Mount Rainier National Park

The Tahoma News

July 1 - September 6, 2010

The National Park Service cares for special places saved by the American people so that all may experience our heritage. Mount Rainier National Park is a source of inspiration, providing boundless opportunities for exploration, solitude, and contemplation.

Welcome...

...to the 2010 summer season at Mount Rainier National Park!

This is the time of year when the winter snowpack finally melts; the wildflowers come into bloom; the wildlife give birth and young; and the trails become free of snow welcoming hikers to enjoy the scenery, the solitude and the wonder of nature.

This will be the first summer in over four years that there is no major construction ongoing in the Paradise area. Phase I of the Paradise Inn rehabilitation project was completed in the spring of 2008; construction of the new Henry M. Jackson Visitor Center was completed during the fall of 2008; demolition of the old Jackson Visitor Center was accomplished in the spring of 2009; and paving of the Paradise Plaza (location of the former visitor center) was finished in the fall of 2009. We’re looking forward to the first summer of “normal” operations at Paradise in many years. Thank you for your patience.

As you enjoy this incredible place, I want you to know that many dedicated park staff, concessioner employees, and volunteers have been working hard to prepare facilities for your visit. Our goal is for you to have a memorable experience in the nation’s fifth-oldest national park, established in 1899.

Whether driving through the park, having a picnic, doing a short hike, camping for a few days, or climbing the mountain, I hope our efforts are meeting your expectations and, if not, please let me know.

I hope you have a wonderful time while at Mount Rainier, whether this is your first visit or your hundredth, and please do it in a safe manner. Safety and enjoyment go hand in hand, and we want you to be able to visit us again. Please do your part to be a good steward of this special place.

Dave Uberuaga, Superintendent

Discover 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 Ohanapecohsh (SR 123) 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. Explore the old growth forest west of Longmire on the short Tires Firs Trail. Start your hike at the interpretive exhibit on Nisqually Road (SR 706).

Wild for Waterfalls?

Then the east side (SR 123 and 410) of the park is the place to go. The powerful Silver Falls near Ohanapecohsh is only a 0.3 mile hike from State Route 123 or you can take the 1.3 mile trail from Ohanapecohsh Campground. For those who like to hike, take the East Side Trail to one or all of the many waterfalls dotting the route. Start off of State Route 123 - park at a small pullout 0.5 mile south of Deer Creek - or at the Grove of the Patriarchs on Stevens Canyon Road.

Mount Rainier Responds
to Climate Change

Mount Rainier National Park belongs to a network of “Climate Friendly Parks” who are leading the way in the effort to protect our parks’ natural and cultural resources and infrastructure by addressing the current and future impacts of climate change. Mount Rainier recently conducted an inventory of greenhouse gases (GHG) produced in park operations. The inventory was the first step in developing a Climate Friendly Park Action Plan with the goal of reducing GHG emissions from park operations by 30% by 2016. Specifically, we will address the management of energy use, transportation and waste disposal. In addition, actions to begin planning for adapting to the inevitable climate changes are included.

New Exhibits at Sunrise Visitor Center

The Sunrise Visitor Center will be closed through much of summer 2010 for the installation of new interpretive exhibits and other renovations. These projects, funded by the American Recovery and Reinvestment Act (ARRA), are expected to be completed by late-August.

Rangers will still be available in the Sunrise Ranger Station, on the ground floor of the Sunrise Day Lodge. Ranger programs, information, and sales items will be available at this temporary location during the closure of the visitor center. (See pages 7 and 8 for hours and schedules.)

The road to Yakima Park (the area commonly known as Sunrise) was completed in 1931. Construction began in 1939 on the rustic log structure that now serves as the visitor center. The building, which was originally referred to as the “Camar’s Shelter”, was intended to serve as a public shelter as well as a heated, enclosed space for lectures and educational features. After huts in construction during World War II, interior features such as the large stone fireplace were finally completed in 1952.

Over the course of this summer, crews will replace the interior wood floor and exterior doors, and build a new information desk and sales area. New interpretive exhibits will then be installed, replacing the current exhibits which have been in use since 1976. The new Sunrise exhibits will tell the story of Mount Rainier’s geologic history, subalpine ecology, and the importance of the mountain, past and present, to area Native Americans. Through interactive experiences with the new exhibits, visitors will gain an understanding of, and appreciation for, the natural and cultural resources of the Sunrise area.

3 Shuttle Schedule

Why should I ride the shuttle to Paradise when I can drive my car? When does the shuttle operate and where does it stop? If I drive my car to Paradise where can I park?

5 Short Hikes

Are there hikes under one mile? Is there a short hike at Sunrise? Where can I hike to view a glacier? What hikes will have wildflowers?

7-8 Interpretive Programs

When and where can you go on a walk with a ranger? When are the Junior Ranger programs? When is the Shadows of the Past program being offered?

Paradise Shuttle ... 3

Hiking & Climbing ... 5

Campgrounds ... 8

Facility Hours & Info ...8
**What You Need To Know...**

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

- Parking can be difficult to find on sunny summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. Visit these areas on weekdays, arrive early, carpool to the park, and ride the shuttle (see page 3) to Paradise. Visit one of the areas off the beaten path!

- Park roads are winding, road shoulders are narrow, and the speed limit is 35 mph in most areas. Watch for pedestrians, sightseers, and wildlife. Use pullouts to allow faster drivers to pass you safely.

**How Far Is It?**

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<td>Paradise to Ohanapeche via Stevens Canyon Rd</td>
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<td>Ohanapeche to White River/SR 410 junction</td>
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<td>White River/SR 410 junction to Sunrise</td>
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<td>White River/SR 410 junction to Carbon River via Enumclaw</td>
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<td>Longmire to Carbon Lake via Eatonville/Orting</td>
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**2010 Road Repairs and Travel Delays**

In an effort to extend the service life of the paved roadways in the park, a pavement maintenance program (PMP) will take place this summer. Roadways to receive pavement treatment will be: State Route 123 (13.8 miles from the park's southeast boundary to Cayuse Pass); Sunrise Road (15.4 miles from State Route 410 to the Sunrise Visitor Center); Ohanapeche Campground loop roads; Paradise Picnic Area roads; Longmire area roads; and Cougar Rock Campground and Picnic Area loop roads.

The contractor is scheduled to begin preparatory work in mid-June and perform the final chip-seal application from early-August to mid-September.

Travelers should anticipate maximum 20-minute delays through these areas during pavement work. Please observe travel control signs and watch your speed. No road closures are anticipated.

**Discovering Rainier Off the Beaten Path**

Continued from page 1

**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 rustic architecture. Follow the trail of the Shadow's to learn about the park's first inhabitants and resort.

**Is Geology Your Interest?**

Then drive 3 miles to the west of 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 a glacially carved canyon, stop at one of the first pullouts on Ricksecker Point Road from Nisqually Road. Drive the Sunrise Road to view columns and desolate columns that formed when the toe of a lava flow cooled rapidly when it flowed against glacial ice.

**Prefer Uncrowded Trails?**

Many trails leave from the Reflection Lakes area (Stevens Canyon Road) including the Lakes, 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, Shriner Peak, and Crystal Lakes trails to name a few. Trails in the Mowich Lake area lead to subalpine lakes and amazing meadows.

**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.

**Enjoy Your Visit, Protect Your Park**

Mount Rainier National Park was established in 1899 to preserve the natural and cultural resources in this area and to provide for public benefit and enjoyment. Please enjoy the park safely and courteously, and help protect park resources by following these rules:

- Pets must be on leashes no longer than six feet and are not allowed in buildings, on trails, off-trail, or on snow.
- Do not feed, approach, or disturb the wildlife.
- Stay on designated trails.
- Make fires only in a fire grill. Collecting firewood is prohibited.
- Bicycle only on roads, not on trails.
- Camp in designated campsites only. Sleeping in vehicles outside of campgrounds is not permitted.
- The use of firearms is prohibited within Mount Rainier National Park. Also, federal law prohibits firearms in certain facilities in this park; those places are posted with signs at public entrances. People who can legally possess firearms under federal, Washington State, and local laws may possess them in the park.

**Accessibility**

Most comfort stations, visitor centers, picnic areas, and designated campsites are accessible or accessible with help for wheelchair users. Accessible lodging is available inside the park and in local communities. In the Jackson Visitor Center at Paradise, the audiovisual programs are captioned; assistive listening devices are available for the park film; an audio described tour of the exhibits is available; and the building and exhibits are accessible to wheelchair users. The Kautz Creek Boardwalk Nature Trail is accessible. An accessible trail leads to the base of the Paradise Meadow, and a portion of the trail, at Paradise are accessible with help; inquire at the Jackson Visitor Center for more information. TDD: (360) 569-2177

**“Share The Experience” Photo Contest**

Enter your favorite photos of your visits to America's Federal recreation lands by entering the 2010 Share the Experience Photo Contest* for a chance to have your photo grace the front of the 2012 Federal Recreation Lands Pass. From June 1 to December 31, you can submit up to three photos for the chance to earn national recognition for your picture. Great prizes include: Olympus digital cameras, trips to a Federal recreation area, Federal Recreation Lands Passes and more! For another chance to win, at the end of the photo submission period, the public will be invited to vote for their favorite photo.

Each time you vote, you will be entered to win an Olympus camera! Enter by visiting www. sharethexperience.org, or pick up a brochure and entry form while visiting a Federal recreation land this year. You could have the next winning photo to adorn the Federal Recreation Lands Pass!

*The Share the Experience Photo Contest is sponsored by Olympus Imaging America Inc. and the National Park Foundation in partnership with the Bureau of Land Management, the Bureau of Reclamation, the National Park Service, the US Fish and Wildlife Service, and the US Forest Service.
The free shuttle is a safe, convenient way to travel from Ashford and Longmire to Paradise, parking lots, and pedestrians on the roadway. Parking in Paradise, be prepared for heavy traffic, busy Shuttle schedules are also posted at all shuttle stops, and on the park's website www.nps.gov/mora. Leave your car behind, and enjoy a safe, stress-free ride to Paradise. Choose not to be part of the congestion! The shuttle service is made possible in part by a grant from Washington's National Park Fund and The Boeing Company Charitable Trust.

Shuttle From Ashford

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Packing in Paradise

The free shuttle is a safe, convenient way to travel from Ashford and Longmire to Paradise. However, if you do drive your own vehicle to Paradise, be prepared for heavy traffic, busy parking lots, and pedestrians on the roadway. Due to the popularity of the Paradise area, visitors are asked to park their vehicles in certain lots depending on the intent of their visit. Please drive courteously and help improve traffic flow by following these guidelines:

- Parking in the upper Paradise lot, adjacent to the Jackson Visitor Center, is intended for short-term visitors and is limited to two hours. This lot is generally full by 11:00 a.m. Disabled visitors with a valid disabled parking permit may park in the upper lot with no time restriction; disabled accessible trailheads are available near the visitor center and the Paradise Inn. Guests staying overnight at the Paradise Inn may also park in the upper lot during their stay.
- Parking in the lower Paradise lot is intended for visitors staying longer than two hours, for those hiking in the Paradise area, and for backpackers and climbers with a valid backpacking permit. When the upper Paradise lot is full, short-term visitors may also use the lower lot.
- Additional parking for long-term and overnight visitors is available along the one-way Paradise Valley Road, east of the upper Paradise lot.

The Longmire-to-Paradise shuttle runs every 45 minutes on Fridays, and every 15-25 minutes on Saturdays and Sundays. The shuttle stops at Cougar Rock Campground in both directions. Shuttles also stop at Narada Falls on the way to Paradise, and at the Comet Falls Trailhead on the return to Longmire. Service begins at Longmire at 10:00 a.m., with the last bus leaving Paradise at 7:00 p.m. on Fridays and 7:10 p.m. on weekends.

The Ashford-to-Paradise shuttle begins service at 9:15 a.m., with buses leaving every 25 minutes until 10:30 a.m., then every 75 minutes beginning at 11:30 a.m. The last shuttle leaves Ashford at 4:30 p.m., with the final bus leaving Longmire by 7:50 p.m. Shuttle service is free, but park entrance fees apply.

With the arrival of summer in the busy Paradise area, parking is limited and traffic may be slow. By riding the shuttle you will avoid the hassle of finding a parking place and help to reduce traffic congestion along the historic two-lane road to Paradise. You will also help Mount Rainier reduce its greenhouse gas emissions and consequently aide in protecting the park's natural and cultural resources. 72% of greenhouse gas emissions in the park are produced by all the gasoline powered vehicles that travel here, including yours (see related story on page 1).
If You See a Black Bear or a Mountain Lion

Mount Rainier National Park provides habitat for many animal species. Among the largest and most feared are the black bear and the mountain lion. Though you are not likely to see them, if you do, maintain their wildness and theirs will be your safety. As with any other species, respect, knowledge, and understanding will provide your best defense from any encounter.

Close Encounters With Black Bears
Black bear attacks are extremely rare in the United States and have never occurred in this park. Bears respond to people in different ways—take time to understand the signals. Be aware of aggressive signals and know how to respond to prevent close encounters.

- Never feed a black bear, either intentionally or by leaving food unsecured.
- Do not approach bear cubs. An adult may be nearby to protect and defend the cubs.
- Back away from a nearby bear, even if it appears uninterested in your presence.
- Do not run. Back away slowly. Talk loudly.
- If the bear attacks and you have food, distance yourself from the food.
- If the bear attacks and you do not have food, fight back aggressively. This is likely a predatory attack, and the bear is treating you as prey.

Close Encounters With Mountain Lions
Mountain lions (also known as cougars) usually do not like confrontation. If you see one, give it plenty of space so it can get away. Never approach cougar kittens. Leave the area immediately.

- Do not run or turn your back on a lion.
- Gather children with adults. Quickly pick up and hold small children.
- Stand in a group with your companions.
- If the lion moves toward you, wave your arms and make noise. Make yourself look large, intimidating and in control. Stand up tall, open your jacket, yell, throw things.
- Back away slowly while facing the animal.
- If attacked, fight back aggressively. Stay standing. Hit as hard as possible especially yourself look large, intimidating and in control.

Keep Wildlife Wild... Show Your Support!
Feeding wildlife is an important issue at Mount Rainier National Park. Early in the history of national parks, people were encouraged to get close to and even feed wild animals. We now know that this can be harmful. Still, one of the most common mistakes people make is to feed wildlife. Visitors seeking a connection with animals think they are "helping" them. But in fact it puts both the animals and the visitor at risk.

This summer, Mount Rainier is introducing new "Keep Wildlife Wild" buttons! Five different species of native wildlife (Townsend's chipmunk, gray jay, Steller's Jay, black-tailed deer, and Cascade red fox) will be featured on different buttons for visitors to wear in support of this important issue. Buttons will be available in park visitor centers. All donations support ongoing educational efforts to protect the wildlife that live in the park. Mount Rainier National Park would like to thank George Ostertag, Anand and Soudamini Hegde, Kevin Voitch, and Alan and Elaine Wilson for permission to use their photographs in the design of our new buttons.

Help us keep wildlife wild by following these simple rules:

- Do not feed, touch, approach, or disturb the wildlife.
- Store your food in an animal-proof container, or inside your car.
- Don't leave food, beverages, pet food or toiletries unattended for any length of time.
- Clean up picnic areas after you eat.

Be a Volunteer Mount Rainier Ranger
As you visit Mount Rainier, keep your eyes open for people wearing hats and shirts with a "volunteer" logo on them. You'll see them working in the visitor centers, assisting visitors on the trails, planting native vegetation, rebuilding the flood-damaged Glacier Basin trail, even helping to survey amphibian populations.

Last year more than 1800 people worked in partnership with the National Park Service to protect the natural and cultural resources of Mount Rainier and serve its visitors. These invaluable partners help us accomplish far more than we would be able to without their help.

But they also find great personal rewards. Carbon River volunteer George Coulbourn says "When I'm asked why I volunteer, I respond that I began for altruistic reasons. Having spent many rewarding days in the park I felt that I had arrived at a good time for pay back. Doesn't work. Like most volunteer activities, the volunteer gets more than he gives, and the harder he tries, the more he gets."

Have you ever dreamed of being a park ranger? You still can—for a day, a summer, or on weekends as your schedule permits. Opportunities abound. Ask how you can become part of our team!

www.nps.gov/mora/supportyourpark/volunteer.htm

Mount Rainier: An Active Volcano
Active steam vents, periodic earth tremors, and historic 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. Other geologic hazards, however, can occur with little warning. These include debris flows and rockfalls.

The more time you spend in an area with 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 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 atollavol—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 or from scientists at the U.S.G.S. Cascades Volcano Observatory, 1300 SE Cardinal Court, Building 10, Suite 100, Vancouver, WA 98661, or visit the U.S.G.S. Cascade Volcanoes website: vulcan.wr.usgs.gov.
Wilderness Camping

Wilderness camping permits are required for all overnight stays in the park's backcountry. Permits and backcountry information are available at all wilderness information centers and most visitor centers (see page 8 for locations and hours).

Although permits are free, there is an optional, fee-based reservation system for campers and climbers in effect May through September. Backcountry reservations are $20 per party (1-12 people) for 1 to 14 consecutive nights.

Seventy percent of all backcountry sites and zones are available for reservation. Permits for the remaining 30% are issued on a first-come, first-served basis, no more than one day in advance of the start of the trip.

Knowledge and Safety: Keys to Great Hiking

With 260 miles of park trails, there are plenty of opportunities to be adventurous, explore, learn, and have fun hiking. Waterfalls, meadows, deep forests, and rugged highcountry await those who properly prepare for their journeys. Here are some important tips for all hikers:

- Talk with rangers about trail conditions, distances and elevations.
- Carry a topographic map.
- Know the weather forecast, and stay alert for changing conditions.
- Be prepared by carrying the ten essentials.
- Choose appropriate outdoor clothing, footwear and gear.
- Whenever possible do not hike alone.
- Always tell someone of your travel plans so they can notify the park if you fail to return.

Pay Attention To The Weather

At Mount Rainier, the weather can change rapidly. Hikers who aren't prepared for changing weather conditions increase their risk of becoming lost or injured. Avoid problems: know and plan for Mount Rainier's changeable weather.

Crossing Streams Safely

Many hikers underestimate the power of moving water and some consider their former successful stream crossings as a ticket to the other side. This may not be true. Regardless of your knowledge, skills, and experience use these pointers in making wise decisions when crossing a stream.

- Early morning when river levels are generally at their lowest is the best time to cross.
- Look for an area with a smooth bottom and slow moving water below knee height.
- Before crossing, scout downstream for log jams, waterfalls and other hazards that could trap you. Locate a point where you can exit if you fall in.
- Use a sturdy stick to maintain two points of contact with the ground at all times.
- Unfasten the belt of your pack so you can easily discard it if necessary.
- Staring down at moving water can make you dizzy. Look forward as much as possible.

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.

- Avoid the snowfield in questionable weather, especially if you're 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 descend on skis or a snowboard in limited visibility — you could become 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.
- To protect fragile alpine vegetation, hike only on official trails or snow.

While it may be disappointing to abandon your hike to Camp Muir, remember that the snowfield will still be there in better weather.

Climbing

Each year, approximately 10,000 people attempt to climb Mount Rainier. Nearly half reach the 14,110-foot summit. Climbing permits are required for travel above 10,000 feet and/or on glaciers. Climbing information—including fees, routes, and conditions—is available at ranger stations. Guided climbs and climbing seminars are available through:

- Alpine Ascents International (206) 378-1927
- International Mountain Guides (360) 569-2609
- Rainier Mountaineering, Inc. (888) 892-5462
Mount Rainier Responds to Climate Change

Continued from page 1

Change behavior on energy use by implementing conservation measures. Standards for computer use and heating offices will be created. Inefficient appliances will be identified and replaced. The production of clean energy or the purchase of electricity from a reliable source is another goal in the effort to reduce GHG emissions. Actions also include the installation of more solar panels and investigating the potential use of other alternative energy sources.

The Biggest Contributor

At the top of the list is educating park staff to improve energy efficiency.

Nearly 1/4 of the GHG in the park is created by purchased electricity or stationary combustion. Park operation is the primary source of these GHGs. Eighteen actions have been identified to improve energy efficiency.

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**Interpretive Activities July 1 to September 6**

**You’re Invited!**
Join a park ranger for an evening program, guided nature walk or talk. Explore the nature and history of Mount Rainier National Park. A variety of programs are offered throughout the park each day.

**Longmire and Cougar Rock Areas**

**Roving Ranger** Look for the roving ranger hat or sign, in the Longmire or Paradise areas or at pull-outs between the Nisqually Entrance and Reflection Lakes. Rangers will present brief talks and have park information available. Times and locations vary.

**Junior Ranger Program** Cougar Rock Campground Amphitheater; 6:30 p.m. daily July 1 through August 22, Fridays and Saturdays only August 23 through September 5
Ages 6 to 11. Join a ranger or volunteer for fun and educational activities! Meet at the Cougar Rock Amphitheater. Parking at the Cougar Rock Campground is limited. If you attend the program but are not camping, please park in the Cougar Rock Picnic Area across the park road from the campground. (45 minutes)

**Evening Program** Cougar Rock Campground Amphitheater; 9:00 p.m. daily through August 1, 8:30 p.m. daily August 2 through August 22, 8:30 p.m. Fridays and Saturdays only August 23 through September 5
Join a ranger or volunteer for a program that involves, inspires and explores! Topics vary nightly. Parking at the Cougar Rock Campground is limited. If you attend the program but are not camping, please park in the Cougar Rock Picnic Area across the park road from the campground. (45 minutes)

**Ohanapecosh Area**

**Junior Ranger Program** Ohanapecosh Visitor Center, 10:00 a.m. daily, June 19 through September 6
Children of all ages are invited to join park staff for a one hour activity. Have fun while you learn more about Mount Rainier National Park! (1 hour)

**Rove the Grove** 2:00 p.m. - 3:30 p.m. daily, June 19 through September 6
Park staff will be available along the Grove of the Patriarchs trail to answer your questions and present informal mini-talks.

**Evening Program** 8:30 p.m. nightly, June 18 through September 5
Join a ranger each night for an in-depth view of a fascinating aspect of Mount Rainier National Park. Topics vary nightly. Meet at the Ohanapecosh Campground Amphitheater. (45 minutes)

**Sunrise/White River Area**

**Sunrise Afternoon Guided Walks** 1:00 and 3:00 p.m. daily July 2 through September 6
Learn about the natural and cultural history of the Sunrise area on this easy 1/2-mile ramble with a ranger. Meet at the Sunrise Visitor Center flagpole. (30 minutes)

**Junior Ranger Program** 10:00 a.m. Friday, Saturday and Sunday July 2 through September 5
Children of all ages are invited to join park staff for a fun activity about the mountain, glaciers, habitats and more. Meet at the White River Campfire Circle. (1 hour)

**Skyscraper Saddle Hike** 10:00 a.m. to 4:00 p.m., Saturdays only July 10 through August 14
A full-day hike with a ranger through some of Sunrise’s most spectacular alpine meadows with stunning views of the mountain. Meet at the Sunrise Visitor center flagpole. (7 miles round trip)

**Evening Program** Thursday, Friday and Saturday; 8:00 p.m. July 2 through July 31, 7:30 p.m. August 5 through September 4
Take an in-depth look at a special topic of Mount Rainier National Park during a traditional campfire talk. Meet at the White River Campfire Circle. (45 minutes)

**Paradise Area**

**Roving Ranger** Look for the roving ranger hat or sign in the Longmire or Paradise areas or at pull-outs between the Nisqually Entrance and Reflection Lakes. Rangers will present brief talks and have park information available. Times and locations vary.

**Paradise Chat** 10:30 a.m. daily through September 6
The Paradise area has drawn visitors for over 100 years. Stop by the Paradise Inn before lunch and learn why. Look for the ranger inside the Inn. (25 minutes)

**Meadow Meander** 10:30 a.m. daily through September 6
Discover the ecology of the Paradise area. Meet the ranger at the flagpole in front of the visitor center. 75-90 minutes with the ranger

**Paradise Glacier View Walk** 2:00 p.m. daily through September 6
Walk to a view of a glacier and explore the geology of Mount Rainier. Meet at the large flagpole outside the visitor center. 75-90 minutes with the ranger and time to return on your own. (1 mile round trip)

**Climate Change at Mount Rainier and the Pacific Northwest** 2:15 p.m. daily through August 15
Meet in the theater of the Jackson Visitor Center for a slide presentation or video followed by a short discussion about climate change. (30 minutes)

**Paradise Inn Lobby Tour** 3:00 p.m. daily through September 6
Join a ranger to learn the “ins and outs” of the historic Paradise Inn, celebrating its 93rd birthday. Look for the ranger at the Paradise Inn entrance. (30 minutes, 1 mile round trip)

**Junior Ranger Program** 4:00 p.m. daily through August 15
Ages 6-11 Join a ranger for fun activities exploring facets of Mount Rainier. Meet at the visitor center information desk. Parents must remain with their Junior Rangers. (45 minutes)

**Paradise Inn Evening Stroll** 5:30 p.m. daily through August 14
Oh, the stories Paradise can tell! Come along on this leisurely walk to explore the nature and/or history of this place called Paradise. Look for the ranger outside the Paradise Inn entrance. (30 minutes, 1 mile round trip)

**Paradise Inn Evening Program** 9:00 p.m. daily through September 6
Take a seat in the lobby of the Paradise Inn and enjoy an evening presentation with a park ranger or one of the guest speakers. Topics vary. Inquire at the Jackson Visitor Center or at the Paradise Inn front desk for program descriptions. (45 minutes)

**Mount Rainier: The Restless Giant** shows every 30 minutes, except during special presentations
This park film had its debut with the opening of the new Jackson Memorial Visitor Center in October 2008. It explores the changing nature of Mount Rainier using high definition video and surround sound! Accessible and closed caption. (21 minutes)
Emergency: Dial 911 from any phone located in the park

Visitor Facility Hours

| Visitor Centers | July 1 - August 15 | July 16 - September 6 | Information, exhibits, books, gifts |
| Henry M. Jackson Visitor Center at Paradise | 9:00 a.m. - 6:00 p.m. daily | 9:00 a.m. - 5:00 p.m. daily | Ranger programs, exhibits, information, park videos, books, gifts, food service |
| Ohanapecosh Visitor Center | July 1 - August 15 | 9:00 a.m. - 7:00 p.m. daily | Ranger programs, information, exhibits, books |
| Sunrise Visitor Center | June 26 - July 15 | 9:00 a.m. - 6:00 p.m. daily | Ranger programs, exhibits, information, books |

Wilderness & Climbing Information Centers

| Wilderness & Climbing Information Centers | July 1 - October 11 | July 1 - September 6 | July 1 - September 6 | July 4 - September 5 | July 1 - September 6 |
| Longmire WIC | 7:30 a.m. - 5:00 p.m. daily | 6:00 a.m. - 3:00 p.m. daily | Wilderness camping & westside climbing permits |
| Paradise Climbing Information Center (Guide House) | July 1 - September 6 | Wilderness climbing information, westside climbing permits |
| White River WIC | July 1 - September 6 | 7:30 a.m. - 4:30 p.m. Sun - Thurs | Wilderness camping & eastside climbing permits |
| Carbon River Ranger Station | July 4 - September 5 | 8:30 a.m. - 5:00 p.m. Mon - Thurs | Wilderness camping & northside climbing permits (including Iap Creek Campground) |

Food & Lodging

| Food & Lodging | July 1 - September 5 | July 1 - September 5 | July 1 - September 5 | July 1 - September 5 |
| Longmire Museum Gift Shop, in the Jackson Visitor Center at Paradise | 7:00 a.m. - 8:00 p.m. daily | 7:00 p.m. | Gifts, snacks, firewood, apparel |
| Paradise Inn | 7:00 a.m. - 5:00 p.m. | 7:00 a.m. - 5:00 p.m. | Post office, dining |
| Paradise Inn Gift Shop | 9:00 a.m. - 6:00 p.m. | 9:00 a.m. - 6:00 p.m. | Post office, dining, gifts, books, apparel |

Food & Lodging

| Food & Lodging | July 1 - September 5 | July 1 - September 5 | July 1 - September 5 |
| Longmire General Store | 7:00 a.m. - 8:30 p.m. | 7:00 a.m. - 8:30 p.m. | Gifts, snacks, firewood, apparel |
| Paradise Inn | Breakfast 7:00 a.m. - 9:30 a.m. | Lunch 12:00 p.m. - 2:00 p.m. | Post office, dining, gifts, books, apparel, ranger on duty daily through September 6 |
| Paradise Camp Deli and Gift Shop | Dinner 5:30 p.m. - 8:30 p.m. | Sun. Brunch through Sept. 26 | Food, gifts, books, apparel |

Drive-in Campgrounds

| Cougar Rock* | 31,000' | 1,914' | 4,000' |
| Ohanapecosh* | 1,914' | 4,000' | 4,000' |
| White River | 327' | 327' | 327' |

GAS IS NOT AVAILABLE IN THE PARK

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 at www.nps.gov/mora. Religious services are available in the park and in local communities.

Meet the people who explored, settled, climbed, and protected Mount Rainier more than 100 years ago. Historical characters emerge from the darkness along the Trail of the Shadows as you walk the trail with a ranger.

Lantern Tours begin in front of the National Park Inn in Longmire and depart every 20 minutes from 8:30 p.m. until 9:30 p.m. Tours last 90 minutes. Bring a flashlight and a warm jacket, and wear sturdy shoes.

New for 2010:
Due to its popularity, this program will be presented four times this summer! Please join us on these Saturday evenings:

- July 10
- July 24
- August 7
- August 21