

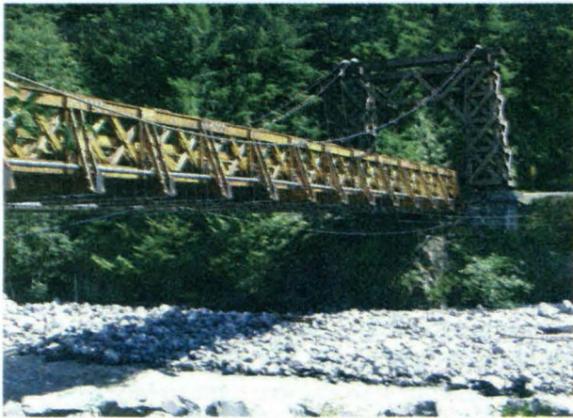


The Tahoma News

July 1 – September 3, 2012



The Many Sides of Mount Rainier



Longmire's historic wooden suspension bridge

At 14,410 feet high, Mount Rainier is the tallest peak in the Cascade Range and an icon of the Pacific Northwest. While the mountain's well-known profile is visible for many miles in any direction, its alpine, glacier-clad slopes occupy only a third of Mount Rainier National Park. There are as many different sides of the park as there are views of Mount Rainier. Take the time to explore the other two-thirds of the park, and discover what lies within the shadow of the great mountain that local Native Americans call "Tahoma."

Northwest Side: Carbon River and Mowich Lake
Located on the "quiet side" of the park, the Carbon River valley showcases ancient forests, deep valleys and waterfalls, and a dynamic, flood-prone river that flows from the Carbon Glacier, the lowest-elevation glacier in the continental U.S. Or follow State Route 165 to Mowich Lake, the park's largest and deepest lake. Look for colorful subalpine wildflowers along its shores. From the picnic area at road's end, trails lead to subalpine lakes, flower-strewn meadows, and amazing views of the park's wilderness from the Tolmie Peak fire lookout.

Southwest Side: Longmire

Deep in the valley of the Nisqually River, the village of Longmire preserves the history of the park's first settlement and headquarters. The Longmire Museum is the starting point for the self-guided walking tour of the Longmire Historic District, where you can 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, next to Longmire Meadow's mineral springs. Between Longmire and Nisqually Entrance,

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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 is repairing or replacing in-kind all of the deteriorated parts of the structure, including replacement of the log stringers that support the bridge deck and repair of the stone masonry abutments. When the project is complete, there should be no discernible changes for visitors, except that the remarkable structure will be in good condition for another 80 years of service!



Park craftsman working on the arch in summer 2011.

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. Last season, new wooden elements were assembled and in place by August. This season masonry crews will complete the stone abutments and mortared flagstone pathways. Park staff will craft the signs including hand chiseling of the lettering. Work is expected to be completed by the end of the 2012 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.

Welcome...

...to Mount Rainier National Park!

We live in an incredibly interconnected and interdependent world, where communication occurs at near light-speed, in ways not even imagined a few short years ago. At Mount Rainier, we're now using some of these new technologies and social media sites to imagine new ways to share the park and the park experience with people everywhere.

We invite you to stay connected with your park every day! You can join the Mount Rainier community on Facebook; find out breaking news and updates on road conditions through Mount Rainier's Twitter feed; explore the park and behind-the-scenes operations with our videos on YouTube; share your own photos of Mount Rainier with other visitors in the Mount Rainier Flickr group; and use the park's web cameras (found at www.nps.gov/mora/photosmultimedia/webcams), to track daily conditions and seasonal changes at Paradise and other locations.

Connect to Mount Rainier's social media sites at:

facebook.com/MountRainierNPS
twitter.com/MountRainierNPS
youtube.com/MountRainierNPS
flickr.com/groups/MountRainierNPS

Enjoy your stay and thank you for visiting Mount Rainier!

Randy King,
Superintendent



**Superintendent
Randy King**

2 Visitor Information

Will there be travel delays or detours due to road construction? 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?

Road/Travel Info ... 2

Paradise Shuttle ... 3

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Campgrounds, 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, in off-trail or backcountry areas, 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.

Don't Be a Victim!

Burglaries have recently occurred at numerous trailheads and parking areas in the park. Those responsible for the crimes were investigated and arrested by Mount Rainier rangers and National Park Service special agents and convicted in court. However, these convictions will not necessarily end the problem of car burglaries in the park.

To avoid becoming a victim of future car break-ins, you should take precautions by not leaving any valuables in your car while in the park and surrounding areas. Follow these simple guidelines:

- Do not leave any valuables in your vehicle, even for a short time.
- Do not leave bags, packs, or purses which look like they could contain valuables visible in your vehicle.
- If you must store any personal items in the trunk of your car, do so before you arrive at your destination. You may be being watched at the trailheads and parking lots.
- Immediately report all suspicious activity you observe at or around parking lots or along roads to a park ranger.

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. At the Sunrise Visitor Center, the newly-renovated interior and exhibit area are accessible with help via the north entrance. The Kautz Creek Boardwalk Nature Trail is accessible. In Longmire, the east side of the unpaved Trail of the Shadows loop is accessible with help. Two accessible trails lead 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

Travel Advisories: Roadwork Ahead

Stevens Canyon Road

This summer, rehabilitation work continues on two 5-mile sections of Stevens Canyon Road, from its intersection with the Nisqually Road at the Canyon Wye to Stevens Creek Bridge, and from its intersection with State Route 123 to just east of Backbone Ridge. Visitors can expect up to 20-minute delays at each construction zone through Labor Day (September 3, 2012). Following Labor Day, the road will be closed to all vehicles and bicycles from just east of the intersection with the Paradise Valley Road to just west of the Box Canyon Overlook, due to major roadway stabilization work near Inspiration Point and Bench Lake Curve.



During the closure, visitors wishing to drive to the Paradise area must enter the park from the southwest via the Nisqually Entrance at the east end of SR 706. Visitors traveling between the park's west side (Longmire/Paradise/SR 706) and the east side (Ohanapecosh/White River/SR 123) must take a detour route outside the park. The recommended route follows SR 7 and US 12 via the towns of Elbe, Morton, and Packwood.

The project is estimated for completion by October 2013. No road closures are anticipated during 2013.

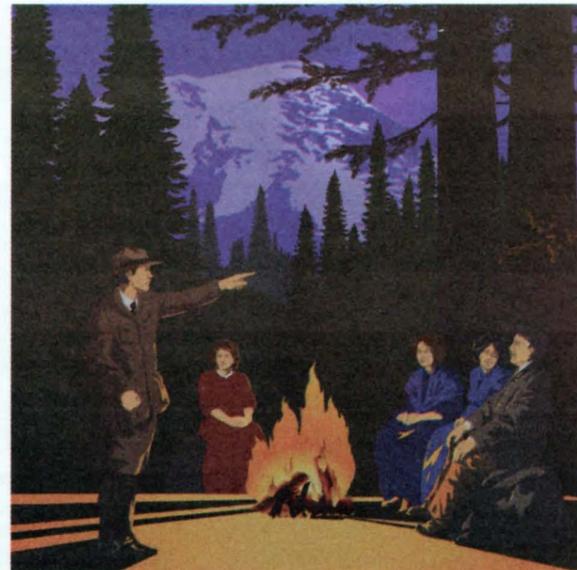
State Route 123

During weekdays from August 6 to August 17, 2012, resurfacing work will take place on the portion of State Route 123 between the Shriner Peak trailhead and Cayuse Pass. Visitors should anticipate 20-minute delays during this period.

Summertime Travel Tips

- Parking can be difficult to find on sunny summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. To avoid congestion, visit these areas on weekdays, arrive early, carpool to the park, and ride the shuttle to Paradise (see page 3).
- Park roads are winding, road shoulders are narrow, and the speed limit is 35 mph in most areas. Watch for pedestrians, sightseers, bicyclists, and wildlife. Please be courteous, and use pullouts to allow faster drivers to pass you safely.
- Camping is permitted only in established campgrounds: Cougar Rock, Ohanapecosh, White River, and Mowich Lake (see page 8 for details). Backcountry camping requires a backcountry permit, available at wilderness information centers and ranger stations.

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 Entrance	18 miles	30 min
White River Entrance to Sunrise	13 miles	45 min
White River Entrance to Carbon River via Enumclaw	61 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



Ranger-guided Programs

Since the earliest days of the National Park Service, rangers have shared their knowledge through the presentation of interpretive programs—guided walks, talks, and campfire programs for visitors of all ages. That long-standing tradition continues at Mount Rainier.

Today, our interpretive staff consists of rangers, teachers, student interns, and volunteers from a wide array of backgrounds and expertise. Please join us for a variety of free programs, ranging from informal talks at park visitor centers to junior ranger programs for kids to guided hikes, evening campfire programs, and even winter snowshoe walks. Find out who else has come to Mount Rainier and why. Discover what this mountain really is and what it may become. Meet some other users of the park's resources—from owls to elk—and learn why they are here. Topics vary daily, and may include geology, wildlife, ecology, mountaineering, or park history.

Most programs are available from late-June until Labor Day weekend. Program schedules and locations are posted at visitor centers and other locations throughout the park, as well as on page 7 of this newspaper. Details and short descriptions of some evening programs are also available in the calendar of events on the park's website at www.nps.gov/mora/planyourvisit/events.

HEY KIDS!

Ask for a Junior Ranger Activity Book. It's FREE at all park visitor centers. Complete it to learn lots of cool stuff about your park, and earn a badge and certificate. And be sure to join the fun at one of our summertime junior ranger programs. See page 7 of the newspaper for details.

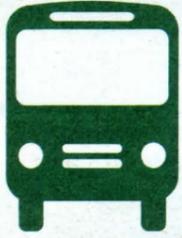


Please Recycle!

Mount Rainier National Park has been recycling since the late 1960s. We recycle aluminum cans, plastic (no. 1 and 2), glass, office paper, mixed paper, cardboard, scrap metal, used oil, batteries, and a number of other items.

We also purchase recycled plastic products such as plastic bags, picnic tables, and plastic lumber; paper products made of pre- and post-consumer recycled paper; automobile products; and other products.

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



Ride the *Free* Weekend Shuttle to Paradise

From June 22 through September 2, 2012, 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 at www.nps.gov/mora/playourvisit/shuttle. Leave your car behind, and enjoy a safe, stress-free ride to Paradise.

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 Paradise 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 a grant from the Paul S. Sarbanes Transit in Parks Program/ Federal Transit Administration.

2012 Paradise Shuttle Schedule

Longmire to Paradise - FRIDAYS

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

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:

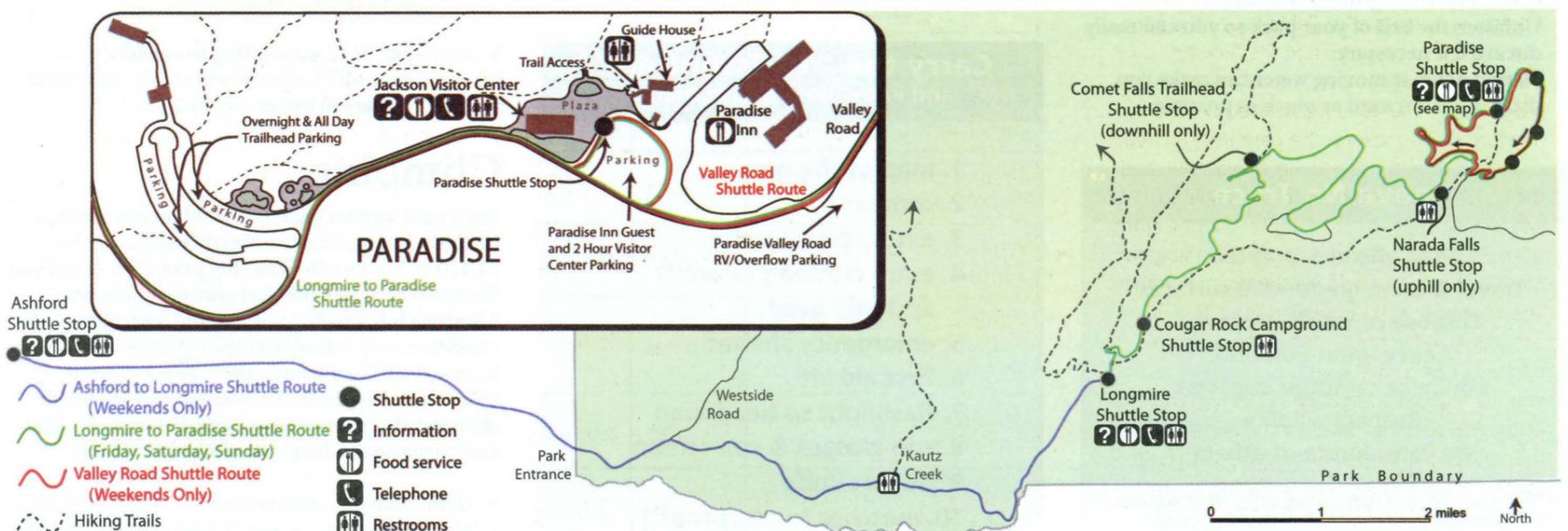
- Parking in the upper Paradise lot, adjacent to the Jackson Visitor Center, is intended for short-term visitors and is limited to two hours. This lot is generally full by 11:00 a.m. Disabled visitors with a valid disabled parking permit may park in the upper lot with no time restriction; disabled-accessible 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.

Visit the park's website at www.nps.gov/mora/playourvisit/shuttle for shuttle times.

*Transportation is free, but park entrance fees apply.



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.

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 stream.

- 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.

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

Easy & Moderate Hikes

Area	Trail Name	Trailhead Location	Round-Trip Distance	Comments
Carbon River	Rainforest Nature Trail	Carbon River Entrance	0.3-mile loop trail	Self-guided trail through an inland temperate rainforest
Kautz Creek	Kautz Creek Viewpoint	3 miles southwest of Longmire	0.1 mile	Wheelchair-accessible boardwalk and viewpoint
Longmire	Twin Firs	1.9 miles southwest of Longmire	0.4-mile loop trail	Short hike in old-growth forest. Limited parking
	Trail of the Shadows	Across from the National Park Inn	0.7-mile loop trail	Good for children & evening strolls; meadow/mtn. views; east half of loop suitable for wheelchairs with assistance.
	Carter Falls	2 miles northeast of Longmire	2 miles	Moderate hike, climbs 500' up forested canyon to waterfall
Paradise	Nisqually Vista	Lower Paradise parking lot	1.2-mile loop	Wildflower meadows, great views of Nisqually Glacier
	Skyline Trail to Myrtle Falls	Large stairway/ramp near visitor center	1 mile	Suitable for strollers and wheelchairs (with assistance)
Stevens Canyon Rd.	Bench & Snow Lakes	1.5 miles east of Reflection Lakes	2.5 miles	Watch for bears in the meadows in late summer
	Box Canyon	11 miles east of Paradise	0.5-mile loop	View a deep, narrow canyon and glacially-polished rocks
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 Memorial Parkway/SR 410	Tipsoo Lake	Off SR 410, east of Cayuse Pass	0.5-mile loop	Short trail around the lake, mountain views
Sunrise	Silver Forest/Emmons Vista	South side of parking lot	2 miles	Glacier views at Emmons Vista Overlooks (0.5 mile one-way)
	Nature Trail	North side of parking lot	1.5 miles	Wildflower meadows and great mountain views

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.

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. Please obtain permits 30 minutes prior to ranger stations' closing times (see page 8). 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

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 kit
7. flashlight or headlamp
8. sun glasses & sun screen
9. pocket knife
10. matches (waterproof!)

Keep Wildlife Wild... Show Your Support!

Feeding wildlife is a significant problem 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 offers "Keep Wildlife Wild" buttons to expand our educational message against feeding wildlife.

Five species of native wildlife especially susceptible to feeding (Townsend's chipmunk, gray jay, Steller's jay, black-tailed 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.



Help us keep wildlife wild by following these simple rules:

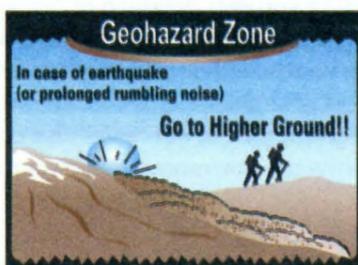
- Do not feed, touch, approach, or disturb the wildlife.
- Store your food in an animal-proof container, or inside your closed car.
- Don't leave food, beverages, pet food or toiletries unattended for any length of time.
- Clean up picnic areas after you eat—pick up crumbs so the wildlife won't do it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

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 200 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.

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, 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

- Stand your ground and do not run.
- 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.

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 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 are addressing 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 chlorofluorocarbons 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 providing 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.

The Many Sides of Mount Rainier

Continued from page 1

walk the Twin Firs Trail to view lowland old-growth forest; picnic at Kautz Creek where you can view the aftermath of the 1947 mudflow; or drive to the end of the Westside Road to see the dramatic results of flooding and rockfall. For great views of lava layers, glaciers, and deep glacial canyons, stop at the viewpoints along Ricksecker Point Road, between Longmire and Paradise.

South Side: Paradise

The Jackson Visitor Center and historic Paradise Inn are the hubs of activity at the most popular (and crowded) destination in the park. A network of hiking trails provides access to outstanding wildflower meadows, broad views of Mount Rainier and its glaciers, and routes for skilled climbers attempting to reach the mountain's summit. Photographers appreciate the high-country scenery at Inspiration Point and Reflection Lakes. Hikers looking for less-crowded trails might try the Lakes Trail, Mazama Ridge, and Snow Lake Trail, located just east of Paradise.

Southeast Side: Ohanapecosh

Ohanapecosh, in the park's southeast corner, lies deep in the realm of the old-growth forest. From the visitor center and campground, trails follow the Ohanapecosh River past hot springs and shaded streams to the roaring cascade of Silver Falls. Walk

the trail to the Grove of the Patriarchs, just past the Stevens Canyon Entrance, to view ancient trees—some over 1,000 years old. Strong hikers will enjoy the incredible view from the Shriners Peak fire lookout, east of State Route 123, and the string of waterfalls along the East Side Trail. On the Stevens Canyon Road between Ohanapecosh and Paradise, dramatic viewpoints and a picnic area are found at Box Canyon, where the Cowlitz River cuts a deep slot into glacially-scoured bedrock.



Wildflowers bloom on the shore of Mowich Lake

lava, hillsides of wildflowers, and a breathtaking vista at Sunrise Point. Washington's highest paved highway ends at the Sunrise Visitor Center (6,400 feet), where summertime crowds come to enjoy the area's open meadows and expansive scenery, considered by some to be the grandest views in the park. Along SR 410, a trail leads strong hikers up to the scenic Crystal Lakes basin, and the Tipsoo Lake area near Chinook Pass provides a picnic area next to the lake and its lush meadows.

Northeast Side: Sunrise and White River

The White River/Sunrise Road leads from State Route 410 toward the White River Campground and high-country trailheads. From here, trails lead hikers to subalpine wilderness or to the moraine of the Emmons Glacier, the largest American glacier outside of Alaska. Continuing up the road toward Sunrise, look for outcrops of columnar

Connecting Parks, Science and People

By Dr. Jerry Freilich, North Coast & Cascades Science Learning Network Coordinator

Quietly and discreetly, a great deal of science is done each year in our national parks. The National Park Service monitors ecosystem health and investigates sensitive plants and animals to improve management. Scientists from outside agencies and universities do their own research, using the parks as "controls" to compare with more heavily impacted areas.

The North Coast & Cascades Science Learning Network (SLN) is an organization within the northwest national parks created to encourage research in the parks and to disseminate scientific information. The "Network" serves all eight National Park Service sites in the Pacific Northwest and operates a science information website (<http://www.nwparkscience.org>). The SLN website supplements the Park Service's own sites at each park and features in-depth science information about park resources. The site has 2-3 page "Resource Briefs" on a diversity of topics and a series of "Science Minute Videos" (<http://www.nwparkscience.org/video>). Each video is about four minutes long highlighting both the science work itself and park scientists who do it. Have a look at these wonderful short films and send us your comments.

The SLN serves Mount Rainier, Olympic, North Cascades, and five smaller, historical sites in Washington and Oregon. The SLN also provides funding and support for graduate research and special projects. Please contact the SLN's director, Dr. Jerry Freilich (jerry_freilich@nps.gov), based at Olympic, for additional information.

Enhancing One of America's Best Ideas



Many people consider Mount Rainier "their mountain". If you any "yes" to any of these questions, you likely are one of them:

- Do you drop coins in Mount Rainier's donation boxes in the visitor centers?
- Have you thought about volunteering to help with Rainier's ongoing trail maintenance or meadow restoration projects? (Maybe you already do!)
- Does "the mountain" mean so much to you that you've wondered if you could include it in your estate plans?
- If asked, would you, your family, or your company consider "Adopting-a-Trail-Mile"?

This park IS special. Time spent here can be life-changing. If you love Mount Rainier National Park,

Washington's National Park Fund may be for you. Founded by Governor Dan Evans back in the mid-1990s, the Fund, a 501(c)(3) nonprofit organization, accepts charitable gifts that are then given back to the park for projects that:

- improve visitors' experiences by supporting rangers and education programs
- strengthen Mount Rainier's volunteerism and stewardship activities
- bring more youth and families—many of whom might otherwise never visit—into the park
- fund necessary research on glaciers, rivers, flora (plants) and fauna (animals)

Take a picture of this QR code. Visit the Fund's website at www.wnpf.org. Call the Fund at 253-566-4644. Turn your passion into action. Support Mount Rainier National Park through Washington's National Park Fund.



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 flood-damaged trails, even helping to survey amphibian populations.

Last year, 1,728 people contributed a total of 74,504 hours of volunteer time, working 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.

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, and great personal rewards await. Ask how you can become part of our team! Visit our website at www.nps.gov/mora/supportyourpark/volunteer.htm.

Park Partners

Who's responsible for protecting Mount Rainier National Park? Everyone! Here are some groups that deserve special thanks. For more information on these partners, and how to join the effort, please visit their websites.



Mount Rainier National Park Volunteers
www.nps.gov/mora/supportyourpark/volunteer.htm



Discover Your Northwest
www.discovernw.org



Washington's National Park Fund
www.wnpf.org



Student Conservation Association
www.thesca.org



Washington Trails Association
www.wta.org

Interpretive Activities—July 1 to September 3

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/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 6:30 p.m. daily June 29 through August 12, 6:30 p.m. Fridays and Saturdays only August 17 through September 1
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 9:00 p.m. daily through August 5, 8:30 p.m. daily August 6 through August 12, 8:30 p.m. Fridays and Saturdays only August 17 through September 1

Join a ranger or volunteer for a program that involves, inspires and explores! Topics vary nightly. 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)

Ohanapecosh Area (check the visitor center desk and bulletin boards for program times and schedules)

Junior Ranger Program June 15 through September 3

Children ages 6 to 11 are invited to join park staff for a 45-minute activity. Have fun while you learn more about Mount Rainier National Park! Meet at the Ohanapecosh Visitor Center. (45 minutes)

Rove the Grove June 16 through September 3

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

Woodland Wander June 16 through September 2

Experience the old-growth forest on this easy ramble with a ranger. Meet at the far end of the suspension bridge that leads into the Grove of the Patriarchs (0.4-mile walk from the Grove of the Patriarchs trailhead). Trail is not wheelchair accessible. (1 hour)

Evening Program June 15 through September 2

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

Sunrise/White River Area (check the visitor center desk and bulletin boards for program times and schedules)

Junior Ranger Program June 29 through September 2

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 June 29 through September 3

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 June 29 through September 2

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 Tuesdays) through September 3

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

Meadow Meander 10:30 a.m. daily through September 3

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 time to return on your own. (1 mile round trip)

Junior Ranger Program 12:45 p.m. daily through August 12

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 to 1 hour)

Nisqually Vista Walk 2:00 p.m. daily through September 3

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 plus time to return on your own. (1.5 miles round trip)

Ranger Chat 2:45 p.m. daily through August 12

It's a ranger's choice! Join a ranger for a walk, a talk, or just a chat. Topics vary daily. Check at the Jackson Visitor Center information desk for the topic of the day. Meet the ranger at the relief map inside the visitor center. (15–30 minutes)

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

Join a ranger to learn the "inns and outs" of the historic Paradise Inn, celebrating its 95th birthday. Look for the ranger inside the Paradise Inn. (30 minutes)

Paradise Inn Evening Stroll 5:30 p.m. Friday, Saturday and Sunday, July 1 through August 12

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, Saturday and Sunday, July 1 through August 12

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 explores the changing nature of Mount Rainier, the wonders of its seasons, and stories of its people—past and present—through dramatic footage and narration. Presented in high-definition video and surround sound at the Jackson Visitor Center theater. Disabled-accessible, closed-captioned, and audio-described. (21 minutes)

Visitor Facility Hours

Visitor Centers

Longmire Museum (360) 569-6575	July 1–October 8 9:00 a.m.–5:00 p.m. daily Open year-round	Information, exhibits, book sales, gifts
Henry M. Jackson Visitor Center at Paradise (360) 569-6571	July 1–September 2 10:00 a.m.–7:00 p.m. daily September 3–October 8 10:00 a.m.–6:00 p.m. daily Open year-round	Ranger programs, exhibits, information, park videos, book sales, gifts, food service
Ohanapecosh Visitor Center (360) 569-6581	July 1–September 2 9:00 a.m.–6:00 p.m. daily September 3–October 8 9:00 a.m.–5:00 p.m. daily Open through October 8	Ranger programs, information, exhibits, book sales
Sunrise Visitor Center (360) 663-2425	July 1–September 3 10:00 a.m.–6:00 p.m. daily Open through September 3	Ranger programs, exhibits, information, book sales

Wilderness & Climbing Information Centers

Longmire WIC (360) 569-6650	July 1–October 8 7:30 a.m.–5:00 p.m. daily Open through October 8	Wilderness camping & westside climbing permits
Paradise Climbing Information Center (Guide House) (360) 569-6641	July 1–September 3 6:00 a.m.–3:00 p.m. Sun–Thurs 6:00 a.m.–5:00 p.m. Fri–Sat Open through September 30	Climbing permits, exhibits, wilderness permits, information
White River WIC (360) 569-6670	July 1–September 3 7:30 a.m.–4:30 p.m. Sun–Thurs 7:00 a.m.–7:00 p.m. Friday 7:00 a.m.–5:00 p.m. Saturday Open through October 8	Wilderness camping & eastside climbing permits
Carbon River Ranger Station (360) 829-9639	July 1–September 3 8:30 a.m.–5:00 p.m. Mon–Thurs 7:30 a.m.–7:00 p.m. Fri–Sun Open year-round	Wilderness camping & northside climbing permits (including Ipsut 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	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	9:00 a.m.–8:00 p.m. daily	Gifts, snacks, firewood, apparel
Paradise Inn Open May 18–Oct. 1, 2012	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. 23 Cafe hours: 9:00 a.m.–10:00 p.m.	Lodging, dining, post office, gifts, books, apparel; ranger on duty and interpretive programs daily through September 3
Paradise Camp Deli and Gift Shop, in the Jackson Visitor Center at Paradise	10:00 a.m.–7:00 p.m. daily	Food, gifts, books, apparel
Sunrise Day Lodge Snack Bar and Gift Shop	10:00 a.m.–7:00 p.m. daily Open through September 3	Food and gifts. Day use only, no overnight lodging
Firewood Sales	Available through September 2 at Longmire General Store and Cougar 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

Drive-in Campgrounds

Campground	Open Dates	Elev.	Sites	Fee	Group Sites	Group Fees	Toilets	Dump Station	Maximum RV/Trailer Length
Cougar Rock*	May 25–Oct. 8	3,180'	173	\$12/15*	5	\$40-64	Flush	Yes	RV 35'/Trailer 27'
Ohanapecosh*	May 25–Oct. 8	1,914'	188	\$12/15*	2	\$40	Flush	Yes	RV 32'/Trailer 27'
White River	June 29–Sept. 30	4,232'	112	\$12	0	N/A	Flush	No	RV 27'/Trailer 18'
Mowich Lake	Primitive walk-in campground, 200' from parking area to camping area. Tents only. 10 sites, 3 group sites (max. group size 12). No fee (must self-register at campground kiosk). Chemical toilets, <i>no potable water</i> . No fires allowed. Elevation 4,929'; generally open July through early October, depending on road and weather conditions. Call 360-829-9639 for information.								

*Advance reservations are recommended for individual sites at Cougar Rock and Ohanapecosh Campgrounds from June 28 through the night of September 2. These can be made up to 6 months in advance. Reservations for group sites are required May 25 through the night of October 7, 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.



National Park Service
U.S. Department of the Interior

Mount Rainier National Park

Superintendent
Randy King

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

Lost and Found
(360) 569-6608

Websites

Mount Rainier National Park: www.nps.gov/mora
North Coast and Cascades Science & Learning Network: <http://nwparkscience.org/>

Official Social Media Sites

Facebook: www.facebook.com/MountRainierNPS
Flickr: www.flickr.com/groups/MountRainierNPS
Twitter: www.twitter.com/MountRainierNPS
YouTube: www.youtube.com/MountRainierNPS



EXPERIENCE YOUR AMERICA™

Firewood: Buy It Where You Burn It!

Washington forests are in jeopardy from the transportation of invasive insects and diseases in firewood. New infestations of tree-killing insects and diseases often are first found in campgrounds and parks. Here's what you can do to help:

- Buy firewood near where you will burn it—that means the wood was likely cut within 50 miles of where you'll have your fire.
- Wood that looks clean and healthy can still have tiny insect eggs, or microscopic fungi spores, that will start a new and deadly infestation. Always leave it at home, even if you think the firewood looks fine.
- Aged or seasoned wood is still not safe. Just because it is dry doesn't mean that bugs can't crawl onto it!
- Tell your friends not to bring wood with them. Everyone needs to know that they should not move firewood.



To make sure invasive insects are not spread on firewood, use firewood from local sources. In other words, buy it where you plan to burn it. More information is available online at www.dontmovefirewood.org.