



The Tahoma News

July 1 - September 5, 2005

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

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!

Interested in Old Growth Forests? Visit Ohanapecosh (SR 123) 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 (Stevens Canyon Road), Mowich Lake (SR 165), or Tipsoo Lake (SR 410). In mid-summer the meadows should be bursting with color providing a great backdrop for these tranquil lakes set in glacially carved basins.

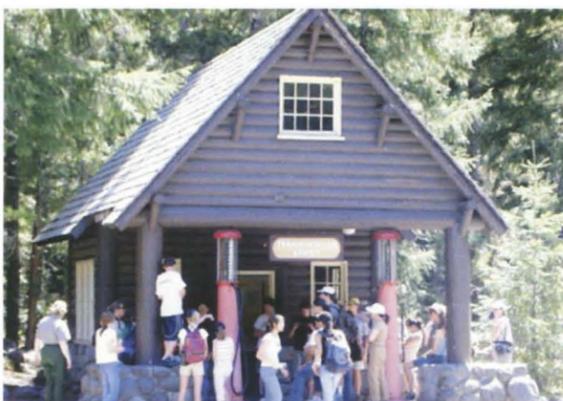
Is Geology Your Interest? Then drive 3 miles to the end of the Westside Road near the Nisqually Entrance to view the dramatic results of flooding and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and a glacially carved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



For views of the Nisqually Glacier stop at Ricksecker Point, off of Nisqually Road, or hike the Paradise Meadows trails.



Watch for Hoary Marmots in subalpine areas of the park.



Stop by the Transportation Exhibit, housed in the historic gas station at Longmire, to learn about the park's historic roads and the history of transportation in the park.

Welcome!



Superintendent
Dave Uberuaga

...to Mount Rainier National Park, one of the crown jewels of the National Park system! Mount Rainier National Park was established on March 2, 1899, 106 years ago, to preserve and protect this unique place. Our dedicated staff of permanent, seasonal and volunteer employees works very hard to assure that your visit is enjoyable. I thank them all for their commitment to this beautiful park we call Mount Rainier.

Mount Rainier is 97% wilderness and in the quiet of this wilderness, I hope you can hear the refrain of nature, the pulse of the earth. With every beat comes a heightened awareness of our connection to life around us. As wilderness visitors, I hope you are inspired and humbled by the feeling of being part of something larger than yourself.

Chief Sealth wrote, "In the silence of the woods, you will not be alone."

As of May, park snow levels were at 42% of average. Although spring rains brought abundant precipitation to the slopes of Mount Rainier, the park faces drought conditions due to inadequate snow pack. Please do your part while in the park to conserve water – make every drop count!

Due to the low snow pack spring melt may be early causing animals to emerge from winter hibernation earlier, an increase in hazardous climbing conditions, a decrease in glacier size, as well as, increased wildfire activity. Another possible result is an early wildflower season. Look for the blooming season up to a couple of weeks early – peak blooming period is normally the end of July to early August.

Gateway businesses are our partners in making your visit enjoyable. They offer a full range of services in the communities surrounding the park.

John Muir wrote "Of all the fire mountains which like beacons, once blazed along the Pacific Coast, Mount Rainier is the noblest."

Thank you for visiting this special place – we hope you will come visit us again!

Dave Uberuaga, Superintendent
Mount Rainier National Park

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

Shadows of the Past, Summer Speaker Series, And More

See Page 5 for more information.

4 Naturalist Programs

When and where do interpretive walks, evening campfire programs, and Junior Ranger programs start? What programs are offered? Look on page 4 to get the details.

6 & 7 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.

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? Where do I get a Wilderness Permit? It's all on the back page!

Park Partners ... 2

Park News ... 3

Interpretive Activities ... 4 - 5

Hiking and Recreation ... 6 - 7

Discovering Rainier – Off The Beaten Path

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, 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 pullouts to allow faster drivers to pass you safely.

How Far Is It?	One Way Driving Times & Distances	
	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
Sunrise/White River turnoff to Sunrise	14 miles	45 minutes
Seattle to Paradise via SR 706	99 miles	2.5 hours
Seattle to Paradise via SR 410 and Enumclaw	109 miles	3 hours
Yakima to Paradise	99 miles	2 hours

Protect Yourself and the 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 the 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

(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 State 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 State Route 123 – park at a small pullout 0.5 mile south of Deer Creek – or at the 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 (SR 706) stop at Sunshine Point for a picnic with a view of the 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 (SR 123) 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 deep slot into the bedrock. From the Tipsoo Lake picnic area (SR 410) you'll have a great view of the meadows surrounding the lake. Picnic at Mowich Lake (SR 165) and admire the fragile wildflower meadows surrounding the deepest and largest lake in the park.

Are You a History Buff? If so, then Longmire (Nisqually Road) 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 area (Steven Canyon Road) including the Lakes, High Lakes, Mazama Ridge, and the Wonderland trails, with the 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, Shriner 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!

Plan for Construction Delays

By Susan Dolan, NPS Historic Landscape Architect
Spring and summer are busy times for road construction in the park. These few snow-free months give park staff a very short time frame to improve park roads. If you travel through the east side of the park along State Route 123 this summer, you'll encounter construction work. This road, known historically as the Eastside Highway, is one of the park's historic roads currently being rehabilitated.

Historic Road Rehabilitation In rehabilitating the road, the National Park Service aims to preserve the character of this historic road, provide a safe and pleasurable driving experience for visitors and staff, and protect natural and cultural resources throughout the construction zone: 5 miles between Panther and Deer Creek bridges. SR 123 is approximately 70 years old and is in need of some repairs to the embankments that support the road. During the multi-year period of planning and design for the rehabilitation project, the National Park Service considered all natural and cultural resources that would be affected by the need to excavate the road embankments and rebuild them with new material. The broad array of considerations included the potential for impacts to plant and animal communities, aquatic resources, air quality, archeological sites and the historic character of the road.

Protecting Cultural and Natural Resources

This project was designed to minimize impacts to natural and cultural resources by limiting the extent and timing of disturbance and by approaching the project with great care. Examples of resource protection measures include preservation of the historic road alignment, the historic road width and the repair or restoration of historic road features. In addition, vegetation on the road embankments was salvaged before construction, along with natural woody debris, such as logs and branches, and soil and rocks. These natural resources are being stored and will be returned to the road embankments after rebuilding, to begin to repair the park landscape. Also, the period of road construction is timed to minimize disruption to the sensitive periods in the lifecycle of particular animal species. These and many other factors were considered during the course of planning and design for this project, in order to balance natural and cultural resource protection. We hope the construction work on SR 123 has a minimal impact on your enjoyment of the park this summer, and that you will have an opportunity to return when the repair work is done.

Park Partners

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:

- Construction of a 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!

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.



Washington's National Park Fund

Every year millions visit Washington State's spectacular National Parks: Mount Rainier, North Cascades and Olympic. Since 1993, Washington's National Park Fund has connected people to parks and inspired contributions of time, talent and money to help ensure that visitors have high quality, memorable experiences in our parks. This fund supports projects that enhance the visitor experience, promote volunteerism, engage communities, and provide educational opportunities. By securing financial contributions from individuals, corporations, foundations and businesses, Washington's National Park Fund supports park restoration, enhancement and preservation. Washington's National Park Fund is an affiliate of the National Park Foundation—a congressionally chartered 501(c) 3 nonprofit which was rated "A" by the American Institute of Philanthropy for responsible use of donor funds. For more information about how you can help Washington's National Parks call (206) 770-0627, visit the website at www.wnpf.org, or look for brochures in any of the park's visitor centers.

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, 1,105 volunteers contributed a total of 38,442 hours in 2004. We express our deep appreciation to them and to all who are volunteering in 2005! If you are thinking about volunteering, contact Volunteer Coordinator, Tahoma Woods, Star Route, Ashford, WA 98304. (360) 569-2211 ext. 3385.

Unilever

The park recently received a *Recycling At Work* grant through the National Park Foundation due to a generous donation from Unilever, a Proud Partner of America's National Parks for recycled plastic lumber benches, picnic tables, and trash and recycling containers for the new Education Center. The building is scheduled to be completed by fall for use by visiting school groups.

Park News



Work In Progress: Your Entrance Fees At Work

Just by paying your entrance fee you are contributing to park improvement projects. While travelling through the park you will see evidence of your visitor fees at work.

Why are some of the outdoor exhibits missing at Carbon River, Longmire, Sunrise and White River? These are some of the sites where new wayside exhibits, funded by visitor fees, will be installed over this summer and next. Evidence of installation may include empty exhibit bases and minor construction work in exhibit areas. These improvements will replace 20-year-old exhibits with current exhibits containing up-to-date information on park resources, features and trails. Hike Paradise Meadows and Box Canyon, stop in pullouts along Upper Nisqually and Stevens Canyon Roads, or visit Tipsoo Lake to see new wayside exhibits installed over the last two years.

Don't be a Meadow Stomper! Why do you see all those people on hands and knees in Sunrise meadows? They are working to restore and revegetate the former auto campground—almost 240,000 plants have gone into this effort since 1997! The project, also funded by visitor fees, brings park staff and volunteers together to collect critical data on native plant reestablishment and to perform hands-on conservation and restoration work. An old road bed has been recontoured to the original site topography and native plant communities are being restored.

What's going on behind the scenes? Visitor fees are funding the construction of the new park education center at park headquarters. The center incorporates sustainable design and energy efficiency components that include in-floor radiant heat; a polystyrene block wall system for extra high insulation values (R50); dual-paned, low-e windows and skylights to allow maximum use of natural light; low-flow, dual flush toilets; and recycled carpet tiles. The building is scheduled to be completed by fall for use by visiting school groups.

The Future of Historic Paradise

How would you like to see inside Mount Rainier's volcano, peep beneath the winter snowpack anytime of year, and explore Native American ties to the mountain? At the new Paradise Visitor Center you will be able to do all these things and more! The new visitor center will be much smaller and significantly more sustainable than the existing Henry M. Jackson Visitor Center which no longer meets present-day fire, safety, or accessibility standards, and is extremely expensive to operate and maintain. The new building is designed to be compatible with the park's National Historic Landmark District. Construction of the new facility will begin in spring 2006 with completion expected in fall 2007.

Paradise Inn has witnessed a lifetime's worth of changes—inside as well as outside its walls. Stepping into Paradise Inn is like stepping back in time when the Inn was bustling with tourists in long skirts and woolen traveling suits. The Inn, which opened July 1, 1917, was built in 1916 using massive timbers and glacial boulders to blend the building with its natural surroundings. Today, the Inn is a National Historic Landmark and is a contributing feature to

the park's National Historic Landmark District. The Inn has served park visitors for 88 years, with 88 years of heavy snow loads, and has survived 88 years of seismic activity. After 88 years of wear and tear the structure is in need of extensive rehabilitation to enable it to remain intact for the enjoyment by future generations. Rehabilitation of the Inn will begin in spring 2006 with visitor use resuming summer 2008.

During the construction seasons (summers 2006 & 2007) the number of parking spaces at Paradise will be significantly reduced. The park intends to provide a no-cost shuttle system that will transport visitors parked remotely down the Paradise Valley Road to and from Paradise during construction.

Please visit after construction to experience the newly restored Paradise!

National Parks License Plate



Support Washington's National Parks by purchasing a new Washington state license plate honoring Mount Rainier, North Cascades and Olympic National Parks. The new license plate features a dramatic mountain sunset, reminiscent of those seen at any of the state's three national parks, and the inscription 'Preserve National Parks' and will be available for purchase in January 2006.

The new license plate will cost forty dollars for the initial plate and thirty dollars for renewal plates; seventy percent of the purchase and renewal prices will go directly to the Washington's National Park Fund, which supports preservation projects in all three of Washington's national parks.

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, ultra low-sulfur fuel. Retrofitting of 14 pieces of heavy equipment with clean air systems was made possible by a grant from the EPA. We use re-refined engine oil and recycled antifreeze in park vehicles.

Additionally, the park fleet includes two hybrid and 18 propane fuel option vehicles. 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, antifreeze, oil filters, 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.



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. TDD: (360) 569-2177

Climate Changes at Mount Rainier?

By Barbara Samora, NPS Biologist

This winter's snow pack, or lack thereof, and the heavy spring rains are causing us to take notice of the changing weather patterns here in the Cascades. The mountain, along with the rest of the Washington Cascades, experienced unusually dry weather from December through March. Beginning in April, the spring rains seemed like they would never cease and rainfall was above normal. Weather data collected from the Paradise weather station, where 9.54 inches of precipitation fell in April, indicate that accumulated precipitation (both rain and snow) for 2005 is about 70% of the average for the water year (October–September), but the amount of snowfall we received was well below the average of 600 inches. As of May 15, the total snowfall at Paradise was just over 400 inches. Although snowfall is measured from July 1 through June 30, it's looking like this year might be the third or fourth lowest snowfall recorded at this site in almost 90 years. The average snow depth at Paradise for the period of record is about 172 inches. By March 15, close to the end of the ski season, we had measured only 35 inches!

Meteorologists and scientists studying climate change have noted that the Pacific Northwest including the Cascades of Washington, has experienced below-normal precipitation for much of the last six years. Similar to Paradise, the Pacific Northwest 2005 winter ranks as the fourth driest in the 110 year instrumental climate record. Scientists rank this as a moderate to severe drought period. So what does this mean to the park's ecosystems?

Climate has been changing naturally over the centuries and park ecosystems have evolved as the climate has changed. However, winter and spring temperatures have increased in North America during the last century and this warming has produced changes in hydrology and plants. Studies have found that the warming trend has caused some plants to bloom and leaf out earlier in areas of the West. The timing of spring snowmelt is shifting earlier in the year. Snow extent and depth have decreased in some areas of the West.

Climate warming will have significant effects on park environments, decreasing snow packs and stream flow and drying soils which in turn affect the plants and animals that inhabit the park. Scientists at the University of Washington have found that, on average, our region has warmed about 1.5°F (0.83°C.) and that we can expect warming to continue as a result of climate change, with a likely warming rate of about 0.5°F (0.27°C) per decade. The increases they have measured in temperature over the West are consistent with the rising atmospheric carbon dioxide levels produced from human sources. The warming is expected to continue, and even accelerate, in milder climates like the Cascades.

Wise Water Use

The park is experiencing drought conditions as a result of a low winter snowpack.

You can help park water supplies last by conserving water during your visit.

Make every drop count!

Interpretive Activities

July 1 to September 5, 2005

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 round-trip.

Paradise Area

Meadow Meander 10:30 a.m., daily

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., daily

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., daily

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 3:30 p.m., daily

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., daily

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).

Longmire Area

Mountain Legacy 3 p.m., daily

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 6:30 p.m., daily

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 (45 minutes).

Evening Program at Cougar Rock Campground 9 p.m., daily thru July 31. 8:30 p.m., daily 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).

Carbon River Area

Junior Ranger Program 6 p.m., Saturday

Join 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 7:30 p.m., Saturday

Join a ranger around the campfire for stories about Mount Rainier people and places. Programs are posted on area bulletin boards. Meet at the Ipsut Creek Campground campfire circle (45 minutes).

Sunrise/White River Area

Emmons Glacier Walk 10 a.m., Saturday

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., daily

Explore the natural and cultural history of Sunrise on this short, easy walk. Meet at the Sunrise Visitor Center (30 minutes, 0.5 mile).

Sunrise Ridge Walk 1 p.m., Sunday

Take in the spectacular views while discovering the unique nature and history of Mount Rainier. Meet at the Sunrise Visitor Center. (2 hours, approximately 2 miles with 500 feet of elevation change.)

Junior Ranger Program 7 p.m., Friday thru August 13; 6 p.m., Friday beginning August 20.

Join 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., Thursday, Friday & Saturday thru August 14; 7 p.m. Thursday, Friday, Saturday beginning August 19.

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

Ohanapecosh Area

Grove of the Patriarchs Walk 10 a.m., Sunday & Friday

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).

Explore Ohanapecosh Walk 10 a.m., Monday & Saturday

Discover the unique characteristics that continue to draw people to the Ohanapecosh Valley on this informative walk. 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., Saturday

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., daily thru July 31. 8:30 p.m., daily beginning August 1.

Explore a variety of Mount Rainier natural and cultural history topics. Program topics and titles are listed on area bulletin boards. Meet at the Ohanapecosh Campground Amphitheater (45 minutes).

Special Events & Programs



Mount Rainier Institute Summer Speaker Series

Join subject matter experts for an in-depth look at the history and science of this wonderful mountain. Presentations are free and open to all. Made possible, in part, by a grant from Washington's National Park Fund.

Locations:

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

Wednesday, July 6 – 9 p.m., PI

Going to the Mountain: A Century of Travel to Paradise

Paul Sadin, Research Historian, Historical Research Associates, Inc.

Thursday, July 7 – 9 p.m., PI

Volcanism at Mount Rainier Since the Last Ice Age

James Vallance, US Geological Survey

Wednesday, July 13 – 9 p.m., CR

Why Walk When You Can Fly?: A Visit with P.B. Van Trump

Kevin Bacher, Park Ranger, NPS

Thursday, July 14 – 9 p.m., OH

Jealous Mountain Wives and Pioneer Lives

Todd Smith, Historian/Interpreter, WA State Parks

Wednesday, July 20 – 9 p.m., PI

On Sacred Mountains

Ed Bernbaum, Director, The Mountain Institute

Wednesday, July 27 – 9 p.m., OH

Low Impact Camping and Hiking

Subaru/Leave No Trace Traveling Trainers

Thursday, July 28 – 9 p.m., CR

Low Impact Camping and Hiking

Subaru/Leave No Trace Traveling Trainers

Wednesday, August 3 – 9 p.m., PI

Earthquakes & Eruptions: Comparing Mount Rainier and Mount St. Helens

Steve Malone, Director of the Pacific Northwest Seismograph Network, University of Washington

Thursday, August 4 – 8 p.m., WR

Call of the Backcountry

Jack Morrison and Clay Gatchel, NPS

Wednesday, August 10 – 8 p.m., WR

Fire & Ice

Carolyn Driedger, Hydrologist, US Geological Survey, Cascade Volcano Observatory

Friday, August 12 - 9 p.m., PI

Legacy of America's National Parks

Dr. Alfred Runte, Historian and Author

Wednesday, August 17 – 9 p.m., PI

Adventures of a Mount Rainier Guide

Eric Simonson, International Mountain Guides

Thursday, August 18 – 8:30 p.m., CR

Creating a Virtual Park: Simulating Visitors to Help Managers

Mark Van de Kamp, Protected Area Social Research Unit-University of Washington

Wednesday, August 24 – 9 p.m., PI

Volcanic History of Mount Rainier

Tom Sisson, Volcanologist, US Geological Survey, Volcanic Hazards Team

Thursday, August 25 – 9 p.m., PI

8,500 Years of Native American Use of Western Washington National Parks

Greg Burtchard, Archeologist, NPS



MOUNT RAINIER INSTITUTE

Attend a one or two day seminar to learn from scientists, professional photographers and other experts while exploring the park. Registration and fees required.

Check the park website for information on field courses and seminars

www.nps.gov/mora/mri/mri.htm



**You Are Invited To Visit
The Historic Paradise Guide House**
The new home of the Climbing Information Center. Please come by and see the rehabilitated historic building and the climbing and climbing history exhibits.
See page 8 for hours.

Explore Mount Rainier From Home!

Learn more about park resources, recreation opportunities, facilities, and much more on the web at www.nps.gov/mora or go directly to one of these website pages:

Education Page

www.nps.gov/mora/education/index.htm

Information on teacher workshops, field trip opportunities and more!

Employment Page

www.nps.gov/mora/employment.htm

Great information on jobs within the park.

Nature and Science Page

www.nps.gov/mora/pphtml/nature.html

Learn more about the park's natural resources.

Weather Links

www.nps.gov/mora/current/weather.htm

Links to Mount Rainier and area weather and avalanche conditions.

Web Ranger

www.nps.gov/webrangers/

Become a Junior Ranger on-line! This website represents parks from across the nation.

The MountainCam!

www.nps.gov/mora/cam/paradise.jpg

View The Mountain from home or work.

Longmire Special Event

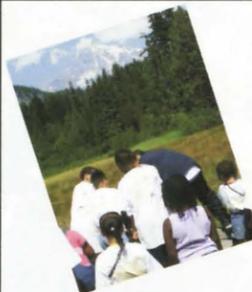
Shadows of the Past

Saturday, August 13

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.

Junior Ranger Activity Book

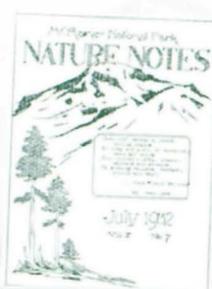


Hey Kids!

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!



A Window to the Past – Nature Notes on the Web



"One would hardly think of the glaciers and permanent snow fields above the timber line as a good feeding ground for insects, birds, and animals but such is the case. Several forms of bacterial growth abound in the snow. One, a yeast-like plant is so abundant that it gives a pink color to large patches of snow. A species of glacier worm is abundant on certain glaciers, notably the Paradise. They likely feed on the minute plant life. A great variety of insect life is always found on or in the snow and ice and these with the worms furnish abundant food for the pipits, juncos and finches that habitually feed on the ice fields." -- August 7, 1923

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 and again starting in 1984 through 1989, park naturalists published hundreds of issues of *Nature Notes*. They feature articles on plants, wildlife, and history, along with poems, illustrations, and anecdotes. The entire collection is available on the web. Check out: www.nps.gov/mora/notes/nn-intro.htm.

Wild Encounters

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



Fight the Bite – West Nile Virus

Although there have been no human cases of West Nile Virus in Washington State the virus is spreading and human cases are likely in the next few years. Avoiding mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry.

Take common sense steps to reduce your risk:

- Avoid mosquito bites
- Apply insect repellent containing DEET
- When possible, wear long-sleeves, long pants and sock to reduce mosquito bites – mosquitoes may bite through thin clothes so spray clothes with mosquito repellent

Something to remember: The chance that any one person is going to become ill from a single mosquito bite remains *very* low. *When contracted*, the risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.

Keep the “Wild” in Wildlife

Please don't feed the wildlife! Early in the history of national parks, people were encouraged to get close to and even feed wild animals but times have changed. We now know that animals that call this place home need to eat the food nature provides. Human food makes wildlife susceptible to diseases and creates unhealthy conditions for humans too. Still, one of the most common mistakes people make at Mount Rainier National Park is to feed the wildlife. Visitors seeking a personal connection with animals think they are “helping” them.



Red fox (Vulpes vulpes)

What they usually don't know is that feeding wild animals hurts them in the end. Beggar squirrels, chipmunks, and gray jays can become bloated and malnourished with junk food. They learn to approach cars and often get hit. Animals that become accustomed to humans and human food may pursue and injure visitors. Biologists and rangers must intervene – with killing the animal as the last resort. Furthermore, these animals are more likely to starve during less busy seasons. This doesn't *help* them at all!

If these aren't enough reasons to keep nature wild, feeding the animals in Mount Rainier National Park carries a \$100 fine. Please help us protect the park's wildlife for the enjoyment of this and future generations.

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!

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.
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.
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.

Hiking & Safety



Hikers at Martha Falls on the Wonderland Trail

The Secret to a Great Hike

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!

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 7:00 a.m. - 3:00 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.

The public shelter at Camp Muir will close beginning July 18, while the structure is undergoing rehabilitation. The shelter will reopen in September when the project is complete.

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/wic.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.

Hiking the Muir Snowfield?

The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise between 7,000 and 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.

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.
- Hike only on trails or snow to protect fragile alpine vegetation.

Ask a ranger for tips on other areas to explore during your visit.



Grand Park Fire, Summer 2002

Wildland Fire

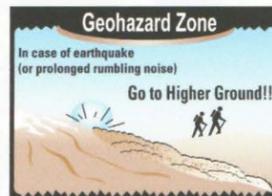
Fire is an important part of Mount Rainier's ecosystem and is essential if the natural diversity of park forests and meadows are to be maintained for future generations.

During your visit you may see smoke from a wildland fire, helicopters and other firefighting activity. Your safety is a main consideration in how park fires are managed. If you see smoke from an unmanaged fire, report the location of the smoke at the nearest visitor center. If fire conditions become high, the park may implement campfire restrictions.

When a naturally ignited fire is not determined to be a threat to people or structures, it may be managed to benefit the park's ecosystem and is called "wildland fire use". Fire on the landscape promotes natural conditions and reduces buildup of dead wood and brush.

Stop by a visitor center for a brochure to learn more about wildland fire or visit www.firewise.org.

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

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 others

*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 & water
- extra clothing (warm!) & rain gear
- emergency shelter
- first aid kit
- flashlight or headlamp
- sunglasses & sunscreen
- pocketknife
- matches (waterproof!)*

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.

Emergency: Dial 911 from any phone located in the park

Summer Hours July 1 - September 5, 2005



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. - 6:00 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



Wilderness Information Centers

Longmire WIC (360) 569-HIKE
Wilderness camping & westside route climbing permits.
7:30 a.m. - 5:00 p.m. daily

Climbing Information Center at the Paradise Guide House (360) 569-6009
Climbing permits. May close in the event of a rescue or other emergency.
7:00 a.m. - 3:00 p.m. Sunday - Friday
6:00 a.m. - 3:00 p.m. Saturday

White River WIC (360) 569-6030
Wilderness camping & eastside climbing permits.
7:30 a.m. - 4:30 p.m. Sunday - Wednesday
7:30 a.m. - 8:00 p.m. Thursday
7:00 a.m. - 8:00 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. - 5:00 p.m. Monday - Thursday
7:30 a.m. - 6:00 p.m. Friday - Sunday



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. - 6:00 p.m. daily
Showers located in the basement:
10:00 a.m. - 6:00 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.



National Park Service
U.S. Department of the Interior

Mount Rainier National Park

Superintendent: Dave Uberuaga

Contact Information

Mailing Address
Tahoma Woods, Star Route
Ashford, WA 98304

E-mail
MORAInfo@nps.gov

Park Headquarters
(360) 569-2211
(360) 569-2177 TDD

Website
www.nps.gov/mora

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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 sites requiring the Northwest Forest Pass, Mount St. Helens, and the Nisqually Wildlife Refuge

Drive-in Campgrounds

Campground	Open Dates	Elev.	Sites	Fee	Group Sites	Group Fees	Toilets	Water	Dump Station
Sunshine Point	Year-round	2000'	18	\$10			Pit	*	
Cougar Rock*	5/27 - 10/10	3180'	172	\$12/15*	5	\$40-64	Flush	*	*
Ohanapecosh*	5/27 - 10/10	1914'	188	\$12/15*	1	\$40	Flush	*	*
White River	6/24 - 9/26	4400'	112	\$10			Flush	*	
Ipsut Creek (Closed to car camping Sept 12-23)	Year-round	2300'	22	\$8	2	\$20-25	Pit	No Potable Water	
Mowich Lake Walk-in sites only	5/22 - 10/10	4950'	30	None			Pit	No Potable Water	

* Advance reservations are recommended for Cougar Rock and Ohanapecosh Campgrounds from June 23 through Labor Day (group sites from May 27 through October 10). A few sites at Cougar Rock and Ohanapecosh are available on a first-come, first-served basis.