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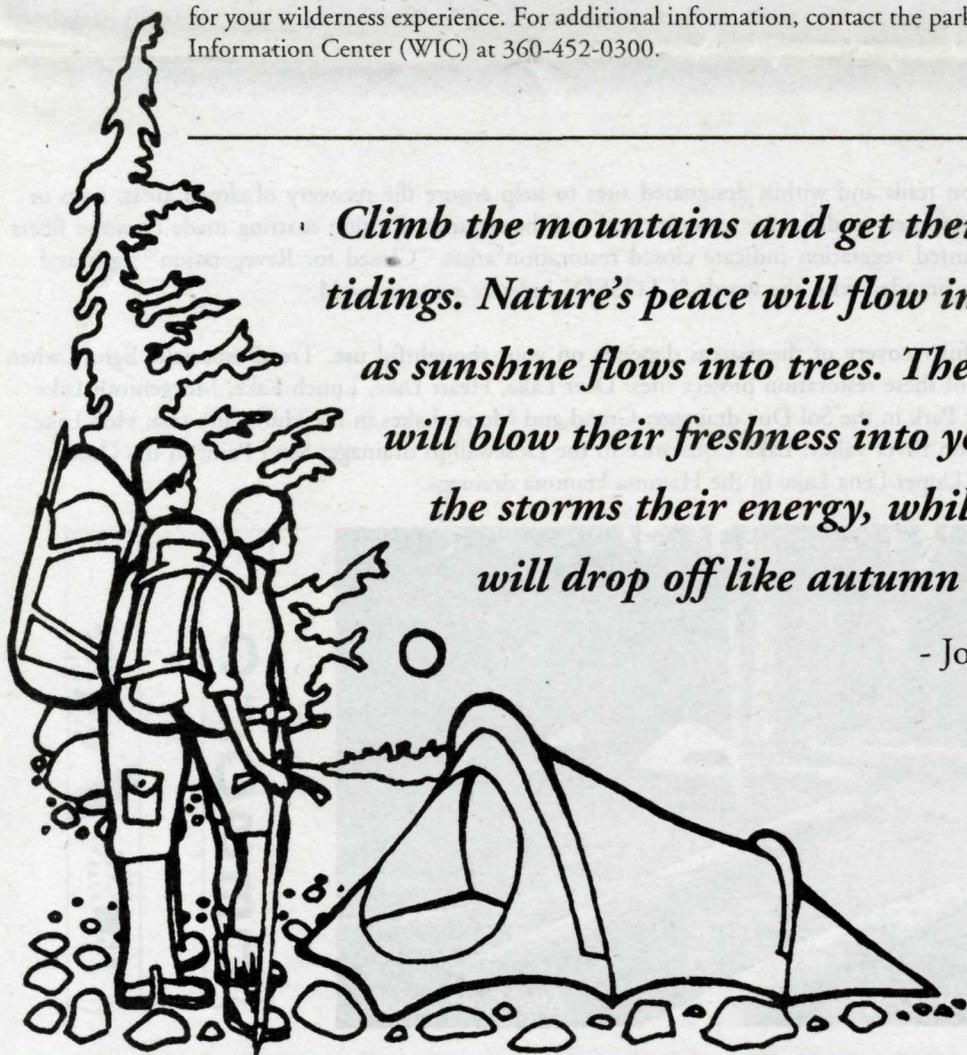
into
OLYMPIC
 Wilderness Trip Planner

When you enter Olympic National Park, take time to immerse yourself in the solitude of the old-growth forests, the rugged beauty of the Pacific Coast, the far-reaching views atop a glaciated peak. This is Olympic's wilderness. To preserve this remnant of wild America, in 1988 Congress designated 95% of the park as the Olympic Wilderness. Today, you play an important role in protecting this heritage.

The *Wilderness Trip Planner* will assist you in planning a safe and enjoyable venture. Thoughtful pre-trip planning and careful use of the backcountry are essential elements for your wilderness experience. For additional information, contact the park's Wilderness Information Center (WIC) at 360-452-0300.

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you and the storms their energy, while cares will drop off like autumn leaves.

- John Muir



Before You Travel

READ THIS!

- No matter what the weather has in store, always pack for cool and wet conditions. (p. 5)
- Leave an itinerary of your hike with family and friends. (p. 5)
- Know what to do if you become injured or lost. (p. 15)
- Prevent hypothermia by wearing wool or synthetic layers (*NOT* cotton!), a cap and raingear. (p. 11)
- Before hiking cross-country, know how to use a map and compass. (p. 4,7)
- Learn proper use of an ice axe before traveling on snow. (p. 7)
- Master mountaineering skills prior to any glacier travel. (p. 7)
- Be sure to obtain a wilderness camping permit for all overnight stays (p. 14)
- Limit your party size to 12 people and 8 stock. (p. 7)
- Be aware of overnight quotas in effect for several high-use wilderness camp areas. (p. 15)
- Please remember that pets are not permitted in the backcountry. (p.11)
- To protect vegetation and soils, do not build campfires above 3,500 feet or in certain designated high-use areas. (p. 9)
- Treat all drinking water. (p. 5)
- Hang unattended food 12 feet off the ground. (p. 3)
- If a toilet is present, use it. If no toilet is available, bury your waste 6-8 inches deep and 200 feet from water sources. Wash yourself and your dishes at least 200 feet from water. (p. 3)
- Follow stock use guidelines to minimize impact. (p. 7)
- Check fishing regulations, which vary around the park. (p. 8)
- Stay on trails to help protect plant communities. (p. 6)
- When hiking on trails, camp in preexisting, bare-ground sites. (p. 8)
- When hiking cross-country, camp on durable surfaces. (p. 5, 8)
- Please avoid restoration sites to help them recover. (p. 2)
- Don't attempt to round headlands without prior knowledge of high tides and times. High tides can trap you. (p. 12)
- On the Ozette boardwalk, wear soft-soled shoes and step carefully to avoid slipping when conditons are wet. (p.12)
- Be prepared to outsmart rampant thieving raccoons on the north coast! (p. 12)
- Thanks for supporting Wilderness Use Fees. They help support wilderness management projects. (p. 14)



LEAVE NO TRACE

The Six Principles Of Leave No Trace

Our presence in the wilderness can alter its wild character. To keep changes to a minimum, follow these six principles of *Leave No Trace*.

1. PLAN AHEAD AND PREPARE

- Bring proper clothing and equipment, including the *Ten Essentials* (p. 4).
- Know the area and what to expect, including regulations and potential risks.
- To reduce trash, repackage food into reusable containers.

2. CAMP AND TRAVEL ON DURABLE SURFACES

In high-use areas, concentrate use.

- Hike on existing trails. Walk single file in the middle of the path.
- Camp in preexisting campsites.
- Minimize impact by concentrating camping activities within the site.

When hiking cross-country, spread out your use.

- Avoid places where impact is just beginning.
- Keep party size small and spread out while traveling.
- Hike on impact-resistant surfaces: snow, rock, gravel.
- Avoid fragile vegetation such as heather and huckleberry.
- Use map and compass to eliminate the need for rock cairns and flagging.
- Choose durable ground surfaces when camping.
- Before you leave, restore pristine sites to prevent long-term impact.

3. PACK IT IN, PACK IT OUT

- Pick up and pack out any food waste.
- Pack out all nonfood waste unless it can be burned completely in a campfire.
- Protect wildlife and protect your food by securely storing edibles.

4. PROPERLY DISPOSE OF WHAT YOU CAN'T PACK OUT

- Urinate on rocks or in the trail, away from water.
- Deposit human waste in toilets where available. If not available, dig a cathole 6 to 8 inches deep at least 200 feet from water.
- Use toilet paper sparingly and pack it out.
- To wash yourself or your dishes, carry water 200 feet away from stream or lakes. Use biodegradable soap minimally. Strain and scatter dish water.
- Bury fish entrails in catholes.

5. LEAVE WHAT YOU FIND

- Avoid damaging live trees and plants.
- Leave natural objects and cultural artifacts as you find them.
- Minimize site alterations. Don't dig trenches.
- Let nature's sounds prevail. Keep loud voices and noises to a minimum.
- Respect other visitors' desire for solitude.

6. MINIMIZE USE AND IMPACT OF FIRE

- Use established fire rings and leave them clean.
- Gather only loose, dead and down wood, no larger than an adult's wrist.
- Campfires can cause lasting impacts. Carry a stove for cooking and enjoy a candle lantern instead of a fire. Know where fires are restricted.

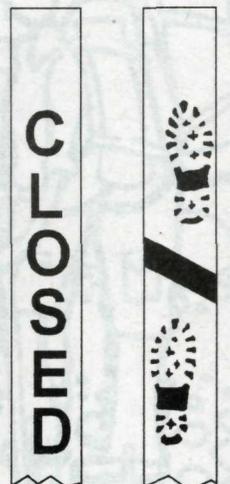
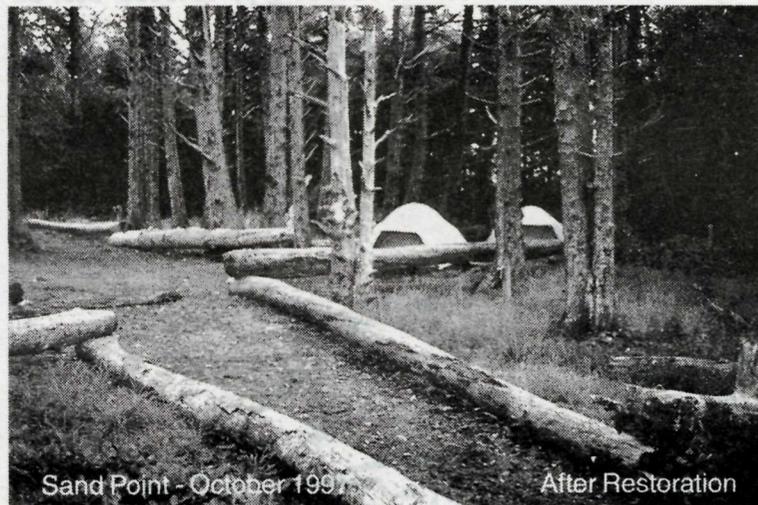
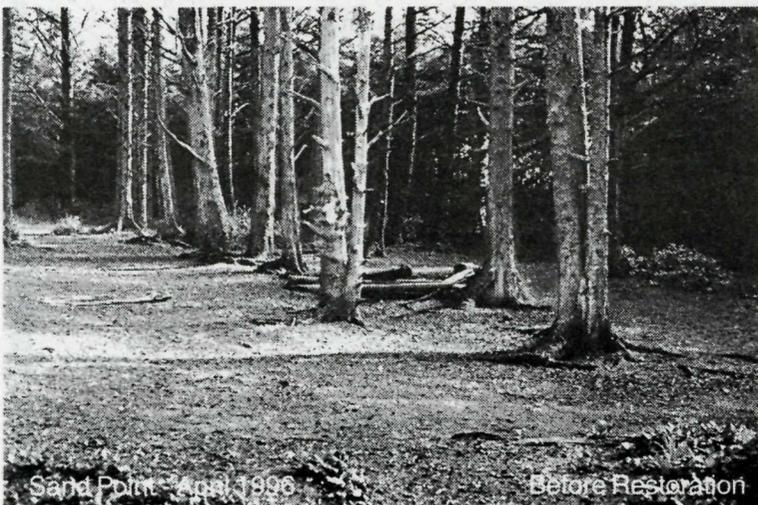
Restoration Projects

Tens of thousands of native plants are grown and planted to restore heavily damaged wilderness sites. Stay within the established sites and trails to enhance recovery.

Visitor use in many of the more popular wilderness sites has resulted in sprawling bare-ground campsites and a multitude of social trails. Park staff and volunteers work every year to revegetate impacted areas and stabilize erosion. This requires thousands of native plants and thousands of hours of work for propagation and planting.

Please stay on trails and within designated sites to help ensure the recovery of closed areas. Logs or rocks are often used to delineate campsite and trail boundaries. Erosion matting made of wood fibers and transplanted vegetation indicate closed restoration areas. "Closed for Revegetation" signs and survey stakes branded with the words "CLOSED" indicate areas to avoid.

The successful recovery of these areas depends on your thoughtful use. Tread especially lightly when visiting any of these restoration project sites: Deer Lake, Heart Lake, Lunch Lake, Morgenroth Lake and Sol Duc Park in the Sol Duc drainage; Grand and Moose Lakes in the Hurricane area; Hoh Lake above the Hoh River valley; Lake Constance in the Dosewallips drainage; Sand Point in the Ozette coastal area; Upper Lena Lake in the Hamma Hamma drainage.



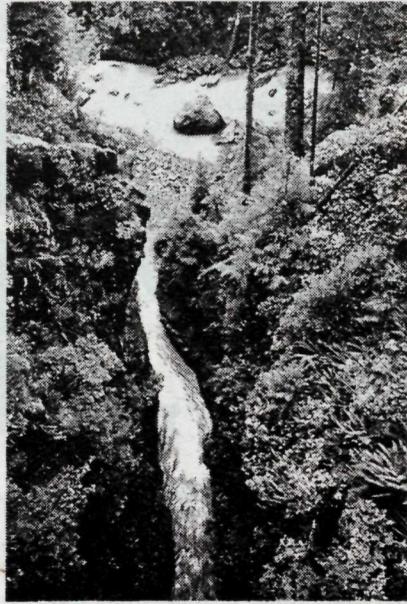


Wilderness Sanitation

If a toilet is present, use it. If no toilet is available, bury your waste 6-8 inches deep and 200 feet away from water sources. Wash yourself and your dishes at least 200 feet from water.

Catholes

Human waste can affect water quality and wilderness aesthetics. In areas where there is no toilet, dig a cathole at least 200 feet from water sources and well away from campsites. Use a trowel or ice axe to dig a shallow pit six to eight inches deep in organic soil. *Completely* bury human waste, then fill and disguise the hole.



R. Cahill

Use toilet paper sparingly. Bury it completely or better yet, carry it out. Toilet paper should not be burned because of fire hazard. Remove diapers, tampons and sanitary napkins to the frontcountry for disposal.

When traveling over extensive snow fields, or in the winter when organic soil is not exposed, human waste should be buried near the surface at least 200 yards from any campsite or established travel route.

Toilets

Pit, composting and vault toilets are available in many popular areas of the wilderness. Human body waste must be disposed of in these structures when you are within 1/4 mile of a toilet. You are encouraged to urinate on rocks or on the trail, away from water sources. This reduces vault toilet fill and minimizes plant and soil damage caused by wildlife digging for human salts.

Only human waste and toilet paper are to be deposited in toilets. Other materials, such as hygiene products and disposable diapers, interfere with composting processes and clog the pumps used to empty vaults. These materials also introduce nondegradable material and fill toilets too quickly.

Washing

Washing of body, dishes or clothing should occur a minimum of 200 feet from any water source. If you must use soap, use a minimal amount. Remember that even biodegradable soap breaks down slowly in cold water. When washing pots and dishes, strain and pack out food particles from your wash water.

Waste Disposal on Mount Olympus

A "blue bag" policy for removal of human fecal waste has been adopted for the Mount Olympus climbing routes, including Blue Glacier. This effort is to reduce the amount of human waste encountered while climbing the mountain. Free "blue bags" are available at the climb registry box at Glacier Meadows. The collection site for used bags is located on the Lateral Moraine about one mile above Glacier Meadows. Help us by doing your part, so all can enjoy the best possible climbing experience.

Food Management

Where available, use "bear wires" to hang unattended food. Where not available, hang food 12 feet above ground, 10 feet from the tree trunk. Always carry a 50-foot lightweight rope.

Raccoons, ravens, rodents, deer, black bears, non-native mountain goats and other animals are often attracted to human food. These animals may become a nuisance by stealing food, damaging equipment or acting aggressively.

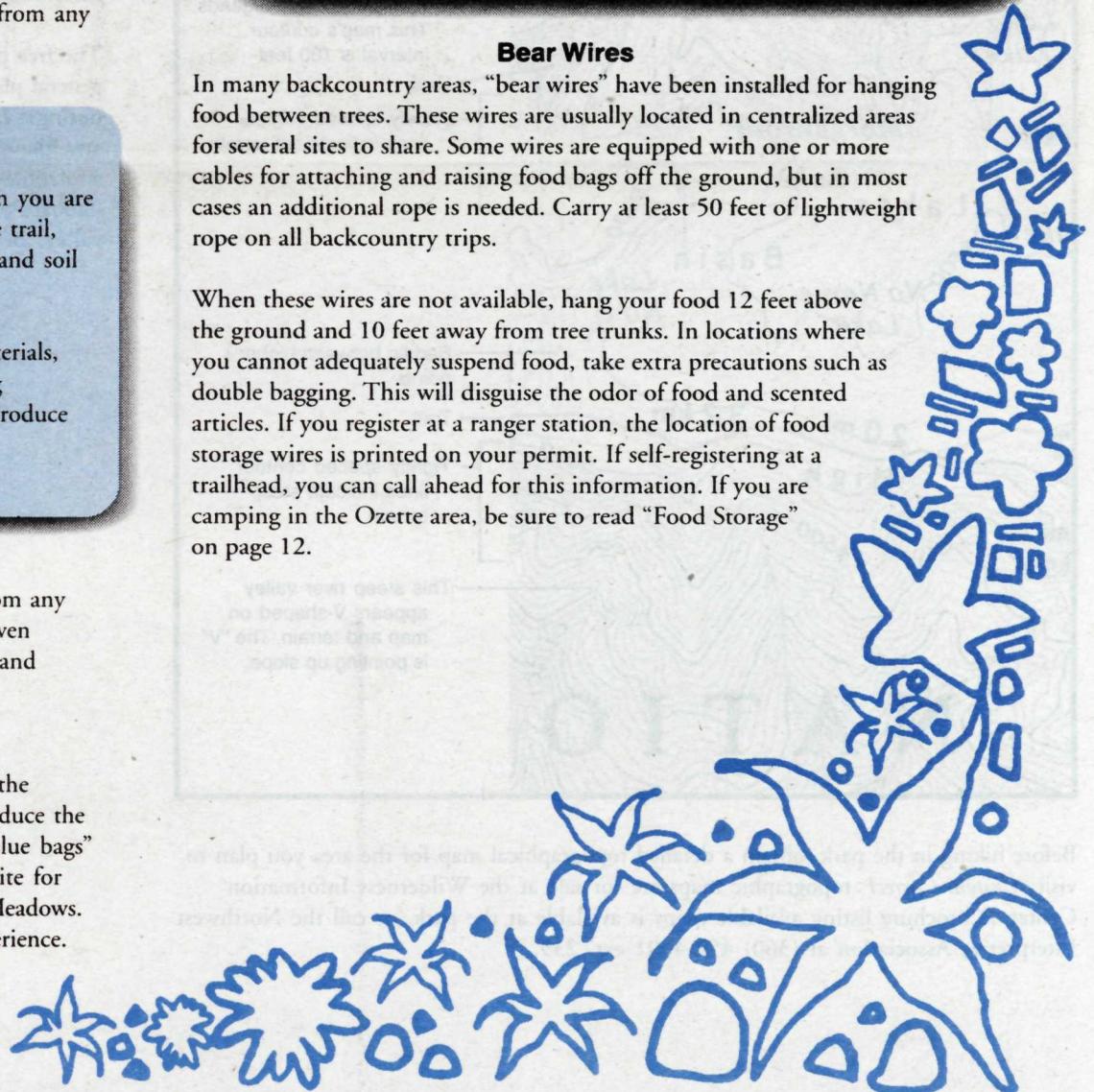
Proper food management techniques will help keep wildlife wild:

- Never leave food unattended!
- Hang all food that is not being prepared or eaten.
- No food should be stored or eaten in your tent. Animals have entered tents, even when occupied, in search of food.
- Do not dispose of food waste in the wilderness. Pack out all uneaten food.
- Wash dirty dishes immediately. Treat food wrappers the same as food.
- Avoid odor-tainting your pack, clothing and gear. Carry any scented articles in sealed plastic bags.

Bear Wires

In many backcountry areas, "bear wires" have been installed for hanging food between trees. These wires are usually located in centralized areas for several sites to share. Some wires are equipped with one or more cables for attaching and raising food bags off the ground, but in most cases an additional rope is needed. Carry at least 50 feet of lightweight rope on all backcountry trips.

When these wires are not available, hang your food 12 feet above the ground and 10 feet away from tree trunks. In locations where you cannot adequately suspend food, take extra precautions such as double bagging. This will disguise the odor of food and scented articles. If you register at a ranger station, the location of food storage wires is printed on your permit. If self-registering at a trailhead, you can call ahead for this information. If you are camping in the Ozette area, be sure to read "Food Storage" on page 12.

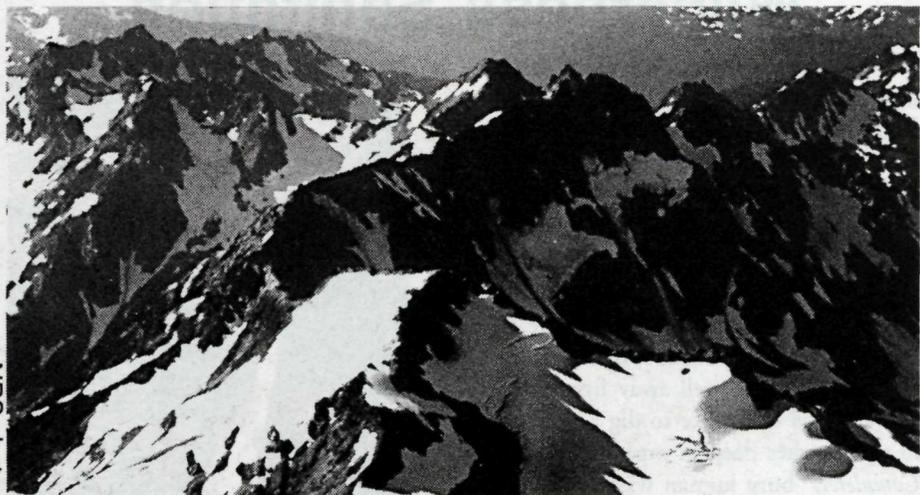


ROUTE PLANNING



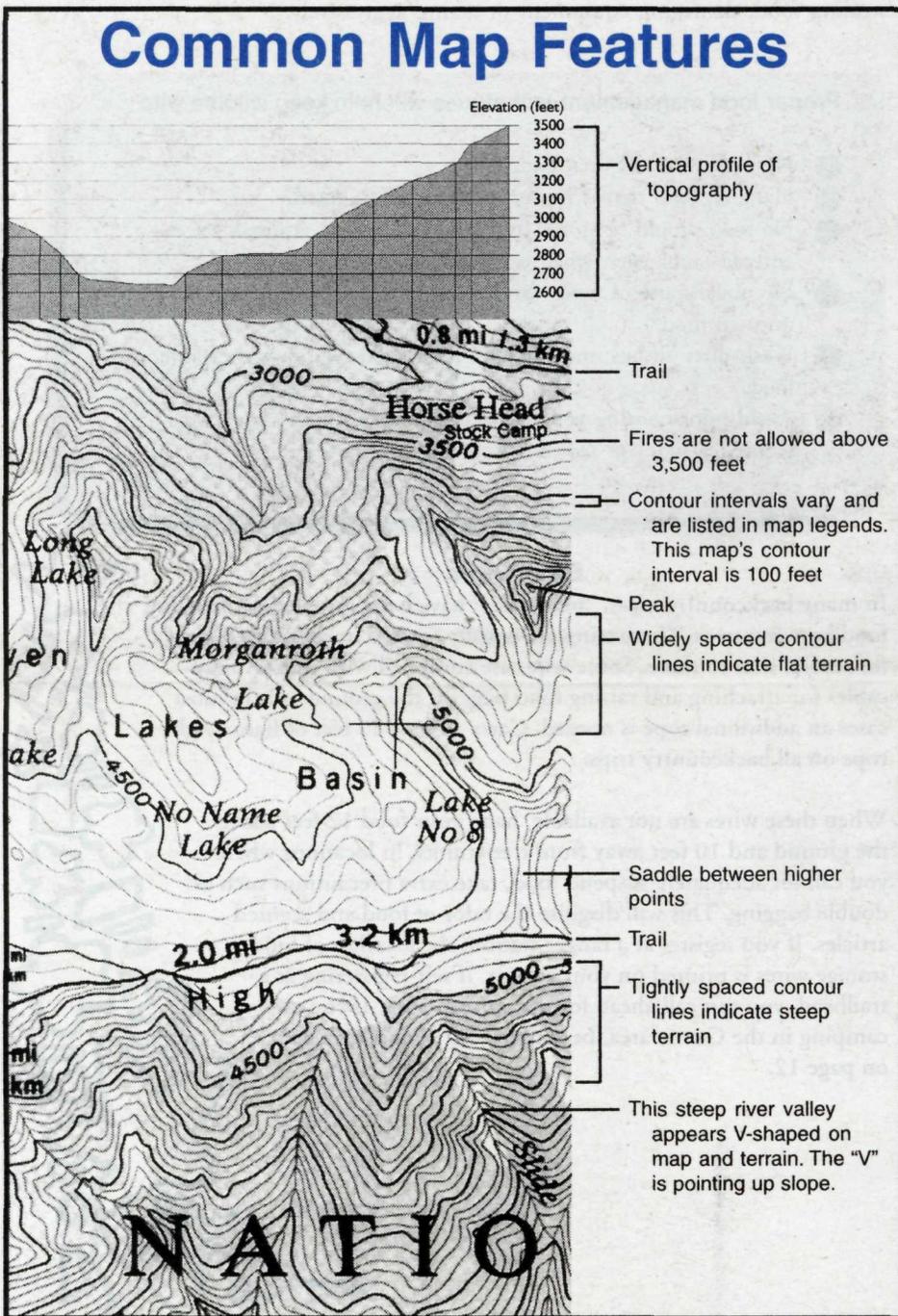
Geographic Information

Geographic diversity is one of the primary attractions of Olympic National Park. The three main geographic features of the park are the ocean coast, forested river valleys and mountainous core. Descriptions and photographs of each of these areas are included in the free park brochure "Olympic, Official Map and Guide."



NPS photo

Common Map Features



Which Trail to Take?

Perhaps the hardest decision in preparing for a trip is choosing where to go—you have 600 miles of trails from which to choose! Consider the physical ability of each member of your group, the time you have to spend, the time of year and weather, and the type of country you wish to see. Read and learn about your chosen destination. Once you have a tentative plan, call the WIC for trail conditions and other current information.

The free park brochure map, "Olympic, Official Map and Guide," is helpful for general planning only. Do not rely upon this general map for finding your way on outings. Detailed topographic maps are recommended for all wilderness hikes. For any hike off-trail, or when snow obscures the trail, a good topographic map, compass, and route-finding skills are a must. An altimeter can be helpful. Please note that Global Positioning System (GPS) units may not receive signals in many of the deep valleys or heavily-vegetated areas of the wilderness.

Ten Essentials

- Extra warm-when-wet clothing
- Extra food
- Topographic map of the area
- Compass (know how to use it!)
- Flashlight with extra batteries
- Sunglasses and sunscreen
- Pocket knife
- Matches in waterproof container
- Candle or firestarter
- First aid kit

These items are considered to be the *minimum* that should be carried on *any* trip into the wilderness. Augment this list based on the location, time of year and length of your trip.

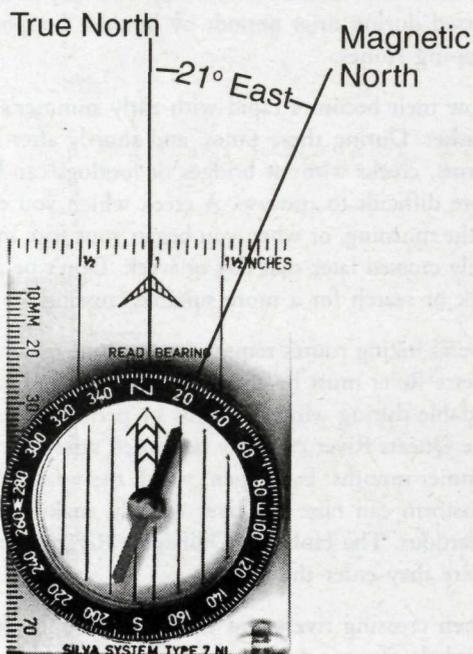
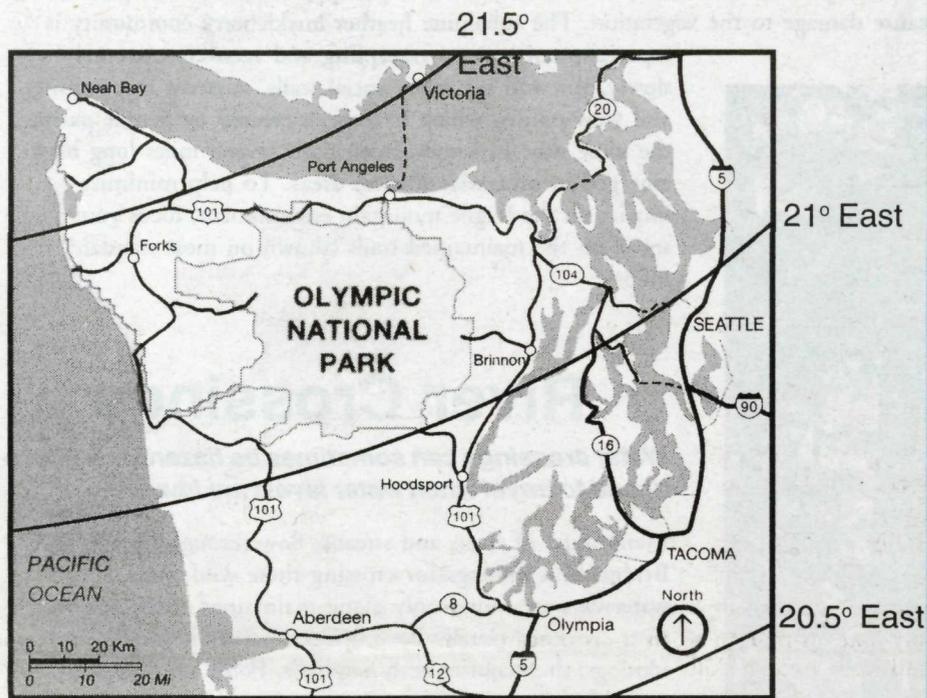
Before hiking in the park, obtain a detailed topographical map for the area you plan to visit. *Custom Correct* topographic maps are for sale at the Wilderness Information Center. A brochure listing available maps is available at the park, or call the Northwest Interpretive Association at (360) 452-4501 ext. 239.





Magnetic Declination

The compass needle does not always point toward the North Pole. Magnetic North is located about a thousand miles south of true north in the Canadian Arctic, and slowly moves its location each year. The difference between *true north* and *magnetic north* is called magnetic declination. At Olympic, each year the magnetic declination moves westerly by 3.5 minutes. The current declination is approximately 21 degrees east.



This compass is pointing to *magnetic north*. Some compasses must be set internally to adjust for the local declination, which adjusts the needle to *true north*.

Olympic Tips!

No matter what the weather forecasts, pack for cool, wet conditions on any Olympic hike.

Clothing

One of the most important decisions you make in trip planning is what clothing to take. Be prepared with multiple layers. Wool, polypropylene or polar fleece are necessities for hiking in the Olympics, as they retain their insulation value even when wet. Don't wear cotton—it will keep you cold and wet. Carry adequate rain gear any time of year. A raincoat, rainpants and gaiters will help you stay dry and warm. Be sure to waterproof your boots before leaving home.

Equipment

A tent with a rainfly is recommended for traveling in the Olympics, preferably a three or four season type. A cover will keep your pack dry in wet weather. Put your sleeping bag and gear in plastic bags inside your pack. Bring an ice axe for trips across snow and know how to use it (see "Snow" on p. 7). Carry a piece of cord, at least 50 feet long, for hanging food. For food storage, a hard sided container with a tight fitting lid is *required* on the coast from Third Beach north. Carry a small garden trowel for use in digging a cathole. Don't forget any prescription medications, including a bee sting kit. Be sure to carry your *Ten Essentials* on every trip.

Food

Plan and prepare your meals so that there is little food waste. Repackage foods from boxes, bottles and cans into reusable containers or plastic bags. In addition to saving weight and space, this reduces the amount of trash you have to carry out.

Treat All Drinking Water!

Water is readily available in most areas of the park, though there are exceptions. On higher ridges and in some areas along the coastal strip, water may be hard to find during late summer. Inquire about water sources. Water from coastal streams typically has a harmless "ice tea" stain from root tannins.



Giardia lamblia, a protozoan that can cause mild diarrhea or severe intestinal cramping requiring medical treatment, exists in the water of the Olympics. Be prepared to boil (one full minute at a rolling boil), filter or chemically treat all drinking water. Carry a large collapsible water container in addition to a smaller water bottle. Use the larger container to collect water when in camp. Treat water from this container to minimize trips and damage to the streamside or lakeshore.

Edible Fruits

Edible fruits and mushrooms may be gathered and eaten, but they may not be removed from the park. Limit your picking to one quart per day. Know what you are eating. Some fruits and mushrooms are known to be poisonous.



HIKING



Forest

In the valleys of the Olympic Wilderness, you will find some of the world's finest stands of old-growth forest. Many park trails pass through the rain forest and lowland forest, usually paralleling rivers and major tributaries. Valley trails are the connecting link to the higher mountainous areas. They tend to be more gently sloped in the lower elevations, and become increasingly steeper upstream.

In the early summer, trail crews work to remove fallen trees and repair other winter storm-related damage which may impede travel or completely block trails. Check with the WIC or park ranger stations for current trail conditions.

During the late fall, winter, spring and early summer, hiking in the river valleys may be a better option than hiking into the snow covered mountains. Valleys also offer an alternative to coastal hiking in stormy weather. Temperatures in the forested valleys tend to be more moderate than along the coast or in higher—elevation areas. Although rain is the primary reason why the lowland trees are so large and so festooned with other forms of life, it does not always rain here! Mid-July, August and September are normally the driest times of the year.

Many of the forested trails may be muddy throughout the year. When you encounter mud on the trail, you may be inclined to walk on the vegetated sides, but this causes trails to widen perhaps up to 20 feet! Wear gaiters to help keep boots dry and keep mud off your lower legs, but stay on the trail and go for it—right through the puddles!

It may be tempting to save a few steps by cutting switchbacks, but stay on the trails to prevent erosion and other deterioration.

When encountering parties with horses or other stock, stand on the downhill side of animals and converse in a normal voice with the riders. Remember, stock parties have the right of way.

Be aware that in deep valleys with thick tree canopies, darkness comes at a much earlier hour than in more open terrain. Plan ahead.

Large down trees and dense vegetation make cross-country travel difficult through the forest. Traveling off-trail to a good fishing hole or a viewpoint may present route finding challenges. Remember your *Ten Essentials!*



Dennis Hamm

Over 600 miles of maintained park trails pass through lowland and montane forests, and subalpine plant communities. Staying on the trail helps protect these plant communities.

Mountains

Trails in the higher elevations of the park offer outstanding views, access to subalpine lakes, and opportunities to view wildlife. Most trails that access the mountains originate in lower valleys and follow rivers to their source and beyond, to passes and peaks. Vegetation in the higher elevations has a very short growing season because it is covered by snow for eight or more months of the year.

In some plant communities, it takes only a few steps repeated in the same place to cause damage to the vegetation. The subalpine heather-huckleberry community is especially sensitive to trampling and recovers extremely slowly. You will see many social trails, adjacent to campsites and view points, which have been created by people passing the same way. In some places, trails several miles long have emerged in otherwise trailless areas. To help minimize impact on the fragile mountain environment, focus your travel on the maintained trails (shown on most standard maps).

River Crossings

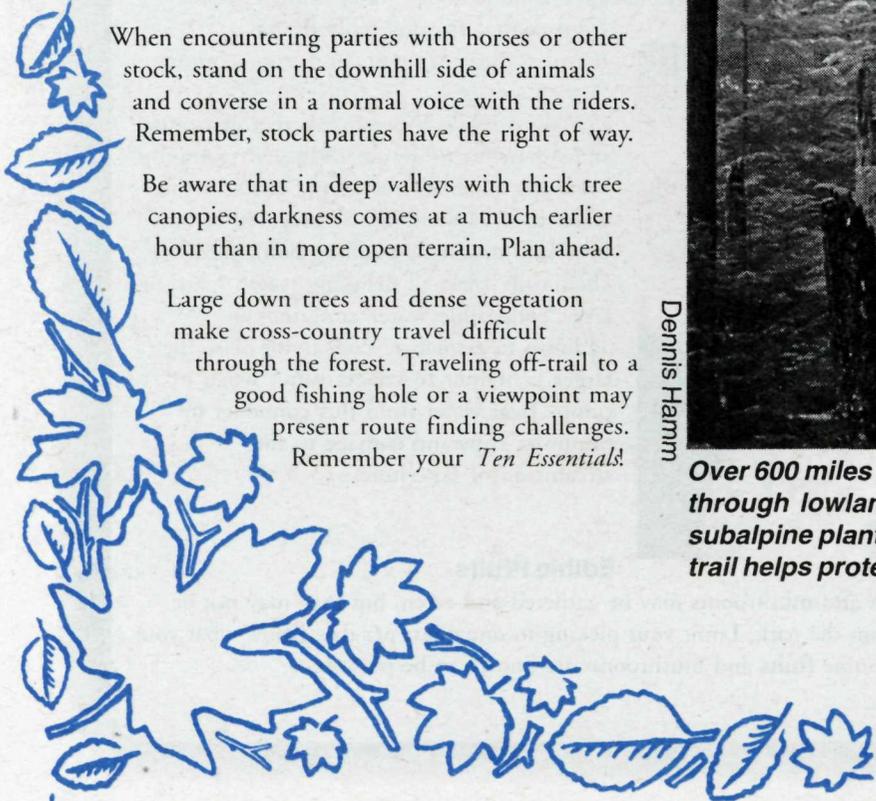
Water crossings can sometimes be hazardous. Plan ahead to travel when water levels are lowest.

Many miles of rivers and streams flow through the Olympics. Bridges and footlogs for crossing these wilderness waterways are found only along maintained trails. Major river crossings usually have bridges. Streams often have footlogs, the majority with handrails. Fords are often available for stock. Some minor creeks must be waded or forded. Many smaller creeks may be safely and easily crossed during drier periods by boulder hopping or using stepping stones.

Snow melt becomes rapid with early summer's warmer weather. During these times, and shortly after heavy rain storms, creeks without bridges or footlogs can become much more difficult to traverse. A creek which you easily crossed in the morning, or when you began your trip, may not be so easily crossed later that day or week. Don't be afraid to turn back or search for a more suitable crossing.

Several hiking routes require you to ford major rivers. The Ozette River must be crossed at low tide and is generally not fordable during winter months or periods of extended rain. The Queets River can only be forded safely during the summer months. Even then, watch the weather! A summer rainstorm can raise the river quickly, making return travel hazardous. The Hoh and Quillayute Rivers cannot be forded where they enter the ocean.

When crossing rivers and deep creeks, unbuckle the waistbelt of your pack and loosen the shoulder straps. Carry a pair of athletic shoes for wading rivers and creeks, rather than crossing in bare feet. Use a walking stick or lock arms with a buddy for balance. Cross diagonally, yielding to the current.





Use of Pack Stock

Follow stock use guidelines to Leave No Trace of your visit.

Nearly 200 miles of trails in the park are maintained for stock use. Many other miles are open to stock, but not maintained to a higher stock standard. Only horses, mules, burros and llamas are permitted, with a maximum of 8 allowed in a party. Pellets and rolled grain are required for supplemental feed, so that weed seed is not introduced into the wilderness. Use existing hitch rails, high lines or other methods to restrain animals at least 200 feet from water. Tether stock to trees for only brief periods. To protect the fragile higher-elevation plant communities, pack animals are not allowed off-trail above 3,500 feet. A separate handout on stock use is available from the WIC or ranger stations. The handout provides information on trailhead facilities such as loading ramps and corrals, locations of backcountry hitchracks and drift fences, stock camp locations and stock-use regulations.

Climbing

Olympic's rock formations are generally shales, sandstone, soft basalts and pillow lava. While offering excellent remote alpine climbing opportunities, the rock is often fragmented and loose. Always wear a helmet, and beware of rockfall. The Climber's Guide to the Olympic Mountains, published by The Mountaineers, is available through the Northwest Interpretive Association. This is the standard work on climbing routes in the park. Information on current conditions is available from the WIC, ranger stations and various mountaineering outfitters on the Olympic Peninsula and Puget Sound.

Glaciers

Learn and practice safe mountaineering skills before you attempt any glacier travel.

Safe glacier travel requires specialized mountaineering skills, including knowledge in the use of ice axe, climbing rope, hardware and crampons. The presence of snow-bridged crevasses is a serious hazard. No one should attempt glacier travel alone. Self evacuation from a deep, steep-walled crevasse is nearly impossible. When the snow surface turns icy, the potential for a long fall is an additional danger. Foul weather can also make route-finding a challenge, or trap a party on an exposed mountain. For safety's sake, inexperienced people should not travel on glaciers until receiving proper training in mountaineering skills.



Dave Martin

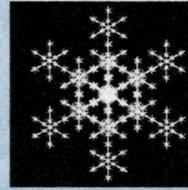
Off-Trail Hiking

Before hiking cross-country, know how to use a map and compass. Travel in small parties and spread out to prevent damage to fragile plants.

When traveling cross-country, follow good *Leave No Trace* practices. Spread out rather than walk in a single file to minimize repeated trampling of the same plants. Step on rocks and snow patches whenever possible. Avoid walking on fragile vegetation such as heather and huckleberry, which breaks underfoot. Off-trail hiking is permitted

throughout the wilderness, however it is wise for first-time visitors to plan trail hikes. Cross-country routes are not officially marked—any cairns or flagging were likely placed by visitors and may lead you astray. Instead, rely on a compass and topographic map. Also be aware that many game trails and social trails may mislead you and fade out in hazardous terrain.

Snow



Know how to use an ice axe before traveling on snow. When leaving snow, locate and walk on the trail so that multiple paths don't develop.

Snow can fall any month of the year in the Olympics, and winter accumulations usually linger well into summer. This can make wilderness travel difficult or even hazardous. In most areas of the wilderness, snow travel requires good route-finding skills. A topographic map is essential. Carry a compass and know how to use it. When hiking over snow, prevent sunburn by wear sunglasses, a long-sleeved shirt, a hat and sunscreen.

An ice axe, along with knowledge and experience in self arrest, is often required to safely cross mountain passes and steep snow-covered slopes. Falls on slick snow slopes can end in rock or talus fields, resulting in injury or death. Before traveling on snow, take time to practice in a safe area with an adequate runout.

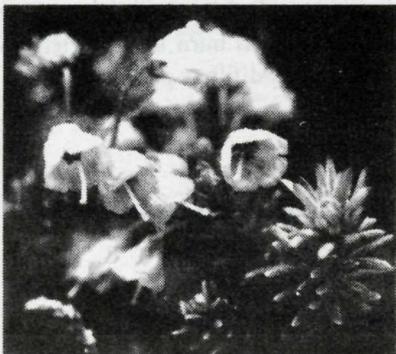
A bridge of snow may form over streams, rocks or around tree trunks.

As snow melts, what appears to be a uniformly safe walking surface can become a serious problem. When carrying a heavy pack, a fall through even a low bridge can result in a broken leg or sprained ankle, or in hypothermia from the cold water. Use your ice axe to probe for a safe area to walk. Listen for moving water.

Over winter, cornices develop from blowing snow. They may be particularly unsafe in the spring and summer due to warming temperatures or rain. Cornices may drop spontaneously, or break off with the weight of a person. Travel far away from the edge of cornices. Avoid slopes beneath large cornices.

Traveling on snow eliminates damage to fragile vegetation. However, when snow melts in the spring and early summer, it may be difficult to find the trail when leaving a snowfield. Before leaving the snow, find where the trail tread is exposed. Drop onto the trail, rather than the vegetation, to prevent the creation of multiple paths. In some areas, rangers may flag the routes for you to follow across snowfields.

Avalanches present a serious hazard in winter and spring. Forecasting avalanches is complex. It requires the ability to recognize the types of terrain and weather that create avalanche conditions. Obtain formal instruction before heading into the backcountry in winter.



CAMPING

Campsites

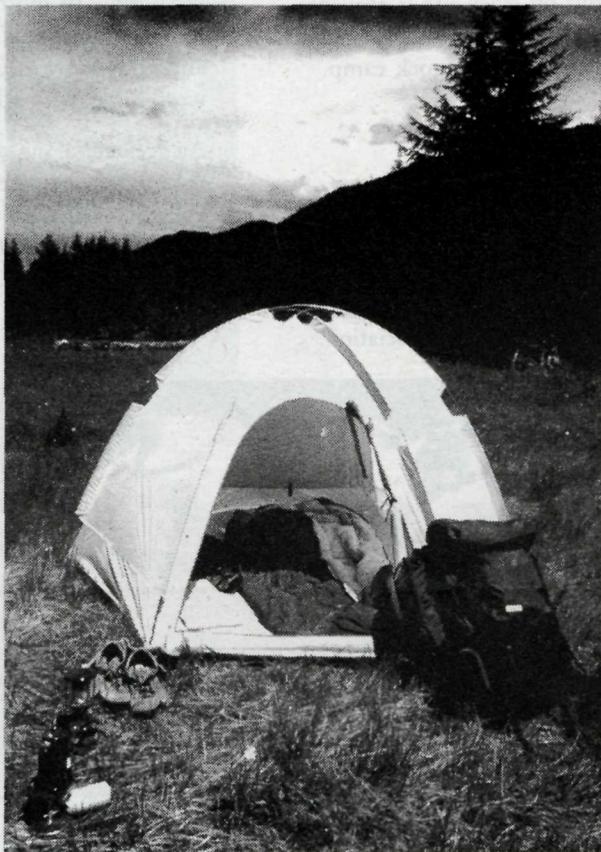
Camp in preexisting, bare-ground sites when traveling along trails. For cross-country travel, camp on durable surfaces such as snow, rock or river gravel bars.

Over a thousand campsites can be found along the park's maintained wilderness trails. Along trail corridors, camping is limited to existing, established campsites, which are usually devoid of vegetation. In some areas, designated sites are marked with a tent symbol on a post. Signs indicating "Group Camp" are for seven or more people. No camping is allowed within 1/2 mile of any trailhead.

The era of "campcraft" is past. Leave your saw, axe, nails and shovel at home. Instead, see how well you can *Leave No Trace* of your stay. Do not trench around your tent to assist drainage of rain water. This practice encourages erosion. Instead of constructing benches or other camp improvements, enjoy the site as is.

In some camp areas, major revegetation projects have restored damage from overuse. To allow planted perimeters to regrow, focus your activities inside the campsite. Please don't walk on or place camp gear atop replanted areas.

When traveling cross-country, camp on rock, snow or other durable surfaces. If these surfaces are not available, dry meadow sedges and grasses are the most resilient species for camping. Avoid trampling heather and huckleberry, which can take many decades to recover. Camping on river gravel bars or on the ocean beach are low-impact options. Be sure your tent is placed above high waterline!



Dennis Hamm

Group Size

Oversize parties damage the wilderness and impact the experience of other visitors. Maximum group size is 12 people and 8 stock.

Group size for overnight wilderness trips is limited to 12 people and 8 stock. Larger groups are not permitted. Affiliated groups may not combine to form more than 12 people at any time, and must keep a distance of at least 1/2 mile apart.

Groups of 7 or more camping in the Sol Duc, Hoh, Grand Valley, Upper Lena and Sand Point areas must camp in designated "group sites." Group sites in the Sol Duc area may be reserved in advance through the Eagle Ranger Station (Sol Duc). All others are on a first come, first serve basis. Sol Duc group sites are located at Deer Lake, Sol Duc Park, and 7-Mile Camp (on the Sol Duc River Trail). Hoh group sites are located at Tom Creek, 5-Mile Island, Happy Four, Olympus Guard Station, Lewis Meadow, Elk Lake, Glacier Meadow, and CB Flats (below Hoh Lake).

Campfires

To protect vegetation and soils, campfires are not allowed above 3,500 feet or in several high-use areas below that elevation.

As an alternative to campfires, you are encouraged to use a stove in the wilderness. This minimizes the impact on soils and vegetation, and reduces the risk of an escaped campfire. *Campfires are not allowed above 3,500 feet elevation (with a few exceptions), nor in other selected areas (Ozette area north of Yellow Banks to the headland at Wedding Rocks, Elk Lake and Three Lakes areas).* At higher elevations, and in heavily-used camp areas at lower elevations, firewood is scarce. Firewood gathering can result in compacted soils and braided social trails through fragile vegetation. Wood that naturally decomposes is no longer present to contribute organic matter to the soil. During very dry periods, the use of open fires may be prohibited in all areas of the wilderness.



If you build a fire, use the minimum amount of wood. Gather only *dead and down* firewood and be aware of your impact on *living vegetation and soils*. Choose smaller pieces of wood, no thicker than your wrist. Sawing or chopping wood from larger pieces leaves long-lasting signs of your presence. Large logs dragged into the fire do not burn well, tend to be very smoky and present a fire hazard from retained embers. Before leaving camp, make sure your fire is *dead out* by pouring water on it, stirring it with a small stick and checking for remaining heat with the back of your hand.

Where fires are permitted, build them only in established fire rings and keep them small. Fire rings often become quite large, dominating campsites and turning into trash receptacles and eyesores. If you must build up a fire ring to protect the fire from wind, dismantle it to a single ring of rocks when you leave. Broadcast the extra rocks well away from the campsite. Consider carrying a wind screen, which can also reflect heat toward you and divert the smoke away.

Do not use fire to dispose of waste unless it can be burned *completely*. Better yet, plan on packing out *all* of your garbage and trash. Foil-lined food wrappers, plastics, tea bags, uneaten food and other items burn incompletely or not at all. Cigarette butts should be field stripped and filters packed out.

Trash

Restore the character of wilderness—pack out more trash than you packed in.

All trash or garbage generated on your trip should be packed out with you. Do not dispose of trash or garbage in campfires. If you find garbage in the fire ring when you arrive, put it in your garbage bag to give the next person better experience. Most trailheads have no trash receptacles, so dispose of your garbage when you get home. Help restore Olympic's wilderness character by carrying out litter left behind by less thoughtful visitors.



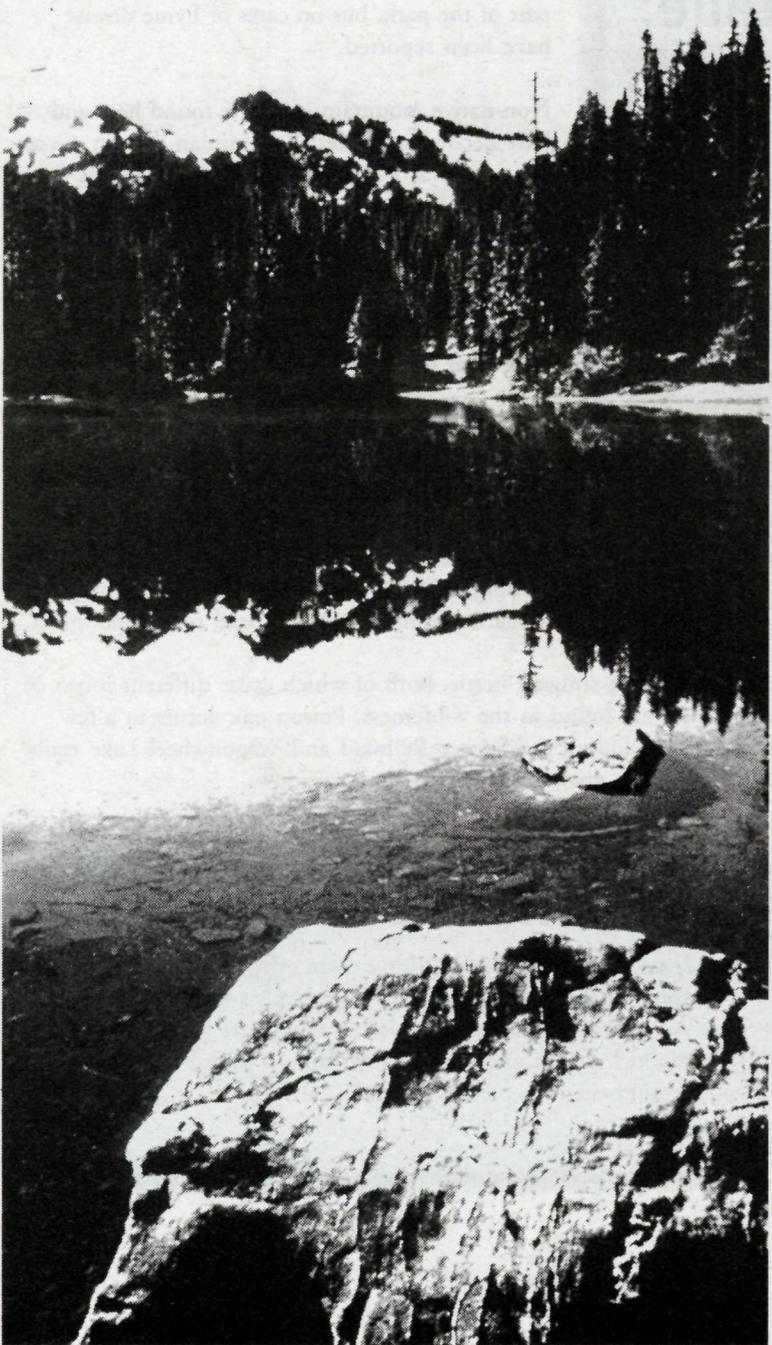


Fishing

Fishing regulations vary throughout the park. Be aware of regulations for your fishing destination.

Only a few lakes in the wilderness have native fish. Most have introduced trout, though stocking no longer occurs. Fishing is permitted in the park without a license, however a state punch card is required for salmon and steelhead. Park fishing regulations change seasonally, and are different in various park locations. Check Olympic's fishing regulations, which are available at all park offices.

Anglers are encouraged to practice *catch and release*, especially for native fish. Carefully release native steelhead or salmon by handling them gently, and if possible not removing them from the water. You may keep Eastern brook trout, a common, non-native species found in backcountry lakes and streams. Hatchery fish, identified by the absence of adipose or ventral fins, may also be kept.



NPS Photo

It takes very little repeated travel before "fishermen trails" develop around subalpine lakes. When accessing lakeshores, find durable surfaces to walk on, such as rocks or gravel shorelines. Avoid heather and huckleberry.

Fish entrails should be disposed of in a 6-8" cathole, well away from campsites and water sources, as they may attract bears or other animals. Alternatively, puncture the fish air bladder and throw the entrails far out into the lake, to avoid littering shores.

Paralytic shellfish poisoning occurs in humans when they eat shellfish containing concentrated toxic "red tide" algae. Therefore, Pacific Ocean beaches are closed to shellfish harvest (except razor clams which do not harbor toxic levels of red tide algae and have their own regulated season) from April 1 to October 31. A Washington State shellfish license is required for shellfish harvesting. Check at a ranger station for current regulations.

Rain and Other Weather

Water, in its various forms, defines the Olympic wilderness but also creates hazards, including icy snow slopes and high-water crossings.

Rain, rain and more rain? . . . But remember, precipitation is the reason for Olympic's lush rain forests and abundance of streams, lakes and low-elevation glaciers. Your experience can be enjoyable by preparing for all types of weather.

The park's west side receives more precipitation than the east side, but rain can occur at any park location year-round. Olympic extends from sea level to almost 8,000 feet, so temperatures vary depending on your destination. Rain is frequent in the winter months at lower elevations, while snow accumulates at the higher elevations. In the lowlands, winter temperatures vary from the upper 20's to the upper 40's. Summer highs range from 65-80 degrees F; lows 45-55 degrees F. Spring and fall weather is variable—sometimes warm, sometimes wet. Temperatures range from 35-70 degrees F.

During summer, weather can change quickly from sunny and warm to cold and wet. No matter what the present or forecasted conditions, always be prepared for the weather to deteriorate.

Rain and snow significantly affect travel and safety. Rain and cool temperatures increase the risk of hypothermia, the lowering of the body's core temperature. Snow on the ground influences the ability to safely travel at higher elevations, for eight or more months each year. Snow melt and rain can raise the level of otherwise fordable creeks, forcing delays or a change of plans. Dense fog can make high-elevation travel slow or hazardous any time of year. During a whiteout, snowfall makes visibility zero and travel is brought to a standstill.

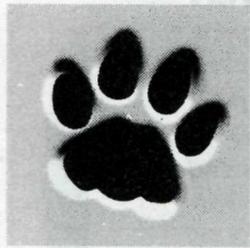
The best time to hike in the Olympics, for good weather and the least snow cover, is July to Labor Day. It is also the busiest period, especially on weekends.



WILDERNESS TIPS



Cougars



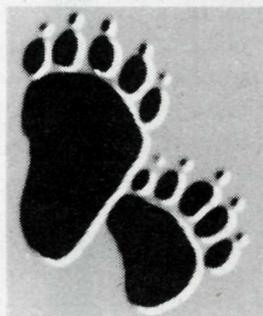
If you see a cougar, you are one of the few to have seen such an elusive creature! Do not approach, but face the animal, speak firmly, wave your arms and back away.

Cougars, also called mountain lions, range throughout the Olympics. Seldom seen, cougars are large animals, often over 100 pounds, with long rope-like tails. They are usually reddish-tan to gray-brown, with black markings on the face and tail tip. Report all cougar sightings to a ranger.

The cougar is a potentially dangerous animal, although attacks on humans are rare. If you see a cougar:

-  Do not approach, especially one that is near a recent prey-kill or has kittens.
-  Stop, stay calm and do not turn your back and/or run.
-  Face the animal, stand upright, talk calmly and firmly to the cougar and give it a way to escape if you can.
-  Do all you can to appear larger. For example, open your jacket and raise and wave your arms.
-  Pick up small children immediately so they won't panic, flee or make rapid movements.
-  If the cougar becomes more aggressive, become more aggressive toward it. Convince the animal that you are not prey, but a danger to it.
-  Fight back if attacked.

Bears



Minimize bear encounters by keeping a clean camp and storing food properly.

Black bears are common in the park. To survive as a species, they require wild habitat and freedom. Black bears are opportunistic foragers. Even one successful food snatching can instill a behavior that may require their removal. Therefore, it is important for wilderness visitors to keep a clean camp by properly storing food, garbage or other scented items, and washing dishes promptly. Read "Food Management" on page 3.

There have been several instances of aggressive bears in the Olympics. No injuries have been reported, but property was damaged and bears have acted in a threatening manner. If you meet a bear on the trail, give it a wide berth. If a bear comes into camp, make noise to scare the bear away. If it is intent on getting your food or other property, do not risk injury. In the face of repeated encounters, leave the area, with or without your property as appropriate. Notify park staff in all instances of food or property damage or loss, or any other threatening acts by bears.

Other Wildlife and Plants

During warm weather, black flies, deer and horse flies, and mosquitoes can be a nuisance. Wearing insect repellent, long sleeved shirts and long pants may help. Yellow jackets are common in warm weather, and may nest in rotten logs or in the ground.

There are no poisonous snakes in the Olympics.

Deer are found nearly everywhere in the wilderness and show little fear of humans. *Do not feed deer.* They can be dangerous, striking out with their hooves or antlers. Feeding deer can also be harmful to their health. They crave the salt found in human urine, feces and food. An inadequately dug cat hole can be a deer's delight, so bury human waste properly. Deer ticks have been found in the north part of the park, but no cases of Lyme disease have been reported.

Non-native mountain goats are found here and have become accustomed to human contact. Goats are experts at getting hikers' food so store it properly. They are also attracted to the salts in urine and sweat. To reduce their impacts on plants and soil, urinate on large rocks or areas free of vegetation, such as the trail tread. Store anything that tastes of sweat, including clothes, boots and packs, inside your tent.

Mothers of some animals may become dangerous if you disturb their young. Never, for example, get between a sow and her cub bear. Young animals, such as fawns, may be temporarily left by their mother. Do not be tempted to pick up these young animals, even if you think something is wrong with them. A lingering human scent can lead to abandonment.

Poison oak and stinging nettle, both of which cause different forms of dermatitis, are found in the wilderness. Poison oak occurs in a few locations, including the Spruce Railroad and Wagonwheel Lake trails. Stinging nettle grows in wet seeps and meadows.

Remember! Feeding Wildlife:

-  Changes the natural behavior patterns of animals, makes them dependent on people's handouts and increases animals' chances of disease or winter mortality.
-  Causes problems for the next person who uses your campsite.
-  Can turn wild animals into pests that may carry dangerous diseases and have the potential to bite people.
-  Is prohibited and carries a minimum fine of \$100.

Trailhead Security

Protect your valuables—do not leave them in your vehicle, especially at remote trailheads. Bring to the trailhead only what you will carry with you on your wilderness trip. If you must leave items of value in your car, lock them out of view in the trunk, at a time or place when you are not being observed by potential thieves.





Safety

Leave an itinerary of your hike with family and friends, and stick to it.

Wilderness, by its very nature, has inherent risks. Safety is a personal responsibility. Before your trip, learn about the hazards you may encounter and take adequate precautions. Select appropriate clothing and equipment. Always hike with a companion. Choose a trail that matches the skill level of your party.

Know your own limitations and the abilities and weaknesses of your hiking companions. Plan your route and rate of travel around the weakest member. Make sure that each member of your party knows what gear the others have packed.

Track your location using map and compass. If you encounter trouble, do not be afraid to turn back. During periods of extreme rain, snow and fog, you may be safer to hole up rather than attempt to travel.

If you are late returning from an outing, *the park will not begin a search unless you are reported as overdue*. Leave information about your trip plan with a family member or trusted friend. Be sure to include the *latest* date you will be out. To effectively begin a search, the park will need to know your vehicle description (rental car?) and license plate number, itinerary, the names of those traveling with you and a list of your gear and clothing. Read under "Emergencies" how to report an overdue hiker to the park. If you do change your plan, notify your contact before going up the trail.

Pets and Parks

Pets are not permitted in the backcountry.

Pets are permitted on leash in developed areas only, they are not allowed in the backcountry. The only exceptions to this are from Rialto Beach north to Ellen Creek, and the beaches between the Hoh and Quinalt Indian Reservations. Pets are permitted in these areas during daylight hours only, and must be on a leash.

Most of the wild animals in the park are accustomed to human presence, mainly because they are not hunted. However, pets by nature have enemies in the wild animal world. Pets are not permitted in the wilderness for several reasons:

- Pets scare wild animals away, preventing you and other visitors from viewing wildlife. Pets, while in the park, are in an environment strange to them. Their natural instinct is to chase, harass or at least investigate wild animals they encounter. Wild animals in the park are protected from disturbance by visitors and their pets.
- Pets may attract dangerous wild animals, such as bears and cougars. When threatened by a wild animal, a dog off leash may seek protection from its owner. This puts you in danger. In recent years, there have been instances of cougars attacking dogs restrained on a leash held by their owner.
- Your pet may be intimidating to other visitors. He may be your best friend, but not the friend of other visitors. If you are headed into the backcountry, leave your pet at home.

Hypothermia

Prevent hypothermia by wearing wool or synthetic layers (NOT cotton!), a cap and raingear.

Beware of hypothermia (depressed body temperature) which is the number one killer in the outdoors. It may occur quickly from being wet and cold, or slowly from long exposure to cold, rain and wind. You can even get hypothermia in temperatures as high as 50 degrees F! Early signs of the condition are hard to detect, so when it is wet and cold, watch for these symptoms in your party: poor judgement, lethargy, shivering, clumsiness.

To prevent hypothermia avoid exposure to the wind, especially when you are wet or sweaty. Wear adequate rain gear and wool or polypropylene clothing layers, *not cotton*. Nearly half of body heat is lost through the head—always be ready to wear a stocking cap when weather dictates. Eat high-energy foods.

Treatment of hypothermia can be complex, but the key is to prevent further heat loss, and to rewarm and rehydrate the victim. Before heading out anywhere in the Pacific Northwest, learn more about hypothermia, its symptoms and treatment.

Dehydration

Olympic National Park has a cool, wet climate. However, dehydration can occur no matter what the weather. Heat exhaustion can be brought on by warm weather, exertion and dehydration. Symptoms are hot, red, moist skin and fatigue, frequently accompanied by a headache. When the weather is warm, take frequent short breaks in the shade, and drink plenty of water. If your urine is dark yellow, you need to drink more water. Failure to observe and treat the signs of heat exhaustion can lead to heat stroke, an extremely serious condition.



HIKING the COAST



General Coastal Conditions

Beach hiking offers a unique wilderness experience. Access to some coastal areas is on slick, wooden boardwalk. Wear soft-soled shoes and step carefully!

Olympic National Park offers over 60 miles of the most primitive natural coastline in the 48 contiguous United States. The views of ocean, cliffs, headlands, islands and seastacks, coupled with the dramatic changing sea, provide a unique wilderness experience. Hiking is the only access to most of the coast. Rialto Beach and Kalaloch beaches are accessible by road. Vehicles, bicycles and stock are not permitted on park beaches.

When traveling to Cape Alava or Sand Point from the Ozette trailhead, you walk on three miles of boardwalk, which can be extremely slick. It is important to take your time and walk carefully. Soft-soled shoes, such as tennis shoes or lightweight hikers, grip the boardwalk better than stiff hiking boots with lug soles.

Hiking on the wilderness coast includes both beach hiking and trails over forested headlands. On the beach, the hiking surface varies from soft to hard sand, gravel, cobble stones, boulders and large drift logs. Algae-covered rocks and wet logs can be slippery and unstable, often tipping or rolling. Hard lug-soled boots do not give traction on slick rocks. Wear lightweight hiking boots with flexible soles. It is best to stay low, take short steps and keep your hands free for balancing. The variable hiking surfaces of the beach, combined with headland trails and tides, limit even strong hikers to about five miles per day. Avoid walking on or picking up tidepool animals, when submerged or exposed on rocks at low tide.

Food Storage

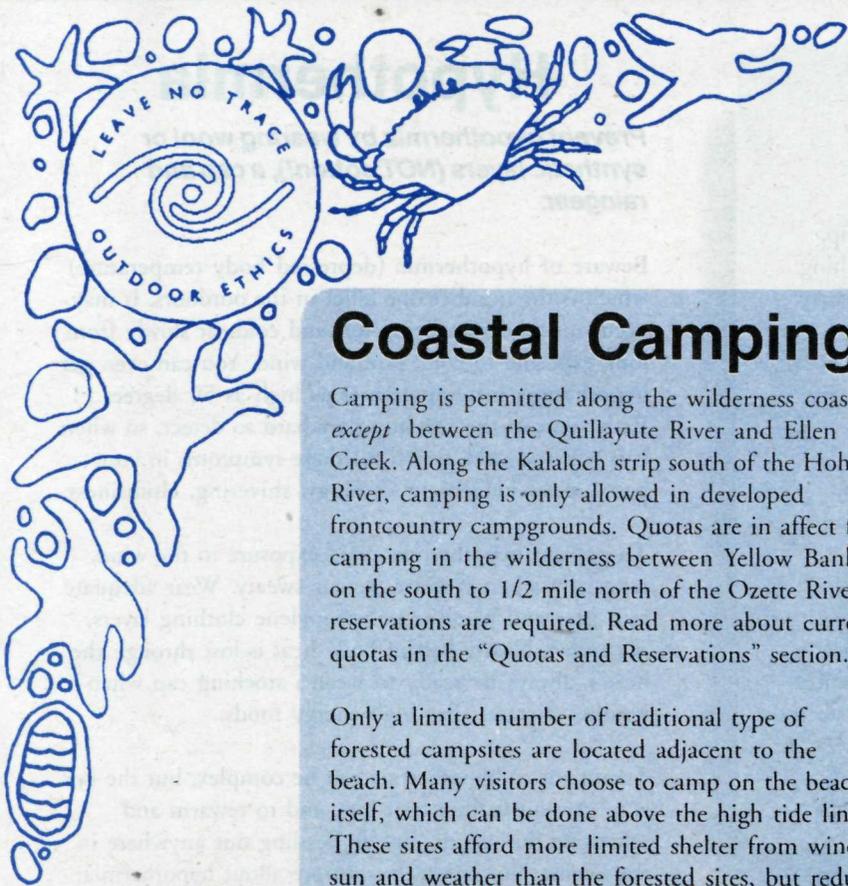
Raccoon thievery is rampant on the north coast! Unattended food must be properly hung in a hard-sided container.

Along the coast, especially at Cape Alava and Sand Point in the Ozette area, years of heavy use, feeding of wildlife and improper food storage have habituated raccoons to stealing human food. Raccoons are clever, resourceful and aggressive. They can climb ropes, hang from tree branches and leap long distances. Raccoons have learned how to work toggles and zippers, and can unscrew containers.

Always use the raccoon-resistant "bear wires" with plastic discs, located between multiple-party sites. Fully hoist your food container to the height of the main wire. Report any incidents of raccoons getting food hung on wires. *Do not feed any wild animals!*

To avoid food loss:

- NEVER leave food unattended. Turning your back for a moment is long enough for a raccoon to snatch your food.
- Store your food in a hard-sided container with a tight-fitting lid.
- Hang the container when unattended. If you did not bring one from home, you may be able to rent or purchase sealable containers or buckets from several stores near coastal trailheads (call the WIC, Ozette or Mora for locations). Use of hard-sided containers is *required* for food storage when camping on the coast from the Ozette River to Rialto Beach and Second Beach to Strawberry Point.
- Keep a clean camp.
- Any type of gear is susceptible to raccoon thievery. Store any unhung gear inside your tent.



Coastal Camping

Camping is permitted along the wilderness coast, *except* between the Quillayute River and Ellen Creek. Along the Kalaloch strip south of the Hoh River, camping is only allowed in developed frontcountry campgrounds. Quotas are in affect for camping in the wilderness between Yellow Banks on the south to 1/2 mile north of the Ozette River; reservations are required. Read more about current quotas in the "Quotas and Reservations" section.

Only a limited number of traditional type of forested campsites are located adjacent to the beach. Many visitors choose to camp on the beach itself, which can be done above the high tide line. These sites afford more limited shelter from wind, sun and weather than the forested sites, but reduce resource damage. Building a driftwood shelter or furniture is discouraged, as it takes away from the coast's wild character.

Coastal Campfires

Wood gathering in forests adjacent to the beach has extensively impacted trees and other vegetation in many coastal camp areas. Cut stumps, cut or broken lower branches of trees, compacted soil and trampled plants are evidence of this impact. To allow for the recovery of heavily-impacted coastal areas, gather firewood only from driftwood found on the beach. Use only previously established fire rings and keep your fires small. If you build beach fires, keep them at least ten feet from beach logs and below the high tide line. Remove any evidence of the fire before you leave.

To assist in restoring damage from heavy use, campfires are not permitted north of Yellow Banks to the headland at Wedding Rocks.

Toilets and Sanitation

Toilets are located at each of the main concentrations of campsites at Cape Alava and Sand Point, and at various other high use camp areas along the beach. In the absence of a toilet, dig a cat hole in the forest to dispose of human waste. See section headed "Catholes," on page 3.





Hike by the Tide!

Tides can trap you. Do not attempt to round headlands without knowledge of the tide heights and times.

Along the ocean, rising water can corner you below unclimbable cliffs. Many people have died along the Olympic wilderness coast trying to beat the tide. Some headlands require low tides for passage. Some can *NEVER* be rounded safely even at the lowest tides, and overland routes must be taken. Before traveling along the coast, obtain a detailed map, such as *Custom Correct* or *Green Trails*. Your map should indicate areas where tides may be a problem, and the tidal height at which headlands become hazardous or impossible to round.

Carry a tide chart. They are available at coastal trailheads and ranger stations, through the WIC, and at many hardware and sporting goods stores. **DON'T GUESS!** Know when tides occur and carry a watch. Refer to tide charts before setting out on longer coastal hikes. On the same low tide, it may be possible to get around one headland but not the next.

Strong winds or off-coast storms make tides higher than tide charts indicate (see "How to Use a Tide Chart" below), sometimes making normally-passable routes impassable. Winter storms can significantly elevate tides and create seriously hazardous conditions. Never underestimate the Pacific Ocean.

Always keep in mind that waves can move beach logs which can crush and kill. Strong currents, cold water and hidden rocks make swimming hazardous. Be vigilant for large swells.

How to Use a Tide Chart

Tide charts give the time and height of morning and evening high and low tides in good weather. Look over your map for the route you will follow. Note any locations where you see the words "danger," "caution" or "round at low tide." If your map does not include this type of information, check with the park to obtain a map with those references. See the map key for definitions of hazards. They will vary between maps. "Danger" usually means that a headland cannot be rounded at any time by walking on the beach. "Caution" usually suggests a low tide height below which it may be safe to round headlands. Check the time and height of the two low tides for the day you will be hiking. Note that occasionally there may be only one low tide per day. The safest time to round headlands is within one hour before low tide. Never begin rounding a headland on an incoming tide.

Beach Combing and Beach Debris

Park regulations permit taking a handful of pebbles or unoccupied sea shells. All living organisms found on the beach and in tide pools are protected—disturbing or collecting is not permitted. Seal pups seen on the beach are not in need of our help. Picking up a seal pup may lead to abandonment by its mother.

Garbage and plastic, debris cast from ocean vessels, accumulates on coastal beaches. Do not decorate campsites with beach debris, as this detracts from the wilderness character of the area. Help keep the wilderness beaches clean by carrying out marine debris.

Do not touch metal cylinders or other containers that have washed up onshore. They may contain hazardous or explosive materials. If you see a suspicious object, note the type of container, any markings and its exact location. Report this information to a ranger.

Subtidal and Off-Shore Area

The seastacks and islands located off the coastal strip are National Wildlife Refuges and designated wilderness. They are also part of Olympic National Park and the Olympic Coast National Marine Sanctuary. Rocks and islands that cannot be reached by foot at low tide, as well as Cannonball and Ozette Islands at Cape Alava, are off limits to visitors. This protects nesting birds and other wildlife from human disturbance.

Headland Trails



Headland trails are marked by orange and black targets. These trails lead from the beach over many headland cliffs. Headland trails are typically steep and muddy and receive minimal maintenance. Cable ladders or fixed ropes may be on site to assist climbing. Parties should climb one hiker at a time to avoid dislodging rocks onto members below. Be cautious when traveling atop headlands. Thick vegetation can mask the edge of sea cliffs—one wrong step could prove fatal.



PERMITS, FEES and EMERGENCIES

General Regulations

Regulations protect wilderness as well as wilderness users. Pets, weapons, vehicles, bicycles and other wheeled devices are not permitted on park trails, meadows, beaches or in any undeveloped area of the park.

Exceptions:

- Pets are permitted *on leash, during daytime hours only*, from Rialto Beach north to Ellen Creek, and on the Kalaloch beach strip between the Hoh and Quinault Indian Reservations. See "Pets and Parks" on page 11.
- Bicycles are permitted from the Boulder Creek Trailhead to the Olympic Hot Springs campground, and on the Spruce Railroad Trail on the north shore of Lake Crescent.

Some areas of Olympic National Park are accessible only from Olympic National Forest trailheads, and regulations may differ. For instance, pets are not allowed on Park trails, but are allowed on Forest trails. For additional information, ask for the handout, "Regulations for Olympic National Forest and Park," or contact a Forest Service office.

Wilderness Camping Permits

A Wilderness Camping Permit is required for all overnight stays in undeveloped areas of the park.

Permits may be obtained at the following ranger stations: Dosewallips, Elwha, Eagle (Sol Duc), Mora, Ozette, Staircase, or at the Hoh Visitor Center or Wilderness Information Center (WIC) in Port Angeles. Permits are also available by self registration at the following remote trailheads:

- Staircase/Dosewallips area.....South Fork Skokomish *, Lena Lake *, Putvin (Lake of the Angels)*, Duckabush*
- Dosewallips to Hurricane Ridge area...Upper Dungeness*, Gray Wolf River*, Slab Camp*, Deer Park***, Little River**
- Hurricane to Sol Duc area.....Storm King Ranger Station, Aurora Creek, Aurora Ridge, North Fork Sol Duc
- Sol Duc area to Hoh area.....Rugged Ridge*, Bogachiel*, South Fork Hoh**
- Queets area.....Queets
- Quinault area.....Wynoochee*
- Coast.....Swan Bay, Rialto Beach, Second Beach, Third Beach, Oil City

* US Forest Service Trailhead—USFS Trail Park Pass (fee) required

** Washington State Dept. of Natural Resources Trailhead

*** Access to quota area at Grand Valley requires reservation/registration at ranger station or WIC

Wilderness Use Fee

Wilderness use fees help support wilderness management projects.

In 1997, based on Congressional direction, Olympic National Park began charging fees for overnight stays in the wilderness. Eighty percent of the fees collected are returned directly to the park for wilderness management projects. Publication of this newspaper was funded with user fees.

The printing and design of this publication was funded by Olympic National Park's

UserFee

Wilderness Use Fee:

\$5 to register for a permit for up to 12 people to camp overnight in the wilderness. Additional persons are \$2 per person per night.

There is no nightly charge for youth 16 years of age and under. Annual passes are available for frequent visitors for \$30; \$15 for each additional household member. Discounts associated with Golden Eagle, Golden Age and Golden Access Cards do not apply.

Maximum rates:

- \$50.00 for trips up of to 14 nights with a party of up to 6 people
- \$100.00 for trips of up to 14 nights with groups of 7-12 people

How to pay:

At ranger stations where wilderness permits are available, Wilderness Use Fees may be paid by cash or check. At self-registration trailheads register boxes contain envelopes (with printed instructions), which are are stapled to blank permits. Upon completion of your outing, mail your check in the envelope. *Do not* leave payment in trailhead permit boxes.

US Forest Service Trail Park Passes:

US Forest Service Trail Park Passes are required when parking at Olympic National Forest trailheads. Some areas of Olympic National Park are accessed by trails originating in Forest Service areas. Both Park Service and Forest Service registration and fee procedures may apply. Trail Park Passes are available at all Olympic National Forest offices, at the Wilderness Information Center, Staircase Ranger Station and a number of commercial outlets. The fee is \$3 per vehicle per day. An annual Trail Park Pass is available for \$25, good for a calendar year.

Additional Fees:

- \$2.....Daily parking fee at Ozette trailhead
- \$10.....Seven Day Entrance Pass. Entrance fees are charged at Staircase, Hurricane, Elwha, Sol Duc and the Hoh.
- \$20.....Annual Park Entrance Pass, good for 12 months from issue





Emergencies

Know what to do in case you become injured or lost in the wilderness.

To report emergencies, (such as overdue hikers) from outside the park call the park dispatcher at (360) 452-4501 ext 0. In the park, report emergencies at ranger stations or by dialing 911. Many backcountry ranger patrol stations are staffed during summer months. Ask about their location when you register.

Injured?

Provide whatever treatment you can. If possible, do not leave the injured party alone. If you must leave, make the person comfortable with warm clothing, shelter and food.

Send for help with the following information:

- **Nature of the emergency:** date and time it occurred, details of incident and injuries.
- **Patient condition:** airway, breathing and circulation—normal or on the extreme? Has first aid been given? Is CPR in progress?
- **Location:** the closest known location, or approximate distance or walking time from a known location. Mark it on your topo map as best you can.
- **Resources:** number of people (adult/juvenile) and equipment left at the scene.
- **Patient information:** name, address, phone, age, weight, who to notify.
- **Color of injured party's belongings:** tent, pack, clothing.

Lost?

If you become lost, turn to your *Ten Essentials*. Stay calm and think through the situation. Stay put—you will be found sooner. Stay warm and dry. If you are tempted to follow a river or creek, remember that these are often the most dangerous routes in the Olympics. Create a signal visible from the air. Lay out brightly-colored clothing in a forest clearing. Use a signal mirror.

Cell Phones

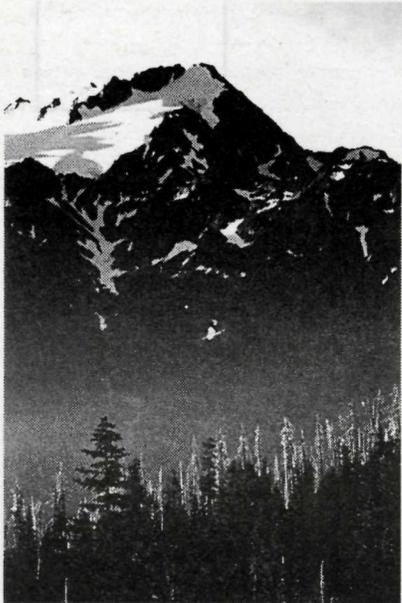
Do not depend on a cell phone to help you in an emergency. Come prepared to meet wilderness on its own terms.

Why do we go into the wilderness? Many visitors enjoy wild places, away from civilization. Many backcountry visitors seek the classic wilderness values of risk, solitude and challenge. Use of cell phones, for anything other than serious emergencies, detracts from the character of wilderness. And keep in mind that it is next to impossible for a dispatcher to give directions to a lost person calling on a cell phone. Route-finding and safety skills are paramount in the wild.

Cell phone coverage is very patchy in much of the interior and coastal areas of the park. There may be a chance to reach a cell site by climbing to a ridgetop. From the backcountry, report *only* serious emergencies by calling 911.

Remember that you may be hitting a cell site from Seattle, Portland or Canada. Make sure to state who you are, your specific

location and the other report information outlined under "Emergencies." Knowledge of one's location is vital to the success of any rescue. Also, provide your cell phone number so you can be called back; don't move if they are planning to return a call. Sometimes just a foot or two makes a difference in getting a call through to a cell phone in the wilderness.



Dennis Hamm

Quotas and Reservations

Overnight quotas are in effect for a number of high-use camp areas in the wilderness.

To help minimize resource impacts and provide a quality wilderness experience, overnight quotas are in effect from Friday of Memorial Day weekend (late May) through Monday of Labor Day weekend (early September).

Quota areas are: Ozette loop, Grand and Badger Valleys, Lake Constance, Flapjack Lakes, Hoh River and Sol Duc.

Reservations may be made no more than 30 days in advance by calling the Wilderness Information Center at (360) 452-0300.

Ozette Coastal Loop..... Advance reservations are required and must be obtained *prior to arrival in the Ozette area*. Ozette's frontcountry campground and Lake Ozette campsites are not reservable.

Grand Valley..... 50% advance
Badger Valley..... reservations available
Lake Constance..... but not required.
Flapjack Lakes

Hoh and Sol Duc..... Advance reservations are *not* available except for group sites (more than 6 people) at Deer Lake, Sol Duc Park and Seven Mile Camp on the Sol Duc River.

Before camping in a quota area you must obtain a Wilderness Camping Permit. Contact park staff at the Wilderness Information Center or a staffed ranger station. A reservation is not a permit.

Within quota areas:

- Camping is permitted only in designated sites.
- Campsites are not individually assigned but are available to permit holders on a first come, first served basis.
- Deviation from the your permit itinerary is not allowed, except in cases of emergency.





Corrections!

- Wilderness Use Fees are \$5 to register for a permit to camp overnight in the wilderness (for groups up to 12 people), **plus** \$2 per person per night.
- Daily Ozette Trailhead parking fee is \$1.

Wilderness Information Center (WIC)

In the early stages of trip planning call or write the WIC (see "For More Information"). Staff members provide current trail reports, trip planning, safety information, weather (subject to change!) and *Leave No Trace* tips.

Visit the WIC for more information, to obtain reservations for any quota area or to purchase a Wilderness Camping Permit for any park location. The WIC is located behind the Olympic National Park Visitor Center at 3002 Mt. Angeles Road in Port Angeles. It is open daily from late spring to early autumn.

WIC Hours of Operation

- April 22..... Telephone lines open for reservations and information Tuesday - Saturday, 8:00 am to 4:00 pm
- May 22..... Open same as above for telephone *and* personal services
- June 23 through Sept..... Telephone and personal services Thursday - Saturday, 7:30 am to 7:30 pm; Sunday - Wednesday, 8:00 am to 4:30 pm

October through March..Open when staff is available.

Olympic National Park Ranger Stations

- Staircase (360) 877-5569
- Elwha (360) 452-9191
- Sol Duc (Eagle) (360) 327-3534
- Ozette (360) 963-2725
- Hoh (360) 374-6925
- Kalaloch (360) 962-2283
- Quinault (360) 288-2444

US Forest Service Stations

- Olympia (360) 956-2300
- Hood Canal (360) 877-5254
- Quilcene (360) 765-3368
- Soleduck (360) 374-6522
- Quinault (360) 288-2525

National Marine Sanctuary

- Port Angeles (360) 457-6622

For More Information

For answers to wilderness questions, write to:

**Olympic National Park
Wilderness Information Center
600 East Park Avenue
Port Angeles, WA 98362**

To phone the WIC: **(360) 452-0300**

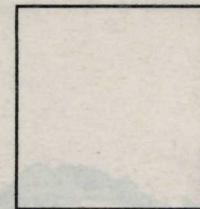
For general park questions, write to the Olympic National Park Visitor Center at the above address. Check the park's Web site at "www.nps.gov/olym/" for park information, trail descriptions and links to weather forecasts for the Olympic area.

A free park brochure map, the "Olympic, Official Map and Guide," provides a general park map and additional trip planning information. Detailed topographic maps, trail guides, natural history books and other publications are available through the Northwest Interpretive Association (NWIA). For a list of available publications, write or call the park at (360) 452-0330, or call the NWIA at (360) 452-4501 ext. 239. The NWIA will sell publications by mail order.

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Olympic National Park
Wilderness Information Center
600 East Park Avenue
Port Angeles, WA 98362



Send to:

