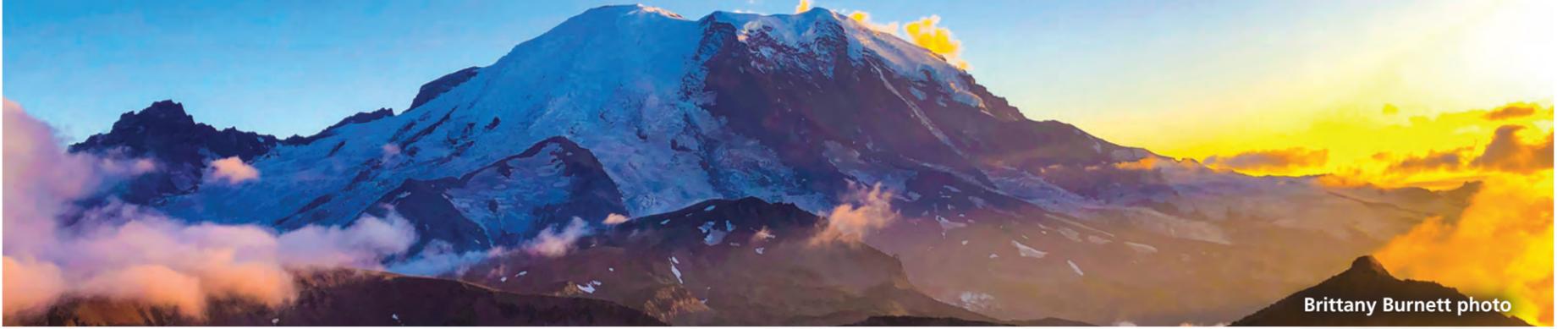
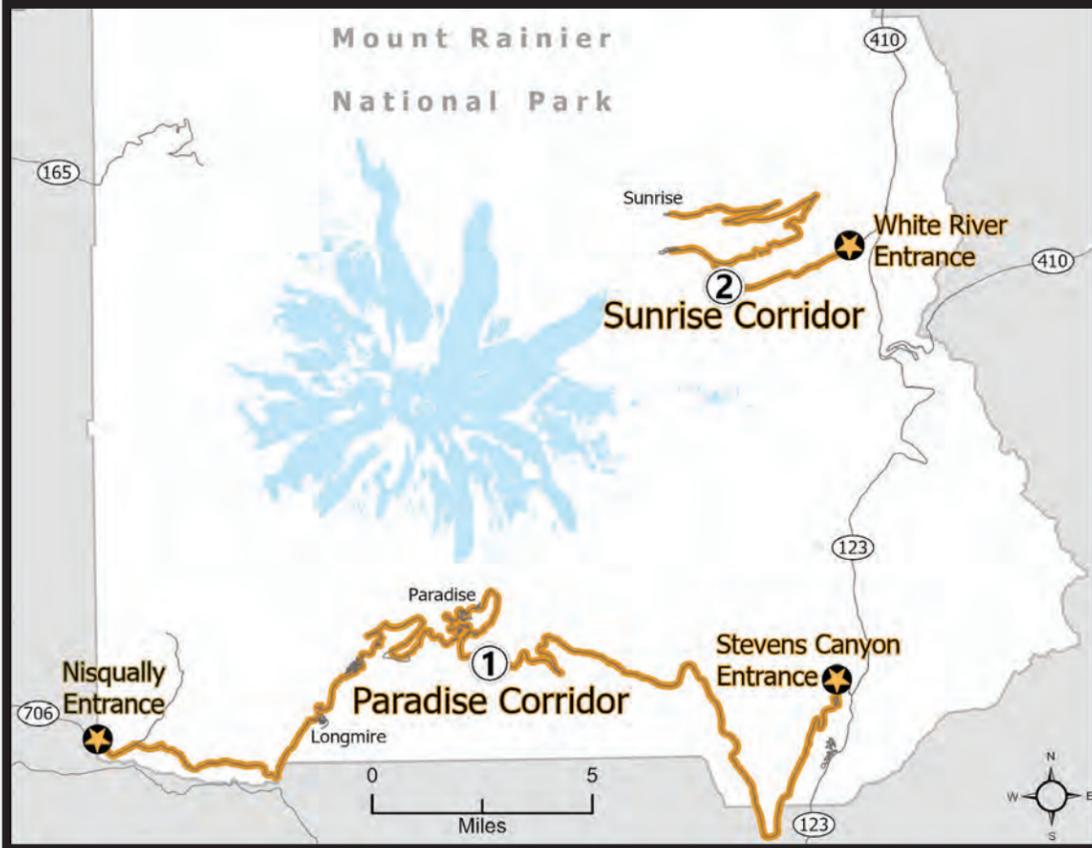


Tahoma News



Brittany Burnett photo

Timed Entry Reservation Corridors



(1) Paradise Corridor - Nisqually Entrance to Stevens Canyon Entrance
Timed Entry Reservations are required to enter the Paradise Corridor through September 2 between 7 am and 3 pm.

(2) Sunrise Corridor - White River Entrance to Sunrise
Timed Entry Reservations are required to enter the Sunrise Corridor July 4 through September 2 between 7 am and 3 pm.

Paradise and Sunrise Corridors Timed Entry Reservations

Beginning May 24th, the park is piloting a timed entry reservation system in the two most heavily visited corridors in the park. The pilot is projected to reduce wait times at entrance stations, reduce road and trail congestion, reduce impacts to fragile subalpine meadows, and improve parking options at popular destinations such as Paradise and Sunrise. This will lead to a better visitor experience – more time enjoying the park, less time in cars waiting in line or searching for parking.

To enter these areas between 7 am and 3 pm a reservation must be made in advance. Reservations are not required before 7 am and after 3 pm. The reservation permits entry into the corridor specified during a two hour time period. Once the reservation is validated at the entrance the holder may exit and reenter the same corridor throughout the rest of the day. Next-day reservations will be released starting at 7 pm Pacific Time daily.

A timed entry reservation for the Paradise Corridor is not needed if you have a reservation for the Paradise Inn, National Park Inn, or Cougar Rock Campground, if entering after 1 pm on the day of arrival. Visitors with a wilderness permit can enter the park without a timed entry reservation the day of or day before their permit starts.

Where can you visit without a reservation?

- Trails and destinations along SR 410 and SR 123 on the east side of the park.
- Ohanapecosh, including the visitor center and campground, in the southeast corner of the park.
- Tipsoo Lake on the eastern border of the park along SR 410.
- Carbon River, including the Carbon River Ranger Station, and Mowich Lake in the northwest corner of the park along SR 165.
- Nearby Forest Service lands.

 Scan the QR code or call 877-444-6777 (7 am–9 pm PT) to make a reservation. recreation.gov/timed-entry/10101917



1899 - 2024
Celebrating 125 years of Mount Rainier National Park and Tribal stewardship since time immemorial.

Land Acknowledgement

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.



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 Drone Zone!

Drones are not allowed anywhere in Mount Rainier National Park. This includes launching, landing, and operating drones.



Protect Fragile Vegetation

Hike only on maintained trails or thick patches of snow.



Gas is not available inside the park.



Electric vehicle charging is available at Longmire National Park Inn and Paradise.

What You Need to Know



How Far Is It?	One Way Driving Times & Distances	
Road	Distance	Time
Longmire to Paradise	12 miles	25 min
Stevens Canyon Rd: Paradise to Ohanapecosh	23 miles	45 min
Ohanapecosh to White River Entrance	18 miles	30 min
White River Entrance to Sunrise	13 miles	45 min
White River Entrance to Carbon River via Enumclaw	61 miles	2 hrs
Longmire to Carbon River via Eatonville/Orting	80 miles	2.5 hrs
Longmire to Mowich Lake via Eatonville/Orting	89 miles	3 hrs

Get the Most Out of Your Visit

Visiting for a few hours or a day? Here are some tips to help you get the most out of your visit. You can help protect meadows and forest vegetation by staying on trails.

Half Day in the Park?

- Drive to Sunrise for a picnic, a short hike to Emmons Vista, and outstanding mountain and glacier views. Download the National Park Service App (NPS APP) and listen to the Sunrise Road Geology Audio tour along the way. Stop at the parking area inside the White River Entrance for data service to download.
- Visit Chinook Pass and Tipsoo Lake for a hike around the lake through subalpine meadows.
- Hike two miles round-trip along the Ohanapecosh River from the Ohanapecosh Campground to view Silver Falls.
- Explore Longmire's historic district and hike the Trail of the Shadows.
- Hike Nisqually Vista or Myrtle Falls trails at Paradise and enjoy a picnic with a view!
- 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, Hot Springs Trail at Ohanapecosh, and Sunrise Rim at Sunrise.

One Day in the Park?

- 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 lake's surface. Then hike up to Bench and Snow lakes for a moderate hike.
- Take a geology tour along the south side of the park. Stops include (west to east) Westside Road, Kautz Creek, Glacier Bridge, Ricksecker Point, Inspiration Point, Box Canyon, and viewpoints along the way.
- Spend the day hiking the trails through subalpine meadows at Sunrise or Paradise.
- Hike a section of the 93-mile Wonderland Trail that encircles the mountain. Many people hike this trail in sections. Try hiking from Sunrise to White River, or Longmire to Narada Falls or on to Reflection Lakes. All require a vehicle at each trailhead.
- Take a drive up the dirt road to Mowich Lake to see the park's deepest lake surrounded by wildflowers in summer, followed by a hike to Spray Park for mountain views.
- Hike to a historic fire lookout for great views of the mountain and surrounding area.

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
Ohanapecosh Visitor Center
Sunrise Visitor Center

Website
nps.gov/mora

@MountRainierNPS



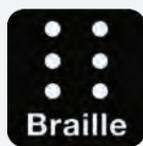
Accessibility: Parks for All

Most restrooms, visitor centers, picnic areas, amphitheaters, and designated campsites are accessible or accessible with help by wheelchair. Accessible lodging is available inside the park and in local communities.

The Kautz Creek Boardwalk Nature Trail is wheelchair accessible with assistance when snow-free. An accessible trail leads to the base of Paradise Meadows; a portion of the trails at Paradise are wheelchair accessible with help.



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 are not service animals under ADA, and are considered pets.



Borrow a Braille Park Map at park visitor centers

and entrance stations. Relief map models in Sunrise and Paradise visitor centers and the Longmire Wilderness Information Center have Braille text and tactile features.



Download the NPS App

Search for Mount Rainier National Park and download content for offline use for accessibility features such as audio description.



Audio Described Exhibits are available at

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



Accessibility Online Find additional

accessibility information for people with disabilities on the Accessibility pages of the park website.



Borrow a Wheelchair

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



UniDescription App This app

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

Emergency? See a ranger or dial 911.

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

Wildlife Safety

Give animals room. The best way to stay safe when watching wildlife is to give animals room to move. Stay a minimum distance of 25 yards from most wildlife and 100 yards from predators like bears.

Pets and Service Animals

During hot weather do not leave pets in vehicles.

Pets are not allowed in buildings, 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. They must be on leashes no longer than six feet.

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 are not service animals under ADA, but are considered pets.

Mercury in Park Lakes

Research studies have shown mercury is present in some trout in a few park lakes. Check the Washington Department of Health website <http://www.doh.wa.gov/> for information on fish consumption.

Tree Hazards

Healthy trees with no defects can present a danger under certain conditions. Stay alert for falling limbs and cones on windy days, and avoid forested areas during storms when possible. Sudden gusts can do great damage to trees—as well as anything in range of falling debris.

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.

Protect the Meadows: Stay on trails. Leave all wildflowers for everyone to enjoy.

Bikes in the Park

Bicycle only on roads, not on trails. Mountain bikes are permitted on Westside Road and Carbon River Road, but not on trails.

Don't Be A Victim!

Burglaries have occurred at numerous trailheads and parking areas in the park. Those responsible for the crimes were investigated, arrested by Mount Rainier rangers and National Park Service special agents, and convicted in court. However, these convictions will not necessarily end the problem of car burglaries in the park.

Follow these simple guidelines to avoid becoming a victim of future break-ins:

- Do not leave any valuables in your vehicle, even for a short time.
- Do not leave bags, packs, or purses that look like they could contain valuables 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

Campfires are only permitted in established grills in campgrounds and picnic areas. Campfires are not permitted in Mount Rainier's backcountry. Collecting firewood is prohibited.

Firewood sales are available in the park at the Longmire General Store and at Cougar Rock, Ohanapecosh, and White River campgrounds.

Firewood: Buy It Where You Burn It

Washington forests are in jeopardy from the transportation of invasive insects and diseases in firewood. New infestations of tree-killing insects and diseases are often first found in campgrounds and parks.

Buy firewood near where you will burn it—that means the wood was cut within 50 miles of where you will have your fire. Never bring wood from home, even if you think the firewood looks fine. Aged or seasoned wood is still not safe.

Permits

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

Camping

Camp in designated campsites only. **Sleeping in vehicles outside of campgrounds is not permitted.**

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 on-site 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.

Please Note: Those wishing to climb above 10,000 feet or on glaciers must pay the annual climbing fee AND get a climbing permit. 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 your annual climbing fee through pay.gov; keep your receipt and print or save it on your phone to serve as proof of payment; and 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

Food & Lodging

Inside Mount Rainier National Park



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

Outside Mount Rainier National Park

Gas, lodging, dining, recreation equipment rentals, and other services are available in local communities.

Drive-in Campgrounds Open/Close dates subject to change.

Campground	Open Dates	Elev.	Sites	Group Sites	Toilets	Dump Station	Maximum RV/Trailer Length
Cougar Rock*	May 24 - Oct. 8	3,180'	175	5	Flush	Closed	RV 35'/Trailer 27'
Ohanapecosh*	June 14 - Oct. 8	1,914'	138	2	Flush	No	RV 32'/Trailer 27'
White River	June 21 - Sept. 23	4,232'	88	0	Flush	No	RV 27'/Trailer 18'
Mowich Lake	Primitive walk-in campground, tents only. 10 sites. No fee (must self-register at campground kiosk). Vault toilets, <i>no potable water</i> . No fires allowed. Elevation 4,929'; generally open July through early October, depending on road and weather conditions. Call 360-829-9639 for information.						

***Advance reservations are recommended for individual sites at Cougar Rock and Ohanapecosh Campgrounds from June 15 through the night of September 2. These can be made up to six months in advance. Reservations for group sites are recommended and are available throughout the season. These can be made up to one year in advance. To make a reservation online, go to www.recreation.gov or call 877-444-6777.**

Paradise Corridor: Longmire to Stevens Canyon

Timed Entry Advance Reservations are required* through September 2 for the Paradise Corridor, between 7 am and 3 pm.

Facilities and Services

Longmire

Longmire Museum Exhibits and Information

Longmire Wilderness Information Center Information and Wilderness Permits

Carbon River Ranger Station Information and Permits

Picnic Area Located next to the Gift Shop

Restrooms Located next to the Museum

National Park Inn Gift Shop, Food, Lodging

Cougar Rock Campground and Picnic Area Located northeast of Longmire on Nisqually Road. The number of campsites available may be reduced due to hazard trees and mitigation efforts.

Paradise

Visitor Center Exhibits, Information, Programs, Restrooms, Water Fountain, Deli, 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, Wilderness Permits

Picnic Area Located below and across the road from the lower parking lot.

Stevens Canyon

Box Canyon Restrooms, Interpretive Trail, Water Fountain, Picnic Area

Grove of the Patriarchs The Grove of the Patriarchs Trail is closed, but the restrooms, parking lot, water fountain, and access to the Eastside Trail are open.

Nisqually Corridor Timed Entry Reservation Area



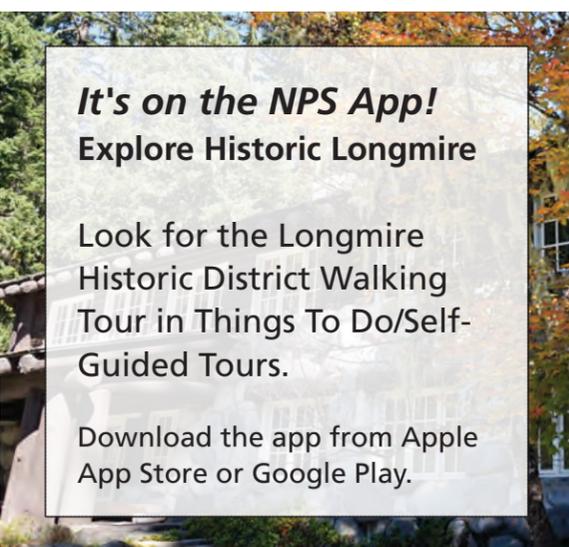
Paradise Corridor timed entry reservations are required between 7 am and 3 pm, May 24 through September 2, 2024. A Paradise Corridor timed entry reservation includes vehicle access to Paradise, Longmire, and Stevens Canyon.

Paradise Corridor timed entry reservations can be used at either the Nisqually Entrance or the Stevens Canyon Entrance. Arrive at either the Nisqually Entrance on SR 706 or the Stevens Canyon Entrance off SR 123 before 7 am or after 3 pm to access the Paradise Corridor without a reservation.

* A timed entry reservation for the Paradise Corridor is not needed if you have a reservation for the Paradise Inn, National Park Inn, or Cougar Rock Campground, if you enter after 1 pm on the first day of arrival. Visitors with a wilderness permit can enter without a timed entry reservation the day of or the day before their permit starts.

Timed entry reservations for the Paradise Corridor do not provide access to the Sunrise Corridor.

See Page 1 for more information.



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. 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.

Hazard Trees and Campgrounds

Hazard tree mitigation operations are ongoing, requiring closure of campground sites and loops throughout the park. Treatment of hazard trees is for the safety of all who enter these areas.



NPS photo

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. For great views of lava layers, glaciers, and deep glacial canyons, stop at the viewpoints along Ricksecker Road, between Longmire and Paradise.

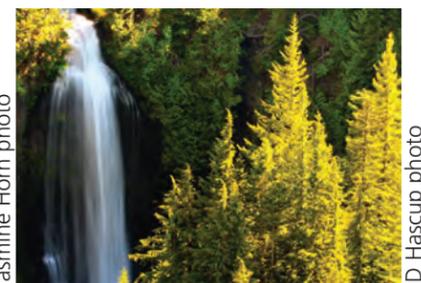


Jasmine Horn photo

Paradise

Besides glaciers, rivers, and forests, this area is rich in history, offers plenty of hiking, and has breathtaking vistas and a stunning profusion of wildflowers. Avoid crowds and traffic by visiting early or late in the day, or by visiting mid-week. Enjoy the meadows, take in a view of the mountain, or hike the trails.

A network of hiking trails access outstanding wildflower meadows, 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. Take lots of water and sunscreen!



JD Hascup photo

Stevens Canyon

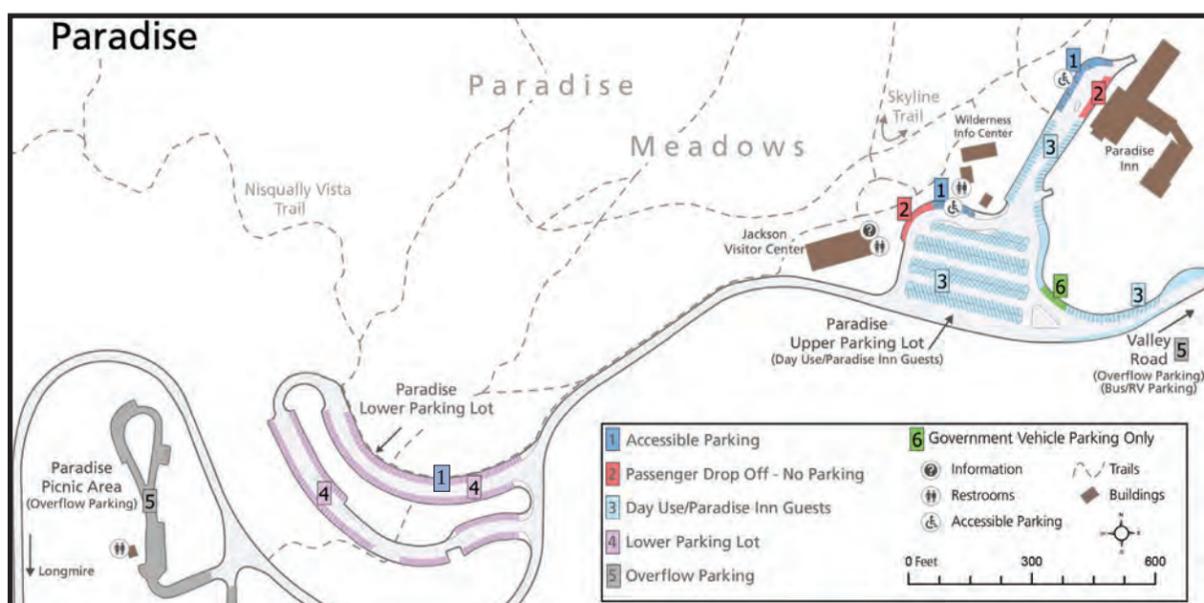
A trip through Stevens Canyon, in the south east area of the park, offers dramatic views of this canyon that was formed by fire and ice. During the summer, watch for brightly colored wildflowers along the roads and cliffs. Later in the year, enjoy the magnificent fall colors of huckleberries, vine maples, and mountain ash. Stop in a pullout for a view of Martha Falls that picturesquely plunges 125 feet over an andesite cliff, or 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—maybe you'll be lucky enough to see Mount Rainier reflected in its waters. 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.

Emergency? See a ranger or dial 911.

Longmire 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 trails in the area or in any off-trail areas.	Moderate, 26 miles, 30 minutes to a full day.	One mile northeast of the Nisqually Entrance.
Twin Firs Trail This short loop trail climbs through some of the best examples of the immense Douglas-fir trees.	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 passing 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 The steep climb up the 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 Eagle Peak offers panoramic views of the Nisqually Valley and Mount Rainier. The lower portions of the trail climb steeply through old-growth forest.	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	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	Narada Falls parking is located south of the Paradise and Stevens Canyon roads junction.

Stevens Canyon 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. This trail can also be accessed from the north off SR 410 at Deer Creek and south off SR 123 from the Laughingwater Creek Trail and Ohanapecosh.	Moderate, 13.3 miles, 6 hours one-way. This trail is best done with two vehicles, one parked at each end of the trail.	Just north of the Stevens Canyon Entrance Station on Stevens Canyon Road.
Grove of the Patriarchs 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 restrooms are open.		



Sunrise Corridor: White River to Sunrise

Timed Entry Advance Reservations are required* through September 2 for the Sunrise Corridor, between 7 am and 3 pm.



JD Hascup photo

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, Wilderness Permits, Information

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

Sunrise

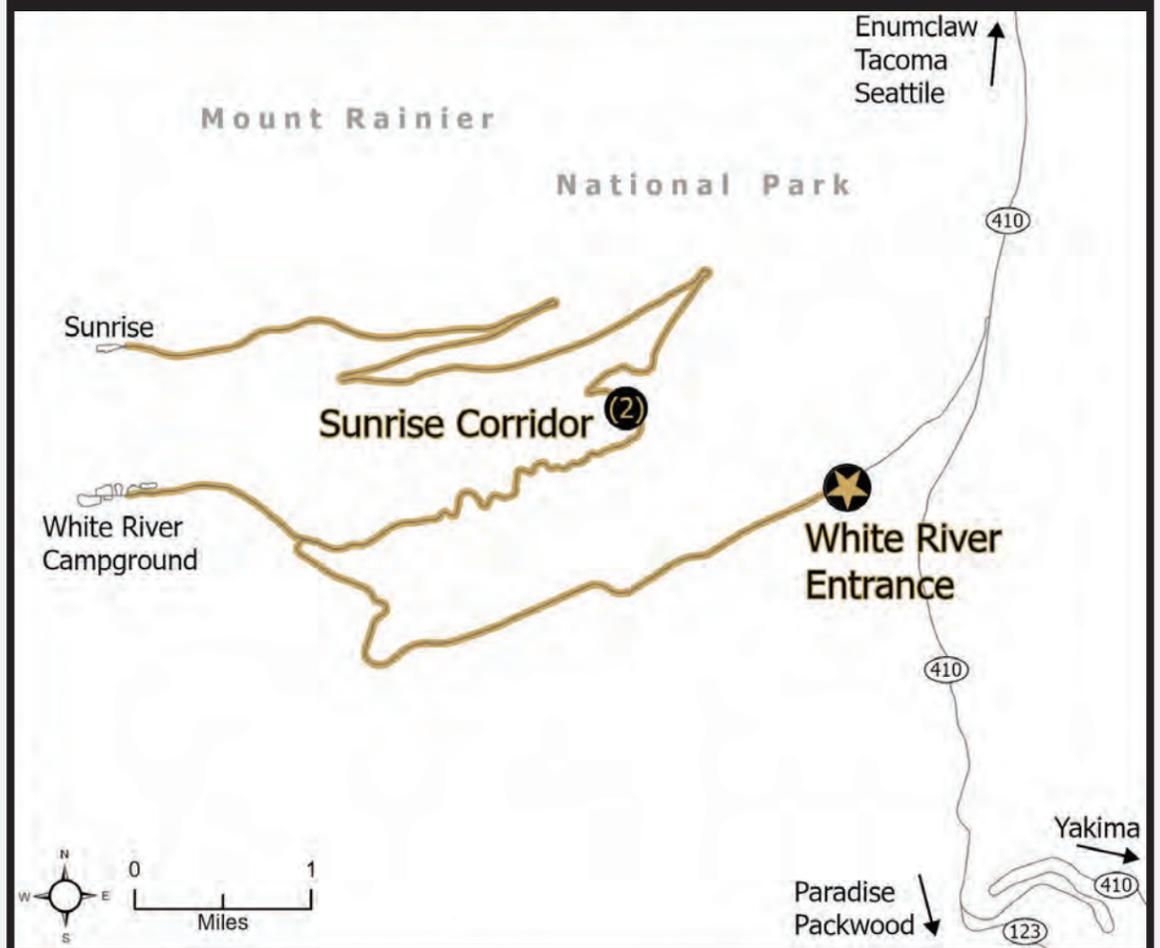
Visitor Center Exhibits, Information, Programs, Book Shop

Restrooms Located at the top of the parking lot, next to the visitor center.

Day Lodge Gift Shop, Dining, Grab and Go Meals, Deli and Grill

Picnic Area Located north of the visitor center.

Sunrise Corridor Timed Entry Reservation Area



Sunrise Corridor timed entry reservations are required between 7 am and 3 pm, July 4 through September 2, 2024.

The Sunrise Corridor timed entry reservation includes all vehicle access to the White River-Sunrise Corridor, beginning at the White River Entrance off SR 410 to the road end at Sunrise.

Sunrise Corridor reservations can be used only at the White River Entrance.

* Visitors with a wilderness permit for trails in the Sunrise Corridor can enter without a timed entry reservation the day of or the day before their permit starts.

Arrive at the White River Entrance off SR 410 before 7 am or after 3 pm to access the Sunrise Corridor without a reservation.

A timed entry reservation for the Sunrise Corridor is required to access the White River Campground, during the hours of 7 am – 3 pm, July 4 through September 2.

Timed entry reservations for the Sunrise Corridor do not provide access to Paradise Corridor locations.

See Page 1 for more information.

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	The 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	The 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	This 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	This trail starts off the Glacier Basin Trail.

Sunrise 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

Timed Entry Advance Reservations are *not* required at Ohanapecosh, Chinook Pass, or on SR 410 and SR 123 trails.



Eastside Trail
Chris Roundtee photo



NPS photo

Ohanapecosh, SR 123, & SR 410

Ohanapecosh, in the park's southeast corner, lies deep in the old-growth forest. Spend the night among the big trees in the Ohanapecosh Campground or hike one of the many trails through old-growth forest. The most family-friendly campground in the park features big trees, creeks, and the Ohanapecosh River. From the visitor center and campground, trails follow the Ohanapecosh River past hot springs and shaded streams to the roaring cascade of Silver Falls. Strong hikers will enjoy the incredible view from the Shriner Peak fire lookout, east of SR 123. Along SR 410, a trail leads strong hikers up to the scenic Crystal Lakes basin, and the Tipsoo Lake area near Chinook Pass provides a picnic area with views of the lake and lush meadows.

Facilities and Services

Ohanapecosh and SR 123

Ohanapecosh Visitor Center Information, Exhibits, Restrooms, Books, Programs

Ohanapecosh Campground Located on SR 123 in the southwest corner of the park. The number of campsites available may be reduced due to hazard trees and mitigation efforts.

Restrooms Located adjacent to the visitor center and in campground loops.

Picnic Area Located across from the Ohanapecosh Visitor Center.

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.

⚠️ 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. 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.

Hazard Trees and Campgrounds

Hazard tree mitigation operations are ongoing, requiring closure of campground sites and loops throughout the park. Treatment of hazard trees is for the safety of all who enter these areas.

Waterfall Safety

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

**It's on the NPS App!
Freshwater Fishing**

Learn about fishing inside the park on the NPS App.

Don't have the app? Download at White River Entrance parking area or Paradise. Cell service is not available at Ohanapecosh.

Ohanapecosh and SR 123 Trails	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
Silver Falls This loop trail winds among 500 year old trees along both sides of the Ohanapecosh River. Look for forest wildflowers and mushrooms along the way.	Moderate, 3 miles, 2 hours	Northeast end of Ohanapecosh Campground Loop B.
Hot Springs As you walk along this kid-friendly loop, look for the travertine mineral deposits created as geothermally heated water rises to the surface.	Easy, 0.4 miles, 20 minutes	Behind the Ohanapecosh Visitor Center.
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 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.	Off SR 4 miles north of Cayuse Pass on SR 410.
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 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 border of the park 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.

Northwest: Carbon River and Mowich Lake

Timed Entry Advance Reservations are **not required** at Carbon River and Mowich Lake.



NPS photo

Carbon River and Mowich Lake

Located on the “quiet side” of the park, the Carbon River valley showcases ancient forests, deep valleys, waterfalls, and a dynamic, flood-prone river that flows from the Carbon Glacier, the lowest-elevation glacier in the contiguous United States. Or follow SR 165 to Mowich Lake, the park’s largest and deepest lake. Look for colorful subalpine wildflowers along its shores. From the picnic area at road’s end, trails lead to subalpine lakes and flower-strewn meadows. Amazing views of the park’s wilderness are your reward for hiking to Tolmie Peak fire lookout.



Carbon River near Chenuis Falls
JD Hascup photo

Facilities and Services

Carbon River

Carbon River Ranger Station Information and Permits

Carbon River Entrance Parking, picnic tables, restrooms

Ipsut Creek Backcountry Campground

Five miles past Carbon River Entrance. Wilderness Camping Permit required.

Mowich Lake

Paul Peak Restrooms, Picnic Tables

Mowich Lake Walk-in Campground

Wilderness Camping Permit required.



It's on the NPS App! Bicycling at Mount Rainier

Learn about bicycling in the park in the Things To Do section of the NPS App.

Don't have the app? Download it from the Apple App Store or Google Play.

Carbon River Trails	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
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Carbon River Trails: All trails listed in this section begin at the Carbon River Entrance; round-trip distances and hiking times are calculated from this location. Be aware that the trail surface varies from dirt to rock and can be challenging for novice bicycle riders. Bicycles are not permitted on any trails originating from the Carbon River Road.

Carbon River Rainforest Trail Discover a unique inland rainforest among old-growth forest.	Easy, 0.25 mile slight incline on varying tread & wood plank boardwalk, 30 minutes	Carbon River Entrance
Old Mine Trail This trail takes hikers through the temperate rainforest of the Carbon River area, and leads you to remnants of the past.	Moderate, 2.9 miles, 2 hours	Carbon River Entrance
Carbon River Trail Hike or bike the trail through this rainforest environment. Be prepared to navigate around trail washouts. Bicycles are not permitted on any other trails in the area or in any off-trail areas.	Easy, 10 miles, 4 hours. Smooth to rocky tread.	Carbon River Entrance
Chenuis Falls Enjoy this trail that leads across the Carbon River on a footlog to the gently cascading Chenuis Falls.	Moderate, 7.8 miles, 2.5 hours. Rocky terrain and footbridge crossing the river.	3.7 miles past the trailhead
Green Lake This trail ascends through old-growth forest to a beautiful, clear lake. Follow the short side trail to Ranger Falls.	Moderate, 10 miles, 4 hours	3.2 miles from the entrance

Mowich Lake Trails	Difficulty, Round-trip Distance, Hiking Time	Trailhead Location
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Tolmie Peak Fire Lookout Hike to a historic fire lookout for spectacular panoramic views Mount Rainier and the surrounding areas.	Moderate, 5.6 miles, 3 hours	The trail begins 5.5 miles from the park boundary.
Spray Park Beautiful subalpine meadows with views of Mount Rainier. Take the 0.25-mile spur to Spray Falls.	Moderate, 6 miles, 4 hours	The trail begins on the west side of the Mowich Lake Campground.

Park Partners

 <p>Washington's National Park Fund wnpf.org</p>	 <p>Mount Rainier National Park Volunteers https://go.nps.gov/MORAVIP</p>	 <p>Washington Trails Association wta.org</p>	 <p>Discover Your Northwest discovernw.org</p>	 <p>Visit Rainier visitrainier.com</p>	 <p>Mount Rainier National Park Associates mrnpa.org</p>	 <p>Mount Rainier Institute packforest.org/ mtrainierinstitute/</p>
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Be a Mount Rainier National Park Champion!



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 collection of historic photos and taking care of plants in our greenhouse.

Last year, 1,847 people worked in partnership with the National Park Service, contributing a total of 69,008 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 still can—for a day, for a summer, or on winter weekends as your schedule permits. Opportunities abound. Ask how you can become part of our team!

nps.gov/mora/getinvolved/volunteer.htm



Become a Mount Rainier Volunteer!



WASHINGTON'S
NATIONAL
PARK FUND

Show Some 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 (follow QR code), emailing fund@wnpf.org, or following WNPF on social media @WANatlParkFund.



Support Mount Rainier National Park!



Mount Rainier Pledge

You can help safeguard this place, and these resources and intrinsic values by taking the Mount Rainier Pledge.

Mount Rainier National Park was created to protect and preserve unimpaired iconic Mount Rainier, along with its natural and cultural resources, values, and dynamic processes.

The park provides opportunities for people to experience, understand, and care for the park environment, and provides for wilderness experiences while sustaining wilderness values.

Be a Park Champion by sharing #RainierPledge. Find the Pledge at nps.gov/mora/planyourvisit/mount-rainier-pledge.htm.



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. One 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 on roads open for travel and must be on leashes no longer than six feet.

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 regardless of their identities or abilities.

Leave No Trace of my visit. Planning ahead and being prepared, disposing of waste properly, and leaving what you find, are just a few ways you can Leave No Trace.

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 when exploring Mount Rainier’s trails and backcountry.”



Discover Your Northwest Book Sales 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 Ohanapecosh and Sunrise visitor centers, the Longmire Museum, and in a section of the Paradise Visitor Center Gift Shop.

You can also purchase items online at discovernw.org.



Purchase a Book, Support Your Park!



Cellular service is not available in most of the park.

Help preserve opportunities for solitude, especially at busy locations. Try turning off your cell phone, or speaking quietly so as not to disturb others.

It's on the NPS App! Sunrise Geology Tour

Follow the tour to explore the geology of the Sunrise area with USGS geologists.

Don't have the app? Cellular data is normally accessible at the White River Entrance parking area.

Protect Yourself and the Park



Paradise Meadows
Steve Redman

Protect The Meadows by Staying on Trails!

Many visitors come to Mount Rainier National Park because of its world-famous subalpine meadows. In summer, meadows are filled with colorful displays of wildflowers, which bloom profusely during the short growing season. These subalpine plants live by thin margins, facing fierce competition for resources and enduring long winters and harsh conditions. After surviving all this, their greatest threat may be the millions of visitors coming to appreciate them.

Subalpine areas, such as Paradise and Sunrise, receive the pressure and impact of up to four million human feet per year (the park has approximately two million visitors annually), much of it concentrated within the same visitation corridors. 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 all might like a "Sound of Music" meadow moment or the opportunity to capture the "perfect" selfie, these popular areas cannot accommodate the desires of the many who wish to wander off the trail. When you see something you want to capture on your camera remember to use your zoom function instead of stepping closer. The iconic views, the wildlife, and wildflowers can usually be seen from on-trail too, perhaps a little further up or a little further on. Travel off-trail is not necessary to make great memories here.

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 healthy and scenic into the future.

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 do not 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.

Classic Backcountry Practices



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

1. Map and compass
2. Sunglasses, sunscreen, and hat
3. Extra clothing (warm!) and rain gear
4. Flashlight or head lamp (extra batteries)
5. First aid supplies *including hand sanitizer and masks as appropriate*
6. Waterproof matches or lighter
7. Repair kit and tools (for gear)
8. Extra food
9. Extra water
10. Emergency shelter

Leave No Trace

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

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

Learn more at lnt.org.



Before Stepping off the Trail...



... consider this: each step into a meadow crushes an average of 17 plants!

When exploring Mount Rainier's fragile meadows, hike only on maintained trails or thick patches of snow.

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.

Winter snowpack may linger late into summer on the mountain with snow potentially 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 a short sightseeing hike.
- Always 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

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.

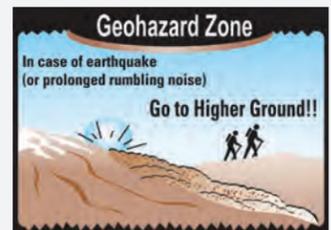
- Attending training in safe stream crossings is recommended.
- Early morning when river levels are generally at their lowest is the best time to cross.
- Look for an area with a smooth bottom and slow-moving water below knee height.
- Before crossing, scout downstream for log jams, waterfalls, and other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



Learn more at a Wilderness Information Center or visitor center, or by exploring the park website [nps.gov/mora](https://www.nps.gov/mora).



Silver Falls
Brittany Burnett photo



Mount Rainier: An Active Volcano

Active steam vents, periodic earth tremors, and historic eruptions provide evidence that Mount Rainier is sleeping, not dead. Seismic monitoring stations around the mountain should provide days or weeks of advance warning of impending eruptions. Other geologic hazards, however, can occur with little warning. These include debris flows and rockfalls.

The more time you spend in an area with geologic hazards, the greater the chance that you could be involved in an emergency event. While most people consider the danger to be relatively low, you must decide if you will assume the risk of visiting these potentially dangerous locations.

If you are near a river and notice a rapid rise in water level, feel a prolonged shaking of the ground, and/or hear a roaring sound coming from 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 park visitor centers or from scientists at the USGS Cascades Volcano Observatory [usgs.gov/cascades-volcano-observatory](https://www.usgs.gov/cascades-volcano-observatory)



Keep Wildlife Wild

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.

Feeding wildlife harms animals

- Nest predators like jays and ravens will be attracted to the area and therefore may decrease populations of songbirds inhabiting that area.
- Wildlife will be drawn to areas with high vehicle traffic, causing animals to get struck by cars.
- Many animals have specialized diets and the wrong foods can negatively affect their health.

Help keep park wildlife wild

- Do not feed animals, including birds.
- Store your 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.
- Clean up picnic areas after you eat.

Wise Water Use

Mount Rainier and Washington State are experiencing drought conditions as a result of a low winter snowpack.

You can help park water supplies last by conserving water during your visit.

Make every drop count!

Celebrating 125 Years!

Special Speaker Series

Join us at the Paradise Inn
Wednesdays, 7 – 8 pm



1899 - 2024
Celebrating 125
years of Mount
Rainier National
Park and Tribal
stewardship since
time immemorial.

Date	Speaker	Organization	Presentation
May 29	Dr. Thomas Sisson, Research Geologist	United States Geological Survey – California Volcano Observatory	Mount Rainier: Active Volcano
June 5	Stephen Lias, Composer-in-Residence	Composing in the Wilderness	Wild Music: A Composer's Obsession with National Parks
June 12	Randy King, former Mount Rainier NP Superintendent	National Park Service, Retired	Changing technologies and some implications for park management and public use
June 19	Jocelyn Atkins, Founder and Executive Director	Cascades Carnivore Project	Rare Carnivores of the Cascades
June 26	Dr. Andrew Fountain, Professor of Geography and Geology	Department of Geology, Portland State University	Glacier Change at Mount Rainier and across the American West
July 3	TBD		Check for topic at a visitor center or bulletin board.
July 10	Jeff Antonelis-Lapp, Emeritus Professor	Evergreen State University	Tahoma's Biggest Stories
July 17	Rachel Heaton, Member of Muckleshoot Indian Tribe	Member of Muckleshoot Indian Tribe and founder of The Earth Gym	First all Native climb of Mount Tahoma and Tribal Use of Mount Rainier
July 24	Patrick Pringle, Emeritus Professor	Centralia College	Deciphering how buried trees record geologic and environmental history in Cascadia
July 31	Stephen Lias, Composer-in-Residence	Composing in the Wilderness	Wild Music: A Composer's Obsession with National Parks
Aug 7	Eric Simonson, CEO & Owner	International Mountain Guides	Climbing Mount Rainier: Past, present, and future
Aug 14	Carolyn Driedger, Emeritus Hydrologist/ Outreach Coordinator	United States Geological Survey – Cascades Volcano Observatory	Mount Rainier – A landscape in transition
Aug 21	Greg Burtchard, former Cultural Resource Specialist. Faculty Fellow of Anthropology	Mount Rainier National Park, Retired Pacific Lutheran University	Foragers on the Mountain: 10,000 Years of Human Presence on Mount Rainier
Aug 28	Dr. David Vales, Dr. Kurt Jenkins, Scientist Emeritus	United States Geological Survey – Forest and Rangeland Ecosystem Science Center	The Elk of Mount Rainier: Then and Now
Sept 4	Greg Burtchard, former Cultural Resource Specialist. Faculty Fellow of Anthropology	Mount Rainier National Park, Retired Pacific Lutheran University	Foragers on the Mountain: 10,000 Years of Human Presence on Mount Rainier
Sept 11	Dr. Thomas Sisson, Research Geologist	United States Geological Survey – California Volcano Observatory	Mount Rainier: Active Volcano
Sept 18	Dr. Claire Todd, Professor, Department Chair, Geological Sciences	California State University San Bernardino	Tracking Changes in Mount Rainier's Debris-covered Glaciers
Sept 25	Cynthia Iyall, Former Tribal Chair	Nisqually Indian Tribe	Nisqually's Foundational History: Medicine Creek Treaty & Leschi
Oct 2	Jocelyn Atkins, Founder and Executive Director	Cascades Carnivore Project	Rare Carnivores of the Cascades



Ranger-led Programs

Since the earliest days of the National Park Service, rangers have shared their knowledge through the presentation of interpretive programs—guided walks, talks, and campfire programs for visitors of all ages. That long-standing tradition continues at Mount Rainier.

Today, our interpretive staff consists of rangers, teachers, student interns, and volunteers from a wide array of backgrounds and expertise. Please join us for a variety of free programs, ranging from informal talks at park visitor centers to junior ranger programs for kids to guided hikes, and evening campfire programs. Find out who else has come to Mount Rainier and why. Discover what this mountain really is and what it may become. Meet some other users of the park's resources—from owls to elk—and learn why they are here. Topics vary daily.



Program schedules and locations are posted at visitor centers, on the NPS App, and at nps.gov/mora/planyourvisit/calendar.htm.

Citizen Ranger Quests

Has your inner Junior Ranger never really gone away? Try out a Quest! They are designed for older children (12 and up) and adults. Quest topics are diverse and vary from history to science to stewardship. Some Quests take place indoors while others help you explore outdoors. Completion times for the different Quests vary from about thirty minutes to two hours. Complete four quests and you get a patch! Information on Quests is available at visitor centers.

Junior Ranger Books

Junior Ranger Books are available in the Longmire Museum and visitor centers around the park. Complete one to learn about the park and receive a Junior Ranger Badge.

