**Bridge Replacements / Travel Delays / Road Closures**

**LAUGHINGWATER BRIDGE REPAIR**

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

**BEWARE OF ROADSIDE HAZARDS**

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 any time of year. 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 just might enjoy the park more. Now, isn't that what you came for?

**DEADWOOD CK. BRIDGE REPAIR**

Expect travel delays on SR 410 between the White River road junction and Cayuse Pass this summer. Contractors for the Federal Highway Administration will be constructing a new bridge spanning Deadwood Creek. Flaggers, signs and signals will inform travellers of hazards and reduced speeds near the construction zone. Demolition of the old bridge and construction of a temporary bypass bridge took place this spring. A new, safer bridge will be completed in the fall of 1995.

**WESTSIDE ROAD PARIALLY OPEN**

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

**DEBRIS FLOWS WREAK HAVOC**

Debris flows may be the greatest danger in stream crossings. Debris flows begin when great quantities of water pick up loose rock and soil and rush down the mountainside in a flood of mud. Sometimes debris flows result from heavy rain or intense melting of snow and ice on the mountain. Occasionally debris flows start from glaciers at Mount Rainier, dammed by debris, leave us a legacy of twisted trails and highway 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. Debris flows have obliterated the Tahoma Creek Trail and caused partial closure of the Westside Road.

People who have witnessed debris flows at Mount Rainier say that the flood waves arrive with local winds and the smell of freshly killed vegetation. The floods sound like freight trains as they travel down valley at speeds of 9 feet per second or more.

Most debris flows occur during summer or fall, and in late afternoon or evening. If you intend to observe flood damage at Tahoma Creek or Kautz Creek, be alert. If you hear the onrush of the flow, see the dust cloud up valley, or feel a sudden change in valley winds, move up hill away from the stream instead of up or down stream. Don't be caught near the streambed. Please heed park regulations regarding travel near flood-prone areas.
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. 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. Carbon River Ranger Station issues permits and offers information on the northwest section of the Park.

DRINK ONLY TREATED WATER

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 Ohanapecosh hot springs waters are NOT safe to drink. Rather than “curing what ails you,” water from these springs could cause severe intestinal upsets. Please drink water only from treated, piped water systems. In the backcountry, treat your water.

TICKS CARRY LYME DISEASE

Lyme Disease is an illness transmitted by ticks. Not all ticks carry the disease, but several cases have been reported in the Pacific Northwest. Symptoms can be severe, including arthritis, meningitis, neurological problems and/or cardiac distress. These symptoms can occur a few weeks to over a year after the tick bite. Early signs include a rash around the infected tick bite and flu-like symptoms. Timely treatment can cure or lessen the severity of the disease. If you experience these symptoms and were bitten by a tick, be certain to tell your doctor. If you are diagnosed as having Lyme disease, and you believe that you were bitten at Mount Rainier, have your doctor contact the park at (206) 569-2211.

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. Lock valuables in the car's trunk, or put them out of sight, and lock all doors and windows. Never leave money in vehicles.

RECYCLE... "But I'm On Vacation"

Mount Rainier is proud to offer a recycling program for visitors again this year. With a growing need to conserve our natural resources while reducing energy consumption and pollution, your cooperation will help preserve all of our environment.

After the first full year of operation, Mount Rainier recovered nearly 59 tons of recyclables. Because the park was still forced to landfill over 400 tons of waste, we are looking for ways to improve the recycling program. In order to collect more recyclables and cut program costs, experiments are now being conducted to test the success of source separation. As a result, some areas of the park have 3-5 separate containers for recyclables, instead of just one bin for all recyclables. Please help our program by sorting your waste into the proper bin.

We encourage you to continue recycling at home, in school, and at work. Of course the best way to reduce your waste is by purchasing reusable products (and reusing them) that have minimal packaging. Also, try to buy recycled products to "close the loop."

Your participation here at Mount Rainier is part of a broad effort sponsored by the National Park Service and The Dow Chemical Company. The partnership has developed similar recycling programs in six other national parks.

Use Park Recycling Bins For:

PLASTICS:
• Food
• Paper Items
• Bottle Caps
• Other Wastes

GLASS:
• Food
• Paper Items
• Bottle Caps
• Other Wastes

METAL CANS:
• Food
• Paper Items
• Bottle Caps
• Other Wastes

Use Trash Cans For:

• Food
• Paper Items
• Bottle Caps
• Other Wastes

Trouble on the Trail

USE CAUTION NEAR THE EDGE

Spray near waterfalls and rushing streams makes for wet, slippery rocks and muddy moss growth on stream banks. Unwary hikers and waders may slip and plunge into rivers. Swift, cold water carries away even strong swimmers. Parents please keep children with you and stay on constructed trails near streams, waterfalls, cliffs, and at Box Canyon. Be Alert!

WATCH YOUR STEP

Park trails are steep and full of rocks and other hazards. Slips and falls from small rocks can mar a vacation just as quickly as a flying leap over a 1000 foot cliff. Hikers should take care crossing snow-covered streams; snow bridges weaken in warm weather. Proper foot gear chinking boots that are broken in) provides traction, ankle support and protection from rocks. Use moleskin on chaffed skin before gravity spoils your vacation - or someone else's!
Field Seminars Offer Challenge

If you want more depth than the short term ranger-led activities can offer, join Pacific Northwest Field Seminars. Seminars offer exciting opportunities to explore a variety of topics at Mount Rainier. Immerse yourself in the intricacies of the old-growth forest, explore glaciers, geology and volcanoes; let your creative spirit soar through nature writing and photography, delve into the beauty of wildflowers and butterflies, attain your self to birds and elk.

Seminars include backpacking, family camping, hiking, sketching, painting, astronomy, listening, nature studies, and several day-long seminars for the physically handicapped. Broaden the horizons of your outdoor knowledge and skills under the guidance of experts on these one to three day outdoor learning experiences. The Pacific Northwest Field Seminars is a non-profit program sponsored by the Northwest Interpretive Association in cooperation with the National Park Service and U.S. Forest Service.

For information on seminar subjects, dates, and to register please call Jean Tobin at (206) 553-2636, ask a ranger at any visitor center, or write Pacific Northwest Field Seminars, 83 South King Street, Suite 212, Seattle, WA, 98104.

Northwest Interpretive Association
Provides Books, Maps and "Tahoma"

Books and maps are available for sale at the Longmire Museum, the Hiker Information Centers at Longmire and White River, the Henry M. Jackson Memorial Visitor Center at Paradise, and the Ohanapecosh and Sunrise Visitor Centers. 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 outputs are operated by the Mount Rainier Branch of the Northwest Interpretive Association.

"Mount Rainier, The Story Behind the Scenery," is a beautiful full color book with well written text telling the background of Mount Rainier's beauty. A recent addition to this popular book series is "Mount Rainier in Pictures the Continuing Story." Dramatic, full-color photography highlights the mountain's grandeur and insightful text deepens your understanding of this magnificent volcano.

Mount Rainier & Olympic Fund

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 Olympic special, will be ever greater in coming years.

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 biodiversity.
- Management is accomplished by a diversified, highly professional workforce.

- Partnerships with individuals and groups of public or private affiliation commitment 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.
- Scientific research.
- Expansion of cultural programs.
- Preservation of archaeological sites.
- Acquisition of artifacts and historic materials.
- Exhibit and museum renovation.
- Removal of obsolete facilities.
- Volunteers-In-Parks.

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.

Inter-Denominational Christian Services

Sponsored by: A Christian Ministry in the National Parks

Sunday:
- 9:00 a.m. & 7:00 p.m. - Cougar Rock Campground Amphitheater
- 8:30 a.m. & 7:30 p.m. - Paradise Inn
- 9:00 a.m. & 7:00 p.m. - Ohanapecosh Campground Amphitheater
- 9:00 a.m. & 7:00 p.m. - White River Campground Campfire Circle

Services In Nearby Communities

Sunday:
- 10:00 a.m. - Eastern Orthodox Liturgy - Wilkeson - Holy Trinity
- 10:00 a.m. - Roman Catholic Mass - Eatonville - Our Lady of Good Counsel
- 10:45 a.m. - Roman Catholic Mass - Morton - Sacred Heart
- 9:00 a.m. - Roman Catholic Mass - Wilkeson - Our Lady of Lourdes

Saturday:
- 5:00 p.m. - Roman Catholic Mass - Packwood - at Presbyterian Church
Discover Historic Buildings!
Stroll Among Towering Evergreen Forests!
Walk On A Suspension Bridge Over The Rushing Nisqually River!

Interested? If so, then the Longmire Historic District Walking Tour is a must during your visit to Mount Rainier National Park. The self-guiding tour covers 1 1/4 miles of gentle ups and downs and takes about an hour to complete. Just follow the Longmire Historic District map printed on this page and read the accompanying text posted in front of each historic structure. You will witness firsthand some of the park’s most architecturally significant structures, each with an exciting historical legacy to discover. Don’t miss it!!!

During your walk through the Longmire Historic District, you will see other structures not included on the walking tour. These are park staff residences and work areas. Please respect the privacy of the residents. Visit only those structures designated on the walking tour. Your cooperation will be appreciated.

EXTRA! If you want to learn more about historic Longmire, make sure to walk the 7 1/2 mile Trail of the Shadows. Stroll around the Longmire Meadow and see the former site of the Longmire’s Medical Springs Hotel and a restoration of early pioneer Elcaine Longmire’s log cabin.

WHAT IS RUSTIC STYLE ARCHITECTURE?

During the 1920’s and 1930’s, the predominant architectural expression used by the National Park Service in western national parks was the Rustic Style. This style promoted the concept that structures should harmonize with their natural surroundings.

The Rustic Style was implemented at Mount Rainier National Park by incorporating natural raw materials and color schemes found in the native landscape into the design of structures. Log framing, rough wood siding, cedar shake or shingle roofs, glacial boulder foundations and stone chimneys aesthetically tied structures to the awesome glacial and forest landscape.

The collection of historically and architecturally significant structures at Longmire was recognized as a historic district and listed in the National Register of Historic Places in 1991. Three buildings within the historic district were designated in 1987 by the U.S. Secretary of the Interior as National Historic Landmarks because of their distinct architectural qualities reflecting the Rustic Style. These are the Longmire Administration Building, Community Building and Service Station. National Historic Landmark status is the highest designation a structure can receive and assures that the buildings will be maintained so that they will retain their historic character. Four additional structures located at Paradise and Sunrise are also designated as National Historic Landmarks.

SHADOWS OF THE PAST

Imagine! You’re walking a moonlit trail around a lush meadow surrounded by towering trees. Tall grass blowing in a cool evening breeze and a star filled sky add to the tranquility of the moment. Suddenly, from the dark you hear a sound… a sound like a voice from the past.

This rare opportunity to witness “Shadows of the Past” can be yours this summer. Join a park ranger on a walk back through time and meet historical persons who, lured by the awesome grandeur of Mount Rainier, came to the volcano’s slopes and helped shape the park’s rich historical record.

This special living history program titled “Shadows of the Past” will be on July 24 at 10:00 p.m., August 7 and September 4 at 9:30 p.m., and will last approximately 75 minutes. Meet at the flagpole outside Longmire’s Administration Building. Dress for the weather and see you there!
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, venturists 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, mammals, birds, Pacific Northwest Native Americans and early Euroamerican explorers and forrest.

The Longmire area offers an excellent opportunity to become better acquainted with flora and fauna that comprise an old-growth forest ecosystem. Douglas-fir, western redcedar, and western hemlock soar more than 200 feet above mossy, fern-draped forest floors. Here and there, the forest opens into lush green meadows. One of the best ways of becoming familiar with the forest is to stretch your legs on a hiking trail. 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 vistas 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.

LONGMIRE MUSEUM

Program Description
Carter Falls Walk: 2 hours, 2 miles. Explore the lowland forest along the beautiful, cool Paradise River enroute to Carter Falls. Meet at the bulletin board by the Ranger Station at Cougar Rock Campground. Children's Activity: 2 hours. Children 6 to 11 years old are invited to join a Park Naturalist for a short walk and nature activities. Fun Guaranteed! Meet at the Cougar Rock Campground Amphitheater. Evening Stroll: 1 hour, 5 mile. Enjoy a short evening stroll with a Park Naturalist and watch for beaver while discovering the history of the Longmire area. Meet at the flagpole in front of the Longmire Hiker Information Center. Campfire Program: 45 minutes. Enjoy Mount Rainier National Park interpretor present a slide program each evening by a Park Naturalist at the Cougar Rock Campground Amphitheater. Program titles are posted on the campground bulletin board.

LONGMIRE INFORMATION CENTER

INFORMATION & SERVICES

NATIONAL PARK INN

Lodging & Restaurant: Hotel front desk hours 7 a.m. - 10 p.m., daily. Dining room hours 7 a.m. - 8 p.m., daily. For reservations call: Mount Rainier Guest Services at (206) 569-2275.

Post Office: Open 8:30 a.m. - noon & 1 p.m. - 5 p.m., Monday - Friday; closed Saturday, Sunday & holidays.

General Store: Open 8 a.m. - 8 p.m., daily. Located near the National Park Inn.

Gas Station: Open 9 a.m. - 7 p.m., daily. Located near the National Park Inn.

Firewood Sales: Cougar Rock Campground 4 p.m. - 9 p.m., daily, then Friday, Saturday and Sunday only, September 7-19. Longmire Gas Station 9 a.m. - 7 p.m., daily, then 9 a.m. - 5 p.m., daily, September 7-19.

Sunshine Point Campground and Picnic Area: Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance. Sunshine Point has 18 sites for tents and trailers. Individual campsite fee is $3 per night on a first-come, first-served basis. No group sites available.

Cougar Rock Campground: Located 2.5 miles from Longmire on the Paradise Road. Cougar Rock has 200 campsites for tents and trailers, and 5 group sites. Only group sites can be reserved. Individual campsite fee is $6 per night on a first-come, first-served basis. Group sites cost $2 per night, per person. Cougar Rock Campground is open until mid-October.

Cougar Rock Picnic Area: Located across the road from Cougar Rock Campground. The picnic area is open until mid-October.
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, averages 630 inches of snow each winter and often receives much more than that. Record snowfalls have occurred several times, the most recent being the winter of 1971-72 with a total snowfall of 1,122 inches (93.5 feet). Even at summer’s end about 34 square miles of snow and ice cover the mountain - more than on all of the other Cascade volcanoes combined. While the upper slopes of the mountain remain in the grip of winter much of the year, there is a brief period in late July and August when snow-free slopes burst forth with subalpine flowers. Avalanche lilies, glacier lilies and western anemones bloom early, before the winter’s snow has completely melted from the meadows. Yet their flowering is brief. All the summer weeks after, the seed heads of these early risers wave in the breeze as other plants blossom. Among them are such colorful sub-alpine delights as the Lewis monkeyflower, Jeffrey shootingstar, magenta paintbrush and mountain bog gentian. This riot of color attracts millions of people from all over the world, and has been increasingly popular since the area was first explored in the late 1800’s by the James Longmire family. In fact, the name Paradise is attributed to members of the Longmire family who felt the area is what “Heavenly Paradise” must be like.

PARADISE INN
Lodging & Restaurant: Hotel front desk open 24 hours, daily. Dining room 7 a.m - 9 a.m. for breakfast, 12 noon - 2 p.m. for lunch (except Sunday), Sunday Brunch: 11 a.m - 2:30 p.m., through September 26, 5:30 p.m. - 8:30 p.m. for dinner, then 6 p.m -8 p.m, September 12 - October 3; Glacier Lounge open 12 noon - 11 p.m; dinner, then 6 p.m -8 p.m, daily, September 12 - October 3. For reservations call (206) 569-2275, Provided by Mount Rainier Guest Services.

GIFT SHOP: Located in the Paradise Inn lobby 8 a.m - 9 p.m, daily, then 8 a.m -8 p.m, daily, September 12 - October 3.

Restaurant: Hotel front desk 8 a.m. - 9 p.m, Monday-Saturday, 9 a.m - 9 p.m, Sunday. Dining room 7 a.m -9 a.m, Sunday Brunch: 11 a.m - 2:30 p.m, Sunday, September 12 - October 3.

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

EXPLORER HI KES
Explorer Hikes: Explore beautiful lesser-visited areas above or beyond Paradise on these moderate hikes. To PANORAMA POINT: 4 hours, 5 miles, 1400 feet elevation gain. Meet at Jackson Visitor Center. To PINNACLE PEAK: 3 hours, 2.5 miles, 1050 feet elevation gain. Meet at Trailhead (parking area 1.5 miles east of Reflection Lake.) Bring lunch, water and proper clothing for possible sudden weather changes for all the hikes.

MEMORIAL VISITOR CENTER

HENRY M. JACKSON MEMORIAL VISITOR CENTER
Information & Books: 9 a.m - 7 p.m, daily. 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. - 6 p.m, daily. This schedule may be preempted for an afternoon program of special interest presented by a Park Naturalist. Consult the activity boards or inquire at the information desk for details. The Northwest Interpretive Association provides books, maps, and slides for sale across the lobby from the information desk. Food Services, Showers, and Gifts: 9 a.m - 7 p.m, daily, then 8 a.m -8 p.m, daily, September 12 - October 11. The food service offers quick and quality food.

Nisqually Vista Self-guiding Trail: 1 hour, 1.2 miles. Walk where the clouds go and see how weather shapes the landscape, plants, and animals of these high country meadows. Excellent views of Mount Rainier and the Nisqually Glacier may be enjoyed on this easy walk.

Paradise Picnic Area: Located .25 mile below the Jackson Visitor Center. Picnicking is NOT allowed on the fragile meadows at Paradise.

RAINIER MOUNTAINEERING
The Guide House at Paradise: 9 a.m. - 5 p.m, daily. Summit guided climbs, climbing instruction, and equipment rentals are available. For those not experienced on a glaciated peak, RMI offers a 3 day package: 1-day climbing seminar, combined with a 2-day summit climb. For more information call (206) 569-2277.

Information & Programs
NATIONAL PARK SERVICE

Program Description
Alta Vista Walk: 2 hours, 1.5 miles. Explore the variety of subalpine meadow life on this moderate hike to a knoll overlooking Paradise. Meet at the Jackson Visitor Center Flagpole.
Flower Walk: 1 hour, 1 mile. Explore the subalpine flower fields on this easy walk along trails through Paradise meadow. Meet at the Jackson Visitor Center Flagpole.
Nisqually 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.
Oh, What A Paradise!: 30 minutes. Slide program in Jackson Visitor Center auditorium. Discover ways park managers and the public can work together for the future of the meadows.
Evening Stroll: 1 hour, 5 mile. Explore Paradise’s past and present during this stroll with a park naturalist. Meet in the Paradise Inn Lobby.
Music For Parks: 1 hour, 5 mile. Poetry, nature writings and the music of the flute are woven throughout this easy, lyrical stroll with a park naturalist. Meet in the Paradise Inn Lobby.
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.

Explorers Wave in the Breeze as Other Plants Bloom Early, Before the Winter’s Snow Has Completely Melted from the Meadows. Yet Their Flowering Is Brief. All the Summer Weeks After, the Seed Heads of These Early Risers Wave in the Breeze as Other Plants Blossom. Among Them Are Such Colorful Sub-alpine Delights as the Lewis Monkeyflower, Jeffrey Shootingstar, Magenta Paintbrush and Mountain Bog Gentian. This Riot of Color Attracts Millions of People from All Over the World, and Has Been Increasingly Popular Since the Area Was First Explored in the Late 1800's by the James Longmire Family. In Fact, the Name Paradise Is Attributed to Members of the Longmire Family Who Felt the Area Is What 'Heavenly Paradise' Must Be Like.
Welcome to the Mount Rainier National Park "Junior Ranger" program. This program will help children between the ages of 6 to 11 years develop an understanding and appreciation for National Parks, with special interest in Mount Rainier National Park. Children completing the program will earn a "Junior Ranger" certificate, and may purchase a "Junior Ranger" patch.

There are two opportunities for children to take part in the "Junior Ranger" program. Children may attend the "guided" activities at either the Cougar Rock or Ohanapecosh Campgrounds, or complete the "do-it-yourself" activities printed in the "Tahoma" newspaper.

The guided activities take place from July 2nd through September 4th. These two-hour ranger/naturalist led programs introduce children to the natural world of Mount Rainier. Meet the park naturalist at the Cougar Rock Campground Amphitheater at 2 PM on Wednesday, Friday or Saturday or at the Ohanapecosh Visitor Center at 10 AM on Saturday. Children need to be able to participate in the program without parents. Children will receive a "Junior Ranger" certificate at the end of each program.

The do-it-yourself activities are printed in this section of the "Tahoma" newspaper for the Longmire, Paradise, Ohanapecosh, and Sunrise areas. Select one area of the park, then answer the questions and do the activities listed. Children need to complete activities and questions for only a single area. Answer as many questions as possible. If you need help ask a park naturalist. It is not necessary to answer questions or do activities in all four areas of the park to complete the program. Young children may need assistance from an adult or older child. Children will receive a "Junior Ranger" certificate when they present their completed do-it-yourself activities and questions to a naturalist at one of the four information centers: Longmire Museum, Henry M. Jackson Visitor Center at Paradise, Ohanapecosh Visitor Center, and the Sunrise Visitor Center.

A "Junior Ranger" cloth patch may be purchased by persons with a "Junior Ranger" certificate for a small cost at any of the four Northwest Interpretive Association book stores located at Longmire, Paradise, Ohanapecosh or Sunrise.

Naturalist-Led Junior Ranger Programs

Join a Naturalist for a guided Junior Ranger Program, July 2nd through September 4th, at 2 PM, Wednesday, Friday and Saturday at the Cougar Rock Campground or at 10 AM, Saturday at the Ohanapecosh Campground. These two hour programs are for children 6-11 years old. Come explore the hidden beauty and discover the story of Mount Rainier National Park. There is a limit of 25 children at each program.
Paradise
Nisqually Glacier - Subalpine Meadows

The Jackson Visitor Center has exhibits, movies, slide programs, and information. Enjoy the view from the observation deck.

Walk the Nisqually Vista self-guiding trail to gain a good introduction to the subalpine world of Mount Rainier.

**Do-It-Yourself Activities**

- Join a naturalist guided walk, and learn first hand about the park.
  
  Name of walk and naturalist

- Attend a program in the visitor center auditorium or at the Paradise Inn.
  
  Name of program and naturalist

- How tall is Mount Rainier?

- Each year thousands of people try to climb Mount Rainier. What year was it first climbed?

- Mount Rainier makes its own weather. What is the greatest recorded snowfall for one year at Paradise?

- Mount Rainier is a sleeping volcano. What machine in the visitor center would help tell when it becomes active?

- Rivers erode V-shaped valleys; glaciers carve U-shaped valleys. What shape is the Nisqually Valley?

- Mount Rainier is covered with ice and snow. How many named glaciers are there on the mountain?

- Can you find flowers blooming in the meadows? Name three flowers you see.

- What can you do to keep the Park and flower meadows beautiful for others to enjoy?

- What is the name of the largest mammal on display in the museum?

- Who was the first woman to climb Mount Rainier?

- What year did Mount Rainier become a national park?

- Find a Douglas-fir and a hemlock cone. Which is larger?

- Find the mineral springs. What does it smell like? What color are the springs?

- Look for the beaver dams in the meadow. How many can you see?

- What year did the Longmire family build the cabin on the Trail of the Shadows?

- Who was the first woman to climb Mount Rainier?

- What year did Mount Rainier become a national park?

Naturalist

Longmire
Trail of the Shadows - Nisqually River

The Longmire Museum is one of the oldest National Park Service museums. Explore the stories of the people, animals, and geology of the park.

Learn the history of the Longmire area on the "Trail of the Shadows" self-guided nature trail.

**Do-It-Yourself Activities**

- Join a naturalist guided walk, and learn first hand about the park.
  
  Name of the program and naturalist

- Attend a campfire program and hear the stories of Mount Rainier.
  
  Name of the program and naturalist

- Find the log section display outside the museum. What year did the tree start to grow?

- What year was the Longmire family build the cabin on the Trail of the Shadows?

- Find the mineral springs. What does it smell like? What color are the springs?

- Look for the beaver dams in the meadow. How many can you see?

- What year did the Longmire family build the cabin on the Trail of the Shadows?

- What year did Mount Rainier become a national park?

Naturalist
Sunrise

Emmons Glacier - Marmots

Sunrise is located in the northeast corner of the park. The visitor center is in a large log building.

The Emmons Vista and Sourdough Ridge trails start near the visitor center.

Do-It-Yourself Activities

• Join a naturalist guided walk, and learn first hand about the park.
  Name of the walk and naturalist

• Attend a campfire program at the White River Campground and hear the stories of Mount Rainier.
  Name of the program and naturalist

• Sunrise is the highest place in the park you can drive. What is the elevation of Sunrise?

Mount Rainier is covered with ice and snow. Name the largest glacier in the park.

Trees in these meadows grow in island-like clumps. Can you name two of these trees?

The meadow flowers come in many colors. Name a flower that is: white, blue, or red.

Klickitat and Yakima Indians visited this area of the park to hunt. What animals did they hunt?

As you walk the trails around Sunrise, listen for animals. Listen for a loud whistling sound. What animal makes this sound? This is the same animal that likes to sun itself on the rocks.

The flowers and soil of the Sunrise meadows can be damaged by visitor use. How can you help to protect this area?

Naturalist

Ohanapecosh

Ohanapecosh River - Old-Growth Forest

The Ohanapecosh Visitor Center is a place to learn about the forest and animals of this area of the park.

Explore the old-growth forest on the Grove of the Patriarchs self-guiding nature trail.

Do-It-Yourself Activities

• Join a naturalist guided walk, and learn first hand about the park.
  Name of the walk and naturalist

• Attend a campfire program and hear the stories of Mount Rainier.
  Name of the program and naturalist

• Find the log section displayed outside the visitor center. How old was this giant tree when it was cut?

Not all trees have needles for leaves. Look for trees with broad flat leaves. Can you name one?

The hot springs were the center of a health resort. Name the person who developed the area into a health resort.

Many animals live in the forest. Name two of the mammals that live in this forest.

The Ohanapecosh River is clear most of the year. Why doesn’t it look muddy like other rivers in the park?

Birds are hard to see in this forest. Name the three birds in the visitor center exhibit.

Trees are important to animals and humans. Name three trees in this forest.

Name the tree Northwest Indians used the most.

Naturalist
Mount Rainier is a volcano surrounded by a wilderness of rocky ridges, subalpine meadows and old-growth forest. All of the animals and plants here depend on each other to survive. It is important for Mount Rainier National Park to have a high BIODIVERSITY (many different species of plants and animals) in order to have a healthy wilderness. How many of the following plants and animals can you find hidden in the letters above?

dogwood  moss  ptarmigan  banana slug  newt  grouse
shrew  river otter  lichen  garter snake  phlox  worm
douglas fir  carpenter ant  junco  fern  cedar  pika

Mount Rainier National Park
Discount Coupon
15% off the purchase of any book upon the completion of the Junior Ranger Program (present Junior Ranger Certificate with coupon)
Valid until September 26, 1993
Paradise - the name seems appropriate for this beautiful area nestled between ice-capped Mount Rainier and the jagged peaks of the Tatoosh Range. Here subalpine meadows extend upward from 5400 feet elevation to near timberline at 7400 feet. Small clumps of trees punctuate the open park-like meadows.

It was the spectacular wildflower displays which color the meadows during summer that first prompted early settlers and explorers to visit Paradise in the late 1800s. Now, one hundred years later, the wildflower display is still spectacular. Summer visitation to the Paradise meadows has grown from a few hundred people into the millions and a closer inspection of the area reveals bareground tracts where vegetation has been trampled and killed, where soils have been compacted and where erosion gullies scar the landscape.

Some of this damage is the result of activities that are no longer permitted at Paradise such as tent camping, horseback riding, golfing and downhill skiing. Unfortunately though, some meadow damage still occurs today. For instance, many people don’t realize the impact they have on the meadows when walking off the constructed trails. Each and every off-trail step compacts soil and destroys delicate vegetation.

In 1986, Mount Rainier National Park initiated a large scale restoration program to document and repair human-caused damage in the Paradise meadows. Over the last six years all meadow damage has been documented and prioritized for restoration, a Paradise Meadow Resource Management Plan has been completed, and a restoration program has been implemented.

Even though the National Park Service is actively trying to rehabilitate areas damaged by concentrated use and off-trail trampling of fragile vegetation, our ability to repair such damage is limited. To a tremendous extent the meadows must repair themselves. They need protection from further damage and they need time to stabilize soil in eroded areas and restore plant diversity to the extent of that present in undisturbed areas.

For these reasons, the National Park Service requires all visitors hiking at Paradise, Sunrise and Tipsoo Lake to stay on constructed trails. Show support by staying on the trail. Let others know about meadow protection by wearing a “Don’t Be A Meadow Stomper” button. Buttons are available for a 50 cent donation in the visitor centers at Paradise and Sunrise.

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 caves can now be enjoyed only through stories and pictures of those who explored them before us.

HIGH ALTITUDE WASTE POSES HAZARDS

In 1992, a record 9424 climbers started out for the summit of Mount Rainier with 5308 of them finally standing on the crater rim. Thousands more people day-hiked to Camp Muir at 10,000 feet elevation. Probably every one of these people used toilets on the upper mountain. Human waste left on the glaciers and Muir Snowfield not only spoils the aesthetic climbing experience but also poses a serious health hazard for climbers who melt snow for drinking water. Virtually none of this waste will decompose since extreme cold temperatures and strong sunlight combine to discourage microbial action. Putting waste in crevasses or burying it in the snow does not solve the problem, only leaves it for others. If you plan to hike to Camp Muir or climb higher on the mountain, check with rangers to be sure you know where pit toilets and "Glacier Toilets" are located and how to use Blue Bags for waste removal.
Situated at 6,400 feet in the northeastern part of Mount Rainier National Park is the 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 size and mass take on a new perspective. Sunrise is in the “rain shadow” of Mount Rainier. The 14,410 foot mountain forms an effective barrier to moisture-laden air coming from the Pacific Ocean. The flow of air is disrupted by the mountain, causing it to pile up in the form of clouds and lose the bulk of its moisture over the mountain’s south and west slopes. Reduced moisture levels at Sunrise complement the fertile, but fragile, volcanic soil to produce flower meadows different from those at Paradise. Be sure to stop at the rustic log Visitor Center to learn about these differences and gain an excellent introduction to the special world of Sunrise.

Sunrise Visitor Center

Information & Books: 9 a.m. - 6 p.m., Sunday through Friday; 9 a.m. - 7 p.m., Saturday. The center features exhibits on the ecology of the park’s subalpine and alpine environments. The Northwest Interpretive Association provides books, maps, and slides for sale.

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

INFORMATION & SERVICES

NATURALIST WALKS & PROGRAMS

Program Description

Geologic Walk: 2 hours, 2 miles. Join a Park Naturalist and see the geologic story of Mount Rainier. Learn how avalanches, glaciers, mudflows and volcanic eruptions have affected the mountain. Meet at Sunrise Visitor Center.

Sunrise Potholes: 30 minutes, .5 mile. Discover Mount Rainier, the Emmons Glacier or the history of Sunrise. Meet a Naturalist at Sunrise Visitor Center. Each walk explores a different subject. Go on one, or stay for the afternoon.

Campfire Program: 45 minutes. Explore the beauty, geology or history of Mount Rainier at a campfire program presented by a Park Naturalist at the campfire circle in the White River Campground. Titles are posted on campground and Sunrise Visitor Center bulletin boards.

Program Description

White River Hiker Information Center

Permits: 8 a.m. - 4:30 p.m., Sunday - Thursday; 8 a.m. - 9 p.m., Friday; 7 a.m. - 7 p.m., Saturday. 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. $6 per site per night; first-come, first-served basis.

D o you like to discover special, out-of-the-way places? Carbon River is such a place in Mount Rainier National Park. Carbon River lies in the Northwest corner of the park. Even a brief visit will take a day and require travel via state and local roads that wind through the surrounding countryside. Only .25 mile of road in the Carbon River Valley is paved. The remainder of the road to Ipsut Creek Campground and the road to Mowich Lake are gravel surfaced.

The Northwest part of the park is worth the effort required to get there. The abundant moisture and mild climate of the deep Carbon River Valley combine to produce the only true rain forest in the park. The self-guiding “Carbon River Rain Forest Trail” at Carbon River Entrance is a nature trail to help you understand this unique environment. A 3.5 mile trail from the Ipsut Creek Campground to the snout of the Carbon Glacier provides one of the park’s closest views of an active glacier. The road to beautiful Mowich Lake treats you to outstanding views of the “other side of the mountain.”

INFORMATION & SERVICES

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.

“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.

INFORMATION & SERVICES

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

Carbon River Entrance Station: Offers books and maps for sale, and issues backcountry permits.

NATURALIST PROGRAMS

Program Description

Campfire Program: 45 minutes. Join a Park Naturalist for a program in the campfire circle in Ipsut Creek Campground. Program titles and time are posted on the campground bulletin board. Explorer Hikes: Hike locations, times and meeting points will be announced at campfire programs and posted on Ipsut Creek bulletin board.
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.

PARENTS: Keep children with you and stay on constructed trails. Spray near waterfalls and streams makes for slippery rocks and unstable footing. Hikers and waders may slip and plunge into rivers, which are too cold and swift to swim.

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 Hot Springs self-guiding trail, "Life Systems: The Forest and Hot Springs of Ohanapecosh," describes the beauty and history of this area.

OHANAPECOSH VISITOR CENTER

Information & Books: 9 a.m. - 7 p.m., Sunday through Thursday; 9 a.m. - 8 p.m., Friday and Saturday. Exhibits feature animals, old growth forest, and local history. The Northwest Interpretable 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.

Information & Services

NATURALIST WALKS & PROGRAMS

Program Description

Silver Falls Walk: 2 hours, 3 miles. Explore the lowland forest along the Ohanapecosh River en route to the beautiful Silver Falls. Linger at the falls or return with the Park Naturalist. Meet at the bulletin board by the bridge at loop "B" in the Ohanapecosh Campground.

Grove of the Patriarchs Walk: 2 hours, 2 miles. Enjoy a quiet walk along the Ohanapecosh River through an ancient forest to the Grove of the Patriarchs. Meet at the Ohanapecosh Visitor Center and carpool to the trailhead (share a ride).

Children's Program: 2 hours, .5 mile. Children 6-11 years old are invited to explore the hidden beauty of the Ohanapecosh Campground old-growth forest with a Park Naturalist. Meet at the Ohanapecosh 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.

EXPLORER HIKES

Explorer Hike: Visit the best of the Ohanapecosh or Tipsoo Lake/Chinook Pass areas with a Park Naturalist. Bring lunch, water, sturdy foot gear, and proper clothing for weather changes to all the hikes. Bring bug repellent and sunscreen for the Tipsoo Lake/Chinook Pass area.

To SILVER FALLS AND GROVE OF THE PATRIARCHS: 5 hours, 6 miles. Meet at bulletin board by the bridge at Loop "B" in Ohanapecosh Campground.

AT TIPSOO LAKE/CHINOOK PASS: Special activities will be announced at Ohanapecosh Visitor Center and at campfire programs.
Ancient Forests At Mount Rainier

The forests surrounding the base of Mount Rainier became 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.

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 Western Washington and Northern California.

Many visitors remark on the 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.

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 designation as a Decade Volcano, increased scientific attention is focusing on Mount Rainier to try to answer some of these questions.

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 establish relationships with trees by gathering and transferring water and nutrients into the tree’s roots.

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Mount Rainier is covered by forests. Much of it in the old-growth forest, which is the oldest forest on earth. Mount Rainier has received relatively little study.

Rains: A Decade Volcano

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. The task group selected 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.

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When Mount Rainier and other early national parks were set aside as outstanding examples of our country’s natural landscapes, they were mostly wilderness. The intent in establishing these parks was clear: to permanently preserve their natural features and to provide for public use and enjoyment. Since that time it has become evident that the parks’ wilderness was more vulnerable than early managers thought. Recreational demands, visitation patterns, and pollution have taken their toll in many areas.

To further protect these natural landscapes, on November 16, 1988, 228,400 acres (97%) of Mount Rainier National Park were designated as Mount Rainier Wilderness. Excluded areas are Camp Schurman and Muir, portions of the water supplies, road systems and roadside developments.

For more information on the Mount Rainier Wilderness contact park staff at any hiker information center, ranger station or visitor center in the park.

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 do not feed the wildlife. Both birds and mammals are affected in many ways by well-meaning humans. 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 bubonic plague.

Bears quickly learn to associate people with food, and having a habit of feeding on garbage can lead them to damaging tents and vehicles, and injuring people.

The animals in the park and wild and should remain that way. We must be content to observe and appreciate them, rather than trying to intrude in their natural lives.
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 and Sunrise lie on the slopes of Mount Rainier, the volcano of the Northwest. The wildflower fields are a spectacular sight, especially when the first spring flowers appear. 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 (パラダイス) and Sunrise (サンライズ) are the highest points on the slopes of Mount Rainier, the volcano of the Northwest. The wildflower fields are a spectacular sight, especially when the first spring flowers appear. 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)的草原對我們非常寶貴。七月至八月間，花場開始融雪，冰雪一消失，美麗的花朵便會盛開，這些翠綠的草原非常嬌貴，需要特別的照顧。請只在建好的小徑上行走，切勿攀摘花草或踐踏任何植物。拍照請留在小徑上。野餐要到指定的地方--- 不要在草地上。我們希望這些草原能保持美麗，好讓全世界觀賞。

Las praderas de Paradise y Sunrise despiertan en nosotros un especial cariño. Los campos de flores se deshielen en julio y comienzan de agosto y, a medida que desaparece la nieve, florecen los campos con un bello despliegue de colores. Estas férreas praderas son muy frágiles y requieren de cuidados especiales; por consiguiente, le rogamos caminar únicamente por los senderos especialmente construidos para tal fin, no cortar las flores ni pisotear las plantas. Permanezca en los senderos al tomar fotografías y haga sus menesteres 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 al admirarlas.
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. Shower Facilities are only at Paradise in the Henry M. Jackson Memorial Visitor Center.

For Those with Hearing Impairments:

Written Information and Exhibits are available at Longmire Museum and Hiker Information Center, Jackson Visitor Center at Paradise, and Ohanapecosh Visitor Center. Six Self-guiding Nature Trails are available with an interpretive guide booklet or signs. A TDD will be available later this year. 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.