

# *A Guide to the Trails* OF **MOUNT RAINIER** **NATIONAL PARK**





PUBLISHED IN COOPERATION  
WITH THE  
NATIONAL PARK SERVICE

A GUIDE *to the* TRAILS *of*  
Mount Rainier National Park

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AND

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## FOREWORD

This *Guide to the Trails of Mount Rainier National Park*, the fourth in a series of publications by the Mount Rainier Natural History Association, is twofold in its purpose.

It is designed, primarily, to provide those who find in hiking one of their finest recreational activities with the necessary information for complete enjoyment of their trips afield. It is a first essential, of course, to know where to go, how to get there, and what there may be to see.

Beyond its use as a source of information, it is hoped that the *Guide* will encourage its readers to explore further the trail system of Mount Rainier. There is no better way to realize to the fullest extent the beauty and the inspirational grandeur of the Mountain than to make an intimate acquaintance with the natural wonders of the trailside.

PRESTON P. MACY

SUPERINTENDENT

Mount Rainier National Park

United States Department of the Interior

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**A GUIDE  
TO THE TRAILS OF  
MOUNT RAINIER NATIONAL PARK**

***Introduction***

This booklet is designed to present, as concisely as possible, the information needed by park visitors who wish to avail themselves of the trail system of the park. Those who travel only by automobile miss a great many of those natural features which make Mount Rainier one of America's most magnificent mountain peaks.

The descriptions of the trail routes, the mileages indicated, and the brief mention of the scenic and wildlife attractions afforded by the various trails, are as accurate as it is possible to make them, based upon a complete survey of the trail system in the late fall of 1949, with revision of data in 1960.

That there will be some slight variations in trail conditions over the ensuing several years is probable. In Mount Rainier National Park, an area subject to severe winter storms, heavy snow which blankets the higher elevations until as late in the summer as mid-July, avalanches, and flash floods, it is virtually impossible to determine from year to year the exact locations of short sections of trail subject to such elements. Wherever possible, the *Guide* takes into consideration these factors, but if the hiker finds that all routes are not *exactly* as described, he should recognize that trail conditions may at times be temporarily altered.

It is advisable, therefore, particularly if an extensive trail trip is contemplated, to contact the Office of the Chief Ranger at Park Headquarters, Longmire, or one of the District Ranger Stations, for detailed information regarding current trail conditions, and for campfire permits which are required in remote areas.



## SECTION 1—LONGMIRE, WEST SIDE AND PARADISE TRAILS

(See map on pages 18 and 19)

### Trail of the Shadows

**Start:** Across Nisqually-Paradise Road opposite the Longmire Museum.

**Distance:** 0.6 miles.

**Approximate hiking time:** Less than one-half hour.

This trail, which circles the Longmire Meadow in a counter-clockwise direction, is a self-guiding nature trail, so-called because trees, shrubs, and various other plants at the trailside, as well as geologic and historic features, are indicated by numbered markers. A key sheet or guide to these markers may be obtained at the Longmire Museum or at the exhibit near the beginning of the trail. Just off the trail, at the edge of the meadow, are several springs, with temperatures ranging from warm to very cold. A short distance beyond is the old Longmire Homestead Cabin, built by Elcain Longmire in 1888. "Iron Mike," a mineral spring, is nearby. Deer are frequently seen, old beaver dams check the flow of the stream through the meadow, and in a few minutes one may be away from the crowd and into a dense forest of fir, hemlock, and cedar. If you are a firm believer in the health-giving properties of natural spring water with a "zip," take a sip from the Soda Spring!

### Ramparts Ridge Trail

**Start:** On Nisqually-Paradise Road 0.2 miles above Longmire.

**Distance:** 4.6 miles, round trip.

**Approximate hiking time:** Two or three hours.

The Ramparts Ridge Trail is an easy climb, with a nice view of Longmire and the surrounding country below as if seen from a low-flying plane. A steady ascent through the woods, past the junction of the Van Trump Trail and the Wonderland Trail to Indian Henrys (turn left at each junction) leads on to the viewpoint 2.7 miles from the starting point. In this vicinity are many western white pines killed by infestations of the mountain pine beetle and white pine blister rust. From the viewpoint the trail drops sharply to its junction with the Trail of the Shadows at Longmire, a distance of 1.9 miles.

### Eagle Peak Trail

**Start:** Near the Nisqually River Bridge (Longmire) on the campground side

**Distance:** 3.5 miles.

**Approximate hiking time:** Two hours to the summit of Eagle Peak.

This trail is a fine test of your ability to "take to the hills." It ascends 3,150 feet from the starting point to the summit of the peak. At the saddle, a half-mile below the top, from any of the lesser rocky points in the vicinity, or from Eagle Peak itself, the hiker is rewarded by a magnificent view of the Mountain and the surrounding terrain. The enthusiastic cameraman will enjoy the views immensely. On a fine, clear day, Mount St. Helens, Mount Adams, and occasionally Mount Hood are visible to the south. It's a bit of a scramble over a steep

and rocky minor trail from the saddle to the summit a half-mile distant to the left. Chutla Peak is on the right as you face the Mountain. Don't forget your lunch, and linger awhile to enjoy the scenery.

### Nisqually River Trails

**Start:** At either end of the Nisqually River Bridge (Longmire).

**Distance:** 0.4 miles.

**Approximate hiking time:** Twenty minutes to one-half hour.

These trails afford short walks upstream along either bank of the Nisqually River. Once spanned by a footbridge to make a short round trip hike, the river in one of its periodic ill-tempered moods demolished the crossing. The two routes are now independent of each other. Keep a sharp lookout and have your camera ready for action, especially on the Longmire side. Bears are frequently seen in this vicinity.

### Longmire-Paradise Trail

**Start:** At the Longmire Museum.

**Distance:** 6.0 miles.

**Approximate hiking time:** Two and one-half to three hours to Paradise.

In our modern age of motoring most people will reach Paradise by the 13 miles of winding, scenic road from Longmire. However, for those who are hiking on the *Wonderland Trail* and consequently disapprove temporarily of auto travel, the trail to Paradise will provide an interesting and pleasant alternate route.

The climb at first is gradual, following the generally milky-to-muddy colored Nisqually River. The Nisqually is one of the many typical glacial streams originating on Mount Rainier.

About a third of the way along the trail you cross the Nisqually and are soon following the Paradise River, a generally clear-water stream. Why is the Nisqually so discolored and the Paradise so clear, when they both flow from glaciers?

The Nisqually Glacier, from the terminus of which emerges the river of the same name, is one of the largest, longest and most active glaciers, "rivers of ice," on the flanks of Mount Rainier. This vast area of moving ice continually cuts into the comparatively soft volcanic rocks of the glacial valley, grinding them to fine materials, "glacial flour," which the river carries. Rain or warm weather, either of which produces more water, melting, and ice breakup, naturally results in accelerated glacial action and more ground up rock material in the water. Under such conditions, glacial streams are raging and muddy. If the weather is cool, with little rain, there is less activity on the glacier, less movement in the ice, and the streams are only "milky" in appearance.

The Paradise Glacier and the river which flows from it are in direct contrast to the Nisqually. The glacier is small, a so-called "dead" mass of ice with very little movement. It is no longer vigorous and active in its wearing away of the rock. As a matter of fact, only a little of the Paradise River water comes from the glacial ice of the Paradise Glacier at present, but rather it flows from nearby

melting snow fields. Therefore, the Paradise River is crystal-clear most of the time.

This phenomenon of muddy streams, then clear ones, then more muddy ones is seen wherever the hiker may go in Mount Rainier National Park.

In addition to following along and crossing these two diverse rivers, the Longmire-Paradise Trail features of special interest include Carter Falls, 2.8 miles above the starting point, and the well known Narada Falls, height 168 feet. Just before one reaches Narada Falls a branch trail to the right leads to Reflection Lakes and points of interest farther along the *Wonderland Trail*. To the left the trail passes Narada Falls. At the viewpoint you may be dampened by the spray. Watch the stream carefully at this point. You may see a small slate-gray bird emerge from beneath the falls. This is the water ouzel or dipper, which often nests behind the curtain of falling water.

This trail ends at Narada Falls parking area. Most of the thousands of park visitors who stop here on their drive to Paradise see only the brink of Narada Falls. The entire falls are visible only from the trail.

To continue on to Paradise from Narada Falls, walk up the main road about 400 yards. (The road shoulder is wide so walk on it, not the road). There a rustic sign points to Paradise, 0.9 miles.

### Van Trump Park Trail

**Start:** On the Nisqually-Paradise Road at Christine Falls, approximately 4.5 above Longmire.

**Distance:** 2.4 miles to Van Trump Park.

**Approximate hiking time:** One and one-half to two hours, but it is well to allow some time for exploration of the Van Trump Park area.

There is perhaps no other trail in the southwestern section of the park more enjoyable to most park visitors than this one. It climbs rapidly and persistently into high country, but the scenic beauty of Van Trump Park is well worth the effort. Comet Falls, 1.6 miles above the starting point, drops 320 feet in free fall. It is one of the highest and most beautiful in the park, and is an incentive for the hiker. Keep your eyes open for marmots and the tiny pika, or alpine haymaker, on the trailside talus slopes below the falls.

The junction with the short spur trail leading to the Van Trump shelter is 2.3 miles from the road. The subalpine parks and meadows, dotted with "islands" of alpine fir and hemlock, invite exploration of this area. A well-established goat trail follows the crest of the ridge across the little valley to the west. Watch for these inhabitants of the uplands, they are often seen in this section.

An excellent view of the great canyon carved by Kautz Creek during the 1947 flood is gained from the crest of Mildred Point, on the ridge directly west of Van Trump Park. A spur trail from the point leads down the ridge to a junction with the trail described in the following paragraph.

In the event that the hiker prefers not to retrace his steps, an alternate route to Longmire is available. From the shelter spur junction the trail drops into the valley, crosses above Comet Falls, and follows the ridge southward to its junction with the Rampart Ridge Trail. From Van Trump Park to Longmire, is 4.0 miles, but don't forget your automobile, if you parked it at Christine Falls.

### Nisqually Glacier Trail

**Start:** At Glacier Bridge on the Nisqually-Paradise Road 5.0 miles above Longmire.

**Distance:** Approximately 1.0 mile, including 0.4 miles of improved trail, plus rough going over glacier rocks.

**Approximate hiking time:** Half an hour to the snout of the glacier.

This is one of the more popular short trips by which the hiker may closely approach the terminus of a glacier.

The Nisqually Glacier Trail winds in and about a river valley recently strewn with rocks carried down by the glacier or the great angular boulders which have fallen from the canyon walls. These rocks transported by the glacier are rounded by ice and water action. The last stretches before one reaches the ice are very rough. There is no marked trail, but hikers have found various routes to the ice. It is up to you—rough, rocky hiking, but not bad if you are careful. The active terminus of the glacier, where the ice has advanced since 1943, is a considerable distance from this point.

*A word of warning:* Close approach to the steeply sloping ice face is dangerous. A continuous barrage of gravel and loose rock rolls and bounds down this face during warm weather. Play safe!

### Kautz Mudflow Nature Trail

**Start:** On the Nisqually-Paradise Road at the Kautz Creek Roadside Exhibit.

**Distance:** 0.6 miles.

**Approximate hiking time:** About 30 minutes.

This trail makes a loop through the lower section of the Kautz Creek Mudflow in a clockwise direction. It is a self-guiding nature trail with leaflets provided for your enjoyment a short distance along the trail. Numbered stakes correspond to the numbers in the leaflet. This leaflet explains the many interesting things to be seen along the trail and the forces of nature in one of her angry moods.

### Kautz Creek Trail

**Start:** Just opposite the roadside exhibit at Kautz Creek parking area on the Nisqually-Paradise Road.

**Distance:** 5.7 miles to Indian Henrys Hunting Ground.

**Approximate hiking time:** Three hours.

This trail, while not overly steep in most places, consistently gains in elevation. It is a good idea to allow plenty of time for the climb, some time for exploration around the high country of Indian Henrys, and a reasonable return pace to keep from getting too much of that down hill "weak in the knees" feeling! The trip is one of those which makes an excellent all day hike.

The lower section of trail passes though the Mudflow area of Kautz Creek. The story of this dramatic bit of earth-moving is ably told at the roadside exhibit. After crossing Kautz Creek, the route leaves the area of flood-killed trees

and enters the deep, dimly lighted forests characteristic of the lower elevations around Mount Rainier.

But the lower elevations are not for long on this trail. The climb begins and continues for some distance with but few views. It is the type of traveling that will bring out a bit of moisture on the brow! Breaking out of the woods, there is an expanse of more open country. Here is a stand of western white pine, killed by the white pine blister rust. This disease has been fought for years, successfully in many areas, but in others it has run to an epidemic stage and wiped out much of the white pine forest. There are fine views of Mount Rainier and many and varied flower fields in season as one reaches elevations from 4,000 to 5,000.

At Indian Henrys the veracity of the phrase "where flowers and glaciers meet" is apparent. A public shelter here makes the area a popular stopping place for hikers circling the Mountain on the *Wonderland Trail*.

A short distance beyond the shelter is the Mirror Lakes Trail junction. It is 0.8 miles on the spur trail to Mirror Lake, a favorite photographic spot, very appropriately named. This is "trail's end" as far as official paths are concerned. However, a way-trail leads on into higher country of much scenic interest.

A shorter route to Indian Henrys is afforded by the Tahoma Creek Trail, described below.

### Tahoma Creek Trail

**Start:** At Tahoma Creek Campground, about 4.0 miles up the West Side Road, from its junction with the Nisqually-Paradise Road.

**Distance:** 3.6 miles to Indian Henrys Hunting Ground.

**Approximate hiking time:** Two hours.

The Tahoma Creek Trail is not only shorter than the Kautz Creek Trail to Indian Henrys, but gains less elevation. Some 500 feet of ascent is eliminated by driving up the West Side Road.

The trail climbs rather sharply along Tahoma Creek for the first 2.2 miles to the *Wonderland Trail* junction. To the right is the way to Indian Henrys. To the left the *Wonderland Trail* crosses Emerald Ridge, drops down to the South Puyallup River, then ascends to St. Andrews and Klapatche Parks and continues on around the Mountain. These trails will be found fully described in the section on the *Wonderland Trail*.

The crossing of Tahoma Creek, just beyond the junction with the *Wonderland Trail*, is made by a footbridge which might well be described as intermittent. Year after year, when Tahoma Creek comes raging down its course in periods of high water, this crossing has been destroyed, rebuilt, destroyed again—replaced as a more or less persistent marking of man's stubborn struggle against the forces of nature. This erratic, rough behavior of glacial streams is characteristic. They are always to be respected. Just beyond the bridge, crossing the glacial moraine before the trail starts back into the forest, there is an inspiring view of Glacier Island and the terminal points of the glaciers flanking this eminence of rock on either side.

Only occasional views of Mount Rainier may be had along the way, until suddenly the trail reaches the open country of Indian Henrys where the panorama is impressive.

### Gobblers Knob Trail

**Start:** At the Round Pass parking area on the West Side Road.

**Distance:** 0.8 miles to Lake George, 2.3 miles to the Gobblers Knob Fire Lookout.

**Approximate hiking time:** Half an hour to Lake George; another hour to the lookout.

Before starting on the Gobblers Knob Trail visit the Marine Memorial Plaque at the viewpoint in the parking area. This plaque is in memory of the 32 Marines who died when their plane crashed on the South Tahoma Glacier in December, 1946.

The trail offers short hikes to some of the most interesting sections of the western side of Mount Rainier National Park. As far as Lake George, the trail is an easy grade. The trail beyond is progressively steeper. In the vicinity of the lookout it affords superior views of Mount Rainier and the surrounding terrain of rugged mountains and valleys. Lake George itself covers 26 acres. Surrounded by dense forest, it is an excellent place for camping and even swimming, if the weather is not too cool.

The hiker-fisherman may wish to continue on for another mile beyond Gobblers Knob to Goat Lake, just outside the park boundary. It's a stiff climb back, over this fisherman's foot path, but some excellent catches of small brook trout are taken from the lake.

### South Puyallup River Trail

**Start:** Approximately 100 yards south of South Puyallup River Bridge on the West Side Road.

**Distance:** 1.6 miles to *Wonderland Trail* junction, 3.4 miles to summit of Emerald Ridge, 7.5 miles to Tahoma Creek Campground.

**Approximate hiking time:** One and one-half to two hours to summit of Emerald Ridge. Plan another two hours if continuing to Tahoma Creek Campground.

To make use of this almost unknown trail link connecting the West Side Road with the *Wonderland Trail*, the hiker must take the road from Round Pass to the trail's starting point, about 100 yards south of the South Puyallup River Bridge, three-fourths mile beyond Round Pass.

A party using two cars may provide an ideal arrangement by leaving one vehicle at Tahoma Creek Campground, continuing on to the South Puyallup River with the other. From there, a delightful one-day hike completes the round trip from the South Puyallup to the campground.

The trail progresses by an easy grade through dense forests along the south side of the South Puyallup. At a point 1.3 miles from the West Side Road the route passes beneath one of the finest andesite column formations in the park. This cliff of many-sided columns of lava is approximately 300 yards in length and several hundred feet in height.

At the *Wonderland Trail* junction, Emerald Ridge is to the right. A short distance above the junction the trail passes the terminus of the Tahoma Glacier, then climbs rather sharply to the crest of Emerald Ridge, where fine views are afforded of the Tahoma Glacier and Glacier Island. This area, particularly the

opposite slope across the lower section of the glacier, is good goat country. Watch for them.

Beyond the crest of Emerald Ridge the *Wonderland Trail* descends to the Tahoma Creek Trail junction; turn right there for the Tahoma Creek Campground and the West Side Road.

### St. Andrews Creek Trail

**Start:** At St. Andrews Creek Bridge on West Side Road.

**Distance:** 0.5 miles to the falls.

**Approximate hiking time:** Half hour for the round trip.

A short distance below the bridge are three closely associated waterfalls. The first you reach is Denman Falls; the second or middle cascades are Larrupin Falls and the third or lower falls are Ethania. Their beauty is well worth the short hike required.

### Klapatche Ridge Trail

**Start:** Just north of the St. Andrews Creek Bridge on West Side Road.

**Distance:** 2.5 miles to Klapatche Park, 3.2 miles to St. Andrews Park.

**Approximate hiking time:** One and one-half hours to Klapatche Park.

The trail zigzags quite gradually upward through the forests of the ridge dividing St. Andrews Creek and the North Puyallup drainage, then follows the crest of the ridge to break into the alpine meadow of Klapatche Park, with its tiny pond surrounded by heather slopes and wildflower gardens. The view of the Sunset Amphitheatre is very fine, but is even better farther up the trail towards St. Andrews Park, where an overlook affords an unrestricted panorama across the great canyon carved by the Puyallup Glacier.

*Special Note:* As this publication goes to press, 1960, the West Side Road is open to public travel to the North Puyallup River. However, sections of the road may be closed at times due to earth and rock slides. If you are contemplating the use of any trails listed in the remainder of this section of the *Guide*, an inquiry of the District Ranger at the Nisqually Entrance will reveal the current status of the road.

### Trails in the Paradise Area

**Introduction:** From Paradise as a hub many trails radiate into higher country at forest line or above, until no trace of pathways remains. Beyond the trails the hiker is "on his own" over the volcanic rock of Mount Rainier.

Hikers are cautioned not to venture out upon the glaciers without proper equipment. Climbing above Camp Muir at 10,000 feet is permitted only for those registered for a summit climb or climbing with a professional guide. The guides are stationed in Paradise during the summer season and conduct parties on trips to the glaciers and on other climbing trips. Two-day climbs to the summit of Mount Rainier are also led by these men, if you qualify for such a strenuous and potentially hazardous climb.

Shorter, easier hikes than the above are conducted by ranger-naturalists. Or, if you prefer, you may of course go out "exploring" on your own.

There are so many short trails from Paradise which are good walks that it is

beyond the scope of this *Trail Guide* to describe them in detail. All of them, however, you will easily find by inquiry or merely by checking rustic directional signs located at key points.

These little local trails lead in some cases to trailside exhibits which graphically tell the story of Mount Rainier. In other cases the paths lead to pools where good reflections of the Mountain may often be captured on film. They may also bring you out at a public campground.

And here, before we go on to a detailed description of the longer trails of this area, is a word about erosion. Please stay on the trails. Avoid shortcuts and minor paths. It does not take long in loose, volcanic soil to start a new way. Soon melt water from the snow or rain begins to work, and the new way becomes an unsightly gully. In a short time a whole hillside may exhibit a maze of ditches and scars, marring the natural beauty of the flower fields and meadows.

One of the birds to be seen in the alpine meadows above tree line is the ptarmigan, slightly smaller than a domestic hen. They are naturally so well camouflaged that you may almost step on one before seeing it. The birds are pure white in winter plumage, and were it not for their black eyes and bills they might easily be taken for humps of snow; in the summer they are mottled brown and white, blending with the coloration of the rocks.

### Skyline Trail

**Start:** At the trail hub bordering the parking plaza just west of the Paradise Ranger Station. Rustic signs indicate the various trails originating at this point.

**Distance:** Round trip from starting point, 5.7.

**Approximate hiking time:** Three hours. However, there are so many things to see along the way that this hike makes an excellent all day trip.

This is the major trail of the Paradise area. It is replete with all the things that make Mount Rainier a great National Park. It is not a difficult hike, though side trips from it into higher country may become so. It is a loop trail; no retracing of the main route is necessary.

From the beginning the trail winds up through flower meadows, brilliant with changing colors as the seasons change. A short distance beyond the starting point the trail forks. The right hand branch, known as the Alta Vista Trail, circles Alta Vista knoll and rejoins the Skyline Trail beyond and behind the crest of this small hill. The left branch is the main Skyline Trail.

The first spur trail junction on the Skyline Trail, 0.5 miles out, marks the Moraine Trail. It is a spur trail leading to the moraine above the Nisqually Glacier, 0.5 miles from the junction.

The spur trail to Glacier Vista leaves the main trail 1.0 mile from the starting point. As the name implies, the views of the rock-strewn lower reaches of the Nisqually Glacier (almost six miles long from the summit) are good. The whole glacial story of this "river of ice" may be studied. The upper, crevassed sections merge into the huge ice cap at the top of the Mountain and are lost among the general névé (granular snow fields at the upper end of a glacier) slopes at elevations over 13,000 feet. Glacier Vista is 0.2 miles from the Skyline Trail.





Mount Rainier from the Skyline Trail.

Continuing along the trail one comes to its highest point, Panorama Point, elevation 6,800 feet. From here the surrounding mountain country may be seen in clear weather as far away as Mount Hood in Oregon, which is more than a hundred miles airline.

Beyond Panorama Point the trail descends to Golden Gate, 3.1 miles from the starting point. In the event that a shorter route returning to Paradise seems desirable, a right turn here will bring the hiker back to the starting point in 1.5 miles, shorter by approximately a mile and a half than the remainder of the Skyline Trail route.

Leaving Golden Gate, the Skyline Trail passes a historic marker at the site of the base camp of the first successful climbing party. Philomen B. Van Trump and Hazard Stevens stopped here in 1870, with their Indian guide, Sluiskin, who refused to go farther. He was certain that evil spirits would claim anyone who ventured to the summit of "The Mountain that was God." The two climbers, despite Sluiskin's protests, continued without him the following day, to complete their conquest of the Mountain.

Sluiskin's name is given to the waterfall nearby on the Paradise River. Past Sluiskin Falls, a right turn at the junction of the Mazama Ridge Trail on top of the ridge, will bring the hiker back to Paradise and the starting point.

### Mazama Ridge Trail (Lakes Trail)

**Start:** From the trail hub near the ranger station, continue right to the junction beyond Myrtle Falls, then turn right toward upper Paradise Valley and Sluiskin Falls.

**Distance:** 5.6 miles round trip via Reflection Lakes.

**Approximate hiking time:** Three to four hours.

This trail is a pleasant hike from Paradise, by Reflection Lakes, returning across the lower section of Paradise Valley. It is one of the finest "wildflower hikes" in the area.

The word "Mazama" is of Indian derivation and means "mountain goat." However, it is much more probable that you will see deer, bear, and smaller animals such as squirrels, marmots, conies and chipmunks. Mountain goats are seldom seen near developed areas.

After crossing the Paradise River below Sluiskin Falls, the trail ascends Mazama Ridge to the junction of the Skyline Trail. Our trail turns right at this point and continues down the ridge toward Artist's Pool and Faraway Rock, 2.9 miles from the starting point. Views from here of the Tatoosh Range, down Stevens Canyon and to the several lakes are excellent.

Just before Faraway Rock is reached, the main loop trail, regularly taken by guided horseback parties and many hikers as well, turns abruptly to the right, traverses the slope north and high above Reflection Lakes, crosses the Nisqually-Paradise Road and Paradise River, and returns to the starting point at Paradise. This route passes through forested uplands and flower-filled meadows affording excellent views of the Tatoosh Range, Reflection Lakes and Mount Rainier. It does not, however, lead down to the shores of Reflection Lakes.

From Faraway Rock hikers may wish to descend by an easy trail and pass between the lakes to the Stevens Canyon Road. The hikers may then follow along the road on the south side of the larger lake to a point just beyond the outlet, Tatoosh Creek. Here a trail to the right ascends toward the Mountain to the top of the ridge. At the first intersection the *Wonderland Trail* continues to the right. The left branch returns to Paradise.

### Paradise Glacier Trail

**Start:** At the trail hub, as for the Mazama Ridge Trail (Lakes Trail).

**Distance:** About 3 miles to the Paradise Glacier and Ice Caves.

**Approximate hiking time:** Two and one-half to three hours, round trip.

This is the only trail in the park which takes the average hiker (not specifically equipped for moving about on glacial ice) right to a glacier, where he may even get out on the ice with safety. This is possible because the Paradise Glacier is a small glacier and not greatly crevassed. However since these cracks in glacial ice are always potentially hazardous, it is not advisable to venture out upon the ice when such crevasses are in evidence.

From the starting point, the route continues over the Mazama Ridge Trail (Lakes Trail) and ascends Mazama Ridge above Sluiskin Falls. Take the left branch of the trail at the first intersection on Mazama Ridge. You are now on the Skyline Trail. Proceed beyond the Stevens-Van Trump monument and take the right branch at the next intersection. This intersection is marked with



#### Mount Rainier from the Pinnacle Peak Trail.

a rustic sign which reads, "Ice Caves." Look behind you to see Mount St. Helens, Mount Adams, Mount Hood, and other volcanic peaks of the Cascade Mountains to the south.

In late summer ice caves may be exposed at the terminus of the glacier. Refracted light creates beautiful shades of blue in the ice as seen from the interior of the caves. Collapse of the walls and ceiling is a hazard in warm weather so do not venture too far into the openings.

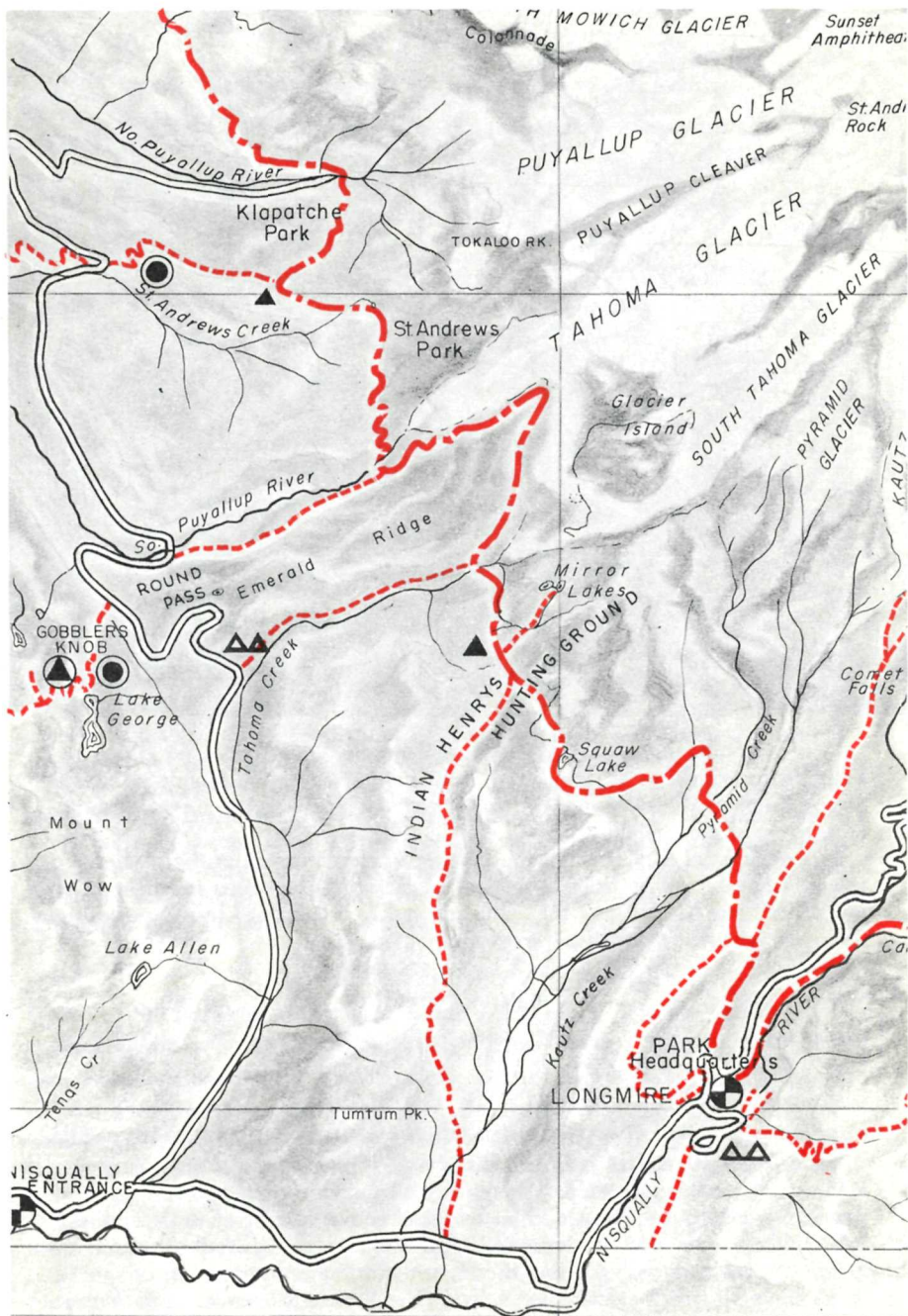
#### Pinnacle Peak Trail

**Start:** Just across the Stevens Canyon Road, on the south side of Reflection Lakes.

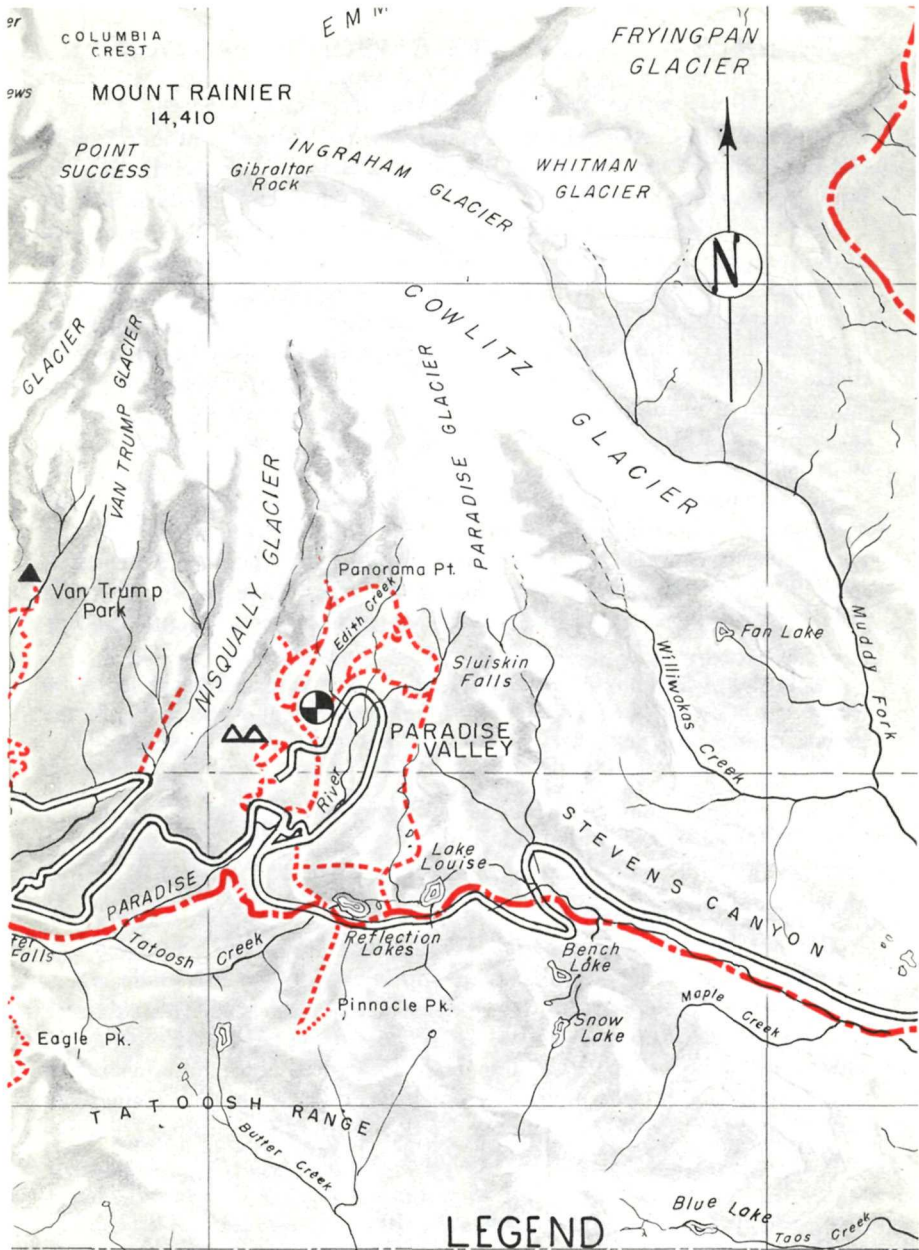
**Distance:** 1.3 miles to the saddle just west of Pinnacle Peak.

**Approximate hiking time:** One-half to three-quarters of an hour to the saddle.

Here is a trail, relatively short in itself, which ends in a spot that tempts you farther into trailless country. Though fairly rugged to climb, Pinnacle Peak may be scaled from the south without special equipment by an agile, and careful, climber. It is *not recommended* for those inexperienced on mountain heights. If you care to explore in the other direction along the crest of the Tatoosh Range, there is much rugged country. It is unwise, however, to venture into canyons away from the Mountain. In heavily wooded sections travel is difficult, and the risk of losing the way is always a possibility.



**SECTION 1**



### LEGEND

- |                  |  |                |  |
|------------------|--|----------------|--|
| Wonderland Trail |  | Patrol Cabins  |  |
| Other Trails     |  | Shelter Cabins |  |
| Roads            |  | Fire Lookouts  |  |
| Ranger Stations  |  | Camp Grounds   |  |

## SECTION 2 — TRAILS OF THE CARBON RIVER COUNTRY

(See map on pages 24 and 25)

**Introduction:** The Carbon River area is the primitive section of Mount Rainier National Park and a region seldom visited. This factor adds to the charm it has for those who love to explore unspoiled country where the crowds do not go.

Near the Carbon River Entrance and on into the park via 5.0 miles of road to the Ipsut Creek Campground, the section is characterized by heavy forest. Individual trees are moss draped. The forest is generally dark and damp, even during mid-summer. Trees grow large and tall. Mosses, ferns, lichens, and fungi spread in thick profusion through the woods. Here and there, in the natural course of things, old trees have fallen and upon their decaying bulks the thick, new growth of young trees is surprising. This growth is possible in such sites because a heavy accumulation of duff and soil on old logs and stumps forms an excellent seed bed.

The surrounding country is reached by trails from the Carbon River Road and also from Mowich Lake. The road to Mowich Lake is open after the snow melts and is safe for public travel. It is usually open by mid-July. There is good fishing in the streams and lakes. The Carbon River itself, like most glacial streams, is best in spring and fall when the water is not too high or muddy.

The Carbon Glacier, with its terminus at an approximate elevation of 3,500 feet, is the lowest of the glacial ice on Mount Rainier. It is the source of the Carbon River.

### Carbon Glacier Trail

**Start:** At Ipsut Creek Campground.

**Distance:** 3.9 miles (1.6 miles by minor road, 2.3 miles by trail).

**Approximate hiking time:** Two hours to the glacier.

This is a link in the *Wonderland Trail* system, and will be included in a description of the around-the-Mountain trip in Section 5 of this guide.

The Carbon Glacier is one of the principal active glaciers of Mount Rainier. As a result, the stream that emerges from beneath the terminal ice is muddy. The ice is covered with a great amount of rock towards the terminus of the glacier, except on the sharply inclined melt faces. On warm days many rocks may be observed tumbling down these ice slopes. All of these things are indicative of an active glacier, a veritable moving river of ice.

### Green Lake Trail

**Start:** At Ranger Creek, three miles up the Carbon River Road from the Carbon River Entrance.

**Distance:** 2 miles to Green Lake.

**Approximate hiking time:** One hour.

A scenically beautiful lake, reached by a trail through virgin forests of magnificent growth, predominately Douglas fir. This is a hike to please those who seek aesthetic delight. Approximately halfway to the lake, a short spur trail leads to a lovely falls on Ranger Creek. It provides a pleasant stop en route.

Trout fishing in Ranger Creek is good. Green Lake is often good fishing, particularly in the early season.

### Chenius Creek Trail

**Start:** On Carbon River Road, about half a mile above Ranger Creek.

**Distance:** 3 miles to the trail's end on Tirzah Peak.

**Approximate hiking time:** One and one-half hours to the end of the trail.

Though this is a good trail, it has never been completed. Its end is an arbitrary point in the forest on the side of Tirzah Peak.

However, it is an excellent short hike to Chenuis Falls, 0.3 miles from the starting point. These cascades are located in a cool and shaded spot. The water is crystal-clear. One is tempted to sit here for hours enjoying the scene.

### Ipsut Creek Trail

**Start:** At Ipsut Creek Campground.

**Distance:** 5.2 miles to Mowich Lake.

**Approximate hiking time:** Three hours.

This is a part of the *Wonderland Trail*. However, as an independent hike, it is very popular, and one of two ways to reach Mowich Lake. The other, via the Mowich Lake Road, is described a bit later.

The way to Mowich is through dense forest, across numerous creeks, reaching rugged, open country near Ipsut Pass.

### Northern Loop Trail to Lake James

**Start:** *Wonderland Trail* junction two miles above Ipsut Creek Campground.

**Distance:** 5.8 miles to Lake James Shelter.

**Approximate hiking time:** Three and a half hours for sure, it is pretty "stiff hiking" all the way.

The Northern Loop Trail is an alternate route in this section of the park for hikers on the *Wonderland Trail*. However, because of the many lakes and spots of unusual interest, it is a worthwhile separate trip. Since it is a long climb, you would be well advised to plan for more than one day and stay overnight at the Lake James Shelter.

Many natural features for you to enjoy are to be seen along the trail. Before Lake James is reached, you pass below the Yellowstone Cliffs, eroded lava formations of such diversity and bright color that it seems they might have been misplaced from the Dakota badlands.

A short distance beyond, the trail crosses Windy Gap (better hold your hat here, it seems a strong wind is almost always blowing), and then an 0.8 miles spur trail to the Natural Bridge, a natural stone arch of great size.

At Windy Gap one may enjoy one of the finest views in the park, overlooking the Puget Sound country and northward into Canada. Flower fields and little glacial tarns add color to the nearby scene. Sluiskin Mountain appears im-

pressively close. If time permits, another good side trip leads to Crescent Lake, just a mile from the main trail. The waters of Crescent Lake are as clear as any you have ever seen among mountain lakes, which are in general famed for the clarity of their water.

The Northern Loop Trail continues on beyond Lake James to Yakima Park. A description of this route will be found in Section 3.

### Trails from Mowich Lake

**Introduction:** Though in the Carbon River section of Mount Rainier National Park, these trails center naturally around Mowich Lake as a centrally located topographic feature.

"Mowich," largest of the park's many lakes, is from a Chinook Indian word meaning "deer." It occupies an old glacial cirque, at one time thought to be an extinct volcano crater. In the early days, Mowich Lake was known as Crater Lake. It is stocked with trout frequently.

As has been mentioned, it is possible to hike from the Ipsut Creek Campground above the Carbon River Entrance to Mowich Lake, a distance of 5.2 miles. An alternate and shorter way to the lake is from the western park boundary. Drive up the Mowich Lake Road (which branches to the right off the Carbon River Road 0.5 miles beyond the canyon bridge outside the park) to the park boundary marked here by a log pylon.

From this point Mowich Lake is 4.7 miles. The trail intersects the Mowich Lake Road several times, and part of this trail is the Grindstone Trail constructed by Bailey Willis in 1883. The Mowich Lake Road is normally open for public travel in late July, when the snow melts. There is a ranger stationed at Mowich Lake during the summer, and limited camping facilities are located there. No public shelter is available.

### Tolmie Peak Trail

**Start:** Mowich Lake Campground.

**Distance:** 3.1 miles. Mowich Lake to Tolmie Peak Lookout.

**Approximate hiking time:** Two hours.

A spur trail, 1.8 miles in length, leaves the *Wonderland Trail* at Ipsut Pass and leads to the Tolmie Peak Lookout. Lookout stations are interesting places, especially because they are invariably situated at points that have sweeping panoramic views. They were selected because this is a very important factor for detecting forest fires. Lookout personnel, employed for the summer season, are always happy to have visitors and to explain their work as "the eyes of the National Park Service."

Before reaching Tolmie Peak, the trail passes Eunice Lake. The lake is picturesquely located, with reflections of the spectacular western slopes of Mount Rainier.

### Spray Park Trail

**Start:** *Wonderland Trail* junction one-fourth mile south of Mowich Lake.

**Distance:** 8.6 miles to Cataract Creek, another 2.9 miles down Carbon River to the Ipsut Creek Campground, a total of 11.5 miles.

**Approximate hiking time:** About six hours to the Ipsut Creek Campground.

This section of trail which starts below Mowich Lake and leads into the high





Mount Rainier from Eunice Lake is one of the park's most spectacular views.

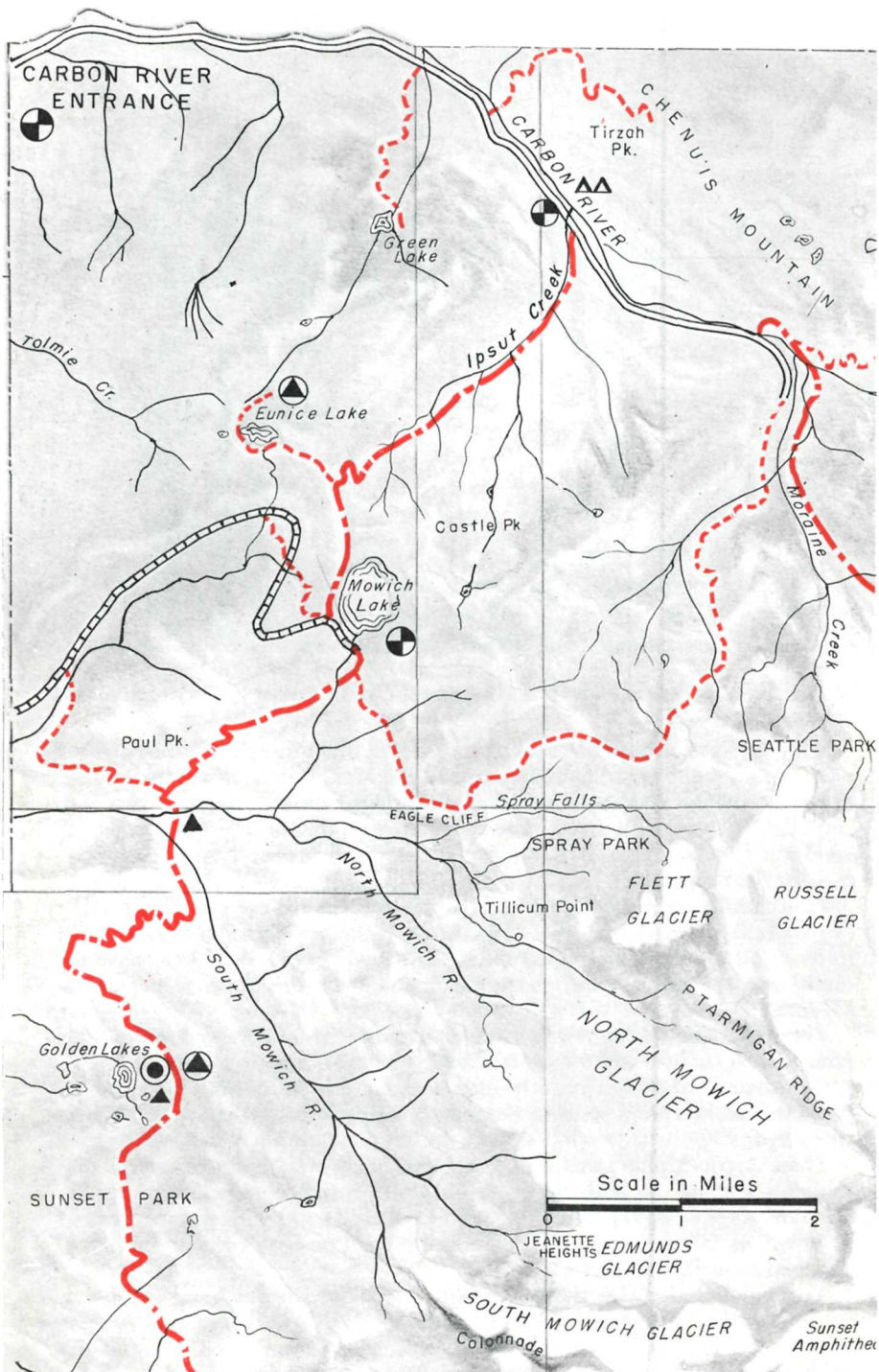
country of Spray and Seattle Parks was formerly the route of the *Wonderland Trail*. It may still be used by hikers around the Mountain as an alternate route. However, there is no shelter in Spray Park, and the trail for the most part is in very high country, with much more rugged hiking than the *Wonderland Trail* via Ipsut Creek to Carbon River. Snow fields will probably be encountered, even late in the summer.

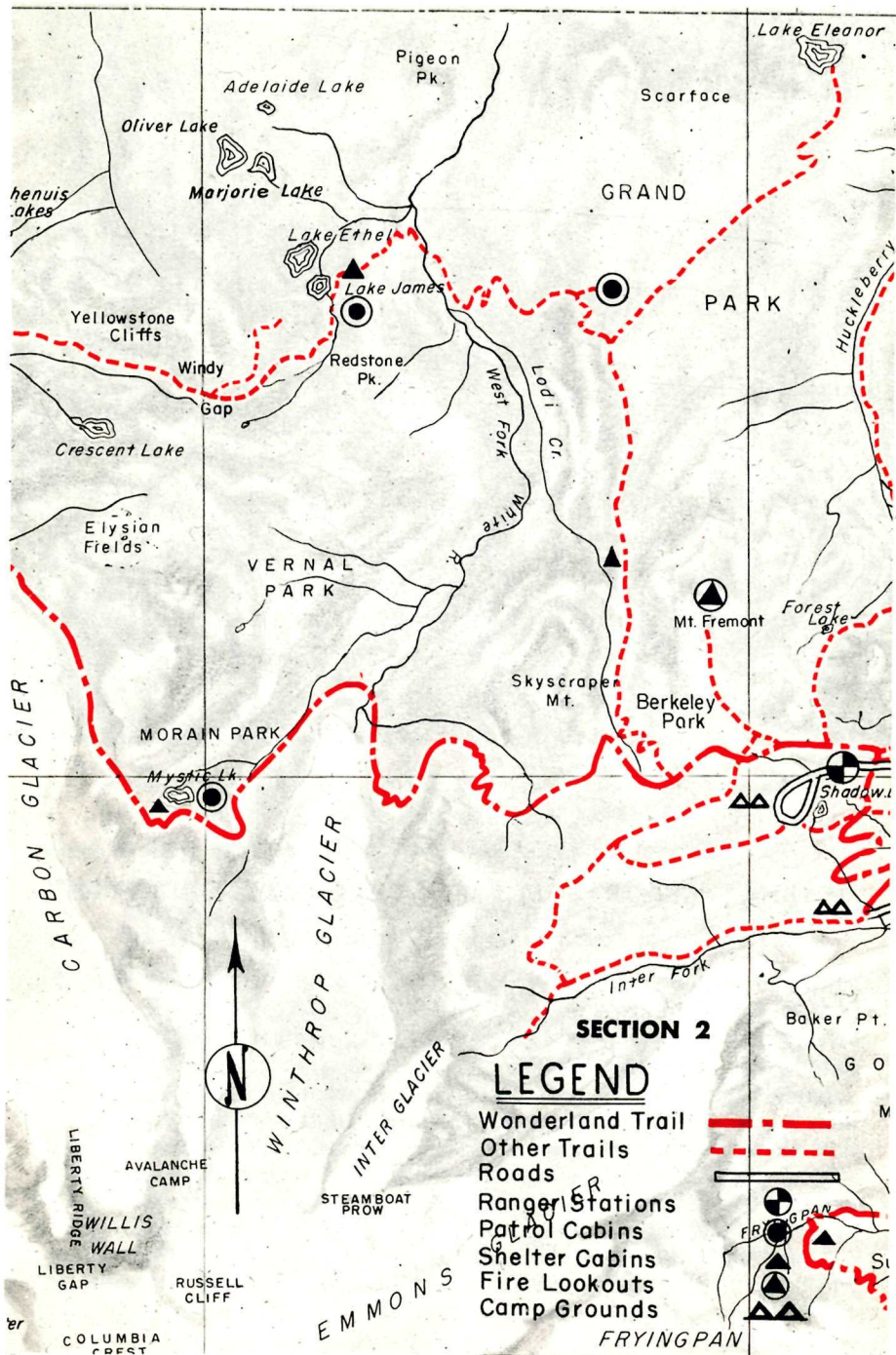
Fire permits are issued for Spray Park, and there are places there to camp out under the stars. Open alpine meadows, vast flower fields, and the feeling of freedom inspired by distance are the fundamental appeals such areas have for the hikers who brave these more difficult routes on the upper slopes of the Mountain.

The elevations through which the trail passes in Spray and Seattle Parks range from 5,400 to more than 6,400 feet. Many forms of plant and animal life peculiar to the high country may be seen. Alpine flowers blooming in protected nooks always seem to be more brilliant in color than their lowland counterparts.

These Arctic-Alpine zones are the habitats of coyotes, marmots, and ground squirrels. Among the birds may be seen pipits, rosy finches, and pine siskins. Here and there along the trail are smoothly polished rocks with surfaces marked by fine lines (striations, the geologists call them), positive evidence of glacial occupation in this area in times past.

You will find, along the trails of tree line and above, the peace and well-being that come with warm sun, superb views, the sound of trickling water, a sudden sweet breeze from a field of blooming lupine, and the quiet of isolation. Man-made sights and sounds do not penetrate here.







The magnificence of Mount Rainier may be fully appreciated when seen from Yakima Park.

### **SECTION 3—TRAILS FROM YAKIMA PARK AND WHITE RIVER**

(See map on pages 34 and 35)

**Introduction:** Yakima Park, elevation 6,400 feet, is the highest point reached by automobile in Mount Rainier National Park. The developed area in Yakima Park, buildings, campgrounds, picnic areas, etc., is commonly referred to as "Sunrise" or the "Sunrise Area."

Leading out from Yakima Park as a center are many nature trails, short hikes to viewpoints and to trailside exhibits. The *Wonderland Trail* passes through the area. As in the somewhat comparable area of Paradise on the south side of Mount Rainier, all of the short trails are not described. They may readily be found by rustic signs. Park rangers will be happy to supply the hiker with trail information.

Most of the longer trails described below begin at the Yakima Park Plaza. There is much open meadow country surrounding Yakima Park. The views of the Mountain in all its ice-clad majesty are incomparable.

### Sourdough Mountain Trail

**Start:** At the rustic sign in the campground just off the Plaza.

**Distance:** About two and a half miles to Sunrise Point.

**Approximate hiking time:** One hour.

This is a short, easy trail, recommended for all the family. Passing as it does through open country, through colorful flower meadows, and along the ridge above and east of Yakima Park, it provides spectacular views of Mount Rainier. It is excellent for those who do not have a lot of time or who are not interested in the longer, more strenuous hikes.

To make this a really easy one, have someone come down in the car to meet you when you arrive at Sunrise Point.

### Mount Fremont Lookout Trail

**Start:** Via the Sourdough Mountain and *Wonderland Trail* to a point just beyond Frozen Lake, then turn right on the Mount Fremont Trail.

**Distance:** 2.5 miles from Yakima Park.

**Approximate hiking time:** One and one-half hours.

Mount Fremont Lookout is easily reached without steep climbing. As a matter of fact, this is another trail that makes a nice trip "for the whole family." It is open country all the way, consequently there is much to see in distant views as well as countless interests along the trail; plants and animals characteristic of high elevation areas.

At the summit of Mount Fremont a National Park Service fire outlook is located. The young man stationed there will be happy to point out features of the surrounding terrain and to describe the duties involved in his work by helping to preserve the forests of Mount Rainier National Park.

### Burroughs Mountain Trail and the Rim Trail

**Start:** As above, via *Wonderland Trail* and Frozen Lake.

**Distance:** A 5 mile loop from Yakima Park to Frozen Lake, over Burroughs Mountain, to junction with Yakima Park Rim Trail, and return to the Yakima Park Plaza.

**Approximate hiking time:** Three hours.

For once, in the Yakima Park section, you are getting away from lakes, meadows, and clumps of trees. This route leads into high, rocky, barren country. On this trail you are pointing steadily upward toward the glacial slopes of Mount Rainier, until the way swings back toward Yakima Park. The Mountain seems very near, though you are at a greater distance than its appearance leads you to believe.

To make a longer hike of this one, there is a connecting trail which continues over the second "hump" of Burroughs Mountain, then down into Glacier Basin to the old Storbo Mining Camp. At this point, many who climb Mount Rainier via the Emmons Glacier route establish their base camp. For the hiker who likes to scramble over snow fields and into steep country, there are plenty of opportunities in the vicinity of Inter Glacier.

If you want to explore a bit, continue on along the crest of Burroughs Mountain (cross-country no trail) to the third and last "hump." This promontory overlooks the Winthrop Glacier, affords excellent views of Russell Cliff, Willis Wall, and Grank Park, and is good goat country. You may expect to see the dainty little pallid horned larks, one of the less common bird species which nests in this area.

For Storbo Camp, the route follows an old mining road along the valley to White River Campground. It is 8.9 miles total distance from Yakima Park to the White River Campground, including the side trip to Storbo Mine. At the campground this trail joins the *Wonderland Trail* which ascends the ridge to Yakima Park (left), and continues down river via the Campground Road towards Summerland.

### Huckleberry Creek Trail

**Start:** *Wonderland Trail* junction on Sourdough Mountain, reached via trail to Frozen Lake. (Junction is .6 miles from Yakima Park Plaza).

**Distance:** 8.8 miles, Yakima Park Plaza to northern park boundary.

**Approximate hiking time:** Four hours to the boundary, but a long, full day hike if you intend to return to Yakima Park.

Except for the hardest hiker the Huckleberry Creek Trail is not particularly recommended for its full length, as it loses elevation steadily from 6,400 feet to about 3,000 feet. There are no campsites or shelter cabins, and the return, either back up the trail or on out via outside trails and roads, may be troublesome. If you are an ambitious fisherman the above advice will fall on barren ground, for all the lower stretches of Huckleberry Creek are considered good fishing. It is a clear water stream of considerable size, flowing through log jams, over rocks, and meandering through the woods, providing many miles of good trout water.

It is possible to continue on beyond the park boundary, via U. S. Forest Service trails and logging roads to The Dalles, a Forest Service Recreation Area on U. S. Highway 410. From the park boundary to The Dalles, approximately seven miles.

Of course, as in all trails, you may wish only to hike part way and return. It is an interesting shorter hike to take several miles of the upper sections of the trail to Forest Lake and back to Yakima Park, a round trip distance of about five miles.

### Northern Loop Trail to Lake James

**Start:** *Wonderland Trail* at Yakima Park Plaza, via Sourdough Mountain and Frozen Lake. *Note:* This is the Yakima Park division of the Northern Loop Trail described in Section 2.

**Distance:** 11.6 miles to Lake James.

**Approximate hiking time:** Four and one-half to five hours.

The route follows the *Wonderland Trail* to a junction a short distance beyond Frozen Lake, turns there for Berkeley Park and Lake James. (Do not confuse this junction with the Mount Fremont junction, which is the first, immediately beyond Frozen Lake).

The trip will probably be made, not as a day hike out of Yakima Park, but in

conjunction with a round-the-Mountain trail hike taking the alternate Northern Loop route. There is a public shelter at Berkeley Park, an especially beautiful area at the height of the summer wildflower season. Beyond Berkeley Park the trail climbs to, and crosses the edge of, Grand Park, largest flat area in Mount Rainier National Park. Then it descends to the West Fork of the White River. Part of the way is through heavy forest reproduction in an old burn. White pine, Alaska cedar, mountain hemlock, and Douglas fir are all growing here. Where the trail crosses the river at lower elevations, a few large cottonwood trees are encountered. Characteristic of low-elevation stream valley sections is this short stretch of trail flanked by the thorny devilclub, large Douglas fir, and western red cedar. Fungi growths of many colors may be spotted here and there in the thick forest.

Up again through hemlock and fir, passing a small pond covered by water lilies, through huge, moss-covered boulders and small meadows where deer are often seen, you arrive at the Lake James shelter cabin.

#### Lake Eleanor Trail

**Start:** At junction in Grand Park on the Northern Loop Trail.

**Distance:** 3.4 miles from trail junction to lake (9.2 miles from Yakima Park to Lake Eleanor).

**Approximate hiking time:** A long day trip to Lake Eleanor and return to Yakima Park.

As indicated above, the total trip from Yakima Park is long enough under mountain hiking conditions to make a very long day. However, Lake Eleanor offers good fishing and is picturesquely located. The flat land of Grand Park is unusual for Mount Rainier, where most of the terrain is definitely tilted!

Where the trail dips off Grand Park into the trees, you are constantly aware of a remarkable change in the landscape from the open, broad views back to the Mountain, to closed-in forest vistas where century-old trees covered with lichens (which look like moss and are often called moss) line the way.

Barring a "brush with a hornet's nest" in some old snag along the trail, you arrive at Lake Eleanor in good spirits ready to try for the big rainbows, just to rest, or to take pictures of the tree encircled lake.

#### Hidden Lakes Trail

**Start:** Along the ridge just off the north side of the Sunrise Point Parking Area.

**Distance:** 3.0 miles.

**Approximate hiking time:** Three hours round trip, more if you wish to fish in one or several of the many lakes reached by this trail.

"Trail of Lakes" might be a most appropriate name for this one, which leads first to Sunrise Lake, then Clover Lake, Hidden Lake and several unnamed lakes nearby, with other small lakes near the Palisades at the end of the way. Altogether these lakes supply some of the best and most accessible trout waters in the park.

Hidden Lake is really hidden. It cannot be seen from the trail, and may re-

quire a little exploring to be found. Also there are some unnamed lakes beyond the end of the trail where fishing is good. They, too, may require a little "re-search" to find.

There are many other things to be said in favor of a hike into this section of the park. The trail winds through alternate forests and open meadows near forest line. Though there is some "up and down" hiking, in general there is neither a great loss nor gain in elevation along the entire way.

In this paradise-on-the-trail you will see deer and bear in their natural state, not crowding around people for a handout as they sometimes do in developed areas. As a matter of fact, they will be so shy that it will take some stalking to get close enough for a good picture.

You will enjoy the scent of pine needles on a warm summer day. The five-needled white barked pine trees, which so picturesquely occupy isolated spots along ridges, are found, though not common. There are many off-the-trail areas to explore without danger of getting lost, unless one goes too far from the trail on a foggy day. Though there are many opinions and much advice handed out in general about how to find yourself if lost in the woods, probably the soundest thing to do is just sit tight and wait until you can be found. Very few people have ever been lost for any length of time anywhere in the park. Those who have been, have almost invariably placed themselves in such a position because of some foolish "stunt."

With this description of the trail to Hidden Lake, the principal hikes from Yakima Park have been described. There are a few trails worth considering which start from lower elevations in the White River country.

### Summerland Trail

**Start:** Just west of the bridge across Fryingpan Creek, Yakima Park Road.

**Distance:** 4.2 miles to Summerland public shelter.

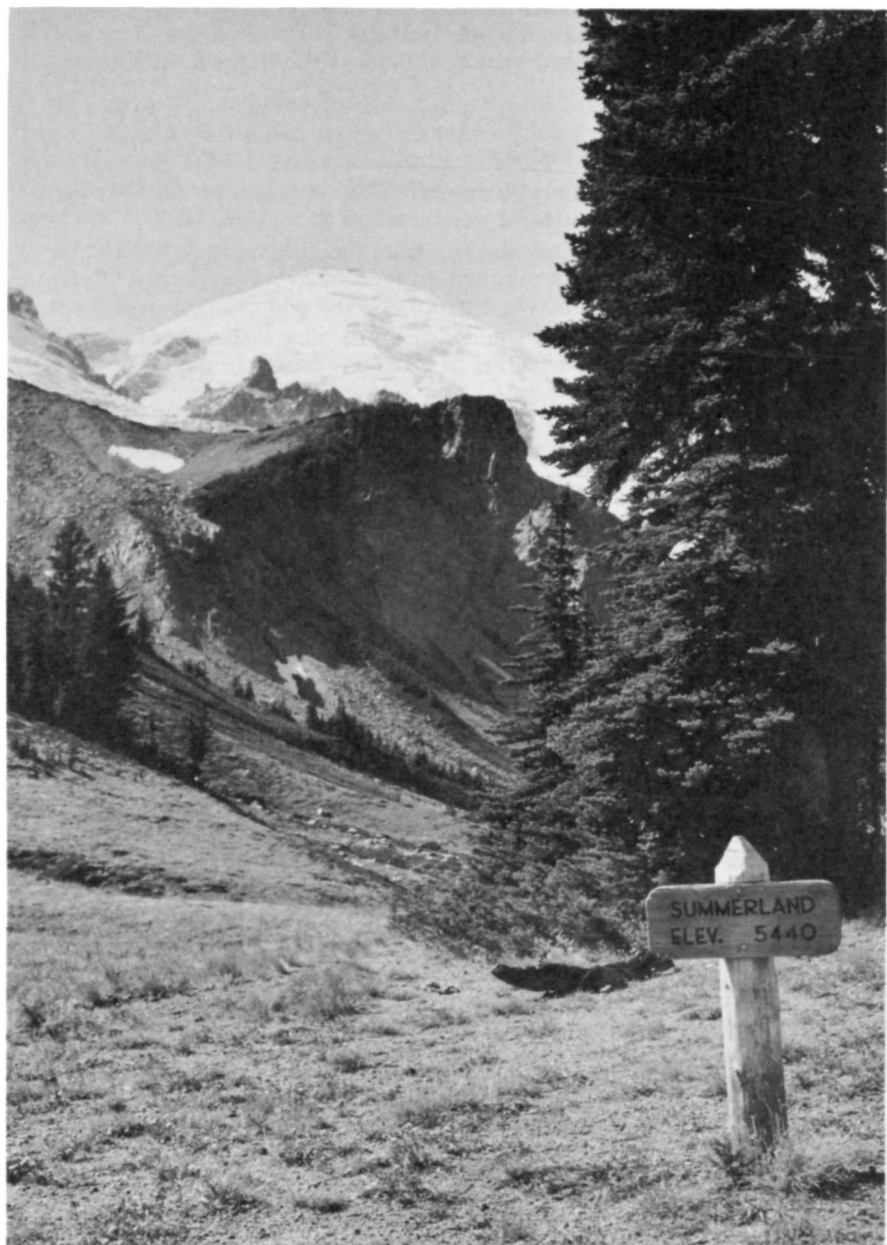
**Approximate hiking time:** Two and one-half hours.

Though this trail is a part of the *Wonderland Trail*, it is listed separately here because in itself it is a good hike, and a popular one. The high park area around Summerland is among the most spectacular areas of the park. Many people like to hike to Summerland and stay overnight at the shelter, providing an opportunity to explore the country above and beyond.

The trail parallels Fryingpan Creek for about three miles, climbing gradually but persistently to much higher elevations until it reaches Summerland. This is on the edge of tree line, about 5,400 feet.

Across from Summerland is Goat Island Mountain. Watch for mountain goats there.





Summerland is an attractive spot for those who enjoy the high country.

### Owyhigh Lakes Trail

**Start:** At the rustic sign on the Yakima Park Road between Shaw Creek and Fryingpan Creek. (Just over two miles above the White River Entrance Station).

**Distance:** 3.6 miles.

**Approximate hiking time:** Two hours.

You climb into rugged country on this trail. There are no fish in the Owyhigh Lakes. Mountain goats may often be seen on ridges above these lakes.

This hike may be made as a round trip from the Yakima Park Road to the lakes and return, or you may go through to the East Side Road in the Ohanapecosh section of the park, a hiking distance of about eight and one-half miles.

In the fall there is much color in areas where the vine maple grows profusely along the streams or in old slide areas. Huckleberry bushes in the higher areas add vivid splashes to fall coloring.

### Crystal Lake Trail

**Start:** At State Highway Maintenance Camp on U.S. 410.

**Distance:** 2.9 miles to Crystal Lake.

**Approximate hiking time:** An hour and a half to the lake.

There are two lakes in the high country toward the end of the trail. Both are reputedly good fishing, though in the manner of all mountain lakes they are temperamental in producing trout.

The trail branches about one mile from the road. The right branch leads through an old burn to an abandoned fire lookout. There are excellent views along this trail, but it is a hot trip if the day is warm.

### A Brief Mention of the Trails near Tipsoo Lake

**Introduction:** Adjacent to U.S. 410, just before it leaves Mount Rainier over Chinook Pass, is a small but very popular picnic area.

Readily accessible as it is from the road, the Tipsoo Lake area is a favorite stopping place for park visitors. Short trails leads to scenic spots and view points. Longer trails, such as the Cascade Crest Trail, lead to the north or south along the Cascade Crest. Since most of the trails of this section are along the top of the Cascades or lead from there to the eastern slope of the range, they are out of Mount Rainier National Park and in land administered by the United States Forest Service. They are not included in this *Guide* with the one exception noted below:

### Cascade Crest Trail

**Start:** Across road from Tipsoo Lake.

**Distance:** 12.1 miles to Three Lakes; 6 miles from Three Lakes to Ohanapecosh via the Laughingwater Creek Trail.

**Approximate hiking time:** A very long day through to Ohanapecosh. This trip is better broken up into intervals as described below.

From Tipsoo Lake to Dewey Lakes just outside the park, 2.9 miles. A Forest Service shelter cabin is located here and the fishing in these lakes is considered fair to good.

By continuing along the Cascade Crest Trail for 3.1 miles beyond Dewey Lakes, you will reach a spur trail which leads off left to the Cougar Lakes which provide excellent fishing because they are so far off the beaten path. These lakes are also outside the park, approximately one and one-half miles from the Cascade Crest Trail.

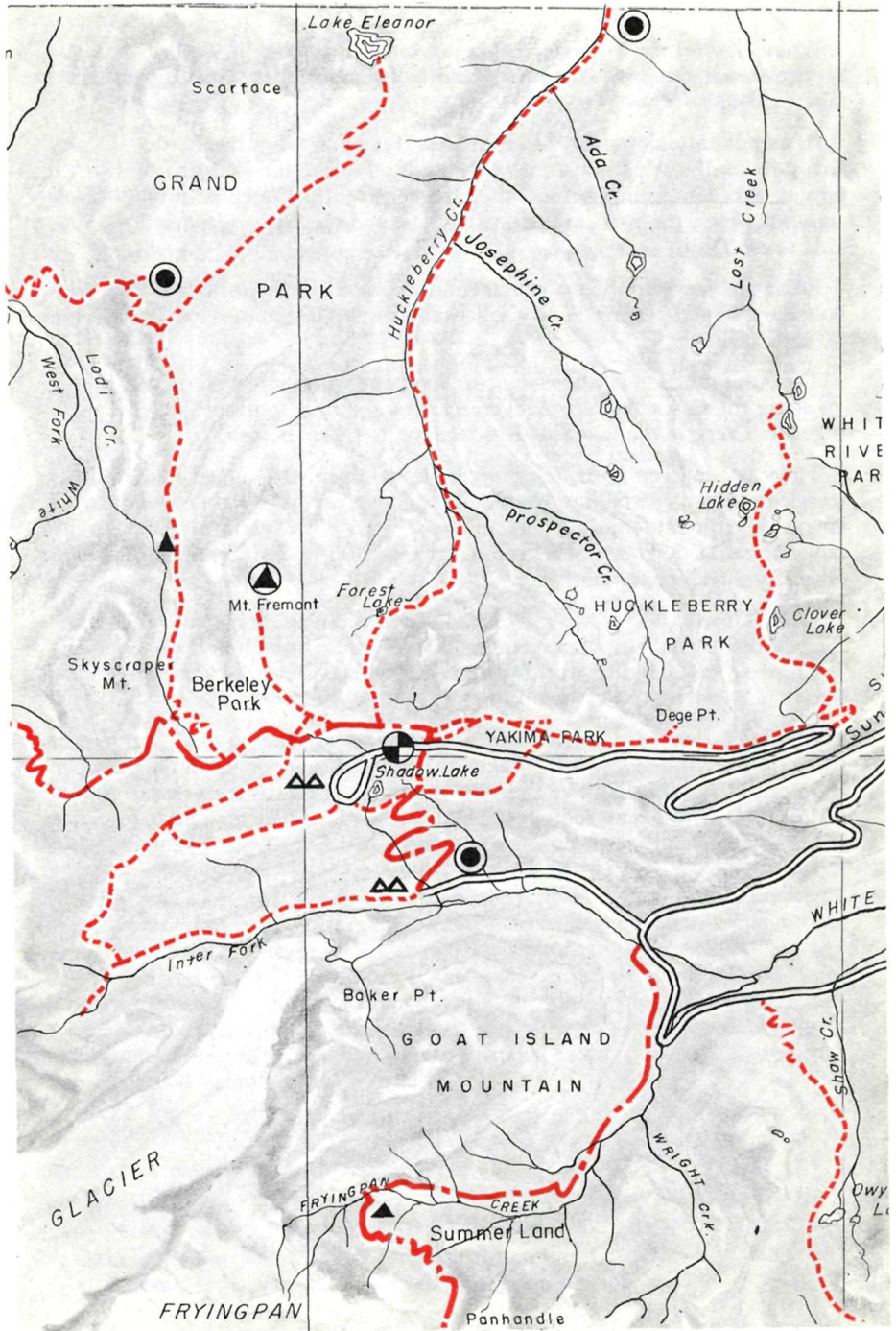
From this junction the main trail continues, sometimes just outside the park boundary, sometimes inside, to a junction with the Laughingwater Creek Trail to Three Lakes.

The latter junction is where you part company with those who may be hiking on along the Cascade Crest. At Three Lakes, the trail continues down Laughingwater Creek to the East Side Road and on to Ohanapecosh.

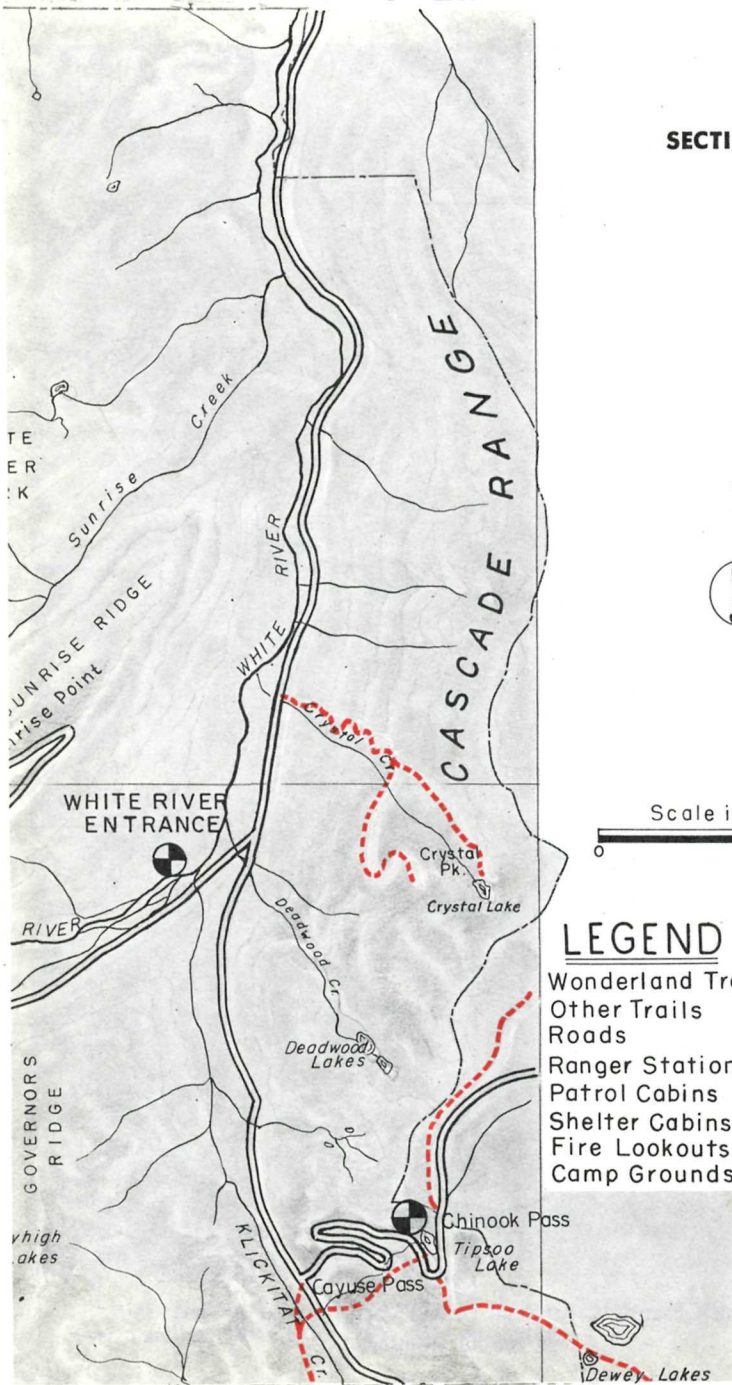
The Cascade Crest areas, relatively high and open, are rugged, varied, little-traveled country. It would prove wise in the long run, if you are contemplating extensive trips into this section, to check with both National Park Service rangers and U. S. Forest Service rangers regarding maps, locations of shelter cabins, and trail conditions.

From Tipsoo Lake north, the Cascade Crest Trail is almost entirely outside the National Park, with the exception of a very short stretch near the boundary at Chinook Pass. Hiking, in this direction, you soon reach primitive National Forest country.

Although there are no marked trails, it is possible to hike from near Chinook Pass into Deadwood Lakes in the park, and on through the open country to Crystal Lakes. Since all this country is some distance east of Mount Rainier itself, you may see elk in addition to the usual mammals found in the park. Elk wander in from their natural habitat east of the mountains.

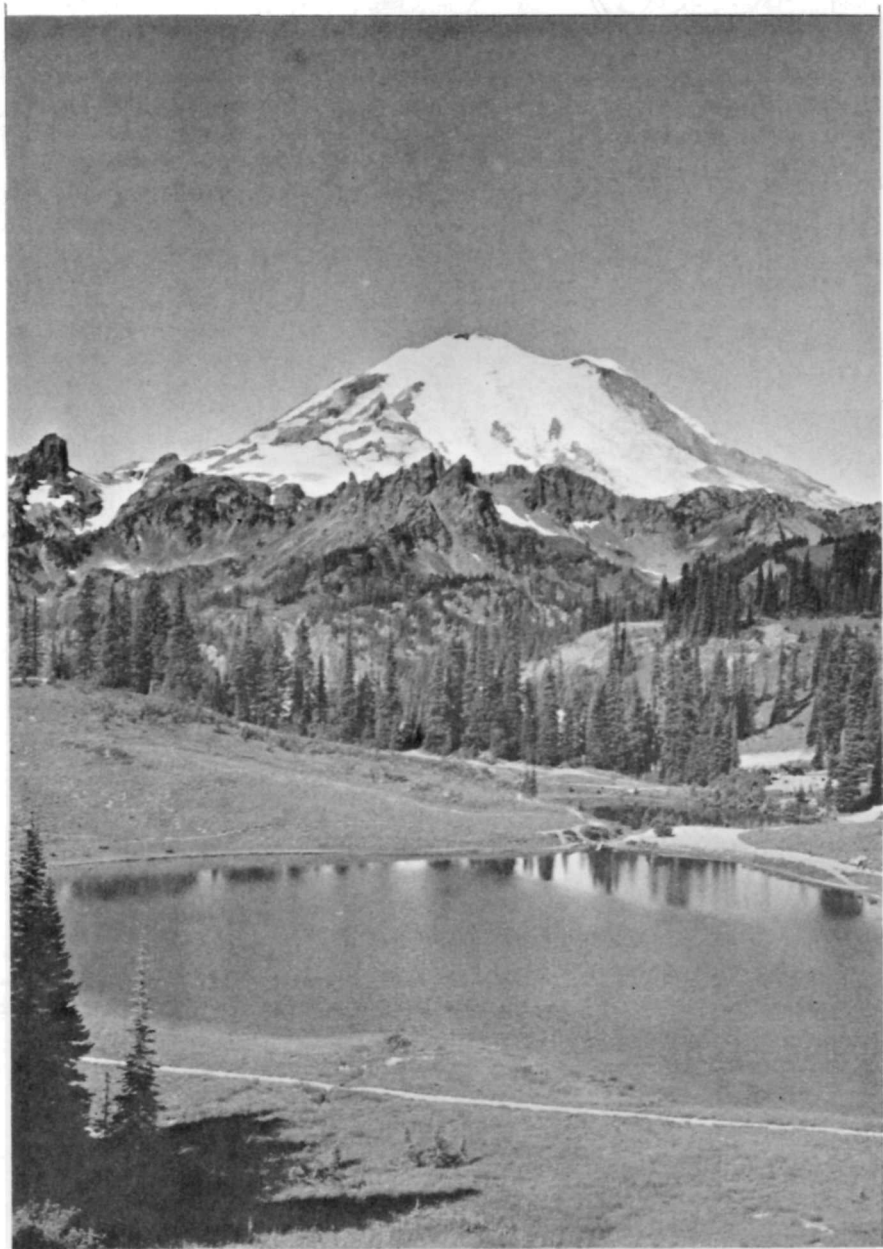


SECTION 3



**LEGEND**

- Wonderland Trail
- Other Trails
- Roads
- Ranger Stations
- Patrol Cabins
- Shelter Cabins
- Fire Lookouts
- Camp Grounds



**From the Cascade Crest Trail Tipsoo Lake reflects the grandeur of Mount Rainier.**

## SECTION 4 — TRAILS OF THE OHANAPECOSH COUNTRY

(See map on pages 40 and 41)

**Introduction:** This area is a section of Mount Rainier National Park which is characterized by comparatively low elevations; deep, thick forests; many large, usually clear water streams; and a goodly variety of both short and long trails through the forest.

### Three Mile Loop Trail (Ohanapecosh Loop Trail)

**Start:** At the bridge across the Ohanapecosh River in the campground.

**Distance:** As the name implies, about a three mile trip.

**Approximate hiking time:** One and one-half hours.

Here is a short, easily hiked trail which affords views along the Ohanapecosh River. About halfway over the trail is a beautiful cascade called Silver Falls.

By following the Loop Trail from Silver Falls back toward the campground you pass through the hot springs area.

### Ohanapecosh River Trail

**Start:** Junction with Three Mile Loop Trail near Silver Falls.

**Distance:** 7.2 miles upriver to Deer Creek public shelter.

**Approximate hiking distance:** Three and one-half to four hours.

This trail is all in densely forested country. It is also sufficiently near the river to provide a good fishing route. Remember, fly fishing only is permitted in the Ohanapecosh River and its tributaries.

Approximately six miles up the river is Stafford Falls, which pours into a deep, rock-rimmed pool. The trail, as are most of them in the Ohanapecosh section, is an especially good one if you enjoy forestry. There are thick stands of Douglas fir, western hemlock, and western red cedar. Individual trees may be ten or eleven feet in diameter and well over 200 feet in height. There is really a lot of "tall timber" along "Ohana" trails.

At Deer Creek shelter you may turn left up Kotsuck Creek and on to Owy-high Lakes. Turn right to the East Side Road nearby, or continue on four miles to Cayuse Pass. Just below Cayuse Pass a branch trail forks right and connects with the Cascade Crest Trail at Tipsoo Lake.

### Cowlitz Divide Trail

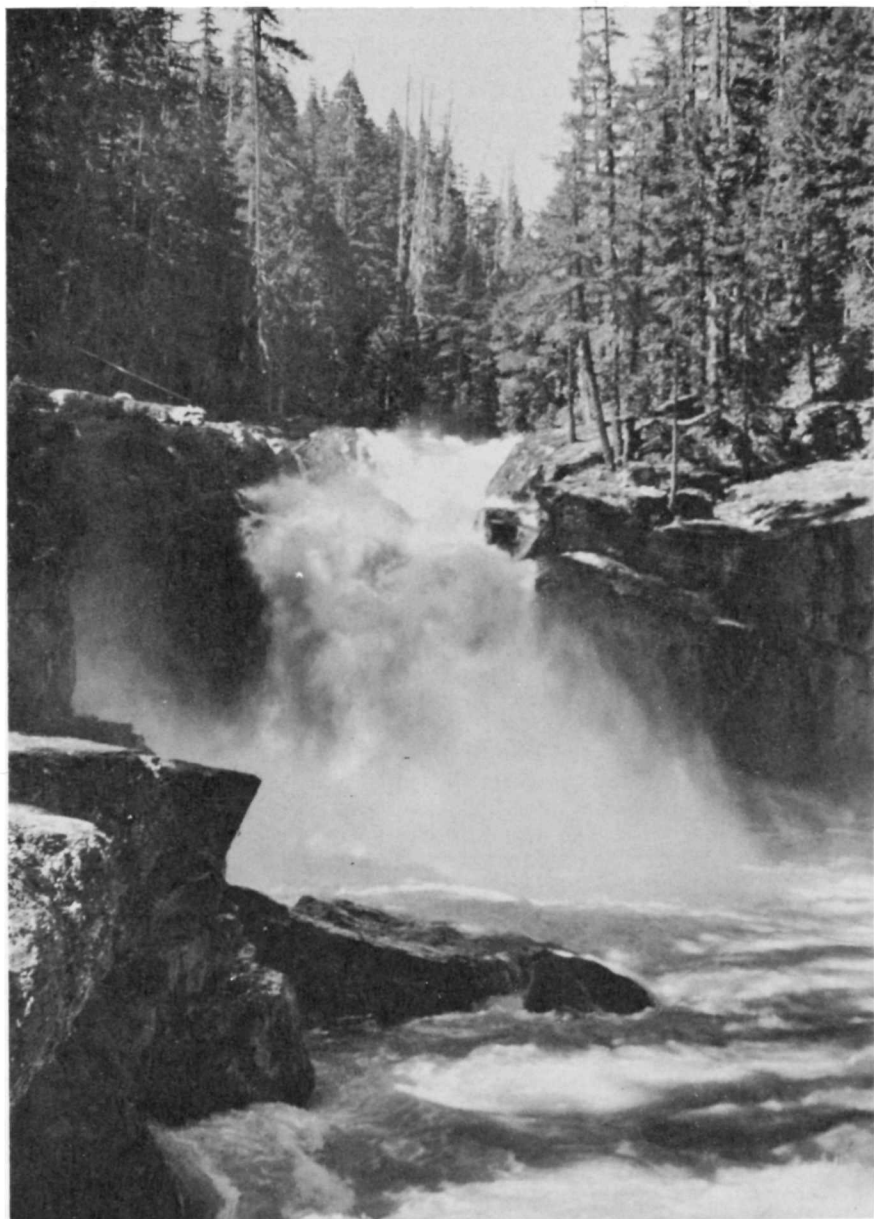
**Start:** Junction with the Three Mile Loop Trail near Silver Falls.

**Distance:** 4.3 miles to the junction with the *Wonderland Trail* on Cowlitz Divide.

**Approximate hiking time:** Two hours to *Wonderland Trail* junction.

The beginning of this trail is a typical, deep forest trail similar to the others previously described. However, in this instance the trail continually climbs through higher country to the *Wonderland Trail*.

Turn right at the trail junction for Indian Bar. Straight ahead for Nickel Creek. The way-trail to the left down the divide to the Stevens Canyon Road. It is maintained as a hiker's trail, but rarely used. There are public shelters at both Indian Bar and Nickel Creek. The trails to these sites are included in the description of the *Wonderland Trail*, Section 5.



Silver Falls on the Ohanapecosh River, is one of the park's loveliest cascades.



### Shriner Peak Lookout Trail

**Start:** At rustic sign on East Side Road 5.4 miles above Ohanapecosh.

**Distance:** 4.2 miles.

**Approximate hiking time:** Two to two and one-half hours.

This is another trail that leads to a National Park Service lookout where you can see the vast domain which is protected from fire. Much of the way is through an old burn that amply demonstrates the devastation created by forest fires. It will be a hot trip if the day is a warm one, but the view of the Mountain is outstanding.

### Hot Springs Ridge Trail

**Start:** At the terminus of the secondary road which branches from the east side of the road a short distance below Ohanapecosh.

**Distance:** 6.2 miles to the junction with the Laughingwater Creek Trail.

**Approximate hiking time:** Three and one-half hours.

Though occasionally used in connection with a round trip hike to Three Lakes and return to Ohanapecosh via Laughingwater Creek, this trail is classified as a protection trail along the southeastern park boundary. Therefore, it would be wise to inquire about trail conditions before starting a trip here. The park ranger at Ohanapecosh will be glad to furnish all information.

Quite steep near the beginning, the way leads up through deep forest. Occasional views are good toward the primitive area known as Goat Rocks, in the adjoining National Forest. As you reach higher areas toward Three Lakes the country is more open. Watch for elk. They drift into this corner of the park from east of the Cascades. They are but rarely seen in other localities in the park.

### Laughingwater Creek Trail

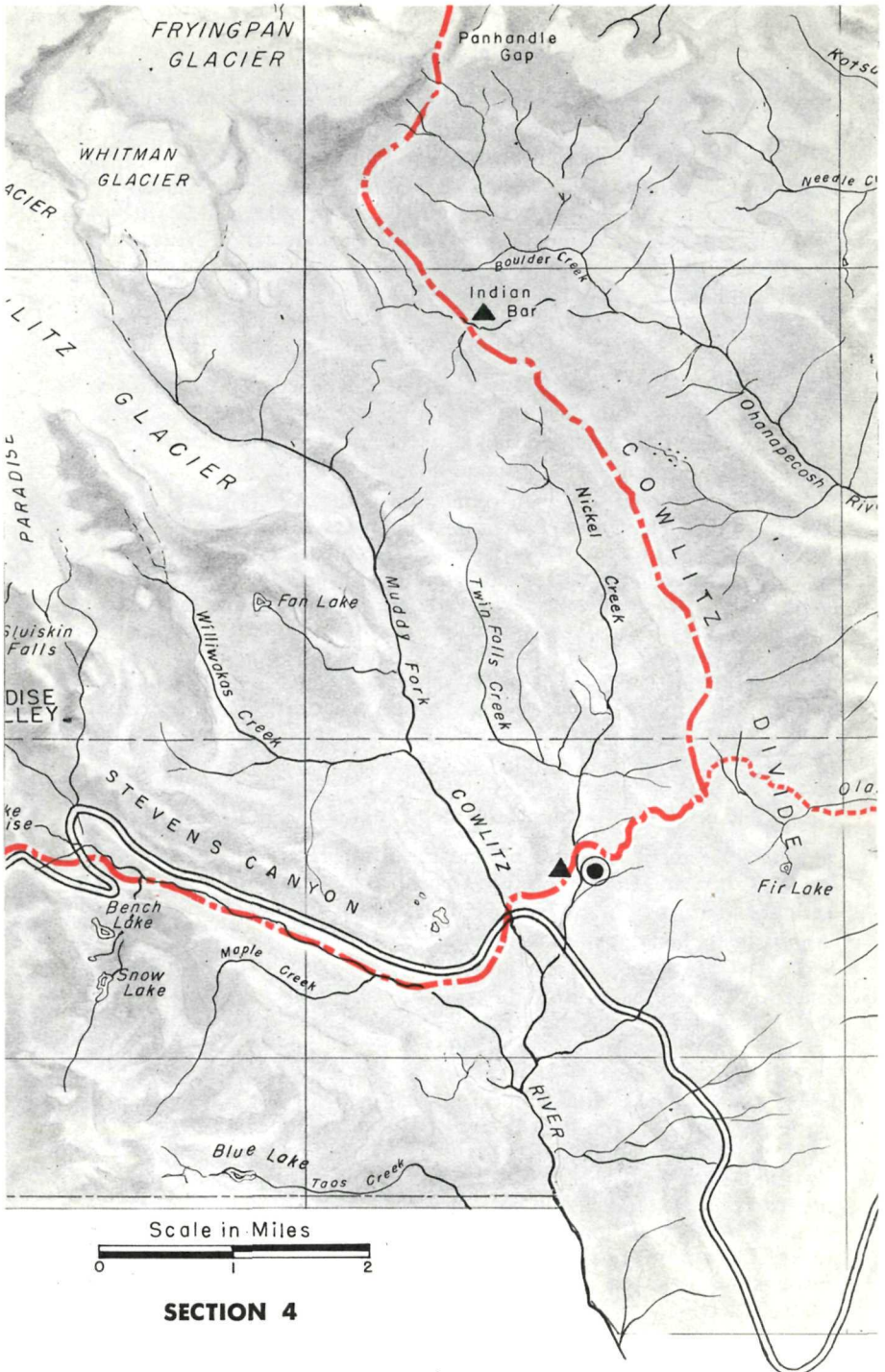
**Start:** At the rustic sign just beyond the road bridge across Laughingwater Creek, 1.6 miles above the Ohanapecosh Campground.

**Distance:** 6 miles from the East Side Road to Three Lakes.

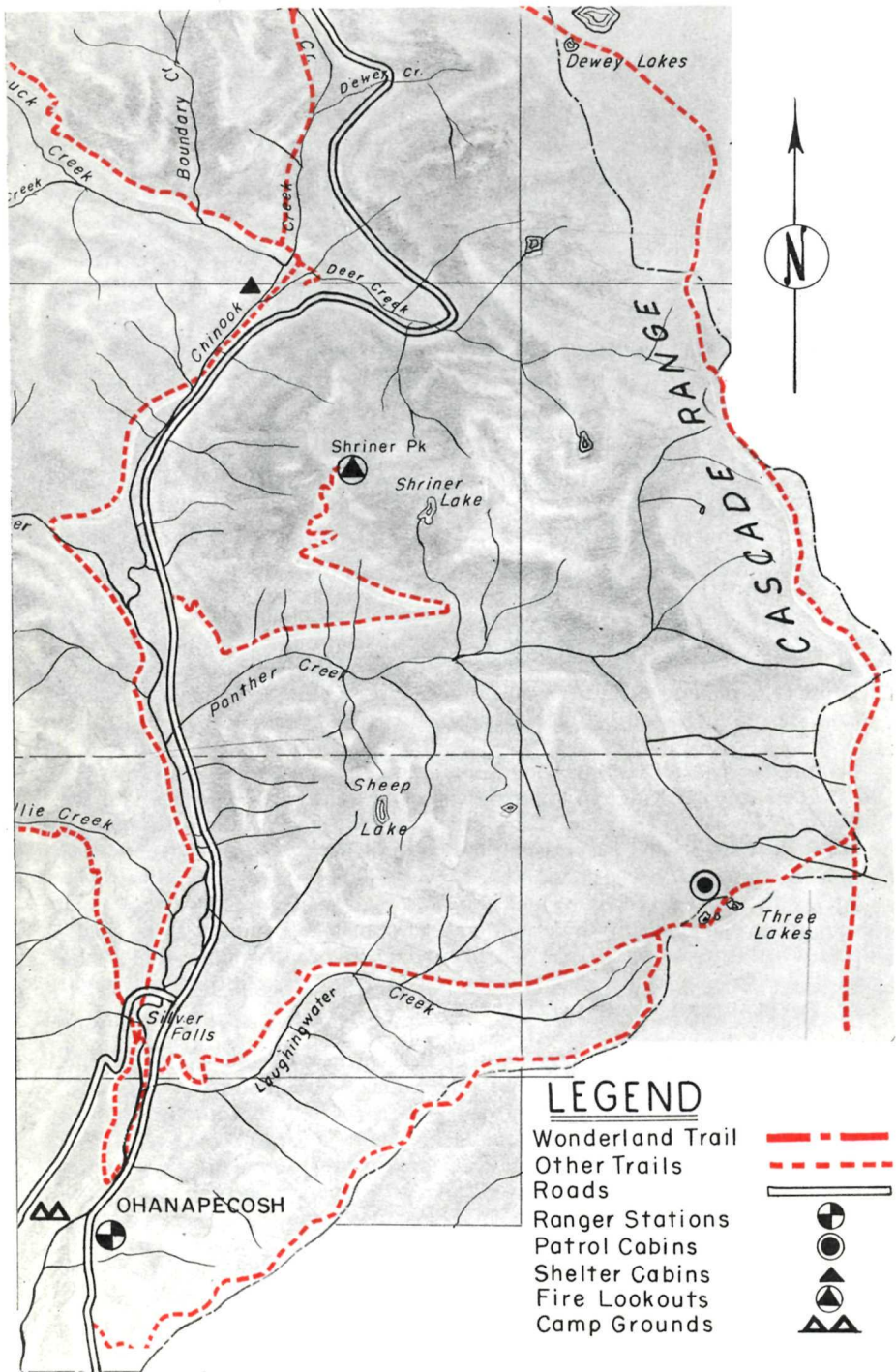
**Approximate hiking time:** Three hours.

This is a good, regularly maintained trail which leads through well-forested country to Three Lakes in higher, sub-alpine country. As you approach the lakes, watch for elk. Here again, as in other similar sections in this corner of the park, they are often seen in summer, having drifted into the park over the Cascade Crest.

From the road the trail immediately zig-zags up fairly steep slopes, then settles down to a more gradual rate of climb through the woods. The route roughly parallels Laughingwater Creek, which may occasionally be seen below and almost constantly heard as it cascades through its canyon. As you top the first stretches of trail you will notice many small, rolling hills, which, denuded of forest, would look much like the knolls of some sections of Ohio and Kentucky. Theorizing as to the geological story of these uncommon topographic features may help you cover a mile or two of forest trail not otherwise noted for its variety.



**SECTION 4**



## SECTION 5 — THE WONDERLAND TRAIL

**Introduction:** The *Wonderland Trail* is without doubt one of the most unique and fascinating single trail units in any of the National Parks. This around-the-Mountain route crosses snowfields, skirts glaciers, winds through thick forests, and crosses countless streams, some muddy, some clear. Its route is almost entirely in primeval, virgin forest areas. It reaches many lakes. It passes through high meadow country and up into the rocky stretches above tree line. It drops into deep and shadowy canyons. In its length of 89.9 miles the views of glaciated, volcanic Mount Rainier are infinite.

This hike around the Mountain! How can it be described? It is an adventure. It is a dream come true for the lover of wilderness country. It is an accomplishment worthy of any outdoorsman. The hardships encountered are definitely overshadowed by the physical and spiritual benefits, and the feeling of freedom from normal routine and worries. Those who are physically capable of undertaking such an outing will find it a never-to-be-forgotten experience.

Let us assume that you are hiking from Longmire to Longmire in a clockwise direction around the Mountain.

The first public shelter is at Indian Henrys Hunting Ground, seven miles from Longmire. This distance will prove to be sufficient for the first day. It is best to break in easily in long distance hiking. You will enjoy more the many things to see and do along the way if you are not hurried too much or harrassed from the fatigue of fast hiking over steep and varied terrain.

Immediately after leaving Longmire, the trail ascends rather sharply to the crest of Ramparts Ridge in approximately two miles, then descends into the Kautz Creek Valley. Beyond Kautz Creek the way is generally *up* to Squaw Lake, 3.1 miles beyond the crossing, and on to the Indian Henrys shelter.

The first day's travel is behind you. You will have "shaken down" your equipment. Undoubtedly there will be a few small adjustments to be made, possibly a blister or two to treat. There are likely to be a few stiff, sore muscles when you roll out of the "sack" for the second day's trek, but these will begin to iron out after an hour or so on the trail.

The goal for this day is the Klapatche Park shelter, 8.9 miles. The thought will occur to you that you should be able to make more than that. Remember though, that this is *rough* country, and govern yourself accordingly. Leaving Indian Henrys, the trail descends rapidly into the valley of Tahoma Creek; then climbs again to the crest of Emerald Ridge; down to the South Fork of the Puyallup River below the Tahoma Glacier. Now you are beginning to appreciate the effort required in "toring" that pack up the grades. It isn't as easy on the downhill as you expected. Let's face it, these ups and downs are characteristic of the Wonderland Trail. We won't continue to dwell upon the subject, but you may expect it to be so for the remainder of your trip. You will find the level sections few and far between indeed.



**The western wall of the Mountain, Sunset Amphitheatre,  
from Klapatche Park.**

Elevation of the South Puyallup crossing is 4,200 feet; the gain in elevation to St. Andrews Park amounts to 1,800 feet in 3.1 miles. That's climbing, and at the park you'll want to stop and enjoy the view. It's magnificent! Keep your eyes open, this is goat country. A little more than half a mile now to the Klapatche Park shelter. You'll find good spring water a short distance east of the pond.

Now let's see; yesterday seven miles, today about nine. That leaves about 75 to go! It begins to appear that this is no ordinary trail, around no ordinary mountain.

Another day, and *down* you go to the crossing of the North Puyallup River, 2.7 miles. Spectacular beauty is seen as the sun swings toward its zenith to strike the icy cliffs and great rock faces of the Sunset Amphitheatre. Above the bridge lies the extremely precipitous canyon of the North Puyallup, flanked by spires and columns of volcanic rock, with the Hanging Glacier descending in a long tongue of ice. In the vicinity of the bridge a mass of fallen trees, piled like jack straws, is evidence of the terrific force of winter avalanches.

On to the Sunset Park shelter, at the base of the Colonnade Ridge, is 4.9 miles. The Golden Lakes in this vicinity offer fair to good fishing, and it is a real temptation to stay over a day for a try at it. If you are a fisherman it's worth it, too.

Whether or not you satisfy your hunger for trout, the next day's travel will take you either to the shelter at the North Mowich River, 7.4 miles, or Mowich Lake Campground, 11.2 miles. The trail descends into the Mowich Valley. It is reasonably easy going. Crossings of both forks of the Mowich are made by foot logs. These are not absolutely dependable. Flash floods originating on the glaciers may take them out at any time. It is a good rule, perhaps we should say an invariable rule, not to attempt to ford a glacial stream in the afternoon or evening. Early morning is best, because the stream flow is then at its lowest point, barring a downpour of rain during the night, of course. Should you encounter inclement weather, it is advisable to stop over at the North Mowich shelter, since no shelter is available at the Mowich Lake Campground. If the weather is fair, the additional mileage to the lake should not be too difficult.

Leaving Mowich Lake, the *Wonderland Trail* ascends to Ipsut Pass, then drops down Ipsut Creek to the campground on the Carbon River Road, 5.2 miles. This is an easy day, following the rather long day's travel from the Golden Lakes to Mowich Lake. There are many beauty spots along the trail, and the short side trip to Eunice Lake from Ipsut Pass is well worthwhile.

An alternate high country route via Spray Park is available. Even in late summer, much hiking over snow fields may be anticipated. The terrain is rugged. The distance from Mowich Lake to Ipsut Creek Campground is 11.5 miles. This trail is described in Section 2, page 22.

Perhaps you have made arrangements for a friend to meet you at the Ipsut Creek Campground with additional supplies. It is wise to provide for such break. Carrying only sufficient food to take you through from Longmire to Carbon River is an ideal way to cut down the weight of your pack.

The routing of the *Wonderland Trail* affords another such break at Yakima Park, where it touches the Yakima Park Road. These intersections with roads not only make it possible to arrange for additional supplies, but break the trail into shorter sections so that your trip need not be continuous in the event of an emergency, or if your time is too limited to permit you to cover the trail over its entire length. It is also possible to leave the trail on the Cowlitz Divide, and drop down to the East Side Road near Silver Falls or at Ohanapecosh. The Stevens Canyon Road intersects the *Wonderland Trail* near the Box Canyon of the Cowlitz and near Louise Lake.

However, we are at the Ipsut Creek Campground, looking forward to the next day's jaunt over the northern slopes of the Mountain. Should you elect to abandon the *Wonderland Trail* here, and follow the Northern Loop via Lake James, turn to the descriptions of this trail in Sections 2 and 3, pages 21 and 28.



**Willis Wall, on the northern slope of the Mountain, is the great glacial cirque at the head of the Carbon Glacier.**

The *Wonderland Trail* follows the route of an old road along the western bank of the Carbon River for a short distance, then crosses well below the Carbon Glacier and reaches the glacier's terminus some 3.9 miles from the campground.

Beyond this point the way is along a glacial moraine, then through alpine meadows affording unsurpassed views of Willis Wall, named for the late Professor Bailey Willis, eminent geologist who explored this section of Mount Rainier. Willis Wall is a feature worth more than passing attention. The head-wall of this great glacial cirque is some 3,600 feet in height, nearly a mile and a half in length. Thundering ice avalanches, breaking from the summit ice mass above, sweep the wall daily in midsummer, feeding the Carbon Glacier which originates at the base of the wall.

The Mystic Lake shelter will be the stopping place for this night, 7.3 miles from Ispat Creek.

From Mystic Lake to Yakima Park, the next contact with "civilization," 9.2 miles-of-average-going, is not difficult for the trail-wise hiker who has by now become a seasoned campaigner. You will have checked the conditions on the crossings of two branches of the West Fork of the White River, both of which flow from the west flank of the Winthrop Glacier. These are subject



**The shelter cabin at Indian Bar is an excellent base camp for exploratory hikes on the eastern slope of the Mountain.**

to the flash floods and changing conditions that are typical of many of the glacial streams.

Perhaps your supply contact will be at Yakima Park rather than at Carbon River. At any rate, you're in camp early today, with plenty of time to loaf, visit the museum, perhaps break the monotony of trail cookery with an evening meal at the cafeteria.

Let's have another accounting; seven days on the trail, 55.4 miles behind you. That's well over half way. Only 34.5 miles back to Longmire.

The next shelter cabin on the route is at Summerland, a distance of 9.7 miles. Dropping over the rim at Yakima Park, the trail descends to the White River Campground, then follows the campground road to the Yakima Park Road, and leaves it a short distance beyond the bridge crossing White River. Up the Summerland Trail along Fryingpan Creek the way is back into high country again.

The section from Summerland to Indian Bar is particularly enjoyable for those who like the open stretches above forest line. Even in late summer you will encounter snow through this section. Since the distance is only 4.9 miles you may be tempted to stop over at Indian Bar shelter in order to explore a bit. It's fine country for that. If you wish to push on to Nickel Creek, another 6.4 miles, it doesn't make a hard day of it.



One more day, a rather long one, will complete the trip if you like. The total trail distance, Nickel Creek to Longmire, is 13.5 miles.

The crossing at the Box Canyon of the Cowlitz will intrigue you. What a tremendous chasm has been cut through the lavas by this glacial torrent! The canyon is less than twenty feet across. The stream is more than a hundred feet beneath you as you stand on the bridge. Not much chance of this glacial stream rising sufficiently to sweep away the crossing!

Beyond the Box Canyon the trail dips into Stevens Canyon, crosses above the roaring cataract of Stevens Creek, then ascends the valley along the base of the precipitous Tatoosh Range to Lake Louise and Reflection Lakes. If you so desire, you may leave the *Wonderland Trail* here, taking a side trip to the Paradise Campground for an overnight stop. The alternative is to continue on down Tatoosh Creek and the Paradise River, cross the Nisqually, and so into Longmire, six miles from Reflection Lakes.

In traveling around Mount Rainier you have hiked 89.9 miles on the *Wonderland Trail*. No one can check you on the additional miles claimed for side trips, so let your conscience be your guide!

Adventures unique, hard physical labor, relaxation, and a sense of accomplishment are some of the rewards you have found hiking the scenic trails of Mount Rainier National Park. It is well that such areas are set aside and preserved for all time "for the use and enjoyment of the people."

## HIKERS' FACILITIES

Trail shelters provide in most cases just a shelter and sleeping hut open on one side. Nearby are fireplaces, sanitary facilities, and garbage pits. Trailside shelters are constructed at considerable cost for your use. Take care of them and report any damage or disorder to the nearest ranger station.

Do not hesitate to discuss with park rangers any trail trips that are contemplated. The current information service on trail conditions, which is provided at all ranger stations, will be of material assistance to you. The necessary camp-fire permits may be obtained at any ranger station.

## SUGGESTIONS FOR HIKERS

Wear comfortable, serviceable clothing. Good shoes, well fitted and sturdy, are essential. Socks are even more important to the welfare of your feet on long hikes. Have plenty of spares, keep them dry and free from holes. Clothing worn in layers (shirt, sweater, and wind-proof parka or jacket) is better and warmer than a shirt and a single heavy outer garment. Layers can be adjusted to temperatures and the wearer's activity. Light garments are easier to pack.

For overnight trips the experienced hiker carries a sleeping bag in preference to blankets. A down bag is more satisfactory for warmth and is lighter in weight than a wool bag.

A good pack sack, well adjusted, is indispensable for a long pack trip. Individuals vary in their preferences regarding pack sacks or boards. Probably the better type is the metal framed, Bergen type rucksack. However, when a lot of weight is to be carried many prefer some type of packboard.

Since it is important when back-packing that weight be held to a minimum, aluminum cooking utensils, in as small a size as needs require, are usually carried. A portable, single-burner gasoline stove is often a great convenience. The stove, with container, weighs about three pounds, plus fuel.

Foods which are light in weight and high in food value include rice, macaroni, oatmeal, corn meal, cheese, dried beef, and dried fruits. Dehydrated vegetables, obtainable at leading outdoor stores, are sometimes carried.

Don't forget a small first aid kit, containing at least the minimum requirements of iodine, gauze, adhesive tape, suntan cream or lotion, and insect repellent. Dark glasses should be carried. Little things may add a great deal to your comfort, while adding little to the weight of your pack.

Park rangers will be glad to give more detailed information regarding clothes, equipment, and supplies.

"How many miles a day can I walk?" is another question and one that is important when a long hike is contemplated. To be safe, the inexperienced hiker (until he finds out whether he can go faster or slower) should figure about two miles per hour for the day's trip. Fast hiking defeats the purpose of a trail trip, in that one fails to pause long enough along the trail to appreciate the natural features he will encounter.

No brief description of clothes and equipment for hiking and living out-of-doors can replace actual experience. It may not always be the most pleasant way, but the hard school of experience is often the best way to learn. No matter what you take with you on a long hike you will find that some of the things you took are superfluous weight. Some of the things you discarded at the last minute as being superfluous will prove to be items you will not be without on your next trip.

## RULES FOR HIKERS

1. *Be extremely careful with fire.* It is the most destructive enemy of the forest and all the attractive things in it. If you are going to be out on the trails long enough to necessitate building a fire you must get a campfire permit from the nearest ranger station before you start on your trip. Fires may be built only in designated places, and every fire must be thoroughly extinguished. Do a good job of soaking your fire down with water, or where water may not be available, cover it with mineral soil and then do some "gardening" in the soil until not a spark is left. Throwing burning cigarettes, cigars, etc., along trails is strictly prohibited, as is smoking while traveling along a trail.
2. Bears are wild animals and, while interesting to watch, are not to be fed. All National Parks are wildlife sanctuaries. While on the trails, enjoy the thrilling sight of animals, both large and small, but do not molest them nor destroy in any way their natural environment.
3. Dogs and cats are not allowed on trails.
4. Since National Parks are scenic areas of superb natural beauty, the disturbance in any way of trees, flowers, birds, and animals is prohibited. Dead and fallen wood may be used for firewood. Green boughs must never be cut for beds.
5. Trails in the park are well marked with signs. Appreciate them and protect them.
6. Leave a clean and sanitary camp wherever you are.
7. No fishing license is required in the park. A State of Washington license is required in waters adjacent to the park. Consult rangers for complete fishing regulations.

