Mount Rainier National Park represents a profound expression of our national character. As a unit of the national park system, it is able to communicate, educate and renew in us the values we share in America's unsurpassed natural beauty, unique history, and cultural richness.

As we look toward the park centennial on March 2, 1999, and move beyond that benchmark anniversary into the 21st Century, Mount Rainier National Park managers and staff are embracing a role of proactive leadership both within the park and beyond its boundaries. Strategic plans have been developed to enhance protection and stewardship of park resources, improve access for a diverse public, increase user enjoyment through education, and develop sustained and integrated programs of natural, cultural, and social science resource management. These strategic management plans are now being put into action.

Someone once defined management as the process of constant improvement. That anonymous person was right! Building on over 90 years of park history and experience, we are ready to meet the challenges of the next millennium with enthusiasm and the planning necessary to meet its challenges.

The Purpose of parks is to conserve the scenery and the natural and historic objects and the wildlife therein and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations.

United States Congress
National Park Service Organic Act, August 25, 1916

Your Participation Will Make a Difference

Almost a century ago, citizens nationwide recognized the spectacular beauty of the Puget Sound region, and later established Mount Rainier and Olympic National parks. The goal was to permanently protect these extraordinary lands and their world-renowned ecosystems.

Today, these precious parks are in jeopardy. In just the past five years, park attendance has increased 15%, while backcountry visits have increased 25%. In 1994 alone, more than five million people will visit the two parks.

At the same time, federal allocations to the parks have failed to keep pace with inflation. If the magnificence and diversity of Mount Rainier and Olympic National Parks are to endure, we must aggressively work for their restoration and protection today.

The Mount Rainier and Olympic Fund is a private, independent, not-for-profit organization established to support and enhance these two national parks. The Fund works with individuals like you - as well as businesses, foundations and allied organizations - to undertake specific projects to improve the Parks, including:

- Wildlife habitat restoration
- Enhancement of visitor services
- Environmental education
- Campground rehabilitation

How You Can Help
Your participation will make a difference. Please join the Mount Rainier & Olympic Fund today. Your contribution will help assure that these two beautiful parks continue to flourish for you and your loved ones to enjoy today and for generations to come.

For detailed information about how you can help, contact: Kim M. Evans, Executive Director, The Mount Rainier and Olympic Fund,Tahoma Woods, Star Route, Ashford, WA, 98304, or call (206) 569-2211 ext. 2301. Look for donation boxes and envelopes at all park visitor centers and lodges.

"During the few years allotted to each of us, we are the guardians of the earth - we are the custodians of our heritage and of the future." James A. Michener
Mount Rainier is famous for its wildflowers; do not pick them. Leave them for everyone to enjoy and to produce seed for future blossoms.

- Camping is not allowed along any park road. Campgrounds are located at Sunshine Point, Cougar Rock, Ohanapecosh, White River and Ipsut Creek.

- Make fires only in a fire ring or grill at picnic areas and campgrounds. Use only portable stoves in the backcountry.

- No fishing license or permit is required to fish in the park's lakes and streams. Some streams and lakes are closed and on some only fly fishing is allowed; check with a ranger for details. Since the park waters are not stocked, "fishing for fun" is encouraged: use barbless hooks and release unjured fish. The daily limit is six pounds plus one fish, not to exceed a total of twelve fish. State fishing seasons apply.

- Pets must be caged or on a leash. They are not allowed in buildings or on trails (seeing-eye and hearing-dog ears excepted). Dogs are allowed on the Pacific Crest Trail on leash.

- A permit for an overnight stay in the backcountry is required year round. Inquire at any visitor center or hiker information center.

- Firearms are permitted only if being transported loaded, broken down, and cased. Hunting is prohibited.

- Do not drive or park off any road.

- Mountain bikes are allowed only on roadways. They are prohibited on all trails. Note: Bikes are allowed on Westside Road but not on adjacent trails.

The rules and regulations in national parks help protect their special qualities. Honor these rules even though they may differ from the ones you are accustomed to following at other outdoor recreation areas and city parks. For example:

- Collecting all plant materials, including ferns and beargrass, is prohibited.

- Collecting fungi and berries for personal consumption is allowed in very small quantities (one small grocery bag/vehicle/week). Commercial collecting is prohibited.

- Leave natural features (such as rocks) where they are, for all future generations to enjoy.

- Mount Rainier is famous for its wildflowers; do not pick them. Leave them for everyone to enjoy and to produce seed for future blossoms.

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- Mountain bikes are allowed only on roadways. They are prohibited on all trails. Note: Bikes are allowed on Westside Road but not on adjacent trails.

Your cooperation is appreciated and shows respect for fellow park users, for future visitors and for our national heritage.

Volunteers

Many Americans have had a love affair with the national parks since Yellowstone - our first national park - was created in 1872. Today, the National Park Service is officially entrusted with preserving more than 350 national parks in the United States. But thousands of individual citizens, who want to ensure that the best of America will be protected, assist the Park Service by volunteering their time and talents.

These men and women who work side-by-side with National Park Service employees are called Volunteers in Parks, or VIPs. They are, truly, Very Important People, and you can join their ranks. VIPs care about the parks - their past, present, and future - and care about the people who come to enjoy the parks.

VIPs work in almost every park in the National Park System. VIPs help the National Park Service in its challenging mission: To conserve the parks' priceless natural and historical resources and to provide for their enjoyment in a way that will leave them unimpaired for future generations.

Whether working on easy-access and barrier-free projects, such as members of the Telephone Pioneers of America are doing this summer, or collecting seeds to be used for revegetating damaged subalpine meadows, such as Washington Native Plant Society members do each fall, volunteers find their own special way to make a difference at Mount Rainier National Park.

Their generous gifts of time and effort are invaluable. Volunteers patrol and help maintain trails. They rove subalpine meadows, monitor wilderness impacts and assist with water ecology studies. They work on revegetation projects, aid in controlling the spread of exotic plants and staff the park greenhouse. Volunteers supply resources and personnel for search and rescue responses. They staff visitor and hiker information centers and serve as campground hosts. Overall, volunteers provide a cornucopia of services and furnish needed labor to complete projects that would go unfinished without their help.

If you cross paths with any of these generous people, often identifiable by the green and gold VIP Volunteer caps or blue Student Conservation Association patches they wear, please let them know that their contributions to Mount Rainier National Park are MUCH appreciated.

If you would like to make your contribution toward assuring that your national parks will continue to be enjoyed by future generations, then consider becoming a VIP for the National Park Service. As a volunteer, you can make a difference in your own life, in the lives of others and in the way the national parks are managed and protected.

To apply for a VIP position at Mount Rainier National Park, or to receive more information on the VIP program, contact a ranger at any visitor center or ranger station; or write Clay & Dixie Gatchel, Lead VIP Coordinator, 11516 -155th Ave. SE, Renton, WA, 98059.

Volunteers in the Park = VIP = Very Important People
Services & Facilities

Visitor Centers
Longmire Museum: 9 a.m. - 5:30 p.m., daily.
Paradise: Henry M. Jackson Memorial Visitor Center: 9 a.m. - 7 p.m., daily.
Ohanapecosh Visitor Center: 9 a.m. - 6 p.m., Sunday through Thursday; 9 a.m. - 6 p.m., Friday and Saturday.
Sunrise Visitor Center: 9 a.m. - 6 p.m., Sunday through Friday; 9 a.m. - 7 p.m., Saturday.
Carbon River Ranger Station: 9 a.m. - 5 p.m., daily.

Hiker Information
Centers (Permits)
Longmire: 8 a.m. - 6 p.m., Sunday through Thursday; 8 a.m. - 5 p.m., Friday; 7 a.m. - 7 p.m., Saturday. Permits available only for overnight trips. The center is located in the lobby of the large log and stone building behind the flagpole.
White River: 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.

Food & Lodging
Longmire National Park Inn: Lodging desk 7 a.m. - 10 p.m., daily. Dining room hours 7 a.m. - 6 p.m., daily. For reservations call: Mount Rainier Guest Services at (206) 569-2275.
Longmire General Store: Open 8 a.m. - 8 p.m., daily. Gifts & some groceries. Located near the National Park Inn.
Paradise: Henry M. Jackson Memorial Visitor Center: 10 a.m. - 7 p.m., daily. Food services, showers, and gifts available in the Henry M. Jackson Memorial Visitor Center.
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; 5:30 p.m. - 8:30 p.m. for dinner; Sunday brunch: 11 a.m. - 2:30 p.m.; Glacier Lounge open 12 noon - 11 p.m. daily; snack bar open 9 a.m. - 8 p.m. daily. Gift shop located in the Paradise Inn lobby 8 a.m. - 9 p.m., daily. For reservations call Mount Rainier Guest Services, (206) 569-2275.
Sunrise Lodge: Dining: 10 a.m. - 7 p.m., daily, then 10 a.m.-5 p.m., Sunday September 11 only. Food service and gift shop. No overnight lodging is available. Provided by Mount Rainier Guest Services.

Showers
Paradise: Henry M. Jackson Memorial Visitor Center: Lower level. Available 10 a.m.-7 p.m., daily. Showers are also available outside the park in Ashford and Packwood.

Gasoline
Gasoline is not available in the park. Service stations are located in the nearby communities of Ashford, Elbe, Packwood, Greenwater and American River. Be prepared - check your gauge.

Firewood
Firewood Sales: Cougar Rock Campground 4 p.m.-9 p.m., daily, then Friday, Saturday and Sunday only, September 6-18. Longmire General Store 8 a.m.-8 p.m., daily, then 10 a.m.-5 p.m., daily, September 6-18. Ohanapecosh Campground: 5 p.m.-7 p.m., daily through September 5. Gathering of firewood is not permitted.

Campgrounds
Sunshine Point: Open year round. 18 sites. Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance. Site fee is $6 per night on a first-come, first-served basis. No group sites available.
Cougar Rock: 200 campsites for tents and trailers, 5 group sites. Located 2.5 miles from Longmire on the Paradise Road. Site fee is $8 per night on a first-come, first-served basis. Only group sites can be reserved by phoning (206) 569-2211 x3301 and cost $3 per night, per person. Cougar Rock Campground is open until mid-October.
Ohanapecosh: 205 sites, no group sites. Site fee is $10 per night on a first-come, first-served basis. The Ohanapecosh Campground is open until late October.
White River: 117 sites, no group sites. Site fee is $6 per night on a first-come, first-served basis.
Ispat Creek: 29 sites, 2 group sites. Located at the end of the Carbon River Road. Site fee is $6 per night, on a first-come, first-served basis. Only group sites can be reserved for $3 per person by phoning (206) 569-2211 x3301.
All Campgrounds: Extra vehicles at campsites are charged $4 per night.

Picnic Areas
Sunshine Point: Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance.
Cougar Rock: Located across the road from Cougar Rock Campground. The picnic area is open until mid-October.
Paradise: Located .25 mile below the Jackson Visitor Center. Picnicking is NOT allowed on the fragile meadows at Paradise.
Ohanapecosh: Located across from the Ohanapecosh Visitor Center near the entrance to the Campground.
Tipsoo Lake: Located near Chinook Pass on Highway 410, 17 miles north of Ohanapecosh, and 11 miles south of the White River Entrance arch.
Box Canyon: Located between Ohanapecosh & Paradise on Stevens Canyon Road.
Sunrise: Located behind the Sunrise Visitor Center in a subalpine setting.
Ispat Creek: Located at Falls Creek, 2 miles from the entrance, and in Ispat Creek Campground.

Post Offices
Paradise Inn: Open 8:30 a.m. - 5 p.m., Monday - Friday, 8:30 a.m.-12 noon, Saturday.
Longmire National Park Inn: Open 8:30 a.m.-5 p.m., Monday - Friday, 8:30 a.m.-12 noon, Saturday.

Religious Services
Inter-denominational services sponsored by A Christian Ministry in the National Parks.
SUNDAY: Cougar Rock Campground Amphitheater, Ohanapecosh Campground Amphitheater & White River Campground Campfire Circle.
8:30 a.m. & 7 a.m. Paradise Inn
9 a.m. & 9 a.m. Roman Catholic Mass in Wilkeson at Our Lady of Lourdes.
10 a.m. Eastern Orthodox Liturgy in Wilkeson at Holy Trinity & Roman Catholic Mass in Eatonville at Our Lady of Good Counsel.
10:45 a.m. Roman Catholic Mass in Morton at Sacred Heart.
Saturday: Roman Catholic Mass in Packwood at Presbyterian Church.

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. Ask for LARGE PRINT SCRIPTS of audio/visual programs presented at the Jackson Visitor Center at Paradise and Ohanapecosh Visitor Center. A TDD is available at (206) 569-2177.
For more information or assistance, contact a park ranger at any visitor center or phone (206) 569-2211.

Accessibility
For Those With Mobility Impairments:
Most COMFORT STATIONS and BUILDINGS are accessible or accessible with help. Accessible OVERNIGHT ACCOMMODATIONS are available at the Longmire National Park Inn and the Paradise Inn. Phone (206) 569-2275 for reservations.
PICNIC GROUNDS and CAMPGROUNDS (except Sunshine Point) in the park have accessible sites and toilets.
Naturalist Programs

Walks - Easy

1030 AM
Friday
PARADISE Art of Mountain and Meadow: 2 hours, 1 mile. Discover the artist in yourself. Meet at the Jackson Visitor Center flagpole.

100 PM
DAILY
PARADISE Wildflowers: 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.

2 PM
WEDNESDAY,
THURSDAY & FRIDAY
OHANAPECOSH Meanders: 1 hour, 1 mile. Naturalist’s choice of trip and destination. Meet at the Ohanapecosh Visitor Center flagpole.

230 PM
DAILY
PARADISE Nisqually Vista: 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.

SUNRISE Salamandrid: 30 minutes, .5 mile. Discover Mount Rainier, the Enmons Glacier or the history of Sunrise. Each walk explores a different subject. Meet at Sunrise Visitor Center.

730 PM
7/1-8/27
7 PM
8/28-9/11
PARADISE Evening Stroll: 1 hour, .5 mile. Learn about Paradise's past and present during this stroll with a park naturalist. Meet in the Paradise Inn Lobby.

730 PM
WEDNESDAY,
FRIDAY & SATURDAY
LONGMIRE Meadow Mosey: 1 hour, .5 mile. This walk focuses on the natural and human history of the Longmire area. Meet at the flagpole in front of the Longmire Hiker Information Center.

Walks - Moderate

9 AM
SATURDAY
WHITE RIVER Enmons Glacier: 3 hours, 3.5 miles. Walk to a closeup view of the largest glacier in the contiguous United States. Meet at the Glacier Basin Trailhead in White River Campground.

930 AM
SUNDAY
SUNRISE Flower Power: 2 hours, 2 miles. Meet the native wildflowers of Yakima Park. Meet at the Sunrise Visitor Center flagpole.

10 AM
DAILY
CARTER FALLS: 2 hours, 2 miles. Experience the lowland forest along the Paradise River enroute to Carter Falls. Meet at the bulletin board by the Ranger Station at Cougar Rock Campground.

1030 AM
SATURDAY
THROUGH THURSDAY
PARADISE Alas Vista: 2 hours, 1.5 miles. Explore subalpine meadow life on this hike to a knob overlooking Paradise. Meet at the Jackson Visitor Center flagpole.

10 AM
MONDAY,
THURSDAY & SATURDAY
OHANAPECOSH Silver Falls: 2 hours, 3 miles. Learn about the lowland forest enroute to Silver Falls. Linger at the falls and return at your own pace. Meet at the bulletin board by the bridge at loop "B" in the Ohanapecosh Campground.

10 AM
FRIDAY & SUNDAY
OHANAPECOSH Ancient Trees: 2 hours, 2 miles. Enjoy a quiet walk through an ancient forest to the Grove of the Patriarchs. Meet at the Ohanapecosh Visitor Center and carpool to the trailhead (share a ride).

130 PM
FRIDAY & SATURDAY
SUNRISE Shapemakers: 2 hours, 2 miles. Join a park naturalist and learn about avalanches, glaciers, mudflows and volcanic eruptions that have affected Mount Rainier. Meet at Sunrise Visitor Center.

130 PM
SUNDAY
SUNRISE Goat Watch: 1 hour, 1.5 miles. Join a park naturalist to discover the habits and haunts of our native mountain goats. Meet at Sourdough Ridge Trailhead, at Sunrise.

Hikes

9 AM
TUESDAY,
THURSDAY & SATURDAY
COMET FALLS: 4 hours, 4 miles, 900 feet elevation gain. Bring lunch, water and proper clothing for possible sudden weather changes. Meet at the Comet Falls Trailhead.

10 AM
FRIDAY & SUNDAY
PARADISE Panorama Point: 4 hours, 5 miles, 1400 feet elevation gain. Bring lunch, water and proper clothing for possible sudden weather changes. Meet at Jackson Visitor Center flagpole.

10 AM
SATURDAY
PARADISE Pinnacle Peaks: 3 hours, 2.5 miles, 1050 feet elevation gain. Bring lunch, water and proper clothing for possible sudden weather changes. Meet at Trailhead (west end of parking area at Reflection Lake).

Evening Programs

9 PM
JULY
COUGAR ROCK Campground Amphitheater: 45 minutes. Enjoy Mount Rainier in a slide program presented each evening by a park naturalist. Program titles are posted on the campground bulletin board.

9 PM
DAILY
PARADISE INN Lobby: 1 hour. Illustrated programs explore a variety of subjects on Mount Rainier. Titles are posted in the Jackson Visitor Center and the Paradise Inn.

OHANAPECOSH Campground Amphitheater: 45 minutes. Enjoy Mount Rainier through a slide program presented each evening by a park naturalist. Program titles are posted on the campground bulletin board.

WHITE RIVER Campground Campfire Circle: 45 minutes. Explore the beauty, geology or history of Mount Rainier at a campfire program presented by a park naturalist. Titles are posted on campground and Sunrise Visitor Center bulletin boards.

IPSUT CREEK Campground Campfire Circle: 45 minutes. Join a park naturalist for a program in the campfire circle. Program titles and time are posted on the campground bulletin board.

Movies & Slide Shows

10 AM - 6 PM
DAILY
A twenty minute program is shown on the hour and half hour at the Jackson Visitor Center Auditorium.

3 PM
DAILY
OH, WHAT A PARADISE: 30 minutes. Slide program on the preservation of the meadows. Jackson Visitor Center Auditorium.

Children's Activities

Junior Ranger activities are for children 6-11 years old. Join a park naturalist at the following locations:

9 AM
SATURDAY
WHITE RIVER Junior Rangers: 1.5 hours. Meet at the White River Campfire Circle for a short walk and nature activities.

10 AM
SATURDAY
OHANAPECOSH Junior Rangers: 2 hours. Meet at the Ohanapecosh Visitor Center and explore the old-growth forest.

2 PM
MONDAY,
FRIDAY & SATURDAY
COUGAR ROCK Junior Rangers: 1.5 hours. Meet at Cougar Rock Campground Amphitheater for a short walk and nature activities.

930 AM
SUNDAY
IPSUT CREEK Junior Rangers: 1.5 hours. Meet at Ipsut Creek Campground Amphitheater for nature activities.

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 presented on July 9 at 10:00 a.m., August 6 and September 3 at 9:30 a.m., and will last approximately 75 minutes. Meet at the flagpole in front of the Longmire Administration Building. Dress for the weather and see you there!
Welcome to the Mount Rainier National Park "Junior Ranger" program. This program helps children to develop an understanding and appreciation for National Parks, with special emphasis 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 ways for children to take part in the "Junior Ranger" program. Children may attend the guided activities at Cougar Rock, Ohanapecosh White River, or Ipsut Creek campgrounds, or complete the "Do-It-Yourself" activities printed in booklets available in park visitor centers.

Join a Naturalist for a guided "Junior Ranger" program, July 2 through September 4, at 2 PM, Monday, Friday and Saturday at the Cougar Rock Campground; 10 AM, Saturday at the Ohanapecosh Campground; 9 AM, Saturday at the White River Campground; 9:30 AM, Sunday at the Ipsut Creek Campground. These programs are for children 6 - 11 years old. Children must 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 booklets available at Longmire, Paradise, Ohanapecosh, Sunrise, and Carbon River areas. Children need to complete activities and questions for only a single area, not all four. Answer as many questions as possible. If you need help, ask a park naturalist. Young children may need assistance from an adult or older child. Children will receive a "Junior Ranger" certificate when they present their completed booklets to a naturalist at one of the five visitor information centers: Longmire Museum, Henry M. Jackson Visitor Center at Paradise, Ohanapecosh Visitor Center, Sunrise Visitor Center and the Carbon River Ranger Station.

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

Come explore the hidden beauty and discover the story of Mount Rainier National Park.

"Partnership In Parks"
Mount Rainier National Park and Metropolitan Park District of Tacoma

One day programs include up to 6 hours with a Mount Rainier National Park Interpreter. Call 206/569-2211 x3313 for registration or inquire at any park visitor center or museum. Cost is $12 per person.

Programs include roadside stops and/or short walks. Bring your lunch, water and dress for the weather.

Welcome to Pacific Northwest Field Seminars

Dawn awakens in the Cascades with crimson reflections upon ageless glaciers. You hear a stream gurgle as it leaps noisily down the hillside. Undergrowth rustles as a fawn and doe stir to greet the morning...

Old-Growth Forest of Mount Rainier Saturday, July 9 10 a.m. - 3 p.m.
Walk through ancient Northwest forests and learn the story of 1000 year old trees.

The People of Mount Rainier Saturday, July 16 10 a.m. - 3 p.m.
Time-travel through history on a walk through Longmire, Paradise and Ohanapecosh. Hear the stories of the people who made park history.

Art of Nature Saturday, July 30 10 a.m. - 3 p.m.
Discover the hidden beauty of Mount Rainier through art. For the budding artist in all of us who wants to get closer to nature. We will be going to an inspirational location in the Paradise Meadows (3,500 feet elevation). Drawing pencils and watercolor supplies provided.

Wildflowers of Paradise Monday, August 8 10 a.m. - 3 p.m.
Experience the beauty and lore of subalpine flowers that grace Mount Rainier each summer.

Mount Rainier Photo Tour Wednesday, August 31 10 a.m. - 3 p.m.
Discover the "Faces of Mount Rainier" on this photography tour/workshop. Bring camera and film of your choice. Extra film is recommended.

"The People of Mount Rainier"

Join Pacific Northwest Field Seminars for an unforgettable educational experience. Whether you strive to expand upon a lifelong interest, or wish to explore new horizons, our purpose is to guide, nurture and facilitate environmental education in the Pacific Northwest.

The Pacific Northwest Field Seminars is a nonprofit program sponsored by the Northwest Interpretive Association in cooperation with the National Park Service and U.S. Forest Service.

For information on seminars subjects, dates, and to register please call the Program Director at (206) 220-4142; ask a ranger at any visitor center; or write Pacific Northwest Field Seminars, 909 First Avenue, Suite 630, Seattle, WA, 98104-1060.
EXPLORING MOUNT RAINIER

There is no "best way" to visit the park. It depends on your interests and time available. Plan to stop early at one of the park visitor centers for detailed information and maintenance in making the most of your visit. You will find helpful maps and guides to answer questions on wildlife, flowers, blooming seasons, human history and other features of the park. They also provide current information on roads, weather, trails, campgrounds and attractions. Backpackers should consult a ranger at either the Longmire or White River Hiker Centers. At the visitor centers, ask about a schedule of nature walks to enhance your personal experience.

LONGMIRE

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 Musical Springs." Soon, venturesome travelers were coming to Mount Rainier to partake of the healthful qualities of the mountain air and mineral water. In 1906, James Longmire built the Longmire Springs Hotel, which provided visitors with a place to rest and see from which to explore the mountains. Upon request, the Longmires guided their guests to areas around the mountain, including the Paradise flower meadows, and even to the summit!

The establishment of Mount Rainier National Park in 1899, made the Longmire area the 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 Euro-American exploration of the Pacific Northwest.

PARADISE

Mount Rainier reaches into the atmosphere to produce some of the most beautiful climatic events on earth. The mountain's winds create a cold, snowy belt, which produces some of the most beautiful climatic events on earth. The mountain's winds create a cold, snowy belt, which produces some of the most beautiful climatic events on earth.

OHANAPECOSH

3 Examples of the old-growth forest seen by settlers in the Pacific Northwest are still in evidence today. But the Ohanapecosh River Valley is one place where old-growth forest remains. Here you can walk back in time among stately Douglas-firs, western hemlock, western redcedar, and western Alaska yellow cedars. Western Alaska yellow cedars are one of only two species of true yellow cedars in the world; the other is found in the Pacific Northwest.

SUNRISE

Straddled at 6,400 feet in the northeastern part of Mount Rainier National Park, Sunrise is the place where first-lighting views and the intriguing beauty of subalpine bog begins. From Sunrise Point, the massive, four and one-half mile long Emmons Glacier and the snowfields that stretch out on each side, along with the Goat Rocks Wilderness Area and Mount Adams to the south and Mount Baker to the distance to the north, you can see the entire length of the river cascades as beautiful Silver Falls. Only a mile from Ohanapecosh Campground, the river cascades as beautiful Silver Falls.

CARBON RIVER

5 Do you like to discover special, out-of-the-way places? Carbon River is such a place in Mount Rainier National Park.

Carbon River Entrance is a nature trail to help you discover special places. A 1.5 mile trail from the Ipsut Creek Campground to the mouth of the Carbon Glacier provides one of the park's closest views of an active glacier.

If you visit Carbon Glacier, please view it from a distance. The falling from the glacier's surface makes it a dangerous place. The road to Ipsut Creek Campground is a narrow trail. Only 25 miles 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 well 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 inland rain forest in the park. The self-guiding "Carbon River Rain Forest Trail" or Carbon River Entrance is a nature trail to help you discover special places. A 1.5 mile trail from the Ipsut Creek Campground to the mouth of the Carbon Glacier provides one of the park's closest views of an active glacier.

If you visit Carbon Glacier, please view it from a distance. The falling from the glacier's surface makes it a dangerous place. The road to Ipsut Creek Campground is a narrow trail. Only 25 miles 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.

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Hiking

Permits for Overnight Trips & Climbing

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 and to enhance your wilderness experience.

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 area of the Park.

Camping at all trailside camps as well as Camps Muir and Schurman is available on a first-come, first-served basis.

Anyone intending to go above the high camps at Camp Muir or Camp Schurman, or to travel on the glaciers, must obtain a climbing card in lieu of a wilderness permit. 

One of the best ways to experience Mount Rainier is by taking a walk or hike. Use your common sense to avoid accidents and injuries, and always bring your own drinking water. Stop by a visitor or Ranger center to get current trail and weather conditions. Be prepared for the unexpected: carry extra food and water, rain gear and supplies. It is wise to carry a flashlight in case you return after dark. Please remember that dogs and other pets, bicycles, and motor vehicles are not allowed on park trails. Have a safe, fun trip.

Protection Your Valuable

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, billfolds, and cameras to be easy prizes. It’s best to keep valuables with you or lock everything of value in the car’s trunk, and lock all doors and windows.

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.

Wonderland Trail

The 93-mile Wonderland Trail completely encircles Mount Rainier, passing through all the major life zones in the park, from lowland forests through subalpine meadows to views of glaciers. Hikers can find both company and solitude along the way. As the summit of Mount Rainier is to a climber, so the Wonderland Trail is to a hiker - the experience of a lifetime. You should allow about 10 days to 2 weeks to enjoy the trail. Camping along the trail is allowed only at designated campsites, by permit only. For more detailed information on hiking the Wonderland Trail, inquire at the Longmire Hiker Information Center or the White River Hiker Information Center.

Westside Road

You may drive 3 miles up the road to the parking area at Dry Creek. From there, travel into the scenic west side of the park is accomplished by hiking and bicycle travel. Bicycles must remain on the roadway. Hikers may explore the many miles of trail branching off the old roadway into the wilderness. Be sure to obtain your permit, if planning to stay overnight.

For additional information, write: Backcountry Desk, Mount Rainier National Park, Tahowm Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211, extension 3317.

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Drink Only Treated Water

The waterways of Mount Rainier are home for some nasty little creatures that can give you less than pleasant memories. Unfortunately, micro-organisms like Giardia may be present in native animal populations. Contrary to historic claims, Longmire Mineral and Ohanapecosh 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 in the backcountry, boil your water or use an adequate filtration system.

On Your Own

One of the best ways to experience Mount Rainier is by taking a walk or hike. Use your common sense to avoid accidents and injuries, and always bring your own drinking water. Stop by a visitor or hiker information center to get current trail and weather conditions. Be prepared for the unexpected: carry extra food and water, rain gear and emergency items including matches and first-aid supplies. It is wise to carry a flashlight in case you return after dark. Please remember that dogs and other pets, bicycles, and motor vehicles are not allowed on park trails. Have a safe, fun trip.

Self-guiding Trails

Longmire Historic District Tour: 1 hour, 1.25 miles. Witness firsthand some of the park’s most architecturally significant structures. Tour maps available at Longmire Museum.

Longmire Trail of the Shadows: 30 minutes, 7 mile. Experience the natural environment and see the former site of the Longmire Medical Springs operation on this walk around Longmire Meadow. Paradise Nisqually Vista: 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.

Ohanapecosh Life System: 30 minutes, 5 mile. Explore the forest and hot springs of Ohanapecosh on this walk. Start at the visitor center. Grove of the Patriarchs: 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.

Sunrise Sourdough Ridge: 1 hour, 5 mile. A moderate walk through flower fields rich in color to a panoramic view of four volcanic peaks.

Carbon River Rain Forest: 20 minutes, .3 mile. Temperate rain forests seldom occur far from coastal areas, so the forest in this valley is special. Explore the only true inland rain forest at Mount Rainier.

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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 treeline 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 bare ground 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, particularly when trails are still partially snow-covered or wet. Each and every off-trail step compacts soil and destroys delicate vegetation.

Over the last eight 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. 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 eight 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.

The Meadow Restoration Program is a volunteer group of minority high school students. The students are funded by the Student Conservation Association (SCA) in 1990.

The volunteers are participating in the Conservation Career Development Program (CCDP), a program founded by the Student Conservation Association (SCA) in 1990.

The students and their leaders will spend four weeks restoring 5,435 square feet of subalpine meadow at Spray Park in the Carbon River area. They will be camping at Eagle’s Roost Camp, but you may spot them swimming at Mowich Lake at the end of their hard day’s work.

As partners in this mutually-beneficial program, Mount Rainier National Park and the CCDP hope to enjoy a highly successful summer season, planting seeds not only in the restored meadow, but in the hearts and minds of the young people participating in the program.

In addition to the CCDP program, other projects will begin this year, Superintendent Bill Briggel and Hiro Yamaguchi, Manager of Waseda University’s Extension Center in Tokyo, Japan are making final plans for 20 Waseda students to volunteer at Mount Rainier, under Waseda University’s 1994 North American Philanthropy Program. The students are scheduled to arrive on August 28, and will depart for Japan on September 10. Volunteer work the students will perform includes fully accessible campsites at Cougar Rock Campground and a short interpretive trail at Kautz Creek.

Every year, many of the 2+ million people who visit Mount Rainier hike the meadow trails. Imagine the problems created when one person, multiplied by a thousand, leaves the constructed trail. The best possible solution is for all of us to prevent damage from occurring by staying on the constructed trails.

High Altitude Waste Hazards

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.

All backcountry users must carry out their trash, just as upper mountain recreationists need to carry out all the trash they generate while climbing. Putting trash in toilets hinders toilet operation and makes removal of trash and waste much more expensive.

There is no ideal solution to the problem of human waste and trash removal from the upper mountain, but if everyone does their part we will be able to continue to offer a better climbing experience for all.
Ah, Wilderness

Wilderness Act Celebrates 30th Anniversary

Mount Rainier National Park harbors some places that have seldom felt the effects of human presence. In addition to the magnificent ice-covered peak, there are brilliant flower meadows and stately old-growth forest stands. The pristine peak and its immediate surroundings were set aside in 1899 as the nation's fifth national park. But, by the early 1960's, people noted that wilderness values were being eroded in many areas. They also noted that more protection was necessary if these values, and the natural forces which sustain them, were to continue. In 1964, Congress defined Wilderness as "A place untrammeled by man" and a place worthy of protection.

The Wilderness Act of September 3, 1964 states: "In order to assure that an increasing population, accompanied by expanding settlement and growing mechanization, does not occupy and modify all areas within the United States and its possessions, leaving no lands designated for preservation and protection in their natural condition, it is hereby declared to be the policy of the Congress to secure for the American people of present and future generations the benefits of an enduring resource of wilderness. For this purpose there is hereby established a National Wilderness Preservation System to be composed of federally owned areas designated by Congress as 'wilderness areas,' and these shall be administered for the use and enjoyment of the American people in such manner as will leave them unimpaired for future use and enjoyment as wilderness.

A wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where the Earth and its community of life are untrammeled by man, where man himself is a visitor who does not remain...."

Mount Rainier Wilderness

National parks have been called "the best ideas America ever had." The idea of preserving special natural and cultural places in public ownership ran contrary to the prevailing national mood during the 19th century, when most Americans saw nature as something to be subdivided and history as what happened in the Old World. But as the wilderness reeded and remnants of ancient civilization and revolutionary landmarks were lost, some saw the need to protect outstanding examples of the nation's heritage.

George Catlin, noted painter of the American Indian, first expressed the national park idea. On a trip to the Dakotas in 1832, Catlin became concerned about the westward movement's effects on Indian civilization, wildlife and wilderness. He suggested that they might be preserved "by some great protecting policy of the government...a magnificent park...A nation's park, containing man and beast, in all the wilderness and freshness of their nature's beauty!"

When Mount Rainier and other early national parks were set aside as outstanding examples of our country's natural landscape 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 became the "Mount Rainier Wilderness." It is now one of 30 wilderness areas in the state of Washington. Excluded are Camps Schurman and Muir, portions of the water supplies, road systems and roadside developments.

The Mount Rainier Wilderness is managed by the National Park Service. Use of the area is governed according to the goals of the Wilderness Act of 1964. Management techniques include mandatory camping permits, minimum impact education, designated campsites in heavily used areas, limits on party size and numbers of parties, and an impact monitoring and restoration program supported by a native plant nursery and a cadre of dedicated park employees and volunteers.

The National Park Service invites you to not only experience one of the world's most beautiful places, but also to help care for this magnificent wilderness so that it may provide the same experience for the next generation as it has for you.

As you commune with your own natural reality at Mount Rainier, take the concept of Wilderness to heart and celebrate the 30th anniversary of the Wilderness Act.

Ancient Forests

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 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.

Over ten years of scientific study of the forests of Mount Rainier have identified forest community types, determined the age of the forest, and listed the plants and animals associated with the Douglas-firs. Scientists found differences in temperature, moisture and associated species between old-growth forests in Northern 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. Mycorrhiza (root - fungus relationships) aid the big trees by gathering and transferring water and nutrients into the trees' 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.

For a great tree, death comes as a gradual transformation... Alone among living things, it retains its character and dignity after death. Even in its final moments, when the massive trunk lies prone and it has molded into a ridge covered with mosses and fungi... It enriches and refreshes the earth. And later, as part of other green and growing things, it rises again.”

Edwin Way Teale

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 stands.

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 old-growth Douglas-fir forest of the park is as important today as are 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 Charape-cosh, 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 northwest 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.
Wildlife Alert

Small mammals such as chipmunks and golden-mantled ground squirrels 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. Rodents do bite and may carry rabies and bubonic plague.

Rainier: A Decade Volcano

Mount Rainier, which is the highest volcano in the Cascade Range, is 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 volcano represents a variety of hazards
- it exhibits recent geologic activity and is likely to erupt in the future
- it is located in a populated area
- it was little researched
- it is readily accessible and it is well exposed for study.

Mount Rainier is considered to be 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 history of eruptions and its susceptibility to major failures. With designation as a Decade Volcano, increased scientific attention is focusing on Mount Rainier to give answers to some of these questions.

Mount Rainier National Park is working cooperatively with the USGS on studies to determine the eruptive history, and eruptive styles and mechanisms for the volcano, as well as the chemical evolution of magma types, structure of the volcanic edifice, and style and location of hydrothermal alteration of the volcano. One of the results of their work will be a revised geologic map of the volcano edifice. Tom Sisson and Dave Zimblemann, from the USGS, are the principal investigators for the study. They are working on the south and west sectors of the volcano, mostly in the area between Sunset Amphitheater and Camp Muir.

Other Decade Volcano researchers will be here periodically throughout the next several years. Projects are as follows:

- Don Swanson, USGS/UW, Seattle: volcanic geology of the mountain.
- David Frank, EPA: geothermal relationships to volcanic hazards.
- Larry Martin, USGS, Vancouver, WA: studying the explosive history of Mount Rainier.
- Pat Pringle, WA Dept. of Natural Resources: Carbon dating of lahar wood.
- Steve Malone, University of Washington: seismology of the volcano.
- Juliet McKenna, UW graduate student: crustal controls of subduction zone magmas.
- Jan Heine, UW: glacial chronology and paleoclimatic implications.
- Kari Kajuuri, University of Helsinki, Finland: observing the melting of glaciers.
- Paul Hammond, Portland State University: stratigraphy of Pikes Peak and Stevens Ridge formations.
- Kerrick & Eggars, University of Puget Sound, WA: geochemically finger printing tephra deposits.
- Dal Stanley, USGS: magnetic mapping of the park.
- Charles Bacon, USGS, Mendlo Park, CA: geology of the Tatoosh pluton.
- Jan Hein, UW: glacial chronology and paleoclimatic implications.
- Pat Pringle, WA Dept. of Natural Resources: Carbon dating of lahar wood.
- Larry Martin, USGS, Vancouver, WA: studying the explosive history of Mount Rainier.
- Carolyn Driedger, USGS, Vancouver, WA: continues her study of glacial hydrology on the Mountain.
- Exhibits installed this summer at the Henry M. Jackson Memorial Visitor Center at Paradise highlight some of the findings of this recent geologic research. These exhibits have been developed through a partnership of staff at Mount Rainier National Park and the USGS Cascades Volcano Observatory at Vancouver, WA.

A new publication by the National Research Council, Mount Rainier, Active Cascade Volcano, describes current research efforts. Other publications will be forthcoming as research continues.

Recycling

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

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:
- GLASS:
- METAL CANS:

Use Trash Cans For:

- Food
- Paper Items
- Bottle Caps
- Other Wastes

Tahome  ◆ 11
Watch Out For Roadway Hazards

Deadwood Creek Bridge on Highway 123 north of Ohanapecoh has deteriorated to poor condition. The bridge is being replaced with a new structure adjacent to the old one. Although traffic is now permitted on the new bridge, construction work will continue through the 1994 season. Through the summer expect temporary travel delays near the construction zone as the Federal Highway Administration works to provide a new, safer bridge for park visitors.

Paradise Water Upgrades

In an effort to upgrade water treatment capabilities and to correct waste water collection system deficiencies in the Paradise area, contractors will be working throughout the summer.

You should expect some inconvenience in the form of reduced parking spaces, temporary public restrooms and trail detours.

Welcome To Mount Rainier National Park

BIENVENUE AU PARC NATIONAL DE MOUNT RAINIER. VOUS TROUVEREZ DES INFORMATIONS EN FRANÇAIS RELATIVES AUX INSTALLATIONS, AUX SERVICES, À LA SÉCURITÉ ET AUX POINTS D'INTÉRÊT DU PARC, AUX POSTES D'ENTRÉE OU AUX CENTRES DES VISITEURS (VISITOR CENTERS).

Activity and Program Guide

Mount Rainier National Park

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24 Hour Information

(206) 569-2211
TDD: (206) 569-2177
Emergencies: 911

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