



Wonderland Trail

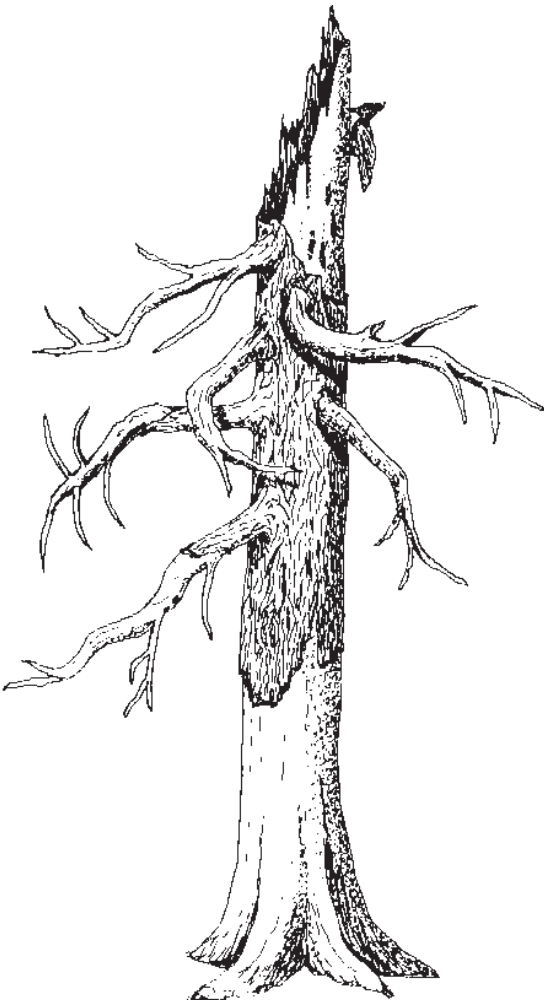


The Wonderland Trail offers hikers one of the most breathtaking ways to see Mount Rainier National Park—an opportunity to simultaneously experience its history and scenic grandeur. The 93-mile trail circles the mountain, passing through major life-zones of the park, from lowland forests to subalpine meadows of wildflowers. Hikers are met with commanding views of Mount Rainier blanketed by icy glaciers. Although thousands hike the historic Wonderland Trail each summer, many stretches of the trail still provide the chance to experience the solitude of the wilderness.

History	At the turn of the century, the “Wonderland” served as a major draw for tourists, as it still does today. Rangers also used the trail as a patrol beat, and today the original ranger cabins	are still used by park staff. The oldest is at Indian Henry’s Hunting Ground, constructed in 1915.
Weather	Most Wonderland hikers plan their trips between July and September. The trail is partially snow covered through June and is difficult to follow without excellent navigational skills. Whenever you hike, be prepared for mud,	rain, sun, and possible snow showers. Carry an ice axe during early summer or late fall. A sturdy tent with a rainfly is a necessity, as are “the Ten Essentials.” For information about what to bring, ask for a free Wilderness Trip Planner .
Trail Conditions	The Wonderland Trail traverses many ridges and valleys that radiate from Mount Rainier. A daily hike of 7 to 10 miles is recommended to compensate for the ruggedness of the trail. Daily elevation gains and losses of over 3,500 feet are common. Allow 10 to 14 days to hike the entire trail, depending on your hiking pace. The more time you give yourself, the more time	you will have to enjoy the Wonderland. For more complete trail descriptions visit the park website nps.gov/mora/planyourvisit/trails-of-mount-rainier.htm or scan the QR code: 
Planning Your Trip	You will need a Wilderness Permit for each night you camp along the trail. Backcountry camps receive their heaviest use on Friday and Saturday nights, so if you are hiking only part of the trail, try to arrange your trip between Sunday and Thursday. There are eighteen trailside camps, 2 to 8 miles apart, along the Wonderland Trail. Each camp has 2 to 8 sites for 1 to 5 persons per site. Group sites are available at certain camps for parties of 6 to 12. Each camp has tent sites, a pit or composting toilet, food storage poles or boxes,	and a water source. Note: The use of cross-country camps to fill itineraries is not permitted when designated camps are full. For more information, refer to the park’s “Wilderness Trip Planner” or talk to a park ranger about your options.

Reservations are recommended; however, first-come, first-served permits may be available the day before or the day your hike starts. A fee applies. Call (360) 569-6650 for details or go to [nps.gov/mora](https://www.nps.gov/mora).

Caching Your Food



By caching food and supplies at ranger stations and wilderness information centers along the Wonderland Trail, you can reduce the weight of your pack and increase the ease of your outdoor adventure. If you cache food and supplies, remember that there is no guarantee staff will be available when you arrive. Mail packages at least 2 weeks in advance, and call the park regarding cache drop off and pickup times to avoid frustration.

All caches must be packed in rodent proof containers (sealed hard plastic preferred). Drop them off or send caches via US mail, UPS, or FedEx to the stations listed below. **Fuel can not be mailed as it is flammable.** Fuel is available at the Longmire General Store.

Longmire and White River Campground are near the Wonderland Trail for easy cache pickup. The White River Wilderness Information Center (WIC) is not along the Wonderland Trail and requires a side trip to reach a cache.

All caches must be clearly labeled with the following information, separate from the shipping label:

Food Cache For: *(party leader’s name)*
For Pickup At: *(name of cache station)*
For Pickup On: *(date)*

Longmire	Caches are stored at the Longmire Wilderness Information Center and can be dropped off or picked up during business hours from Memorial Day weekend to September 30. At all other times, food caches should be dropped off or picked up by contacting a ranger at the Longmire Museum. Telephone: 360-569-6650 from Memorial Day weekend to September 30. Call 360-569-6575 all other times.	To send a food cache to Longmire: NOTE : UPS and FedEx are the only two options for mailing your food cache to Longmire. The U.S. Postal Service has stopped delivering mail to Longmire. Mount Rainier National Park ATTN: Longmire WIC Longmire Warehouse Longmire, WA 98397
White River	White River Campground caches may be picked up 24/7. Call ahead to check with the staff about hours of operation. 360-569-6670 Caches should be mailed to the White River WIC. A ranger will deliver them to the White River Campground. Mail your cache so that it arrives a minimum of one week prior to your pick up date.	Mount Rainier National Park White River WIC 70002 SR 410 East Enumclaw, WA 98022
Mowich Lake	Due to the Fairfax Bridge closure cutting off access via SR165 to this area, there will be no food or fuel caching allowed at Mowich Lake. We are unable to return caches sent to the Carbon River Ranger Station.	