

Spring Adventures At Rainier

At this time of year, when Mount Rainier is bursting forth from the quiet of winter into the excitement of a vibrant new season, the park becomes a stage set for adventure. Explore the lower elevation forests during early spring when snow still covers much of the park. Search for what lies above and beyond those lower forests in late spring as winter snows melt higher up the slopes of the mountain.

EARLY SPRING: MID-APRIL TO MID-MAY

LONGMIRE AREA

Kautz Creek: This wheelchair-accessible viewpoint offers a good look at Mount Rainier's south face while its low elevation encourages flowers to bloom here months before spring arrives in higher areas. The standing dead trees, killed by a glacial outburst flood in October 1947, are evidence of geologic forces still active on Mount Rainier. Located 3 miles past the Nisqually Entrance where the road crosses Kautz Creek.

Rampart Ridge: 2.5 hours, 4.5 mile loop, 1339 feet elevation gain. Reach for the sky as you hike from valley to ridgetop. Trail starts across the main road from the National Park Inn, on the west side of the "Trail of the Shadows".

Carter Falls: Via the Wonderland Trail from Longmire: 3 hours, 5 miles roundtrip, 900 feet elevation gain. Enjoy the sights and sounds of an old-growth forest as you stroll along the Nisqually and Paradise Rivers to Carter Falls. The trailhead at Longmire is located across the road from the Museum. Follow the Wonderland Trail toward Paradise. For a shorter walk of 2 hours, 2.2 miles roundtrip, 500 feet elevation gain: Start from the trailhead located 2 miles above Longmire on the last road curve before Cougar Rock Campground.

OHANAPECOSH AREA

Silver Falls: 1.5 hours, 3 mile loop, no elevation gain. Walk under a canopy of towering Douglas-fir trees past hot springs that once supported a health resort to see the Ohanapecosh River plunge through a slot in ancient volcanic rocks.

Trail starts at the Ohanapecosh Visitor Center. For a shorter walk: Start from Highway 123, 0.2 mile south of the Stevens Canyon Entrance at the Three Lakes Trailhead.

Parents: Keep Children With You. Stay On Constructed Trails. Rocks And Moss On Stream Banks Are Slippery. An Accidental Slip Into The River Can Be Fatal As The River Is Too Cold And Swift To Swim.

CARBON RIVER AREA

Green Lake: 2 hours, 4 miles roundtrip, 1200 feet elevation gain. Climb through dense forest, past Ranger Creek Falls, to view a crystal-clear mountain lake. Trailhead is located 3 miles beyond the Carbon River Entrance.



LATE SPRING: MID-MAY TO END-OF-JUNE

NISQUALLY TO PARADISE ROAD

Comet Falls: 3 hours, 3.8 miles roundtrip, 900 feet elevation gain. Plummeting 320 feet, Comet Falls is one of the park's most spectacular waterfalls. Look for pikas and marmots along the trail as well as trillium and early avalanche lilies. Trailhead is located 4 miles above Longmire.

Check With A Ranger For Current Trail Conditions Before Starting This Hike As The Trail Can Be Treacherous Before The Snow Melts Completely.

Ricksecker Point: In addition to its panoramic vistas, Ricksecker Point is one of the best locations in the park for viewing sunsets, alpenglow, stars, and the full moon (June 12). This viewpoint opens May 19 and is located 6.5 miles above Longmire where a short, one-way loop road veers away from the main road at the top of a long hill.

Canyon Rim: By late spring, the rocky outcrop near this overlook of Mount Rainier is dotted with cream-colored heads of beargrass and brightly colored Indian paintbrush, penstemon, and columbine. The viewpoint is located 7.5 miles above Longmire at the photo sign.

Narada Falls: A 10-minute walk down a steep but short trail takes hikers to the base of 168-foot Narada Falls. As if by magic, rainbows often color spray from the falls.

Caution: This Trail Is Slippery When Wet. During Spring, The Trail Is Always Wet As Spray From The Falls Is Blown Onto The Trail.

STEVENS CANYON ROAD

The lower elevations and south-facing exposures of Stevens Canyon between Paradise and Ohanapecosh (road opens May 26) boast some of the earliest blooming subalpine flowers. Look for flowers at Reflection Lakes, near Sunbeam and Stevens Creeks, along the trail to Bench Lake and at Box Canyon.

Bench Lake: 1 hour, 1.5 miles roundtrip, 350 feet elevation gain. Avalanche lilies and marsh marigolds are abundant here during late spring. The trailhead can be found 1 mile east of Louise Lake.

Box Canyon: 20 minutes, 0.25 mile loop trail. This unique area is an excellent location to view stonecrop, phlox, saxifrage and other early flowers; look at glacially polished granodiorite; and see the Muddy Fork of the Cowlitz River as it flows through a slot canyon nearly 200 feet below the trail bridges.

Caution: Stay On Trail. Rocks Can Be Slippery.

Eastside Trail: From the Grove of the Patriarchs, exploring northward toward Deer Creek: 6 hours, 13 miles roundtrip. Even when the trail veers away from the Ohanapecosh River its soothing melody can always be heard providing background music during forest hikes. Grove of the Patriarchs trailhead is located 0.25 mile west of the Stevens Canyon Entrance. For a one-way hike of 4 hours, 9 miles, 1500 feet elevation loss: Start at Deer Creek and hike to Ohanapecosh. Trailhead is located 5 miles south of Cayuse Pass on Highway 123.

SUNRISE AREA

Sunrise, situated at 6,400 feet in the northeastern part of the park, is a place of breathtaking vistas and the intriguing beauty of fragile subalpine vegetation. The road to Sunrise opens June 30, weather permitting.

CARBON RIVER AREA

Carbon Glacier: 3.5 hours, 7 miles roundtrip, 1200 feet elevation gain. Hike to the terminus of the lowest-elevation glacier in the contiguous United States. Trailhead is located at the far end of Ipsut Creek Campground.

Caution: Stay On The Trail. Rock And Ice Falling From The Glacier Face Can Be Hazardous.

NOTE: Starting June 13, Bridge Repair On State Route 165 Will Restrict Access To The Carbon River Area Of Mount Rainier.

Entry/exit Will Be Closed 7 A.M. To 5 P.M. Daily.

"For the first announcement of spring - and not in a whisper but a shout - look to the swamps and marshes and bogs. There, while the plant world all around is only just budding, great yellow flames of skunk cabbage leap up like galaxies of exploding suns."

Harvey Manning, Mountain Flowers of the Cascades and Olympics.



Visitor Services

Visitor Centers

Longmire Museum: 9 a.m. - 4:30 p.m., daily.

Paradise: Henry M. Jackson Memorial Visitor Center: 10 a.m. - 5 p.m., Saturday, Sunday and holidays, April 8 - 28. Then 9:30 a.m. - 6 p.m., daily, April 29 - May 25; then 9 a.m. - 7 p.m., daily, May 26 through summer.

Ohanapecosh Visitor Center: 9 a.m. - 6 p.m., week-ends, May 26/27/28, June 3/4 & 10/11, then 9 a.m. - 6 p.m., daily beginning June 12.

Sunrise Visitor Center: Opens June 30, 9 a.m. - 6 p.m.

Hiker Information Centers - Permits

Longmire Hiker Information Center: Opens June 10. 8 a.m. - 4:30 p.m., Sunday - Thursday; 8 a.m. - 7 p.m., Friday; 7 a.m. - 7 p.m., Saturday. Permits available for overnight trips. Located in the lobby of the large log and stone building next to the flagpole. Before June 10, obtain permits at Longmire Museum.

White River Hiker Information Center: Opens May 26. 8 a.m. - 4:30 p.m., Friday & Saturday through June 24; then 8 a.m. - 4:30 p.m., daily. Located at White River Entrance Station. Permits available for overnight trips, climbing above the high camps or travel on glaciers.

Food & Lodging

Longmire National Park Inn: Lodging desk 7 a.m. - 10 p.m., daily. Dining room hours 7 a.m. - 7 p.m., Sunday - Thursday; 7 a.m. - 8 p.m. Friday, Saturday, and holidays. Beginning June 10, 7 a.m. - 8 p.m., daily. For reservations call: Mount Rainier Guest Services at (360) 569-2275.

Longmire General Store: Open 10 a.m. - 5 p.m., daily. Beginning June 10, 8 a.m. - 8 p.m., daily. Gifts & groceries.

Paradise - Henry M. Jackson Memorial Visitor Center: Food services, showers and gifts available 11 a.m. - 4:45 p.m., Saturday, Sunday and holidays, April 1 - May 5. Then 10 a.m. - 6 p.m., daily, May 6 - June 9; then 10 a.m. - 7 p.m., daily.

Paradise Inn: Opens daily for food & lodging May 17; dining room hours for breakfast: 7 a.m. - 9 a.m.; lunch: noon - 2 p.m.; dinner: 5:30 p.m. - 8 p.m. through June 9 then 5:30 p.m. - 8:30 p.m.; Sunday Brunch: 11 a.m. - 2:30 p.m., beginning May 28; Glacier Lounge open noon - 11 p.m., daily; Snack bar: 9 a.m. - 6 p.m., daily beginning May 27, through June 9 then 9 a.m. - 8 p.m.

Gift shop: 8 a.m. - 8 p.m. through June 9 then 8 a.m. - 9 p.m., daily. For reservations, call Mount Rainier Guest Services at (360) 569-2275.

Sunrise Lodge: Opens July 1. 10 a.m. - 7 p.m., daily. Food service and gift shop. No overnight lodging available. Provided by Mount Rainier Guest Services.

Showers

Paradise - Henry M. Jackson Memorial Visitor Center: Lower level. Available 11 a.m. - 4:45 p.m., Saturday, Sunday and holidays, April 1 - May 5. Then 10 a.m. - 6 p.m., daily, May 6 - June 9; then 10 a.m. - 7 p.m., daily.

Gasoline

Gasoline is not available in the park. Service stations are located in the nearby communities of Ashford, Elbe, Packwood, Greenwater, and American River. Be prepared - check your gauge.

Post Offices

Longmire National Park Inn Post Office: Open 8:30 a.m. - 5 p.m., Monday-Friday; 8:30-12 noon, Saturday; closed Sunday and holidays.

Paradise Inn Post Office: Opens May 17; 8:30 a.m. - 5 p.m., Monday - Friday; 8:30 a.m. - 12 noon, Saturday; closed Sunday and holidays.

Climbing

Rainier Mountaineering, Inc.: Operates the Guide House at Paradise, 9 a.m. - 5 p.m., daily (late May-September). Guided summit climbs, climbing instruction and equipment rentals are available. For those not experienced on a glaciated peak, RMI offers a 3-day package: 1-day climbing seminars, combined with a 2-day summit climb. For more information call (206) 627-6242 before May 19, then (360) 569-2227 through summer.

Firewood

Cougar Rock Campground: 4 p.m. - 9 p.m., Friday, Saturday & Sunday, May 27 - June 9 then 4 p.m. - 9 p.m., daily.

Longmire General Store: 10 a.m. - 5 p.m., daily, May 27 - June 9 then 8 a.m. - 8 p.m., daily.

Ohanapecosh Campground: 5 p.m. - 7 p.m., week-ends. Starting May 26.

Gathering firewood is not permitted.



Jackson Visitor Center

Campgrounds

Cougar Rock Campground: Opens May 19. 200 sites, 5 group sites. Located 2.5 miles from Longmire on the Paradise Road. Site fees are \$8 per night on a first-come, first-served basis. Group sites can be reserved and cost \$3 a night per person.

Sunshine Point Campground: Open year round. 18 sites, no group sites. Located 6 miles west of Longmire, .25 mile east of the Nisqually Entrance. Site fees are \$6 per night on a first-come, first-served basis.

Ohanapecosh Campground: Opens May 26. 205 sites, no group sites are available. Site fees are \$10 per night on a first-come, first-served basis.

White River Campground: Opens June 23. 117 sites, no group sites. Site fees are \$8 per night, on a first-come, first-served basis.

Ipsut Creek Campground: Opens May 26. 29 sites, 2 group sites. Only group sites can be reserved for \$3 per person per night. Site fees are \$6 per night, on a first-come, first-served basis.

Picnic Areas

Cougar Rock Picnic Area: Opens May 19. Located across the road from the Cougar Rock Campground.

Sunshine Point Picnic Area: Open year round. Located 6 miles west of Longmire, .25 mile east of the Nisqually Entrance.

Box Canyon Picnic Area: Opens May 26. Between Ohanapecosh and Paradise on Stevens Canyon Road.

Carbon River/Ipsut Creek Picnic Areas: Located at Falls Creek, 2 miles from the entrance. Tables are also located in the Ipsut Creek Campground near the end of the Carbon River road.

Sunrise Picnic Area: Opens June 30. Located behind the Sunrise Visitor Center in a subalpine setting.

Ohanapecosh Picnic Area: Opens May 26. Located across from the Ohanapecosh Visitor Center, near the campground entrance.

Paradise Picnic Area: Opens June 30. Located just south of Jackson Visitor Center at Paradise.

Naturalist Programs

Longmire

Campfire Program: 45 minutes. Enjoy Mount Rainier through a slide program presented by a Park Naturalist at the Cougar Rock Campground Amphitheater. Program titles are posted on the campground bulletin board.

9 PM Friday, Saturday ~ Starting May 26 & 27

9 PM Sunday ONLY on May 28

Paradise

Nisqually Vista Walk: 1.5 hours, 1.2 miles. An easy walk over snow to discover glaciers and the volcanic forces that shape Mount Rainier. Meet at the flagpole in front of the Jackson Visitor Center. Other programs will be announced or posted on local bulletin boards.

230 PM Saturday, Sunday ~ Starts June 10 & 11

Evening Program: 1 hour. Illustrated programs explore a variety of subjects on Mount Rainier, presented by a Park Naturalist in the lobby of the Paradise Inn.

9 PM Friday, Saturday ~ Starting May 26 & 27

9 PM Sunday ONLY on May 28

Carbon River

Campfire Program: Begins in July. Check local bulletin boards for schedule of programs.

Sunrise

Programs begin in July.



Ohanapecosh

Guided Walks to: Grove of the Patriarchs and Silver Falls. Check campground and visitor center bulletin boards for details.

10 AM Saturday, Sunday ~ Starts June 24 & 25

Campfire Program: 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the campground amphitheater.

9 PM Saturday ~ Starts May 27

9 PM Sunday ONLY on May 28

White River

Campfire Program: 45 minutes. Explore the geology and history of Mount Rainier with a Park Naturalist at the campfire circle in White River Campground.

8 PM Saturday

~ Starts July 1



Partnership In Parks

Mount Rainier National Park and Metropolitan Park District of Tacoma

One day programs include 4-6 hours with a Mount Rainier National Park Naturalist. Call (360) 569-2211 x3313 for information on topics and registration or ask at any park visitor center or museum. Cost is \$15 per person.

Northwest Interpretive Association



Books and maps are available for purchase at all park visitor centers as well as Hiker Information Centers, Longmire Museum, and Carbon River Entrance Station. The selection includes handbooks that will prove valuable in your outdoor explorations, books about park history and climbing, and maps that will enhance your enjoyment of the park from road and trail.

These outlets are operated by the Mount Rainier Branch of the Northwest Interpretive Association, a non-profit organization benefiting naturalist programs in the national parks and forests of the Pacific Northwest. This paper is an example of these benefits. We invite you to become a member of the Association. To learn about the advantages of membership, inquire at any visitor center.

Walking & Hiking

Permits for Overnight Trips & Climbing

Planning an overnight backpacking trip or summit climb? Be sure to stop at a Hiker Information Center or any ranger station for your permit.

Rangers will assist with trip planning, and issue wilderness permits. The main reason for permits is to control the number of people in one place at one time and limit the impact from litter, human waste, and trampling of the ground.

Camping at all trailside camps as well as Camps Muir and Schurman is available on a first-come, first-served basis.

Anyone intending to go above the high camps at Camp Muir or Camp Schurman, or to travel on the glaciers, must obtain a climbing card in lieu of a wilderness permit.

Longmire

The Longmire Hiker Information Center, located in the log and stone building beside the flagpole, opens June 10. Through June 9, permits are issued at the Longmire Museum.

White River

Another Hiker Information Center offering similar services is located at the White River Entrance Station. Opens May 26.

Carbon River

Carbon River Ranger Station opens May 8 and issues permits for the northwest section of the Park.

For additional information write: Backcountry Desk, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (360) 569-2211, extension 3314, until June 9, then extension 3317.



During this early season, please stay on snow or follow flagged routes which mark the trail surface below. Subalpine meadows are extremely delicate. Walking in these areas requires extra care. When the trails are fully melted out, please stay on the trails. Your cooperation is needed for the meadows to survive.

Be Prepared

- Be prepared for the unexpected: carry extra food and water, rain gear and emergency items including matches and first-aid supplies. Use your common sense to avoid accidents and injuries.
- The waterways of Mount Rainier are home for micro-organisms like Giardia that can make you very sick. Please drink water only from treated, piped water systems; in the

backcountry, boil your water or use an adequate filtration system. Contrary to historic claims, Longmire Mineral and Ohanapecosh hot spring waters are **not** safe to drink.

- It is wise to carry a flashlight in case you return after dark.
- Please remember that **dogs** and other pets, bicycles and motor vehicles are **not** allowed on park trails.
- Have a safe, and enjoyable trip.

On Your Own

Self-guiding Trails

One of the best ways to experience Mount Rainier is by taking a walk or hike.

Longmire: Trail of the Shadows ~ 30 minutes ~ .7 mile. Experience the natural environment and see the former site of the Longmire Medical Springs operation on this walk around the Longmire meadow.

Longmire: Historic District Walking Tour ~ 1 hour ~ 1.25 miles. Witness firsthand some of the park's most architecturally significant structures. Tour maps available at Longmire Museum.

Ohanapecosh: Grove of the Patriarchs ~ 1.5 hours ~ 2 miles. Walk among 1000 year old giant trees of the old-growth forest. See these ancient trees on an island in the Ohanapecosh River.

Ohanapecosh: Life Systems ~ 30 minutes ~ .5 mile. Explore the forest and hot springs on this walk starting at the visitor center.

Carbon River: Carbon River Rain Forest ~ 20 minutes ~ .3 mile. Temperate rain forests seldom occur far from coastal areas, so the forest that grows in this valley is special. Explore the only true inland rain forest at Mount Rainier.



Sunrise: Sourdough Ridge ~ 1 hour ~ .5 mile. A moderate walk through flower fields to a panoramic viewpoint of four high volcanic peaks - Mount Baker, Glacier Peak, Mount Adams and Mount Rainier. Usually not open until late June or early July.

Paradise: Nisqually Vista ~ 1 hour ~ 1.2 miles. Walk where the clouds go and see how weather shapes the landscape, plants and animals of these high country meadows. Excellent views of Mount Rainier and the Nisqually Glacier may be enjoyed on this walk. Trail usually covered with snow until late June or early July.

Westside Road

Starting June 23, you may drive 3 miles up the road to the parking area at Dry Creek. From there, travel further into the scenic west side of the park by hiking or bicycling. Bicycles must remain on the roadway. Hikers may explore the many miles of trail branching off the old roadway into the wilderness. Be sure to obtain a permit if planning to stay overnight.

Wonderland Trail

The 93-mile Wonderland Trail completely encircles Mount Rainier, passing through all the major life zones in the park, from lowland forests through subalpine meadows to views of glaciers. Hikers can find both company and solitude along the way. As the summit of Mount Rainier is to a climber, so the Wonderland Trail is to a hiker - the experience of a lifetime. You should allow about 10 days to 2 weeks to enjoy the trail. Camping along the trail is allowed only at designated campsites, by permit only. For more detailed information to plan a trip on the Wonderland Trail, inquire at the Longmire Hiker Information Center or call (360) 569-2211 x3314.

Hikers, Watch Your Step



Park trails are steep and full of rocks and other hazards. Slips and falls from small rocks can quickly mar a vacation. Climbers should beware of spring avalanches and sudden storms. Remember that mountain climbing is a technical sport requiring skill and proper equipment.

Do not attempt climbs on snow or rock or "scrambling" up steep slopes that are beyond your ability or experience. Many serious accidents have occurred on snowfields and scree slopes.

Beware of snow-covered streams. You may break through if you try to cross one.

Stay back from streams and river banks and avoid "rock hopping." Rocks near the water's edge can be dangerously slippery and have caused fatal accidents.

Never swim or wade in streams above waterfalls or in cascade areas.

Wildlife Alert

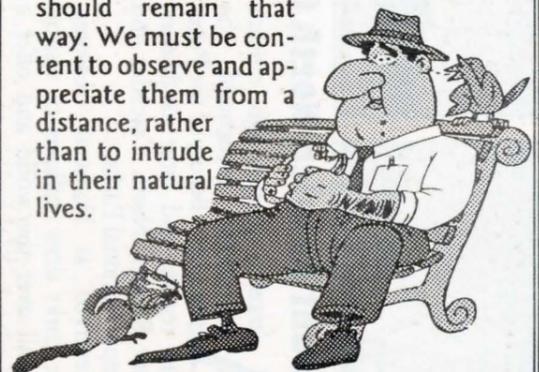
Seeing wild animals is an important part of a visit to Mount Rainier National Park. As national parks are preserved for their natural values and processes, **please observe, but do not feed the wildlife.**

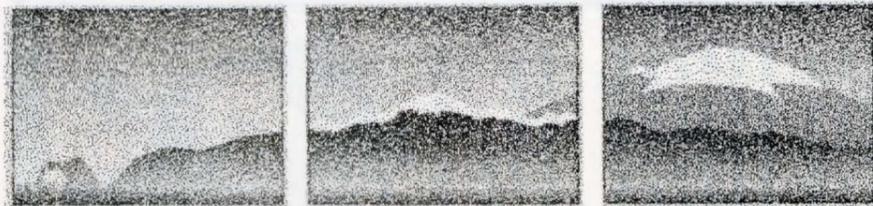
Birds are sensitive to the availability of food because they must eat about the equivalent of their body weight each day.

Small mammals such as chipmunks and golden-mantled ground squirrels require specific foods to fatten themselves for winter hibernation. Our food does not supply the right fats and protein for these animals. Rodents do bite and may carry rabies and bubonic plague.

Leaving food out or intentionally feeding bears can lead them to damage tents and vehicles and to injure people.

The animals in the park are wild and should remain that way. We must be content to observe and appreciate them from a distance, rather than to intrude in their natural lives.





Mount Rainier, North Cascades & Olympic Fund

Almost a century ago, citizens nationwide recognized the spectacular beauty of the Puget Sound region, and later established Mount Rainier, North Cascades and Olympic National Parks.

Preserved as National treasures, these parks draw millions of visitors from all over the world and offer a personalized connection to nature. Their very popularity has placed these parks in jeopardy. Washington's National Parks struggle with increasingly tight budgets, as Congress faces conflicting funding priorities.

The Mount Rainier, North Cascades & Olympic Fund is a private, independent, not-for-profit organization whose mission is to restore, enhance and preserve these three national parks. The fund works with indi-

viduals like you - as well as business, foundations and allied organizations - to secure financial as well as volunteer support for specific projects to improve the parks.

If tomorrow's visitors to our great National Parks are going to experience the extraordinary beauty and diversity that originally set these parks apart, we must aggressively work together for their restoration and protection today.

For detailed information on how you can give nature a hand, contact: Kim M. Evans, Executive Director, The Mount Rainier, North Cascades & Olympic Fund, 1221 Second Ave., Suite 350, Seattle, WA, 98101, or call (206) 621-6565.

Look for donation boxes and envelopes at all park visitor centers and the National Park and Paradise Inns.

Volunteers = VIP

Many Americans have had a love affair with the national parks since Yellowstone - our first national park - was created in 1872. Today, the National Park Service is

officially entrusted with preserving more than 350 national parks in the United States. Thousands of individuals who want to ensure that the best of America will be protected, assist the Park Service by volunteering their time and talents.

If you would

like to make a contribution to assure that your national parks will continue to be enjoyed by future generations, then consider becoming a VIP for the National Park Service.

To apply for volunteer service at Mount Rainier National Park, or to receive more information on the VIP program, contact a park ranger at any visitor center or ranger station or write: Clay & Dixie Gatchel, Lead VIP Coordinators, P.O. Box 1344, Renton, WA, 98057-1344.



Bridge Repairs at Deadwood Creek

This bridge is located on SR 410 in the northeast corner of the park. Expect intermittent, short term delays.

State Route 410/ Mather Memorial Parkway

Road work located on SR410 north of the park boundary. Expect delays on this road reconstruction to be about 30 minutes. SR410 over Cayuse Pass and SR123 open at noon on May 24.

State Route 165/ Carbon River Bridge Repair

Bridge located just east of Carbonado on SR 165, providing access to Carbon River/Ipsut Creek and Mowich Lake. Expect short term road closures near the bridge mid-May to June 12. The bridge will be CLOSED to ALL traffic from 7 AM to 5 PM daily, June 13 to August 27. Facilities in the Carbon River and Mowich areas are scheduled to be open to the public. Please plan your travel in these areas to coincide with the time the bridge will be open.

Paradise Water Upgrades

Contractors will be working throughout the 1995 season to upgrade water treatment capabilities and to correct waste water collection system deficiencies in the Paradise area.

Expect some inconvenience, reduced parking spaces, temporary public restrooms and trail detours.

Jackson Visitor Center at Paradise

Rehabilitation of the visitor center roof will begin in late May and continue through the 1995 season. Expect some minor inconvenience in the building.

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24 Hour Information (360) 569-2211

TDD: (360) 569-2177

Emergencies: 911