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.

Discovering Rainier – Off The Beaten Path

If you are in the park on a busy day you may want to explore less-visited areas to escape the biggest crowds. In taking the extra time to seek out these special places, you can immerse yourself in an old growth forest, reflect next to a cascading waterfall, hike in virtual solitude, or just relax, take in the view, and reconnect with nature. No matter where you go in the park you will find spectacular scenery and a multitude of recreation opportunities.

**Interested in Old Growth Forests?** Visit Ohanapecosh (SR 213) to explore lush old growth forests of Douglas fir and western redcedar. There is also a self-guided nature trail behind the visitor center that leads past hot springs and the site of an early resort.

**How about Subalpine Meadows and Lakes?** For an outstanding wildflower meadow experience highlighted by beautiful lakes, try Reflection Lakes (Stevens Canyon Road), Mowich Lake (SR 165), or Tipsoo Lake (SR 410). In mid-summer the meadows should be bursting with color providing a great backdrop for these tranquil lakes set in glacially carved basins.

**Is Geology Your Interest?** Then drive 3 miles to the end of the Westside Road near the Nisqually Entrance to view the dramatic results of flooding and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and rockfall.

**Watch for Hoary Marmots in subalpine areas of the park.**

**For views of the Nisqually Glacier stop at Ricksecker Point, off of Nisqually Road, or hike the Paradise Meadows trails.**

Stop by the Transportation Exhibit, housed in the historic gas station at Longmire, to learn about the park’s historic roads and the history of transportation in the park.

For more information, see page 5.

You’re Invited to Attend Special Summer Events at Mount Rainier!

**Shadows of the Past, Summer Speaker Series, And More**

See Page 5 for more information.

### 4 Naturalist Programs

When and where do interpretive walks, evening campfire programs, and Junior Ranger programs start? What programs are offered? Look on page 4 to get the details.

### 6 & 7 Wild Encounters

What would you do if you came face to face with a bear or a mountain lion or encountered bad weather on the Muir Snowfield? Find out how to prepare for an encounter with the wilder side of Mount Rainier.

### 8 Park Information

Where are the visitor centers? When are they open? Where can I get something to eat? Which campground is right for me? Where do I get a Wilderness Permit? It’s all on the back page!
Discovering Rainier – Off The Beaten Path

What You Need To Know...

• There are five major visitor areas: Longmire (southwest corner) Paradise (south side) Ohanapecosh (southeast corner) Sunrise/White River (northeast corner) Carbon River/Mowich Lake (northwest corner).

• Parking can be difficult or impossible to find on summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. Try to visit these areas no later than 10 a.m. in the day, carpool to the park, or visit one of the areas “off the beaten path”!

• Parks like Mount Rainier have wing, road shoulders are narrow, and the speed limit is 35 m.p.h. in most areas. Watch for pedestrians, sightseers, and wildlife. Use pullouts to allow faster drivers to pass safely.

How Far Is It? One Way Driving Time

<table>
<thead>
<tr>
<th>Road</th>
<th>Distance</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Longmire to Paradise</td>
<td>12 miles</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Paradise to Ohanapecosh</td>
<td>23 miles</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Ohanapecosh to the Sunrise/White River turnoff</td>
<td>17 miles</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Sunrise/White River to Sunrise</td>
<td>14 miles</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Settle to Paradise via SR 706</td>
<td>99 miles</td>
<td>2.5 hours</td>
</tr>
<tr>
<td>Settle to Paradise via SR 410 and Enumclaw</td>
<td>109 miles</td>
<td>3 hours</td>
</tr>
<tr>
<td>Yakima to Paradise</td>
<td>99 miles</td>
<td>2 hours</td>
</tr>
</tbody>
</table>


did you bring a picnic? If so there are many smaller picnic areas scattered around the park. From Nisqually Entrance (SR 706) stop at Sunshine Point for a picnic with a view of the Nisqually River or at Kautz Creek Bridge. Or take a short walk to the Waterfall area in the heart of the park. West of Ohanapecosh you can stop at the box canyon picnic area just east of the box canyon interpretive site. Be sure to stop at the latter for a look at the Cowich River 80 toes below as it cuts a deep slot into the bedrock. From the tippee lake picnic area (SR 40) you’ll have a great view of the meadows surrounding the lake. Picnic at Mowich Lake (SR 96) and see the fragile willow tree meadows surrounding the deepest and largest lake in the park.

Are you a history buff? If so, then Longmire (Nisqually Road) is the place to visit. The Longmire Museum is the starting point for the Longmire Historic District Walking Tour. Take the self-guided tour of the historic district to get a taste of early National Park Service architecture. Follow the trail of the Shadows to learn about the park’s first homestead and resort.

Prefer Uncrowded Trails? Many trails leave from the Reflection Lakes area (Steven Canyon Road) including the Lake, High Lakes, Mazama Ridge, and the Wonderland trails, with the Snow and Bench Lakes Trail located in a pullout just down the road to the east. Another great area for trails is on the east side along State Routes 123 and 410. From south to north you will find Silver Falls, Three Lakes, East Side, Snirpay Peak, and Crystal Lakes trails to name a few. All Trails in the Mowich Lake area lead to subalpine lakes and amazing meadows.

If you are tempted by any of these opportunities, stop by a visitor center or entrance station for more information and consult your map for locations. Enjoy visiting your National Park!

Plan for Construction Delays

By Susan Dolan, NPS Historic Landscape Architect

Spring and summer are busy times for road construction in the park. These few snow-free months give park staff a very short time frame to improve park roads. If you travel through the east side of the park along State Route 123 this summer, you’ll encounter construction work. This road, known historically as the Eastside Highway, is one of the park’s historic roads currently being rehabilitated.

Historic Road Rehabilitation

In rehabilitating the road, the National Park Service aims to preserve the character of this historic road, provide a safe and pleasing driving experience for visitors and staff, and protect natural and cultural resources throughout the construction zone: 5 miles between Panther and Deer Creek bridges. SR 123 is approximately 70 years old and in need of some repairs to the embankments that support the road. During the multi-year period of planning and design for the rehabilitation project, the National Park Service considered the impact of this rehabilitation project on the cultural and natural resources that would be affected by the need to excavate the road embankments and rebuild them with new material. The broad array of considerations included the potential for impacts to plant and animal communities, aquatic resources, air quality, archeological sites and the historic character of the road.

Protecting Cultural and Natural Resources

This project was designed to minimize impacts to natural and cultural resources by limiting the extent and timing of disturbance and by approaching the project with great care. Examples of resource protection measures include preservation of the historic road alignment, the historic road width and the repair or restoration of historic road features. In addition, vegetation on the road embankments was salvaged before construction, along with natural woody debris, such as logs and branches, and soil and rocks. These natural resources are being stored and will be returned to the road embankments after rebuilding, to begin to repair the park landscape. Also, the period of road construction is timed to minimize disruptions to migratory periods in the lifetime of particular animal species. These, and many other factors were considered during the course of planning and design for this project, in order to balance natural and cultural resource protection. We hope the construction work on SR 123 has a minimal impact on your enjoyment of the park this summer, and that you will have an opportunity to return when the repair work is done.

Protect Yourself and the Park

Mount Rainier National Park was established in 1899 to preserve its resources and to provide for public benefit and enjoyment. By observing the rules, you protect the park and yourself:

• Pets must be on leashes no longer than six feet and are not allowed in buildings, on trails, or on snow.
• Do not feed or disturb the wildlife.
• Stay on designated trails.
• Make fires only in a fire grill. Collecting firewood is prohibited.
• Weapons are prohibited in wilderness. Firearms transported through the park must be unloaded, broken down, and stored to prevent use.
• Bicycle only on roads, not on trails.
• Camp in designated sites only. Sleeping in vehicles outside of a designated campground, in parking lots, or in pullouts is not permitted.
• Oil leaks and contaminated water are washed into storm drains to waterways and streams.

Washington’s National Park Fund

Every year millions visit Washington State’s spectacular National Parks: Mount Rainier, North Cascades and Olympic. Since 1995, Washington’s National Park Fund has connected people to parks through the opportunities that are offered by the park. These funds support national parks and protected areas around the world. The National Park Fund has connected people to parks through the opportunities that are offered by the park. These funds support national parks and protected areas around the world.

Volunteers

Each year more than 83,000 volunteers donate over 1,200,000 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, volunteers contributed a total of 98,442 hours in 2004. We express our deep appreciation to them and all who are volunteering in 2005! If you are interested in volunteering, contact Volunteer Coordinator, Tahoma Woods, Star Route, Ashford, WA 98304. (360) 569-2231 ext. 3385.

Unilever

The park recently received a Recycling at Work grant through the National Park Foundation due to a generous donation from Unilever, a Proud Partner of America’s National Parks for recycled plastic laminate benches, picnic tables, and trash and recycling containers for the new Education Center. The building is scheduled to be completed by fall for use by visiting school groups.
Work In Progress: Your Entrance Fees At Work
Just by paying your entrance fee you are contributing to park improvement projects. While travelling through the park you will see evidence of your visitor fees at work.

Why are some of the outdoor exhibits missing at Carbon River, Longmire, Sunrise and White River? These are some of the sites where new ways are being experimented by funded by visitor fees, will be installed over this summer and next. Evidence of installation may include empty exhibit bases and minor construction work in get at these areas. These improvements will replace 20-year-old exhibits with current exhibits containing up-to-date information on park resources, features and trails. Hike Paradise Meadows and Box Canyon, stop in pullouts along Upper Nisqually and Stevens Canyon Roads, or visit Tipsoo Lake to see new waysides installed over the last two years.

Don’t be a Meadow Stomper! Why do you see all those people on hands and knees in Sunrise meadows? They are working to restore and revetmate the former auto campground—almost 40 years ago! How did they go into this effort since 2000! The project, also funded by visitor fees, brings park staff and volunteers together to collect critical data on native plant reestablishment and to perform hands-on conservation and restoration work. An old road bed has been recontoured to the original site topography and native plant communities are being restored.

What’s going on behind the scenes? Visitor fees are funding the construction of the new park education center at park headquarters. The center incorporates sustainable design and energy efficiency components that include in-floor radiant heat; a polystyrene block wall system for extra high insulation values (R50); dual-pane, low-e windows and skylights to allow maximum use of natural light; low-flow, dual-flush toilets; and recycled carpet tiles. The building is scheduled to be completed by fall for use by visiting school groups.

The Future of Historic Paradise
How would you like to see inside Mount Rainier’s volcano, peep beneath the winter snowpack anytime of year, and explore Native American ties to the mountain! At the new Paradise Visitor Center you will also be able to enjoy all these and more! The new visitor center will be much smaller and significantly more sustainable than the existing Henry M. Jackson Visitor Center. It will be fire, safety, or accessibility standards, and is extremely expensive to operate and maintain. The new building is designed to be compatible with the park’s National Historic Landmark District. Construction of the new facility will begin in spring 2006 with completion expected in fall 2007.

Paradise Inn has witnessed a lifetime’s worth of changes—inside as well as outside its walls. Stepping into Paradise Inn is like stepping back in time when the Inn was bustling with tourists in long skirts and high heeled shoes. Paradise Inn has witnessed a lifetime’s worth of heavy snow loads, and has survived 88 years of seismic activity. After 88 years of wear and tear the structure is in need of extensive rehabilitation in order to enable it to remain intact for the enjoyment by future generations. Rehabilitation of the Inn will begin in spring 2006 with visitor use resuming summer 2008.

During the construction seasons (summers 2006 & 2007) the number of parking spaces at Paradise will be significantly reduced. The park intends to provide a no-cost shuttle system that will transport visitors parked remotely down the Paradise Valley Road to and from Paradise during construction.

Please visit after construction to experience the newly restored Paradise!

National Parks License Plate
Support Washington's National Parks by purchasing a new Washington state license plate honoring Mount Rainier, North Cascades and Olympic National Parks. The new license plate features a dramatic mountain scene, reminiscent of those seen at any of the state’s three national parks, and the inscription “Preserve National Parks” and will be available for purchase in January 2006.

The new license plate will cost forty dollars for the initial plate and thirty dollars for renewal plates; seventy percent of the purchase and renewal prices will go directly to the Washington’s National Park Fund, which supports preservation projects in all three of Washington’s national parks.

Doing Our Part!
We all share the responsibilities of caring for our environment and conserving scarce natural resources. You probably do your part at home by carpooling and by turning down your thermostat and switching off your lights. Staff at Mount Rainier National Park do these things and many more out of concern for the environment and in response to old and new environmental laws.

We conduct environmental analysis on construction and design projects.

We use “green” products as they are developed. One of our park generators and all our diesel vehicles now run on special emissions-reducing fuel made with a soybean-based, ultra-low-sulfur fuel. Retrofitting of pieces of heavy equipment with clean air systems was made possible by a grant from the EPA. We use re-fined engine oil and recycled antifreeze in park vehicles.

Additionally, the park follows a policy of recycling scrap metal, used oil, antifreeze, oil filters, batteries and a number of other items. We purchase recycled products including plastic bags, picnic tables, and lumber; pre- and post-consumer recycled paper; and automatic products.

We reduce our consumption of resources by reusing and recycling products. In addition to the usual items—aluminum, plastic, glass, paper—we recycle scrap metal, used oil, antifreeze, oil filters, batteries and a number of other items. We purchase recycled products including plastic bags, picnic tables, and lumber; pre- and post-consumer recycled paper; and automatic products.

Be part of the effort! Please deposit aluminum cans, plastic bottles, and glass in the recycle cans located throughout the park.

Accessibility
Most comfort stations, visitor centers, picnic areas, and designated campsites are accessible with help for wheelchair users. Accessible lodging is available inside the park and in local communities. In the Jackson Visitor Center at Paradise, written information, exhibits, and scripts for uncaptioned audiovisual programs are available.

TDD: (360) 569-2177

Climate Changes at Mount Rainier?
By Barbara Samora, NPS Biologist
This winter’s snow pack, or lack thereof, and the heavy spring rains are causing us to take notice of the changing weather patterns here in the Cascades. The mountain, along with the rest of the Washington Cascades, experienced unusually dry weather from December through March. Beginning in April, the spring rains seemed like they would never cease and rainfall was above normal. Weather data collected from the Paradise weather station, where 9.54 inches of precipitation fell in April, indicates that accumulated precipitation (both rain and snowfall) for 2006 is about 70% of the average for the water year (October – September), but the amount of snowfall we received was well below the average of 600 inches. As a result, the total snowfall at Paradise was just over 400 inches. Although snowfall was measured from July 1 through June 30, it’s looking like this year might be the third or fourth lowest snowfall recorded at this site in almost 90 years. The average snow depth at Paradise for the period of record is about 72 inches. By March 29, close to the end of the ski season, we had measured only 35 inches!

Meteorologists and scientists studying climate change have noted that the Pacific Northwest including the Cascades of Washington, has experienced below-normal precipitation for much of the last six years. Similar to Paradise, the Pacific Northwest 2005 winter ranks as the fourth driest in the 100 year instrumental climate record. Scientists rank this as a moderate to severe drought period. So what does this mean to the park’s ecosystems?

Climate has been changing naturally over the centuries and park ecosystems have evolved as the climate has changed. However, winter and spring temperatures have increased in North America during the last century and this warming has produced changes in hydrology and plants. Studies have found that the warming has caused some plants to bloom and leaf out earlier in areas of the West. The timing of spring snowmelt is shifting earlier in the spring which may be the third or fourth lowest snowfall recorded at this site in almost 90 years. The average snow depth at Paradise for the period of record is about 72 inches. By March 29, close to the end of the ski season, we had measured only 35 inches!

Climate warming will have significant effects on park environments, decreasing snow packs and stream flow and drying soils which in turn affect the plants and animals that inhabit the park. Scientists at the University of Washington have found that, on average, our region has warmed about 1°F (0.5°C) and that we can expect warming to continue as a result of climate change, with a likely warming rate of about 0.5°F (0.2°C) per decade. The increases they have measured in temperature over the West are consistent with the rising atmospheric carbon dioxide levels produced by human activity. The warming is expected to continue, and even accelerate, in milder climates like the Cascades.

Wise Water Use
The park is experiencing drought conditions as a result of a low winter snowpack.

You can help park water supplies last by conserving water during your visit.

Make every drop count!
### Interpretive Activities

July 1 to September 5, 2005

You’re Invited!

Join a park ranger 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 round-trip.

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#### Paradise Area

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Meadow Meander</td>
<td>10:30 a.m., daily</td>
<td>Explore the wildflower meadows around Paradise and learn how life adapts to mountain conditions. This walk is wheelchair accessible with assistance; check with the rangers at the front desk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1 mile).</td>
</tr>
<tr>
<td>Perilous Beauty</td>
<td>12:30 p.m. &amp; 3:30 p.m., daily</td>
<td>Did you know that Mount Rainier is an active volcano? Learn more in this video. Jackson Visitor Center auditorium (30 minutes).</td>
</tr>
<tr>
<td>Nisqually Vista Walk</td>
<td>2 p.m., daily</td>
<td>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).</td>
</tr>
<tr>
<td>Mount Rainier Stories</td>
<td>3:30 p.m., daily</td>
<td>Join a ranger for a short talk about the people, places, and living things that are part of Mount Rainier. Meet in the Jackson Visitor Center lobby (20 minutes).</td>
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#### Longmire Area

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Mountain Legacy</td>
<td>3 p.m., daily</td>
<td>Explore Longmire and learn about the people and ideas that shaped the history of Mount Rainier National Park. Meet in front of the Longmire Museum (30 minutes).</td>
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</table>

#### Carbon River Area

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Ranger Program</td>
<td>6 p.m., Saturday</td>
<td>Join a ranger for fun and educational activities for kids 6-11! Meet at the Ipsut Creek Campground campfire circle (45 minutes).</td>
</tr>
</tbody>
</table>

#### Sunrise/White River Area

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Emmons Glacier Walk</td>
<td>10 a.m., Saturday</td>
<td>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, 1.75 miles one-way).</td>
</tr>
<tr>
<td>Sunrise Stroll</td>
<td>11 a.m. &amp; 3 p.m., daily</td>
<td>Explore the natural and cultural history of Sunrise on this short, easy walk. Meet at the Sunrise Visitor Center (30 minutes, 0.5 mile).</td>
</tr>
<tr>
<td>Sunrise Ridge Walk</td>
<td>1 p.m., Sunday</td>
<td>Take in the spectacular views while discovering the unique nature and history of Mount Rainier. Meet at the Sunrise Visitor Center. (2 hours, approximately 2 miles with 500 feet of elevation change.)</td>
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#### Ohanapecosh Area

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>Grove of the Patriarchs Walk</td>
<td>10 a.m., Sunday &amp; Friday</td>
<td>Walk along the Ohanapecosh River to a magnificent grove of ancient trees. Meet at the Grove of the Patriarchs trailhead (limited parking), near the Stevens Canyon Entrance Station (1 hour, 1.5 miles). Meet at the bulletin board by the bridge in Loop B of Ohanapecosh Campground. (1.5 hours, 3 miles).</td>
</tr>
<tr>
<td>Explore Ohanapecosh Walk</td>
<td>10 a.m., Monday &amp; Saturday</td>
<td>Discover the unique characteristics that continue to draw people to the Ohanapecosh Valley on this informative walk. Meet at the bulletin board by the bridge in Loop B of Ohanapecosh Campground. (1.5 hours, 3 miles).</td>
</tr>
<tr>
<td>Junior Ranger Program</td>
<td>2 p.m., Saturday</td>
<td>Fun in the forest for kids ages 6-11! Space is limited. Register at the Ohanapecosh Visitor Center. Meet at the Ohanapecosh Campground Amphitheater (1 hour). Explore a variety of Mount Rainier natural and cultural history topics. Program topics and titles are listed on area bulletin boards. Meet at the Ohanapecosh Campground Amphitheater (45 minutes).</td>
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</tbody>
</table>
**Special Events & Programs**

**Mount Rainier Institute Summer Speaker Series**

Join subject matter experts for an in-depth look at the history and science of this wonderful mountain. Presentations are free and open to all. Made possible, in part, by a grant from Washington’s National Park Fund.

**Locations:**
- CR: Cougar Rock Campground Amphitheater
- OH: Ohanapecosh Campground Amphitheater
- WR: White River Campground Campfire Circle
- PI: Paradise Inn Lobby

**Wednesday, July 5 – 9 p.m., PI**
- Going to the Mountain: A Century of Travel to Paradise
  - Paul Sadin, Research Historian, Historical Research Associates, Inc.

**Thursday, July 7 – 9 p.m., PI**
- Volcanism at Mount Rainier Since the Last Ice Age
  - James Vallance, US Geological Survey

**Wednesday, July 13 – 9 p.m., CR**
- Why Walk When You Can Fly?: A Visit with P.B. Van Trump
  - Kevin Bacher, Park Ranger, NPS

**Thursday, July 14 – 9 p.m., OH**
- Jealous Mountain Wives and Pioneer Lives
  - Todd Smith, Historian/Interpreter, WA State Parks

**Wednesday, July 20 – 9 p.m., PI**
- On Sacred Mountains
  - Ed Bernebaum, Director, The Mountain Institute

**Wednesday, July 27 – 9 p.m., OH**
- Low Impact Camping and Hiking
  - Subaru/Leave No Trace Traveling Trainers

**Thursday, July 28 – 9 p.m., CR**
- Low Impact Camping and Hiking
  - Subaru/Leave No Trace Traveling Trainers

**Wednesday, August 3 – 9 p.m., PI**
- Earthquakes & Eruptions: Comparing Mount Rainier and Mount St. Helens
  - Steve Malone, Director of the Pacific Northwest Seismic Network, University of Washington

**Thursday, August 4 – 8 p.m., WR**
- Call of the Backcountry
  - Jack Morrison and Clay Gatchel, NPS

**Wednesday, August 10 – 8 p.m., WR**
- Fire & Ice
  - Carolyn Driedger, Hydrologist, US Geological Survey, Cascade Volcano Observatory

**Friday, August 12 – 9 p.m., PI**
- Legacy of America's National Parks
  - Dr. Alfred Runte, Historian and Author

**Wednesday, August 17 – 9 p.m., PI**
- Adventures of a Mount Rainier Guide
  - Eric Simonsion, International Mountain Guides

**Thursday, August 18 – 8:30 p.m., CR**
- Creating a Virtual Park: Simulating Visitors to Help Managers
  - Mark Van de Kamp, Protected Area Social Research Unit, University of Washington

**Wednesday, August 24 – 9 p.m., PI**
- Volcanic History of Mount Rainier
  - Tom Sisson, Volcanologist, US Geological Survey, Volcanic Hazards Team

**Thursday, August 25 – 9 p.m., PI**
- 8,500 Years of Native American Use of Western Washington National Parks
  - Greg Burchard, Archeologist, NPS

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**Explore Mount Rainier From Home!**

Learn more about park resources, recreation opportunities, facilities, and much more on the web at [www.nps.gov/mora](http://www.nps.gov/mora) or go directly to one of these websites:

- **Education Page**
  - [www.nps.gov/mora/education/index.htm](http://www.nps.gov/mora/education/index.htm)
  - Information on teacher workshops, field trip opportunities and more!

- **Employment Page**
  - [www.nps.gov/mora/employment.htm](http://www.nps.gov/mora/employment.htm)
  - Great information on jobs within the park.

- **Nature and Science Page**
  - [www.nps.gov/mora/phyhtml/nature.html](http://www.nps.gov/mora/phyhtml/nature.html)
  - Learn more about the park’s natural resources.

- **Weather Links**
  - [www.nps.gov/mora/current/weather.htm](http://www.nps.gov/mora/current/weather.htm)
  - Links to Mount Rainier and area weather and avalanche conditions.

- **Web Ranger**
  - [www.nps.gov/webrangers/](http://www.nps.gov/webrangers/)
  - Become a Junior Ranger on-line! This website represents parks from across the nation.

- **The MountainCam!**
  - [www.nps.gov/mora/cam/paradise.jpg](http://www.nps.gov/mora/cam/paradise.jpg)
  - View the Mountain from home or work.

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**Longmire Special Event**

**Shadows of the Past**

Saturday, August 13

Meet in front of the National Park Inn.

Historical characters emerge from the darkness along the Trail of the Shadows as you walk the trail with a ranger. Meet the people who explored, settled, climbed, and protected Mount Rainier more than 100 years ago. Lantern tours last 90 minutes and depart every 20 minutes between 8:30 p.m. and 9:30 p.m. Bring a warm jacket and a flashlight, and wear sturdy shoes.

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**Junior Ranger Activity Book**

**Hey Kids!**

Ask for a Junior Ranger Activity Book. It's FREE and available at visitor centers. Complete it and you'll earn a badge and certificate. You'll also learn lots of cool stuff about your park!

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**A Window to the Past – Nature Notes on the Web**

"One would hardly think of the glaciers and permanent snow fields above the timber line as a good feeding ground for insects, birds, and animals but such is the case. Several forms of bacterial growth abounds in the snow. One, a yeast-like plant is so abundant that it gives a pink color to large patches of snow. A species of glacier worm is abundant on certain glaciers, notably the Paradise. They likely feed on the minute plant life. A great variety of insect life is always found on or in the snow and ice and these with the worms furnish abundant food for the pipits, juncos and finches that habitually feed on the ice fields." -- August 7, 1923

Want to learn about Mount Rainier National Park through the eyes of old-time rangers? Check out Nature Notes on Mount Rainier’s website. From 1923 through 1939 and again starting in 1984 through 1986, park naturalists published hundreds of issues of Nature Notes. They feature articles on plants, wildlife, and history, along with poems, illustrations, and anecdotes. The entire collection is available on the web. Check out: [www.nps.gov/mora/note.htm](http://www.nps.gov/mora/note.htm)
Emergency: Dial 911 from any phone located in the park

Wild Encounters

Animal Encounters

The beauty and wonder of Mount Rainier National Park doesn’t just come from the scenic grandeur of a single, towering mountain. The presence of wild creatures remains an essential part of the experience of wilderness. Being in the home of large creatures like black bear and mountain lion (cougar) can make Mount Rainier an exciting—and sometimes scary—place to visit.

Though you are not likely to see them, if you do meet one of these larger mammals, learning more about them serves as your best defense—and theirs!

Black Bear Sense

• Never feed a black bear, either intentionally or by leaving food unsecured
• Do NOT approach bears or cubs
• If a black bear approaches you, try to scare it away by shouting and making noise
• If attacked, fight back aggressively
• Report all sightings to the nearest ranger station or call (360) 569-2211 ext. 3373 or ext. 2334

Avoiding Mountain Lions

• Hike in a group rather than alone. Avoid running—don’t look like prey
• Keep children close to you—preferably in view just ahead of you
• Never approach cougars kittens—leave the area immediately
• Follow the rules regarding pets in the park—don’t take your pet on trails or in the backcountry and never leave it unattended at the campground—you could lose it!

Close Encounters With Mountain Lions

• DON’T RUN! Stand still and face the lion with your companions
• Immediately pick up and hold small children
• Stand upright to make yourself appear larger
• If attacked, fight back aggressively
• Report all sightings at the nearest ranger station or call (360) 569-2211 ext. 3373 or ext. 2334

Fight the Bite – West Nile Virus

Although there have been no human cases of West Nile Virus in Washington State the virus is spreading and human cases are likely in the next few years. Avoiding mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry.

Take common sense steps to reduce your risk:
• Avoid mosquito bites
• Apply insect repellent containing DEET
• When possible, wear long-sleeves, long pants and socks to reduce mosquito bites—mosquitoes may bite through thin clothes so spray clothes with mosquito repellent

Something to remember: The chance that any one person is going to become ill from a single mosquito bite remains very low. When contracted, the risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.

Keep the “Wild” in Wildlife

Please don’t feed the wildlife! Early in the history of national parks, people were encouraged to get close to and even feed wild animals but times have changed. We now know that animals that call this place home need to eat the food nature provides. Human food makes wildlife susceptible to diseases and creates unhealthy conditions for humans too. Still, one of the most common mistakes people make at Mount Rainier National Park is to feed the wildlife. Visitors seeking a personal connection with animals think they are “helping” them.

What they usually don’t know is that feeding wild animals hurts them in the end. Beggar squirrels, chipmunks, and gray jays can become bloated and malnourished with junk food. They learn to approach cars and often get hit. Animals that become accustomed to humans and human food may pursue and injure visitors. Biologists and rangers must intervene—with killing the animal as the last resort. Furthermore, these animals are more likely to starve during less busy seasons. This doesn’t help them at all!

If these aren’t enough reasons to keep nature wild, feeding the animals in Mount Rainier National Park carries a $100 fine. Please help us protect the park’s wildlife for the enjoyment of this and future generations.

Mount Rainier is a Place of Great Beauty and Inspiration

You may be inspired to take a picture or to get a close-up look at a wildflower. But stop and consider your actions before you step off the trail.

With each step you take onto a meadow, an average of 20 plants are impacted!

Subalpine vegetation survives in a harsh environment. With a short growing season, plants take longer to recover from damage. Much of the plant’s energy is spent on rapid flowering. Even if a plant survives the weight of your footstep, it may be stunted for years.

Please remember this when exploring Mount Rainier’s fragile meadows and...

Please, Stay on Trails!

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><strong>Carbon River</strong></td>
<td>Rainforest Nature Trail</td>
<td>Carbon River Entrance</td>
<td>0.3-mile loop trail</td>
<td>Self-guided trail through an inland temperate rainforest.</td>
</tr>
<tr>
<td><strong>Longmire</strong></td>
<td>Twin Fires</td>
<td>1.9 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 strolls. 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. Meadow &amp; glacial views, strollers OK.</td>
</tr>
<tr>
<td><strong>Paradise</strong></td>
<td>Nisqually Vista</td>
<td>Just west of the Jackson Visitor Center</td>
<td>1.25-mile paved loop</td>
<td>Leads through wildflower meadows to a waterfall. Great views of the Mountain.</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><strong>Stevens Canyon Rd</strong></td>
<td>Bench &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 trail</td>
<td>View a deep, narrow canyon.</td>
</tr>
<tr>
<td><strong>Ohanapecosh</strong></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><strong>Mather Parkway</strong></td>
<td>Tipsoo Lake</td>
<td>Off SR 410, east of Cayuse Pass</td>
<td>0.5-mile loop trail</td>
<td>Short trail around the lake. Mountain views.</td>
</tr>
<tr>
<td><strong>White River</strong></td>
<td>Emmons Moraine Trail</td>
<td>Upper end of White River 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><strong>Sunrise</strong></td>
<td>Nature Trail</td>
<td>North side of parking lot</td>
<td>1.5 miles</td>
<td>Wildflower meadows and great Mountain views.</td>
</tr>
</tbody>
</table>

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.
The Secret to a Great Hike

Mount Rainier National Park offers excellent opportunities for adventure, exploration, learning, and just plain having fun! The secret to a great visit? Staying safe. Reduce the risk of spoiling your trip by following these guidelines:

Pay Attention to the Weather
Think about all the ways weather can outsmart you. It's easy to get lost or injured when the weather deteriorates. The trail is covered with snow, and you don’t know where you are. You might be in an avalanche zone and not even know it.

Eyes on the Trail
You may be hiking before trail crews have a chance to clear away fallen trees or replace missing foot logs at river crossings. Be especially careful at river crossings. Many people underestimate the power of the water and are unaware of the large, rolling boulders it carries. If you must cross, go in the morning when rivers are generally lower.

Prepare and Take Care
Bring the "10 Essentials" with you and know how to use them (see bottom of page). Tell someone your travel plans so they can notify the park if you fail to return. Do not travel alone. If visibility is poor, do not travel at all. Taking these few precautions could save your day...and your life!

Climbing Mount Rainier

Over 100,000 people attempt to climb Mount Rainier each year. About half actually make it to the 14,410 foot summit. Climbing information is available at ranger stations and on the park’s website at www.nps.gov/mora/climb/climb.htm. For prerecorded route conditions, call (360) 569-2211 ext. 2314. Climbers pay a Cost Recovery Fee of $30 per person, per calendar year.

Rainier Mountaineering, Inc. (360) 569-2227 (RMI) conducts guided climbs and related seminars. Information on RMI climbs can be obtained at the Paradise Guide House daily from 7:00 a.m. to 9:00 p.m. Guides for the Emmons Glacier Route include Alpine Ascents International (206) 378-1927, Alpine Guides (360) 569-3131, and Rainier Mountain Guides (360) 569-2889.

Hiking the Muir Snowfield

The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise between 7,000 and 10,000 feet 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.

Don’t 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.
- 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, it is extremely difficult to find your way to the trailhead in a whiteout. Carry these items and know how to use them!
- 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 quickly lost!
- 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.
- Hike only on trails or snow to protect fragile alpine vegetation.

Ask a ranger for tips on other areas to explore during your visit.

Wilderness Permits

Wilderness Permits are required for backcountry camping and are available at all Wilderness Information Centers and most visitor centers. Permits are free, but an optional, fee-based reservation system for campers and climbers is in effect May through September. Reservations may be made between April 1 and September 30. Backcountry reservations are $20 per party (1-2 people) for 1 to 4 consecutive nights. Eighty percent of all backcountry sites and zones are available for reservation. The remaining 40% are issued on a first-come, first-served basis on the day of, or one day prior to the start of trip. Go to www.nps.gov/mora/recreation/wic.htm to learn more.

A Reservation Request Form is available at Wilderness Information Centers and on the Internet at www.nps.gov/mora/recreation/rsvpform.htm. Fax or mail completed forms to: Wilderness Reservations Office, Mount Rainier National Park, Tahama Woods, SR Route, Ashford, WA 98304-9795. Fax (360) 569-3131.

Carry the "10 Essentials" and know how to use them!

- map of the area
- compass
- extra food & water
- extra clothing (warm!) & rain gear
- emergency shelter
- first aid kit
- flashlight or headlamp
- sunglasses & sunscreen
- pocketknife
- matches (waterproof)!

*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.

Wildland Fire

Fire is an important part of Mount Rainier's ecosystem and is essential if the natural diversity of park forests and meadows are to be maintained for future generations.

During your visit you may see smoke from a wildland fire, helicopters and other firefighting activity. Your safety is a main consideration in how park fires are managed. If you see smoke from an unmanaged fire, report the location of the smoke at the nearest visitor center. If fire conditions become high, the park may implement campfire restrictions.

When a naturally ignited fire is not determined to be a threat to people or structures, it may be managed to benefit the park's ecosystem and is called "wildland fire use". Fire on the landscape promotes natural conditions and reduces buildup of dead wood and brush.

Stop by a visitor center for a brochure to learn more about wildland fire or visit www.firewise.org.

Mount Rainier: An Active Volcano

Recent research has improved our understanding of Mount Rainier, an active volcano. Active steam vents, periodic earth tremors, and reported historical eruptions provide evidence that Mount Rainier is sleeping, not dead. Seismic monitoring stations around the mountain should provide days or weeks of advance warning of impending eruptions. However, other geologic hazards like debris flows and rockfall can occur with little 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. While most people consider the danger to be relatively low, you must decide if you will assume the personal risk of visiting these potentially dangerous locations.

If you are near a river and notice a rapid rise in water level, feel a prolonged shaking of the ground, and/or hear a roaring sound coming from upvalley—often described as the sound made by 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 at park visitor centers and from scientists at the U.S.G.S. Cascades Volcano Observatory, 1300 SE Cardinal Court, Building 10, Suite 100, Vancouver, WA 98666, http://vulcan.wr.usgs.gov.
**Summertime Hours**

**July 1 - September 5, 2005**

**Visitor Centers**

**Longmire Museum** (360) 569-2211 ext. 3314
Information, exhibits, book sales, climbing permits
9:00 a.m. - 5:00 p.m. daily

**Jackson Visitor Center (Paradise)** (360) 569-6036
Information, exhibits, movies, book sales, food service, gifts, showers
10:00 a.m. - 6:00 p.m. daily

**Ohanapecosh Visitor Center** (360) 569-6046
Information, exhibits, book sales
9:00 a.m. - 6:00 p.m. daily

**Sunrise Visitor Center** (360) 663-2425
Information, exhibits, book sales
9:00 a.m. - 6:00 p.m. daily

**Wilderness Information Centers**

**Longmire WIC** (360) 569-HIKE
Wilderness camping & westside route climbing permits:
7:30 a.m. - 5:00 p.m. daily

**Climbing Information Center at the Paradise Guide House** (360) 569-6009
Climbing permits. May close in the event of a rescue or other emergency:
7:00 a.m. - 3:00 p.m. Sunday - Friday
6:00 a.m. - 3:00 p.m. Saturday

**White River WIC** (360) 569-6030
Wilderness camping & eastside climbing permits:
7:30 a.m. - 4:30 p.m. Sunday - Wednesday
7:30 a.m. - 8:00 p.m. Thursday
7:00 a.m. - 8:00 p.m. Friday
7:00 a.m. - 5:00 p.m. Saturday

**Wilkeson WIC** (360) 829-5127
Wilderness camping & northside climbing permits:
8:30 a.m. - 5:00 p.m. Monday - Thursday
7:30 a.m. - 6:00 p.m. Friday - Sunday

**Food & Lodging**

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

**National Park Inn (Longmire)**
Lodging and dining. Open year-round.
Front desk: 7:00 a.m. - 10:00 p.m. daily
Restaurant: 7:00 a.m. - 8:30 p.m. daily

**National Park Inn Post Office**
Open year-round. Closed Sundays & holidays.
8:30 a.m. - 5:00 p.m. weekdays
8:30 a.m. - 12:00 p.m. Saturdays

**General Store (Longmire)**
Groceries, gifts, firewood. Open year-round.
8:00 a.m. - 8:00 p.m. daily
Firewood is also available in Loop A of the Cougar Rock Campground:
4:00 p.m. - 9:00 p.m. daily

**Jackson Visitor Center (Paradise)**
Grill & Gift Shop:
10:00 a.m. - 6:00 p.m. daily
Showers located in the basement:
10:00 a.m. - 6:00 p.m. daily

**Paradise Inn**
Lodging, lounge, dining, gifts
Front Desk: Open 24 hours daily
Dining Room: 7:00 a.m. - 9:30 p.m.
Lunch: 12:00 noon - 2:00 p.m.
Dinner: 5:30 p.m. - 8:30 p.m.
Sunday Brunch: 11:00 a.m. - 2:00 p.m.
Sunrise Lodge: 4:00 p.m. - 9:00 p.m.
Dining Room: 7:00 a.m. - 8:30 p.m.
Lunch: 12:00 noon - 2:00 p.m.
Dinner: 5:30 p.m. - 8:00 p.m.
Snack Bar: 10:00 a.m. - 6:00 p.m.

**Sunrise Lodge**
Day use only/no overnight lodging:
Snack Bar/Gift Shop:
9:00 a.m. - 6:00 p.m.

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

**EXPERIENCE YOUR AMERICA**

**Mount Rainier National Park**
Superintendent: Dave Uberuaga

**Contact Information**

Mailing Address
Tahoma Woods, Star Route
Ashford, WA 98304

E-mail
MORaininfo@nps.gov

Park Headquarters
(360) 569-2111
(360) 569-2177 TDD

Website
www.nps.gov/mora

**The Tahoma News**
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www.nwpiclands.com

**Experience Your America with a National Parks Pass or a Mount Rainier Annual Pass**

Purchase your National Parks Pass at any Mount Rainier Entrance Station, on-line at www.nationalparks.org, or by calling 1-888-GO-PARKS. Just $50 (plus shipping and handling if you buy on-line or by phone).*

If you only plan to visit Mount Rainier National Park, consider the Mount Rainier Annual Pass. It costs $30 and, like the National Parks Pass, is good for one full year.

*A National Parks Pass can be upgraded to a Golden Eagle Pass for $15. This covers additional sites such as Forest Service sites requiring the Northwest Forest Pass, Mount St. Helens, and the Nisqually Wildlife Refuge.

**Drive-in Campgrounds**

<table>
<thead>
<tr>
<th>Campground</th>
<th>Open Dates</th>
<th>Elev.</th>
<th>Sites</th>
<th>Fee</th>
<th>Group Sites</th>
<th>Group Fees</th>
<th>Toilets Water</th>
<th>Dump Station</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunshine Point</td>
<td>Year-round</td>
<td>2000'</td>
<td>18</td>
<td>$10</td>
<td></td>
<td></td>
<td>Pit</td>
<td></td>
</tr>
<tr>
<td>Cougar Rock*</td>
<td>5/27 - 10/10</td>
<td>3180'</td>
<td>172</td>
<td>$12/15*</td>
<td>5</td>
<td>$40-64</td>
<td>Flush</td>
<td>*</td>
</tr>
<tr>
<td>Ohanapecosh*</td>
<td>5/27 - 10/10</td>
<td>1914'</td>
<td>188</td>
<td>$12/15*</td>
<td>1</td>
<td>$40</td>
<td>Flush</td>
<td>*</td>
</tr>
<tr>
<td>White River</td>
<td>6/24 - 9/26</td>
<td>4400'</td>
<td>112</td>
<td>$10</td>
<td></td>
<td></td>
<td>Flush</td>
<td>*</td>
</tr>
<tr>
<td>Ipsut Creek</td>
<td>Year-round (Closed to car camping Sept 12-23)</td>
<td>2300'</td>
<td>22</td>
<td>$8</td>
<td>2</td>
<td>$20-25</td>
<td>Pit</td>
<td>No Potable Water</td>
</tr>
<tr>
<td>Mowich Lake</td>
<td>5/22 - 10/10</td>
<td>4950'</td>
<td>30</td>
<td>None</td>
<td></td>
<td></td>
<td>Pit</td>
<td>No Potable Water</td>
</tr>
</tbody>
</table>

* Advance reservations are recommended for Cougar Rock and Ohanapecosh Campgrounds from June 23 through Labor Day (group sites from May 27 through October 10). A few sites at Cougar Rock and Ohanapecosh are available on a first-come, first-served basis.