

Tahoma

Mount Rainier National Park

Activity and Program Guide



April 11 - June 30, 1994

Realms of Rainier

Welcome to the mountain realms of dense old-growth forests, dazzling wildflowers, tremendous snowfields and rugged glaciers. Towering above all this scenic display is the volcanic cone of Mount Rainier. The mountain is a volcano built up by repeated eruptions and successive flows of lava. Even as volcanic forces were building up this land, the inevitable power of glacial ice was scouring it down. An early name for this mountain was "Tahoma", given to it by native peoples who revered the mountain as a special place to be treated with respect. Enjoy a long look at this mountain and explore the realms of Tahoma.

Longmire

In 1883, while on a climbing trip to Mount Rainier, James Longmire happened upon the meadow and mineral springs that now bear his name. In 1890, he built the Longmire Springs Hotel which provided visitors with a place to rest and a base from which to explore the area. This is the park's oldest developed area. Visit the museum, take a walk in the historic district or get out and stretch your legs on a hiking trail.

Trail of the Shadows, a short, gentle path, partially accessible for wheelchairs, provides views of the old-growth forest and highlights the human history of the area.

Paradise

Paradise - the name seems appropriate for this beautiful subalpine area nestled



between Mount Rainier's old-growth forest and the ice-capped peak itself. Located at 5400 feet elevation on the southern slopes of the mountain, Paradise receives an average of 630 inches of snow annually, and in 1971-72 received 1122 inches of snow. Often snowbanks remain well into July. Here small clusters of firs and mountain hemlocks punctuate the open parklands. Early flowers are usually seen at Paradise starting in mid-June. Peak bloom (greatest flower variety and abundance) generally occurs by late July.

Subalpine meadows are extremely delicate. Walking in these areas requires extra care. During this early season, please stay on snow or follow flagged routes which mark the trail surface below. When the trails are fully melted out, please stay on the trails. Your cooperation is needed for the meadows to survive.

The ice caves, remembered in old

photographs, really are gone - they melted and collapsed! It is still an area of interest to see where glacier ice only recently melted away, leaving bare ground.

Note: Stevens Canyon Road connecting Paradise / Narada Falls and Ohanapecosh usually opens on Memorial Day in late May. Before then, contact a park ranger for alternate route to drive around the mountain.

Ohanapecosh

Examples of old-growth forest seen by settlers in the Pacific Northwest are rare today. The Ohanapecosh River Valley is one place where old-growth forest remains. Walk among stately Douglas-fir, western hemlock and western redcedar, 500 to 1,000 years old on the nature trail in the Grove of the Patriarchs.

The Ohanapecosh River flows from an inactive glacier and snowfield, its clear water reflecting only the green of the forest and the blue of the sky. A mile up stream from the campground, the river cascades over beautiful Silver Falls.

Sunrise

Sunrise, situated at 6,400 feet in the northeastern part of the park, is a place of breathtaking vistas and the intriguing beauty of fragile subalpine vegetation. The road to Sunrise usually opens in early July, but may be open as early as June 25 this year, weather permitting.

White River

The White River Campground is the starting point of summit climbs using Camp Schurman and routes up the Emons Glacier. You can connect with many trails here that lead into the wilderness, including the Wonderland Trail. The Hiker Information Center at the White River Ranger Station contains exhibits on backcountry destinations and minimum impact suggestions. Climbers and overnight hikers/campers may obtain wilderness or climbing permits for the park's east side beginning on May 27.

Carbon River

Named for the coal deposits found in the area, Carbon River is located in the park's northwest corner. Of all park areas it has the heaviest rainfall and most luxuriant forest. Some botanists suggest that, rather than a lowland forest, what you find here is an example of a temperate rainforest. The Rain Forest Nature Trail at the Carbon River Entrance will help you understand this unique environment. A 3.5 mile trail from Ipsut Creek Campground to the snout of the Carbon Glacier provides a close look at an active glacier.

OVERNIGHT HIKES

Planning an overnight backpacking trip or summit climb? Be sure to stop at a Hiker Information Center for your permit. Rangers will assist with trip planning, and issue wilderness permits. The main reason for permits is to control the number of people in one place at one time and limit the impact from litter, human waste, and trampling of the ground.

The Longmire Hiker Information Center, located in the log and stone building beside the flagpole, opens June 11. Through June 10, permits are issued at the Longmire Museum.

The White RiverHiker Information Center, located at the White River Entrance Station, opens May 27.

Carbon River Ranger Station opens May 1 and issues permits for the



northwest section of the Park.

Camping at all trailside camps as well as Camps Muir and Schurman is available on a first-come, first-served basis. For information write: Backcountry Desk, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (206) 569-2211, extension 3314, until June 11, then extension 3317.

PROTECT YOUR VALUABLES

Unfortunately, thieves visit Mount Rainier along with the good folks and find purses, wallets, and cameras to be easy prizes. Don't leave cash or valuables in your vehicle, not even in a locked trunk. Report suspicious activity to any ranger station.



Every year, many of the 2+ million people who visit Mount Rainier hike the meadow trails. Imagine the problems created when one person, multiplied by a thousand, leaves the constructed trail. The best possible solution is for all of us to prevent damage from occurring by staying on the constructed trails.

LAUGHINGWATER BRIDGE REPAIR

Laughingwater Creek Bridge on Highway 123 north of Ohanapecosh has deteriorated to poor condition. The bridge is being replaced with a new structure adjacent to the old one. During construction, expected to continue through the 1994 season, the existing bridge will continue to be used. Expect temporary travel delays as the Federal Highway Administration works to provide a new, safer bridge for park visitors.

DEADWOOD CREEK BRIDGE REPAIR

Expect travel delays on SR 410 between the White River road junction and Cayuse Pass. Contractors are constructing a new bridge spanning Deadwood Creek. Flaggers, signs and signals will inform travellers of hazards and reduced speeds near the construction zone. A one lane temporary bypass bridge is in place. Work on a new, safer bridge begins this spring and will continue through the 1994 season.

WESTSIDE ROAD PARTIALLY OPEN

Only the first three miles of this road-way into the scenic western side of the park will be open for the 1994 season. Foot and bicycle travel only will be allowed beyond Dry Creek.

Restrictions are due to the park's inability to mitigate glacier outburst flooding and damage caused by frequent torrential rains in the Tahoma Creek drainage.

24 HOUR INFORMATION

For information on Mount Rainier National Park, tune your AM radio to 1610KHz, near Nisqually Entrance. For up-to-date information on park roads, trails, facilities and weather, 24 hours a day, dial:

(206) 569-2211
TDD: (206) 569-2177
Emergencies: 911

Visitor Services



Orientation - Exhibits

Longmire Museum: 9 a.m. - 4:30 p.m., daily.

Paradise: Henry M. Jackson Memorial Visitor Center: 10 a.m. - 5 p.m., Saturday, Sunday and holidays, April 9 - 29. Then 9:30 a.m. - 6 p.m., daily, April 30 - May 26; then 9 a.m. - 7 p.m., daily, May 27 through summer.

Ohanapecosh Visitor Center: 9 a.m. - 6 p.m., weekends, May 27/28/29, June 4/5 & 11/12, then 9 a.m. - 6 p.m., daily beginning June 13.

Sunrise Visitor Center: Opens June 25, 9 a.m. - 6 p.m.



Henry M. Jackson Memorial Visitor Center



Food & Lodging

Longmire National Park Inn: Lodging desk 7 a.m. - 10 p.m., daily. Dining room hours 7 a.m. - 7 p.m., Sunday - Thursday; 7 a.m. - 8 p.m. Friday, Saturday, and holidays. Beginning June 11, 7 a.m. - 8 p.m., daily. For reservations call: Mount Rainier Guest Services at (206) 569-2275.

Longmire General Store: Open 10 a.m. - 5 p.m., daily. Beginning June 12, 8 a.m. - 8 p.m., daily.

Paradise: Henry M. Jackson Memorial Visitor Center: Food services, showers and gifts available 11 a.m. - 4:45 p.m., Saturday, Sunday and holidays, April 1 - 29. Then 10 a.m. - 6 p.m., daily, April 30 - June 10; then 10 a.m. - 7 p.m., daily.

Paradise Inn: Opens daily for food & lodging May 18; dining room hours for breakfast: 7 a.m. - 9 a.m.; lunch: noon - 2 p.m.; dinner: 5:30 p.m. - 8 p.m. through June 10 then 5:30 p.m. - 8:30 p.m.; Sunday Brunch: 11 a.m. - 2:30 p.m., beginning May 29; Glacier Lounge open noon - 11 p.m., daily; Snack bar: 10 a.m. - 7 p.m., daily beginning May 28, through June 10 then 8 a.m. - 8 p.m. Gift shop: 8 a.m. - 8 p.m. through June 10 then 8 a.m. - 9 p.m., daily. For reservations call: Mount Rainier Guest Services at (206) 569-2275.

Sunrise Lodge: Opens June 25. 10 a.m. - 7 p.m., daily. Food service and gift shop. No lodging available at Sunrise. Provided by Mount Rainier Guest Services.



Gasoline

Gasoline is not available in the park. Service stations are located in the nearby communities of Ashford, Elbe, Packwood, Greenwater, and American River. Be prepared - check your gauge.



Showers

Paradise: Henry M. Jackson Memorial Visitor Center: Lower level. Available 11 a.m. - 4:45 p.m., Saturday, Sunday and holidays, April 1 - 30. Then 10 a.m. - 6 p.m., daily, May 1 - June 11; then 10 a.m. - 7 p.m., daily.



Post Offices

Longmire National Park Inn Post Office: Open 8:30 a.m. - 5 p.m., Monday-Friday; 8:30 a.m. - 12 noon, Saturday; closed Sunday and holidays.

Paradise Inn Post Office: Opens May 18; 8:30 a.m. - 5 p.m., Monday - Friday; 8:30 a.m. - 12 noon, Saturday; closed Sunday and holidays.



Summit Climbs

Rainier Mountaineering, Inc.: Operates the Guide House at Paradise, 9 a.m. - 5 p.m., daily (late May - September). Summit guided climbs, climbing instruction and equipment rentals are available. For those not experienced on a glaciated peak, RMI offers a 3 day package: 1-day climbing seminars, combined with a 2-day summit climb. For more information call (206) 627-6242 before May 19, then (206) 569-2227 through summer.



Self-guiding Trails

Longmire: "Trail of the Shadows": 30 minutes, .7 mile. Walk around the Longmire meadow and see the former site of the Longmire Medical Springs operation.

Longmire: Historic District Walking Tour: 1 hour, 1.25 miles. Tour maps available at Longmire Museum.

Ohanapecosh: "Grove of the Patriarchs": 1.5 hours, 2 miles. Walk among 1000 year old giant trees of the old-growth forest.

Ohanapecosh: "Life Systems": 30 minutes, .5 mile. Explore the forest and hot springs on this walk starting at the visitor center.

Sunrise: "Sourdough Ridge": 1 hour, .5 mile. A moderate walk through flower fields to a panoramic viewpoint of four high volcanic peaks - Mount Baker, Glacier Peak, Mount Adams and Mount Rainier.

"Carbon River Rain Forest": 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.



Hiking - Permits

Longmire Hiker Information Center: Opens June 11. 8 a.m. - 4:30 p.m., Sunday - Thursday; 8 a.m. - 7 p.m., Friday; 7 a.m. - 7 p.m., Saturday. Permits available for overnight trips. Located in the lobby of the large log and stone building next to the flagpole. Before June 11, obtain permits at Longmire Museum.

White River Hiker Information Center: Opens May 27. 8 a.m. - 4:30 p.m., daily until June 19, then 8 a.m. - 4:30 p.m., Monday-Thursday; 8 a.m. - 9 p.m., Friday; 7 a.m. - 7 p.m., Saturday & Sunday. Obtain permits for overnight trips or for climbing above the high camps or travel on glaciers at the White River Entrance Station.



Campgrounds

Cougar Rock Campground: Opens May 20. 200 sites, 5 group sites. Located 2.5 miles from Longmire on the Paradise Road. Site fees are \$8 per night on a first-come, first-served basis. Only group sites can be reserved and cost \$3 a night per person.

Sunshine Point Campground: Open year round. 18 sites, no group sites. Located 6 miles west of Longmire, .25 mile east of the Nisqually Entrance. Site fees are \$6 per night on a first-come, first-served basis.

Ohanapecosh Campground: Opens May 27. 205 sites, no group sites are available. Site fees are \$10 per night on a first-come, first-served basis.

White River Campground: Opens June 24. 117 sites, no group sites. Site fees are \$8 per night, on a first-come, first-served basis.

Ipsut Creek Campground: Opens May 27. 29 sites, 2 group sites. Only group sites can be reserved for \$3 per person per night. Site fees are \$6 per night, on a first-come, first-served basis.



Picnic Areas

Cougar Rock Picnic Area: Opens May 20. Located across the road from the Cougar Rock Campground.

Sunshine Point Picnic Area: Open year round. Located 6 miles west of Longmire, .25 mile east of the Nisqually Entrance.

Box Canyon Picnic Area: Opens May 27. Between Ohanapecosh and Paradise on Stevens Canyon Road.

Carbon River/Ipsut Creek Picnic Areas: Located at Falls Creek, 2 miles from the entrance. Tables are also located in the Ipsut Creek Campground near the end of the Carbon River road.

Sunrise Picnic Area: Opens June 25. Located behind the Sunrise Visitor Center in a subalpine setting.

Ohanapecosh Picnic Area: Opens May 27. Located across from the Ohanapecosh Visitor Center, near the campground entrance.

Naturalist Programs



Program Description & Area:

Longmire

Campfire Program: 45 minutes. Enjoy Mount Rainier through a slide program presented by a Park Naturalist at the Cougar Rock Campground Amphitheater. Program titles are posted on the campground bulletin board.

Paradise

Nisqually Vista Walk: 1.5 hours, 1.2 miles. An easy walk over snow to discover glaciers and the volcanic forces that shape Mount Rainier. Meet at the flagpole in front of the Jackson Visitor Center. Other programs will be announced or posted on local bulletin boards.

Ohanapecosh

Guided Walks to: Grove of the Patriarchs and Silver Falls. Check campground and visitor center bulletin boards for details.

Campfire Program: 45 minutes. Discover Mount Rainier through a slide program presented by a Park Naturalist at the campground amphitheater.

White River

Campfire Program: 45 minutes. Explore the geology and history of Mount Rainier with a Park Naturalist at the campfire circle in White River Campground.

Carbon River

Campfire Program: Begins in July. Check local bulletin boards for schedule of programs.

Friday

9 PM
Starts
May 27

Saturday

9 PM
Starts
May 28

Sunday

9 PM
ONLY
May 29

230 PM
Starts
June 11

230 PM
Starts
June 12

10 AM
Starts
June 25

10 AM
Starts
June 26

9 PM
Starts
May 28

9 PM
ONLY
May 29

8 PM
Starts
July 2

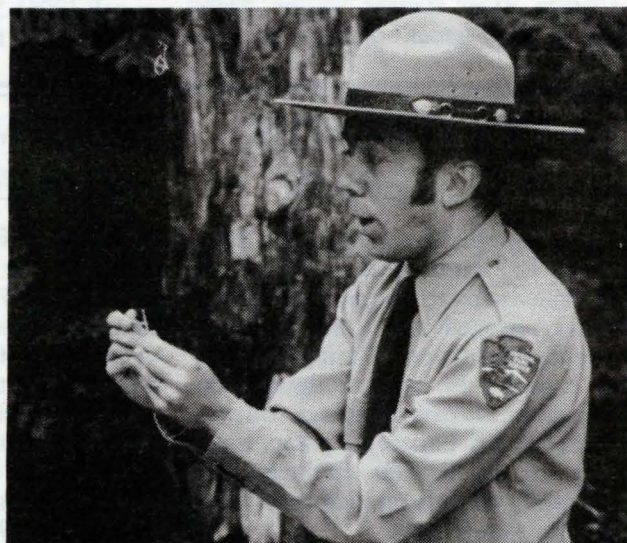
"Partnership In Parks"

Mount Rainier National Park and Metropolitan Park District of Tacoma

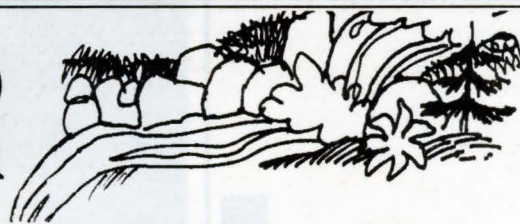
One day programs include 4-6 hours with a Mount Rainier National Park Interpreter. Call 206/569-2211 x3313 for registration or ask at any park visitor center or museum. Cost is \$15 per person.

First in a series offered this summer:

Waterfalls and the Cascades:
June 18, 10 a.m. to 3 p.m.



SPRING WATER



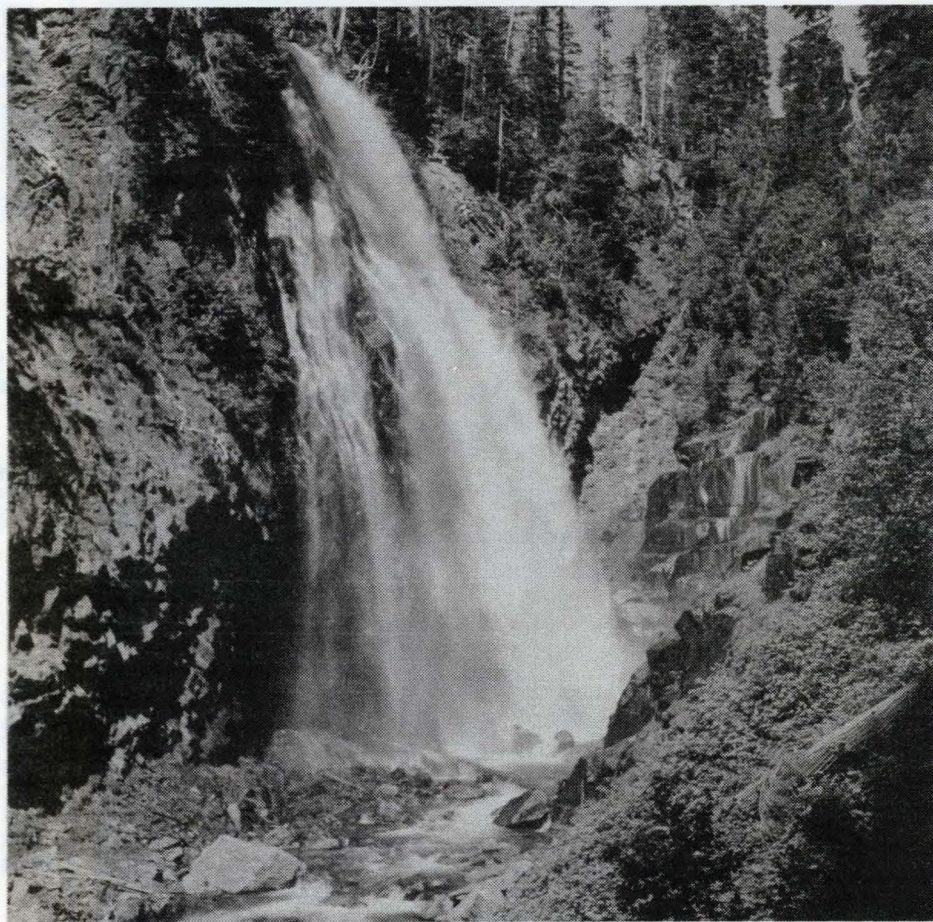
"As long as I live, I'll hear waterfalls and birds and winds sing... I'll acquaint myself with the glaciers and wild gardens and get as near the heart of the world as I can."

Perhaps author-naturalist John Muir had his 1888 visit to Mount Rainier in mind when he wrote those words, for what better place is there to "get as near the heart of the world" as here. And what better time to visit than spring, when the park is bursting forth from the quiet of winter into the excitement of a new season.

One of the most exciting experiences of a spring visit is to watch a rampaging river, swollen from snowmelt, plummet off the edge of a high rock terrace into a canyon far below.

The Nisqually River drainage on the southwest side of Mount Rainier, between Longmire and Paradise, contains a few of the most accessible waterfalls:

Carter Falls is a horsetail-shaped waterfall, more than 50 feet tall. It was



FALLS

Narada Falls

named to honor Harry Carter who built much of the trail between Longmire and Paradise. To see this waterfall, park on the road curve two miles above Longmire (just before Cougar Rock Campground). Cross the Nisqually River via the footbridges and follow the trail as it gradually ascends through old-growth forest, paralleling the Paradise River until reaching the falls (2 hours, 2.2 miles roundtrip). A few minutes walk upstream, along the trail, from Carter Falls is a 20 to 30 foot cascade known as Madcap Falls.

Comet Falls trailhead and parking area is located two miles beyond Cougar Rock Campground on the road to Paradise. Plummeting 320 feet, Comet Falls is one of the park's most spectacular features. From the trailhead, it is a 3 hour, 3.8 mile roundtrip hike with an elevation gain of 900 feet. Although this is a popular family hike, the trail can be treacherous early in spring before the winter's snow has completely melted.

Check with a ranger for current trail conditions before starting this hike.

Christine Falls is located .5 mile beyond the Comet Falls parking area (4.5 miles above Longmire). The best way to enjoy this 60-foot plunging waterfall is to park your vehicle and walk down the short path to the viewpoint below the stone bridge. Christine Falls was named after Christine Van Trump, daughter of P.B. Van Trump, one of the first climbers to stand on the summit of Mount Rainier.

Narada Falls is found where the Paradise River careens off an old lava flow of andesite rock and plunges 168 feet to the valley floor. Although visible from the edge of the parking area (located 9 miles above Longmire), the short hike from there to the base of the falls is well worthwhile if you don't mind getting wet from waterfall spray. On a sunny day, a colorful rainbow may add a bit of magic to your view of the falls from below. **CAUTION: THIS TRAIL IS STEEP AND CAN BE SLIPPERY WHEN WET.**

Myrtle Falls is an easy .3 mile walk from the Paradise Inn east along the paved Skyline Trail to Edith Creek. A stairway descends to a superb viewpoint overlooking the 60-foot falls as Mount Rainier towers in the background.

Sluiskin Falls slides off Mazama Ridge at the head of the Paradise Valley and falls 300 feet to the river below. It is visible from most of the Paradise area and can be reached by hiking the Skyline Trail to the northeast. Sluiskin Falls was named to honor the Yakima Indian who guided Mount Rainier's first summit climbers, Hazard Stevens and P.B. Van Trump, to the site of their timberline basecamp near the top of these falls in August 1870.

The Cowlitz River drainage boasts many four-star waterfalls, several are viewable from the Stevens Canyon Road between Paradise and Highway 123 or near Ohanapecosh.

Martha Falls can be seen across the upper end of Stevens Canyon from viewpoints along the roadway. The falls are located where Unicorn Creek drops over 125 feet from a hanging valley toward the canyon floor. They were named for Martha Longmire by one of her sons while he was constructing the Wonderland Trail which crosses the creek slightly downstream from the falls.

Falls Creek hosts a horsetail-shaped waterfall which nearly sprays onto the highway during the height of snowmelt during May and June. It is located .5 mile west of the Stevens Canyon Entrance Station and Highway 123.

Silver Falls can be found where the Ohanapecosh River pours through a slot



Silver Falls

in the area's ancient volcanic rocks and plunges into a deep, swirling pool before continuing its journey toward the Cowlitz and Columbia Rivers. There are two popular trails to view this powerful waterfall: The shorter trail starts from Highway 123, 0.2 miles south of the Stevens Canyon Entrance, at the Three Lakes trailhead. The longer trail starts from the Ohanapecosh Campground. This gentle 1.5 hour, 3-mile roundtrip hike through old-growth Douglas-fir forest, with the sound of the river always in the background, is well worth the added effort.

PARENTS: KEEP CHILDREN WITH YOU. SPRAY NEAR WATERFALLS AND RUSHING STREAMS MAKES FOR WET, SLIPPERY ROCKS AND MUSHY MOSS GROWTH ON STREAM BANKS. HIKERS AND WADERS OFTEN SLIP AND PLUNGE INTO RIVERS. THE RIVERS ARE TOO COLD AND SWIFT TO SWIM.

The Carbon River drainage on the northwest slope of Mount Rainier offers several waterfalls that are easily accessible by short hikes from the Carbon River Road between the entrance and the Ipsut Creek Campground:

Ranger Creek Falls is along the trail to Green Lake after a moderate 1-mile climb from the parking area (located three miles past the entrance station.) This tiered waterfall splits into two falls as it plunges more than 100 feet through the air to crash onto the rocks below.

Chenuis Falls parking area is located 3.5 miles beyond the entrance station. To find the falls, cross the Carbon River via the log bridges (assuming the logs have not washed away during spring floods) and locate the trail on the other side of the river. From there it is a short, gentle walk to where Chenuis Creek cascades down a series of rock slabs to form Chenuis Falls.



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 may dart out into vehicle paths. Rocks and

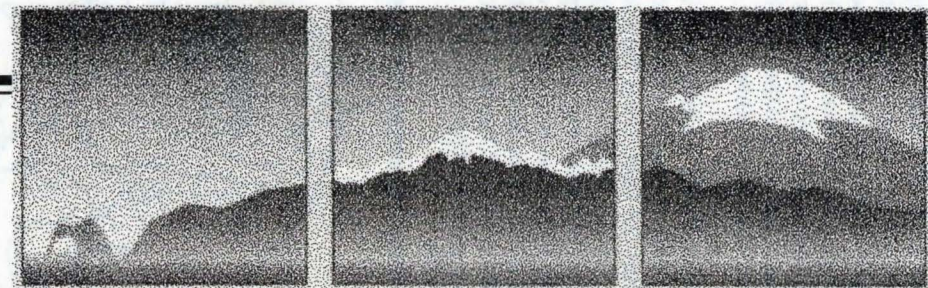
trees seem to "jump out" onto roadways. Snow and rain cause slippery road conditions at any time of year. For your safety and the protection of park animals and trees - **please slow down and park in pullouts** to enjoy the scenery.

Park trails are steep and full of rocks and other hazards. Slips and falls from small rocks can quickly mar a vacation. Climbers should beware of spring avalanches. Remember that mountain climbing is a technical sport requiring skill and proper equipment.

DO NOT attempt climbs on snow or rock or "scrambling" up steep slopes that are beyond your ability or experience. Many serious accidents have occurred on snowfields and scree slopes.

Beware of snow covered streams - you may break through if you try to cross one.





Mount Rainier & Olympic Fund

The Mount Rainier and Olympic Fund is a non-profit organization dedicated to helping Mount Rainier and Olympic National Parks.

If the magnificence and diversity of these two parks are to endure for generations to come, we must aggressively work for their restoration and protection today.

Congress works hard to ensure adequate funding, but our parks continue to need an outside helping hand. We need your support through financial giving and

volunteer helping to maintain these irreplaceable resources. Will we pass on to our children and grandchildren the full splendor and biological richness of these lands? You can make a difference!

Take this opportunity to give a gift to the future of Mount Rainier and Olympic National Parks. You'll find donation boxes and envelopes in all park visitor centers. Your contribution will aid special projects to improve the parks, including:

- * Wildlife Habitat Restoration
- * Trails Reconstruction
- * Visitor Services
- * Ecological Education
- * Campground Rehabilitation

For more information on projects needing support, contact a ranger at any visitor center or telephone Park Superintendent, William J. Briggles at (206) 569-2211 x2301.

Field Seminars

If you want more depth than the short term ranger-led activities can offer, join Pacific Northwest Field Seminars. Seminars offer exciting opportunities to explore a variety of topics at Mount Rainier.

Immerse yourself in the intricacies of the old-growth forest, explore glaciers, geology and volcanoes; let your creative spirit soar through nature writing and photography, delve into the beauty of wildflowers and butterflies, attune yourself to birds and elk.

Seminars include backpacking, family camping, hiking, sketching, painting, astronomy, listening, nature studies, and several day-long seminars for the physi-

cally handicapped. Broaden the horizons of your outdoor knowledge and skills under the guidance of experts on these one to three day outdoor learning experiences.

The Pacific Northwest Field Seminars is a non-profit program sponsored by the Northwest Interpretive Association in cooperation with the National Park Service and U.S. Forest Service.

For information on seminar subjects, dates, and to register please call Jean or Dan at (206) 220-4140; ask a ranger at



any visitor center; or write Pacific Northwest Field Seminars, 909 First Ave., Suite 630, Seattle, WA, 98104.

NW Interpretive Association Provides Books, Maps & Tahoma



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 Northwest Interpretive 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 inquire at any visitor center.

Look for "The Traveler's Companion to Mount Rainier National Park" at all visitor centers, Longmire Museum, hiker information centers, and Carbon River Entrance Station book sales displays. Use it as a trip planner to schedule features you want to visit, use it as a road guide to the Mount Rainier story, or use it as a keepsake to help you remember your visit.

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