



Mount Rainier National Park

Citizen Ranger Program

Sunrise Area Quest #2: Moods of a Mountain (6.23.17)

Background: The National Park Service protects many outstanding natural areas in national parks, balancing use and enjoyment with preservation. Here at Mt. Rainier, park staff works to preserve and protect the beloved physical aspects of Mount Rainier National Park: the volcano itself, subalpine wildflowers, wildlife, historic buildings and much more.

The park also endeavors to provide visitors with the best natural experience, which includes protecting the possibility of dark skies for stargazing, and... natural soundscapes, natural silence. You can find out more about these by checking out guides and factsheets kept with the Sunrise Visitor Center's Citizen Ranger materials:

A National Park Guide: Protecting and Enhancing Soundscapes

Natural Lightscape Factsheet

Natural Lightscapes Handout

While natural silence can be tricky to find near a visitor center, it is also a state of mind, and a choice. This Quest invites you to experience Sunrise silently and see how that might affect your memories of being here.

Length: 45 – 75 Minutes

Safety Reminders: Watch your step around the parking areas!

Materials Needed: pen/pencil, paper. Optional: digital camera, colored pencils

Skills Needed: Writing, drawing, photography (optional), detective skills (study the environment and exhibits, talk to rangers, borrow books)

Guidelines: Quests can be completed by individuals or families/small groups. Have your Citizen Ranger Certificate stamped and initialed for each Quest you complete.

Level of Difficulty: Recommended for ages 12 through adult. Younger children may be able to complete with assistance.

Use a separate blank sheet for answers.

1. Find a quiet place to sit along a Sunrise trail. (Suggestions include the Silver Forest and Shadow Lake trails.) Look at your surroundings for five minutes without doing anything else. Then **write (prose or poetry) or draw** how you feel about that quiet time, and what you observed and experienced. You can also take photographs after your quiet time and share them with the ranger when you've completed your Quest.

2. Find another spot, with a view of Mt. Rainier if possible. **Study its details and either describe them in writing, or draw them.** If The Mountain is visible, find a view which includes a rock formation and do the same observation/recording study.

3a. Slowly walk on a trail for fifteen minutes. **Note ten natural objects. Describe them, explain what you think their role could be in the ecosystem, and ask a question about each that you hope to answer.**

3b. Go to the Sunrise Visitor Center and look at the exhibits. If any of them answer any of your questions from #3a above, write the answer(s) down. Ask a ranger about your other questions and/or ask to use the center's reference books **to try to answer your questions.**

4. Was quiet observation a new activity for you? Did it change your Sunrise experience?

How?

Will you do it again?

Why or why not?

Have the Park Ranger at the desk check your work and sign in the space below.

Ranger verifying completion: _____
signature date