



The Tahoma News

A Visitor's Guide for July 7 - September 4, 2000

Getting the Most From Your Visit

If you're like most people, you will probably be eager to get out of the car and start exploring the park by the time you drive in the entrance gates. To make the most of your visit, read the "What You Need to Know" box at right and then match the following suggestions with your time and interests.

FROM THE SOUTHWEST, you'll enter via the Nisqually gate. The arch of giant cedar logs, first erected in 1911, and the 1908 Oscar Brown cabin, south of the road, are examples of the rustic style of park architecture that became popular at Mount Rainier and other national parks.

The **Longmire Historic District**, 7 miles from the park entrance, was the site of James Longmire's homestead, lodging, and mineral springs resort. The first park headquarters was established here in 1916. Services at Longmire include:

- Longmire Museum—open daily.
- Wilderness Information Center—open daily, wilderness permits and hiking information.
- National Park Inn—food, lodging, gift shop.

The road between Longmire and Paradise is winding and steep, and was designed for scenery rather than speed. En route, consider stopping at:

- Cougar Rock Picnic Area, 2 miles from Longmire.
- Christine Falls, 3.5 miles from Longmire. A short walk from the pullout provides a spectacular view of the falls through the bridge opening. Parking is limited.
- Glacier Bridge, 5 miles from Longmire, is worth a stop for the view, but *do not stop your car on the bridge!* Park in a paved pullout and use the walkway. The lower end of the Nisqually Glacier is just above the rocky cliff on the left side as you look up the valley.
- Ricksecker Point, 6 miles from Longmire, offers excellent views of the Mountain and the Nisqually Valley.
- Narada Falls, 8 miles from Longmire. Walk the steep but short trail for the best view. Parking is limited.

Paradise, 12 miles from Longmire, is the most popular destination in the park and is famous for its wildflower meadows. A hike here is rewarding, but can be crowded. Services at Paradise include:

- The Jackson Memorial Visitor Center—open daily, exhibits, films, guided interpretive programs, book store, food service, gift shop, and restrooms.

- The Paradise Inn—lodging, dining room, gift shop, restrooms.
- The Guide House—information about summit climbs with Rainier Mountaineering, Inc.
- The Paradise Ranger Station—open daily, climbing and wilderness permits and hiking information.

Looking for a short hike? See page 6. Learn more about your park! Join a Ranger for a guided hike, talk, or evening program. See pages 4-5.

If you plan to hike, remember that Paradise is located at 5,400' elevation and most trails are hilly. Please stay on the trails: the meadows are very fragile and heavily visited.

A number of additional hikes are located on the road between Paradise and Ohanapecosh. See page 6 for details.

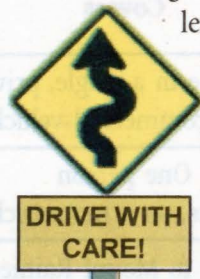
FROM THE SOUTHEAST, your first stop will be **Ohanapecosh**. The east side of the park is somewhat drier and sunnier than the west side, making it a good destination when Paradise and Longmire are wet

The plants of the subalpine meadows are most fragile and vulnerable as the snow melts and the soil is wet. Please stay on constructed trails or on snow (at least 6"-8" deep!) only. Do not take shortcuts across the meadows!

and foggy. Services include:

- Ohanapecosh Visitor Center—open daily, exhibits, guided interpretive programs, restrooms.
- Ohanapecosh Campground and picnic area.

Between Ohanapecosh and White River, a short detour from Cayuse Pass east on Highway 410 will take you to Tipsoo Lake, which is surrounded by subalpine wildflower meadows. A short and pleasant trail circles the lake. This area is heavily visited and you'll see signs of damage to the vegetation and soils. Please stay on the trail and leave the flowers for others to enjoy.



The section of road between Chinook Pass and the north park boundary is part of the **Mather Memorial Parkway**, named for Stephen Mather, the first director of the National Park Service.

What You Need to Know:

- There are five areas which serve as bases for exploration:
 - Longmire (southwest corner)
 - Paradise (south side)
 - Ohanapecosh (southeast corner)
 - Sunrise/White River (northeast corner)
 - Carbon River/Mowich Lake (northwest corner).
- Parking can be difficult or impossible to find on sunny summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. Try to visit these areas on weekdays, arrive early in the day, and carpool to the park.
- Park roads are winding, road shoulders are narrow, and the maximum speed limit is 35 m.p.h. in most areas. Watch for pedestrians, sightseers, and wildlife. Use pull-outs to allow faster drivers to pass you safely.
- Keep wildlife wild. Feeding park animals and birds is unhealthy for them and dangerous to you.

The **White River/Sunrise area** is easy to visit if you enter from the east side, but requires quite a bit of driving from the southwest entrance. If you are camping, consider eastside campgrounds at Ohanapecosh or White River.

The road to Sunrise passes the White River Entrance Station about 1 mile from the junction with Highway 410. The White River Wilderness Information Center here is open daily for climbing and wilderness permits and hiking information.

Five miles from the junction with Highway 410, you'll pass the one-mile spur which leads to the White River campground and trailhead. Services at White River include a ranger station, campground, and picnic area.

Eleven miles from White River, the road reaches **Sunrise**, also called

**NEVER feed park wildlife. Pets are only permitted on roads and in parking areas and must be leashed.*

Yakima Park. At an elevation of 6,400', this is the highest point to which

you can drive in the park. Summer is short here, but the views and excellent trail system make this the second most visited location in the park. Parking can be a problem on sunny weekends; try to arrive early or visit on weekdays. Services include:

- Sunrise Visitor Center—open daily, exhibits, guided interpretive programs, picnic area.
- Sunrise Day Lodge—food service, gifts (no overnight lodging).
- Public restrooms and telephones.

FROM THE NORTHWEST, you can visit the **Carbon River area**. A short trail near the entrance station takes you into a fine example of a temperate rain forest. The gravelled Carbon River road ends approximately five miles east of the entrance station at Ipsut Creek campground. **The road is prone to flooding and may close at any time.** From Ipsut Creek a trail leads 3.6 miles (one way) to the Carbon Glacier, one of the largest and lowest-elevation glaciers in the lower 48 states.

Road	Distance	Time
Longmire to Paradise	12 miles	25 minutes
Paradise to Ohanapecosh	23 miles	45 minutes
Ohanapecosh to the Sunrise/White River turnoff	17 miles	30 minutes
The Sunrise/White River turnoff to Sunrise	14 miles	45 minutes
Seattle to Paradise via Highway 706	99 miles	2 1/2 hours
Seattle to Paradise via Highway 410 and Enumclaw	109 miles	3 hours
Yakima to Paradise	99 miles	2 hours

Driving Times & Distances "ONE WAY"



Welcome...

...to Mount Rainier National Park, the green and white jewel in the ring of fire that stretches from the Cascades around the Pacific to the islands of Japan. This national park is also one of the crown jewels of the 379 units of the National Park System, recognized and protected by the American people as the best of the best of our natural and cultural heritage. My staff and I are exceptionally proud to work at Mount Rainier and to assist each of you in experiencing your park.



There are a few things I would like to bring to your attention as a visitor and as a participant in the protection of this park. Ninety seven percent of the park is designated Wilderness; only a short distance from parking lots you may leave behind the hustle of modern life and re-enter wild lands with unbridged rivers, dense forests, and glacial crevasses. This experience is what many people want, but the key to a pleasant day in wild lands is personal responsibility. Remember the "10 Essentials" and talk with one of our rangers about your plans and your experience level if you are unsure. The second aspect of responsibility is protecting the park resources while you are here. You will see signs requesting you to stay on trails and not tread on meadow areas that are very sensitive to foot traffic. Last year we hosted 1,764,000 visitors and the park looks great because most of them stayed on the trails!

We are working to release the draft Mount Rainier General Management Plan this fall, which will guide the park management for the next twenty years. Some changes are being proposed for places such as the Westside Road, Carbon River, and Paradise. Watch for the announcement of the availability of the draft plan and give us your comments.

The resources of Mount Rainier—from the ice-capped summit to the great subalpine wildflower meadows of Paradise and Sunrise to the clear water streams of Ohanapeosh—are entrusted to the National Park Service by the American people, but we all must work together to protect them. That protection has two responsibilities: come experience the park and pass it on to your kids, and, while you are here, know that this place is very special, like a rare gem, to be handled carefully.

Have a great experience at Mount Rainier!

Jon Jarvis
Superintendent

...continued from page 1

A 22-mile drive on SR 165 from Wilkeson will take you to **Mowich Lake**, the largest and deepest lake in Mount Rainier National Park. The road is unpaved after the first three miles and may be rough.

Check current road conditions before travelling to either Carbon River or Mowich Lake. Wilderness and climbing permits and hiking information for the Carbon/Mowich area is available at the Carbon River Entrance Station. A ranger station may open in Wilkeson later this summer. Call (360) 569-HIKE for current status.

If you've exhausted this list, stop at any visitor center or ranger station for more ideas.

Mount Rainier National Park is a favorite destination for about two million people each year. We invite you to reconnect with nature and history by hiking, camping, picnicking, taking photographs, and joining guided interpretive programs. Please help protect this special place and all of its features for generations to come.

UserFee

improves this park

Your Fees at Work

Mount Rainier National Park is part of the Congressionally-authorized **Recreation Fee Demonstration Program**. The program allows federal land management agencies to increase and retain entrance and user fees. Eighty percent of the fees at Mount Rainier are kept in the park, while twenty percent are made available to other parks in need.

Current "Fee Demo" projects include:

- Installation of the "Sunrise to Paradise" exhibit at Paradise
- Completion of the last mile of the Wonderland Trail
- Upgrading sewage treatment facilities
- Rehabilitating trails at the Grove of the Patriarchs and Reflection Lakes
- Upgrading interpretive exhibits
- Rehabilitating campgrounds

Your fees are playing a vital role in fulfilling Mount Rainier National Park's mission to protect park resources and to provide for visitor enjoyment. As you explore the park, look for signs of your fees at work!

The **National Park Service**, with funding from **Washington's National Park Fund**, is offering Ranger talks and audio-visual presentations to local communities and groups. If you would like a Ranger to attend your organization's function, please call (360) 569-2211, ext. 3319, or E-mail: mora_outreach@nps.gov

Coming in July!



SUNRISE TO PARADISE

THE STORY OF MOUNT RAINIER NATIONAL PARK

...to the Jackson Visitor Center at Paradise

In mid-July, the new "Sunrise to Paradise" exhibit opens at the Jackson Visitor Center at Paradise. The exhibit, originally developed by the Washington State History Museum in Tacoma, premiered at the museum in celebration of Mount Rainier National Park's Centennial in 1999. Washington's National Park Fund helped raise money for the original exhibit and other major Centennial projects. KCTS TV in Seattle developed the audio-visual programs that complement the exhibit.

The Washington State History Museum transferred the exhibit panels to the park after the exhibit closed in Tacoma. Park staff worked with an exhibit contractor to redesign the exhibit for the Jackson Visitor Center.

The project, funded through the Recreation Fee Demonstration Program, involved a total facelift for the exhibit room (lighting, paint, and carpeting). It replaces worn and outdated exhibits, many of which were originally installed in the Jackson Visitor Center in the 1960s. A second exhibit room at the Jackson Visitor Center was upgraded with Fee Demo funds in 1999.

Enjoy the new exhibits and look for continued improvements in your interpretive experience in Mount Rainier National Park!



Accessibility

- Most comfort stations, visitor centers, picnic areas, and designated campsites are accessible or accessible with help for wheelchair users.
- Accessible lodging is available inside the park and in local communities.
- In the Jackson Visitor Center at Paradise, written information, exhibits, and scripts for uncaptioned audiovisual programs are available.
- An accessible boardwalk at Kautz Creek (3 miles SW of Longmire) leads to an overlook of the 1947 debris flow and a view of the mountain.
- TDD: (360) 569-2177.



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Entrance Fees and Passes

Type of Pass	Covers	Covers Camping Fees?	Cost	Valid for
Vehicle	Everyone in a single, private, non-commercial vehicle	No	\$10	7 days
Individual	One person (on foot, in a bus, on a motorcycle or bicycle)	No	\$5	7 days
Annual Pass	Entrance to Mount Rainier NP	No	\$20	1 year
NEW! National Parks Pass	Entrance to all 379 areas/sites managed by the National Park Service	No	\$50	1 year
Golden Eagle Upgrade Sticker	Expands your National Parks Pass to cover entrance fees to all Federal fee areas	No	\$15	1 year
Golden Age	Free lifetime entrance to Federal fee areas for U.S. residents age 62 and over	50% discount	\$10	Life
Golden Access	Free lifetime entrance to Federal fee areas for U.S. residents with permanent disabilities	50% discount	Free	Life

Call (360) 569-2211 ext. 6003 for fee information on tour buses, annual passes, and Golden Passports. There's no park entrance charge for people age 16 and younger.

“Leave No Trace”

- plan ahead & prepare
- travel & camp on durable surfaces
 - dispose of waste properly
 - leave what you find
- minimize campfire impacts*
 - respect wildlife
- be considerate of other visitors

Permits are required for all overnight stays in the Wilderness and for travel above 10,000' and/or on glaciers.

* for emergency use only; fires are not allowed in Mount Rainier's Wilderness.

Carry the “10 Essentials”

(and know how to use them!):

- map of the area
 - compass
 - extra food
 - first aid kit
- flashlight, extra batteries & bulb
 - sunglasses & sunscreen
 - pocketknife
- extra clothing & rain gear
 - emergency shelter
- matches in a waterproof container*



Mountain Lion Country!

Mountain lions, also called cougars or pumas, are common but rarely observed at Mount Rainier National Park. Consummate hunters, they prey primarily on black-tailed mule deer and elk calves in the western Cascades. Lions are quite large and distinctly cat-like in appearance, with a very long tail. From nose to base of tail an adult male may measure 50", and its tail may be 36" long. Mountain lions generally have gray to reddish-tan fur.

No lion-caused human injuries have occurred at Mount Rainier, although sightings and encounters have increased in recent years. Powerful hunters, lions can pose a threat to people, especially when just learning to hunt or when protecting their young. As humans have moved into relatively undeveloped rural areas in the past few decades, lion attacks have become more frequent. However, attacks on humans by mountain lions are still rare. It's very unlikely you'll see a mountain lion while you're here. If you do, remember:

Children and lone adults are most at risk:

- Don't hike alone.
- Keep children close to you.
- Running or jogging puts you at higher risk.

If YOU meet a mountain lion:

- DON'T RUN! Stand still and stand together with your companions. Face the lion.
- Pick up and hold small children immediately.
- Stand upright and try to make yourself appear larger.
- Shout!
- If attacked, fight back aggressively.

Please report all sightings of mountain lions as soon as possible to the nearest ranger station, visitor center, or park headquarters at (360) 569-2211, extension 3373 or extension 2334.

Safety First!

Mount Rainier National Park offers excellent opportunities for exploration and adventure, but it also offers opportunities to get lost or injured. Reduce your risk by following these simple guidelines:

Beware

It's very easy to get lost or injured when the weather deteriorates; the trail is covered with snow; you don't know where you are; and/or you don't know how to assess avalanche hazard and avoid the danger.

If you are not truly knowledgeable and prepared, or if the weather is questionable, don't push your luck!

Prepare

When hiking, climbing, skiing, or snowboarding, bring the "10 Essentials" and know how to use them. Obtain compass bearings for treks to Camp Muir or other off-trail destinations; carry a map, compass, and an altimeter; wear rain- and wind-resistant clothing and proper footwear; and take a whistle, a "space blanket," and a snow shovel. Wear sunscreen and sunglasses when travelling on snow to avoid snowblindness and extreme sunburn.

Take Care

Tell someone your travel plans so they can notify the park if you fail to return. Do not travel alone. If visibility is poor, do not travel at all. Taking these few precautions could save your day...and your life!

Geologic Hazards

Recent research has improved our understanding of this active volcano. Although eruptive events are usually preceded by an increase in earthquake activity, other geologic hazards such as mudflows (also known as lahars), glacial outburst floods, or rockfall can occur without warning.

Needless to say, the longer you stay in an area where there are geologic hazards, the greater the chance that you could be involved in an emergency event.

All river valleys in the park are vulnerable to geologic hazards. While most people consider the danger to be relatively low, **YOU must decide if you will assume the personal risk of visiting and staying overnight in these potentially dangerous locations.**

If you are near a river and notice a rapid rise in water level or hear a roaring sound coming from upvalley—often described as sounding similar to a fast-moving freight train—move quickly to higher ground! A location 160 feet or more above river level should be safe.

Detailed information is available from scientists at the U.S.G.S. Cascades Volcano Observatory, 5400 MacArthur Blvd., Vancouver, WA 98661.

Website: <http://vulcan.wr.usgs.gov/>

Planning to Hike the Muir Snowfield?

The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise, between 7000' - 10,000' in elevation. Thousands of people hike on the Muir Snowfield each year en route to Camp Muir. On a clear day, the hike is spectacular. But, when the weather deteriorates, as it often and unpredictably does, crossing the Muir Snowfield can be disastrous. More hikers,

skiers, climbers, and snowboarders get lost on the Muir Snowfield each year than in the rest of the park combined. While many find their way out, searches must be initiated for others, and some are never found.

What makes the Muir Snowfield such a dangerous place? The snowfield is made up of snow and rocks. In whiteout conditions, snow and rocks look the same, making it extremely difficult to stay oriented. Even those who have hiked the snowfield dozens of times (including park rangers) find it easy to get off course. Travel too far west and you'll encounter cliffs, avalanche chutes, and the huge crevasses of the Nisqually Glacier. Veer too far east and you'll end up on the Paradise Glacier, with its many crevasses and steep cliffs. In 1999, four people were lost on the Muir Snowfield—three have never been found. Two had ascended the snowfield dozens of times and were very experienced hikers.

Do not become a Muir Snowfield statistic!

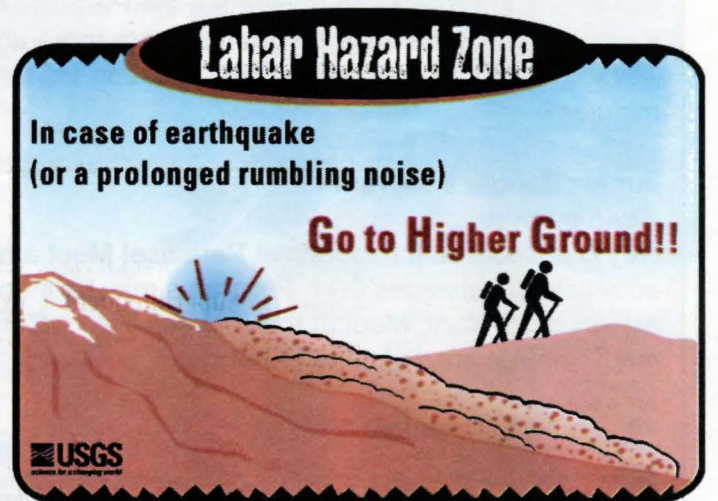
- Avoid the snowfield in questionable weather, especially if you are alone or unprepared. Weather conditions can change suddenly and drastically, even on a "sunny" day.

- If you're ascending and clouds or fog start rolling in, turn around and head back to Paradise. If that's not possible, stop moving, dig in, and wait for better weather. Without a compass, map, and altimeter, and expertise in their use, it is extremely difficult to find your way back to the trailhead in a whiteout.

- Do not attempt to descend from Camp Muir in poor weather. Do not descend on skis or a snowboard in limited visibility—you could become lost faster!

- When hiking to Muir, be sure to carry emergency bivouac gear so that you can spend the night out if you have to.

While it may be disappointing to abandon your hike to Camp Muir, remember that the snowfield will be there for you next time, in better weather. Ask a ranger for tips on other areas to explore during this visit.



If you see a bear...



- Never feed a bear.
- Never run from a bear.
- Do not approach or follow a bear or its cubs.
- If a bear approaches, try to scare it away.

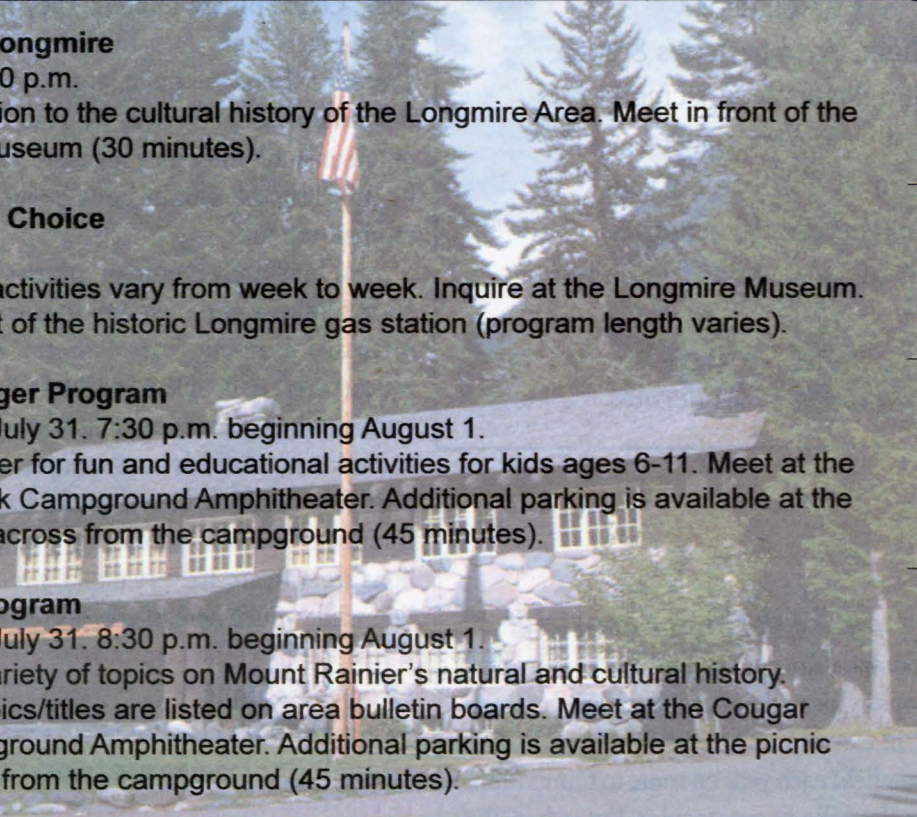
Report all bear sightings to a ranger.

You're Invited!

Join a park ranger or volunteer for an evening program, guided nature walk, or talk and explore the natural resources and cultural history of Mount Rainier National Park. These free programs are offered throughout the park. Distances are roundtrip.

** See page 7 for our special summer speaker series!*

Longmire/Cougar Rock Area



A Look at Longmire
2 p.m. & 3:30 p.m.
An introduction to the cultural history of the Longmire Area. Meet in front of the Longmire Museum (30 minutes).

Naturalist's Choice
10 a.m.
Topics and activities vary from week to week. Inquire at the Longmire Museum. Meet in front of the historic Longmire gas station (program length varies).

Junior Ranger Program
8 p.m. thru July 31. 7:30 p.m. beginning August 1.
Meet a ranger for fun and educational activities for kids ages 6-11. Meet at the Cougar Rock Campground Amphitheater. Additional parking is available at the picnic area across from the campground (45 minutes).

Evening Program
9 p.m. thru July 31. 8:30 p.m. beginning August 1.
Explore a variety of topics on Mount Rainier's natural and cultural history. Program topics/titles are listed on area bulletin boards. Meet at the Cougar Rock Campground Amphitheater. Additional parking is available at the picnic area across from the campground (45 minutes).

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FACILITIES & SERVICES SW

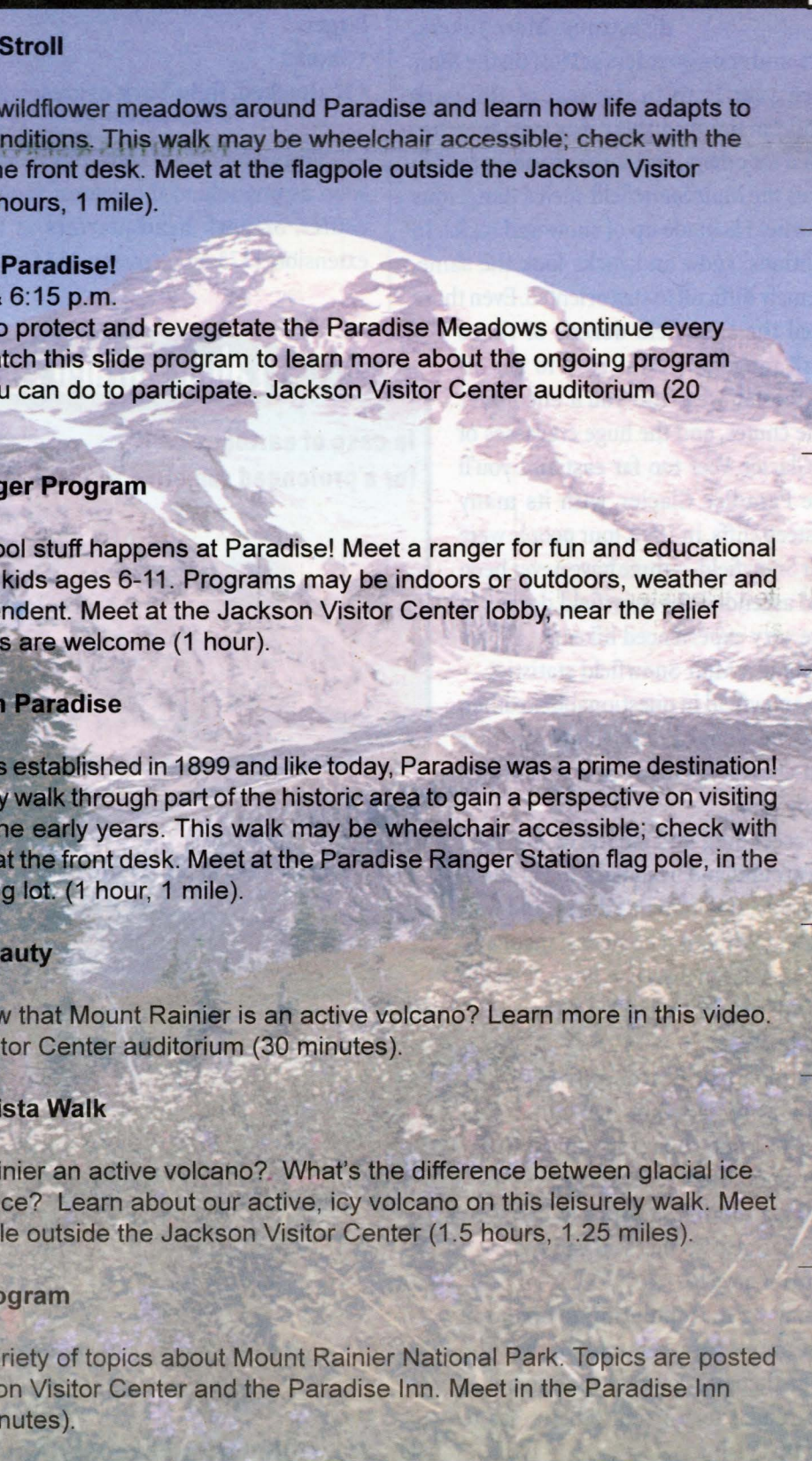
The **Longmire Museum** (information, exhibits, and book sales) is open daily from 9 a.m. to 6 p.m.
Tel. 360-569-2211 x. 3314

The **Longmire Wilderness Information Center** is open daily for wilderness permits and reservations.
Sun - Thurs. 7:30 a.m. to 6:30 p.m.
Fri - Sat. 7 a.m. - 7 p.m.
Tel. 360-569-HIKE

The **National Park Inn** and the **General Store** are located nearby. See page 7 for hours and services.

The **Cougar Rock Campground** is located nearby. See page 7 for details.

Paradise Area



Sub-alpine Stroll
10:30 a.m.
Explore the wildflower meadows around Paradise and learn how life adapts to mountain conditions. This walk may be wheelchair accessible; check with the rangers at the front desk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1 mile).

Oh, What a Paradise!
11:30 a.m. & 6:15 p.m.
Our efforts to protect and revegetate the Paradise Meadows continue every summer. Watch this slide program to learn more about the ongoing program and what you can do to participate. Jackson Visitor Center auditorium (20 minutes).

Junior Ranger Program
12:45 p.m.
Hey kids: cool stuff happens at Paradise! Meet a ranger for fun and educational activities for kids ages 6-11. Programs may be indoors or outdoors, weather and activity dependent. Meet at the Jackson Visitor Center lobby, near the relief map. Parents are welcome (1 hour).

100 Years in Paradise
1 p.m.
The park was established in 1899 and like today, Paradise was a prime destination! Join this easy walk through part of the historic area to gain a perspective on visiting the park in the early years. This walk may be wheelchair accessible; check with the rangers at the front desk. Meet at the Paradise Ranger Station flag pole, in the upper parking lot. (1 hour, 1 mile).

Perilous Beauty
3:15 p.m.
Did you know that Mount Rainier is an active volcano? Learn more in this video. Jackson Visitor Center auditorium (30 minutes).

Nisqually Vista Walk
3:30 p.m.
Is Mount Rainier an active volcano? What's the difference between glacial ice and regular ice? Learn about our active, icy volcano on this leisurely walk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1.25 miles).

Evening Program
9 p.m.
Explore a variety of topics about Mount Rainier National Park. Topics are posted in the Jackson Visitor Center and the Paradise Inn. Meet in the Paradise Inn lobby (45 minutes).

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The **Jackson Visitor Center** (information, exhibits, films, book sales, food service, gifts, and showers) is open daily from 9 a.m. to 7 p.m.
Tel. 360-569-2211 x. 6036

The **Paradise Ranger Station** (climbing and wilderness information and permits) is open daily from 7 a.m. to 4:30 p.m. However, it may close during rescues or medical emergencies.
Tel. 360-569-2211 x. 6009

The historic **Paradise Inn** is located nearby. See page 7 for hours and services.

Rainier Mountaineering, Inc. (RMI) offers guided climbs of Mount Rainier and related seminars. It bases its operations out of the historic guidehouse.
Tel. 360-569-2227



Sunrise/White River Area

Emmons Glacier Walk

9 a.m.
Walk to a close-up view of the largest glacier in the contiguous United States. Meet at the White River Patrol Cabin in the White River campground (2 hours. 3.5 miles).

Sunrise Stroll

11 a.m. & 3 p.m.
Explore the natural and cultural history of Sunrise on this short walk. Meet at the Sunrise Visitor Center (30 minutes. 0.5 mile).

Mount Fremont Lookout

1 p.m. to 5 p.m.
A park naturalist will be available to answer your questions as you enjoy the view. Meet at the Mount Fremont Fire Lookout. 6 miles (roundtrip) hike from Sunrise.

Junior Ranger Program

2 p.m.
Meet a ranger for fun and educational activities for kids ages 6-11 and parents too! Meet at the Sunrise Visitor Center (45 minutes).

White River Patrol Cabin

2 p.m. to 6 p.m.
Visit the historic White River Patrol Cabin, located at the intersection of loops C and D in the White River Campground.

Evening Program at White River Campground

7 p.m.
Explore a variety of Mount Rainier natural and cultural history topics. Program topics/titles are listed on area bulletin boards. Meet at the White River Campground Campfire Circle (45 minutes).

Sunday
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FACILITIES & SERVICES

The **Sunrise Visitor Center** (information, exhibits, and book sales) is open daily from 9 a.m. to 6 p.m. Tel. 360-569-2211 x. 2357

The **White River Ranger Station** is open daily for climbing and wilderness information and permits. Sun - Thurs. 8 a.m. - 4:30 p.m. Fri - Sat. 7 a.m. - 7 p.m. Tel. 360-569-2211 x. 2356

The **Sunrise Day Lodge** offers food service and a gift shop (no overnight lodging). See page 7 for hours and services.

The **White River Campground** is located nearby. See page 7 for details.



Ohanapecosh Area

Grove of the Patriarchs Walk

10 a.m.
Walk along the Ohanapecosh River to a magnificent grove of ancient trees. Meet at the Grove of the Patriarchs parking area (limited parking), near the Stevens Canyon Entrance Station (1.5 hours. 2 miles).

Silver Falls Walk

10 a.m.
Explore the forest on the way to a breathtaking waterfall. Meet at the bulletin board by the bridge in Loop B of the Ohanapecosh Campground. (2 hours. 3 miles).

Junior Ranger Program

2 p.m.
Fun in the forest for kids ages 6-11 and parents too! Space is limited. Register at the Ohanapecosh Visitor Center. Meet at the Ohanapecosh Campground Amphitheater (1 hour).

Evening Program

9 p.m. thru July 31. 8:30 p.m. beginning August 1.
Explore a variety of Mount Rainier natural and cultural history topics. Program topics/titles are listed on area bulletin boards. Meet at the Ohanapecosh Campground Amphitheater. Additional parking is available at the picnic area. (1 hour).

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FACILITIES & SERVICES

The **Ohanapecosh Visitor Center** (information, exhibits, and book sales) is open daily from 9 a.m. to 6 p.m. Tel. 360-569-2211 x. 2352

The **Ohanapecosh Campground** is located nearby. See page 7 for details.



Carbon River Area

Junior Ranger Program

10 a.m.
If you're 6-11 years old, don't miss this fun-filled program! Topics and hands-on activities vary. Parents are welcome to attend. See a ranger or check Carbon River/Ipsut Creek bulletin boards for location (1 hour).

Campfire Program

7:30 p.m.
Explore a variety of topics on Mount Rainier National Park. Programs are posted on Carbon River/Ipsut Creek bulletin boards. 45 minutes. Meet at the Ipsut Creek Campground amphitheater (45 minutes).

Sunday
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FACILITIES & SERVICES

Obtain wilderness permits at the **Carbon River Entrance Station**. A ranger station may open in Wilkeson later this summer. Call (360) 569-HIKE for current status.

The **Ipsut Creek Campground** is located nearby. See page 7 for details.



See pages 4 - 5 for hours of operation for Visitor Centers and Wilderness Information Centers.

Hiking Safety

Snow lingers on the slopes of Mount Rainier much longer than you might expect. While many areas of the park will be snow-free by July, always check conditions before heading out and be prepared. See page 3 for additional safety information.

- Snow-covered trails can be difficult to follow. You will need a reliable map and compass skills to travel through many areas of the park. Panhandle Gap, Spray Park, and Seattle Park are frequent problem areas.

- Avoid crossing steep, snow-covered slopes where a fall could be disastrous. Turn around instead. Comet Falls and Pinnacle Peak trails often have hazardous slopes during early summer.

- Falling through thin snowbridges is a hazard anywhere streams remain snow covered. Stay alert for the muffled sound of running water.

- Dangerous snow moats can form around trees, and adjacent to logs and rocks. Keep your distance.

- Avoid stepping on wet, slippery rocks, especially near rivers and waterfalls.

- Watch for snow cornices and detour around them. They may collapse under your weight.

- Beware of avalanches, even in summer!
- Always treat backcountry water before drinking.
- Utilize the food storage poles provided in most backcountry camps to hang your food.

- If you encounter a trail bridge that has washed out, go back, find a log to cross on, or cross the river early in the morning when it's usually at its lowest.

- Check trail conditions at a wilderness information center or visitor center, or on the park's website: www.nps.gov/mora/home.htm.

Park Planning

Planning for the future of Mount Rainier National Park is a monumental task and responsibility that is shared by park managers and the public alike. You may have already attended public meetings or seen newsletters about the planning process in which Mount Rainier is currently engaged. When completed, the product of this process, a **General Management Plan (GMP)** for Mount Rainier National Park, will outline a broad philosophical approach to managing the park and specify actions that are needed to reach identified goals as we move into the 21st century.

Later this fall, watch for notices regarding 90-day public review period and availability of the **DRAFT General Management Plan and Environmental Impact Statement**. Also watch for announcements for public meetings to be held throughout the region in early November. The final document is currently anticipated to be completed and Record of Decision signed by September, 2001.

To be placed on the mailing list for future newsletters, please contact:

Superintendent
Mount Rainier Nat'l. Park
Tahoma Woods Star Route
Ashford, WA 98304-9751
Tel. (360) 569-2211 ext. 2301

mora_supt@nps.gov

Wilderness Permits



An optional reservation system for Wilderness backcountry and high camp sites is in effect this summer. Reservations may be made two months in advance of your trip, and are accepted for the May 1 to September 30 period. Call (360) 569-HIKE for details.

Backcountry reservations are \$20 per party for one to 14 consecutive nights. Sixty percent of all backcountry Wilderness sites and zones are available for reservation. When making a reservation, specify dates and locations desired, have alternative locations in mind, state party size, and have your VISA or Mastercard number ready.

While advance reservations are optional, permits are required anytime you spend a night in the backcountry. Permits can be obtained in person up to 24 hours in advance at any hiker center in the park.

Climbers pay a Cost Recovery Fee of \$15 per person, per climb; or \$25 for an annual pass, which is good for one year from date of purchase. For southwest routes, permits are available up to 24 hours before you begin your climb at the Paradise Old Station or at the Jackson Visitor Center. For north and northeasterly routes, obtain permits at the White River WIC, no more than 24 hours in advance.

Wilderness information is available on Mount Rainier's web site at www.nps.gov/mora/home.htm For reservations, call (360) 569-HIKE or write to Wilderness Reservations Office, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304-9751. Fax: (360) 569-3131.

Permits are required for all overnight stays in the Wilderness and for travel above 10,000' and/or on glaciers.

Don't let a slip, trip, or fall ruin your visit—Wear proper footwear! Comfort, support, and traction are vital. Each year, inadequate footwear is to blame for dozens of twisted or broken ankles and other injuries.

Climbing Mount Rainier

Over 10,000 people attempt to climb Mount Rainier each year. About half actually make it to the 14,410' summit.

Climbing information is available at ranger stations and on the park's web site at www.nps.gov/mora/home.htm. For pre-recorded route conditions, call (360) 569-2211 ext. 6009.

Rainier Mountaineering, Inc. (RMI) conducts guided climbs and related seminars. Call (360) 569-2227 or visit RMI's website at www.rmiguides.com for more information.

Guide services on the Emmons Glacier Route are offered by:

Alpine Ascents International: (206) 378-1927
American Alpine Institute: (360) 671-1505
Cascade Alpine Guides: (206) 706-1587
Mount Rainier Alpine Guides: (360) 825-3773.

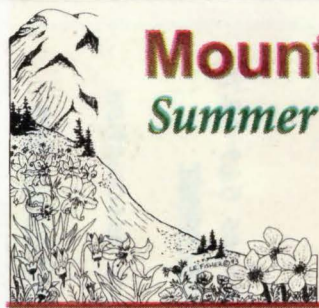


Mount Rainier guides, 1912

Easy & Moderate Hikes

Area	Trail Name	Trailhead Location	Roundtrip Distance	Comments
Longmire	Twin Firs	3 miles west of Longmire	0.4-mile loop trail	Short hike in old growth forest. Limited parking.
	Trail of the Shadows	Across road from the National Park Inn	0.7-mile loop trail	Good for children & evening strolls. Meadow/Mtn. views.
	Carter Falls	2 miles east of Longmire	2 miles	Easy hike, climbs 500' at end.
Paradise	Nisqually Vista	Just west of the Jackson Visitor Center	1.25-mile paved loop	Meadow & glacier views, strollers OK.
	Myrtle Falls	Upper parking lot, near the restrooms	1 mile via the east side of the Skyline Trail/paved	Leads through wildflower meadows to a waterfall. Great views of the Mountain.
Stevens Canyon Road	Bench & Snow Lakes	1 mile east of Louise Lake, south of road	2.5 miles	Watch for bears in late summer.
	Box Canyon	11 miles east of Paradise	0.5-mile loop	View a deep, narrow canyon.
Ohanapecosh	Grove of the Patriarchs	Near Stevens Canyon entrance	1.2-mile loop	Old growth forest, ancient trees.
	Silver Falls	Ohanapecosh Visitor Center	2.4-mile loop	Old growth forest, waterfall.
Mather Parkway	Tipsoo Lake	Off SR 410, east of Cayuse Pass	0.5-mile loop	Short trail around the lake. Mountain views.
White River	Emmons Moraine Trail	Upper end of White River Campground	3 miles	Mountain and glacier views.
	Emmons Vista	South side of parking lot	1 mile	Suitable for strollers.
Sunrise	Nature Trail	North side of parking lot	1.5 miles	Wildflower meadows and great Mountain views.
	Mount Fremont Lookout	North side of parking lot	6 miles	Obtain map at visitor center. Take water and snacks.

Check trail conditions before hiking. Trails and roads may be snow-covered. Please stay on trails. Do not pick wildflowers or feed wildlife. Pets are not allowed on trails.



Mount Rainier Institute Summer Speaker Series

Join a subject matter expert on Wednesday and Thursday evenings this summer to learn about the park's history and resources. All talks are free and open to all. Times and locations vary.

Locations:

CR	Cougar Rock Campground Amphitheater	WR	White River Campground Campfire Circle
OH	Ohanapecosh Campground Amphitheater	PI	Paradise Inn Lobby

Thursday, July 6 — 7 p.m., WR

Living With A Volcano in Your Backyard
Carolyn Driedger, Geologist, U.S. Geological Survey

Wednesday, July 12 — 9 p.m., PI

Ghosts of Everest: The Search for Mallory and Irvine
Eric Simonson, Director, Mt. Rainier Alpine Guides/
International Mountain Guides

Thursday, July 13 — 9 p.m., PI

Exploring the Buried Forests around Mt. Rainier
Pat Pringle, Geologist
Washington Department of Natural Resources

Wednesday, July 19 — 7 p.m., WR

How Wild is Your Wilderness?
John Wilcox, Muir District Ranger-retired,
National Park Service

Wednesday, July 26 — 9 p.m., CR

Learn from the Past, Look to the Future
Bob Sison, Nisqually Tribal Elder

Thursday, July 27 — 9 p.m., OH

What's Cooking at Cascade Volcanoes?
Willie Scott, Geologist, U.S. Geological Survey

Wednesday, August 2 — 8:30 p.m., OH

Early Visitors: the Archeological Record of Mt. Rainier
Pat McCutcheon, Archeologist
Central Washington University

Thursday, August 3 — 9:00 p.m., PI

Parks and Plates: How Earth's Dynamic Forces Shape Our National Parks
Bob Lillie, Geologist, Oregon State University

Wednesday, August 9 — 8:30 p.m., CR

Plants of Mt. Rainier: The Cold Reality
Laurie Kurth, Botanist, National Park Service

Thursday, August 10 — 8:30 p.m., OH

Parks and Plates: How Earth's Dynamic Forces Shape Our National Parks
Bob Lillie, Geologist, Oregon State University

Wednesday, August 16 — 7:00 p.m., WR

Mountain Fever
Jim Ross, Park Ranger-Naturalist, National Park Service

Thursday, August 17 — 8:30 p.m., CR

Earthquakes—Inside, Outside, and Around Mt. Rainier
Steve Malone, Seismologist, University of Washington

Wednesday, August 23 — 9:00 p.m., PI

Preserving the Past: Discovering the Mt. Rainier Archives and Museum Collections
Deborah Osterberg, Museum Curator, National Park Service

Thursday, Aug. 24 — 9:00 p.m., PI

Updating Mt. Rainier's Geologic Story—Results of Recent Geologic Research
Tom Sisson, Geologist, U.S. Geological Survey

Wednesday, August 30 — 8:30 p.m., CR

On the Road to Rainier: the Automobile and Mt. Rainier National Park
Paul Sadin, Park Ranger-Historian, National Park Service

Olympic Park Institute (OPI) Events at Mount Rainier

Registration and fees required, contact OPI at (360) 928-3720 for information.

Saturday - Sunday, August 5 - 6

What's Cooking At Mount Rainier: A Volcanic Study for Educators
Carolyn Driedger, Geologist
U.S. Geological Survey

Saturday, August 5

Wildflowers of Mount Rainier
Jack Morrison, Park Ranger-Naturalist,
National Park Service



Food & Lodging

For lodging reservations in the park call Mount Rainier Guest Services at (360) 569-2275.
www.guestservices.com/rainier

HOURS OF OPERATION

(through September 3, unless otherwise specified).

National Park Inn (Longmire)

Lodging and dining. Open year-round.

Front desk: 7 a.m. - 10 p.m. daily

Restaurant: 7 a.m. - 8 p.m. daily

National Park Inn Post Office (Longmire)

Open year-round. Closed Sundays and Holidays.

Monday - Friday: 8:30 a.m. - 5 p.m.

Saturday: 8:30 a.m. - 12 p.m.

General Store (Longmire)

Open year-round. Groceries, gifts, firewood.

8 a.m. - 8 p.m. daily

Jackson Visitor Center (Paradise)

Grill & Gift Shop:

10 a.m. - 7 p.m. daily

Showers (located in the basement):

Open during building hours (see above).

Paradise Inn (Paradise)

Front Desk: Open 24 hours daily

Dining Room

Breakfast Buffet 7 a.m. - 9:30 p.m.

Lunch 12 p.m. - 2 p.m.

Dinner 5:30 p.m. - 8:30 p.m.

Sunday Brunch 11 a.m. - 2:30 p.m.

(through Sep. 24 only)

Glacier Lounge 12 p.m. - 11 p.m.

Gift Shop 8 a.m. - 9 p.m.

Snack Bar 9 a.m. - 8 p.m.

Paradise Inn Post Office

Closed Sundays and Holidays.

Monday - Friday: 8:30 a.m. - 5 p.m.

Saturday: 8:30 a.m. - 12 p.m.

Sunrise Lodge (Sunrise)

Day use only—no overnight lodging.

Snack Bar/Gift Shop 10 a.m. - 7 p.m. daily



Gasoline, lodging, dining, and other services are available in local communities. A list of these services is available at park visitor centers and on the park's web site: www.nps.gov/mora. Religious services are available in the park and in local communities.

GAS IS NOT AVAILABLE IN THE PARK.

Drive-in Campgrounds

Gathering firewood in the park is not permitted!

Name	Elev.	Fee	# of sites	Flush Toilets	Pit Toilets	Dump Station	Location/Notes
Sunshine Point Open all year	2000'	\$10	18		X		SW corner of park, 0.25 miles E of the Nisqually Entrance.
Cougar Rock* Open May 26 to Oct. 9, 2000	3180'	\$12 \$14**	200 + 5 group sites	X		X	SW corner of park, 2.3 miles NE of Longmire.
Ohanapecosh* Open May 26 to Oct. 9, 2000	1914'	\$12 \$14**	205	X		X	SE corner of park, 11 miles NE of Packwood on SR123.
White River Open June 23 to Oct. 1, 2000	4400'	\$10	112	X			E side of park, 5 miles W of White River Entrance.
Ipsut Creek Open all year, depending on snow & road status	2300'	\$6	29		X NO Potable WATER		NW corner of park, 5 miles E of Carbon River Entrance. ROAD SUBJECT TO WASHOUT--may close at any time.
Mowich Lake Open July 1 to Oct. 10, 2000	4950'	None	30 walk-in sites		X NO Potable WATER		NW corner of park, at the end of SR165. Unpaved Road. NO FIRES.

* Advance Reservations required for Cougar Rock and Ohanapecosh Campgrounds from June 26 - September 4. Call 1-800-365-CAMP up to 5 months in advance or reserve your site online at reservations.nps.gov.

** \$14/night from June 26 - Sep. 4. All other campgrounds are operated on a first-come, first-served basis.

Park Partners

Thank You Volunteers!



Each year more than 85,000 volunteers donate over 3,000,000 hours of service in the national parks. They come from every state and nearly every country in the world to help preserve and protect America's natural and cultural heritage for the enjoyment of this and future generations. Young and old alike, they give their time and expertise to care for these special places. At Mount Rainier National Park, 833 volunteers contributed a total of 56,659 hours in 1999. We express our deep appreciation to them and to all who are volunteering in 2000!

If you'd like to volunteer at Mount Rainier, contact Volunteer Coordinator, Tahoma Woods Star Route, Ashford, WA 98304-9751. Tel. (360) 569-2211 ext. 3414. E-mail: mora_vips@nps.gov



Northwest Interpretive Association

NWIA operates bookstores in the park's visitor centers and information centers. As a non-profit organization benefitting educational programs in the national parks and forests of the Pacific Northwest, NWIA plays an important role in making interpretive and educational publications available to travelers. It also funds special interpretive projects in the areas it serves.

For more information or membership, call (360) 569-2211, ext. 3320, or visit NWIA on the web at www.nps.gov/mora/NWIA/nwia.htm.



Washington's National Park Fund

Washington's National Park Fund

was created to restore, enhance, and preserve Washington's national parks. The Fund is a private, independent, not-for-profit organization that works with individuals, businesses, foundations and others to secure financial and volunteer support for projects to improve the parks. The Fund supports education and interpretation, trail and access improvement, natural resource research and protection, cultural resource research and protection, and visitor services.

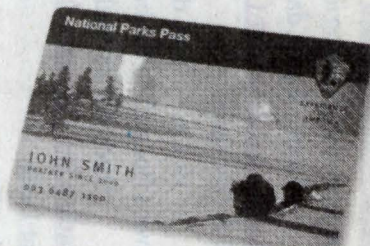
In 2000, the Fund is supporting the following projects in Mount Rainier National Park:

- Roadside assistance volunteers to provide emergency roadside assistance during the busy summer months.
- Natural and cultural resource surveys focusing on bats and on historic drawings.
- Special outreach programs for students and for organizations and communities.

If you'd like to help, look for donation boxes at park visitor centers, or contact Jen Benn, Executive Director, Washington's National Park Fund, 2112 Third Avenue, Suite 501, Seattle, WA 98121. Tel. (206) 770-0627. www.wnfp.org.

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AS A VISITOR Maui to Maine, Alaska to the Everglades, use your Pass for admission to National Parks requiring entrance fees. It's good for one full year.

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by calling 1-888-Go-Parks, or at your National Parks.

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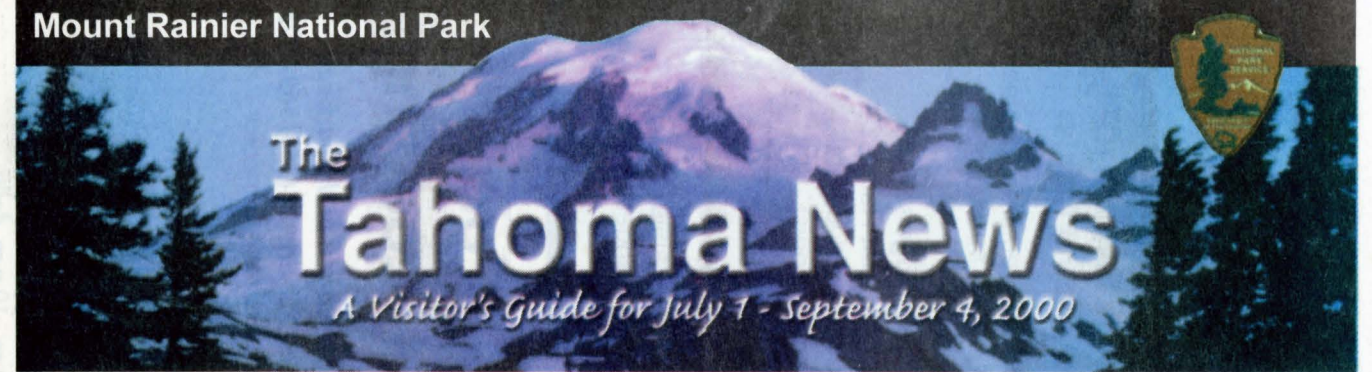


EXPERIENCE YOUR AMERICA

The National Parks Pass is produced by the National Park Service. *GoParks Newsletter is produced by the National Park Foundation (NPF). NPF is the Congressionally chartered, national nonprofit partner of the National Park Service, established in 1967 to honor, enrich, and expand the legacy of private philanthropy that helped create and continues to sustain America's National Parks.

365 DAYS • 379 WAYS TO EXPERIENCE YOUR AMERICA

Mount Rainier National Park



The Tahoma News

A Visitor's Guide for July 1 - September 4, 2000

The **National Park Service** cares for special places saved by the American people so that all may experience our heritage. **Mount Rainier National Park** is a source of inspiration, providing boundless opportunities for exploration, solitude, and contemplation.

Welcome to Your National Park!

Whether you are looking for wilderness solitude or historical architecture, spectacular drives or challenging hikes, Mount Rainier National Park has something for you. This newspaper includes information that will help you plan your activities and have a safe and enjoyable visit.



IN THIS ISSUE:

Getting the Most from Your Visit	1-2
Entrance Fees/Fee Demo Projects.....	2
Safety Tips.....	3
Interpretive Activities.....	4-5
Facilities & Services.....	4-5
Hiking & Climbing.....	6
Special Summer Speaker Series.....	7
Food & Lodging/Drive-in Camps.....	7
Park Partners.....	8

IN CASE OF EMERGENCY
DIAL 9-1-1

Mount Rainier Telephone Numbers
(Area Code: 360)

TDD: 569-2177
General: 569-2211
Longmire Museum ext. 3314
Paradise Visitor Center ext. 6036
Ohanapecosh Visitor Center ext. 2352
Sunrise Visitor Center ext. 2357
Wilderness INFO. Center 569-HIKE
www.nps.gov/mora

Mt. Rainier Guest Services 569-2275
www.guestservices.com/rainier

Northwest Interpretive Association
569-2211 ext. 3320
www.nps.gov/mora/NWIA/nwia.htm

Plan for Traffic Delays

Long snowy winters mean that most of Mount Rainier's road maintenance must be done in summer. Please budget extra time into your schedule to accommodate construction delays. Use the time to enjoy the view...or to read your Tahoma News!

Rehabilitation efforts on the Mather Memorial Parkway (SR 410) continue this summer. **Expect up to 30 minute delays from east of Cayuse Pass (intersection of SR 123 and SR 410) to Chinook Pass.** Additional construction delays may be encountered outside the park.

Expect up to 10 minute delays on Stevens Canyon Road all summer. From July 24 to mid-August, expect up to 20 minute delays from Christine Falls to Paradise while the road is slurry sealed.

We appreciate your patience!