



The
TAHOMA NEWS

A Visitor's Guide for July 1 - September 3, 2001

Experience
Your
America

**Getting the Most
From Your Visit**

If you're like most people, you will probably be eager to get out of the car and start exploring the park by the time you drive in the entrance gates. To make the most of your visit, read the "What You Need to Know" box at right and then match the following suggestions with your time and interests.

FROM THE SOUTHWEST, you'll enter via the Nisqually gate. The arch of giant cedar logs, first erected in 1911, and the 1908 Oscar Brown cabin, south of the road, are examples of the rustic style of park architecture that became popular at Mount Rainier and other national parks.

The Longmire Historic District, 7 miles from the park entrance, was the site of James Longmire's homestead, lodging, and mineral springs resort. The first park headquarters was established here in 1916. Services at Longmire include:

- Longmire Museum—open daily.
- Wilderness Information Center—open daily, wilderness permits and hiking information.
- National Park Inn—food, lodging, gift shop.

The road between Longmire and Paradise is winding and steep, and was designed for scenery rather than speed. En route, consider stopping at:

- Cougar Rock Picnic Area, 2 miles from Longmire.
- Christine Falls, 3.5 miles from Longmire. A short walk from the pullout provides a spectacular view of the falls through the bridge opening. Parking is limited.
- Glacier Bridge, 5 miles from Longmire, is worth a stop for the view, but *do not stop your car on the bridge!* Park in a paved pullout and use the walkway. The lower end of the Nisqually Glacier is just above the rocky cliff on the left side as you look up the valley.



- Ricksecker Point, 6 miles from Longmire, offers excellent views of the Mountain and the Nisqually Valley.

- Narada Falls, 8 miles from Longmire. Walk the steep but short trail for the best view. Parking is limited.

Paradise, 12 miles from Longmire, is the most popular destination in the park and is famous for its wildflower meadows.

A hike here is rewarding, but can be crowded. Services at Paradise include:

- The Jackson Memorial Visitor Center—open daily, exhibits, films, guided interpretive programs, book store, food service, gift shop, and restrooms.
- The Paradise Inn—lodging, dining room, gift shop, restrooms.
- The Guide House—information about summit climbs with Rainier Mountaineering, Inc.
- The Paradise Ranger Station—open daily, climbing and wilderness permits and hiking information.

The plants of the subalpine meadows are most fragile and vulnerable as the snow melts and the soil is wet. Please stay on constructed trails or on snow (at least 6"-8" deep!) only. Do not take shortcuts across the meadows!

If you plan to hike, remember that Paradise is located at 5,400' elevation and most trails are hilly. Please stay on the trails: the meadows are very fragile and heavily visited.

A number of additional hikes are located on the road between Paradise and Ohanapecosh. See page 6 for details.

FROM THE SOUTHEAST, your first stop will be Ohanapecosh. The east side of the park is somewhat drier and sunnier than the west side, making it a good destination when Paradise and Longmire are wet and foggy. Services include:

- Ohanapecosh Visitor Center—open daily, exhibits, guided interpretive programs, restrooms.
- Ohanapecosh Campground and picnic area.

Between Ohanapecosh and White River,

a short detour from Cayuse Pass east on Highway 410 will take you to Tipsoo Lake, which is surrounded by subalpine wildflower meadows. A short and pleasant trail circles the lake. This area is heavily visited and you'll see signs of

What You Need to Know:

- There are five areas which serve as bases for exploration:
 - Longmire (southwest corner)
 - Paradise (south side)
 - Ohanapecosh (southeast corner)
 - Sunrise/White River (northeast corner)
 - Carbon River/Mowich Lake (northwest corner).
- Parking can be difficult or impossible to find on sunny summer weekends at Paradise, Sunrise, Grove of the Patriarchs, and at trailheads between Longmire and Paradise. Try to visit these areas on weekdays, arrive early in the day, and carpool to the park.
- Park roads are winding, road shoulders are narrow, and the maximum speed limit is 35 m.p.h. in most areas. Watch for pedestrians, sightseers, and wildlife. Use pull-outs to allow faster drivers to pass you safely.
- Keep wildlife wild. Feeding park animals and birds is unhealthy for them and dangerous to you.

damage to the vegetation and soils. Please stay on the trail and leave the flowers for others to enjoy.

The section of road between Chinook Pass and the north park boundary is part of the Mather Memorial Parkway, named for Stephen Mather, the first director of the National Park Service.

The White River/Sunrise area is easy to visit if you enter from the east side, but requires quite a bit of driving from the southwest entrance. If you are camping, consider eastside campgrounds at Ohanapecosh or White River.

The road to Sunrise passes the White River Entrance Station about 1 mile from the junction with Highway 410. The White River Wilderness Information Center here is open daily for climbing and wilderness permits and hiking information.

Five miles from the junction with Highway 410, you'll pass the one-mile spur which leads to the White River campground and trailhead. Services at White River include a ranger station, campground, and picnic area.

Eleven miles from White River, the road reaches Sunrise, also called Yakima Park. At an elevation of 6,400', this is the

highest point to which you can drive in the park. Summer is short here, but the

views and excellent trail system make this the second most visited location in the park. Parking can be a problem on sunny weekends; try to arrive early or visit on weekdays. Services include:

- Sunrise Visitor Center—open daily, exhibits, guided interpretive programs, picnic area.
- Sunrise Day Lodge—food service, gifts (no overnight lodging).
- Public restrooms and telephones.

FROM THE NORTHWEST, you can visit the Carbon River area. A short trail near the Carbon River entrance station takes you into a fine example of a temperate rain forest. The gravelled Carbon River road ends approximately

Continued on pg 2...

Driving Times & Distances
"ONE WAY"

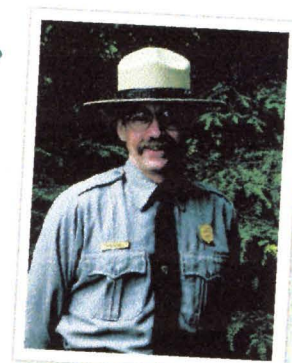
Road	Distance	Time
Longmire to Paradise	12 miles	25 minutes
Paradise to Ohanapecosh	23 miles	45 minutes
Ohanapecosh to the Sunrise/White River turnoff	17 miles	30 minutes
The Sunrise/White River turnoff to Sunrise	14 miles	45 minutes
Seattle to Paradise via Highway 706	99 miles	2 1/2 hours
Seattle to Paradise via Highway 410 and Enumclaw	109 miles	3 hours
Yakima to Paradise	99 miles	2 hours

Welcome...

...to Mount Rainier National Park, a crown jewel of the northwest and of the National Park System. Behind the beautiful scenes of this great park are an exceptional group of women and men who are at work around the clock to preserve and protect park resources and provide for a quality experience for you.

Road crews are up early to clear rock fall or to patch holes in our mountain highways, trail crews are out for days repairing bridges for safe stream crossings, climbing rangers patrol the high mountain to educate and assist climbers, and protection rangers work the front country and wilderness to ensure your visit is a safe one. Biologists sample the air, water and wildlife to keep a pulse of the sensitive environment of the park, and interpreters work the information desks and lead walks that inform us all about the wonders of Mount Rainier. Electricians, plumbers, carpenters, water treatment operators keep the infrastructure operational and restore the great historic structures of the park, and administrators keep the supplies in stock, the computers running, and the budgets accountable.

These are employees of the U.S. Government and they take a great deal of pride in the service they provide to you and the park every day. National Parks have consistently been one of the most popular destinations in America not only because they are beautiful places, but also because they are maintained with a deep devotion from a small dedicated staff along with an energetic group of volunteers. So when you are out there in the parks this summer and see one of the "behind the scenes" workers, say "Thanks." I do.



Superintendent Jon Jarvis

Jon Jarvis

Jon Jarvis, Superintendent
Mount Rainier National Park



Entrance Fees

The entrance fee for Mount Rainier National Park is \$10 per single, private, non-commercial vehicle. It covers everyone in the vehicle and is valid for seven consecutive days. The entrance fee for a single motorcyclist or bicyclist, pedestrian, charter bus passenger, or passenger in a non-privately owned vehicle is \$5 per person. There is no charge for Golden Age, Golden Access, Golden Eagle, or National Park Pass holders. For fee information on tour buses, annual passes, and Golden Passports, call (360) 569-2211, ext. 6003.



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A "Shake Up" Call: The Nisqually Earthquake

Chances are if you live in the Northwest, you can recall exactly what you were doing at 10:54 a.m. on Wednesday, February 28, when a major earthquake rocked this area. The 6.8 magnitude Nisqually earthquake was centered 11 miles northeast of Olympia, at a depth of 32 miles.

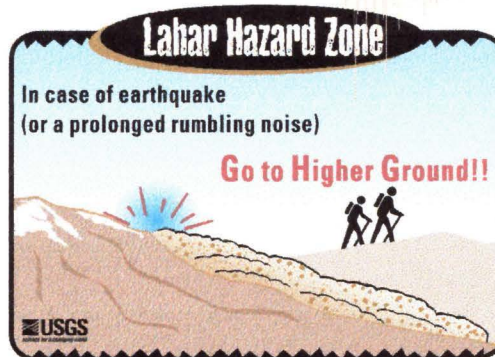
The Pacific Northwest is a tectonically active area and earthquakes are common. But it's been nearly 40 years since an earthquake of similar size jolted this area. The Seattle earthquake in April 1965 had a magnitude of 6.7. The Puget Sound earthquake in April 1949 registered 7.1 (nearly three times as powerful as the Nisqually earthquake).

While there was great concern about the injuries (over 400) and damage (an estimated \$2 billion) resulting from the quake, scientists and local residents were also concerned about the earthquake's effect on Mount Rainier. In other areas of the world, regional earthquakes have triggered small earthquakes within volcanoes, set off large landslides, and in a few cases upset magmatic systems, prompting eruptions.

Although it hasn't erupted since the mid-1800s, Mount Rainier is an active volcano. It also has an extensive history of lahars—muddy, fast-moving slurries of rocks, mud, and water that look like wet-flowing concrete. Lahars can be triggered by earthquakes, landslides, rainfall, outburst floods, or other events. They can occur without warning.

So, there were more than a few quickened heartbeats when the Nisqually earthquake shook the park. One employee recalls, "I was running too fast to think. I was really freaked out at first because I didn't know what the source of the earthquake was. Was it a lahar? Was the mountain erupting?" At Longmire, visitors and employees evacuated up the Rampart Ridge trail. Schoolchildren at the Columbia Crest School in Ashford boarded buses, ready for evacuation. The lahar detection system in the Puyallup River valley increased its rate of data collection. Had a lahar been detected, an alarm would have sounded in the town of Orting. There are not, however, lahar detection systems in Mount Rainier's other river valleys. In these places, you have to become your own lahar detection system: if you hear something that sounds like an approaching train or jet coming from up river, and/or feel prolonged rumbling, immediately get to higher ground!

Although the Nisqually earthquake triggered some ice and snow avalanches, it was more of a "shake up" call at Mount Rainier than an emergency event. While earthquakes can increase seismic activity in volcanoes, seismic restlessness is common to Mount Rainier. In fact, a small earthquake shook the volcano about an



hour after the initial earthquake, but scientists do not believe that it was a result of the Nisqually quake. Small earthquakes occur within the volcano every month or two.

One reason the Nisqually earthquake did not result in greater losses was the investment made in

preparedness before the event. You, too, can minimize your risks by being knowledgeable about, and prepared for, geological events while you're at Mount Rainier as well as at home (see tips below). For a comprehensive web site on the Nisqually quake, check out:

<http://maximus.ce.washington.edu/~nisqually/>

Geologic Hazards

Recent research has improved our understanding of this active volcano. Although eruptive events are usually preceded by an increase in earthquake activity, other geologic hazards such as mudflows (also known as lahars), glacial outburst floods, or rockfall can occur without warning.

Needless to say, the longer you stay in an area where there are geologic hazards, the greater the chance that you could be involved in an emergency event.

All river valleys in the park are vulnerable to geologic hazards. While most people consider the danger to be relatively low, **YOU** must decide if you will assume the personal risk of visiting and staying overnight in these potentially dangerous locations.

If you are near a river and notice a rapid rise in water level or hear a roaring sound coming from upvalley—often described as sounding similar to a fast-moving freight train—move quickly to higher ground! A location 160 feet or more above river level should be safe.

Detailed information is available from scientists at the U.S.G.S. Cascades Volcano Observatory, 5400 MacArthur Blvd., Vancouver, WA 98661. Website: <http://vulcan.wr.usgs.gov/>

... "Your Visit" continued from page 1

five miles east of the entrance station at Ipsut Creek campground. **The road is prone to flooding and may close at any time.** From Ipsut Creek a trail leads 3.6 miles (one way) to the Carbon Glacier, one of the largest and lowest-elevation glaciers in the lower 48 states.

A 22-mile drive on SR 165 from Wilkeson will take you to Mowich Lake, the largest and deepest lake in Mount Rainier National Park. The road is unpaved after the first three miles and may be rough.

Check current road conditions before travelling to either Carbon River or Mowich Lake. Wilderness and climbing permits and hiking information for the Carbon/Mowich area are available at the Wilkeson Wilderness Information Center located in downtown Wilkeson.

If you've exhausted this list, stop at any visitor center or ranger station for more ideas.

Mount Rainier National Park is a favorite destination for about two million people each year. We invite you to reconnect with nature and history by hiking, camping, picnicking, taking photographs, and joining guided interpretive programs. Please help protect this special place and all of its features for generations to come!



Accessibility

- Most comfort stations, visitor centers, picnic areas, and designated campsites are accessible or accessible with help for wheelchair users.
- Accessible lodging is available inside the park and in local communities.
- In the Jackson Visitor Center at Paradise, written information, exhibits, and scripts for uncaptioned audiovisual programs are available.
- An accessible boardwalk at Kautz Creek (3 miles SW of Longmire) leads to an overlook of the 1947 debris flow and a view of the mountain.
- TDD: (360) 569-2177.

"Leave No Trace" of your Wilderness trip

- plan ahead & prepare
- travel & camp on durable surfaces
- dispose of waste properly
- leave what you find
- minimize campfire impacts*
- respect wildlife
- be considerate of other visitors

* for emergency use only; fires are not allowed in Mount Rainier's Wilderness.

Carry the "10 Essentials" and know how to use them!

- map of the area
- compass
- extra food and water
- first aid kit
- flashlight, extra batteries & bulb
- sunglasses & sunscreen
- pocketknife
- extra clothing & rain gear
- emergency shelter
- matches in a waterproof container*

Wilderness camping permits are required for all overnight stays in the park's backcountry. Climbing permits are required for travel above 10,000' and/or on glaciers.

Safety First!

Mount Rainier National Park offers excellent opportunities for exploration and adventure, but it also offers opportunities to get lost or injured. Reduce your risk by following these simple guidelines:

Beware

It's very easy to get lost or injured when the weather deteriorates, the trail is covered with snow, you don't know where you are, and/or you don't know how to assess avalanche hazard and avoid the danger.

Even though trail crews are at work throughout the park this summer, you may encounter downed trees and missing footlogs at river crossings. Be especially careful at river crossings. Many people underestimate the power of the water and are unaware of large rolling boulders that are being carried along by it. If you must cross, do it in the morning when rivers are generally lower.

While we had less than average snowfall last winter, some trails may remain snow-covered into summer. Beware of snow-covered trails and steep, icy slopes; thin snowbridges over streams and crevasses; snow moats; wet, slippery rocks, especially near rivers and waterfalls; and snow cornices.

Prepare

When hiking, climbing, skiing, or snowboarding, bring the "10 Essentials" and know how to use them. Obtain compass bearings for treks to Camp Muir or other off-trail destinations; carry a map, compass, and an altimeter; wear rain- and wind-resistant clothing and proper footwear; and take a whistle, a "space blanket," and a snow shovel. Wear sunscreen and sunglasses when travelling on snow to avoid snowblindness and extreme sunburn. Prepare for the weather. Even in summer, you may encounter "winter" storms. Have enough gear so that you don't have to face a winter storm while dressed for summer. We anticipate a "dry" summer: don't rely solely on backcountry water sources and exercise extreme caution with stoves and campfires. Stop by a visitor center or Wilderness Information Center to inquire about burning restrictions that may be in effect.

Take Care

Tell someone your travel plans so they can notify the park if you fail to return. Do not travel alone. If visibility is poor, do not travel at all. Taking these few precautions could save your day...and your life!

Planning to Hike the Muir Snowfield?

The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise, between 7000' - 10,000' in elevation.

Thousands of people hike on the Muir Snowfield each year en route to Camp Muir. On a clear day, the hike is spectacular. But, when the weather deteriorates, as it often and unpredictably does, crossing the Muir Snowfield can be disastrous. More hikers, skiers, climbers, and snowboarders get lost on the Muir Snowfield each year than in the rest of the park combined. While many find their way out, searches must be initiated for others, and some are never found.

What makes the Muir Snowfield such a dangerous place? The snowfield is made up of snow and rocks. In whiteout conditions, snow, rocks, and sky look the same, making it extremely difficult to stay oriented. Even those who have hiked the snowfield dozens of times (including park rangers) find it easy to get off course. Travel too far west and you'll encounter cliffs, avalanche chutes, and the huge crevasses of the Nisqually Glacier. Veer too far east and you'll end up on the Paradise Glacier, with its many crevasses and steep cliffs. In 1999, four people were lost on the Muir Snowfield—three have never been found. Two had ascended the snowfield dozens of times and were very experienced hikers.

Do not become a Muir Snowfield statistic!

- Avoid the snowfield in questionable weather, especially if you are alone or unprepared. Weather conditions can change suddenly and drastically, even on a "sunny" day.

- If you're ascending and clouds or fog start rolling in, turn around and head back to Paradise. If that's not possible, stop moving, dig in, and wait for better weather. Without a compass, map, and altimeter, and expertise in their use, it is extremely difficult to find your way back to the trailhead in a whiteout.

- Do not attempt to descend from Camp Muir in poor weather. Do not descend on skis or a snowboard in limited visibility—you could become lost faster!

- When hiking to Camp Muir, be sure to carry emergency bivouac gear so that you can spend the night out if you have to.

While it may be disappointing to abandon your hike to Camp Muir, remember that the snowfield will be there for you next time, in better weather. Ask a ranger for tips on other areas to explore during this visit.

If you are not truly knowledgeable and prepared, or if the weather is questionable, don't push your luck!

Mountain Lions



Mountain lions, also called cougars or pumas, are common but rarely observed in Mount Rainier National Park. Consummate hunters, they prey primarily on black-tailed mule deer and elk calves in the western Cascades. Lions are quite large and distinctly cat-like in appearance, with a very long tail. From nose to base of tail an adult male may measure 50", and its tail may be 36" long. Mountain lions generally have gray to reddish-tan fur.

No lion-caused human injuries have occurred at Mount Rainier, although sightings and encounters have increased in recent years. Powerful hunters, lions can pose a threat to people, especially when just learning to hunt or when protecting their young. As humans have moved into relatively undeveloped rural areas in the past few decades, lion attacks have become more frequent. However, attacks on humans by mountain lions are still rare. It's very unlikely you'll see a mountain lion while you're here. If you do, remember:

Children & lone adults are most at risk:

- Don't hike alone.
- Keep children close to you.
- Running or jogging puts you at higher risk.

If YOU meet a mountain lion:

- DON'T RUN! Stand still and stand together with your companions. Face the lion.
- Pick up and hold small children immediately.
- Stand upright and try to make yourself appear larger.
- Shout!
- If attacked, fight back aggressively.

Please report all sightings of mountain lions as soon as possible to the nearest ranger station, visitor center, or park headquarters at (360) 569-2211, extension 3373 or extension 2334.

*NEVER feed park wildlife.
Pets are only permitted on roads and in parking areas and must be leashed.
They are NOT permitted on trails!*

Wilderness Permits



An optional reservation system for Wilderness campers and climbers is in effect May through September. Reservations may be made two months in advance of your trip. Backcountry reservations are \$20 per party (1-12 people) for one to 14 consecutive nights.

Sixty percent of all backcountry Wilderness sites and zones are available for reservation. The remaining 40% are issued on a first-come, first-served basis on the day the trip begins.

While advance reservations are optional, permits are required anytime you spend a night in the backcountry. Permits can be obtained in person at a Wilderness Information Center or Visitor Center. Climbers pay a Cost Recovery Fee of \$15 per person, per climb; or \$25 for an annual pass, which is good for one year from date of purchase.

A Reservation Request Form is available at visitor centers and on the internet at www.nps.gov/mora/recreation/rsvpform.htm. Completed forms should be faxed or mailed to: Wilderness Reservations Office, Mount Rainier National Park, Tahoma Woods Star Route, Ashford, WA 98304-9751. Tel. (360) 569-HIKE. Fax (360) 569-3131. See page 6 for climbing information.

If you see a bear...



- Never feed a bear.
- Never run from a bear.
- Do not approach or follow a bear or come between it and its cubs.
- If a bear approaches, try to scare it away
- Report all bear sightings to a ranger.

Permits are required for all overnight stays in the Wilderness and for travel above 10,000' and/or on glaciers.

You're Invited!

Join a park ranger or volunteer for an evening program, guided nature walk, or talk and explore the natural resources and cultural history of Mount Rainier National Park. A variety of programs are offered throughout the park each day. Distances are roundtrip.

*See page 7 for our special summer speaker series!

Longmire/Cougar Rock Area

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A Look at Longmire 2 p.m. & 3:30 p.m. An introduction to the cultural history of the Longmire Area. Meet in front of the Longmire Museum (30 minutes).	●	●	●	●	●	●	●
Naturalist's Choice 10 a.m. Topics and activities vary from week to week. Inquire at the Longmire Museum. Meet in front of the historic Longmire gas station (time varies).	●						
Junior Ranger Program 8 p.m. thru July 31. 7:30 p.m. beginning August 1. Meet a ranger for fun and educational activities for kids ages 6-11. Meet at the Cougar Rock Campground Amphitheater. Additional parking is available at the picnic area across from the campground (45 minutes).	●						
Evening Program 9 p.m. thru July 31. 8:30 p.m. beginning August 1. Explore a variety of topics on Mount Rainier's natural and cultural history. Program topics/titles are listed on area bulletin boards. Meet at the Cougar Rock Campground Amphitheater. Additional parking is available at the picnic area across from the campground (45 minutes).	●	●	●	●	●	●	●

FACILITIES & SERVICES



The Longmire Museum (information, exhibits, and book sales) is open daily from 9 a.m. to 6 p.m. Tel. 360-569-2211 x. 3314

The Longmire Wilderness Information Center is open daily for wilderness permits and reservations. Sun. - Thurs. 7:30 a.m. - 6:30 p.m. Fri. - Sat. 7 a.m. - 6:30 p.m. Tel. 360-569-HIKE

The National Park Inn and the General Store are located nearby. See page 6 for hours and services.

The Cougar Rock Campground is located nearby. See page 7 for details.

Paradise Area

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sub-alpine Stroll 10:30 a.m. Explore the wildflower meadows around Paradise and learn how life adapts to mountain conditions. This walk may be wheelchair accessible; check with the rangers at the front desk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1 mile).	●	●	●	●	●	●	●
Oh, What a Paradise! 11:30 a.m. & 6:15 p.m. Our efforts to protect and revegetate the Paradise Meadows continue every summer. Watch this slide program to learn more about the ongoing program and what you can do to participate. Jackson Visitor Center auditorium (20 minutes).	●	●	●	●	●	●	●
Junior Ranger Program 12:45 p.m. Hey kids: cool stuff happens at Paradise! Meet a ranger for fun and educational activities for kids ages 6-11. Programs may be indoors or outdoors, weather and activity dependent. Meet at the Jackson Visitor Center lobby, near the relief map. Parents are welcome (1 hour).	●	●	●	●	●	●	●
100 Years in Paradise 1 p.m. The park was established in 1899 and like today, Paradise was a prime destination! Join this easy walk through part of the historic area to gain a perspective on visiting the park in the early years. This walk may be wheelchair accessible; check with the rangers at the front desk. Meet at the Paradise Ranger Station flag pole, in the upper parking lot. (1 hour, 1 mile).	●	●	●	●	●	●	●
Perilous Beauty 3:15 p.m. Did you know that Mount Rainier is an active volcano? Learn more in this video. Jackson Visitor Center auditorium (30 minutes).	●	●	●	●	●	●	●
Nisqually Vista Walk 3:30 p.m. Is Mount Rainier an active volcano? What's the difference between glacial ice and regular ice? Learn about our active, icy volcano on this leisurely walk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1.25 miles).	●	●	●	●	●	●	●
Evening Program 9 p.m. Explore a variety of topics about Mount Rainier National Park. Topics are posted in the Jackson Visitor Center and the Paradise Inn. Meet in the Paradise Inn lobby (45 minutes).	●	●	●	●	●	●	●

FACILITIES & SERVICES



The Jackson Visitor Center (information, exhibits, films, book sales, food service, gifts, and showers) is open daily from 9 a.m. to 7 p.m. Tel. 360-569-2211 x. 6036

The Paradise Ranger Station (climbing and wilderness information and permits) is open daily. Sun. - Thurs. 7 a.m. - 1 p.m. Fri. - Sat. 6 a.m. - 1 p.m. (may close during rescues or medical emergencies). Tel. 360-569-2211 x. 6009

The historic Paradise Inn is located nearby. See page 6 for hours and services.

Rainier Mountaineering, Inc. (RMI) offers guided climbs of Mount Rainier and related seminars. Their operation is based out of the historic guidehouse. Tel. 360-569-2227



Sunrise/White River Area

Emmons Glacier Walk
9 a.m.

Walk to a close-up view of the largest glacier in the contiguous United States. Meet at the White River Patrol Cabin in the White River campground (2 hours. 3.5 miles).

Sunrise Stroll
11 a.m. & 3 p.m.

Explore the natural and cultural history of Sunrise on this short walk. Meet at the Sunrise Visitor Center (30 minutes. 0.5 mile).

Mount Fremont Lookout
1 p.m. to 5 p.m.

A park naturalist will be available to answer your questions as you enjoy the view. Meet at the Mount Fremont Fire Lookout. 6 miles (roundtrip) hike from Sunrise.

Junior Ranger Program
10 a.m.

Meet a ranger for fun and educational activities for kids ages 6-11 and parents too! Meet at the White River Campground amphitheater. (45 minutes).

Evening Program at White River Campground
7 p.m.

Explore a variety of Mount Rainier natural and cultural history topics. Program topics/titles are listed on area bulletin boards. Meet at the White River Campground Campfire Circle (45 minutes).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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FACILITIES & SERVICES



The Sunrise Visitor Center
(information, exhibits, and book
sales) is open daily from 9 a.m. to 6
p.m. Tel. 360-663-2425

The White River Ranger Station
is open daily for climbing and
wilderness information and
permits.
Sun. - Wed. 8 a.m. - 5 p.m.
Thurs. - Sat. 7 a.m. - 7 p.m.
Tel. (360) 663-2273

The **Sunrise Day Lodge** offers food service and a gift shop (no overnight lodging). See page 6 for hours and services.

The White River Campground is located nearby. See page 7 for details.

Ohanapecosh Area

Grove of the Patriarchs Walk
10 a.m.

Walk along the Ohanapecosh River to a magnificent grove of ancient trees. Meet at the Grove of the Patriarchs parking area (limited parking), near the Stevens Canyon Entrance Station (1.5 hours. 2 miles).

Silver Falls Walk
10 a.m.

Explore the forest on the way to a breathtaking waterfall. Meet at the bulletin board by the bridge in Loop B of the Ohanapecosh Campground. (2 hours. 3 miles).

Junior Ranger Program
2 p.m.

Fun in the forest for kids ages 6-11 and parents too! Space is limited. Register at the Ohanapecosh Visitor Center. Meet at the Ohanapecosh Campground Amphitheater (1 hour).

Evening Program
9 p.m. thru July 31. 8:30 p.m. beginning August 1.

Explore a variety Mount Rainier natural and cultural history topics. Program topics/titles are listed on area bulletin boards. Meet at the Ohanapecosh Campground Amphitheater. Additional parking is available at the picnic area. (1 hour).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		●		●		●
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**FACILITIES
& SERVICES**



The Ohanapecosh Visitor Center
(information, exhibits, and book
sales) is open daily from 9 a.m. to 6
p.m. Tel. 360-569-2211 x. 6046

The Ohanapecosh Campground is located nearby. See page 7 for details.

**CARBON RIVER ROAD IS
SUBJECT TO FLOODING AND
MAY CLOSE AT ANY TIME.**

Check current status at an entrance station or visitor center.

Carbon River Area

Junior Ranger Program
10 a.m.

If you're 6-11 years old, don't miss this fun-filled program! Topics and hands-on activities vary. Parents are welcome to attend. See a ranger or check Carbon River/Ipsut Creek bulletin boards for location (1 hour).

Campfire Program
7:30 p.m.

Explore a variety of topics on Mount Rainier National Park. Programs are posted on Carbon River/Ipsut Creek bulletin boards. 45 minutes. Meet at the Ipsut Creek Campground amphitheater (45 minutes).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
●						
						●

**FACILITIES
& SERVICES**



Obtain wilderness permits at the Wilkeson Wilderness Information Center in downtown Wilkeson.
Sun. - Thurs. 7:30 a.m. - 6:30 p.m.
Fri. - Sat. 7:30 a.m. - 8 p.m.
Tel. (360) 829-5127.

The Ipsut Creek and Mowich Lake Campgrounds are located nearby. See page 7 for details.

Your Fees at Work

UserFee improves this park Mount Rainier National Park is part of the Congressionally-authorized Recreation Fee Demonstration Program. The program allows federal land management agencies to increase and retain entrance and user fees. Eighty percent of the fees at Mount Rainier are kept in the park, while twenty percent are made available to other parks in need.

Current "Fee Demo" projects include: completion of the last mile of the Wonderland Trail, upgrading sewage treatment facilities, rehabilitating trails at the Grove of the Patriarchs and Reflection Lakes, upgrading interpretive exhibits and media, and rehabilitating campgrounds.

Your fees are playing a vital role in fulfilling Mount Rainier National Park's mission to protect park resources and to provide for visitor enjoyment. As you explore the park, look for signs of your fees at work!

Food & Lodging

For lodging reservations in the park call Mt. Rainier Guest Services at 360-569-2275 www.guestservices.com/rainier

National Park Inn (Longmire)
Lodging and dining. Open year-round.
Front desk: 7 a.m. -10 p.m. daily
Restaurant: 7 a.m. - 8 p.m. daily

National Park Inn Post Office (Longmire)
Open year-round. Closed Sundays and Holidays.
Monday - Friday: 8:30 a.m. - 5 p.m.
Saturday: 8:30 a.m. - 12 p.m.

General Store (Longmire)
Open year-round. Groceries, gifts, firewood.
8 a.m. - 8 p.m. daily
Firewood is also available in Loop A of Cougar Rock campground:
Friday - Sunday 4 p.m. - 9 p.m.

Jackson Visitor Center (Paradise)
Grill & Gift Shop:
10 a.m. - 7 p.m. daily
Showers (located in the basement):
Available 9 a.m. - 6:30 p.m. ???

Paradise Inn (Paradise)
Front Desk: Open 24 hours daily
Dining Room
Breakfast 7 a.m. - 9:30 a.m.
Lunch 12 p.m. - 2 p.m.
Dinner 5:30 p.m. - 8:30 p.m.
Sunday Brunch 11 a.m. - 2:30 p.m.
Glacier Lounge 12 p.m. - 11 p.m.
Gift Shop 8 a.m. - 9 p.m.
Snack Bar 9 a.m. - 8 p.m.

Paradise Inn Post Office
Closed Sundays and Holidays.
Monday - Friday: 8:30 a.m. - 5 p.m.
Saturday: 8:30 a.m. - 12 p.m.

Sunrise Lodge
Day use only/no overnight lodging.
Snack Bar/Gift Shop 10 a.m. - 7 p.m.

Gasoline, lodging, dining, and other services are available in local communities. A list of these services is available at park visitor centers and on the park's web site: www.nps.gov/mora. Religious services are available in the park and in local communities.

GAS IS NOT AVAILABLE IN THE PARK.

Long-Range Planning

Please CONSERVE WATER! During drought conditions and always, make every drop count. Use water wisely.

Park Planning

Planning for the future of Mount Rainier National Park is a monumental task and responsibility that is shared by park managers and the public alike. You may have already attended public meetings or seen newsletters about the planning process in which Mount Rainier is currently engaged. When completed, the product of this process, a *General Management Plan and Environmental Impact Statement* (GMP/EIS) for Mount Rainier National Park, will outline a broad philosophical approach to managing the park and specific actions that are needed to reach identified goals as we move into the 21st century.

Later this fall, watch for notices regarding the release of the Final GMP/EIS and Record of Decision (ROD) approval document for the beginning of implementation.

To be placed on the mailing list for future newsletter(s), please contact Superintendent, Mount Rainier National Park, Tahoma Woods Star Route, Ashford, WA. 98304-9751. Tel. (360) 569-2211 ext. 2301. E-mail: mora_supt@nps.gov

Don't let a slip, trip, or fall ruin your visit- Wear proper footwear! Comfort, support, and traction are vital. Each year, inadequate footwear is to blame for dozens of injuries.

Hiking and Climbing



Mount Rainier guides, 1912

Climbing Mount Rainier

Over 10,000 people attempt to climb Mount Rainier each year. About half actually make it to the 14,410' summit.

Climbing information is available at ranger stations and on the park's web site at www.nps.gov/mora/home.htm. For pre-recorded route conditions, call (360) 569-2211 ext. 6009.

Rainier Mountaineering, Inc. (RMI) conducts guided climbs and related seminars. Call (360) 569-2227 or visit RMI's website at www.rmiguide.com for more information.

Guide services on the Emmons Glacier Route are offered by:

- Alpine Ascents International (206) 378-1927
- American Alpine Institute (360) 671-1505
- Cascade Alpine Guides (425) 602-0656
- Mount Rainier Alpine Guides (360) 825-3773

Easy & Moderate Hikes				
Area	Trail Name	Trailhead Location	Roundtrip Distance	Comments
Longmire	Twin Firs	3 miles west of Longmire	0.4-mile loop trail	Short hike in old growth forest. Limited parking.
	Trail of the Shadows	Across road from the National Park Inn.	0.7-mile loop trail	Good for children & evening strolls. Meadow/Mtn. views.
	Carter Falls	2 miles east of Longmire	2 miles	Easy hike, climbs 500' at end.
Paradise	Nisqually Vista	Just west of the Jackson Visitor Center	1.25-mile paved loop	Meadow & glacier views, strollers OK.
	Myrtle Falls	Upper parking lot, near the restrooms	1 mile via the east side of the Skyline Trail/paved	Leads through wildflower meadows to a waterfall. Great views of the Mountain.
Stevens Canyon Road	Bench & Snow Lakes	1 mile east of Louise Lake, south of road	2.5 miles	Watch for bears in late summer.
	Box Canyon	11 miles east of Paradise	0.5-mile loop	View a deep, narrow canyon.
Ohanapecosh	Grove of the Patriarchs	Near Stevens Canyon entrance	1.2-mile loop	Old growth forest, ancient trees.
	Silver Falls	Ohanapecosh Visitor Center	2.4-mile loop	Old growth forest, waterfall.
Mather Parkway	Tipsoo Lake	Off SR 410, east of Cayuse Pass	0.5-mile loop	Short trail around the lake. Mountain views.
White River	Emmons Moraine Trail	Upper end of White River Campground	3 miles	Mountain and glacier views.
Sunrise	Emmons Vista	South side of parking lot	1 mile	Suitable for strollers.
	Nature Trail	North side of parking lot	1.5 miles	Wildflower meadows and great Mountain views.
	Mount Fremont Lookout	North side of parking lot	6 miles	Obtain map at visitor center. Take water and snacks.

Check trail conditions before hiking. Trails and roads may be snow-covered. Please stay on trails. Do not pick wildflowers or feed wildlife. Pets are not allowed on trails.

Mount Rainier Institute
Summer Speaker Series
2001

Thursday, July 5 — 7 p.m., WR
Living With A Volcano in Your Backyard
Carolyn Driedger, Hydrologist
U.S. Geological Survey

Wednesday, July 11 — 9 p.m., CR
8500 Years of Human History: the Archeology of Mount Rainier
Greg Burtchard, Archeologist
National Park Service

Thursday, July 12 — 9 p.m., OH
Exploring the Buried Forests around Mount Rainier
Pat Pringle, Geologist
Washington Department of Natural Resources

Wednesday, July 18 — 9 p.m., PA
Mean and Green: Lifestyles of High Altitude Plants
Laurie Kurth, Botanist, National Park Service

Wednesday, July 19 — 7 p.m., WR
Mountain Fever
Jim Ross, Park Ranger, National Park Service

Wednesday, July 25 — 9 p.m., CR
Wild about Rainier: Wildlife Research at Mount Rainier
Cori Conner, Biological Technician
National Park Service

Wednesday, July 26 — 9 p.m., OH
What's Cooking at Cascade Volcanoes?
Willie Scott, Geologist, U.S. Geological Survey

Wednesday, August 1 — 9:00 p.m., PA
Bringing History to Life: Discovering the Treasures of the Mount Rainier Archives
Deborah Osterberg, Museum Curator
National Park Service

Thursday, August 2 — 7 p.m., WR
The Call of the Backcountry
Jack Morrison, Park Ranger
National Park Service

Wednesday, August 8 — 8:30 p.m., CR
Earthquakes and Volcanoes: Predicting Mount Rainier's Next Eruption
Steve Malone, Seismologist
University of Washington

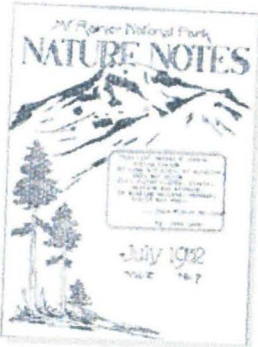
A Blast From the Past

A new feature recently premiered on the park's website: *Nature Notes*.

Hundreds of issues of the notes were published by park naturalists from 1923 through 1939. They featured articles on plants, wildlife, road and trail conditions, park regulations, safety cautions, and history, along with poems, illustrations and anecdotes.

The internet and the special efforts of two park volunteers have made it possible to experience yesterday today. Over 150 issues are currently on the web. We hope to continue adding issues until the collection is complete. Check it out at:

www.nps.gov/mora/notes/nn-intro.htm



Join a subject matter expert on Wednesday and Thursday evenings for an in-depth look at some aspect of the park's history and resources. All talks are free and open to all. Times and locations vary.

Locations:

- CR Cougar Rock Campground Amphitheater
- OH Ohanapecosh Campground Amphitheater
- WR White River Campground Campfire Circle
- PA Paradise Inn Lobby

Thursday, August 9 — 8:30 p.m., OH
Early Visitors: the Archeological Record of Mount Rainier
Pat McCutcheon, Archeologist
Central Washington University

Wednesday, August 15 — 9 p.m., PA
The May 18, 1980 Eruption of Mt. St. Helens
Robert Yates, Geologist
Oregon State University

Thursday, August 16 — 7 p.m., WR
Fire Chasers and Adventure Seekers: The Historic Trails of Mount Rainier
Paul Sadin, Park Ranger-Historian
National Park Service

Wednesday, August 22 — 8:30 p.m., CR
Mountain Medley: Songs, Stories & More...
Patricia Heusner, Park Ranger-Educator,
National Park Service

Thursday, August 23 — 8:30 p.m., OH
Updating Mount Rainier's Geologic Story: Results of Recent Geologic Research
Tom Sisson, Geologist, U.S. Geological Survey

Wednesday, August 29 — 8:30 p.m., CR??
Nisqually Culture
The McCloud Family
Nisqually Tribal Members

Gathering firewood in the park is prohibited. Firewood is available for sale at the Longmire store and the Cougar Rock & Ohanapecosh Campgrounds. Burning restrictions may be in effect due to drought conditions.

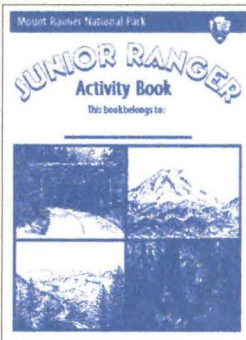
Drive-in Campgrounds

Name	Elev.	Fee	# of sites	Flush Toilets	Pit Toilets	Dump Station	Location/Notes
Sunshine Point <i>Open all year</i>	2000'	\$10	18		X		SW corner of park, 0.25 miles E of the Nisqually Entrance.
Cougar Rock* <i>Open May 25 to Oct. 9, 2001</i>	3180'	\$12 \$15*	173 + 5 group sites	X		X	SW corner of park, 2.3 miles NE of Longmire.
Ohanapecosh* <i>Open May 25 to Oct. 9, 2001</i>	1914'	\$12 \$15*	188 + 1 group site	X		X	SE corner of park, 11 miles NE of Packwood on SR123.
White River <i>Open June 22 to Oct. 1, 2001</i>	4400'	\$10	112	X			E side of park, 5 miles W of White River Entrance.
Ipsut Creek <i>Open all year, depending on snow & road status</i>	2300'	\$9	31 + 2 group sites		X		NW corner of park, 5 miles E of Carbon River Entrance. ROAD SUBJECT TO WASHOUT -- may close at any time.
Mowich Lake <i>Open May 25 to Oct. 8, 2001</i>	4950'	None	30 walk-in sites		X NO Potable WATER		NW corner of park, at the end of SR165. Unpaved Road. NO FIRES.

* Advance reservations are required for Cougar Rock and Ohanapecosh Campgrounds from the last Monday in June through Labor Day. Call 1-800-365-CAMP up to 5 months in advance or reserve your site online at <http://reservations.nps.gov> The nightly fee during the reservation period is \$15 per site. All other campgrounds are operated on a first-come, first-served basis.

Hey Kids!

Ask for a **Junior Ranger Activity Book**. It's FREE and available at visitor centers. Complete it and you'll earn a badge and certificate. You'll also learn lots of cool stuff about your park!



MOUNT ST. HELENS INSTITUTE
Events at Mount Rainier

Registration and fees required. Contact the Mount St. Helens Institute at (360) 891-5095 for information.

Saturday, July 14
Ancient Forest Ecology
Robert Van Pelt, Forester
University of Washington

Saturday, September 8
Emmons Glacier Geologic Odyssey
Carolyn Driedger, Hydrologist
U.S. United States Geological Survey

OLYMPIC PARK INSTITUTE (OPI)
Events at Mount Rainier

Registration and fees required. Contact OPI at (360) 928-3720 for information.

Saturday, August 4
Wildflowers of Mount Rainier
Jack Morrison, Park Ranger-Naturalist,
National Park Service

Tuesday - Friday, August 7 - 10
What's Cooking At Mount Rainier: A Volcanic Study for Educators
Carolyn Driedger, Geologist
U.S. Geological Survey

Thank You Volunteers!



Each year more than 85,000 volunteers donate over 3,000,000 hours of service in the national parks. They come from every state and nearly every country in the world to help preserve and protect America's natural and cultural heritage for the enjoyment of this and future generations. At Mount Rainier National Park, 786 volunteers contributed a total of 42,406 hours in 2000. We express our deep appreciation to them and to all who are volunteering in 2001! For more information, contact Volunteer Coordinator, Tahoma Woods Star Route, Ashford, WA 98304-9751. Tel. (360) 569-2211 ext. 3414.

E-mail: mora_vips@nps.gov



Northwest
Interpretive
Association

Northwest Interpretive Association operates bookstores in the park's visitor centers and information centers. As a non-profit organization benefitting educational programs in the national parks and forests of the Pacific Northwest, NWIA plays an important role in making interpretive and educational publications available to travelers. It also funds special interpretive projects in the areas it serves.

For more information or membership, call (360) 569-2211, ext. 3320, or visit NWIA on the web at www.nwpubliclands.com



Washington's
National
Park Fund

Washington's National Park Fund was created to restore, enhance, and preserve Washington's national parks. The Fund is a private, independent, not-for-profit organization that works with individuals, businesses, foundations, and others to secure financial and volunteer support for projects to improve the parks. The Fund supports education and interpretation, trail and access improvement, natural resource research and protection, cultural resource research and protection, and visitor services.

Last year at Mount Rainier, the Fund supported natural and cultural resource surveys and special outreach programs for students, organizations, and communities.

If you'd like to help, look for donation boxes at park visitor centers, or contact Jen Benn, Executive Director, Washington's National Park Fund, 2112 Third Avenue, Suite 501, Seattle, WA 98121. Tel. (206) 770-0627. www.wnpf.org

Deep green forests and natural wonders. Civil War battlefields and presidential homes. In grand cities and grand canyons...

Experience Your America with a National Parks Pass



AS A VISITOR Maui to Maine, Alaska to the Everglades, use your Pass for admission to National Parks requiring entrance fees. It's good for one full year.

AS A PARTNER More than 80% of proceeds from your purchase of a National Parks Pass supports projects that make the National Parks experience possible.

Plus, your Pass includes a PopOut Map™ listing all national parks, a Proud Partner vehicle decal, and entitles you to a FREE subscription to *GoParks Newsletter* that puts you at the forefront of park activities and events.

Purchase your National Parks Pass at any Mount Rainier Entrance Station, online at www.nationalparks.org, or by calling 1-888-GO-PARKS.

Just \$50
(plus shipping and handling if you buy online or by phone).

If you only plan to visit Mount Rainier National Park, consider the Mount Rainier Annual Pass. It costs \$20 and, like the National Parks Pass, is good for one full year. It does not include the *GoParks Newsletter*, decal, or PopOut Map™

365 DAYS • 384 WAYS TO EXPERIENCE YOUR AMERICA

Mount Rainier National Park



The **National Park Service** cares for special places saved by the American people so that all may experience our heritage. **Mount Rainier National Park** is a source of inspiration, providing boundless opportunities for exploration, solitude, and contemplation.

Welcome to Your National Park!

Whether you are looking for wilderness solitude or historical architecture, spectacular drives or challenging hikes, Mount Rainier National Park has something for you. This issue includes information that will help you plan your activities and have a safe and enjoyable visit.



Plan for Traffic Delays

Long snowy winters mean that most of Mount Rainier's road maintenance must be done in summer. Please budget extra time into your schedule to accommodate construction delays. Use the time to enjoy the view...or to read your Tahoma News!

Rehabilitation efforts on the Mather Memorial Parkway (SR 410) continue this summer. Expect up to 30 minute delays from east of Cayuse Pass (intersection of SR 123 and SR 410) to Chinook Pass. Additional construction delays may be encountered outside the park. We appreciate your patience!

Remember also, to not let your need for speed get the best of you. Park roads are narrow and turny and you'll be sharing them with many other drivers, bicyclists, and even pedestrians. Buckle up and obey speed limits. Have a great visit!

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IN CASE OF EMERGENCY DIAL 9-1-1

Mount Rainier Telephone Numbers
(Area Code: 360)

TDD: 569-2177
General: 569-2211
Longmire Museum ext. 3314
Paradise Visitor Center ext. 6036
Ohanapeosh Visitor Center ext. 6046
Sunrise Visitor Center 663-2425
Wilderness Info. Center 569-HIKE
www.nps.gov/mora

Mt. Rainier Guest Services 569-2275
www.guestservices.com/rainier

Northwest Interpretive Association
569-2211 ext. 3320
www.nps.gov/mora/NWIA/nwia.htm