



The Tahoma News

July 1 - September 6, 2004

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.

Discovering Rainier – Off The Beaten Path

IF YOU ARE IN THE PARK ON A BUSY DAY YOU MAY WANT TO explore less-visited areas to escape the biggest crowds. In taking the extra time to seek out these special places, you can immerse yourself in an old growth forest, reflect next to a cascading waterfall, hike in virtual solitude, or just relax, take in the view, and reconnect with nature. No matter where you go in the park you will find spectacular scenery and a multitude of recreation opportunities! *Use the photo map at the top of page 2 and your park map to choose a place to visit and the best route to get there.*

Interested in Old Growth Forests? Visit Ohanapecoh (SE) to explore lush old growth forests of Douglas fir and western redcedar. There is also a self-guided nature trail behind the visitor center that leads past hot springs and the site of an early resort.

How about Subalpine Meadows and Lakes? For an outstanding wildflower meadow experience highlighted by beautiful lakes, try Reflection Lakes (SW), Mowich Lake (NW), or Tipsoo Lake (NE). In mid-summer the meadows should be bursting with color providing a great backdrop for these tranquil lakes set in glacially carved basins.

Is Geology Your Interest? Then drive 3 miles to the end of the Westside Road (SW) near the Nisqually Entrance to view the dramatic results of flooding and rockfall. You may even see a mountain goat gazing down at you from a cliff face high above! For great views of lava layers, glaciers, and a glacially carved canyon stop at one of the first pullouts on Ricksecker Road (SW). (continued on page 2.)

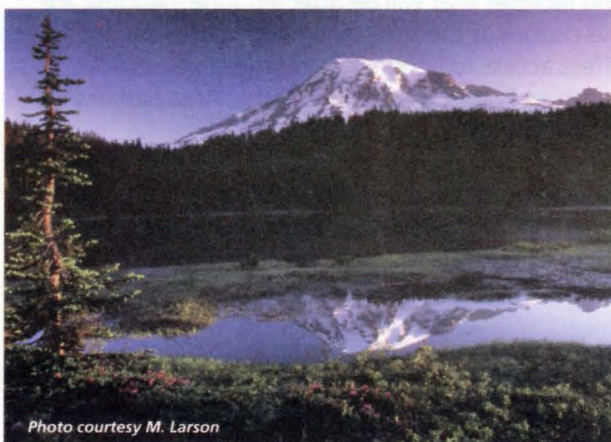
You're Invited to Attend Special Summer Events at Mount Rainier!

Summer Speaker Series, Field Seminars And More

See Page 5 for more information.



The Longmire Administration Building is part of the National Historic Landmark District.



At Reflection Lakes you have it all -- a great mountain view beyond subalpine lakes surrounded by wildflower meadows.



Watch for Hoary Marmots in subalpine areas of the park.

Welcome!



Superintendent Dave Uberuaga

...to Mount Rainier National Park, I am Dave Uberuaga, Park Superintendent. I am glad you decided to visit this special place. Whether you are here for your family's "big summer vacation", the annual trip to the park, on your honeymoon, or driving from your Western Washington home for a day trip, it is important to me that you have a safe and memorable visit. I want you to know that dedicated park employees work hard to serve you in many ways, from the skilled mountaineering rangers who place themselves at risk to rescue visitors, to the interpretive staff at the visitor centers who will answer your questions or the volunteer campground host who volunteers for the entire summer to help address your needs. These and many more are stewards of this park and they strive to provide a quality visitor experience while protecting the natural and cultural resources of the park. When you see a park employee take a moment to thank them for their dedication to this special place - the fifth oldest national park established 105 years ago.

Most of us visit Mount Rainier because of the park's natural beauty but I would like to point out to you some other very important park resources, the historic buildings, roads, bridges, rockwalls, entrance arches and other historic structures dating back to 1905. Over time these structures have taken on their own importance and are now part of the nation's most significant historic structures and many are contributing structures to the designation of National Historic Landmark District. The park's Paradise Inn and the Longmire Administration building are so significant that have received the highest status of historic preservation as "National Landmark Buildings". So as you drive through the park take note of the many stone bridges, the road alignment that takes advantage of mountain views, and the cluster of historic buildings that have remained intact since they were built in the 1920s and 1930s. These cultural resources tell another important story about the early national park experience.

As you leave the park take time to visit our gateway communities who offer great food, arts, crafts and friendly hospitality. They are our partners in making your visit enjoyable.

John Muir wrote "Of all the fire mountains which like beacons, once blazed along the Pacific Coast, Mount Rainier is the noblest." Thank you for visiting this noble place - we hope you will come visit us again!

Dave Uberuaga, Superintendent
Mount Rainier National Park

4 Naturalist Programs

When and where do interpretive walks, evening campfire programs, and Junior Ranger programs start? What programs are offered? Look on page 4 to get the details.

7 Wild Encounters

What would you do if you came face to face with a bear or a mountain lion or encountered bad weather on the Muir Snowfield? Find out how to prepare for an encounter with the wilder side of Mount Rainier.

8 Park Information

Where are the visitor centers? When are they open? Where can I get something to eat? Which campground is right for me? Where do I get a Wilderness Permit? It's all on the back page!

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Discovering Rainier – Off The Beaten Path

(continued from page 1)

Wild for Waterfalls? Then the east side (State Routes 123 and 410) of the park is the place to go. The powerful Silver Falls near Ohanapecosh is only a 0.3 mile hike from Route 123 or you can take the 1.3 mile trail from Ohanapecosh Campground. For those who like to hike, take the East Side Trail to one or all of the many waterfalls dotting the route. Start off of Route 123 – park at a small pullout 0.5 mile south of Deer Creek – or at Grove of the Patriarchs on Stevens Canyon Road.

Did You Bring a Picnic? If so there are many smaller picnic areas scattered around the park. From Nisqually Entrance (SW) stop at Sunshine Point for a picnic with a view of the Nisqually River or at Kautz Creek where you can take a short walk to view the aftermath of the 1947 Kautz Creek mudflow. At Ohanapecosh (SE) stop at the picnic area adjacent to the campground for a picnic set in deep green old growth forest. West of Ohanapecosh you can stop at the Box Canyon Picnic Area just east of the Box Canyon Interpretive Site. Be sure to stop at the latter for a look at the Cowlitz River, 180 feet below, as it cuts a narrow deep slot into the bedrock. From the Tipsoo Lake picnic area (NE) you'll have a great view of the meadows surrounding the lake. Picnic at Mowich Lake (NW) and admire the fragile wildflower meadows surrounding the deepest and largest lake in the park.

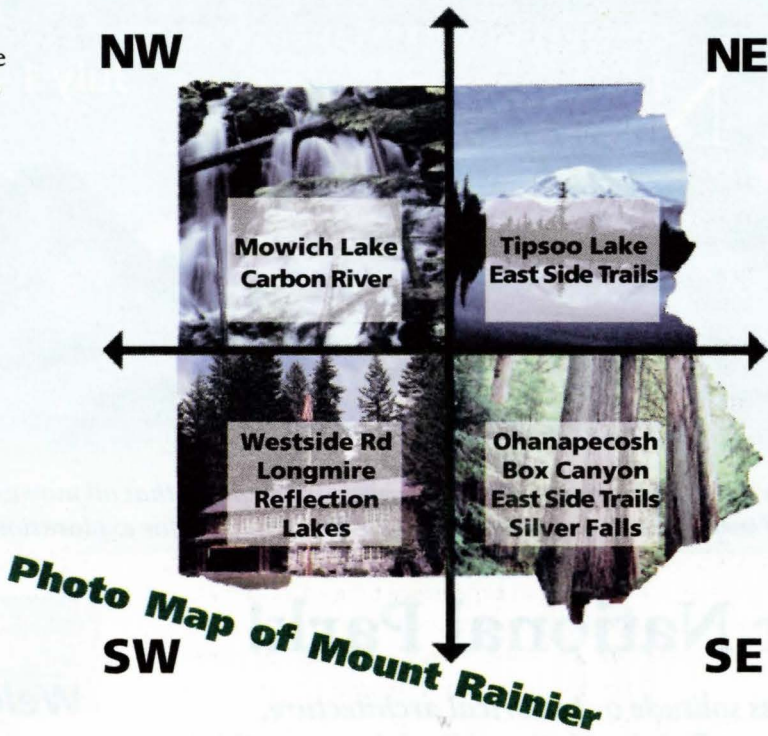
Are You a History Buff? If so, then Longmire (SW) is the place to visit. The Longmire Museum is the starting point for the Longmire Historic District Walking Tour. Take the self-guided tour of the historic district to get a taste of early National Park Service rustic architecture. Follow the Trail of the Shadows to learn about the park's first homestead and resort.



Knapsack Pass Trail, Northwest Area of Park

Prefer Uncrowded Trails? Many trails leave from the Reflection Lakes (SW) area including the Lakes, High Lakes, Mazama Ridge, and the Wonderland trails, with Snow and Bench Lakes Trail located in a pullout just down the road to the east. Another great area for trails is on the east side along State Routes 123 and 410. From south to north you will find Silver Falls, Three Lakes, East Side, Shriner Peak, and Crystal Lakes trails to name a few. Trails in the Mowich Lake area lead to subalpine lakes and amazing meadows.

If you are tempted by any of these opportunities, stop by a visitor center or entrance station for more information and consult your park map for locations. Enjoy visiting your National Park!



Plan for Construction Delays

Spring and summer are busy times for road construction in the park. These few snow-free months give park staff a very short time frame to improve park roads. If you are traveling on Nisqually Road beginning early June you may encounter up to 20 minute traffic delays along 5 miles of roadway, east of Cougar Rock Campground. Construction crews are trenching for an underground power line in the roadway to provide a reliable source of power to Paradise and to replace the last remaining overhead service from Cougar Rock up to Ricksecker Point.

Rehabilitation of a 5 mile section of SR123 may begin in late July from Panther Creek Bridge to Deer Creek Bridge. Expect up to 20 minute delays. This is the first year of the estimate 2.5 year project to rehabilitate this portion of SR 123.

Last fall, major flooding resulted in damage to several park roads and facilities. Flood related repair to roads and facilities that will be affected June - August are the closure of the Longmire back road (does not affect access to Longmire) and the closure of the Sunshine Point Campground Picnic Area parking lot (campground remains open).

We apologize for the inconvenience but hope you will enjoy the improvements. Please drive carefully. Buckle up, obey speed limits, and slow down in construction zones!

What You Need To Know...

- There are five major visitor areas:
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, or carpool to the park or visit one of the areas "off the beaten path"!
- Park roads are winding, road shoulders are narrow, and the 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.

How Far Is It?		One Way Driving Times & Distances	
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	
Sunrise/White River turnoff to Sunrise	14 miles	45 minutes	
Seattle to Paradise via Highway 706	99 miles	2.5 hours	
Seattle to Paradise via SR410 and Enumclaw	109 miles	3 hours	
Yakima to Paradise	99 miles	2 hours	



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 west of Longmire) overlooks the 1947 debris flow and a view of the mountain. TDD: (360) 569-2177

National Park Service Museum Centennial 1904-2004



TODAY, THE NATIONAL PARK Service manages the world's largest system of museums; more than 350 national parks preserve more than 105 million objects, specimens, documents, and images. The National Park Service will mark 2004 the centennial of national park museums in commemoration of the establishment of an arboretum display in Yosemite National Park in 1904.

Mount Rainier's Longmire Museum dates back to 1928 when the construction of a new administration building at Longmire left the original administration building vacant. The vacant building was quickly converted into the first permanent park museum.

The Longmire Museum has been in continuous use as a museum for the past 76 years. The exhibit mammal and bird specimens were prepared in the 1920s - 1930s. Its original ethnographic exhibits were developed with the assistance of the Burke Museum. Originally the upstairs portion of the museum contained the Naturalist's Office, a small darkroom, a library and laboratory. The Longmire Museum still retains the original wooden museum cases and most of the animal mounts prepared for it by the early 1900s naturalist staff. In 1997, the Longmire Museum was recognized as a contributing structure within the newly designated Mount Rainier National Historic Landmark District. With its historical ambiance and rustic architecture, the Longmire Museum continues to be recognized as an ideal location to interpret the park's human history.

For more information on the Museum Centennial go to www.cr.nps.gov/museum/centennial/.

Park News



After rehabilitation this summer, the Camp Muir Public Shelter will more closely resemble its original form, shown here c. 1929.

Camp Muir Rehabilitation

Camp Muir is the most remote, and perhaps the most astounding, developed area in Mount Rainier National Park. Comprised of seven structures perched on a narrow ridge, it sits among glaciers and rock at 10,000 feet elevation. It is the most popular base camp for climbers attempting to reach the summit of Mount Rainier, an often crowded shelter in which to sleep for a few hours before continuing to climb. For hearty day hikers it is a destination in itself, a rustic outpost at the top of a broad snow field 5,000 feet above Paradise, reached by a strenuous all-day 10 mile round-trip.

Camp Muir has been a base camp for summit climbs since the first stone shelter, the Guide Shelter, was constructed in 1916. A second stone shelter was constructed in 1925 and currently serves as the Public Shelter. Today, its designation as Camp Muir Historic District sets a high standard for protecting the site's historic integrity.

The Guide Shelter and Public Shelter will be rehabilitated this summer. From late July through September, the Public Shelter will be closed to the public. A contractor will perform preservation maintenance, make life/safety improvements, and install new roofs. More information about this project can be obtained from park Visitor and Wilderness Information Centers.

EPA Works With Park to Improve Air Quality

Air pollution blows into Mount Rainier National Park from the Puget Sound area, British Columbia, Portland, Oregon, and as far away as Asia. Mount Rainier and some of the surrounding U.S. Forest Service wilderness areas (EPA Class I areas) receive a high level of protection for air quality and visibility under the Clean Air Act. Consequently, Mount Rainier National Park's staff is very involved in a comprehensive air resources management program designed to assess air pollution impacts and protect air quality related values. These air pollutants affect views from scenic vistas and processes in park ecosystems.

As part of our efforts to reduce air pollution from park operations, Mount Rainier National Park entered into an interagency agreement with the Environmental Protection Agency (EPA) to conduct a \$100,000 demonstration project. This project is also supported by the Puget Sound Clean Air Agency. The funds will be used to retrofit 18 of the park's heavy-duty diesel engines with EPA certified air pollution reduction technologies and supply cleaner ultra-low sulfur diesel fuel for the park's entire fleet. Diesel engines are a significant source of air pollution throughout the country. The use of state-of-the-art air pollution technologies is expected to reduce the particulate emissions of modified park diesel engines by 20-30%, and carbon monoxide and hydrocarbon emissions by 40-50%. Other efforts to reduce air pollution originating in the park include the use of biofuels and hybrid bifuel vehicles, and working with tour bus operators to reduce engine idling.

How Can You Help Improve Mount Rainier's Air Quality?

- Bicycle, walk, or use public transportation
- Carpool, combine errands and shop close to home with a friend, and avoid wasteful idling

"Wilderness" turns Forty!

Forty years ago, President Lyndon Johnson signed the Wilderness Act into law. On this historic occasion, he stated, "If future generations are to remember us with gratitude rather than contempt, we must leave them something more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning." In honoring the 40th anniversary of the Wilderness Act, we have an opportunity to celebrate a system of lands born of a uniquely American idea. The National Wilderness Preservation System reflects our frontier history and the role that wild lands played in the development of our national character.

What is wilderness? Writers and philosophers have struggled with this question for years. The Wilderness Act describes wilderness as a place where nature prevails, where we can experience things like natural quiet, solitude and primitive and unconfined recreation. Wilderness areas provide clean water, clean air, habitat for wildlife and scenic beauty. Ultimately everyone has his or her own definition of wilderness. It is a place that exists in the mind as much as it is a tangible place on a map. The Wilderness Act preserves wilderness as a place and an idea for future generations by law.

The Wilderness Act created a National Wilderness Preservation System which currently consists of over 105 million acres of federal public lands (4.5% of the United States) in almost every state of the country. The National Park Service manages over 40% of the National Wilderness Preservation System, and over 50% of National Park Service lands are designated as wilderness. These areas provide the benefits and values of undeveloped lands for future generations.

This anniversary year provides an opportunity to reflect on your connection to wild places. In this rapidly changing world with increasing development, it is important that we remain connected to the earth and it's community of life. Wilderness illustrates the nation's values, character, and experience and contributes to the development of a shared national identity that unites an increasingly diverse population.

Mount Rainier's wilderness accounts for 97% of the park's total 235,625 acres making Mount Rainier National Park a true wilderness park! Hike 200' up any trail and you've entered the wilderness. Celebrate the 40th anniversary of the Wilderness Act by taking a wilderness hike during your visit to Mount Rainier. A few easy to moderate hikes are listed on page 6 with hiking and safety information on page 7. Stop by a Visitor or Wilderness Information Center for more information on hiking and backpacking in Mount Rainier's wilderness.

How Much Is Too Much?

On a busy day at Paradise the parking lot is full by 10:00 a.m. and trails are crowded. You may think, "Ah, enjoying the solitude with 10,000 other people!"

At what point are there just too many people? When do park resources, and the quality of the visitor experience, start to suffer? If they do, what should the National Park Service do about it? We are developing a Visitor Experience and Resource Protection (VERP) framework to answer these questions.

The park is divided into different management zones based upon sensitivity of resources and patterns of use. We have defined desired physical, ecological, and social conditions for each zone. In the next year, we will identify measurable features of the park environment (e.g., bare ground) which are reliable indicators of the quality of resource conditions and visitor experiences. We will then identify minimum acceptable standards for these indicators in each zone.

Eventually, ongoing monitoring will track whether standards are being met. If not, park managers will take action. They will use the less restrictive options first (education, signing) before moving to more extreme actions (limiting use) to rectify the situation.

You may be approached on the trail by researchers. This is just one way to participate in the development of the VERP framework. There will opportunities for public comment throughout the process.

Doing Our Part!

We all share the responsibilities of caring for our environment and conserving scarce natural resources. You probably do your part at home by carpooling and by turning down your thermostat and switching off your lights. Staff at Mount Rainier National Park do these things and many more out of concern for the environment and in response to old and new environmental laws.



We conduct environmental analysis on construction and design projects. The park is engaged in a wide variety of planning and construction projects that have the

potential to impact park resources including air, water, plants, wildlife, historic structures, etc. To determine what those impacts might be, the park is required to conduct environmental analysis. Resource professionals and other staff engage in collaborative planning to identify the best possible alternatives, with the least possible impacts.



We focus on using new "green" products as they are developed. One of our park generators and all our diesel vehicles now run on special emissions-reducing fuel

made with a soybean-based, low-sulfur fuel. Additionally, we recently added 18 new vehicles with a propane fuel option to the park fleet. As an ENERGY STAR Partner Organization we are committed to lowering our energy consumption by purchasing ENERGY STAR rated devices including refrigerators, furnaces, and computers.



We reduce our consumption of resources by reusing and recycling products. In

addition to the usual items – aluminum, plastic, glass, paper – we recycle scrap metal, used oil, batteries and a number of other items. We purchase recycled products including plastic bags, picnic tables, and lumber; pre- and post-consumer recycled paper; and automobile products.

Be part of the effort! Please deposit aluminum cans, plastic bottles, and glass in the recycle cans located throughout the park.



Solar panels on White River facility roof.

Solar Power Comes to White River

The park recently completed the largest remote hybrid solar energy system in Washington State at the seasonal White River facility. The project, a cooperative effort between the National Park Service, Sunwise Technologies and Bonneville Power, was funded by the Green Energy Parks program.

The new solar hybrid system replaces a generator-only run system by producing 85% of the electricity required for the summer season with the remaining 15% supplied by a generator. The previous generator ran 24 hours a day, creating noise and emission pollution. The 15.5-kilowatt system provides power for employee housing, water pumping, the Wilderness Information Center, the entrance station and public restrooms.

This area is prime nesting habitat to the northern spotted owl in addition to summer habitat for White River area park employees. Now both the wildlife and park staff benefit dramatically from the quiet operation of the solar electric system.

The benefits of the system are reduced fuel consumption, reduced emissions, reduced noise levels and lower annual operating costs. The system design helps the park meet our goal of protecting the environment and serving the public.

Interpretive Activities

July 1 to September 6, 2004

You're Invited!

Join a park ranger 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.

Paradise Area

Meadow Meander 10 a.m., daily

Explore the wildflower meadows around Paradise and learn how life adapts to mountain conditions. This walk is wheelchair accessible with assistance; check with the rangers at the front desk. Meet at the flagpole outside the Jackson Visitor Center (1.5 hours, 1 mile).

Perilous Beauty 12:30 p.m. & 3:30 p.m., daily

Did you know that Mount Rainier is an active volcano? Learn more in this video. Jackson Visitor Center auditorium (30 minutes).

Nisqually Vista Walk 2 p.m., daily

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).

Mount Rainier Stories 3:30 p.m., daily

Join a ranger for a short talk about the people, places, and living things that are part of Mount Rainier. Meet in the Jackson Visitor Center lobby (20 minutes).

Evening Program at Paradise Inn 9 p.m., daily

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).

Longmire Area

Mountain Legacy 3 p.m., daily

Explore Longmire and learn about the people and ideas that shaped the history of Mount Rainier National Park. Meet in front of the Longmire Museum (30 minutes).

Junior Ranger Program 6:30 p.m., daily

Join 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 at Cougar Rock Campground 9 p.m., daily thru July 31. 8:30 p.m., daily beginning August 1.

Explore a variety of topics on Mount Rainier's natural and cultural history. Program topics 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).

Carbon River Area

Junior Ranger Program 6 p.m., Saturday

Meet a ranger for fun and educational activities for kids 6-11! Meet at the Ipsut Creek Campground campfire circle (45 minutes).

Evening Program at Ipsut Creek Campground 7:30 p.m., Saturday

Join a ranger around the campfire for stories about Mount Rainier people and places. Programs are posted on area bulletin boards. Meet at the Ipsut Creek Campground campfire circle (45 minutes).

Sunrise/White River Area

Emmons Glacier Walk 10 a.m., Saturday

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, 1.75 miles one-way).

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

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

Ranger's Choice Walk 1 p.m., Sunday

Join a ranger for a fun and informative walk in the Sunrise area. See area bulletin boards for program topics and titles. Meet at the Sunrise Visitor Center (2 hours, approximately 2 miles).

Junior Ranger Program 7 p.m., Friday thru August 13; 6 p.m., Friday beginning August 20.

Meet a ranger for fun and educational activities for kids ages 6-11. Meet at the White River Campground Campfire Circle (30 minutes).

Evening Program at White River Campground 8 p.m., Thursday, Friday & Saturday thru August 14; 7 p.m. Thursday, Friday, Saturday beginning August 19. Explore a variety of Mount Rainier natural and cultural history topics. Program topics and titles are listed on area bulletin boards. Meet at the White River Campground Campfire Circle (45 minutes).

Ohanapecosh Area

Grove of the Patriarchs Walk 10 a.m., Sunday, Wednesday, & Friday

Walk along the Ohanapecosh River to a magnificent grove of ancient trees. Meet at the Grove of the Patriarchs trailhead (limited parking), near the Stevens Canyon Entrance Station (1 hour, 1.5 miles).

Silver Falls Walk 10 a.m., Saturday

Explore the forest on the way to a breathtaking waterfall. Meet at the bulletin board by the bridge in Loop B of Ohanapecosh Campground (1.5 hours, 3 miles).

Junior Ranger Program 2 p.m., Saturday

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

Evening Program at Ohanapecosh Campground 9 p.m., daily thru July 31. 8:30 p.m., daily beginning August 1.

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

Special Events & Partners

Mount Rainier Institute Summer Speaker Series

Join a subject matter expert for an in-depth look at a special aspect of the park's history and resources. All talks are free and open to all.

Locations:

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

Wednesday, July 7 – 9 p.m., CR

North Coast and Cascades Research and Learning Network

Lisa Eschenbach, Education Specialist, NPS Seattle

Thursday, July 8 – 9 p.m., OH

A Naturalist's Field Journal

Libby Mills, North Cascades Institute

Wednesday, July 14 – 9 p.m., CR

Ice Stories: Glaciers and Climate Change in Mount Rainier National Park

Erin Pettit, North Cascades Institute

Thursday, July 15 – 9 p.m., PI

An Ancient Culture: Past, Present, and Future

Rhonda Foster, Director of Cultural Resource Department, Squaxin Island Tribe

Wednesday, July 21 – 9 p.m., PI

Adventures of a Mount Rainier Guide

Eric Simonson, International Mountain Guides

Thursday, July 22 – 9 p.m., PI

Earthquakes and Volcanoes: A Dynamic Mount Rainier

Steve Malone, Director of the Pacific Northwest Seismograph Network, UW

Wednesday, July 28 – 9 p.m., CR

'Round the Mountain: Nature Photography at Mount Rainier

Gregory Mroz, North Cascades Institute

Thursday, July 29 – 9 p.m., CR

Cultural Perspectives of Mountains

Jeremy Spoon, The Mountain Institute

Wednesday, August 4 – 8:30 p.m., CR

Mount Rainier Wildflowers: Subalpine Ecology

Shelley Weisberg, North Cascades Institute

Thursday, August 5 – 8 p.m., WR

Call of the Backcountry

Jack Morrison and Clay Gatchel, NPS

Wednesday, August 11 – 9 p.m., PI

Meeunishma: Our Beloved Children, Yakama Pow-Wow Dancers

Donna Wilson & Family, Yakama Nation

Thursday, August 12 – 8p.m., WR

Why Walk When You Can Fly?: A Visit with P.B. Van Trump

Kevin Bacher, Park Ranger, NPS

Wednesday, August 18 – 9 p.m., PI

8,000 Years of Native American Use in Western Washington National Parks

Greg Burtchard, Archeologist, NPS

Thursday, August 19 – 9 p.m., PI

Sauna at the Summit: The Steam Caves of Mount Rainier

Stu Adler, Assistant Professor, UW

Wednesday, August 25 – 9 p.m., PI

Building Mount Rainier: A Volcanic History

Tom Sisson, Volcanologist, USGS

Thursday, August 26 – 7p.m., WR

Fire and Ice

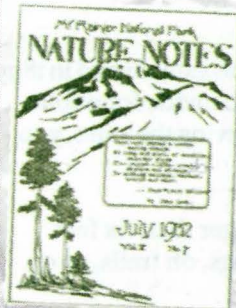
Carolyn Driedger, Hydrologist
USGS Cascade Volcano Observatory

North Cascades Institute Events at Mount Rainier

North Cascades Institute field seminars will be offered at Mount Rainier National Park this summer.

For course dates and information, visit www.ncascades.org

A Window to the Past – Nature Notes on the Web



"Six miles of trail from the Pony Bridge on the White River Road takes one to Summerland. Of all the gorgeous places that Rainier National Park offers to the mountaineer and the nature lover, none surpass this beauty spot. The trail is not a difficult one as mountain trails go and every foot of it is a reward for the travellers effort. Summerland itself once attained makes the visitor gasp. Wild flowers in greatest profusion and gorgeous colors, (The Naturalist obtained specimens of over 50 varieties of flowers for the White River Nature Exhibit), wonderful views of Little Tahoma, Frying Pan Glacier and of the mountain itself and lastly the ruggedly beautiful mountains to the south with the winding, switchbacks of the trail beckoning you on to Panhandle Gap and Indian Bar." -- August 15, 1927

Want to learn about Mount Rainier National Park through the eyes of old-time rangers? Check out *Nature Notes* on Mount Rainier's website. From 1923 through 1939, park naturalists published hundreds of issues of *Nature Notes*. They feature articles on plants, wildlife, and history, along with poems, illustrations, and anecdotes. Over 100 issues are on the web, and we'll keep adding until the collection is complete. Check out: www.nps.gov/mora/notes/nn-intro.htm.

Junior Ranger Activity Book



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!



Park Partners

Who's responsible for protecting Mount Rainier National Park?
Everyone! Here are some people who deserve special thanks:

Visitors Like You

Just by paying the entrance fee, you make a difference. Eighty percent of the fees collected at Mount Rainier are kept in the park, while twenty percent are made available to other parks in need. Your money is helping several projects right now:

- Planning for a new Education Center
- Rehabilitating park trails
- Meadow restoration at Sunrise and Reflection Lakes
- Upgrading exhibits and media
- Rehabilitating picnic areas

As you explore the park, look for signs of your fees at work!

UserFee

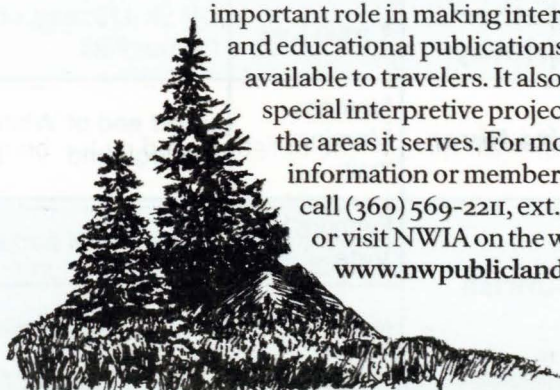
improves this park



Northwest Interpretive Association

NWIA operates bookstores in the park's visitor and information centers. As a nonprofit 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.



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, 1,229 volunteers contributed a total of 38,648 hours in 2003. We express our deep appreciation to them and to all who are volunteering in 2004! If you are thinking about volunteering, contact Volunteer Coordinator, Tahoma Woods, Star Route, Ashford, WA 98304. (360) 569-2211 ext. 3385.



Washington's National Park Fund

Every year millions visit Washington State's spectacular National Parks: Mount Rainier, North Cascades and Olympic. Since 1993, Washington's National Park Fund has connected people to parks and inspired contributions of time, talent and money to help ensure that visitors have high quality, memorable experiences in our parks. This fund supports projects that enhance the visitor experience, promote volunteerism, engage communities, and provide educational opportunities. By securing financial contributions from individuals, corporations, foundations and businesses, Washington's National Park Fund supports park restoration, enhancement and preservation. Washington's National Park Fund is an affiliate of the National Park Foundation—a congressionally chartered 501(c) 3 nonprofit which was rated "A" by the American Institute of Philanthropy for responsible use of donor funds. For more information about how you can help Washington's National Parks call (206) 770-0627, visit the website at www.wnnpf.org, or look for brochures in any of the park's visitor centers.

Important Information

Explore Mount Rainier From Home!

Learn more about park resources, recreation opportunities, facilities, and much more on the web at www.nps.gov/mora or go directly to one of these website pages:

Education Page
www.nps.gov/mora/education/index.htm
Information on teacher workshops, professional development and more!

Employment Page
www.nps.gov/mora/employment.htm
Great information on jobs within the park.

Nature and Science Page
www.nps.gov/mora/pphtml/nature.html
Learn more about the park's natural resources.

Weather Links
www.nps.gov/mora/current/weather.htm
Links to Mount Rainier and area weather and avalanche conditions.

Web Ranger
www.nps.gov/webrangers/
Become a Junior Ranger on-line! This website represents parks from across the nation.



Protect Yourself and Your Park

Mount Rainier National Park was established in 1899 to preserve its resources and to provide for public benefit and enjoyment. By observing the rules, you protect your park and yourself:

- Pets must be on leashes no longer than six feet and are not allowed in buildings, on trails, or on snow
- Do not feed or disturb the wildlife
- Stay on designated trails
- Make fires only in a fire grill. Collecting firewood is prohibited
- Weapons are prohibited in wilderness. Firearms transported through the park must be unloaded, broken down, and stored to prevent use
- Bicycle only on roads, not on trails
- Camp in designated campsites only. Sleeping in vehicles outside of a designated campsite, in parking lots, or in pullouts is not permitted.
- Oil leaks and contaminated water are washed into storm drains to waterways and streams. Help prevent pollutants from entering waterways.

MOUNT RAINIER IS A PLACE OF GREAT BEAUTY AND INSPIRATION

You may be inspired to take a picture or to get a close-up look at a wildflower. But stop and consider your actions before you step off the trail.

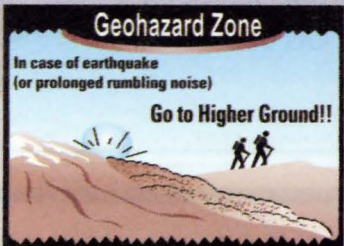
With each step you take onto a meadow, an average of 20 plants are impacted!



Subalpine vegetation survives in a harsh environment. With a short growing season, plants take longer to recover from damage. Much of the plant's energy is spent on rapid flowering. Even if a plant survives the weight of your footstep, it may be stunted for years.

Please remember this when exploring Mount Rainier's fragile meadows and...

Please, Stay on Trails!



Mount Rainier: An Active Volcano

Recent research has improved our understanding of Mount Rainier, an active volcano. Active steam vents, periodic earth tremors, and reported historical eruptions provide evidence that Mount Rainier is sleeping, not dead. Seismic monitoring stations around the mountain should provide days or weeks of advance warning of impending eruptions. However, other geologic hazards like debris flows and rockfall can occur with little 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. While most people consider the danger to be relatively low, you must decide if you will assume the personal risk of visiting these potentially dangerous locations.

If you are near a river and notice a rapid rise in water level, feel a prolonged shaking of the ground, and/or hear a roaring sound coming from upvalley – often described as the sound made by 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 at park visitor centers and from scientists at the U.S.G.S. Cascades Volcano Observatory, 1300 SE Cardinal Court, Building 10, Suite 100, Vancouver, WA 98661, <http://vulcan.wr.usgs.gov>.

Easy & Moderate Hikes

Area	Trail Name	Trailhead Location	Roundtrip Distance	Comments
Carbon River	Rainforest Nature Trail	Carbon River Entrance	0.3-mile loop trail	Self-guided trail through an inland temperate rainforest.
Longmire	Twin Firs	1.9 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 Rd	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.

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.

Hiking & Safety



Hikers at Martha Falls on the Wonderland Trail

Caution: Trail Work Ahead!

Due to unusually heavy winter damages some trails will not be fully open in time for the summer visitation. Literally hundreds of trees were blown down on the Wonderland Trail between Golden Lakes and Mowich Lake and on the Paul Peak Trail. Many of these trees may remain on the trail until late summer or until staffing and environmental conditions permit their removal. In addition, Wonderland Trail stream crossings on Kautz Creek, North Mowich River, South Mowich River, West Fork Creek and Fryingpan Creek are washed out and will be replaced as we are able to get to them. Hikers should check with Wilderness Information Centers on trail conditions and expect some hiking delays while travelling through some areas such as the Mowich Rivers.

The Secret to a Great Hike

Mount Rainier National Park offers excellent opportunities for adventure, exploration, learning, and just plain having fun! The secret to a great visit? Staying safe! Reduce the risk of spoiling your trip by following these guidelines:

Pay Attention to the Weather

Think about all the ways weather can outsmart you. It's easy to get lost or injured when the weather deteriorates, the trail is covered with snow, and you don't know where you are. You might be in an avalanche zone and not even know it.

Eyes on the Trail

You may be hiking before trail crews have a chance to clear away fallen trees or replace missing foot logs at river crossings. Be especially careful at river crossings. Many people underestimate the power of the water and are unaware of the large, rolling boulders it carries. If you must cross, go in the morning when rivers are generally lower.

Prepare and Take Care

Bring the "10 Essentials" with you and know how to use them (see bottom of page). 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!

Wilderness Permits

Wilderness Permits are required for backcountry camping and are available at all Wilderness Information Centers and most visitor centers. Permits are free, but an optional, fee-based reservation system for campers and climbers is in effect May through September. Reservations may be made between April 1 and September 30. Backcountry reservations are \$20 per party (1-12 people) for 1 to 14 consecutive nights. Sixty percent of all backcountry sites and zones are available for reservation. The remaining 40% are issued on a first-come, first-served basis on the day of, or one day prior to, the start of trip. Go to www.nps.gov/mora/recreation/wic.htm to learn more.

A Reservation Request Form is available at Wilderness Information Centers and on the Internet at www.nps.gov/mora/recreation/rsvpform.htm. Fax or mail completed forms to: Wilderness Reservations Office, Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304-9751. Fax (360) 569-3131.

Hiking the Muir Snowfield?

The Muir Snowfield, a permanent field of snow, ice, and rock outcrops, is located north of Paradise between 7,000 and 10,000 feet 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.

Don't 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.
- 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, it is extremely difficult to find your way to the trailhead in a whiteout. Carry these items and know how to use them!
- 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 quickly lost!
- 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.
- Hike only on trails or snow to protect fragile alpine vegetation.

Ask a ranger for tips on other areas to explore during your visit.

Climbing Mount Rainier

Over 10,000 people attempt to climb Mount Rainier each year. About half actually make it to the 14,410 foot summit. Climbing information is available at ranger stations and on the park's website at www.nps.gov/mora/climb/climb.htm. For prerecorded route conditions, call (360) 569-2211 ext. 2314. Climbers pay a Cost Recovery Fee of \$30 per person, per calendar year.

Rainier Mountaineering, Inc. (360) 569-2227 (RMI) conducts guided climbs and related seminars. Information on RMI climbs can be obtained at the Paradise Guide House daily from 9:30 a.m. - 4:00 p.m. Guides for the Emmons Glacier Route include **Alpine Ascents International** (206) 378-1927, **American Alpine Institute** (360) 671-1505, **Cascade Alpine Guides** (800) 981-0381, and **Mount Rainier Alpine Guides** (360) 569-2889.

Animal Encounters



Black bear
(Ursus americanus)

The beauty and wonder of Mount Rainier National Park doesn't just come from the scenic grandeur of a single, towering mountain. The presence of wild creatures remains an essential part of the experience of wilderness. Being in the home of large creatures like black bear and mountain lion (cougar) can make Mount Rainier an exciting — and sometimes scary — place

to visit. Though you are not likely to see them, if you do meet one of these larger mammals, learning more about them serves as your best defense — and theirs!

Black Bear Sense

- Never feed a black bear, either intentionally or by leaving food unsecured
- Do NOT approach bears or cubs
- If a black bear approaches you, try to scare it away by shouting and making noise
- If attacked, fight back aggressively
- Report all sightings to the nearest ranger station or call (360) 569-2211 ext. 3373 or ext. 2334

Avoiding Mountain Lions

- Hike in a group rather than alone. Avoid running — don't look like prey
- Keep children close to you — preferably in view just ahead of you
- Never approach cougar kittens — leave the area immediately
- Follow the rules regarding pets in the park — don't take your pet on trails or in the backcountry and never leave it unattended at the campground — you could lose it!



Mountain lion (Felis concolor)

Close Encounters With Mountain Lions

- DON'T RUN! Stand still and face the lion with your companions
- Immediately pick up and hold small children
- Stand upright to make yourself appear larger — wave your arms and make a noisy commotion if the animal moves toward you
- Back away slowly while facing the animal
- If attacked, fight back aggressively
- Report all sightings at the nearest ranger station or call (360) 569-2211 ext. 3373 or ext. 2334

Leave No Trace

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

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

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

- ☒ map of the area
- ☒ compass
- ☒ extra food & water
- ☒ extra clothing (warm!) & rain gear
- ☒ emergency shelter
- ☒ first aid kit
- ☒ flashlight or headlamp
- ☒ sunglasses & sunscreen
- ☒ pocketknife
- ☒ matches (waterproof!)*

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.

Summer Hours

July 1 - September 6, 2004



Visitor Centers

Longmire Museum (360) 569-2211 ext. 3314
Information, exhibits, book sales, climbing permits
9:00 a.m. - 5:00 p.m. daily

Jackson Visitor Center (Paradise)

(360) 569-6036
Information, exhibits, movies, book sales, food service, gifts, showers
10:00 a.m. - 6:00 p.m. daily

Ohanapecosh Visitor Center (360) 569-6046

Information, exhibits, book sales
9:00 a.m. - 6:00 p.m. daily

Sunrise Visitor Center (360) 663-2425

Information, exhibits, book sales
9:00 a.m. - 6:00 p.m. daily



Wilderness Information Centers

Longmire WIC (360) 569-HIKE

Wilderness camping & westside route climbing permits.

July 1 - October 3:

7:30 a.m. - 5:00 p.m. daily

Paradise Ranger Station (360) 569-2211 ext. 2314

Climbing permits (Paradise routes).

July 1 - September 6:

7:00 a.m. - 3:00 p.m. Sunday - Thursday
7:00 a.m. - 3:00 p.m. Friday
6:00 a.m. - 3:00 p.m. Saturday

White River WIC (360) 569-6030

Wilderness camping & eastside climbing permits.

July 1 - September 27:

7:30 a.m. - 4:30 p.m. Sunday - Wednesday
7:30 a.m. - 8:00 p.m. Thursday
7:00 a.m. - 8:00 p.m. Friday
7:00 a.m. - 5:00 p.m. Saturday

Wilkeson WIC (360) 829-5127

Wilderness camping & northside climbing permits.

July 1 - September 27:

8:30 a.m. - 4:30 p.m. Sunday - Wednesday
7:30 a.m. - 6:00 p.m. Thursday - Saturday



Food & Lodging

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

National Park Inn (Longmire)

Lodging and dining. Open year-round.

Front desk: 7:00 a.m. - 10:00 p.m. daily
Restaurant: 7:00 a.m. - 8:30 p.m. daily

National Park Inn Post Office

Open year-round. Closed Sundays & holidays.

8:30 a.m. - 5:00 p.m. weekdays
8:30 a.m. - 12:00 p.m. Saturdays

General Store (Longmire)

Groceries, gifts, firewood. Open year-round.

8:00 a.m. - 8:00 p.m. daily

Firewood is also available in Loop A of the Cougar Rock Campground:

4:00 p.m. - 9:00 p.m. daily

Jackson Visitor Center (Paradise)

Grill & Gift Shop:

10:00 a.m. - 7:00 p.m. daily

Showers located in the basement:

10:00 a.m. - 7:00 p.m. daily

Paradise Inn

Lodging, lounge, dining, gifts

Front Desk: Open 24 hours daily

Dining Room:

Breakfast: 7:00 a.m. - 9:30 p.m.

Lunch: 12:00 noon - 2:00 p.m.

Dinner: 5:30 p.m. - 8:30 p.m.

Sunday Brunch: 11:00 a.m. - 2:00 p.m.

Glacier Lounge: 12:00 noon - 11:00 p.m.

Gift Shop: 8:00 a.m. - 9:00 p.m.

Snack Bar: 9:00 a.m. - 6:00 p.m.

Sunrise Lodge

Day use only/no overnight lodging

Snack Bar/Gift Shop:

10:00 a.m. - 7:00 p.m.



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

GAS IS NOT AVAILABLE IN THE PARK.



National Park Service
U.S. Department of the Interior

Mount Rainier National Park

Superintendent: Dave Uberuaga

Contact Information

Mailing Address

Tahoma Woods, Star Route
Ashford, WA 98304

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MORAInfo@nps.gov

Park Headquarters

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(360) 569-2177 TDD

Website

www.nps.gov/mora

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EXPERIENCE YOUR AMERICA

Experience Your America with a National Parks Pass or a Mount Rainier Annual Pass



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

Just \$50 (plus shipping and handling if you buy on-line or by phone).*

If you only plan to visit Mount Rainier National Park, consider the **Mount Rainier Annual Pass**. It costs \$30 and, like the National Parks Pass, is good for one full year.



*A National Parks Pass can be upgraded to a Golden Eagle Pass for \$15. This covers additional sites such as Forest Service trailheads requiring the Northwest Forest Pass, Mount St. Helens, and the Nisqually Wildlife Refuge

Drive-in Campgrounds

Campground	Open Dates	Elev.	Sites	Fee	Group Sites	Group Fees	Toilets	Water	Dump Station
Sunshine Point	Year-round	2000'	18	\$10			Pit	*	
Cougar Rock*	5/28 - 10/11	3180'	172	\$12/15*	5	\$40-64	Flush	*	*
Ohanapecosh*	5/28 - 10/11	1914'	188	\$12/15*	1	\$40	Flush	*	*
White River	7/2 - 9/17	4400'	112	\$10			Flush	*	
Ipsut Creek (Closed to car camping Sept 13-24)	Year-round	2300'	22	\$8	2	\$20-25	Pit	No Potable Water	
Mowich Lake Walk-in sites only	6/25 - 10/11	4950'	30	None			Pit	No Potable Water	

* Advance reservations are required for Cougar Rock and Ohanapecosh Campgrounds from the last Friday in June through Labor Day (group sites from May 28 - October 11). Call 1-800-365-CAMP up to 5 months in advance or reserve your site on-line 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.