



YOUR SUMMER GUIDE TO: INFORMATION - ACTIVITIES - PROGRAMS JULY 1 - SEPTEMBER 1, 1986

PARADISE

Mount Rainier reaches into the atmosphere to disturb great tides of moist maritime air flowing eastward from the Pacific Ocean. The resulting encounter between moisture-laden air and the mountain creates spectacular cloud halos, wrings out the air, and produces world record snowfalls. Paradise, located at 5,400 feet on the mountain's south slope, commonly has enough snow to reach the third floor gable of the Paradise Inn. Record snowfalls have occurred several times, the most recent being the winter of 1971-72 with a total snowfall of 1,122 inches (93 1/2 feet). It is not uncommon to visit Paradise on the 4th of July and find tunnels cut through snowbanks to

reach the buildings. While the upper slopes of the mountain remain in the grip of winter much of the year, there is a brief period in late July and August that the snow free slopes come alive with subalpine flowers. This riot of color attracts thousands of people from all over the world. The name Paradise is attributed to members of the Longmire family who felt the area is what "Heavenly Paradise" must be like.

Contrast this area of abundant winter snows with Sunrise, 1,000 feet higher in elevation, on the northeast side of the mountain. There at 6,400 feet less than half the snowfall of Paradise occurs.

PARADISE:

INFORMATION AND SERVICES

Visitor Center: Paradise Visitor Center, open daily 9 a.m. - 8 p.m., features exhibits on animals, glaciers, geology, wildflowers, and mountain climbing. A movie is shown hourly on the half hour; the slide program "*Is the Mountain a Museum*" airs hourly on the hour. This schedule may be preempted for an afternoon program of special interest presented by a Park Naturalist. Consult the activity boards or inquire at the information desk for details. The Pacific Northwest National Parks & Forests Association provides books, maps, and slides for sale at the sales area adjacent to the information desk.

Self-guiding Trail: "Nisqually Vista" Trail. 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 can be enjoyed on this walk.

Meals, Lodging, Showers and Gifts: Food services, showers, and gifts available in the Paradise Visitor Center, 9 a.m. - 7 p.m. daily. Paradise Inn open daily, with dining room open 7 a.m. - 8:30 p.m.; and gift shop 8 a.m. - 9 p.m., provided by Mount Rainier Guest Services, Inc.

Climbing Guide Service: Rainier Mountaineering, Inc., operates the guide shop at Paradise. Summit climbs, glacier schools, and equipment rentals are available.

Picnic Area: Paradise picnic area located 1/4 mile below Paradise Visitor Center.

NATURALIST WALKS AND PROGRAMS:

Alta Vista Walk: 10 a.m. daily. 2 hours, 1 1/2 miles. Discover the beauty and natural history of the Paradise area. Meet the Park Naturalist at the Paradise Visitor Center flagpole.

Alpine Ecology Hike: 10:30 a.m., Saturday and Sunday (July 5 thru August 31). Approximately 6 miles, 4-5 hours. Discover the fragile beauty of the land above the trees in this day hike with a Park Naturalist. Bring lunch, water and proper clothing for sudden weather changes. Moderate hiking with a 1600 ft elevation gain. Meet at the Paradise Visitor Center flagpole.

Flower Walk: 11 a.m. daily. 1 hour, 1 mile. Explore the subalpine flower fields on this easy walk along trails through the Paradise meadows. Meet at the Paradise Visitor Center flagpole.

Map talk: 12:30 & 3:30 p.m. daily. Join a Park Naturalist twice daily for a discussion of the formation of Mount Rainier's landforms and other topics. Talks are presented at the Relief Map in the Paradise Visitor Center Lobby.

Flower Walk: 2 p.m. daily. 1 hour, 1 mile. Enjoy an easy walk through Paradise meadow and explore the subalpine flower fields. Meet at the Paradise Visitor Center flagpole.

Nisqually Vista Walk: 2:30 p.m., daily. 2 hours, 1 1/4 miles. Discover the geology and glaciers of Mount Rainier on this easy walk to an excellent view of the Nisqually Glacier. Meet at the Paradise Visitor Center flagpole

Afternoon Movie: 4:30 p.m., daily. 30 minutes. View the featured film for the day in the Paradise Visitor Center auditorium. Film titles and descriptions are posted in the Visitor Center.

Evening Stroll: 7:30 p.m., Sunday - Thursday. 1 hour, 1/2 mile. Meet the Park Naturalist in the Paradise Inn Lobby for an easy evening stroll to Paradise Valley. This is an excellent time for photography and wildlife.

Evening Program: Paradise Inn, 9 p.m., Daily. 1 hour. These illustrated programs explore a variety of subjects on Mount Rainier. Titles are posted in the Paradise Visitor Center and Paradise Inn.

LONGMIRE - COUGAR ROCK

James Longmire discovered the meadow and mineral springs that now bear his name in 1883. His family built the Longmire Springs Hotel and Baths and extolled the healthful qualities of the mountain air and mineral water. As more people were attracted to Mount Rainier, the hotel provided them a place to rest and a base from which to explore the area. The Longmires also guided their guests to the Paradise flower meadows, the summit, and other parts of the mountain. With the establishment of Mount Rainier National Park in 1899, Longmire grew to be the center of park activity until the later development of Paradise. The Longmire Museum, one of the oldest national park museums, continues to intrigue people through exhibits of geology, wildlife, history and Indians. While early visitors walked merely to reach the park, today's visitors enjoy both short and long hikes on the park's 300 miles of trail. One can encircle

the mountain on the 90-mile Wonderland Trail or stroll along a gentle path for minutes or hours. Variety is found at practically every turn of the trail, certainly with the changing slope and exposure of the land.

So overwhelming is the presence of Mount Rainier that too little attention is paid to the park's encircling forest. Douglas fir, red cedar and western hemlock soar more than 200 feet above mossy, fern-draped valley floors. There is a closeness, a solemnity, in this forest that imparts a feeling of seclusion. Here and there, the forest opens into a lush green meadow.

As you travel from the low forest to the subalpine meadows of Paradise notice the changes that are made in the vegetation as you gain the 3,000 feet in the next 11 miles. Mount Rainier is truly a place that invites your exploration by road and trail.

LONGMIRE

INFORMATION AND SERVICES

Museum: Longmire Museum, open daily 9 a.m. - 6 p.m., features historic exhibits of geology, natural history, early park exploration and Northwest Indians. The Pacific Northwest National Parks & Forests Association offers books, maps, and slides for sale.

Hiker Information: Longmire Hiker Center, open Friday and Saturday 7 a.m.- 7 p.m., and Sunday through Thursday 8 a.m. & 6 p.m., is the place where backpackers can obtain backcountry permits for overnight trips and hiking information. The Center is located in the large log and stone building beside the flagpole.

Self-guiding Trail: "Trail of the Shadows". 30 minutes, 1/2 mile. A trip around the Longmire Meadow, featuring both the natural environment and remnants of the Longmire Springs Hotel operation.

Meals, Lodging, Gas and Gifts: National Park Inn, open daily 8 a.m. - 10 p.m., offers meals, lodging, gas and gifts. Dining room hours 7 a.m. - 9 p.m. daily, provided by Mount Rainier Guest Services, Inc.

Campground and Picnic Area: Sunshine Point Campground and Picnic Area is located 6 miles west of Longmire and 1/4 mile from the Nisqually Entrance.

NATURALIST WALKS:

Mineral Springs Walk: 1:30 p.m. and 2:30 p.m. daily. 20 minutes, 1/4 mile. Enjoy a stroll to the mineral springs and hear the boom & bust story of the Longmire Family and early development. Meet at the start of the "Trail of the Shadows" across the road from the National Park Inn.

Longmire Meadow Walk: 7 p.m. (July 1 - August 14), nightly; 6:30 p.m. (August 14 - September 7), nightly. 1 hour, 1/2 mile. Discover how man, beaver, mineral springs and time complement each other in the forest and meadow environments at Longmire. Meet on the porch of the National Park Inn.

COUGAR ROCK:

Campground and Picnic Area: Cougar Rock Campground is located 2 1/2 miles from Longmire on the Paradise Road. It contains 200 campsites for tents and trailers, with 5 group sites. Only the group sites can be reserved. Individual campsite fees are \$5 per night per site on a first-come, first-served basis; group sites cost \$1 per night per person. Campground open to late October. The picnic area is located across the road from the campground.

NATURALIST WALKS AND PROGRAM:

Carter Falls Walk: 10:00 a.m. daily. 2 hours, 2 miles. Explore the lowland forest along the beautiful, cool Paradise River. Meet at Cougar Rock Ranger Station Bulletin board.

Children's Program: 10:00 a.m. Saturday and Sunday. 2 hours, 1/2 mile. Children 6-10 years old are invited to join a Park Naturalist for a short walk and nature activities. Fun Guaranteed!!! Meet at the Cougar Rock Campground Amphitheater

Campfire Program: 9 p.m. (July 1 - August 14), 8:30 p.m. (August 15 - September 7). 45 minutes. Enjoy Mount Rainier through slide programs presented each evening by a Park Naturalist at the Cougar Rock Campground Amphitheater. Program titles are posted on the campground bulletin board.

CARBON RIVER

Do you like to discover special, out-of-the-way places? Carbon River is such a place in Mount Rainier National Park.

Carbon River lies in the Northwest corner of the park. Even a brief visit will take a day and require travel via state and local roads that wind through the surrounding country-side. Only 1 1/2 miles of road in the Carbon Valley are paved. The remainder of the road to Ipsut Creek and the road to Mowich lake are gravel.

The Northwest part of the park is well worth the effort required to get there. The abundant moisture and mild climate of the deep Carbon River Valley combine to produce the only true rain forest in the park. The self-guiding Carbon River Rain Forest Trail at Carbon River Entrance is a nature trail to help you understand this unique environment. A 3 1/2 mile trail from the Ipsut Creek Campground to the Carbon Glacier provides one of the park's closest views of an active glacier. The road to beautiful Mowich Lake treats you to outstanding views of the "other side of the mountain".

CARBON RIVER:

INFORMATION AND PROGRAMS

Campground and Picnic Areas: Ipsut Creek Campground has 31 campsites, with 2 group sites. Only the group sites can be reserved. Camping fee for individual sites is \$4 per site per night, on a first-come, first-served basis. Picnic tables are located at Falls Creek, 2 miles from the entrance, and in the Ipsut Creek Campground.

Self-guiding Trails: "Carbon River Rain Forest" Nature Trail. .3 miles, 20 minutes. Rain forests seldom occur far from coastal areas; thus, the forest that grows in this valley is special. Explore the only true inland rain forest at Mount Rainier along this trail.

Campfire Program: 9 p.m., Friday & Saturday. 45 minutes. Naturalists present slide-illustrated campfire programs in the campfire circle. Program titles are posted on the campground bulletin board.

SUNRISE - WHITE RIVER

Situated at 6,400 feet in the northeastern part of Mount Rainier National Park is the area called Sunrise. Sunrise is a place of breathtaking vistas and the intriguing beauty of fragile subalpine vegetation. From Sunrise Point, the massive, four and one-half mile long Emmons Glacier and the summit crater rim can be seen, along with the Goat Rocks Wilderness Area and Mount Baker in the distance. As you turn the corner at Sunrise Point and drive through subalpine meadows toward Sunrise, Mount Rainier's full size and mass take on their true perspective.

Sunrise is in the "rain shadow" of Mount Rainier. The 14,410 foot mountain forms an effective barrier to moisture-laden air coming from the Pacific Ocean. The flow of air is disrupted by the mountain, causing it to pile up in the form of clouds and lose the bulk of its moisture over the mountain's south and west slopes. The reduced moisture levels at Sunrise complement the fertile, but fragile, volcanic soil to produce flower meadows different from those at Paradise. Be sure to stop at the rustic log Visitors Center to learn about these differences and gain an excellent introduction to the special world of Sunrise.

SUNRISE:

INFORMATION AND SERVICES

Visitor Center: Sunrise Visitor Center, open 9 a.m. - 6 p.m., Sunday - Thursday; 9 a.m. - 8 p.m., Friday and Saturday. The center features exhibits on the ecology of the park's subalpine and alpine environments. The Pacific Northwest Parks & Forests Association provides books, maps, and slides for sale.

Self-guiding Trail: "Sourdough Ridge" Trail. 1 hour, 1/2 mile. A moderate walk through flower fields rich in color to a panoramic viewpoint of four volcanic peaks.

Meals and Gifts: Sunrise Lodge is open daily 10 a.m. - 7 p.m. Friday and Saturday; 10 a.m. - 6 p.m. Sunday through Thursday, offering food service and a gift shop. Provided by Mount Rainier Guest Services, Inc.

NATURALIST WALKS:

Sunrise Potpourri: 1 p.m. - 4 p.m., Friday - Monday. 30 minutes, 1/2 mile. Discover the beauty and grandeur of Mount Rainier and the Emmons Glacier during naturalist-led walks that start from the Sunrise Visitor Center on the hour and half hour. Each short walk features a different topic. Go on one, or stay for the afternoon.

WHITE RIVER INFORMATION

NATURALIST PROGRAMS:

Campfire Programs: Friday, Saturday and Sunday 8 p.m. (July 4 - 31). 7:30 p.m. (August 1 - 31). Explore the beauty, geology and history of Mount Rainier around a campfire at a 45 minute program with a Park Naturalist in the White River Campground at the campfire circle. Program titles are posted on the campground bulletin board.

Hiker Information: White River Hiker Center. 8 a.m. - 9 p.m., Friday; 7 a.m. - 7 p.m. Saturday and Sunday; 8 a.m. - 4:30 p.m. Monday Through Thursday. Backpackers can obtain backcountry permits for overnight trips and hiking information in the ranger station at the White River Entrance.

OHANAPECOSH

Examples of the old growth forest seen by settlers in the Pacific northwest are few in number today. But the Ohanapecosh River Valley is one place where old growth forest remains. Here you can walk back in time among stately Douglas fir, hemlock and cedar, 500 to 1,000 years old. Along the self-guiding nature trail in the Grove of the Patriarchs is an excellent place to experience the sublime qualities of the old forests.

The sparkling clear water of the Ohanapecosh River stands in stark contrast to the brown, milky streams originating from active glaciers. Flowing from an inactive glacier and snowfields, the Ohanapecosh River reflects the green of the forest and the blue of the sky. Only a mile from the Ohanapecosh Campground, the river cascades as beautiful Silver Falls. Early set-

tlers to the Cowlitz Valley were attracted to this area by the hot springs that bubble from the ground. A complete resort with cabins, bathhouses and other facilities was developed around the springs. Today the buildings and baths are gone, but the shallow springs remain. The Hot Springs self-guiding trail, "Life Systems: The Forest and Hot Springs of Ohanapecosh", describes the beauty and history of this interesting area.

Ohanapecosh Campground has 220 campsites but no group sites and is open from late May to late October. It is a good place for campers wishing to visit both Paradise and Sunrise. Paradise is 21 miles and Sunrise via the Mather Memorial Parkway is 30 miles, away. Both locations offer excellent views of Mount Rainier and many miles of trail that invite your exploration.

OHANAPECOSH INFORMATION:

Visitor Center: Ohanapecosh Visitor Center. 9 a.m. - 6 p.m., daily. Exhibits feature animals, old growth forest, and local history. The Pacific Northwest National Parks & Forest Association provides books, maps, and slides for sale.

Self-guiding Trail: The "Life System" Trail. 30 minutes 1/2 mile. Explore the forest and hot springs of Ohanapecosh on this walk starting at the visitor center.

Campground: Ohanapecosh Campground has 220 campsites, but no group sites. Camping fee \$5 per site per night on a first-come, first-served basis. Campground open to late October.

Picnic Area: Box Canyon Picnic Area is located between Ohanapecosh and Paradise on the Stevens Canyon Road.

NATURALIST WALKS AND PROGRAMS:

Grove of the Patriarchs Walk: 10:00 AM Friday & Sunday. 2 hours, 2 miles. Enjoy a quiet walk along the Ohanapecosh River through an ancient forest to the Grove of the Patriarchs. Meet at the Ohanapecosh Visitor Center for carpool to the trailhead.

Silver Falls Walk: 10:00 AM Saturday, Monday, Tuesday, Thursday. 2 hours, 2 miles. Explore the lowland forest along the Ohanapecosh River enroute to the beautiful Silver Falls. Linger in the area after the walk or return with the Park Naturalist. Meet at the bulletin board by the bridge at loop "B" in Ohanapecosh Campground.

Children's Program: 10 a.m., Saturday. 2 hours, 1/2 mile. Children 6-12 years old are invited to explore the hidden beauty

of the Ohanapecosh Campground old growth forest with a Park Naturalist. Meet at the Ohanapecosh Visitor Center.

Ohanapecosh History Walk: 10:00 AM Sunday. 1 hour, 1/2 mile. Discover the history of Ohanapecosh; CCC Camp, Hot Springs Resort, Forest Museum, and more, on a Naturalist led walk through the Ohanapecosh Campground. Meet at the Ohanapecosh Visitor Center.

Campfire Programs: 9:00 PM (July 1-31), 8:30 PM (Aug 1-31). 45 minute program, nightly. Discover Mount Rainier through a slide program presented each evening by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

WASTE NOT, WANT NOT!

If you are one of the 20,000 backpackers or 8,000 climbers who use the backcountry of Mount Rainier National Park, **WE NEED YOUR HELP!** These large numbers of people are bringing a serious problem into the wilderness: the disposal of human waste and consequent loss of water quality.

If you stay at trailside camps while backpacking, please use the pit toilets provided. For cross-country campers, it is best to select a screened spot at least 300 feet from any water source. Dig a hole approximately 7" deep to stay within the biological decomposing layer. After use, cover the hole with soil and duff to blend in with the surroundings.

Climbers pose a more complex problem as cold temperatures and ultra-violet radiation severely limit microbial decomposition at high elevations. The 12,000 pounds of human waste left each year along the climbing routes stays there indefinitely! The best course of action is to use the toilet facilities and privacy screens provided at the major climbing camps. Climbers who pick their own high camps should carry human waste bags to pack out their waste to a collection station.

HIKER INFORMATION

If you are planning a backpacking trip, be sure to stop at the Hikers Center at Longmire, located in the log and stone building beside the flagpole. The Center features a display of 30 popular hikes with descriptions and information on Minimum Impact Camping. Rangers on duty will be happy to answer your questions, assist with trip planning and issue backcountry permits.

Camping at Camps Muir and Schurman, as well as all nights at other trailside camps, is available on a first come - first served basis. For additional information, write: Backcountry Desk, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211 and ask for the Backcountry Desk.

24 HOUR INFORMATION

For information on Mount Rainier National Park, tune your AM radio to 1610KHz, in the area of the park headquarters at Ashford and the Nisqually entrance. Also, you may dial 569-2343 for up-to-date information on park roads, trails, facilities, and weather, 24 hours a day.

CHURCH SERVICES

INTER-DENOMINATIONAL CHRISTIAN SERVICES

(Sponsored by A Christian Ministry
in the National Parks)

Cougar Rock Campground
Amphitheater 9:00 AM & 7:00 PM
Paradise
Paradise Inn Lobby 9:00 AM
Paradise Visitor Balcony 9:00 PM
Ohanapecosh
Amphitheater 9:00 AM & 7:00 PM

ROMAN CATHOLIC MASS

Eatonville
Our Lady of Good Counsel 10:00 AM
Morton
Sacred Heart 10:30 AM
Packwood (Saturday)
Presbyterian Church 5:00 PM

WILDLIFE AND LUNCH

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 we ask that you observe but do not feed the wildlife.

Both birds and mammals are affected in many ways by well-meant handouts. 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 all pass the winter hibernating. These animals require specific foods to fatten themselves for their long sleep. Our food does not supply the right fats and protein for these animals. In addition, rodents do bite and may carry rabies and bubonic plague.

Bears quickly learn to associate people with food when offered handouts. Leaving food out or intentionally feeding bears can lead them to damaging tents and vehicles, and injure people.

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

SPOTTED OWLS

The low forest of Mount Rainier National Park is some of the last "old growth" in the Pacific Northwest. Here Douglas-fir, western hemlock and western red cedar are over 1000 years in age. Trees that were old when ships reached the North Pacific coast and the wagon trains brought the settlers into Puget Sound.

The Spotted Owl is a bird that demands old growth forest for its existence, and is listed on both the Washington and Oregon threatened species list. It is estimated that a pair of spotted owls need from 1000 - 3000 acres of old growth forest for feeding and protection from predators. They feed on small mammals, birds, insects and reptiles that live in the old growth forest. Spotted Owls range from Northern California to Southern British Columbia.

Mount Rainier National Park is conducting a one and one half year study on habitat use by spotted owls. Volunteer field research assistants will call owls, record locations, and determine locations of nests. Owl pairs will be radio collared to be tracked nightly for activities in the summer and fall. Gifts of time, material and money are needed to carry out this research. If you are interested in assisting, contact the Superintendent of Mount Rainier National Park or inquire at one of the visitor centers for more information.

PROTECT YOUR VALUABLES

"Don't be a victim", says Park Ranger Bill Larson. Vacationers generally are in a relaxed frame of mind, and don't practice the same precautions against thievery as they might in the city. Unfortunately, thieves visit Mount Rainier along with the good folks.

Rangers urge locking everything of value in the car's trunk, or putting it out of sight, and locking all doors and windows. Purses, billfolds, cameras and other valuables can be prizes for a thief.

Report all suspicious persons in campgrounds or parking areas, and any thievery to a Park Ranger.

ALPINE HABITATS BEING DESTROYED

Fellfields are the rock-strewn, arctic-like areas located just below the icecap in many parts of Mount Rainier. While appearing as mere rocky slopes, the fellfields actually support 42 species of plants. Of these plants, 20 do not occur below 7,000 feet elevation, 30 have geographic ranges limited to the Pacific Northwest, and only 5 species will establish themselves in stone-free soil.

Heath meadows are generally found below the fellfields and represent plant communities that are estimated to be more than 7,000 years old. They feature dominant heather species that are endemic to the Pacific Northwest. On Mount Rainier, heath meadows may extend up to 8,000 feet elevation, much higher than in other locations in this region.

Despite their harsh climatic conditions, both fellfields and heath meadows are extremely delicate areas. Disturbing the rocks in the fellfields results in the loss of plants and their habitat. While the removal of stones to construct a tentpad completely destroys the vicinity, even the scuffing of one's boots is enough to destroy individual plants and make conditions unsuitable for their growth. Cutting switchbacks and generally walking off the trail in the heath meadows stimulates erosion that removes the fine particle soil and destroys the heather plants themselves. Saving the fellfields and heath is simply, but urgently, eliminating these adverse impacts and treading lightly in high places.

BOOKS AND MAPS

A selection of books and maps are available for sale at all park visitor centers as well as the Hikers' Information Center and the Museum at Longmire. These items include 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. All items have been selected for their relevance to Mount Rainier, the other national parks, and their resources.

These outlets are operated by the Mount Rainier branch of the Pacific Northwest National Parks & Forests Association. Proceeds of this non-profit organization benefit the naturalist programs in the national parks and forests of the Pacific Northwest. We invite you to become a member. To learn more about the advantages of membership in the Pacific Northwest National Parks & Forests Association, inquire at the Visitor Centers.

GOLDEN AGE PASSPORT

Are you 62 years or older?? Have you been medically determined to be blind or permanently disabled? If you answer "yes" to either of these questions, then a free passport is available to you.

The Golden Age Passport is issued to U.S. residents 62 years or older; the Golden Access Passport is for those with physical disability. Both are lifetime passes providing free entrance to the national parks for you and all persons in your vehicle, plus a 50% reduction in camping fees.

The passports are available at all visitors centers, the Carbon River Ranger Station and park headquarters.