



## Wonderland Trail

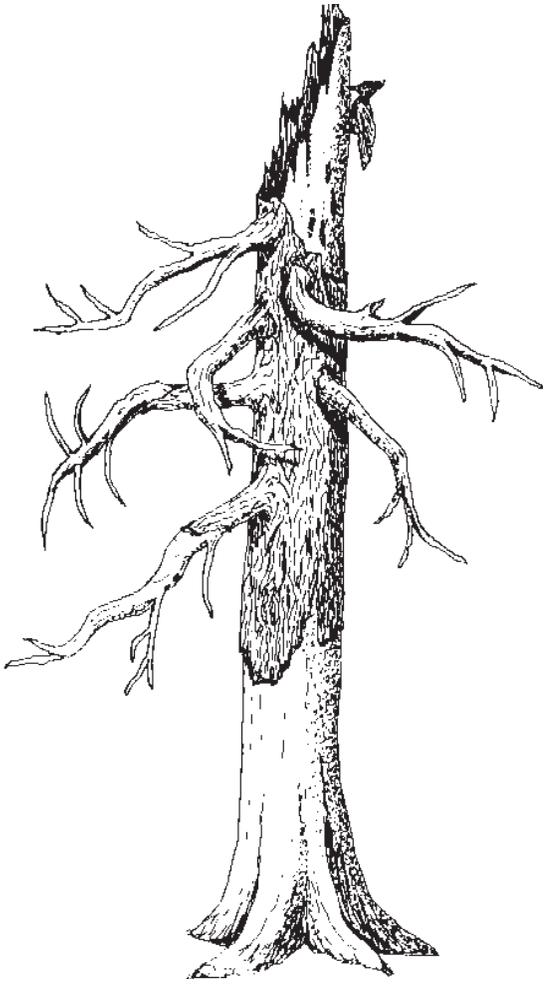


Daniel Keebler photo

The Wonderland Trail offers hikers one of the most breathtaking ways to see Mount Rainier National Park—an opportunity to simultaneously experience its history and scenic grandeur. The 93-mile trail circles the mountain, passing through major life-zones of the park, from lowland forests to subalpine meadows of wildflowers. Hikers meet with commanding views of Mount Rainier blanketed by 25 icy glaciers. Although thousands hike the historic Wonderland Trail each summer, many stretches of the trail still provide the chance to experience the solitude of the wilderness.

<p><b>History</b></p>	<p>At the turn of the century, the “Wonderland” served as a major draw for tourists, as it still does today. Rangers also used the trail as a patrol beat, and today the original ranger cabins</p>	<p>are still used by park staff. The oldest is at Indian Henry’s Hunting Ground, constructed in 1915.</p>
<p><b>Weather</b></p>	<p>Most Wonderland hikers plan their trips between July and September. The trail is partially snow covered through June and is difficult to follow without excellent navigational skills. Whenever you hike, be prepared for mud,</p>	<p>rain, sun, and possible snow showers. Carry an ice axe during early summer or late fall. A sturdy tent with a rainfly is a necessity, as are “the ten essentials.” For information about what to bring, ask for a free <b>Wilderness Trip Planner</b>.</p>
<p><b>Trail Conditions</b></p>	<p>The Wonderland Trail traverses many ridges and valleys that radiate from Mount Rainier. A daily hike of 7 to 10 miles is recommended to compensate for the ruggedness of the trail. Daily elevation gains and losses of over 3,500 feet are common. Allow 10 to 14 days to hike the entire trail, depending on your hiking pace. The more time you give yourself, the more time</p>	<p>you will have to enjoy the Wonderland. For more complete trail descriptions refer to:  <i>Adventure Guide to Mount Rainier</i>, Jeff Smoot <i>50 Hikes in Mount Rainier National Park</i>, Ira Spring and Harvey Manning <i>Hiking Guides to Mount Rainier National Park</i>, (north, east and southwest sections)</p>
<p><b>Planning Your Trip</b></p>	<p>You will need a Wilderness Permit for each night you camp along the trail. Backcountry camps receive their heaviest use on Friday and Saturday nights, so if you are hiking only part of the trail, try to arrange your trip between Sunday and Thursday.</p> <p>There are eighteen trailside camps, 2 to 8 miles apart, along the Wonderland Trail. Each camp has 2 to 8 sites for 1 to 5 persons per site. Group sites are available at certain camps for parties of 6 to 12. Each camp has tent sites, a pit or composting toilet and a water source.</p>	<p><b>Note: The use of cross-country camps to fill itineraries is not permitted when designated camps are full.</b> For more information, refer to the park’s “Wilderness Trip Planner” or talk to a park ranger about your options.</p> <p>Permits are issued on a first-come, first-served basis on the day your trip begins. However, an optional reservation system is available from April 1st to September 28th. Keep in mind that it is very difficult to do the entire WT without a reservation. A fee applies. Call (360) 569-6650 for details or go to <a href="http://www.nps.gov/mora">www.nps.gov/mora</a>.</p>

# Caching Your Food



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

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

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

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

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

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## Longmire

Caches are stored at the Longmire Wilderness Information Center and can be dropped off or picked up during business hours from Memorial Day weekend to September 30. At all other times, food caches should be dropped off or picked up by contacting a ranger at the Longmire Museum.

Telephone: 360-569-6650 from Memorial Day weekend to September 30. Call 360-569-6575 all other times.

To send a food cache to Longmire:

NOTE : UPS and FedEx are the only two options for mailing your food cache to Longmire. The U.S. Postal Service has stopped delivering mail to Longmire.

Mount Rainier National Park  
ATTN: Longmire WIC  
Longmire Warehouse  
Longmire, WA 98397

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## Sunrise and White River

Sunrise Ranger Station and White River Campground caches may be picked up during business hours. The Sunrise Ranger Station is near the Wonderland Trail, but it has a short season, normally from July 1st to September 30th. Late season hikers should use the White River Campground for their caches.

Call ahead to check with the staff about hours of operation. Telephone: 360-663-2425 (Sunrise) or 360-569-6670 (White River)

Caches for both locations should be mailed

to the White River WIC. A ranger will deliver them to either Sunrise or White River Campground. Mail your cache so that it arrives a minimum of one week prior to your pick up date. Remember to specify Sunrise Ranger Station or White River Campground pickup location.

Mount Rainier National Park  
White River WIC  
70002 SR 410 East  
Enumclaw, WA 98022

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## Mowich Lake

The Wonderland Trail cache in the northwest portion of the park is the Mowich Lake Patrol Cabin. Rangers hand-deliver caches to Mowich Lake, so send your package early and call to confirm its arrival.

The Mowich Lake Road can be subject to early closure due to weather conditions.

Telephone: 360-829-9639 (Carbon River Ranger Station)

Send Mowich Lake caches to:

Mount Rainier National Park  
Carbon River Ranger Station

**UPS or FedEx:**

Fairfax Forest Reserve Rd East  
Carbonado, WA 98323

**US Mail:**

PO Box 423  
Wilkeson, WA 98396