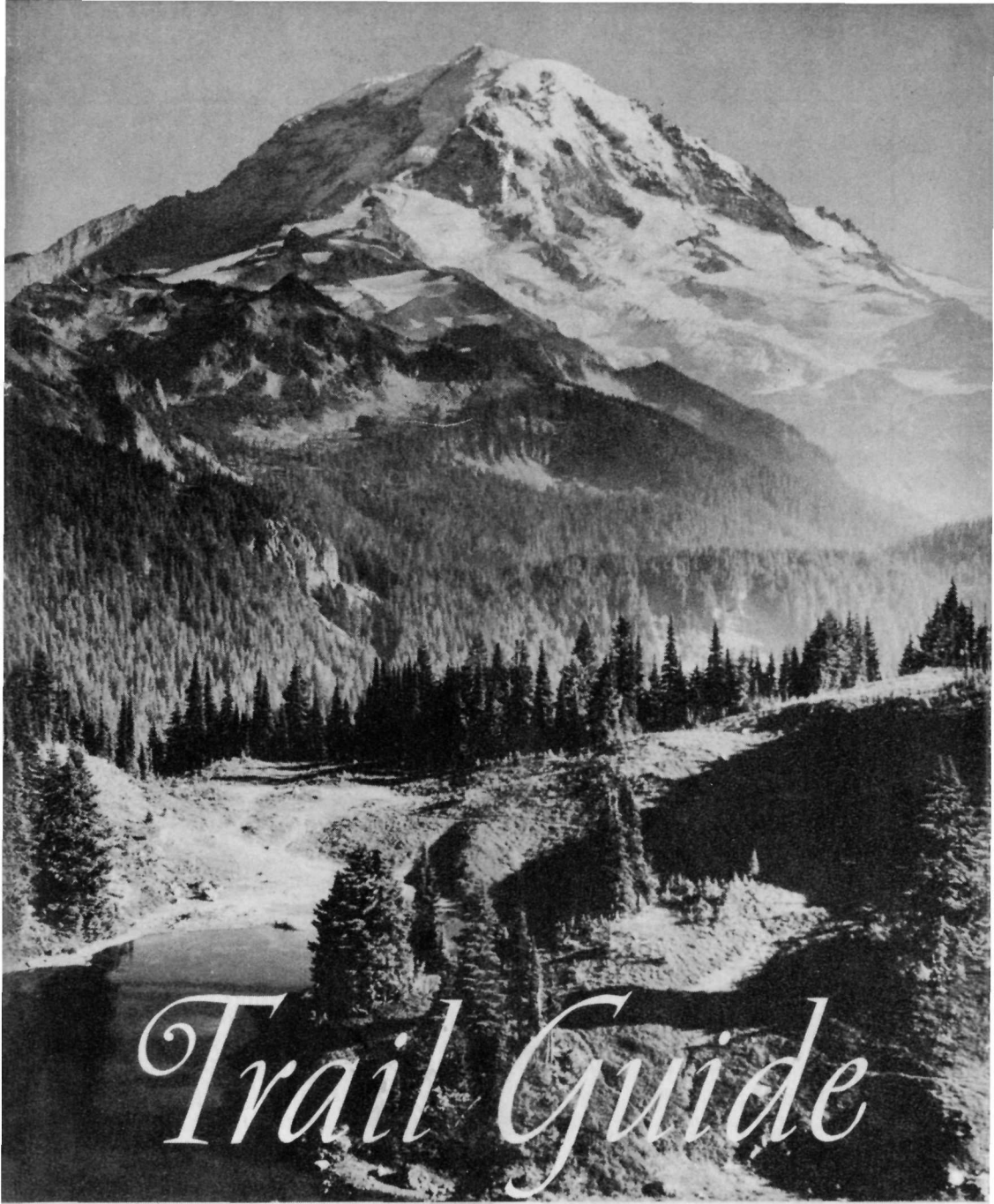




Trail Guide

MOUNT · RAINIER
NATIONAL · PARK

Washington

Carbon River

SECTION 1 WONDERLAND TRAIL

Summary of Trail Mileages

There are 26.3 miles of the Wonderland Trail in this section of the park. Extending from Mystic Lake to the North Puyallup River, the mileages are: Mystic Lake to Cataract Creek Trailside Shelter, 3.7 miles; from this shelter to Mowich Lake Trail intersection, 8.1 miles; Mowich Lake Trail intersection to Sunset Park Trailside Shelter, 9.5 miles; and from this shelter to the end of the West Side Highway at the bridge across the North Puyallup River, 5 miles.

Things To See Along The Trail

Mystic Lake, elevation 5,800 feet, is a blue gem of clear water amid pleasant surroundings of meadowland, with the rugged, rocky outline of Old Desolate Mountain to the north. Trout fishing, picture taking, hiking, or "geologizing" opportunities in this section of Mount Rainier National Park may tempt the hiker to spend some time at Mystic Lake Trailside Shelter.

From Mystic Lake toward Carbon River, the Wonderland Trail rises steeply to a divide in alpine-like meadow country where may be had unsurpassed views of Willis Wall, named for Professor Bailey Willis, who explored this section of Mount Rainier. Willis Wall is the

head wall of a glacial cirque of such enormous proportions as to stagger the imagination. At its feet begin the ice masses of the Carbon Glacier which have helped to gouge out this tremendous 1½-mile wide amphitheatre in the side of volcanic Mount Rainier. The head wall of the cirque is 3,600 feet high.

But speculations into the "nature of things" must give way to practical thoughts of traveling on, even though one hates to leave the warmth of a grassy seat in the shelter of clumps of Engelmann spruce, alpine fir, and mountain hemlock. The trail now leads steeply downward into a narrow meadow called Moraine Park. Here an old vegetated lateral moraine blots out the sight of Carbon Glacier so that one seems far away from its ice and rock debris. Yet all this is close by, as is soon revealed where the trail dips down sharply past the snout of the glacier. The terminus of the Carbon Glacier is about 3,500 feet in elevation, which may be the lowest point of glacial ice anywhere in continental United States.

From Cataract Creek Trailside Shelter the Wonderland Trail winds up by a series of switchbacks until the high country is reached. Along its lower part are heavy stands of Douglas fir, western hemlock, and western red cedar. A short side trail (at a point about a mile from the shelter cabin) leads to Cataract Falls, a pretty, clear waterfall of

about 50 feet in a setting of trees, ferns, and moss-covered rocks.

Up again out of the trees and into the sunshine of the alpine meadows is a land of flowers and cool, pure water. Here are miles of open trail through Seattle and Spray Parks. In a few spots the trail reaches rocky country, snowfields, and above-timber-line areas. Here the trail is in the Arctic-Alpine Zone which is characterized by steadily diminishing species of plant and animal life, until finally barren rock, snow, and ice are reached.

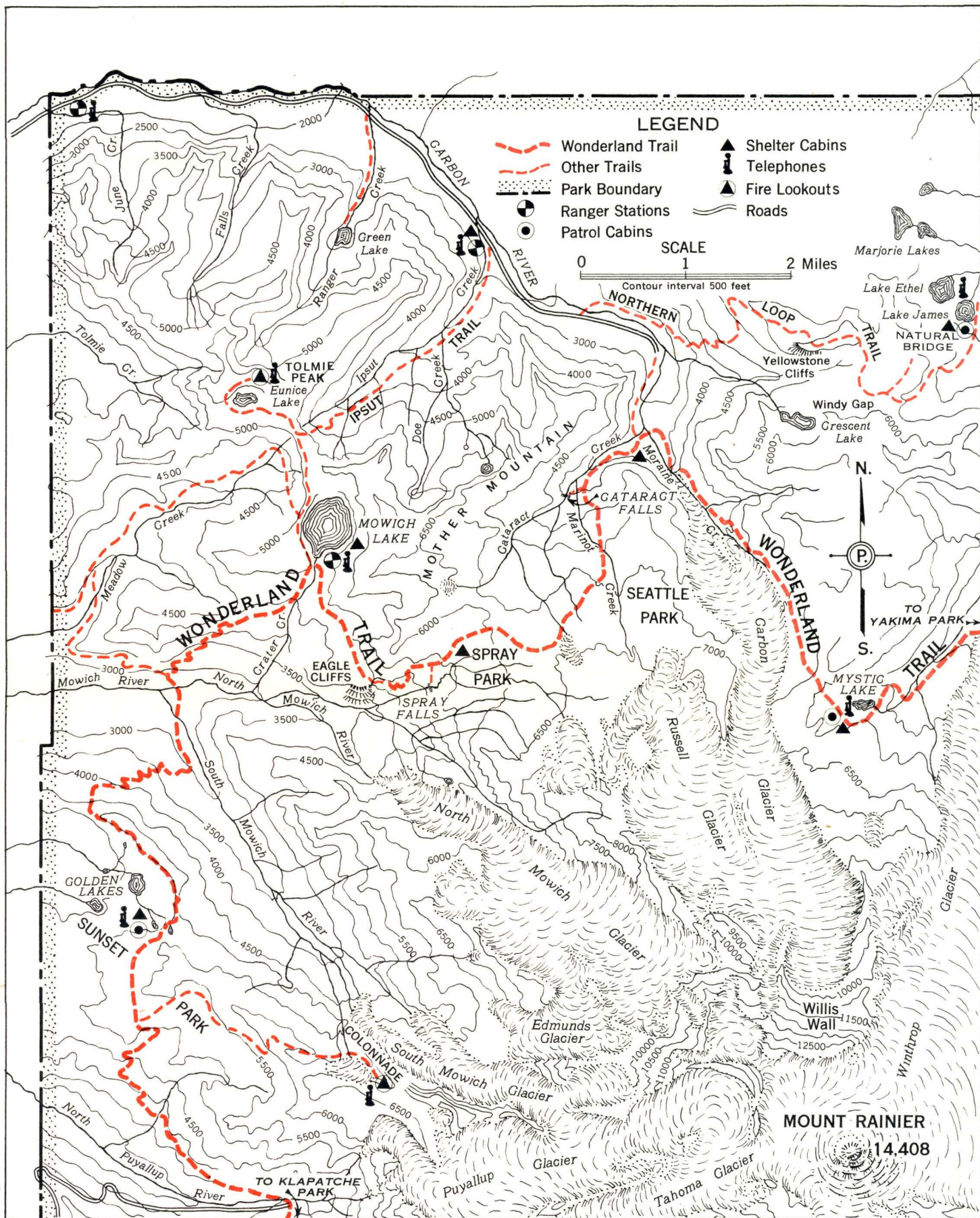
However, one finds many forms of interesting plant and animal life even at these higher elevations. There are many alpine flowers blooming in protected spots. Lupine and mountain phlox are common. The Arctic-Alpine Zone is also the habitat of occasional coyotes, marmots, and ground squirrels. Among the birds may be seen pipits, rosy finches, and pine siskins. Here and there along the trail are smoothly polished rocks upon whose surface are lines ("striations," the geologists call them), a proof positive of glacial polishing and scraping in times past. Along these high open trails one finds the peace and well-being that comes with warm sun, superb views, the sound of trickling water, flowers, and the absence of man-made "civilization."

Back again into the trees, a short side trail gives one a view of Spray Falls, twisting down over a wide area of red-purple rock. A little farther along is another short tenth-of-a-mile side trail which takes one out to a view spot on Eagle Cliffs. More trees and continued down hill

"coasting" and the Mowich Lake Trail intersection is reached. It is four-tenths of a mile from here to beautiful Mowich Lake, which occupies an old glacial cirque and is the largest body of water in Mount Rainier National Park. Mowich is a Chinook Indian word meaning "deer."

From Mowich Lake Trail intersection the Wonderland Trail follows down through the trees to the North and South Mowich Rivers about 4 miles from the lake. At this low elevation (about 2,700 feet) the flora belongs to the lowest life zone represented in the park—the Transition Zone, a great contrast to the Arctic-Alpine Zone of Spray and Seattle Parks. In the Transition Zone one finds such plants as sword-ferns, devil's club, alders, vine maple, and willows. Occasional cottonwood trees grow along the river banks, looking very much out of place amongst the conifers. Both the North and South Mowich Rivers are glacial streams subject to sudden fluctuations in flow and so it is that they may sometimes be forded easily in the morning and by afternoon be muddy torrents. Bridges and foot logs built by the National Park Service are continually being washed away, or what is just as bad, the streams change their courses, leaving bridges high and dry.

After one leaves the moist-smelling lowlands of the Transition Zone, the trail again pushes upward. As the roar of the Mowich Rivers grows fainter in the distance, an old burn is traversed and one gets an intimate glimpse of the extensive damage done by forest fires. Next point of interest



CARBON RIVER SECTION OF THE WONDERLAND TRAIL (SECTION 1)

is the Golden Lakes country. There is a trailside shelter here. A stay in this area may reward the fisherman with a frying pan full of tasty trout from the numerous lakes of the vicinity.

Sunset Park is huckleberry country in an old burn. A 2-mile side trail leads one to the Colonnades Lookout where the guard will be happy not only to see visitors but to show how the "eyes of the National Park Service" function in spotting fires. The Colonnades Lookout gives one a commanding view of "The Mountain," of the valley country to the west, and, on certain clear days, of the Puget Sound area backed by the snow-clad Olympic Mountains in Olympic National Park. The main trail ends at the road bridge across the North Puyallup River. Further description of the Wonderland Trail from this point will be found in Section 2.

Other Trails Of The Carbon River Section

Ipsut Creek Trail

From the Ipsut Creek Trail intersection with the Carbon River Road, it is 5.8 miles to Mowich Lake. In this distance the trail rises from about 2,500 feet to 5,000 feet. The hiker passes through virgin forests where individual specimens of Douglas fir are over 6 feet in diameter and more than 200 feet high. There are occasional giant western red cedar trees from 8 to 12 feet in diameter. Through the woods are scattered moss-covered boulders apparently

far away from their point of origin. Small creeks, cascades, rock slide areas, the penetrating squeaks of elusive conies, the thick thimbleberry bushes, steep overhanging cliffs—these are the things that make the Ipsut Creek Trail interesting. About a mile and a half from Mowich Lake is a branch trail (1.7 miles) to Tolmie Peak Lookout and clear blue Eunice Lake at its foot. As with other lookouts in the park, this one "looks out" over piled-up miles of rugged park and forest land, with the snowy bulk of Mount Rainier ever present except when hidden by fog clouds. Retracing the 1.7 miles to the intersection of the Ipsut Creek Trail, the hiker is soon on the last lap—a mile and a half to Mowich Lake.

Northern Loop Trail

From Lake James Trailside Shelter to the Carbon River Road is 6.2 miles. Lake James, as well as adjacent Lake Ethel, offers trout fishing. From Lake James this section of the Northern Loop Trail continues through forests until it reaches more open country. A branch trail (0.9 miles) leads to the Natural Bridge, an arch of rock about 200 feet long and 10 feet wide. This northern section of Mount Rainier National Park is primitive country.

From the Natural Bridge intersection the trail continues through Windy Gap, then down again past Yellowstone Cliffs and eventually across the Carbon River, and ends in the Carbon River Road. The Yellowstone Cliffs section of the park is good mountain goat country.

Longmire-Paradise

SECTION 2

WONDERLAND TRAIL

Summary of Trail Mileages

This section of the Wonderland Trail (from the North Puyallup River Bridge at the end of the West Side Highway to Longmire) is 18.4 miles, or if the hiker continues to Reflection Lake, in the vicinity of Paradise Valley, it is 24 miles.

Starting from the North Puyallup River Bridge, Klapatche Park is 2.9 miles; St. Andrews Park, 4.4; South Puyallup River, 6.8; Tahoma Creek, 10.8; Indian Henry's Hunting Ground, 12.3; Kautz Creek, 16.0; Rampart Ridge Trail intersection, 16.8; Paradise Road just above Longmire, 18.4. Continuing along the Wonderland Trail from Longmire to Reflection Lake is 5.6 miles.

Things To See Along The Trail

From the huge log bridge across the North Puyallup River, the hiker sees toward "The Mountain" several small streams cascading steeply down from the hanging glaciers which are the terminal points of the Puyallup Glacier. These run together to form the North Puyallup River. Just beyond the highway bridge is a picnic area and parking space which marks the end of the West Side Road.

From here the hiker is soon lost to roads, bridges, and signs of man's work. The trail rises steeply in switchbacks through fine stands of

large Douglas fir, western hemlock, and some western red cedar. In late summer patches of bleeding heart, a red-purple flower, lend color to open spots along the trail through the deep woods. The damp northerly slopes on the way to Klapatche Park are likely sites for a host of moisture-loving shrubs and plants.

Nearing Klapatche Park there is a sudden transition from woods to open-meadow country dotted with Alpine fir clumps. Here and there are small ponds. This is "park" country in the Hudsonian Zone (elevation around 6,000 feet), where the spring, summer, and fall parade of brilliantly colored flowers is incomparable. The trail winds through the meadows of Klapatche and St. Andrews Parks, a welcome and pleasant change after the strenuous uphill hiking from the North Puyallup. From these high areas may be had ever-changing vistas of "The Mountain."

From Klapatche to St. Andrews the hiker traverses the upper section of a huge cirque, or glacial carved basin, in which St. Andrews Creek is born. Even if one should happen to be hiking on a day of heavy fog and little visibility, the impressive power of glaciers as demonstrated in the carving of cirques and valleys is evident.

The old saying "all that goes up must come down" is true of hiking. So it is that the trail drops by switchbacks to the South Puyallup River. Along it may be seen thimbleberry thickets, dense patches of alder and elderberry, and enough other shrubs and flowers to please the heart of the most ardent botanist or the rankest amateur who doesn't know one shrub from another but appreciates the variety of form and color of the different species. Occasionally one is startled by the whirl of a sooty grouse flying up suddenly from near the trail. On an old slide area, extending down the mountainside for a long distance, is a remarkably fine growth of Alaska cedar with its characteristic drooping branches. On a calm day the stillness in the forest is broken only by the distant roar of the turbulent, usually muddy, glacial South Puyallup River. Virtually all glacial streams that have their origins at the terminal points of glaciers of any size are muddy, for they carry the dirt and rock material ground up by the glacier as it moves down the mountainside. Glaciers are essentially flowing bodies of ice which behave in many ways like flowing bodies of water (rivers) but move infinitely more slowly.

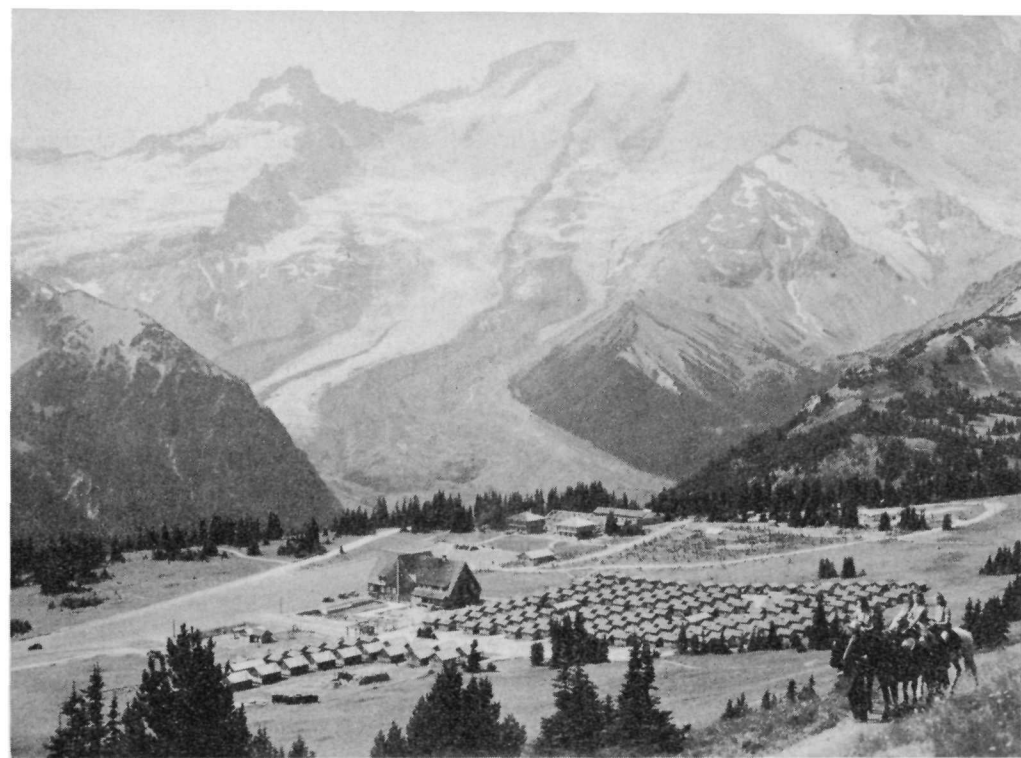
Past the South Puyallup River the trail starts up again, closely following the lateral, or side, moraine of the Tahoma Glacier, so that the hiker is on the very edge of a glacial moraine. Conies (sometimes known as pikas, rock rabbits, or little chief hares) are seen occasionally in rocky areas or, more often, only their squeaky call is heard, for they are difficult little animals to spot. Marmots are com-

mon. Up along the side of the moraine, the trail traverses rocky areas where trees and shrubs are just beginning to invade the realm of glacial debris which once prohibited all plant growth, then it follows around Emerald Ridge where views of Mount Rainier, Glacier Island, and vast ice fields may be had at close range. The trail soon meets the Tahoma Creek Campground Trail. Down this spur trail (2.2 miles) is Tahoma Creek Campground, a camp and picnic area along the West Side Road.

But continuing on along the Wonderland Trail, Tahoma Creek is crossed and Indian Henry's Hunting Ground is the next high country park area. There is a trailside shelter here. Mirror Lake is not far off the trail. Here, on clear calm days lovely reflections of Mount Rainier are mirrored in the placid waters of this small lake. This particular spot has been chosen many times for pictures of "The Mountain." One is again impressed, as in other places all around the Wonderland Trail, by the limitless changing aspects of Mount Rainier's summit.

Indian Henry's is an interesting park area featuring colorful flowers, meadows, fir and hemlock trees, and rocky crags where one may often see mountain goats and Columbian black-tailed deer.

From Indian Henry's the trail follows down past Squaw Lake into more dense forests. Devil's Dream Creek is along the trail. This deep, narrow, tree-rimmed and boulder-strewn canyon is appropriately named. Next along the trail the hiker crosses the crystal-



Sunrise Lodge and Mount Rainier

clear water of Fishers Hornpipe Creek, then Pyramid and Kautz Creeks, and continues on up into an old burn now well reforested with young white pine, fir, and hemlock. Finally the trail winds down through ever larger trees until the Longmire to Paradise Valley Road is reached just about three-tenths of a mile above Longmire, park headquarters.

From Longmire the Wonderland Trail continues up the Nisqually River, past the junction of the Paradise and Nisqually Rivers, the Rainier National Park Company's power plant, and pretty little Carter Falls. Along this stretch of trail one may catch fleeting views of huge rock slide areas on Eagle Peak, most westerly peak in the Tatoosh Range. Along some sections of

the trail, vine maple grows on the edges or at the end of rock slides. In autumn the leaves of the vine maple rival in red and yellow coloring the colorful maple tree leaves of our eastern parks. Farther along (just a short distance off the Wonderland Trail, on a trail that leads to Paradise Valley) is 168-foot Narada Falls.

Continuing on up the hillside below the Narada Falls Trail intersection the Wonderland Trail winds up toward Reflection Lake, which is soon reached after crossing the new Stevens Canyon Road. On clear, calm days Reflection Lake is a natural mirror reflecting perfectly the glaciers and snowfields of the upper part of "The Mountain." Swimming is allowed in this little lake, though the water is usually quite



Tipsoo Lake

cold. The Rainier National Park Company maintains a small store at this point where boats and fishing tackle may be rented and where candy, pop, etc., may be bought. Further description of the Wonderland Trail past Reflection Lake will be found in Section 3.

Other Trails In The Longmire Area

From Longmire as a center there are several worthwhile trails. A list of these trails is given below, followed by short descriptions.

Rampart Ridge Trail from Longmire to its junction with the Wonderland Trail—2.9 miles.

Van Trump Trail from Christine Falls to its junction with the Wonderland Trail—5.5 miles.

Eagle Peak. Retrace back to Longmire. Round trip.—6.4 miles.

Trail Of The Shadows, near park headquarters—0.1 mile.

Lake George Trail and Gobbler's Knob Lookout (from Round Pass on the West Side Highway)—0.8 miles to Lake George.

Rampart Ridge Trail

This trail starts from the Trail Of The Shadows near Longmire and winds up to the tip of the ridge, where extensive bird's-eye views of Longmire, Paradise Valley, Kautz Creek Valley, and Mount Rainier itself may be enjoyed. One may either retrace back to Longmire or follow along Rampart Ridge to the Wonderland Trail intersection and thence back to Longmire, a total distance by this route of 4.5 miles.

Van Trump Park Trail

This trail leaves the Paradise Road at Christine Falls. At 1.5 miles is 320-foot-high Comet Falls, one of the highest falls in the park and well named, for its hurtling spray in falling resembles the tail of a comet.

Beyond Comet Falls is the high meadow country of Van Trump Park at elevations varying from 5,000 to 6,500 feet. Several of the heights on the edges of timber line in this section are good goat grounds. The trail continues down to Rampart Ridge,

where it joins the Wonderland Trail three-tenths of a mile below the intersection of the Rampart Ridge Trail to Longmire.

Eagle Peak Trail

Up to the summit of Eagle Peak, near Longmire, is an interesting trail winding through various timber types and open meadows until a saddle near the summit of Eagle Peak is reached. From this 5,955-foot elevation, panoramic views in all directions are enjoyed.

Trail Of The Shadows

Here is one trail where the hiker does very little "up and down" hiking. It follows through the big trees characteristic of low elevations (Longmire, 2,700 feet) and circles the old beaver meadows and mineral springs near Longmire. These springs are the living evidence of the existence of hot magma material somewhere deep in the earth's surface—all that remains of the terrific heat that was once generated deep down in the earth when Mount Rainier was an active volcano. The Trail Of The Shadows is also a well marked self-guiding nature trail. Along it may be seen the original cabin built by the first settlers in what is now Mount Rainier National Park.

Lake George Trail

From Round Pass on the West Side Highway is a short trail leading to Lake George. Here fishing may be enjoyed amid scenic surroundings. A bit farther on and up above Lake George is Gobbler's Knob Lookout, not far from the western park boundary.



Silver Falls

Trails In The Paradise Valley Section

From Paradise Valley as a center there are many trails of interest. Some of these, such as the Fairy Pool Trail, nature trails, spur trails to other main trails, and campground trails, are not listed here, but information regarding them may be obtained from rangers or naturalists. The following are the main trails from Paradise Valley:

Skyline Trail (loop from Paradise Valley via Panorama Point, Timberline Ridge and Sluiskin Falls and return to Paradise Valley)—5.6 miles.

Paradise Glacier Trail (joins Skyline Trail at Golden Gate)—2 miles to junction.

Mazama Ridge Trail (from junction Skyline Trail to Reflection Lake)—1.9 miles.

Pinnacle Peak Trail from Reflection Lake to saddle near top of Tatoosh Range—1.3 miles.

Reflection Lake to Paradise Valley—1.5 miles.

Skyline Trail

This is the principal trail in the Paradise Valley section of the park. It provides so many points of interest along the way that a half-day is scarcely sufficient to complete the loop from the Ranger Station over the trail and back again.

Beginning at the base of Alta Vista Hill the Skyline Trail winds up through alpine meadow country of great beauty and variety of flora. A short distance up there is a branch in the trail. The right-hand fork goes up to the top of Alta Vista Hill where there is a marker pointing out the various scenic spots to be seen in all

directions. The left-hand fork of the trail goes through meadow country until Glacier Vista is reached. Both forks of the Alta Vista Trail lead to Glacier Vista. From this high point on the edge of timber line, high, above the broken, debris-strewn ice masses of Nisqually Glacier, the hiker gazes in wonderment at the rock-strewn lower reaches of this glacier or stands in awe at the sight of its upper ice-crevassed mass originating in the névé fields (granular snow fields at the head of a glacier) toward the top of "The Mountain." Farther along the trail is Panorama Point (elevation 6,800), where are seen distant Mount Adams and Mount St. Helens, and perhaps on a clear day Mount Hood in Oregon. From here the trail winds up through rocky country and then begins the descent along Timberline Ridge. All along the way one notes the great diversity of forms into which the rigors of their high environment have twisted the timber-line trees. Alpine fir and mountain hemlock of great age may often be mere twisted, matted growths. Along the trail is noted an historic marker at the site of the base camp of the first successful summit climbing party—P. B. Van Trump and Hazard Stevens—in 1870. It was in this spot that their Indian guide, Sluiskin, refused to go farther, for he was certain that evil spirits would claim anyone who ventured to the summit of "The Mountain that was God." Not far below this historic spot is Sluiskin Falls, named in memory of the Indian guide.

Following down past Sluiskin Falls the trail switchbacks down into the

upper end of Paradise Valley and then up into the lower section of Edith Creek Basin and back to its starting point near Paradise Ranger Station.

Paradise Glacier Trail

This trail starts from the trail but near the Ranger Station, follows through Edith Creek Basin and up into the Timberline Ridge section, joining the Skyline Trail through a shallow pass known as Golden Gate. A short distance beyond Golden Gate is Paradise Glacier which the hiker may inspect at close range without great danger for it is a "dead glacier," no longer a moving body of ice, and therefore not subject to crevassing as are other glaciers, such as the Nisqually. Good views of Paradise Valley, the Tatoosh Range, and the valley of the Nisqually River may be obtained from the upper limits of this trail.

Mazama Ridge Trail

This trail starts from a point on the Skyline Trail not far below Sluiskin Falls and leads down broad Mazama Ridge to Reflection Lake. (Mazama is from an Indian word meaning "Mount Goat.") It is an easy trail winding through some of the most colorful and extensive flower meadows of the entire Paradise Valley country. In early season great patches of avalanche lilies lie next to melting snowbanks. Later, the parade of flowers includes Indian paintbrush, pentstemon, potentilla, lupines, phlox, huckleberries, and many more. Scattered through the meadows are several gemlike lakes, notable of which is Artist's Pool. Here in this quiet spot one may find

a fawn resting in the shade of a fir by the edge of the pool. It is but a short distance to Faraway Rock and an extensive view of Reflection, Louise, and Bench Lakes; of Stevens Canyon; and of the entire Tatoosh Range. The Mazama Ridge Trail will give the spring, summer, or fall hiker the warmth, color, and friendliness of grassy flower-filled meadows in direct contrast to the coldness and austere aspect of the not too distant glaciers on Mount Rainier.

Pinnacle Peak Trail

From Reflection Lake there is a trail leading up the side of Pinnacle Peak, a splendid conditioning climb for those interested in climbing Rainier itself. If the summit of Rainier is beyond one's ability, the climb up Pinnacle Peak is a good substitute, for the last few hundred feet are steep and rocky. The view from the top or even from the saddle near Pinnacle Peak is splendid. Far below is Reflection Lake and the Paradise Valley country with Mount Rainier over it all. In the other direction are forests and mountains in endless procession.

Narada Falls Trail

From Paradise Valley the hiker may walk to Narada Falls via a trail that starts from Paradise Valley and leads down the Paradise River past Washington Cascades to the falls.

Reflection Lake Trail

Another trail with the same starting point as the Paradise-Narada Trail goes to Reflection Lake. It branches off the Paradise-Narada Trail and winds up over Mazama Ridge in a low pass and then down to Reflection Lake.

Ohanapecosh

SECTION 3 WONDERLAND TRAIL

Summary Of Trail Mileages

The Wonderland Trail mileages beginning at Reflection Lake and continuing through to Indian Bar Trailside Shelter (a total of 14.4 miles) are as follows:

Reflection Lake to Nickel Creek Trailside Shelter—7.9 miles.

From Nickel Creek to Indian Bar Trailside Shelter—6.5 miles.

Things To See Along The Trail

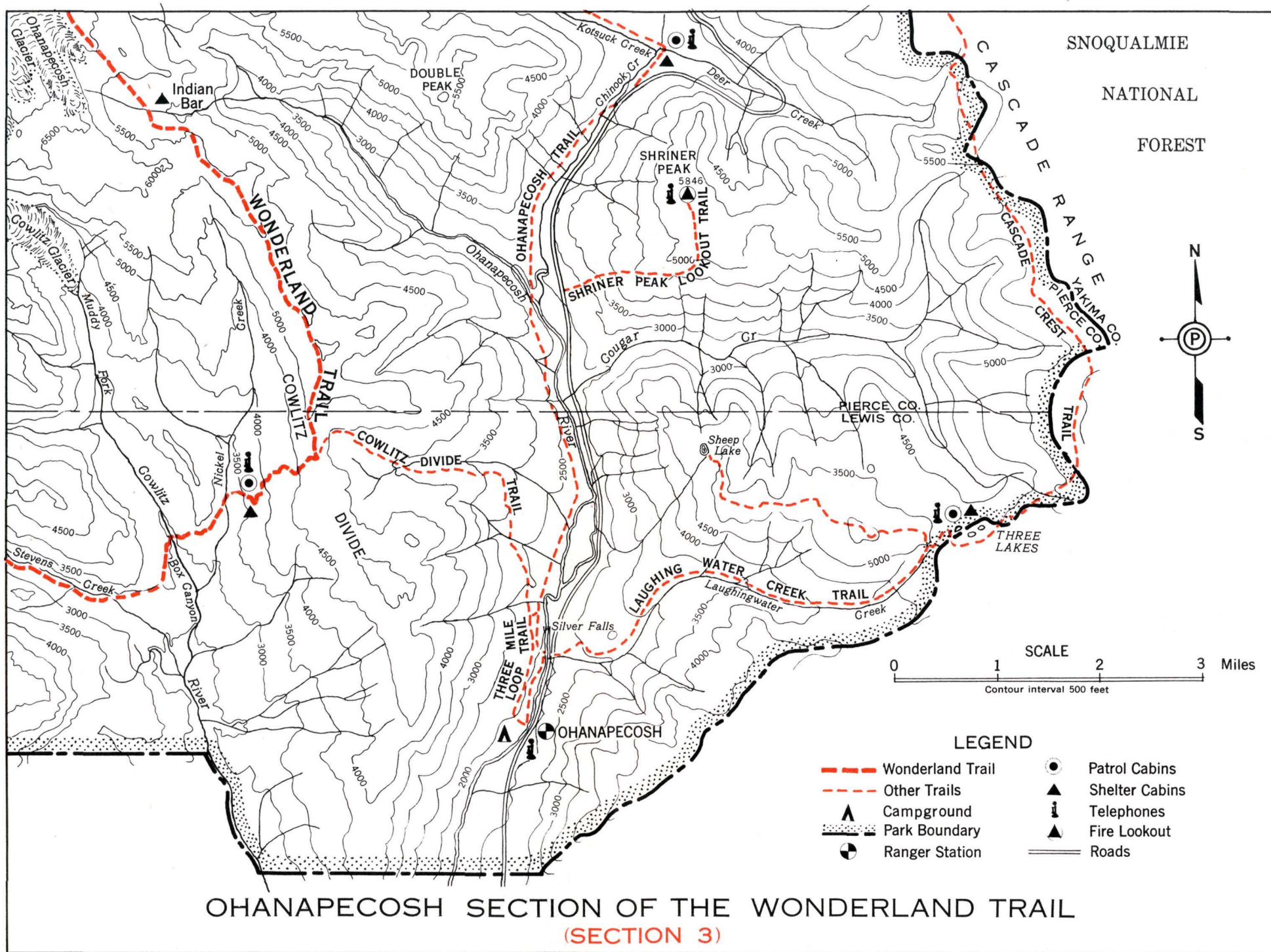
Following the Wonderland Trail down Stevens Canyon from Reflection Lake, the hiker traverses meadows in an old burn. This is huckleberry country of note, for here in early times the Indians used to gather great quantities of the tasty fruit. This section is also a land of lakes, with Reflection, Louise, Bench, and Snow Lakes all offering fishing, plus picturesque settings amidst the rough and rugged beauty of the peaks in the Tatoosh Range.

As the trail loses elevation down Stevens Canyon, one finds the huckleberry bushes giving way to dense trail-bordering shrubs of many kinds, with alder predominating. In the creek which flows from Bench and Snow Lakes is Martha Falls. The trail crosses the creek just below the falls. About a mile farther down is Sylvia Falls in Stevens Creek.

Five and a half miles from Reflection Lake the hiker crosses Stevens Creek on a husky rustic bridge. Below him the creek roars along in a narrow canyon. From

this, the lowest elevation on this section of the Wonderland Trail (approximately 2,730 feet), the hiker climbs up over a sandy ridge where in summertime the heat is sometimes oppressive as contrasted with the usually cool temperatures of the higher, more open sections of trail. A mile and a quarter from the Stevens Creek Bridge is another bridge much like the former in rustic construction, but it is over a far deeper canyon. This is the Box Canyon of the Cowlitz River, a remarkable gorge approximately 200 feet deep and 20 feet wide. By standing on the bridge across Box Canyon one may alternately gaze at the distant, yet distinct, snow and ice cap of the 14,408-foot summit of Mount Rainier and then down 200 feet to the muddy roaring stream known as the Muddy Fork of the Cowlitz River. Just across the canyon is a small, rocky area which, in the spring, blooms with a great profusion of colorful flowers. At this time of year it is nature's rock garden supreme, but later in the summer the floral show is all gone, for the soil is shallow and dries rapidly. The hiker who likes to eat wild strawberries may, in spring, find this spot a place of rich potentialities.

From Box Canyon to Nickel Creek is 2 miles. Here there is a ranger patrol cabin and a trailside shelter. Nickel Creek flows nearby. The water is usually clear, since its source is in snowbanks instead of active rock-grinding glaciers.



Leaving Nickel Creek, the hiker follows a trail which traverses the heavily wooded slopes until it reaches the top at Cowlitz Divide. Here there is a branch trail leading to Ohanapecosh and the southeastern section of Mount Rainier National Park. Taking the more arduous route, the Wonderland Trail from this point continues up and up until one comes into open country. From various spots along the trail, good views are to be had of "The Mountain," as well as of waterfalls and cascades coming from the glaciers of this section. Clear days will reveal distant views of the main range of the Cascades and of Mount Adams to the south.

Four and a half miles from Cowlitz Divide is Indian Bar Trailside Shelter, a modern shelter cabin made of stone with a fireplace in it and bunks that are attached to the walls. Just before reaching Indian Bar the hiker is surprised to see below him and east of the trail a swampy area with several little lakes of peculiar shape. In the distance to the east is the Cascade Crest country through which runs the famous Cascade Crest Trail. The crest forms the eastern boundary of Mount Rainier National Park.

Other Trails Of The Ohanapecosh Section

Three Mile Loop Trail

Beginning at the bridge across the Ohanapecosh River in the Ohanapecosh Campground is a short, easily walked trail which gives the hiker some interesting views of the

big trees of this section. The trees along the trail are characteristic of elevations from 2,000 to 3,000 feet. There are many fine specimens of western hemlock, western red cedar, and Douglas fir. Salal and Oregon grape are found in low bluffs along this section.

Halfway over the trail is beautiful Silver Falls in the Ohanapecosh River. By following the loop trail from Silver Falls back toward the campgrounds one passes through the Ohanapecosh Hot Springs development where lodge and cabin accommodations as well as facilities for hot mineral baths are available. From here to the starting point is but a short distance.

Trial Up Ohanapecosh Creek

This trail follows for the most part fairly close to Ohanapecosh River on the west side. It is a 7.1 mile hike from the junction of this trail with the Three Mile Loop Trail near Silver Falls up to the Deer Creek Trailside Shelter. Fishermen will find many deep holes in the Ohanapecosh River where may live the "granddaddy" of all the trout.

Approximately 6 miles up the trail is Stafford Falls, which pours into a large, deep, rock-rimmed pool. All along the trail the hiker who enjoys forestry will be delighted at the fine tree specimens characteristic of the Transition Zone. Occasional Douglas fir as large as 10 feet in diameter are seen. They tower in straight grandeur to approximately 300 feet. There are spots of vine maple on old rock slides and burned or old slide areas reforesting with heavy Douglas fir reproduction. At

the trailside shelter where Deer Creek and Kotsuck Creek join Chinnook Creek, the fisherman is bewildered by a plentiful supply of likely looking streams. The Deer Creek Trailside Shelter is just a short distance below the new East Side Highway from Ohanapecosh to Cayuse Pass.

Laughing Water Creek Trail

This trail leads from low elevations in the Ohanapecosh section to the high country along the eastern park boundary and to the Cascade Crest Trail. Since there are no regular National Park Service shelters in this area, the hiker should inquire at the Ohanapecosh Ranger Station regarding trail conditions before venturing far in this section of the park or adjacent Forest Service areas.

Cowlitz Divide Trail

A trail (4.2 miles long) connecting with the Wonderland Trail at Cowlitz Divide and starting from the Three Mile Loop Trail in the Ohanapecosh area. This trail follows through forest areas similar to those described along other trails throughout the Ohanapecosh section. It rises from an elevation of about 2,300 to 4,760 feet where it joins the Wonderland Trail at Cowlitz Divide.

Shriner Peak Lookout Trail

This sandy trail (4.2 miles long) leads from the new East Side Road to the Shriner Peak Fire Lookout. It is a dusty, hot hike in summer, most of the route being through a badly burned area where there is no shade. The ramifying ills caused by forest fires are well exemplified along this trail.

Yakima Park

SECTION 4 WONDERLAND TRAIL

Summary Of Trail Mileages

From Indian Bar Trailside Shelter to Yakima Park, via the Wonderland Trail, is 14.6 miles. Indian Bar to Panhandle Gap is 3 miles; Panhandle Gap to Summer Land Trailside Shelter, 2.4 miles; Summer Land to the intersection of the trail with the White River Road, 4.6 miles; and from this point via the White River Campground to Yakima Park is another 4.6 miles. From Yakima Park to Mystic Lake is 9.5 miles, making a total of 24.1 miles of Wonderland Trail in the Yakima Park section.

Things To See Along The Trail

After leaving Indian Bar the Wonderland Trail climbs steadily from about 5,000 to 7,000 feet. It follows above timber line through alpine meadows and up in Arctic-Alpine Zone country where the hiker encounters rocky stretches and occasional snowbanks. Along the way are imposing views of waterfalls, rough reaches of volcanic rock, glaciers both large and small, and above all the towering snow mass of "The Mountain that was God." It is wild country, primitive and un-

spoiled by man's touch. Seldom does anyone see mountain lions in Mount Rainier National Park, even though the park is a wildlife sanctuary for all kinds of animals, yet occasional tracks have been authoritatively reported from along this section of the Wonderland Trail.

When Panhandle Gap is reached, the entire broad expanse of Fryingpan Glacier is revealed. At its feet are many curious things. There is a little lake that appears pea-green in color. Nearby is an area of very red volcanic rock; so red, in fact, that the small stream running across these rocks picks up eroded red sediments coloring the water brick red.

The 2.4 miles from Panhandle Gap to the Summer Land Trailside Shelter are over rough, rocky country similar to that which the hiker has traversed from Indian Bar. The contrast of grassy, flower-filled meadows and alpine trees in the Summer Land section is a welcome change.

From Summer Land the trail starts down again, giving the hiker, in a short time, all the contrast in scenery from glaciers and rocks, through meadows, timber-line country, and the deep forest of the lower elevations.

Across from Summer Land is Goat Island Mountain. Careful scrutiny of this area will often be rewarded by the sight of mountain goats.

Along Fryingpan Creek the hiker glimpses the rugged spires of Cowlitz Chimneys and the snow and ice fields of the Sarvent Glaciers. From Summer Land Trailside Shelter to the intersection of the White River Road is 4.6 miles, but since it is all definitely down, one covers the dis-

tance in a very short time. At the road the Wonderland Trail is swallowed for about 3 miles by a modern highway. The trail is picked up again at the White River Campground from where it twists up the ridge to beautiful Yakima Park, a developed area with a ranger station, museum, campgrounds, store, and cabins. From this high park area on Rainier's northeast flanks may be had many unmatched views of "The Mountain." Here, as nowhere else, is Mount Rainier's entire truncated top visible. Yakima Park is the center for many good hikes which are briefly described later.

From Yakima Park the Wonderland Trail follows the Sourdough Ridge Trail to Frozen Lake and from there along a Government service road until it branches, heading off across the open meadow country. Then down it goes to the snout of the Winthrop Glacier. Just before the hiker crosses the wooden bridge over the West Fork of the White River, the trail is completely covered by an overhang of alders—a cool, wet spot where drinking the clear, icy water is a real treat. From this section of the trail splendid views may be had of the ice walls at the end of the Winthrop Glacier. Below the ice, muddy waters emerge to give birth to another river. On warm days one notes the dynamic action of erosion and glacial recession. Rocks and slides fall off the ice faces. In the muddy stream is heard the grinding of rocks as they are pushed along by the power of the water. One vividly and forcibly becomes aware that glaciers are living, moving bodies of ice.

Past the terminus of the glacier the trail follows over a terminal (end) moraine. Then it leads into spruce, hemlock, and fir forests, and across two streams, one clear and one muddy. Nine and five-tenths miles from Yakima Park is Mystic Lake. There is a trailside shelter here.

Other Trails Of The Yakima Park Section

Northern Loop Trail

From Yakima Park to Lake James via this trail is 8 miles. The trail takes the hiker through a wilderness area of wide, flat, grassy parks, heavy forests, many lakes, and interesting rock outcroppings and formations such as Yellowstone Cliffs and the Natural Bridge.

From Yakima Park the trail follows the Sourdough Ridge Trail to Frozen Lake. All through this section of trail are good picture possibilities of Mount Rainier. The hiker passes Frozen Lake and Lodi Springs, both part of the Yakima Park water system. From this latter point virtually all signs of civilization are left behind. For a time the trail follows through alternating meadows and alpine tree groups. The crystal-clear water of Lodi Creek is not far off.

Just before one comes out into the great open expanse of Grand Park fine views may be had of the West Fork of the White River far below, and up from it "The Mountain." The symmetrical side of Mount Fremont, on whose top perches a fire lookout station, is likewise well viewed. The trail then skirts the edge of the greatest open, almost flat, meadowland in the entire park. This is known as Grand Park.

Branching from the Northern Loop Trail is the Lake Eleanor Trail.

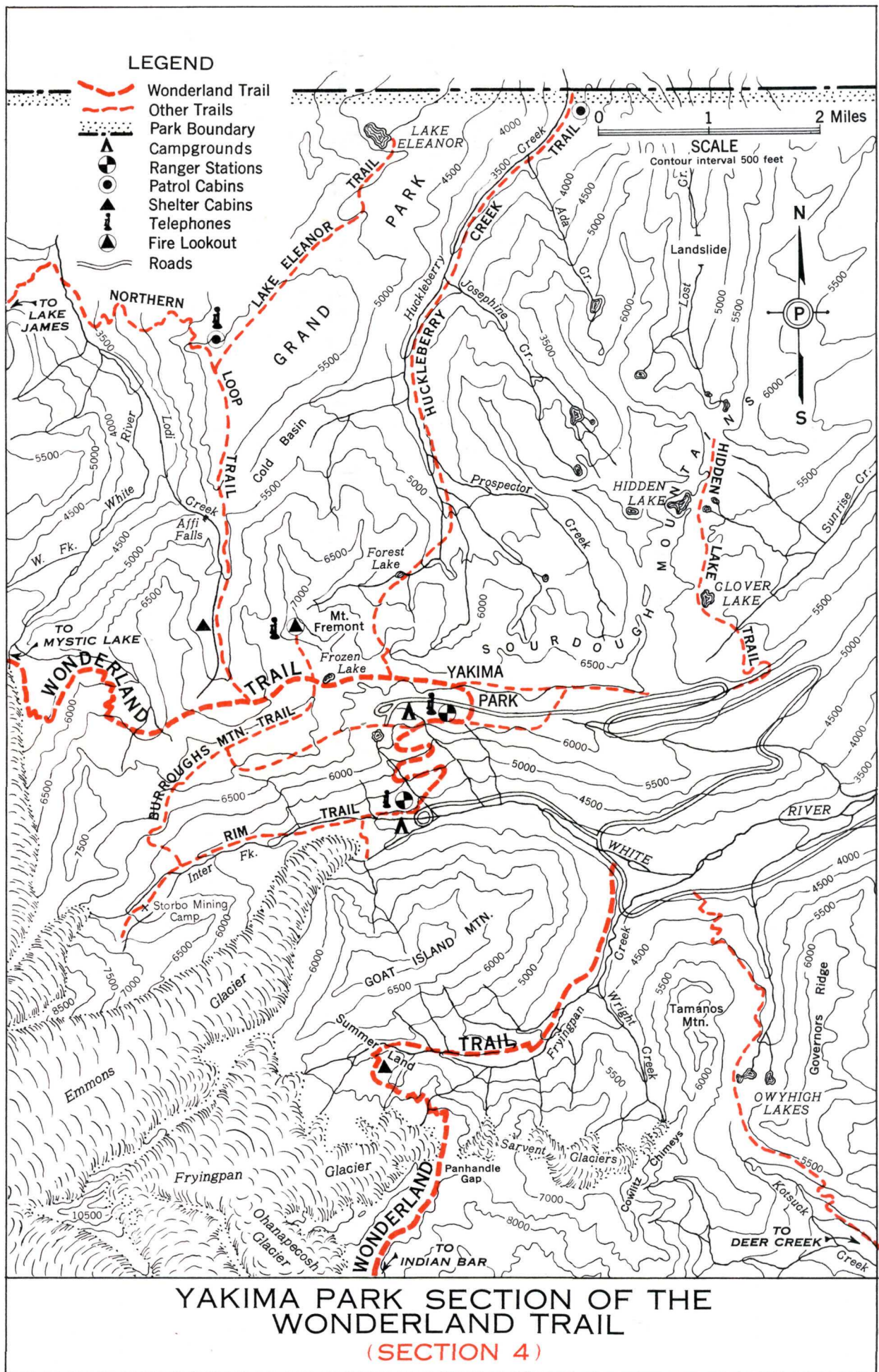
After leaving Grand Park the Northern Loop Trail zigzags down the slope toward the West Fork of the White River. Part of the way is through heavy reproduction in an old burn. White pine, Alaska cedar, mountain hemlock, and Douglas fir are all noted. Where the trail crosses the river at lower elevations a few large cottonwood trees are successfully living. Characteristic of low-elevation-stream valley sections is this short stretch of trail flanked by thorny devilscub, large Douglas fir, and western red cedar. Interesting fungi growths of many colors are seen.

Up again through hemlock and fir, past a small pond full of big waterlilies, past huge moss-covered boulders and small meadows where Columbian black-tailed deer may often be seen, and then at the 12-mile marker, Lake James Trailside Shelter. Lake James and Lake Ethel both offer fishing possibilities.

Huckleberry Creek Trail

For the fisherman, this trail is "tops," for it follows in general along a creek whose falls, rocks, deep holes, and log-jammed pools make ideal fishing water. However, it is quite a long trip to fish much of the stream and there are no public shelters in this area. Down Huckleberry Creek Trail to the park boundary is 8.5 miles. From here it is about another 8 miles to the White River Road.

From Yakima Park the Huckleberry Trail drops from an elevation of 6,400 to about 3,000 feet at the park boundary. This drop in elevation gives the hiker a great range



of plant and animal life to observe in the various zones, extending from alpine parks to thick timber and junglelike growths of alder, vine maple, devilscub, and vines along stream banks at lower elevations.

Lake Eleanor Trail

This is a 3.3-mile trail branching from the Northern Loop Trail in Grand Park. It is an easy-to-walk trail, with much of its length in the open country of Grand Park. Lake Eleanor is in a pocket among the trees. It is well stocked with trout. In the Grand Park area bears and deer may often be seen. Where the trail leaves the Grand Park open country and dips into the trees one is instantly aware of being in a new land—a land of century-old trees covered with gray lichens which look like moss hanging from the branches. Barring the unfortunate incident of running across a hornet's nest, the hiker reaches Lake Eleanor in good spirits, there to enjoy fishing, picture taking, or the quiet peace of an isolated lake amid pleasant woods and hills.

Hidden Lakes Trail

This 3.5-mile trail starts from the Yakima Park Road at the big turn which is known as the Sunrise Point Parking Area. It might well be dubbed the "trail of many lakes" for along its course are numerous lakes, chief among which are Clover Lake, Hidden Lakes, and two unnamed lakes at the headwaters of Lost Creek. The hiker will find this trail one of the most pleasant in the Yakima Park section. It is not a long trail nor a steep one except in a few spots. Its elevation varies only

from about 6,200 feet at the start to 5,900 feet where it ends. Meadows, lakes, and flowers; glimpses of deer and bears; huckleberries; fishing; subalpine forests; fantastic forms of the wide-spreading white bark pine; chipmunks and ground squirrels; hawks flying overhead; rare picture possibilities; high ridges; and a creek called Lost Creek, since it vanishes in a huge rock slide to reappear farther down below the slide—all these are things to enjoy as you hike the Hidden Lakes Trail.

Burroughs Mountain Trail and The Rim Trail

Several loop trails in the Yakima Park section are available. For those who want to get above all trees and most vegetation, to get the "feel" of the high country or mountain climbing and the unobstructed views of glaciers and Mount Rainier, these trails beckon. The Rim Trail makes a loop of 5 miles beginning at Yakima Park, following the Sourdough Trail to Frozen Lake, and then the Burroughs Mountain Trail to the junction of the Rim Trail and back to Yakima Park.

If one is more adventuresome and wants a longer circle trip, there is a trail that continues over Burroughs Mountain, then down into Glacier Basin to the old Storbo Mining Camp, and from there down the White River past the snout of the Emmons Glacier, ending at White River Campground, 7.5 miles from Yakima Park.

Along this trail is all the variety of scenery that one can desire. The hungry hiker may run across areas

where the "black caps" (wild raspberries) are found. The bird lover will enjoy the many species of birds—from the pipits of the bare, rocky areas to the chickadees in the forests and the occasional solitaire thrush heard or observed along the streams. Below Storbo Camp are some good specimens of Engelmann spruce, a tree that is not very common within the boundaries of Mount Rainier National Park. At White River Campground the trail joins the automobile road to the campground and also the trail to Yakima Park from the campground.

Owyhigh Lakes Trail

Though there are no fish in Owyhigh Lakes, the hike to them is along a good trail from which many views of rugged Governor's

Ridge may be had. Mountain goats are often seen. From a divide above Owyhigh Lakes the trail follows down Kotsuck Creek until it reaches Deer Creek Trailside Shelter just a short distance from the new East Side Highway. In the fall there is much color along sections of the Owyhigh Lakes Trail, with the vivid reds of the huckleberries, vine maple, and mountain-ash berries all vying for top honors. The Owyhigh Lakes Trail is 8.8 miles long.

Information regarding the following short hikes in the Yakima Park vicinity may be obtained at the Ranger Station: Rim trail to Shadow Lake, Dege Peak Trail, trail to Mount Fremont Fire Lookout, local nature trails, etc.

Trails of Chinook Pass

SECTION 5

Crystal Peak Fire Lookout

Located 3.9 miles by trail from the White River Highway is 6,615-foot-high Crystal Peak. Here the National Park Service has a fire lookout, who, like all the other lookouts in the park, is always happy to have visitors and to explain to them how the "eyes of the Service" function.

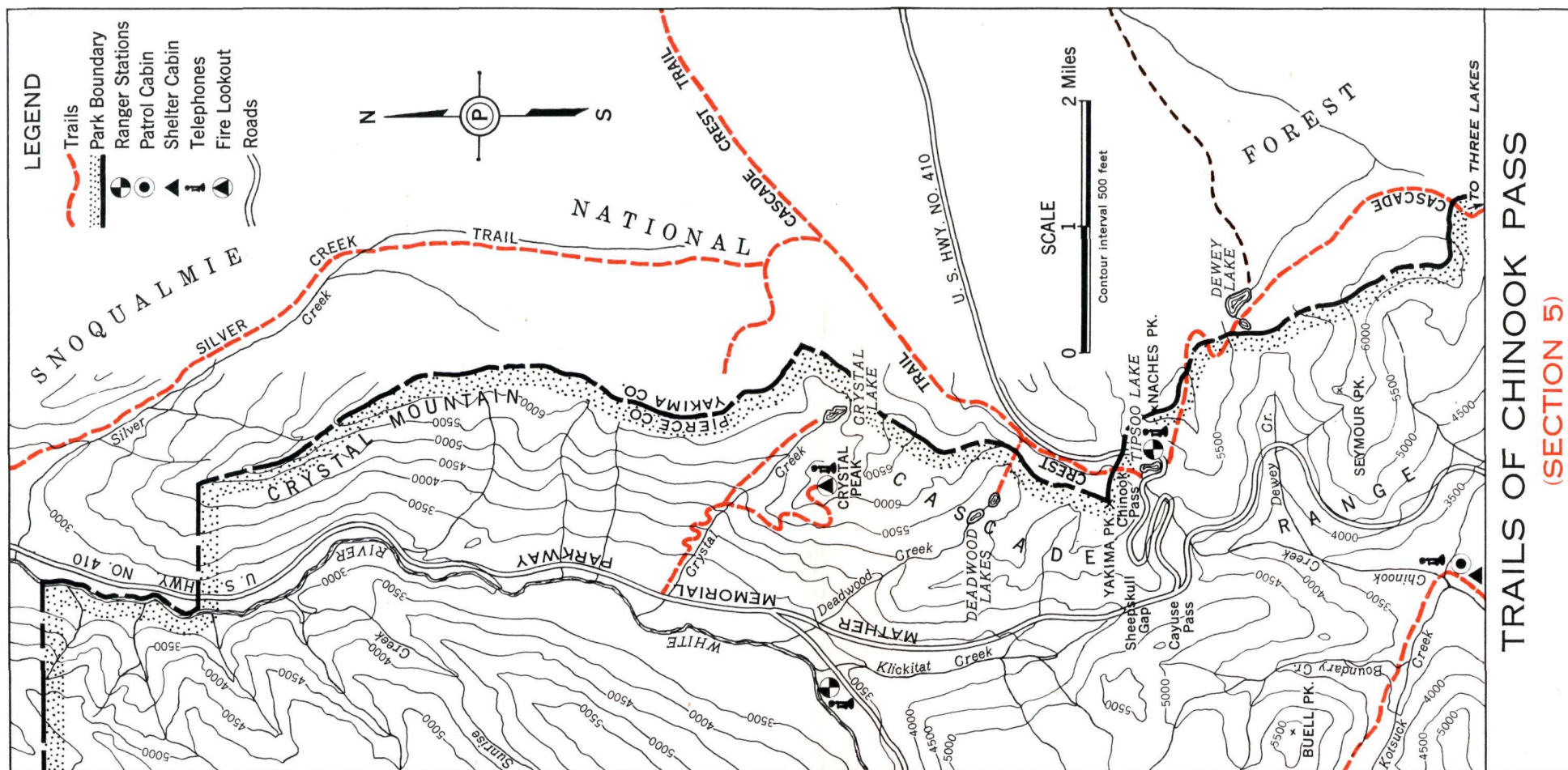
The trail to Crystal Peak winds ever upward from the road through areas of heavy reproduction and then out into an old burn. A little-used branch trail leads to Crystal Lake.

An unofficial but interesting route for the pioneering hiker to reach Crystal Lake is from Chinook Pass.

Starting on the Cascade Crest Trail, the hiker follows this for a short distance and then cuts back into the park watershed, in general following through burned-over country near the Cascade Crest and above Deadwood Lakes in the park. There is no established trail through this section and only those who can follow topography and topographic maps should try this route.

Tipsoo Lake to Three Lakes via the Cascade Crest Trail

This trail is part of the regular Cascade Crest Trail System and is 12.2 miles long. It is partly in



Mount Rainier National Park and partly in Snoqualmie National Forest. Beginning at Tipsoo Lake in the park, the trail swings south along the ridges alternating in the park on the westward-facing watershed and out of the park on the eastward-facing watershed. There is much good big game country along the way. Elk, bear, and deer may all be seen. Much of the trail is out of the trees and through alpine mead-

ows. Good views of Mount Rainier and the park are numerous, as well as views down the eastward slope of the Cascades towards the Yakima Valley.

Dewey Lake, 2.5 miles from the trail start at Tipsoo Lake is a good-sized lake set in a hollowed-out area just outside the boundaries of the park. The Forest Service has a trailside shelter on the shores of the lake.

Continuing on to Three Lakes, the scene is one of ever-changing vistas, first on one side of the Cascades and then on the other. It is primitive country.

From Three Lakes, two of which are inside the park, there is a National Park Service trail leading down Laughing Water Creek to the Ohanapecosh Road. It is 5.7 miles from Three Lakes to the road. The trail is entirely in the woods, with

occasional openings where Laughing Water Creek may be seen. Back again at the road one is close to the Ohanapecosh Hot Springs developed area. Before hiking the Cascade Crest country it is advisable to consult the ranger at the Ohanapecosh Entrance for trail information as the trails in this section of the park are more difficult to follow in some cases and are often not provided with conveniently located trailside shelters.

**UNITED STATES
DEPARTMENT OF THE
INTERIOR**

HAROLD L. ICKES, Secretary

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NATIONAL PARK SERVICE

Newton B. Drury, Director

RULES FOR HIKERS

1. Be extremely careful with fire. It is the most destructive enemy of the forest and all the attractive things in it. If you are going to be out on the trails long enough to necessitate building a fire you must get a campfire permit from the nearest Ranger Station before you start on your trip. Fires may only be built in designated places and every fire must be thoroughly extinguished. Do a good job of soaking your fire down with water or where water may not be available cover it with mineral soil and then do some "gardening" in the soil until not a spark is left. Throwing burning cigarettes, cigars, etc., along trails is strictly prohibited, as is smoking while traveling along a trail.

2. Bears are wild animals and, while interesting to watch, are not to be fed. All national parks are wildlife sanctuaries. While on the trails enjoy the thrilling sight of animals, both large and small, but do not molest them nor destroy in any way their natural environment.

3. Dogs and cats are not allowed on trails.

4. Since national parks are scenic areas of superb natural beauty, the disturbance in any way of trees, flowers, birds, and animals is prohibited. Dead and fallen wood may

be used for firewood except in campgrounds where wood is provided.

5. Trails in the park are well marked with signs. Appreciate them and protect them.

6. Leave a clean and sanitary camp wherever you are.

7. No fishing license is required in the park. Consult rangers for complete fishing regulations.

HIKERS' TIPS

Clothes and Equipment

Be sure to wear comfortable and serviceable clothes while hiking. It is important that footwear be fairly heavy, in good condition, and well broken in.

Common questions of the hiker planning an extended trip for the first time are: "What shall we take along?" "What will we need?" For overnight trips the experienced hiker carries a sleeping bag in preference to blankets. A down bag is more satisfactory for warmth and is lighter in weight than a wool bag. A good pack sack, well adjusted, is indispensable for a long pack trip.

Since it is important when back-packing that weight be held to a minimum, aluminum cooking utensils, in as small a size as needs require, are usually carried.

Foods which are light in weight and high in food value include rice, macaroni, oatmeal, corn meal, cheese, dried beef, and dried fruits. Dehydrated vegetables, obtainable at leading outdoor stores, are sometimes carried.

Park rangers will be glad to give more detailed information regarding clothes, equipment, and supplies.

"How many miles a day can I walk?" is another question and one that is important when a long hike is contemplated. To be safe, the inexperienced hiker (until he finds out whether he can go faster or slower) should figure about 2 miles per hour for the day's trip. Fast hiking defeats the purpose of a trail trip in that one just dashes from this shelter to that and fails to pause long enough along the trail to appreciate the natural features he may encounter.

HIKERS' FACILITIES

Trailside shelters provide in most cases just a shelter and sleeping hut open on one side only. Nearby are fireplaces, sanitary facilities, and garbage pits. Trailside shelters are constructed at considerable cost for your use. Take care of them and report any damage or disorder to the nearest Ranger Station.