



MOUNT RAINIER NATIONAL PARK

VOLUME 13 No. 1

ACTIVITY AND PROGRAM GUIDE JULY 1 - SEPTEMBER 7, 1987

## NATURALIST ACTIVITIES ENRICH PARK VISITS

Headed for Paradise or Sunrise? There's more!! Take a moment to explore all the possibilities in enjoying the Northwest's greatest mountain. With so much to see and do and so little time to do it in, how will you plan your time at Mount Rainier?

There is no "best way" to visit the park. It depends on your time and interests.

Plan to stop early at one of the park visitor centers for detailed information and assistance in making the most of your time. You will find helpful rangers willing to answer questions on wildlife, flower blooms, glaciers, human history and other features of the park. They also provide current information on roads, weather, trails, camping, and local attractions. Backcountry hikers should consult a ranger at either the Longmire or White River Hiker Centers.

Park Naturalists offer walks and hikes to provide you the opportunity to better understand and appreciate the many different aspects of the mountain environment. Short guided walks are offered to waterfalls and magnificent old-growth forests at Longmire/Cougar

Rock and Ohanapecosh. Subalpine meadows are featured in programs at Paradise and Sunrise.

Illustrated campfire programs presented at Cougar Rock, Ohanapecosh, and Ipsut Creek campgrounds and at Paradise Inn, focus on significant resources of the park. Old-fashion talks around the campfire are held at White River Campground. The programs vary each evening and could touch upon wildlife, glaciers, wildflowers, mountain climbing, powers of nature or the volcanic origins of the Mount Rainier landscape. Check the pull-out schedule of activities on pages 3 through 6 and local bulletin boards for specific details.

Stretch your legs and learn a new facet of park natural history while walking one of the park's five self-guiding nature trails. They are located at Longmire, Paradise, Ohanapecosh, Sunrise and Carbon River. And, if you are "just driving through", enhance your trip with the new guide book "A Traveler's Companion to Mount Rainier National Park". This helpful book will serve as your personal guide to points of interest as you travel throughout the park.



### INSIDE THIS ISSUE

General Information	page 2
Schedules of Naturalist Activities and Visitor Services:	
Longmire/Cougar Rock	3
Paradise	4
Ohanapecosh	5
Sunrise/White River	6
Carbon River	6
Park Resources	7
A Trip to Paradise	8

## IMPROVEMENTS AT MOUNT RAINIER

### ROAD CONSTRUCTION CAUSES DELAYS

Pardon our dust! A major construction project is in progress at Mount Rainier National Park. Reconstruction of the 18-mile section of road between the Nisqually (Southwest) Entrance and Paradise is under way. The Federal Highways Administration is supervising the work of a contractor who hopes to complete the major road surfacing before the return of winter. This project will provide a safe, maintainable transportation surface while retaining the high aesthetic quality of the adjacent park resources.

Development of new parking in the Longmire area will also be part of this park improvement project. The existing, paved "plaza" area in front of the

National Park Inn, service station, and Longmire Museum will be eliminated in favor of parking spaces behind these buildings. The asphalt "plaza" will be removed and the area landscaped. This part of the project should improve traffic flow and present a much more open and pleasing appearance to historic Longmire.

As is typical with any major road project, delays should be expected during construction. We'll do our best to keep traffic flowing and to minimize the impact of this project on your enjoyment of Mount Rainier National Park. Nevertheless, allow some extra time in your visit for construction delays this summer.

### NATIONAL PARK INN REHABILITATION POSTPONED

The National Park Inn is open and operating until September 7. Then, it will be closed for a complete rehabilitation of the interior and exterior of the structure. The historic integrity of the building will be retained while providing modern amenities inside. A new front entrance will face the parking area under construction. For a preview of the new look, see the architectural model in the Inn lobby.

Rehabilitation of the Inn will eliminate overnight accommodations, food service and the gift shop at Longmire about 18 months. Food and gifts will be available at the Paradise Visitor Center

building during this time (weekends and holidays only in winter). Lodging will not be available in the park during the winter of 1987-88.

Some Visitor Services will be continued at Longmire during the construction. These include the Longmire Museum, Hiker Information Center and the service station.

Although work on the road and grounds will continue throughout the summer, the National Park Inn is OPEN for full lodging, food and gift services. Please be patient with the construction activity as you enjoy the services at the National Park Inn.



# GENERAL INFORMATION AND SERVICES

## 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 Camps Muir and Schurman, as well as all nights at other trail-side camps, 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 and ask for the Backcountry Desk.

## 24 HOUR INFORMATION

For information on Mount Rainier National Park, tune your AM radio to 1610KHz, in the area of the Nisqually Entrance. Also, you may dial 569-2343 for up-to-date information on park roads, trails, facilities, and weather, 24 hours a day.

## GOLDEN PASSPORTS

Three Golden Passports are available to park visitors. The Golden Eagle Passport costs \$25 and entitles the holder and all persons in the same vehicle to unlimited entrance to federal fee areas throughout the year. Golden Eagle Passports are sold at the park's entrance stations. The Golden Age Passport is issued to U.S. residents 62 years or older; the Golden Access Passport is for those with physical disability. Both are lifetime passes providing free entrance to the national parks for you and all persons in your vehicle, plus a 50% reduction in camping fees. The Golden Age and Golden Access passports are available free at all visitor centers, the Carbon River Ranger Station and park headquarters.

## BOOKS AND MAPS ENHANCE VISIT


Books and maps are available for sale at all park visitor centers as well as the Hiker Information Center and the Museum at Longmire. 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.



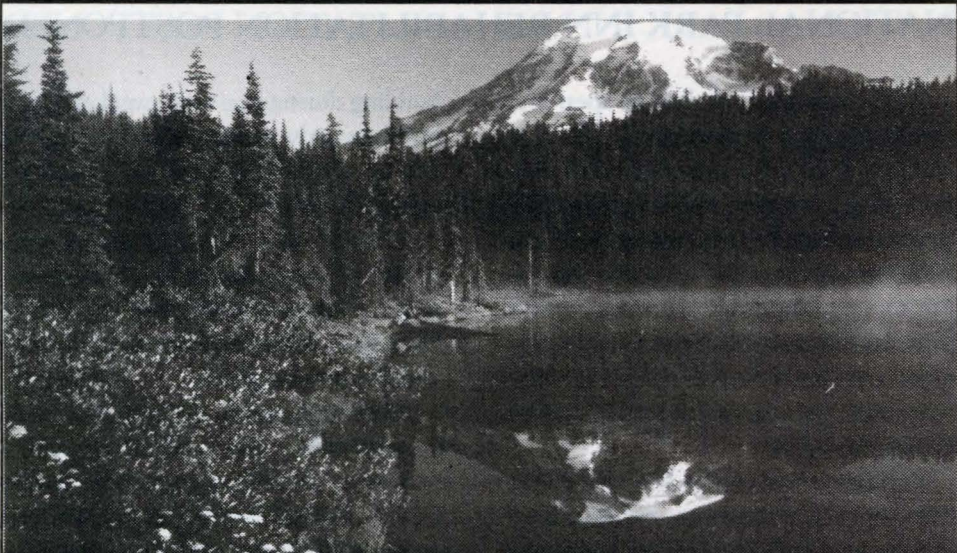
## HOT OFF THE PRESS!!!

A brand new book, *A Traveler's Companion to Mount Rainier National Park*, has just been published by the non-profit Pacific Northwest National Parks & Forests Association to help you enjoy the park. Author Bob Steelquist and photographer Pat O'Hara guide you through the park with various stories of the mountain, its forests and meadows, wildlife, and human history of the area. 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. Look for "The Traveler's Companion" at all visitor center, museum, and Hiker Center book sales displays.



A TRAVELER'S COMPANION TO

# Mt. RAINIER NATIONAL PARK



TEXT BY ROBERT STEELQUIST • PHOTOGRAPHY BY PAT O'HARA

## PROTECT YOUR VALUABLES

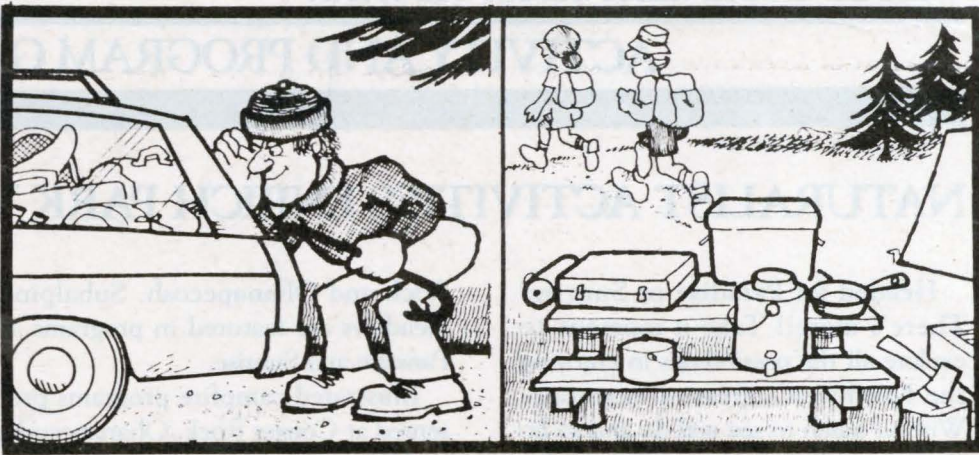
"Don't be a victim," says Park Ranger Bill Larson. Vacationers generally are in a relaxed frame of mind, and don't practice the same precautions against thievery as they might at home. Unfortunately, thieves visit Mount Rainier along with the good folks.

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.

Report all suspicious persons in campgrounds or parking areas, and any thievery to a Park Ranger.

## DON'T MAKE IT EASY



## CHARLES HARPER ART EXHIBITS

A National Park Service traveling exhibit by artist Charles Harper will be on display in the park through Labor Day. The exhibit is shown in three portions in the Paradise, Ohanapecosh, and Sunrise Visitor Centers.

A witty, fact-filled description accompanies each silkscreened print of animals and birds portrayed in Mr. Harper's own unique graphic style. The exhibits may be viewed during regular visitor center hours.

## WE THE PEOPLE

The National Parks are celebrating the Bicentennial of the United States Constitution. This document established the Federal system of self-government which encouraged development of National Parks such as Mount Rainier. The slide program, "Blessings of Liberty" will be shown at 2 p.m., daily, in the Paradise Visitor Center.

## TAKE PRIDE IN AMERICA

"All Americans should take pride in their outstanding public lands and historic sites that belong to everyone..." — President Reagan. Please help protect Mount Rainier so that future generations may enjoy the same privileges you have.



## RELIGIOUS SERVICES INTER-DENOMINATIONAL CHRISTIAN SERVICES

(Sponsored by A Christian Ministry  
in the National Parks)

Cougar Rock Campground Amphitheater	9 a.m. & 7 p.m.
Paradise Paradise Inn Lobby Paradise Inn Balcony	9 a.m. 9 p.m.
Ohanapecosh Campground Amphitheater	9 a.m. & 7 p.m.

## ROMAN CATHOLIC MASS

Eatonville Our Lady of Good Counsel	10 a.m.
Morton Sacred Heart	10:30 a.m.
Packwood (Saturday) Presbyterian Church	5 p.m.



James Longmire discovered the meadow and mineral springs that now bear his name in 1883. His family built the Longmire Springs Hotel and Baths and extolled the healthful qualities of the mountain air and mineral water. As more people were attracted to Mount Rainier, the hotel provided them a place to rest and a base from which to explore the area. The Longmires also guided their guests to the Paradise flower meadows, the summit, and other parts of the mountain. With the establishment of Mount Rainier National Park in 1899, Longmire grew to be the center of park activity before the later development of Paradise.

The Longmire Museum, one of the oldest national park museums, continues to intrigue people through exhibits of geology, wildlife, history and Indians. While early visitors walked merely to reach the park, today's visitors enjoy both short and long hikes on the park's 300 miles of trail. One can circle the mountain on the 90-mile Wonderland Trail or stroll along a gentle path for minutes or hours. Variety is found at practically every turn of the



trail, certainly with the changing slope and exposure of the land.

So overwhelming is the presence of Mount Rainier that too little attention is paid to the park's encircling forest. Douglas-fir, Western Redcedar and

Western Hemlock soar more than 200 feet above mossy, fern-draped valley floors. Here and there, the forest opens into a lush green meadow. There is a closeness, a solitude, in this forest that imparts a welcome feeling of seclusion.

## INFORMATION AND SERVICES

**Museum:** Longmire Museum, 9 a.m.—6 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.

**Hiker Information:** Longmire Hiker Center, 7 a.m.—7 p.m., Friday and Saturday; 8 a.m.—6 p.m., Sunday through Thursday. 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.

**Self-guiding Trail:** "Trail of the Shadows". 30 minutes, ½ mile. A trip around the Longmire Meadow, featuring both the natural environment and remnants of the Longmire Springs Hotel operation.

**Meals, Lodging, Gas and Gifts:** National Park Inn, 8 a.m.—10 p.m. daily. Dining room hours 7 a.m.—8 p.m., provided by Mount Rainier Guest Services, Inc.

**Campgrounds and Picnic Areas:** Sunshine Point Campground and Picnic Area are located 6 miles west of Longmire and ¼ mile east from the Nis-

qually Entrance. The campground has 18 sites for tents and trailers. Individual campsite fees are \$4 per night per site, year round.

Cougar Rock Campground is located 2½ miles from Longmire on the Paradise Road. It contains 200 campsites for tents and trailers, with 5 group sites. Only the group sites can be reserved. Individual campsite fees are \$5 per night per site on a first-come, first-served basis; group sites cost \$1 per night per person. Campground open to mid-October. Cougar Rock Picnic Area is located across the road from the campground.

## NATURALIST WALKS AND PROGRAMS

**Behind The Scenery:** 9 a.m., Monday, Wednesday, & Friday. 4-8 hours, 3-8 miles. Discover the wonders and problems hidden in Mount Rainier's backcountry. Join a Ranger for a ½ day or day hike to an alpine meadow, cascading waterfall, or majestic old-growth forest. Check at the Longmire Museum for details. Participants should wear sturdy hiking shoes and provide their own transportation and lunch. Meet at the flagpole in front of the Longmire Hiker Center.

**Carter Falls Walk:** 10 a.m., daily. 2 hours, 2 miles. Explore the lowland forest along the beautiful, cool Paradise River. Meet at the bulletin board by the

Ranger Station at Cougar Rock Campground.

**Mineral Springs Walk:** 1:30 p.m. and 2:30 p.m., daily. 20 minutes, ¼ mile. Enjoy a stroll to the mineral springs and discover why visitors have stopped at Longmire since 1885! Meet at the start of the "Trail of the Shadows" across the road from the National Park Inn.

**Children's Program:** 2 p.m., Saturday and Sunday. 2 hours, ½ mile. Children 6-10 years old are invited to join a Park Naturalist for a short walk and nature activities. Fun Guaranteed!!! Meet at the Cougar Rock Campground Amphitheater.

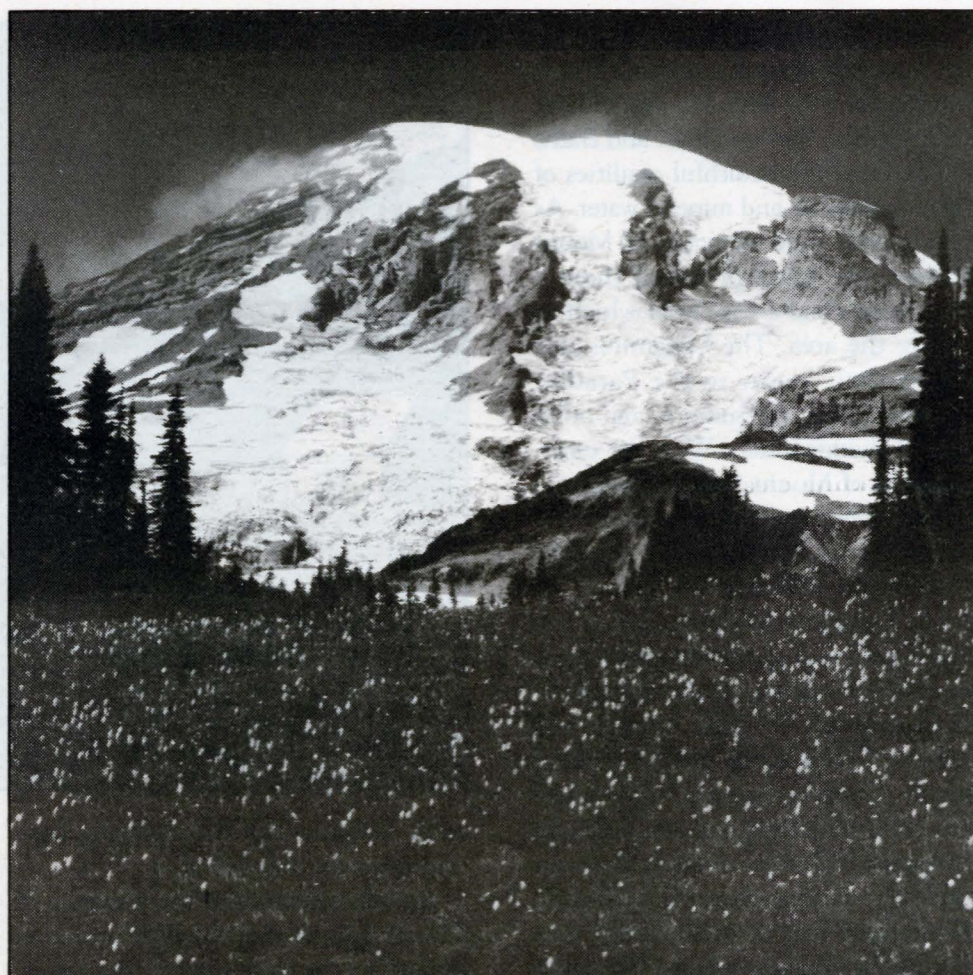
**Longmire Meadow Walk:** Saturday and Sunday. 7 p.m. (July 4-August 2); 6:30 p.m. (August 8-September 6). 1 hour, ½ mile. Discover how man, beaver, mineral springs and time complement each other in the forest and meadow environments at Longmire. Meet on the porch of the National Park Inn.

**Campfire Program:** daily. 9 p.m. (July 1-August 7), 8:30 p.m. (August 8-September 7). 45 minutes. Enjoy Mount Rainier through slide programs presented each evening by a Park Naturalist at the Cougar Rock Campground Amphitheater. Program titles are posted on the campground bulletin board.



# 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 (93½ feet). It is not uncommon to visit Paradise on the 4th of July and find tunnels cut through snowbanks to reach the buildings. While the upper slopes of the mountain remain in the grip of winter much of the year, there is a brief period in late July and August that the snow free slopes come alive with subalpine flowers. This riot of color attracts thousands of people from all over the world. The name Paradise is attributed to members of the Longmire family who felt the area is what "Heavenly Paradise" must be like.



## INFORMATION AND SERVICES

**Visitor Center:** Paradise Visitor Center, 9 a.m.—8 p.m., daily. Exhibits on animals, glaciers, geology, wildflowers, and mountain climbing. A movie is shown hourly on the half hour; the slide program "Is the Mountain a Museum" airs hourly on the hour. This schedule may be pre-empted for an afternoon program of special interest presented by a Park Naturalist. Consult the activity boards or inquire at the information desk for details. The Pacific Northwest National Parks & Forests Association provides books, maps, and slides for sale at the sales area adjacent to the information desk.

**Self-guiding Trail:** "Nisqually Vista" Trail. 1 hour, 1.2 miles. Walk where the clouds go and see how weather shapes the landscape, plants, and animals of these high country meadows. Excellent views of Mount Rainier and the Nisqually Glacier may be enjoyed on this walk.

**Meals, Lodging, Showers and Gifts:** Food services, showers, and gifts available in the Paradise Visitor Center, 9 a.m.—7 p.m. daily. Paradise Inn open daily, with dining room 7 a.m.—8:30 p.m.; gift shop 8 a.m.—9 p.m. Provided by Mount Rainier Guest Services, Inc.

**Climbing Guide Service:** Rainier Mountaineering, Inc., operates the Guide House at Paradise. Summit climbs, climbing instruction, and equipment rentals are available.

**Picnic Area:** Paradise Picnic Area located ¼ mile below Paradise Visitor Center.

## NATURALIST WALKS AND PROGRAMS

**Alta Vista Walk:** 10 a.m. daily. 2 hours, 1½ miles. Discover the beauty and natural history of the Paradise area. Meet the Park Naturalist at the Paradise Visitor Center flagpole.

**Alpine Ecology Hike:** 10:30 a.m., Saturday and Sunday (July 4-September 6). Approximately 6 miles, 4-5 hours. Discover the fragile beauty of the land above the trees in this day hike with a Park Naturalist. Bring lunch, water and proper clothing for sudden weather changes. Moderate hiking with a 1,600 foot elevation gain. Meet at the Paradise Visitor Center flagpole.

**Flower Walk:** 11 a.m. & 2 p.m., daily. 1 hour, 1 mile. Explore the subalpine flower fields on this easy walk along trails through Paradise meadow. Meet at the Paradise Visitor Center flagpole.

**Map Talk:** 12:30 & 3:30 p.m., daily. Join a Park Naturalist twice daily for a discussion of the formation of Mount Rainier's landforms and other topics. Talks are presented at the Relief Map in the Paradise Visitor Center lobby.

**Paradise Potluck:** 1 p.m., Friday, Saturday, & Sunday. 1 hour, ½ - 1 mile. Like to take a chance and discover more about Mount Rainier? Join us for a 1 hour Park Naturalist-led activity which features a different topic each day. Check at the Paradise Visitor Center information desk for details. Meet at the Paradise Visitor Center flagpole.

**Nisqually Vista Walk:** 2:30 p.m., daily. 2 hours, 1¼ miles. Discover the geology and glaciers of Mount Rainier on this easy walk to an excellent view of the Nisqually Glacier. Meet at the Paradise Visitor Center flagpole.

**Mount Rainier's Future:** 3 p.m., daily. 30 minutes. Slide program in the Paradise Visitor Center auditorium. Learn highlights of work and research being done to manage and protect the park's resources for future generations to enjoy.

**Evening Stroll:** 7:30 p.m., daily. 1 hour, ½ mile. Meet the Park Naturalist in the Paradise Inn Lobby for an easy evening stroll to Paradise Valley. This is an excellent time for photography and wildlife.

**Evening Program:** Paradise Inn, 9 p.m., daily. 1 hour. These illustrated programs explore a variety of subjects on Mount Rainier. Titles are posted in the Paradise Visitor Center and Paradise Inn.



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 Hot Springs self-guiding trail, "Life Systems: The Forest and Hot Springs of Ohanapecosh", describes the beauty and history of this interesting area.

Ohanapecosh Campground has 220 campsites but no group sites and is open from late May to late October. It is a good place for campers wishing to visit



both Paradise and Sunrise. Paradise is 21 miles and Sunrise, via the Mather Memorial Parkway, is 30 miles away.

Both locations offer excellent views of Mount Rainier and many miles of trail that invite your exploration.

## INFORMATION AND SERVICES

**Visitor Center:** Ohanapecosh Visitor Center. 9 a.m.—6 p.m., daily. Exhibits feature animals, old growth forest, and local history. The Pacific Northwest National Parks & Forests Association provides books, maps, and slides for sale.

**Self-guiding Trail:** The "Life System" Trail. 30 minutes. ½ mile. Explore the

forest and hot springs of Ohanapecosh on this walk starting at the visitor center.

**Campground:** Ohanapecosh Campground has 220 campsites, but no group sites. Camping fee \$5 per site per night on a first-come, first-served basis. Campground open to late October.

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

## NATURALIST WALKS AND PROGRAMS

**Grove of the Patriarchs Walk:** 10 a.m., Friday, Saturday & Sunday. 2 hours, 2 miles. Enjoy a quiet walk along the Ohanapecosh River through an ancient forest to the Grove of the Patriarchs. Meet at the Ohanapecosh Visitor Center and carpool to the trailhead.

**Silver Falls Walk:** 10 a.m., Daily. 2 hours, 2 miles. Explore the lowland forest along the Ohanapecosh River enroute to the beautiful Silver Falls. Linger in the area after the walk or return with the Park Naturalist. Meet at the bulletin board by the bridge at loop "B" in Ohanapecosh Campground.

**Children's Program:** 10 a.m., Saturday. 2 hours, ½ mile. Children 6-12 years old are invited to explore the hidden beauty of the Ohanapecosh Campground old growth forest with a Park Naturalist. Meet at the Ohanapecosh Visitor Center.

**Ohanapecosh History Walk:** 10 a.m., Sunday. 1 hour, ½ mile. Discover the history of Ohanapecosh; CCC Camp, Hot Springs Resort, Forest Museum, and more, on a Naturalist led walk through the Ohanapecosh Campground. Meet at the Ohanapecosh Visitor Center.

**Campfire Programs:** 9 p.m. (July 1-31), 8:30 p.m. (August 1-September 6). 45 minute program, nightly. Discover Mount Rainier through a slide program presented each evening by a Park Naturalist at the Ohanapecosh Campground Amphitheater. Program titles are posted on the campground and visitor center bulletin boards.



## SUNRISE—WHITE RIVER

Situated at 6,400 feet in the north-eastern part of Mount Rainier National Park is the area called Sunrise. Sunrise is a place of breathtaking vistas and the intriguing beauty of fragile subalpine vegetation. From Sunrise Point, the massive, four and one-half mile long Emmons Glacier and the summit crater rim can be seen, along with the Goat Rocks Wilderness Area and Mount Baker in the distance. As you turn the corner at Sunrise Point and drive through subalpine meadows toward Sunrise, Mount Rainier's full size and mass take on their true perspective.

Sunrise is in the "rain shadow" of Mount Rainier. The 14,410 foot mountain forms an effective barrier to moisture-laden air coming from the Pacific Ocean. The flow of air is disrupted by the mountain, causing it to pile up in the form of clouds and lose the bulk of its moisture over the mountain's south and west slopes. The



reduced moisture levels at Sunrise complement the fertile, but fragile, volcanic soil to produce flower meadows different from those at Paradise. Be sure to stop

at the rustic log Visitor Center to learn about these differences and gain an excellent introduction to the special world of Sunrise.

### INFORMATION AND SERVICES

**Visitor Center:** Sunrise Visitor Center, 9 a.m.—6 p.m., Sunday - Thursday; 9 a.m.—8 p.m., Friday and Saturday. The center features exhibits on the ecology of the park's subalpine and alpine environments. The Pacific Northwest National Parks & Forests Association provides books, maps, and slides for sale.

**Hiker Information:** White River Hiker Center. 8 a.m.—9 p.m. Friday; 7 a.m.—7 p.m. Saturday and Sunday; 8 a.m.—4:30 p.m. Monday through Thursday. Backpackers can obtain backcountry permits for overnight trips and hiking information in the ranger station at the White River Entrance.

**Self-guiding Trail:** "Sourdough Ridge" Trail. 1 hour, ½ mile. A moderate walk through flower fields rich in color to a panoramic viewpoint of four peaks.

**Meals and Gifts:** Sunrise Lodge. 10 a.m.—7 p.m. Saturday and Sunday; 10 a.m.—6 p.m. Monday through Friday. Food service and gift shop. Provided by Mount Rainier Guest Services, Inc.

### NATURALIST WALKS AND PROGRAMS

**Sunrise Potpourri:** 1 p.m.—4 p.m., Friday—Monday. 30 minutes, ½ mile. Discover the beauty and grandeur of Mount Rainier, the Emmons Glacier, and the history of Sunrise during naturalist-led walks that start from the Sunrise Visitor Center on the hour and half hour. Each short walk features a differ-

ent topic. Go on one, or stay for the afternoon.

**Children's Program:** Saturday, 7:15 p.m. (July 3-31); 6:45 p.m. (August 1—September 5). Meet at the White River Campfire Circle.

**Campfire Programs:** Thursday, Friday & Saturday, 8 p.m. (July 2-31); 7:30 p.m.

(August 1—September 5). Explore the beauty, geology and history of Mount Rainier around a campfire at a 45 minute program presented by a Park Naturalist at the campfire circle in White River Campground. Program titles are posted on the campground bulletin board.

## CARBON RIVER

Do you like to discover special, out-of-the-way places? Carbon River is such a place in Mount Rainier National Park.

Carbon River lies in the Northwest corner of the park. Even a brief visit will take a day and require travel via state and local roads that wind through the surrounding countryside. Only 1½ miles of road in the Carbon Valley are paved.

The remainder of the road to Ipsut Creek Campground and the road to Mowich Lake are gravel.

The Northwest part of the park is well worth the effort required to get there. The abundant moisture and mild climate of the deep Carbon River Valley combine to produce the only true rain forest in the park. The self-guiding Carbon River Rain Forest Trail at Car-

bon River Entrance is a nature trail to help you understand this unique environment. A 3½ mile trail from the Ipsut Creek Campground to the Carbon Glacier provides one of the park's closest views of an active glacier. The road to beautiful Mowich Lake treats you to outstanding views of the "other side of the mountain".

### INFORMATION AND NATURALIST PROGRAMS

**Campground and Picnic Areas:** Ipsut Creek Campground has 31 sites, with 2 group sites. Only the group sites can be reserved. Camping fee for individual sites is \$4 per site per night, on a first-come, first-served basis. Picnic tables are located at Falls Creek, 2 miles from the entrance, and in the Ipsut Creek Campground.

**Campfire Program:** Friday & Saturday, 9 p.m. (July 3—August 8); 8:30 p.m. (August 14—September 5). 45 minutes. Naturalists present slide-illustrated campfire programs in the campfire circle in Ipsut Creek Campground. Program titles are posted on the campground bulletin board.

**Self-guiding Trail:** "Carbon River Rain Forest" Nature 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.



## ALPINE HABITATS BEING DESTROYED

Fellfields are the rock-strewn, artic-like areas located just below the icecap in many parts of Mount Rainier. While appearing as mere rocky slopes, the fellfields actually support 42 species of plants. Of these plants, 20 do not occur below 7,000 feet elevations, 30 have geographic ranges limited to the Pacific Northwest, and only 5 species will establish themselves in stone-free soil.

Heath meadows are generally found below the fellfields and represent plant communities that are estimated to be more than 7,000 years old. They feature dominant heather species that are endemic to the Pacific Northwest. On Mount Rainier, heath meadows may extend up to 8,000 feet elevation, much higher than in other locations in this region.

Despite their harsh climatic conditions, both fellfields and heath meadows are extremely delicate areas. Disturbing the rocks in the fellfields results in the loss of plants and their habitat. While the removal of stones to construct a tent pad completely destroys the vicinity, even the scuffing of one's boots is enough to destroy individual plants and make conditions unsuitable for their growth. Cutting switchbacks and generally walking off the trail in the heath meadows stimulates erosion that removes the fine particle soil and destroys the heather plants themselves. Saving the fellfields and heath is simply, but urgently, eliminating these adverse impacts and treading lightly in high places.



## MEADOWS NEED RESTORATION AND CARE

National Park Service rangers and resources managers will be working hard this summer on several projects to restore severely impacted meadows. At Paradise, they will be stabilizing and revegetating trail switchbacks at Golden Gate and will be replanting native vegetation in the old Paradise Campground. Volunteers will assist rangers in stabilizing and restoring native vegetation on the Glacier Basin

Trail to Inter Glacier. Throughout the backcountry, rangers will be removing improper campsites and rehabilitating eroded social trails. Please do your part by staying off the meadows, and walking only on constructed walkways. A personal pledge of minimum impact will assure that future generations find the same thrilling experience which we enjoy today.



## 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.

## WASTE NOT, WANT NOT!!

If you are one of the 20,000 backpackers or 8,000 climbers who use the backcountry of Mount Rainier National Park, WE NEED YOUR HELP! These large numbers of people are bringing a serious problem into the wilderness: the disposal of human waste and consequent loss of water quality.

If you stay at trailside camps while backpacking, please use the pit toilets provided. For cross-country campers, it is best to select a screened spot at least 300 feet from any water source. Dig a hole approximately 7" deep to stay within the biological decomposing layer. After use, cover the hole with soil and duff to blend in with the surroundings.

Climbers pose a more complex problem as cold temperatures and ultra-violet radiation severely limit microbial decomposition at high elevations. The 12,000 pounds of human waste left each year along the climbing routes stays there indefinitely! The best course of action is to use the toilet facilities and privacy screens provided at the major climbing camps. Climbers who pick their own high camps should carry their own high camps should carry human waste bags to pack out their waste to a collection station.

## HELP SPOTTED OWLS

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 over 1,000 years in age. These trees were old when ships reached the North Pacific coast and the wagon trains brought settlers into Puget Sound.

The Spotted Owl demands old-growth forest for its existence and is listed as a threatened species in both Washington and Oregon. It is estimated that a pair of spotted owls need from 1,000-3,000 acres of old growth forest for feeding and protection from pred-

ators. They feed on small mammals, birds, insects and reptiles that live in the old growth forest.

Mount Rainier National Park is conducting a study on habitat use by spotted owls. Volunteer field research assistants will call owls, record locations, and locate nests. Owl pairs will be radio collared to be tracked nightly for activities in the summer and fall. Gifts of time, material and money are needed to carry out this research. If you are interested in assisting, contact the Park Superintendent or inquire at one of the visitor centers.



# A TRIP TO PARADISE

