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2019/2020

YOUR COMPLETE GUIDE TO THE PARKS

MOUNT RAINIER, OLYMPIC & NORTH CASCADES

ACTIVITIES • SIGHTSEEING • DINING • LODGING
TRAILS • HISTORY • MAPS • MORE



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WELCOME

Welcome to the national parks of Western Washington! Congress gave these spectacular mountain reserves their common mission when it established the National Park Service in 1916. All national parks share the same goal, to “conserve the scenery and the natural and historic objects and the wildlife therein, and to provide for the enjoyment of the same...by such means as will leave them unimpaired for the enjoyment of future generations.”

Mount Rainier, Olympic and North Cascades National Parks—three of the more than 400 parks in the National Park System—conserve more than 1.6 million acres of public land and provide enjoyment for millions of visitors each year. Within sight of greater Seattle’s rapidly growing population, these are places where people can reconnect with the natural world and learn about past and present cultures. They provide an essential habitat for a great diversity of plants and animals, and their glaciers and snowfields feed rivers on which millions of people downstream depend.

Mount Rainier, Olympic and North Cascades National Parks are always a visible reminder of the beauty and complexity of the natural world. In 1988, recognizing the importance of these wild expanses so close to an urban center, Congress added over 90 percent of each park to the National Wilderness Preservation System. Today, we recognize the great value these places have for scientific and cultural research and the importance of providing the information needed to protect them.

These national parks, along with many others in Washington State, are here for

you to explore and enjoy. From historic sites along the Lewis and Clark trail to the orca whales off the coast of San Juan Island, a side trip to one of Washington’s National Park Service sites listed in the “More Washington Parks” chapter is sure to be worth your while!

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FUN FACTS

Established: Mount Rainier National Park was established in 1899, Olympic was established in 1938 and North Cascades was established in 1968.

Land Area: The three national parks conserve more than 1.6 million acres of public land.

Highest Elevation: Mount Rainier, at 14,410 feet, is the most prominent peak in the Cascade Range.

Plants & Animals: The dramatic variety of elevation in the three parks creates a large diversity of plant and animal life. Keep an eye out for bald eagles, black bears and elk.

Popular Activities: Hiking, biking, rock climbing and camping are great ways to enjoy the beautiful wilderness of the Pacific Northwest, with views of pristine subalpine lakes, old-growth forests and snow-covered peaks.

Hiking: The best hiking is from May to October, as many roads close in winter.

Camping: All three parks have campgrounds suited for all tastes.



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Cover: Hall of Mosses in the Hoh National Rainforest in Olympic National Park (iStock)



WHAT'S NEW! WE'RE ALL CONNECTED

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

—John Muir

As a young man, John Muir, the naturalist known as, "Father of the National Parks," had an accident that left him temporarily blinded. It changed his life forever. When he regained his sight, he emerged into the light ever-determined to pursue his dreams of exploration. Fortunately for the world, Muir's trials led him to help move Congress to set aside Yosemite, one of his many contributions to our nation's preservation movement.

When faced with adversity, we have but two choices. We can either rise above our circumstance or succumb to our demons of doubt, fear, resentment and apathy. While Muir was lucky to have his sight return, his subsequent efforts drew strength from hope, compassion, kindness and love to rise up from personal adversity.

Lately, it feels like we're all dealing with too many hurdles. Every hour, "breaking" news spews forth accounts of tragedy and divisiveness. It was with this backdrop that I was preparing to teach a restorative yoga class, to create a safe environment for my students and provide an hour's worth of peace and quiet to carry out into the world. What theme would capture their imagination and neatly underscore our human need for connectedness?

When teaching, I try to use examples that marry ancient tradition with contemporary



Mark, Joel & Alex – connecting in parks!

science. I often find inspiration in parks. In its traditional form, yoga was about joining with the collective universe. So, too, is Muir's quote, best illustrated by an example from Yellowstone. When wolves were reintroduced there after a 70-year absence, the rampant elk population could no longer leisurely nibble on willows, graze in open meadows or congregate by the rivers. In a short period of time, the forests and meadows began to regenerate. Song birds appeared. Beavers flourished, building dams, which created habitats for otters, muskrats and ducks. Cooler waters, shaded by more trees, attracted different species of amphibians and fish. Tree roots stabilized the river banks, diminished erosion and even changed the geography of the park! Indeed, pick out anything by itself and we quickly find that *everything* is connected.

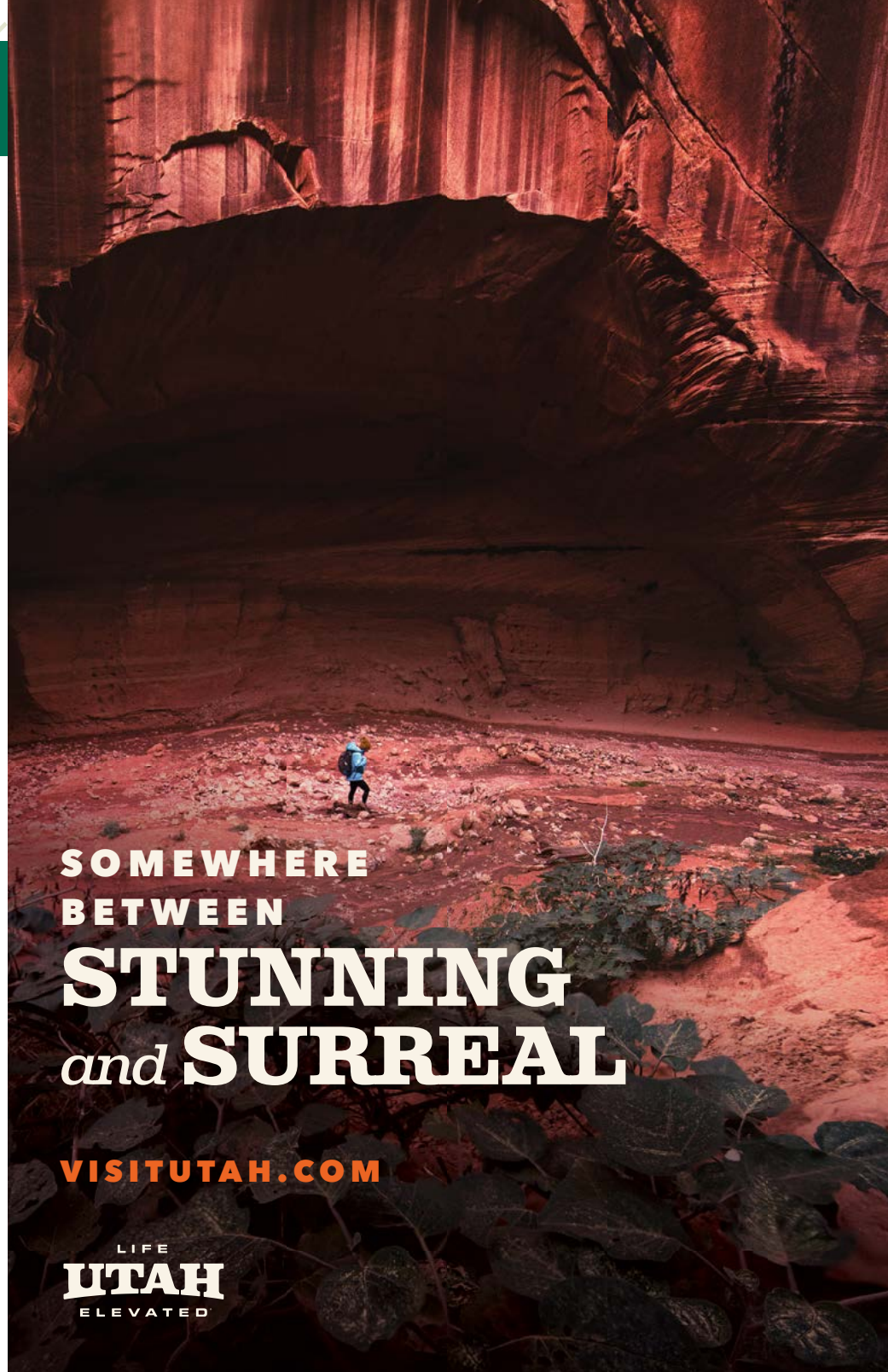
Now is the time to seek out connection—whether in a park, a yoga studio or anywhere you find inspiration—to find strength to rise up and overcome the obstacles that face us all...

mark@americanparknetwork.com



GET CONNECTED AT YOUR FAVORITE PARKS!

Parks are about enjoying nature, but what if you want to share a great picture or are awaiting an important email? If you're looking to add connectivity to your park, or if you already have Wi-Fi and would like help adding content or generating sponsor revenues, please let us know at wifi@americanparknetwork.com.



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MOUNT RAINIER PLAN YOUR VISIT

Mount Rainier National Park is located in west-central Washington. Several major cities—including Seattle, Tacoma, Yakima and Portland—are within 150 miles of the park.

GETTING TO MOUNT RAINIER

Car: From Seattle (about 87 miles away) or Tacoma (about 60 miles away), take Interstate 5 South to Highway 512 East, then drive south on Highway 7; continue east on Highway 706 at Elbe and continue on to the Nisqually Entrance. From Portland, Oregon (about 138 miles away), take I-5 North to U.S. 12 East to Morton, then take Highway 7 North and turn east on Highway 706 at Elbe, continuing on to the Nisqually Entrance.

Southwest entrance: Follow the above directions to the Nisqually Entrance, which is the only entrance open year-round.

Southeast entrance: From Yakima, take U.S. 12 West, then take Highway 123 North to the Stevens Canyon Entrance.

Northeast entrance: From Seattle/Tacoma, take Highway 410 East; from Yakima, take U.S. 12 West to Highway 410 North, to the White River Entrance.

Northwest entrance: Take Highway 165 South to Carbon River Road. *Note: Road is closed to vehicles at the entrance due to road damage, but is open to foot and bicycle traffic. Plan to leave bicycles on trailheads, as they are not permitted on trails.*

In the winter, all park roads are closed except the stretch between Nisqually and Paradise. The road between Longmire and Paradise closes nightly and opens each day dependent on weather and avalanche

conditions. Follow the park Twitter feed at twitter.com/MountRainierNPS. You can also visit nps.gov/mora or call the park at **(360) 569-2211** for updates.

Note: During winter months, all vehicles are required to carry tire chains when traveling in the park (November 1 through May 1). This requirement applies to all vehicles, regardless of tire type or weather conditions. For more information, visit nps.gov/mora.

Air: The closest major airports are Seattle-Tacoma International Airport (73 miles away), Portland International Airport (138 miles away) and Yakima Air Terminal (66 miles away).

Bus: There is no bus service into the park.

Train: There is no rail service into the park. However, Amtrak serves Seattle, Tacoma, Lacey and Centralia on its north-south route and Seattle on its east-west route.

Public transportation: There is no public transportation into the park.

Rental cars: Rental cars are available at all of the airports listed above.

PARK ROADS

Due to the dynamic nature of weather at Mount Rainier, unexpected road closures can occur at any time. Between November and April, most park roads are closed altogether due to winter snow. Always check road status before entering the park. For the most up-to-date information regarding road conditions, follow the park's Twitter account, visit nps.gov/mora or stop by a park visitor center or park headquarters.

Park roads include **Nisqually Road, Highway 123, Highway 410, Sunrise Road, Stevens Canyon Road** (connect-

ing Paradise Road to Highway 123) and **Mowich Lake Road**, an unpaved road in the park's northwest corner that accesses backcountry trails and a primitive campground.

Carbon River Road is closed to public vehicle traffic beyond the park entrance as a result of 2006 storm damage and subsequent flood events. A new trail to the **Ipsut Creek Trailhead** is open for hiking or bicycling for a distance of five miles each way. The trail provides access to the **Old Mine, Green Lake, Chenuis Falls and Wonderland Trails**. From the closure, it's a 17-mile round-trip hike to the **Carbon Glacier**, the lowest glacier in the continental United States. The **Ipsut Creek Campground** is now a hiker-bicyclist camp. Inquire at the Carbon River Ranger Station for current trail conditions.

OPENING HOURS

The park is open 24 hours a day, year-round, including holidays, except in winter when snow may close entrance roads.

ENTRANCE FEES

Entrance to the park is \$30 per vehicle,

\$15 per person for pedestrians and bicyclists, and \$25 for motorcyclists. Park visitors can purchase and print entrance passes in advance on yourpassnow.com.

Frequent visitors may purchase a **Mount Rainier Annual Pass** for \$55, which covers entrance fees for the pass holder and their passengers in a single, private, non-commercial vehicle at Mount Rainier National Park.

EVERY KID IN A PARK

To help engage and create our next generation of park visitors, supporters and advocates, the Obama Administration, in partnership with the federal land management agencies, launched the Every Kid in a Park initiative. The immediate goal is to provide an opportunity for each and every fourth-grade student across the country to experience their federal public lands and waters in person.

All kids in the fourth grade have access to their own Every Kid in a Park pass at everykidinapark.gov. This pass admits the pass owner and any accompanying passengers in a private non-commercial vehicle to the park.



FEDERAL RECREATIONAL LANDS PASSES

A federal recreation pass is helpful if you plan to visit many national parks, forests or other federal lands. For information, call (888) 275-8747 or visit store.usgs.gov/passes.

Type	Cost	Availability	Details
Annual Pass	\$80 \$20	General public Seniors age 62+	This one-year pass is available on site, by phone or online (see above).
Senior Pass	\$80	U.S. residents age 62+	This lifetime pass is available on site or via mail order. ID required.
Military Pass	Free	Active U.S. military and their dependents	This one-year pass is available on site. ID (CAC Card or DoD Form 1173) required.
Access Pass	Free	U.S. residents with permanent disabilities	This lifetime pass is available on site or via mail order. ID and documentation required.
Volunteer Pass	Free	250 cumulative volunteer service hours	Inquire locally to obtain information about this one-year pass.

You can obtain the pass by visiting everykidinapark.gov and you must print it and present it at the park. The Every Kid in a Park pass is valid until August 31, 2019.

WEATHER

Mount Rainier creates its own weather, so prepare for a variety of conditions. Dress in layers and carry a sweater and rain gear. Summer temperatures average in the 70s; winter temperatures average in the 30s. Expect freezing temperatures and snowstorms in winter.

PARK NEWSPAPER

The **Tahoma News**, the park newspaper, offers up-to-date information on NPS naturalist walks, programs and other activities. It is available at park entrance stations, visitor centers and also online at nps.gov/mora.

VISITOR CENTERS

When you arrive, make your first stop at a visitor center where you can speak to park rangers who can answer your questions. You can learn about ranger-guided walks and evening campfire programs, obtain backcountry camping permits and purchase maps and books. *Note: Visitor center hours vary by season. Check nps.gov/mora before your trip for up-to-date schedules.*

The **Henry M. Jackson Memorial Visitor Center** is located adjacent to the upper parking lot at Paradise. The visitor center offers exhibits on geology, glaciers, flora, fauna and park history. For more information, call **(360) 569-6571**.

Sunrise Visitor Center, at the end of Sunrise Road, has educational displays and programs on Mount Rainier's sub-alpine ecology and alpine life zones.

Telescopes give you a close-up look of the mountain's lava ridges and glaciers. For more information, call **(360) 663-2425**.

The **Longmire Museum** is one of the National Park Service's oldest operating interpretive museums. It is housed in a historic building that was the first park headquarters. It serves as a visitor center and has exhibits about the park's natural and human history, as well as that of the NPS. If the museum is closed, information will still be available at the Longmire Wilderness Information Center during business hours.

The **Longmire Wilderness Information Center** and **White River Wilderness Information Center** are open in the summer. The **Carbon River Ranger Station** is open from spring to fall. All offer trail information and backcountry camping permits.

Park Headquarters is located near Ashford, nine miles west of the Nisqually Entrance. For more information, call **(360) 569-2211**.

SPECIAL SERVICES ♿

Park facilities and activities that are wheelchair-accessible are indicated by this symbol: ♿. There are reserved, accessible parking spaces for visitors with disabilities and ramps to all visitor centers and the Longmire Museum. Jackson Visitor Center is fully accessible. The Sunrise Visitor Center exhibits are accessible, with entry to the building possible with assistance. Cougar Rock and Ohanapecosh campgrounds have designated campsites for visitors with disabilities. Cougar Rock has an accessible picnic area and restrooms. In Longmire, a portion of the east side of the unpaved Trail of the Shadows loop is accessible with help. Two accessible trails lead to the base of the Paradise meadows, and a portion of the trails at Paradise are accessible with help. Trails

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Local guide companies and outfitters can help you prepare for any adventure at Mount Rainier.

near the visitor center at Paradise are paved, but some are steep. Wheelchair users may require assistance. Kautz Creek Interpretive Trail is 3.1 miles west of Longmire and 0.1 mile in length. This fully accessible trail leads to a view of the 1947 Kautz Creek mudflow and, on clear days, a spectacular view of the mountain. Kautz Creek also has an accessible picnic area and restrooms. For more information, contact the park by calling **(360) 569-2211** or visiting nps.gov/mora.



VISITOR SERVICES

BANKING SERVICES

ATMs, currency exchange and other banking services are available in Eatonville, Enumclaw, Morton and Puyallup.

There are ATMs at Ashford Valley Grocery and Ashford General Store as well as in Packwood.

EMERGENCIES & MEDICAL SERVICES

From any park phone, call 911 for emergency medical or ranger assistance, or to report accidents or injuries. Park headquarters, visitor centers and ranger stations have first-aid facilities. Hospitals and dental services are in Morton (30 miles south), Enumclaw (45 miles north) and Puyallup (50 miles northwest).

GAS STATIONS

There are no gas stations in the park. Gas and repair services are available in Enumclaw, Eatonville, Ashford, Elbe, Morton and Packwood. If your car breaks down in the park, contact a park ranger or call the park's main number at **(360) 569-2211**.

GIFT SHOPS

There are gift shops at Sunrise Day Lodge, Paradise Inn and Jackson Visitor Center at Paradise. There is also a general store at the National Park Inn at Longmire.

LOST & FOUND

Turn in found items and check for lost ones at a ranger station or visitor center. Call **(360) 569-2211** for information.

PETS & KENNELS

Pets are welcome at Mount Rainier, but they must be kept on a leash no more than six feet in length or in a cage at all times. Owners must clean up after their pets, and pets are not permitted on park trails or in wilderness areas. Pets are allowed in parking lots, at campgrounds and on paved roads. Never leave your pet unattended. The nearest kennel is located in Graham. For more information, contact Pet Ponderosa Resorts & Spas, a full-service kennel, by calling **(253) 847-7763** or visiting petponderosa.com.

POST OFFICE

Postal services are available at Paradise Inn (summer) and in local communities.

RELIGIOUS SERVICES

Religious services are available in the park (summer) and in local communities. Obtain locations and schedules at park visitor centers.



PARK REGULATIONS & SAFETY

The NPS—as a custodian of Mount Rainier, Olympic and North Cascades National Parks—has set regulations and guidelines to help protect the natural and cultural beauty of the parks, as well as to ensure your safety. Please do your part by following the rules outlined in the park newspapers and elsewhere. By working together, we can help preserve the parks for generations of visitors to come!



IMPORTANT NUMBERS

Park Headquarters & Information	(360) 569-2211
Emergencies	911 (from any phone located in the park)
Wilderness Information	(360) 569-6650 nps.gov/mora
Camping Information	(360) 569-2211
Campground Reservations	recreation.gov
Road & Weather Information	(360) 569-2211
Special Services Information &	(360) 569-2211
TDD	(360) 569-2177
Mt. Rainier Guest Services	(360) 569-2400
Alpine Ascents International	(206) 378-1927
International Mountain Guides	(360) 569-2609
Rainier Mountaineering Inc.	(888) 892-5462



MOUNT RAINIER LODGING & DINING

Both park lodges are listed on the National Register of Historic Places. Guests are advised to book as far in advance as possible, especially for summer stays. Even if lodge rooms are booked during your visit, stop by to explore their rustic settings, browse the gift shops or eat in one of the dining rooms. Call **(855) 755-2275** or visit mtrainierguserservices.com for reservations.

1. Paradise Inn The iconic lodge provides a relaxing retreat with panoramic views of mountains and meadows lush with wildflowers. Open mid-May through early October. Guest rooms available with and without private baths. **& AMENITIES** The lodge has a café, gift shop, dining room and large lobby with stone fireplaces and peeled-log ceiling beams. **Paradise Inn Dining Room** Filled with natural light and breathtaking views during the day or the warm glow from the fireplace in the evening, guests can enjoy local flavors guaranteed to satisfy the heartiest adventurer. **@L@**

2. @ National Park Inn Nestled in the forest at Longmire, the 25-room inn is open year-round. Guests enjoy stunning views from the north porch and are just steps away from hiking trails. **& AMENITIES** The Inn has a dining room, guest lounge and general store with cross-country ski and snowshoe rentals available during the winter. **National Park Inn Dining Room** Enjoy flavors of the Pacific Northwest in the rustic, casual dining room with selections to please the entire family. **@L@**

3. @ Paradise Camp Deli At the Jackson Visitor Center, this is a perfect stop for a quick dine-in lunch or snack to go. Open

daily June through early October and weekends and holidays during the winter. **& @**

4. Sunrise Day Lodge Featuring a snack bar and a gift shop for all of your sightseeing and hiking essentials. Open July through September. No overnight accommodations. **& @L@**

OUTSIDE THE PARK

There are many lodging and dining options in local communities. Contact the organizations listed here for more information. Destination Packwood, outside the southeast corner of the park: destinationpackwood.com, **(360) 492-7365**; Enumclaw Area Chamber of Commerce, outside the northwest corner of the park: enumclawchamber.com, **(360) 825-7666**; Mineral Lake, near the southwest corner of the park: minerallake.com; Mount Rainier Visitor Association, outside the southwest corner of the park: mt-rainier.com; Crystal Mountain Lodging Association, outside the northeast corner of the park: staycrystal.com; Visit Rainier, for all areas outside the park: visitrainier.com; Visit Seattle, 88 miles northwest of the park: visitseattle.org, **(206) 461-5800**.

Shutterstock



The Paradise Lodge is on the National Register of Historic Places and is a great place to stay.



MOUNT RAINIER HISTORY & CULTURE

As the face of Mount Rainier changes depending on weather, season and time of day, so too does the mountain's interior. Its inner rumblings remind us that it is a mountain whose story is still being told.

LAND OF FIRE

Mount Rainier is an active volcano, but its most recent confirmed eruption occurred about 1,000 years ago. It is part of the **Ring of Fire**, a string of volcanic ranges that almost circles the Pacific Ocean and includes volcanoes in the Aleutians, the western coast of North and South America, Antarctica, eastern Indonesia, the Philippines and Japan. The 1980 eruption of Mount Saint Helens, located about 50 miles southwest of Mount Rainier, and the 1991 eruption of Mount Pinatubo in the

Philippines demonstrate the volatile nature of the Ring of Fire.

THE MAKING OF THE MOUNTAIN

Mount Rainier is the highest peak in the Cascades, a volcanic mountain range that stretches from British Columbia to northern California. Mount Rainier was formed not in one great cataclysm, but by many years of volcanic activity. It is a **composite volcano** (or **stratovolcano**) made from sluggish, intermittent lava flows and explosive eruptions of ash and rock.

Volcanoes have been erupting in this region for at least 40 million years. About 500,000 years ago, fiery forces thrust molten rock through a weak spot in the earth's crust. Lava oozed out of the hole and rock and pumice spewed out violently, resulting in a volcanic cone. Mount Rainier grew to an estimated 16,000 feet above sea level.

About 5,600 years ago, the smoldering fires inside Mount Rainier erupted and the mountainside collapsed. Tons of rock, mud and debris rolled down the peak's northeast flank. A catastrophic wall of mud cascaded like a river of wet cement across more than 200 square miles, ending in the waters of Puget Sound. This mudslide is called the **Osceola Mudflow**; the towns of Kent, Sumner, Auburn and Puyallup are built on top of the flow. The 16,000-foot summit of Mount Rainier was gone, leaving a northeast-facing depression measuring nearly two miles in diameter.

Small to moderate eruptions have occurred, on average, every few hundred years in the past 10,000 years. The remains of the older, higher cone are seen in the Liberty Cap and Point Success.



Library of Congress

In this photograph, taken circa 1915, a group of visitors uses poles to aid their climb up Paradise Glacier in Mount Rainier National Park.

NPS



CCC workers made improvements on buildings and trails at Mount Rainier.

5000 B.C. to A.D. 1800s American Indian

tribes live in the foothills of the mountain that some call "Takhoma."

1792 British Navy Captain George Vancouver names the mountain Mount Rainier for his friend Rear Admiral Peter Rainier.

1833 Dr. William Tolmie, a Scottish physician at nearby Fort Nisqually, is probably the first white man to venture into what is now the park.

1870 General Hazard Stevens and Philemon Van Trump make the first well-documented ascent of Mount Rainier.

MOUNT RAINIER'S HUMAN HISTORY

1890 James Longmire and his wife build Longmire's Springs, Mount Rainier's first hotel. Fay Fuller, a school teacher from a small town near Olympia, becomes the first woman to climb the mountain.

1899 Mount Rainier is established as the nation's fifth national park.

1915 Automobiles are permitted on the road between Longmire and Paradise.

1930s The Civilian Conservation Corps builds and repairs many park buildings, trails and bridges, which are still used today.

1962 Mount Rainier is the training ground for the successful American expedition to Mount Everest.

1981 Nine out of 11 members of Project Pelion, a group of climbers with disabilities, reach Mount Rainier's summit.

2006 The Great Flood: A deluge dumps 18 inches of rain on the park within 36 hours, causing just under \$28 million in damage.

2019 Mount Rainier National Park celebrates its 120th anniversary.

The two craters overlap at the mountain's summit, 14,410-foot Columbia Crest.

Local newspapers published unconfirmed reports of volcanic activity on Mount Rainier during the 1800s, and the mountain may continue to spew ash and steam intermittently, causing small floods and mudflows.

Only time will tell when Mount Rainier will erupt again, or if Washington's highest peak will be eroded by the actions of ice, water and wind.



For answers to all your questions, go to [OhRanger.com](https://www.ohranger.com)



MOUNT RAINIER THINGS TO DO

Throughout the year you can enjoy numerous activities, from nature walks and fishing to cross-country skiing and snowshoeing. Always check at a visitor center to confirm times and availability of programs.



SPRING, SUMMER & FALL

PARK PROGRAMS

NPS naturalists offer several interpretive walks and talks, films and guided nature and history walks. Evening campfire programs are held at Paradise and Cougar Rock Campground in the summer. Consult bulletin boards or the park newspaper, **The Tahoma News**, for times and topics.

BICYCLING

Cyclists can enjoy challenging and scenic riding throughout Mount Rainier. Cycling in Mount Rainier can be hazardous due to steep, narrow, winding roadways and narrow unpaved shoulders. Bicycles are allowed on park roads but they are not permitted on any hiking trails. The park does not have any designated bike trails, although the former Carbon River and Westside roads are now open to mountain biking. Bikes are limited to the roadbeds and may not go on trails. There are several significant elevation gains and losses. Cyclists are advised to maintain safe speeds on downhill sections.

September and early October are generally the optimal time for cycling at Mount Rainier. During these months, there are usually fewer vehicles on the roads, and fall colors enhance the atmosphere. After Labor Day, however, many facilities and services are reduced or discontinued.

Be aware that the park may temporarily close any road to bicycle use. Signs will mark closed roads, and cyclists should check current road status online at [nps.gov/mora](https://www.nps.gov/mora) before planning a trip. Availability of bicycling equipment in or near the park is very limited, and cyclists should be prepared to make their own repairs. For your safety, wear a helmet and follow the rules of the road.

Every July, the Redmond Cycling Club sponsors **RAMROD (Ride Around Mount Rainier in One Day)**, in which 800 cyclists test themselves on a 152-mile course with 10,000 feet of total elevation gain.

BOATING & FISHING

Anglers can try their luck fishing the park's many streams and rivers, but fish are not plentiful because populations are natural and not stocked. Anglers are asked to use **barbless hooks** and **artificial lures**. No licenses are required for boating or fishing within the park. Washington State fishing regulations do apply, however, and copies are available at visitor centers or ranger stations. Only non-motorized boats are permitted on park waters. On some lakes, boating and fishing are prohibited. Check at visitor centers for regulations.

GUIDED TOURS

Let someone else do the driving. There are several services to choose from. Explore some options at [visitrainier.com/transportation-and-tours](https://www.visitrainier.com/transportation-and-tours).

HORSEBACK RIDING

Saddle and pack animals (horses, mules, burros and llamas) are allowed only on the Pacific Crest and Laughingwater Creek trails. Contact the park for more information.

MOUNTAIN CLIMBING

For more than a century, mountain climbers have been drawn to the towering summit of Mount Rainier. Almost all American mountaineering expeditions train here because of the challenges of its steep slopes and glaciers. Going to the top is rigorous and dangerous and requires proper equipment and training. Before climbing, be sure that you are in good physical shape—the trip is very strenuous. All climbers going above 10,000 feet or climbing on glaciers must pay a fee and obtain a climbing permit. Guide services, including one-day climbing instruction, two-day summit climbs and five-day seminars are available through Alpine Ascents International, (206) 378-1927; International Mountain Guides, (360) 569-2609; and Rainier Mountaineering Inc., (888) 892-5462.



WINTER

Winter is a great time to explore the park, but be aware that all roads into the park are closed except the road from Nisqually to Paradise. For road and weather information, please call (360) 569-2211.

PARK PROGRAMS

Park rangers lead **guided snowshoe walks** on weekends from late December through late March, snow conditions permitting. The walks leave from the Henry M. Jackson Memorial Visitor Center at Paradise. Check at the visitor center or in the park newspaper, **The Tahoma News**, for times.

WILDLIFE WATCHING

Winter is the time to discover the hushed world of Mount Rainier, when tracks in the snow reveal the path of a **fox** hunting or a **rabbit** fleeing. Animals like the **white-tailed ptarmigan** and **snowshoe hare** stay active during the winter, and you may see signs of their passing in the snow. Others, such as **marmots** and **black bears**, are fast asleep. Snow hides high-country meadows and transforms the lowland forest into a secretive world. Above it all rises Mount Rainier, blanketed in white. For more information about watchable wildlife, please see the "Nature & Wildlife" chapter. For animal safety tips, see the "Preservation" chapter. **Please do not feed the animals.**

WINTER SPORTS

The **General Store in Longmire** rents cross-country ski and snowshoe equipment. Call (360) 569-2275 for more information.

Paradise is the center for snow play, offering **snowshoeing, snowboarding, telemarking** and **cross-country skiing**.

To protect underlying vegetation—and for visitor safety—sledding, sliding and tubing are allowed at the Paradise snow-play area only when sufficient snow has accumulated. Rentals are not available.



MOUNT RAINIER SIGHTS TO SEE

"Of all the fire mountains which, like beacons, once blazed along the Pacific Coast, Mount Rainier is the noblest." – John Muir

To appreciate the nobility, diversity and expansiveness of Mount Rainier, be sure to explore the park's many regions.

LONGMIRE

Enjoy the scenic, forested drive from Nisqually Entrance to Longmire, the park's oldest developed area. Located in the southwestern corner of the park, Longmire is the site of mineral springs found by James Longmire in 1883. He later built the park's first hotel, Longmire's Springs, on this spot. Take a walking tour of the Longmire Historic District and enjoy views of Mount Rainier and the mineral springs along **Trail of the Shadows**, an easy loop trail encircling Longmire Meadow.

PARADISE

When Martha Longmire first saw **Paradise Valley**, she exclaimed, "Oh, what a paradise!" Once you see its lush meadows, carpeted in wildflowers, you will agree. Paradise sits more than a mile above sea level and averages 643 inches of snowfall annually. In the winter of 1971–1972, a record 1,122 inches fell here!

In a land brimming with mountain streams and alpine lakes, **Narada Falls** stands out as spectacular. Along the road between Longmire and Paradise, the falls are formed where the Paradise River cascades 168 feet off a ledge. Take the short but steep trail to the bottom of the falls for a breathtaking view. *Note: All hikers must stay on maintained hiking trails in the*

Paradise area due to the fragility of the subalpine vegetation.

Radiating out from the summit like the spokes of a wheel, the glaciers of Mount Rainier are its crowning glory. **Nisqually Glacier** is the most accessible and the most studied of Mount Rainier's 25 major glaciers. Its terminus is only about a mile from the glacier overlooks on the Nisqually Vista Trail near Paradise. The **Nisqually Icefall** is a jumble of truck-sized ice blocks poised in a slow-motion tumble down the glacier, sometimes moving as much as three feet in one day.

OHANAPECOSH

The **Grove of the Patriarchs Trail** showcases the old-growth forest in the southeastern corner of the park. Here, western red cedar, Douglas fir and western hemlock—some more than 1,000 years old—tower over the forest floor and the **Ohanapecosh River**.

SUNRISE

The highest point in the park accessible by car, Sunrise is 6,400 feet in elevation. Situated in the northeastern area of the park, it offers stunning vistas of the dormant volcanoes of the Cascades and **Mounts Rainier, Baker and Adams**. Mount Rainier rises above the tranquil subalpine meadows of Sunrise with the rocky summit of **Little Tahoma Peak** visible to the left. Watch clouds move in from the Pacific, bump into and spill over the mountaintop and cascade down Mount Rainier's eastern slope. See **Emmons Glacier**, the largest glacier in the contiguous United States, on Mount Rainier's eastern flank.

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GLACIERS



Mount Rainier has more glaciers on its slopes than any other mountain in the contiguous states.

Volcanic activity built Mount Rainier, but it is glaciers that shape it. True glaciers consist of at least three layers: snow, mixed snow and ice, and pure ice. They are formed because the mountain's winter snowfall surpasses its summer snowmelt. Season after season, the snowpack accumulates and its weight compresses the snow below into glacier ice.

Heavy snow accumulation expands the glacier, with its weight pushing and moving the existing ice. This is offset by melting at the terminus (or snout) of the glacier. Glaciers are called "rivers of ice" because they move down the steep mountain valleys, ebbing and

flowing with climatic conditions. The rate of movement varies, depending on the rate of snowfall and snowmelt. Mount Rainier's glaciers can move from just a few inches to up to three feet per day, depending on the steepness of the slope. Great crevasses open in the glacier when stresses on the ice cause it to separate. More than 35 square miles of glaciers radiate out from Mount Rainier's summit, the largest collection of glaciers on one peak in the contiguous United States. The mountain has 25 named glaciers and numerous smaller, unnamed glaciers and ice fields.

It covers more than four square miles. Located on Mount Rainier's dry, east side, Sunrise receives much less moisture than Paradise.

The vegetation is much more sparse here and can be easily damaged. Stay on trails to protect these fragile meadows.

CARBON RIVER

Sequestered in the northwest corner of the park, Carbon River is named for the coal deposits discovered nearby. Deep in the

Carbon River Valley is the sole temperate rain forest in the park, produced by the combination of the area's abundant rainfall and mild weather. Explore the Carbon River Rain Forest at the Carbon River Entrance or take a scenic drive to Mowich Lake.

Note: The Carbon River Road is closed to auto traffic at the entrance due to flood damage, but is open to foot and bicycle traffic. The unpaved road to Mowich Lake is usually passable by late June.



MOUNT RAINIER WALKING & HIKING

With more than 260 miles of trails, Mount Rainier is a hiker's paradise. Stop by wilderness information centers or ranger stations before embarking on a hike to obtain current trail information. For more information, contact the Longmire Wilderness Information Center at **(360) 569-6650**, the White River Ranger Station at **(360) 569-6670** or the Carbon River Ranger Station at **(360) 829-9639**.

CROSSING STREAMS SAFELY

Hikers should take these precautions to cross streams safely.

- **Choose your crossing spot carefully**, whether you're going to cross on a log, step from rock to rock, or wade. Find an area where the water is slow and shallow. Look downstream; if you see logs or other debris that could trap you if you fall in, find a different place to cross.
- **Carefully assess the depth and speed of the water** before deciding to walk across. If the water is up to your knees, it's too deep to ford. Drop in a stick and walk alongside it. If you can't keep up, the water is too fast to wade.
- **Use a sturdy stick or hiking poles for balance** while crossing. Always keep two points of contact on the ground. If you can't see the bottom, probe with the stick before each step.
- **Be careful during log crossings.** Starting down at the water can make you dizzy; try to keep your eyes forward as much as possible. And select a log that isn't too slippery! If the log is wet or stripped of bark, it's likely to be slick.

- **If you do fall in**, try to point your feet downstream and keep your head up.
- **When you're ready to cross, unfasten the belt of your pack** so you can ditch it quickly if you end up in the water.
- **Never jump in to help another person**—it's highly unlikely you'll be able to offer any aid in the fast, cold water. Instead, keep the person in sight and follow on the bank until you can safely attempt a rescue.
- **Use good judgment**—if you have any doubts at all about the safety of a crossing, don't do it! Better safe than sorry—you can always go back the way you came.



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Always share your itinerary with a responsible person before you go hiking.



WALKING & HIKING TRAILS

Trail		Round-Trip Distance	Difficulty
Trailhead	Description	Time	Elevation Gain
Wonderland Trail <i>Throughout the park</i>	Circle Mount Rainier, passing through subalpine meadows, glacial streams, valley forests and mountain passes.	93 miles 10–14 days	strenuous 22,000 feet
LONGMIRE			
Trail of Shadows <i>Across the road from the National Park Inn at Longmire</i>	This short loop passes through the original Longmire Springs Resort site and circles Longmire Meadow with mountain views.	0.7 mile 20 minutes	easy mostly level
Rampart Ridge Trail <i>Follow Trail of Shadows to trail junction</i>	This steep loop trail passes through forests and offers ridge-top vistas.	4.6 miles 2.5 hours	moderate 1,420 feet
OHANAPECOSH			
Life Systems Trail <i>Ohanapecosh Campground, behind visitor center</i>	Discover the ecology of hot springs and the surrounding forest on this loop trail.	0.5 mile 30 minutes	easy mostly level
Grove of the Patriarchs Trail <i>Just west of Stevens Canyon Entrance</i>	Experience the Ohanapecosh River and walk among 1,000-year-old trees on this loop trail.	1.3 miles 1 hour	easy mostly level
PARADISE			
Nisqually Vista Trail <i>West end of lower parking lot at Paradise</i>	Walk through high-country meadows on this loop trail for wonderful views of Mount Rainier and the Nisqually Glacier.	1.2 miles 45 minutes	easy 200 feet
Bench and Snow Lakes <i>Stevens Canyon Road, 1.5 miles east of Reflection Lakes</i>	In summer, this trail of gradual ups and downs is an excellent place to see bear-grass and meadow flowers.	2.5 miles 2 hours	moderate 700 feet
Pinnacle Peak Trail <i>South side of Stevens Canyon Road near Reflection Lakes</i>	This steep trail is a great place to see pikas and marmots and provides dramatic views of Mount Rainier and Paradise.	2.5 miles 3 hours	strenuous 1,150 feet
Skyline Loop <i>North side of upper parking lot at Paradise</i>	Head up the west side of Alta Vista Ridge for spectacular views of Nisqually Glacier and Mounts Adams and Saint Helens.	5.5 miles 4.5 hours	strenuous 1,700 feet
SUNRISE			
Silver Forest Trail <i>South side of Sunrise parking area</i>	Find stunning views of the Emmons Vista Overlooks and explore an old burn area.	2.0 miles 1 hour	easy 150 feet
Burroughs Mountain Trail <i>South side of the Sunrise parking area</i>	This loop trail offers some of the most accessible tundra in the Cascades. Watch for pika and marmots!	4.7 miles 2.5 hours	strenuous 900 feet



MOUNT RAINIER CAMPING

There are almost 500 sites where you can spend a night camping in Mount Rainier's lowland forests. Although campsites are available on a first come, first-served basis, you can reserve sites at the Cougar Rock and Ohanapecosh Rock campgrounds by visiting [recreation.gov](https://www.recreation.gov). Ohanapecosh and Cougar Rock campgrounds are available by reservation only from late June to Labor Day. Reservations are accepted up to six months in advance.

A \$20 fee is charged per night per individual campsite in designated automobile campgrounds. Almost all campgrounds have running water, flush or pit toilets, and a table and fireplace at each site. Cougar Rock and Ohanapecosh campgrounds have accessible campsites. If you plan to use group sites at Cougar Rock or Ohanapecosh campgrounds between Memorial Day weekend and Columbus Day, you must make advance reservations in order to secure a spot.

Camping opportunities are also available in the national forests near Mount Rainier National Park. Campgrounds are located in the

Mount Baker-Snoqualmie, Gifford Pinchot and Wenatchee National Forests.

For more information about camping in and around Mount Rainier National Park, visit nps.gov/mora.

BACKCOUNTRY CAMPING PERMITS

Hikers planning to camp in the backcountry must obtain a backcountry camping permit. It is recommended that you make a reservation to secure a permit. Your permit reserves you a specific wilderness camping site for the night you want to stay. Free first come, first-served permits (also known as walk-up permits) can be issued up to one day prior to your trip start date, or on the start date. Permits must be obtained in person. In summer, they are available at the Longmire Wilderness Information Center, Paradise Wilderness Information Center, White River Wilderness Information Center or Carbon River Ranger Station. In winter, go to the Longmire Museum or Jackson Visitor Center. For more information, please call (360) 569-6650, visit nps.gov/mora or check at visitor centers.



CAMPGROUNDS

Campground	Elevation	Individual Site Fee	Season	Water	Toilets	Fire Grates	Max RV Length
Cougar Rock ^{1,3} 173 sites/ 5 group sites	3,180 ft.	\$20	Late May to late Sept.	•	Flush	•	RV: 35 ft. Trailer: 27 ft.
Ohanapecosh ^{1,3} 188 sites/ 2 group sites	1,914 ft.	\$20	Late May to late Sept.	•	Flush	•	RV: 32 ft. Trailer: 27 ft.
White River ² 112 sites	4,400 ft.	\$20	Late June to late Sept.	•	Flush	•	RV: 27 ft. Trailer: 18 ft.
Ipsut Creek	Road to campground closed to vehicles (flood damage). Open to walk-in and bike-in use. Wilderness camping permit required for overnight stay. No fires or pets allowed. No fee.						

¹Reservations recommended; ²Sites available on a first come, first-served basis; ³Dump station.



OLYMPIC PLAN YOUR VISIT

Olympic National Park is located in northwestern Washington, west of the Seattle area on the Olympic Peninsula. Roads provide access to the outer edges of the park, but the heart of Olympic is wilderness—a primeval sanctuary for humans and wild creatures alike.

GETTING TO OLYMPIC

Car: From Seattle (111 miles away) and Tacoma (81 miles away), access the Olympic Peninsula by highway and ferry service across Puget Sound. Main access to Olympic National Park is via U.S. 101, which runs parallel to three sides of the park. There are several entrances to the park; most are open year-round. Hurricane Ridge has limited access and is weather-dependent in the winter. Sol Duc and Staircase access is weather-dependent during winter. Some areas are closed in winter. *Dosewallips is washed out. Get around using a temporary trail.* For updates, call (360) 565-3131.

Park areas along the west side: Going from south to north, **Quinalt, Kalaloch, Hoh, Mora, Ozette**. Other coastal areas are accessible from U.S. 101. A spur road

leads to Mora's **Rialto Beach**, another goes inland to the **Hoh Rain Forest**, and the **Kalaloch beaches** are along U.S. 101.

Park areas along the south side: Spur roads lead into the **Queets** and **Quinalt** valleys and to **Lake Quinalt**.

Park areas along the north side: Take U.S. 101 to **Port Angeles (Park Headquarters), Hurricane Ridge, Elwha, Lake Crescent** and **Sol Duc**. *Note: Olympic Hot Springs Road and Whiskey Bend Road at Elwha closed indefinitely due to a washout. Open to hikers, cyclists and stock users only.*

Park areas along the east side: A spur road from U.S. 101 leads to **Staircase**.

Air: The closest major airport is Seattle-Tacoma International Airport (103 miles away).

Bus: The Dungeness Line, operated by Olympic Bus Lines, provides service between Port Angeles and Seattle. Please call (360) 417-0700 or go to dungeness-line.com. Clallam Transit System operates several routes in and around Clallam County that service multiple park destinations. Call (360) 452-4511 or visit clallamtransit.com for more information.

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A ferry can shorten your trip to Olympic National Park and give you a unique view of the park's surroundings.

Train: Amtrak offers rail service to Seattle, Tacoma, Lacey and Centralia on its north-south route and Seattle on its east-west route, but service is not available to the Olympic Peninsula.

Ferry: Washington State Ferries has year-round service across Puget Sound and between Port Townsend and Whidbey Island, Edmonds and Kingston, and Seattle and Bainbridge Island, among others; call **(888) 808-7977** or visit **wsdot.wa.gov/ferries**. Black Ball Transport offers near year-round ferry service between Port Angeles and Victoria, British Columbia; call **(360) 457-4491** or visit **cohoferry.com**.

ENTRANCE FEES

Entrance to the park is \$30 per vehicle, \$15 per pedestrian or cyclist, and \$25 per motorcycle. The entrance fee is valid for seven consecutive days and good anywhere in the park. Park visitors can purchase entrance passes in advance on **yourpassnow.com**. Online passes must be printed prior to arrival at the park. While in the park, passes must be displayed on the vehicle dashboard. Fees are subject to

IMPORTANT NUMBERS	
Park Information	(360) 565-3130
Emergencies	911
Wilderness Information	(360) 565-3100
Campground Reservations	(877) 444-6777 recreation.gov
Road & Weather Information	(360) 565-3131
TTY	(800) 833-6388
Lodging & Tours through Aramark Parks & Destinations	(888) 896-3818 olympicnationalparks.com

change. An **Olympic National Park Annual Pass** is \$55 and valid for one year from the month of purchase. Additional National Parks and Federal Recreational Lands pass information can be found on page 7 of this guide.

WEATHER

Summer is the warmest and driest time of the year with frequent fog banks and temperatures typically in the low 70s. Spring and fall are cool and wet, while the greatest rainfall is in December and January, when daytime temperatures average in the 40s. Weather is cold and severe in the mountains, with snow possible year-round at high elevations. Dressing in layers is always recommended.

PARK NEWSPAPER

The park newspaper, **The Bugler**, is a great source of information on NPS programs and activities. There is a summer and winter edition. It is available at park entrances, visitor centers and concession facilities, and online at **nps.gov/olym**.

VISITOR CENTERS & RANGER STATIONS

Olympic National Park Visitor Center: Exhibits feature Olympic's natural and cultural history, a Discovery Room for kids and an orientation film. For more information, call **(360) 565-3130**.

Hoh Visitor Center: Exhibits and information on the Hoh Rain Forest's plants, wildlife and ecology are available. Open seasonally. For more information, call **(360) 374-6925**.

Hurricane Ridge Visitor Center: Exhibits on subalpine plants, geology and wildlife are displayed. A park film is also shown. Open seasonally. Call **(360) 565-3131** for recorded information on road conditions.

Kalaloch Ranger Station is open seasonally. It offers information and exhibits on coastal plants and animals.

For more information, call **(360) 962-2283**.

Mora, Ozette, Quinalt, Staircase and Storm King Ranger Stations are open periodically during the summer.

SPECIAL SERVICES

The park strives to make facilities, services and programs accessible to all, such as the paved Madison Falls Trail in the Elwha Valley. For more information, call **(360) 565-3130** or visit **nps.gov/olym**.



VISITOR SERVICES

BANKS

ATMs, foreign currency exchange and other services are found in Sequim, Forks, Hoodsport and Port Angeles.

BOOKSTORES

Discover Your Northwest, a nonprofit partner of the park, sells books, maps, posters, educational games and more at Olympic National Park Visitor Center, Hoh Visitor Center, Kalaloch Ranger Station and Quinalt Rain Forest Ranger Station. Proceeds from these sales are returned to the park and help fund education programs, exhibits, visitor brochures and special events. For more information and online sales, visit **discovermw.org**.

CAMPING & PICNIC SUPPLIES

Fairholme Store, Kalaloch Lodge, Sol Duc Hot Springs Resort and Log Cabin Resort carry limited camping and picnic supplies and are open seasonally, except for Kalaloch Lodge, which is open year-round. Forks, Port Angeles and other surrounding towns have grocery and sporting goods stores.

EMERGENCIES & MEDICAL INFORMATION

Call 911 for emergency medical or police assistance, or to report accidents or injuries. First-aid facilities are available at visitor centers and ranger stations. Find hospitals and dental services in Port Angeles on the park's northern border; Bremerton, on Puget Sound between Seattle and the park's eastern border; Forks on the park's western border; and Aberdeen, 44 miles south of Lake Quinalt.

GAS STATIONS

There are no gas stations inside the park, though there are in nearby towns. If your car breaks down in the park, contact a ranger or call the park at **(360) 565-3130**.

GIFT SHOPS

Gifts, handicrafts and souvenirs are sold seasonally at Hurricane Ridge Visitor Center, Lake Crescent Lodge, Sol Duc Hot Springs Resort, Log Cabin Resort and Fairholme Store. The gift shops at Kalaloch Lodge and at Lake Quinalt Lodge are open year-round.

PETS & KENNELS

Facilities are located in Port Angeles and Sequim. In the park, pets must remain on a leash no longer than six feet and within designated areas. Learn more at **nps.gov/olym/planyourvisit/pets.htm**.

POST OFFICES

Find post offices in Port Angeles, Forks, Hoodsport, Quinalt and other towns.

RELIGIOUS SERVICES

A Christian Ministry in the National Parks offers interdenominational services during summer at various park locations. Schedule information is available at park visitor centers.



OLYMPIC SIGHTS TO SEE

The three key elements of Olympic National Park—the mountains, forest and coast—may be accessed by U.S. 101 with spur roads leading to most areas. For an orientation to the park, begin your visit at the **Olympic National Park Visitor Center** at 3002 Mount Angeles Road, Port Angeles.

MOUNTAINS

Take the spur road off of U.S. 101 leading to **Hurricane Ridge**. Leaving the coastal plain off the Strait of Juan de Fuca, the road enters the lowland forest at Olympic National Park Visitor Center and winds high up into the mountain ridges. The magnificent vistas of Hurricane Ridge showcase the glacier-covered peaks, subalpine tundra and steep river valleys of the **Olympic Mountains**. In summer, join ranger-led walks to view the wildflowers that carpet the **subalpine meadows**, spreading softly before a backdrop of rugged peaks and glaciers.

Obstruction Point Road is a steep 7.8-mile dirt road going east from Hurricane Ridge (open mid-summer to early fall).

FORESTS

Return to Port Angeles and continue west on U.S. 101. Soon you will see glacier-carved **Lake Crescent**, a deep, freshwater lake known for its Beardslee trout. Travel writer H.F. Dodge wrote of it in 1903, “As I turned for a last glimpse of the beautiful blue lake dissolving in the firs, I said to myself, ‘This is surely hard to beat.’ Gem indeed of the Olympics, and worth three times the stay.” The 0.6-mile “Moments in Time” interpretive trail winds

along the tip of Barnes Point. Less than a mile from the lake is **Marymere Falls**, a ribbon of water cascading 90 feet to a pool below.

West of Lake Crescent, a spur road leads to **Sol Duc**. According to American Indian legend, the **Sol Duc Hot Springs** were formed when two dragons had a great fight that lasted many years. They knocked down all the timber from the tops of the mountains and scattered boulders through the valleys. The dragons’ skins flew off and became the mosses and lichens hanging from the trees of the rain forest. When neither dragon could defeat the other, they both crept back to their caves. The hot tears they cried formed Sol Duc and Olympic Hot Springs.

Trails here lead to **Salmon Cascades**, old-growth forests and **Sol Duc Falls**.

Access the **Hoh Rain Forest** and its visitor center by taking a spur road off coastal U.S. 101, south of Forks. Located on the moist, west side of the park, 30 miles from the coast, this temperate rain forest receives 140 to 170 inches of rainfall annually. Some of the world’s largest trees grow here. Western red cedar and western hemlock can tower more than 170 feet tall, while some Douglas firs can reach 300 feet. Ferns arc like feathers from the forest floor. Mosses shroud the trees, covering the trunks in fuzzy green. The air is heavy with moisture and sounds are muffled. Bare earth is not visible beneath the countless plant species that compete for space and nutrients.

Explore a self-guiding trail or take a ranger-led nature walk in the rain forest. Please see the “Things to Do” chapter for more details.

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Ruby Beach is one of the most picturesque coasts in the country.

Quinalt Rain Forest is located in both the park and Olympic National Forest. Take the North or South Shore spur roads off U.S. 101. Glacier-carved **Lake Quinalt**—with its deep, clear waters and forest-ringed shore—is a popular fishing site. You can obtain a fishing permit from the Quinalt Indian Reservation at local stores.

WHY SO MUCH RAIN?

When it comes to rain, the Olympic Peninsula has few equals; the western valleys of the Olympic Mountains average up to 170 inches of rain annually. Three factors produce the amazing amount of rain that falls on the peninsula—the cool ocean currents, prevailing westerly winds and the Olympic Mountains. While the top of Mount Olympus is deluged by up to 260 inches of precipitation each year, the town of Sequim may get less than 16 inches annually because it is located on the dry northeastern side of the Olympic mountain range.

A COASTAL WORLD

While the large, interior portion of the park is characterized by forests and moun-

tain, the coastal zone is a world apart. Eerie **sea stacks**—remnants of eroded coastal cliffs that loom out of the water—seem to guard the coastline. From Shi Shi Beach to Kalaloch, more than 73 miles of wild beaches off coastal U.S. 101 preserve a remnant of coastal habitat. Most beaches are accessible only by foot or by boat. In the pools and on the rocks of the tidal zone lives a diversity of marine life, including barnacles, sea stars and small crabs.

In summer, join a park ranger for a guided intertidal walk at **Mora** or **Kalaloch**. Paths lead to the ocean from several areas, including Ruby Beach and Beach 4 at Kalaloch. Information is available at the Mora and Kalaloch Ranger Stations in summer.

Ozette, located on a spur road off Highway 112 in the far northwestern corner of the park, offers boardwalk trails to hike (2.8 to 3.1 miles one way) to the beach where you can enjoy the wilderness coast. **Ozette Lake**—the third largest lake in Washington—invites visitors to its jewel-like waters. Overnight hikes require wilderness permit reservations. You can also hike, fish, boat or visit the **Makah Cultural and Research Center** in nearby Neah Bay.



OLYMPIC LODGING & DINING

There are a number of different places to stay and dine in Olympic National Park. Kalaloch Lodge is managed by Delaware North Parks & Resorts. Lake Quinault Lodge, Sol Duc Hot Springs Resort, Log Cabin Resort and Lake Crescent Lodge are managed by Aramark Parks & Destinations.

Kalaloch Lodge (1) is located along U.S. 101, 34 miles south of Forks, perched dramatically above the Pacific coast. All units feature private baths and upgraded furnishings, beds and linens, and some have kitchenettes. There are phones near the lobby, a gift shop, a mercantile store and camping supplies. Pet friendly. The **Creekside Restaurant** offers spectacular ocean views, a full bar and local, sustainable cuisine. For more information, call (866) 662-9928 or visit thekalalochlodge.com. ☼ @L@D@

Lake Quinault Lodge (2) is located on the south shore of Lake Quinault in Olympic National Forest. The lobby of this 1920s lodge features living room-style furniture and

a fireplace. Find a gift shop, a game room, indoor pool, sauna and complimentary Wi-Fi. Rooms have private baths. There are also seasonal guided lake and rain forest tours and kayak, paddle board and canoe rentals. The **Roosevelt Dining Room**, named after FDR—who visited in 1937—overlooks the lake and specializes in Pacific Northwest cuisine. ☼ @L@D@

Sol Duc Hot Springs Resort (3), located 41 miles west of Port Angeles in the Sol Duc River Valley, is open from late March to late October. There are 32 cabins, one riverside suite, 17 RV sites and 81 campsites. Pay phone outside lobby only. Gift shop, convenience store, outdoor swimming pool, three hot mineral springs pools and massage therapy. The **Springs Restaurant** overlooks the hot springs and offers Northwest seafood, chicken, vegetarian fare and burgers. Grab lunch at the Poolside Deli. @L@D@

The Log Cabin Resort (4) is located on the northeast side of Lake Crescent and offers

guest rooms in the lodge, lakeside chalets and rustic cabins. The lodge has a restaurant, soda fountain, gift shop, general store and boat rentals. Camper cabins and full hook-up RV sites and campsites are also available.

Sunnyside Cafe overlooks the lake and offers a friendly, casual atmosphere and traditional Northwest cuisine. @L@D@

Lake Crescent Lodge (5), built in 1915, sits on the south shore of Lake Crescent and welcomes guests from late April through November, with limited availability in winter. Options include contemporary guest rooms, cozy cottages and historic fireplace cabins. A light-filled sun porch invites guests to lounge, while walking trails and boat and paddle board rentals encourage exploration. The waterfront **Lake Crescent Dining Room** provides a creative take on Pacific Northwest fare in a casual atmosphere. ☼ @L@D@

For more information on **Lake Quinault Lodge**, **Sol Duc Hot Springs Resort**,

Log Cabin Resort and **Lake Crescent Lodge**, call (888) 896-3818 or visit olympicnationalparks.com.



OUTSIDE THE PARK

Accommodations are available in many neighboring communities. For more information about the North Olympic Peninsula, including Port Angeles, Sequim, Port Townsend, Forks, and Clallam Bay, visit olympicpeninsula.org. For the Hood Canal area, including Hoodport, Lake Cushman, Skokomish, Belfair and Shelton, call the Shelton-Mason County Chamber of Commerce at (800) 576-2021 or (360) 426-2021, or visit sheltonchamber.org. For the Lake Quinault and Amanda Park area, visit rainforestgetaways.com.



KEY

B Breakfast L Lunch D Dinner



Wheelchair Access



Open in Winter

RESERVATIONS

(888) 896-3818

olympicnationalparks.com

WASHINGTON'S NATIONAL PARK FUND

The official philanthropic partner to Mount Rainier, North Cascades and Olympic National Parks

100% of your gifts stay in Washington State for the benefit of these parks in these four core areas:

Supporting Science and Research
Improving Visitors' Experiences
Strengthening Volunteerism and Stewardship
Building Youth and Family programs

Funds are raised through online donations, foundation/corporate support, estate gifts, license plate program, lodge donations, special events, climbs, and RAMROD

Washington's National Park Fund • 1904 Third Avenue, Suite 400 • Seattle, WA 98101
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OLYMPIC HISTORY & CULTURE

Tribal members have a strong presence on the Olympic Peninsula. In fact, Olympic National Park is adjacent to the reservations of several tribes. Check with the tribes or park staff to find out about scheduled cultural events and other visitor opportunities.

The **Lower Elwha Klallam, Hoh, Jamestown S’Klallam, Makah, Port Gamble S’Klallam, Quileute, Quinault, and Skokomish** tribes have traditional and current ties to this land of abundant natural resources, and from it they built a rich culture.

The people of the Northwest Coast live in communal homes called longhouses and practice the potlatch, a social custom that involves elaborate feasting and the exchange of gifts to celebrate significant events. They fish and gather most of their food for the year during spring and summer. During the mild winters, women weave baskets and clothing from soft red cedar bark, while men carve dugout canoes and ceremonial items from cedar and other trees.

EUROPEAN & AMERICAN EXPLORERS

In 1775, two Spanish ships made their way along the coast near Point Grenville and the Quinault River, claiming the land for Spain. The Spanish built the first European settlement (actually a stockade) at Neah Bay in 1792. However, their influence was short-lived because the settlement was abandoned after only five months.

In 1788, an English sea captain, **John Meares**, was so impressed by Mount Olympus that he named it af-

ter the mythical home of the Greek gods. The name was made official four years later when Captain George Vancouver entered the name on his maps and referred to the whole range as the Olympic Mountains.

Through the latter part of the 1800s, pioneers moved into the peninsula to farm, fish and cut timber. Like American Indians, American settlers chose town sites along the coasts and rivers. Port Townsend became the first permanent American settlement on the peninsula in 1851. Today, Port Angeles—originally designated a federal land reserve in 1862—is the peninsula’s largest town, with a population of 19,500.

NATIONAL PARK STATUS

In 1885 and again in 1890, the U.S. Army led two trips through the region to scientifically survey and document the interior. President Theodore Roosevelt created Mount Olympus National Monument in 1909. It wasn’t until 1938 that President Franklin D. Roosevelt signed a bill designating 634,000 acres as Olympic National Park. Most of the coastal wilderness was added to the park in 1953. The park is now nearly one million acres!

An **International Biosphere Reserve**, as well as a **World Heritage Site**, Olympic National Park is 95 percent wilderness. This 1988 protective federal designation forbids road building, mining, timber cutting, hunting, use of motorized vehicles, and other types of use and development within the wilderness boundary.



OLYMPIC THINGS TO DO

From nature walks to snowshoeing, there is much to do in Olympic year-round.



SPRING, SUMMER & FALL

PARK PROGRAMS

The NPS offers free interpretive programs in the summer, as staffing and funding levels allow. These include ranger talks, guided walks and evening programs. Check the park newspaper and bulletin boards, or at visitor centers, for a complete listing of times and topics.

Lake Crescent Lodge and Lake Quinault Lodge both offer interpretive programs by the concessioners, including seasonal

guided lake tours at Lake Quinault. For more information, call **(888) 896-3818** or visit **olympicnationalparks.com**.

BICYCLING

Bicycling is allowed on roads, but use caution—many roads are narrow and winding with limited visibility. Biking is prohibited in the backcountry and on trails, except on Spruce Railroad Trail along the north shore of Lake Crescent. Bike rentals are available in some gateway communities. Before your trip, call **(360) 565-3131** for road conditions.

BOATING & WATER SPORTS

With the ocean and so many lakes and rivers, the Olympic Peninsula is perfect for kayaking, canoeing, sailing, whitewater rafting, powerboating and waterskiing.

iStock



The Olympic Peninsula offers opportunities for a wide range of water-based activities.

Boat rentals are available at Lake Crescent Lodge and Log Cabin Resort, and from Lake Quinault Lodge. Ramps are maintained at Lake Crescent and Ozette Lake. Exhilarating whitewater rafting trips are available in early summer on the Queets, Elwha and Hoh Rivers; check nearby communities for outfitters.

CAMPING

Reservations are accepted at Kalaloch Campground mid-June through Labor Day. To reserve a site at Kalaloch, visit recreation.gov or call (877) 444-6777. There are three National Forest campgrounds at Lake Quinault, two of which are reservation only through recreation.gov. Walk-in sites may be available on a daily basis through the front desk of Lake Quinault Lodge. All other campgrounds are available on a first come, first-served basis.

You must obtain a **wilderness permit** to camp in the backcountry. Some backcountry areas require reservations in advance; call (360) 565-3100 for more information. Permits are available at the **Wilderness Information Center (WIC)** in Port Angeles, and at some visitor centers and ranger stations. **Bear canisters** are recommended in the backcountry and required in some areas. Contact the WIC for more information. Refer to the "Camping" chapter for more camping information.

FISHING

Fishing licenses are not necessary in the park, except when fishing in the ocean from shore, where a Personal Use Food Fish license is required. Washington State fishing regulations are enforced. Get a copy of park fishing regulations at the Olympic National Park Visitor Center, ranger stations or the park website: nps.gov/olymp.

Washington State catch record cards for salmon and steelhead trout are required. You can obtain cards from sports stores and tackle shops in local communities and along U.S. 101. Anglers must punch the card and fill out additional information immediately after catching a salmon or steelhead trout. Fishing for trout only is allowed at Lake Quinault with a tribal permit during the summer. Tribal permits may be obtained at the Amanda Park Mercantile or at the Quinault General Store.



WINTER

At lower elevations, snow seldom accumulates more than a few inches and usually does not remain on the ground for more than a few days. Head up the slopes and you'll find true winter. Call (360) 565-3131 for recorded **Hurricane Ridge** road and weather conditions. Guard against hypothermia by dressing in several layers and being prepared for harsh conditions.

WINTER SPORTS

Hurricane Ridge is the center for winter activities in the park. Hiking trails become **cross-country skiing** and **snowshoe trails**. There are several trail options at Hurricane Ridge. The Hurricane Ridge Visitor Center offers downhill and cross-country ski and snowshoe rentals, as well as food and beverage services. Picnic tables offer a great view. You can also **downhill ski** at Hurricane Ridge. The slopes are open weekends and holidays from mid-December through late March, weather permitting. For more information, call (360) 565-3130.



OLYMPIC WALKING & HIKING

The diversity of hiking trails at Olympic allows you to explore the beaches of the wild coastline, immerse yourself in the cathedral valleys of the Olympic Wilderness or lift yourself up onto the

craggy peaks of the Olympic Mountains. For more information about Olympic National Park trails, call (360) 565-3100. For Olympic National Forest trails, call (360) 956-2402.



WALKING & HIKING TRAILS

Trail <i>Trailhead</i>	Description	Round-Trip Distance Time	Difficulty Elevation Gain
Meadow Loop Trails <i>Hurricane Ridge Visitor Center</i>	Travels through subalpine environment full of wildflowers in the summer. Watch for deer and listen for the call of ravens.	0.25-0.5 miles 30 minutes	easy level
Hurricane Hill <i>End of Hurricane Ridge Road</i>	Travels to the top of the hill for beautiful vistas. Wildflowers are numerous in the summer. Watch for Olympic marmots.	3.2 miles 2 hours	moderate 700 feet
Moments in Time Nature Trail <i>Between Lake Crescent Lodge and NatureBridge</i>	Offers views of Lake Crescent, an old-growth forest and former homesteads.	0.6 mile 30 minutes	easy level
Marymere Falls <i>Storm King Ranger Station</i>	Spectacular views of 90-foot Marymere Falls.	1.8 miles 1.5 hours	moderate 400 feet
Staircase Rapids <i>Across the bridge from Staircase Ranger Station</i>	Trail winds through forest with moss-covered trees along Skokomish River.	2.0 mile 1 hour	easy 200 feet
Hall of Mosses <i>Hoh Rain Forest Visitor Center</i>	This famous loop trail is located in the Hoh Rain Forest. Mosses blanket the branches of many different kinds of trees.	0.8 miles 1 hour	easy 100 feet
Spruce Nature Trail <i>Hoh Rain Forest Visitor Center</i>	This trail exemplifies the rain forest with dense lush vegetation. Elk and deer are often seen in the area.	1.25 miles 1.5 hours	easy level
Ruby Beach <i>Near Kalaloch Lodge</i>	One of the region's most photogenic coastlines, the beach is named for tiny red garnets found with patches of fine sand.	0.25 mile 30 minutes	easy level
Ozette Lake – Cape Alava – Sandpoint Trail <i>Ozette Ranger Station</i>	Part of the trail follows a wooden walkway through lush, coastal forest to Cape Alava, then follows the beach to Sandpoint.	9.2 miles 5 hours	moderate minimal



OLYMPIC CAMPING

Whether it's deep in the rain forest, on a lakeshore or on a cliff above the ocean, camping in Olympic National Park is truly outstanding. Campsites are available on a first-come, first-served basis, except at Kalaloch and Sol Duc, where camping is available by reservation. Most campgrounds have drinking water and flush or vault toilets, and most campsites are equipped with a picnic table and fire grate. There are no hookups, showers or laundry facilities at park campgrounds. Concession-operated campgrounds, located in the Sol Duc Valley at the Log

Cabin Resort, have hook-ups and can accommodate RVs larger than 26 feet. The main national park campground at Sol Duc is also concession operated. Some campgrounds are closed in the winter. If park campgrounds are full, others may be available in Olympic National Forest. Contact any of the three USFS ranger stations at Quinault, Forks or Quilcene, or call **(360) 956-2402**. For backcountry camping in the park, contact the Wilderness Information Center at **(360) 565-3100**. See the "Things to Do" chapter for more camping and reservation information.



CAMPGROUNDS

	# of Sites	RVs*	FEE/NIGHT
Deer Park	14	no	\$15
Fairholme	88	yes	\$20
Graves Creek	30	no	\$20
Heart O' the Hills	105	yes	\$20
Hoh	78	yes	\$20
Kalaloch	170	yes	\$22
Lake Quinault	57	yes	\$20–\$25
Log Cabin Resort	38	yes	\$25–\$56 plus tax
Mora	94	yes	\$20
North Fork	9	no	\$15
Ozette	15	yes	\$20
Queets	20	no	\$15
Sol Duc	82	yes	\$21–\$24 plus tax
Sol Duc Hot Springs Resort	17	yes	\$43
South Beach	55	yes	\$15
Staircase	49	yes	\$20

*For additional RV information, visit gocampingamerica.com.



NORTH CASCADES PLAN YOUR VISIT

It is difficult to describe the majesty of North Cascades National Park Service Complex. Words like magnificent, vast and rugged only hint at the awesome nature of this portion of the expansive Cascade Range. Nestled along the Canadian Border in Washington State, the complex is a conglomeration of one national park and two national recreation areas. Together, these three—**North Cascades National Park**, **Ross Lake National Recreation Area** and **Lake Chelan National Recreation Area**—form the core of one of the largest and wildest wilderness areas in the contiguous United States.

In addition to its stunning natural splendor, the park complex offers several recreational opportunities within its more than 684,000 acres, including ranger programs, nearly 400 miles of hiking trails, turquoise lakes ideal for boating, world-class mountains for serious climbers, cross-country ski trails, hundreds of back-

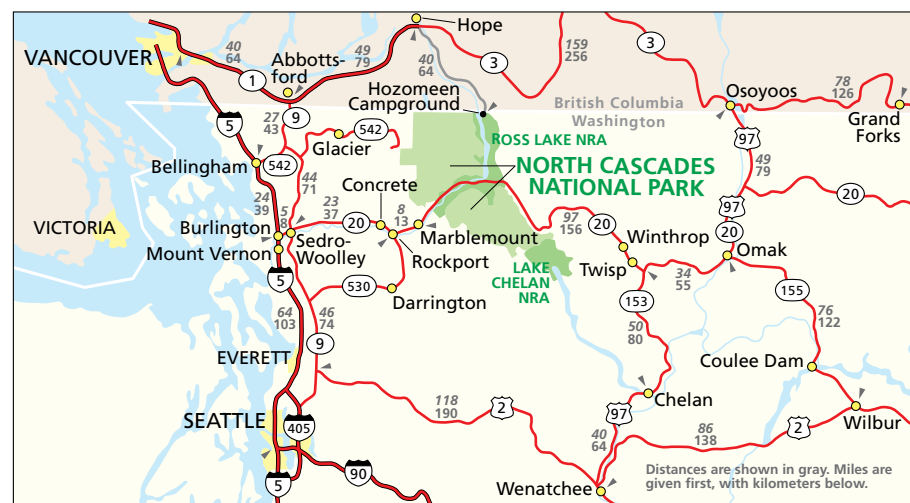
country campsites, and rivers teeming with fish for anglers. Visit nps.gov/noca for more information.

OPERATING HOURS & SEASONS

The park complex is always open, but access is limited by heavy snow in the winter. Be aware that the North Cascades Highway (State Route 20), the major access road through Ross Lake National Recreation Area, is typically closed between milepost 130 and 171 from mid-November to mid-April. The exact opening and closing of the highway depends on snow and avalanche conditions. Reopening is usually accomplished by early May. Visit nps.gov/noca/planyourvisit/road-conditions.htm for more information.

ENTRANCE FEES

There are no entrance fees for the North Cascades National Park Service Complex itself, though there are fees for





The Stehekin area of North Cascades can only be accessed by foot, plane or boat.

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exhibits, including ranger talks, theater programs, a Junior Ranger Program, a relief map of the region, and natural history exhibits. Several short, accessible interpretive trails, a campground, group campsites, restrooms and a picnic area are nearby. Please call **(206) 386-4495 ext. 11** for more information.

The **Wilderness Information Center** is approximately one mile down Ranger Station Road, which leaves the North Cascades Highway (State Route 20) at milepost 105.3 in Marblemount. The center is open on weekends only in May and daily from late May through early October. Hours vary. The center features exhibits about wilderness and backcountry travel, a relief map of the area, book sales, maps and other items. This center is the main backcountry permit office for North Cascades National Park and the adjacent Ross Lake and Lake Chelan National Recreation Areas. For more information, please call **(360) 854-7245**.

The **Golden West Visitor Center**, located near the north end of 50-mile-long Lake Chelan, is only accessible via passenger ferry, trail or floatplane. The center, which is just a short walk from the Stehekin ferry landing, is open daily from late May to late September from 8:30 a.m. to 5 p.m. It features a gallery with works by local artists, an audiovisual program, ranger talks, a relief map, exhibits on the natural and cultural history of the area, an information desk, book sales, maps and seasonal children's programs and evening programs. For more information, call **(509) 699-2080 ext. 14**.



For answers to all your questions,
go to **OhRanger.com**

some campgrounds (\$16 per night). A dock fee pass (\$5 per day or \$40 per year) is required on Lake Chelan from May 1 through October 31. Backcountry permits are required but are free.

INFORMATION CENTERS

The **Park & Forest Information Center**, located on the North Cascades Highway (State Route 20) in Sedro-Woolley, is open Monday through Friday from 8 a.m. to 4 p.m. year-round and daily from late May through late September. The station is operated jointly with the Mount Baker Ranger District of the Mount Baker-Snoqualmie National Forest and features a relief map of the region's parks and forests, an information desk, book sales, maps and other items. For more information, please call **(360) 854-7200**.

The **North Cascades National Park Visitor Center**, located near the town of Newhalem—milepost 120 of State Route 20—is open daily from 8 a.m. to 4 p.m. from mid-May to late September. Hours during the spring and fall vary. The center features a variety of programs and



MORE WASHINGTON PARKS

EBEY'S LANDING NATIONAL HISTORICAL RESERVE

Located on picturesque Whidbey Island, Ebey's Landing National Historical Reserve provides a vivid historical record of Pacific Northwest history, including the exploration of Puget Sound by Captain George Vancouver in 1792; early settlement by Colonel Isaac Ebey, an important figure in Washington Territory; growth and settlement resulting from the Oregon Trail and the Westward migration; the Donation Land Laws (1850–1855); and the continued growth and settlement of the town of Coupeville, one of the oldest towns in Washington State.

The historical landscape of the reserve appears much as it did a century ago.

Enjoy a self-guided driving or bicycle tour and visit roadside exhibits on the early history of the Pacific Northwest. A self-guided walking tour of the Town of Coupeville is also an option. Choose from various hikes and explore beaches, bluffs, woodlands and prairies. Visit the Admiralty Head Lighthouse at



Washington State is home to 13 National Park Service sites.

Fort Casey Historical State Park or see several of the reserve's historic blockhouses dating back to the 1850s. The reserve does not close, but visitor recreation opportunities vary by season. For more information, visit **nps.gov/ebey** or call **(360) 678-6084**.

LEWIS & CLARK NATIONAL HISTORICAL PARK

The Lewis & Clark Corps of Northwest Discovery's expedition across western America helped to shape the nation that we are today. The park preserves sites that mark the success of key parts of their mission, including successfully arriving at the Pacific, making ready for the return trip home, maintaining friendly relations with the homeland tribes, and preparing maps and revising journals that would record their discoveries.

Walk where Lewis and Clark and the rest of the Corps of Discovery walked as you explore sites that embody the stories of hardship and danger, of surprising collaboration and adaptations, and of exploration and discovery.

The primary visitor center at Fort Clatsop offers ranger-led programs, exhibits, films, a museum store, trails and picnic facilities. The park is open daily from 9 a.m. to 5 p.m. and until 6 p.m. from late June to Labor Day. For more information, visit **nps.gov/lewi** or call **(503) 861-2471**.

FORT VANCOUVER NATIONAL HISTORIC SITE

The London-based Hudson's Bay Company established an extensive fur-trading network throughout the Pacific Northwest,

utilizing two dozen posts, six ships and about 600 employees during peak seasons. Fort Vancouver was the administrative center and principal supply depot of this “Columbia Department,” controlling 700,000 square miles stretching from Russian Alaska to Mexican California, and from the Rocky Mountains to the Pacific Ocean. The fort became a center of activity and influence, supported by a multicultural village with inhabitants from over 35 different ethnic and tribal groups. The first hospital, school, library, gristmill, saw mill, shipbuilding and orchard in the region were all centered at Fort Vancouver.

The park’s living history programs, demonstrations, exhibits and archaeology digs help bring to life the people and stories of the British Hudson’s Bay Company’s headquarters and main supply depot, as well as the Oregon Trail and the U.S. Army’s subsequent post. Visit and explore the premiere historical archaeology site in the Pacific Northwest!

The park is open Tuesday through Saturday year-round except major holidays. Operating hours are 9 a.m. to 5 p.m. in summer and 9 a.m. to 4 p.m. in winter. For more information, call **(360) 816-6200** or **(360) 816-6230**, or visit nps.gov/fova.

KLONDIKE GOLD RUSH NATIONAL HISTORICAL PARK

“Gold! Gold! Gold! Gold!” read the headline of **The Seattle Post-Intelligencer** on July 17, 1897. Two tons of gold had just arrived from the Yukon Territory in Canada on the steamship **Portland**; its 68 passengers were virtual millionaires who had been mining for less than a year. About 100,000 people, from all walks of life, were energized by this news to seek their fortunes in the Yukon. Motivated by four years of economic depression, most

stampeder saw the Klondike gold fields as an attractive alternative to continued poverty and unemployment. To reach the gold fields, stampeder would travel 1,000 miles by ship, walk over 1,000 miles through frozen mountain passes and voyage 550 miles down the Yukon River. A few of the stampeder would become extremely wealthy—all would experience the adventure of a lifetime. Come in for a visit and ask yourself, “Would I have gone on the gold rush?”

Established in 1976, Klondike Gold Rush National Historical Park is now one part of five units of Klondike Gold Rush International Historical Park. Klondike Gold Rush has a sister park in Skagway, Alaska, and Parks Canada has three sites (Bennett, British Columbia; Whitehorse, Yukon Territory; Dawson City, Yukon Territory). In January 2006, the park relocated to a new home within the Pioneer Square Historic District—the Cadillac Hotel (circa 1889). Damaged by an earthquake in 2001, the Cadillac Hotel has been renovated and retrofitted to “better-than-new” condition.

The park is open daily from 10 a.m. to 5 p.m. Films are available upon request. From June through September, the park provides a summer program, which includes ranger-guided walks through the Pioneer Square Historic District, ranger talks and gold-mining demonstrations. For more information, contact the Klondike Gold Rush National Historical Park: 319 Second Avenue South, Seattle, WA, 98104; **(206) 220-4240**; nps.gov/klse.

SAN JUAN ISLAND NATIONAL HISTORICAL PARK

This park was created based on the idea that individuals and nations can solve their problems peacefully with-

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Fort Spokane in Lake Roosevelt National Recreation Area was one of the last military forts built on the western frontier. This 1884-era barn is one of four original buildings still standing.

out resorting to violence. It was here in 1859 that the United States and Great Britain nearly went to war over a pig shot by an American farmer. Actually, it was a bit more complicated than that. Pressures had been building between the two nations over possession of the San Juan Island group since 1846 when the Treaty of Oregon left ownership unclear. Thus came the “Pig War” crisis, at the height of which more than 500 U.S. Army soldiers and three British warships were nose to nose on the island’s southern shore, not 10 miles from Victoria, B.C. Fortunately, officials on both sides quickly restored calm and the nations agreed to a joint military occupation of the island until the boundary could be decided. The American soldiers and British Royal Marines remained for 12 years until Kaiser Wilhelm I of Germany, as arbitrator, awarded the islands to the United States.

Today the park is an ideal place to hike,

picnic, play on the beach, watch wildlife and enjoy a wealth of programming, including the summer living history events.

Grounds at American and English Camps are open from dawn to 11 p.m. throughout the year. Visitor center hours vary by season. During the summer (Memorial Day through Labor Day), the American Camp is open daily from 8:30 a.m. to 5 p.m., and the English Camp is open daily from 9 a.m. to 5 p.m. Contact the park for winter hours. For more information please call **(360) 378-2240** or visit nps.gov/sajh.

NEZ PERCE NATIONAL HISTORICAL PARK

Nez Perce National Historical Park consists of 38 sites throughout Idaho, Montana, Oregon and Washington. The park stretches across much of the traditional homeland of the Nez Perce people—who call themselves the *nimípu*—and brings together many aspects of their history.

The park commemorates places where the U.S. Army encountered groups of Nez Perce during the summer of 1877. Each event started with a surprise assault on Nez Perce families and resulted in many deaths on both sides. The national park recognizes the historical significance, inspiring landscape and spiritual importance of the sites.

Park sites located in Washington include the burial site of Chief Joseph the Younger and the Nez Perce campsites at Nespelem. Chief Joseph died in 1904 and was buried in a sacred cemetery alongside many people who died during the 1877 conflict. After his death, the Nez Perce continued their traditional way of life at the campsites at Nespelem. This site recognizes the last place where Joseph lived, and it is not a developed park site.

The park headquarters and main visitor center are located just across the Idaho border in Spalding, Idaho. The main visitor center is open daily between March and early December, and Tuesday through Saturday from December through February, from 8:30 a.m. to 4 p.m. Closed Thanksgiving Day, Christmas Day and New Year's Day. For more information, call **(208) 843-7009** or visit nps.gov/nepe.

LAKE ROOSEVELT NATIONAL RECREATION AREA

The Columbia River has drawn people to its waters for more than 9,000 years. Today, the park's most popular activities include fishing, camping, hunting and boating. Visitors also enjoy swimming, picnicking and exploring historic sites.

The area that is now the park once served as fishing grounds for American Indians. In 1880, the U.S. Army established a fort above the confluence of the

Spokane and Columbia Rivers. In 1898, the fort was closed and the buildings were converted to an American Indian boarding school and tuberculosis hospital. The American Indian experience at Fort Spokane represents a microcosm of the American Indian experience across the country.

The Fort Spokane Visitor Center and Museum are open 9:30 a.m. to 5 p.m. from Memorial Day to Labor Day and by request during fall, winter and spring. Call **(509) 754-7800** for dates and times.

Lake Roosevelt National Recreation Area is located in the northeast corner of Washington and stretches north from the Grand Coulee Dam for 150 miles. For more information, call **(509) 754-7800** or visit nps.gov/laro.

WHITMAN MISSION NATIONAL HISTORIC SITE

The Whitman Mission National Historic Site recognizes the significance of Dr. Marcus and Mrs. Narcissa Whitman's mission—an important outpost on the Oregon Trail—and addresses the historic events surrounding their deaths. Dr. Whitman was considered a medicine man to the native Cayuse people, but the drugs he used to cure the Cayuse during an 1847 measles epidemic did not work. Suspicions about the doctor's care and rising tensions from the influx of white settlers prompted the Cayuse to kill the Whitmans and 11 others at the mission, which initiated the Cayuse War.

The park is located on Whitman Mission Road in Walla Walla. The visitor center is open daily between Memorial Day and Labor Day from 9 a.m. to 4 p.m. and Wednesday through Sunday from 9 a.m. to 4 p.m. in winter. Closed during federal holidays. Call **(509) 522-6360** or visit nps.gov/whmi for more information.



NATURE & WILDLIFE

The park ecosystems in Washington State are vast and varied, ranging from the temperate rainforests of Olympic to the glaciers and snowfields of Mount Rainier to the lakes and streams of North Cascades.

OLYMPIC

From tiny unique flowers on icy peaks to sea stars patrolling foaming tidepools, myriad species find refuge in the sanctuary of Olympic National Park. With 95 percent of the park a congressionally designated wilderness, Olympic is host to subalpine meadows, rocky alpine slopes and glacier-capped summits. The park also protects one of the largest remaining blocks of old-growth forest and temperate rain forest in the lower 48 states, and its sandy beaches and rocky offshore islands harbor a wealth of marine plants and wildlife.

You can find nine kinds of endemic plants and 20 kinds of endemic animals at the Olympic Peninsula. These species—including the **Olympic chipmunk**, **Flett's violet** and the **Olympic torrent salamander**—developed during the last ice age when glaciers isolated the region. As advancing ice covered surrounding areas, the mountaintops became a refuge for plants and animals, which survived and evolved into unique species or subspecies. For a chance to spot the endemic **Piper's bellflower** growing out of cracks in the rocky ledges, or hear the whistle of an **Olympic marmot** in the distance, visit Hurricane Ridge or Deer Park.

MOUNT RAINIER

Mount Rainier is a volcano born of fire and built up above the surrounding country

by repeated eruptions. It is part of a complex ecosystem, with diverse vegetation that reflects the varied climatic and environmental conditions across the park's 12,800-foot elevation gradient. The higher elevation zones feature subalpine meadows, while the lowland forests are home to **hemlock**, **Douglas fir** and **western red cedar**. Mid-elevation forests extend upward from 4,000 to 6,000 feet elevation and contain **Pacific silver fir**, **Alaska yellow cedar**, **western white pine** and **noble fir**. Approximately 58 percent of the park is forested, 23 percent is subalpine parkland, and the remainder is alpine, half of which is permanent snow and ice.

NORTH CASCADES

Steep mountains coupled with an amazing variety of rock and water features contribute to the tremendous biodiversity of North Cascades National Park Service Complex. The park gets its name from its abundance of waterfalls, and thousands of miles of rivers and streams originate from the park's glaciers, lakes and ponds. Variation in elevation, soil types, rainfall and exposure combine to form eight distinctive life zones from the lowland forests and wetlands to the alpine peaks and glaciers. To walk among the ancient **hemlocks** and **Douglas firs** in the park's renowned old-growth forests, check out Big Beaver, Thunder Creek and River Loop Trails.


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ANIMALS OF WASHINGTON STATE



1. BALD EAGLE (*HALIAEETUS LEUCOCEPHALUS*)
The national bird of the United States, the bald eagle lives in coastal woodlands and along waterways. It eats salmon carcasses and fish it grabs from the water with its talons. Bald eagles mate for life and can live up to 30 years in the wild. After Alaska, Washington State is home to the largest population of bald eagles in the United States. • **Weight** 10–20 lbs • **Size** 2–4 ft tall; 6–8 ft wing-span • **Active** Year-round • **Found**

2. BLACK BEAR (*URSUS AMERICANUS*)
It is unlikely that you'll encounter a black bear, one of two large predators in the parks (the other is the mountain lion). Black bears are active from spring through fall, moving around the woods and mountains eating berries, fish or whatever food they can find. By fall, black bears claim a den beneath a rock or fallen tree to sleep for the winter. • **Weight** 200–470 lbs • **Size** 5–6 ft long • **Active** Spring, summer and fall • **Found** Photo: Shutterstock

3. MARMOT (*MARMOTA*)
The Olympic marmot (*Marmota olympus*) and the hoary marmot (*Marmota caligata*) live in subalpine meadows and alpine tundra. They whistle a high-pitched alarm call when disturbed. Every morning, these sociable creatures visit each other's burrows. During hibernation, a marmot's heartbeat slows from 130–140 beats per minute to four per minute. • **Weight** 6–20 lbs • **Size** 15–30 in long • **Active** May through September • **Found** Photo: Shutterstock

4. OCHRE SEA STAR (*PISASTER OCHRACEUS*)
Among the best known of all marine invertebrates, ochre sea stars are characterized by their five-armed shape. Their hues range from orange to brown to purple and they usually grow to be 10 to 12 inches across. Ochre sea stars are ravenous hunters, feeding on mussels, snails and other slow-moving creatures. They are commonly found on rocks and in tidepools. • **Weight** 1–2 lbs • **Size** 8–10 in long • **Active** Year-round • **Found** Photo: Shutterstock

5. ROOSEVELT ELK (*CERVUS ELAPHUS ROOSEVELTI*)
A larger subspecies of the North American elk, the Roosevelt elk lives in the Pacific Northwest where it browses among the lowland rain forests and open meadows of the upper zones. Protection of the elk was a primary reason for the creation of Olympic National Park. Descendants of the introduced Rocky Mountain elk (*Cervus elaphus melsoni*) live in Mount Rainier National Park. • **Weight** 400–1,000 lbs • **Size** 4–5 ft tall at shoulders • **Active** Year-round • **Found** Photo: Shutterstock

6. STELLER'S JAY (*CYANOCITTA STELLERI*)
The Steller's jay is recognizable by its crest and vibrant blue and black color. Its distinct cry sounds like "SHAACK! SHAACK!" but it can also mimic other birds' calls, including those of hawks and warblers. The Steller's jay has the most extensive range of any North American jay—it can be found from Alaska to central California and as far east as the Rocky Mountains. • **Weight** 4–5 oz • **Size** 13 in from tip to tail • **Active** Year-round • **Found** Photo: Shutterstock

JUST FOR KIDS

MOUNT RAINIER

Become a Junior Ranger. Get a Junior Ranger booklet for free at any visitor center or ranger station. Complete the activities to earn a Junior Ranger badge. Or, attend a Junior Ranger program in the summer.

Go on a Citizen Ranger Quest. Ask at a park visitor center for one or more Quest worksheets, which explore topics like the history, science and stewardship of the park. Complete one and earn a Citizen Ranger certificate; complete four and earn a Citizen Ranger patch.

Go for a walk in the woods. Walk the Trail of the Shadows at Longmire or Grove of the Patriarchs. These and other short nature trails have self-guiding booklets or interpretive trail exhibits.

Enjoy a campfire. In summer, join a park naturalist for a guided walk and campfire program.

Visit a nature center. Check out the visitor centers at Paradise, Sunrise, Longmire and Ohanapeocosh.

Go on a photo safari. Take pictures of special flowers, glaciers, big trees and other park features. At home, use the photos to make a vacation scrapbook.

OLYMPIC

Become a Junior Ranger. Learn about the park's plants and animals by picking up a Junior Ranger booklet at any visitor center or ranger station. Complete the activities to earn your Junior Ranger badge.

Get your hands on a Discovery Pack. Imagine exploring the park with nature guides, maps, a journal and binoculars! Borrow a Discovery Pack at several visitor centers in the park.

Take a hike. Many short, fun nature trails have self-guiding booklets. Hike the 0.8-mile Hall of Mosses Trail in the Hoh Rain Forest or the 0.4-mile Living Forest Trail behind the park visitor center.

Discovery Room. In this wonderful room of interactive exhibits, you can touch a whale vertebra, solve a giant puzzle or visit a mini ranger station. Fun for children of all ages!

Walk with a Park Ranger. Get the real scoop on nature during a guided walk. On a forest walk, see if you can find a banana slug, a salamander or maybe even a Roosevelt elk! On a tidepool walk, look for sea stars or witness an octopus turn colors.

NORTH CASCADES

Become a Junior Ranger. Pick up a Junior Ranger booklet and complete the activities inside to earn your badge and certificate. Get your booklet stamped at each of the six locations throughout the park—Park Headquarters in Sedro-Woolley, the Wilderness Information Center in Marblemount, the North Cascades Visitor Center near Newhalem, the Glacier Public Service Center, Hoquiam and the Golden West Visitor Center in Stehekin!

Gather your family for a fun-filled educational experience, connecting with nature at the North Cascades Environmental Learning Center on Diablo Lake.

Get out on the water by renting a canoe, kayak or motorboat.

Stay a weekend in the cozy lodges, and enjoy kid-friendly meals in the lake-side dining hall. For more information, call (360) 854-2599 or visit nccascades.org.



PRESERVATION



Abundant rain and mild winters create the perfect environment for trees in the Pacific Northwest to grow large and old. Not long ago, ancient forests of **Douglas fir** and **red cedar** blanketed nearly all of the Pacific Northwest. Most of the old giants are gone from the Northwest, but in the wilds of our national parks you can visit groves that have never been cut and retain all the characteristics of an old-growth forest.

Old-growth forests are defined as having stands of trees more than 200 years old, but they may be much older. In Mount Rainier, Olympic and North Cascades National Parks, many are 500 to 1,000 years old! Diversity is another hallmark of Pacific Northwest old-growth forests, where hundreds of species of flora and fauna occupy the old-growth ecosystem.

After over 150 years of logging, about 15 percent of old-growth forests remain in the

Pacific Northwest, roughly half of which is within Mount Rainier and Olympic National Parks. In a region where timber is a core industry, these are among the last preserves for old-growth Douglas-fir forest.

SOMETHING IN THE AIR

Acid rain and **fog** generated in the Puget Sound area and, carried toward the park by winds, have caused high ozone levels at Mount Rainier. Researchers, assisted by park employees, are monitoring the pollution and trying to pinpoint its sources. Several sites at Mount Rainier and Olympic's Hoh Rain Forest watershed are the focus of studies, which include monitoring visibility, precipitation, fog and acid rain effects.

HUMAN IMPACT

In 2000, human waste from the more than 40,000 backpackers and 10,000 climbers finally took its toll on Mount Rainier. The resulting decline in water quality is causing serious problems in the wilderness. To help solve this, the NPS provides toilet facilities at major climbing camps and a **blue bag system** for climbers going higher than 10,000 feet. Backpackers are asked to use pit toilets at trailside camps.

Fragile subalpine habitats are being destroyed by hikers who crush plants and overturn rocks. Ongoing education in both parks encourages hikers to stay on trails, tread lightly, not pick flowers and help the parks preserve delicate ecosystems.

In recognition of the National Park Service's early master planning to preserve the park, Mount Rainier National Park was designated a National Historic Landmark in March 1997.

RECYCLING

More than 1.2 million visitors to Mount Rainier throw away about 350 tons of solid waste each year. To reduce trash bound for landfills, the NPS instituted a recycling program at Mount Rainier. Marked bins are located at park facilities, lodges, campgrounds and roadways. Rainier Guest Services (RGS), the park concessioner, and the NPS also have employee recycling programs. In addition, RGS gives priority to purchasing recycled and recyclable products from vendors with recyclable packaging.

Olympic National Park and North Cascades National Park Service Complex provide recycling bins as well. Pay attention while in the parks, keeping an eye out for which lodges and other locations recycle and what specifically they accept, whether solely aluminum, or cardboard and certain plastics, too.

RESTORING THE ELWHA ECOSYSTEM

The Elwha River is transitioning from its dam-bound era to a river wild and free. The river was severely altered by 100 years of dams. Biologists say it could take a generation or more to heal. It is rare to get to witness a river reborn. Scientists are watching, measuring, monitoring and evaluating the changes in an effort to understand the river evolution processes. What we learn from the Elwha River Restoration Project will help inform future dam removal and restoration projects. For more information on this exciting evolution, visit nps.gov/olym/learn/nature/elwha-ecosystem-restoration.htm.

CONTROLLING NONNATIVE SPECIES

The National Park Service is concerned about exotic (non-native) species intro-

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After more than a century of manmade damage, the Elwha River runs free once more.

duced by humans into natural ecosystems, because exotic species interfere with the health of native plants and animals in the parks. Olympic National Park is working to control non-native plants, including Scotch broom, Canada thistle and English holly. You can help by cleaning plant material off your shoes, clothing and vehicles before entering the park, and by packing out food and trash.

POACHING

Poaching—the illegal shooting of wildlife and collecting of plants and other resources—is a growing problem within Olympic and Mount Rainier National Parks. As logging roads are built into areas bordering the park, access into once-remote parts improves, making it easier for poachers to enter and exit the park undetected. Poachers not only steal valuable resources that belong to everyone, but they also damage and destroy plants and animals. Immediately report incidents of poaching by contacting a park ranger: Call **(360) 565-3000** in Olympic or **(360) 569-2211** in Mount Rainier.



DON'T FEED THE WILDLIFE

Minor though it may seem, simply not feeding the animals greatly protects their welfare. When wild animals cease to find their own food, they are no longer a part of the balance of nature. They may become unable to forage for themselves, a potentially fatal situation when the free handouts end at the close of the summer season. Animals also lose their fear of cars and humans, and are more likely to be injured or killed as they linger near roadsides. Remember, feeding any animal—including birds—is illegal.





WHO'S WHO AT THE PARK

NATIONAL PARK SERVICE (NPS)

Since its founding in 1916, the NPS has endeavored to preserve America's parklands for generations to come. It is responsible for preserving the environmental and cultural values of our national parks, protecting the fish and wildlife therein, and providing for the public use and enjoyment of the parks.

WASHINGTON'S NATIONAL PARK FUND (WNPf)

WNPf is dedicated to ensuring that all people can experience, understand and love Washington's parks. The fund provides essential financial resources that can be used for critical needs such as storm repair, as well as restoration of natural and cultural resources. For membership information, call (206) 623-2063 or visit wnpf.org.

RAINIER GUEST SERVICES (RGS)

Rainier Guest Services is the park concessioner at Mount Rainier National Park and operates Paradise Inn and National Park Inn, as well as food and gift facilities at the Henry M. Jackson Memorial Visitor Center and Sunrise Day Lodge. RGS offers the finest service for guests while helping the NPS preserve the natural and cultural history of Mount Rainier. Visit mtrainierguestservices.com or call (360) 569-2275 for more information.

NORTH CASCADES INSTITUTE

North Cascades Institute—a nonprofit environmental education organization and park partner—aims to conserve Northwest environments through education. The institute offers day and overnight programs, including natural history seminars, school and graduate programs, and summer youth

adventures. Visitors mix fun with learning at the institute's Environmental Learning Center at Diablo Lake. For more information, call (360) 854-2599 or visit ncascades.org.

GUEST SERVICES INC.

Guest Services Inc. is a park concessioner that runs the North Cascades Lodge at Stehekin. Located at the north end of Lake Chelan, it offers lake- and mountain-view rooms and operates a full-service restaurant, gift shop and campground. For more information, call (855) 685-4167 or visit lodgeatstehekin.com.

ROSS LAKE RESORT INC.

Ross Lake Resort Inc. owns and operates a single "mom and pop" property, Ross Lake Resort. Featuring 12 cabins and three bunkhouses built on log floats, this is the sole facility located on the lake. For more information, call (206) 486-3751 or visit rosslakeresort.com.

ARAMARK PARKS & DESTINATIONS

Aramark operates Lake Crescent Lodge, Log Cabin Resort, Sol Duc Hot Springs Resort, Fairholme Store and Hurricane Ridge gift shop and snack bar in Olympic National Park, and Lake Quinault Lodge in Olympic National Forest. For more information, call (888) 896-3818 or visit olympicnationalparks.com.

DELAWARE NORTH PARKS & RESORTS

Delaware North Parks & Resorts operates Kalaloch Lodge in Olympic National Park. For more information, please call (866) 662-9928 or visit thekalalochlodge.com.

North Cascades Lodge at Stehekin

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PHOTOGRAPHY

For millennia, we've looked towards the heavens and contemplated what's beyond our orbit and universe. More recently, stargazing has become increasingly difficult for millions of people living in developed areas. If you live you in a populated area east of the Mississippi or along the Pacific coast, odds are that you can count the number of stars you see on your hands. National and state parks—remote and minimally developed—not only protect our land, but also our dark skies which are ideal for astrophotography.

There are two primary types of astrophotography shots that yield different, but stellar compositions. A long exposure setting will show stars trailing across the sky, while a shorter exposure will show pinpoints of light—objects that a camera can capture that the unaided eye cannot. Both require a camera with interchangeable lenses and manual controls to set aperture, ISO, and exposure settings. Here's what you'll need to start:

- **A sturdy tripod:** Simply put, a shaky tripod will yield blurry photos.
- **A cable release or remote control or intervalometer:** You'll want to avoid touching your camera to minimize shake. The addition of an intervalometer will allow you to take sequential long exposures
- **Batteries:** Your aperture may be open for several hours, so it's important to have multiple fresh and fully charged batteries.
- **A wide lens:** Use the fastest, widest lens available.
- **A head lamp:** It'll be useful to set up your equipment and illuminate your foreground.

Check the cloud cover; if there's too much wait until you have a clearer night. Before you start, set your focus to infinity and turn off your autofocus and high ISO noise reduc-

tion. Next, set your white balance to daylight settings (5500k) and turn on your mirror lock to avoid mirror shake. Wait until the moon is out, too, as it'll illuminate and add detail to your foreground. Make sure that it's behind you. To capture star trails:

- Set your ISO at 200 to reduce digital noise.
- Compose your image, making sure you have interesting features in the foreground.
- Choose your focal length. The longer the focal length, the quicker your star trails will start to form.
- Set your camera to manual mode so that you can select your shutter speed and aperture.
- Set your aperture between f/2.8 and f/4 for best results.
- Select "bulb mode" as your shutter speed.
- Use your cable release or remote to open the shutter or set your timer for two to four minutes.

Check your results. If your picture is too dark, increase the exposure time. If your trails are too short, increase the exposure time. Keep playing around with your settings to get the results you desire. To learn how to take photos of the milky way and millions of points of light, visit ohranger.com/brightskies.



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Photographing the night sky is as close as many of us will get to exploring space.



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With unmatched solitude, spectacular views, and discounted rates, the off-season in Moab is fast becoming one of the most rewarding times to visit. Enjoy year-round access to Arches and Canyonlands National Parks, Dead Horse Point State Park and thousands of square miles of spectacular red rock scenery. No matter what time of year you visit, Moab's warmth and hospitality will shine through.



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EDITOR'S PICKS



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Clockwise from left: explore Mount St. Helens; trek the Pacific Crest Trail meanders 2,653 miles through California, Oregon and Washington; take a hike on one of Mt. Rainier's 25 glaciers.

There are many great experiences at parks and public lands in Washington State. Here are a few of our favorites:

- Witness the damage from the massive 1980 eruption at **Mount St. Helens National Volcanic Monument**.
- Visit **Hole-in-the-Wall**—an eroded arch north of Rialto Beach—and marvel at rocky island and sea stacks off the coast of Olympic National Park.
- Hike a part of the **Pacific Crest Trail** as it runs along the eastern edge of Mount Rainier National Park and experience the dramatic mountain terrain of the region.
- Scout for **orca** whales along the coast of San Juan Island National Historical Park.
- Catch a glimpse of the largest unmanaged herd of **Roosevelt elk** in the world and find out why Olympic National Park was almost named Elk National Park.

- Visit the **Klondike Gold Rush Seattle Unit** for a taste of the 1897–1898 stampede to the Yukon gold fields.
- Splash around in **tide pools** at Olympic National Park to see purple and red sea urchins, orange sea cucumbers and more diverse aquatic life.
- Walk the end of the **Lewis & Clark National Historic Trail** and relive the experience of the expedition that opened a path to the West for the United States.
- Visit the **gorges** at Lake Roosevelt National Recreation Area, the result of the largest scientifically documented floods in North America.
- Explore the **glaciers** of Mount Rainier—the most heavily glaciated peak in the United States—with more than 35 square miles of snow and ice radiating from the summit.

Wildness
reminds us
what it means to be
HUMAN,
what we are
CONNECTED TO
rather than what
WE ARE SEPARATED FROM."
terry tempest williams



NATURE VALLEY

HAVE SOME
FAMILY FUN

CLIMB A MOUNTAIN

SLEEP UNDER THE STARS

RECHARGE

EAT A NATURE VALLEY BAR

CAST A LINE

RUN A RIVER

REFRESH

FIND YOUR
HAPPY PLACE

HIT THE TRAIL

TAKE A HIKE WHERE THE WIFI IS WEAK!

You're not going to remember the time you spent surfing the web. Get back to nature and see why you'll find the best tweets outside, not online.

#NatureGives

