Limited Access - Road / Trail Damage

Carbon River / Ipsut Creek
- The road from Carbon River Entrance to Ipsut Creek Campground (5 miles) will be closed to motorized vehicles, due to a major washout, throughout this season. A parking area is located near the entrance. A temporary bypass of the washed out area allows access by foot or bicycle along the route to Ipsut Creek Campground.
- Bicycles are prohibited beyond the campground. Backcountry style camping - no treated drinking water & carry out your trash (see page 2).

Mowich Lake
- Vehicular access to Mowich Lake and Peak area will be delayed until mid-July due to washed out sections of SR 123.
- Once open, one-lane traffic restrictions will apply with periodic closures during construction. During closures to SR 123, all vehicular traffic will be allowed through at the beginning of each hour. Anticipated construction times are 8AM - 6PM Monday-Thursday; 8AM- 3PM Friday—open all weekends and holidays.

State Route 123
- State Route 123 has been damaged by extensive washouts 5-miles south of Cayuse Pass. A 600 foot section of roadway has slid approximately 600 feet down into the Chelsuk Creek washout. SR 123 is closed at this site south of Cayuse Pass. Due to the extent of damage there is no estimate of when the road will be open to traffic.
- “Loop Drive” Impassable
  - Please call (360-569-2211) ahead of your planned trail visit to confirm the status of SR 123.

State Route 410
- Improvements continue on a 10-mile section of SR 410 north of the park boundary. Expect up to 30-minute delays Monday through Friday.

What Is Accessible?
- Longmire and Paradise may still be reached as usual via SR 410 north of the park boundary and SR 123.
- Stevens Canyon Road allows east/west travel within the park.
- Ohanapecohse may be reached新城 Stevens Canyon Road and SR 123 or from the south via SR 12 and SR 123.
- Sunrise and White River may be reached from the north and east via SR 610.

Trail Damage / Repairs
- Trails throughout the park sustained severe damage from flooding and blowdown. This will result in delayed trail openings. Many trail bridges are washed out, making river crossings hazardous. Check at a Hiker Center for current conditions.
- Paradise - trail from Guide House to Myrtle Falls will be closed mid-summer taking 1-week to complete.

For Current Information
- Please call (360-569-2211) ahead of your planned trail visit or ask at any visitor center or ranger station for the current status of all roads and trails within the park.

Temporary road closures are marked on the map below.

Make The Most Of Your Visit

First Stop? Any Visitor Center
- Locations & hours of operation see page 2
- Current information on roads, weather, trails, camping and local attractions
- Rangers with planning tips & great activity ideas
- Exhibits on wildlife, flower blooms, glaciers, human history and other features of the park
- Wilderness Camping permit - backpackers see page 5

Naturalists Enhance Your Visit
- Short guided walks are offered to waterfalls and magnificent vistas along forests at Longmire/ Goethe Rock
- Sub-alpine meadows are featured programs at Paradise and Sunrise
- Illustrated campfire programs presented at Cougar Rock and Ohanapecohse Campgrounds and at Paradise Inn, focus on significant resources of the park.

Old-fashioned talks around the campfire are held at White River Campground.
- See schedule of activities and programs on page 3 or check park bulletin boards for specific details.

Longmire
- In 1853, while on a climbing trip to Mount Rainier, James Longmire happened upon the meadow and mineral springs that now bear his name. He and his family returned the following year to found “Longmire’s Medical Springs.” In 1890, James Longmire built the mountain.
- Mineral springs that now bear his name. He and his family returned the following year to found “Longmire’s Medical Springs.” In 1890, James Longmire built the mountain.
- One of the best ways of becoming familiar with the mountain is to turn the comer at Sunrise Point and drive through subalpine meadows toward Sunrise, Mount Rainier’s summit crater rim. 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 and the Grove of the Patriarchs.
- 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 and the Grove of the Patriarchs.
- Flowing from an inactive glacier and snowfields, the sparkling clear water of the Ohanapecohse River stands in stark contrast to the brown, milky streams originating from active glaciers.
- As you turn the corner at Sunrise Point and drive through subalpine meadows toward Sunrise, Mount Rainier’s full size and mass take on an enhanced perspective. Reduced moisture levels at Sunrise complement the feisty, but fragile, volcanic soil to produce flower meadows different from those at Paradise. Stop by the trailhead visitor center to learn about the differences and gain an introduction to the world of Sunrise.

Paradise
- Mount Rainier reaches into the atmosphere to disturb great tides of moist maritime air flowing outward from the Pacific Ocean. The resulting en­counter creates spectacular cloud halos and produces fantastic snowflakes. Paradise, located at 5,400 feet on the mountain’s south slope, averages 630 inches of snow each winter. The record snowfall occurred during the winter of 1971-72 with a total snowfall of 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 subalpine flowers as the Lewis monkeyflower, yellow 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 1800s 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.

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STAY BACK - rocks falling from the glacier’s surface make aOrd approach very dangerous.

Ohanapecohse 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 on the self-guiding nature trail in the Grove of the Patriarchs.

Sunrise
- Flowing from an inactive glacier and snowfields, the sparkling clear water of the Oha­napecohse River stands in stark con­trast to the brown, milky streams originating from active glaciers. Only a mile from Oha­napecohse Campground, the river cascades in the beautiful Silver Falls.

Access to these areas is limited, see article above.
- 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 trail “Carbon River Rain Forest” at the park entrance describes this unique environment. A 3.5 mile trail from Ipsut Creek Campground (0.5 mile from the entrance) to the snout of Carbon Glacier provides a close view of an active glacier.

Carbon River / Mowich Lake
- Spray Falls provides a bonus for day hikers on their way to wildflower displays at Spray Park. Panoramic views await hikers who reach Eunice Lake and Tolmie Peak. STAY ON TRAILS: these fragile areas require special care. To help save the meadows see “Pragile...Handle With Care” on page 7.

Mowich Lake lies at the headwall for a number of special wilderness destinations. Spray Falls provides a bonus for day hikers on their way to wildflower displays at Spray Park. Panoramic views await hikers who reach Eunice Lake and Tolmie Peak. STAY ON TRAILS: these fragile areas require special care. To help save the meadows see “Pragile...Handle With Care” on page 7.

Goat Rocks
- The Ohanapecohse 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 on the self-guiding nature trail in the Grove of the Patriarchs.

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Visitor Centers
Longmire Museum
- 9AM - 5PM daily
Paradise - Henry M. Jackson Memorial Visitor Center
- 9AM - 7PM daily
Ohanapecheh
- 9AM - 7PM daily
Sunrise
- 9AM - 6PM Sunday - Friday
- 9AM - 7PM Saturday
Carbon River Ranger Station
- Temporarily located in the Wilkeson Fire Hall
- 8AM - 4:30PM Saturday - Thursday
- 10AM - 7PM Friday
See page 1 for information on access to this area.

Hiker Information Centers / Permits
Longmire
- 8AM - 6PM Sunday - Thursday
- 8AM - 7PM Friday
- 7AM - 7PM Saturday
General information and permits for overnight trips are located in the lobby of the large log and stone building behind the flagpole.
White River
- 8AM - 4:30PM Sunday - Thursday
- 7AM - 9PM Friday
- 7AM - 7PM Saturday
- 8AM - 4:30PM daily — September 5 - September 10.
Obtain permits for overnight trips and hiking information in the ranger station at the White River Entrance.
Paradise
- 7:30AM - 3:30PM Sunday - Friday
- 6AM - 3:30PM Saturday
Registration for climbers is located at the ranger station in the small stone building near the upper parking lot.

Food & Lodging
Longmire National Park Inn
- Lodging desk 7AM - 10PM daily.
- Dining room hours 7AM - 8PM daily
For reservations call Mount Rainier Guest Services at (360) 569-2275.
Longmire General Store - Gifts & groceries
- 8AM - 4PM daily
Located near the National Park Inn.
Paradise - Henry M. Jackson Memorial Visitor Center: Food services and gifts.
- 10AM - 7PM — daily.
Paradise Inn
- Front desk 24 hours daily.
- Breakfast 7AM - 9AM
- Lunch 12Noon - 2PM
- Dinner 5:30PM - 8:30PM
- Sunday Brunch 11AM - 2:30PM
- Glacier Lounge 12Noon - 11PM
- Snack Bar open 9AM - 8PM— daily
- Gift Shop (in lobby) 8AM - 9PM— daily.
For reservations call Mount Rainier Guest Services at (360) 569-2275.
Sunshine Point
- 9:30AM - 5PM Monday - Friday
- 9AM - 5PM Saturday
Shower
- 9AM - 5PM Sunday - September 3-22.
- 10AM - 5PM daily — September 3-22.
Ohanapecheh Campground
- 9AM - 5:30PM Friday, Saturday and holidays.
White River Campground
- 9AM - 5PM Friday, Saturday and holidays.
GATHERING OF FIREWOOD IS NOT PERMITTED.

Gasoline
GASOLINE IS 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
- Cougar Rock Campground
- 4PM - 9PM daily
- Friday, Saturday and Sunday only — September 3-22.
Longmire General Store
- 8AM - 8PM daily
- 10AM - 5PM daily — September 3-22.
- Located near the Nisqually Entrance.
Ohanapecheh Campground
- 5PM - 9PM Friday, Saturday and holidays.
White River Campground
- 9AM - 5PM Friday, Saturday and holidays.
GATHERING OF FIREWOOD IS NOT PERMITTED.

Shower
- Paradise - Henry M. Jackson Memorial Visitor Center: Located on lower level.
- 10AM - 7PM daily
- Showers are also available outside the park in Ashford, Packwood and Eatonville.

Permits
- Visitor centers, Hiker Information Centers and booklets available at any park visitor center. Pre-
- Attend naturalist guided activities at Jackson Visitor Center at Paradise, Cougar Rock, Ohanapecheh or White River Campgrounds.
- Complete the "do-it-yourself" activities printed in booklets available at any park visitor center. Pre-
- Welcome to the Mount Rainier National Park "Junior Rangers" program. There are two
- Ways for children (6-11 years old) to take part in the program and receive their certificate. A cloth patch may be purchased by persons with a certifi-
- Card: (360) 569-2277. For more information call (360) 569-2277.
- Independent Climbers
- Climbers must register before climbing on glaciers or above the high camps.
- Primary registration points are Paradise Ranger Station and White River Hiker Information Center.
- Please see page 5 for more information.
Shuttle Buses
Rainier Shuttle
- Daily between Sea-Tac Airport and park lodges or Ashford area lodges; also between Ashford and Para-
- Call (360) 569-2331 for schedules, rates and reservations.
Rainier Overland, Inc.
- Van - Sea-Tac Airport, trailheads within the park, Paradise and local area destinations. Call (360) 569-0851 for schedules, rates and reservations.

Join The Junior Rangers
Welcome to the Mount Rainier National Park "Junior Rangers" program. There are two
Ways for children (6-11 years old) to take part in the program and receive their certificate. A cloth patch may be purchased by persons with a certifi-
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tor Center at Paradise, Cougar Rock, Ohanapecheh or White River Campgrounds.
2. Complete the "do-it-yourself" activities printed in booklets available at any park visitor center. Pre-

Northwest Interpretive Association
Books and maps are available for sale at all park visitor centers, Hiker Information Centers and Longmire Museum. The selection includes handbooks that will prove valuable in your outdoor explo-
ations, books about park history and climbing, and maps that will enhance your enjoyment of the park from road and trail.
These outlets are operated by the Mount Rainier Branch of the Northwest Interpretive Association, a non-profit organization benefiting the naturalist pro-
grams in the national parks and forests of the Pacific Northwest. This paper is an example of these benefits. We invite you to become a member of the Association. For a catalog of publications and to learn about the advantages of membership inquire at any visitor center or write to the Northwest Interpretive Association, 909 First Avenue, Suite 630, Seattle, WA, 98104-1060; or phone (206) 322-2410.
Look for "The Traveler's Companion" at all visitor centers, museum, hiker information centers, and book sales displays. Use it as a trip planner to schedule features you want to visit, use it as a road guide to the Mount Rainier story, or use it as a keepsake to help you remember your visit.

Naturalist Programs

Paradise

Meadow Stroll
• Daily
• 1030 AM
• 1.5 hours — 1.5 miles
Meet at the Jackson Visitor Center flagpole
Explore subalpine meadow life during this hike to a Paradise viewpoint.

Wildflower Walk
• Daily
• 1130 AM
• 1 hour — 1 mile
Meet at the Jackson Visitor Center flagpole
Treasure the Paradise meadow as you acquaint yourself with the wildflowers of the area during this easy walk.

Nisqually Vista Walk
• Daily
• 3PM
• 1.5 hours — 1.25 miles
Meet at the Jackson Visitor Center flagpole
Discover geology and glaciers of Mount Rainier on this easy walk to an excellent view of the Nisqually Glacier.

Panorama Point Hike
• Saturday & Sunday
• 930 AM
• 4 hours — 5 miles — 1400 feet elevation gain
Meet at Jackson Visitor Center flagpole
Bring lunch, water, sunscreen and proper clothing for possible sudden weather changes.

Junior Rangers
• Saturday
• 11 AM
• 1 hour
• 6-11 years old
Meet at Jackson Visitor Center flagpole
Nature activities may be held inside or outside depending on weather conditions.

Oh, What a Paradise!
• Sunday - Friday
• 1030AM & 1:30PM
• 30 minutes
Show in Jackson Visitor Center Auditorium
Slide program on the preservation of the meadows.

Paradise Inn Evening Program
• Daily
• 9 PM
• 1 hour
Meet at Paradise Inn Lobby
Illustrated programs shown each evening in the Paradise Inn Lobby by a park naturalist. Explore a variety of subjects on Mount Rainier. Titles are posted in the Jackson Visitor Center and Paradise Inn.

Audio-Visual Shows
• Daily
• 830PM - 6:30PM
• 20 minutes
• Show in Jackson Visitor Center Auditorium
• Slide programs or movies are shown on the hour and half hour.

Naturalists-At-Large
• Daily
• 9AM - 5:30PM
• Paradise meadows
• Park naturalists and volunteers rove the meadow trails daily. Have a question about Climbing? Flowers? Wildlife? Meadow Restoration? They are there to help. Just ask the naturalists as you encounter them.

Longmire - Cougar Rock

Carter Falls Hike
• Daily
• 10 AM
• 2 hours — 2 miles
Meet at the bulletin board by the Ranger Station at Cougar Rock Campground
Experience the lowland forest along the Paradise River enroute to Carter Falls.

Comet Falls Hike
• Saturday
• 9AM
• 3PM
• 3 hours — 3 miles — Elevation gain 900 feet
Meet at the trailhead
View a 130 foot waterfall and enjoy the forest and stream along Van Trump Canyon. Bring lunch, water and proper clothing for possible sudden weather changes.

Cougar Rock Junior Rangers
• Monday & Friday
• 2 PM
• 1.5 hours
• Children 6-11 years old
Meet at campground amphitheater
Join a park naturalist for a short walk and nature activities.

Cougar Rock Campground Evening Program
• Daily
• 8 PM - June 28 - August 1
• 830PM - August 2 - September 7
• 45 minutes
• Meet at campground amphitheater
• Enjoy Mount Rainier through a slide program presented each evening by a park naturalist. Program titles are posted on the campground bulletin board.

Coffee With a Ranger
• See campground bulletin boards for days
• 7AM
• 1.5 hours
• Meet at Cougar Rock Amphitheater
• Need help planning your day? Want to ask about that bird you saw? Join a park naturalist for hot coffee and conversation. Bring your own mug - coffee provided.

Ohanapecosh

Silver Falls Walk
• Thursday & Saturday
• 10 AM
• 2 hours — 3 miles
Meet at the bulletin board by the bridge in Loop B of Ohanapecosh Campground
Explore the forest primeval enroute to this breathtaking waterfall. Linger at the falls and return at your own pace.

Ancient Forest Walk
• Sunday, Tuesday & Friday
• 1030 AM
• 1.5 hours — 2 miles.
Meet at the Grove of the Patriarchs trailhead on Stevens Canyon Road. Parking is limited and proper clothing for possible sudden weather changes.

Meander Through History
• Friday
• 2 PM
• 1 hour — 1 mile
Meet at the log section behind the Ohanapecosh Visitor Center
Join a park naturalist for this short walk and discover the varied and interesting history of Ohanapecosh.

Junior Rangers
• Saturday
• 9AM
• 1.5 hours
• 6-11 years old
Meet at the Ohanapecosh Amphitheater
Explore a variety of nature activities with a park naturalist. Space is limited. Register early on Saturday (day of program) at the visitor center.

Coffee With a Ranger
• Enjoy Mount Rainier through a slide program presented each evening at a park naturalist. Program titles are posted on the campground bulletin board.

Evening Program
• Evening - Monday
• 8 PM - July
• 830PM - August 1 - September 2
• 45 minutes
• Meet at campground amphitheater
• Join a park naturalist each evening to explore Mount Rainier's natural or human history. Topics are posted on campground and visitor center bulletin boards.

Sunrise - White River

Sunrise Area

Sunrise Sampler
• Daily
• 11 AM & 3PM
• 30 minutes — 3 miles
Meet at Sunrise Visitor Center
A short introduction to Sunrise's natural and human history. Topics vary.

Mt. Fremont Wildlife Watch
• Saturday & Sunday
• between 3PM - 4PM
• 2.8 miles from Sunrise Visitor Center
Meet at Mt. Fremont fire lookout
A park naturalist will be available to point out the habits and haunts of our native mountain goats and other wildlife. Dress for changing weather conditions.

Tundra Talk
• Sunday
• Ranger on site between 2PM - 3PM
• 2.5 miles from Sunrise Visitor Center
Meet on top of First Burroughs Mountain
Check with a ranger for a map, directions and current conditions before starting your hike.
Join a park naturalist for a closer look at specially adapted alpine plants and animals. See how the forces of fire and ice have affected Mount Rainier.

White River Campground Area

Evening Campfire
• Thursday, Friday & Saturday
• 8 PM – July 3 - July 31
• 730 PM - August 1 - September 7
• 45 minutes
Meet at campground amphitheater
• Join a park naturalist for a closer look at specially adapted alpine plants and animals. See how the forces of fire and ice have affected Mount Rainier.

Junior Rangers
• Saturday
• 1PM
• 2 hours — 1.75 miles one way
• Meet at Glacier Basin trailhead in White River Campground
• Walk to a closeup view of the largest glacier in the contiguous United States. Bring water and sun protection.

Emmons Glacier Walk
• Saturday
• 1030AM
• 1.5 hours
• 6-11 years old
• Meet at the White River Campfire Circle
• Meet at the White River Campfire Circle
• Need help planning your day? Want to ask about that bird you saw? Join a park naturalist for some fun nature activities and earn your Junior Ranger Certificate.

Emmons Glacier Walk
• Saturday
• 1PM
• 2 hours — 1.75 miles one way
• Meet at Glacier Basin trailhead in White River Campground
• Walk to a closeup view of the largest glacier in the contiguous United States. Bring water and sun protection.
## Accessibility

- **Comfort Stations and Buildings** are mostly accessible or accessible with help.
- **Overnight Accommodations** are available at the Longmire National Park Inn and the Paradise Inn. Phone (360)569-2275 for reservations.
- **Picnic Areas** and **Campgrounds** in the park have accessible sites and toilets.
- **Wheelchair Access** to the first half of the Trail of the Shadows to the Longmire cabin is on a compacted dirt trail.
- **Accessible Boardwalk** at Kautz Creek leads to an overlook of the 1947 debris flow and a view of the mountain.
- **Written Information** and **Exhibits** are available at Longmire Museum and Hiker Information Center, Jackson Visitor Center at Paradise, Ohanapecoh Visitor Center, White River Hiker Information Center and Sunrise Visitor Center.
- **Six Self-Guiding Nature Trails** are available with an interpretive booklet or signs.
- **Large Print Scripts** of audio/visual programs are presented at the Jackson Visitor Center at Paradise and Ohanapecoh Visitor Center are available.

## Regulations - Protect Your Park

The rules and regulations in national parks help protect their special qualities. Please honor these rules even though they may differ from the ones you are accustomed to following at other outdoor recreation areas and city parks. Your cooperation is appreciated and shows respect for fellow park users, for future visitors and for our national heritage.

- **Camping** is not allowed along any park road. Campgrounds are located at Sunrise Point, Cougar Rock, Ohanapecoh and White River.
- **Make fires only in a fire grill at picnic areas and campgrounds. Use a portable stove in the backcountry.**
- **Fishing** by hook and line is permitted. No fishing license or permit is required to fish in the park's lakes and streams, however, some streams and lakes are closed. The Ohanapecoh River and its tributaries are open to fly fishing only. Since the park waters are not stocked, "fishing for fun" is encouraged. Use barbless hooks and release unjured fish. Seasons and catch limits in streams are the same as State regulations. Lakes have no catch limits. Fishing for Bull Trout (or Dolly Varden) is prohibited. Use of live or dead bait fish, non-pressed fish eggs, or digging for bait is prohibited. Check with a ranger for details.
- **A permit for an overnight stay in the wilderness or climbing is required year round. Inquire at any visitor center or hiker information center.**
- **Pets** must be caged or on a leash. They are not allowed in buildings or on trails (seeing-eye and hearing-ear dogs excepted). Dogs are allowed on a leash, on the Pacific Crest Trail and the pet trail at Sunrise.
- **Firearms** must be unloaded, broken down, and cased. Weapons are prohibited in the backcountry. Hunting is prohibited.
- **Bicycles** are allowed only on roadways. The Westside Road is recommended. The Carbon River Road from the park entrance 5 miles to Ipsut Creek Campground will also be available to bicycles in the 1996 season. Bicycles are prohibited on all trails.
- **The use of skateboards, roller skates and similar devices is prohibited.**

## Entrance Fees

Park entrance stations will be changing to an "honor system" for payment of entrance fees during periods when the entrance is not staffed by a park ranger. While in effect, visitors will place entrance fees in an envelope and deposit the envelope in a canister. Compliance checks will be conducted by law enforcement rangers.

<table>
<thead>
<tr>
<th>Fee Type</th>
<th>Price</th>
<th>Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vehicle</td>
<td>$5</td>
<td>Good for 7 days</td>
</tr>
<tr>
<td>Individual</td>
<td>$3</td>
<td>In a bus, on foot, bicycle, motorcycle or horse. Good for 7 days.</td>
</tr>
<tr>
<td>Rainier Pass</td>
<td>$15</td>
<td>Good for one year, from date-of-purchase, at Mount Rainier.</td>
</tr>
<tr>
<td>Golden Eagle</td>
<td>$25</td>
<td>Good for 1 year, from date-of-purchase, in all national parks.</td>
</tr>
<tr>
<td>Golden Age</td>
<td>$10</td>
<td>For U.S. citizen or permanent residents 62 and over (lifetime pass).</td>
</tr>
<tr>
<td>Golden Access</td>
<td>Free</td>
<td>For blind or permanently disabled U.S. citizens or permanent residents (lifetime pass).</td>
</tr>
<tr>
<td>Commercial Tour</td>
<td>$30</td>
<td>Vehicle capacity: 1 to 6 passengers.</td>
</tr>
<tr>
<td>Commercial Tour</td>
<td>$45</td>
<td>Vehicle capacity: 7 to 25 passengers.</td>
</tr>
<tr>
<td>Commercial Tour</td>
<td>$100</td>
<td>Vehicle capacity: 26+ passengers.</td>
</tr>
</tbody>
</table>
Backpacking ~ Climbing

Free Wilderness Camping Permit required for all overnight stays in the backcountry or wilderness.

Permits are issued at the Longmire and White River Hiker Information Centers as well as any visitor cen-
ter or ranger station. Hours of operation on page 2.

Reservations are not accepted. Permits are issued only in the park.

Permits are issued on a first-come, first-served basis, up to one day in advance of your trip.

Permits allow for the control of the number of people camping in one place at one time to limit the impact from litter, human waste and trampling of the ground.

For information write: Backcountry, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (360) 569-2211, ext. 3317.

Climbing

- Climbers must register to go above the high camps or to climb on the glaciers.
- Special Use Fees: $15/person/climb or $25/person/year, due when climbers register.
- Primary registration locations are Paradise Ranger Station and White River Hiker Information Center. Hours of operation on page 2.
- Camping at all trailside camps as well as Camp Muir and Schurman is available on a first-come, first-served basis.
- Special Use Fees help recover park costs for climber safety & education, upper mountain human waste management and program administration.
- Do not put waste in crevasses or bury it in the snow. 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.
- Upper mountain users 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.
- To contact a climbing ranger call (360) 569-2211 ext. 2315 or 2314.

Experience Rainier ~ Take a Hike...

Self-guiding Trails

Longmire: Trail of the Shadows
- 30 minutes—7 mile. Experience the natural environment and see the former site of Longmire Medical Springs operation on this walk around the meadow.

Longmire: Historic District Walking Tour
- 1 hour—1.25 miles. Witness firsthand some of the park's most architecturally significant structures. 

Ohanapecosh: Grove of the Patriarchs
- 1.5 hours—2 miles. Walk among 1000 year old giant trees of the old-growth forest. See these ancient trees on an easy walk in the Ohanapecosh River.

Ohanapecosh: Life Systems
- 30 minutes—5 mile. Explore the forest and hot springs at this walk starting at the visitor center.

Carbon River: Carbon River Rain Forest
- 20 minutes—3 mile. Explore the only truly inland rain forest at Mount Rainier. A secret limited see page 1.

Sunrise: Sourdough Ridge
- 1 hour—1.5 mile. A moderate walk through flower fields to a panoramic viewpoint of four volcanic peaks - Mount Baker, Glacier Peak, Mount Adams and Mount Rainier.

Paradise: Nisqually Vista
- 1 hour—1.5 mile. Enjoy the best views of Mount Rainier and the Nisqually Glacier may be enjoyed on this walk through high country meadows.

Westside Road
- Starting in late June, you may drive 3 miles up the road to the parking area at Dry Creek. From there, travel further into the scenic west side of the park by

Safety First

- Do not leave any valuables in your car, even not locked in the trunk. Keep cash and valuables with you.
- Stay back from streams and river banks and avoid "rock hopping." Rocks near the water's edge can be dangerously slippery and have caused fatal accidents.
- Never swim or wade in streams above waterfalls or in cascade areas.
- Get current trail and weather conditions from any visitor center or hiker information center.
- Be prepared for the unexpected. Carry extra food and water, rain gear and emergency items including flashlight and first-aid supplies.
- Let someone at home know what your hiking plans are and when you will return.
- Sunburn hazard - use sunscreen and wear sunglasses.
- The waterways of Mount Rainier are home for micro-organisms like amoebas that can make you very sick. Please drink water only from treated, piped water systems; in the backcountry, boil your water or use an adequate filtration system.
- Contrary to historic claims, Longmire Min-
eral and Ohanapecosh hot springs are not safe to drink.
- Ticks carry Lyme disease. Check yourself after any hike for possible ticks. Report any signs of a rash around a bite and flu-like symptoms to your doctor immediately.
- Keep animals in the park. Only in the park.
- Animals in the park are wild, observe but do not feed or disturb them.

Arm Chair Climbers

There's no road to the top of Mount Rainier as there is to the top of Pikes Peak. If you want to stand on the summit of this mountain you have to climb, climb with special gear and for up to 2315 or 2314.

The most popular climbing route starts near the Green House Paradise (5400 feet). From there it's 4.5 miles and 4600 feet elevation gain to reach Camp Muir (10,000 feet) where climbers usually spend the night in tents or rock shelters. During the darkness of the next day's early morning they continue their climb another 4.5 miles and 4500 feet of elevation to the summit of the mountain. The Disappointment Cleaver route. Summer climbs via this route take two days round-trip. Winter climbs can take much longer.

Climbers start their ascent from Camp Muir using headlamps to light their way because climbing is safer during the colder hours of early morning when there is less chance of rock and ice falling from slopes above them.

Each climber wears crampons (ice cleats) on his or her boots to provide the best traction on ice. And each person is roped to fellow climbers and carries an ice axe. If one person loses traction and starts to slide or falls into a crevasse, others on the rope will be able to stop the slide or fall by quickly thrusting their ice axes into the glacier as anchors.

Approximately 10,000 people make summit attemps each year; 50% are usually successful. People who are not experienced traveling over glaciers often choose to climb with the guide service. Experienced climbers who arrive with climbing partners may get a permit as an independent climbing party.

For independent parties, selecting a route that matches the group's experience is an important safety consideration. There are more than 30 climbing routes on Mount Rainier. Climbers frequently use a single technical route requiring physical condition and technical skill from the climbers who choose the. From 1887 through 1995 there were 67 climbing fatalities on Mount Rainier. There is always risk while climbing. But to minimize that risk a prudent climber will emphasize safety in all climbing decisions and actions. Certainly, whether we are climbing or pursuing other activities at Mount Rainier, safety is something we all should consider, all of the time.
Old-Growth Forest

Many visitors remark on the great size of 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
- (4) large logs in streams.

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 entered the West Sound.

Over ten years of scientific study of the forests of Mount Rainier researchers 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.

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 tree's roots. Logs also are sites for bacterial nitrogen fixation, water and nutrient storage, and provide seed beds for new generations of trees and shrubs. Logs are critical to maintenance of physical & biological stability in headwater streams as they provide a range of habitats for stream organisms.

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

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

There are many places in the park where you can experience the old-growth Douglas-fir forest. The Grove of the Patriarchs nature trail, near Ohanape-coosh, 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 (closed to vehicles, see page 1) in the northwest corner of the park provides a leisurely walk among the old-growth giants and the Carbon River rainforest 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.

Volcanic Hazards

A visit to Mount Rainier provides outstanding opportunities to observe evidence of past volcanic processes that are clues to geologic hazards of the future. During the past one million years Mount Rainier produced spectacular eruptions of lava, volcanic ash and hot ash flows that, by 6,000 years ago, had built a cone perhaps 16,000 feet in elevation. Lava flows filled its glacial valleys with hard, erosion-resistant rock that survives today as ridges radiating from the mountain like spokes on a wheel.

Volcanic ash is visible amid the roots of meadow wildflowers as a colorful, granular, sandy soil. Hot ash flows seared the surface of the volcano and left thick deposits of heat-swept boulders, rock debris, 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 tree's roots. Logs also are sites for bacterial nitrogen fixation, water and nutrient storage, and provide seed beds for new generations of trees and shrubs. Logs are critical to maintenance of physical & biological stability in headwater streams.

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NEW! Mount Rainier CD-ROM

The educational CD-ROM "Where The Rivers Begin" explores with interactive animation, games, slides and videos, the rivers, old-growth forest and glaciers of Mount Rainier National Park. Users learn about the natural and human history of the park, and the social and political concerns affecting the management of natural resources. Ultimately, you develop an understanding of the management of rivers and forests of Mount Rainier National Park for today and tomorrow.

The CD-ROM was developed as part of the Park's outreach education program. Educators and students use the CD-ROM and educator's guide in their studies of the resources of Mount Rainier National Park. Educators interested in information on the education program may contact the Education Office at (360) 569-2211 ext. 3313 for information about workshops, guides and the CD-ROM for the class room.

Experience the CD-ROM for yourself in the lobby of the Henry M. Jackson Memorial Visitor Center at Paradise highlight some of these findings of this recent geologic research.
I 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. Inspired by his 1888 visit to Paradise, author-naturalist John Muir wrote, "Every one of these parks (meadows), great and small, is a garden filled knee-deep with fresh, lovely flowers of every hue, the most luxuriant and the most extravagantly beautiful of all the alpine gardens. I have beheld."

Unfortunately turn-of-the-century visitors used the meadows for activities that resulted in severe erosion and deterioration of these delicate "gardens." Campers set up tents in the meadow and drove across the flowers to their tent sites. Subalpine fir trees were set ablaze at night so that people could see the "fireworks" as the sap exploded. Horses ridden across the meadow cut deep ruts in the loose volcanic soils. Cows brought up to Paradise to provide fresh milk for climbers and vacationers grazed on meadow grasses and flowers. Obviously some of these activities are no longer permitted at Paradise.

But 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. When you consider that most of the two million people who visit Mount Rainier annually stop at Paradise sometime during their stay, the aggregate damage of numerous off-trail steps can be staggering.

In 1986, Mount Rainier National Park initiated a large scale restoration program to document and repair human-caused damage in the Paradise meadow. Resource managers identified and prioritized 913 sites as needing repair. Thus far many of those sites around Panorama Point, Golden Gate, Glacier Vista and First Hill have already been completely repaired while restoration work continues this summer at a site near Pebble Creek.

Even though the National Park Service actively attempts 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. Violators may be cited.

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.

Thank You! Thank You! Thank You!

Thanks to all of you who have stayed on the trails!

Thank you for letting the flowers grow in-place.

Thanks for using designated picnic areas and benches along the trails and staying off the meadows!

Thanks for recognizing when its time to stop snowboarding and skiing at Paradise because the snow isn't deep enough to protect underlying vegetation!

And thank you for being willing to SPEAK UP and remind fellow hikers who are off-trail to return to the trail.

Your actions and attitude are making a difference. THANK YOU!

Beyond the paved trails.................WILDERNESS

national parks have been called "the best idea 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 subdued and history as what happened in the Old World. But as the wilderness receded and remnants of ancient civilization and revolutionary landmarks were lost, some saw the need to protect outstanding examples of the nation's heritage.

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 other human activities 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, "Leave No Trace" education, designated campsites, 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 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 will provide the same benefits to your children and grandchildren as those you enjoy. As you commune with your own natural reality at Mount Rainier, take the concept of Wilderness to heart.

For more information on the Mount Rainier Wilderness, contact park staff at any hiker information center, ranger station, or visitor center in the park.
Mount Rainier National Park is made one of us must resist the temptation to leave the trail are. The admonition, "Stay on the trails" is the key to eliminating resource damage. Each one of us must resist the temptation to leave the established trail. Increased knowledge builds respect, and respect for the park's resources may be the greatest factor to keep us on the trails.

Scientific studies verify that impacts caused by people who leave the trail are the most frequent cause of resource damage. This is especially true in the very popular alpine and subalpine areas at Paradise, Sunrise and Tipsoo Lake.

William J. Briggle
Superintendent