



# The Tahoma News

July 1 - September 1, 2008

*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.*



The new Paradise Visitor Center will open this fall.

## Paradise Visitors Guide, Shuttles, Parking & More...

PARADISE IS THE MOST POPULAR VISITOR DESTINATION IN Mount Rainier National Park with its spectacular subalpine meadows, miles of hiking trails, and jaw-dropping views of the mountain, glaciers, and the Tatoosh Range and, on a clear day, Washington's southern Cascade peaks. In spring 2006 the park launched a major construction project at Paradise which is now nearing completion. This summer the historic Paradise Inn has reopened after two years of extensive rehabilitation and the final summer of construction of the new Paradise Visitor Center. The new visitor center will open this fall and the existing Jackson Visitor Center will be demolished and the lower parking lot will be redesigned starting in spring 2009.

The Paradise Visitors Guide is located on the center pages of this newspaper. The guide provides information on shuttles, parking and facilities. This is the first year of shuttle service from Ashford. Check out the Visitor Guide for more information.

### Go Green and Save Gas Ride the Shuttle to Paradise

Save gas and enjoy the view while riding the **free Longmire to Paradise Shuttle** with limited service from Ashford.

Park at Longmire or Cougar Rock to catch the Paradise Shuttle. Shuttles operate **Friday - Sunday only through August 31**. See the Paradise Visitors Guide inside on the center pages for the Shuttle Schedule.

## 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! See the map on page 10 for locations.

**Interested in Old Growth Forests?** Visit Ohanapecosh (SR 123) 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. Explore the old growth forest west of Longmire on the short Twin Firs Trail. Start your hike at the interpretive exhibit on Nisqually Road (SR706).



Columnar andesite along Sunrise Road.

**Is Geology Your Interest?** Then drive 3 miles to the end of the Westside Road 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 from Nisqually Road. Drive the Sunrise Road and keep an eye out for columnar andesite columns formed when the toe of a lava flow cooled rapidly when it flowed against glacial ice. (Continued on page 2.)

## Welcome...

... to Mount Rainier National Park. You are visiting during a very exciting time in the park's history. Major renovations and new construction are nearing completion at Paradise. The Paradise Inn reopened on May 16, after two years of much needed structural rehabilitation. Visit this historic inn to experience the character of the park's early years.

Construction of the new Paradise Visitor Center will be complete this fall with the opening scheduled for October, following installation of the new exhibits. A film is currently under production for this facility as well. Next year the existing visitor center will be removed and the area, including the adjacent parking lot, will be redesigned to incorporate additional parking spaces.

With the removal of the existing visitor center and completion of the new visitor center, the Paradise Historic Landmark District will more closely align with the original look of the area.

A visit after completion of the Paradise projects will be worth your time, I guarantee it!

In November 2006, the late autumn rains continued for 36 hours overwhelming the rivers and drastically changing some of the landscape. The roads on the east side of the park are now repaired and are open this summer although road openings were delayed due to a heavier than usual snowpack. Park staff and volunteers will continue repairs to the remaining damage until the work is complete.

Enjoy your visit to this amazing place and come back again soon.

Dave Uberuaga,  
Superintendent



Superintendent  
Dave Uberuaga

### 5 - 8 Paradise Guide

What is all the activity at Paradise? Has construction affected parking in the area? Is the visitor center open? All these questions and more are answered in the Paradise Visitor Guide.

### 3 Sustainability Practices

What sustainable practices are the park and Mount Rainier Guest Services Inc. implementing to protect the environment? What can you do? See page 3 to see how we can all be stewards of the environment.

### 4 & 9 Interpretive Programs

When and where can you go on a walk with a ranger? When are the Junior Ranger programs? Are there any special speaker presentations this year? When is the Shadows of the Past special program being offered?

### Area Information ... 2

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# 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, 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 pullouts 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 min
Paradise to Ohanapecosh	23 miles	45 min
Ohanapecosh to the Sunrise/White River turnoff	17 miles	30 min
Sunrise/White River turnoff to Sunrise	14 miles	45 min
Seattle to Paradise via SR 706	99 miles	2.5 hrs
Seattle to Paradise via SR 410 and Enumclaw	109 miles	3 hrs
Yakima to Paradise	99 miles	2 hrs

## Protect Yourself and the Park

Mount Rainier National Park was established in 1899 to preserve the natural and cultural resources in this area and to provide for public benefit and enjoyment. To protect yourself and the park during your visit please follow these rules:

- 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 the park. 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 campgrounds is not permitted.



## Discovering Rainier Off the Beaten Path

(Continued from page 1)

**Did You Bring a Picnic?** If so there are many smaller picnic areas scattered around the park. From Nisqually Entrance (SR 706) at Kautz Creek where you can take a short walk to view the aftermath of the 1947 Kautz Creek mudflow. At Ohanapecosh (SR 123) 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 deep slot into the bedrock. From the Tipsoo Lake picnic area (SR 410) you'll have a great view of the meadows surrounding the lake. Picnic at Mowich Lake (SR 165) and admire the colorful subalpine wildflowers surrounding the deepest and largest lake in the park.

**How about Subalpine Meadows and Lakes?** For an outstanding wildflower meadow experience highlighted by beautiful lakes, try Reflection Lakes (Stevens Canyon Road), Mowich Lake (SR 165), or Tipsoo Lake (SR 410). In mid-summer the meadows should be bursting with color providing a great backdrop for these tranquil lakes set in glacially carved basins.

**Wild for Waterfalls?** Then the east side (SR 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 State 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 State Route 123 – park at a small pullout 0.5 mile south of Deer Creek – or at the Grove of the Patriarchs on Stevens Canyon Road.

**Prefer Uncrowded Trails?** Many trails leave from the Reflection Lakes area (Stevens Canyon Road) including the Lakes, High Lakes, Mazama Ridge, and the Wonderland trails, with the 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.



Hike the Trail of the Shadows in Longmire Meadow to see the Longmire Cabin. Follow the loop interpretive trail to learn more about the area.

**Are You a History Buff?** If so, then Longmire (Nisqually Road) 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.

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. Use the map on page 10 to plan your Mount Rainier adventure!

Enjoy visiting your National Park!

## Plan for Construction Delays

Summer is a busy time 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 the east side of the park between June 9 and October 7 expect up to 20 minute construction and traffic delays on SR 123, between Deer Creek and Cayuse Pass, and on SR 410, from Cayuse Pass east along approximately 1.5 miles of roadway. After Labor Day these roads may be closed to through traffic Mondays-Thursdays to facilitate the repaving operation.

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!



## Summer Speaker Series

Join subject matter experts for an in-depth look at Mount Rainier. Presentations are free and open to all.

### Progress & Peril: The National Park Service During the Great Depression & WWII

Saturday, July 12, 9:00 pm,  
Ohanapecosh Campground Amphitheater  
Todd Smith, Interpretation & Volunteer Program  
Director, City of Olympia Parks

### 8,000 Years of Use of Tahoma

Saturday, July 19, 9:00 p.m., Paradise Inn  
Greg Burtchard, Archaeologist,  
National Park Service

### Predicting the Next Eruption of Mount Rainier

Saturday, July 26, 9:00 p.m., Paradise Inn  
Steve Malone, Emeritus Research Professor Earth  
& Space Sciences, University of Washington

### Climate Change and the Glaciers, Forests, and Rivers of the Pacific Northwest

Saturday, August 2, 9:00 p.m., Paradise Inn  
Crystal L. Raymond, Research Assistant, Climate  
Impacts Group, University of Washington

### Mount Rainier Volcano – Yesterday, Today & Tomorrow

Saturday, August 9, 9:00 p.m., Paradise Inn  
Carolyn Driedger, United States Geological Survey  
Hydrologist & Outreach Coordinator

### Rising Rivers of Mount Rainier

Saturday, August 23, 9:00 p.m., Paradise Inn  
Scott Beason, Geologist and Resource Research  
Liaison, National Park Service

### Progress & Peril: The National Park Service During the Great Depression & WWII

Saturday, August 30, 9:00 p.m., Paradise Inn  
Todd Smith, Interpretation & Volunteer  
Program Director, City of Olympia Parks

Check at visitor centers for any additional programs through the summer!

## Shadows of the Past Living History Lantern Tour

Tuesday, August 19

Historical characters emerge from the darkness along the Trail of the Shadows as you walk the trail with a ranger.

Meet the people who explored, settled, climbed, and protected Mount Rainier more than 100 years ago.

Lantern tours last 90 minutes and depart every 20 minutes between 8:30 p.m. and 9:30 p.m. Bring a warm jacket and a flashlight, and wear sturdy shoes.

Meet in front of the National Park Inn

~ Longmire Special Event ~

## 8500 Years of Native American Life on Mount Rainier

By Greg Burtchard, Park Archaeologist/Cultural Resource Specialist



Muckleshoot Tribal Archaeologist Laura Murphy and Mount Rainier Archaeologist Greg Burtchard test a 4,000 year old site on Mount Rainier's northeast quadrant.

It was once widely believed that Indian people seldom used Mount Rainier's imposing mountain landscapes. That view began to change in the early 1960s with discovery of the park's first archaeological site—a subalpine rockshelter later found to be about 1,200 years old and containing charred goat, mountain beaver, deer, elderberry and wild hazelnut remains in association with pit features, fire cracked rock, broken projectile points, and profuse stone tool re-sharpening flakes and debris.

Formal archaeological studies began at Mount Rainier in the late 1990s, and continue to the present. These studies have now documented over 90 prehistoric sites and isolated artifacts—predominantly lithic scatters, collections of debris from the manufacture and re-sharpening of chipped stone tools. Patterned variation in artifact content and setting suggest that different sites were used for long-term base camps, short-term hunting camps, kill sites, and butchering sites, among other uses.

Because of the park's growing archaeological record, we know that the ancestors of modern tribal people ranged widely over the mountain's mid to upper elevation landscapes. From archaeological testing, we have learned that, by 5,500 years ago, Indian people were hunting and gathering at places like Sunrise Ridge, Summerland, Mazama Ridge and other subalpine and alpine habitats throughout the park. Through excavation at deeply stratified sites, we have also learned that people first began using Mount Rainier as early as 8,500 years ago following the withdrawal of massive glacial ice, and the establishment of productive plant and animal communities.



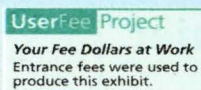
Mount Rainier Archaeologist Benjamin Diaz maps a newly discovered site.

## 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. The Kautz Boardwalk and Nature Trail are accessible. An accessibility handout is available at visitor centers. The new Paradise Visitor Center is designed for accessibility. TDD: (360) 569-2177

## 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:

- 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!



**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](http://www.nwpubliclands.com).



**Volunteers** Each year more than 137,000 volunteers donate over 5,200,000 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, 1,724 volunteers contributed a total of 84,038 hours in 2007, earning for their efforts the national George B. Hartzog Award for Outstanding Volunteer Service. We express our deep appreciation to them and to all who are volunteering in 2008! Both short and long-term opportunities are available. For information on how to join our team, contact the Volunteer Coordinator at (360) 569-2211 ext. 3385, or visit our website at [www.nps.gov/mora/supportyourpark/volunteer.htm](http://www.nps.gov/mora/supportyourpark/volunteer.htm).



**Washington's National Park Fund** Every year millions of people 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. The Fund helps ensure that visitors have high quality, memorable experiences by sponsoring educational, trail and wildlife projects. By securing funding from individuals, corporations, foundations and businesses, the Fund supports park restoration, enhancement and preservation. For information about how you can help Washington's national parks, call 206-770-0627 or visit [www.wnfp.org](http://www.wnfp.org).



**Student Conservation Association** SCA is a nationwide force of high school and college-age volunteers who are committed to protecting and preserving the environment. Through internships, conservation jobs and crew experiences, SCA members are rising to meet environmental challenges while gaining real, hands-on field experience. They complete projects in every conservation discipline from archaeology to zoology. Since January 2007, SCA has directed volunteer efforts at Mount Rainier National Park in response to the floods of 2006, for which it recently received the Department of the Interior's Cooperative Conservation Award. For more information about SCA or to get involved, visit [www.thesca.org](http://www.thesca.org).



## Stewards of the Environment

National Park Service Mission, 1916 Organic Act –

To conserve the scenery and the natural and historic objects and the wild life therein  
and to provide for the enjoyment of the same in such manner and by such means  
as will leave them unimpaired for the enjoyment of future generations.

Photo courtesy Dave Turner

## Mount Rainier: Doing Our Part...

We all share the responsibilities of caring for our environment and conserving 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 are also involved in implementing sustainable practices. We do these things out of concern for the environment and as part of our association with the *Greening of the National Park Service* program.

The program encompasses energy efficiency, green purchasing, recycling, and environmental design. Here are a few examples of environment-friendly projects and practices at Mount Rainier:

- 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 conducts environmental analysis. Resource professionals and other staff engage in collaborative planning to identify the best possible alternatives, with the least possible impacts.
- We use a hybrid solar energy system in the White River area. The award winning system is a cooperative effort between the National Park Service, Sunwise Technologies, and Bonneville Power. The solar system replaced a generator-only system. It produces 85% of the electricity required for the area reducing the generator supplied energy to 15%! The benefits of the system are reduced fuel consumption, reduced

emissions, reduced noise levels and lower operating costs.

- We also focus on using new "green" products as they are developed. One of our park generators and all of our diesel vehicles now run on special emissions-reducing fuel made with a soybean-based, low-sulfur fuel. Additionally, we have 18 vehicles with a propane fuel option in 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 use energy efficient lighting including compact fluorescent light bulbs.

- 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. Save energy and reduce emissions by using the Longmire-Paradise Shuttle that operates Friday through Sunday through August 31.

For more information about the *Greening of the National Park Service* program see: <http://www.nps.gov/renew/>.

## Education Center

The Park Education Center which opened in July 2006 is a structure that demonstrates Mount Rainier's commitment to green building.

The exterior walls are constructed of a polystyrene block system and have an R50 insulation rating, twice the recommended value. Energy efficient windows and skylights maximize the natural light and reduce reliance on electricity for lighting throughout the facility.

Other sustainable elements are recycled and recyclable carpet, dual flush toilets and an in-floor radiant heat system. For more information visit <http://www.nps.gov/mora/forteachers/education-center.htm>.



Photo courtesy David Gunderson

## Mount Rainier Guest Services, Inc Going "Green"

by Tami Rahier, GSI

We are pleased to share with you all the steps Mount Rainier Guest Services, Inc. is doing to reduce all footprints in Mount Rainier National Park.

- In-Room Recycling Program at the National Park Inn
- Internal Recycling Program throughout the concession operations
- Lighting converted to fluorescent and used lamps recycled
- Used Guest Amenities – Donated to Tacoma Rescue Mission for reuse
- 100% Organic, fair trade coffee served
- Room amenities to be converted to all green products
- Linen Program – As a new guest linens are freshly laundered. In-room card indicates guests' choice to reuse bed linens.
- Towel Program – towel on the rack means "I'll use it again" towels on floor "Please exchange"
- Carpet Cleaning Program – certified by Green Seal
- Water efficient shower heads installed
- Condiments are purchased in bulk reducing packaging and waste
- Stationary produced from recycled paper
- Facial & bathroom tissue produced from recycled paper
- We avoid any use of Styrofoam
- Several items are returned to our supplier for reuse
- Toilets are low flush and/or have devices installed to ensure less water usage
- Water use is monitored daily

## Air Quality Camera

A web camera at Paradise shows the visibility impairment that may be caused by air pollution. The camera site is located about 23 miles from our primary air monitoring station but current levels of ozone, the visual range, and weather conditions can be viewed at <http://www2.nature.nps.gov/air/WebCams/parks/moracam/moracam.htm>. The digital photos are updated every 15 minutes, while air quality values are revised hourly.

## Understanding Sustainability

Sustainability is managing and preserving the earth's natural resources so they are passed on to future generations in a healthy and abundant manner. The principles of sustainability are much like those of a dynamic ecosystem in which all elements sustain a balance but adjust to the shifting needs of the whole ecosystem.

At Mount Rainier and in the community where you live, this means that everyone must contribute to creating a socially, economically and environmentally sustainable balance of the earth's resources for today and the future. Thus, sustainability may require a change in values toward a less consumptive lifestyle but it does not have to lessen the quality of life.

## Help Mount Rainier Remain Healthy

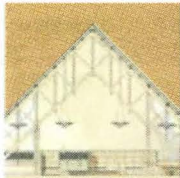
by Jack Greene, Volunteer

You are connected to Mount Rainier through rivers, atmosphere, and migratory species such as birds, fish, and insects. These animals may travel well beyond park boundaries and might spend part of their year visiting you! What goes into the air and water in one place may end up thousands of miles from where it originated.

You make choices daily that could impact the environment of the park. How you landscape and care for your yard and garden is critical for the global health of wildlife, water and air. The companies that you support through your purchases and the ways you choose to dispose of trash have an effect on life beyond your neighborhood.

Energy efficient planning, green purchasing, recycling, and environmental design for buildings and transportation systems are ways that Mount Rainier contributes to sustaining healthy life beyond its borders. The park conserves energy by using cleaner and renewable forms of energy. The park uses locally produced and salvaged materials. Visitor education through our interpretive programs and other media is another key component to providing sustainability.





# Paradise Visitors Guide

2008



Paradise Inn  
ca. 1939

An Insert to the Summer Tahoma News 2008

## Visiting Paradise – Shuttles & Parking

Paradise wildflower meadows, trails and the Jackson Visitor Center are open to visitors during construction of the new visitor center.

All traditional services and activities are available at Paradise during the construction of the new visitor center. All normal activities and guest services remain available throughout the park.

If you plan to visit Paradise during construction, be prepared for significantly reduced parking, construction noise, and to use alternate trailheads to reach trails in the upper meadow.

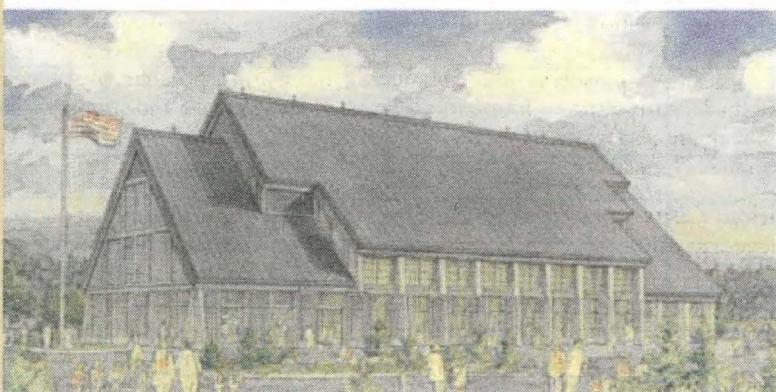
- The best time to visit Paradise is on weekdays, early or late in the day.
- If visiting on a weekend or holiday plan to arrive at Paradise by 9:00 a.m. or after 5:00 p.m. for the best parking opportunities. Activities and other areas to visit prior to or following your visit to Paradise are listed later in this insert.
- Consider exploring other areas of the park or outside of the park during construction. You'll find information on activities outside of the Paradise area listed in this insert.

We hope you enjoy your visit to Mount Rainier, the nation's fifth oldest national park.

### Facility Status

- The Jackson Visitor Center is open providing book and gift sales, dining at the Grill, nature walks, interpretive activities, and climbing permits.
- Paradise trails are open and accessible via trailheads near the visitor center, the main trailhead, and Fourth Crossing. Access upper meadow trails via the main trailhead on the north side of the upper parking lot and Fourth Crossing off of Paradise Valley Road.
- Paradise Inn is open. Stop by to see this newly renovated historic inn. Eat in the dining room or cafe. Browse the gift shop or relax in the lobby.
- The Guide House is closed. Climbing information operations have moved to the Jackson Visitor Center.
- Plan ahead for picnicking opportunities en route to Paradise. Picnicking opportunities are limited at Paradise during construction. Picnicking is available at Cougar Rock or Narada Falls to the west of Paradise and Ohanapecosh and Box Canyon to the east.
- The walkway on the north side of the upper parking lot, the main trailhead, and the restrooms below the Guide House are open.

Artist  
rendering of  
the new  
visitor center

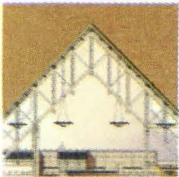


## Protecting Paradise

Help limit impacts and protect Paradise by parking only in designated parking spots, walking and hiking on roads and trails, by staying off vegetation and by not feeding wildlife.







# Parking and Shuttles



## Parking at Paradise

Construction needs have reduced parking by approximately half in the immediate Paradise area. A free shuttle is available Friday - Sunday for those parked at Longmire and Cougar Rock. Limited shuttle service is also available to and from Ashford.

- Park at Longmire or the Cougar Rock Picnic Area and ride the shuttle up to Paradise.
- Day Use and Overnight Parking is available south of the visitor center lot. Loop A is reserved for overnight parking.
- Overflow parking is available on the Paradise Valley Road
- RVs and vehicles over 20 feet in length must park on the Paradise Valley Road, or see the shuttle schedule for shuttle

options Friday through Sunday through August 31.

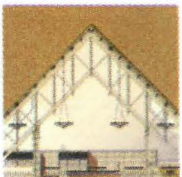
- Pets are not allowed on shuttles or trails.
- Camping is not permitted at Paradise. Check with a ranger for campground locations.
- Extreme congestion at Paradise limits maneuverability and turnarounds for RVs and larger vehicles.
- The road to Paradise will close at the Stevens Canyon Wye and traffic will be diverted east towards Stevens Canyon or west towards Longmire if parking fills.
- The main area of the upper parking lot is closed with limited parking available near the Paradise Inn and along the south side of the lot as indicated.

Paradise Shuttle Schedule					
Longmire-Paradise - FRIDAYS					
Leave Longmire	Leave Cougar Rock	Arrive Paradise	Leave Paradise	Leave Cougar Rock	Arrive Longmire
10:00 AM	10:05 AM	10:35 AM	10:45 AM	11:15 AM	11:20 AM
10:45 AM	10:50 AM	11:20 AM	11:30 AM	12:00 PM	12:05 PM
11:30 AM	11:35 AM	12:05 PM	12:15 PM	12:45 PM	12:50 PM
12:15 PM	12:20 PM	12:50 PM	1:00 PM	1:30 PM	1:35 PM
1:00 PM	1:05 PM	1:35 PM	1:45 PM	2:15 PM	2:20 PM
1:45 PM	1:50 PM	2:20 PM	2:30 PM	3:00 PM	3:05 PM
2:30 PM	2:35 PM	3:05 PM	3:15 PM	3:45 PM	3:50 PM
3:15 PM	3:20 PM	3:50 PM	4:00 PM	4:30 PM	4:35 PM
4:00 PM	4:05 PM	4:35 PM	4:45 PM	5:15 PM	5:20 PM
4:45 PM	4:50 PM	5:20 PM	5:30 PM	6:00 PM	6:05 PM
5:30 PM	5:35 PM	6:05 PM	6:15 PM	6:45 PM	6:50 PM
6:15 PM	6:20 PM	6:50 PM	7:00 PM	7:30 PM	7:35 PM
Longmire-Paradise - SATURDAYS/SUNDAYS					
Leave Longmire	Leave Cougar Rock	Arrive Paradise	Leave Paradise	Leave Cougar Rock	Arrive Longmire
10:00 AM	10:05 AM	10:35 AM	10:45 AM	11:15 AM	11:20 AM
10:30 AM	10:35 AM	11:05 AM	11:15 AM	11:45 AM	11:50 AM
11:00 AM	11:05 AM	11:35 AM	11:45 AM	12:15 PM	12:20 PM
11:30 AM	11:35 AM	12:05 PM	12:15 PM	12:45 PM	12:50 PM
12:00 PM	12:05 PM	12:35 PM	12:45 PM	1:15 PM	1:20 PM
12:30 PM	12:35 PM	1:05 PM	1:15 PM	1:45 PM	1:50 PM
1:00 PM	1:05 PM	1:35 PM	1:45 PM	2:15 PM	2:20 PM
1:30 PM	1:35 PM	2:05 PM	2:15 PM	2:45 PM	2:50 PM
2:00 PM	2:05 PM	2:35 PM	2:45 PM	3:15 PM	3:20 PM
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6:00 PM	6:05 PM	6:35 PM	6:45 PM	7:15 PM	7:20 PM
6:30 PM	6:35 PM	7:05 PM	7:15 PM	7:45 PM	7:50 PM
Ashford-Longmire - SATURDAYS/SUNDAYS					
Leave Ashford	Arrive Longmire	Transfer to Paradise	Transfer from Paradise	Leave Longmire	Arrive Ashford
9:15 AM	9:50 AM	10:00 AM	~	~	~
9:45 AM	10:20 AM	10:30 AM	~	~	~
10:15 AM	10:50 AM	11:00 AM	~	~	~
10:45 AM	11:20 AM	11:30 AM	11:30 PM	11:25 AM	11:50 AM
12:00 PM	12:35 PM	1:00 AM	12:20 PM	12:40 PM	1:05 PM
1:15 PM	1:50 PM	2:00 PM	1:50 PM	1:55 PM	2:20 PM
2:30 PM	3:05 PM	3:30 PM	2:50 PM	3:10 PM	3:35 PM
3:45 PM	4:20 PM	4:30 PM	4:20 PM	4:25 PM	4:50 PM
5:00 PM	5:35 PM	6:00 PM	5:20 PM	5:40 PM	6:05 PM
~	~	~	6:50 PM	7:00 PM	7:30 PM
~	~	~	7:20 PM	7:30 PM	8:00 PM
~	~	~	7:50 PM	8:00 PM	8:30 PM

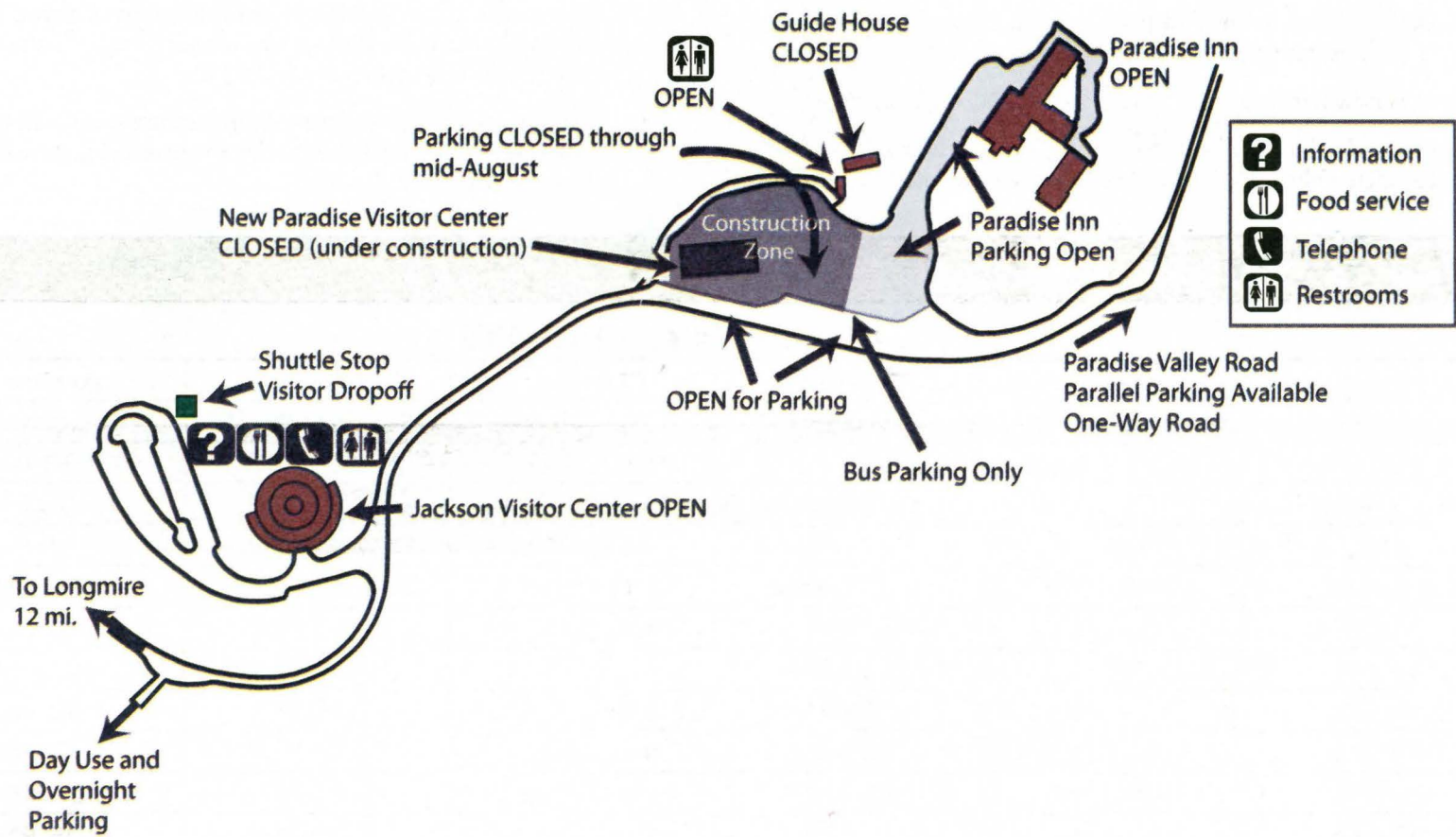




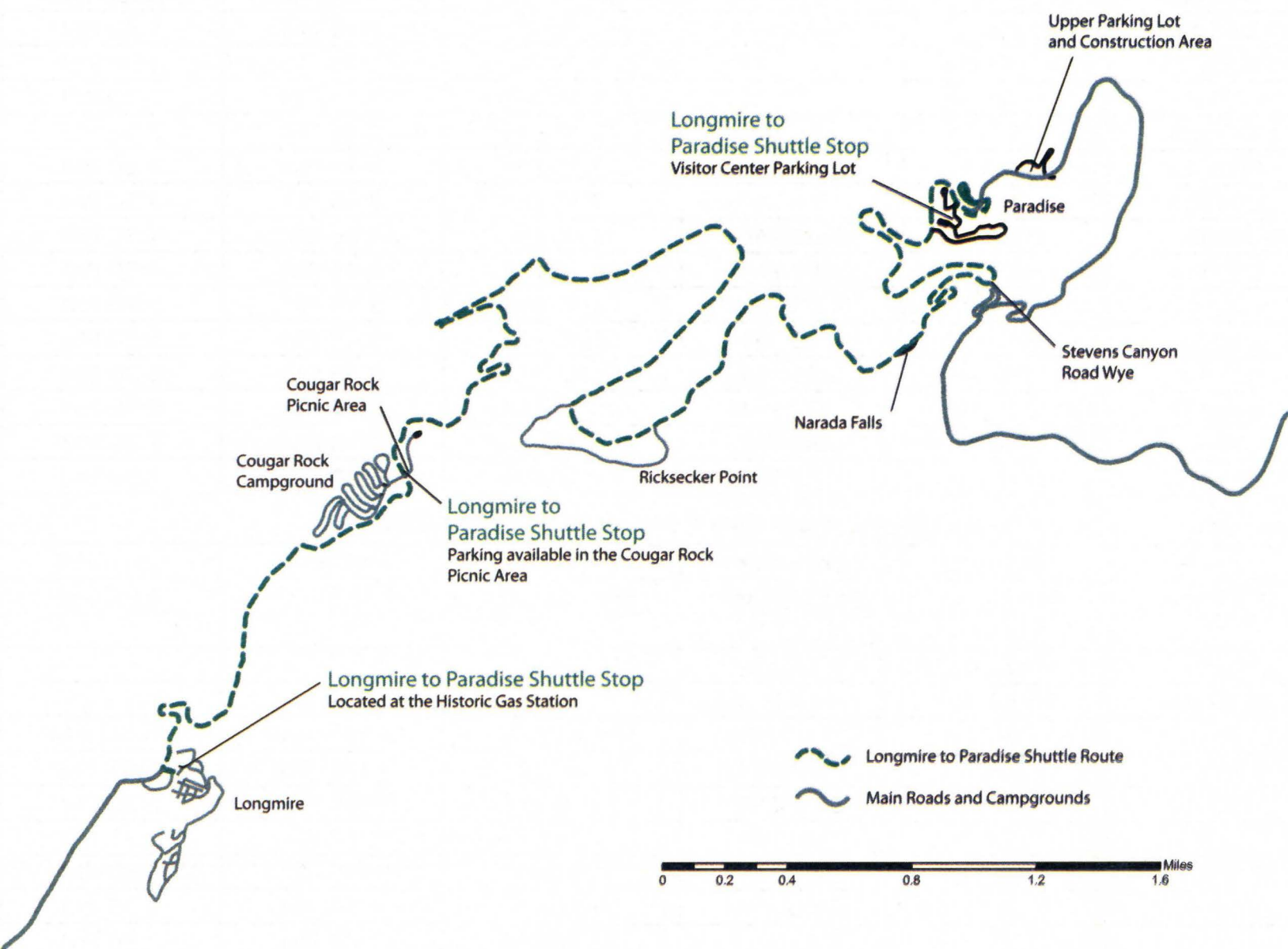
# Parking and Shuttles



## Parking and Shuttle Stop

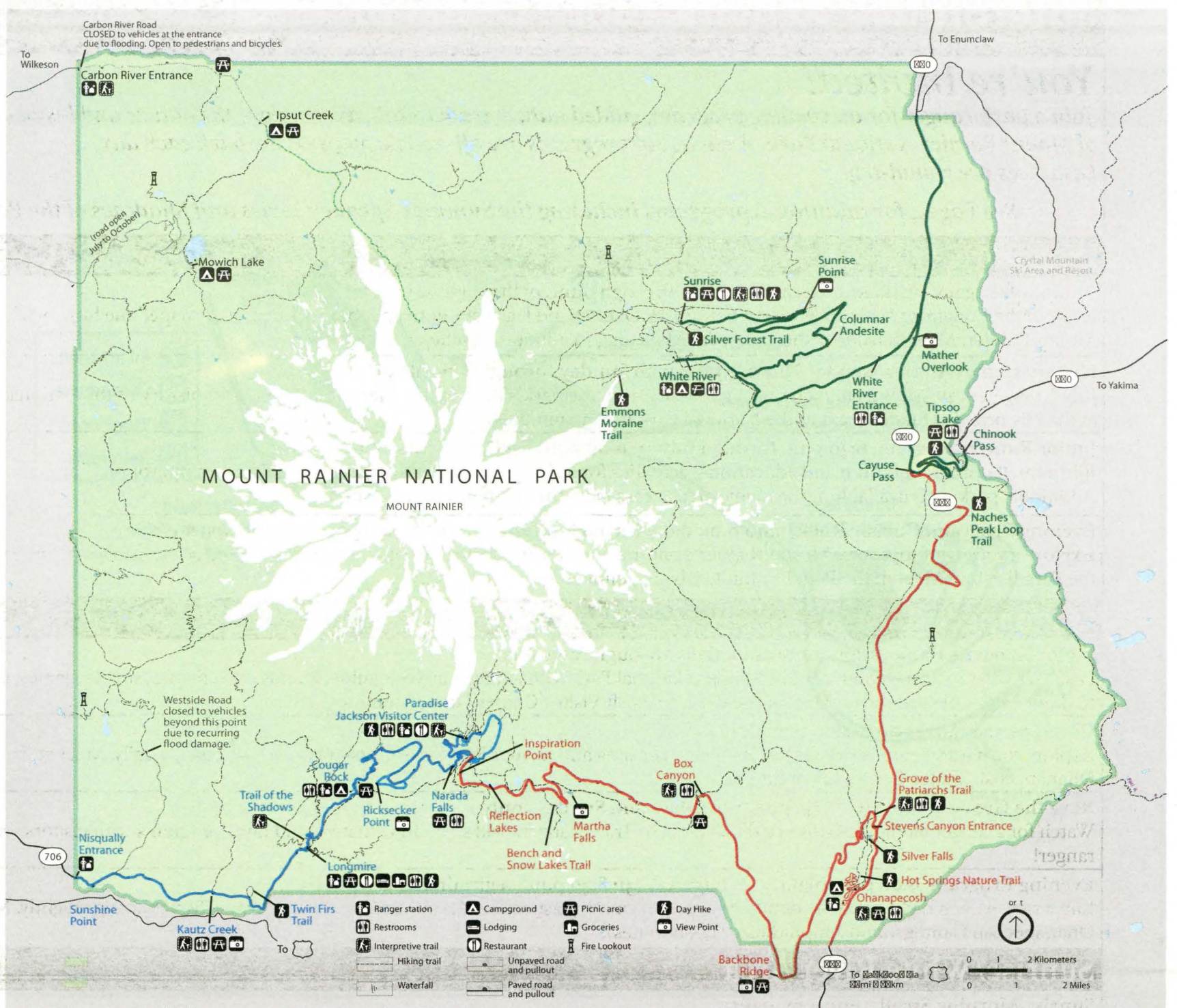


## Shuttle Routes and Stops





# Activities Outside of the Paradise Area



## Nisqually Entrance to Paradise

Enjoy lowland forests, Longmire Meadow, and glacial rivers. As you travel higher up the slopes of Mount Rainier, the trees begin to open up with views of glaciers, vistas, and meadows. Multiple opportunities are available to enjoy this part of the park.

### View Points

Westside Road  
Kautz Creek  
Longmire  
Ricksecker Point

### Picnicking

Kautz Creek  
Longmire  
Cougar Rock  
Narada Falls

### Short Hikes

Twin Firs Trail  
Trail of the Shadows  
Narada Falls  
Historic Longmire Walk

### Facilities

Longmire Museum  
Longmire Wilderness Information Center  
National Park Inn at Longmire

## Stevens Canyon and Highway 123

Follow Stevens Canyon Road for views of waterfalls and wildflowers. Spectacular Box Canyon provides views 180 feet down to the Cowlitz River as it continues to carve through old lava. You can experience some of the park's oldest and largest trees in the Ohanapecosh area.

### View Points

Inspiration Point  
Reflection Lakes  
Martha Falls  
Box Canyon  
Backbone Ridge

### Picnicking

Box Canyon  
Backbone Ridge

### Short Hikes

Bench and Snow Lakes Trail  
Box Canyon  
Grove of the Patriarchs  
Silver Falls  
Hot Springs Nature Trail

### Facilities

Ohanapecosh Visitor Center

## Highway 410 and Sunrise

For those traveling to the east side of the park, you are rewarded by old-growth forests, subalpine meadows, and panoramic views. Mountain goats frequent the higher slopes while marmots nibble on plants or sun themselves on rocks.

### View Points

Sunrise Point  
Mather Overlook  
Tipsoo Lake  
Chinook Pass

### Picnicking

White River Campground  
Sunrise  
Tipsoo Lake

### Short Hikes

Emmons Moraine Trail  
Silver Forest Trail  
Naches Peak Loop Trail

### Facilities

White River Wilderness Information Center  
Sunrise Day Lodge (no overnight lodging)  
Sunrise Visitor Center



# Interpretive Activities July 1 to September 1

## You're Invited!

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

See Page 4 for additional programs including the Summer Speaker Series and Shadows of the Past.

## Longmire Area

**Mountain Legacy Walk, 10:00 a.m. Thursday through Sunday through August 15**

Explore the Longmire National Historic Landmark District and learn about the people and ideas that shaped the history of Mount Rainier. Meet in front of the Longmire Museum (30 minutes, ½ mile).

**History Comes Alive, 2:30 p.m. Thursday through Sunday through August 15**

Join a ranger, or possibly a character brought to life from the park's past, to discover the rich personal history of this national park. Meet at the Historic Gas Station next to the National Park Inn (30 minutes).

**Junior Ranger Program, 6:30 p.m. through July 31; 6:00 p.m. beginning August 1**

Join a ranger program for fun and educational activities for kids aged 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, Cougar Rock, 9:00 p.m. daily through 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 at the Jackson Visitor Center and the Paradise Inn. Meet in the Paradise Inn Lobby (45 minutes).

## Ohanapecosh Area

**Junior Ranger's Exploration, 10:00 a.m. daily through August 15**

Discover what's special about Mount Rainier National Park with a ranger as your guide. Hands on activities, stories, games, and walks – find out what's offered today! Meet at the Ohanapecosh Visitor Center (30 - 40 minutes).

**Ohanapecosh Adventure, 2:00 p.m. daily**

Explore the nature and history of the Ohanapecosh area and Mount Rainier National Park. Topics change daily. Meet at the Ohanapecosh Visitor Center (45 minutes).

**Rove the Grove, 10:00 a.m. - 1:30 p.m. Saturdays and Sundays only**

Watch for a ranger along the Grove of the Patriarchs Trail. Rangers will share information and mini-programs with visitors – so find the ranger!

**Evening Program, 9:00 p.m. nightly through July 31; 8:30 p.m. beginning August 1**

Join a ranger each night for an in-depth view of a fascinating aspect of Mount Rainier National Park. Topics change nightly. Meet at the Ohanapecosh Campground Amphitheater (45 minutes).

## Sunrise/White River Area

**Sunrise Morning Stroll, 11:00 a.m. daily**

Join a ranger on an exploration of the Sunrise area. Topics vary. Meet at Sunrise Visitor Center flagpole (30 minutes, 0.5 mile).

**Sunrise Afternoon Walk, 1:30 p.m. daily**

Learn about the nature or history of the Sunrise area on this easy ramble with a ranger. Meet at the Sunrise Visitor Center flagpole (30 minutes, 0.5 mile).

**Sunrise Secrets, 3:00 p.m. daily**

Drop in for an enlightening chat with a ranger and find out more about the nature and history of the Sunrise area and Mount Rainier National Park. Meet at the picnic area behind the Sunrise Visitor Center (30 - 40 minutes).

**Junior Ranger Program, 7:00 p.m. daily through July 31; 6:30 p.m. beginning August 1**

Hey Kids - Join a ranger and learn about Mount Rainier National Park. Activities, songs, stories. Topics vary nightly. Meet at the White River Campground Circle (30 minutes).

**Evening Program, 8:00 p.m. through July 31; 7:30 p.m. beginning August 1**

Take an in-depth look at a special topic of Mount Rainier National Park during a traditional campfire talk. Topics change nightly. Meet at the White River Campground circle (30 - 40 minutes).

## Paradise Area

**Meadow Meander, 10:30 a.m. daily**

Explore the fascinating subalpine meadows around Paradise and learn how life adapts to the challenging mountain conditions. Meet outside the Jackson Visitor Center at the flagpole (1 hour, 1 mile).

**Junior Ranger Program, 1:00 p.m. daily**

Calling all kids 6-11 and their families! Join a ranger for fun activities exploring facets of Mount Rainier. Stop by the Jackson Visitor Center for location (30-40 minutes).

**Nisqually Vista Walk, 2:00 p.m. daily**

The opposing forces of fire and ice continue to shape Mount Rainier. Learn more about this active icy volcano on this leisurely walk. Meet outside the Jackson Visitor Center at the flagpole (1 hour, 1.2 miles).

**Changing Climate, 3:00 p.m. daily**

What is global climate change and how might it affect Mount Rainier? Rangers reveal the impact to the park and the science behind the facts of our changing world in this illustrated program held at the Jackson Visitor Center auditorium (40 minutes).

**Evening Stroll, 5:30 p.m. daily through August 15**

Oh, the stories Paradise can tell! Come along on this leisurely walk to explore the nature and/or history of this place called Paradise. Look for the ranger outside the Paradise Inn entrance (45 minutes, 1 mile).

**Evening Program at the Paradise Inn Lobby, 9:00 p.m. daily**

Explore a variety of topics about Mount Rainier National Park. Program descriptions are posted at the Jackson Visitor Center and Paradise Inn. Meet at the Paradise Inn lobby (45 minutes).

## 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.





## Black Bear and Mountain Lion Encounters

Mount Rainier National Park provides habitat and territory for many animal species. Among the largest and most feared are the black bear and the mountain lion. Though you are not likely to see them, if you do meet one of these larger mammals, your best defenses are awareness and knowledge. Be aware of how these animals might respond to your presence and know what to do in the unlikely event of an encounter with a bear or lion.

Hike in a group rather than alone because groups generate more noise and have more defensive capabilities. Keep children close and in view at all times. Avoid running as it may stimulate the animal's natural instinct to chase. Pets should never be left unattended anywhere in the park or taken on any trail.

### Close Encounters With Black Bears



Black bear (*Ursus americanus*)

Black bear attacks are extremely rare in the United States and have never occurred in this park.

Bears respond to people in different ways – take time to understand the signals. Be aware of aggressive signals and know how to respond to prevent close encounters.

- Never feed a black bear, either intentionally or by leaving food unsecured.
- Do not approach bear cubs. An adult may be nearby to protect and defend the cubs.
- Back away from a nearby bear, even if it appears unconcerned with your presence.
- Do not run. Back away slowly. Talk loudly.
- A defensive bear will appear agitated and will often give visual and vocal warnings like swatting or stomping the ground, exhaling

loudly, huffing, snapping teeth, or lowering the head with ears drawn back while facing you. This response may escalate to a bluff charge or actual charge.

### If Charged by a Black Bear

- If the bear charges and then stops its approach, back away and vacate the area.
- If the approach continues, drop to the ground just before the charging bear makes contact. Tuck into a ball face down with your hands over the back of your neck.

### Close Encounters With Mountain Lions

Mountain lions usually do not like confrontation. If you see one, give it plenty of space so it can get away. Never approach cougar kittens. Leave the area immediately.



Mountain lion (*Felis concolor*)

- Do not run or turn your back on a lion.
- Make yourself look large, intimidating and in control: stand up tall, open your jacket, yell, throw things.
- Stand in a group with your companions.
- Quickly pick up and hold small children.
- If the lion moves toward you, wave your arms and make noise.
- Back away slowly while facing the animal.
- If attacked, fight back aggressively. Stay standing. Hit as hard as possible especially to the head. Use a stick or rock as a weapon. Throw dirt in the eyes. Protect your head and neck.

Report all bear and mountain lion encounters at the nearest ranger or call park dispatch (360) 569-2211 ext. 2334.

## Fight the Bite – West Nile Virus

At least three cases of West Nile Virus have been confirmed in Washington State. Additional human cases are likely in the next few years. Avoiding mosquito bites reduces your risk of getting this disease or others that mosquitoes can carry. Take common sense steps to reduce your risk:

- Avoid mosquito bites.
- Apply good quality insect repellent.
- When possible, wear long-sleeves, long pants and socks to reduce mosquito bites.
- Mosquitos may bite through thin clothes so spray clothes with mosquito repellent.

Something to remember: The chance that any one person is going to become ill from a single mosquito bite remains very low. When contracted, the risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.



Photo courtesy Mark Stoesser

## Mount Rainier: An Active Volcano



Active steam vents, periodic earth tremors, and historic 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. Other geologic hazards, however, can occur with little warning. These include debris flows and rockfalls.

The more time you spend in an area with 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 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 or from scientists at the U.S.G.S. Cascades Volcano Observatory, 1300 SE Cardinal Court, Building 10, Suite 100, Vancouver, WA 98661, or visit the U.S.G.S. Cascade Volcanoes website: [vulcan.wr.usgs.gov](http://vulcan.wr.usgs.gov).

## Feeding Wildlife Hurts: Killing with Kindness

Early in the history of national parks, people were encouraged to get close to and even feed wild animals but times have changed. Many animals were killed or died as a result of these practices. Human food puts animals at risk and some die as a result. Birds like jays or ravens are effective nest predators – eating the eggs or young of other birds. By feeding birds, visitors concentrate these nest predators near roads and trails and inadvertently contribute to the death of songbirds in the same area.



Red Fox (*Vulpes vulpes*)

Still, one of the most common mistakes people make at Mount Rainier National Park is to feed the wildlife. Visitors seeking a personal connection with animals think they are “helping” them. In fact it harms in many

ways. Beggar squirrels, foxes, deer, and jays learn to approach people and busy areas and often get hit and killed by cars. Animals that become accustomed to humans and human food may pursue and injure visitors. Biologists and rangers must intervene — with killing the animal as the last resort. Wildlife feed is wrong – dead wrong.

If these aren't enough reasons to keep nature wild, feeding the animals in Mount Rainier National Park carries a \$100 fine. Please help us protect the park's wildlife for the enjoyment of this and future generations.



Grand Park Fire, Summer 2002

## Wildland Fire

Fire is an important part of Mount Rainier's ecosystem and is essential if the natural diversity of park forests and meadows is to be maintained for future generations.

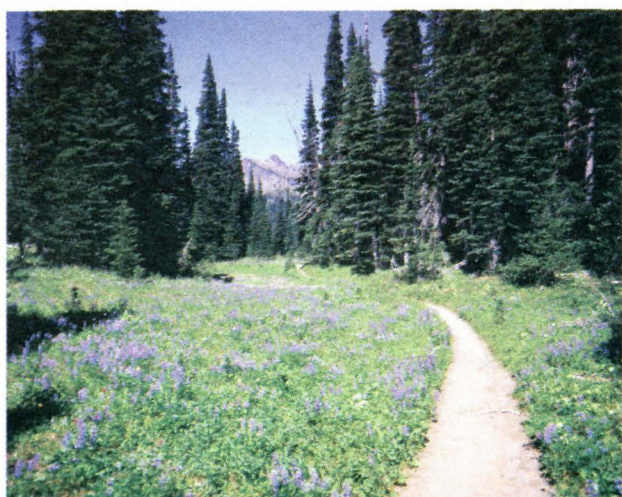
During your visit you may see smoke from a wildland fire, helicopters and other firefighting activity. Your safety is a main consideration in how park fires are managed. If you see smoke from an unmanaged fire, report the location of the smoke at the nearest visitor center. If fire conditions become high, the park may implement campfire restrictions.

When a naturally ignited fire is not determined to be a threat to people or structures, it may be managed to benefit the park's ecosystem and is called “wildland fire use.” Fire on the landscape promotes natural conditions and reduces buildup of dead wood and brush.

Stop by a visitor center for a brochure to learn more about wildland fire or visit [www.firewise.org](http://www.firewise.org).







Hike the Palisades Lakes Trail just below Sunrise to view magnificent subalpine meadows and lakes.

## Secrets to a Safe and Enjoyable Hike

Hiking at Mount Rainier National Park can mean adventure, exploration, learning, or just plain having fun! The secret to a great hike? Staying safe!

Hikers, more than ever, need to emphasize personal safety as they journey by foot through the backcountry and along many of the popular trails to waterfalls and special features. For trail information, talk with a ranger at any visitor or wilderness information center. Use the following tips to keep your journey safe.

### Use Caution Along Trails

The effort to repair and rebuild sections of trails that were damaged by the November 2006 flood and a subsequent wind storm may take several years. Get current information about the trails before heading out and be mindful of the following information:

- Rerouted trails are identified by yellow caution tape. The tape guides hikers through the easiest and shortest path around existing obstructions. However, the reroutes can be rough, involve steep side hills or require climbing over logs and river banks.

### Use Common Sense

- Protect yourself by wearing appropriate outdoor clothing including footwear.
- Be prepared. Carry the ten essentials even on a short sightseeing hike.
- Always tell someone of 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.

### Pay Attention To The Weather

At Mount Rainier, the weather can change rapidly. Hikers who aren't prepared for weather conditions increase their risk of becoming lost or injured. Avoid problems: know and plan for Mount Rainier's changeable weather.

### Crossing Streams Safely

Many hikers underestimate the power of moving water and some consider their former successful stream crossings a ticket to the other side. Regardless of your knowledge, skills, experience or abilities, these pointers should help you in making a wise decision about a stream crossing.

- The best time of day to cross is in the early morning when river levels are generally at their lowest.
- Look for a straight, wide area with a smooth bottom and slow moving water below knee height.
- Before crossing, scout downstream for log jams, waterfalls and other hazards that could trap you and locate a point where you can exit if you fall in.
- Use a sturdy stick to maintain two points of contact with the ground at all times.
- Unfasten the belt of your pack so you can easily discard it if necessary.
- Staring down at moving water can make you dizzy. Look forward as much as possible.

*Taking these few precautions could save your day...and your life!*

## Hiking Safety In Late Season Snow

Because this year's snowfall is higher than usual, some trails will remain snow-covered well into summer.

- You will need a reliable map and compass skills in many areas of the park as snow-covered trails can be difficult to follow. Panhandle Gap, Spray Park, and Seattle Park are frequent problem areas.
- Avoid crossing steep, snow-covered slopes where a fall could be disastrous. Turn around instead. Comet Falls and Pinnacle Peak trails often have hazardous slopes. Take an ice axe if you know how to use it.
- Falling through thin snow bridges is a hazard anywhere streams remain snow-covered. Stay alert for the muffled sound of running water.
- Falling into snow moats around trees, and adjacent to logs and rocks, can cause injury. Avoid getting too close.
- Avoid stepping on wet, slippery rocks, especially near rivers and waterfalls. Common hazard areas are Narada Falls and Silver Falls.
- Avoid stepping onto snow cornices as they may collapse under your weight.
- Beware of avalanches!
- Before starting your hike, stop by a wilderness information center or park visitor center for current trail conditions or visit the park's website at [www.nps.gov/mora](http://www.nps.gov/mora).



When crossing streams use footlogs or bridges if available to avoid slipping on wet rocks.

## 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're 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 quickly become 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 still be there in better weather.
- To protect fragile alpine vegetation, hike only on trails or snow.

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

## Climbing & Wilderness Camping

### Climbing

Each year, approximately 9,000 people attempt to climb Mount Rainier. Nearly half reach the 14,410 foot summit. Climbing permits are required for travel above 10,000' and/or on glaciers. Climbing information - including fees, routes, and conditions - is available at ranger stations. Guided climbs and climbing seminars are available through:

- Alpine Ascents International (206) 378-1927
- International Mountain Guides (360) 569-2609
- Rainier Mountaineering, Inc. (RMI) (888) 892-5462

### Wilderness Camping Permits

Wilderness camping permits are required for all overnight stays in the park's backcountry. Permits and backcountry information are available at all wilderness information centers and most visitor centers (see page 12 for locations and hours). Although permits are free, there is an optional, fee-based reservation system for campers and climbers in effect May through September. 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 the trip begins.

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

1. Map of the area
2. Compass
3. Extra food & water
4. Extra clothing (warm!) & rain gear
5. Emergency shelter
6. First aid kit
7. Flashlight or headlamp
8. Sunglasses & sunscreen
9. Pocketknife
10. Matches (waterproof!)\*

### Leave No Trace

Plan ahead & prepare  
Travel & camp on durable surfaces  
Dispose of waste properly  
Leave what you find  
Respect wildlife  
Be considerate of others

Fires are for emergency use only; they are not allowed in Mount Rainier's Wilderness

### Before you step off the trail...

... consider this: each step into a meadow crushes an average of 20 plants!



When exploring Mount Rainier's fragile meadows...  
Please hike only on maintained trails.



Visitor Facility Hours

Visitor Centers

Longmire Museum (360) 569-2211 x3314	July 1- September 1 9:00 a.m. - 5:00 p.m. daily	Information, exhibits, book sales, climbing permits
Jackson Visitor Center at Paradise (360) 569-2211 x6036	July 1 - September 28 10:00 a.m. - 7:00 p.m. daily	Information, exhibits, movies, book sales, food service, gifts, showers
Ohanapecosh Visitor Center (360) 569-2211 x6046	July 13 - October 13 9:00 a.m. - 5:00 p.m. daily	Information, exhibits, book sales.
Sunrise Visitor Center (360) 663-2425	July 3 - September 7 10:00 a.m. - 5:00 p.m. Sun - Wed 10:00 a.m. - 6:00 p.m. Thurs - Sat	Information, exhibits, book sales

Wilderness & Climbing Information Centers

Longmire WIC (360) 569-4453	July 1 - October 13 7:30 a.m. - 5:00 p.m. daily	Wilderness camping & climbing permits
Climbing Information at the Paradise Visitor Center (360) 569-2211 x6009	July 1 - August 31 7:00 a.m. - noon Thurs, Fri and Sun 6:00 a.m. - noon Saturday	Self registration is available prior to noon: July 1 - Aug. 31 Mon - Wed
White River WIC (360) 569-2211 x6030	July 1 - September 1 7:30 a.m. - 4:30 p.m. Sun - Thurs 7:00 a.m. - 7:00 p.m. Friday 7:00 a.m. - 5:00 p.m. Saturday	Wilderness camping & eastside climbing permits
Carbon River Ranger Station (360) 829-9639	July 1 - September 3 8:30 a.m. - 5:00 p.m. Mon - Thurs 7:30 a.m. - 6:00 p.m. Fri - Sun	Wilderness camping & northside climbing permits (including Ipsut Creek campground)

Food & Lodging

For in-park lodging reservations, call Mount Rainier Guest Services at (360) 569-2275 or go to [www.guestservices.com/rainier](http://www.guestservices.com/rainier)

National Park Inn at Longmire	Open year-round	Lodging, post office, and dining room serving breakfast, lunch, and dinner
Post Office at Longmire, National Park Inn	Open year-round Closed on Sundays & Holidays 9:00 a.m. - 5:00 p.m. Mon - Fri 9:00 a.m. -12:00 noon Sat	Postal service, outgoing mail, stamps
General Store - Longmire	July 1 - August 31 9:00 a.m. - 8:00 p.m. daily	Groceries, gifts, firewood
Firewood Sales at Cougar Rock Campground (loop A)	July 1 - August 31 4:00 p.m. - 9:00 p.m.	Firewood, loop A
Jackson Visitor Center at Paradise - Snack Bar/Grill & Gift Shop	July 1 - August 31 10:00 a.m. - 7:00 p.m. daily	Showers in the basement open during building hours
Paradise Inn	July 1 - October 5 Front Desk Open 24 hours daily	Dining room open for breakfast, lunch and dinner. Post office, gift shop, and cafe
Sunrise Lodge Snack Bar & Gift Shop	July 1 - August 31 10:00 a.m. - 7:00 p.m. daily September 1 - September 7 10:00 a.m. - 6:00 p.m. daily	Food and gifts. Day use only/ no overnight lodging

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 at [www.nps.gov/mora](http://www.nps.gov/mora). Religious services are available in the park or 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 Ueberuaga

Mailing Address  
55210 238th Avenue East  
Ashford, WA 98304

E-mail  
[MORAInfo@nps.gov](mailto:MORAInfo@nps.gov)

Park Headquarters  
(360) 569-2211  
(360) 569-2177 TDD


Website  
[www.nps.gov/mora](http://www.nps.gov/mora)




EXPERIENCE YOUR AMERICA™

The Mount Rainier Annual Pass and the Interagency Annual Pass

**The Mount Rainier Annual Pass**  
If you only plan to visit Mount Rainier National Park, consider the Mount Rainier Annual Pass. It costs \$30 and is good for 12 months from the purchase date. Available at any Mount Rainier National Park entrance station.

**The Interagency Annual Pass**  
 This pass entitles access to, and use of federal recreation sites that charge entrance or standard amenity fees. The Interagency Annual Pass costs \$80 and is valid for 12 months from purchase date. Available at Mount Rainier entrance stations.

**The Interagency Volunteer Pass**  
This pass entitles access to, and use of federal recreation sites that charge entrance or standard amenity fees. This pass is free to volunteers contributing 500 hours or more at federal recreation sites after January 1, 2007. Contact Volunteer Program Manager at (360) 569-2211 extension 3385 to learn about volunteer opportunities at Mount Rainier National Park.  


Drive-in Campgrounds

Campground	Open Dates	Elev.	Sites	Fee	Group Sites	Group Fees	Toilets	Dump Station	Maximum RV/Trailer Length
Cougar Rock*	June 6 - Oct. 13	3,180'	173	\$12/15*	5	\$40-64	Flush	Yes	RV 35'/Trailer 27'
Ohanapecosh*	May 23 - Oct. 13	1,914'	188	\$12/15*	1	\$40	Flush	Yes	RV 32'/Trailer 27'
White River	June 27 - Sept. 28	4,400'	112	\$12	0	N/A	Flush	No	RV 27'/Trailer 18'
Sunshine Point	Closed due to flood damage. Sunshine Point campground will not reopen this year.								
Ipsut Creek	Road to campground closed to vehicles (flood damage). Open to walk-in & bike-in use. Wilderness Camping Permit required or overnight stay. No fires or pets allowed. No fee.								

\*Reservations are available for individual sites at Cougar Rock and Ohanapecosh Campgrounds from June 26 through the night of August 31 and can be made up to 6 months in advance. Reservations for group sites at Cougar Rock and Ohanapecosh are available from May 23 through the night of October 12 and can be made up to one year in advance. To make a reservation on-line, go to [www.recreation.gov](http://www.recreation.gov) or call 877-444-6777.