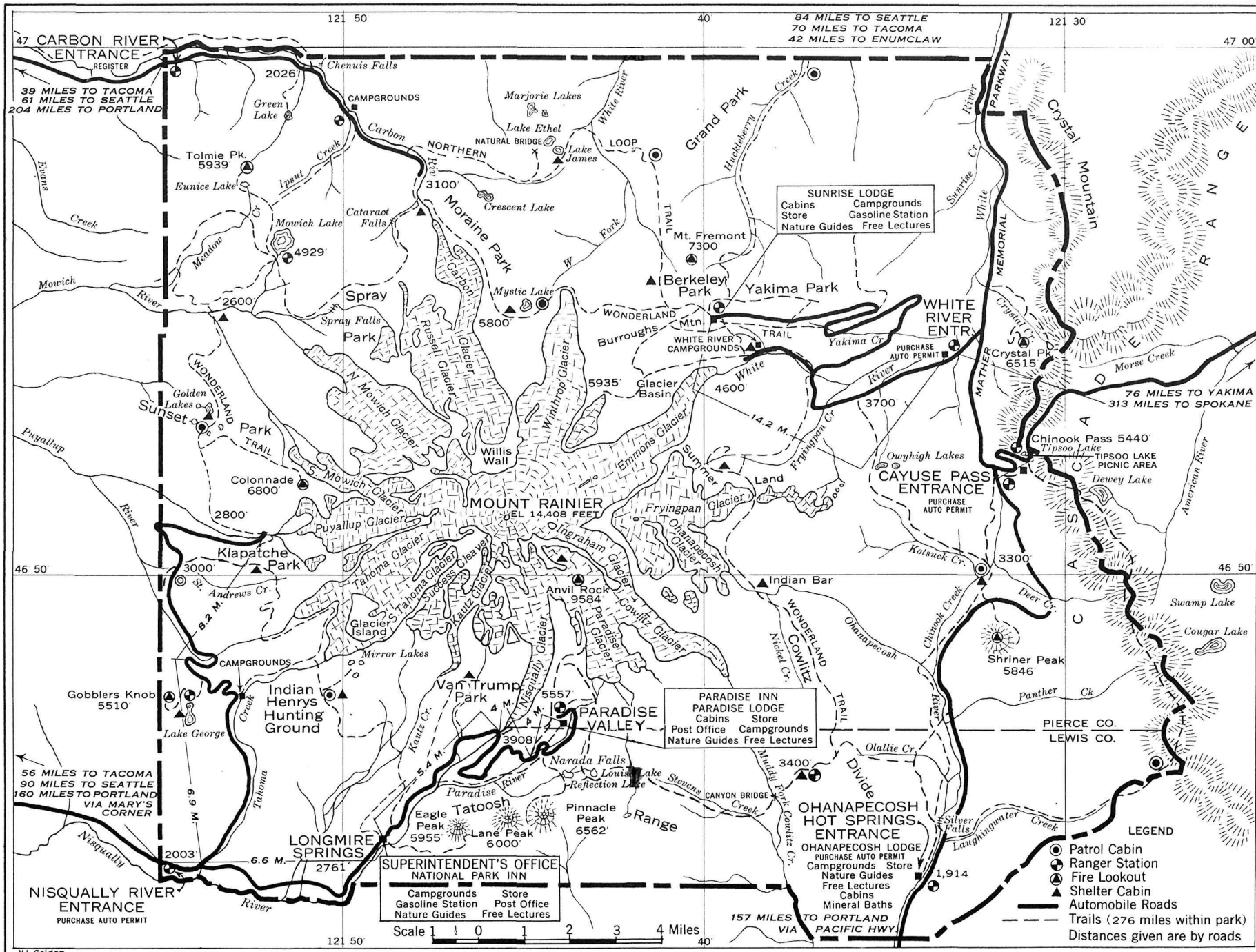
room (cold running water) to \$3.50 for a single room, with bath. Cabins for four persons (but not for smaller parties) are available at same rates as Paradise Valley.

AT OHANAPECOSH.—Accommodations may be obtained at Ohanapecosh Lodge at \$4 a day, including meals, and \$19 a week. Housekeeping cabins are operated at prices, varying according to the number in party, from \$1.25 a day to \$15 a week. A store is operated throughout the summer season.

MINERAL BATHS.—Modern bathing facilities are available under supervision of a trained attendant for those desiring to use the hot mineral waters.

POST OFFICE—TELEPHONE—TELEGRAPH

Post offices are maintained at Longmire, Wash., all year and at Paradise Inn, Wash., and Sunrise Lodge, Wash., (at Yakima Park) from July 1 to Labor Day. Telephone communication to all sections of the park and long distance telephone and telegraph services from the park are available.



GUIDE MAP SHOWING ROADS AND TRAILS IN MOUNT RAINIER NATIONAL PARK
1940

TABLES OF DISTANCES

The following tables of distances are presented to assist park visitors in planning trips within the park, both by roads and by trails. Points of interest

along roads as well as principal features to be reached by short trails from recreation centers are listed. Elevation figures and brief remarks tell something of the features.

NISQUALLY ROAD, NISQUALLY ENTRANCE TO PARADISE VALLEY—20 MILES.

Name	Distance from		Elevation above sea level	Remarks
	Park entrance	Paradise Valley		
	Miles	Miles	Feet	
West Side Road junction	1.0	19.0	2,100	West Side Road is open 15.1 miles to North Puyallup River.
Tahoma Creek	1.2	18.8	2,120	60-foot cedar-log bridge over stream.
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.
Bear Prairie Point	4.8	15.2	2,500	Magnificent view of mountain.
Longmire	6.6	13.4	2,761	Superintendent's headquarters, campgrounds, National Park Inn and cabins, park museum, post office, community building.
Indian Henry's Trail	7.0	13.0	2,850	Trail to Indian Henry's Hunting Ground, 6.5 miles.
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	0.0	5,557	Ranger station, campgrounds, Paradise Inn, Paradise Lodge and Cabins, community building, post office.

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

Name	Distance from		Elevation above sea level	Remarks
	Nisqually Road	North Puyallup River		
	Miles	Miles	Feet	
Fish Creek	3.9	11.2	2,923	Small clear stream; fishing.
Tahoma Campgrounds	4.2	10.9	3,146	Wonderland Trail branches to Indian Henry's Hunting Ground, 4 miles.
Tahoma Vista	5.4	9.7	3,458	Fine view of mountain and surrounding country.
Round Pass	6.9	8.2	3,879	Trail to Lake George, 1.2 miles (fishing) and Gobblers Knob Fire Lookout, 3 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; an alpine meadow.
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, U. S. HIGHWAY 410 (NACHES HIGHWAY) TO YAKIMA PARK—15.6 MILES.

Name	Distance from		Elevation above sea level	Remarks
	State Road	Yakima Park		
	Miles	Miles	Feet	
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 Ohanape-cosh.
Fryingpan Creek Bridge	4.4	11.2	3,840	Wonderland Trail to Summerland and Paradise Valley.
White River Bridge	5.4	10.2	3,965	Road to White River Campground. Trail to snout of Emmons Glacier, Glacier Basin, Yakima Park.
Yakima Creek	8.2	7.4	4,830	Drinking water.
Sunrise Point	12.9	2.7	5,085	Striking panorama of surrounding peaks.
Yakima Park	15.6	0.0	6,400	Ranger station, campgrounds, Sunrise Lodge and cabins, post office.

EAST SIDE ROAD, OHANAPECOSH ENTRANCE TO CAYUSE PASS—12.7 MILES.

Name	Distance from		Elevation above sea level	Remarks
	Ohanape-cosh Entrance	Cayuse Pass		
	Miles	Miles	Feet	
Campgrounds	0.1	12.6	1,914	Public campgrounds beside Ohanape-cosh River.
Ohanape-cosh Hot Springs	0.4	12.3	1,983	Lodge, cabins, mineral baths.
Laughingwater Creek Trail	1.6	11.1	2,120	Spur to Cascade Crest Trail.
Silver Falls Trail	1.6	11.1	2,120	Beautiful falls on Ohanape-cosh River.
Cedar Flat	3.0	9.7	2,193	Stand of large cedar trees.
Panther Creek	4.1	8.6	2,310	Clear mountain stream.
Shriner Peak Trail	5.3	7.4	2,473	Trail to fire lookout station.
Vista of Mountain	5.5	7.2	2,650	Mount Rainier above ridges.
Road Tunnel	10.1	2.6	3,905	Tunnel 512 feet long.

ROAD DISTANCES BETWEEN YAKIMA PARK (SUNRISE) AND OHANAPECOSH (Via continuous route over White River Road, section of U. S. Highway 410 (Naches Highway) and East Side Road—31.8 miles)

Name	Distance from					
	Yakima Park (Sunrise)	White River Entrance	Junction W. R. Rd. & U. S. Highway 410	Cayuse Pass	Tipsoo Lake East of Cayuse Pass	Ohanape-cosh Entrance
	Miles	Miles	Miles	Miles	Miles	Miles
Yakima Park (Sunrise)	-----	14.2	15.6	19.1	22.1	31.8
White River Entrance	14.2	-----	1.4	4.9	7.9	17.6
Junction White River Road & U. S. Hwy. 410 (Naches Highway)	15.6	1.4	-----	3.5	6.5	16.2
Cayuse Pass	19.1	4.9	3.5	-----	3.0	12.7
Tipsoo Lake (East of Cayuse Pass)	22.1	7.9	6.5	3.0	-----	15.7
Ohanape-cosh Entrance	31.8	17.6	16.2	12.7	15.7	-----

PRINCIPAL POINTS OF INTEREST
REACHED FROM PARADISE VALLEY
(Best reached on foot)

Name	Distance and direction from Paradise Valley	Elevation above sea level	Remarks
	Miles	Feet	
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.
Stevens 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 lakes below Tatoosh Range; fishing.
Pinnacle Peak	3.0 SE	6,562	Sharp peak on Tatoosh Range. Easy trip from Paradise Valley.
Unicorn Peak ¹	4.7 SE	6,939	Highest peak on Tatoosh Range.
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.
Stevens Glacier ¹	1.7 NE	6,000	Glacier draining into Stevens Canyon.
Stevens Canyon	2.2 NE		Below Stevens Glacier. 4 miles long, ½ mile wide, 1,000 to 2,000 feet deep. Noted for abundance of wild flowers.
Mazama Ridge	1.0 SE	5,900	Excellent panorama of Tatoosh Range with lakes in foreground.
Faraway Rock	2.5 SE	5,300	Beautiful lake. Fishing.
Lake Louise	2.5 SE	4,500	Largest glacier on southeast side of the mountain.
Cowlitz Glacier ¹	3.0 NE	4,500	
Cathedral Rocks ¹	3.2 N	8,262	Lofty spires between glaciers.
McClure Rock	3.1 N	7,384	Flat rocky platform overlooking Paradise Glacier.
Anvil Rock Fire Lookout Station ¹	3.5 N	9,584	Sharp crest halfway between McClure Rock and Camp Muir.
Camp Muir Shelter ¹	4.0 N	10,000	Overnight shelter for summit climbers. To this point the ascent is relatively easy.
Beehive ²	5.0 N	11,033	Pinnacle on Cowlitz Cleaver. Its shape resembles a beehive.
Camp Misery ²	5.5 N	11,900	Above the Beehive.
Gibraltar Rock ²	6.0 N	12,679	Large rock mass at head of Cowlitz Glacier; a prominent feature on mountain seen from south sections of park.
Register Rock ²	7.8 N	14,161	First point reached on rim of east crater.
Columbia Crest ²	8.3 N	14,408	Highest summit of Mount Rainier.
Point Success ²	8.5 N	14,150	Most southern summit. About 250 feet lower than Columbia Crest.
Liberty Cap ²	8.8 N	14,112	High summit near the north end of mountain.

¹ Upper section of trail is merely a route over snow.

² Climbing permits must be obtained from District Ranger to make ascent.

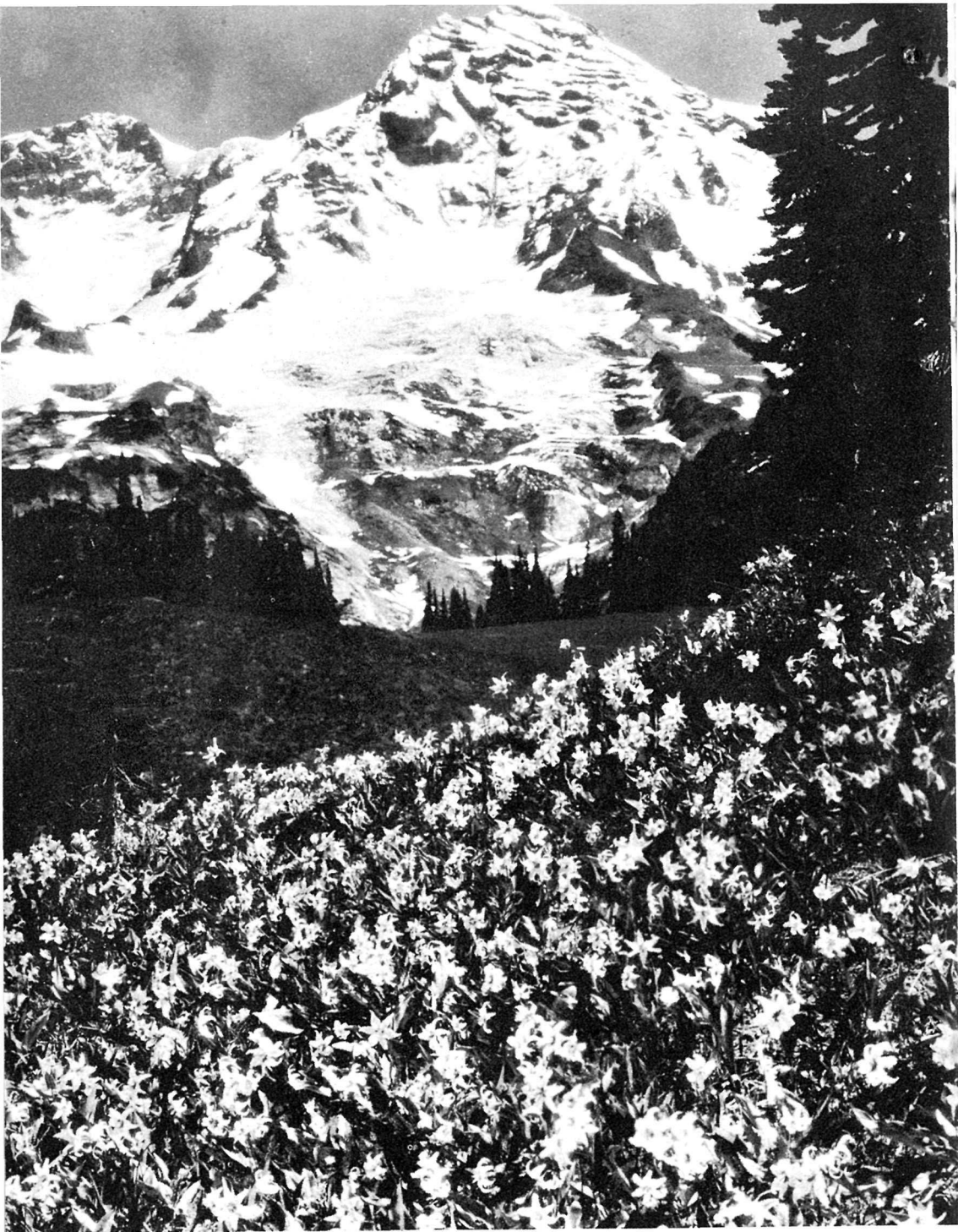


HORSEBACK PARTY VIEWS "THE MOUNTAIN"

REACHED FROM YAKIMA PARK
(Best reached on foot)

Name	Distance and direction from Yakima Park	Elevation above sea level	Remarks
Sourdough Trail	2.5 N	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. Beautiful alpine flora in season.
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	3.0 NE	5,728	Fishing; wild flowers.
Shadow Lake	1.0 SW	5,800	Small lake near picnic ground. No fishing permitted.
White River Campgrounds	3.0 S	4,500	Quiet protected campgrounds near terminus of Emmons Glacier.
Grand Park	5.5 NW	5,700	Largest alpine park on north side.
Summerland Park	9.5 S	5,900	Alpine park amid rugged peaks.
Emmons Glacier	4.2 SW	4,719	Largest glacier in United States.
Lake James	12.0 NW	4,370	Beautiful lake set in dense forest. A 2-day trip.
Winthrop Glacier	5.0 W	5,100	Second largest glacier on mountain. On trail to Mystic Lake.
St. Elmo Pass	6.0 SW	7,415	High pass above timber line overlooking both Emmons and Winthrop Glaciers.
Mystic Lake	8.0 W	5,700	Alpine lake and flower fields.
Steamboat Prow	8.0 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 summit climbers.
Columbia Crest ²	10.0 SW	14,408	Highest point on Mount Rainier; on northwest side of east crater.
Mount Fremont	2.5 NW	7,200	Fire lookout.

² Climbing permit must be obtained from District Ranger to make ascent.



Rainier National Park Co. Photo

MYRIADS OF STAR-SHAPED AVALANCHE LILIES COVER THIS
MEADOW IN INDIAN HENRYS HUNTING GROUND

REACHED FROM LONGMIRE

(Best reached on foot)

Name	Distance and direction from Longmire	Elevation above sea level	Remarks
	Miles	Feet	
Trail of Shadows	0.5 N	2,761	A loop trail through deep woods; mineral springs; homestead cabin. Trees, flowers, and other features labeled.
Ramparts Ridge	4.0 N	4,080	Good view of Mount Rainier and Kautz Creek Valley.
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 loop.
Public campgrounds	0.5 E	2,700	Free auto camp, community house, where lectures are given by a naturalist.
Beaver dams	2.3 S	2,500	Interesting beaver workings.
Narada Falls	4.4 NE	4,572	Principal falls in Paradise River with sheer drop of 168 feet.
Paradise Valley	5.5 NE	5,557	Camps, hotels; base for mountain climb.
Van Trump Park ³	2.7 N	5,500	Beautiful alpine meadow. Take trail at Christine Falls on Nisqually Road, 4 miles above Longmire. Mountain goats often seen here.

³ Distance is from road.

REACHED FROM OHANAPECOSH

(Best reached on foot)

Name	Distance and direction from Ohanapecosh	Elevation above sea level	Remarks
	Miles	Feet	
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.
Twin Lakes	6.5 NE	5,000	Good fishing. Two picturesque lakes on Cascade Crest Trail, reached through heavy timber.
Tipsoo Lake	18.0 N	5,400	Via Cascade Crest Trail, 18 miles, or via Cayuse Pass and East Side Trail, 12 miles.
Cowlitz Divide	4.5 NE	4,770	Good view at summit, reached by a trail through a deep forest. Junction with Wonderland Trail to Indian Bar, Ohanapecosh Park, and Panhandle Gap.

RULES AND REGULATIONS

[Briefed]

Regulations are designed not only to protect the natural features of the park but also 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 any ranger station. Park rangers are here to help and advise you as well as to enforce the regulations. Consult them freely.

FIRES.—The throwing away of cigarettes, cigars, matches, or any other burning material along roads and trails is prohibited. Smoking while traveling on trails is prohibited. Fire permits must be obtained from park rangers for building fires at any point other than at auto campgrounds. Build fires only at designated places; extinguish COMPLETELY before leaving.

WARNING ABOUT BEARS.—The feeding, touching, or molesting of bears is prohibited; the animals are wild and may bite or strike. If not molested, the bears will not harm persons. Bears will break into camps or autos for odorous food.

DOGS, CATS, FIREARMS.—Dogs and cats are prohibited in the park unless on leash, crated or otherwise under restrictive control at all times. The animals will not be allowed on trails. The superintendent may set aside park

areas in which dogs and cats will not be allowed. Firearms are not allowed within the park unless sealed by a park ranger. Guns may be checked at park entrances.

AUTOMOBILES.—An automobile permit, costing \$1, is needed to enter any section of the park except Carbon River district. One permit is good for all entrances and for the calendar year. The house trailer fee is \$1.

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.

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.

LOST AND FOUND ARTICLES.—Lost or found articles should be reported to a park ranger.

SUGGESTIONS AND RECOMMENDATIONS.—Suggestions and recommendations as to improvements in any phase of the park operation and management should be communicated immediately to the superintendent.