

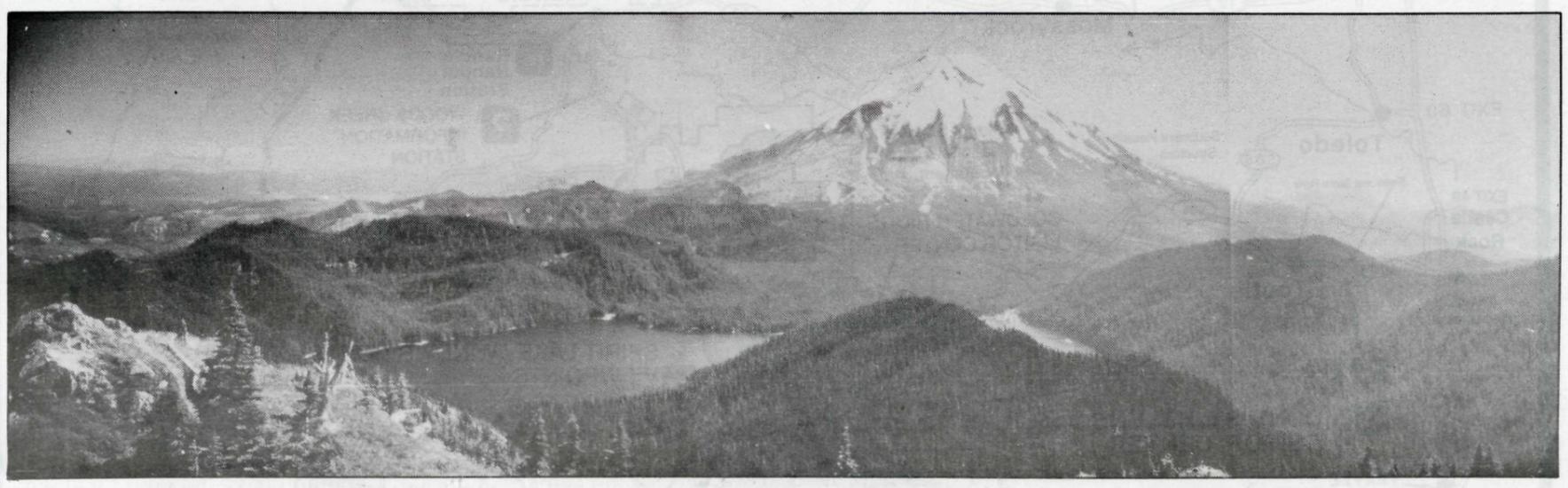
Mt. St. Helens & Vicinity Map.....	2	Mt. St. Helens Detail Map.....	6 - 7
Information and Visitor Centers.....	3	East Side/Forest Roads 99 & 26.....	8
Drive Time Charts.....	3 & 6	Camping, Climbing & Trails.....	9
West Side/State Highway 504.....	4	South Side/State Highway 503.....	10 - 11
North Side/State Hwy 12/FR 25.....	5	Environmental Education.....	11

VOLCANO REVIEW

A Visitor's Guide to Mount St. Helens National Volcanic Monument • Summer / Fall 1995

Welcome to Mount St. Helens National Volcanic Monument. We are glad you are here! A variety of programs, facilities and experiences await you.

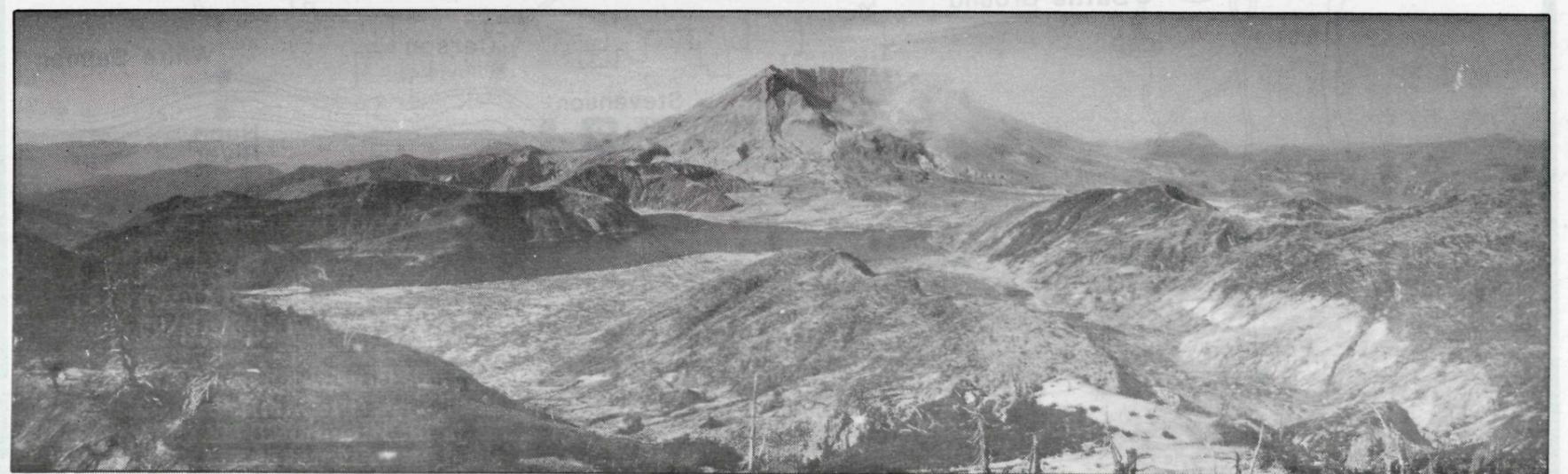
1979...



Mount St. Helens from Norway Pass

As you explore this fascinating volcanic landscape, keep in mind that the Monument was created as a place where natural processes could occur with a minimum of human interference. Please stay on the trails and respect areas that have been set aside for scientific research.

...1995



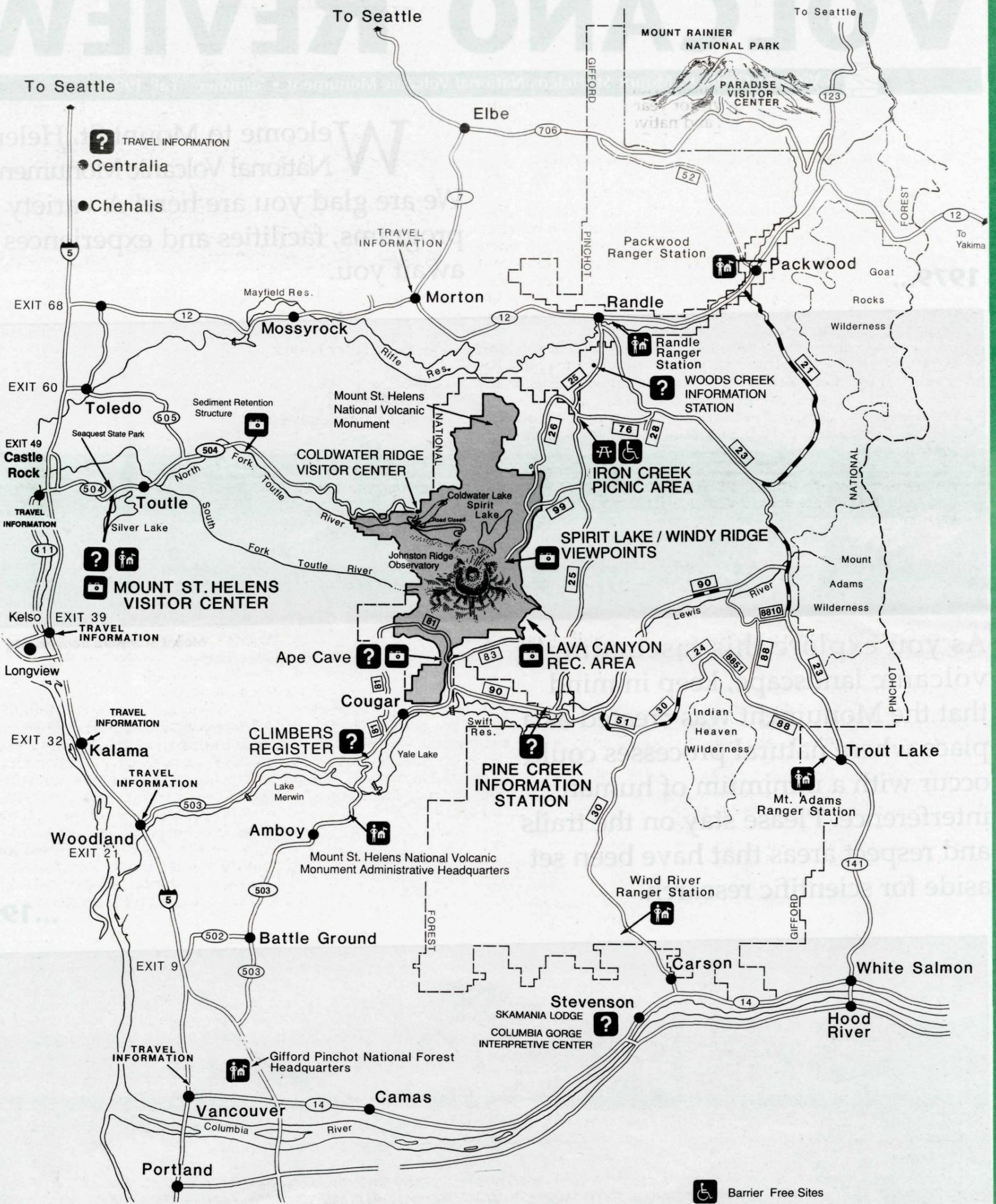
Mount St. Helens from Norway Pass

If Mount St. Helens has taught us anything in the last fifteen years, it is that there are still countless lessons left to learn. Enjoy your visit!



MOUNT ST. HELENS AND VICINITY

Watch for this sign on routes leading to Mount St. Helens



TRAVEL TIMES
 Mount St. Helens Visitor Center, to Spirit Lake Viewpoints 2 1/2 Hours
 Woodland to Spirit Lake Viewpoints 2 1/2 Hours
 Vancouver to Spirit Lake Viewpoints 3 Hours
 Carson to Spirit Lake Viewpoints 2 3/4 Hours



- Barrier Free Sites
- Visitor Information
- Viewpoints
- National Forest Office



Revised 4/7/95

Questions?

Visitor Centers

Mount St. Helens Visitor Center at Silver Lake

The Mount St. Helens Visitor Center is the western gateway to the National Volcanic Monument. Located five miles east of Castle Rock on the shores of Silver Lake, this center offers you an excellent introduction to the events of the May 18, 1980 eruption of Mount St. Helens.

Services include award-winning theater presentations, walk-through interpretive exhibits, a staffed information desk and a Northwest Interpretive Association book sales area.

A nature trail and magnificent views of the Silver Lake wetlands provide the curious visitor year-round opportunities to observe waterfowl, wildlife, and native vegetation. Across the highway from the Visitor Center is Sequest State Park which offers picnic, camping and recreational facilities.

Welcome to Coldwater Ridge Visitor Center!

Coldwater Ridge Visitor Center invites visitors to discover the fascinating ways that plants and animals have reappeared throughout the blast zone. Visitors to Coldwater enjoy panoramic views of the volcano, the newly formed lakes, and the debris-filled Toutle River Valley. The interactive exhibits, the paved, 0.25 mile Winds of Change Interpretive Trail, and live interpretive programs offer insights into the many ways life emerged from the ashes of the 1980 eruption.

Coldwater's restaurant includes a selection of sandwiches, soups, salads, and drinks, as well as an espresso coffee bar. The gift shop offers Mount St. Helens T-shirts and gifts, many crafted by Northwest artists. In the central hallway, the Northwest Interpretive Association's bookstore offers a variety of books, cards, and posters of Mount St. Helens and the Pacific Northwest.

With over one million visitors coming to Coldwater Ridge each year, it's important to remember to stay on the trails and to help keep the area litter free. Thank you for your cooperation!



Silver Lake Visitor Center

Visitor Center Hours:

Open Daily
9 a.m. to 6 p.m.
April 1 to September 30

Daily
9 a.m. to 5 p.m.
October 1 to March 31

Information Stations

Pine Creek Information Station

Open Daily
9 a.m. to 6 p.m.
June 17 to September 30

If you are driving to Mount St. Helens from the south, be sure to stop at the Pine Creek Information Station located 17 miles east of Cougar on Forest Road 90. Enthusiastic help is available here for travel directions, picnic spots, camping, trails and how to make the most out of your visit. Video and book sales, and a short movie will get you ready for venturing into the Monument.

Randle Ranger Station

Open Daily
8:00 a.m. to 4:30 p.m.
May 29 to September 30

Information on traveling, permits and road conditions are available here. For more information call 360-497-1100. Randle Ranger Station is located three miles east of Randle on Highway 12. This facility may be closed for 1/2 an hour during the lunch hour.

Woods Creek Information Station

Open Daily
May 26 to October 1
9 a.m. to 4 p.m.

If you are driving to Mount St. Helens from the north, stop at Woods Creek Information Station. Have your questions answered by an attendant without leaving your vehicle or come in and visit with a Forest Interpreter. Inside, look over displays, or browse through the books, brochures, slides, maps and postcards. This facility may be closed for 1/2 hour during the lunch hour. Woods Creek Information Station is located six miles south of Randle on Forest Road 25.

Driving Times

approximated hours

	Ape Cave	Cougar	Lava Canyon	Pine Creek Info. Station	Meta/Norway Trailhead	Windy Ridge/Spirit Lk.	Woods Crk Info. Station	Randle	Silver Lake V.C.	Coldwater V.C.
Ape Cave	--	0:15	0:15	0:30	1:30	1:45	1:30	1:45	1:30	2:30
Cougar	0:15	--	0:30	0:30	1:30	1:45	1:30	1:45	1:15	2:15
Lava Canyon	0:15	0:30	--	0:45	1:45	2:00	1:45	2:15	1:45	2:45
Pine Creek Info. Station	0:30	0:30	0:45	--	1:00	1:15	1:00	1:15	1:45	2:45
Climbers'										
Bivouac	0:15	0:30	0:30	0:45	1:45	2:00	1:45	2:00	1:45	2:45
Windy Ridge	1:45	1:45	2:00	1:15	0:15	--	1:00	1:15	2:45	3:45
Woods Creek Info. Station	1:30	1:30	1:45	1:00	0:45	1:00	--	0:15	1:45	2:45
Randle	1:45	1:45	2:15	1:15	1:00	1:15	0:15	--	1:30	2:30
Silver Lake V.C.	1:30	1:15	1:45	1:45	2:30	2:45	1:45	1:30	--	1:00
Coldwater V.C.	2:30	2:15	2:45	2:45	3:30	3:45	3:45	2:45	1:00	--
Portland	1:30	1:15	1:45	1:45	2:45	3:00	2:45	2:30	1:15	2:15
Seattle	3:30	3:15	3:45	3:45	3:30	3:45	2:45	2:30	2:00	3:00
Carson	1:30	1:30	1:45	1:00	2:00	2:15	2:00	2:15	2:45	3:45
Woodland	1:00	0:45	1:15	1:15	2:15	2:30	2:15	2:30	0:45	1:45
Rainier	2:45	2:45	3:00	2:15	2:00	2:15	1:15	1:00	2:30	3:30

Vivid Landscapes

Exploding with Life

Await Visitors

to Mount St. Helens...

Windy Ridge Amphitheatre

May through October

Travel to within 5 miles of an active volcano and enjoy stunning views of Mount St. Helens, Spirit Lake and the Pumice Plain. Viewpoint services are limited to vehicle parking, interpretive signs, composting toilets, and an uncovered outdoor amphitheatre featuring live interpretive talks. There are no phones or running water at this site. The road to Windy Ridge is usually plowed by the end of May and remains open through October. The road is closed by winter snowfall from November through May.

West Side / State Highway 504

▼▼ Guided Walks & Talks ▼▼

Meet with a forest interpreter and learn about the past, present and future of Mounts St. Helens. Informative talks and special presentations will be offered throughout the summer season. Guided interpretive walks reveal some of the mysteries and wonders of this special place.

Mount St. Helens Visitor Center

Daily
Times posted at Center
Meet in the main lobby

Coldwater Ridge Deck Talks

Daily
First program 9:30 a.m.
Times posted in Center
June 19 to September 4

Discover some of the mysteries and secrets of Mount St. Helens as an interpreter describes the incredible changes this landscape has endured. The deck is located at the rear of the Visitor Center. During stormy weather, talks will be held inside the Center's main pavilion; allow 20 minutes.

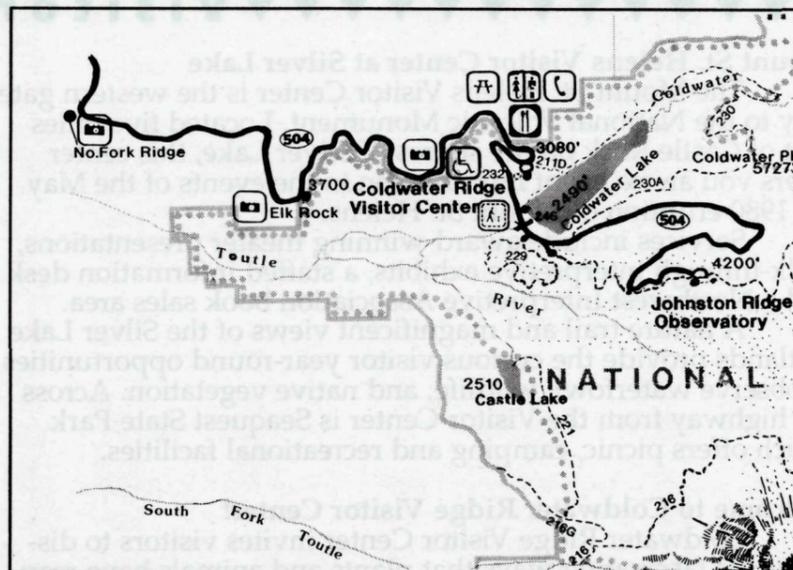
Breakfast with a Ranger each day at 9:30 a.m. Pick up a cup of coffee or a bite to eat in the restaurant and join our interpreter on the deck for a special talk before the crowds grow.

Special Mid-Week Programs: enjoy skits, elk bugling, games, special guests, and other surprises on these "not-so-busy" mid-week days. Tuesday, Wednesday, and Thursday, allow 20 minutes.

Winds of Change Interpretive Trail

Daily
Times posted at Center
June 19 to September 4
Trail Difficulty: Easy

This is a 0.25 mile barrier-free loop trail located just 50 yards to the west of the Coldwater Ridge Visitor Center. Join an interpreter for this 45 minute guided walk or tour it on your own at any time. Discover how the stone wind of the 1980 eruption



See pages 6&7

slammed into Coldwater Ridge and how with gentle winds of time, plants and animals have returned. This trail offers sweeping views of the Toutle River Valley and Mount St. Helens.

Birth of a Lake Trail

Daily
Times posted at Center
June 19 to September 4
Trail Difficulty: Easy

Take a journey full of discovery with an interpreter or explore on your own along a 0.25 mile barrier-free trail that borders the shoreline of Coldwater Lake. Find out how this lake was formed in 1980 and how it supports organisms large and small. The trail features a boardwalk that journeys out over the lake and ends by hugging a huge hummock. This trail is located in the day use area at Coldwater Lake, just below the Visitor Center. Guided walks will be given on this trail in the summer. The schedule will be posted at the Coldwater Visitor Center. Allow 20 minutes for the guided walk.

▼▼▼▼ Hiking: Crater Views & New Lakes ▼▼▼▼

Trails on the west side of Mount St. Helens offer unparalleled views of this volcanic landscape. As construction is completed on additional trails more

opportunities will be available for hiking. To enjoy your hiking experience and ensure your safety: wear sturdy shoes, bring sun screen, and carry one quart or

Elk Bench Trail #211D

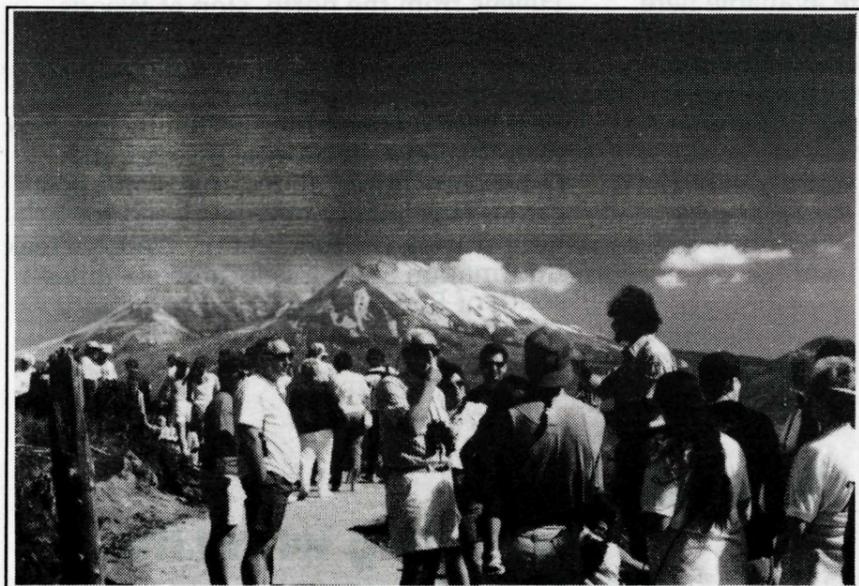
Trail Difficulty: Most Difficult

This 0.75 mile trail descends quickly from the Coldwater Ridge Visitor Center to the Lakes Trail #211. The hike is more strenuous than it may appear from the trailhead. Discover spectacular views of Coldwater Lake, the crater and lava dome as you walk. A toilet is located at the bottom of the trail. Round trip hiking time is 1.5 hours.

Lakes Trail #211 and Coldwater Trail #230

Trail Difficulty: More Difficult

This trail meanders along the western edge of Coldwater Lake to its upper end, eventually joining existing trails to offer a cross-Monument hiking opportunity. The Coldwater Trail links the east and west sides of the Monument and joins the Boundary Trail #1 just south of St. Helens Lake. You can then hike the Truman Trail #207 to Windy Ridge or the Boundary Trail #1 to Norway Pass and beyond.



Chris Gerston leading the Winds of Change Walk.

▼▼ Coldwater Lake Recreation Area ▼▼

The Coldwater Lake Recreation Area is located just east of Coldwater Ridge Visitor Center. Visitors to the lake can enjoy a beautiful closeup view of the lake and surrounding peaks with Mount St. Helens standing in the distance. Birds can be seen and heard all around while fish surface in the waters nearby.

This area offers a variety of recreation opportunities including: picnic facilities, a boardwalk interpretive trail, a small "Discovery Area", and a boat launch. Restrooms, a fish cleaning station, and a pet area are also provided. These lake facilities can be reached by driving 2 miles east on State Highway 504 from the Coldwater Ridge Visitor Center.

While enjoying the Coldwater Lake Recreation Area, please remember:

- ▲ This is a Day Use Area only. CAMPING IS NOT PERMITTED.
- ▲ Pets must be kept on a leash and are permitted only in the designated pet area, located just south of the picnic area.

- ▲ Since plants "grow by the inch and die by the foot," stay on the trails and hard surfaced plaza areas.
- ▲ A "Discovery Area" has been established to allow closer study of natural features along the outlet stream from the lake. Within the Discovery Area please step carefully and leave plants, animals and insects alive and well.
- ▲ The "Birth of a Lake" trail is an interpretive trail for viewing wildlife and the natural features of the area. Fishing and swimming are NOT permitted from this trail.
- ▲ The boat launch is for launching and landing of water craft only. Fishing and swimming are not allowed in the boat launch area.
- ▲ No gas-powered motors, all types of watercraft welcome.

▼▼ Trails & Information ▼▼

The forest north of Mount St. Helens offers many opportunities for hiking, camping, fishing and exploring. Trails, campgrounds, and old-growth forests can all be found just north of the National Volcanic Monument in the Randle Ranger District. These areas, relatively unaffected by the volcano, offer a sharp contrast to the blast area just a few miles to the south. See page 9 for Trail Difficulty definitions.

Woods Creek Information Station

Open Daily
9a.m. to 4p.m.

May 26 to October 1

See page 3 for more details.

Woods Creek Watchable Wildlife Trail #247 and Picnic Area

Trail Difficulty: Easy

Located directly across from the Woods Creek Information Station, this 2.5 mile barrier-free trail system takes you through an array of plant and animal life. The trail leads into a mixed hardwood/conifer forest, breaks into an open meadow, crosses Woods Creek, passes several beaver ponds, climbs into an old-growth forest, then loops back into a hardwood forest. The picnic area is located at the trailhead. Facilities include nine individual picnic sites, three charcoal grills, a small picnic shelter and a restroom, all barrier-free. Trail guides are available at the trailhead for a donation. Environmental education packs have been developed for this site. Pick one up at the Woods Creek Information Station. These are a great way for the entire family to learn more about the area.



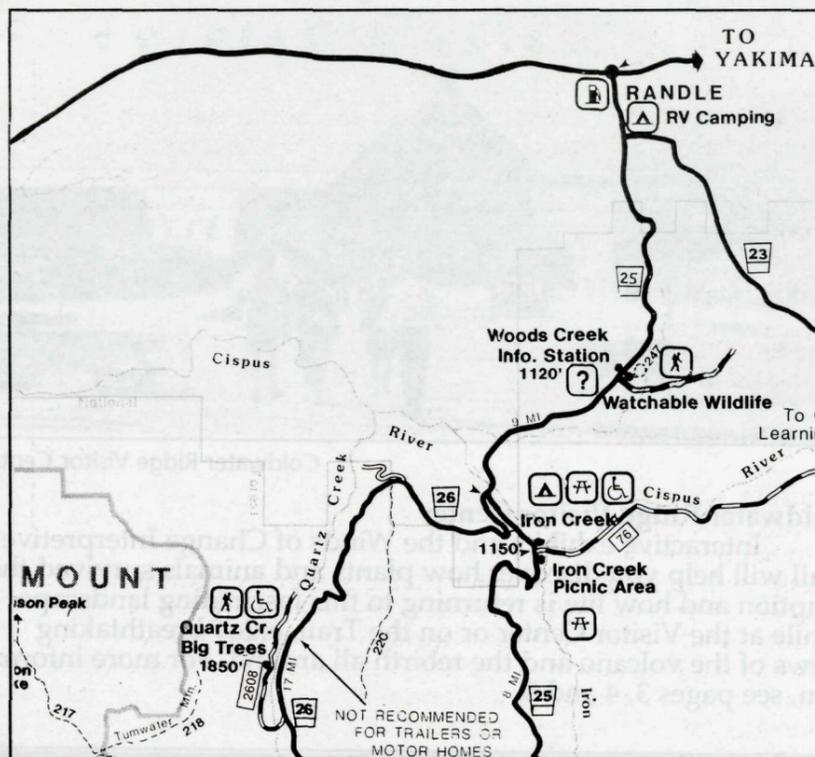
Woods Creek Watchable Wildlife Trail

Iron Creek Campground and Picnic Area

Iron Creek Campground is located 12 miles south of Randle on Forest Road 25. It is close enough to Mount St Helens for day trips. This 98-site campground is in an old-growth setting, with the Cispus River as a backdrop. Campsites are available for reservations by calling 1-800-280-CAMP. Sites are also available on a first come, first serve basis. Iron Creek is a fee campground with water and garbage services provided.

The Iron Creek Picnic Area is just south of the campground entrance on Forest Road 25. Facilities include two picnic shelters, eight individual sites, charcoal grills, water and restrooms. All facilities are barrier-free.

The Iron Creek Campfire Program is held every Saturday evening throughout the summer. In June and July the program begins at 8 p.m. Shortening days shift starting time to 7:30 p.m. in August. Programs are for the entire family and include songs and interpretive talks.



See pages 6&7

Iron Creek Old-Growth Trail #83

Trail Difficulty: Easy

This barrier-free trail begins and ends at the Iron Creek Picnic Area. The 0.25 mile, compacted gravel trail loops through an ancient forest. Interpretive signs help explain how a root disease has changed this forest.

Iron Creek Campground Trail #187

Trail Difficulty: Easy

You can start this trail from the Iron Creek Picnic Area or from many areas within Iron Creek Campground. The 1.5 mile trail follows the Cispus River and twists through magnificent Western red cedar and Douglas-fir forests. The trail is barrier-free with a compacted gravel surface.

Quartz Creek Big Tree Trail #219

Trail Difficulty: Easy

Quartz Creek Big Tree Interpretive Trail is 0.5 mile and barrier-free. Douglas fir and Western red cedar trees 10 feet across (diameter at breast height) and up to 750 years old are found here. When walking through this cool, dark forest you might find it difficult to believe that Quartz Creek is just 1 mile from the blown down forest in the volcanic blast area. To get to Quartz Creek, take Forest Road 26 south from the junction with Forest Road 25 for 8 miles and then turn onto Forest Road 2608. Follow this gravel road for 1 mile to the trail head. **Forest Road 26 is a paved, single-lane road with turn-outs. Trailers and RV's are not recommended.**



Quartz Creek Big Trees

East Side / Forest Roads 99 & 26

▼▼ Trails: Crater Views ▼▼

There are many trails along Forest Road 99 leading hikers into the heart of the blast area and providing outstanding views of the new lava dome. To ensure your safety, wear sturdy shoes, bring sunscreen, and carry one quart or more of water per person. Trail guides are available; inquire at any Forest Service visitor information center. Water pumps are located at Norway Pass Trailhead on Forest Road 26 and the Meta Lake Trailhead on Forest Road 99.

Norway Pass #1

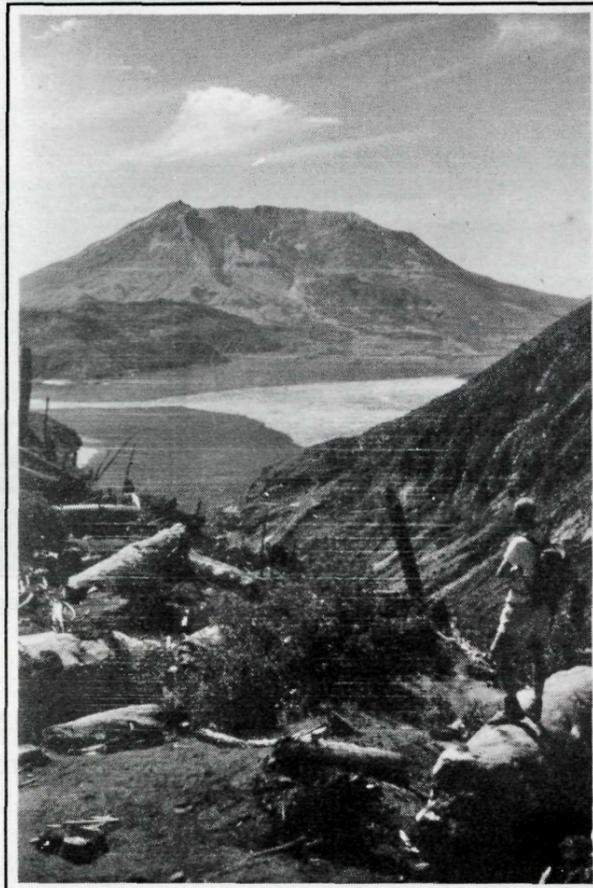
Trail Difficulty: More Difficult

This 2.5 mile hike gains 900 feet in elevation and traverses through the heart of the blown-down forest. Captivating views of Spirit Lake and of the massive lava dome inside the crater await you at Norway Pass. From the pass, hikers can continue west on Boundary Trail #1 or venture down Independence Pass Trail #227. A round trip hike to Norway Pass requires about 2.5 hours.

Independence Pass Trail #227

Trail Difficulty: More Difficult

This trail is 3.5 miles long one way and climbs 600 feet to the top of the ridge in the first mile. There is a superb overlook



Norway Pass

of Spirit Lake and excellent views of the crater and dome. Views get better the further along the trail you go. The last mile of the trail leading to Norway Pass is rather narrow and drop-offs are steep.

*Harmony Trail #224

Trail Difficulty: More Difficult

Harmony Trail provides the only legal access to Spirit Lake. The hike is more strenuous than it may appear from the trailhead. During the 1 mile hike to the shoreline of Spirit Lake, the trail drops 600

feet in elevation. The descent to the lake shore takes approximately 35 minutes. Once you reach the lake, enjoy a view of the lava dome. The ascent back to Harmony Viewpoint takes about 1 hour.

*Loowit Trail #216

Trail Difficulty: More Difficult

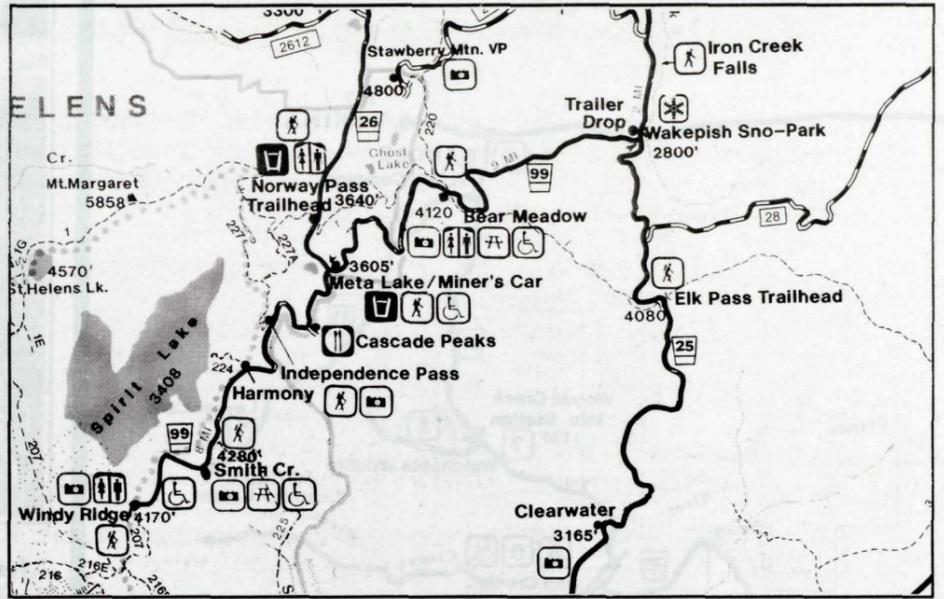
One of the most popular sections of the Loowit Trail, also known as the Round-the-Mountain Trail, passes across the north flank of the volcano. It can be accessed from Windy Ridge Viewpoint by following Truman Trail #207 2 miles to Windy Trail #216E. Follow Windy Trail #216E 1 mile to Loowit Trail #216. Hike 1.3 miles to the Loowit Falls Viewpoint, where you can watch 100 degree F water cascade out of the crater. Beware - the hot water contains harmful bacteria. Do not approach the waterfalls or stream. Allow 3.5 to 4 hours round trip.

*Truman Trail #207

Trail Difficulty: More Difficult

The Truman Trail leads to the closest point for viewing the dome. This trail passes through or by several research plots, so it is critical to stay on the established trail. The trailhead is located at Windy Ridge Viewpoint. Hikers must follow Truman Trail #207 approximately 4 miles before they can see the lava dome. The return trip is back along the same trail. Allow 3.5 to 4 hours round trip. The Truman Trail accesses other trails both in and out of the Restricted Area.

*Special rules apply when hiking on these trails. Please read "Trails in the Restricted Area" article on page 9.



See pages 6&7

▼ Guided Walks and Talks ▼

Windy Ridge Talks

Thursday through Monday
11:30 to 4:30
(No 4:30 talk on Thursdays)
June 19 to September 30

Discover the eruption that challenged the imagination of volcano watchers. Join a Forest Interpreter and relive the incredible power unleashed on May 18, 1980. Talks once an hour on the half hour at the Windy Ridge outdoor amphitheatre, Forest Road 99; allow at least 30 minutes.

Meta Lake Walks

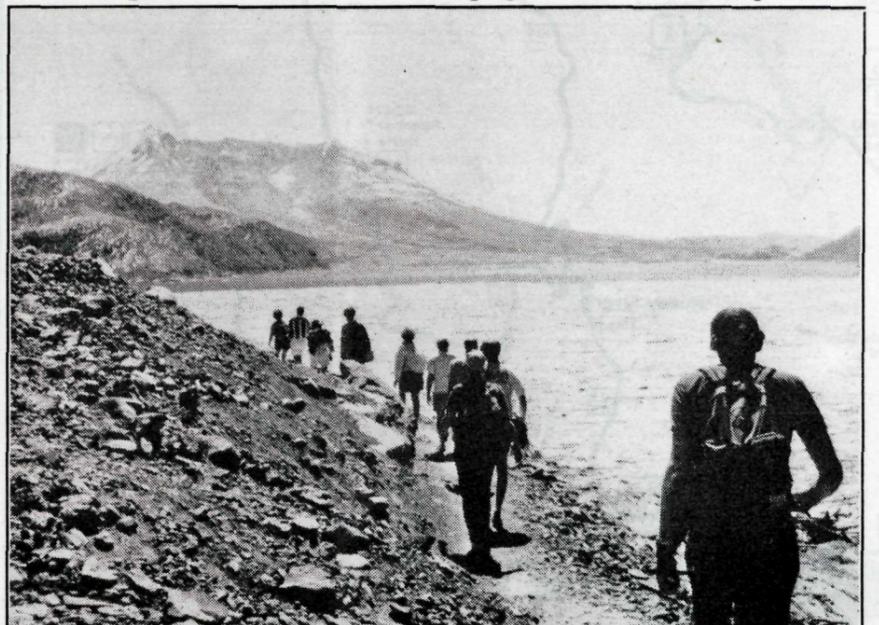
Thursday through Monday
June 19 to September 30
12:30 & 3:00

Change your perspective of this seemingly lifeless landscape with a visit to Meta Lake. Stroll or roll to this emerald lake teeming with life and hear stories about survivors and newly established life. Meet at Miner's Car, junction of Forest Roads 26/99; allow 45 minutes. There is a water pump here.

Harmony Falls Hike

Thursday through Monday
June 19 to September 4
1:30

People have always marveled at the mystic qualities of Mount St. Helens. Hike to the shores of Spirit Lake and listen to stories about the volcano before, during and after the eruption. Bring water and sun screen. Meet at Harmony Viewpoint on Forest Road 99, 3.5 miles west of the 26/99 junction. Two miles round trip; allow 2 hours. See this page for a trail description.



Harmony Falls Trail

Blast Edge Talks

Thursday through Monday
June 19 to September 4
11:00, 4:30 & 5:00

Here at the edge of the blast zone you can compare areas within the National Volcanic Monument left to recover naturally with managed forests in the Clearwater Valley just outside the Monument boundary. Learn about the Ecosystem Management Demonstration Area, where the Forest Service is exploring new approaches to managing Ecosystems in our national forests. Meet at the first viewpoint in the blast area, 2 miles west of Bear Meadow Viewpoint on Forest Road 99; allow 15 minutes.

Trails: Know Before You Go

▼ Trails in the Restricted Area ▼

A restricted area has been established in the heart of the National Volcanic Monument to protect opportunities for scientific research and allow for the recovery of plant and animal life. The following rules apply in the restricted area:

- ▲ Stay on the trail; off-trail travel prohibited. (\$100.00 minimum fine).
- ▲ Camping allowed outside the restricted zone only. (Please see map pp. 6 & 7).
- ▲ Disturbing research plots or removal of any natural feature is strictly prohibited.
- ▲ Access into the crater is strictly prohibited.
- ▲ Fires are not allowed within the blast area.

For more detailed information and maps, contact one of the visitor centers or a Forest Ranger District Office.

▼ Trail Difficulty Definitions ▼

EASY - Level to gently rolling grades less than 20%. Trail treads 18-24" wide. Easy hiking, suitable for children or individuals seeking a leisurely walk.

MORE DIFFICULT - Moderate grades up to 30%. Trail treads 12-18" wide depending on level of use. Vigorous hiking for individuals of normal physical condition.

MOST DIFFICULT - Steep grades. Narrow tread widths, low levels of maintenance. May require stepping over logs, traversing steep cliffs or fording streams.

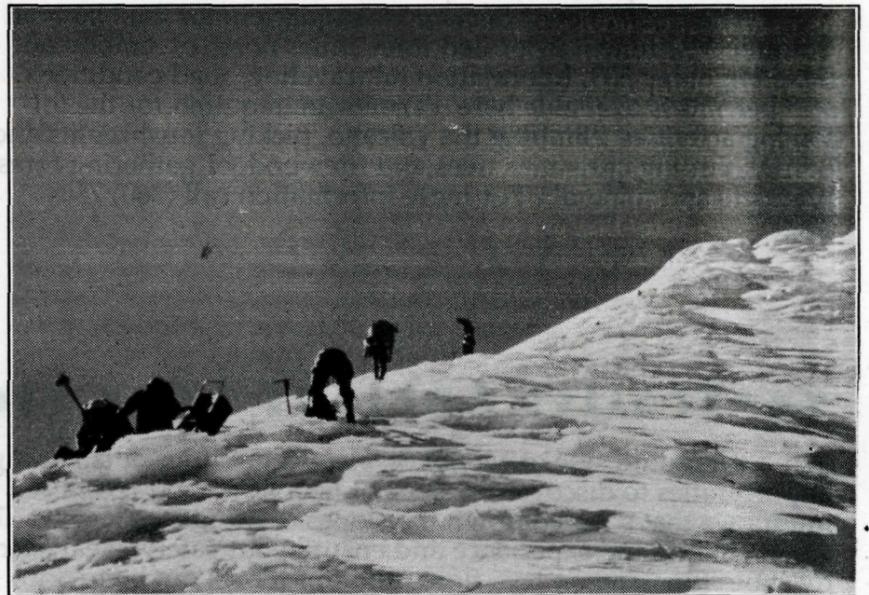
Climbing

In 1987, the southern slopes of Mount St. Helens were reopened for climbing. Visitors can climb above the timberline year round; however a climbing permit is required above 4,800 ft. from May 15 through October 31. Free permits are issued for 24 hours and can be obtained in advance from Monument Headquarters (near Amboy) by mail or in person. Unreserved permits for 40 climbers each day are available on a first come, first serve basis from Jack's Restaurant and Store on State Highway 503 (5 miles west of Cougar). From 11 a.m. each morning a list is made of those wanting climbing permits for the following day. At 6 p.m. that night permits are issued from the list. One person may represent a group of 12 people and must be present at 6 p.m. for the permit issue. Due to the high demand for unreserved permits during summer, advance reservations are encouraged to avoid disappointment.

The most popular route to the summit begins at the Ptarmigan Trail #216A. It is reached by following Forest Roads 8100 and 8300. The first part of the trail is a 2 mile hike through forest. The

climb up Monitor Ridge can be slow, ascending steep pumice and lava slopes. The route is marked with wooden posts. During most of the year ice axes are recommended. Crampons and ropes may be needed in icy conditions. Climbers should also carry goggles or sunglasses with side shields (ash is often a problem in summer), gaiters for hiking boots, a windbreaker, rain gear, plenty of water, sunscreen and gloves.

Climbers are required to sign in at the Climbers' Register outside Jack's Restaurant and Store before and after a climb. It is approximately 4.5 to 5 miles from the trailhead to the summit. The climb takes an average of 8 to 10 hours



Climbing route

round-trip from Climbers' Bivouac. However, adverse conditions due to extreme temperatures, wind and poor visibility can mean a longer trip. For more information on climbing the volcano, call the Climbing Hotline (360) 750-3961.

Camping in the Monument

CAMPGROUNDS	# of Sites	Fee*	Picnic Sites	Water	Restrooms	Showers	Trailer Sites	Disabled Access	Fishing	Swimming	Boat Ramp
Lower Falls	43	▲	43	▲	▲		▲	▲	▲		
Swift	93	▲	6	▲	▲		▲		▲	▲	▲
Cougar	45	▲		▲	▲	▲	▲	▲	▲	▲	▲
Beaver Bay	63	▲	5	▲	▲	▲	▲	▲	▲	▲	▲
Merril Lake	11		2	▲	▲		▲	▲	▲	▲	▲
Iron Creek	98	▲	12	▲	▲		▲	▲	▲		
Tower Rock	22	▲		▲	▲		▲		▲		
Kalama Horse Camp	10				▲	▲	▲				
Cresap Bay Park	62	▲		▲	▲	▲		▲	▲	▲	▲
Lewis & Clark	25	▲	62	▲	▲	▲					
Sequest State Park	74	▲	125	▲	▲	▲	▲				

*Fees range upward from \$6 ▲ Service is present in campground

Dispersed camping is permitted outside of the restricted area of the National Volcanic Monument. Private, State and National Forest campgrounds can be found near the Monument boundary. This chart summarizes camping opportunities in the Mount St. Helens vicinity. Open fires are not permitted in any of the disturbed areas of the Monument (gas camp stoves only). When fire danger is high, trails and access in some areas may be closed.

Information, Orientation and much more...

Pine Creek Information Station

Open Daily
June 17 to September 30
9 a.m. to 6 p.m.

If you are driving to Mount St. Helens from the south, be sure to stop at the Pine Creek Information Station located 17 miles east of Cougar on Forest Road 90. Help is available here on travel directions, picnic spots, camping, trails and how to make the most out of your visit. Video and book sales, and a short movie will get you ready for venturing into the Monument.

Apes' Headquarters

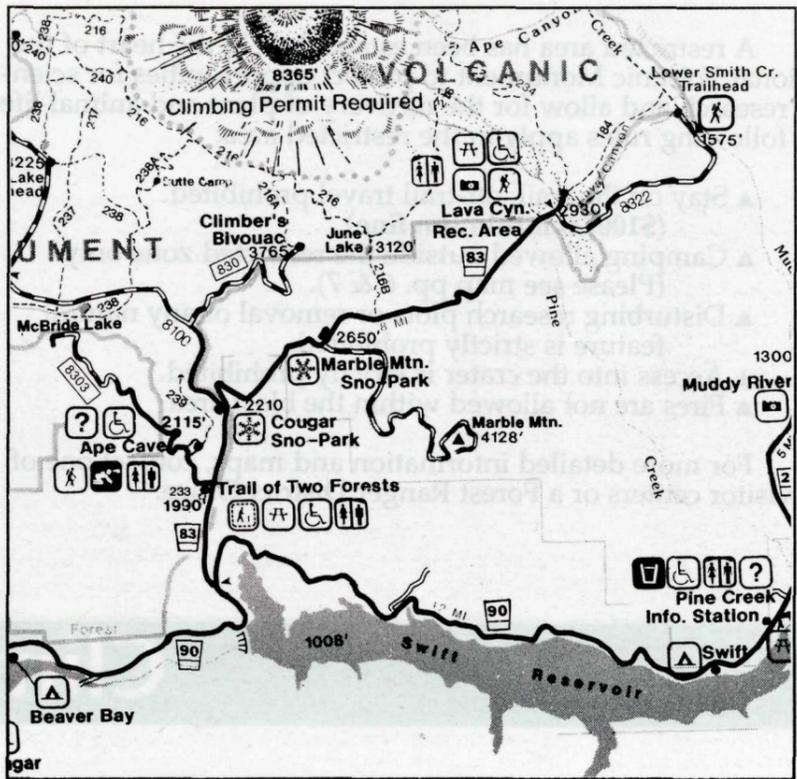
Thursday through Monday
May 27 to September 30
10 a.m. to 5:30 p.m.

Explore the furthest reaches of a lava tube formed from an eruption of Mount St. Helens 1,900 years ago. Lantern rentals, book sales and travel directions are available. Lanterns can be rented until 4 p.m. Apes' Headquarters is located by Ape Cave on Forest Road 8303.

Mount St. Helens National Volcanic Monument Headquarters

Monday through Friday
Year-round
7:30 a.m. to 5:00 p.m.

The USDA Forest Service Headquarters for the National Volcanic Monument is located three miles north of Amboy on State Highway 503. Information on traveling, road conditions and permits is available here. Permits are required for the following activities: climbing the volcano, picking mushrooms and berries, cutting christmas trees and firewood, or gathering forest products and minerals. For more information call (360) 750-3900.



See pages 6&7

Trails: Ancient Lava Flows and Recent Mudflows

The south side of Mount St. Helens provides outstanding opportunities to discover the ancient lava flows and recent mudflows that scoured down the slopes of Mount St. Helens. To enjoy your hiking experience and ensure your safety: wear sturdy shoes (walking on lava flows and mudflows can be tricky), bring sun screen and carry one quart or more of water per person. There are no water pumps on this side of the Monument.

Lava Canyon Trail #184

Trail difficulty: Easy-Most Difficult

Follow the Muddy River as it plummets 1,400 feet down a mudflow-scoured canyon, cascading over an ancient lava flow. The 0.5 mile barrier-free upper section leads to a viewpoint of a water-fall. The middle section ventures along a 1 mile loop trail that crosses over the turbulent Muddy River. The 2.5 mile lower section descends into the depths of the rugged canyon and provides views of a series of spectacular waterfalls. Beware of slick rocks and steep drops.

*The Loowit System #216

Trail Difficulty: Easy - Most Difficult

This exciting trail circles Mount St. Helens allowing you to experience the entire range of effects the 1980 eruption had on the mountain and surrounding area. It is a challenging hike through rough terrain. The Loowit system can only be accessed by "feeder" trails. This allows hikers to hike short sections of the trail system. The entire system is 27 miles in length and each segment of the trail system varies in difficulty. Campsite opportunities and water availability are limited.

Ape Cave

Trail Difficulty: Easy - Most Difficult

Named by members of an outdoor group called the Mount St. Helens Apes, this cave is the longest continuous lava tube in the continental United States. Cavers should wear warm clothes, sturdy shoes and have at least two sources of light. Lantern rentals are available at Apes' Headquarters.

Two different routes of exploration exist inside the cave and an above-ground trail (Ape Cave #239) connects the main and upper entrances. The lower cave is a relatively easy 0.75 mile hike that takes 1 hour round trip. The challenging upper cave is 1.5 miles long, requires climbing over large piles of rocks and takes 2.5 to 3 hours.



Sheep Canyon

Trail of Two Forests #233

Trail Difficulty: Easy

This 0.25 mile barrier-free boardwalk trail allows you to venture through a land of lava. Discover the molds or impressions of an ancient forest engulfed by a lava flow nearly 1,900 years ago, and an emerald forest that has risen from the black basaltic lava. If you bring a flashlight along, there is an opportunity to crawl through the mold of a tree that stood at this site 1,900 years ago.

*Sheep Canyon Trail #240

Trail Difficulty: Easy

This 2.8 mile long trail passes through old-growth noble fir forests and mudflow-scoured drainages. The trail intersects several trail systems that provide access into some of the most dynamic hiking areas in the Monument. Enjoy a loop opportunity through alpine meadows by following Loowit Trail #216 to the Toutle Trail #238. Ford the mudflow-ravaged South Fork Toutle River and head north on Loowit Trail #216 into the blast area. Venture through rich green forests scarred by a series of small mudflows on Toutle Trail #238.

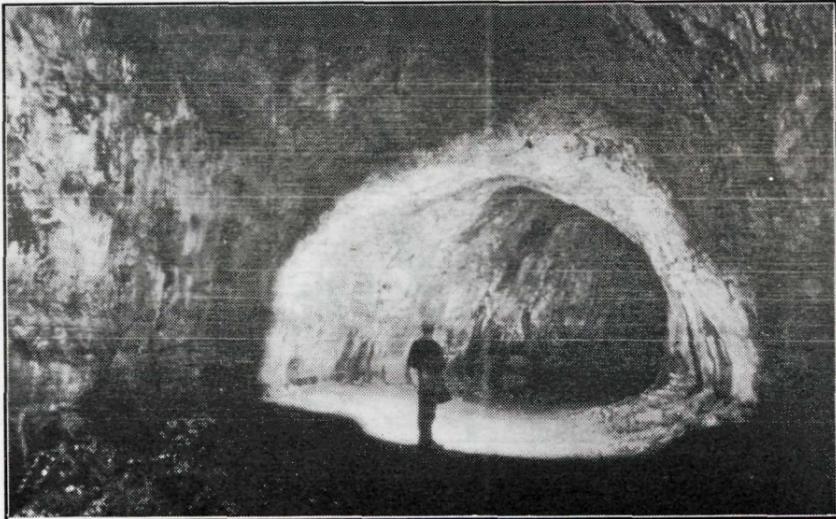
*Special rules apply when hiking on these trails. Please read "Trails in the Restricted Area," page 9, for information on restrictions.

Highway 503

▼▼▼▼▼ Guided Walks and Talks ▼▼▼▼▼

Ape Cave Lantern Walk Saturday and Sunday

Volunteer speleologists (cave scientists) from the Oregon Grotto Association will lead interpretive tours in the cave on Saturdays and Sundays between Memorial Day and Labor Day.



Ape Cave

They will talk about the formation of the cave, cave biology, ecology and history. Wear warm clothes and sturdy shoes. Lanterns are available for a \$3.00 rental fee. Meet at Apes' Headquarter, three miles north of Forest Roads 83/90 junction. Allow 30 minutes. Contact Monument Headquarters at (360) 750-3900 for specific tour times. Times will also be posted at Apes' Headquarters.

Campfire Programs

Cresap Bay Campground
Friday - Saturday 8:00pm June and July
7:30pm August

Swift Campground
Friday - Saturday 8:00pm June and July
7:30pm August

Join a Forest Interpreter for an evening of games, stories, songs, and fun for all ages. Cresap Bay Campground is located approximately 7 miles north of the town of Amboy on State Highway 503. Swift Campground is located 0.5 mile south of Pine Creek Information Station on Forest Road 90.

Environmental Education

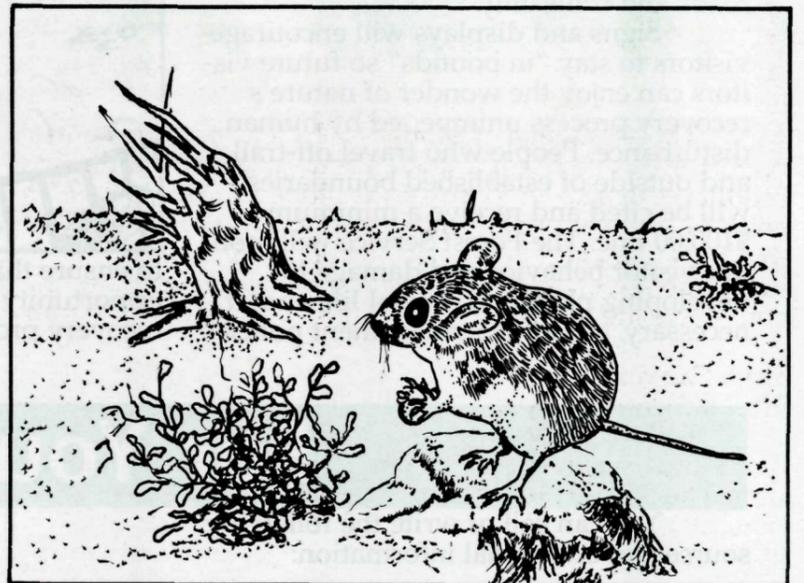
▼▼▼▼▼ A Variety of Opportunities ▼▼▼▼▼

Since its creation in 1982, the Mount St. Helens National Volcanic Monument has been a leader in promoting environmental and science education. This has been done by offering facilities and activities that encourage hands-on learning, developing curriculum guides, conducting teacher training workshops, and developing innovative partnerships with school districts and others.

More than 10,000 students a year travel to the Monument's two visitor centers. While on site, they view the theater presentations, complete assignments given by their teachers, hike area trails, and meet with interpretive staff as available to answer questions and learn more about the area. Some schools visit attractions on the Monument's south side including the Lahar Viewpoint, Ape Cave, and the Trail of Two Forests. Educational materials and a series of Environmental Study Areas help make all of the above areas more meaningful for students. Special educational programs are made available to a limited number of groups. Teachers are required to call ahead to the visitor centers to arrange for these services.

For those teachers planning a more in-depth study of the volcano or the ecosystems around it, two curriculum guides have been developed. "A Living Laboratory: Volcanoes" is a teacher-generated curriculum that encourages middle school students to learn new thinking skills while discovering the many ways that volcanoes have helped shape the Earth. The recently developed NICHES (Northwest Integrated Concept/Process Hands-On Environmental Science) curriculum is designed to teach elementary students science concepts and process skills.

The Mount St. Helens "Fire and Life" videodisc is an interactive computer program that provides a rich resource for the study of volcanoes.



For more information on the Monument's Environmental Education Program please call or write:
Environmental Ed. Coordinator
MSHNVM
42218 NE Yale Bridge Rd.
Amboy, WA 98601
(360) 750-3900

▼▼▼▼▼ The Northwest Interpretive Association ▼▼▼▼▼

The Northwest Interpretive Association is a private, non-profit organization that supports Forest Service interpretive and visitor services through the sale of a variety of publications, maps, and educational materials. Sales outlets are located at the Mount St. Helens Visitor Center, Coldwater Ridge Visitor Center, Pine Creek Information Station, Woods Creek Information Station, and Apes' Headquarters.

Proceeds from the sale of interpretive materials are used to fund Monument interpretive programs, the Volcano Review newspaper, new exhibits and displays, training seminars and much, much more. For more information or to obtain a mail order catalog, contact (360) 274-2125.

People and Mount St. Helens

▼ You and the Recovery Process ▼ Science at Mount St. Helens ▼



Like the proverbial time traveler, visitors to Mount St. Helens have the opportunity to step back in time and see what the Pacific Northwest must have looked like in the aftermath of past volcanic eruptions. With this opportunity comes a responsibility, for, like the time traveler of science fiction, the Monument visitor has the potential to change history forever.

Actions that on the surface appear to be harmless, can be disastrous when multiplied by the many thousands of visitors who come to the Monument each year. What has taken nature more than a decade to establish can thoughtlessly be erased in only a moment. Picking a flower, collecting rocks or trampling plants by walking off-trail can forever alter the processes of natural recovery.

When Mount St. Helens erupted in 1980, an outstanding scientific opportunity was created. As a result, scientists from across the country and throughout the world came to Mount St. Helens to observe geologic and biological processes first hand. The importance of Mount St. Helens as a national resource for scientific study of volcanic features and processes was recognized and, in 1982, Congress established the Mount St. Helens



National Volcanic Monument in the Gifford Pinchot National Forest. In the 15 years since the eruption, research has been an important source of basic information for land managers and for visitors who come to learn about the geology and biology of the area.

▼ The Forest Service Works to Protect this Special Place ▼

Trails have been designed to lead visitors to the most interesting features in the National Monument. In order to protect the fragile volcanic deposits and recovering plant and animal life in the surrounding area the Forest Service has restricted public travel to designated roads and trails only.

Signs and displays will encourage visitors to stay "in bounds" so future visitors can enjoy the wonder of nature's recovery process unimpeded by human disturbance. People who travel off-trail and outside of established boundaries will be cited and receive a minimum \$100.00 fine. The Forest Service will monitor visitor behavior and damage to developing plant and animal life and, if necessary, adjust its management policies



to ensure that future visitors have an opportunity to experience the natural recovery processes.

For Your Information

You can call or write the following sources for additional information:

Mount St. Helens
National Volcanic Monument
42218 N.E. Yale Bridge Road
Amboy WA, 98601
(360) 750-3900 (Information)
(360) 750-3903 (24 hour recording)
(360) 750-3902 (*TTY)
(360) 750-3961 (Climbing Hotline)

Mount St. Helens
Visitor Center
3029 Spirit Lake Hwy.
Castle Rock, WA 98611
(360) 274-2100 (Information)
(360) 274-2303 (24 hour recording)
(360) 274-2102 (*TTY)

Coldwater Ridge Visitor Center
3029 Spirit Lake Highway
Castle Rock, WA 98611
(360) 274-2131 (Information)
(360) 577-6925 (*TTY)

Gifford Pinchot National Forest
Forest Headquarters
6926 E. Fourth Plain Blvd.
P.O. Box 8944
Vancouver, WA 98668-8944
(360) 750-5009 (Information)
(360) 750-5009 (24 hour recording)
(360) 750-5003 (*TTY)

Randle Ranger District
P.O. Box 670
Randle, WA 98377
(360) 497-1100 (Information)
(360) 497-1101 (*TTY)

Wind River Ranger District
Carson, WA 98610
(509) 427-3200 (Information)
(509) 427-4541 (*TTY)

Packwood Ranger District
Packwood, WA 98361
(360) 494-0600 (Information)
(360) 494-0601 (*TTY)

Mt. Adams Ranger District
Trout Lake, WA 98650
(509) 395-3400 (Information)
(509) 395-3422 (*TTY)

Columbia River Gorge
National Scenic Area
Waucoma Center
902 Wasco Avenue
Suite 100
Hood River, OR 97031
(503) 386-2333

*TTY - Teletypewriter for the hearing impaired.



The Volcano Review is produced by The Northwest Interpretive Association in cooperation with The USDA Forest Service

