

# VOLCANO REVIEW

A VISITOR'S GUIDE TO MOUNT ST. HELENS NATIONAL VOLCANIC MONUMENT



## 35 Years of Monumental Change and Discovery

Mount St. Helens National Monument | Established: August 26, 1982

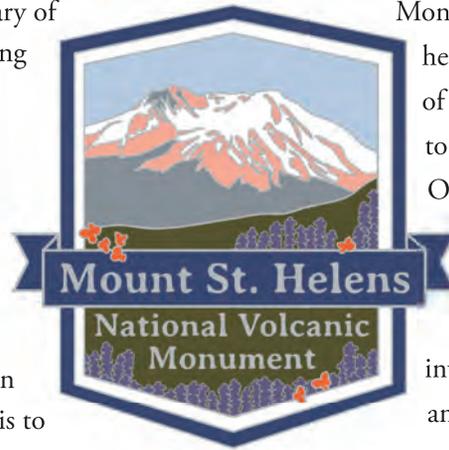
This year marks the 35th anniversary of the enactment of legislation establishing the 110,000 acre Mount St. Helens National Volcanic Monument on the Gifford Pinchot National Forest. The Monument was set aside by Congress in 1982 to protect significant features and the unique geologic, ecologic, and cultural resources in the landscape surrounding the volcano. An important objective of the legislation is to allow geologic forces and ecological succession to operate substantially unimpeded by human activity.

Over the past 35 years, Mount St. Helens has become a world-renowned laboratory for the study of volcanic processes and ecosystem development following large-scale disturbance. As you hike our 200 miles of trails, you may see posts that mark research plots where scientists return year after year to chronical ongoing change. You may also see hikers and mountain bikers, hunters and horseback riders, classroom science study, volunteers, trail maintenance work parties and many others enjoying the numerous opportunities the Monument provides.

Mount St Helens is just one of the many National

Monuments that are part of our national heritage of public lands, offering a variety of recreation and scientific opportunities to both the local and global community. Our collective of volunteers, partners, scientists and employees help make this remarkable place a destination for visitors from around the world. We invite you to become part of this dedicated and vibrant community. We hope you will

return and explore each of the three different sides of the Monument: the unmatched crater views and amazing landslide-filled valley on the West Side (State Route 504 to Johnston Ridge), the lava flows, volcanic mudflows and beautiful forests on the South Side (Forest Roads 90 and 83 to Ape Cave and Lava Canyon); and the amazing blown down forests, standing dead forests and Spirit Lake views on the East Side (Forest Roads 25 and 99 to Windy Ridge). As you explore this unique and wonderful place, please take care to stay on trails to protect the many sensitive research studies taking place, and the wildflowers lining the trails.



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### Online Information:

Mount St. Helens Visitor Information: [www.fs.usda.gov/giffordpinchot](http://www.fs.usda.gov/giffordpinchot)  
 Eruption Geology and Monitoring: [http://volcanoes.usgs.gov/volcanoes/st\\_helens/](http://volcanoes.usgs.gov/volcanoes/st_helens/)  
 Mount St. Helens Science and Learning Center at Coldwater: [www.mshslc.org](http://www.mshslc.org)

U.S. Forest Service



Gifford Pinchot National Forest

for the greatest good

# Key Partners and Volunteer Opportunities

## WELCOME to Mount St. Helens

In 2017, we are commemorating the 35th anniversary of the legislation creating Mount St. Helens National Volcanic Monument. The enabling legislation focused on four main themes for management of the landscape around Mount St. Helens:

- geologic, ecologic and cultural resources
- public safety
- scientific study and research
- recreational use

While these themes create the framework for managing this unique landscape, it is really the people that make Mount St. Helens special. Pictured here are some of the people who help to make Mount St. Helens what it is today. These people work on your behalf to protect streams, forests and wildlife, to study the ecological changes across the landscape, to interpret and share scientific discoveries with visitors from around the world; to keep our visitors safe; to provide clean and welcoming facilities and viewpoints; to maintain complex visitor centers and roads in a harsh environment and to protect downstream communities. These are wonderful people with a true passion for Mount St. Helens National Volcanic Monument, the Gifford Pinchot National Forest and the communities surrounding the Monument.

Of course this group of happy smiling people are just the tip of the iceberg. The Monument is supported by the staff at the Gifford Pinchot National Forest Headquarters and the adjacent Cowlitz Valley and Mount Adams Ranger Districts. The broader community that is Mount St. Helens National Volcanic Monument also includes scientists from around the world, partner organizations, state and local agencies and a cadre of volunteers that number more than 500 strong. The Monument also benefits from the support of communities near and far and most of all, from you...the visitor who comes to witness this evolving landscape and stand in awe of the power of geologic forces and ecological succession.

It's the people who make this such an amazing place to work, live, recreate and discover your public lands here at Mount St. Helens National Volcanic Monument and the Gifford Pinchot National Forest. *Tedd Huffman, Monument Manager*



## Help Us Share the Wonder of Mount St Helens

The Mount St. Helens Institute (MSHI) is a nonprofit partner of the Mount St. Helens National Volcanic Monument and the US Forest Service. We provide science education, conservation and recreational activities. We offer field seminars, inspiring hikes, guided climbs, evening lectures and other events aimed at deepening your understanding of the Pacific Northwest's natural and cultural past. We also offer a variety of volunteer opportunities. MSHI Volunteers have helped visitors of all ages, and from all over the world, explore, connect and learn about Mount St. Helens for over 20 years.

### Become a Volunteer

Please join the MSHI and the US Forest Service volunteer community and become involved. There are a variety of roles, including: talking with guests at visitor centers, providing information and support on hiking trails, maintaining trails, teaching youth, and supporting community events on the mountain. There are also many other volunteer opportunities offered through our numerous partners. Training is provided for all new volunteers. With flexible scheduling, including both one-time and ongoing volunteer opportunities, there's a way for everyone to get involved.

Interested MSHI volunteers should visit the volunteer information page at [www.mshinstitute.org/volunteer](http://www.mshinstitute.org/volunteer) or contact Allison Watson, Volunteer Director, at [awatson@mshinstitute.org](mailto:awatson@mshinstitute.org) or (360) 891-5199. Volunteers interested in volunteering with the US Forest Service and one of our many other partners should contact Amy Wilson Community Engagement Specialist at Mount St. Helens National Volcanic Monument at [awilson@fs.fed.us](mailto:awilson@fs.fed.us) or 360-449-7831.

### Everyone Deserves Outdoor Memories

On average, American children spend less than 10% of their time outdoors despite the intellectual, physical, and social benefits of being in nature. In 2017, through youth education programs, hiking and climbing adventures, and volunteer/stewardship opportunities, the Mount St. Helens Institute is working to ensure that cost does not prevent children and adults from creating outdoor memories on Mount St. Helens.

Please help us create outdoor memories on Mount St. Helens for everyone. Please join us, become a member and donate today: <http://www.mshinstitute.org/give/donate.html>.

### Road Closures

Due to the late fall storms of 2016 some forest service roads and trails may be damaged or closed due to washouts. Current known roads affected include USFS 26 RD, USFS 25 RD and USFS 23 RD.

Please check the Roads and Conditions report at [www.fs.usda.gov/recremain/giffordpinchot/recreation](http://www.fs.usda.gov/recremain/giffordpinchot/recreation) for the most up to date information.

## Pine Creek Information Station

The Forest Service and local partners identified a need for enhanced visitor services on the Southside of Mount St. Helens. In May 2009, members of the surrounding communities, local organizations and the Gifford Pinchot National Forest formed an innovative partnership that reopened the Pine Creek Information Station. Serving over 18,000 visitors a year between Memorial Day and Labor Day, the Pine Creek Information Station provides informational and interpretive services, restrooms, and bookstore. It is a hub of safety and communications for the surrounding area. Many thanks to Discover Your Northwest, Skamania County Chamber of Commerce, Swift Community Action Team (SCAT), the Mount St. Helens Institute, Skamania County, Cougar Area Trail Seekers (C.A.T.S.), North Country EMS, Skamania County Fire District 6 and the Skamania County Sheriff's Office for their dedication and commitment to keep the Pine Creek Information Station open and functioning.



### — Other Key Partners —



LNT.org



www.wta.org

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DYNW is a not-for-profit organization that operates bookstores at parks and forests throughout the Pacific Northwest. Proceeds are used to fund interpretive programs, this newspaper and much, much more. To order books, videos, posters and other educational materials visit [www.discovernw.org](http://www.discovernw.org) or contact:



Discover Your Northwest  
PO Box 326, Toutle, WA 98649  
360-274-2115

# What's New on the Monument?



The 2017 Summer on the Mountain Series has something for everyone: live music, star gazing, art, naturalist programs, camping, and more! All events are held at the Mount St. Helens Science and Learning Center in Toutle, Washington, unless otherwise noted.

## MAY 13 ..... IT'S A BLAST

- **Science and Learning Center:** live music by Amber Sweeney (trio), guided hikes and walks, brain teasers and objects from OMSI's traveling exhibits, exploratory and craft activities, and more!
- **Johnston Ridge Observatory:** films, exhibits, gift shop, and ranger talks.

## JUNE 10 ..... ART ERUPTION

- Live music by Lewi Longmire and the Left Coast Roasters, youth and adult art workshops, arts and crafts activities, and more!

## JUNE 24 ..... NOAH'S ARK MUSIC

- Music of Seas and Sailors, performed by the Lower Columbia College Symphonic Band at the Johnston Ridge Observatory Theater.

## JULY 8-9 ..... FAMILY ADVENTURE CAMP

- Participating families will choose from a wide variety of activities including: guided hikes, science activities, arts and crafts, and more! Meals and indoor and outdoor camping options are included. Need based scholarships are available.
- Advanced reservations required, register online.

## AUGUST 12-13 ..... PERSEID METEOR SHOWER CAMPOUT

- Live music by Lincoln's Beard, Meteor Shower viewing (weather permitting), guided hikes, arts and science activities, and more!
- Overnight camping requires advanced reservation, register online

## SEPTEMBER 16-17 ..... SKY AND STAR PARTY

- Live music by Jawbone Flats, solar and sky viewing (weather permitting), meet a NASA astronaut, sky themed crafts and activities, and more!
- Overnight camping requires advanced reservation, register online

## OCTOBER 15 ..... CARNIVAL OF COLORS

- Live music by Caspar Babypants (Chris Bellew of the Presidents of the United States of America), brain teasers and objects from OMSI's traveling exhibits, carnival games and prizes, face painting, and more!

## NOVEMBER 4 ..... SLC SEASON REOPENING

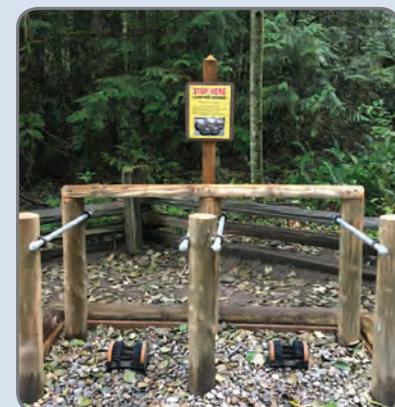
- Live music by Raeann Phillips, guided hikes and walks, volcano themed crafts and games, and more!

## Bats Matter at Ape Cave

White-Nose Syndrome (WNS), named because of the telltale white fungus on the nose, ears and wing membranes of affected bats, is responsible for the most dramatic decline of North America wildlife in 100 years. In 2016, Mount St Helens National Volcanic Monument undertook measures at Ape Cave to help educate and prevent the spread of WNS. We installed boot brushes and artificial turf to clean dirt and other debris off shoes, were the spores of the fungus that causes WNS can be trapped and not transported between caves. When you visit Ape Cave, please walk on the artificial turf and use the boot brushes before going into and upon leaving the cave.

WNS was discovered in New York in 2006, since then WNS has spread throughout eastern and central U.S. and Canada leading to the deaths of over seven million bats. In 2016 WNS was detected on bats in central Washington. WNS affected bats are frequently waking up and flying around when they should be hibernating, using up vital fat reserves they rely on for winter survival. According to Science magazine's Policy Forum, insect eating bats save the U.S. agriculture at least \$3 billion a year in pest-control services.

Ape Cave will have an informational Bat Booth staffed by Interpreters and volunteers to help people understand WNS and their part in helping prevent the spread. **We ask that people entering the cave not bring ANY item (gear, clothing, boots, etc.) that has been used in any other caves or mines.** For the latest information on this disease, decontamination of equipment procedures and to report dead bats please visit <https://www.whitenosesyndrome.org/>



## Summer Science Programs For Youth

Mount St. Helens is a living laboratory for all. The Mount St. Helens Institute provides opportunities for youth to cultivate scientific skills, gain confidence in their outdoor abilities, and experience the wonders of Mount St. Helens.

**Volcano Venture:** Co-ed camp for 8-12 year olds. Campers lodge at the Science and Learning Center, for 1 or 2 nights, take part in a variety of science, art, and outdoor adventures.

**Family Adventure Camp:** Enjoy, explore and learn about Mount St. Helens with the whole family during this 1-night camp for families with youth of all ages.

**GeoGirls:** GeoGirls is a 5-day geology and technology camp for middle school girls. Girls work alongside professional geoscientists in the field on real-world research projects.

**Summer Ecology Program:** Summer Ecology Program is a 5-day co-ed science camp for 15-17 year olds. Participants will work with scientists on their research, conduct their own field ecology projects and explore the landscapes and organisms of Mount St. Helens. Learn more at: <http://www.mshinstitute.org/learn>.



Photo credit: Carrie Lindsay

# Plan Your Visit and Help Protect the Monument

## Take Care of Your Pet, Protect the Monument



To protect plant and animal life and provide for visitor safety, pets are prohibited at all recreation sites and trails within the Monument's restricted area (see yellow shaded section of map on page 7). **Pets are permitted only in designated pet areas and must be on a leash. Lack of shade and summer heat can endanger pets left in cars.** For the safety and comfort of your pet, please arrange to leave your pet at home. Contact any Forest Service office for information on where it is safe and legal to bring your pet.

### Berries, Mushrooms, Special Forest Products

Edible berries, mushrooms, firewood, bear grass and other vegetative resources are termed Special Forest Products (SFP). To allow natural recovery and ecological processes, SFPs may not be removed from within the legislated boundary of the Mount St. Helens National Volcanic Monument. Check with your nearest Forest Service office for permits and locations in the surrounding national forest where SFP's may be removed.

## Contact Information

**Emergency (Police, Medical, and Fire) Dial 911**

### Forest Service Offices

**Mount St. Helens National Volcanic Monument (360) 449-7800 and District (Amboy)** [www.fs.usda.gov/giffordpinchot](http://www.fs.usda.gov/giffordpinchot)  
**Johnston Ridge Observatory..... (360) 274-2140**  
**Mount St. Helens Science and ..... (360) 274-2114 Learning Center at Coldwater** [www.mshslc.org](http://www.mshslc.org)  
**Cowlitz Valley Ranger Station (Randle) ..... (360) 497-1100**  
**Gifford Pinchot National Forest Headquarters ... (360) 891-5000 (Vancouver)** [www.fs.usda.gov/giffordpinchot](http://www.fs.usda.gov/giffordpinchot)  
**Mt. Adams Ranger Station (Trout Lake) ..... (509) 395-3400**

### Other Resources

**Mount St. Helens Visitor Center at Silver Lake... (360) 274-0962** <http://parks.wa.gov/stewardship/mountsthelens/>  
**National Recreation Reservations..... (877) 444-6777 (Federal Campgrounds)** [www.recreation.gov](http://www.recreation.gov)  
**PacifiCorp ..... (503) 813-6666**  
 • campgrounds at reservoirs south of Mount St. Helens (see Recreation, Washington) [www.pacificorp.com](http://www.pacificorp.com)  
**Washington State Parks..... (360) 902-8844** [www.parks.wa.gov/parks](http://www.parks.wa.gov/parks)  
**Mount St. Helens Institute ..... (360) 449-7883** [www.mshinstitute.org](http://www.mshinstitute.org)  
**Discover Your Northwest ..... (360) 891-5214** [www.discovernw.org](http://www.discovernw.org)  
**Mount St. Helens Forest Learning Center ..... (360) 414-3439**  
**Washington Tourism Alliance ..... (800) 544-1800** [www.experiencewa.com](http://www.experiencewa.com) [www.watourismalliance.com](http://www.watourismalliance.com)  
**Cowlitz County Tourism ..... (360) 577-3137** [www.visitmtsthelens.com](http://www.visitmtsthelens.com)  
**Lewis County Tourism ..... (360) 740-1192** [www.lewiscountywa.gov/visitors/outdoor-activities](http://www.lewiscountywa.gov/visitors/outdoor-activities)

## Your Fees Help Support the Monument

Interpretive services and facilities on the Westside of Mount St. Helens are supported by your purchase of a Monument Pass. Passes are \$8 per adult (youth 15 and younger are free). Passes are required at the Johnston Ridge Observatory, adjacent trails and at the Coldwater Lake Recreation Area. Monument Passes can be purchased at Johnston Ridge Observatory. On the Eastside and Southside of the Monument a Northwest Forest is required at designated sites. The cost is \$5 per vehicle per day. Annual passes are \$30. Passes are sold at Forest Service offices and at self-service pay stations around the Monument. Details at: [www.fs.usda.gov/main/giffordpinchot/passes-permits](http://www.fs.usda.gov/main/giffordpinchot/passes-permits).

### Purchase Your Interagency Annual Pass at Mount St. Helens and Help Support Your National Volcanic Monument

Fees from pass sales are used to provide the services and facilities that you enjoy during your visit. An Interagency Annual Pass is available for \$80. At per person fee sites it allows the pass holder and up to three additional visitors. Interagency Annual, Senior, and Access passes are available at Monument and Forest Service offices. The passes are honored nationwide at Forest Service, National Park Service, BLM, Bureau of Reclamation, and US Fish & Wildlife Service sites charging entrance or standard amenity fees. Information about the interagency annual pass program is available at: [www.fs.fed.us/passespermits/rec-fee.shtml](http://www.fs.fed.us/passespermits/rec-fee.shtml).

## Help Protect the Monument

In 1982, Congress established the 110,300 acre Mount St. Helens National Volcanic Monument to provide for scientific research, education and recreation.

- Stay on paved areas and designated hiking trails.
- Do not disturb or remove any natural features.
- Keep pets on a leash and in designated pet areas.
- Do not feed the animals. • Share the trails.



## School Groups and Teachers

Teacher Registration for field trips is online, easy and required! School groups planning on visiting Johnston Ridge Observatory(JRO) or Ape Cave can register their group and access suggested itineraries, downloadable lesson plans and descriptions of ranger-led programs at [www.mshnvm.org](http://www.mshnvm.org). (Click "Teachers Corner") Registration for your school's field trip to visit JRO or Ape Cave is **required** and it's free!

Volcano Outdoor School (VOS) provides hands-on science learning at the Science and Learning Center and nearby areas in the blast zone. Overnight and day programs are available. Overnight VOS programs include meals, snacks, and lodging at the Science and Learning Center. Learn more and register online at [mshinstitute.org/learn](http://mshinstitute.org/learn).

**EVERY KID IN A PARK** – 4th grade students! Earn a free pass that will get you and 3 Family Members into National Forest, National Parks and other federal lands free! Please visit [www.everykidinapark.gov](http://www.everykidinapark.gov) for more information.

Driving Times (Hours: Minutes)	Ape Cave	Lava Canyon	Pine Creek Information Station	Windy Ridge	Randle	Mount St. Helens Visitor Center	Coldwater Lake Recreation Area	Johnston Ridge Observatory
Ape Cave	N/A	0:15	0:30	1:45	1:45	1:30	2:30	2:45
Lava Canyon	0:15	N/A	0:45	2:00	2:00	1:45	2:45	3:00
Pine Creek Information Station	0:30	0:45	N/A	1:15	1:15	1:45	2:45	3:00
Windy Ridge	1:45	2:00	1:15	N/A	1:15	2:45	3:45	4:00
Randle	1:45	2:00	1:15	1:15	N/A	1:30	2:30	2:45
Mount St. Helens Visitor Center	1:30	1:45	1:45	2:45	1:30	N/A	1:00	1:15
Coldwater Lake Recreation Area	2:30	2:45	2:45	3:45	2:30	1:00	N/A	0:15
Johnston Ridge Observatory	2:45	3:00	3:00	4:00	2:45	1:15	0:15	N/A
Portland/Vancouver	1:30	1:45	1:45	3:00	2:30	1:15	2:15	2:30
Seattle	3:30	3:45	3:45	3:45	2:30	2:00	3:00	3:15
Carson	1:30	1:45	1:00	2:15	2:15	2:45	3:45	4:00
Woodland	1:00	1:45	1:15	2:30	2:30	0:45	1:45	2:00
Mt. Rainier National Park	2:45	2:45	2:15	2:15	1:00	2:30	3:30	3:45

# Explore the Three Sides of Mount St. Helens: Westside



Sharon Steriti, USFS

Sunrise at Snow Lake.

## Mount Margaret Backcountry

Trails in the Mount Margaret Backcountry climb over 2,000 feet in elevation and may be snow covered until mid-summer. Eight designated campsites are available at four ridge top locations, some with crater and backcountry lake views. Campsites are limited to four people per reservation. For current updates and information, visit: [www.fs.usda.gov/goto/backcountry](http://www.fs.usda.gov/goto/backcountry).

Backcountry Permits are required for overnight camping and are only available through advance online reservations at [Recreation.gov](http://Recreation.gov). There is a non-refundable reservation fee of \$6.00 per reservation. The online reservation system is available 24 hours a day, 7 days a week. This allows users to check for cancellations at any time and/or make changes to their initial reservation (adding people or a day) before the permit dates. Forest personnel is available if assistance is needed with the website or if visitors do not have access to a computer. Starting March 19th, reservations can be made in advance online through [Recreation.gov](http://Recreation.gov) or by TOLL FREE telephone (1-877-444-6777) or TDD (1-877-TDD-6777).

## The Mount St. Helens Science and Learning Center at Coldwater



Photo credit: Sonja Melander

The Mount St. Helens Science and Learning Center at Coldwater (SLC) is a multifunctional facility that features amazing views, 26 beds, a full kitchen, large meeting rooms, and 11,000 square feet of space. During the summer, the SLC is home to youth education programs, rentals, and is only open to the public for the Summer on the Mountain event series (see page 3). The SLC is available to rent for education events, retreats, conferences, weddings, parties, and more! During the winter, while the Johnston Ridge Observatory is closed, the SLC is open on weekends for visitors.

For information on education programs, rentals, events, or visitor portal hours please visit [www.mshslc.org](http://www.mshslc.org) or contact Kori Quatermass, Science and Learning Center Director, at [rent@mshinstitute.org](mailto:rent@mshinstitute.org) or (360)274-2114.

WESTSIDE TRAILS (State Route 504)	Round Trip	Elevation Change	Description
<b>Birth of a Lake Trail #246 (Easy)</b> SR504, Trailhead is located at Coldwater Lake Picnic Area.	0.6 miles	2490 feet to 2475 feet	Paved trail explores 1980 landslide deposit and developing life in a lake that was dammed-up by the 1980 eruption.
<b>Eruption Trail #201 (Easy)</b> Trailhead is located at Johnston Ridge Observatory viewing plaza.	1 mile	4200 feet to 4300 feet	Paved trail explores 1980 eruption impact on ridge. View shattered trees and amazing crater and valley views.
<b>Hummocks Trail #229 (More Difficult)</b> SR504, Trailhead is 1/8 mile south of turnoff to Coldwater Lake.	2.4 mile loop	2520 feet to 2400 feet	View hill-sized chunks of shattered volcano, ponds and river-carved canyon on 1980 landslide deposit.
<b>Lakes Trail #211 to Coldwater Trail #230 (Most Difficult)</b> SR504, Trailhead is located at Coldwater Lake Boat Launch.	9.0 miles	2700 feet to 5200 feet	Explore blowdown and developing forest. At 4 miles, end of lake makes a good turn around point. Continue 1/2 mile to junction with Coldwater Trail 230.

## Westside: State Route 504

### Mount St. Helens Visitor Center at Silver Lake



T. Linch

Located five miles east of Interstate 5, the center offers exhibits on the 1980 eruption and area history, ranger talks, walk-through model volcano, movie, bookstore, and wetland boardwalk trail. The center is operated year-round by Washington State Parks and has a \$5 per adult, \$2.50 per youth (7-17 years) (0-6 years old are free), and \$15 per family (2 adults plus children 7-17 years old)

admission fee. Open daily 9:00 a.m. to 5:00 p.m., from May 16 to September 15. Call ahead for winter hours (360) 274-0962.

### Johnston Ridge Observatory

View the lava dome and growing glacier from a visitor center overlooking the crater and learn how the landscape was reshaped by the 1980 eruption. The center offers: live seismographs, geologic exhibits, two 16-minute award-winning movies, ranger talks, and bookstore. Open from 10:00 a.m. to 6:00 p.m. mid-May through October (closed in winter). Pets are not allowed at viewpoints or on trails. A Monument Pass (wristband) or valid Recreation Pass is required and available here.



### Coldwater Lake Recreation Area



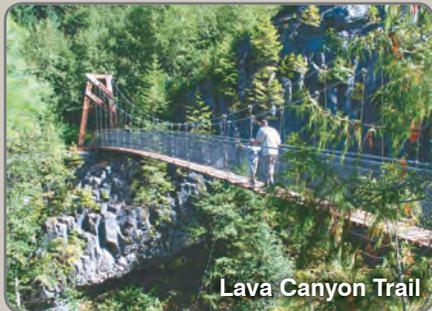
Visit a lake that was formed when water backed up behind a natural dam created by a massive landslide during the 1980 eruption. Coldwater Lake offers restrooms, public telephone, picnic area, paved interpretive trail and boat launch (electric motors only). Fishing requires a WA state license. Access is via small boat, float tube, and at two designated water access points along the Lakes Trail.

# Explore the Three Sides of Mount St. Helens: Southside and Eastside

## Southside: Forest Road 83

### Lava Canyon, Trail of Two Forests and Ape Cave

The Southside of Mount St. Helens provides many recreational opportunities in a unique geologic environment, including ancient lava flows and fabulous waterfalls. The Lava Canyon Trail explores an area scoured by mudflows during the May 18, 1980 eruption. The trail begins as a paved, barrier-free trail and quickly changes to a more challenging trail, including a 1.4 mile loop with an exhilarating suspension bridge. **DANGER – Stay on this trail.** Lava Canyon has steep drops and big waterfalls. People that have left the trail have been swept over the falls to their deaths.



Lava Canyon Trail

For an exciting step back in time, take a stroll along the Trail of Two Forests boardwalk. This short interpretive trail is one of a kind, with casts of old-growth trees buried by lava 1,900 years ago. If you are feeling adventurous you may want to explore the “crawl through”.

Ape Cave, the third longest lava tube in North America, provides moderate to difficult terrain. Visitors to the cave need to be prepared for constant 42 degree F temperature, pitch black conditions, and uneven and sometimes slippery surfaces. Two light sources per person, warm clothes and sturdy shoes are essential. From late June until early September, a bookstore, lantern rentals and Rangers are available. Please note: heavy use of the cave, during the peak hours of 11 a.m. to 3 p.m. on weekends, creates a less than desired experience and parking issues. Plan your visit around these peak-use times and days for a more positive cave experience (see Bats Matter page 3).

Visitors can also explore the Volcano Viewpoint Trail, which is located near Ape Headquarters. This one mile trail explores the forest near Ape Cave and takes hikers to a viewing platform offering distant views of Mount St. Helens.

— 2017 —

## Climbing Mount St. Helens

Climbing permits are required for travel above 4,800 feet (tree line) year round. Between April 1 and October 31, a fee of \$22.00 is charged for each permit. **Climbers will need to print their online permits at home and sign in at the trailhead climbing registers. Recyclable plastic permit holders will be available at the climbing registers to display climbing permits. Climbing permits must be carried at all times and displayed in a visible manner by each person while climbing Mount St. Helens.** Starting February 1st, permits are sold in advance, online through the Mount St. Helens Institute at [www.mshinstitute.org](http://www.mshinstitute.org), on a first come, first served basis. Climbers should be aware that in rare instances rock and ash from small explosive eruptions can reach the crater rim. Visit the climbing website for detailed information about volcanic hazards, safety equipment and how to purchase a permit online: [www.fs.gov/goto/climbingmsh](http://www.fs.gov/goto/climbingmsh).



Jon Major, USGS

A blue bag human waste management system has been set up for Climbers at Climbers Bivouac. This program has been implemented to help limit climber impact to the resource and to protect the environment. Please help us manage this program by utilizing the service and by placing no trash, except for the blue bags, into the provided brown receptacle located at the trailhead. All other trash please pack in and pack out.

SOUTHSIDE TRAILS (Forest Road 83)	Round Trip	Elevation Change	Description
<b>Trail of Two Forests #233 (Easy)</b> Forest Road 8303, ½ mile East of Ape Cave.	0.25 mile	1860 feet to 1885 feet	Boardwalk guides you across 1,900 year old lava flow and tree casts that record an ancient forest consumed by lava.
<b>June Lake Trail #216B (More Difficult)</b> Forest Road 83. Trailhead is 7 miles north of junction with Forest Road 90.	3.2 miles	2700 feet to 3400 feet	Trail climbs along rushing stream before reaching lake nestled between basalt cliff and 1,900 year-old lava flow. Lake offers ideal lunch stop before continuing ¼ mile to junction with Loowit Trail 216.

## Eastside: Forest Road 99

### Blown-down Forest, Spirit Lake Viewpoints and Cascade Peaks Information Station

Experience the full impact of the 1980 lateral blast and 35 years of natural recovery as you drive through miles of standing-dead and blown-down forests. Forest Road 99 is generally accessible after snow melts (late- June through October; closed in winter) and offers the only drive-up viewpoints of Spirit Lake and its immense log mat. Vistas, trails, lakes, wildlife and the amazing power of nature abound. Rangers provide Eruption Talks at Windy Ridge and other viewpoints during July and August. A valid Recreation Pass is required for each vehicle and can be purchased at various locations (see page 7) including the Cascade Peaks Information Station. Cascade Peaks is operated by Discover Your Northwest, with the help of volunteers, in cooperation with the US Forest Service. Souvenirs, snacks and water are available for purchase. Hours of operation are Thursday thru Monday 10am to 5pm.



Sharon Steriti, USFS

EASTSIDE TRAILS (Forest Road 99)	Round Trip	Elevation Change	Description
<b>Meta Lake Trail #210 (Easy)</b> Forest Road 99, 0.1 miles west of junction of Road 99 with Road 26.	0.6 mile	3620 feet to 3640 feet	Paved trail explores blowdown forest and sparkling lake. View forest that survived eruption under thick snowpack.
<b>Windy Ridge Sand Ladder (More Difficult)</b> North end of the Windy Ridge Viewpoint Parking Lot.	0.5 mile	4070 feet to 4270 feet	Climb 368 steps to hilltop view of Spirit Lake and crater. Use caution as loose pumice can make for unstable footing.
<b>Harmony Trail #224 (Most Difficult)</b> Forest Road 99, 2½ miles north of Windy Ridge Viewpoint. Off-trail travel, pets and bikes are prohibited.	2 miles	4100 feet to 3400 feet	Trail descends steeply to Spirit Lake (this is only trail to shoreline). View the effects of lateral blast and “tidal” wave formed as landslide slammed into lake.
<b>Truman Trail #207 and Willow Springs Trail #207A (Most Difficult)</b> Forest Road 99, trailhead at south end of Windy Ridge parking lot. Off-trail travel, pets and bicycles prohibited.	11 miles	4200 feet to 3600 feet	Trail follows old road into Spirit Lake basin. Wooden posts mark path across boulder-filled floodplain. Willow Springs Trail (0.8 mile) connects with Loowit Trail 216 and other loop opportunities.
<b>Boundary Trail #1 to Norway Pass (Most Difficult)</b> Norway Pass trailhead, Forest Road 26. 1 mile north of 99/26 road jct.	4 miles	3700 feet to 4400 feet	Trail climbs out of Green River valley, with views of Mt. Adams to the east, Mt. Rainier to the north and spectacular view of Spirit Lake and Mt. St. Helens at Norway Pass.

Campgrounds	# sites	\$ Fee	⚖	♿	🚰	🐟	🏕	🚚	🗑
<b>Highway 503 &amp; FR 90</b>									
Cresap Bay *	73	yes for all sites	20	•	•	•	•	•	•
Cougar	60		•	•	•	•	•	•	
Beaver Bay *	78		5	•	•	•	•	•	•
Swift	93		6	•	•	•	•	•	•
Lower Falls	42		4	•	•	•	•	•	•
Lewis River Horse Camp	9	•	•	•	•	•	•	•	
<b>Forest Road 81</b>									
Kalama Horse Camp	17	yes	2	•	•	•	•	•	•
Merrill Lake	7	yes	6	•	•	•	•	•	•
<b>Forest Road 25</b>									
Iron Creek **	98	yes	12	•	•	•	•	•	•
<b>Forest Road 23</b>									
Tower Rock **	22	yes							•
<b>State Route 504</b>									
Sequest State Park***	90	yes	many	•	•	•	•	•	•

\* Reservations are required: Call (503) 813-6666. \*\* Reservations are accepted: Call (877) 444-6777. \*\*\* Reservations are accepted: Call (888) 226-7688.



# Mount St. Helens National Volcanic Monument



for the greatest good

## Know the Rules

- Disturbing or removing natural features is prohibited in all areas.

### Restricted Area #1

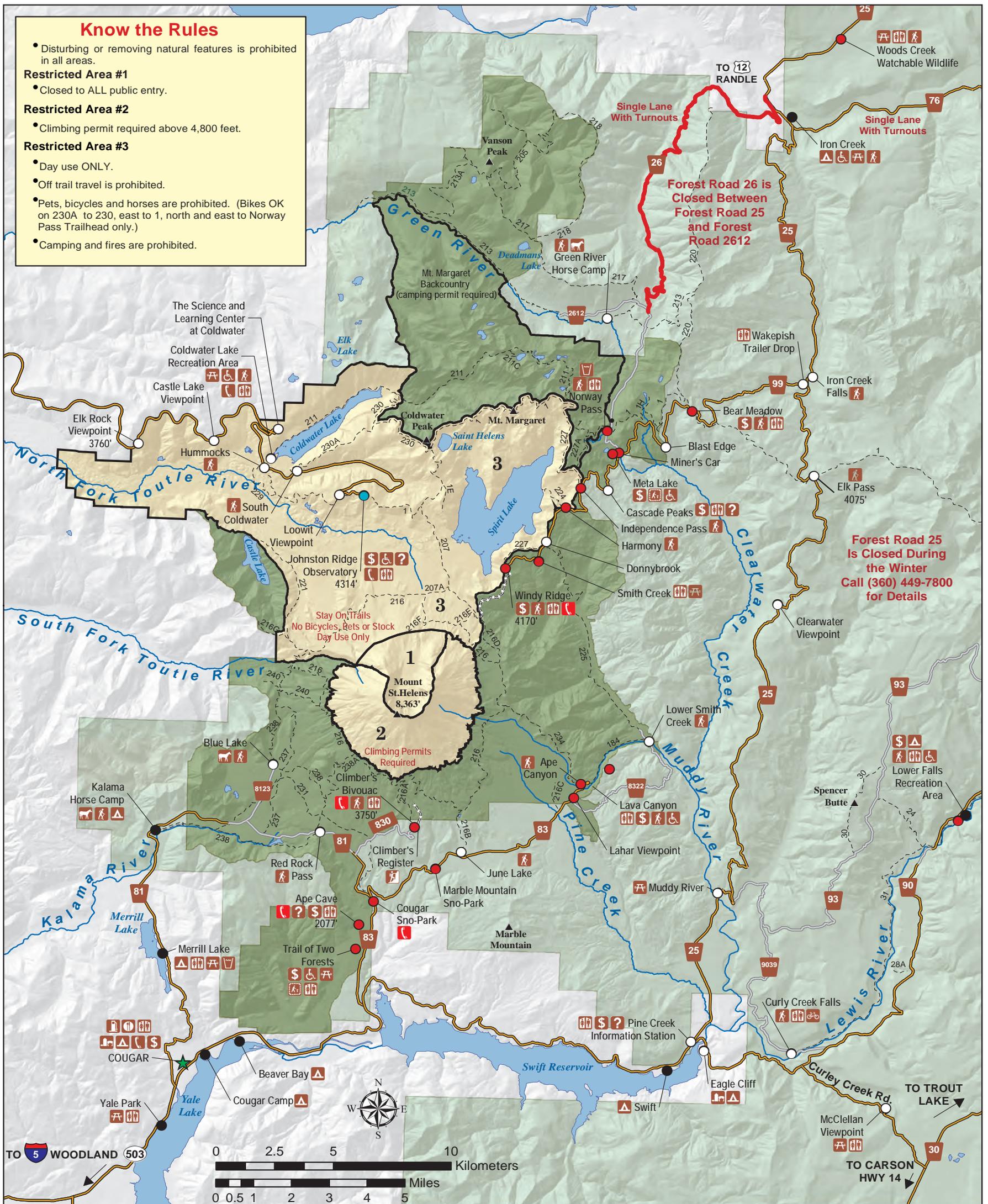
- Closed to ALL public entry.

### Restricted Area #2

- Climbing permit required above 4,800 feet.

### Restricted Area #3

- Day use ONLY.
- Off trail travel is prohibited.
- Pets, bicycles and horses are prohibited. (Bikes OK on 230A to 230, east to 1, north and east to Norway Pass Trailhead only.)
- Camping and fires are prohibited.



Gifford Pinchot NF	Transportation	Hydrography	Recreation	Other
Admin Boundary	Paved Roads	Major Rivers	Information	Trail Access
Mount St. Helens NVM	Gravel Roads	Major Waterbodies	Passes Sold	Picnic Area
Restricted Area	Dirt Roads		Barrier Free	Interpretive Trail
No Fees Required	Road 26 Closure		Campground	Telephone
Recreation Day Pass Required	Trails		Restrooms	Fuel
Monument Pass Required			Water	Gift Shop
Campground with Fee			Food	General Store
			Horse Area	Emergency Call Box

For Road and Recreation Conditions Report, go to this link:

<http://www.fs.usda.gov/giffordpinchot>

This map is intended for general reference and is approximate in general proportions.

Elevations are in feet

