



The Tahoma News

July 1 - September 1, 2003

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 issue includes information that will help you plan your activities and have a safe and enjoyable visit.

Discovering Rainier – Off The Beaten Path



Photo courtesy M. Larson

The Ohanapecosh River runs past the Grove of the Patriarchs, through the Ohanapecosh Campground and cascades down Silver Falls.

IF YOU ARE IN THE PARK ON A BUSY DAY YOU MAY WANT TO explore less-visited areas to escape the biggest crowds. In taking the extra time to seek out these special places, you can immerse yourself in an old growth forest, reflect next to a cascading waterfall, hike in virtual solitude, or just relax, take in the view, and reconnect with nature. No matter where you go in the park you will find spectacular scenery and a

multitude of recreation opportunities! Use the photo map at the top of page 2 and your park map to choose a place to visit and the best route to get there.

Interested in Old Growth Forests? Visit Ohanapecosh (SE) to explore lush old growth forests of Douglas fir and western redcedar. There is also a self-guided nature trail behind the visitor center that leads past hot springs and the site of an early resort.

How about Subalpine Meadows and Lakes? For an outstanding wildflower meadow experience highlighted by beautiful lakes, try Reflection Lakes (SW), Mowich Lake (NW), or Tipsoo Lake (NE). In mid-summer the meadows should be bursting with color providing a great backdrop for these tranquil lakes set in glacially carved basins.

Is Geology Your Interest? Then drive 3 miles to the end of the Westside Road (SW) near the Nisqually Entrance to view the dramatic results of flooding and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and a glacially carved canyon stop at one of the first pullouts on Ricksecker Road (SW). (continued on page 2.)

Historic Paradise Guide House Rehabilitation

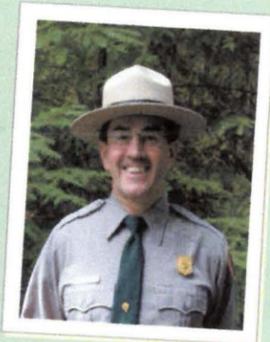
On a ridge near Paradise Inn, the Paradise Guide House has served as a climbing center and a dormitory since its construction in 1920. The Guide House is listed on the National Register of Historic Places as part of the Paradise Historic District and as part of the Mount Rainier National Historic Landmark District. This historic building is an important part of the park's history and the early history of the National Park Service.



While visiting Paradise, you'll see evidence of the extensive repairs needed to maintain this historic building, including replacing the existing masonry stone foundation. Last fall and this spring, we

installed a temporary water treatment plant (replacing the existing plant in the basement of the Guide House), completed associated trenching and piping work, and salvaged all viable plants from the construction area. This summer the contractor is working on the foundation. This work involves lifting the building and excavating underneath. The construction will affect your visit to Paradise as part of the upper parking lot is cordoned off for construction use and the traffic pattern is altered. Parking in the upper loop (Loop A) of the Paradise Picnic Area will also be limited. Please drive with extra caution.

Welcome!



Superintendent
Dave Uberuaga

...to Mount Rainier National Park, the nation's fifth oldest national park and one of 388 national treasures cared for and held in trust for the American people by the National Park Service. National Parks are preserved and protected for the enjoyment of present and future generations. Many special people work here at Mount Rainier, caring for the park so that visitors from both near and far may enjoy it. The ranger staff, road crew, food services, and many others are here to help make your visit enjoyable.

During your visit you will find limitless opportunities for recreation, exploration, and discovery. The base of the mountain covers about 100 square miles with the summit towering 14,410 feet above. The snow and ice covered volcano supports 26 major glaciers, the largest single mountain glacial system in the lower 48 states. Take time to experience the spectacular subalpine wildflower meadows, visit the lowland old growth forests, and view dramatic glacial and geological features. The wildlife, historic buildings, cultural history, 260 miles of trails, and natural resources are all here for you to enjoy.

John Muir wrote, "Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and cheer and give strength to body and soul." Our magnificent National Parks offer safe havens from the often disturbing events of modern life. As you drive the historic roads, hike the trails, climb the mountain, or contemplate the view, find comfort and solace in the beauty and peace of nature.

Dave Uberuaga, Superintendent
Mount Rainier National Park

**In Case of
Emergency
Dial 911**

From any phone located in the park.

3 Wild Encounters

What would you do if you came face to face with a bear or a mountain lion or encountered bad weather on the Muir Snowfield? Find out how to prepare for an encounter with the wilder side of Mount Rainier.

3 Naturalist Programs

When and where do interpretive walks, evening campfire programs, and Junior Ranger programs start? What programs are offered? Look on page 3 to get the details.

8 Park Information

Where are the visitor centers? When are they open? Where can I get something to eat? Which campground is right for me? How do I get a Wilderness Permit? It's all on the back page!

Staying Safe ... 3

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Park Partners ... 6

Special Programs & Day Hikes ... 7

What You Need To Know

How Far Is It?

One-way Driving Times & Distances

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	2.5 hours
Seattle to Paradise via Highway 410 and Enumclaw	109 miles	3 hours
Yakima to Paradise	99 miles	2 hours

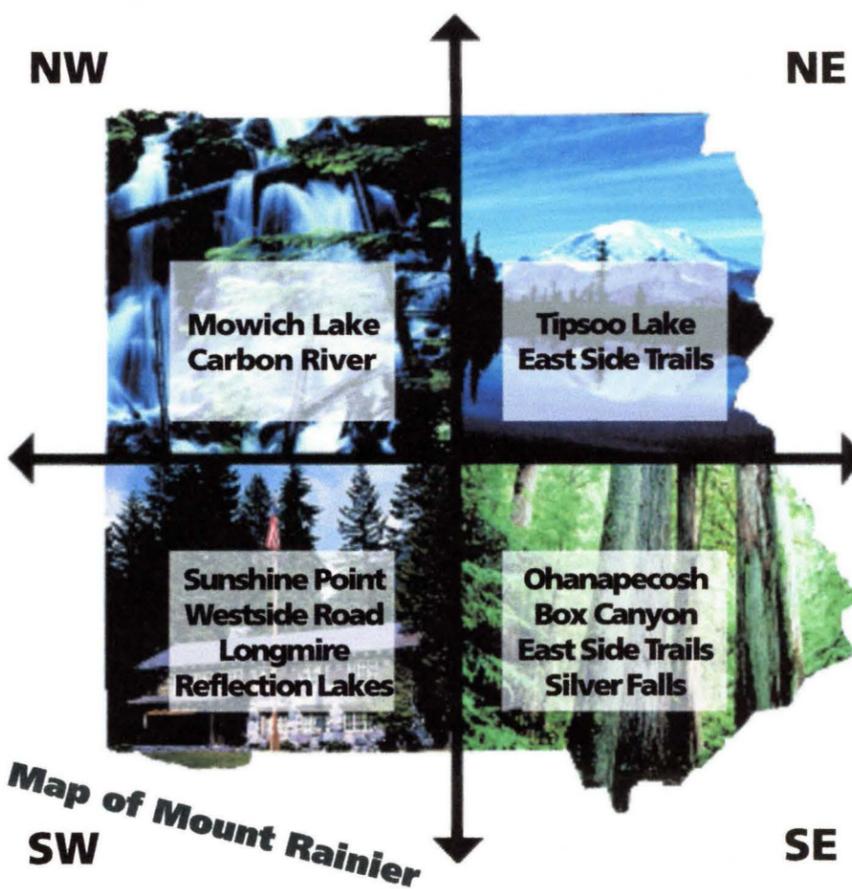


Photo Map of Mount Rainier



You're Invited to Attend Special Summer Events at Mount Rainier!

Mountain Lives: People of the Past, Summer Speaker Series, And More

See Page 7 for more information.



Mount Rainier is a place of great beauty and inspiration.

You may be inspired to take a picture or to get a close-up look at a wildflower. But stop and consider your actions before you step off the trail.

With each step you take onto a meadow, an average of 20 plants are impacted!

Subalpine vegetation survives in a harsh environment. With a short growing season, plants take longer to recover from damage. Much of the plant's energy is spent on rapid flowering. Even if a plant survives the weight of your footstep, it may be stunted for years.

Please remember this when exploring Mount Rainier's fragile meadows and...

Please, Stay on Trails!



Discovering Rainier – Off The Beaten Path

(continued from page 1)

Wild for Waterfalls? Then the east side (State Routes 123 and 410) of the park is the place to go. The powerful Silver Falls near Ohanapecosh is only a 0.3 mile hike from Route 123 or you can take the 1.3 mile trail from Ohanapecosh Campground. For those who like to hike, take the East Side Trail to one or all of the many waterfalls dotting the route. Start off of Route 123 – park at a small pullout 0.5 mile south of Deer Creek – or at Grove of the Patriarchs on Stevens Canyon Road.

Did You Bring a Picnic? If so there are many smaller picnic areas scattered around the park. From Nisqually Entrance (SW) stop at Sunshine Point for a picnic with a view of Nisqually River or at Kautz Creek where you can take a short walk to view the aftermath of the 1947 Kautz Creek mudflow. At Ohanapecosh (SE) stop at the picnic area adjacent to the campground for a picnic set in deep green old growth forest. West of Ohanapecosh you can stop at the Box Canyon Picnic Area just east of the Box Canyon Interpretive Site. Be sure to stop at the latter for a look at the Cowlitz River, 180 feet below, as it cuts a narrow deep slot into the bedrock. From the Tipsoo Lake picnic area (NE) you'll have a great view of the meadows surrounding the lake. Picnic at Mowich Lake (NW) and admire the fragile wildflower meadows surrounding the deepest and largest lake in the park.

Are You a History Buff? If so, then Longmire (SW) is the place to visit. The Longmire Museum is the starting point for the Longmire Historic District Walking Tour. Take the self-guided tour of the historic district to get a taste of early National Park Service rustic architecture. Follow the Trail of the Shadows to learn about the park's first homestead and resort.

Prefer Uncrowded Trails? Many trails leave from the Reflection Lakes (SW) area including the Lakes, High Lakes, Mazama Ridge, and the Wonderland trails, with Snow and Bench Lakes Trail located in a pullout just down the road to the east. Another great area for trails is on the east side along State Routes 123 and 410. From south to north you will find Silver Falls, Three Lakes, East Side, Shiner Peak, and Crystal Lakes trails to name a few. Trails in the Mowich Lake area lead to subalpine lakes and amazing meadows.

If you are tempted by any of these opportunities, stop by a visitor center or entrance station for more information and consult your park map for locations. Enjoy visiting your National Park!

What You Need To Know...

- There are five major visitor areas:
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, or carpool to the park or visit one of the areas "off the beaten path"!
- Park roads are winding, road shoulders are narrow, and the 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.

How Much Will It Cost?

Entrance fees are **\$10** per single non-commercial vehicle (good for 7 days). Admission is free if you have a Golden Age, Golden Access, Golden Eagle, Annual, or National Parks Pass.

You can pack a picnic lunch or eat at the National Park Inn in Longmire, the Sunrise Day Lodge, or the Jackson Grill or the Paradise Inn in Paradise. Average cost per person is \$10 for lunch and \$18 for dinner.

Plan for Construction Delays

If you travel on Stevens Canyon Road you may encounter minimal traffic delays east of Backbone Ridge. Construction crews are repairing the substructure under the bridge located approximately 1/4 mile east of the viewpoint and approximately 4.5 miles west of Stevens Canyon Entrance (east entrance).

We appreciate your patience as we continue to improve visitor facilities throughout the park. Please drive carefully – buckle up, obey speed limits, and slow down in construction zones!

Hiking the Muir Snowfield?

The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise between 7,000 - 10,000 feet 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, rocks, and sky 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 died on the Muir Snowfield. Two had ascended the snowfield dozens of times and were very experienced hikers.

Don't Become a Muir Snowfield Statistic!

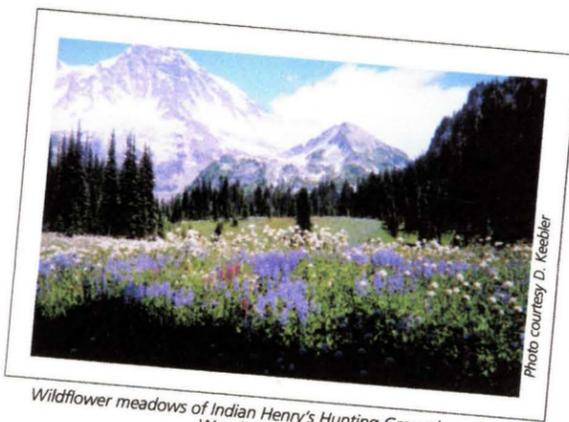
- Avoid the snowfield in questionable weather, especially if you are alone or unprepared. Weather conditions can change suddenly and drastically.
- If you're ascending and clouds or fog start rolling in, turn around and head back to Paradise. If that's not possible, stop moving, dig in, and wait for better weather.
- Without a compass, map, and altimeter, it is extremely difficult to find your way to the trailhead in a whiteout. Carry these items and know how to use them!
- 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 quickly lost!
- When hiking to Camp 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 your visit.



Hiking to Summerland from Frying Pan Creek.

Photo courtesy M. Larson



Wildflower meadows of Indian Henry's Hunting Ground on the Wonderland Trail

Photo courtesy D. Keebler

The Secret to a Great Visit

Mount Rainier National Park offers excellent opportunities for adventure, exploration, learning, and just plain having fun! The secret to a great visit? Staying safe! Reduce the risk of spoiling your trip by following these guidelines:

Pay Attention to the Weather

Think about all the ways weather can outsmart you. It's easy to get lost or injured when the weather deteriorates, the trail is covered with snow, and you don't know where you are. You might be in an avalanche zone and not even know it.

Eyes on the Trail

You may be hiking before trail crews have a chance to clear away fallen trees or replace missing foot logs at river crossings. Be especially careful at river crossings. Many people underestimate the power of the water and are unaware of the large, rolling boulders it carries. If you must cross, go in the morning when rivers are generally lower.

Prepare and Take Care

Bring the "10 Essentials" with you and know how to use them (see bottom of page). 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!

"Leave No Trace" of your Wilderness trip

- 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

* 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 and water
 - first aid kit
- flashlight or headlamp
- sunglasses & sunscreen
 - pocketknife
- extra clothing & rain gear
 - emergency shelter
- matches in a waterproof container*

Wilderness camping permits are required for all overnight stays in the park's backcountry. Climbing permits are required for travel above 10,000' and/or on glaciers.

Animal Encounters



Black bear (Ursus americanus)

The beauty and wonder of Mount Rainier National Park doesn't just come from the scenic grandeur of a single, towering mountain. The presence of wild creatures remains an essential part of the experience of wilderness. Being in the home of large creatures like black bear and mountain lion (cougar) can make Mount Rainier an exciting – and sometimes

scary – place to visit. Though you are not likely to see them, if you do meet one of these larger mammals, learning more about them serves as your best defense – and theirs!

Black Bear Sense

- Never feed a black bear, either intentionally or by leaving food unsecured
- Do NOT approach bears or cubs
- If a black bear approaches you, try to scare it away by shouting and making noise
- If attacked, fight back aggressively
- Report all sightings to the nearest ranger station or call (360) 569-2211 ext. 3373 or ext. 2334

Avoiding Mountain Lions

- Hike in a group rather than alone. Avoid running – don't look like prey
- Keep children close to you – preferably in view just ahead of you
- Never approach cougar kittens – leave the area immediately
- Follow the rules regarding pets in the park – don't take your pet on trails or in the backcountry and never leave it unattended at the campground – you could lose it!



Mountain lion (Felis concolor)

Close Encounters With Mountain Lions

- DON'T RUN! Stand still and face the lion with your companions
- Immediately pick up and hold small children
- Stand upright to make yourself appear larger – wave your arms and make a noisy commotion if the animal moves toward you
- Back away slowly while facing the animal
- If attacked, fight back aggressively
- Report all sightings at the nearest ranger station or call (360) 569-2211 ext. 3373 or ext. 2334

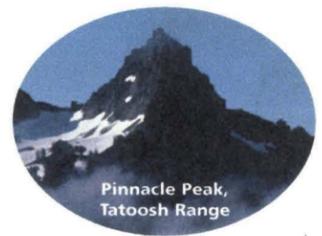
Protect Yourself and Your Park

Mount Rainier National Park was established in 1899 to preserve its resources and to provide for public benefit and enjoyment. By observing the rules, you protect your park and yourself:

- Pets must be on leashes no longer than six feet and are not allowed in buildings, on trails, or on snow
- Do not feed or disturb the wildlife
- Stay on designated trails
- Make fires only in a fire grill. Collecting firewood is prohibited
- Weapons are prohibited in wilderness. Firearms transported through the park must be unloaded, broken down, and stored to prevent use
- Bicycle only on roads, not on trails
- Camp in designated campsites only. Sleeping in vehicles outside of a designated campsite, in parking lots, or in pullouts is not permitted.
- Oil leaks and contaminated water are washed into storm drains to waterways and streams. Help prevent pollutants from entering waterways.

You're Invited!

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



Pinnacle Peak, Tatoosh Range



Longmire/Cougar Rock Area

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mountain Legacy 3 p.m. Explore Longmire and learn about the people and ideas that shaped the history of Mount Rainier National Park. Meet in front of the Longmire Museum (30 minutes).	●	●	●	●	●	●	●
Junior Ranger Program 5 p.m. Join 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. Sign up at the campground reservation window (45 minutes).	●	●	●	●	●	●	●
Evening Program at Cougar Rock Campground 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 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).	●	●	●	●	●	●	●

FACILITIES & SERVICES

The **Longmire Museum** (information, exhibits, and book sales) is open daily from 9:00 a.m. to 5:00 p.m. (360) 569-2211 ext. 3314

The **Longmire Wilderness Information Center** is open daily from 7:30 a.m. - 4:30 p.m. for wilderness camping and climbing permits and reservations. (360) 569-HIKE

The **National Park Inn** and the **General Store** are located nearby. See page 8 for hours and services.

The **Sunshine Point** and **Cougar Rock Campgrounds** are located nearby. See page 8 for details.

Paradise Area

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meadow Meander 10:30 a.m. Explore the wildflower meadows around Paradise and learn how life adapts to mountain conditions. This walk is wheelchair accessible with assistance; check with the rangers at the front desk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1 mile).	●	●	●	●	●	●	●
Perilous Beauty 12:30 p.m. & 3:30 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 2 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).	●	●	●	●	●	●	●
Mount Rainier Stories 3:00 p.m. Join a ranger for a short talk about the people, places, and living things that are part of Mount Rainier. Meet in the Jackson Visitor Center lobby. (20 minutes)	●	●	●	●	●	●	●
Evening Program at Paradise Inn 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).	●	●	●	●	●	●	●

FACILITIES & SERVICES

The **Jackson Visitor Center** (information, exhibits, films, book sales, food service, gifts, and showers) is open daily from 10:00 a.m. to 7:00 p.m. (360) 569-6036

The **Paradise Ranger Station** (climbing permits) is open daily. 7:00 a.m. - 3:00 p.m. Sun. - Thurs., 7:00 a.m. - 7:00 p.m. Fri., 6:00 a.m. - 4:00 p.m. Sat. (may close during rescues or medical emergencies). After hours, permits are available at the Jackson Visitor Center until 7:00 p.m. (360) 569-2211 ext. 2314.

The historic **Paradise Inn** is located nearby. See page 8 for hours and services.



Look for marmots living in rocky, subalpine areas; listen for their whistling call!

Carbon River Area

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Ranger Program 6 p.m. Meet a ranger for fun and educational activities for kids 6-11! Meet at the Ipsut Creek Campground campfire circle (45 minutes).							●
Evening Program at Ipsut Creek Campground 8:30 p.m. Join a ranger around the campfire for stories about Mount Rainier people and places. Programs are posted on Carbon River/Ipsut Creek bulletin boards. Meet at the Ipsut Creek Campground campfire circle (45 minutes).							●

FACILITIES & SERVICES

Obtain wilderness permits at the Wilkeson Wilderness Information Center in downtown Wilkeson. 8:30 a.m. - 4:00 p.m. Sun. - Wed., 7:30 a.m. - 6:00 p.m. Thurs. - Sat. (360) 829-5127.

The **Ipsut Creek** and **Mowich Lake Campgrounds** are located nearby. See page 8 for details.

Sunrise/White River Area

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Emmons Glacier Walk

10 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, 1.75 miles one-way).

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).

Mountain Views

1 p.m.
Hike to the top of Sourdough Ridge for spectacular views...near and far. Meet in front of the Sunrise Visitor Center. (1 hour, 1.5 miles round trip)

Junior Ranger Program

7 p.m.
Meet a ranger for fun and educational activities for kids ages 6-11. Meet at the White River Campground Campfire Circle (30 minutes).

Evening Program at White River Campground

8 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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Emmons Glacier Walk							●
Sunrise Stroll	●	●	●	●	●	●	●
Mountain Views	●						
Junior Ranger Program						●	
Evening Program at White River Campground				●	●	●	

FACILITIES & SERVICES



The **Sunrise Visitor Center** (information, exhibits, and book sales) is open daily from 9:00 a.m. to 6:00 p.m. (360) 663-2425

The **White River Wilderness Information Center** is open daily for climbing and wilderness information and permits. 7:30 a.m. - 4:30 p.m. Sun. - Wed., 7:30 a.m. - 7:00 p.m. Thur., 7:00 a.m. - 7:00 p.m. Fri., 7:00 a.m. - 5:00 p.m. Sat. (360) 663-2273

The **Sunrise Day Lodge** offers food service and a gift shop (no overnight lodging). See page 8 for hours and services.

The **White River Campground** is located nearby. See page 8 for details.



Ohanapecosh Area

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Grove of the Patriarchs Walk

3 p.m.
Walk along the Ohanapecosh River to a magnificent grove of ancient trees. Meet at the Grove of the Patriarchs trailhead (limited parking), near the Stevens Canyon Entrance Station (1 hour, 1.5 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 Ohanapecosh Campground (1.5 hours, 3 miles).

Junior Ranger Program

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

Evening Program at Ohanapecosh Campground

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 (45 minutes).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grove of the Patriarchs Walk	●		●		●		
Silver Falls Walk						●	
Junior Ranger Program						●	
Evening Program at Ohanapecosh Campground	●	●	●	●	●	●	●

FACILITIES & SERVICES



The **Ohanapecosh Visitor Center** (information, exhibits, and book sales) is open daily from 9:00 a.m. to 6:00 p.m. (360) 569-6046

The **Ohanapecosh Campground** is located nearby. See page 8 for details.

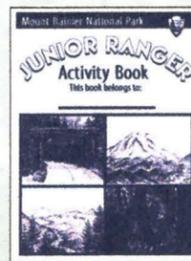


Education Website

Teachers! For information about professional development workshops, education resources, and opportunities for your students, check out our new Education webpage at: www.nps.gov/mora/education/index.htm.

Junior Ranger Activity Book Hey Kids!

Ask for a **Junior Ranger Activity Book**. It's FREE and available at visitor centers. Complete it and you'll earn a badge and certificate. You'll also learn lots of cool stuff about your park!



Gray Jays are common in the park – you may see other visitors feeding them or other wildlife. This is illegal, harmful for the animals *and* they've been known to accidentally bite the hand that feeds them! Protect yourself and park wildlife. **Keep wildlife wild! Please do not feed the wildlife.**



Partners in Park Protection

Who's responsible for protecting Mount Rainier National Park? Everyone! Here are some people who deserve special thanks:

Visitors Like You

Just by paying the entrance fee, you make a difference. Eighty percent of the fees collected at Mount Rainier are kept in the park, while twenty percent are made available to other parks in need. Your money is helping several projects right now:

- Planning for the new Education Center
- Rehabilitating park trails
- Meadow restoration at Sunrise and Reflection Lakes
- Upgrading exhibits and media
- Rehabilitating picnic areas

As you explore the park, look for signs of your fees at work:

UserFee

improves this park

Washington's National Park Fund



The 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. In 2002 the Fund contributed to projects like the emergency roadside assistance program, geology webpage development, community outreach programs, and monitoring marbled murrelets. If you'd like to help, look for donation boxes at park visitor centers, or contact Executive Director, Washington's National Park Fund, 2112 Third Avenue, Suite 501, Seattle, WA 98121, (206) 770-0627, www.wnfp.org.



Northwest Interpretive Association

NWIA operates bookstores in the park's visitor and information centers. As a nonprofit 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.nwpubliclands.com.



A wide spectrum of volunteer opportunities are available throughout the park.

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. At Mount Rainier National Park, 856 volunteers contributed a total of 31,392 hours in 2002. We express our deep appreciation to them and to all who are volunteering in 2003! If you are thinking about volunteering, contact Volunteer Coordinator, Tahoma Woods, Star Route, Ashford, WA 98304, (360) 569-2211 ext. 3385.

Doing Our Part!

We all share the responsibilities of caring for our environment and conserving scarce natural resources. You probably do your part at home by carpooling and by turning down your thermostat and switching off your lights. Staff at Mount Rainier National Park do these things and many more out of concern for the environment and in response to old and new environmental laws.



We conduct environmental analysis on construction and design projects. The park is engaged in a wide variety of planning and construction projects that have the potential to

impact park resources including air, water, plants, wildlife, historic structures, etc. To determine what those impacts might be, the park is required to conduct environmental analysis. Resource professionals and other staff engage in collaborative planning to identify the best possible alternatives, with the least possible impacts.



We focus on using new "green" products as they are developed. One of our park generators and all our diesel vehicles now run on special emissions-reducing fuel made with a soybean-based, low-sulfur fuel. Additionally, we recently added 18 new vehicles with a propane fuel option to the park fleet. As an ENERGY STAR Partner Organization we are committed to lowering our energy consumption by purchasing ENERGY STAR rated devices including refrigerators, furnaces, and computers.



We reduce our consumption of resources by reusing and recycling products. In addition to the usual items - aluminum, plastic, glass, paper - we recycle scrap metal, used oil, batteries and a number of other items. We purchase recycled products including plastic bags, picnic tables, and lumber; pre- and post-consumer recycled paper; and automobile products.

Be part of the effort! Please deposit aluminum cans, plastic bottles, and glass in the recycle cans located throughout the park.

Experience Your America with a National Parks Pass or a Mount Rainier Annual Pass



Purchase your **National Parks Pass** at any Mount Rainier Entrance Station, on-line at www.nationalparks.org, or by calling 1-888-GO-PARKS.

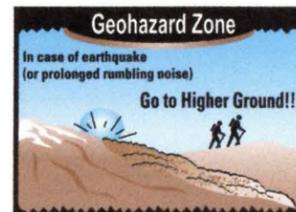
Just \$50 (plus shipping and handling if you buy on-line or by phone).*

If you only plan to visit Mount Rainier National Park, consider the **Mount Rainier Annual Pass**. It costs \$30 and, like the National Parks Pass, is good for one full year.



*A National Parks Pass can be upgraded to a Golden Eagle Pass for \$15. This covers additional sites such as Forest Service trailheads requiring the Northwest Forest Pass, Mount St. Helens, and the Nisqually Wildlife Refuge

365 DAYS ~ 388 WAYS TO EXPERIENCE YOUR AMERICA



Mount Rainier: An Active Volcano

Recent research has improved our understanding of Mount Rainier, an active volcano. Active steam vents, periodic earth tremors, and reported historical eruptions provide evidence that Mount Rainier is sleeping, not dead. Seismic monitoring stations around the mountain should provide days or weeks of advance warning of impending eruptions. However, other geologic hazards like debris flows and rockfall can occur with little 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. While most people consider the danger to be relatively low, **you** must decide if you will assume the personal risk of visiting these potentially dangerous locations.

If you are near a river and notice a rapid rise in water level, feel a prolonged shaking of the ground, and/or hear a roaring sound coming from upvalley - often described as the sound made by 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 at park visitor centers and from scientists at the U.S.G.S. Cascades Volcano Observatory, 1300 SE Cardinal Court, Building 10, Suite 100, Vancouver, WA 98661, www.vulcan.wr.usgs.gov.



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 west of Longmire) overlooks the 1947 debris flow and a view of the mountain. TDD: (360) 569-2177



Mount Rainier Institute
Summer Speaker Series
2003

Join a subject matter expert on Wednesday and Thursday evenings for an in-depth look at a special aspect of the park's history and resources. All talks are free and open to all. Times and locations vary.

Locations:

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

Wednesday, July 2 – 9 p.m., OH
Leave No Trace
Traveling Trainers West,
Leave No Trace Inc.

Thursday, July 3 – 9 p.m., CR
Leave No Trace
Traveling Trainers West,
Leave No Trace Inc.

Wednesday, July 9 – 9 p.m., PI
*8500 Years of Human History:
The Archeology of Mount Rainier*
Greg Burtchard, Archeologist, NPS

Thursday, July 10 – 9 p.m., OH
Tribal Legends about the Mountains
Roy I. Wilson,
Cowlitz Indian Chief and shaman

Thursday, July 17 – 8 p.m., WR
Mountain Fever
Jim Ross, Park Ranger, NPS

Thursday, July 24 – 8 p.m., WR
Fire and Ice
Carolyn Driedger, Hydrologist,
USGS Cascade Volcano Observatory

Thursday, July 31 – 9 p.m., CR
*Predicting Mount Rainier's Next Volcanic
Eruption*
Steve Malone, Professor of Geophysics,
University of Washington

Wednesday, August 6 – 9 p.m., PI
Adventures of a Mount Rainier Guide
Eric Simonson, Director,
Mount Rainier Alpine Guides

Thursday, August 7 – 8:30 p.m., OH
*Civilian Conservation Corps at Mount
Rainier*
Deborah Osterberg, Museum Curator, NPS

Wednesday, August 13 – 8:30 p.m., CR
*Why Walk When You Can Fly? A visit by P.B.
Van Trump*
Kevin Bacher, Park Ranger, NPS

Thursday, August 14 – 8:30 p.m., OH
Yakama Pow-wow Dancers
Donna Wilson & family, Yakama Nation

Wednesday, August 20 – 9:00 p.m., PI
My Years at Mount Rainier
Dee Molenaar, Summit Guide, Ranger, and
author Molenaar Maps and Alpine Art

Thursday, August 21 – 8:30 p.m., OH
Wild about Wildflowers
Jack Morrison, Park Ranger, NPS

Longmire Special Event

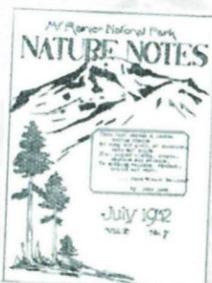
Mountain Lives: People of the Past

Saturday, August 16

Meet in front of the National Park Inn.

Historical characters emerge from the darkness along the Trail of the Shadows as you walk the trail with a ranger. Meet the people who explored, settled, climbed, and protected Mount Rainier more than 100 years ago. Lantern tours last 90 minutes and depart every 20 minutes between 8:30 p.m. and 9:30 p.m. Bring a warm jacket and a flashlight, and wear sturdy shoes.

A Window to the Past – Nature Notes on the Web



"Last week the Naturalist watched two half grown marmots stage an exciting three-round boxing match at Marmot Point. An old hoary-backed fellow refereed the match. The two stood on their hind feet and slugged each other with both fists. With bears it would have been a slapping match but these marmots exchanged short jabs and punches like professionals. Not only was the boxing and head work good, but they were also active on their feet. Contrary to the usual procedure each round lasted until one of the other of the contestants was knocked down, then instead of retiring to his corner the winner of the round jumped upon his fallen foe with all four feet and began worrying him. After a minute or so of this they were on their feet again, and the next round was underway." -- July 1, 1927

Want to learn about Mount Rainier National Park through the eyes of old-time rangers? Check out *Nature Notes* on Mount Rainier's website. From 1923 through 1939, park naturalists published hundreds of issues of *Nature Notes*. They feature articles on plants, wildlife, and history, along with poems, illustrations, and anecdotes. Over 100 issues are on the web, and we'll keep adding until the collection is complete. Check out: www.nps.gov/mora/notes/nn-intro.htm.

Easy & Moderate Hikes

Area	Trail Name	Trailhead Location	Roundtrip Distance	Comments
Carbon River	Rainforest Nature Trail	Carbon River Entrance	0.3-mile loop trail	Self-guided trail through an inland temperate rainforest.
	Twin Firs	1.9 miles west of Longmire	0.4-mile loop trail	Short hike in old growth forest. Limited parking.
Longmire	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 Rd	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.
Ohanapecoh	Grove of the Patriarchs	Near Stevens Canyon entrance	1.2-mile loop	Old growth forest, ancient trees.
	Silver Falls	Ohanapecoh 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.
Sunrise	Emmons Vista	South side of parking lot	1 mile	Suitable for strollers.
	Nature Trail	North side of parking lot	1.5 miles	Wildflower meadows and great Mountain views.

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.

Summer Hours

July 1 - September 1, 2003



Visitor Centers

Longmire Museum (360) 569-2211 ext. 3314
Information, exhibits, book sales, climbing permits
9:00 a.m. - 5:00 p.m. daily

Jackson Visitor Center (Paradise) (360) 569-6036
Information, exhibits, movies, book sales, food service, gifts, showers
10:00 a.m. - 7:00 p.m. daily

Ohanapecosh Visitor Center (360) 569-6046
Information, exhibits, book sales
9:00 a.m. - 6:00 p.m. daily

Sunrise Visitor Center (360) 663-2425
Information, exhibits, book sales
9:00 a.m. - 6:00 p.m. daily



Food & Lodging

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

National Park Inn (Longmire)
Lodging and dining. Open year-round.
Front desk: 7:00 a.m. - 10:00 p.m. daily
Restaurant: 7:00 a.m. - 8:30 p.m. daily

National Park Inn Post Office
Open year-round. Closed Sundays & holidays.
8:30 a.m. - 5:00 p.m. weekdays
8:30 a.m. - 12:00 p.m. Saturdays

General Store (Longmire)
Groceries, gifts, firewood. Open year-round.
8:00 a.m. - 8:00 p.m. daily
Firewood is also available in Loop A of the Cougar Rock Campground:
4:00 p.m. - 9:00 p.m. daily

Jackson Visitor Center (Paradise)
Grill & Gift Shop:
10:00 a.m. - 7:00 p.m. daily
Showers located in the basement:
10:00 a.m. - 7:00 p.m. daily

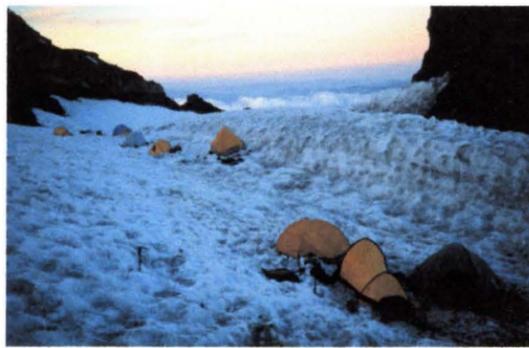
Paradise Inn
Lodging, lounge, dining, gifts
Front Desk: Open 24 hours daily
Dining Room:
Breakfast 7:00 a.m. - 9:30 p.m.
Lunch 12:00 noon - 2:00 p.m.
Dinner 5:30 p.m. - 8:30 p.m.
Sunday Brunch 11:00 a.m. - 2:00 p.m.
Glacier Lounge: 12:00 noon - 11:00 p.m.
Gift Shop: 8:00 a.m. - 9:00 p.m.
Snack Bar: 9:00 a.m. - 6:00 p.m.

Sunrise Lodge
Day use only/no overnight lodging
Snack Bar/Gift Shop:
10:00 a.m. - 7:00 p.m.



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

GAS IS NOT AVAILABLE IN THE PARK.



Tents at the climber's high camp, Camp Muir at 10,000' elevation.

Climbing Mount Rainier

Over 10,000 people attempt to climb Mount Rainier each year. About half actually make it to the 14,410 foot summit. Climbing information is available at ranger stations and on the park's website at www.nps.gov/mora/climb/climb.htm. For prerecorded route conditions, call (360) 569-2211 ext. 2314. Climbers pay a Cost Recovery Fee of \$30 per person, per calendar year.

Rainier Mountaineering, Inc. (360) 569-2227 (RMI) conducts guided climbs and related seminars. Information on RMI climbs can be obtained at the Paradise Guide House daily from 9:30 a.m. - 4:00 p.m. Guides for the Emmons Glacier Route include **Alpine Ascents International** (206) 378-1927, **American Alpine Institute** (360) 671-1505, **Cascade Alpine Guides** (800) 981-0381, and **Mount Rainier Alpine Guides** (360) 569-2889.

Wilderness Information Centers

Longmire WIC (360) 569-HIKE
Wilderness camping & westside route climbing permits
7:30 a.m. - 4:00 p.m. daily

Paradise Ranger Station (360) 569-2211 ext. 2314
Climbing permits (Paradise routes)
7:00 a.m. - 3:00 p.m. Sunday - Thursday
7:00 a.m. - 7:00 p.m. Friday
6:00 a.m. - 4:00 p.m. Saturday

White River WIC (360) 663-2273 ext. 222
Wilderness camping & eastside climbing permits
7:30 a.m. - 4:30 p.m. Sunday - Wednesday
7:30 a.m. - 7:00 p.m. Thursday
7:00 a.m. - 7:00 p.m. Friday
7:00 a.m. - 5:00 p.m. Saturday

Wilkeson WIC (360) 829-5127
Wilderness camping & northside climbing permits
8:30 a.m. - 4:00 p.m. Sunday - Wednesday
7:30 a.m. - 6:00 p.m. Thursday - Saturday



Mowich Lake Patrol Cabin is part of a network of historic patrol cabins located throughout the park.

Wilderness Permits

Wilderness Permits are required for backcountry camping and are available at all Wilderness Information Centers and most visitor centers. Permits are free, but an optional, fee-based reservation system for campers and climbers is in effect May through September.

Reservations may be made between April 1 and September 30. Backcountry reservations are \$20 per party (1-12 people)

for 1 to 14 consecutive nights. Sixty percent of all backcountry sites and zones are available for reservation. The remaining 40% are issued on a first-come, first-served basis on the day of, or one day prior to, the start of trip. Go to www.nps.gov/mora/recreation.htm to learn more.

A Reservation Request Form is available at Wilderness Information Centers and on the Internet at www.nps.gov/mora/recreation/rsvpform.htm. Fax or mail completed forms to: Wilderness Reservations Office, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304-9751. Fax (360) 569-3131.

Drive-in Campgrounds

Name	Elev.	Fee	# of sites	Toilets & Dump Stations	Location/Notes
Sunshine Point Open All Year	2000'	\$10	18	Pit	SW corner of park, 0.25 miles E of the Nisqually Entrance
Cougar Rock* Open May 23-Oct. 13	3180'	\$12 \$15*	173+ 5 group sites	Flush/Dump Station	SW corner of park, 2.3 miles NE of Longmire
Ohanapecosh* Open May 23-Oct. 13	1914'	\$12 \$15*	188+ 1 group site	Flush/Dump Station	SE corner of park, 11 miles NE of Packwood on SR123
White River Open June 27-Sept. 15	4400'	\$10	112	Flush	E side of park, 5 miles W of White River Entrance
Ipsut Creek Open All Year	2300'	None	28+ 2 group sites	Pit No Potable Water	NW corner of park, 5 miles E of Carbon River Entrance. Check current road conditions.
Mowich Lake Open June 27-Oct 19	4950'	None	30 walk-in sites	Pit No Potable Water	NW corner of park, at the end of SR165. Unpaved road. No fires.

* Advance reservations are required for Cougar Rock and Ohanapecosh Campgrounds from the last Friday in June through Labor Day (group sites from May 23 - October 12). Call 1-800-365-CAMP up to 5 months in advance or reserve your site on-line at <http://reservations.nps.gov>. The nightly fee during the reservation period is \$15 per site. All other campgrounds are operated on a first-come, first-served basis.



National Park Service
U.S. Department of the Interior

Mount Rainier National Park

Superintendent: Dave Ueberuaga

Contact Information

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(360) 569-2177 TDD

Website
www.nps.gov/mora

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