



# RECREATION OPPORTUNITY GUIDE

## Olympic National Forest

<http://www.fs.fed.us/r6/olympic>



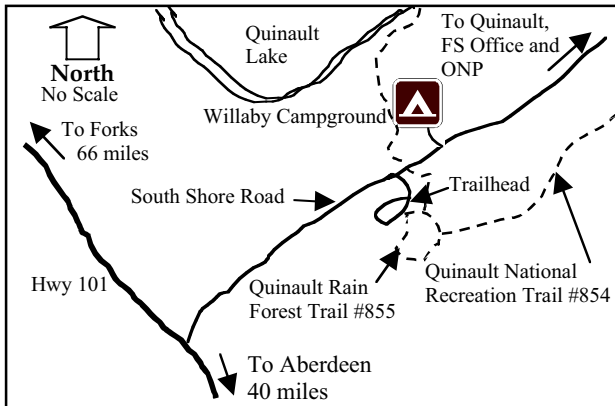
### Olympic Rain Forest

Pacific Ranger District - Quinault Office  
353 South Shore Road P.O. Box 9  
Quinault, WA 98575 (360) 288-2525

**Recommended Season**  
SPRING SUMMER FALL WINTER



**ACCESS:** Drive US Highway 101 to the Quinault Lake South Shore Road, turn east and follow signs to the Quinault Rain Forest.



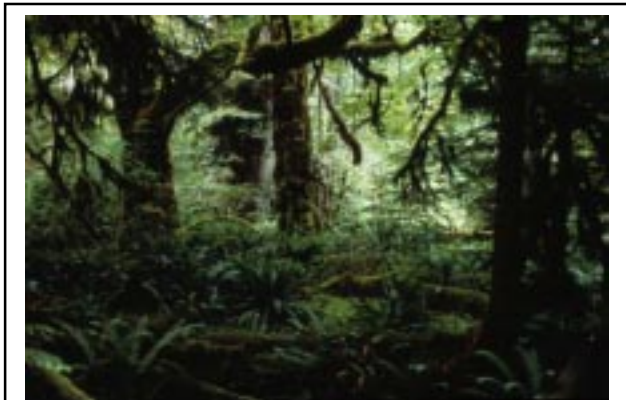
**WATCH FOR WILDLIFE:** The Olympic rain forest is home to more than trees and plants. Deer and elk graze on tender shoots of lush plants. Smaller mammals such as river otter, jumping mouse, Douglas-squirrel, and shrews thrive in this unique rain forest environment. The dense vegetation also provides hiding cover and nesting material for many birds such as the Bald Eagle and Osprey.

**WHERE TO SEE THE RAIN FOREST:** The **Quinault Rain Forest Nature Trail** is a short 0.5 mile loop trail that can be walked in 45-60 minutes. Interpretive signs provide information on many rain forest features. A narrow gorge cut by a cascading stream, dense vegetation, towering conifer trees, a bog, and a nurse log are some of the interesting features seen from this trail. **The Quinault National Recreation Trail** provides an extended 4-mile walk, beyond the short Nature Trail, deep into the rain forest and along the shore of Quinault Lake. Allow 2 to 3 hours to hike the National Recreation Trail. This loop trail can be accessed from the F.S. Quinault Office, Lake Quinault Lodge, both Willaby and Falls Creek Campgrounds and at the back of the Quinault Rain Forest Nature Trail loop. A free trail map is available at the F.S. Quinault office.

**DESCRIPTION:** Club moss draped in long tendrils from the branches of bigleaf maples; diffuse light shimmering through a high canopy of evergreens; and an emerald carpet of mosses, ferns, lichens and tiny plants, all characterize the Olympic's temperate rain forest. Summer fog, mild temperatures, and over 145 inches (12 feet) of annual rainfall combine to create an ideal environment for the dense forests and lush undergrowth. Some of the largest Douglas-fir, Sitka spruce, Western hemlock, and Western redcedar are known to exist in the Olympic rain forest. Some are over 300 feet tall and over 60 feet around.

The rain forest is a never-ending drama of birth, death and renewal. As giant trees topple and decay, they become seedbeds providing ideal nutrients and support for the next generation of trees. These "nurse logs" eventually rot away, producing a colonnade of trees standing on stilts.

Mosses, lichens, ferns, and many kinds of wild flowers thrive in the cool climate of the temperate rain forest.



*The temperate rain forest is known for its giant trees, lush vegetation and many shades of green.*