Winds blow cooler now, twilight comes earlier. The sky is a deep lustrous blue. The sun has moved southward and the seasons are changing. During autumn, elk browse while other animals and plants busily prepare for the coming winter. Small animals store the last of the seeds and nuts, and pack on layers of fat. They will need the fat to survive the winter deep beneath the many feet of snow that will blanket the meadows of Paradise and Sunrise. Migrating birds will launch their travel plans to spend winter in a warmer place, hundreds of miles to the south. Plants will complete the process of preparing for winter by releasing seeds for the next generation of flowers and trees. Although summer officially gives way to autumn during the autumnal equinox on September 23, for most of us it begins when we see green leaves changing to shades of red, yellow, orange, bronze, purple or brown.

Predicting exactly where and when fall color will begin or peak is difficult since there are both internal and external factors to consider. Some trees and shrubs such as cottonwoods simply produce more yellow pigment (carotenoids) in their leaves, while others such as blueberries produce more brown pigment (tannin), and still others such as vine maples produce more red pigment (anthocyanin). Pigmentation differences are examples of internal factors that influence the colors leaves turn during autumn. When nights begin to lengthen in September, the production of chlorophyll (the dominant green pigment related to photosynthesis) diminishes and eventually ceases. The cessation of chlorophyll production allows the other pigments in leaves to appear.

Fall colors are external factors which affect the leaves’ color-producing pigments. For example, the cool nights and warm days typical of an “Indian summer” favor production of anthocyanin, which develops anew in autumn leaves. Direct sunlight sometimes stimulates the formation of this red pigment so powerfully that a partly shaded leaf will turn bright red on its sunlit portions but remain green or yellow on its shaded parts. Since weather and soil conditions vary from year to year, no two autumns are exactly alike. Sometimes fall colors come early, sometimes late, sometimes hardly at all.

When the days of autumn shorten sufficiently, a chemical change takes place in the cells at the base of each leaf stalk where it joins the twig. The substance binding the cells breaks down and the leaf eventually falls to the ground or is carried off on a gust of wind.

In the forests that surround Mount Rainier, a variety of trees and shrubs produce beautiful fall colors, brightening hillsides and river valleys with dazzling intensity.

BIGLEAF MAPLE (Acer macrophyllum) trees grow to 65 feet tall, the largest of all maples. Their leaves are generally 5 to 12 inches wide and long, turning a rich yellow color during autumn. Bigleaf maples are widespread below 2000 feet elevation and less common between 2000 and 4600 feet elevation. They favor open sites where conifers have failed to form a deep shading forest canopy. Look for bigleaf maples in the lowest elevations of Mount Rainier’s forests near Nisqually, Ohanapecosh and Carbon River entrances. Bigleaf maple leaves are tasty forage for deer and elk when they are fortunate enough to be able to reach the foliage.

BLACK COTTONWOOD (Populus trichocarpa) grows to 150 feet tall and are usually found very close to water. Their growing location, height, and branching habit (120+ feet above ground) make cottonwoods ideal nesting trees for bald eagles and great blue herons (both bird species are seen occasionally at Mount Rainier.) Look for the bright yellow autumn foliage of cottonwood trees coloring the White River Valley along Highway 410.

VINE MAPLE (Acer circinatum) leaves develop intense color in late summer and early fall. They are a magnificent source of seasonal red and gold on multispecies shrubs to 20 feet tall or small trees to 30 feet. Vine maples flourish at all forested elevations in the park. The maples seem most colorful when surrounded by luxurious green forest such as near Ohanapecosh, or on rocky avalanche slopes. An autumn drive along the Stevens Canyon Road between Ohanapecosh and Paradise offers excellent views of these colorful vine maple-covered slopes. Look for browsing deer and elk nearby, as vine maple leaves are a favorite and easier-to-reach food than foliage of the taller bigleaf maples.

DOUGLAS MAPLE (Acer glabrum douglasii) forms tall shrubs or trees up to 40 feet high. Although common east of the Cascades, these maples are found only occasionally in westside forest openings. Leaves of the Douglas maple turn a showy red-orange during autumn.

SITKA MOUNTAIN-ASH (Sorbus sitchensis) generally grows to tall shrub size alongside blueberry bushes in subalpine areas. Its bright yellow autumn foliage and red to orange berries top off the full color of the mountain’s high meadows. Although mountain-ash berries are nice, bitter and unappealing as food for people, the berries are important forage for small mammals such as chipmunks and birds such as gray jays. Mountain-ash berries stay on the bush into winter and apparently have enough sugar to ferment there, judging by observations of birds “flying under the influence.”

CASCADIAN DOGWOOD (Cornus nuttallii) can be found scattered in the forested areas around Mount Rainier. Dogwood leaves put on quite a show in the fall with foliage colors of plum, bronze, russet and magenta. Trees can grow up to 60 feet tall and are more often dwarfed by the shade of surrounding conifers, joining vine maple and western yew in a tall shrub understory.
OVERNIGHT HIKES

If you are planning a backpacking trip, be sure to stop at the Hiker Center at Longmire. Located in the log and stone building beside the flagpole, the Center features a relief map of Mount Rainier and information on Minimum Impact Camping. Rangers on duty will be happy to answer your questions, assist with trip planning, and issue wilderness permits. (Closes September 30).

The main purpose of the permits is to control the number of people in one place at one time and thereby limit the impact from litter, human waste, and trampling of the ground.

A second Hiker Information Center offering similar services is located at the White River Entrance Station (Closes September 30). Carbon River Ranger Station issues permits and offers information on the northwest section of the Park.

Northwest Interpretive Association Provides Books and Maps

Books and maps are available for sale at all park visitor centers as well as the Hiker Information Centers, Longmire Museum, and Carbon River Entrance Station. The selection includes everything available in your outdoor explorations, books about park history and climbing, and maps that will enhance your enjoyment of the park from road and trail.

These outlets are operated by the Mount Rainier Branch of the Northwest Interpretive Association, a non-profit organization benefiting the naturalist programs in the national parks and forests of the Pacific Northwest. This paper is an example of these benefits. We invite you to become a member of the Association. To learn about the advantages, membership inquire at any visitor center.

The Vision

As we approach the 21st Century Mount Rainier and Olympic National Parks are combining their efforts to manage both parks for the benefit of future generations. In the future, we envision Mount Rainier and Olympic National Parks as places where:

- Ecological processes operate with minimal human influence.
- Cultural history and natural resources are valued and preserved.
- People engage in diverse recreation supported by quality visitor services.
- Management programs perpetuate ecological processes.
- Management actions foster biological diversity.
- Management is accomplished by a diversified, highly professional workforce.

Liabilities with individuals and groups of public or private affiliation complement park management.

Vision Into Reality

Only the efforts of dedicated people will transform the Vision into reality. Incorporated in the State of Washington as an independent, private, non-profit, tax-exempt organization, the Mount Rainier and Olympic Fund is not a membership organization, nor does it engage in political activity or other advocacy. Through private support, the fund extends the capability of the two parks to provide specific programs and projects to enhance park values. Areas of particular interest for the Fund include:

- Wilderness preservation and restoration
- Endangered species and wildlife conservation
- Restoration of scenic areas and historic structures

How You Can Help

Through the Mount Rainier and Olympic Fund, your support will assist the National Park Service to maintain the environment and resources of these parks; and provide visitor services of the highest quality. Your participation will make a difference. For detailed information on how you can help, contact: The Mount Rainier and Olympic Fund, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211 ext. 2301.

Bridge Replacements / Travel Delays / Road Closures

LAUGHINGWATER BRIDGE REPAIR

Laughingwater Creek Bridge on Highway 123 north of Ohanapechoh has deteriorated to poor condition. The bridge will be replaced with a new structure adjacent to the old. During construction, expected to take two summer seasons, the existing bridge will continue to be used. Through the autumn season expect temporary travel delays near the construction zone as the Federal Highway Administration works to build a new bridge.

DEADWOOD Ck. BRIDGE REPAIR

Expect travel delays on SR 410 between the White River road junction and Cayuse Pass this autumn. Contractors for the Federal Highway Administration are constructing a new bridge spanning Deadwood Creek. Flaggers, signs and signals will inform travellers of hazards and reduced speeds near the construction zone. A one lane temporary bypass bridge is in place. Work on a new, safer bridge will begin in the spring of 1994.

WESTSIDE ROAD PARTIALLY OPEN

Only the first three miles of this roadway into the scenic western side of the park are open for the 1993 season. Foot and bicycle travel only are allowed beyond Dry Creek due to glacier outburst flooding and damage brought on by early winter torrential rains in past years on Tahoma Creek. The National Park Service is pursuing options to stabilize the roadway for use in future years.

DRINK ONLY TREATED WATER

The mountain streams and springs of Mount Rainier may be beautiful to look at and delicious to drink from, but too often the waterways are home for some nasty micro-organisms that can give you less than pleasant memories. Contrary to historic claims, Longmire Mineral and Ohanapechoh hot spring waters are NOT safe to drink. Rather than "curing what ails you," water from these springs could cause severe intestinal upset. Drink water only from treated, piped water systems. In the backcountry, treat your water.

PROTECT YOUR VALUABLES

Chief Ranger John Jensen says, "Don't be a victim." Vacationers generally are in a relaxed frame of mind, and don't practice the same precautions against thievery as they might at home. Unfortunately, thieves visit Mount Rainier along with the good folks and find purses, wallets, and cameras to be easy prizes. Don't leave cash or valuables in your vehicle, not even in a locked trunk. Report suspicious activity to any ranger station.

The Resource

Western Washington and Puget Sound are blessed with abundant natural resources, a rich cultural heritage, and a multitude of recreational opportunities. Alpine glow on Mount Rainier, and the rugged outline of the Olympics, frame Puget Sound. Outstanding quality of the natural environment consistently scores high among factors that attract residents and visitors alike.

The Challenge

Integral components in the natural landscape, and unique to the world, Mount Rainier and Olympic National Parks embody the spirit of northwest diversity. Park managers now look to the future and see the ever-increasing popularity of these parks as a double-edged sword. The challenge of retaining what makes Mount Rainier and the Olympics special, will be ever greater in coming years.

How You Can Help

Through the Mount Rainier and Olympic Fund, your support will assist the National Park Service to maintain the environment and resources of these parks; and provide visitor services of the highest quality. Your participation will make a difference. For detailed information on how you can help, contact: The Mount Rainier and Olympic Fund, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211 ext. 2301.

24 HOUR INFORMATION

For information on Mount Rainier National Park, tune your AM radio to 1610KHz, near Nisqually Entrance. For up-to-date information on park roads, trails, facilities and weather, 24 hours a day, dial: (206) 569-2211.
The forests surrounding the base of Mount Rainier become more valuable each year. Sixty percent of Mount Rainier National Park is covered by forest, much of it in the old-growth Douglas-fir coniferous forest. This forest community is found on the west side of the Cascade Mountains in Washington, Oregon, and Northern California.

The term "old-growth Douglas-fir forest" identifies a stand of trees that is at least 250 years old. The lowland forest of Mount Rainier National Park contains some of the last "old-growth" in the Pacific Northwest. Here Douglas-fir, western hemlock and western redcedar are 500 to over 1,000 years in age. These trees were old when ships reached the North Pacific coast and wagon trains brought settlers into Puget Sound.

Scientists studying the forests of Mount Rainier for more than ten years, have identified forest community types, determined the age of the forest, and listed the plants and animals associated with the Douglas-firs. Researchers have found differences in temperature, moisture and associated species between old-growth forests in Washington and northern California.

Many visitors remark on the great size of the trees in the old-growth forest and then begin to note the relative abundance of seemingly dead material in the forest. This characteristic leads to the distinctive features of an old-growth forest: (1) large, live old-growth trees, (2) large standing dead trees (snags), (3) large logs on land, and (4) large logs in streams.

Large, old-growth Douglas-firs are ideal habitats for specialized vertebrates, such as the red tree vole, northern spotted owl and northern flying squirrel, as well as nitrogen-fixing lichens. Large snags provide valuable nesting sites and food sources for a variety of vertebrates and invertebrates and are a future source of logs.

Logs on the forest floor are important habitats for small mammals, including the western red-backed vole and northern flying squirrel, that spread the spores of mycorrhiza-forming fungi. Mycorrhizae (root-fungus relationships) aid the trees by gathering and transferring water and nutrients into the tree's roots. Logs also are sites for bacterial nitrogen fixation, water and nutrient storage, and provide seed beds for new generations of trees and shrubs. Logs are critical to maintenance of physical and biological stability in headwater streams as they provide a range of habitats for stream organisms.

As scientists began to study the forests they found the northern spotted owl most commonly in the older Douglas-fir forests. Some scientists suggest that the northern spotted owl lives only in old-growth forests, while others say that the owls can live in younger forests.

Most species found in the old-growth Douglas-fir forest are also found elsewhere but many species find optimum habitats in old-growth forests. The forest's value should be measured not only by what is found there, but also by the longevity of its forest ecosystem. The management of the old-growth Douglas-fir forest of the park is as important today as preserving the glaciers and snow capped peak of Mount Rainier.

There are many places in the park where you can experience the old-growth Douglas-fir forest. The Grove of the Patriarchs nature trail, near Ohanapeosh, is an easy 1.5 mile round trip. Several places along the road between Nisqually Entrance and Longmire offer short walks into the old-growth forest. The Carbon River road in the northeast corner of the park provides a leisurely drive among the old-growth giants and the Carbon River Rain Forest Nature Trail features the species that inhabit this special place. For more information on the forests of Mount Rainier National Park inquire at any park visitor center.

Mount Rainier, which is the highest volcano in the Cascade range, has been designated as a Decade Volcano. In 1989, the International Association of Volcanology and Chemistry of the Earth's Interior established a task group for the International Decade for Natural Disaster Reduction. This task group included Mount Rainier as one of several volcanoes for focused study during the 1990's.

Criteria for designating Mount Rainier for study include the following: the volcano represents a variety of hazards, it exhibits recent geologic activity, it is located in a populated area, it is little researched, it is readily accessible and it is well exposed for study.

Mount Rainier is considered the most hazardous volcano in the Cascades in terms of its potential for magma-water interaction and sector collapse. Debris flows (in the absence of eruption), and even the potential for eruption, pose significant threats to the region.

In spite of the hazard it poses, Mount Rainier has received relatively little study. Very little is known of such important topics as its petrologic and geochemical character, its development over time, its recent history of eruptions and its susceptibility to major failures. With the designation as a Decade Volcano, increased scientific attention is focusing on Mount Rainier to try to answer some of these questions.

Wildlife And Your Lunch

Seeing wild animals is an important part of a visit to Mount Rainier National Park. As national parks are preserved for their natural values and processes we ask that you observe but do not feed the wildlife. Both birds and mammals are affected in many ways by well-meaning handouts. Birds are sensitive to the availability of food because they must eat about the equivalent of their body weight each day.

Small mammals such as chipmunks and golden mantled ground squirrels all pass the winter hibernating. These animals require specific foods to fatten themselves for their long sleep. Our food does not supply the right fats and protein for these animals. In addition, rodents do bite and may carry rabies and botulism.

Bears quickly learn to associate people with food when offered handouts. Leaving food out or intentionally feeding bears can lead them to damaging tents and vehicles, and injuring people. The animals in the park are wild and should remain that way. We must be content to observe and appreciate them, rather than trying to intrude in their natural lives.
I

In 1883, while on a climbing trip to Mount Rainier, James Longmire happened upon the meadow and mineral springs that now bear his name. Enchanted by the beauty of the area, he and his family returned the following year to found "Longmire’s Medical Springs." Soon, venture-some travelers were coming to Mount Rainier to partake in the healthful qualities of the mountain air and mineral water. In 1890, James Longmire built the Longmire Springs Hotel which provided visitors with a place to rest and a base from which to explore the mountain. Upon request, the Longmires guided their guests to areas around the mountain, including the Paradise flower meadows, and even to the summit!

With the establishment of Mount Rainier National Park in 1899, the Longmire area became the early center of park activity. The Longmire Museum, one of the oldest national park museums, offers exhibits on geology, mammal birds, Pacific Northwest Native Americans and early Euroamerican exploration of the area.

The Longmire area offers an excellent opportunity to become better acquainted with plants and animals that comprise the old-growth ecosystem. Douglas-fir, western redcedar, and western hemlock soar more than 200 feet above mossy forest floors.

The Longmire area offers a wide variety of hiking opportunities. People can relax while walking a gentle path through old-growth forest and open meadows, or challenge themselves on a steeper trail that climbs mountain ridge tops with commanding views of Mount Rainier, surrounding peaks, and forest cloaked valleys.

No matter the difficulty of trail you choose, your reward will be a feeling of seclusion and solitude, a sense of wilderness, a feeling often difficult to capture during the routine of everyday life. Park Rangers will be happy to help you plan your exploration of the Longmire area.
PARADISE ICE CAVES NO LONGER EXIST

It has been said that the only thing constant in nature is change. The Paradise Glacier is a good example of change at Mount Rainier. An 1896 map of glacier positions showed the terminus of the Paradise Glacier to be about one-half mile from Sluiskin Falls and an easy walk from Paradise. Its ice caves and crevasses were main attractions for visitors of the early 1900s. As the century progressed visitors watched with dismay as the Paradise Glacier retreated upvalley and separated into upper and lower sections. The lower section received much less snowfall during the winters than it had previously and became an isolated stagnant ice mass. As the terminus of the thinning glacier continued its upvalley retreat, the ice caves shrunk into smaller unstable crawl spaces. Finally, in the fall of 1991, the ceiling of the last large cave completely collapsed. The icy caverns of blue and purple light as shown in books and on postcards no longer exist. The caverns can now be enjoyed only through stories and pictures of those who explored it before us.

MEMORIAL VISITOR CENTER

Information & Services

HENRY M. JACKSON MEMORIAL VISITOR CENTER

Information & Books: 9 a.m. - 7 p.m., daily, through September 26; then 9:30 a.m. - 6 p.m., daily, September 27 - October 11; then 10 a.m. - 5 p.m., Saturday, Sunday and holidays, October 12 through winter. Exhibits are on animals, glaciers, geology, wildflowers and mountain climbing. A 20-minute audio-visual program is shown on the hour and half-hour, 10 a.m. - 4:30 p.m. This schedule may be pre-empted for an afternoon program of special interest. Consult the activity boards or inquire at the information desk for details. The Northwest Interpretive Association provides books, maps and guide services for the high country meadows. Excellent food service is available across the lobby from the information desk.

Food Services, Showers and Gifts: Available in the Henry M. Jackson Visitor Center.�

PARADISE INN

Lodging & Restaurant: Hotel front desk open 24 hours, daily, through October 3; Dining room 7 a.m. - 9 a.m. for breakfast through October 4; 12 noon - 2 p.m. for lunch (except Sunday) and 6 p.m. - 8 p.m. for dinner, through October 3; Sunday brunch; 11 a.m. - 2:30 p.m., through September 26; Glacier Lounge open 12 noon - 11 p.m., daily, through October 3; snack bar open 10 a.m. - 7 p.m., daily, through September 26; For reservations call (206) 569-5575. Provided by Mount Rainier Guest Services. The Paradise Inn closes for the season after serving breakfast on October 4.

Gift Shop: Located in the Paradise Inn lobby 8 a.m. - 8 p.m., daily, through October 3.

Post Office: 8:30 a.m. - 5 p.m., Monday - Friday, 8:30 a.m. - 12:30 p.m., Saturday, closes October 3.

NATURALIST WALKS & PROGRAMS

Program Description

Alta Vista Walk: 1.5 hours, 1.25 miles. Discover the geology and glaciers of Mount Rainier on this easy walk to an excellent view of the Nisqually Glacier. Meet at the Jackson Visitor Center flagpole.

Nisqually Vista Walk: 1.5 hours, 1.25 miles. Explore the variety of subalpine meadow life on this moderate hike to a knoll overlooking Paradise. Meet at the Jackson Visitor Center flagpole.

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Evening Program: 1 hour, Paradise Inn Lobby. Illustrated programs explore a variety of subjects on Mount Rainier. Titles are posted in the Jackson Visitor Center and the Paradise Inn.

Programs for 1995:

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

See Jackson Visitor Center and Paradise Inn bulletin boards for midweek activities.

230 PM
Through 9/24
230 PM
Through 9/25
230 PM
Through 9/26

9 PM
Through 9/24
9 PM
Through 9/25
9 PM
Through 9/26
Examples of the old-growth forest scene in the Pacific Northwest are rare today. But the Ohanapecosh River Valley is one place where old-growth forest remains. Here you can walk back in time among stately Douglas-fir, western hemlock and western redcedar, 500 to 1,000 years old. The self-guiding interpretive trail in the Grove of the Patriarchs is an excellent place to experience the sublime qualities of the old forests. The sparkling clear water of the Ohanapecosh River stands in stark contrast to the brown, milky streams originating from active glaciers. Plopping from an inactive glacier and snowfields, the Ohanapecosh River reflects the green of the forest and the blue of the sky. Only a mile upstream from Ohanapecosh Campground, the river cascades as beautiful Silver Falls. Early settlers to the Gowlitz Valley were attracted to Ohanapecosh by the hot springs that bubble from the ground. A complete resort with cabins, bathhouses and other facilities was developed around the springs. Today the buildings and baths are gone, but the shallow springs remain. The self-guiding trail, “Life Systems: The Forest and Hot Springs of Ohanapecosh,” describes the beauty and history of this area.

**INFORMATION & SERVICES**

**OHANAEPCOSH VISITOR CENTER**

**Information & Books:** 9 a.m. - 6 p.m., daily through October 3, then Saturday, Sunday, and holidays only through October 17. Exhibits feature animals, old growth forest, and local history. The Northwest Interpretive Association provides books, maps, and slides for sale.

“Life Systems” Self-guiding Trail: 30 minutes, .5 mile. Explore the forest and hot springs of Ohanapecosh on this walk, start at the visitor center.

**Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

Program Description

**Guided Walks to:** Grove of the Patriarchs or Silver Falls.

**Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Grove of the Patriarchs** Self-guiding Trail: 1.5 hours, 2 miles. Walk among 1,000 year old tree giants of the old-growth forest. See these ancient trees on an island in the Ohanapecosh River.

**Ohanapecosh Campground:** The campground contains 205 sites, but no group sites. Camping fee $8 per site per night on a first-come, first-served basis. The Ohanapecosh Campground begins incremental closing September 15.

**NATURALIST WALKS & PROGRAMS**

Program Description

**Monday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Tuesday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Wednesday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Thursday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Friday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Saturday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**Sunday**

- **Guided Walks to:** Grove of the Patriarchs or Silver Falls.
- **Campfire Program:** 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.

**INFORMATION & SERVICES**

**SUNRISE VISITOR CENTER**

**Information & Books:** 9 a.m. - 5 p.m., Monday - Thursday; 9 a.m. - 6 p.m., Friday, Saturday and Sunday, through September 12, when it closes for the season. As you turn the corner at Sunrise, this area called Sunrise. Sunrise is a place of breathtaking vistas and the intriguing beauty of fragile subalpine vegetation. From Sunrise Point, the massive, four and one-half mile long Emmons Glacier and the summit crater rim can be seen, along with the Goat Rocks Wilderness Area and Mount Adams to the south and Mount Baker in the distance to the north. As you turn the corner at Sunrise Point and drive through subalpine meadows toward Sunrise, Mount Rainier’s full mass takes on its true perspective.

**Sunrise Picnic Area:** Tables located behind the Sunrise Visitor Center in a subalpine setting.

Sunrise & White River Road: the road will remain open daily as weather permits. As of September 20, the gate at the junction with the White River Campground Road will be locked nightly, re-opening each morning as conditions permit. Check with staff before leaving your vehicle at Sunrise overnight.

**Sourdough Ridge Self-guiding Trail:** 1 hour, .5 mile. A moderate walk through flower fields rich in color to a panoramic viewpoint of four volcanc peaks.

**SUNRISE LODGE**

**Dining:** 10 a.m. - 5 p.m., September 12, when it closes for the season. The lodge provides food service and a gift shop. No overnight lodging is available. Permits by Mount Rainier Guest Services.

Sunrise & White River Road: the road will remain open daily as weather permits. As of September 20, the gate at the junction with the White River Campground Road will be locked nightly, re-opening each morning as conditions permit. Check with staff before leaving your vehicle at Sunrise overnight.

**WHITE RIVER HIKER INFORMATION CENTER**

**Permits:** 8 a.m. - 4:30 p.m., daily, through September 29, when it closes for the season. Obtain backcountry permits for overnight trips and hiking information in the ranger station at the White River Entrance.

**White River Campground:** 111 sites, no group sites. Camping fee $8 per site per night, on a first-come, first-served basis. Campground closes September 13, or earlier by snow.

The entire White River Road from Highway 410 will close for the season on October 18, or earlier as conditions dictate.

**CARBON RIVER**

**Ipsut Creek Campground:** Located at the end of the Carbon River Road. 29 sites, with 2 group sites. Only the group sites can be reserved. Camping fee for individual sites is $5 per site per night, on a first-come, first-served basis. Closes September 7.

**Carbon River Rain Forest** Self-guiding Trail: 20 minutes, .3 mile. Rain forests seldom occur far from coastal areas, so the forest that grows in this valley is special. Explore the only true inland rain forest at Mount Rainier. Located at the Carbon River entrance.

**Carbon River Picnic Area:** Located at Falls Creek, 7 miles from the entrance, and in Ipsut Creek Campground. Carbon River Entrance Station: Offers books and maps for sale, and issues backcountry permits. Closes November 11.
Welcome to Mount Rainier National Park. We value the meadows of Paradise and Sunrise. The flower fields melt out in July and early August and beautiful displays of blossoms spring up as the snow disappears. These lush meadows are very fragile and need special care. Please walk only on the constructed pathways. Do not pick any flowers or trample any plants. Stay on pathways when taking photographs. Picnic only in designated areas - not on the meadows. We want the meadows to remain beautiful for all the world to see.

Paradise (天堂)及Sunrise(日出)的草坪野地非常寶貴。七月至八月間，花場開始融雪，冰雪一消失，美麗的花卉便會盛開。這些翠綠的草坪非常嬌嫩，需要特殊的照顧。請只在建築好的小徑上行走。切勿撘摘花朵或踐踏任何植物。拍照請留在小徑上。野餐要到指定的地方,不可在草地上。我們希望這些草叢能保持美麗，好讓全世界觀賞。

Les pâturages de Paradise et de Sunrise nous sont très précieux. La fonte des neiges, en juillet et début août, y céde la place à de superbes champs de fleurs. Ces riches prairies sont pourtant très fragiles et requièrent des soins particuliers. Veillez donc à ne marcher que sur les sentiers renforcés. Ne cueillez aucune fleur et n’en écrasez aucune. Restez bien sur les sentiers pour prendre vos photographies et ne mangez que dans les zones de pique-nique indiquées – pas sur l’herbe des prés. Nous voulons en effet préserver leur beauté pour que tout le monde entier puisse en profiter.
Welcome To Mt. Rainier

For Those with Mobility Impairments:

Most Comfort Stations and Buildings are accessible or accessible with help.

Accessible Overnight Accommodations are available at Longmire (National Park Inn) and Paradise (Paradise Inn). Phone (206) 569-2275 for reservations.

Picnic Grounds and Campgrounds (except Sunshine Point) in the park have accessible sites and toilets. Refer to specific facility hours of operation on pages 4, 5 and 6 of this paper.

For Those with Hearing Impairments:

Written Information and Exhibits are available at Longmire Museum and Hiker Information Center, Jackson Visitor Center at Paradise, Ohanapecosh Visitor Center, White River Hiker Information Center and Sunrise Visitor Center. Six Self-guiding Nature Trails are available with an interpretive guide booklet or signs. A TDD is available for contact at (206) 569-2177. Large type scripts of audio/visual programs presented at the Jackson Visitor Center at Paradise and Ohanapecosh Visitor Center are available.

For more information or assistance, contact a park ranger at any visitor center or phone (206) 569-2211.

Naturalist Activities & Visitor Services:

1. Planning Your Visit
2. Road Closures and Bridge Repairs
3. Recycling at Mt. Rainier
4. Northwest Interpretive Association Services
5. Mount Rainier & Olympic Fund
6. Park Resources

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Activity And Program Guide

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Naturalist Activities:

1. Longmire/Cougar Rock
2. Paradise
3. Sunrise/White River
4. Carbon River
5. Ohanapecosh

Visitor Center, White River Hiker Information Center and Sunrise Visitor Center. Six Self-guiding Nature Trails are available with an interpretive guide booklet or signs. A TDD is available for contact at (206) 569-2177. Large type scripts of audio/visual programs presented at the Jackson Visitor Center at Paradise and Ohanapecosh Visitor Center are available.

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