

TAHOMA

Mount Rainier National Park

Activity & Program Guide

May 1 - June 30, 1990



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24 Hour Information

For information on Mount Rainier National Park, tune your AM radio to 1610KHz, near Nisqually Entrance. You may dial (206) 569-2211 for up-to-date information on park roads, trails, facilities, and weather, 24 hours a day.

Stevens Canyon Road Opens May 25, 1990

The scenic roadway between Paradise and Highway 123 near Ohanapecosh is usually plowed free of snow and rock debris by the last week of May.

Washouts Cause Delay In Park Road Opening

Some Park roads will open later than normal this spring due to washouts caused by flooding along major streams early last winter. Park Service crews are working alongside private contractors to repair the damage which blocks three major roadways in the Park.

■ Highway 410 over Cayuse and Chinook passes is expected to open for the season on May 25, when State Highway crews finish rebuilding 100 yards of roadway which slipped away from the mountainside near Klickitat Creek.

■ Carbon River Road in the northwest corner of the Park is expected to reopen for vehicle travel at the end of May or early June after Park Service crews replace a section of roadway near Chenuis Falls Trailhead.

■ West Side Road, northward from near the Nisqually Entrance, will be closed to vehicle traffic throughout the spring and summer seasons. A contractor will be hauling rip-rap and road ballast rocks to rebuild a section of roadway near Dry Creek crossing which was eroded away by flooding of Tahoma Creek.

We regret any inconvenience these repairs may cause as we attempt to provide safe roadways.

Spring Arrives Late!!

Spring comes late at Mount Rainier and elsewhere in the Cascade Mountains - weeks after the date circled on the calendar. During the winter, 15 to 20 feet of snow blanketed higher elevations of Paradise and Sunrise, while at lower elevations of Longmire and Ohanapecosh there were 3 to 5 feet of snow on the ground.

As we anticipate the summer hiking season, we must contend with late snow meltout on most Park trails. Elevations below 3500 feet will usually be snow free by late May, while higher elevations retain snowpack into late July. Because of the factors of elevation and snowpack

the best hiking is yet to come in August and September.

Normal peak flower bloom in the sub-alpine meadows occurs most years in late July or early August, months after spring has marched up the sides of the mountains from the lower elevations.

Spring is a good time to enjoy the lush vegetation of the lower Old-Growth forest around Longmire, Carbon River, and Ohanapecosh. There are self-guiding nature trails in each of these locations to help you to explore and understand the natural and human history of the Park.

The warmth of spring causes Park streams to swell into torrents, making waterfalls especially powerful. Look for

Christine Falls, Narada Falls, or Silver Falls on your Park map or ask a Park Ranger for directions to these or other picturesque waterfalls.

Walking or hiking on higher elevation trails around Paradise or Sunrise (after July 1) in this early season requires extra responsibility to preserve the integrity of the meadow. Please stay on snow or follow flagged routes which mark the trail surface below. Please do not walk on bare ground so that, when the snow has melted, the meadows will not be damaged by early season hiking. Wear appropriate shoes or expect to get cold, wet feet. Check with the Park staff for details about trail conditions, weather, and suggested hikes.

Don't Be A Meadow Stomper!

Welcome to Mount Rainier National Park. We value the meadows of Paradise and Sunrise. The flower fields melt out in July and early August and beautiful displays of blossoms spring up as the snow disappears. These lush meadows are very fragile and need special care.

Please walk only on the constructed pathways. Do not pick any flowers or trample any plants. Stay on pathways when taking photographs. Picnic only in designated areas - not on the meadows. We want the meadows to remain beautiful for all the world to see.



Bienvenue Au Mount Rainier

Les pâturages de Paradise et de Sunrise nous sont très précieux. La fonte des neiges, en juillet et début août, y cède la place à de superbes champs de fleurs. Ces riches prairies sont pourtant très fragiles et requièrent des soins particuliers. Veuillez donc à ne marcher que sur les sentiers renforcés. Ne cueillez aucune fleur et n'en écrasez aucune. Restez bien sur les sentiers pour prendre vos photographies et ne mangez que dans les zones de pique-nique indiquées - pas sur l'herbe des prés. Nous voulons en effet préserver leur beauté pour que tout le monde entier puisse en profiter.

Bienvenido Al Mount Rainier

Las praderas de Paradise y Sunrise despiertan en nosotros un especial cariño. Los campos de flores se deshielan en julio y comienzos de agosto y, a medida que desaparece la nieve, florecen los campos con un bello despliegue de colorido. Estas frondosas praderas son muy frágiles y requieren de cuidados especiales; por consiguiente, le rogamos caminar únicamente por los senderos especialmente contruidos para tal fin, no cortar las flores ni pisotear las plantas. Permanezca en los senderos al tomar fotografías y haga sus meriendas campestres en las áreas designadas para ello - no en las praderas. Nuestra intención es preservar la belleza de estas praderas para que el mundo entero pueda disfrutar al admirarlas.

Willkommen Im Mount Rainier

Die Bergwiesen von Paradise und Sunrise liegen uns sehr am Herzen. Die Blumenfelder tauen im Juni ab, und im frühen August, wenn der Schnee verschwindet, erscheint eine wunderbare Blütenpracht. Diese üppigen Bergwiesen sind sehr empfindlich und bedürfen besonderer Pflege. Bitte gehen Sie nur auf den gebauten Wegen und pflücken Sie keine Blumen, und treten Sie bitte nicht auf Pflanzen. Wenn Sie fotografieren, bleiben Sie bitte auf den Wegen. Picknicks können nur in den bezeichneten Bereichen abgehalten werden - nicht auf den Bergwiesen. Wir wollen die Schönheit der Bergwiesen für alle erhalten.

Mount Rainier

(マウント・レーニア)

国立公園へようこそ!

草原: Paradise (パラダイス)と Sunrise (サンライズ)の草原は私達にとってとても大切なものです。その自然の花畑は7月か8月の始めに顔を出し始め、雪が消えるに従い美しい花々が一斉に咲き始めます。この青々とした草原は非常に傷つきやすく、特別な手入れが必要なので、人工の歩道のみをお使い下さるようお願いいたします。花を摘んだり、植物の上を歩いたりすることは御遠慮下さい。写真撮影の場合も歩道から出ないようにお願いします。ピクニックには指定された場所がありますので、草原でのピクニックは御遠慮ください。世界中の人々に喜んでいただけるように、私達はこの草原をいつまでも美しく保っていきたくと願っています。

歡迎光臨 Mount Rainier

(維尼亞山國家公園)!

Paradise (天堂)及 Sunrise (日出)的草原對我們非常寶貴。七月至八月間,花場開始融雪,冰雪一消失,美麗的花架便會盛開。這些翠綠的草園非常嬌貴,需要特殊的照顧。請只在建築好的小徑上行走。切勿攀摘花朵或踐踏任何植物。拍照請留在小徑上。野餐要到指定的地方---不可在草地上。我們希望這些草原能保持美麗,好讓全世界觀賞。

Mount Rainier

(마운트 레이니어 국립공원)에

오신 것을 환영합니다.

Paradise 와 Sunrise (선라이즈)의 목초지는 우리에게 매우 귀중합니다. 칠월과 팔월 초에 이 꽃들판은 녹아서 눈이 없어짐에 따라 아름다운 꽃들이 피어 납니다. 이 무성한 목초지는 손상되기가 매우 쉬우므로 각별한 주의가 필요합니다. 반드시 축조된 통로로만 다니십시오. 절대로 꽃을 꺾거나 식물을 밟지 마십시오. 사진을 촬영할 때는 통로 안에서 하십시오. 소풍은 - 목초지로 나가지 마시고 - 지정된 장소에서 하십시오. 우리는 이 목초지가 아름답게 남아서 모든 세계가 볼 수 있도록 하고 싶습니다.



Longmire/ Cougar Rock

James Longmire discovered the meadow and mineral springs that now bear his name in 1883. His family built the Longmire Springs Hotel and extolled the healthful qualities of the mountain air and mineral water. With the establishment of Mount Rainier National Park in 1899, Longmire became the early center of park activity.

The National Park Inn is the survivor of three hotels that were constructed at Longmire between 1890 and 1918. It represents a rustic style of architecture that was used in western national parks until World War II. The main part of the structure dates from 1918.

Visit the remodelled Inn and enjoy its new services provided by Mount Rainier Guest Services.



Information and Services

- Longmire Museum:** 9 a.m.- 5 p.m., daily. Historic exhibits of geology, natural history, early park exploration and Northwest Indians. The Pacific Northwest National Parks & Forests Association offers books, maps and slides for sale.
- Longmire Hiker Information Center:** Opens June 15. 8 a.m.-6 p.m., Sunday through Thursday; 8 a.m.-7 p.m., Friday; 7 a.m.-7 p.m., Saturday. Backpackers can obtain permits for overnight trips and hiking information. The Center is located in the lobby of the large log and stone building beside the flagpole.

- "Trail of the Shadows" Self-guiding Trail:** 30 minutes, .5 mile. Walk around the Longmire Meadow and see the former site of the Longmire Springs Hotel.
- Cougar Rock Campground:** Opens May 11. 2.5 miles from Longmire on the Paradise Road. 200 campsites for tents and trailers; 5 group sites. Only group sites can be reserved. Site fees are \$6 per site per night on a first-come, first-served basis; group sites cost \$1 a night per person.
- Cougar Rock Picnic Area:** located across the road from the campground. Open May 11.

- Sunshine Point Campground and Picnic Area:** 6 miles west of Longmire and .25 mile east of Nisqually Entrance. 18 sites for tents and trailers. Campsite fees: \$5 per night per site.
- National Park Inn:** Reopens in early June after renovations. Till then gifts, film, postcards, and snacks are available 8:30 a.m.- 5 p.m., daily, in post office room of building near park library.
- Gas Station:** 9 a.m.-5 p.m. through May 31, 9 a.m.-7 p.m. through June 30., daily. Located near the National Park Inn.

Naturalist Programs



Program Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Campfire Program: 45 minutes. Discover Mount Rainier through films or slide programs presented by a Park Naturalist at the Cougar Rock Campground Amphitheater.					Starts May 26 9 PM	Starts May 27 9 PM	

Paradise

Mount Rainier reaches into the atmosphere to disturb great tides of moist maritime air flowing eastward from the Pacific Ocean. The resulting encounter between moisture-laden air and the mountain creates spectacular cloud halos, wrings out the air, and produces fantastic snowfalls. Paradise, located at 5,400 feet on the mountain's south slope, commonly has enough snow to reach the third floor gable of the Paradise Inn. Record snowfalls have occurred several times, the most recent being the winter of 1971-72 with a total snowfall of 1,122 inches (93 1/2 feet).



Information and Services

- Henry M. Jackson Memorial Visitor Center:** 9 a.m.-7 p.m., daily after May 5. Exhibits on animals, glaciers, geology, wildflowers, and mountain climbing. A half-hour program is shown on the hour and half hour 10 a.m.-6 p.m., daily. The slide program "Is the Mountain a Museum" rotates schedules with the movies "Fire and Ice" and "What is a Mountain." Books, maps, and slides are for sale at the information desk.

- Paradise Inn:** opens daily for food & lodging May 23; dining room hours for breakfast: 7 a.m.-10 a.m.; lunch: noon-2 p.m.; dinner: 6 p.m.-8 p.m. through June 15 then 5:30 p.m.-8:30 p.m.; Glacier Lounge: noon-11 p.m., daily; Snack bar: 10 a.m.-7 p.m. through June 15 then 10 a.m.-8 p.m.; For reservations call: Mount Rainier Guest Services at (206) 569-2275.

- Food Services, Showers, and Gifts:** in the Jackson Visitor Center, 10 a.m.-7 p.m., daily. Mount Rainier Guest Services.
- Rainier Mountaineering, Inc.:** operates the Guide House at Paradise, 9a.m.-5p.m. daily (June-September). Summit guided climbs, climbing schools, and equipment rentals available. For information call (206)569-2227.

Naturalist Programs



Program Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mount Rainier's Future: 30 minutes. Jackson Visitor Center. Slide program highlights work and research being done to manage and protect the Park's resources.	3 PM	3 PM	3 PM	3 PM	3 PM	3 PM	3 PM
Special Programs: Offered at various times during the Spring season.	See Jackson Visitor Center and Paradise Inn Bulletin Boards						

Examples of the old growth forest seen by settlers in the Pacific Northwest are few in number today. But the Ohanapecosh River Valley is one place where old growth forest remains. Here you can walk back in time among stately Douglas-fir, Western Hemlock and Western Redcedar, 500 to 1,000 years old. The self-guiding nature trail in the Grove of the Patriarchs is an excellent place to experience the sublime qualities of the old forests.

The sparkling clear water of the Ohanapecosh River stands in stark contrast to the brown, milky streams originating from active glaciers. Flowing from an inactive glacier and snowfields, the

Ohanapecosh River reflects the green of the forest and the blue of the sky. Only a mile from Ohanapecosh Campground, the river cascades as beautiful Silver Falls.

Early settlers to the Cowlitz Valley were attracted to Ohanapecosh by the hot springs that bubble from the ground. A complete resort with cabins, bathhouses and other facilities was developed around the springs. Today the buildings and baths are gone, but the shallow springs remain. The self-guiding trail, "Life Systems: The Forest and Hot Springs of Ohanapecosh," describes the beauty and history of this interesting area.



Ohanapecosh

Ohanapecosh Visitor Center: 9 a.m. - 6 p.m., weekends, May 26/28 & June 1/3, then 9 a.m. - 6 p.m., daily beginning June 8. Exhibits feature animals, old-growth forest and local history. The Pacific Northwest National Parks & Forests Association provides books, maps and slides for sale.

"Life Systems" Self-guiding Trail: 30 minutes. 1/2 mile. Explore the forest and hot springs of Ohanapecosh on this walk starting at the visitor center.

Box Canyon Picnic Area: located between Ohanapecosh and Paradise on the Stevens Canyon Road.

Ohanapecosh Campground: 232 campsites, but no group sites. Camping fee \$6 per site per night on a first-come, first-served basis. Campground open from mid-May till late October.

Information and Services

Program Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Guided Walks to: Grove of the Patriarchs and Silver Falls. Check campground and visitor center bulletin boards for details.						June To be announced	June To be announced
History Walk: 1 hour, .5 mile. Naturalist-led walk through Ohanapecosh Campground. Discover CCC Camp, Hot Springs Resort, forest museum, etc. Meet at Ohanapecosh Visitor Center.							Starts May 27 10 AM
Campground Program: 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the Campground Amphitheater.						Starts May 26 9 PM	ONLY May 27 9 PM

Naturalist Walks and Programs



Sunrise Visitor Center: Opens June 30, 9 a.m.-6 p.m. Exhibits feature the ecology of the park's subalpine and alpine environments. The Pacific Northwest National Parks & Forests Association provides books, maps, and slides for sale.

Sunrise Lodge: Opens June 30. 10 a.m.-6 p.m. Food service and gift shop. Provided by Mount Rainier Guest Services.

White River Hiker Information Center: Opens May 25. 8 a.m.-4:30 p.m., Monday through Thursday; 8 a.m.-9 p.m., Friday; 7 a.m.-7 p.m., Saturday and Sunday. Obtain backcountry permits for overnight trips and hiking information in the ranger station at White River Entrance.



White River Campground: Open June 16. 111 sites, no group sites. Camping fee \$6 per site per night, on a first-come, first-served basis.

"Sourdough Ridge" Self-guiding Trail: 1 hour, 1/2 mile. A moderate walk through flower fields rich in color to a panoramic viewpoint of four volcanic peaks.

Information and Services

Program Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Campfire Program: 45 minutes. Explore the geology and history of Mount Rainier with a Park Naturalist at the campfire circle in White River Campground.						June 30 8 PM	
Special Programs: Offered at various times during the Spring season.	See Sunrise Visitor Center and White River Campground Bulletin Boards						

Naturalist Programs



"Carbon River Rain Forest" Self-guiding Trail: 20 minutes, .3 mile. Rain forests seldom occur far from coastal areas; thus, the forest that grows in this valley is special. Explore the only true inland rain forest at Mount Rainier along this trail.

Ipsut Creek Campground: Open by first week of June. 31 sites; 2 group sites. Only group sites can be reserved. Site fee: \$5 per site per night, on first-come, first-served basis.

Picnic Tables: located at Falls Creek, 2 miles from the entrance, and in the Ipsut Creek Campground.

Campfire Program: Check local bulletin boards for schedules of programs which will begin the first week of July.

Carbon River



Wildlife and Lunch

Seeing wild animals is an important part of a visit to Mount Rainier National Park. As national parks are preserved for their natural values and processes we ask that you observe but do not feed the wildlife. Both birds and mammals are affected in many ways by well-meant handouts. Birds are sensitive to the availability of food because they must eat about the equivalent of their body weight each day.

Small mammals such as chipmunks and golden-mantled ground squirrels all pass the winter hibernating. These animals require specific foods to fatten themselves for their long sleep. Our food does not supply the right fats and protein for these animals. In addition, rodents do bite and may carry rabies and bubonic plague.

Bears quickly learn to associate people with food when offered handouts. Leaving food out or intentionally feeding bears can lead them to damaging tents and vehicles, and injuring people.

The animals in the park are wild and should remain that way. We must be content to observe and appreciate them, rather than trying to intrude in their natural lives. □

Old-Growth Forest

The forests surrounding the base of Mount Rainier become more valuable each year. Sixty percent of Mount Rainier National Park is covered by forest, much of it in the old-growth Douglas-fir community. This forest community is found on the west side of the Cascade Mountains in Washington, Oregon, and Northern California.

The term "old-growth Douglas-fir forest" identifies a stand of trees that is at least 250 years old. The lowland forest of Mount Rainier National Park is some of the last "old-growth" in the Pacific Northwest. Here Douglas-fir, Western Hemlock and Western Redcedar are 500 to over 1,000 years in age. These trees were old when ships reached the North Pacific coast and wagon trains brought settlers into Puget Sound.

Scientists studying the forests of Mount Rainier for more than ten years, have identified forest community types, determined the age of the forest, and listed the plants and animals associated with the Douglas-firs. Researchers have found differences in temperature, moisture and associated species between old-growth forests in Northern Washington and Northern California.

As scientists began to study the forests they found the Northern Spotted Owl most commonly in the older Douglas-fir forests. Some scientists suggest that the Northern Spotted Owl lives only in old-growth forests, while others say that the owls can live in younger forests.

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

There are many places in the park where you can experience the old-growth Douglas-fir forest. The Grove of the Patriarchs nature trail, near Ohanapecosh, is an easy 1.5 mile round trip. Several places along the road between Nisqually Entrance and Longmire offer short walks into the old-growth forest. For more information on the forests of Mount Rainier National Park inquire at any park visitor center. □

Hiker Information

If you are planning a backpacking trip, be sure to stop at the Hiker Center at Longmire. Located in the log and stone building beside the flagpole, the Center features a display of 30 popular hikes and information on Minimum Impact Camping. Rangers on duty will be happy to answer your questions, assist with trip planning, and issue backcountry permits.

Camping at all trailside camps as well as Camps Muir and Schurman is available on a first-come, first-served basis. For additional information, write: Backcountry Desk, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211, extension 275.

Books and Maps Enhance Visit



Books and maps are available for sale at all park visitor centers as well as the Hiker Information Centers, Longmire Museum, and Carbon River Entrance Station. The selection includes handbooks that will prove valuable in your outdoor explorations, books about park history and climbing, and maps that will enhance your enjoyment of the park from road and trail.

These outlets are operated by the Mount Rainier Branch of the Pacific Northwest National Parks & Forests Association, a non-profit organization benefitting the naturalist programs in the national parks and forests of the Pacific Northwest. This paper is an example of these benefits. We invite you to become a member of the Association. To learn about the advantages of membership in the Pacific Northwest National Parks & Forests Association, inquire at any visitor center.



SAFETY . . . is more than a word to the Wise!

Mount Rainier National Park presents some special challenges for people seeking an enjoyable visit.



■ **What is Falling on Your Head?** Beware of rocks, snow avalanches, and debris falling on trails and rolling onto roadways. Climbers wear hardhats for safety. All of us should keep a sharp watch for what is dropping from overhead.



■ **Watch your step!** Park trails are steep and full of rocks and other hazards. Slips, and falls from small boulders, can mar a vacation just as quickly as a flying leap over a 1000 foot cliff.

■ **While Driving**—remember that mountain roads are narrow and winding, with short sight distances. Park speed limits are lower for these and other reasons. Wild animals and park visitors often dart out into vehicle paths. Rocks and trees seem to "jump out" onto roadways at every curve. Snow and rain cause slippery road conditions at any time of year. Drivers sometimes pay closer attention to the scenery than to road conditions. For your safety and the protection of park animals and trees—please slow down and park in pullouts to enjoy the scenery. At a slower pace, you just might enjoy the park more. Now, isn't that what you came for?



■ **Protect Your Valuables** "Don't be a victim," says Park Ranger John Jensen. Vacationers generally are in a relaxed frame of mind, and don't practice the same precautions against thievery as they might at home. Unfortunately, thieves visit Mount Rainier along with the good folks. Rangers urge locking everything of value in the car's trunk, or putting it out of sight, and locking all doors and windows. Purses, billfolds, cameras and other valuables can be prizes for a thief.

■ **Be Careful Near Streams!** Everyone knows that park streams have slippery rocks and that streams rise and flow faster later in the day because of snow melt. But, few people are aware of the greatest danger of stream crossing—Jokulhlaups. Jokulhlaups -an Icelandic word pronounced "yo-kul-h-loips"- are flash floods of water that burst from glaciers and race down valleys moving trees, boulders, and other objects in their path.



At Mount Rainier, jokulhlaups leave us a legacy of twisted trails and highway bridges amid boulder-strewn streambeds. They can affect human activity where trails or roads cross the stream valleys. This happened at Kautz Creek where a flood buried the roadway under twenty feet of mud and rock in 1947. Several jokulhlaups obliterated the Tahoma Creek Trail in 1986 and 1988. For this reason the Tahoma Creek Trail is closed until a suitable alternate route can be constructed. People who have witnessed jokulhlaups at Mount Rainier say that the flood waves arrive with local winds and the smell of freshly killed vegetation. The floods sound like freight trains as they travel downvalley at speeds of 9 feet per second or more.

Most Jokulhlaups occur during summer or fall, and in late afternoon or evening. If you intend to observe flood damage at Tahoma Creek or Kautz Creek, be alert. If you hear the onrush of the flow, see the dust cloud upvalley, or feel a sudden change in valley winds, move up hill away from the stream instead of up or down stream. Don't be caught near the streambed. Please heed park regulations regarding travel near flood-prone areas.

■ **Before You Drink the Water, BEWARE!** The gushing mountain streams and springs of Mount Rainier may be beautiful to look at and delicious to drink from, but too often the waterways are home for some nasty little creatures that can give you less than pleasant memories. Unfortunately, micro-organisms like Giardia have been brought to Mount Rainier by humans. These organisms remain here harbored in native animal populations. Contrary to historic claims, Longmire Mineral and Ohanapecosh hot spring waters are NOT safe to drink. Rather than "curing what ails you," water from these springs could cause severe intestinal upsets. Please drink water only from treated, piped water systems.

