Getting the Most From Your Visit

If you’re like most people, you will probably be eager to get out of the car and start exploring the park by the time you drive in the entrance gates. To make the most of your visit, read the “What You Need to Know” box at right and then match the following suggestions with your time and interests.

FROM THE SOUTHWEST, you’ll enter via the Nisqually gate. The arch of giant cedar logs, first erected in 1913, and the 1988 Oscar Brown cabin, south of the road, are examples of the rustic style of park architecture that became popular at Mount Rainier and other national parks.

The Longmire Historic District, 7 miles from the park entrance, was the site of James Longmire’s homestead, lodging, and mineral springs resort. The first park headquarters was established here in 1916. Services at Longmire from the park entrance, was the site of James Longmire’s homestead, lodging, and mineral springs resort. The first park headquarters was established here in 1916. Services at Longmire include:

• Longmire Museum—open daily.
• Wilderness Information Center—open daily, wilderness permits and hiking information.
• National Park Inn—food, lodging, gift shop.

The road between Longmire and Paradise is winding and steep, and was designed for scenery rather than speed. En route, consider stopping at:

• Cougar Rock Picnic Area, 2 miles from Longmire.
• Christine Falls, 3.5 miles from Longmire. A short walk from the pullout provides a spectacular view of the falls through the bridge opening. Parking is limited.
• Glacier Bridge, 3 miles from Longmire, is worth a stop for the view, but do not stop your car on the bridge! Park in a paved pullout and use the walkway. The lower end of the Nisqually Glacier is just above the rocky cliff on the left side as you look up the valley.

• Ricksecker Point, 6 miles from Longmire, offers excellent views of the Mount and the Nisqually Valley.

• Narada Falls, 8 miles from Longmire. Walk the steep but short trail for the best view. Parking is limited.

Paradise, 12 miles from Longmire, is the most popular destination in the park and is famous for its wildflower meadows. A hike here is rewarding, but can be crowded. Services at Paradise include:

• The Jackson Memorial Visitor Center—open daily, exhibits, films, guided interpretive programs, book store, food service, gift shop, and restrooms.
• The Paradise Inn—lodging, dining room, gift shop, restrooms.
• The Guide House—information about summit climbs with Rainier Mountaineering, Inc.
• The Paradise Ranger Station—open daily, climbing and wilderness permits and hiking information.

The plants of the subalpine meadows are most fragile and vulnerable as the snow melts and the soil is wet. Please stay on constructed trails or on snow (at least 6”-8” deep) only. Do not take shortcuts across the meadows!

If you plan to hike, remember that Paradise is located at 5,400’ elevation and most trails are hilly. Please stay on the trails: the meadows are very fragile and heavily visited. A number of additional hikes are located on the road between Paradise and Ohanapocosh. See page 6 for details.

FROM THE SOUTHEAST, your first stop will be Ohanapocosh. The east side of the park is somewhat drier and sunnier than the west side, making it a good destination when Paradise and Longmire are wet and foggy. Services include:

• Ohanapocosh Visitor Center—open daily, exhibits, guided interpretive programs, restrooms.
• Ohanapocosh Campground and picnic area.

Between Ohanapocosh and White River, a short detour from Cayuse Pass east on Highway 40 will take you to Tipsoo Lake, which is surrounded by wildflower meadows. A short and pleasant trail circles the lake. This area is heavily visited and you’ll see signs of damage to the vegetation and soils. Please stay on the trail and leave the flowers for others to enjoy.

The section of road between Chinook Pass and the north park boundary is part of the Mather Memorial Parkway, named for Stephen Mather, the first director of the National Park Service.

The White River/Sunrise area is easy to visit if you enter from the east side, but requires quite a bit of driving from the southwest entrance. If you are camping, consider eastside campgrounds at Ohanapocosh or White River.

The road to Sunrise passes the White River Entrance Station about 1 mile from the junction with Highway 410. The White River Wilderness Information Center here is open daily for climbing and wilderness permits and hiking information.

Five miles from the junction with Highway 410, you’ll pass the one-mile spur which leads to the White River campground and trailhead. Services at White River include a ranger station, campground, and picnic area.

Eleven miles from White River, the road reaches Sunrise, also called Yakima Park. At an elevation of 6,400’, this is the highest point to which you can drive in the park. Summer is short here, but the views and excellent trail system make this the second most visited location in the park. Parking can be a problem on sunny weekends; try to arrive early or visit on weekdays. Services include:

• Sunrise Visitor Center—open daily, exhibits, guided interpretive programs, picnic area.
• Sunrise Day Lodge—food service, gifts (no overnight lodging).
• Public restrooms and telephones.

FROM THE NORTHWEST, you can visit the Carbon River area. A short trail near the Carbon River entrance station takes you into a fine example of a temperate rain forest. The gravelled Carbon River road ends approximately

Continued on pg 2...
A “Shake Up” Call: The Nisqually Earthquake

Chances are if you live in the Northwest, you can recall exactly what you were doing at 10:54 a.m. on Wednesday, February 28, when a major earthquake hit this area. The 6.8 magnitude Nisqually earthquake was centered 11 miles northeast of Olympia, at a depth of 32 miles.

The Pacific Northwest is a tectonically active area and earthquakes are common. But it’s been nearly 40 years since an earthquake of similar size jolted this area. The Seattle earthquake in April 1965 had a magnitude of 6.7. The Puget Sound earthquake in April 1949 registered 7.1 (nearly three times as powerful as the Nisqually earthquake).

While there was great concern about the injuries (over 400) and damage (an estimated $2 billion) resulting from the quake, scientists and local residents were also concerned about the earthquake’s effect on Mount Rainier. In other areas of the world, regional earthquakes have triggered small earthquakes within volcanoes, set off large landslides, and in a few cases upset magmatic systems, prompting eruptions.

Although it hasn’t erupted since the mid-1800s, Mount Rainier is an active volcano. It also has extensive lahars—muddy, fast-moving slurries of rocks, mud, and water that look like wet-flowing concrete. Lahars can be triggered by earthquakes, landslides, rainfall, or heavy snow, or other events. They can occur without warning.

There were more than a few quivered heartbeats when the Nisqually earthquake shook the park. One employee recalls, “I was running fast to think. I really freaked out at first because I didn’t know what the source of the earthquake was. Was it a lahar? Was the mountain erupting?” At Longmire, visitors and employees evacuated up the Rampart Ridge trail. Schoolchildren at the Columbia Crest School and Ashford boarded buses, ready for evacuation. The lahars detection system in the Puyallup River valley increased its rate of data collection. Had a lahar been detected, an alarm would have sounded in the town of Orting. There are not, however, lahars detection systems on Mount Rainier’s other river valleys. In these places, you have to become your own lahars detection system: if you hear something that sounds like an approaching train or jet coming from up river, and/or feel prolonged rumbling, immediately get to higher ground!

Although the Nisqually earthquake triggered some ice and snow avalanches, it was more of a “shake up” call at Mount Rainier than an emergency event. While earthquakes can increase seismic activity in volcanoes, seismic restlessness is common to Mount Rainier. In fact, a small earthquake shook the volcano about an hour after the initial earthquake, but scientists do not believe that it was a result of the Nisqually quake. Small earthquakes occur within the volcano every month or two.

One reason the Nisqually earthquake did not result in greater losses was the preparation made before the event. You, too, can minimize your risks by being knowledgeable about, and prepared for, geological events while you’re at Mount Rainier as well as at home (see tips below). For a comprehensive web site on the Nisqually quake, check out:

http://maximus.ce.washington.edu/ ~nisqually/

Geologic Hazards

Recent research has improved our understanding of this active volcano. Although eruptive events are usually preceded by an increase in earthquake activity, there are geologic hazards such as mudflows (also known as lahars), glacial outburst floods, or rockfall, which can occur without warning.

Needless to say, the longer you stay in an area where there are geologic hazards, the greater the chance that you could be involved in an emergency event.

All river valleys in the park are vulnerable to geologic hazards. While most people consider the danger to be relatively low, YOU must decide if you will assume the personal risk of visiting and staying overnight in these potentially dangerous locations.

If you are near a river and notice a rapid rise in river level or hear a roaring sound coming from upvalley—often described as sounding similar to a fast-moving freight train—move quickly to higher ground! A location 160 feet or more above river level should be safe.

Detailed information is available from scientists at the U.S.G.S. Cascades Volcano Observatory: 5400 MacArthur Blvd., Vancouver, WA 98660. Website: http://vulcan.wr.usgs.gov/

...“Your Visit” continued from page 1
"Leave No Trace" of your Wilderness trip
- plan ahead & prepare
- travel & camp on durable surfaces
- dispose of waste properly
- leave what you find
- minimize campsite impacts*
- respect wildlife
- be considerate of other visitors

* for emergency use only; fires are not allowed in Mount Rainier's Wilderness.

Wilderness camping permits are required for all overnight stays in the park's backcountry. Climbing permits are required for travel above 10,000' and/or on glaciers.

Safety First!
Mount Rainier National Park offers excellent opportunities for exploration and adventure, but it also offers opportunities to get lost or injured. Reduce your risk by following these simple guidelines:

Beware
- It's very easy to get lost or injured when the weather deteriorates, the trail is covered with snow, you don't know where you are, and/or you don't know how to assess avalanche hazard and avoid the danger.

Even though trail crews are at work throughout the park this summer, you may encounter downed trees and missing footings at river crossings. Be especially careful at river crossings. Many people underestimate the power of the water and are unaware of large rolling boulders that are being carried along by it. If you must cross, do it in the morning when rivers are generally lower.

While we had less than average snowfall last winter, some trails may remain snow-covered throughout the park this summer, you may encounter downed trees and missing footings at river crossings. Be especially careful at river crossings. Many people underestimate the power of the water and are unaware of large rolling boulders that are being carried along by it. If you must cross, do it in the morning when rivers are generally lower.

What makes the Muir Snowfield such a dangerous place? The snowfield is made up of snow and rocks. In whitewash conditions, snow, rocks, and sky look the same, making it extremely difficult to stay oriented. Even those who have hiked the snowfield dozens of times (including park rangers) find it easy to get off course. Travel too far west and you'll encounter cliffs, avalanche chutes, and the huge crevasses of the Nisqually Glacier. Veer too far east and you'll end up on the Paradise Glacier, with its many crevasses and steep cliffs. In 1999, four people were lost on the Muir Snowfield—three have never been found. Two had ascended the snowfield dozens of times and were very experienced hikers.

Do not become a Muir Snowfield statistic:
- Avoid the snowfield in questionable weather, especially if you are alone or unprepared. Weather conditions can change suddenly and drastically, even on a "sunny" day.
- If you're ascending and clouds or fog start rolling in, turn around and head back to Paradise. If that's not possible, stop moving, dig in, and wait for better weather. Without a compass, map, and altimeter, and expertise in their use, it is extremely difficult to find your way back to the trailhead in a winter storm.
- Do not attempt to descend from Camp Muir in poor weather. Do not descend on skis or a snowboard in limited visibility—you could become lost faster.
- When hiking to Camp Muir, be sure to carry emergency bivouac gear so that you can spend the night out if you have to.

While it may be disappointing to abandon your hike to Camp Muir, remember that the snowfield will be there for you next time, in better weather. Ask a ranger for tips on other areas to explore during this visit.

Planing to Hike the Muir Snowfield?
The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise, between 7000' - 10,000' in elevation. Thousands of people hike on the Muir Snowfield each year en route to Camp Muir. On a clear day, the hike is spectacular. But, when the weather deteriorates, as it often and unpredictably does, crossing the Muir Snowfield can be disastrous. More hikers, skiers, climbers, and snowboarders get lost on the Muir Snowfield each year than in the rest of the park combined. While many find their way out, searches must be initiated for others, and some are never found.

Permitting:
- A wilderness permit is required to hike the Muir Snowfield.
- A climbing permit may be required for travel above 10,000' and/or on glaciers.
- Mountain climbers planning to approach the Muir Snowfield should contact the Wilderness Information Center to inquire about their trip.

Safety is the Starting Point for a Great Visit!

Mountain Lions
Mountain lions, also called cougars or pumas, are common but rarely observed in Mount Rainier National Park. Consummate hunters, they prey primarily on black-tailed mule deer and elk calves in the western Cascades. Lions are quite large and distinctly cat-like in appearance, with a very long tail. From nose to base of tail an adult male may measure 50", and its tail may be 36' long. Mountain lions generally have gray to reddish-fur.

No lion-caused human injuries have occurred at Mount Rainier, although sightings and encounters have increased in recent years. Powerful hunters, lions can pose a threat to people, especially when just learning to hunt or when protecting their young. Humans have moved into relatively undeveloped rural areas in the past few decades, lion attacks have become more frequent. However, attacks on humans by mountain lions are still rare. It's very unlikely you'll see a mountain lion while you're here. If you do, remember:

Children & lone adults are most at risk:
- Don't hike alone.
- Keep children close to you.
- Running or jogging puts you at higher risk.

If you see a mountain lion:
- DON'T RUN! Stand still and stand together with your companions. Face the lion.
- Pick up and hold small children immediately.
- Stand upright and try to make yourself appear larger.
- Shout out!
- If attacked, fight back aggressively.

Please report all sightings of mountain lions as soon as possible to the nearest ranger station, visitor center, or park headquarters at (360) 569-2211, extension 3377 or extension 2334.

Never feed park wildlife. Pets are only permitted on roads and in parking areas and must be leashed. They are NOT permitted on trails.

Wilderness Permits
An optional reservation system for Wilderness campers and climbers is in effect throughout September. Reservations may be made two months in advance of your trip. Backcountry reservations are $20 per party (1-12 people) for one to 14 consecutive nights.

Sixty percent of all backcountry Wilderness sites and zones are available for reservation. The remaining 40% are issued on a first-come, first-served basis on the day reservations begin.

While advance reservations are optional, permits are required anytime you spend a night in the backcountry. Permits can be obtained in person at a Wilderness Information Center or Visitor Center. Climbers pay a Cost Recovery Fee of $15 per person, per climb; or $25 for an annual pass, which is good for one year from date of purchase.

A Reservation Request Form is available at visitor centers and on the internet at www.nps.gov/mora/recreation/rsvpform.htm. Completed forms should be faxed or mailed to: Wilderness Reservations Office, Mount Rainier National Park, Tahoma Woods Star Route, Ashford, WA 98304-9751. Tel. (360) 569-HIKE. Fax (360) 569-3131. See page 6 for climbing information.
You’re Invited!

Join a park ranger or volunteer for an evening program, guided nature walk, or talk and explore the natural resources and cultural history of Mount Rainier National Park. A variety of programs are offered throughout the park each day. Distances are roundtrip.

### Longmire/Cougar Rock Area

**A Look at Longmire**
2 p.m. & 3:30 p.m.
An introduction to the cultural history of the Longmire Area. Meet in front of the Longmire Museum (30 minutes).

**Naturalist’s Choice**
10 a.m.
Topics and activities vary from week to week. Inquire at the Longmire Museum. Meet in front of the historic Longmire gas station (time varies).

**Junior Ranger Program**
8 p.m. thru July 31, 7:30 p.m. beginning August 1.
Meet a ranger for fun and educational activities for kids ages 6-11. Meet at the Cougar Rock Campground Amphitheater. Additional parking is available at the picnic area across from the campground (45 minutes).

**Evening Program**
9 p.m. thru July 31, 8:30 p.m. beginning August 1.
Explore a variety of topics on Mount Rainier's natural and cultural history. Program topics/titles are listed on area bulletin boards. Meet at the Cougar Rock Campground Amphitheater. Additional parking is available at the picnic area across from the campground (45 minutes).

### Paradise Area

**Sub-alpine Stroll**
10:30 a.m.
Explore the wildflower meadows around Paradise and learn how life adapts to mountain conditions. This walk may be wheelchair accessible; check with the rangers at the front desk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1 mile).

**Oh, What a Paradise!**
11:30 a.m. & 6:15 p.m.
Our efforts to protect and revegetate the Paradise Meadows continue every summer. Watch this slide program to learn more about the ongoing program and what you can do to participate. Jackson Visitor Center auditorium (20 minutes).

**Junior Ranger Program**
12:45 p.m.
Hey kids: cool stuff happens at Paradise! Meet a ranger for fun and educational activities for kids ages 6-11. Programs may be indoors or outdoors, weather and activity dependent. Meet at the Jackson Visitor Center lobby, near the relief map. Parents are welcome (1 hour).

**100 Years in Paradise**
1 p.m.
The park was established in 1899 and like today, Paradise was a prime destination! Join this easy walk through part of the historic area to gain a perspective on visiting the park in the early years. This walk may be wheelchair accessible; check with the rangers at the front desk. Meet at the Paradise Ranger Station flag pole, in the upper parking lot. (1 hour, 1 mile).

**Perilous Beauty**
3:15 p.m.
Did you know that Mount Rainier is an active volcano? Learn more in this video. Jackson Visitor Center auditorium (30 minutes).

**Nisqually Vista Walk**
3:30 p.m.
Is Mount Rainier an active volcano? What’s the difference between glacial ice and regular ice? Learn about our active, icy volcano on this leisurely walk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1.25 miles).

**Evening Program**
9 p.m.
Explore a variety of topics about Mount Rainier National Park. Topics are posted in the Jackson Visitor Center and the Paradise Inn. Meet in the Paradise Inn lobby (45 minutes).
## Sunrise/White River Area

### Emmons Glacier Walk
9 a.m.
Walk to a close-up view of the largest glacier in the contiguous United States. Meet at the White River Patrol Cabin in the White River campground (2 hours. 3.5 miles).

### Sunrise Stroll
11 a.m. & 3 p.m.
Explore the natural and cultural history of Sunrise on this short walk. Meet at the Sunrise Visitor Center (30 minutes. 0.5 mile).

### Mount Fremont Lookout
1 p.m. to 5 p.m.
A park naturalist will be available to answer your questions as you enjoy the view. Meet at the Mount Fremont Fire Lookout. 6 miles (roundtrip) hike from Sunrise.

### Junior Ranger Program
10 a.m.
Meet a ranger for fun and educational activities for kids ages 6-11 and parents too! Meet at the White River Campground amphitheater. (45 minutes).

### Evening Program at White River Campground
7 p.m.
Explore a variety of Mount Rainier natural and cultural history topics. Program topics/titles are listed on area bulletin boards. Meet at the White River Campground Campfire Circle (45 minutes).

## Ohanapecosh Area

### Grove of the Patriarchs Walk
10 a.m.
Walk along the Ohanapecosh River to a magnificent grove of ancient trees. Meet at the Grove of the Patriarchs parking area (limited parking), near the Stevens Canyon Entrance Station (1.5 hours. 2 miles).

### Silver Falls Walk
10 a.m.
Explore the forest on the way to a breathtaking waterfall. Meet at the bulletin board by the bridge in Loop B of the Ohanapecosh Campground. (2 hours. 3 miles).

### Junior Ranger Program
2 p.m.
Fun in the forest for kids ages 6-11 and parents too! Space is limited. Register at the Ohanapecosh Visitor Center. Meet at the Ohanapecosh Campground Amphitheater (1 hour).

### Evening Program
9 p.m. thru July 31. 8:30 p.m. beginning August 1.
Explore a variety Mount Rainier natural and cultural history topics. Program topics/titles are listed on area bulletin boards. Meet at the Ohanapecosh Campground Amphitheater. Additional parking is available at the picnic area. (1 hour).

## Carbon River Area

### Junior Ranger Program
10 a.m.
If you're 6-11 years old, don't miss this fun-filled program! Topics and hands-on activities vary. Parents are welcome to attend. See a ranger or check Carbon River/Ipsut Creek bulletin boards for location (1 hour).

### Campfire Program
7:30 p.m.
Explore a variety of topics on Mount Rainier National Park. Programs are posted on Carbon River/Ipsut Creek bulletin boards. 45 minutes. Meet at the Ipsut Creek Campground amphitheater (45 minutes).

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### FACILITIES & SERVICES

- **The Sunrise Visitor Center**
  - Information, exhibits, and book sales is open daily from 9 a.m. to 6 p.m. Tel. 360-663-2425
  - The White River Ranger Station is open daily for climbing and wilderness information and permits. Sun. - Wed. 8 a.m. - 5 p.m. Thurs. - Sat. 7 a.m. - 7 p.m. Tel. (360) 663-2273
  - The Sunrise Day Lodge offers food service and a gift shop (no overnight lodging). See page 6 for hours and services.

- **The Ohanapecosh Campground**
  - Located nearby. See page 7 for details.

- **The Ipsut Creek and Mowich Lake Campgrounds**
  - See page 7 for details.

- **Obtain wilderness permits at the Wilkeson Wilderness Information Center**
  - In downtown Wilkeson. Sun. - Thurs. 7:30 a.m. - 6:30 p.m. Fri. - Sat. 7:30 a.m. - 8 p.m. Tel. (360) 829-5127.

- **The Ipsut Creek and Mowich Lake Campgrounds** are located nearby. See page 7 for details.

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**CARBON RIVER ROAD IS SUBJECT TO FLOODING AND MAY CLOSE AT ANY TIME.**

Check current status at an entrance station or visitor center.
Mount Rainier National Park is part of the Congressionally-authorized Recreation Fee Demonstration Program. The program allows federal land management agencies to increase and retain entrance and user fees. Eighty percent of the fees at Mount Rainier are kept in the park, while twenty percent are made available to other parks in need.

Current “Fee Demo” projects include: completion of the last mile of the Wonderland Trail, upgrading sewage treatment facilities, rehabilitating trails at the Grove of the Patriarchs and Reflection Lakes, upgrading interpretive exhibits and media, and rehabilitating campgrounds.

Your fees are playing a vital role in fulfilling Mount Rainier National Park’s mission to protect park resources and to provide for visitor enjoyment. As you explore the park, look for signs of your fees at work!

### Food & Lodging

For lodging reservations in the park call Mt. Rainier Guest Services at 360-569-2275
www.guestservices.com/rainier

**National Park Inn (Longmire)**

Lodging and dining. Open year-round.
Front desk: 7 a.m.-10 p.m. daily
Restaurant: 7 a.m.-8 p.m. daily

**National Park Inn Post Office (Longmire)**

Open year-round. Closed Sundays and Holidays.
Monday - Friday: 8:30 a.m.-5 p.m.
Saturday: 8:30 a.m.-12 p.m.

**General Store (Longmire)**

Open year-round. Groceries, gifts, firewood.
8 a.m.-8 p.m. daily

**Jackson Visitor Center (Paradise)**

Grill & Gift Shop: 10 a.m.-7 p.m. daily
Showers located in the basement: Available 8 a.m.-6:30 p.m. ???

**Paradise Inn (Paradise)**

Front Desk: Open 24 hours daily
Dining Room
Breakfast 7 a.m.-9:30 a.m.
Lunch 12 p.m.-2 p.m.
Dinner 5:30 p.m.-8:30 p.m.
Sunday Brunch 11 a.m.-2:30 p.m.
Glacier Lounge 12 p.m.-11 p.m.
Gift Shop 8 a.m.-9 p.m.
Snack Bar 9 a.m.-8 p.m.

**Paradise Inn Post Office**

Closed Sundays and Holidays.
Monday - Friday: 8:30 a.m.-5 p.m.
Saturday: 8:30 a.m.-12 p.m.

**Sunrise Lodge**

Day use only/no overnight lodging.
Snack Bar/Gift Shop 10 a.m.-7 p.m.

### Easy & Moderate Hikes

<table>
<thead>
<tr>
<th>Area</th>
<th>Trail Name</th>
<th>Trailhead Location</th>
<th>Roundtrip Distance</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Longmire</td>
<td>Twin Firs</td>
<td>3 miles west of Longmire</td>
<td>0.4-mile loop trail</td>
<td>Short hike in old growth forest. Limited parking.</td>
</tr>
<tr>
<td></td>
<td>Trail of the Shadows</td>
<td>Across road from the National Park Inn.</td>
<td>0.7-mile loop trail</td>
<td>Good for children &amp; evening; Meadow/Mtn. views.</td>
</tr>
<tr>
<td></td>
<td>Carter Falls</td>
<td>2 miles east of Longmire</td>
<td>2 miles</td>
<td>Easy hike, climbs 500' at end.</td>
</tr>
<tr>
<td></td>
<td>Nisqually Vista</td>
<td>Just west of the Jackson Visitor Center</td>
<td>1.25-mile paved loop</td>
<td>Meadow &amp; glacier views, strollers OK.</td>
</tr>
<tr>
<td></td>
<td>Myrtle Falls</td>
<td>Upper parking lot, near the restrooms</td>
<td>1 mile via the east side of the Skyline Trail/paved</td>
<td>Leads through wildflower meadows to a waterfall. Great views of the Mountain.</td>
</tr>
<tr>
<td>Stevens Canyon Road</td>
<td>Beach &amp; Snow Lakes</td>
<td>1 mile east of Louise Lake, south of road</td>
<td>2.5 miles</td>
<td>Watch for bears in late summer.</td>
</tr>
<tr>
<td></td>
<td>Box Canyon</td>
<td>11 miles east of Paradise</td>
<td>0.5-mile loop</td>
<td>View a deep, narrow canyon.</td>
</tr>
<tr>
<td></td>
<td>Grove of the Patriarchs</td>
<td>Near Stevens Canyon entrance</td>
<td>1.2-mile loop</td>
<td>Old growth forest, ancient trees.</td>
</tr>
<tr>
<td></td>
<td>Silver Falls</td>
<td>Ohanapecosh Visitor Center</td>
<td>2.4-mile loop</td>
<td>Old growth forest, waterfall.</td>
</tr>
<tr>
<td></td>
<td>Tipsoo Lake</td>
<td>Off SR 410, east of Cayuse Pass</td>
<td>0.5-mile loop</td>
<td>Short trail around the lake. Mountain views.</td>
</tr>
<tr>
<td></td>
<td>White River</td>
<td>Emmons Mnt. Trail Campground</td>
<td>3 miles</td>
<td>Mountain and glacier views.</td>
</tr>
<tr>
<td></td>
<td>Emmons Vista</td>
<td>South side of parking lot</td>
<td>1 mile</td>
<td>Suitable for strollers.</td>
</tr>
<tr>
<td></td>
<td>Nature Trail</td>
<td>North side of parking lot</td>
<td>15 miles</td>
<td>Wildflower meadows and great Mountain views.</td>
</tr>
<tr>
<td></td>
<td>Mount Fremont Lookout</td>
<td>North side of parking lot</td>
<td>6 miles</td>
<td>Obtain map at visitor center. Take water and snacks.</td>
</tr>
</tbody>
</table>

Gasoline, lodging, dining, and other services are available in local communities. A list of these services is available at park visitor centers and on the park’s web site: www.nps.gov/mora. Religious services are available in the park and in local communities. 

GAS IS NOT AVAILABLE IN THE PARK.

### Park Planning

Planning for the future of Mount Rainier National Park is a monumental task and responsibility that is shared by park managers and the public alike. You may have already attended public meetings or seen newsletters about the planning process in which Mount Rainier is currently engaged. When completed, the product of this process, a General Management Plan and Environmental Impact Statement (GMP/EIS) for Mount Rainier National Park, will outline a broad philosophical approach to managing the park and specific actions that are needed to reach identified goals as we move into the 21st century.

Later this fall, watch for notices regarding the release of the Final GMP/EIS and Record of Decision (ROD) approval document for the beginning of implementation.

To be placed on the mailing list for future newsletter(s), please contact Superintendent, Mount Rainier National Park, Tahoma Woods Star Route, Ashford, WA, 98304-9792. Tel. (360) 569-2211 ext. 2301. E-mail: mora_suppt@nps.gov

Don't let a trip, or fall fail your visit—wear proper footwear! Comfort, support, and traction are vital. Each year, inadequate footwear is to blame for dozens of injuries.

### Climbing Mount Rainier

Over 10,000 people attempt to climb Mount Rainier each year. About half actually make it to the 14,410' summit.

Climbing information is available at ranger stations and on the park’s web site at www.nps.gov/mora/home.htm. For pre-recorded route conditions, call (360) 569-2211 ext. 609.

Rainier Mountainneering, Inc. (RMI) conducts guided climbs and related seminars. Call (360) 569-2227 or visit RMI's website at www.rmguides.com for more information.

Guide services on the Emmons Glacier Route are offered by:

- **Alpine Ascents International** (360) 779-9127
- **American Alpine Institute** (360) 671-1905
- **Cascade Alpine Guides** (425) 602-0666
- **Mount Rainier Alpine Guides** (360) 825-2773

Check trail conditions before hiking. Trails and roads may be snow-covered. Please stay on trails. Do not pick wildflowers or feed wildlife. Pets are not allowed on trails.

**Mount Rainier guides, 1992**
Mount Rainier Institute  
Summer Speaker Series  
2001

Thursday, July 5 – 7 p.m., WR  
Living With A Volcano in Your Backyard  
Carolyn Driedger, Hydrologist  
U.S. Geological Survey

Wednesday, July 11 – 9 p.m., CR  
8500 Years of Human History: the Archeology of Mount Rainier  
Greg Burtchard, Archeologist  
National Park Service

Thursday, July 12 – 9 p.m., OH  
Exploring the Buried Forests around Mount Rainier  
Pat Pringle, Geologist  
Washington Department of Natural Resources

Wednesday, July 18 – 9 p.m., PA  
Mean and Green: Lifestyles of High Altitude Plants  
Laurie Kurth, Botanist, National Park Service

Wednesday, July 19 – 7 p.m., WR  
Mountain Fever  
Jim Ross, Park Ranger, National Park Service

Wednesday, July 25 – 9 p.m., CR  
Wild about Rainier: Wildlife Research at Mount Rainier  
Cori Conner, Biological Technician  
National Park Service

Wednesday, July 26 – 9 p.m., OH  
What's Cooking at Cascade Volcanoes?  
Willie Scott, Geologist, U.S. Geological Survey

Wednesday, August 1 – 9:00 p.m., PA  
Bringing History to Life: Discovering the Treasures of the Mount Rainier Archives  
Deborah Osterberg, Museum Curator  
National Park Service

Thursday, August 2 – 7 p.m., WR  
The Call of the Backcountry  
Jack Morrison, Park Ranger  
National Park Service

Wednesday, August 8 – 8:30 p.m., CR  
Earthquakes and Volcanoes: Predicting Mount Rainier's Next Eruption  
Steve Malone, Seismologist  
University of Washington

A Blast From the Past

A new feature recently premiered on the park's website: Nature Notes. Hundreds of issues of the notes were published by park naturalists from 1921 through 1939. They featured articles on plants, wildlife, road and trail conditions, park regulations, safety cautions, and history, along with poems, illustrations and anecdotes. The internet and the special efforts of two park volunteers have made it possible to experience yesterday today. Over 150 issues are currently on the web. We hope to continue adding issues until the collection is complete. Check it out at: www.nps.gov/mora/notes/nn-intro.htm

Drive-in Campgrounds

<table>
<thead>
<tr>
<th>Name</th>
<th>Elev.</th>
<th>Fee</th>
<th># of sites</th>
<th>Flush Toilets</th>
<th>Pit Toilets</th>
<th>Dump Station</th>
<th>Location/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunshine Point</td>
<td>2000'</td>
<td>$10</td>
<td>18</td>
<td>X</td>
<td>X</td>
<td>SW corner of park, 0.25 miles E of the Nisqually Entrance.</td>
<td></td>
</tr>
<tr>
<td>Cougar Rock*</td>
<td>3180'</td>
<td>$12</td>
<td>$15*</td>
<td>173 + 5 group sites</td>
<td>X</td>
<td>X</td>
<td>SW corner of park, 2.3 miles NE of Longmire.</td>
</tr>
<tr>
<td>Ohanapecosh*</td>
<td>1914'</td>
<td>$12</td>
<td>$15*</td>
<td>188 + 1 group site</td>
<td>X</td>
<td>X</td>
<td>SE corner of park, 11 miles NE of Packwood on SR233.</td>
</tr>
<tr>
<td>White River</td>
<td>4400'</td>
<td>$10</td>
<td>112</td>
<td>X</td>
<td></td>
<td>E side of park, 5 miles W of White River Entrance.</td>
<td></td>
</tr>
<tr>
<td>Ipsut Creek</td>
<td>2300'</td>
<td>$0</td>
<td>31 + 2 group sites</td>
<td>X</td>
<td></td>
<td>NW corner of park, 5 miles E of Carbon River Entrance. ROAD SUBJECT TO WASHOUT -- may close at any time.</td>
<td></td>
</tr>
<tr>
<td>Mowich Lake</td>
<td>4950'</td>
<td>None</td>
<td>30 walk-in sites</td>
<td>X</td>
<td>NO Potable WATER</td>
<td>NW corner of park, at the end of SR693. Unpaved Road. NO FIRES.</td>
<td></td>
</tr>
</tbody>
</table>

* Advance reservations are required for Cougar Rock and Ohanapecosh Campgrounds from the last Monday in June through Labor Day. Call 1-800-866-CAMP up to 5 months in advance or reserve your site online at http://reservations.nps.gov. The nightly fee during the reservation period is $15 per site. All other campgrounds are operated on a first-come, first-served basis.
Park Partners

Thank You Volunteers!

Each year more than 85,000 volunteers donate over 3,000,000 hours of service in the national parks. They come from every state and nearly every country in the world to help preserve and protect America's natural and cultural heritage for the enjoyment of this and future generations. At Mount Rainier National Park, 786 volunteers contributed a total of 42,406 hours in 2000. We express our deep appreciation to them and to all who are volunteering in 2001! For more information, contact Volunteer Coordinator, Tahoma Woods Star Route, Ashford, WA 98304-9751. Tel. (360) 569-2211 ext. 3414. E-mail: mora_vips@nps.gov

Northwest Interpretive Association operates bookstores in the park's visitor centers and information centers. As a non-profit organization benefitting educational programs in the national parks and forests of the Pacific Northwest, NWIA plays an important role in making interpretive and educational publications available to travelers. It also funds special interpretive projects in the areas it serves.

For more information or membership, call (360) 569-2211, ext. 3320, or visit NWIA on the web at www.nwpubliclands.com

Washington's National Park Fund was created to restore, enhance, and preserve Washington's national parks. The Fund is a private, independent, not-for-profit organization that works with individuals, businesses, foundations, and others to secure financial and volunteer support for projects to improve the parks. The Fund supports education and research, natural resource and cultural resource research and protection, and visitor services.

Last year at Mount Rainier, the Fund supported natural and cultural resource surveys and special outreach programs for students, organizations, and communities. If you'd like to help, look for donation boxes at park visitor centers, or contact Jen Benn, Executive Director, Washington's National Park Fund, 2125 Third Avenue, Suite 501, Seattle, WA 98121. Tel. (206) 770-0627. www.wnpf.org

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AS A PARTNER More than 80% of proceeds from your purchase of a National Parks Pass supports projects that make the National Parks experience possible.

Plus, your Pass includes a PopOut Map™ listing all national parks, a Proud Partner vehicle decal, and entitles you to a FREE subscription to GoParks Newsletter that puts you at the forefront of park activities and events.

Purchase your National Parks Pass at any Mount Rainier Entrance Station, online at www.nationalparks.org, or by calling 1-888-Go-PARKS.

Just $50 (plus shipping and handling if you buy online or by phone). If you only plan to visit Mount Rainier National Park, consider the Mount Rainier Annual Pass. It costs $20 and, like the National Parks Pass, is good for one full year. It does not include the GoParks Newsletter, decal, or PopOut Map™

365 DAYS • 384 WAYS TO EXPERIENCE YOUR AMERICA

Mount Rainier National Park

The TAHOMA NEWS

Welcome to Your National Park!

Whether you are looking for wilderness solitude or historical architecture, spectacular drives or challenging hikes, Mount Rainier National Park has something for you. This issue includes information that will help you plan your activities and have a safe and enjoyable visit.

Plan for Traffic Delays

Long snowy winters mean that most of Mount Rainier's road maintenance must be done in summer. Please budget extra time into your schedule to accommodate construction delays. Use the time to enjoy the view...or to read your Tahoma News!

Rehabilitation efforts on the Mather Memorial Parkway (SR 410) continue this summer. Expect up to 30 minute delays from east of Cayuse Pass (intersection of SR 123 and SR 410) to Chinook Pass. Additional construction delays may be encountered outside the park. We appreciate your patience!

Remember also, to not let your need for speed get you caught. Mount Rainier National Park follows the national park speed limits. Have a great visit!

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IN CASE OF EMERGENCY
DIAL 9-1-1

Mount Rainier Telephone Numbers
(Area Code: 360)

DD: 569-2177
General: 569-2211
Longmire Museum ext. 5514
Paradise Visitor Center ext. 6095
Chinook Pass Visitor Center ext. 6046
Sunrise Visitor Center 665-2425
Wilderness Info Center 665-HIKE
www.nps.gov/mora

Mr. Rainier Quest Services 569-2277
www.guestservices.com/rainier

Northwest Interpretive Association 569-2211 ext. 3320
www.nps.gov/mora/NWIA/nwia.htm