



Tahoma News



NPS

Welcome to Mount Rainier National Park

At 14,410 feet high, Mount Rainier is the tallest peak in the Cascade Range and an icon of the Pacific Northwest. While the mountain's well-known profile is visible for many miles in every direction, its alpine, glacier-clad slopes occupy only a third of Mount Rainier National Park.



Male bufflehead in Longmire

More Inside

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There are as many different experiences here as there are views of Mount Rainier. Take time to explore the other two-thirds of the park and discover what lies within the shadow of this great mountain.

Summer wildflowers, fall colors, spectacular scenery, and recreational opportunities draw people to Mount Rainier from around the world. This often creates crowded trails, and traffic and parking congestion. For a more enjoyable visit, follow these tips:

- Visit on weekdays, and arrive in the early morning or late afternoon, to avoid long entrance station lines and difficulty finding a place to park.
- Have an alternate plan and destination in mind if long lines are encountered when entering the park.
- Experience the sights and activities of gateway communities during peak hours and weekends.
- U.S. Forest Service lands outside the park offer trails and recreation opportunities.
- Help reduce traffic congestion, consider carpooling.

Finally, explore less-visited areas to escape the crowds. By taking the extra time to seek out these special places, you can immerse yourself in an old-growth forest, reflect next to a waterfall, hike in virtual solitude, or take in the view and reconnect with nature.

The land administered as Mount Rainier National Park has been since time immemorial the Ancestral homeland of the Cowlitz, Muckleshoot, Nisqually, Puyallup, Squaxin Island, Yakama, and Coast Salish people. By following Elders' instructions passed through generations, these Indigenous Peoples remain dedicated caretakers of this landscape. Their Traditional Knowledge and Management of this Sacred Land will endure in perpetuity, and we honor each nation's traditions of landscape stewardship in our endeavors to care for, protect, and preserve the features and values of the mountain.



American pika

Stay Safe



No Pets on Trails
Pets are not permitted on trails or snow. Leashed pets are permitted only in parking lots and along roads open to public vehicles.



Keep Wildlife Wild
Do not feed, approach, or disturb wildlife.



No Drones
Drones are not allowed anywhere in Mount Rainier National Park. This includes launching, landing, and operating drones.



Stay on the Trail
Hike only on maintained trails or thick patches of snow.



Prepare Your Vehicle
Gas is not available inside the park. Electric vehicle charging is available at Longmire National Park Inn and Paradise.



Water is a limited resource. Conserve every drop.

STEVE REDMAN PHOTO



Water keeps Mount Rainier National Park running, but the supply is limited. The same rivers and waterfalls that nourish subalpine meadows and wildlife also provide drinking water for visitors and staff.

By conserving and making every drop count, you directly help ensure this vital resource lasts through the hottest, busiest months of the year.

More on page 7.



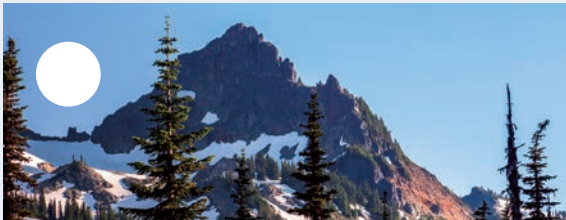
Stay Informed with Park Alerts

For up-to-date information that may affect your visit, go to our Park Alerts at www.nps.gov/mora/planyourvisit/conditions.htm

Visiting Mount Rainier National Park

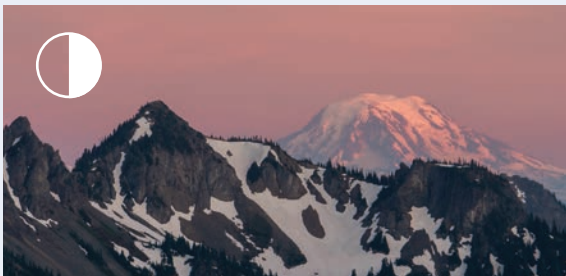
What to Do on a Short Visit

Here are some ideas to help you get the most out of your time.



A Full Day

- Hike into the Tatoosh Range for excellent views of the mountain. Hardy hikers can try the **Eagle Peak** or **Pinnacle Peak** trails.
- Visit **Reflection Lakes** for amazing views of the mountain that may be reflecting in the shoreline, or, for a moderate hike, try **Bench** and **Snow** lakes. Picnic a short drive away at **Narada Falls**, restrooms available.
- Spend the day hiking the trails through subalpine meadows at **Sunrise** or **Paradise**.
- Bike the **Westside Road**. Lock your bike at the **Lake George** trailhead to combine with a short hike to the lake.
- Hike a section of the 93-mile **Wonderland Trail** that encircles the mountain. Many people hike this trail in sections. If you have two cars, you can park one at each trailhead to hike from **Sunrise** to **White River**, or **Longmire** to **Reflection Lakes**.



A Half Day

- Drive to **Sunrise** for a picnic, a short hike to **Emmons Vista**, and outstanding mountain and glacier views. Download the NPS App (cell service available at White River Entrance parking) to listen to the Sunrise Road Geology Audio Tour along the way.
- Drive to **Longmire** and take short walks to points on the Longmire Historic Tour, downloadable via the NPS App. Walk to the historic suspension bridge for great photos of the mountain and **Nisqually River**. Have lunch at the National Park Inn or bring a picnic to eat at the tables next to the Administration Building.
- Hike **Nisqually Vista** or **Myrtle Falls** trails at **Paradise**. Have a picnic at the **Paradise Picnic Area**, a short drive or walk from the lower parking lot at Paradise.
- Take a drive through the park stopping at overlooks of mountains, waterfalls, and geologic features.
- Some great hikes for young families are the **Trail of the Shadows** at Longmire, **Nisqually Vista** at Paradise, **Box Canyon** loop trail in **Stevens Canyon**, and **Silver Forest** at Sunrise.



Westside Road

Accessibility in the Park

Mount Rainier National Park has identified and is working toward removing barriers to accessibility. Some of the historic buildings lack accessible features. The park website Accessibility pages have detailed information on what to expect in each area of the park. There are no fully accessible trails in the park.



Service animals are allowed on trails and in park facilities if they are providing a service for a person with a disability.

Service dogs in-training and emotional support animals are considered pets under ADA and not allowed on trails.



Assisted Listening devices are available at the information desk at the Paradise Visitor Center.



Borrow a Braille Park Map at park visitor centers. Relief map models in Sunrise and Paradise visitor centers and the Longmire Wilderness Information Center have Braille text and tactile features.



UniDescription App translates the park map into acoustic media, designed for people who are blind, visually impaired, print dyslexic, or who prefer learning through sound.



Borrow a manual wheelchair at Sunrise and Paradise visitor centers with a photo ID. Wheelchairs may be used in the immediate area of the visitor center where they are borrowed.



Download the NPS App Search for Mount Rainier National Park and download content like trail maps and audio description for later use offline.



Audio Described exhibits are available at the Sunrise and Paradise visitor centers. Ask for a receiver or use the NPS App on your device. Audio description of outdoor exhibits and the Longmire Service Station Exhibit is also on the NPS App.



More Information is available on the Accessibility pages of the park website, with a description of each area of the park.



How long is your trip?			One-Way Driving Time & Distance
Route	Distance	Time	
Longmire to Paradise	12 miles	25 min	
Stevens Canyon Rd: Paradise to SR123	23 miles	45 min	
White River Entrance to Sunrise	13 miles	45 min	
Expect delays during peak hours.			

Mount Rainier National Park

Superintendent
Greg Dudgeon

E-mail
MORAInfo@nps.gov

Park Headquarters
(360) 569-2211

Lost and Found
MORA_Lost@nps.gov

Free Public Wifi
Longmire Museum & Wilderness Information Center
Paradise: Jackson Visitor Center & Wilderness Information Center
Sunrise Visitor Center
internet limited during peak hours

Website
nps.gov/mora

@MountRainierNPS



Protect Yourself and the Park

Mount Rainier National Park was established in 1899 to preserve natural and cultural resources in this area and to provide for public benefit and enjoyment. This information will help you learn more about the park, and protect yourself and the park.

Keep wildlife wild.
Do not feed animals in the park.



I bite.

Wildlife Safety
Stay safe when watching wildlife by giving animals room. Keep a minimum distance of 25 yards from most wildlife and 100 yards from predators like bears. **Do not feed any wild animals in the park, including marmots, ground squirrels, chipmunks or birds.** Habituation to humans can lead to animals approaching and being hit by cars.

 **Drones**
Launching, landing, or operating a drone within the boundaries of Mount Rainier National Park is prohibited (36 CFR 1.5 (a)(1) Superintendent's Compendium) and may result in a fine of up to \$5000.

Drones interfere with public safety as a hazard to legal aircraft. They can disrupt migration, nesting, mating, and hunting activities of protected species such as the Northern Spotted Owl, Marbled Murrelets, and Peregrine Falcon, and native birds and mammals. 97% of Mount Rainier National Park is designated Wilderness; launching and landing of drones is a potential violation of the Wilderness Act.

Service Animals
Service animals are allowed on trails and in park facilities only if they are providing a service for a person with a disability.

 **Service dogs-in-training and emotional support animals are not service animals per ADA, and are not allowed on trails.**

Pets
During hot weather do not leave pets in vehicles. **Pets are not allowed in buildings or on trails** (except the Pacific Crest Trail), or in off-trail or backcountry areas. Leashed pets and emotional support animals are permitted only in picnic areas, campgrounds, and parking lots and on roads currently open to public vehicles. Pets must be on leashes no longer than six feet.

Permits
Permits are required for all overnight stays in the wilderness, and for traveling on glaciers and/or above 10,000 feet in elevation.

Camping
Camp in designated campsites only. **Sleeping in vehicles is not permitted in the park unless you are in a designated campsite.**

Wilderness Camping Permits
A permit is required for all overnight camping in the park's wilderness. Reservations are encouraged but not required. Approximately two thirds of summer season backpacking and climbing permits are made available for advance reservation. Reservations must be made at least two days in advance of the trip start. The remaining one third of permits are issued at a Wilderness Information Center inside the park on a first-come, first-served basis. Advance reservations are available for peak season (June-September) on Recreation.gov.

Climbing
Each year, approximately 10,000 people attempt to climb Mount Rainier. Nearly half reach the 14,410-foot summit. Climbing permits are required for travel above 10,000 feet and/or on glaciers. Climbing information including fees, routes, and conditions, as well as wilderness permits required for overnight stays, are available on the park website.

Those wishing to climb above 10,000 feet or on glaciers must pay a climbing registration fee. This includes skiers or "single push climbers". Climbers who wish to camp overnight must also get a wilderness permit in order to acquire a campsite.

Pay the fee through pay.gov; keep your receipt and print or save on your phone to serve as proof of payment. Bring a picture ID.

Guided climbs and seminars are available through:

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

Protect Your Valuables
Vehicle break-ins have occurred at trailheads and parking areas in the park. Burglars have been arrested by Mount Rainier rangers and convicted in court. However, convictions will not end the problem. Avoid break-ins:

- Do not leave any valuables in your vehicle, even for a short time.
- Do not leave bags visible in your vehicle.
- If storing items in the trunk of your car, do so before arriving at your destination. You could be watched at trailheads and parking lots.
- Immediately report all suspicious activity you observe at or around parking lots or along roads to a park ranger.

Campfires and Firewood
Campfire ban may be in effect, ask a ranger or look for signs. Campfires are not permitted in Mount Rainier's backcountry. Collecting firewood in the park is prohibited. Buy firewood near where you will burn it to avoid spreading disease.

Firearms
The use of firearms is prohibited within Mount Rainier National Park. People who can legally possess firearms under federal, Washington State, and local laws may possess them in the park. However federal law prohibits firearms in certain facilities in this park; those places are posted with signs at public entrances.

Marijuana
Possession of marijuana or use of any amount of marijuana is prohibited in Mount Rainier National Park, its facilities, concessions, and campgrounds, and in the surrounding National Forest lands.

Bikes in the Park
Bicycle only on roads, not on trails. Mountain bikes are permitted on Westside Road. For safety, consider wearing a high visibility vest when biking at Mount Rainier National Park.

Protect the Meadows. Stay on trails.
Do not pick or trample wildflowers.



Let us grow.

Food & Lodging in the Park



For in-park lodging reservations, contact Rainier Guest Services at (360) 569-2275 or visit mtrainierguestservices.com.



For up-to-date information that may affect your stay, visit our Park Alerts at www.nps.gov/mora/planyourvisit/conditions.htm

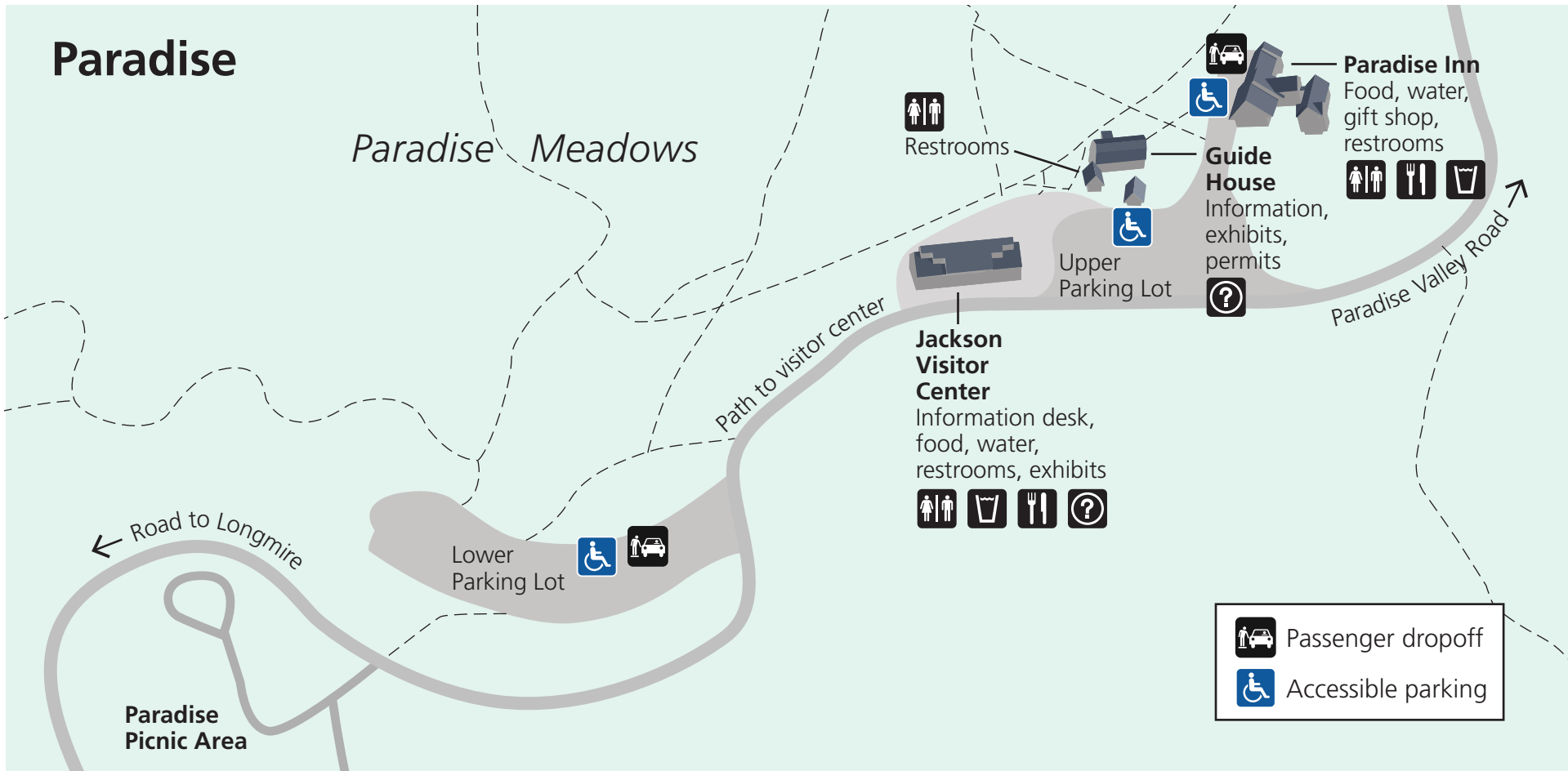
Drive-in Campgrounds

Open/Close dates subject to change.

Campground	Approximate Open Dates	Elev.	Sites	Group Sites	Toilets	Dump Station	Maximum RV/Trailer Length
Cougar Rock*	May 23 - early Oct.	3,180'	175	5	Flush	Closed	RV 35'/Trailer 27'
Ohanapecosh	Closed in 2026 for construction. No facilities available. Entire area is closed to the public, no entry for any reason.						
White River	Dates TBD	4,232'	88	0	Flush	No	RV 27'/Trailer 18'

* Advance reservations recommended for sites at Cougar Rock through September 6. Reservations for individual sites can be made up to six months in advance. Reservations for group sites can be made up to one year in advance. To make a reservation online, visit recreation.gov or call 877-444-6777.

Paradise Corridor: Longmire to Stevens Canyon



Facilities and Services
Longmire
Longmire Museum Exhibits and information.
Longmire Wilderness Information Center Information and wilderness permits.
Picnic Area Located next to the gift shop.
Restrooms Located next to the Museum.
National Park Inn Gift shop, food, and lodging.
Cougar Rock Campground and Picnic Area Located northeast of Longmire on Nisqually Road. A campfire ban may be in effect, check with a ranger or look for posted signs in the campground.
Paradise
Visitor Center Exhibits, information, programs, restrooms, water fountain, deli, and gift shop.
Paradise Inn Gift Shop, dining, grab-and-go meals, lodging.
Plaza Restroom Located off the upper parking lot adjacent to the main plaza.
Paradise Wilderness Information Center (Guide House) Information, climbing history exhibits, and wilderness permits.
Picnic Area Located below and across the road from the lower parking lot.
Stevens Canyon
Box Canyon Interpretive trail, picnic area, porta-potties, there is no potable water.
Grove of the Patriarchs The Grove of the Patriarchs Trail is closed, but the parking lot and vault toilets are open. Access to the Eastside Trail and Silver Falls Trail is open. There is no potable water.

Areas of Interest

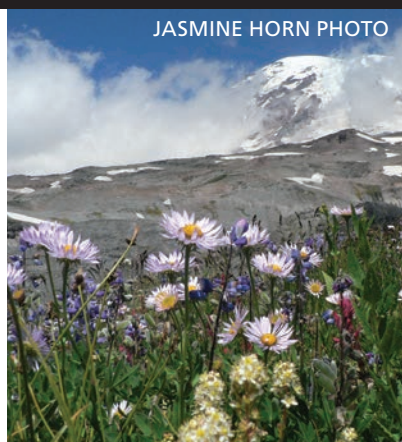
A photograph of a rocky riverbed with a suspension bridge in the background. The river is filled with large, smooth, grey rocks. The water is clear and flows over the rocks. In the background, a suspension bridge with wooden railings spans the river. The surrounding area is lush with green trees and vegetation.

Longmire

Deep in the valley of the Nisqually River, the village of Longmire preserves the history of the park's first settlement and headquarters. The Longmire Museum is the starting point for the self-guided walking tour of the Longmire Historic District, where you can 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, and the Longmire Meadow mineral springs.

Between Longmire and Nisqually Entrance, walk the Twin Firs Trail to view lowland old-growth forest; picnic at Kautz Creek and view the aftermath of the 1947 mudflow; or drive to Westside Road to see the dramatic results of flooding and rockfall.

A photograph of a field of purple and yellow wildflowers in the foreground. In the background, Mount Rainier is visible, partially covered in snow and surrounded by a hazy atmosphere. The sky is blue with some clouds.

Paradise

Besides glaciers and streams, this area is rich in history, and has breathtaking vistas and stunning wildflowers. Avoid crowds and traffic by visiting early or late in the day, or mid-week. Come prepared for changing weather conditions: dress in layers and wear hiking shoes. Bring lots of water and sunscreen.

A network of hiking trails access views of Mount Rainier and its glaciers, and routes for skilled climbers attempting to reach the mountain's summit.

Photographers appreciate the high-country scenery at Inspiration Point and Reflection Lakes. Hikers looking for less-crowded trails might try the Lakes Trail, Mazama Ridge, and Snow Lake Trail located just east of Paradise. Consider Nisqually Vista or Myrtle Falls for young hikers, or Alta Vista or Glacier Vista for the more ambitious.

A photograph of a waterfall cascading over a rocky cliff. The water is white and frothy as it falls. The surrounding area is lush with green trees and vegetation. The waterfall is framed by a dense forest of evergreen trees.

Stevens Canyon

A trip through Stevens Canyon, in the southeast area of the park, offers dramatic views formed by fire and ice. During the summer, watch for brightly colored wildflowers along the roads and cliffs. Later in the year, enjoy the magnificent fall colors of huckleberry, vine maple, and mountain ash.

Stop in a pullout for a view of Martha Falls plunging 125 feet over an andesite cliff.

Day hike the Wonderland Trail from Reflection Lakes downhill to Box Canyon. Take time to enjoy the beauty of Reflection Lakes with its colorful subalpine wildflower-lined shores. At Box Canyon take a short trail to follow the path of a receded glacier, or gaze down 180 feet from the bridge to water rushing through a narrow slot canyon carved by the Muddy Fork of the Cowlitz River.

Protect Fragile Meadows.

Stay on Trail!

One step onto a meadow crushes an average of 17 plants. When exploring fragile meadows, hike on maintained trails.



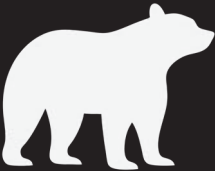
Emergency? Find a ranger or dial 911.

Longmire Trails	 Scan QR code for map of Longmire area trails.	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
Westside Road Hike or bike all or a portion of this gravel road. Bicycles are not permitted on the trails that intersect with the road or in any off-road areas nearby.		Moderate, up to 26 miles, duration varies	One mile northeast of the Nisqually Entrance.
Twin Firs Trail This short loop trail climbs through some of the best examples of immense Douglas-fir trees. Short but with a bit of up and down.		Moderate, 0.4 miles, 30 minutes	1 mile east of Kautz Creek or 2 miles west of Longmire
Trail of the Shadows Hike through a forested edge along a meadow. Spot the mineral springs, a beaver pond, and massive Douglas-fir and western red cedar trees.		Easy, 0.7 miles, 30 minutes	Across the road from the Longmire Museum and National Park Inn
Rampart Ridge A steep climb up to a ridge leads to views of Mount Rainier and the surrounding valleys. Circle back to Longmire on the Wonderland Trail.		Strenuous, 4.6 miles, 2.5 hours	Starts on the west side of the Trail of the Shadows at Longmire
Eagle Peak The lower portions of the trail climb steeply through old-growth forest. Enjoy panoramic views of the Nisqually Valley and Mount Rainier at the peak.		Strenuous, 7.2 miles, 5 hours	Across the Nisqually River on the suspension bridge at Longmire
Carter Falls Stroll along the Paradise River from Cougar Rock Campground to Carter Falls. Forest ages vary from very young to more than 700 years old.		Moderate, 2.2 miles, 2 hours	Just southwest of the Cougar Rock Campground
Comet Falls and Van Trump Park Look for a diversity of wildflowers in the forest and rocky canyon environments along this rugged trail. Climb another steep mile beyond the falls to a beautiful subalpine meadow.		Strenuous, 3.6 miles, 2.5 hours round-trip/3 hours to Comet Falls	The trail begins at a small parking area 4 miles east of Longmire, on the road toward Paradise.

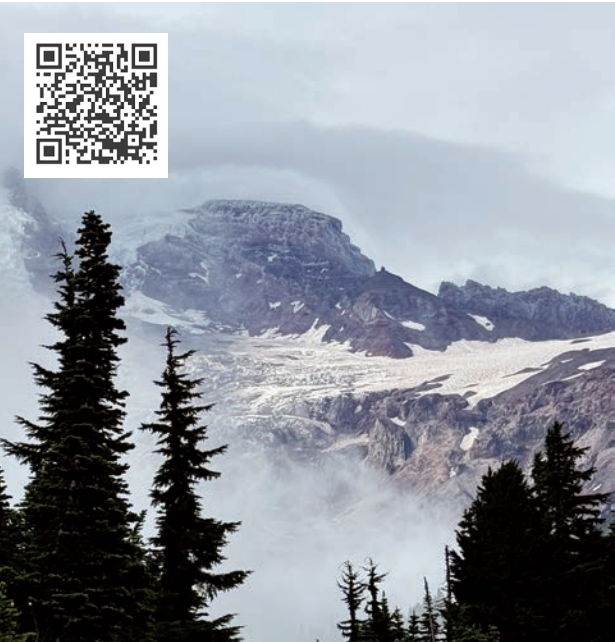
Paradise Trails	 Scan QR code for map of Paradise area trails.	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
Nisqually Vista Trail Not as steep as most trails at Paradise, this route loops through flower-filled meadows and subalpine firs to a view of the Nisqually Glacier.		Easy, 1.2 miles, 45 minutes	West end of the lower parking lot.
Deadhorse Creek Trail The flowers in this canyon bloom later but often more luxuriantly than elsewhere. Loop back on Skyline Trail or continue to Glacier Vista.		Moderate, 2.5 miles, 1.75 hours	Stairs leading into the meadows from the visitor center plaza.
Myrtle Falls The trail gradually climbs through lush meadows to 60 foot Myrtle Falls. Keep your eyes and ears open for hoary marmots; they often sunbathe on the rocks above the creek.		Easy, 1 mile, 35 minutes	North side of the upper parking lot.
Alta Vista via the Alta Vista & Skyline Trails This short hike climbs to the top of Alta Peak for outstanding views of Mount Rainier, the Tatoosh Range, and, in the distance, Mount Adams.		Moderate, 1.75 miles, 1.25 hours	Stairs leading into the meadows from the visitor center plaza.
Skyline Trail This trail offers a grand tour of Paradise Meadows, passing Alta Vista, Glacier Vista, Panorama Point, Pebble Creek, and Sluiskin and Myrtle Falls.		Strenuous, 5.5 miles, 4.5 hours	Stairs leading into the meadows from the visitor center plaza.
Panorama Point Take the Skyline and Golden Gate trails through wildflower meadows to stunning views from Panorama Point.		Strenuous, 4 miles, 3 hours	Stairs leading into the meadows from the visitor center plaza.
Narada Falls A short but moderately steep walk leads to a breathtaking view of the Paradise River plunging dramatically 168-feet over the edge of a hardened andesite lava flow.		Moderate, 0.4 miles, 30 minutes	Parking is located south of the junction of Paradise and Stevens Canyon roads.

Stevens Canyon Trails	 Scan QR code for maps of Stevens Canyon area trails.	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
Pinnacle Peak This trail winds high onto the rocky slopes of the Tatoosh Mountain Range to Pinnacle Saddle. Enjoy wildflowers in summer and colorful foliage in fall.		Moderate, 3.0 miles, 3 hours round-trip	The trail starts across the road from Reflection Lakes.
Snow Lake The trail is a succession of gradual ups and downs, crossing low ridges, passing through wildflower meadows in summer and fall foliage in autumn.		Moderate, 2.5 miles, 2 hours round-trips	1.5 miles east of Reflection Lakes.
Lakes Loop This loop passes through Paradise, circling along Mazama Ridge down to Reflection Lakes. Enjoy subalpine lakes, meadows, and forests along the way.		Moderate, 5 miles, 4 hours round-trip	Reflections Lakes
Box Canyon Loop This loop trail gives views into the 160' deep slot canyon. Glacially polished rocks line the east side of the trail.		Easy, 0.5 miles, 30 minutes. The east side of the loop is roughly paved.	Across the road from the Box Canyon parking area.
Eastside Trail Hike past 700 - 1,000-year-old trees along Chinook Creek and the Ohanapecosh River. Trail can also be accessed from the north off SR 410 at Deer Creek.		Moderate, 13.3 miles, 6 hours one-way.	Just north of Stevens Canyon Entrance Station on Stevens Canyon Road.
Grove of the Patriarchs is CLOSED at the Eastside Trail junction, due to flooding that caused significant damage to the suspension bridge. The bridge provided the only safe access to the Grove which is on an island surrounded by the swift, cold waters of the Ohanapecosh River. The parking lot and vault toilets are open.			

Be Bear Aware!



Bear safety tips on page 7.



View from the Nisqually Vista Trail.



Look on the NPS App for the **Longmire Historic District Walking Tour** in Things To Do/ Self-Guided Tours. Download the app from Apple App Store or Google Play.



The Administration Building in Longmire.

For the full park map, see your park brochure. Map below is for illustrative purposes only.



Did You Know?

Conserve Limited Water Supplies

Water is the lifeblood of Mount Rainier National Park, but it is also a limited resource. Both visitors and staff depend on this precious supply for drinking, sanitation, and essential operations. To ensure everyone has access to water throughout the season, we need your help.

Why Conservation Matters
Mount Rainier typically faces significant water shortages in popular areas such as Paradise and Sunrise. Much of our aging infrastructure—including pipes, filtration systems, and storage tanks—is working at maximum capacity. The Paradise system processes about 90,000 gallons of water a day!

These systems cannot process or store water as quickly as it is consumed. By practicing mindful conservation, you directly help water supplies last through the hottest and busiest months of the year.

How You Can Help
We invite you to be a partner in our conservation efforts. Small changes can make a massive difference for the park’s water supply:

Mind the Tap
Ensure all faucets are turned off after use. Shorten your showers to five minutes.

Report Leaks
If you see a tap that is running or a leak in a campground or facility, please report it to park staff.

Plan Ahead
Fill reusable water bottles before entering the park and bring extra water to reduce the strain on local supplies.

Camp Cooking Cleanup
When washing dishes, use a basin of water instead of letting the tap run continuously.



Beaver near Longmire.

From River to Tap
The water you see flowing in rivers and waterfalls is the same water we process for human use. It is essential for the survival of park wildlife and the maintenance of ecosystems, from old-growth forests to the subalpine.

Thank you for doing your part to conserve our limited supply!

Be Bear Aware!



A black bear on the trail.

- Do NOT approach bears or cubs
- Never store food in your tent or backpack
- Never feed a black bear
- Do not leave food unsecured
- Dispose of all trash properly

While visiting Mount Rainier National Park, you might encounter black bears, which can actually sport brown, cinnamon, or lighter-colored coats, and are generally smaller and less aggressive than grizzlies. Surprisingly, human behavior often poses a greater threat to these bears than they do to us, as our actions directly influence their habits. For their safety and yours, keep these practices in mind:

- If you encounter a black bear:**
- Stay calm and alert.
 - Pick up small children immediately.
 - Do not approach the bear. Keep your distance.
 - If the bear stops, watches you, or changes direction toward you, you’re too close.
 - Leave the area or take a detour. If this is impossible, wait until the bear moves away. Always leave the bear an escape route.
 - Talk calmly so the bear knows you are a human and not a prey animal. Remain still;

- stand your ground and slowly wave your arms. Help the bear recognize you as a human.
- Back away slowly while facing the bear. Never run.

- If a black bear approaches or follows you:**
- Stand your ground.
 - Do not run or turn your back.
 - Shout and act aggressively to scare it off. Make yourself look big by raising your arms or lifting your trekking poles into the air.
 - Throw non-food objects (like rocks or sticks) at the bear only if necessary.
 - Never feed a bear or leave food behind.
 - Use bear spray only as a last resort and only if the bear is within 20 yards.

- If a black bear attacks you:**
- Fight back. Do not play dead.

Wildland Fire and Smoke Safety

Drier-than-normal conditions this year may cause high fire conditions in Mount Rainier National Park and surrounding forests.

Please take precautions.

Is a campfire ban in effect? If so, adhere to the parameters listed in the ban information. If a ban is not in effect and you choose to have a campfire, we ask that you remember:

- Campfires are only permitted in established fire pits or fire rings in frontcountry campgrounds at Mount Rainier National Park. They are not permitted in Mount Rainier’s wilderness.
- Keep your campfire small and have a bucket of water at the ready.
- Watch for sudden changes in the weather or changing weather conditions, such as the wind coming up unexpectedly and threatening to push your fire out of the fire ring.

- If you use a campfire, make sure it is fully extinguished before leaving the area - be sure it is cold to the touch.
- If you are using a portable stove, make sure the area is clear of vegetation and debris that could easily catch fire. Prevent stoves from tipping and starting a fire.

Please be careful while in the park and other natural areas.

Recreating in Smoky Conditions
During smoky conditions you may want to reduce outdoor activity, especially strenuous hikes or prolonged exposure. If you’re sensitive to air pollution, or planning high-exertion activities, take the following precautions when smoke is present:

- Stay indoors as much as possible.
- Avoid physical exertion in smoky air
- Keep windows and vents closed in vehicles and lodgings.
- Hydrate, rest, and eat well to support your body’s defenses.



Wildland Fire and Air Quality
Smoke from local or regional wildfires may contribute to unhealthy air quality inside the park.



Sunrise Corridor: White River to Sunrise

Sunrise and White River will close for the season on October 1.



Sunrise and White River

The White River/Sunrise Road leads from SR 410 toward the White River Campground and high-country trailheads. From here, trails lead hikers to subalpine wilderness or to the moraine of the Emmons Glacier, the largest American glacier outside of Alaska. Continuing up the road toward Sunrise, look for outcrops of columnar lava, hillsides of wildflowers, and breathtaking views at Sunrise Point. Washington’s highest paved highway ends at Sunrise (6,400 feet), where high country enthusiasts enjoy the area’s open meadows and expansive scenery, considered by some to be the grandest views in the park.

Facilities and Services

White River

Wilderness Information Center & Entrance
Information, restrooms off parking lot, water, wilderness permits, information.

White River Campground and Picnic Area
Located at the intersection of White River and Sunrise roads. Restrooms, water in picnic area.

Sunrise

Visitor Center
Exhibits, information, programs, book shop.

Restrooms and Water
Located next to the visitor center.

Day Lodge
Gift shop, grab-and-go meals, deli and grill.

Picnic Area
Located north of the visitor center.



Biologists at Mount Rainier National Park are noticing a dangerous shift in wildlife behavior. Animals that get ahold of human food actively seek out people, raid picnic tables, and forage through backpacks for their next meal.

It only takes one time for an animal to learn that humans equal a free lunch. Once that happens, they lose their natural fear of people, putting both themselves and park visitors at risk.

Feeding wildlife—whether you are directly tossing them a snack or just leaving your trash unsecured—has serious consequences:

- **Food draws animals directly to busy roads and parking lots, where they are frequently hit and killed by cars.**
- **Over time, food-conditioned animals can become aggressive, biting or attacking visitors to get food.**
- **If an animal becomes a safety threat and attacks a human, park rangers often have no choice but to euthanize it.**

How You Can Help
Wildlife relies on natural behaviors to survive; they need your help to stay wild.

Always store your food securely, pack out all of your trash, and never feed wildlife.

By keeping your food to yourself, you are protecting Mount Rainier’s animals and ensuring a safe visit for everyone.

⚠️ Area Alerts

Oct 1 Sunrise & White River Early Closure

Beginning October 1, White River and Sunrise Road will close for the season as crews begin preparations to replace the Fryingpan Creek Bridge and improve Summerland Trailhead. The bridge has exceeded its life expectancy (built in 1931) and the riverbed has changed, requiring the construction of a newly designed structure.

Replacement and improvements will ensure a future of reliable long-term access to the Sunrise Developed Area, White River Campground, and surrounding trails while maintaining the historic feel of the roadway. During the years of active construction (estimated to be 2027-2029), there will be travel and trailhead impacts in this area. We appreciate your patience as we work to preserve access and enjoyment for all to these beloved destinations.

A Fed Fox is a Dead Fox
Do not feed the wildlife.



White River Trails		Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
Owyhigh Lakes From the White River Road, climb steadily up the side of Tamanos Mountain through a 700-year-old forest to subalpine meadows and lakes.		Moderate, 7 miles, 3.5 hours	Trail starts two miles west of White River Entrance.
Summerland The trail ascends gradually for several miles then trail climbs steeply for another .5 mile before reaching the open subalpine meadows of Summerland.		Strenuous, 8.4 miles, 4 hours	Trail starts three miles west of White River Entrance.
Glacier Basin Following in the footsteps of climbers, this trail leads to subalpine meadows, surrounded by mountains, and a backcountry camp.		Strenuous, 6.5 miles, 6 hours	Trail starts in "D" loop of the White River Campground.
Emmons Moraine Turn off on the spur trail from the Glacier Basin Trail to view the massive Emmons Glacier, the largest by area in the lower 48 states, with Mount Rainier towering above.		Moderate, 3 miles, 3 hours	Trail starts off the Glacier Basin Trail.

Sunrise Trails		Scan QR code for map of Sunrise area trails.	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
Silver Forest This lovely stroll includes abundant wildflowers and breathtaking views of the White River Valley, Emmons Glacier, and Mount Rainier.			Easy, 1.6 miles, 1 hour	South of the parking lot.
Sourdough Ridge Trail to Dege Peak This hike leads east to spectacular views of the Cowlitz Chimneys and Mount Rainier, and in the distance Mount St. Helens, Mount Adams, Glacier Peak, and Mount Baker.			Moderate, 4.2 miles, 2.5 hours	From the Sunrise Nature Trail head east on the Sourdough Ridge Trail to the Dege Peak spur trail.
Berkeley Park Experience towering mountains, subalpine meadows, multiple cascading streams, and wildlife as you descend into this valley.			Strenuous, 7 miles, 5 hours	Start at the Sourdough Ridge Trail, north of the visitor center.
First Burroughs Mountain Following the top of this old lava flow ascend high onto First Burroughs Mountain, through an alpine tundra-like environment with unobscured views of Mount Rainier.			Strenuous, 4.8 miles, 3 hours	Start at the Sourdough Ridge Trail, north of the visitor center.

East: Ohanapecosh, SR 123, and SR 410

Ohanapecosh is closed for the 2026 season.

Ohanapecosh Campground Closure and Area Access



Hiker enjoying the Eastside Trail.

The Ohanapecosh Campground rehabilitation project will provide significant upgrades to this popular campground located in the southeast corner of the park. The work will rehabilitate the campground’s 185 campsites and nine bathrooms, replace the aging wastewater collection system, upgrade electrical and water systems, and support improvements to campground accessibility.

The Ohanapecosh Campground and all associated structures including the visitor center, bathrooms, picnic area, and amphitheater will remain closed to visitors for the duration of construction. The improved campground is projected to reopen to visitors in time for the 2027 camping season.

⚠️ Area Alerts

Grove of the Patriarchs Closure

Grove of the Patriarchs is CLOSED at the junction with Eastside Trail. The closure is due to flood damage to the suspension bridge. The Eastside Trail remains open.

For your safety, stay out of the closure area. Do not attempt to cross the river. Riverbanks are eroding, creating unstable slopes.



Waterfall Safety

Do not approach or jump in near waterfalls. Rocks along the river are slippery and the water is turbulent and dangerously cold.

Facilities and Services

Ohanapecosh and SR 123

Ohanapecosh Visitor Center
Closed in 2026 due to construction.

Ohanapecosh Campground
Closed in 2026 due to construction.

Restrooms and Picnic Area
Closed in 2026 due to construction.

SR 410 and Chinook Pass

Tipsoo Lake Picnic Area
Located off the main parking area.

Restrooms
Vault toilets located in the Tipsoo Lake main parking area.

Leave
No
Trace.



Protect plants and animals by staying on the trail. Minimize your impact by packing in and packing out trash.

Ohanapecosh and SR 123 Trails



Scan QR code for map of area trails.

Difficulty, Round-trip Distance, Hiking Time

Trailhead Location

Silver Falls Spot wildflowers while winding through 500-year-old trees to a waterfall. *This cannot be hiked as a loop. Parking is at the Grove of the Patriarchs.*

Easy, 1 mile, 40 minutes
New hike distance due to construction.

Grove of the Patriarchs parking lot.
Trailhead at Ohanapecosh is closed.

Hot Springs Look for the travertine mineral deposits created as geothermally heated water rises to the surface. *Parking is at at the Grove of the Patriarchs.*

Moderate, 5.9 miles, 3 hours
New hike distance due to construction.

Grove of the Patriarchs parking lot.
Trailhead at Ohanapecosh is closed.

Shriner Peak Fire Lookout One of the steepest trails in the park climbs through the forest to a historic fire lookout. There is no water and little shade along this trail.

Strenuous, 8.4 miles, 6 hours

Located on SR 123 north of the Stevens Canyon Road junction.

Laughingwater Creek Trail to Three Lakes Hike along Laughingwater Creek along this forested trail to three small lakes.

Strenuous, 12 miles, 6 hours

One mile north of Ohanapecosh on SR 123.

SR 410 and Chinook Pass Trails

Difficulty, Round-trip Distance, Hiking Time

Trailhead Location

Eastside Trail from Chinook Pass to Ohanapecosh There are many ways to hike this trail that leads through forest and past multiple waterfalls. The lower 6-mile section to Deer Creek is a pleasant walk, with only mild ups and downs. The upper 5-mile section from Deer Creek to Chinook Pass is steeper and more strenuous.

Moderate, 13.3 miles (one-way), 6 hours.
This trail is best done with two vehicles, one parked at each end of the trail.

Located at Chinook Pass on SR 410 on the east park boundary.

Crystal Lakes & Crystal Peak Wildflowers, fall colors, wildlife, and spectacular scenery are highlights of this trail. Crystal Lakes Trail switchbacks up to a glacier-carved basin, while the Crystal Peak spur trail winds up an adjacent high point.

Moderate, 6.3-7.6 miles, 3.5 hours

Located on SR 410 approximately 4 miles north of Cayuse Pass toward the north park boundary.

Tipsoo Lakes Wildflowers grow thick around these beautiful subalpine lakes. Take a short stroll around the lower lake, then cross the road to view the upper lake.

Easy, 0.7 miles, 15-30 minutes

Located on the east park boundary on SR 410

Naches Peak Branch off the Tipsoo Lake Trail to the Naches Peak Loop which features different flowers on the wetter west side and drier east side of the peak.

Moderate, 3.5 miles, 2 hours round-trip

This trail starts off the north side of Tipsoo Lake Trail.

Hiking and Backcountry



Keep Meadows Alive by Staying on Trails

Visitors come to Mount Rainier National Park for its world-famous subalpine meadows. In summer, meadows are filled with colorful displays of wildflowers during the short growing season. These subalpine plants live by thin margins, facing fierce competition for resources, enduring long winters and harsh conditions. But their greatest threat may be the millions of people coming to visit them.

Subalpine areas, such as Paradise and Sunrise, receive the impact of up to four million human feet per year (from two million annual visitors). It is not just your feet, but the cumulative daily effect of yours and many others that takes a serious toll on subalpine plants.

While we might like a Sound of Music meadow moment or the opportunity to capture the "perfect" selfie, popular areas can't survive the many people who wish to wander off trail. When you see something you want to capture on your camera, use your zoom function instead of stepping closer. Iconic views, wildlife, and wildflowers can be seen from on-trail, perhaps a little further up or a little further on. Travel off-trail is not necessary to make great memories.

Join Mount Rainier National Park in its mission to preserve and protect these precious subalpine meadows by staying on trail during your visit. Your actions will keep Mount Rainier's meadows beautiful.

Backcountry Safety



Carry the 10 Essentials

1. Map and compass
2. Sunglasses, sunscreen, and hat
3. Extra warm clothing, rain gear
4. Flashlight or head lamp with extra batteries
5. First aid supplies
6. Waterproof matches or lighter
7. Repair kit, tools for gear
8. Extra food
9. Extra water
10. Emergency shelter

and know how to use them!

Leave No Trace

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

There may be a **campfire ban** in effect. Ask a ranger.

Learn more at [Int.org](#).



Wise Water Use
You can help park water supplies last by conserving water during your visit. Make every drop count!



Cell service is not available in most parts of the park. Help preserve opportunities for solitude in busy areas. Try turning off your cell phone, or speaking quietly so as not to disturb others. Download maps, reservations and info prior to your visit.

Recreate Responsibly

at

Mount Rainier National Park

Know Before You Go

Check the weather, make a plan, leave your itinerary with someone at home, and pack accordingly. Don't forget the 10 Essentials. If you don't have the right gear — don't go.

Play It Safe

Know your limits, only attempt activities that are within your skill level, and be prepared to turn back if necessary to reduce the risk of injury. The mountain will always be here for you to explore.

Finding Your Way

Carry and know how to use a good map and compass, and actively use them. For best coverage beneath a forest canopy supplement your map and compass with an external-antenna GPS.

Pet Pals

Your leashed pets are welcome in campgrounds, parking lots, and on roads open to the public. Pets are not allowed on trails (service animals excepted).

Leave No Trace

No matter how you recreate at Mount Rainier, whether in the park's backcountry or on a day trip, pack out trash, do not feed or approach wildlife, and leave natural and cultural objects where you found them.

Preserve Meadows

Meadows are delicate and see increased visitation every year. Please stay on trails to protect these unique ecosystems.

Hazards of the Season

A beautiful day on the mountain can turn into dangerous whiteout conditions in a matter of minutes, even in summer. Knowing what to do and making the right decision can be the difference between life and death.



NPS / M ANDREWS

Winter snowpack may linger late into summer on the mountain with snow covering portions of trails into August. However, keep in mind that snow is not the only issue when it comes to safe backcountry travel.

Route-finding Challenges

Trails may be snow-free at lower elevations but anticipate and prepare for snow at higher elevations. Conditions change rapidly during the day and footprints in the snow quickly disappear. This has left many day hikers disoriented upon their return trip, expecting to simply follow their own tracks back to the snow-free trail. This results in many lost individuals, injuries, and fatalities. When route-finding, note important landmarks. If the trail becomes difficult to follow, stop and find where you are on the map before continuing.

Be Prepared

If at any point you feel uncomfortable or unprepared, turn around. If you plan on retracing your route back to the trailhead consider using wands on snow-covered trails. Always carry a good map and compass, and actively use them. For best coverage beneath a forest canopy supplement your map and compass with an external-antenna GPS.

Consider the steep snow slopes, melt holes, thinning snow bridges, and other early season hazards that you may encounter, and be honest with yourself in assessing your skills and experience.



Plan Ahead

- Protect yourself by wearing appropriate outdoor clothing including footwear.
- Be prepared for rapidly changing weather.
- Carry the Ten Essentials, even on short hikes.
- Tell someone of your travel plans so they can notify the park if you fail to return.
- If visibility is poor, do not travel at all.
- Plan your route ahead of time, have a backup plan, and never travel alone.

Snow Avalanches

The greatest danger is an avalanche that you trigger by skiing, snowboarding, snowshoeing, or climbing. Be prepared for travel in avalanche terrain. Carry a transceiver, probe, and shovel and know how to use them. Determine if the location you are traveling is avalanche prone. If in doubt, ask questions or don't go. Unstable snow may slide at any time, not just in winter! Even small avalanches can be deadly.

Mountain Weather Changes Rapidly and Unpredictably

A pleasant outing can quickly transform into a survival ordeal. Proper gear (adequate boots, ice axe, the Ten Essentials, etc.) is a must. Navigation in storms and whiteouts can be extremely difficult. If you're ascending and clouds or fog start rolling in, turn around and head back to the trailhead. If that's not possible, stop, dig in, and wait for better weather.

Cross Streams Safely

Many hikers underestimate the power of moving water and some assume that safely crossing a stream on the way in means it will be equally safe on the way out. This may not be true. Use these pointers in making wise decisions when crossing streams.

- Early morning when river levels are usually at their lowest is the best time to cross.
- Look for an area with a smooth bottom and slow-moving water below knee height.
- Before crossing, scout downstream for log jams, waterfalls, and other hazards. 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. Try to look forward if possible.



Learn more at a Wilderness Information Center or visitor center, or by exploring the park website nps.gov/mora.

Mount Rainier is 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 are designed to provide days or weeks of advance warning of impending eruptions. Other geologic hazards, however, can occur with little warning. These include debris flows and deadly 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.

Geohazard Zone

In case of earthquake (or prolonged rumbling noise)

Go to Higher Ground!!

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 up valley—often described as the sound made by a fast-moving freight train—move quickly to higher ground! A location 200 feet or more above river level should be safe.



Detailed information is available at visitor centers or from scientists at the USGS Cascades Volcano Observatory, visit usgs.gov/cascades-volcano-observatory

Never Feed Wild Animals



Mount Rainier provides habitat for many species of animals. When you visit the park, you are visiting their home. The choices you make have a direct effect on the wild animals that live here.

Help keep park wildlife wild

- Do not feed animals, including birds.
- Store food in an animal-proof container, or inside your car.
- Do not leave food, beverages, pet food, or toiletries unattended for any length of time - animals are quick!
- Clean up picnic areas after you eat.

Feeding wildlife harms animals

- Food attracts jays and ravens which can lead to a decrease in songbirds.
- Wildlife approach crowded areas looking for food, and get hit by cars.
- Our food can damage a wild animal's health, even if it seems good for us.
- Animals may **bite** once they see you as source of food.

Take the Mount Rainier Pledge

I pledge to:

Protect Mount Rainier’s meadows and lakes by staying on trails while hiking in meadows and around lakes.
A step onto a meadow damages an average of 17 plants that will take years to recover.

Never take my pets on trails or meadows.
Pets are not permitted on trails. They are only permitted in campgrounds, parking lots, and roads open for travel. Pets must be on leashes under six feet long.

Respect the land and all that is connected to it as the original stewards of this land did and their descendants continue to do today.

Welcome all people I encounter during my visit.

Leave No Trace of my visit.
Plan ahead and prepare, dispose of waste properly, and leave flowers to grow.

Keep Wildlife Wild by not feeding or approaching animals.
Feeding wildlife can be as direct as offering a bit of your lunch, or as indirect as leaving your food or garbage for animals to find.

Stay safe during my visit by keeping safety in mind.
Watch for changes in weather and conditions. Know your limits while exploring Mount Rainier’s trails and backcountry.

NPS



Left to right, Volunteer Rangers Marty, Norma, and Rick, and Ranger Brekyn



Experience Mount Rainier as a Volunteer Ranger

As you visit Mount Rainier, keep your eyes open for people wearing hats, shirts, and jackets with a “volunteer” logo. You’ll see volunteers working in the visitor centers and assisting visitors in the meadows. Even more are busy behind the scenes, organizing the park’s historic photos or taking care of plants in our greenhouse.

Last year, 1,653 people worked in partnership with the National Park Service, contributing a total of 59,110 hours protecting the natural and cultural resources of Mount Rainier and serving its visitors. These invaluable partners help us accomplish far more than we could have alone.

Have you ever dreamed of being a park ranger? You can—for a day, a summer, or on winter weekends as your schedule permits.



Ask how you can become part of our team! nps.gov/mora/getinvolved/volunteer.htm

Park Partners



Discover Your Northwest Books Support Mount Rainier National Park

Remember your visit with a purchase from a park book store. Keepsakes such as postcards, magnets, stuffed animals, games, and books are available. Every purchase supports Mount Rainier National Park through Discover Your Northwest.

Look for book stores in the Sunrise Visitor Center, the Longmire Museum, and in a section of the Paradise Visitor Center Gift Shop. You can purchase items online at discovernw.org.



Support Your Park at Discover Your Northwest



WASHINGTON'S NATIONAL PARK FUND

Show Your Love for Washington's National Parks

Washington’s National Park Fund (WNPF) makes it easy for people who love Mount Rainier National Park to give back to this special place.

WNPF is the only partner providing philanthropic support exclusively to Mount Rainier, North Cascades, and Olympic National Parks. Your support helps fund priority projects that advance science and research, improve visitors’ experiences, expand volunteerism and stewardship, and provide

for youth and family programs. Here at Mount Rainier, WNPF provides support for almost 2,000 volunteers, whose efforts are valued at more than \$2 million!



There are lots of ways to give. Whether you purchase a Washington National Parks license plate for your vehicle, participate in a WNPF event, include WNPF in your estate plans, or give monthly, it all adds up and makes a difference.

Learn more by visiting WNPF’s website at [WNPF.org](https://wnpf.org), emailing fund@wnpf.org, or following WNPF @WANatlParkFund on social media.



Visit Washington’s National Park Fund



WASHINGTON'S NATIONAL PARK FUND

Washington’s National Park Fund
wnpf.org



Mount Rainier National Park Volunteers
go.nps.gov/MORAVIP



Washington Trails Association
wta.org



Discover Your Northwest
discovernw.org



Visit Rainier
visitrainier.com



Mount Rainier National Park Associates
mrnpa.org



Mount Rainier Institute
packforest.org/mtrainierinstitute