Spring Arrives Late!!

Spring comes late at Mount Rainier and elsewhere in the Cascade Mountains - weeks after the date circled on the calendar. During the winter, 15 to 20 feet of snow blanketed higher elevations of Paradise and Sunrise. At lower elevations of Longmire and Ohanapechoch there were 3 to 5 feet of snow on the ground.

As we anticipate the summer hiking season, we must contend with late snow meltout on most Park trails. Elevations below 3500 feet will usually be cleared by late May, while higher elevations retain snowpack into late July. Because of the factors of elevation and snowpack the best hiking is yet to come in August and September.

Normal peak flower bloom in the sub-alpine meadows occurs most years in late July or early August, months after spring has marched up the sides of the mountains from the lower elevations.

Spring is a good time to enjoy the lush vegetation of the lower Old-Growth forest around Longmire, Carbon River, and Ohanapechoch. There are self-guiding nature trails in each of these locations to help you to explore and understand the natural and human history of the Park.

The warmth of spring causes Park streams to swell into torrents, making waterfalls especially powerful. Look for Christine Falls, Narada Falls, or Silver Falls on your Park map or ask a Park Ranger for directions to these or other picturesque waterfalls.

Walking or hiking on higher elevation trails around Paradise or Sunrise (after July 1) in this early season requires extra responsibility to preserve the integrity of the meadow. Please stay on snow or follow flagged routes which mark the trail surface below. Please do not walk on bare ground so that, when the snow has melted, the meadows will not be damaged by early season hiking. Wear appropriate shoes or expect to get cold, wet feet. Check with the Park staff for details about trail conditions, weather, and suggested hikes.

Don't Be A Meadow Stomper!

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 immediate threat is gone.

The Park Service works alongside private contractors to repair the damage which blocks three major roadways in the Park.

Highway crews finish rebuilding 100 yards of roadway which slipped away by late May, while higher elevations retain snowpack into late July. Because of the factors of elevation and snowpack the best hiking is yet to come in August and September.

Nationalist Activities
and Visitor Services:

Longmire/Cougar Rock page 2
Paradise page 2
Ohanapechoch page 3
Sunrise/White River page 3
Carbon River page 3
Safety page 4
General Information page 4

24 Hour Information

For information on Mount Rainier National Park please use one of the following:
- Visiting the Park?
  - Visit the National Park Visitor Center
  - Call 206-569-2211
  - Use your car radio to 1610KHz, near Nisqually Entrance. You may dial (206) 569-2211 for up-to-date information on park roads, trails, facilities, and weather, 24 hours a day.
- Telephoning the Park?
  - State Park Information
  - Call 206-569-2211
  - State Park Information
- Opening of Roads

Stevens Canyon Road opens May 25, 1990

The scenic roadway between Paradise and Highway 123 near Ohanapechoch is usually plowed free of snow and rock debris by the last week of May.

Some Park roads will open later than normal. This is due to washouts caused by flooding along major streams last winter. Park Service crews are working alongside private contractors to repair the damage which blocks three major roadways in the Park.

Highway 410 over Cayuse and Chinook passes is expected to open for the season on May 25, when State Highway crews finish rebuilding 100 yards of roadway which slipped away by late May, while higher elevations retain snowpack into late July. Because of the factors of elevation and snowpack the best hiking is yet to come in August and September.

Mount Rainier (マウント・レーニア)

国立公園へようこそ！

歓迎光臨 Mount Rainier (ニュージャージャ園こ公園）

Mount Rainier National Park is so precious. La fonte des neiges, en juillet et debut . _ . - . -

Bienvenue Au Mount Rainier

Les panoramas de Paradise et de Sunrise nous sont tres précieux. La fonte des neiges, en juillet et debut août, y a donné la place à de superbes champs de fleurs.

Bienvenido Al Mount Rainier

Las praderas de Paradise y de Sunrise son nuestros un especial carín. Los campos de flores se deshielarán en julio y comienzos de agosto y, al medida que desaparezca la nieve, florecerán los campos con un bello despliegue de colorido. Estas bonitas praderas son muy habitadas y requieren de cuidados especiales; por consiguiente, le rogamos caminar únicamente por senderos especialmente construidos para tal fin, no cortar las flores ni pisotear las plantas. Permanezca en los senderos y póngase a fotografías y haga sus maravillosas campestres en las áreas designadas para ello - no en las praderas. Nuestra intención es preservar la belleza de estas praderas para que el mundo entero pueda disfrutar de ellas.

Willkommen Im Mount Rainier

James Longmire discovered the meadow and mineral springs that now bear his name in 1883. His family built the Longmire Springs Hotel and extolled the healthful qualities of the mountain air and mineral water. With the establishment of Mount Rainier National Park in 1899, Longmire became the early center of park activity. The National Park Inn is the survivor of three hotels that were constructed at Longmire between 1890 and 1918. It represents a rustic style of architecture that was used in western national parks until World War II. The main part of the structure dates from 1918. Visit the remodeled Inn and enjoy its new services provided by Mount Rainier Guest Services.

**Paradise**

Mount Rainier reaches into the atmosphere to disturb great tides of moist maritime air flowing eastward from the Pacific Ocean. The resulting encounter between moisture-laden air and the mountain creates spectacular cloud halos, wrings out the air, and produces fantastic snowfalls. Paradise, located at 5,400 feet on the mountain’s south slope, commonly has enough snow to reach the third floor gable of the Paradise Inn. Record snowfalls have occurred several times, the most recent being the winter of 1971-72 with a total snowfall of 1,122 inches (93 ½ feet).

**Information and Services**

**Longmire Museum:** 9 a.m.-5 p.m., daily. Historic exhibits of geology, natural history, early park exploration and Northwest Indians. The Pacific Northwest National Parks & Forests Association offers books, maps and slides for sale.

**Longmire Hiker Information Center** Opens June 15. 8 a.m.-6 p.m., Sunday through Thursday; 8 a.m.-7 p.m., Friday; 7 a.m.-7 p.m., Saturday. Backpackers can obtain permits for overnight trips and hiking information. The Center is located in the lobby of the large log and stone building beside the flagpole.

**Paradise Inn:** opens daily for food & lodging May 23; dining room hours for breakfast: 7 a.m.-10 a.m.; lunch: noon-2 p.m.; dinner: 6 p.m.-8 p.m. through June 15 then 5:30 p.m.-8:30 p.m.; Glacier Lounge: noon-11 p.m., daily; Snack bar: 10 a.m.-7 p.m. through June 15 then 10 a.m.-8 p.m.; For reservations call: Mount Rainier Guest Services at (206) 569-2275.

**Sunshine Point Campground and Picnic Area:** 6 miles west of Longmire and 25 mile east of Nisqually Entrance. 18 sites for tents and trailers. Campsite fees: $5 per night per site.

**National Park Inn:** Reopens in early June after renovations. Gift shop, film, postcards, and snacks are available 8:30 a.m.-5 p.m., daily, in post office room of building near park library.

**Gas Station:** 9 a.m.-5 p.m. through May 31, 9 a.m.-7 p.m. through June 30., daily. Located near the National Park Inn.

**Information and Services**

**Henry M. Jackson Memorial Visitor Center:** 9 a.m.-7 p.m., daily after May 5. Exhibits on animals, glaciers, geology, wildflowers, and mountain climbing. A half-hour program is shown on the hour and half hour 10 a.m.-6 p.m., daily. The slide program "Is the Mountain a Museum" rotates schedules with the movies "Fire and Ice" and "What is a Mountain." Books, maps, and slides are for sale at the information desk.

**Mount Rainier’s Future:** 30 minutes. Jackson Visitor Center. Slide program highlights work and research being done to manage and protect the Park’s resources.

**Special Programs Offered at various times during the Spring season.** See Jackson Visitor Center and Paradise Inn Bulletin Boards.

**Naturalist Programs**

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<tr>
<th>Program Description</th>
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<td>Campfire Program: 45 minutes. Discover Mount Rainier through films or slide programs presented by a Park Naturalist at the Cougar Rock Campground Amphitheater</td>
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<td>&quot;Trail of the Shadows&quot; Self-guiding Trail: 30 minutes, 5 mile. Walk around the Longmire Meadow and see the former site of the Longmire Springs Hotel</td>
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<td>Cougar Rock Campground: Opens May 11. 2.5 miles from Longmire on the Paradise Road. 200 campsites for tents and trailers; 5 group sites. Only group sites can be reserved. Site fees are $6 per site per night on a first-come, first-served basis; group sites cost $1 a night per person.</td>
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<td>Cougar Rock Picnic Area: located across the road from the campground. Open May 11</td>
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<td>Food Services, Showers, and Gifts: in the Jackson Visitor Center, 10 a.m.-7 p.m., daily. Mount Rainier Guest Services.</td>
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<td>Rainier Mountaineering, Inc.: operates the Guide House at Paradise, 9a.m.-5p.m. daily (June-September). Summit guided climbs, climbing schools, and equipment rentals available. For information call (206)569-2227.</td>
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Examples of the old growth forest seen by settlers in the Pacific Northwest are few in number 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 nature 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. Flowing from an inactive glacier and snowfields, the Ohanapecosh River reflects the green of the forest and the blue of the sky. Only a mile from Ohanapecosh Campground, the river cascades as beautiful Silver Falls.

Early settlers to the Cowlitz 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 interesting area.

**Ohanapecosh Visitor Center:**
- 9 a.m. - 6 p.m., weekends, May 26/26 & June 1/3, then 9 a.m. - 6 p.m., daily beginning June 8. Exhibits feature animals, old-growth forest and local history. The Pacific Northwest National Parks & Forests Association provides books, maps and slides for sale.

**Ohanapecosh Campground:**
- 232 campsites, but no group sites. Camping fee $6 per site per night on a first-come, first-served basis. Campground open from mid-May till late October.

**Sunrise/White River**

**Information and Services**

**Naturalist Walks and Programs**

**Sunrise Visitor Center:** Opens June 30, 9 a.m.-6 p.m. Exhibits feature the ecology of the park's subalpine and alpine environments. The Pacific Northwest National Parks & Forests Association provides books, maps, and slides for sale.

**Sunrise Lodge:** Opens June 30. 10 a.m.-6 p.m. Food service and gift shop. Provided by Mount Rainier Guest Services.

**White River Hiker Information Center:** Opens May 25. 8 a.m. - 4:30 p.m., Monday through Thursday; 8 a.m.-9 p.m., Friday; 7 a.m.-7 p.m., Saturday and Sunday. Obtain backcountry permits for overnight trips and hiking information in the ranger station at White River Entrance.

**White River Campground:**
- Open June 16. 111 sites, no group sites. Camping fee $6 per site per night on a first-come, first-served basis.

**Information and Services**

**Naturalist Programs**

**Carbon River**

**Ipsut Creek Campground:**
- Open by first week of June. 31 sites; 2 group sites. Only group sites can be reserved. Site fee: $5 per site per night, on first-come, first-served basis.

**Picnic Tables** located at Falls Creek, 2 miles from the entrance, and in the Ipsut Creek Campground.

**Camphire Program:** Check local bulletin boards for schedules of programs which will begin the first week of July.
Old-Growth Forest

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 community. 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 is 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 Northern Washington and Northern California.

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. 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 old-growth Douglas-fir stands of the park is as important today as preserving the glaciers and snow capped peaks 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 Ohanapecoh, 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. For more information on the forests of Mount Rainier National Park inquire at any park visitor center.

Hiker Information

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 display of 35 popular hikes following an Impact Management Campaign. Rangers on duty will be happy to answer your questions, assist with trip planning, and issue back-country permits.

Camping at all trailside camps as well as Camps Muir and Schurrman is available on a first-come, first-served basis. For additional information, write Backcountry Desk, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206)369-2211, extension 275.

SAFETY...is more than a word to the Wise!

Mount Rainier National Park presents some special challenges for people seeking an enjoyable visit.

While Driving—remember that mountain roads are narrow and winding, with short sight distances. Park speed limits are lower for these and other reasons. Wild animals and park visitors often dart out into vehicle paths. Rocks and trees seem to "jump out" onto roadways at every curve. Snow and rain cause slippery road conditions. At high speeds, the cars can change direction in an instant. Drivers sometimes pay closer attention to the scenery than to road conditions. For your safety and the protection of park animals and trees—please slow down and park in pullouts to enjoy the scenery. At a slower pace, you might enjoy the park more. Now, isn't that what you came for!

Be Careful Near Streams! Everyone knows that park streams have slippery rocks and that streams rise and fall faster later in the day because of snow melt. But, few people are aware of the greatest danger of stream crossing—Jokulhlaups.

Jokulhlaups— an Icelandic word pronounced "yo-kul-h-loips"—are flash floods of water that burst from lakes and race down valleys moving trees, boulders, and other objects in their path.

At Mount Rainier, jokulhlaups leave us a legacy of raised trails and high bridges amid boulder-strewn streambeds. They can affect human activity where trails or roads cross the stream valleys. This happened at Kautz Creek where a flood buried the roadway under twenty feet of mud and rock in 1947. Several years later, the Tahoma Creek Trail was closed in 1956 and 1988. For this reason the Tahoma Creek Trail is closed until a suitable alternate route can be constructed. People who have witnessed jokulhlaups at Mount Rainier say that Nature leaves with local winds and the smell of freshly killed vegetation. The floods sound like freight trains as they travel downhill at speeds of 9 feet per second or more.

Watch your step! Park trails are steep and full of rocks and other hazards. Slips, and falls from small boulders, can mar a vacation just as quickly as a flying leap over a 1000 foot cliff.

What is Falling on Your Head? Beware of rocks, snow avalanches, and debris falling on trails and rolling onto roadways. Climbers wear hardhats for safety. All of us should keep a sharp watch for what is dropping from overhead.

Protect Your Valuables "Don't be a victim," says Park Ranger John Jensen. 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. By packing everything of value in the car's trunk, or putting it out of sight, and locking all doors and windows. Purses, billfolds, cameras and other valuables can be prizes for a thief.

Before You Drink the Water, BEWARE! The gushing 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 little creatures that can give you less than pleasant memories. Unfortunately, micro-organisms like Giardia have been brought to Mount Rainier by humans. These organisms remain here harbored in native animal populations. Contrary to historic claims, Longmire Mineral and Ohanapecoh hot spring waters are NOT safe to drink. Rather than "curing what ails you," water from these springs could cause severe intestinal upset. Please drink water only from treated, piped water systems.

Books and Maps Enhance Visit

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 handbooks that will prove valuable 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 Pacific Northwest National Parks & Forests 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 of membership in the Pacific Northwest National Parks & Forests Association, inquire at any visitor center.