

Limited Access - Road / Trail Damage

Carbon River / Ipsut Creek

- The road from Carbon River Entrance to Ipsut Creek Campground (5 miles) will be closed to motorized vehicles, due to a major washout, throughout this season. A parking area is located near the entrance.
- A temporary bypass of the washed out area allows access by foot or bicycle along the route to Ipsut Creek Campground. Bicycles are prohibited beyond the campground. Backcountry style camping - no treated drinking water & carry out your trash (see page 2).

Mowich Lake

- Vehicular access to Mowich Lake and Paul Peak area will be delayed until mid-July due to washed out sections of SR165.
- Once open, one-lane traffic restrictions will apply with periodic closures during construction. During closures traffic will be allowed through at the beginning of each hour. Anticipated construction times are 8AM - 6PM Monday-Thursday-8AM- 3PM Friday-open all weekends and holidays.

State Route 123

- State Route 123 has been damaged by extensive washouts 5-miles south of Cayuse Pass. A 600 foot section of roadway has slid approximately 600 feet down into the Chinook Creek drainage. SR123 is closed at this site south of Cayuse Pass. Due to the extent of damage there is no estimate of when the road will be open to traffic.

"Loop Drive" Impassable

- The closure on SR123 makes an around-the-mountain "loop drive" on park roads impossible this season.

State Route 410

- Improvements continue on a 10-mile section of SR410 north of the park boundary. Expect up to 30-minute delays Monday through Friday.

What Is Accessible?

- Longmire and Paradise may still be reached as usual from State Route 706.
- Stevens Canyon Road allows east/west travel within

the park.

- Ohanapecosh may be reached via Stevens Canyon Road and SR123 or from the south via SR12 and SR123.
- Sunrise and White River may be reached from the north and east via SR410.

Trail Damage / Repairs

- Trails throughout the park sustained severe damage from flooding and blowdown. This will result in delayed trail openings. Many trail bridges are washed out, making river crossings hazardous. Check at a Hiker Center for current conditions.
- Paradise - trail from Guide House to Myrtle Falls will be paved mid-summer taking 1-week to complete.

For Current Information

- Please call (360-569-2211) ahead of your planned travel or ask at any visitor center or ranger station for the current status of all roads and trails within the park. Temporary road closures are marked on the map below.

Make The Most Of Your Visit!

First Stop? Any Visitor Center

- Locations & hours of operation see page 2
- Current information on roads, weather, trails, camping and local attractions
- Rangers with planning tips & great activity ideas
- Exhibits on wildlife, flower blooms, glaciers, human history and other features of the park
- Wilderness Camping permit - backpackers see page 5

Naturalists Enhance Your Visit

- Short guided walks are offered to waterfalls and magnificent old-growth forests at Longmire/Cougar Rock and Ohanapecosh
- Sub-alpine meadows are featured programs at Paradise and Sunrise
- Illustrated campfire programs presented at Cougar Rock and Ohanapecosh Campgrounds and at Paradise Inn, focus on significant resources of the park. Old-fashioned talks around the campfire are held at White River Campground.
- See schedule of activities and programs on page 3 or check park bulletin boards for specific details.

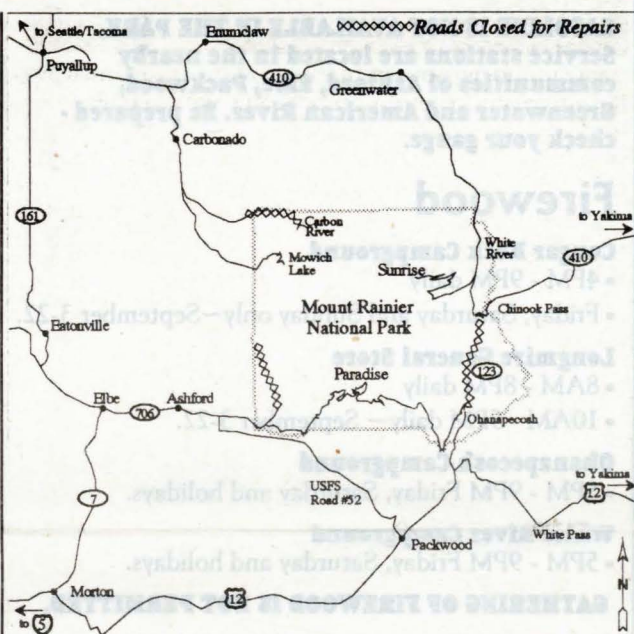
Longmire

In 1883, while on a climbing trip to Mount Rainier, James Longmire happened upon the meadow and mineral springs that now bear his name. He and his family returned the following year to found "Longmire's Medical Springs." In 1890, James Longmire built the Longmire Springs Hotel, which provided visitors with a place to rest and a base from which to explore the mountain.

With the establishment of Mount Rainier National Park in 1899, Longmire became the early center of park activity. The Longmire Museum, one of the oldest national park museums, offers exhibits that tell the story of those early days.

One of the best ways of becoming familiar with the old-growth forest surrounding Longmire is to stretch your legs on a trail. The Longmire area offers a variety of hiking opportunities. You can relax while walking a gentle path through Douglas-fir, western redcedar, and western hemlock that soar more than 200 feet above the mossy, fern-draped forest floor. Or you can challenge yourself by hiking on a steeper trail that climbs to mountain ridge tops with commanding vistas of Mount Rainier, surrounding peaks, and forest cloaked valleys.

No matter the difficulty of trail you choose, your reward will be a feeling of seclusion and solitude, a sense of wilderness, a feeling often difficult to capture during the routine of everyday life.



Paradise

Mount Rainier reaches into the atmosphere to disturb great tides of moist maritime air flowing eastward from the Pacific Ocean. The resulting encounter creates spectacular cloud halos and produces fantastic snowfalls. Paradise, located at 5,400 feet on the mountain's south slope, averages 630 inches of snow each winter. The record snowfall occurred during the winter of 1971-72 with a total snowfall of 93.5 feet.



Even at summer's end about 34 square miles of snow and ice cover the mountain - more than on all of the other Cascade volcanoes combined.

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 when snow-free slopes burst forth with subalpine flowers. Avalanche lilies, glacier lilies and western anemones bloom early, before the winter's snow has completely melted from the meadows. Yet their flowering is brief. All the summer weeks after, the seed heads of these early risers wave in the breeze as other plants blossom. Among them are such colorful subalpine delights as the Lewis monkey-flower, Jeffrey shootingstar, magenta paintbrush and mountain bog gentian. This riot of color attracts millions of people from all over the world, and has been increasingly popular since the area was first explored in the late 1800's by the James Longmire family. In fact, the name Paradise is attributed to members of the Longmire family who felt the area is what "Heavenly Paradise" must be like.

Ohanapecosh

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 on the self-guiding nature trail in the Grove of the Patriarchs.

Flowing from an inactive glacier and snowfields, the sparkling clear water of the Ohanapecosh River stands in stark contrast to the brown, milky streams originating from active glaciers. Only a mile from Ohanapecosh Campground, the river cascades in the beautiful Silver Falls.



Sunrise

At 6,400 feet Sunrise is a place of breathtaking vistas and 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 Adams to the south and Mount Baker in the distance to the north. As you turn the corner at Sunrise Point and drive through subalpine meadows toward Sunrise, Mount Rainier's full size and mass take on an enhanced perspective.

Reduced moisture levels at Sunrise complement the fertile, but fragile, volcanic soil to produce flower meadows different from those at Paradise. Stop by the rustic log visitor center to learn about these differences and gain an introduction to the world of Sunrise.



Carbon River / Mowich Lake

Access to these areas is limited, see article above.

The abundant moisture and mild climate of the deep Carbon River Valley combine to produce the only true inland rain forest in the park. The self-guiding trail "Carbon River Rain Forest" at the park entrance describes this unique environment. A 3.5 mile trail from Ipsut Creek Campground (8.5 miles from the entrance) to the snout of Carbon Glacier provides a close view of an active glacier.

STAY BACK - rocks falling from the glacier's surface make a close approach very dangerous.

Mowich Lake lies at the trailhead for a number of special wilderness destinations. Spray Falls provides a bonus for day hikers on their way to wildflower displays at Spray Park. Panoramic views await hikers who reach Eunice Lake and Tolmie Peak. **STAY ON TRAILS** - these fragile areas require special care. To help save the meadows see "Fragile...Handle With Care" on page 7.

Facilities & Services

Visitor Centers

Longmire Museum

• 9AM - 5PM daily

Paradise - Henry M. Jackson Memorial Visitor Center

• 9AM - 7PM daily

Ohanapecosh

• 9AM - 6PM daily

Sunrise

• 9AM - 6PM Sunday - Friday

• 9AM - 7PM Saturday

Carbon River Ranger Station

Temporarily located in the Wilkeson Fire Hall

• 8AM - 430PM Saturday - Thursday

• 10AM - 7PM Friday

See page 1 for information on access to this area.

Hiker Information Centers / Permits

Longmire

• 8AM - 6PM Sunday - Thursday

• 8AM - 7PM Friday

• 7AM - 7PM Saturday

General information and permits for overnight trips is located in the lobby of the large log and stone building behind the flagpole.

White River

• 8AM - 4:30PM Sunday - Thursday

• 7AM - 9PM Friday

• 7AM - 7PM Saturday

• 8AM - 430PM daily~ September 5 - September 10.
Obtain permits for overnight trips and hiking information in the ranger station at the White River Entrance.

Paradise

• 730AM - 330PM Sunday - Friday

• 6AM - 330PM Saturday

Registration for climbers is located at the ranger station in the small stone building near the upper parking lot.

Food & Lodging

Longmire National Park Inn

• Lodging desk 7AM - 10PM daily.

• Dining room hours 7AM - 8PM daily

For reservations call Mount Rainier Guest Services at (360) 569-2275.

Longmire General Store: Gifts & groceries

• 8AM - 8PM daily

Located near the National Park Inn.

Paradise - Henry M. Jackson Memorial Visitor Center: Food services and gifts.

• 10AM - 7PM~daily.

Paradise Inn

• Front desk 24 hours daily.

• Breakfast 7AM - 9AM

• Lunch 12Noon - 2PM

• Dinner 5:30PM - 8:30PM

• Sunday Brunch 11AM - 2:30PM

• Glacier Lounge 12Noon-11PM

• Snack Bar open 9AM - 8PM~daily

• Gift Shop (in lobby) 8AM - 9PM~daily.

For reservations call Mount Rainier Guest Services at (360) 569-2275.

Sunrise Lodge

• 10AM - 7PM daily

• 10AM - 5PM Sunday~ September 8 (Then closed)

Food service and gift shop. No overnight lodging is available. Provided by Mount Rainier Guest Services.

Post Offices

Paradise Inn

• 830AM - 5PM Monday - Friday

• 830AM - 12Noon Saturday

Longmire National Park Inn

• 830AM - 5PM Monday - Friday

• 830AM - 12Noon Saturday

Showers

Paradise - Henry M. Jackson Memorial Visitor Center: Located on lower level.

• 10AM - 7PM daily

• Showers are also available outside the park in Ashford, Packwood and Eatonville.

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.

Firewood

Cougar Rock Campground

• 4PM - 9PM daily

• Friday, Saturday and Sunday only~September 3-22.

Longmire General Store

• 8AM - 8PM daily

• 10AM - 5PM daily~ September 3-22.

Ohanapecosh Campground

• 5PM - 9PM Friday, Saturday and holidays.

White River Campground

• 5PM - 9PM Friday, Saturday and holidays.

GATHERING OF FIREWOOD IS NOT PERMITTED.

Campgrounds

Sunshine Point

• Open year round. 18 sites. Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance. Site fee is \$6 per night on a first-come, first-served basis. No group sites available.

Cougar Rock

• 200 campsites for tents and trailers, 5 group sites. Located 2.5 miles from Longmire on the Paradise Road. Site fee is \$8 per night on a first-come, first-served basis. Only group sites can be reserved and cost \$3 per night, per person. Cougar Rock Campground is open until mid-October.

Ohanapecosh

• 205 sites, no group sites. Site fee is \$10 per night on a first-come, first-served basis. The campground is

open until mid-October.

White River

• 117 sites, no group sites. Site fee is \$8 per night; on a first-come, first-served basis.

Ipsut Creek

• 29 sites, 2 group sites. Located at the end of the Carbon River Road. See page 1 for road closure information. **Backcountry style camping:** no fee, permit required, no treated water & carry out your trash.

All Campgrounds

• Extra vehicles at campsites are charged \$4 per night.

Picnic Areas

Sunshine Point

• Located 6 miles west of Longmire and .25 mile east of the Nisqually Entrance.

Cougar Rock

• Located across the road from Cougar Rock Campground. The picnic area is open until mid-October.

Paradise

• Located .25 mile below the Jackson Visitor Center. Picnicking is NOT allowed on the fragile meadows at Paradise.

Box Canyon

• Located between Ohanapecosh & Paradise on Stevens Canyon Road.

Ohanapecosh

• Located across from the Ohanapecosh Visitor Center at the entrance to the Campground in Loop A.

Tipsoo Lake

• Located near Chinook Pass on Highway 410, 11 miles south of the White River Entrance arch.

Sunrise

• Tables located behind the Sunrise Visitor Center in a subalpine setting.

Climbing

The Guide House at Paradise

• 9AM - 5PM daily

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 seminar, combined with a 2-day summit climb. For more information call (360) 569-2227.

Independent Climbers

• Climbers must register before climbing on glaciers or above the high camps.

• Primary registration points are Paradise Ranger Station and White River Hiker Information Center.

• Please see page 5 for more information.

Shuttle Buses

Rainier Shuttle

• Daily between Sea-Tac Airport and park lodges or Ashford area lodges; also between Ashford and Paradise. Call (360)569-2331 for schedules, rates and reservations.

Rainier Overland, Inc.

• Daily to Sea-Tac Airport, trailheads within the park, Paradise and local area destinations. Call (360)569-0851 for schedules, rates and reservations.

Join The Junior Rangers

Welcome to the Mount Rainier National Park "Junior Ranger" program. There are two ways for children (6-11 years old) to take part in the program and receive their certificate. A cloth patch may be purchased by persons with a certificate at any visitor center.

1 Attend naturalist guided activities at Jackson Visitor Center at Paradise, Cougar Rock, Ohanapecosh or White River Campgrounds.

2 Complete the "do-it-yourself" activities printed in booklets available at any park visitor center. Present completed work to any visitor center information desk to receive your certificate.

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Guided Programs

July 1 - September 3

• 2PM Monday & Friday ~ Cougar Rock Campground

• 3PM Saturday ~ Ohanapecosh Campground

• 930AM Saturday ~ White River Campground

• 11AM Saturday ~ Paradise



See page 3 for detailed program schedules and reservations. There is a limit of 25 children per program. Children should be able to participate without parents, but parents are welcome to attend.

Northwest Interpretive Association

Books and maps are available for sale at all park visitor centers, Hiker Information Centers and Longmire Museum. 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. For a catalog of publications and to learn about the advantages of membership inquire at any visitor center; or write to the Northwest Interpretive Association, 909

First Avenue, Suite 630, Seattle, WA, 98104-1060; or phone (206) 220-4140.

Look for "The Traveler's Companion" at all visitor centers, museum, hiker information centers, and 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.

Naturalist Programs

Paradise

Meadow Stroll

- Daily
- 1030 AM
- 1.5 hours~1.5 miles
- Meet at the Jackson Visitor Center flagpole
- Explore subalpine meadow life during this hike to a Paradise viewpoint.

Wildflower Walk

- Daily
- 130 PM
- 1 hour~1 mile
- Meet at the Jackson Visitor Center flagpole
- Enjoy the Paradise meadow as you acquaint yourself with the wildflowers of the area during this easy walk.

Nisqually Vista Walk

- Daily
- 3PM
- 1.5 hours~1.25 miles
- Meet at the Jackson Visitor Center flagpole
- Discover geology and glaciers of Mount Rainier on this easy walk to an excellent view of the Nisqually Glacier.

Panorama Point Hike

- Saturday & Sunday
- 930 AM
- 4 hours~5 miles~1400 feet elevation gain
- Meet at Jackson Visitor Center flagpole
- Bring lunch, water, sunscreen and proper clothing for possible sudden weather changes.

Junior Rangers

- Saturday
- 11 AM
- 1 hour
- 6-11 year olds
- Meet at Jackson Visitor Center flagpole
- Nature activities may be held inside or outside depending on weather conditions.

Oh, What a Paradise!

- Sunday - Friday
- 1030AM & 130PM
- Saturday
- 130PM
- 30 minutes
- Shown in Jackson Visitor Center Auditorium
- Slide program on the preservation of the meadows.



Paradise Inn Evening Program

- Daily
- 9 PM
- 1 hour
- Meet at Paradise Inn Lobby
- Illustrated programs shown each evening in the Paradise Inn Lobby by a park naturalist. Explore a variety of subjects on Mount Rainier. Titles are posted in the Jackson Visitor Center and Paradise Inn.

Audio-Visual Shows

- Daily
- 930AM - 630PM
- 20 minutes
- Shown in Jackson Visitor Center Auditorium
- Slide programs or movies are shown on the hour and half hour.

Naturalists-At-Large

- Daily
- 9AM - 530PM
- Paradise meadows
- Park naturalists and volunteers rove the meadow trails daily. Have a question about Climbing? Flowers? Wildlife? Meadow Restoration? They are there to help. Just ask the naturalists as you encounter them.

Longmire ~ Cougar Rock

Carter Falls Hike

- Daily
- 10 AM
- 2 hours~2 miles
- Meet at the bulletin board by the Ranger Station at Cougar Rock Campground
- Experience the lowland forest along the Paradise River enroute to Carter Falls.

Comet Falls Hike

- Saturday
- 9AM
- 3 hours~3 miles~Elevation gain 900 feet
- Meet at the trailhead
- View a 320 foot waterfall and enjoy the forest and stream along Van Trump Canyon. Bring lunch, water

and proper clothing for possible sudden weather changes.

Cougar Rock Junior Rangers

- Monday & Friday
- 2 PM
- 1.5 hours. Children 6-11 years old.
- Meet at campground amphitheater
- Join a park naturalist for a short walk and nature activities.



Cougar Rock Campground Evening Program

- Daily
- 9 PM~June 28- August 1
- 830 PM~August 2 - September 7
- 45 minutes
- Meet at campground amphitheater
- Enjoy Mount Rainier through a slide program presented each evening by a park naturalist. Program titles are posted on the campground bulletin board.

Coffee With a Ranger

- See campground bulletin boards for days
- 7AM
- 1.5 hours
- Meet at Cougar Rock Amphitheater
- Need help planning your day? Want to ask about that bird you saw? Join a park naturalist for hot coffee and conversation. Bring your own mug - coffee provided.

Ohanapecosh

Silver Falls Walk

- Thursday & Saturday
- 10 AM
- 2 hours~3 miles
- Meet at the bulletin board by the bridge in Loop B of Ohanapecosh Campground
- Explore the forest primeval enroute to this breathtaking waterfall. Linger at the falls and return at your own pace.

Ancient Forest Walk

- Sunday, Tuesday & Friday
- 1030 AM
- 1.5 hours~2 miles.

- Meet at the Grove of the Patriarchs trailhead on Stevens Canyon Road. Parking is limited
- Walk along the Ohanapecosh River to the Grove of the Patriarchs.

Meander Through History

- Friday
- 2 PM
- 1 hour~1 mile
- Meet at the log section behind the Ohanapecosh Visitor Center
- Join a park naturalist for this short walk and discover the varied and interesting history of Ohanapecosh.



Junior Rangers

- Saturday
- 3PM
- 1.5 hours. 6-11 year olds
- Meet at the Ohanapecosh Amphitheater
- Explore a variety of nature activities with a park naturalist. Space is limited. Register early on Saturday (day of program) at the visitor center.

Evening Program

- Wednesday - Monday
- 9 PM ~July
- 830 PM~August 1 - September 2
- 45 minutes
- Meet at campground amphitheater
- Join a park naturalist each evening to explore Mount Rainier's natural or human history. Topics are posted on campground and visitor center bulletin boards.

Sunrise ~ White River

Sunrise Area

Sunrise Sampler

- Daily
- 11AM & 3PM
- 30 minutes~.5 mile.
- Meet at Sunrise Visitor Center
- A short introduction to Sunrise's natural and human history. Topics vary.

Mt. Fremont Wildlife Watch

- Saturday & Sunday
- between 3PM - 4PM
- 2.8 miles from Sunrise Visitor Center
- Meet at Mt. Fremont fire lookout
- A park naturalist will be available to point out the habits and haunts of our native mountain goats and other wildlife. Dress for changing weather conditions.

Tundra Talk

- Sunday
- Ranger on site between 2PM - 3PM
- 2.5 miles from Sunrise Visitor Center
- Meet on top of First Burroughs Mountain
- Check with a ranger for a map, directions and current conditions before starting your hike.
- Join a park naturalist for a closer look at specially adapted alpine plants and animals. See how the forces of fire and ice have affected Mount Rainier.

White River Campground Area

Evening Campfire

- Thursday, Friday & Saturday
- 8 PM~July 3 - July 31
- 730 PM~August 1 - September 7
- 45 minutes

- Meet at campground campfire circle
- Explore the natural or human history of Mount Rainier at a campfire program presented by a park naturalist. Titles are posted on campground and Sunrise bulletin boards.

Junior Rangers

- Saturday
- 930AM
- 1.5 hours. 6-11 year olds
- Meet at the White River Campfire Circle
- Join a park naturalist for some fun nature activities and earn your Junior Ranger Certificate.

Emmons Glacier Walk

- Saturday
- 1PM
- 2 hours~1.75 miles one way
- Meet at Glacier Basin trailhead in White River Campground
- Walk to a closeup view of the largest glacier in the contiguous United States. Bring water and sun protection.



Mount Rainier, North Cascades & Olympic Fund

The Mount Rainier, North Cascades & Olympic Fund was created to restore, enhance and preserve Washington's National Parks. The Fund is a private, independent, not-for-profit organization which works with individuals like you - as well as businesses, foundations and allied organizations - to secure financial as well as volunteer support for specific projects to improve the parks.

Within the Fund's first year, it had funded 8 projects. At Mount Rainier these projects included revegetation of a portion of Paradise Meadows; Emergency Road Assistance program; and development of an interactive computer program about minimal impact hiking in wilderness areas. By October 1995, the Fund had generated \$64,000 for park projects.

Several projects now need your help:

- To end poaching of vegetation and animals.
- To educate children about ecosystem preservation.
- To restore Paradise Meadows.

For detailed information about how you can help, contact: Kim M. Evans, Executive Director, Mount Rainier, North Cascades & Olympic Fund, 1221 Second Ave., Suite 350, Seattle, WA, 98101, or call (206) 621-6565. Look for donation boxes and envelopes at all park visitor centers and at the National Park and Paradise Inns.

Volunteers

If you would like to make a contribution to assure that your national parks will continue to be enjoyed by future generations, then consider becoming a VIP for the National Park Service.

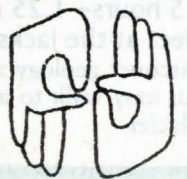
To apply for volunteer service at Mount Rainier National Park, or to receive more information on the VIP program, contact a park ranger at any visitor center or ranger station; or write: Clay & Dixie Gatchel, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304; or phone (360)569-2211 ext.3355.

Accessibility

- **COMFORT STATIONS** and **BUILDINGS** are mostly accessible or accessible with help.
- **OVERNIGHT ACCOMMODATIONS** are available at the Longmire National Park Inn and the Paradise Inn. Phone (360)569-2275 for reservations.
- **PICNIC AREAS** and **CAMPGROUNDS** in the park have accessible sites and toilets.
- **WHEEL CHAIR ACCESS** to the first half of the Trail of the Shadows to the Longmire cabin is on a compacted dirt trail.
- **ACCESSIBLE BOARDWALK** at Kautz Creek

leads to an overlook of the 1947 debris flow and a view of the mountain.

- **WRITTEN INFORMATION** and **EXHIBITS** are available at Longmire Museum and Hiker Information Center, Jackson Visitor Center at Paradise, Ohanapecoh Visitor Center, White River Hiker Information Center and Sunrise Visitor Center.
- **SIX SELF-GUIDING NATURE TRAILS** are available with an interpretive booklet or signs.
- **LARGE PRINT SCRIPTS** of audio/visual programs presented at the Jackson Visitor Center at



Paradise and Ohanapecoh Visitor Center are available. Request one at the information desk.

- A TDD is available at (360) 569-2177.
- For more information or assistance, contact a park ranger at any visitor center or phone (360) 569-2211.

Regulations ~ Protect Your Park

The rules and regulations in national parks help protect their special qualities. Please honor these rules even though they may differ from the ones you are accustomed to following at other outdoor recreation areas and city parks. Your cooperation is appreciated and shows respect for fellow park users, for future visitors and for our national heritage.

- **Collecting** ferns, fungi and plant materials, such as beargrass, is prohibited.
- **Collecting** of berries for personal consumption is allowed in very small quantities (one liter per day). Commercial collecting is prohibited.
- **Natural features** (such as rocks) are to be left where they are, for all future generations to enjoy.
- Mount Rainier is famous for its **wildflowers**; do not pick them. Leave them for everyone to enjoy.
- **Park animals** are wild; observe them only. Feeding is prohibited.



- **Camping** is not allowed along any park road. Campgrounds are located at Sunshine Point, Cougar Rock, Ohanapecoh and White River.



- **Make fires** only in a fire grill at picnic areas and campgrounds. Use a portable stove in the backcountry.

- **Fishing** by hook and line is permitted. No fishing license or permit is required to fish in the park's lakes and streams, however, some streams and lakes are closed. The Ohanapecoh River and its tributaries are open to fly fishing only. Since the park waters are not stocked, "fishing for fun" is encouraged: use barbless hooks and release uninjured fish. Seasons and catch limits in streams are the same as State regulations. Lakes have no catch limits. Fishing for Bull Trout (or Dolly Varden) is prohibited. Use of live or dead bait fish, non-preserved fish eggs, or digging for bait is prohibited. Check with a ranger for details.



- A permit for an overnight stay in the wilderness or climbing is required year round. Inquire at any visitor center or hiker information center.



- **Pets** must be caged or on a leash. They are not allowed in buildings or on trails (seeing-eye and hearing-ear dogs excepted). Dogs are allowed on a leash, on the Pacific Crest Trail and the pet trail at Sunrise.



- **Firearms** must be unloaded, broken down, and cased. Weapons are prohibited in the backcountry. Hunting is prohibited.



- Do not drive or park off any road.

- **Bicycles** are allowed only on roadways. The Westside Road is recommended. The Carbon River Road from the park entrance 5 miles to Ipsut Creek Campground will also be available to bicycles in the 1996 season. Bicycles are prohibited on all trails.
- **The use of skateboards**, roller skates and similar devices is prohibited.



Entrance Fees

Park entrance stations will be changing to an "honor system" for payment of entrance fees during periods when the entrance is not staffed by a park ranger. While in effect, visitors will place entrance fees in an envelope and deposit the envelope in a canister. Compliance checks will be conducted by law enforcement rangers.

FEE TYPE	PRICE	USAGE
Vehicle	\$5	Good for 7 days.
Individual	\$3	In a bus, on foot, bicycle, motorcycle or horse. Good for 7 days.
Rainier Pass	\$15	Good for one year, from date-of-purchase, at Mount Rainier.
Golden Eagle	\$25	Good for 1 year, from date-of-purchase, in all national parks.
Golden Age	\$10	For U.S. citizens or permanent residents 62 and over (lifetime pass).
Golden Access	Free	For blind or permanently disabled U.S. citizens or permanent residents (lifetime pass).
Commercial Tour	\$30	Vehicle capacity: 1 to 6 passengers.
Commercial Tour	\$45	Vehicle capacity: 7 to 25 passengers.
Commercial Tour	\$100	Vehicle capacity: 26+ passengers.

Backpacking ~ Climbing

Backpacking

- Free Wilderness Camping Permit required for all overnight stays in the backcountry or wilderness.
- Permits are issued at the Longmire and White River Hiker Information Centers as well as any visitor center or ranger station. Hours of operation on page 2.
- Reservations are not accepted. Permits are issued only in the park.
- Permits are issued on a first-come, first-served basis, up to one day in advance of your trip.
- Permits allow for the control of the number of people camping in one place at one time to limit the impact from litter, human waste and trampling of the ground.
- For information write: Backcountry, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304, or call (360) 569-2211, ext. 3317.

Climbing

- Climbers must register to go above the high camps or to climb on the glaciers.
- Special Use Fee: \$15/person/climb or \$25/person/year, due when climbers register.
- Primary registration locations are Paradise Ranger Station and White River Hiker Information Center. Hours of operation on page 2.
- Camping at all trailside camps as well as Camps Muir and Schurman is available on a first-come, first-served basis.
- Special Use Fees help recover park costs for climber safety & education, upper mountain human waste management and program administration.
- Do not put waste in crevasses or bury it in the snow. If you plan to hike to Camp Muir or climb higher on



the mountain, check with rangers to be sure you know where pit toilets and "Glacier Toilets" are located and how to use blue bags for waste removal.

- Upper mountain users need to carry out all the trash they generate while climbing. Putting trash in toilets hinders toilet operation and makes removal of trash and waste much more expensive.
- To contact a climbing ranger call (360) 569-2211 ext. 2315 or 2314.

Experience Rainier ~ Take a Hike...

Self-guiding Trails

Longmire: Trail of the Shadows

- 30 minutes~7 mile. Experience the natural environment and see the former site of Longmire Medical Springs operation on this walk around the meadow.

Longmire: Historic District Walking Tour

- 1 hour~1.25 miles. Witness firsthand some of the park's most architecturally significant structures. 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. See these ancient trees on an island in the Ohanapecosh River.

Ohanapecosh: Life Systems

- 30 minutes~5 mile. Explore the forest and hot springs on this walk starting at the visitor center.

Carbon River: Carbon River Rain Forest

- 20 minutes~3 mile. Explore the only true inland rain forest at Mount Rainier. Access limited see page 1.

Sunrise: Sourdough Ridge

- 1 hour~1.5 mile. A moderate walk through flower fields to a panoramic viewpoint of four volcanic peaks -Mount Baker, Glacier Peak, Mount Adams and Mount Rainier.

Paradise: Nisqually Vista

- 1 hour~1.2 miles. Excellent views of Mount Rainier and the Nisqually Glacier may be enjoyed on this walk through high country meadows.

Westside Road

Starting in late June, you may drive 3 miles up the road to the parking area at Dry Creek. From there, travel further into the scenic west side of the park by

hiking or bicycling. Bicycles must remain on the roadway. Hikers may explore the many miles of trail branching off the old roadway into the wilderness. Be sure to obtain a permit if planning to stay overnight.

Wonderland Trail

The 93-mile Wonderland Trail completely encircles Mount Rainier, passing through all the major life zones in the park, from lowland forests through subalpine meadows to views of glaciers. Hikers can find both company and solitude along the way. As the summit of Mount Rainier is to a climber, so the Wonderland Trail is to a hiker - the experience of a lifetime. You should allow about 10 days to 2 weeks to enjoy the trail. Camping along the trail is allowed only at designated campsites, by permit only. For more detailed information to plan a trip inquire at the Longmire Hiker Information Center or call (360) 569-2211 x3317.

Safety First



- Do not leave any valuables in your car, not even locked in the trunk. Keep cash and valuables with you.
- Stay back from streams and river banks and avoid "rock hopping." Rocks near the water's edge can be dangerously slippery and have caused fatal accidents.
- Never swim or wade in streams above waterfalls or in cascade areas.
- Get current trail and weather conditions from any visitor center or hiker information center.
- Be prepared for the unexpected. Carry extra food and water, rain gear and emergency items including flashlight and first-aid supplies.
- Let someone at home know what your hiking

plans are and when you will return.

- Sunburn hazard - use sunscreen and wear sunglasses.

- The waterways of Mount Rainier are home for micro-organisms like Giardia that can make you very sick. Please drink water only from treated, piped water systems; in the backcountry, boil your water or use an adequate filtration system. Contrary to historic claims, Longmire Mineral and Ohanapecosh

hot spring waters are NOT safe to drink.

- Ticks carry Lyme disease. Check yourself after any hike for possible ticks. Report any signs of a rash around a bite and flu-like symptoms to your doctor immediately.

- Animals in the park are wild, observe but do not feed or disturb them.



- Stop Before You Look! Mountain scenery is enticing and very distracting for hikers. Park reports reveal that foot and ankle injuries are common among Mount Rainier visitors. Wear shoes that give you ankle support. Then "Stop Before You Look" at that vista, wildflower, animal or other feature of interest.

- Beware of rocks, snow avalanches and debris falling on trails and rolling onto roadways. Refrain from throwing rocks over cliffs.

- Rock climbing and scrambling continue to be among the leading causes of injury and death to the unprepared and inexperienced. Routes are often more difficult than they appear. Before you scramble or climb, provide yourself with proper equipment and training.

Arm-Chair Climbers

There's no road to the top of Mount Rainier as there is to the top of Pikes Peak. If you want to stand on the summit of this mountain you have to climb, climb, climb to get there.

The most popular climbing route starts near the Guide House at Paradise (5400 feet). From there it's 4.5 miles and 4600 feet elevation gain to reach Camp Muir (10,000 feet) where climbers usually spend the night in tents or rock shelters. During the darkness of the next day's early morning they continue their climb another 4.5 miles and 4500 feet of elevation to the summit (14,411 feet) via the Disappointment Cleaver route. Summer climbs via this route take two days round-trip. Winter climbs can take much longer.

Climbers start their ascent from Camp Muir using headlamps to light their way because climbing is safer during the colder hours of early morning when there is

less chance of rock and ice falling from slopes above them.

Each climber wears crampons (ice cleats) on his or her boots to provide the best traction on ice. And each person is roped to fellow climbers and carries an ice axe. If one person loses traction and starts to slide or falls into a crevasse, others on the rope will be able to stop the slide or fall by quickly thrusting their ice axes into the glacier as anchors.

Approximately 10,000 people make summit attempts each year; 50% are usually successful. People who are not experienced traveling over glaciers often choose to climb with the guide service. Experienced climbers who arrive with climbing partners may get a permit as an independent climbing party.

For independent parties, selecting a route that matches the group's experience is an important safety

consideration. There are more than 30 climbing routes on Mount Rainier. The steeper and more technical routes require greater physical conditioning and technical skill from the climbers who choose them.

From 1887 through 1995 there were 67 climbing fatalities on Mount Rainier. There is always risk while climbing. But to minimize that risk a prudent climber will emphasize safety in all climbing decisions and actions. Certainly, whether we are climbing or pursuing other activities at Mount Rainier, safety is something we all should consider, all of the time.



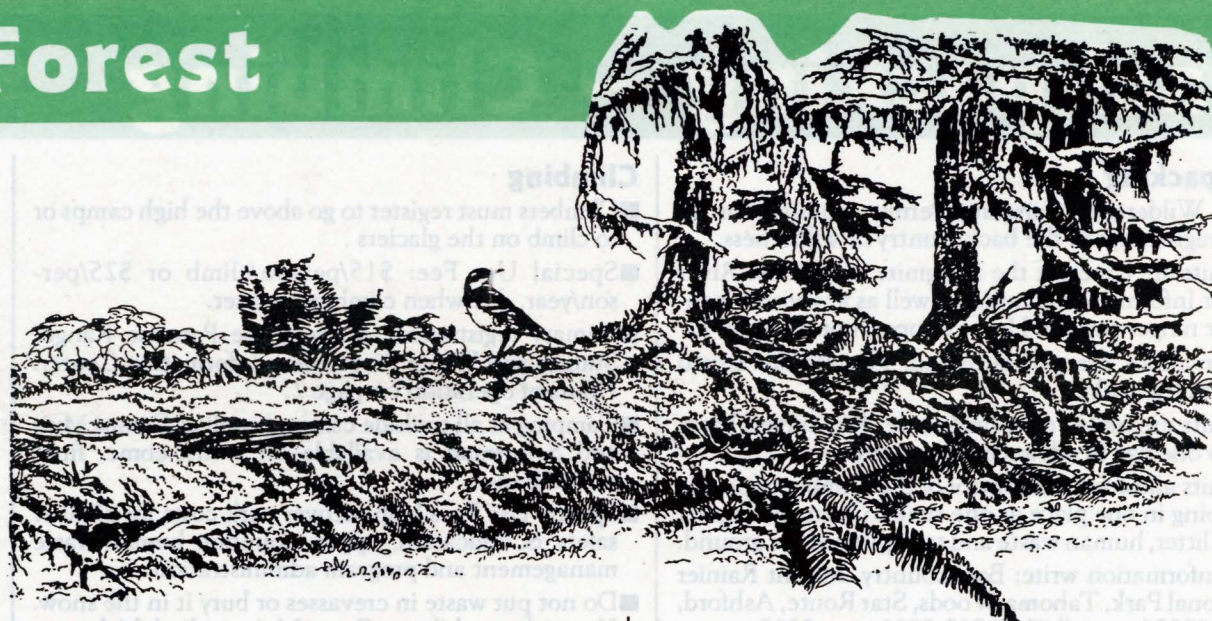
Old-Growth Forest

Many visitors remark on the great size of the trees in the old-growth forest and then begin to note the relative abundance of seemingly dead material in the forest. This characteristic leads to the distinctive features of an old-growth forest:

- (1) large, live old-growth trees
- (2) large standing dead trees (snags)
- (3) large logs on land
- (4) large logs in streams.

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 con-



tains 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.

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

Large, old-growth Douglas-firs are ideal habitats for specialized vertebrates, such as the red tree vole, northern spotted owl and northern flying squirrel, as well as nitrogen-fixing lichens. Large snags provide valuable nesting sites and food sources for a variety of vertebrates and invertebrates and are a future source of logs.

Logs on the forest floor are important habitats for small mammals, including the western red-backed vole and northern flying squirrel, that spread the spores of mycorrhiza-forming fungi. Mycorrhize (root - fungus relationships) aid the big trees by gathering and transferring water and nutrients into the tree's roots. Logs also are sites for bacterial nitrogen fixation, water and nutrient storage, and provide seed beds for new generations of trees and shrubs. Logs are critical to maintenance of physical & biological stability in headwater

streams as they provide a range of habitats for stream organisms.

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 but many species find optimum habitats in old-growth forests. 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 Ohanape-cosh, 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. The Carbon River road (closed to vehicles, see page 1) in the northwest corner of the park provides a leisurely walk among the old-growth giants and the Carbon River Rainforest nature trail features the species that inhabit this special place. For more information on the forests of Mount Rainier National Park inquire at any park visitor center.

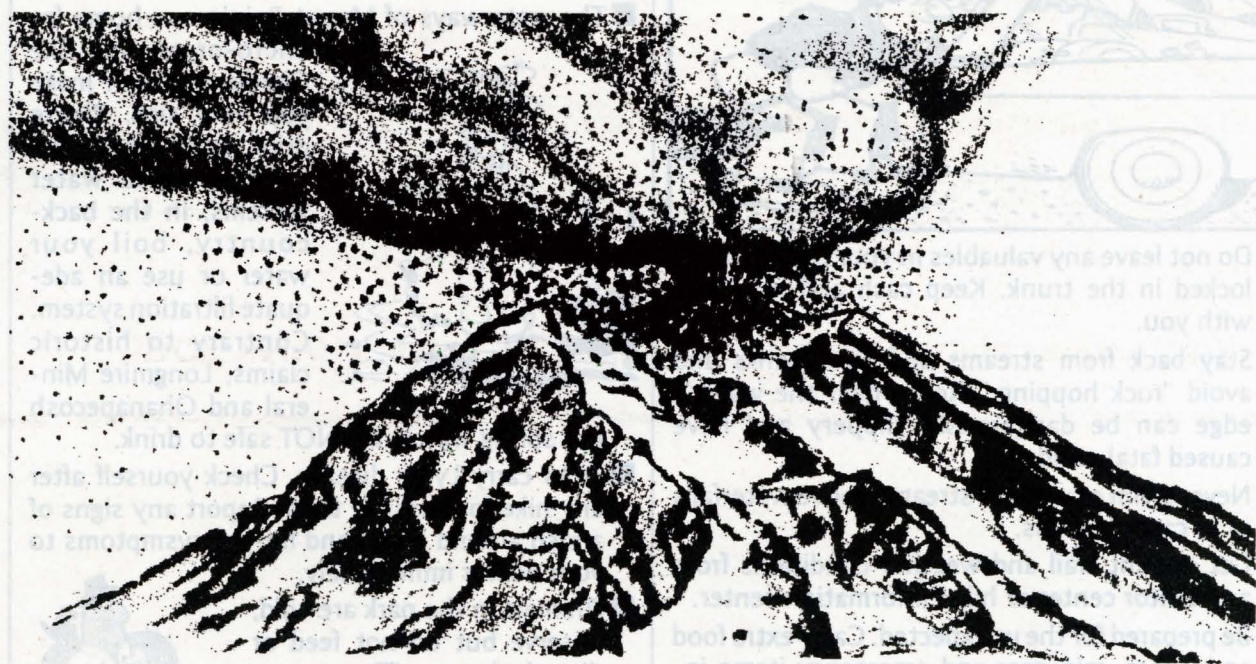
Volcanic Hazards

A visit to Mount Rainier provides outstanding opportunities to observe evidence of past volcanic processes that are clues to geologic hazards of the future. During the past one million years Mount Rainier produced spectacular eruptions of lava, volcanic ash and hot ash flows that, by 6,000 years ago, had built a cone perhaps 16,000 feet in elevation. Lava flows filled its glacial valleys with hard, erosion-resistant rock that survives today as ridges radiating from the mountain like spokes on a wheel. Volcanic ash is visible amid the roots of meadow wildflowers as a colorful, granular, sandy soil. Hot ash flows seared the surface of the volcano and left thick deposits of heat-fused pumice. However, the extent to which these phenomena disturbed the landscape pales in comparison to the destructive effects of volcanic landslides.

During both eruptive and non-eruptive periods, giant landslides have transformed into debris flows that swept down river valleys radiating from the volcano. These destructive flows of churning boulders, rock debris, water and glacial ice buried everything in their path, including mature forests. Exposures of debris flow deposits and some buried forests are visible today in the valleys of the White, Puyallup and Nisqually Rivers.

Mount Rainier is susceptible to landslides because (1) its layers of lava have been weakened by hot acid-rich ground water, (2) its cone stands 10,000 feet above the surrounding valleys, and (3) there are many new exposures of steep, unstable rock due to recent glacial recession.

The most recent large landslide on Mount Rainier occurred 500 years ago in the Puyallup River valley. Such events have a probability of happening on average



every 500 to 1,000 years - frequently enough to concern geologists and public officials about unrestricted growth and the placement of public structures in areas of potential inundation.

Scientists at the U.S. Geological Survey are supplying land-use managers with information to help them reduce the risk from debris flows in the valleys around the base of the mountain. This information will come

from studies to determine the eruptive history, and eruptive styles and mechanisms for the volcano, as well as the chemical evolution of magma types, structure of the volcanic edifice, and style and location of hydrothermal alteration of the volcano.

Exhibits at the Henry M. Jackson Visitor Center at Paradise highlight some of these findings of this recent geologic research.

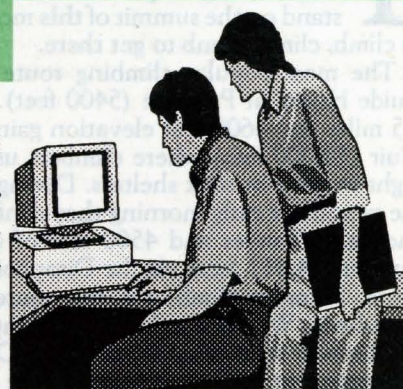
NEW! Mount Rainier CD-ROM

The educational CD-ROM "Where The Rivers Begin" explores with interactive animation, games, slides and videos, the rivers, old-growth forest and glaciers of Mount Rainier National Park. Users learn about the natural and human history of the park, and the social and political concerns affecting the management of natural resources. Ultimately, you develop an understanding of the management of rivers and forests of Mount Rainier National Park for today and tomorrow.



The CD-ROM was developed as part of the Park's outreach education program. Educators and students use the CD-ROM and educator's guide in their studies of the resources of Mount Rainier National Park. Educators interested in information on the education program may contact the Education Office at (360) 569-2211 ext. 3313 for information about workshops, guides and the CD-ROM for the class room.

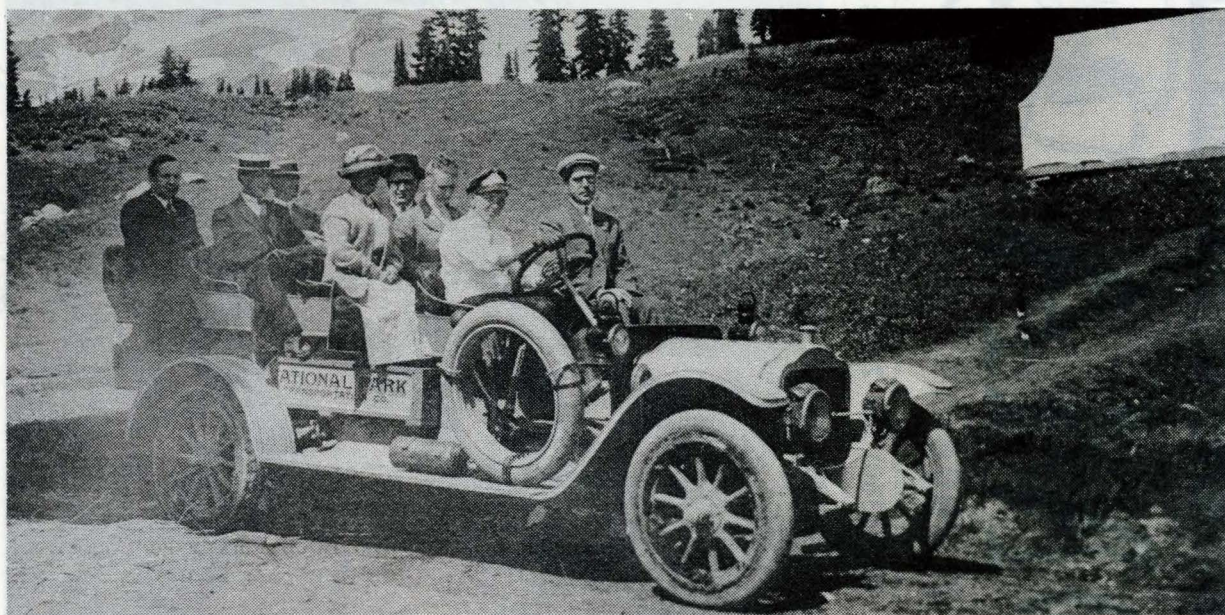
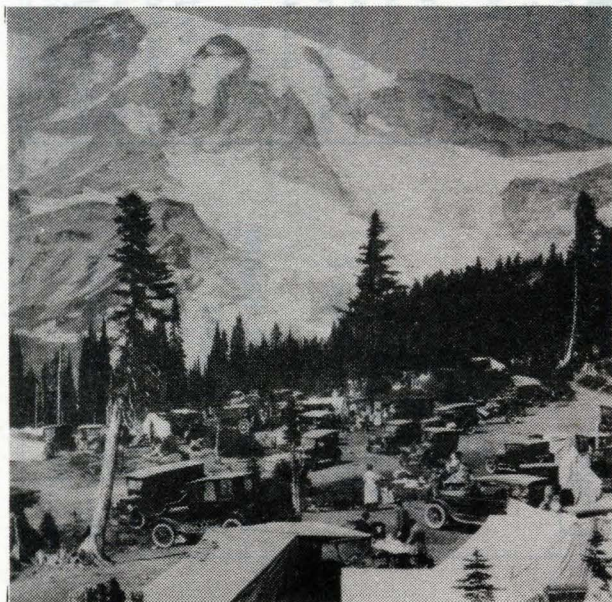
Experience the CD-ROM for yourself in the lobby of the Henry M. Jackson Memorial Visitor Center at Paradise.



FRAGILE.... handle with care

It was the spectacular wildflower displays which color the meadows during summer that first prompted early settlers and explorers to visit Paradise in the late 1800s. Inspired by his 1888 visit to Paradise, author-naturalist John Muir wrote, "Every one of these parks (meadows), great and small, is a garden filled knee-deep with fresh, lovely flowers of every hue, the most luxuriant and the most extravagantly beautiful of all the alpine gardens I have beheld."

Unfortunately turn-of-the-century visitors used the meadows for activities that resulted in severe erosion and deterioration of these delicate "gardens." Campers set up tents in the meadow and drove across the flowers to their tent sites. Subalpine fir trees were set ablaze at night so that people could see the "fireworks" as the sap exploded. Horses ridden across the meadow cut deep ruts in the loose volcanic soils. Cows brought up to Paradise to provide fresh milk for climbers and vacationers grazed on meadow grasses and flowers. Obviously some of these activities are no longer permitted at Paradise.



But damage still occurs today. For instance, many people don't realize the impact they have on the meadows when walking off the constructed trails. Each and every off-trail step compacts soil and destroys delicate vegetation. When you consider that most of the two million people who visit Mount Rainier annually stop at Paradise sometime during their stay, the aggregate damage of numerous off-trail steps can be staggering.

In 1986, Mount Rainier National Park initiated a large scale restoration program to document and repair human-caused damage in the Paradise meadow. Resource managers identified and prioritized 913 sites as needing repair. Thus far many of those sites around Panorama Point, Golden Gate, Glacier Vista and First Hill have already been completely repaired while restoration work continues this summer at a site near Pebble Creek.

Even though the National Park Service actively attempts to rehabilitate areas damaged by concentrated use and off-trail trampling of fragile vegetation, our ability to repair such damage is limited. To a tremendous extent, the meadows must repair themselves. They need protection from further damage and they need time to stabilize soil in eroded areas and restore plant diversity to the extent of that present in

undisturbed areas. For these reasons, the National Park Service **REQUIRES** all visitors hiking at Paradise, Sunrise and Tipsoo Lake to stay on constructed trails. Violators may be cited.

Show support by staying on the trail. Let others know about meadow protection by wearing a "Don't Be A Meadow Stomper" button. Buttons are available for a 50 cent donation in the visitor centers at Paradise and Sunrise.



Thank You! Thank You! Thank You!

Thanks to all of you who have stayed on the trails!

Thank you for letting the flowers grow in-place.

Thanks for using designated picnic areas and benches along the trails and staying off the meadows!

Thanks for recognizing when its time to stop snowboarding and skiing at Paradise because the snow isn't deep enough to protect underlying vegetation!

And thank you for being willing to SPEAK UP and remind fellow hikers who are off-trail to return to the trail.

Your actions and attitude are making a difference. THANK YOU!

Beyond the paved trails.....WILDERNESS

National parks have been called "the best idea America ever had." The idea of preserving special natural and cultural places in public ownership ran contrary to the prevailing national mood during the 19th century, when most Americans saw nature as something to be subdued and history as what happened in the Old World. But as the wilderness receded and remnants of ancient civilization and revolutionary landmarks were lost, some saw the need to protect outstanding examples of the nation's heritage.

When Mount Rainier and other early national parks were set aside as outstanding examples of our country's natural landscape they were mostly wilderness. The intent in establishing these parks was clear: to permanently preserve their natural features and to provide for public use and enjoyment. Since that time it has become evident that the parks' wildness was more vulnerable than early managers thought. Recreational demands, visitation patterns, and pollution have taken their toll in many areas.

To further protect these natural landscapes, on No-



ember 16, 1988, 228,400 acres (97%) of Mount Rainier National Park became the "Mount Rainier Wilderness." It is now one of 30 wilderness areas in the state of Washington. Excluded are Camps Schurman and Muir, portions of the water supplies, road systems and

roadside developments.

The Mount Rainier Wilderness is managed by the National Park Service. Use of the area is governed according to the goals of the Wilderness Act of 1964. Management techniques include mandatory camping permits, "Leave No Trace" education, designated campsites, limits on party size and numbers of parties, and an impact monitoring and restoration program supported by a native plant nursery and a cadre of dedicated volunteers.

The National Park Service invites you to not only experience one of the world's most beautiful places, but also to help care for this magnificent wilderness so that it will provide the same benefits to your children and grandchildren as those you enjoy. As you commune with your own natural reality at Mount Rainier, take the concept of Wilderness to heart.

For more information on the Mount Rainier Wilderness, contact park staff at any hiker information center, ranger station, or visitor center in the park.

Recycling

Mount Rainier is proud to offer a recycling program for visitors again this year. With a growing need to protect our natural resources while reducing energy consumption and pollution, your cooperation will help preserve all of our national parks.

In order to collect more recyclables and cut program costs, experiments are now being conducted. As a result, some areas of the park have 3-5 separate containers for recyclables, instead of just one bin for all recyclables. Please sort your waste into the proper bin.

We encourage you to continue recycling at home, in school, and at work. To reduce your waste, purchase re-usable products that have minimal packaging. Then reuse the products. Also, buy recycled products to "close the loop."



PLASTIC POP BOTTLES & MILK JUGS

RECYCLE



GLASS JARS & BOTTLES



ALUMINUM CANS

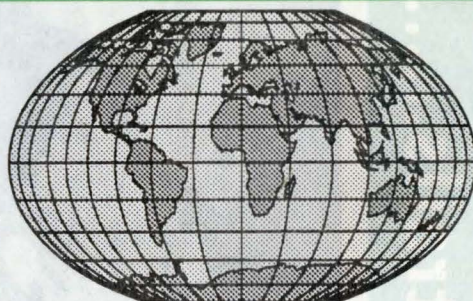
Welcome to Mount Rainier

マウント・レイニアー・ナショナル・パークによろこ。日本語で書かれた公園設備、サービス、安全についての注意事項、公園内の見どころなどの案内書は入口ゲートと案内センターにあります。

마운트 레이니어 국립공원에 오신 것을 환영합니다.

한국어로 된 공원내의 각종 편의시설, 서비스, 안전수칙 및 자연경관등에 관한 안내서가 공원입구 초소와 방문객 센터에 비치되어 있습니다.

LE DAMOS UNA CORDIAL BIENVENIDA AL PARQUE NACIONAL MOUNT RAINIER. HAY INFORMACION DISPONIBLE EN ESPAÑOL SOBRE LAS INSTALACIONES, LOS SERVICIOS, LOS SISTEMAS DE SEGURIDAD Y LAS BELLEZAS NATURALES DEL PARQU EN LAS CASETAS DE ENTRADA Y EN LOS CENTROS DE SERVICIOS AL VISITANTE (VISITOR CENTERS).



BIENVENUE AU PARC NATIONAL DE MOUNT RAINIER. VOUS TROUVEREZ DES INFORMATIONS EN FRANÇAIS RELATIVES AUX INSTALLATIONS, AUX SERVICES, À LA SÉCURITÉ ET AUX POINTS D'INTÉRÊT DU PARC, AUX POSTES D'ENTRÉE OU AUX CENTRES DES VISITEURS (VISITOR CENTERS).

CHÀO MỪNG QUÍ VỊ ĐẾN CÔNG VIÊN QUỐC GIA MOUNT RAINIER. TIN TỨC CÓ SẴN BẰNG TIẾNG VIỆT NAM VỀ CƠ SỞ TIỆN NGHỈ, DỊCH VỤ, AN TOÀN VÀ CÁC THẮNG CẢNH TRONG CÔNG VIÊN TẠI CÁC TRẠM KIỂM LÂM, TRẠM ĐI VÀO VÀ TRUNG TÂM THĂM VIẾNG.

歡迎光臨 Mount Rainier National Park (維尼亞山國家公園)!

入口亭和接待中心備有關於設施、服務、安全及公園景觀的中文資料。

Добро пожаловать в Национальный парк горы Рэниер. Информацию на русском языке об удобствах, обслуживании, правилах безопасности и туристских местах парка вы можете получить на станциях смотрителей парка, у входа и в туристских центрах.

WILLKOMMEN IM MOUNT-RAINIER NATIONAL PARK. INFORMATIONEN ÜBER EINRICHTUNGEN, SERVICE-LEISTUNGEN, SICHERHEITSMASSNAHMEN UND SEHENS-WÜRDIGKEITEN DES PARKS SIND IN DEUTSCHER SPRACHE BEI DEN RANGER-STATIONEN AN DEN PARK-EINGÄNGEN UND IN DEN BESUCHERZENTREN (VISITOR CENTERS) ERHÄLTlich.

Mount Rainier National Park

Activity & Program Guide

TAHOMA

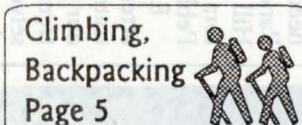
July 1 - September 7, 1996



24 Hour Information: (360) 569-2211

TDD: (360) 569-2177

Emergencies: 911



- 1.....Exploring Mt. Rainier
- 2.....Junior Rangers
- 4.....Mt. Rainier Fund
- 5.....Safety
- 6.....Old-Growth Forest
- 8.....Recycling



Visitor Saves Park Resources

Are you one who stays on the trails and respects the park's resources?

Mount Rainier National Park is made up of many varied resources. Although we come to enjoy the vast mountain view, much of our attention is focused on our immediate surroundings. For example, the subalpine meadows with their wildflowers, trees and wildlife attract us, for they are visible rain or shine.

Scientific studies verify that impacts caused by people who leave the trail are the most frequent cause of resource damage. This is especially true in the very popular alpine and subalpine areas at Paradise, Sunrise and Tipsoo Lake.

The admonition, "Stay On Trails" is the key to eliminating resource damage. Each one of us must resist the temptation to leave the established trail.

Increased knowledge builds respect, and respect for the park's resources may be the greatest factor to keep us on the trails. Knowledge can be obtained through the exhibits and naturalist programs offered throughout the park or by simply talking with a park ranger.

Will you be the visitor who saves park resources? I hope so.

William J. Briggie
Superintendent