

# Tahoma

Mount Rainier National Park

Activity and Program Guide

July 1 - September 10, 1994

## The Park's Future

**M**ount Rainier National Park represents a profound expression of our national character. As a unit of the national park system, it is able to communicate, educate and renew in us the values we share in America's unsurpassed natural beauty, unique history, and cultural richness.

As we look toward the park centennial on March 2, 1999, and move beyond that benchmark anniversary into the 21st Century, Mount Rainier National Park managers and staff are embracing a role of proactive leadership both within the park and beyond its boundaries. Strategic plans have been developed to enhance protection and stewardship of park resources, improve access for a diverse public, increase user enjoyment through education, and develop sustained and integrated programs of natural, cultural, and social science resource management. These strategic management plans are now being put into action.

Someone once defined management as the process of constant improvement. That anonymous person was right! Building on over 90 years of park history and experience, we are ready to meet the challenges of the next millennium with enthusiasm and the planning necessary to meet its challenges.



*The Purpose of parks "is to conserve the scenery and the natural and historic objects and the wildlife therein and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations."*

United States Congress  
National Park Service Organic Act, August 25, 1916

## Your Participation Will Make a Difference

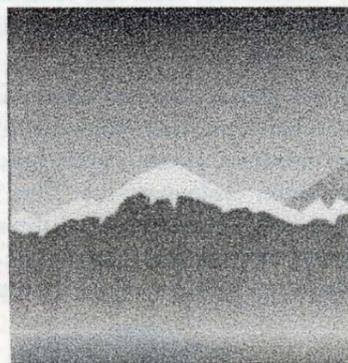
**A**lmost a century ago, citizens nationwide recognized the spectacular beauty of the Puget Sound region, and later established Mount Rainier and Olympic National parks. The goal was to permanently protect these extraordinary lands and their world-renowned ecosystems.

Today, these precious parks are in jeopardy. In just the past five years, park attendance has increased 15%, while backcountry visits have increased 25%. In 1994 alone, more than five million people will visit the two parks.

At the same time, federal allocations to the parks have failed to keep pace with inflation. If the magnificence and diversity of Mount Rainier and Olympic National Parks are to endure, we must aggressively work for their restoration and protection today.

The Mount Rainier and Olympic Fund is a private, independent, not-for-profit organization established to support and enhance these two national parks. The Fund works with individuals like you - as well as businesses, foundations and allied organizations - to undertake specific projects to improve the Parks, including:

■ **Wildlife habitat restoration**



### MOUNT RAINIER & OLYMPIC FUND

- Wilderness preservation and rehabilitation
- Restoration of scenic areas and historic structures
- Scientific research
- Expansion of archaeological sites
- Acquisition of artifacts and historic materials
- Exhibit and museum renovation
- Removal of obsolete facilities
- Volunteer in Parks support
- Trails reconstruction

- Enhancement of visitor services
- Environmental education
- Campground rehabilitation

#### How You Can Help

Your participation will make a difference. Please join the Mount Rainier & Olympic Fund today. Your contribution will help assure that these two beautiful

parks continue to flourish for you and your loved ones to enjoy today and for generations to come.

For detailed information about how you can help, contact: Kim M. Evans, Executive Director, The Mount Rainier and Olympic Fund, Tahoma Woods, Star Route, Ashford, WA, 98304, or call (206) 569-2211 ext. 2301. Look for donation boxes and envelopes at all park visitor centers and lodges.

*"During the few years allotted to each of us, we are the guardians of the earth - we are the custodians of the earth - we are the custodians of our heritage and of the future."* James A. Michener

# Your National Park



**R**ainier is more than a beer, more than an insurance company or real estate agency, more than a dentist office or bank. Rainier is the highest mountain in Washington and boasts the largest glacial system in the 48 contiguous states. On its slopes are spectacular meadows of subalpine flowers and a skirt of old-growth douglas-fir forest found in few other places. Mount Rainier is the majestic center of our nation's fifth oldest national park.

National parks are fundamentally different from city parks, state parks, Department of Natural Resources lands, National Forests or any other outdoor recreation area. In his book, *Battling for the National Parks*, former National Park Service Director George B. Hartzog Jr., wrote that national parks provide "a sense of place in which to discover 'Who am I?'; a place that is as constant as love, as never-changing as the cycle of the seasons, as joyous as the shriek of a child on Christmas morning, as exhilarating and re-creating as freedom itself... These parklands are more than physical resources. They are the delicate strands of nature and culture that bond generation to generation. They are... the benchmarks of our heritage..."

The rules and regulations in national parks help protect their special qualities. Please honor these rules even though they may differ from the ones you are accustomed to following at other outdoor recreation areas and city parks. For example:

- Collecting all plant materials, including ferns and beargrass, is prohibited.
- Collecting fungi and berries for personal consumption is allowed in very small quantities (one small grocery bag/vehicle/week). Commercial collecting is prohibited.
- Leave natural features (such as rocks) where they are, for all future generations to enjoy.
- Mount Rainier is famous for its wildflowers; do

not pick them. Leave them for everyone to enjoy and to produce seed for future blossoms.

- Camping is not allowed along any park road. Campgrounds are located at Sunshine Point, Cougar Rock, Ohanapecosh, White River and Ipsut Creek.
- Make fires only in a fire ring or grill at picnic areas and campgrounds. Use only portable stoves in the backcountry.
- No fishing license or permit is required to fish in the park's lakes and streams. Some streams and lakes are closed and on some only fly fishing is allowed; check with a ranger for details. Since the park waters are not stocked, "fishing for fun" is encouraged: use barbless hooks and release uninjured fish. The daily limit is six pounds plus one fish, not to exceed a total of twelve fish. State fishing seasons apply.
- Pets must be caged or on a leash. They are not allowed in buildings or on trails (seeing-eye and hearing-ear dogs excepted). Dogs are allowed on the Pacific Crest Trail on leash.
- A permit for an overnight stay in the backcountry is required year round. Inquire at any visitor center or hiker information center.
- Firearms are permitted only if being transported through the park in a vehicle and must be unloaded, broken down, and cased. Hunting is prohibited.
- Do not drive or park off any road.
- Mountain bikes are allowed only on roadways. They are prohibited on all trails. Note: bikes are allowed on Westside Road but not on adjacent trails.

Your cooperation is appreciated and shows respect for fellow park users, for future visitors and for our national heritage.

## Entrance Fees

Park entrance stations will be changing to an "honor system" for payment of entrance fees during periods when the entrance is not staffed by a park ranger. While in effect, visitors will place entrance fees in an envelope and deposit the envelope in a canister. Compliance checks will be conducted by law enforcement rangers.

Fee Type	Price	Usage
Vehicle	\$5	Good for 7 days.
Individual	\$3	In a bus, on foot, bicycle, motorcycle or horse. Good for 7 days.
Rainier Pass	\$15	Good for 1 year at Mount Rainier.
Golden Eagle	\$25	Good for 1 year in all national parks.
Golden Age	\$10	For U.S. citizens or permanent residents 62 and over.
Golden Access	Free	For blind or permanently disabled U.S. citizens or permanent residents.



## Volunteers

**M**any 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. But thousands of individual citizens, who want to ensure that the best of America will be protected, assist the Park Service by volunteering their time and talents.

These men and women who work side-by-side with National Park Service employees are called Volunteers in Parks, or VIPs. They are, truly, Very Important People, and you can join their ranks. VIPs care about the parks - their past, present, and future - and care about the people who come to enjoy the parks.

VIPs work in almost every park in the National Park System. VIPs help the National Park Service in its challenging mission: To conserve the parks' priceless natural and historical resources and to provide for their enjoyment in a way that will leave them unimpaired for future generations.

Whether working on easy-access and barrier-

free projects, such as members of the Telephone Pioneers of America are doing this summer, or collecting seeds to be used for revegetating damaged subalpine meadows, such as Washington Native Plant Society members do each fall, volunteers find their own special way to make a difference at Mount Rainier National Park.

Their generous gifts of time and effort are invaluable. Volunteers patrol and help maintain trails. They rove subalpine meadows, monitor wilderness impacts and assist with water ecology studies. They work on revegetation projects, aid in controlling the spread of exotic plants and staff the park greenhouse. Volunteers supply resources and personnel for search and

rescue responses. They staff visitor and hiker information centers and serve as campground hosts. Overall, volunteers provide a cornucopia of services and furnish needed labor to complete projects that would go unfinished without their help.

If you cross paths with any of these generous people, often identifiable by the green and gold NPS Volunteer caps or blue Student Conservation Association patches they wear, please let them know that their contributions to Mount Rainier National Park are **MUCH** appreciated.

If you would like to make your contribution toward assuring that your national parks will continue to be enjoyed by future generations, then consider becoming a VIP for the National Park Service. As a volunteer, you can make a difference in your own life, in the lives of others and in the way the national parks are managed and protected.

To apply for a VIP position 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, 11516 - 155th Ave. SE, Renton, WA, 98059.



Volunteers in the Park = **VIP** = Very Important People

# Services & Facilities

## Visitor Centers

**Longmire Museum:** 9 a.m. - 5:30 p.m., daily.

**Paradise: Henry M. Jackson Memorial Visitor Center:** 9 a.m. - 7 p.m., daily.

**Ohanapecosh Visitor Center:** 9 a.m. - 6 p.m., Sunday through Thursday; 9 a.m. - 6 p.m., Friday and Saturday.

**Sunrise Visitor Center:** 9 a.m. - 6 p.m., Sunday through Friday; 9 a.m. - 7 p.m., Saturday.

**Carbon River Ranger Station:** 9 a.m. - 5 p.m., daily.

## Hiker Information Centers (Permits)

**Longmire:** 8 a.m. - 6 p.m., Sunday through Thursday; 8 a.m. - 7 p.m., Friday; 7 a.m. - 7 p.m., Saturday. Permits available for overnight trips. The Center is located in the lobby of the large log and stone building behind the flagpole.

**White River:** 8 a.m. - 4:30 p.m., Sunday - Thursday; 8 a.m. - 9 p.m., Friday; 7 a.m. - 7 p.m., Saturday. Obtain backcountry permits for overnight trips and hiking information in the ranger station at the White River Entrance.

## Food & Lodging

**Longmire National Park Inn:** Lodging desk 7 a.m. - 10 p.m., daily. Dining room hours 7 a.m. - 8 p.m., daily. For reservations call: Mount Rainier Guest Services at (206) 569-2275.

**Longmire General Store:** Open 8 a.m. - 8 p.m., daily. Gifts & some groceries. Located near the National Park Inn.

**Paradise: Henry M. Jackson Memorial Visitor Center:** 10 a.m. - 7 p.m., daily. Food services, showers, and gifts available in the Henry M. Jackson Memorial Visitor Center.

**Paradise Inn: Lodging & Restaurant:** Hotel front desk open 24 hours, daily. Dining room 7 a.m. - 9 a.m. for breakfast, 12 noon - 2 p.m. for lunch, 5:30 p.m. - 8:30 p.m. for dinner; Sunday Brunch: 11 a.m. - 2:30 p.m.; Glacier Lounge open 12 noon - 11 p.m. daily; snack bar open 9 a.m. - 8 p.m. daily. Gift shop: located in the Paradise Inn lobby 8 a.m. - 9 p.m., daily. For reservations call Mount Rainier Guest Services, (206) 569-2275.

**Sunrise Lodge:** Dining: 10 a.m. - 7 p.m., daily, then 10 a.m.-5 p.m., Sunday September 11 only. Food service and gift shop. No overnight lodging is available. Provided by Mount Rainier Guest Services.

## Showers

**Paradise: Henry M. Jackson Memorial Visitor Center:** Lower level. Available 10 a.m.-7 p.m., daily. Showers are also available outside the park in Ashford and Packwood.

## 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.**

## Firewood

**Firewood Sales:** Cougar Rock Campground 4 p.m.-9 p.m., daily, then Friday, Saturday and Sunday only, September 6-18. Longmire General Store 8 a.m.-8 p.m., daily, then 10 a.m.-5 p.m., daily, September 6-18. Ohanapecosh Campground: 5 p.m.-7 p.m., daily through September 5. Gathering of firewood is not permitted.

## Campgrounds

**Sunshine Point:** Open year round. 18 sites. Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance. Site fee is \$6 per night on a first-come, first-served basis. No group sites available.

**Cougar Rock:** 200 campsites for tents and trailers, 5 group sites. Located 2.5 miles from Longmire on the Paradise Road. Site fee is \$8 per night on a first-come, first-served basis. Only group sites can be reserved by phoning (206) 569-2211 x3301 and cost \$3 per night, per person. Cougar Rock Campground is open until mid-October.

**Ohanapecosh:** 205 sites, no group sites. Site fee is \$10 per night on a first-come, first-served basis. The Ohanapecosh Campground is open until late October.

**White River:** 117 sites, no group sites. Site fee is \$8 per night; on a first-come, first-served basis.

**Ipsut Creek:** 29 sites, 2 group sites. Located at the end of the Carbon River Road. Site fee is \$6 per night, on a first-come, first-served basis. Only group sites can be reserved for \$3 per person per night by phoning (206) 569-2211 x3301.

**All Campgrounds:** Extra vehicles at campsites are charged \$4 per night.

## Picnic Areas

**Sunshine Point:** Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance.

**Cougar Rock:** Located across the road from Cougar Rock Campground. The picnic area is open until mid-October.

**Paradise:** Located .25 mile below the Jackson Visitor Center. Picnicking is **NOT** allowed on the fragile meadows at Paradise.

**Ohanapecosh:** Located across from the Ohanapecosh Visitor Center near the entrance to the Campground.

**Tipsoo Lake:** Located near Chinook Pass on Highway 410, 17 miles north of Ohanapecosh, and 11 miles south of the White River Entrance arch.

**Box Canyon:** Located between Ohanapecosh & Paradise on Stevens Canyon Road.

**Sunrise:** Located behind the Sunrise Visitor Center in a subalpine setting.

**Ipsut Creek:** Located at Falls Creek, 2 miles from the entrance, and in Ipsut Creek Campground.

## Climbing

**The Guide House at Paradise:** 9 a.m. - 5 p.m., daily. Summit guided 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) 569-2227.

## Post Offices

**Paradise Inn:** Open 8:30 a.m. - 5 p.m., Monday - Friday, 8:30 a.m.-12 noon, Saturday.

**Longmire National Park Inn:** Open 8:30 a.m. - 5 p.m., Monday - Friday, 8:30 a.m.-12 noon, Saturday.

## Religious Services

Inter-denominational services sponsored by A Christian Ministry in the National Parks.

**SUNDAY** 9 a.m. & 7 p.m. Cougar Rock Campground Amphitheater, Ohanapecosh Campground Amphitheater & White River Campground Campfire Circle.

830 a.m. & 730 p.m. Paradise Inn

9 a.m. Roman Catholic Mass in Wilkeson at Our Lady of Lourdes.

10 a.m. Eastern Orthodox Liturgy in Wilkeson at Holy Trinity & Roman Catholic Mass in Eatonville at Our Lady of Good Counsel.

1045 a.m. Roman Catholic Mass in Morton at Sacred Heart.

**Saturday** 5 p.m. Roman Catholic Mass in Packwood at Presbyterian Church.



**ALL FACILITIES IN THE PARK ARE SMOKE FREE**

## Accessibility



### For Those With Mobility Impairments:

Most COMFORT STATIONS and BUILDINGS are accessible or accessible with help.

Accessible OVERNIGHT ACCOMMODATIONS are available at the Longmire National Park Inn and the Paradise Inn. Phone (206) 569-2275 for reservations.

PICNIC GROUNDS and CAMPGROUNDS (except Sunshine Point) in the park have accessible sites and toilets.



### For Those With Hearing Impairments:

WRITTEN INFORMATION and EXHIBITS are available at Longmire Museum and Hiker Information Center, Jackson Visitor Center at Paradise, Ohanapecosh Visitor Center, White River Hiker Information Center and Sunrise Visitor Center. SIX SELF-GUIDING NATURE TRAILS are available with an interpretive guide booklet or signs. Ask for LARGE PRINT SCRIPTS of audio/visual programs presented at the Jackson Visitor Center at Paradise and Ohanapecosh Visitor Center. A TDD is available at (206) 569-2177.

For more information or assistance, contact a park ranger at any visitor center or phone (206) 569-2211.

# Naturalist Programs



## Walks - Easy

- 1030 AM Friday** **PARADISE Art of Mountain and Meadow:** 2 hours, 1 mile. Discover the artist in yourself. Meet at the Jackson Visitor Center flagpole.
- 100 PM Daily** **PARADISE Wildflowers:** 1 hour, 1 mile. Explore the subalpine flower fields on this easy walk along trails through Paradise Meadow. Meet at the Jackson Visitor Center flagpole.
- 2 PM Wednesday, Thursday & Friday** **OHANA Meanders:** 1 hour, 1 mile. Naturalist's choice of topic and destination. Meet at the Ohanapecoh Visitor Center flagpole.
- 230 PM Daily** **PARADISE Nisqually Vista:** 1.5 hours, 1.25 miles. Discover the geology and glaciers of Mount Rainier on this easy walk to an excellent view of the Nisqually Glacier. Meet at the Jackson Visitor Center flagpole.
- 2 PM, 230 PM & 3 PM Daily** **SUNRISE Salmagundi:** 30 minutes, .5 mile. Discover Mount Rainier, the Emmons Glacier or the history of Sunrise. Each walk explores a different subject. Meet at Sunrise Visitor Center.
- 730 PM 7/1-8/27 7 PM 8/28-9/11** **PARADISE Evening Stroll:** 1 hour, .5 mile. Learn about Paradise's past and present during this stroll with a park naturalist. Meet in the Paradise Inn Lobby.
- 730 PM Wednesday, Friday & Saturday** **LONGMIRE Meadow Mosey:** 1 hour, .5 mile. This walk focuses on the natural and human history of the Longmire area. Meet at the flagpole in front of the Longmire Hiker Information Center.

## Walks - Moderate

- 9 AM Saturday** **WHITE RIVER Emmons Glacier:** 3 hours, 3.5 miles. Walk to a closeup view of the largest glacier in the contiguous United States. Meet at the Glacier Basin Trailhead in White River Campground.
- 930 AM Sunday** **SUNRISE Flower Power:** 2 hours, 2 miles. Meet the native wildflowers of Yakima Park. Meet at the Sunrise Visitor Center flagpole.
- 10 AM Daily** **CARTER FALLS:** 2 hours, 2 miles. Experience the lowland forest along the Paradise River enroute to Carter Falls. Meet at the bulletin board by the Ranger Station at Cougar Rock Campground.

- 1030 AM Saturday Through Thursday** **PARADISE Alta Vista:** 2 hours, 1.5 miles. Explore subalpine meadow life on this hike to a knoll overlooking Paradise. Meet at the Jackson Visitor Center flagpole.
- 10 AM Monday, Thursday & Saturday** **OHANAPECOSH Silver Falls:** 2 hours, 3 miles. Learn about the lowland forest enroute to Silver Falls. Linger at the falls and return at your own pace. Meet at the bulletin board by the bridge at loop "B" in the Ohanapecoh Campground.
- 10 AM Friday & Sunday** **OHANAPECOSH Ancient Trees:** 2 hours, 2 miles. Enjoy a quiet walk through an ancient forest to the Grove of the Patriarchs. Meet at the Ohanapecoh Visitor Center and carpool to the trailhead (share a ride).
- 130 PM Friday & Saturday** **SUNRISE Shapemakers:** 2 hours, 2 miles. Join a park naturalist and learn how avalanches, glaciers, mudflows and volcanic eruptions have affected Mount Rainier. Meet at Sunrise Visitor Center.
- 130 PM Sunday** **SUNRISE Goat Watch:** 1 hour, 1.5 miles. Join a park naturalist to discover the habits and haunts of our native mountain goats. Meet at Sourdough Ridge Trailhead, at Sunrise.

## Hikes

- 9 AM Tuesday, Thursday & Saturday** **COMET FALLS:** 4 hours, 4 miles, 900 feet elevation gain. Bring lunch, water and proper clothing for possible sudden weather changes. Meet at the Comet Falls Trailhead.
- 10 AM Friday & Sunday** **PARADISE Panorama Point:** 4 hours, 5 miles, 1400 feet elevation gain. Bring lunch, water and proper clothing for possible sudden weather changes. Meet at Jackson Visitor Center flagpole.
- 10 AM Saturday** **PARADISE Pinnacle Peak:** 3 hours, 2.5 miles, 1050 feet elevation gain. Bring lunch, water and proper clothing for possible sudden weather changes. Meet at Trailhead (west end of parking area at Reflection Lake.)

## Evening Programs

- 9 PM July 830 PM 8/1-9/10 Daily** **COUGAR ROCK Campground Amphitheater:** 45 minutes. Enjoy Mount Rainier in a slide program presented each evening by a park naturalist. Program titles are posted on the campground bulletin board.

- 9 PM Daily** **PARADISE INN Lobby:** 1 hour. Illustrated programs explore a variety of subjects on Mount Rainier. Titles are posted in the Jackson Visitor Center and the Paradise Inn.
- 9 PM July 830 PM 8/1-9/10 Daily** **OHANAPECOSH Campground Amphitheater:** 45 minutes. Enjoy Mount Rainier through a slide program presented each evening by a park naturalist. Program titles are posted on the campground bulletin board.
- 8 PM July 730 PM 8/1-9/3 Wednesday through Saturday** **WHITE RIVER Campground Campfire Circle:** 45 minutes. Explore the beauty, geology or history of Mount Rainier at a campfire program presented by a park naturalist. Titles are posted on campground and Sunrise Visitor Center bulletin boards.
- See Bulletin Board** **IPSUT CREEK Campground Campfire Circle:** 45 minutes. Join a park naturalist for a program in the campfire circle. Program titles and time are posted on the campground bulletin board.

## Movies & Slide Shows

- 10 AM - 6 PM Daily** A twenty minute program is shown on the hour and half hour at the Jackson Visitor Center Auditorium.
- 3 PM Daily** **OH, WHAT A PARADISE:** 30 minutes. Slide program on the preservation of the meadows. Jackson Visitor Center Auditorium.

## Children's Activities

- Junior Ranger** activities are for children 6-11 years old. Join a park naturalist at the following locations:
- 9 AM Saturday** **WHITE RIVER Junior Rangers:** 1.5 hours. Meet at the White River Campfire Circle for a short walk and nature activities.
- 10 AM Saturday** **OHANAPECOSH Junior Rangers:** 2 hours. Meet at the Ohanapecoh Visitor Center and explore the old-growth forest.
- 2 PM Monday, Friday & Saturday** **COUGAR ROCK Junior Rangers:** 1.5 hours. Meet at Cougar Rock Campground Amphitheater for a short walk and nature activities.
- 930 AM Sunday** **IPSUT CREEK Junior Rangers:** 1.5 hours. Meet at Ipsut Creek Campground Amphitheater for nature activities.

# Shadows of the Past

Imagine! You're walking a moonlit trail around a lush meadow surrounded by towering trees. Tall grass blowing in a cool evening breeze and a star filled sky add to the tranquility of the moment. Suddenly, from the dark you hear a sound....a sound like a voice from the past.

This rare opportunity to witness "Shadows of the Past" can be yours this summer. Join a park ranger on a walk back through time and meet historical persons

who, lured by the awesome grandeur of Mount Rainier, came to the volcano's slopes and helped shape the park's rich historical record.

This special living history program titled "Shadows of the Past" will be presented on **July 9 at 10:00 p.m., August 6 and September 3 at 9:30 p.m.**, and will last approximately 75 minutes. Meet at the flagpole in front of the Longmire Administration Building. Dress for the weather and see you there!



# Junior Rangers

Welcome to the Mount Rainier National Park "Junior Ranger" program. This program helps children to develop an understanding and appreciation for National Parks, with special emphasis in Mount Rainier National Park. Children completing the program will earn a "Junior Ranger" certificate, and may purchase a "Junior Ranger" patch.

There are two ways for children to take part in the "Junior Ranger" program. Children may attend the guided activities at Cougar Rock, Ohanapecosh White River, or Ipsut Creek campgrounds, or complete the "Do-it Yourself" activities printed in booklets available in park visitor centers.

Join a Naturalist for a guided Junior Ranger program, July 2 through September 4, at 2 PM, Monday, Friday and Saturday at the Cougar Rock Campground; 10 AM, Saturday at the Ohanapecosh Campground; 9 AM, Saturday at the White River Campground; 9:30 AM, Sunday at the Ipsut Creek Campground. These

1.5 to 2 hour programs are for children 6 - 11 years old. There is a limit of 25 children at each program. Children must be able to participate in the program without parents. Children will receive a "Junior Ranger" certificate at the end of each program.

The Do-it-Yourself activities are printed in booklets available at Longmire, Paradise, Ohanapecosh, Sunrise, and Carbon River areas. Children need to complete activities and questions for only a single area, not all four. Answer as many questions as possible. If you need help, ask a park naturalist. Young children may need assistance from an adult or older child. Children will receive a "Junior Ranger" certificate when they present their completed booklets to a naturalist at one of the five visitor information centers: Longmire Museum, Henry M. Jackson Visitor Center at Paradise, Ohanapecosh Visitor Center, Sunrise Visitor Center and the Carbon River Ranger Station.



A "Junior Ranger" cloth patch may be purchased by persons with a "Junior Ranger" certificate for a small cost at any of the five Northwest Interpretive Association bookstores located at Longmire, Paradise, Ohanapecosh, Sunrise or Carbon River.

Come explore the hidden beauty and discover the story of Mount Rainier National Park.

## "Partnership In Parks"

Mount Rainier National Park and Metropolitan Park District of Tacoma

One day programs include up to 6 hours with a Mount Rainier National Park Interpreter. Call 206/569-2211 x3313 for registration or inquire at any park visitor center or museum. Cost is \$12 per person.

Programs include roadside stops and/or short walks. Bring your lunch, water and dress for the weather.

### Old-Growth Forest of Mount Rainier

Saturday, July 9

10 a.m. - 3 p.m.

Walk through ancient Northwest forests and learn the story of 1000 year old trees.

### The People of Mount Rainier

Saturday, July 16

10 a.m. - 3 p.m.

Time-travel through history on a walk through Longmire, Paradise and Ohanapecosh. Hear the stories of the people who made park history.

### Art of Nature

Saturday, July 30

10 a.m. - 3 p.m.

Discover the hidden beauty of Mount Rainier through art. For the budding artist in all of us who

wants to get closer to nature. We will be going to an inspirational location in the Paradise Meadows (5,500 feet elevation). Drawing pencils and watercolor supplies provided.

### Wildflowers of Paradise

Monday, August 8

10 a.m. - 3 p.m.

Experience the beauty and lore of subalpine flowers that grace Mount Rainier each summer.

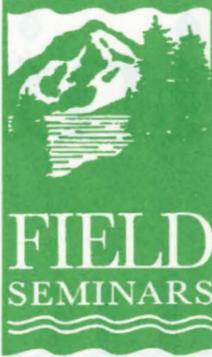
### Mount Rainier Photo Tour

Wednesday, August 31

10 a.m. - 3 p.m.

Discover the "Faces of Mount Rainier" on this photography tour/workshop. Bring camera and film of your choice. Extra film is recommended.

PACIFIC NORTHWEST



## Welcome to Pacific Northwest Field Seminars

Dawn awakens in the Cascades with crimson reflections upon ageless glaciers. You hear a stream gurgle as it leaps noisily down the hillside. Undergrowth rustles as a fawn and doe stir to greet the morning...

On the high desert plains, obsidian sparkles in the mid-day sun as we search for clues about our past. The sun's wake reveals tantalizing remnants of long extinct plants and animals and cataclysmic geologic events, now eons past...

The ocean stirs our hearts and influences the rhythm of our lives. Overhead, migrating terns soar while their reflections dance across briny tidepools of immense diversity. Sea lions bask offshore, bellowing crescendos which rise to match the oncoming tide...

Dusk softly illuminates alpine meadows where starry wildflowers are mirrored in the heavens and advancing shadows obscure the valleys below. Here we find tranquility; wonder and fulfillment that rejuvenates our minds and our souls long after we have returned home.

Join Pacific Northwest Field Seminars for an unforgettable educational experience. Whether you strive to expand upon a lifelong interest, or wish to explore new horizons, our purpose is to guide, nurture and facilitate environmental education in the Pacific Northwest.

The Pacific Northwest Field Seminars is a non-profit program sponsored by the Northwest Interpretive Association in cooperation with the National Park Service and U.S. Forest Service.

For information on seminar subjects, dates, and to register please call the Program Director at (206) 220-4142; ask a ranger at any visitor center; or write Pacific Northwest Field Seminars, 909 First Avenue, Suite 630, Seattle, WA, 98104-1060.

# Northwest Interpretive Association



Books and maps are available for sale at all park visitor centers as well as the 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 benefitting the 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. For a catalog of publications and to learn about the advantages of membership inquire at any visitor center; or write to the Northwest Interpretive Association, 909 First Avenue, Suite 630, Seattle, WA, 98104-1060; or phone (206) 220-4140.

Look for "The Traveler's Companion" at all visitor centers, museum, hiker information centers and book sales displays. Use it as a trip planner to schedule features you want to visit, use it as a road guide to the Mount Rainier story, or use it as a keepsake to help you remember your visit.

A TRAVELER'S COMPANION TO  
MT. RAINIER NATIONAL PARK



TEXT BY ROBERT STELLINGSMA • PHOTOGRAPHY BY PAT O'HARA

# EXPLORING MOUNT RAINIER

**H**eaded for Paradise or Sunrise? There's more!! Take a moment to explore all the possibilities in enjoying the Northwest's greatest mountain. With so much to see and do and so little time to do it in, how will you plan your time at Mount Rainier?

There is no "best way" to visit the park. It depends on your time and interests.

Plan to stop early at one of the park visitor centers for detailed information and assistance in making the most of your time. You will find helpful rangers willing to answer questions on wildlife, flower blooms, glaciers, human history and other features of the park. They also provide current information on roads, weather, trails, camping and local attractions. Backcountry hikers should consult a ranger at either the Longmire or White River Hiker Centers. At the visitor centers, ask about a schedule of activities to enhance your personal interest.

Park Naturalists offer walks and hikes to provide you the opportunity to better understand and appreciate the many different aspects of the mountain environment. Short guided walks are offered to waterfalls and magnificent old-growth forests at Longmire/Cougar Rock and Ohanapecosh. Sub-alpine meadows are featured in programs at Paradise and Sunrise. Illustrated campfire programs presented at Cougar Rock, Ohanapecosh and Ipsut Creek Campgrounds, and at Paradise Inn focus on significant resources of the park. Old-fashioned talks around the campfire are held at White River Campground. The programs vary each evening and touch upon topics such as: wildlife, glaciers, wildflowers, mountain climbing, powers of nature or the volcanic origins of the Mount Rainier landscape. Refer to the Naturalist program and other activity schedules on pages 4 & 5 of this guide or check park bulletin boards for specific details.

## LONGMIRE

**1**In 1883, while on a climbing trip to Mount Rainier, James Longmire happened upon the meadow and mineral springs that now bear his name. Enchanted by the beauty of the area, he and his family returned the following year to found "Longmire's Medical Springs." Soon, venturesome travelers were coming to Mount Rainier to partake of the healthful qualities in the mountain air and mineral water. In 1890, James Longmire built the Longmire Springs Hotel, which provided visitors with a place to rest and a base from which to explore the mountain. Upon request, the Longmires guided their guests to areas around the mountain, including the Paradise flower meadows, and even to the summit!



The Longmire area offers an excellent opportunity to become better acquainted with plants and animals that comprise an old-growth forest ecosystem. Douglas-fir, western redcedar, and western hemlock soar more than 200 feet above mossy, fern-draped forest floors. Here and there, the forest opens into lush green meadows.

One of the best ways of becoming familiar with the forest is to stretch your legs on a hiking trail. The Longmire area offers a wide variety of hiking opportunities. People can relax while walking a gentle path through old-growth forest and open meadows, or challenge themselves on a steeper trail that climbs mountain ridge tops with commanding vistas of Mount Rainier, surrounding peaks, and forest cloaked valleys.

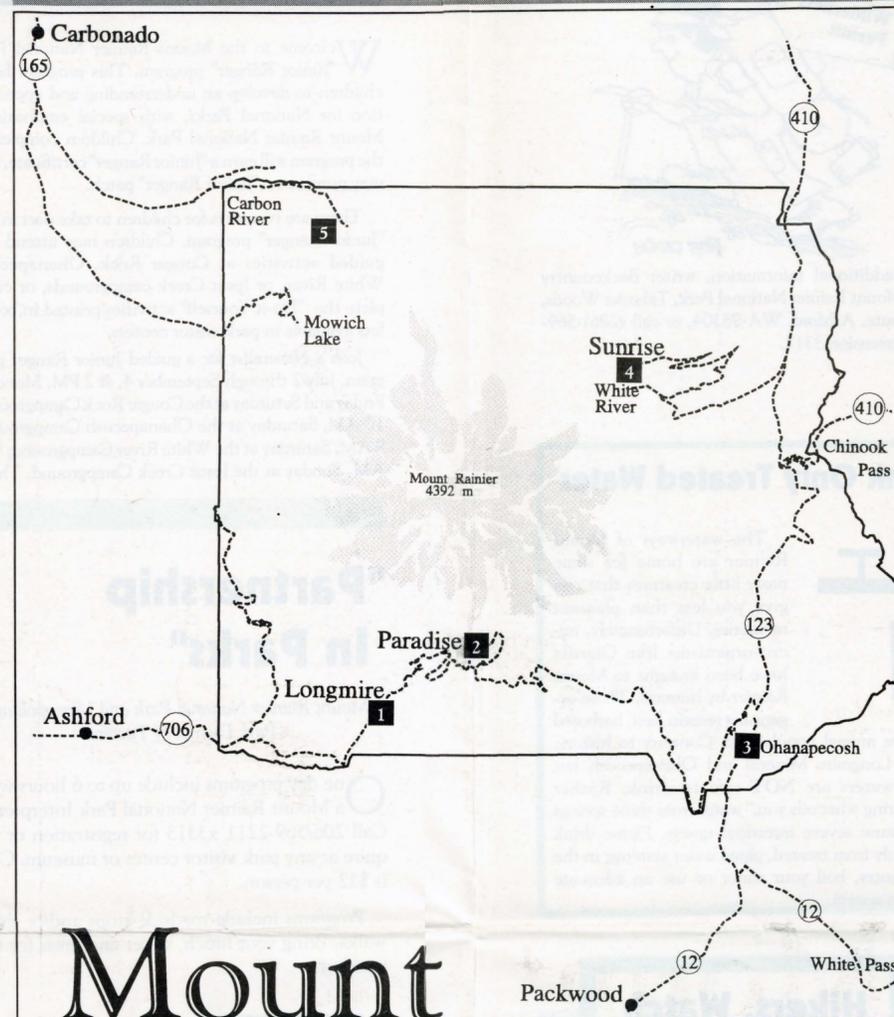
No matter the difficulty of trail you choose, your reward will be a feeling of seclusion and solitude, a sense of wilderness, a feeling often difficult to capture during the routine of everyday life. Park Rangers will be happy to help you plan your exploration of the Longmire area.

With the establishment of Mount Rainier National Park in 1899, the Longmire area became the early center of park activity. The Longmire Museum, one of the oldest national park museums, offers exhibits on geology, mammals, birds, Pacific Northwest Native Americans and early Euro-American exploration of the Pacific Northwest.

## PARADISE

**2**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 fantastic snowfalls. Paradise, located at 5,400 feet on the mountain's south slope, averages 630 inches of snow each winter and often receives much more than that. Record snowfalls have occurred several times, the most recent being the winter of 1971-72 with a total snowfall of 1,122 inches (93.5 feet). Even at summer's end about 34 square miles of snow and ice cover the mountain - more than on all of the other Cascade volcanoes combined. 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 when snow-free slopes burst forth with subalpine flowers. Avalanche lilies, glacier lilies and western anemones bloom early, before the winter's snow has completely melted from the meadows. Yet their flowering is brief. All the summer weeks after, the seed heads of these early risers wave in the breeze as other plants

blossom. Among them are such colorful subalpine delights as the Lewis monkeyflower, Jeffrey shootingstar, magenta paintbrush and mountain bog gentian. This riot of color attracts millions of people from all over the world, and has been increasingly popular since the area was first explored in the late 1800's by the James Longmire family. In fact, the name Paradise is attributed to members of the Longmire family who felt the area is what "Heavenly Paradise" must be like.



# Mount Rainier National Park

## OHANAPECOSH

**3**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, western hemlock and western redcedar, 500 to 1,000 years old. 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 Ohanapecosh Campground, the river cascades as beautiful Silver Falls.



**PARENTS:** Keep children with you and stay on constructed trails. Spray near waterfalls and streams makes for slippery rocks and unstable footing. Hikers and waders may slip and plunge into rivers, which are too cold and swift to swim.

Early settlers to the Cowlitz Valley were attracted to Ohanapecosh 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 area.

## SUNRISE

**4**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 Adams to the south and Mount Baker in the distance to the north. 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 14,411 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. 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 Visitor Center to learn about these differences and gain an excellent introduction to the special world of Sunrise.



## CARBON RIVER - MOWICH LAKE

**5**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 countryside. Only .25 mile of road in the Carbon River Valley is paved. The remainder of the road to Ipsut Creek Campground and the road to Mowich Lake are gravel surfaced.

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 inland 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 3.5 mile trail from the Ipsut Creek Campground to the snout of the Carbon Glacier provides one of the park's closest views of an active glacier.

**If you visit Carbon Glacier, please view it from a safe distance. Rocks falling from the glacier's surface make a close approach very dangerous.**

The road to beautiful Mowich Lake treats you to outstanding views of the "other side of the mountain." Mowich Lake lies at the trailhead for a number of special wilderness destinations. Spray Falls provides a bonus for day hikers on their way to Spray Park, with its glorious wildflower displays. Panoramic views await the ardent hikers who reach Eunice Lake and Tolmie Peak. These fragile areas require special care. See articles on page 9.



# Hiking

## Permits for Overnight Trips & Climbing

If you are planning a backpacking trip, be sure to stop at the Hiker Center at Longmire. Located in the log and stone building beside the flagpole, the Center features a relief map of Mount Rainier and information on Minimum Impact Camping.

*Rangers on duty will be happy to answer your questions, assist with trip planning, and issue wilderness permits. The main purpose of the permits is to control the number of people in one place at one time and thereby limit the impact*

*from litter, human waste, and trampling of the ground and to enhance your wilderness experience.*

A second Hiker Information Center offering similar services is located at the White River Entrance Station. Carbon River Ranger Station issues permits and offers information on the northwest area of the Park.

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.



For additional information, write: Backcountry Desk, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211, extension 3317.

## Protect Your Valuables

Vacationers generally are in a relaxed frame of mind, and don't practice the same precautions against thievery as they might at home. Unfortunately, thieves visit Mount Rainier along with the good folks and find purses, billfolds, and cameras to be easy prizes. **It's best to keep valuables with you or lock everything of value in the car's trunk, and lock all doors and windows.**



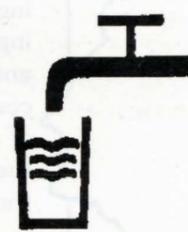
## Watch Out!

### Ticks Carry Lyme Disease

Lyme Disease is an illness transmitted by ticks. Not all ticks carry the disease, but several cases have been reported in the Pacific Northwest.

Symptoms can be severe, including arthritis, meningitis, neurological problems and/or cardiac distress. These symptoms can occur a few weeks to over a year after the tick bite. Early signs include a rash around the infected tick bite and flu-like symptoms. Timely treatment can cure or lessen the severity of the disease. If you experience these symptoms and were bitten by a tick, be certain to tell your doctor. If you are diagnosed as having Lyme disease, and you believe that you were bitten at Mount Rainier, have your doctor contact the park at (206) 569-2211.

## Drink Only Treated Water



The waterways of Mount Rainier are home for some nasty little creatures that can give you less than pleasant memories. Unfortunately, micro-organisms like Giardia have been brought to Mount Rainier by humans. These organisms remain here harbored in native animal populations. Contrary to historic claims, Longmire Mineral and Ohanapeosh hot spring waters are **NOT** safe to drink. Rather than "curing what ails you," water from these springs could cause severe intestinal upsets. Please drink water only from treated, piped water systems; in the backcountry, boil your water or use an adequate filtration system.

## On Your Own

One of the best ways to experience Mount Rainier is by taking a walk or hike. Use your common sense to avoid accidents and injuries, and always bring your own drinking water. Stop by a visitor or hiker information center to get current trail and weather conditions. Be prepared for the unexpected: carry extra food and water, rain gear and emergency items including matches and first-aid supplies. 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, fun trip.

### Self-guiding Trails

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

**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 Longmire Meadow.

**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 easy walk.

**Ohanapeosh "Life Systems":** 30 minutes, .5 mile. Explore the forest and hot springs of Ohanapeosh on this walk. Start at the visitor center.

**"Grove of the Patriarchs":** 1.5 hours, 2 miles. Walk among 1,000 year old tree giants of the old-growth forest. See these ancient trees on an island in

the Ohanapeosh River.

**Sunrise Sourdough Ridge:** 1 hour, .5 mile. A moderate walk through flower fields rich in color to a panoramic viewpoint of four volcanic peaks.

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

### 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 on hiking the Wonderland Trail, inquire at the Longmire Hiker Information Center or the White River Hiker Information Center.

### Westside Road

You may drive 3 miles up the road to the parking area at Dry Creek. From there, travel into the scenic west side of the park is accomplished by hiking and bicycle travel. 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 your permit, if planning to stay overnight.

## Hikers, Watch Your Step!



Tripping and falling are common accidents on park walkways and trails, especially in slippery and icy conditions.



Rock climbing and scrambling continue to be among the leading causes of injury and death to the unprepared and inexperienced. Routes are often more difficult than they appear and even a short fall can cause serious injury or death. Before you scramble or climb on Rainier's rocks or glaciers, provide yourself with proper equipment and training.

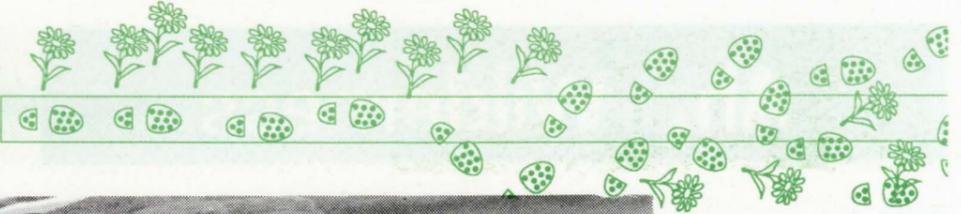


Beware of rocks, snow avalanches and debris falling on trails and rolling onto roadways. Refrain from throwing rocks over cliffs. Don't let gravity spoil your vacation - or someone else's!



Stay back from streams and riverbanks and avoid "rock hopping." Rocks near the waters' edge can be dangerously slippery and have caused fatal accidents. Never swim or wade in streams above waterfalls or in cascade areas.

# Meadow Damage



**P**aradise - the name seems appropriate for this beautiful area nestled between ice-capped Mount Rainier and the jagged peaks of the Tatoosh Range. Here subalpine meadows extend upward from 5400 feet elevation to near treeline at 7400 feet. Small clumps of trees punctuate the open park-like meadows.

It was the spectacular wildflower displays which color the meadows during summer that first prompted early settlers and explorers to visit Paradise in the late 1800s. Now, one hundred years later, the wildflower display is still spectacular. Summer visitation to the Paradise meadows has grown from a few hundred people into the millions and a closer inspection of the area reveals bare ground tracts where vegetation has been trampled and killed, where soils have been compacted and where erosion gullies scar the landscape.

Some of this damage is the result of activities that are no longer permitted at Paradise, such as tent camping, horseback riding, golfing and downhill skiing. Unfortunately though, some meadow damage still occurs today. For instance, many people don't realize the impact they have on the meadows when walking off the constructed trails, particularly when trails are still partially snow-covered or wet. Each and every off-trail step compacts soil and destroys delicate vegetation.



In 1986, Mount Rainier National Park initiated a large scale restoration program to document and repair human-caused damage in the Paradise meadows. Over the last eight years, all meadow damage has been documented and prioritized for restoration, a Paradise Meadow Resource Management Plan has been completed, and a restoration program has been implemented.

Even though the National Park Service is actively attempting to rehabilitate areas damaged by concentrated use and off-trail trampling of fragile vegetation, our ability to repair such damage is limited. To a tremendous extent, the meadows must repair themselves. They need protection from further damage and they need time to stabilize soil in eroded areas and restore plant diversity to the extent of that present in undisturbed areas.

For these reasons, the National Park Service requires all visitors hiking at Paradise, Sunrise and Tipsoo Lake to stay on constructed trails. Show support by staying on the trail. Let others know about meadow protection by wearing a "Don't Be A Meadow Stomper" button. Buttons are available for a 50 cent donation in the visitor centers at Paradise and Sunrise.



## \*\*\* Meadow Alert! \*\*\*

Every year, many of the 2+ million people who visit Mount Rainier hike the meadow trails. Imagine the problems created when one person, multiplied by a thousand, leaves the constructed trail. The best possible solution is for all of us to prevent damage from occurring by staying on the constructed trails.



## Helping Hands

Mount Rainier's Meadow Restoration Program is receiving a big boost this summer in the form of a volunteer group of minority high school students.

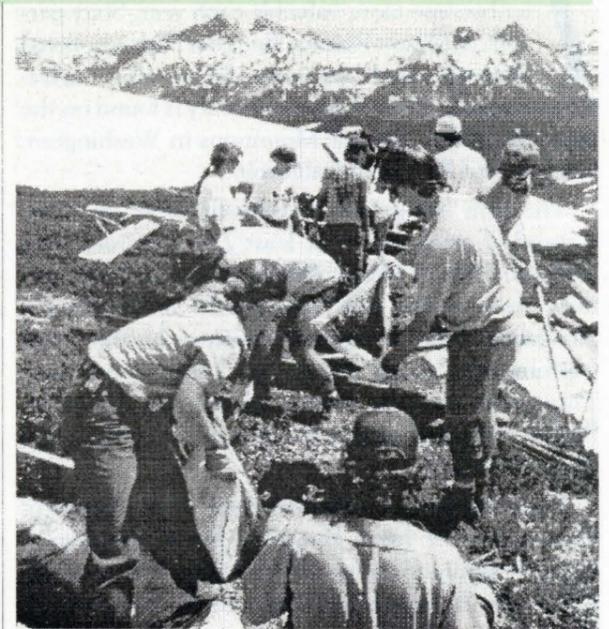
The volunteers are participating in the Conservation Career Development Program (CCDP), a program founded by the Student Conservation Association (SCA) in 1990.

The students and their leaders will spend four weeks restoring 5,435 square feet of subalpine meadow at Spray Park in the Carbon River area. They will be camping at Eagle's Roost Camp, but you may spot them swimming at Mowich Lake at the end of a

hard day's work.

As partners in this mutually-beneficial program, Mount Rainier National Park and the CCDP hope to enjoy a highly successful summer season, planting seeds not only in the restored meadow, but in the hearts and minds of the young people participating in the program.

In addition to the CCDP program, other projects will begin this year. Superintendent Bill Briggie and Hiro Yamaguchi, Manager of Waseda University's Extension Center in Tokyo, Japan are making final plans for 20 Waseda students to volunteer at Mount Rainier, under Waseda University's 1994 North American Philanthropy Program. The students are scheduled to arrive on August 28, and will depart for Japan on September 10. Volunteer work the students will perform includes fully accessible campsites at Cougar Rock Campground and a short interpretive trail at Kautz Creek.



## High Altitude Waste Hazards

**I**n 1993, 9690 climbers started out for the summit of Mount Rainier with 4894 of them finally standing on the crater rim. Thousands more people day-hiked to Camp Muir at 10,000 feet elevation.

Probably every one of these people used toilets on the upper mountain. Human waste left on the glaciers and Muir Snowfield not only spoils the aesthetic climbing experience, but also poses a serious health hazard for climbers who melt snow for drinking water. Virtually none of this waste will decompose since extreme cold temperatures and strong sunlight combine to discourage microbial action. Putting waste in crevasses or burying it in the snow does not solve the problem, only leaves it for others. If you plan to hike to Camp



Muir or climb higher on the mountain, check with rangers to be sure you know where pit toilets and "Glacier Toilets" are located and how to use blue bags for waste removal.

All backcountry users must carry out their trash, just as upper mountain recreationists need to carry out all the trash they generate while climbing. Putting trash in toilets hinders toilet operation and makes removal of trash and waste much more expensive.

There is no ideal solution to the problem of human waste and trash removal from the upper mountain, but if everyone does their part we will be able to continue to offer a better climbing experience for all.

# Ah, Wilderness

## Wilderness Act Celebrates 30th Anniversary

**M**ount Rainier National Park harbors some places that have seldom felt the effects of human presence. In addition to the magnificent ice-covered peak, there are brilliant flower meadows and stately old-growth forest stands. The pristine peak and its immediate surroundings were set aside in 1899 as the nation's fifth national park. But, by the early 1960's, people noted that wilderness values were being eroded in many areas. They also noted that more protection was necessary if these values, and the natural forces which sustain them, were to continue. In 1964, Congress defined Wilderness as "A place untrammeled by man" and a place worthy of protection.

The Wilderness Act of September 3, 1964 states: "In order to assure that an increasing population, accompanied by expanding settlement and growing mechanization, does not occupy and modify all areas within the United States and its possessions, leaving no lands designated for preservation and protection in their natural condition, it is hereby declared to be the policy of the Congress to secure for the American people of present and future generations the benefits of an enduring resource of wilderness. For this purpose there is hereby established a National Wilderness Preservation System to be composed of federally owned areas designated by Congress as 'wilderness areas,' and these shall be administered for the use and

enjoyment of the American people in such manner as will leave them unimpaired for future use and enjoyment as wilderness.

A wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where the Earth and its community of life are untrammeled by man, where man himself is a visitor who does not remain...."

### Mount Rainier Wilderness

National parks have been called "the best ideas America ever had." The idea of preserving special natural and cultural places in public ownership ran contrary to the prevailing national mood during the 19th century, when most Americans saw nature as something to be subdued and history as what happened in the Old World. But as the wilderness receded and remnants of ancient civilization and revolutionary landmarks were lost, some saw the need to protect outstanding examples of the nation's heritage.

George Catlin, noted painter of the American Indian, first expressed the national park idea. On a trip to the Dakotas in 1832, Catlin became concerned about the westward movement's effects on Indian civilization, wildlife and wilderness. He suggested that they might be preserved "by some great protecting policy of the government...in a magnificent park...A nation's park, containing man and beast, in all the wildness and freshness of their nature's beauty!"

When Mount Rainier and other early national parks were set aside as outstanding examples of our country's natural landscape they were mostly wilder-

ness. The intent in establishing these parks was clear: to permanently preserve their natural features and to provide for public use and enjoyment. Since that time it has become evident that the parks' wildness was more vulnerable than early managers thought. Recreational demands, visitation patterns, and pollution have taken their toll in many areas.

To further protect these natural landscapes, on November 16, 1988, 228,400 acres (97%) of Mount Rainier National Park became the "Mount Rainier Wilderness." It is now one of 30 wilderness areas in the state of Washington. Excluded are Camps Schurman and Muir, portions of the water supplies, road systems and roadside developments.

The Mount Rainier Wilderness is managed by the National Park Service. Use of the area is governed according to the goals of the Wilderness Act of 1964. Management techniques include mandatory camping permits, minimum impact education, designated campsites in heavily used areas, limits on party size and numbers of parties, and an impact monitoring and restoration program supported by a native plant nursery and a cadre of dedicated park employees and volunteers.

The National Park Service invites you to not only experience one of the world's most beautiful places, but also to help care for this magnificent wilderness so that it will provide the same benefits to your children and grandchildren as those you enjoy. As you commune with your own natural reality at Mount Rainier, take the concept of Wilderness to heart and celebrate the 30th anniversary of the Wilderness Act.

## Ancient Forests

**T**he forests surrounding the base of Mount Rainier become more valuable each year. Sixty percent of Mount Rainier National Park is covered by forest, much of it in the old-growth Douglas-fir community. This forest community is found on the west side of the Cascade Mountains in Washington, Oregon, and Northern California.

The term "old-growth Douglas-fir forest" identifies a stand of trees that is at least 250 years old. The lowland forest of Mount Rainier National Park contains some of the last "old-growth" in the Pacific Northwest. Here Douglas-fir, western hemlock and western redcedar are 500 to over 1,000 years in age. These trees were old when ships reached the North Pacific coast and wagon trains brought settlers into Puget Sound.

Over ten years of scientific study of the forests of Mount Rainier have identified forest community types, determined the age of the forest, and listed the plants and animals associated with the Douglas-firs. Scientists found differences in temperature, moisture and associated species between old-growth forests in Northern Washington and Northern California.



Many visitors remark on the great size of the trees in the old-growth forest and then begin to note the relative abundance of seemingly dead material in the forest. This characteristic leads to the distinctive features of an old-growth forest: (1) large, live old-growth trees, (2) large standing dead trees (snags), (3) large logs on land, and (4) large logs in streams.

Large, old-growth Douglas-firs are ideal habitats for specialized vertebrates, such as the red tree vole, northern spotted owl and northern flying squirrel, as well as nitrogen-fixing lichens. Large snags provide valuable nesting sites and food sources for a variety of

As scientists began to study the forests they found the northern spotted owl most commonly in the older Douglas-fir forests. Some scientists suggest that the northern spotted owl lives only in old-growth forests, while others say that the owls can live in younger forests.

Most species found in the old-growth Douglas-fir forest are also found elsewhere but many species find optimum habitats in old-growth forests. The forest's value should be measured not only by what is found there, but also by the longevity of its forest ecosystem. The old-growth Douglas-fir forest of the park is as

*"For a great tree, death comes as a gradual transformation... Alone among living things, it retains its character and dignity after death. Even in its final moments, when the massive trunk lies prone and it has moldered into a ridge covered with mosses and fungi,... It enriches and refreshes the earth. And later, as part of other green and growing things, it rises again."*

Edwin Way Teale

vertebrates and invertebrates and are a future source of logs.

Logs on the forest floor are important habitats for small mammals, including the western red-backed vole and northern flying squirrel, that spread the spores of mycorrhiza-forming fungi. Mycorrhizae (root-fungus relationships) aid the big trees by gathering and transferring water and nutrients into the trees' roots. Logs also are sites for bacterial nitrogen fixation, water and nutrient storage, and provide seed beds for new generations of trees and shrubs. Logs are critical to maintenance of physical and biological stability in headwater streams as they provide a range of habitats for stream organisms.

important today as are the glaciers and snow-capped peak of Mount Rainier.

There are many places in the park where you can experience the old-growth Douglas-fir forest. The Grove of the Patriarchs Nature Trail, near Ohanape-cosh, is an easy 1.5 mile round trip. Several places along the road between Nisqually Entrance and Longmire offer short walks into the old-growth forest. The Carbon River Road in the northwest corner of the park provides a leisurely drive among the old-growth giants and the Carbon River Rain Forest Nature Trail features the species that inhabit this special place. For more information on the forests of Mount Rainier National Park inquire at any park visitor center.



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.

## Wildlife Alert

Small mammals such as chipmunks and golden-mantled ground squirrels 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. Rodents do bite and may carry rabies and bubonic plague.

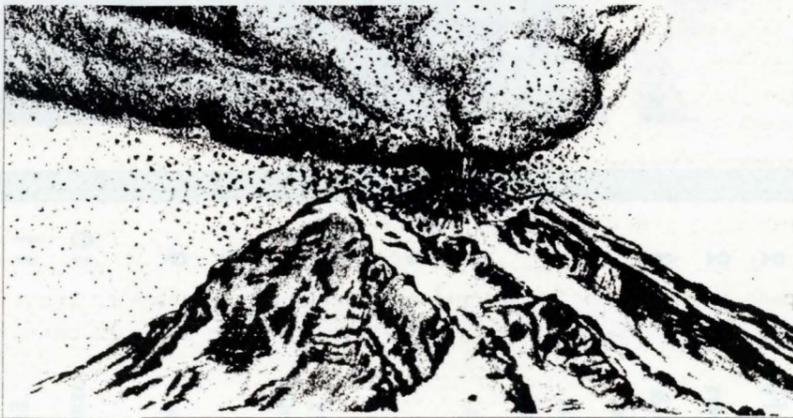
Bears quickly learn to associate people with food when offered handouts. Leaving food out or intentionally feeding bears can lead them to damage tents and vehicles and to injure people.

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



## Rainier: A Decade Volcano

Mount Rainier, which is the highest volcano in the Cascade Range, is designated as a Decade Volcano. In 1989, the International Association of Volcanology and Chemistry of the Earth's Interior established a task group for the International Decade for Natural Disaster Reduction. The task group selected Mount Rainier as one of several volcanoes for focused study during the 1990's.



Criteria for designating Mount Rainier for study include:

- ✓ the volcano represents a variety of hazards
- ✓ it exhibits recent geologic activity and is likely to erupt in the future
- ✓ it is located in a populated area
- ✓ it was little researched
- ✓ it is readily accessible and it is well exposed for study.

Mount Rainier is considered to be the most hazardous volcano in the Cascades in terms of its potential for magma-water interaction and sector collapse. Debris flows (in the absence of eruption), and even the potential for eruption, pose significant threats to the region.

In spite of the hazard it poses, Mount Rainier has received relatively little study. Very little is known of such important topics as its petrologic and geochemical character, its development over time, its history of eruptions and its susceptibility to major failures. With designation as a Decade Volcano, increased scientific

attention is focusing on Mount Rainier to give answers to some of these questions.

Mount Rainier National Park is working cooperatively with the USGS on studies to determine the eruptive history, and eruptive styles and mechanisms for the volcano, as well as the chemical evolution of magma types, structure of the volcanic edifice, and style and location of hydrothermal alteration of the volcano. One of the results of their work will be a revised geologic map of the volcano edifice. **Tom Sisson and Dave Zimblemann**, from the USGS, are the principal investigators for the study. They are working on the south and west sectors of the volcano, mostly in the area between Sunset Amphitheater and Camp Muir.

Other Decade Volcano researchers will be here periodically throughout the next several years. Projects are as follows:

- ◆ Don Swanson, USGS/UW, Seattle: volcanic geology of the mountain.
- ◆ David Frank, EPA: geothermal relationships to volcanic hazards.

- ◆ Steve Malone, University of Washington: seismology of the volcano.
- ◆ Juliet McKenna, UW graduate student: crustal controls of subduction zone magmatism.
- ◆ Bob Symonds, USGS, Vancouver, WA: volcanic gases of Mount Rainier's summit craters.
- ◆ Jan Heine, UW: glacial chronology and paleoclimatic implications.
- ◆ Kari Kajuutti, University of Helsinki, Finland: observing the melting of glaciers.
- ◆ Paul Hammond, Portland State University: stratigraphy of Fifes Peak and Stevens Ridge formations.
- ◆ Kerrick & Eggars, University of Puget Sound, WA: geochemically finger printing tephra deposits.
- ◆ Dal Stanley, USGS: magnetic mapping of the park.
- ◆ Charles Bacon, USGS, Menlo Park, CA: geology of the Tatoosh pluton.
- ◆ Pat Pringle, WA Dept. of Natural Resources: Carbon dating of lahar wood.
- ◆ Larry Mastin, USGS, Vancouver, WA: studying the explosive history of Mount Rainier.
- ◆ Carolyn Driedger, USGS, Vancouver, WA: continues her study of glacial hydrology on the Mountain.

Exhibits installed this summer at the Henry M. Jackson Memorial Visitor Center at Paradise highlight some of the findings of this recent geologic research. These exhibits have been developed through a partnership of staffs at Mount Rainier National Park and the USGS Cascades Volcano Observatory at Vancouver, WA.

A new publication by the National Research Council, *Mount Rainier, Active Cascade Volcano*, describes current research efforts. Other publications will be forthcoming as research continues.

## Recycling



Mount Rainier is proud to offer a recycling program for visitors again this year. With a growing need to protect our natural resources while reducing energy consumption and pollution, your cooperation will help preserve all of our National Parks.

After the first full year of operation, Mount Rainier recovered nearly 59 tons of recyclables. Because the park was still forced to landfill over 400 tons of waste, we are looking for ways to improve the recycling program.

In order to collect more recyclables and cut program costs, experiments are now being conducted to test the success of source separation. As a result, some areas of the park have 3-5 separate containers for recyclables, instead of just one bin for all recyclables. Please help our program by sorting your waste into the proper bin.

We encourage you to continue recycling at home, in school, and at work. Of course the best way to reduce your waste is by purchasing re-usable products (and reusing them) that have minimal packaging. Also, try to buy recycled products to "close the loop."

Your participation here at Mount Rainier is part of a broad effort sponsored by the National Park Service and The Dow Chemical Company. The partnership has developed similar recycling programs in six other national parks.

### Use Park Recycling Bins For:

#### PLASTICS:



#### GLASS:



#### METAL CANS:



#### Use Trash Cans For:

- Food
- Paper Items
- Bottle Caps
- Other Wastes

## Watch Out For Roadway Hazards



**Laughingwater Creek Bridge** on Highway 123 north of Ohanapecoh has deteriorated to poor condition. The bridge is being replaced with a new structure adjacent to the old one. Although traffic is now permitted on the new bridge, construction work will continue through

the 1994 season. Through the summer expect temporary travel delays near the construction zone as the Federal Highway Administration works to provide a new, safer bridge for park visitors.

**Deadwood Creek Bridge** Expect travel delays on SR 410 between the White River road junction and Cayuse Pass this summer. Contractors are constructing a new bridge spanning Deadwood Creek. Flaggers, signs and signals will inform travellers of hazards and reduced speeds near the construction zone. A one lane temporary bypass bridge is in place. Work on a new, safer bridge will continue through the 1994 season.

## Welcome To Mount Rainier National Park

マウント・レイニアー・ナショナル・パークによろこそ。日本語で書かれた公園設備、サービス、安全についての注意事項、公園内の見どころなどの案内書は入口ゲートと案内センターにあります。

마운트 레이니어 국립공원에 오신 것을 환영합니다.

한국어로 된 공원내의 각종 편의시설, 서비스, 안전수칙 및 자연경관등에 관한 안내서가 공원입구 초소와 방문객 센터에 비치되어 있습니다.

LE DAMOS UNA CORDIAL BIENVENIDA AL PARQUE NACIONAL MOUNT RAINIER. HAY INFORMACION DISPONIBLE EN ESPAÑOL SOBRE LAS INSTALACIONES, LOS SERVICIOS, LOS SISTEMAS DE SEGURIDAD Y LAS BELLEZAS NATURALES DEL PARQUE EN LAS CASETAS DE ENTRADA Y EN LOS CENTROS DE SERVICIOS AL VISITANTE (VISITOR CENTERS).

BIENVENUE AU PARC NATIONAL DE MOUNT RAINIER. VOUS TROUVEREZ DES INFORMATIONS EN FRANÇAIS RELATIVES AUX INSTALLATIONS, AUX SERVICES, À LA SÉCURITÉ ET AUX POINTS D'INTÉRÊT DU PARC, AUX POSTES D'ENTRÉE OU AUX CENTRES DES VISITEURS (VISITOR CENTERS).

CHAO MỪNG QUI VI ĐẾN CÔNG VIÊN QUỐC GIA MOUNT RAINIER. TIN TỨC CÓ SẴN BẰNG TIẾNG VIỆT NAM VỀ CƠ SỞ TIỆN NGHỈ, DỊCH VỤ, AN TOÀN VÀ CÁC THẮNG CẢNH TRONG CÔNG VIÊN TẠI CÁC TRẠM KIỂM LÂM, TRẠM ĐI VÀO VÀ TRUNG TÂM THĂM VIẾNG.

## Paradise Water Upgrades

In an effort to upgrade water treatment capabilities and to correct waste water collection system deficiencies in the Paradise area, contractors will be working throughout the summer.

You should expect some inconvenience in the form of reduced parking spaces, temporary public restrooms and trail detours.

歡迎光臨 Mount Rainier National Park (維尼亞山國家公園)!

入口亭和接待中心備有關於設施、服務、安全及公園景觀的中文資料。

Добро пожаловать в Национальный парк горы Рэниер. Информацию на русском языке об удобствах, обслуживании, правилах безопасности и туристских местах парка вы можете получить на станциях смотрителей парка, у входа и в туристских центрах.

WILLKOMMEN IM MOUNT RAINIER NATIONAL PARK. INFORMATIONEN ÜBER EINRICHTUNGEN, SERVICELEISTUNGEN, SICHERHEITSMASSNAHMEN UND SEHENSWÜRDIGKEITEN DES PARKS SIND IN DEUTSCHER SPRACHE BEI DEN RANGERSTATIONEN AN DEN PARK-EINGÄNGEN UND IN DEN BESUCHERZENTREN (VISITOR CENTERS) ERHÄLTlich.

# Mount Rainier National Park TAHOMA

Activity and Program Guide

July 1 - September 10, 1994



## Inside

Rainier & Olympic Fund	1
Rules & Fees	2
Volunteers	2
Services & Facilities	3
Naturalist Programs	4
Seminars	5
Junior Rangers	5
Exploring Mt. Rainier	6&7
Hiking	8
Meadow Alert	9
Wilderness	10
Recycling	11
Road Hazards	back cover

## 24 Hour Information

(206) 569-2211

TDD: (206) 569-2177

Emergencies: 911

