Welcome... to Mount Rainier National Park!

With the passage of the National Park Service (NPS) Organic Act on August 25, 1916, Congress created an organizing principle and governing mission for our national parks founded on preservation and enjoyment. From the handful of early parks like Mount Rainier, the system has evolved to today's 412 parks––places that represent the nation's incredibly rich natural and cultural heritage, places to be cherished and enjoyed. That this legacy belongs to all of us is the half of its power and beauty.

The NPS Centennial calls us to reflect on this wonderful heritage of parks and public lands and challenges us to ensure their future. Towards that end, the NPS and partners are striving to encourage all Americans to explore their parks and public lands, to find and connect with their special place or story. For from those personal connections will come the caretakers of today and tomorrow –– the people who will visit, love, support, and advocate for our parks and public spaces, and in turn, ensure that coming generations will share this same joyful right.

We hope you've found your special place at Mount Rainier!

Randy King
Superintendent

July 1 – September 5, 2016


Celebrating 100 Years of the National Park Service 1916 - 2016

This year national parks throughout the United States are celebrating the 100th anniversary of the National Park Service (NPS). At Mount Rainier, the park and community partners are planning many special programs and volunteer activities to highlight what makes the park such a treasured place.

For a century the American people have entrusted the NPS to tell the nation’s stories and protect its historic, natural, and recreation features, and to preserve the parks so they may be enjoyed by future generations.

In this centennial year, you are invited to both celebrate this milestone anniversary and to become part of the next generation of park stewards.

See pages 5-7 for articles and events celebrating the NPS Centennial. Help the national parks look forward to the next century. This is not the end of a century, but the beginning of the next 100 years!

FIND YOUR PARK

Road Work Ahead: Longmire to Paradise

Construction on the historic Nisqually Road between Longmire and the Paradise area is scheduled to take place through early fall. Most work will occur Monday-Friday, 7:00 am – 5:00 pm, but occasional evening or weekend work may be required. There will be no road work planned for holidays. Park staff will make an effort to keep the public informed of construction activities and changes through the park’s website and social media (listed on page 3).

This work continues the third year of a multi-year road construction project addressing outdated utilities and deteriorating road conditions due to abundant precipitation, structural and design deficiencies, large traffic volumes, and normal wear. The project is designed to protect the extraordinary natural and cultural resources within and adjacent to the road, including rare plants and animals, archaeological resources, and the character of the historic roads.

In 2015, power and data lines between Nisqually Entrance and Longmire were replaced under the road surface. In 2016 work is primarily focused on road drainage structures, patching at varied depths, and road surfacing/paving. Delays will be limited to no more than 30 minutes one-way through the project. Expect rough road conditions, and workers and equipment on or near the road.

Slow down and drive safely while driving in construction areas. Follow instructions from flaggers, pilot cars, and law enforcement. Always drive in your lane unless following a pilot car and stay in your vehicle while stopped. Many workers, heavy equipment, and construction vehicles will be on the road.

Centennial Events

You're Invited! From living history programs and special guest speakers to star parties, you will find the special event that captures your interest listed inside. Learn from a subject-matter expert or a volunteer, or spend Founder's Day celebrating the 100th anniversary of the National Park Service. Centennial events are listed on page 7.

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Facility Information ... 12
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 Ohanapechose via State Route 123 to explore lush old growth forests of Douglas fir and western red cedar. There is also a 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 Twin Firs Trail. Start your hike at the interpretive exhibit on Nisqually to Paradise Road (State Route 706).

Did You Bring a Picnic?
At Ohanapechose off State Route 123 stop at the picnic area adjacent to the campground. Visit the Box Canyon Picnic Area just west of Box Canyon itself. Be sure to stop at the latter for a look at the Cowlitz River, 180 feet below, as it cuts a deep slot into bedrock. From the Tipsoo Lake picnic area off State Route 410 you’ll have a great view of the meadows surrounding the lake. Picnic at Mowich Lake via State Route 165 and admire the colorful subalpine wildflowers surrounding the deepest and largest lake in the park.

Wild for Waterfalls?
Then the east side of the park via State Route 123 and 410 is the place to go. The powerful Silver Falls near Ohanapechose is only a 0.3 mile hike from State Route 123 or you can take the 1.3 mile trail from Ohanapechose Campground. For those who like to hike, take the East Side Trail to one or all of the many waterfalls dotting the route. Start from 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.

Is Geology Your Interest?
Then drive three miles to the end of 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 a glacially carved canyon, stop at a pullout below Paradise or near Reflection Lakes on Stevens Canyon Road. Drive the Sunrise Road to view columnar andesite columns that formed when the toe of a lava flow cooled rapidly as it flowed against glacial ice.

Prefer Uncrowded Trails?
Many trails leave from the Reflection Lakes area on 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, Shrimn Peak, and Crystal Lakes trails to name a few. Trails in the Mowich Lake area lead to subalpine lakes and amazing meadows.

Are You a History Buff?
If so, then Longmire on Nisqually Road is the place to visit. The Longmire Museum is the starting point for the Longmire Historic District Walking Tour. Take the self-guiding tour of the historic district to get a taste of early National Park Service rustic architecture. Follow the Trail of the Shadows to learn about the park’s first homestead and resort.

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

How Far Is It? One Way Driving Times & Distances

<table>
<thead>
<tr>
<th>Road</th>
<th>Distance</th>
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<tbody>
<tr>
<td>Longmire to Paradise *</td>
<td>12 miles</td>
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<tr>
<td>Paradise to Ohanapechose via Stevens Canyon Rd</td>
<td>23 miles</td>
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<tr>
<td>Ohanapechose to White River Entrance</td>
<td>18 miles</td>
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<tr>
<td>White River Entrance to</td>
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<tr>
<td>Sunrise</td>
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<td>White River Entrance to Carbon River via Enumclaw</td>
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<td>Longmire to Carbon River via Eatonville/Orting</td>
<td>80 miles</td>
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<tr>
<td>Longmire to Mowich Lake via Eatonville/Orting</td>
<td>89 miles</td>
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Maximum Entrance Arch and Tunnel Vehicle Heights

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<td>Northeast Entrance (SR 410)</td>
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<tr>
<td>Chinook Pass Entrance Arch (SR 410)</td>
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<td>SR 123 Tunnel</td>
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<tr>
<td>Tunnel at Box Canyon (Stevens Canyon Road)</td>
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</tr>
<tr>
<td>Tunnel West of Box Canyon (MP 7 on Stevens Canyon Road)</td>
<td>12.60 ft</td>
</tr>
</tbody>
</table>
NOTICE: Marijuana is Illegal in Mount Rainier National Park

While limited recreational use of marijuana is legal in Washington State, possession of any amount of marijuana or other illegal drugs remains illegal in Mount Rainier National Park, surrounding national forests, and all federal lands.

Fires in the Park
Make fires only in a fire grill. Collecting firewood is prohibited. See page 12 for firewood sales in the park.

Pets and Service Animals
Leashed pets are permitted only in picnic areas, campgrounds, and parking lots and on roads currently open to public vehicles. During hot weather do not leave pets in vehicles.

Trees and shrubs, however, might need help. Inquire at the Jackson Visitor Center for more information.

Biking on the Park
Bike only on roads, not on trails. Mountain bikes are permitted on roads, not on trails.

Accessibility
Most restrooms, visitor centers, picnic areas, amphitheaters, and designated campites are accessible or accessible with help by wheelchair. Accessible lodging is available inside the park and in local communities.

The park brochure is available in braille and large print. The park is accessible for the park film; an audiovisual program is available; and the building and exhibits are accessible by wheelchair.

The Kautz Creek Boardwalk Nature Trail is accessible in summer. An accessible trail leads to the base of Paradise Meadow. A portion of the trails at Paradise are accessible with help. Inquire at the Jackson Visitor Center for more information.

Bikes in the Park
Bicycle only on roads, not on trails. Mountain bikes are permitted on Westside Road and the Carbon River Road, but not on trails.

NOTICE: Research studies have shown mercury is present in some trout in a few park lakes. Check the Washington Department of Health website http://www.doh.wa.gov for information on fish consumption.

Mount Rainier National Park
Superintendent
Randy King
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Ashford, WA 98304
E-mail
MORainInfo@nps.gov

Permission
Permits are required for all overnight stays backcountry, and for travelling on glaciers and above 10,000 feet in elevation.

Please Recycle!
Mount Rainier National Park has been recycling since the late 1960s. We recycle aluminum cans, plastic, glass, office paper, mixed paper, cardboard, scrap metal, used oil, batteries, and a number of other items.

We also purchase recycled plastic products such as plastic bags, picnic tables, and plastic lumber; paper products made of pre- and postconsumer recycled paper; automobile products; and other products.

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

Mount Rainier: An Active Volcano
Active steam vents, periodic earth tremors, and historic eruptions provide evidence that Mount Rainier is simmering, 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.

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. This information will help you learn more about the park, and protect yourself and the park.
Reintroducing Fishers to Native Habitat

Most of Mount Rainier’s wildlife is fairly elusive. In summer you may see deer, marmots, and squirrels during your visit, and maybe even mountain goats if you venture into the highcountry. What’s missing here? The Pacific fisher, a small carnivore the size of a house cat, has been missing from its native habitat on Mount Rainier’s slopes since the mid-1930s. The fisher is a small, reclusive predator of the weasel family that thrives in mature forests. Along with wolves, wolverines, and lynx, fishers were eliminated from Mount Rainier early in the last century. Fishers throughout Washington State declined primarily through trapping, pest control, and habitat loss associated with an expanding human population. The State listed them as an endangered species in 1998. Ecosystems evolve through the interactions among all their constituent species, each one representing an integral component of the whole. Generally, more complete ecosystems are more stable—each species plays a role in ecosystem dynamics, acting as a buffer to internal and external forces which may disrupt the ecosystem.

Mount Rainier and North Cascades national parks are working with Washington Department of Fish and Wildlife and Conservation Northwest to reintroduce fishers to their historical range in the Cascades. Earlier this year 23 fishers were released in the project area outside of the park. Released fishers are being tracked by telemetry from the air. In late fall of this year the first fisher release inside the park is expected to take place. Biologists are currently conducting regular telemetry flights, locating den sites, and confirming fisher place. The North Coast & Cascades Science Learning Network Coordinator quickly and discreetly, a great deal of science is done each year in our national parks. The National Park Service monitors ecosystem health and investigates sensitive plants and animals to improve management. Scientists from outside agencies and universities do their own research, using the parks as “controls” to compare with more heavily impacted areas.

The North Coast & Cascades Science Learning Network (SLN) is an organization within the northwest national parks created to encourage research in the parks and to disseminate scientific information. The “Network” serves all eight National Park Service sites in the Pacific Northwest and operates a science information website http://www.nwparks.org. The SLN website supplements the Service’s own sites at each park and features in-depth science information about park resources. The site has two-three page “Resource Briefs” on a diversity of topics and a series of “Science Minute Videos” http://www.nwparks.org/video. Each video is about four minutes long highlighting both the science work itself and park scientists who do it.

The SLN serves Mount Rainier, Olympic, North Cascades, and five smaller, historical sites in Washington and Oregon. The SLN also provides funding and support for graduate research and special projects. Please contact the SLN’s director, Regina Rochefort, regina.rochefort@nps.gov, based at North Cascades National Park, for additional information.

Connecting Parks, Science, and People

By Dr. Jerry Fredlich, former North Coast & Cascades Science Learning Network Coordinator

Hey Kids! Did You Know?

The National Park Service was established 100 years ago in 1916 “...to conserve the scenery and the natural and historic objects and the wild life therein and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations” –National Park Service Organic Act.

Today, there are more than 410 natural, cultural, historic, and recreational areas managed by the National Park Service. What makes national parks different from other kinds of parks? National parks are part of our national heritage, so they are meaningful to all Americans. Can you match the following list of national parks with the important topics they explore?

1. Everglades National Park
2. Grand Canyon National Park
3. Independence National Historical Park
4. Lewis and Clark National Historical Park
5. Denali National Park
6. Vietnam Veterans Memorial
7. Harriet Tubman Underground Railroad National Monument
8. Mount Rainier National Park
9. Big Bend National Park
10. Flight 93 National Memorial
11. Crater Lake National Park
12. Mesa Verde National Park
13. Katmai National Park and Preserve
14. Olympic National Park
15. Carlsbad Caverns National Park

A. Honors those who prevented an attack on the United States Capitol
B. Deepest lake in the United States
C. Glacier covered volcano of great natural beauty
D. Protects manatee, crocodile, and panther
E. Northwest explorer’s final encampment
F. Bats
G. Chihuahuan desert ecosystems
H. American Indian cultures
I. Habitat for salmon and thousands of brown bears
J. Starfish, marmots, rain forests, and elk
K. Assisted many people to freedom from slavery
L. Honors people who died in a war
M. Caretaker of the Declaration of Independence
N. A canyon 277 river miles long formed by erosion
O. Highest mountain in North American

Your Photos Discover Climate Change Effects

By Dr. Janneke Hille Ris Lambers, Elli J. Theobald

Contribute to climate change research with your Mount Rainier wildflower photos at www.meadowatch.org

Explore the wonders of national parks with cool conservation tips, fun facts, and activities by completing the Centennial Junior Ranger Activity Book. Pick up a free copy at visitor centers while they last. Complete the book and earn a Junior Ranger badge.

A Century Ago, An Idea Became the National Park Service

Once a dream, the idea to create a unified leadership for the growing number of America’s national parks and monuments, became a reality. One hundred years ago, on August 25, 1916, Congress passed the Organic Act and the National Park Service was born.

Fast forward to 2016. The idea of the National Park Service now has a legacy. It reads like a fairytale of bravery, beauty and beasts, of battles, landscapes, and dinosaurs. It is a story of Americans connecting to, and working towards a common goal. People partnering to identify, preserve, and protect a diverse collection of national treasures.

Americans continue to entrust the National Park Service with the guardianship and care of their legacy. It began with 32 sites including Mount Rainier National Park. Since 1916, the NPS has grown to more than 410 sites located in every state. National trails, historic sites, monuments, parkways, and seashores are listed alongside national parks.

Centennial celebrations at Mount Rainier and nationally started last year and will continue through the summer and fall. Events and programs sponsored by Mount Rainier and community partners are listed on page 7. To find celebrations in other parks, visit NPS.gov.

Throughout the next century, as the NPS story continues to be written, find your park and connect to the legacy that is yours to enjoy. Everyone can be the next generation of national park believers, stewards and contributors.

The Future of Mount Rainier: The Next 100 Years Starts Today

As the door opens upon the next 100 years, the National Park Service will continue nurturing America’s national treasures, and cultivate a new generation of visitors, supporters, and advocates. From the Find Your Park campaign to Every Kid In A Park program, people are connecting to parks and parks to people.

A century ago the National Park Service and the national parks were founded through individual empowerment, community passion, and organizational cusses. Likewise, the future of Mount Rainier National Park depends on commitments and connections with people—volunteers, researchers, laborers, managers, and you.

The next generation of stewards is today’s children and young adults. Mount Rainier is partnering with organizations designed to connect them to the park through education programs, special events, and activities. Youth crews with the Student Conservation Association, Northwest Youth Corps, Youth Conservation Corps, and Washington Conservation Corps learn leadership and conservation skills while sharing their time, talents, and energy with the park.

Mount Rainier Institute is an overnight, K-12 school program that provides nature-based education experiences rooted in science. The institute fosters environmental stewardship and continues on page 6.

National Park Week Centennial Celebrations

Saturday, April 16th, marked the start of National Park Week and at parks nationwide. Entrance fees were waived and park visitors took advantage of the various park-hosted programs.

Guests chatted with a ranger, an archeologist and a wildlife technician during a series of talks throughout the week, hosted at the Longmire National Park Inn. Those attending got answers to their burning questions, got to know the rangers, and enjoyed some quality time at the park in a more intimate setting.

For the junior rangers, a new Centennial Junior Ranger Book debuted during National Park Week. Park staff hosted an NPS Centennial birthday celebration at the local elementary school, giving the students opportunities to learn about wildlife, native plants, climbing the mountain, and the National Park Service.

The park hosted an event specifically for the millennial generation, called the Mountain Meetup. Twenty and thirty-somethings played yard games in the snow, took guided snowshoe tours with rangers, and learned about avalanche safety. Students from Tacoma Community College, University of Washington Seattle and more, joined together, despite the cold and snowy weather.

Event coordinator, Fawn Bauer stated, “Our Mountain Meetup for millennials was a great success; everyone who attended gave it high praises. I’m extremely proud of the programs and clinics our Meetup Team offered, and we’re grateful for all the support from our partners who participated in this event; including Mount Rainier Institute, International Mountain Guides, Rainier Mountaineering Inc., Alpine Ascents International, Rainier Guest Services, Student Conservation Association and the University of Washington. There were many new millennial park visitors who found their park that day!”

The Mountain Meetup was one of several National Park Week events celebrating the NPS Centennial.

Article and photo by Caroline Meleedy, Visual Information Student Conservation Association Intern
The Future of Mount Rainier: The Next 100 Years Starts Today

Continued from page 5 leadership in students who explore the natural world, develop a connection to nature, and build community.

The advent of social media and advanced digital technology provides new venues for everyone, especially young adults, to share their park experiences with friends and family. Today’s technology is connecting a new generation of park enthusiasts to parks, and Mount Rainier to a new generation of visitors.

Citizen Science students and visitors are surveying amphibians, butterflies, and flowering plants in designated areas around the park. Their efforts are providing valuable data about species found in the park and how their numbers are changing over time. Through the “Dragonfly Mercury Project” (DMP) citizen scientists collect dragonfly larvae and weeds, and in understanding the distribution of all plants in the park. Animal sightings that you capture in a photograph assist wildlife biologists with tracking animal movements and finding habitats. Submit your photographic observations of plants and animals to http://www.mercuryin.org/, species must be identifiable, and photos must be date-stamped and include embedded GPS coordinates.

During the past century communities and individuals cultivated the idea, and lobbied for the designation of special places as national parks. In the next 100 years of the National Park Service, people will be volunteering to sustain those special places, like Mount Rainier. For example, each year through the Washington Trails Association (WTA) approximately 500 volunteers will help maintain trails, and sponsors research. To learn how you can contribute to reintroduce fishers, a predator mammal, to the regional forests (see page 4). Also, students from Washington School are designing an online Wilderness Reservation System to replace a 17-year old fax registration process. It will allow the hikers to plan their own trip.

Washington’s National Park Fund (WNPF) is the only philanthropic organization dedicated exclusively to supporting Mount Rainier, North Cascades, and Olympic national parks. Through charitable contributions and a partnership with each park, WNPF funds youth programs, builds trails, and sponsors research. To learn how you can donate see page 9.

Finally, the future of Mount Rainier is also in the hands of staff, dedicated to the National Park Service’s one-hundred-year-old mission. This can be seen in a commitment to bring more youth to the park, a campaign to keep wildlife wild, and the use of sustainable building materials that maintain the park’s historic rustic architecture. Staff scientists even monitor the air for gaseous pollutants that impact the scenic vistas, natural ecosystems, and cultural resources that you enjoy.

With comments previously obtained from the general public, Mount Rainier is developing a Wilderness Stewardship Plan (WSP) to guide the preservation, management, and use of the park’s wilderness. The goal is to restore, and protect the overall character of Mount Rainier’s wilderness.

These and the many unmentioned partnerships, projects, and opportunities, are a start in securing the future care and protection for Mount Rainier National Park. It is up to future generations to sustain this park and the National Park Service through the next century. However, instilling the relevant passion in them to do so requires leadership from NPS, and stewardship role models from you, their mentors. Coming together at Mount Rainier, teaching, learning, and loving this national park, will ensure its future. Time starts now!

Explore Washington’s National Park Sites

Through the Antiquities Act of 1906, the President has authority to proclaim national monuments and other sites on lands already under federal jurisdiction. The designation of a “national park” may only be created by an act of Congress. Today our National Park System comprises over 410 units, covering more than 84 million acres in 50 states, the District of Columbia, American Samoa, Guam, Puerto Rico, Saipan, and the Virgin Islands.

The richness and diversity of national park units can be explored and revisited throughout Washington State. Since 1899, when Mount Rainier was designated the nation’s fifth national park, historic events and landscapes of Washington State have been recognized as federally significant.

Maybe you will Find Your Park in Washington:

1899 – Mount Rainier National Park
1936 – Whitman Mission National Historic Site
1938 – Olympic National Park
1948 – Fort Vancouver National Monument
1946 – Lake Roosevelt National Recreation Area
1965 – Nez Perce National Historical Park
1966 – San Juan Island National Historical Park
1968 – North Cascades National Park
1968 – Lake Chelan National Recreation Area
1968 – Ross Lake National Recreation Area
1976 – Klondike Gold Rush National Historical Park (Seattle Unit)
1978 – Lewis & Clark National Historic Trail
1978 – Ebeys’ Landing National Historic Reserve
2004 – Lewis and Clark National Historical Park
2008 – Bainbridge Island Japanese American Exclusion Memorial
2009 – Ice Age Floods National Geologic Trail
2013 – Wing Luke Museum (an Affiliated Area)
2014 – Manhattan Project National Historical Park
Centennial Events Calendar

**July Centennial Events**

- **July 1. Visit Rainier Centennial GeoTour**
  The third in a series of four geotours that explore the region’s rich history, scenic wonders, quaint communities, and hidden gems at visitrainier.com.

- **July 1, 15, 29, 8:45 pm. History Comes Alive, Paradise Inn**
  **

- **July 2, 16, 30, 8:30 pm. History Comes Alive, Cougar Rock Campground**
  **

- **July 6, 20, 9:00 pm. History Comes Alive, Ohanapecosh Campground**
  **

- **July 7, 21, 7:30 pm. History Comes Alive, White River Campground**
  **

- **July 9. REI Village Tour 2016, Sunrise**
  REI Village 2016 is a large, mobile interactive exhibit that introduces recreation and education opportunities in America’s national parks.

- **July 13-16. Discover Washington Youth Heritage Project, Longmire**
  Discover Washington Youth Heritage Project inspires high school students to explore how the tools of historic preservation can lead to a greater understanding of the past.

- **July 16. Mount Rainier National Park Associates Centennial Volunteer Project ***
  **

- **July 21, 8:30 pm. Centennial Speaker Series: Science in the Park, Paradise Inn**
  In partnership with the U.S. Citizenship and Immigration Services, the park will host a Naturalization Ceremony swearing in new Americans as official United States citizens.

- **July 27, 1:00 pm. Naturalization Ceremony, Paradise**
  In partnership with the U.S. Citizenship and Immigration Services, the park will host a Naturalization Ceremony swearing in new Americans as official United States citizens.

- **July 28, 8:45 pm. Centennial Speaker Series: Landscapes for the People, Paradise Inn**
  **

- **July 30, 8:45 pm. Centennial Star Party, Paradise**
  **

**August Centennial Events**

- **August 3, 17, 31, 8:00 pm. History Comes Alive, Ohanapecosh Campground**
  **

- **August 4, 18, 7:30 pm. History Comes Alive, White River Campground**
  **

- **August 6, 8:30 pm. Centennial Speaker Series: Amazing Mount Rainier Stories, Paradise Inn**
  **

- **August 7 September 2. Pacific Northwest Preservation Field School, Longmire**
  The University of Oregon Pacific Northwest Preservation Field School provides hands-on learning in historic preservation techniques working on buildings in the park’s National Historic Landmark District. For information [http://hp.uoregon.edu/preservation-field-schools](http://hp.uoregon.edu/preservation-field-schools).

- **August 7, 8:45 pm. Centennial Speaker Series: Wish You Were Here: Mail and the National Parks, Paradise Inn**
  **

- **August 12-14. Music in the American Wild, 8/12, 7:30 pm, Ohanapecosh; 8/13, 2:00 pm, Paradise; and 8/14, 2:00 pm, Sunrise**
  Music in the American Wild musicians will celebrate the Centennial by performing their original compositions of inherently American music inspired by the amazing landscapes of National Parks.

- **August 12, 26 8:45 pm. History Comes Alive, Paradise Inn**
  **

- **August 13, 27 8:30 pm. History Comes Alive, Cougar Rock Campground**
  **

- **August 13. Mount Rainier National Park Associates Centennial Volunteer Project ***
  **

- **August 20, 8:30 pm. Shadows of the Past, Longmire**
  In the Shadows of the Past program meet the people who explored, settled, climbed and protected Mount Rainier more than 100 years ago.

- **August 25-28. NPS Centennial Free Entrance Days—National Park Service’s 100th Birthday**

- **August 28. Celebrate National Parks at Mount Rainier**
  On August 25, the 100th anniversary date, Celebrate National Parks at many park locations.

- **August 27, 8:45 pm. Centennial Star Party, Paradise**
  Join park rangers and astronomy volunteers for a Centennial Star Party, a memorable night of star gazing and dark sky appreciation. Program begins at 8:45 pm at the Paradise Inn lobby followed by the 9:30 pm star gazing at the Jackson Visitor Center plaza.

**Event Descriptions**

* The Centennial Speaker Series shares a variety of stories and perspectives about the National Park Service and Mount Rainier National Park.

** History Comes Alive. National parks tell stories of people—past and present. Meet some characters from Mount Rainier National Park’s past and hear their stories.

*** Throughout the summer Washington Trails Association (wta.org) and Mount Rainier National Park Associates (mnpa.org) lead volunteers working on trail and revegetation projects.
## Ranger-led Programs

### Paradise Ranger Chat
Join a ranger in the lobby of the Paradise Inn to help plan your day at the park. Meet in the lobby.

<table>
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<th>Length</th>
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<td>9:30 am</td>
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</tbody>
</table>

### Discover Paradise
Participate in a ranger in exploring the North Cascades. Meet at the flagpole in front of the visitor center. Return on your own.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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</thead>
<tbody>
<tr>
<td>60 min</td>
<td>2:00 pm</td>
<td>2:00 pm</td>
<td>2:00 pm</td>
<td>2:00 pm</td>
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</tbody>
</table>

### Mount Rainier—An Active Volcano
What’s Mount Rainier up to? Join a park staff member for a dialogue about the Northwest’s iconic volcano. Meet at the flagpole outside of the visitor center. Return on your own.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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<th>WED</th>
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<tbody>
<tr>
<td>60 min</td>
<td>10:30 am</td>
<td>10:30 am</td>
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</tbody>
</table>

### Junior Ranger Program
Join a ranger or volunteer for fun and educational activities to earn your Junior Ranger Patch! Ages 6 to 11, parents must remain with their Junior Rangers. Meet inside the visitor center at the front desk.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>30-45 min</td>
<td>1:00 pm</td>
<td>1:00 pm</td>
<td>1:00 pm</td>
<td>1:00 pm</td>
<td>1:00 pm</td>
<td>1:00 pm</td>
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</tr>
</tbody>
</table>

### Astronomy Program
Observe the heavens from the slopes of Mount Rainier. Meet in front of the Paradise Visitor Center. Check for start times at the visitor center or call the astronomy hotline (360) 569-6230.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
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<th>THU</th>
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</thead>
<tbody>
<tr>
<td>2 hours</td>
<td>9:45 pm weather permitting</td>
<td>9:45 pm weather permitting</td>
<td>9:45 pm weather permitting</td>
<td>9:45 pm weather permitting</td>
<td>9:45 pm weather permitting</td>
<td>9:45 pm weather permitting</td>
<td>9:45 pm weather permitting</td>
</tr>
</tbody>
</table>

### Visitor’s Choice
What’s on your mind about Mount Rainier National Park? Help the ranger plan the program. Meet at the relief map in the visitor center.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
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</thead>
<tbody>
<tr>
<td>45 min</td>
<td>3:15 pm</td>
<td>3:15 pm</td>
<td>3:15 pm</td>
<td>3:15 pm</td>
<td>3:15 pm</td>
<td>3:15 pm</td>
<td>3:15 pm</td>
</tr>
</tbody>
</table>

### Paradise Inn Evening Program
Take a seat in the lobby of the Paradise Inn and enjoy an evening with a park ranger or a guest speaker. Topics vary nightly. Inquire at the Jackson Visitor Center or at the Paradise Inn for program descriptions.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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<tbody>
<tr>
<td>45 min</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
<td>8:45 pm</td>
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</tbody>
</table>

### Special Programs
Check bulletin boards, visit the Paradise Inn, or join us for a schedule.

### Longmire/Cougar Rock Campground

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
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<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-45 min</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
<td>6:30 pm</td>
</tr>
</tbody>
</table>

Parking at the campground is limited. If you attend the program, but are not camping, park in the Cougar Rock Picnic Area across the park road from the campground.

### Evening Program
Join a ranger for a program that involves, inspires, and explores! Topics vary nightly. Meet at the Cougar Rock Campground Amphitheater.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
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</thead>
<tbody>
<tr>
<td>45 min</td>
<td>8:30 pm</td>
<td>8:30 pm</td>
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<td>8:30 pm</td>
<td>8:30 pm</td>
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</tr>
</tbody>
</table>

Parking at the campground is limited. If you attend the program, but are not camping, park in the Cougar Rock Picnic Area across the park road from the campground.

### Take a HIKE! With a Ranger
Experience the forest along the Paradise River en route to Carter Falls. Meet at the Carter Falls Trailhead 2.1 miles east of Longmire, just east of the Cougar Rock Campground. Bring water, a hat, and sturdy shoes.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
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</thead>
<tbody>
<tr>
<td>50 min</td>
<td>Return on your own 2 miles</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:30 am</td>
</tr>
</tbody>
</table>

### Our Mountain: A History of Adventure
Join us as we share stories of the past and present. Even if the tales have grown more outrageous with time, chances are we’ll still find a lot in common. Check with the Longmire Museum for further details.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>10:15 am &amp; 3:30 pm</td>
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<td></td>
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</table>

### Sunrise/White River Campground

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
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<tbody>
<tr>
<td>1 hour</td>
<td>10:00 am</td>
<td>10:00 am</td>
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</table>

### Junior Ranger Program
Children ages 6 to 11 are invited to join park staff for a fun activity about the mountain, glaciers, habitats, and more. Meet at the White River Campfire Circle.

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<thead>
<tr>
<th>Length</th>
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<tbody>
<tr>
<td>45 min</td>
<td>1:00 &amp; 3:00 pm</td>
<td>1:00 &amp; 3:00 pm</td>
<td>1:00 &amp; 3:00 pm</td>
<td>1:00 &amp; 3:00 pm</td>
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<td>1:00 &amp; 3:00 pm</td>
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</table>

### Sunrise Afternoon Guided Walks
Learn about the natural and cultural history of the Sunrise area on this easy ramble with a ranger. Meet at the Sunrise Visitor Center flagpole. The trail is not wheelchair accessible.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>45 min</td>
<td>7:00 pm starting August 7</td>
<td>7:00 pm starting August 7</td>
<td>7:00 pm starting August 7</td>
<td>7:00 pm starting August 7</td>
<td>7:00 pm starting August 7</td>
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<td>7:00 pm starting August 7</td>
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</table>

### History Comes Alive
National parks tell stories of people—past and present. Meet characters from Mount Rainier National Park’s past and hear their stories.

<table>
<thead>
<tr>
<th>Length</th>
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<tbody>
<tr>
<td>45 min</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
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</tbody>
</table>

### Check bulletin boards for additional Junior Ranger programs, special programs, and schedule updates.

### Ohanapeosh

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
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</thead>
<tbody>
<tr>
<td>1 hour</td>
<td>10:00 am</td>
<td>10:00 am</td>
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<td>10:00 am</td>
<td>10:00 am</td>
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</tbody>
</table>

### Evening Program
Join a ranger for a program that involves, inspires, and explores! Topics vary nightly. Meet at the Ohanapeosh Campground Amphitheater.

<table>
<thead>
<tr>
<th>Length</th>
<th>SUN</th>
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<tbody>
<tr>
<td>45 min</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
<td>9:00 pm starting August 6</td>
</tr>
</tbody>
</table>

### History Comes Alive
National parks tell stories of people—past and present. Meet characters from Mount Rainier National Park’s past, and hear their stories.

See page 7 for more information. Check bulletin boards for dates and times.
Making a Difference Into the Next 100 Years

By Laurie B. Ward, Washington’s National Park Fund Executive Director

Do you love national parks?
Would you like to give back to make them stronger?

W A S H I N G T O N
At Washington’s National Park Fund (www.wnpf.org), you may choose to give directly to Mount Rainier National Park. You may also give directly to one of the priority areas that the Fund supports:
- Science and Research—providing resources for fisher restoration, glacial studies, red fox research, etc.
- Visitors’ Experiences—strengthening Search and Rescue, trails, emergency roadside assistance, etc.
- Volunteerism and Stewardship—funding the park’s program so they’re able to bring in, train, and manage the 1,700 volunteers who come in each year.
- Youth Programs—building upon past years’ successes so more youth can gain access

Over the past seven years, more than $2.5 million has been given to Mount Rainier, North Cascades, and Olympic National Parks through Washington’s National Park Fund. Eighty percent of the funds raised are given to the parks. Funds are raised through events, estate gifts, online giving, corporate and foundation support, climbs of Mount Rainier, year-end appeals, RAMROD (Ride Around Mount Rainier in One Day), the park’s lodge guest donation program, and donation boxes in the park. One hundred percent of the funds raised stays in Washington State for the benefit of Mount Rainier, North Cascades, and Olympic national parks.

Show your support! Washington State residents can purchase national park license plates. Thanks to the thousands who have them, $150,000 is split evenly between Mount Rainier, North Cascades, and Olympic national parks.

During this centennial year, show you care. Give to Mount Rainier National Park through Washington’s National Park Fund.

Washington’s National Park Fund
1904 3rd Avenue, Suite 400
Seattle, WA 98101
206-623-2063
EIN: 01-0869799

Experience Mount Rainier as a Volunteer Ranger

As you visit Mount Rainier, keep your eyes open for people wearing hats, shirts, and jackets with a “volunteer” logo. You’ll see volunteers working in the visitor centers and assisting visitors in the meadows. Even more are busy behind the scenes, organizing the park’s collection of historic photos and taking care of plants in our greenhouse.

Last year, almost 1,700 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 could have alone.

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

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

Your Visitor Fees at Work

Mount Rainier became the fifth national park in 1899, and was the first to admit vehicles for a fee at the Nisqually Entrance in 1907. Eighty years later, the cost for a one week visit to the park was raised from two dollars to five dollars per vehicle. With changing times and the increased costs of running the park fees are now twenty-five dollars per vehicle.

Your entrance and camping fees benefit the park tremendously. By law, eighty percent of these recreation fees are retained at the park, with twenty percent made available to national park units without fee programs. This funding is used exclusively on projects or services that directly benefit visitors.

Visitor fees are the primary fund source for the electrical and telecommunication utilities being installed in the Nisqually-Paradise Road. Every year, visitor fees are used to support trail, campgrounds, and picnic areas. These funds also support visitor centers and assisting visitors in the meadows. Small projects enabled with these funds include upgrading interpretive exhibits, improve accessibility, reduce hazards, and provide information through fee rangers, social media, and publications like this one.

By paying entrance and camping fees you help care for the park. Watch for evidence of your fees at work during your visit and thank you for your support of Mount Rainier National Park!

Citizen Ranger Learning Adventures!

There is a new way to explore the park! Have your own adventure by completing “Citizen Ranger Quest” activities. Has your inner Junior Ranger never really gone away? Try out a Quest! They are designed for older children (12 and up) and adults. However, these in-park learning adventures can also be enjoyed by younger children with help from adults or older children. Groups, families, or individuals completing four of the do-it-yourself activities become “Mount Rainier Citizen Rangers,” and receive a certificate and patch.

Quest topics are diverse and vary from history to science to stewardship. Some Quests take place indoors while others help you explore outdoors. Completion times for the different Quests vary from about thirty minutes to two hours. Quests can be completed using web-based information before you arrive or after you leave the park.

For additional information, or to obtain your Citizen Ranger Quest activity sheets and certificates, inquire at the Longmire Museum, and Ohanapecosh, Paradise, and Sunrise visitor centers.

A distinctive uniform worn with pride, dignity, and demeanor promotes the ideals of the National Park Service. The most distinguishing aspect of the NPS uniform is its gray and green color, introduced with the Uniform Regulations of 1920.

Although styles have changed, the basic uniform remains the same.
Wilderness Camping
Mount Rainier National Park offers outstanding wilderness hiking and camping opportunities. Wilderness camping permits are required for all overnight stays in the park's backcountry. Permits are available on a first-come, first-served basis only. No advance reservations are being accepted this year. Permits can be obtained up to one day prior to the trip start date, or on the start date. Wilderness permits must be obtained in person at the Longmire Wilderness Information Center, White River Ranger Information Center, or the Carbon River Ranger Station. See page 12 for hours.

Wilderness Information Center, or the Carbon River Ranger Station. See page 12 for hours.

Firewood: Buy It Where You Burn It!
Washington forests are in jeopardy from the transportation of invasive insects and diseases in firewood. New infestations of tree-killing insects and diseases often are first found in campgrounds and parks. Here’s what you can do to help:

- Buy firewood near where you will burn it—that means the wood was likely cut within 50 miles of where you’ll have your fire.
- Wood that looks clean and healthy can still have tiny insect eggs, or microscopic fungi spores, that will start a new and deadly infestation. Always leave it at home, even if you think the firewood looks fine.
- Aged or seasoned wood is still not safe. Just because it is dry doesn’t mean that bugs can’t crawl onto it!
- Tell your friends not to bring wood with them. Everyone needs to know that they should not move firewood.

More information is available online at www.dontmovefirewood.org.

Climbing
Each year, approximately 10,000 people attempt to climb Mount Rainier. Nearly half reach the 14,410-foot summit. Climbing passes and permits are required for travel above 10,000 feet and on glaciers. Climbing information—including fees, routes, and conditions—is available at the Paradise Climbing Information Center and other ranger stations. Please obtain permits at least 30 minutes prior to ranger stations' closing times. See page 12 for hours. Guided climbs and climbing seminars are available through:

- Alpine Ascents International (206) 378-1927
- International Mountain Guides (360) 569-2609
- Rainer Mountaineering, Inc. (888) 892-5462

Park Water Bottle Filling Stations
Mount Rainier National Park has free potable water available at most of the developed areas in the park. In addition to traditional water fountains, the park worked with its lodging and dining concessions partner, Rainier Guest Services (RGS), to install three new water bottle filling stations that make it easier for visitors to fill oversized bottles quickly. RGS offers several types of reusable water bottles for sale in the gift shops at Longmire, Paradise, and Sunrise.

Water bottle filling stations, water fountains, and/or spigots are located in the following locations:

- Paradise: Paradise Inn, Jackson Visitor Center, Paradise Ranger Station, and picnic area comfort stations
- Longmire: National Park Inn/General Store and Longmire Administration Building
- Ohanapecox: Visitor Center restrooms and most campground comfort stations
- Sunrise: Inside and outside the Day Lodge
- Cougar Rock Campground: Most campground and picnic area comfort stations
- Grove of the Patriarchs: Comfort station
- Box Canyon: Comfort station
- White River: Ranger Station parking area and campground comfort stations

Easy & Moderate Hikes

<table>
<thead>
<tr>
<th>Area</th>
<th>Trail Name</th>
<th>Trailhead Location</th>
<th>Round-Trip Distance</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon River</td>
<td>Rainforest Nature Trail</td>
<td>Carbon River Entrance</td>
<td>0.3-mile loop trail</td>
<td>Self-guiding trail through an inland temperate rainforest</td>
</tr>
<tr>
<td>Kautz Creek</td>
<td>Kautz Creek Viewpoint</td>
<td>3 miles southwest of Longmire</td>
<td>0.1-mile</td>
<td>Wheelchair-accessible boardwalk and viewpoint</td>
</tr>
<tr>
<td>Longmire</td>
<td>Twin Firs</td>
<td>1.9 miles southwest 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 from the National Park Inn</td>
<td>0.7-mile loop trail</td>
<td>Good for children &amp; evening activities</td>
</tr>
<tr>
<td></td>
<td>Carter Falls</td>
<td>2 miles northeast of Longmire</td>
<td>2 miles</td>
<td>Moderate hike, climbs 500’ up forested canyon to waterfall</td>
</tr>
<tr>
<td></td>
<td>Paradise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nisqually Vista</td>
<td>Lower Paradise parking lot</td>
<td>1.2-mile loop</td>
<td>Trail work this summer will prohibit hiking the loop in full</td>
</tr>
<tr>
<td></td>
<td>Skyline Trail to Myrtle Falls</td>
<td>Large stairway/ramp near visitor center</td>
<td>1 mile</td>
<td>Suitible for strollers and wheelchairs (with assistance)</td>
</tr>
<tr>
<td>Stevens Canyon Road</td>
<td>Bench &amp; Snow Lakes</td>
<td>1.5 miles east of Reflection Lakes</td>
<td>2.5 miles</td>
<td>Watch for bears in the meadows 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 and glacially-polished rocks</td>
</tr>
<tr>
<td>Ohanapecox</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, suspension foot-bridge</td>
</tr>
<tr>
<td></td>
<td>Silver Falls</td>
<td>Ohanapecox Campground</td>
<td>2.4-mile loop</td>
<td>Old growth forest, waterfall, river</td>
</tr>
<tr>
<td>Mather Memorial Parkway/SR 410</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>Sunrise</td>
<td>Silver Forest/Emmons Vista</td>
<td>South side of parking lot</td>
<td>2 miles</td>
<td>Glacier views at Emmons Vista Overlooks (0.5 mile one-way)</td>
</tr>
<tr>
<td></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>

Leave No Trace
Plan ahead and prepare
Travel and camp on durable surfaces
Dispose of waste properly
Leave what you find
Minimize campfire impacts*
Respect wildlife
Be considerate of others

*Fires are for emergency use only, they are not allowed in Mount Rainier's Wilderness.
**Hazards of the Season**

Winter snowpack may linger late into summer on the mountain. Snow may be found covering portions of trails into August. However, keep in mind that snow is not the only issue when it comes to safe backcountry travel. This past winter was unusually warm with several significant wind events. Trails are likely damaged, bridges and footlogs may be out; and large fallen trees may obscure trails.

**Route-Finding Challenges**

Many early season hikers are not prepared for challenges encountered by a lingering snowpack. Trails may be snow-free at lower elevations but anticipate and prepare for snow at higher elevations.

Conditions change rapidly during the day and footprints in the snow quickly disappear. This has left many day hikers disoriented upon their return trip, expecting to simply follow their own tracks back to the snow-free trail. This results in many lost individuals, injuries, and fatalities. When route-finding, note important landmarks. If the trail becomes difficult to follow, stop and find where you are on the map before continuing.

*A beautiful day on the mountain can turn into dangerous whiteout conditions in a matter of minutes. Knowing what to do and making the right decision can be the difference between life and death.*

**Be Prepared**

If at any point you feel uncomfortable or unprepared, turn around. If you plan on retracing your route back to the trailhead consider using wands on snow-covered trails. Always carry a good map and compass, and actively use them on snow-covered trails. Also consider supplementing your map and compass with an external antenna GPS for best coverage beneath a forest canopy. Again, it is extremely important that you know how to use these tools.

Consider the steep snow slopes, melt holes, thinning snow bridges, and other early season hazards that you may encounter, and be honest with yourself in assessing your skills and experience.

**Snow Avalanches are Common in Spring**

The greatest danger to you is an avalanche that you trigger by skiing, snowboarding, snowshoeing, or climbing. Be prepared for travel in avalanche terrain. Carry a transceiver, probe, and shovel and know how to use them. Determine if the location you are traveling is avalanche prone. When in doubt, ask questions or don’t go. Unstable snow may slide at any time — not just in winter! Remember, even small avalanches can be deadly.

**Mountain Weather Changes Rapidly**

A pleasant outing can quickly be transformed into a survival ordeal. Having proper gear (adequate boots, ice axe, the ten essentials, etc.) is a must. Navigation in a storm conditions can be extremely difficult. If you’re ascending and clouds or fog start rolling in, turn around and head back to the trailhead. If that’s not possible, stop moving, dig in, and wait for better weather.

**Plan Ahead**

- Protect yourself by wearing appropriate outdoor clothing including footwear.
- Be prepared for rapidly changing weather.
- Carry the ten essentials even on a short sightseeing hike.
- Always tell someone of 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.

**Cross 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. Use these pointers in making wise decisions when crossing streams.

- 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.

Most importantly, plan your route ahead of time, have a backup plan, and never travel alone.

**Hiking the Muir Snowfield**

The Muir Snowfield—a permanent field of ice, snow, 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, does, crossing the Muir Snowfield can be disastrous.
- Keep the trail-finding, note important landmarks. If the trail becomes difficult to follow, stop and find where you are on the map before continuing.

**Keep Wildlife Wild**

Human food puts animals at risk and some die as a result. For example, birds, like jays or ravens are effective nest predators—eating the eggs or young of other birds. By feeding jays or ravens, visitors concentrate these nest predators near roads and trails and inadvertently contribute to the death of songbirds in the same area.

Feeding wildlife harms them in many ways. Beggars squirrels, foxes, deer, and jays learn to approach people and busy areas. They often get hit and killed by cars. Animals that become accustomed to humans and human food may also pursue and injure visitors. Biologists and rangers must intervene, with killing the animal as the last resort.

- Do not leave food, beverages, pet food, or toiletries unattended for any length of time.
- Clean up picnic areas after you eat.
- Do not feed the wildlife.
- Keep wildlife wild.
- Please do not feed the wildlife.
- Do not leave food, beverages, pet food, or toiletries unattended for any length of time.
- Before you step off the trail... consider this: each step into a meadow crushes an average of 20 plants!

**Plan Ahead**

- Map and compass
- Sunglasses, sunscreen, and hat
- Extra clothing (warm!) and rain gear
- Flashlight or head lamp (extra batteries)
- First aid supplies
- Waterproof matches or lighter
- Repair kit and tools (for gear)
- Extra food
- Extra water
- Emergency shelter

**Before you hike, check current trail conditions at a Visitor Center or Wilderness Information Center**

**When exploring Mount Rainier’s fragile snow meadows hike only on maintained trails or thick patches of snow.**

**Before you step off the trail...**

- Please do not feed the wildlife.
- Do not leave food, beverages, pet food, or toiletries unattended for any length of time.
- Clean up picnic areas after you eat.
- Do not feed the wildlife.
Visitor Facility Hours

Visitor Centers

Longmire Museum (360) 569-6575
July 1 - October 10
9:00 am - 5:00 pm daily
Ranger programs, exhibits, information, books

Paradise Henry M. Jackson Visitor Center (360) 569-6571
July 1 - October 10
10:00 am - 7:00 pm daily
Due to road construction delays the visitor center may open up to 15 minutes late.
Ranger programs, exhibits, information, park film, books, food service, gifts

Ohanapecosh Visitor Center (360) 569-6581
July 1 - September 18
9:00 am - 5:00 pm daily
Ranger programs, exhibits, information, books

Sunrise Visitor Center (360) 663-2425
July 1 - September 25
10:00 am - 6:00 pm daily
Exhibits, information, books

Wilderness & Climbing Information Centers

Longmire Wilderness Information Center (360) 569-6650
July 1 - October 10
7:30 am - 5:00 pm daily
Wilderness camping & climbing permits, general information

Paradise Climbing Information Center (Guide House) (360) 569-6641
July 1 - September 5
7:00 am - 4:30 pm daily
Closed 12:00 pm - 12:30 pm daily
Wilderness camping and climbing permits, exhibits, general information

White River Wilderness Information Center (360) 569-6670
July 1 - October 10
7:30 am - 5:00 pm daily
Wilderness camping and eastside climbing permits, general information

*Carbon River Ranger Station (360) 829-9639
July 1 - September 5
8:30 am - 5:00 pm Monday - Thursday
7:30 am - 6:00 pm Friday - Sunday
*Located on the Carbon River Road 5.5 miles east of the Mowich Lake (SR165) junction.
Wilderness camping & northside climbing permits, general information (including Ipsut Creek Campground)

Food & Lodging

For in-park lodging reservations, call Mount Rainier Guest Services at (360) 569-2275 or go to www.mtrainierguestservices.com

National Park Inn at Longmire
Open year-round
Front Desk: 7:00 am - 10:00 pm daily
Lodging, dining room

Longmire General Store
Open year-round
July 1 - September 4
9:00 am - 8:00 pm daily
Gifts, snacks, apparel, firewood

Paradise Inn
Front Desk: open 24 hours daily
Dining Room:
Breakfast 7:00 am - 9:30 am
Lunch 12:00 pm - 2:00 pm
Dinner 5:30 pm - 8:00 pm
Sunday Brunch 11:30 am - 2:00 pm
Tatoosh Cafe: 9:00 am - 10:00 pm
Gift Shop: 9:00 am - 8:00 pm
Lodging, dining, gifts, apparel, range on duty, interpretive programs

Paradise Camp Deli and Gift Shop in the Jackson Visitor Center at Paradise
July 1 - September 5
10:00 am - 6:45 pm daily
Food, gifts, books, apparel

Sunrise Day Lodge
Breakfast 7:00 am - 9:30 am
Lunch 12:00 pm - 2:00 pm
Dinner 5:00 pm - 8:00 pm
Sunday Brunch 11:30 am - 2:00 pm
Tatoosh Cafe: 9:00 am - 10:00 pm
Gift Shop: 9:00 am - 8:00 pm
Lodging, dining, gifts, apparel, range on duty, interpretive programs

Sunrise Snack Bar and Gift Shop
July 1 - September 5
10:00 am - 7:00 pm daily
Food and gifts. Day use only, no overnight lodging

Firewood Sales
Available through September 25 at the Longmire General Store, through September 4 at Cougar Rock and Ohanapecosh campgrounds.

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 local communities. GAS IS NOT AVAILABLE IN THE PARK

Parking In Paradise

If you are visiting Paradise on a nice day be prepared for heavy traffic, busy parking lots, and pedestrians on the roadway. Due to the popularity of the Paradise area, you are asked to park your vehicle in certain lots depending on the intent of your visit and the type of vehicle you are driving. 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 am. 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. Paradise Inn overnight guests may also park in the upper lot during their stay.

- Parking can be difficult to find on sunny summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. To avoid congestion, visit these areas on weekdays, arrive early, and carpool.

- Parking in the lower Paradise lot is intended for visitors staying longer than two hours, for those hiking in the Paradise area, and for backcountry campers and climbers with a valid backcountry 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.

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

- Motorhomes, RVs, and vehicles towing trailers must park along the Paradise Valley Road, east of the upper Paradise lot.

- Plan for road construction delays up to 30 minutes each-way between Longmire and Paradise.

Drive-in Campgrounds

<table>
<thead>
<tr>
<th>Campground</th>
<th>Open Dates</th>
<th>Elev.</th>
<th>Sites</th>
<th>Group Sites</th>
<th>Toilets</th>
<th>Dump Station</th>
<th>Maximum RV/Trailer Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cougar Rock*</td>
<td>May 20 - Oct. 10</td>
<td>3,180'</td>
<td>173</td>
<td>5</td>
<td>Flush</td>
<td>Yes</td>
<td>RV 35'/Trailer 27'</td>
</tr>
<tr>
<td>Ohanapecosh*</td>
<td>May 20 - Oct. 10</td>
<td>1,914'</td>
<td>188</td>
<td>2</td>
<td>Flush</td>
<td>Yes</td>
<td>RV 32'/Trailer 27'</td>
</tr>
<tr>
<td>White River</td>
<td>June 24 - Sept. 26</td>
<td>4,232'</td>
<td>112</td>
<td>0</td>
<td>Flush</td>
<td>No</td>
<td>RV 27'/Trailer 18'</td>
</tr>
<tr>
<td>Mowich Lake</td>
<td>(including Ipsut Creek Campground)</td>
<td>Primitive walk-in campground, tents only. 10 sites, 3 group sites (max. group size: 12). No fee (must self-register at campground kiosk). Vault toilets, no potable water. No fires allowed. Elevation 4,929', generally open July through early October, depending on road and weather conditions. Call 360-829-9639 for information.</td>
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*Advance reservations are recommended for individual sites at Cougar Rock and Ohanapecosh Campgrounds from June 23 through the night of September 4. These can be made up to six months in advance. Reservations for group sites are recommended and are available throughout the season. These can be made up to one year in advance. To make a reservation online, go to www.recreation.gov or call 877-444-6777.