



Sunrise Visitor Center Reopens to Public



New exhibits and wood flooring inside the Sunrise Visitor Center

The Sunrise Visitor Center, closed to the public last season, reopens this summer following months of renovations and the installation of new interpretive exhibits. These projects, funded by the American Recovery and Reinvestment Act (ARRA), were completed in June 2011.

Over the course of the refurbishment, crews installed new exterior doors that closely resemble the original doors, retaining the building's historic character. The 1970s-era gray painted floors were replaced with beautiful, vertical-grain Douglas-fir flooring. The old information desk and sales area, of the same era, were replaced by cabinetry of rough-cut Western red-cedar and are crowned with counters of Alaskan yellow cedar with natural edges. New exhibits that compliment the historic building and its natural setting replace exhibits which had been in use since 1976.

The exhibits evoke a sense of drama that speaks to the volatile potential of the mountain, the power of glaciers, and the fragile tenacity of plant life. The new displays tell the story of Mount Rainier's geologic history, subalpine ecology on the "drier" side of the mountain, and the importance of Sunrise to Native Americans, past and present. Scientists from the USGS Cascades Volcano Observatory provided subject-matter expertise and were key partners in this project.

Ranger programs, information, and sales items will once again be available at the visitor center through the summer 2011 season. Food service and a gift shop are available at the Sunrise Day Lodge, adjacent to the visitor center. See pages 7 and 8 for hours and interpretive program schedules.

Update: Plans for Carbon River Access

In the northwest corner of Mount Rainier National Park, the Carbon River area showcases old-growth forests, deep valleys, and a dynamic river that flows from the lowest-elevation glacier in the lower 48 states. In recent decades, through a geological process known as aggradation, the channel of the Carbon River has continually risen in elevation as debris from repeated flooding and erosion fills the valley bottom, threatening adjacent park infrastructure. Major flooding in November 2006, and subsequent flood events as recent as last winter, caused extensive damage to the Carbon River Road, Ipsut Creek Campground, and numerous trails and bridges. In response to this flood damage, the Carbon River Access Management Environmental Assessment (EA) and Finding of No Significant Impact (FONSI) was signed by the NPS Pacific West Regional Director on February 3, 2011.

The EA's selected "Preferred Alternative #2" states that the Carbon River Road will be reopened to private vehicles as far as a turnaround/drop-off at the Old Mine Trailhead, 1.2 miles from the park entrance. Between the Old Mine Trailhead and Ipsut Creek Campground, intact sections of the road will be used as an improved trail and new, improved trail sections would be constructed through or around flood-damaged *Continued on page 6*

Restoration of Chinook Pass Entrance Arch

This season, park craftsmen will continue the restoration of the Chinook Pass Entrance Arch, a unique historic structure in the national park system. Spanning across the Mather Memorial Parkway (SR 410) at 5,432 feet in elevation on the eastern boundary of the park, the arch was designed as both an entrance portal and an equestrian overpass, to convey hikers and riders on the Pacific Crest Trail.

Built in 1936 by the Civilian Conservation Corps, the rustic-style arch has become deteriorated by the elements and nearly eight decades of use. The restoration project will repair or replace in-kind all of the deteriorated parts of the structure, including replacement of the log stringers that support the *Continued on page 6*

Welcome...

...to summer in Mount Rainier National Park!

Smell the mountain air, trek up a trail, have a picnic and just take it all in. Mount Rainier is your national park.



Superintendent Dave Uberuaga

Established in 1899 as America's fifth oldest national park, the mountain has provided a unique experience for millions of visitors. I hope your visit will be a memorable one. So as you drive through the park today you may see volunteers like Clyde & Lois Ambacher, picking up litter along the roadside. They are in their late 70s and early 80s and have been volunteering over the past 26 summers. They are truly an inspiration to me and many others. I can't overstate the importance of volunteers like Clyde & Lois and their significant contributions to Mount Rainier. If you see a volunteer or other park employees, thank them for their hard work and dedication.

For the past 27 years, I have lived and worked here at Mount Rainier, and my children have had the great gift of this special place as their playground. As a family we hiked and camped, played cards in our tent, sat around the campfire for hours, ate s'mores and grew closer with every moment we spent together outside. Whether you are here for a day or a week or longer, visiting the park offers each of us and our children incredible opportunities. For some, even a single trip can have a meaningful impact on their lives.

What a gift we have been given.

Enjoy your visit.

Dave Uberuaga, Superintendent

2 Visitor Information

On a busy day, where can I find less-visited areas "off the beaten path"? How far is it from Paradise to Sunrise? Are pets allowed in the park? Are there wheelchair-accessible trails?

3 Shuttles and Parking

Why should I ride the shuttle to Paradise when I can drive my car? When does the shuttle operate and where does it stop? If I drive my car to Paradise, where can I park?

7 Interpretive Programs

When and where can I go on a walk with a ranger? When are the Junior Ranger programs? Where can I attend an evening campfire program?

Paradise Shuttle ... 3

Hiking & Climbing ... 4-5

Campgrounds ... 8

Facility Hours & Info ... 8



Enjoy Your Visit, Protect Your Park

Mount Rainier National Park was established in 1899 to preserve the natural and cultural resources in this area and to provide for public benefit and enjoyment. Please enjoy the park safely and courteously, and help protect park resources by following these rules:

- Pets must be on leashes no longer than six feet and are not allowed in buildings, on trails, offtrail, or on snow.
- Do not feed, approach, or disturb the wildlife.
- Stay on designated trails.
- Make fires only in a fire grill. Collecting firewood is prohibited.
- Bicycle only on roads, not on trails.
- Camp in designated campsites only. Sleeping in vehicles outside of campgrounds is not permitted.
- The use of firearms is prohibited within Mount Rainier National Park. Also, federal law prohibits firearms in certain facilities in this park; those places are posted with signs at public entrances. People who can legally possess firearms under federal, Washington State, and local laws may possess them in 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, the audiovisual programs are captioned; assistive listening devices are available for the park film; an audio described tour of the exhibits is available; and the building and exhibits are accessible to wheelchair users. The Kautz Creek Boardwalk Nature Trail is accessible. An accessible trail leads to the base of the Paradise meadows, and a portion of the trails at Paradise are accessible with help; inquire at the Jackson Visitor Center for more information. TDD: (360) 569-2177

Discover 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. Or, two miles west of Longmire on Nisqually Road, explore old-growth forest on the short Twin Firs Trail.

Wild for Waterfalls?

Then the east side 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 the many waterfalls along 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.



Longmire's historic wooden suspension bridge

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.

Is Geology Your Interest?

Drive 3 miles to the end of Westside Road near the Nisqually Entrance to view the dramatic results of flooding and rockfall. Look for mountain goats

What You Need to Know

- There are five major visitor areas:
 Longmire (southwest)
 Paradise (south side)
 Ohanapecosh (southeast)
 Sunrise/White River (northeast)
 Carbon River/Mowich Lake (northwest)
- Parking can be difficult to find on sunny summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. Visit these areas on weekdays, arrive early, carpool to the park, and ride the shuttle (see page 3) to Paradise. Visit one of the areas "off the beaten path"!
- Park roads are winding, road shoulders are narrow, and the speed limit is 35 mph in most areas. Watch for pedestrians, sightseers, and wildlife. Use pullouts to allow faster drivers to pass you safely.

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 Point Road from Nisqually Road. Drive the Sunrise Road to view columnar andesite columns that formed when the toe of a lava flow cooled rapidly when it flowed against glacial ice.



Hiking in Stevens Canyon on the Wonderland Trail

Prefer Uncrowded Trails?

Many trails leave from the Reflection Lakes area (Stevens Canyon Road) including the Lakes, High Lakes, Mazama Ridge, and the Wonderland trails, with the trailhead to Snow and Bench Lakes located 1.5 miles 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.

How about Subalpine Meadows and Lakes?

For an outstanding wildflower meadow experience highlighted by beautiful lakes, try Reflection Lakes (Stevens Canyon Road) or Mowich Lake (SR 165). In mid-summer the meadows burst with color, providing a great backdrop for these tranquil lakes set in glacially-carved basins.

Did You Bring a Picnic?

From Nisqually Entrance (SR 706), picnic at Kautz Creek where you can take a short walk to view the aftermath of the 1947 Kautz Creek mudflow and the new channel created by the 2006 flood. At Ohanapecosh (SR 123) stop at the picnic area adjacent to the campground. Visit the Box Canyon Picnic Area just west of Box Canyon itself. Be sure to stop at the latter for a look at the Cowlitz River, 180 feet below, as it cuts a deep slot into 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 colorful subalpine wildflowers surrounding the deepest and largest lake in the park.

How Far Is It?	One Way Driving Times & Distances			
Road	Distance	Time		
Longmire to Paradise	12 miles	25 min		
Paradise to Ohanapecosh via Stevens Canyon Rd	23 miles	45 min		
Ohanapecosh to White River/SR 410 junction	17 miles	30 min		
White River/SR 410 junction to Sunrise	14 miles	45 min		
White River/SR 410 junction to Carbon River via Enumclaw	60 miles	2 hrs		
Longmire to Carbon River via Eatonville/Orting	80 miles	2.5 hrs		
Longmire to Mowich Lake via Eatonville/Orting	89 miles	3 hrs		



Ride the Free Weekend Shuttle to Paradise

From June 24 through September 4, 2011, free shuttle service is available from Longmire to Paradise on Fridays, Saturdays and Sundays. Additional free shuttle

service between downtown Ashford and Longmire is available Saturdays and Sundays. Shuttle schedules are also posted at all shuttle stops, and on the park's website www.nps.gov/mora. Leave your car behind, and enjoy a safe, stress-free ride to Paradise. Choose not to be part of the congestion!

For visitors parking along the one-way Paradise Valley Road, east of the upper Paradise parking lot, additional free shuttle service is available on Saturdays and Sundays from 11:00 a.m. to 5:00 p.m. The shuttle makes the 4-mile round-trip loop every 30 minutes (more often during peak times), stopping along the Valley Road at the Fourth Crossing trailhead, and other stops farther down-valley when warranted by heavy visitation.

With the arrival of summer in the busy Paradise area, parking is limited and traffic may be slow. By

riding the shuttle you will avoid the hassle of finding a parking place and help to reduce traffic congestion along the historic two-lane road to Paradise. You will also help Mount Rainier reduce its greenhouse gas emissions and consequently aide in protecting the park's natural and cultural resources; 72% of greenhouse gas emissions in the park are produced by all the gasoline-powered vehicles that travel here, including yours.

Shuttle service is made possible in part by grants from the Paul S. Sarbanes Transit in Parks Program/Federal Transit Administration and The Boeing Company Charitable Trust administered through the Washington's National Park Fund.

2011 Paradise Shuttle Schedule

Longilire to Paradise - PRIDATS								
Leave Longmire	Leave Cougar Rock	Leave Narada Falls	Arrive Paradise	Leave Paradise	Leave Comet Falls	Leave Cougar Rock	Arrive Longmire	
10:00 AM	10:10 AM	10:25 AM	10:40 AM	10:45 AM	11:10 AM	11:15 AM	11:20 AM	
10:45 AM	10:55 AM	11:10 AM	11:25 AM	11:30 AM	11:55 AM	12:00 PM	12:05 PM	
11:30 AM	11:40 AM	11:55 AM	12:10 PM	12:15 PM	12:40 PM	12:45 PM	12:50 PM	
12:15 PM	12:25 PM	12:40 PM	12:55 PM	1:00 PM	1:25 PM	1:30 PM	1:35 PM	
1:00 PM	1:10 PM	1:25 PM	1:40 PM	1:45 PM	2:10 PM	2:15 PM	2:20 PM	
1:45 PM	1:55 PM	2:10 PM	2:25 PM	2:30 PM	2:55 PM	3:00 PM	3:05 PM	
2:30 PM	2:40 PM	2:55 PM	3:10 PM	3:15 PM	3:40 PM	3:45 PM	3:50 PM	
3:15 PM	3:25 PM	3:40 PM	3:55 PM	4:00 PM	4:25 PM	4:30 PM	4:35 PM	
4:00 PM	4:10 PM	4:25 PM	4:40 PM	4:45 PM	5:10 PM	5:15 PM	5:20 PM	
4:45 PM	4:55 PM	5:10 PM	5:25 PM	5:30 PM	5:55 PM	6:00 PM	6:05 PM	
5:30 PM	5:40 PM	5:55 PM	6:10 PM	6:15 PM	6:40 PM	6:45 PM	6:50 PM	
6:15 PM	6:25 PM	6:40 PM	6:55 PM	7:00 PM	7:25 PM	7:30 PM	7:35 PM	
Longmire to Paradise - SATURDAYS/SUNDAYS								

6:15 PM	6:25 PM	6:40 PM	6:55 PM	7:00 PM	7:25 PM	7:30 PM	7:35 PM	
Longmire to Paradise - SATURDAYS/SUNDAYS								
Leave Longmire	Leave Cougar Rock	Leave Narada Falls	Arrive Paradise	Leave Paradise	Leave Comet Falls	Leave Cougar Rock	Arrive Longmire	
10:00 AM	10:10 AM	10:25 AM	10:40 AM	10:45 AM	11:10 AM	11:15 AM	11:20 AM	
10:25 AM	10:35 AM	10:50 AM	11:05 AM	11:10 AM	11:35 AM	11:40 AM	11:45 AM	
10:50 AM	11:00 AM	11:15 AM	11:30 AM	11:35 AM	12:00 PM	12:05 PM	12:10 PM	
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5:55 PM	6:05 PM	6:20 PM	6:35 PM	6:40 PM	7:05 PM	7:10 PM	7:15 PM	
6:20 PM	6:30 PM	6:45 PM	7:00 PM	7:10 PM	7:35 PM	7:40 PM	7:45 PM	

Parking in Paradise

The free shuttle is a safe, convenient way to travel from Ashford and Longmire to Paradise. However, if you do drive your own vehicle to Paradise, be prepared for heavy traffic, busy parking lots, and pedestrians on the roadway. Due to the popularity of the Paradise area, visitors are asked to park their vehicles in certain lots depending on the intent of their visit and the type of vehicle they're driving. Please drive courteously and help improve traffic flow by following these guidelines:

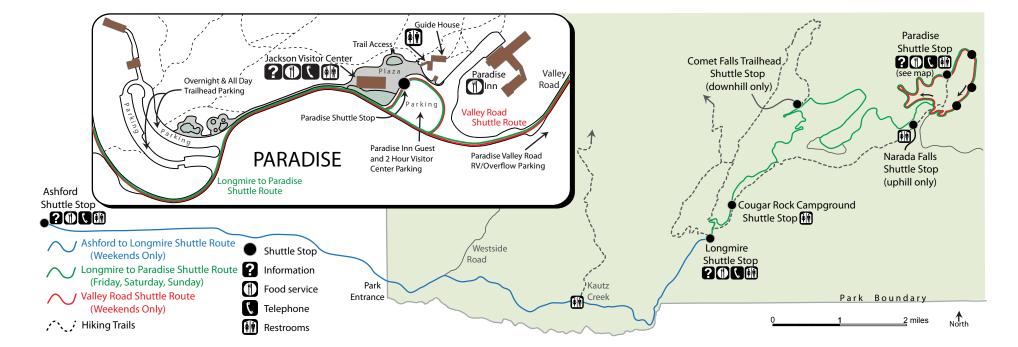
- Parking in the upper Paradise lot, adjacent to the Jackson Visitor Center, is intended for short-term visitors and is limited to two hours. This lot is generally full by 11:00 a.m. Disabled visitors with a valid disabled parking permit may park in the upper lot with no time restriction; disabled-accessible trailheads are available near the visitor center and the Paradise Inn. Guests staying overnight at the Paradise Inn may also park in the upper lot during their stay.
- Parking in the lower Paradise lot is intended for visitors staying longer than two hours, for those hiking in the Paradise area, and for backcountry campers and climbers with a valid backcountry permit. When the upper Paradise lot is full, short-term visitors may also use the lower lot.
- Additional parking for long-term and overnight visitors is available along the one-way Paradise Valley Road, east of the upper Paradise lot.
- Motorhomes, RVs, and vehicles towing trailers must park along the Paradise Valley Road, east of the upper Paradise lot.

Shuttle From Ashford

Enjoy the park scenery by letting someone else do the driving. Ride the free shuttle from downtown Ashford to Paradise.* The Ashford shuttle stops in Longmire, where visitors transfer to the Paradise Shuttle.

See www.nps.gov/mora for shuttle times.

*Transportation is free, but park entrance fees apply.



If You See a Black Bear or a Mountain Lion

Mount Rainier National Park provides habitat for many animal species. Among the largest and most feared are the black bear and the mountain lion. Though you are not likely to see them, if you do meet one of these larger mammals, your best defenses are awareness and knowledge.

The best way to avoid unwanted encounters is to be alert, and don't attract or surprise them. Wildlife tend to have a "personal space", and if you enter that space they may become aggressive. Watch them from a distance. Watch for evidence of their presence such as scat and tracks. Bears commonly rip up logs for insects, and usually leave lots of scat around. Mountain lions cover their scat by raking dirt with their rear feet. Keep all food and attractants, including trash, securely stored and inaccessible to wildlife. Food conditioning, where animals associate people with food, is one of the leading causes of human injuries from bears.

Close Encounters With Black Bears

Although black bear attacks are extremely rare in the United States and have never occurred in this park, your safety depends mostly on your own actions. If you encounter a black bear, do not run,



ack bear, do not run, but back away slowly and leave the area. A defensive bear will appear agitated and will often give visual and vocal warnings like swatting or stomping the ground, exhaling loudly, huffing, snapping teeth, or lowering the head with ears drawn back while facing you. This response may

escalate to a charge.Bears respond to people in different ways – take time to understand the signals. Be aware of aggressive signals and know how to respond to prevent close encounters.

If Charged by a Black Bear

- If the bear stops, slowly back away while talking, keeping the bear in view while leaving the area.
- If it continues, act aggressively, shouting and throwing rocks or sticks.
- If the bear attacks and you have food, distance yourself from the food.
- If the bear attacks and you do not have food, fight back aggressively. This is likely a predatory attack, and the bear is treating you as prey.

Close Encounters With Mountain Lions

Mountain lions (also known as cougars) usually do not like confrontation. If you see one, give it plenty of space so it can get away. Never approach cougar kittens. Leave the area immediately.

- Do not run or turn your back on a lion.
- Gather children with adults.
 Quickly pick up and hold small children.
- Stand in a group with your companions.
- If the lion moves toward you, wave your arms and make noise. Make yourself look large, intimidating and in control: stand up tall, open your jacket, yell, throw things.
- Back away slowly while facing the animal.
- If attacked, fight back aggressively. Stay standing. Hit as hard as possible especially to the head. Use a stick or rock as a weapon. Throw dirt in the eyes. Protect your head and neck.

Report all bear and mountain lion sightings to a ranger or call park dispatch: (360) 569-6600.

Keep Wildlife Wild... Show Your Support!

Feeding wildlife is a significant management issue at Mount Rainier National Park. Early in the history of national parks, people were encouraged to get close to and even feed wild animals. We now know that this can be harmful to both people and wildlife. Still, one of the most common mistakes people make is to feed wildlife. Visitors seeking a connection with animals think they are "helping" them. But in fact it puts both the animals and the visitor at risk.



Mount Rainier has introduced new "Keep Wildlife Wild" buttons to expand our educational message against feeding wildlife. Five different species of native wildlife especially susceptible to feeding (Townsend's chipmunk, gray jay, Steller's jay, blacktailed deer, and Cascade red fox) are featured on different buttons for visitors to wear. Buttons are available at the Paradise and Sunrise visitor centers. All donations support ongoing educational efforts to protect the wildlife that live in the park. Mount Rainier National Park would like to thank George Ostertag, Anand and Soudamini Hegde, Kevin Votch, and Alan and Elaine Wilson for permission to use their photographs in the design of our new buttons.

Help us keep wildlife wild by following these simple rules:

- Do not feed, touch, approach, or disturb the wildlife.
- Store your food in an animal-proof container, or inside your closed car.
- Don't leave food, beverages, pet food or toiletries unattended for any length of time.
- Clean up picnic areas after you eat--pick up crumbs so the wildlife won't do it for you.

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

*Fires are for emergency use only; they are not allowed in Mount Rainier's Wilderness

Carry the "10 Essentials" and know how to use them!

- 1. map of the area
- 2. compass
- 3. extra food & water
- 4. extra clothing (warm!) and rain gear
- 5. emergency shelter
- 6. first aid kit7. flashlight or headlamp
- 8. sun glasses & sun screen
- 9. pocket knife
- 10. matches (waterproof!)

Hiking Safely on Late-season Snow

Last winter's snowfall was heavier than usual, followed by a cool, wet spring season. Hence, the deep mantle of snow covering the slopes of Mount Rainier National Park will take longer than usual to melt away this year. Some hiking trails will remain snow-covered well into the summer. Visitors expecting to hike on dry trails may encounter challenging conditions and other hazards due to lingering patches of snow. Trails that would otherwise be considered easy may be too difficult or unsafe to navigate.

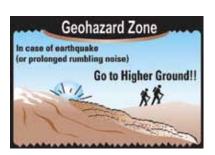
- Choose to turn around instead of crossing steep, snow–covered slopes. A fall could be disastrous. Comet Falls and Pinnacle Peak trails often have hazardous slopes. Take an ice axe if you know how to use it.
- Falling through thin snow bridges is a hazard anywhere streams remain snow-covered. Listen for the muffled sound of running water under the snow.
- Avoid stepping onto snow cornices as they may collapse under your weight.
- Falling into snow moats around trees, and adjacent to logs and rocks, can cause injury. Avoid getting too close.
- You may need a reliable map and compass skills to traverse snow-covered trails, which can be difficult to follow, particularly in backcountry areas. Panhandle Gap, Spray Park, and Seattle Park are frequent problem areas.
- Avoid stepping on wet, slippery rocks, especially near rivers and waterfalls. Common hazard areas are Narada Falls and Silver Falls.
- Beware of avalanches! Unstable snow may slide at any time...not just in winter!
- Before starting your hike, stop by a Wilderness Information Center or visitor center for the latest trail conditions.

Mount Rainier: An Active Volcano

Active steam vents, periodic earth tremors, and historic 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. Other geologic hazards, however, can occur with little warning. These include debris flows and rockfalls.

The more time you spend in an area with 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 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 or from scientists at the U.S.G.S. Cascades Volcano Observatory, 1300 SE Cardinal Court, Building 10, Suite 100, Vancouver, WA 98661, or visit the U.S.G.S. Cascade Volcanoes website: vulcan.wr.usgs.gov.

Wilderness Camping

Wilderness camping permits are required for all overnight stays in the park's backcountry. Permits and backcountry information are available at all wilderness information centers and most visitor centers (see page 8 for locations and hours).

Although permits are free, there is an optional, fee-based reservation system for campers and climbers in effect May through September. Backcountry reservations are \$20 per party (1-12 people) for 1 to 14 consecutive nights.

Seventy percent of all backcountry sites and zones are available for reservation. Permits for the remaining 30% are issued on a first-come, first-served basis, no more than one day in advance of the start of the trip.



Backpackers ascend through subalpine terrain

Knowledge and Safety: Keys to Great Hiking

With 260 miles of park trails, there are plenty of opportunities to be adventurous, explore, learn, and have fun hiking. Waterfalls, meadows, deep forests, and rugged highcountry await those who properly prepare for their journeys. Here are some important tips for all hikers:

- Talk with rangers about trail conditions, distances and elevations.
- Carry a topographic map.
- Know the weather forecast, and stay alert for changing conditions
- Be prepared by carrying the ten essentials.
- Choose appropriate outdoor clothing, footwear and gear.
- Whenever possible do not hike alone.
- Always tell someone of your travel plans so they can notify the park if you fail to return.

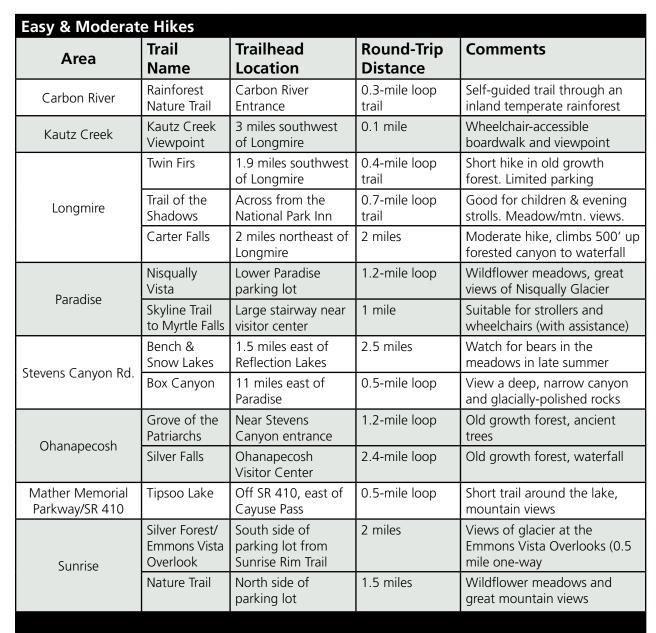
$Pay\,Attention\;To\;The\;Weather$

At Mount Rainier, the weather can change rapidly. Hikers who aren't prepared for changing weather conditions increase their risk of becoming lost or injured. Avoid problems: know and plan for Mount Rainier's changeable weather.

Crossing Streams Safely

Many hikers underestimate the power of moving water and some consider their former successful stream crossings as a ticket to the other side. This may not be true. Regardless of your knowledge, skills, and experience use these pointers in making wise decisions when crossing a steam.

- Early morning when river levels are generally at their lowest is the best time to cross.
- Look for an area with a smooth bottom and slow moving water below knee height.
- Before crossing, scout downstream for log jams, waterfalls and other hazards that could trap you. Locate a point where you can exit if you fall in.
- Use a sturdy stick to maintain two points of contact with the ground at all times.
- Unfasten the belt of your pack so you can easily discard it if necessary.
- Staring down at moving water can make you dizzy. Look forward as much as possible.





Hike the Palisades Lakes Trail just below Sunrise to view magnificent meadows and lakes

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.



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.

So when exploring Mount Rainier's fragile meadows...

Please, Stay on Trails!

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.

- Avoid the snowfield in questionable weather, especially if you're 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 descend on skis or a snowboard in limited visibility you could become 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.
- To protect fragile alpine vegetation, hike only on official trails or snow.

While it may be disappointing to abandon your hike to Camp Muir, remember that the snowfield will still be there in better weather.

Climbing

Each year, approximately 10,000 people attempt to climb Mount Rainier. Nearly half reach the 14,410-foot summit. Climbing permits are required for travel above 10,000 feet and/or on glaciers. Climbing information–including fees, routes, and conditions—is available at the Paradise Climbing Information Center and other ranger stations. Guided climbs and climbing seminars are available through:

• Alpine Ascents International

(206) 378-1927

• International Mountain Guides

(360) 569-2609

Rainier Mountaineering, Inc. (888) 892-5462

Update: Plans Finalized for Carbon River Access and Reconstruction

Continued from page 1

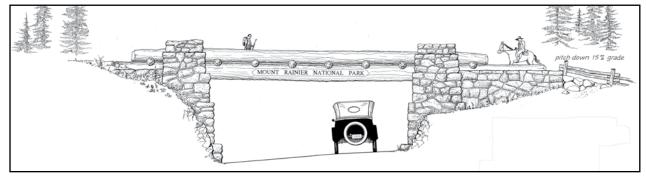
sections. Eventually, the improved trail will safely accommodate both hikers and bicyclists, and meet Universal Access guidelines with regard to grade. Existing road culverts will be removed and up to nine trail bridges installed to improve fish passage.

The Ipsut Creek Campground will be converted to a hike-in/bike-in backcountry camp. The former Ipsut trailhead parking area will be reconstructed and the historic Ipsut Patrol Cabin will be reconstructed near the trailhead. At the Carbon River entrance area, an entrance archway will be constructed, the existing ranger station will be replaced with a new fee station/visitor contact office, and additional parking will eventually be provided at the entrance and in a former maintenance compound nearby.

The project's completion date is dependent upon funding. Work during the 2011 season will include: construction of check dams and other flood-protection structures within the floodplain; remove existing vault toilets at Ipsut Creek Campground and install new composting toilets; decommissioning of portions of the Ipsut Creek Campground (removing fire grates, parking barriers, etc.); install bike racks and bear-proof food boxes in the campground; clear and widen unimproved trail in the Falls Creek area; construct trail bridges; and remove dysfunctional culverts along the old roadway. The trail crew recently reconstructed the trail bridge over Ipsut Creek for access to the campground and trailhead that was washed out early last winter.

During the reconstruction, visitors will be able to access the Carbon River area, continuing to park in the limited parking area immediately inside the entrance, and hiking/biking beyond that point. Biking is only permitted on the unimproved trail up to the Ipsut Creek Campground--that is, only on the remnants of the Carbon River Road, and not on other trails or beyond the campground. Please be aware of the construction work going on in the area during weekdays, and wait for permission from workers to pass safely through the construction zone. Bicyclists, please be particularly aware of other bikers and hikers using the unimproved and narrow trail, especially in areas of restricted sight distance.

Restoration of Chinook Pass Entrance Arch



The Chinook Pass Entrance Arch, as drawn by the staff of the Historic American Engineering Record

Continued from page 1

bridge deck and repair of the stone masonry abutments. When the project is complete, there should be no discernible changes for visitors, except the remarkable structure will be in good condition for another 80 years of service!

The old wooden bridge deck, handrails, and large log stringers were removed before winter snows arrived in late 2010, closing Chinook Pass for the winter. Once the highway was plowed and reopened in late-spring 2011, crews returned to

continue the restoration. The new wooden elements are scheduled to be assembled and in place by August, with masonry crews arriving thereafter to refinish the stone-and-mortar bridge abutments. Work is expected to be completed by the end of the 2011 season.

Pay careful attention to changing road conditions as you drive through the construction area. The entrance will remain open, but traffic controls will be in effect for visitor safety.

Park Partners

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



Discover Your Northwest (formerly Northwest Interpretive Association) provides resources like travel guides, maps, educational books, DVDs, and other materials for visitors to public lands. They generate funding every year for projects and programs that enhance visitor experiences through retail sales in bookstores located in visitor and information centers across the Northwest. As a nonprofit partner benefiting educational programs in national parks, Discover Your Northwest plays an important role in making interpretive and educational publications like this available to visitors. To find out more, visit one of their locations in the park, call the Mount Rainier location at (360) 569-6790, or visit them online at www.discovernw.org.



Volunteers Each year more than 137,000 volunteers donate over 5,200,000 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, 2,016 volunteers contributed a total of 73,990 hours in 2010. We express our deep appreciation to them and to all who are volunteering in 2011! Both short and long-term opportunities are available. For a schedule of activities and information on how to join our team, contact the Volunteer Coordinator at (360) 569-6567, or visit www.nps.gov/mora/supportyourpark/volunteer.htm.



Washington's National Park Fund Every year millions of people 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. The Fund helps ensure that visitors have high quality, memorable experiences by sponsoring educational, trail and wildlife projects. By securing funding from individuals, corporations, foundations and businesses, the Fund supports park restoration, enhancement and preservation. For information about how you can help Washington's national parks, call (253) 566-4644 or visit http://wnpf.org.



Student Conservation Association SCA is a nationwide force of high school and college-age volunteers who are committed to protecting and preserving the environment. Through internships, conservation jobs and crew experiences, SCA members are rising to meet environmental challenges while gaining real, hands-on field experience. They complete projects in every conservation discipline from archaeology to zoology. SCA directed volunteer efforts at Mount Rainier National Park in response to the floods of 2006, for which it received the Department of the Interior's Cooperative Conservation Award. For more information about SCA or to get involved, visit www.thesca.org.



Washington Trails Association WTA is a volunteer-driven, non-profit organization working to preserve and promote hiking opportunities in Washington through collaboration, education, advocacy and the creation of the state's largest volunteer trail maintenance program. Since 1998, WTA has assisted Mount Rainier's trail maintenance program by organizing and facilitating work parties. During the 2010 season, WTA volunteers contributed 5,652 hours of labor, primarily in the park's Glacier Basin and Carbon River areas. To learn more about WTA, including upcoming volunteer opportunities, call (206) 625-1367 or visit www.wta.org.

Mount Rainier Responds to Climate Change

Mount Rainier National Park belongs to a network of "Climate Friendly Parks" who are leading the way in the effort to protect our parks' natural and cultural resources and infrastructure by addressing the current and future impacts of climate change. Mount Rainier recently conducted an inventory of greenhouse gases (GHG) produced in park operations; this was the first step in developing a Climate Friendly Park Action Plan with the goal of reducing GHG emissions from park operations by 30% by 2016. Specifically, we will address energy use, transportation and waste disposal. Actions planning for adapting to the inevitable climate changes are also included.

The plan not only includes strategies to reduce emissions, but also one to educate park staff, visitors and local communities. By seriously addressing climate change impacts and reducing GHG, Mount Rainier National Park will reduce its contribution to the problem while setting an example for visitors and serving as a model for climate friendly behavior within the National Park Service.

Greenhouse gases from human activities result from deforestation, the combustion of fossil fuels for energy and transportation uses, and the decomposition of waste and other organic matter. The release of gases from various sources such as the management of manure from livestock, the use of fertilizers, and chlorofluorcarbons in refrigeration and fire suppression systems also contribute to GHG.

What To Do About Energy

Nearly 25% of the GHG in the park is created by purchased electricity or stationary combustion. Park operation is the primary source of these GHGs. Keys to improving energy efficiency are educating park staff to change behavior on energy use and implementing conservation measures. Standards for computer use and heating offices will be created. Inefficient appliances will be identified and replaced. The production and/or purchasing of energy from clean, alternative sources is another goal in the effort to reduce GHG emissions.

The Biggest Contributor

Cars, RVs, buses and park equipment contributed 72% of the GHG emissions in 2006. Visitors traveling within the park boundaries via motorized vehicles generated nearly 50% of these emissions.

Solutions for reducing transportation-related GHG emissions include expanding shuttle bus service within the park and from surrounding communities; increasing traffic flow at entrance stations to help decrease the time that vehicles idle; reducing vehicle miles that park employees travel; improving vehicle efficiency; and expanding the use of alternative fuels to operate park vehicles.

You can participate in the Climate Friendly Parks effort! Calculate your carbon footprint, set your personal goals, and find other interesting facts and important information at www.nps.gov/climatefriendlyparks.

Interpretive Activities – July 1 to September 5

You're Invited!

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

Longmire and Cougar Rock Areas

Roving Ranger Look for the roving ranger hat or sign, in the Longmire or Paradise areas or at pull-outs between Nisqually Entrance and Reflection Lakes. Rangers will present brief talks and have park information available. Times and locations vary.

Junior Ranger Program Cougar Rock Campground Amphitheater; 6:30 p.m. daily July 1 through August 21; Fridays and Saturdays only August 22 through September 3

Ages 6 to 11. Join a ranger or volunteer for fun and educational activities! Meet at the Cougar Rock Campground Amphitheater. Parking at the Cougar Rock Campground is limited. If you attend the program but are not camping, please park in the Cougar Rock Picnic Area across the park road from the campground. (45 minutes)

Evening Program Cougar Rock Campground Amphitheater; 9:00 p.m. daily through August 5, 8:30 p.m. daily August 6 through August 21, 8:30 p.m. Fridays and Saturdays only August 22 through September 3

Join a ranger or volunteer for a program that involves, inspires and explores! Topics vary nightly. Parking at the Cougar Rock Campground is limited. If you attend the program but are not camping, please park in the Cougar Rock Picnic Area across the park road from the campground. (45 minutes)

Ohanapecosh Area

Junior Ranger Program Ohanapecosh Visitor Center, 10:00 a.m. daily, June 17 through September 5

Children ages 6 and up are invited to join park staff for a one hour activity. Have fun while you learn more about Mount Rainier National Park! (1 hour)

Rove the Grove 2:00 p.m. - 3:30 p.m. daily, June 17 through September 5

Park staff will be available along the Grove of the Patriarchs trail to answer your questions and present informal mini-talks.

Ohanapecosh Afternoon Guided Walk 2:30 p.m. Saturday and Sunday, June 18 through September 4

Learn about the natural and cultural history of the Ohanapecosh area on this easy ramble with a ranger. Meet at the Ohanapecosh Visitor Center. Trail is not wheelchair accessible. (1 hour)

Evening Program 8:30 p.m. nightly June 17 through July 30; 8:00 p.m. nightly August 1 through September 4

Join a ranger each night for an in-depth view of a fascinating aspect of Mount Rainier National Park. Topics vary nightly. Meet at the Ohanapecosh Campground Amphitheater. (45 minutes)

Sunrise/White River Area

Discovery Hike 9:00 a.m. to 1:00 p.m., Sundays only, July 10 through August 14

Join a ranger for a morning hike through some of Sunrise's most spectacular subalpine meadows with stunning views of the mountain. Meet at the Sunrise Visitor Center flagpole. Trail is not wheelchair accessible. Sturdy footwear recommended. (4 hours)

Junior Ranger Program 10:00 a.m. Friday, Saturday and Sunday July 1 through September 4

Children ages 6 and up are invited to join park staff for a fun activity about the mountain, glaciers, habitats and more. Meet at the White River Campfire Circle. (1 hour)

Sunrise Afternoon Guided Walks 1:00 and 3:00 p.m. daily July 1 through September 5

Learn about the natural and cultural history of the Sunrise area on this easy ramble with a ranger. Meet at the Sunrise Visitor Center flagpole. Trail is not wheelchair accessible. (45 minutes)

Evening Program Thursday, Friday and Saturday; 8:00 p.m. July 2 through July 31, 7:30 p.m. August 5 through September 4 Take an in-depth look at a special topic of Mount Rainier National Park during a traditional campfire talk. Meet at the campfire circle in the White River Campground. (45 minutes)

Paradise Area

Paradise Chat 9:15 a.m. daily (except Wednesdays) through September 5

The Paradise area has drawn visitors for over 100 years. Stop by the Paradise Inn before lunch and learn why. Look for the ranger inside the Inn. (25 minutes)

Meadow Meander 10:45 a.m. daily through September 5 (except 11:15 a.m. on August 22, 23, 28, 29, 30)

Discover the ecology of the Paradise area. Meet the ranger at the flagpole in front of the visitor center. 75 -90 minutes with the ranger plus return on your own. (1 mile round trip)

Junior Ranger Program 1:15 p.m. daily through August 21

Children ages 6-11 are invited to join a ranger for fun activities exploring facets of Mount Rainier. Meet at the visitor center information desk. *Parents must remain with their Junior Rangers*. (45 minutes)

Nisqually Vista Walk 2:00 p.m. daily through September 5 (except 2:30 p.m. on August 22, 23, 28, 29, 30)

Walk to a view of a glacier and explore the geology of Mount Rainier. Meet at the large flagpole outside the visitor center. 75-90 minutes with the ranger and time to return on your own. (1.5 miles round trip)

Paradise Inn Lobby Tour 3:00 p.m. daily (except Wednesdays) through September 5

Join a ranger to learn the "inns and outs" of the historic Paradise Inn, celebrating its 94th birthday. Look for the ranger inside the Paradise Inn. (30 minutes)

Climate Change at Mount Rainier and the Pacific Northwest 3:45 p.m. daily through August 21

Meet in the theater of the Jackson Visitor Center for a slide presentation or video followed by a short discussion about climate change. (30 minutes)

Paradise Inn Evening Stroll 5:30 p.m. Friday and Saturday only, July 1 through August 13

Oh, the stories Paradise can tell! Come along on this leisurely walk to explore the nature and/or history of this place called Paradise. Look for the ranger outside the Paradise Inn entrance. (30 minutes, 1 mile round trip)

Paradise Inn Evening Program 9:00 p.m. Friday and Saturday only, July 1 through August 13

Take a seat in the lobby of the Paradise Inn and enjoy an evening presentation with a park ranger or one of the guest speakers. Topics vary. Inquire at the Jackson Visitor Center or at the Paradise Inn front desk for program descriptions. (45 minutes)

Mount Rainier: The Restless Giant shows every 30 minutes, except during special presentations

This park film had its debut with the opening of the new Jackson Memorial Visitor Center in October 2008. It explores the changing nature of Mount Rainier using high definition video and surround sound! Accessible and closed caption. (21 minutes)

Visitor Facility Hours							
Visitor Centers							
Longmire Museum (360) 569-6575	July 1 - September 5 9:00 a.m 5:00 p.m. daily	Information, exhibits, book sales, gifts					
Henry M. Jackson Visitor Center at Paradise (360) 569-6571	July 1 - September 4 10:00 a.m 7:00 p.m. daily September 5 - October 10 10:00 a.m 6:00 p.m. daily	Ranger programs, exhibits, information, park videos, book sales, gifts, food service (climbing registration ends 30 minutes prior to closing)					
Ohanapecosh Visitor Center (360) 569-6581	July 1 - September 4 9:00 a.m 6:00 p.m. daily September 5 - October 10 9:00 a.m 5:00 p.m. daily	Ranger programs, information, exhibits, book sales					
Sunrise Visitor Center (360) 663-2425	July 1 - September 10 10:00 a.m 6:00 p.m. daily	Ranger programs, exhibits, information, book sales					
Wilderness & Climbing Information Centers							
Longmire WIC (360) 569-6650	July 1 - October 10 7:30 a.m 5:00 p.m. daily	Wilderness camping & westside climbing permits					

Longmire WIC (360) 569-6650	July 1 - October 10 7:30 a.m 5:00 p.m. daily	Wilderness camping & westside climbing permits
Paradise Climbing Information Center (Guide House) (360) 569-6641	July 1 - September 5 6:00 a.m 4:00 p.m. daily	Climbing permits, exhibits, wilderness permits, information
White River WIC (360) 569-6670	July 1 - September 5 7:30 a.m 5:30 p.m. Sun - Thurs 7:00 a.m 7:00 p.m. Friday 7:00 a.m 5:30 p.m. Saturday	Wilderness camping & eastside climbing permits
Carbon River Ranger Station (360) 829-9639	July 1 - September 5 8:30 a.m 5:00 p.m. Mon - Thurs 7:30 a.m 7:00 p.m. Fri - Sun	Wilderness camping & northside climbing permits (including lpsut Creek Campground)

Food & Lodging

For in-park lodging reservations, call Mount Rainier Guest Services at (360) 569-2275 or go to www.mtrainierguestservices.com

National Park Inn at Longmire Open year-round	July 1 - September 5 Front Desk: 7:00 a.m 10:00 p.m. daily Dining Room hours: 7:00 a.m 8:30 p.m.	Lodging, dining room			
Longmire General Store Open year-round	July 1 - September 5 9:00 a.m - 8:00 p.m. daily	Gifts, snacks, firewood, apparel			
Paradise Inn Open May 20 - Oct. 3, 2011	July 1 - September 5 Front Desk: open 24 hours daily Dining Room hours: Breakfast 7:00 a.m 9:30 a.m. Lunch 12:00 p.m 2:00 p.m. Dinner 5:30 p.m - 8:30 p.m. Sun. Brunch through Sept. 25 Cafe hours: 9:00 a.m10:00 p.m	Lodging, dining, post office, gifts, books, apparel; ranger on duty and interpretive programs daily through September 5			
Paradise Camp Deli and Gift Shop, in the Jackson Visitor Center at Paradise	July 1 - September 5 10:00 a.m 7:00 p.m. daily	Food, gifts, books, apparel			
Sunrise Day Lodge Snack Bar and Gift Shop	July 1 - September 5 10:00 a.m 7:00 p.m. daily	Food and gifts. Day use only, no overnight lodging			
Firewood Sales	ewood Sales Available through September 4 at Longmire General Store and C Rock, Ohanapecosh, and White River campgrounds				

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

GAS IS NOT AVAILABLE IN THE PARK

(Cougar Rock: Fri/Sat/holidays only after August 28)

Roadwork Ahead: Stevens Canyon Road

Due to extensive roadway embankment stabilization and subsurface compaction grouting efforts, Stevens Canyon Road will be closed between the gate located just west of the Grove of the Patriarchs to just east of the popular Backbone Ridge viewpoint from September 6, 2011, through the 2011-2012 winter closure. Visitors will be able to access the Reflection Lakes, Box Canyon and Backbone Ridge areas and adjacent trailheads from the west during the 2011 closure.

During the closure, visitors are encouraged to access the Paradise area from the southwest via the Nisqually Entrance at the east end of SR 706. Visitors traveling from the east via SR 410, SR 123, and/or US 12 who wish to visit the Paradise area have two detour options: via Gifford Pinchot National Forest Service Road 52 (Skate Creek Road) beginning on US 12 in Packwood and ending on SR 706 east of Ashford; or the longer route via SR 7 beginning in Morton on US 12 and ending on SR 706 at Elbe.

While the construction and associated closures and traffic delays present an inconvenience, the rehabilitation work will not only improve the driving surface of the roadway, but ensure its longevity.

Stevens Canyon roadwork is also scheduled for periods during the 2012 & 2013 seasons. Information on this project, as well as general park information, is available on the park's website at www.nps.gov/mora/parknews/newsreleases.htm.

Become a Volunteer Mount Rainier Ranger

As you visit Mount Rainier, keep your eyes open for people wearing hats and shirts with a "volunteer" logo on them. You'll see them working in the visitor centers, assisting visitors on the trails, planting native vegetation, rebuilding the flood-damaged Glacier Basin trail, even helping to survey amphibian populations.

Last year more than 2,000 people worked in partnership with the National Park Service to protect the natural and cultural resources of Mount Rainier and serve its visitors. These invaluable partners help us accomplish far more than we would be able to without their help.

But they also find great personal rewards. Carbon River volunteer George Coulbourn says, "When I'm asked why I volunteer, I respond that I began for altruistic reasons. Having spent many rewarding days in the park, I felt that I had arrived at a good time for payback. Doesn't work. Like most volunteer activities, the volunteer gets more than he gives, and the harder he tries, the more he gets."

Have you ever dreamed of being a park ranger? You still can—for a day, a summer, or on weekends as your schedule permits. Opportunities abound. Ask how you can become part of our team! www.nps.gov/mora/supportyourpark/volunteer.htm.

Drive-in Campgrounds									
Campground	Open Dates	Elev.	Sites	Fee	Group Sites	Group Fees	Toilets	Dump Station	Maximum RV/Trailer Length
Cougar Rock*	June 3 - Oct. 10	3,180′	173	\$12/15*	5	\$40-64	Flush	Yes	RV 35'/Trailer 27'
Ohanapecosh*	May 27 - Oct. 10	1,914′	188	\$12/15*	2	\$40	Flush	Yes	RV 32'/Trailer 27'
White River	June 24 - Sept. 25	4,400'	112	\$12	0	N/A	Flush	No	RV 27'/Trailer 18'
Mowich Lake	' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '								

*Advance reservations are recommended for individual sites at Cougar Rock and Ohanapecosh Campgrounds from June 24 through the night of September 4. These can be made up to 6 months in advance. Reservations for group sites are required May 28 through the night of October 9, and can be made up to one year in advance. To make a reservation online, go to www.recreation.gov or call 877-444-6777.