

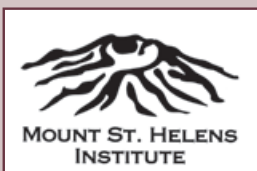
# VOLCANO REVIEW

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



Photo by Protik M Hossain

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## Welcome to Mount St. Helens National Volcanic Monument

The Monument offers a wide range of experiences for visitors to enjoy on three sides of the mountain: West, South and East. The Westside is accessed by the Spirit Lake Memorial Highway (State Route 504) from Castle Rock at Interstate 5. This 52-mile journey offers views of the massive 1980 North Fork Toutle River landslide and mudflow that buried the previous highway and valley. Visit the world renowned Johnston Ridge Observatory and enjoy awe-inspiring crater views (weather permitting), award-winning films, interactive displays and Ranger-led activities.

The Southside, accessed via State Route 503 from Woodland, offers exciting explorations including volcano climbing, mountain biking and caving. From the town of Cougar you can explore Forest Roads 81, 83 and 90 and enjoy camping, hiking, and horseback riding. The Ape Cave lava tube and Trail of Two Forests access a 2,000 year-old basalt lava flow from Mount St. Helens. Forest Road 83 offers views of 1980 mudflows formed by melting glaciers on the south flank of the volcano. A short hike into Lava Canyon offers spectacular waterfalls, a breath-taking suspension bridge and informative interpretive signs.

The Eastside of the Monument (accessed via Randle from the north and Cougar to the south) showcases the

amazing power of nature. On Forest Road 99, visitors begin in magnificent old-growth forest, continue their journey through standing dead forest at the edge of the blast zone and on through blown down forest into the heart of the blast zone. Evidence of destruction and recovery abound, along with amazing views of Spirit Lake and Mount St. Helens from Windy Ridge. During the summer months, Ranger programs at Windy Ridge tell amazing stories of devastation, survival and renewal. Please note: There are no visitor centers or services on the Eastside of the monument (so come prepared). Forest Road 99 is accessible only during the months of July to October; it is buried in deep snow the rest of the year.

*Enjoy your visit!*



### Online Information:

**Mount St. Helens Visitor Information:**

[www.fs.usda.gov/mountsthelens](http://www.fs.usda.gov/mountsthelens)

**Eruption Geology and Monitoring:**

<http://vulcan.wr.usgs.gov/Volcanoes/MSH/>

U.S. Forest Service



Gifford Pinchot National Forest



## Key Partners and Volunteer Opportunities

# WELCOME

**M**ount St. Helens has been amazing us for 32 years. In fact, her long history of eruptions suggests that this has been a memorable landscape for people since prehistoric times. Sometimes provoking curiosity, sometimes fear, sometimes enlightenment, the monument is an ever-changing landscape. The record of endless changes reveals the incredible powers of nature in past eruptions and geological and ecological cycles that follow volcanic disruptions. We are certain that the volcano and the natural landscape around it will change again, change continuously, and often surprise us. Yes, and continually amaze us. The dedicated staff and volunteers welcome you to the Mount St. Helens National Volcanic Monument, and invite you to participate in the endless discoveries and learning occurring here.



Tom Mulder, Monument Manager

If the mountain captivates you as much as it does us, you can expect to be inspired and awestruck during your visit. Our goal is to help you discover the significant role Mount St. Helens plays in shaping lives in the Pacific Northwest and beyond.

The US Forest Service is proud to be your host at Mount St. Helens, and we invite you to immerse yourself fully in programs and experiences offered at the Monument. Opportunities are highlighted here in this Volcano Review, and on our website, and we are always happy to answer questions and help you find additional information. Please join us in enthusiastically celebrating 2012 as our **Year of the Volunteer**, in recognition and appreciation of the volunteers who are just as amazing to me as the volcano itself. If you are looking for opportunities to be part of Mount St. Helens and the amazing volunteer community, please ask us how we can help you get involved. Welcome!

## Pine Creek Information Station

Pine Creek Information Station was reopened in 2009 through an innovative partnership of not-for-profit agencies, local government and community action groups. The Forest Service, partners and community members have worked diligently to reinvigorate the historical Pine Creek Station. Serving over 18,000 visitors a year between Memorial Day and Labor Day, Pine Creek Information Station now provides informational and interpretive services, restrooms, book store and is a vital link between local communities and the Mount St. Helens National Volcanic Monument. The Gifford Pinchot National Forest gratefully acknowledges the collaborative efforts of: Mount St. Helens Institute, Skamania County, Skamania County Chamber of Commerce, Skamania County Sheriff's Office, Skamania County Fire District 6, Discover Your Northwest, Cougar Area Trail Seekers, North County EMS and the Swift Communities Action Team.

Volunteers are a crucial key to success at Pine Creek. Please visit [www.mshinstitute.org](http://www.mshinstitute.org) to get involved.

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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  
10600 NE 51<sup>st</sup> Circle  
Vancouver, WA 98682

Phone: (360) 891-5214  
FAX (360) 891-5195

## Help Us Share the Wonder of Mount St. Helens



The Mount St. Helens Institute (MSHI) is a not-for-profit partner of the Mount St. Helens National Volcanic Monument. We help provide science education, conservation and recreation activities. Come explore the volcano with us! We offer field seminars, inspiring hikes, guided climbs, evening lectures and other events aimed at deepening your understanding of the Pacific Northwest's natural processes and its cultural past. We also offer a variety of volunteer opportunities. Join us as a volunteer for a day, a weekend work party to improve trails or wildlife habitat or for an exciting summer-long volunteer experience.



Mountain Climbing Steward volunteers on the climbing route.

## Your Help is needed to Raise Funds to Support Scientific Research, and Maintain and Enhance Exhibits at the Mount St. Helens National Volcanic Monument

MSHI raises funds to support scientific research and to share information with the public. We assist with creation, maintenance and enhancement of new exhibits at Johnston Ridge Observatory and other monument sites. We need your financial help to do our work!

### Join us and become a Member today!

- For further information please visit our website: [www.mshinstitute.org](http://www.mshinstitute.org)
- Contact us: Phone (360) 449-7883  
Email: [info@mshinstitute.org](mailto:info@mshinstitute.org)
- Follow us on Twitter: [www.twitter.com/mshinstitute](http://www.twitter.com/mshinstitute)
- Like us on Facebook: [www.facebook.com/mshinstitute](http://www.facebook.com/mshinstitute)



## — Other Key Partners —



[www.bchw.org](http://www.bchw.org)



[www.wta.org](http://www.wta.org)



[nw-trail.org](http://nw-trail.org)





## What's New on the Monument?

# Communities Contribute to Make Monumental Changes

The volcano might not be erupting these days, but the staff and partners of the Mount St. Helens National Volcanic Monument are actively working to provide the best possible experience for visitors. The Monument recently released its Strategic Investment Plan, a comprehensive vision for the future of the Monument that has the overarching goal of enhancing visitors' experiences through expanding programs, improving infrastructure and growing partnerships. They are lofty goals. To address them, the Forest Service has been making a concerted effort to work with partners whose interests, values and resources intersect with the Monument's vision for the future.

### Music, Experimentation and Education

After two years of construction, an exciting new venue is available this year, the 150-seat amphitheater at Johnston Ridge Observatory. As soon as the snow melts, the Monument, with the help of our community partners, will be offering musical performances, Junior Ranger experiments, and field seminars at this fantastic location. Where else can you enjoy music and learning with the gorgeous backdrop of the Mount St. Helens' crater?

### Working Beyond Boundaries

In January 2012, the Cowlitz County Economic Development Council hired a new Director of Programs. This position is partly funded by the Forest Service and is focused on helping make connections between the local community and the Monument. Many Mount St. Helens visitors drive through Cowlitz County on their way to the mountain stopping to eat, filling up on gas, and picking up recreation information. Cowlitz County residents serve as volunteers, participate in educational programs and enjoy recreational opportunities on the Monument. By working hard to work together, the Forest Service and Cowlitz County have built the foundation of an important, mutually beneficial relationship.

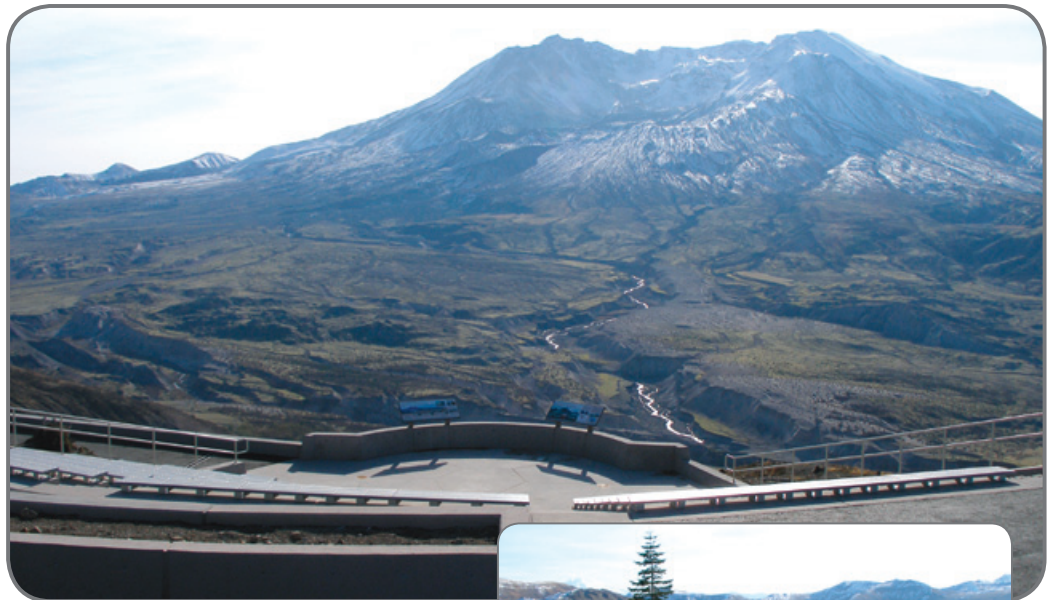
### New Opportunities for Science and Education

Since 2007, visitors have been asking when the Coldwater Ridge Visitor Center is going to reopen. In 2011, major investments were made to the building, including the installation of a new roof and new windows. Other changes are underway as well and activity at Coldwater Ridge is slowly ramping up. With Johnston Ridge Observatory just nine miles away and three other visitor centers on State Route 504, the Monument is working on a new vision for Coldwater Ridge, as a science and education center, multi-use public pavilion and information hub with food service. Look for expanded public programs, special events and activities in the coming year. The Monument and partners are focused on making Coldwater Ridge a not-to-miss stop on the Spirit Lake Memorial Highway.

### Trail Lovers Unite!

The Mount St. Helens trail system provides unbeatable learning opportunities, letting visitors explore and learn about the geology and ecology of this unique landscape. Trails allow hikers to observe the hummocks that were created by the landslide in 1980, experience the harsh environment of the pumice plain, witness trees that the lateral blast snapped in two, and enjoy the beauty of Coldwater Lake. In this constantly changing landscape, it takes many hands to maintain the trails. The Monument works with partners such as the Washington Trails Association, the Back Country Horsemen of Washington, the Northwest Trail Alliance and the Mount St. Helens Institute to manage our extensive trail system, and more hands are always needed! In the near future, the Monument is planning on expanding the trail system, constructing new trails to provide better access to certain areas and making connector trails to supply some longer loop experiences. If you've ever enjoyed the trails at Mount St. Helens, consider a contribution of your time to the trails effort. It's hard to top a day spent outside in a beautiful setting, getting some exercise, bonding with other trail lovers and participating in the improvement of a landscape you cherish.

This is only the tip of the iceberg, or rather the tip of a young and growing glacier, of the Monument's efforts to remain an international, as well as local, destination. For more information, please contact Lisa Romano, Community Engagement Specialist, at 360-449-7831 or [lmromano@fs.fed.us](mailto:lmromano@fs.fed.us), or visit us online at [www.fs.usda.gov/mountsthelens](http://www.fs.usda.gov/mountsthelens) where you can find information on volunteering and events and read the Strategic Investment Plan.



The new 150-seat amphitheater at Johnston Ridge Observatory.



## Year of the Volunteer!

This year marks the 40th Anniversary of the Volunteers in the National Forest Act. What better place to illustrate the contributions of volunteers and partners than Mount St. Helens National Volcanic Monument? From trail maintenance to visitor services, partners and volunteers are making Mount St. Helens a better place for all. Discover new and exciting adventures and friendships by volunteering with the Mount St. Helens Institute, Washington Trails Association, Backcountry Horsemen and the many others who pitch in and create lasting memories for all who experience this remarkable landscape! See page 2 for ways to get involved.



Serving as a MSHI volunteer has been like a "homecoming" to me. I began my professional forestry career in the Toutle River Valley 55 years ago. I can talk to visitors about "what used to be".

Returning each summer for the past 7 years has been rewarding. The combination of maintenance work and the opportunity to meet and speak with people from all over the world is the magnet that draws me back each summer. The quality of the Forest Service and Institute staffs helps to make this a truly unique and rewarding experience. — *Jerry Whittig*

In my retirement I was looking for a way to stay fit, work outdoors and give back to the community; the Mount St. Helens Institute provided me with such an opportunity. I enjoyed meeting people from all over the world and got to work hand in hand with some really nice people in the Forest Service. Because of the many positive experiences I had last year, I plan to help out again this year. There are some really good people that have invested their lives into making the Mount St. Helens National Volcanic Monument such an amazing place and I'd like to do anything I can to share in this success. — *Peter LaForge*





# Plan Your Visit and Help Protect the Monument



Climbers on the south crater rim with Mt. Adams in the distance.  
(Southside, Forest Road 83)

## 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 is charged for each permit. 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 climbing permit on-line:

[www.fs.usda.gov/goto/climbingmsh](http://www.fs.usda.gov/goto/climbingmsh).



## 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 lakes and four ridge top locations, some with crater views. Backcountry permits are required for overnight camping. They are available by advance reservation only, either by mail or in person, at Monument Headquarters in Amboy, at Johnston Ridge Observatory and at the Cowlitz Valley Ranger Station. Camping is limited to designated campsites only (maximum of four people per campsite). Pets, pack stock and fires are prohibited.



Looking north into the Mount Margaret Backcountry from Boundary Trail #1.

For current updates and permit information visit: [www.fs.usda.gov/goto/backcountry](http://www.fs.usda.gov/goto/backcountry).

## Berries, Mushrooms and Other 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, SFP's may not be removed from within 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/mountsthelens](http://www.fs.usda.gov/mountsthelens)

**Johnston Ridge Observatory.....(360) 274-2140**

**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/>

**Climber's Register (at Lone Fir Resort, Cougar) ... (360) 238-5210**

**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)

## Help Protect Mount St. Helens

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 feature.
- Do not feed the animals.
- Keep pets on a leash and in designated pet areas.

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 Infor- mation 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

The U.S. Forest Service is an equal opportunity provider and employer.



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



Crater and valley north of the volcano as seen from the Boundary Trail east of the Johnston Ridge Observatory.

## 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 and adjacent trails. Monument Passes can be purchased at Johnston Ridge Observatory. On the Eastside and Southside of the monument a National Forest Recreation Pass 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/goto/msh/monumentpass](http://www.fs.usda.gov/goto/msh/monumentpass)
- [www.fs.usda.gov/goto/msh/passespermits](http://www.fs.usda.gov/goto/msh/passespermits)

## 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 you enjoy during your visit. An Interagency Annual Pass is available for \$80 and has two signature lines. At per person fee sites, it admits 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.usda.gov/goto/msh/passespermits](http://www.fs.usda.gov/goto/msh/passespermits)

## School Groups

Teachers, registration for field trips is online, easy and is required! Our website will help prepare you and your students for your visit to Mount St. Helens. You will find online registration forms, suggested itineraries, downloadable lesson plans and descriptions of ranger-led programs. Also included are descriptions of our sites, driving times, maps and directions. [www.fs.usda.gov/goto/teacherscorner](http://www.fs.usda.gov/goto/teacherscorner).



J. Voelker, USGS

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 ½ mile to junction with Coldwater Trail 230.

## Westside: State Route 504

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



T. Lynch

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 5, 2012. 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 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 (wrist band) 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.

## Take Care of Your Pet and Help 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.



# 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.



Lava Canyon Trail

The Lava Canyon Trail explores an area scoured by mudflows during the May 18th, 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.

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 devoured by lava 1,900 years ago. If you are feeling adventurous you may want to try the “crawl”.

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 and Ranger-guided cave tours are available. Heavy use of the cave, during the peak hours of 11 a.m. to 3 p.m. on weekend days, 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.

### HELP KEEP APE CAVE OPEN TO THE PUBLIC!

White-Nose Syndrome (WNS), named because of the telltale white fungal growth on the nose, ears and wing membranes of affected bats, is responsible for the most dramatic decline of North America wildlife in 100 years. 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. Discovered in New York in 2006, WNS has spread throughout eastern and central U.S. and Canada leading to the deaths of over seven million bats. According to Science Magazine’s Policy Forum, insect eating bats save the U.S. agricultural industry at least \$3 billion a year in pest-control services. Land managers have been forced to close access to thousands of public caves. If we don’t stop the spread, caves in the West may soon follow. YOU CAN HELP STOP THE SPREAD! Although humans aren’t susceptible, we can potentially spread the fungus between caves. It is suspected that a caver unintentionally transported the fungus from a European cave to a cave in New York State, and it has spread from there. To minimize the potential that YOU will spread the fungus to Western caves, do not bring ANY item (gear, clothing, boots, etc.) that has been used in caves or mines outside Washington or Oregon into any of the caves or mines in these states.



For the latest information on this disease and equipment decontamination procedures visit the U.S. Fish and Wildlife Service website: [www.fws.gov/WhiteNoseSyndrome/](http://www.fws.gov/WhiteNoseSyndrome/)

SOUTHSIDE TRAILS (Forest Road 83)	Round Trip	Elevation Change	Description
<b>Trail of Two Forests #233 (Easy)</b> Forest Road 8303, ½ mile E 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 and Spirit Lake Viewpoints

Experience the full impact of the 1980 lateral blast and 32 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 that is slowly sinking to the bottom of the lake. Vistas, trails, lakes, wildlife and the amazing power of nature abound. Rangers provide Eruption Talks at Windy Ridge and other viewpoints seven days a week during July and August. A Northwest Forest Pass is required for each vehicle; see page 7 for purchase locations.



Cory Wall, USFS

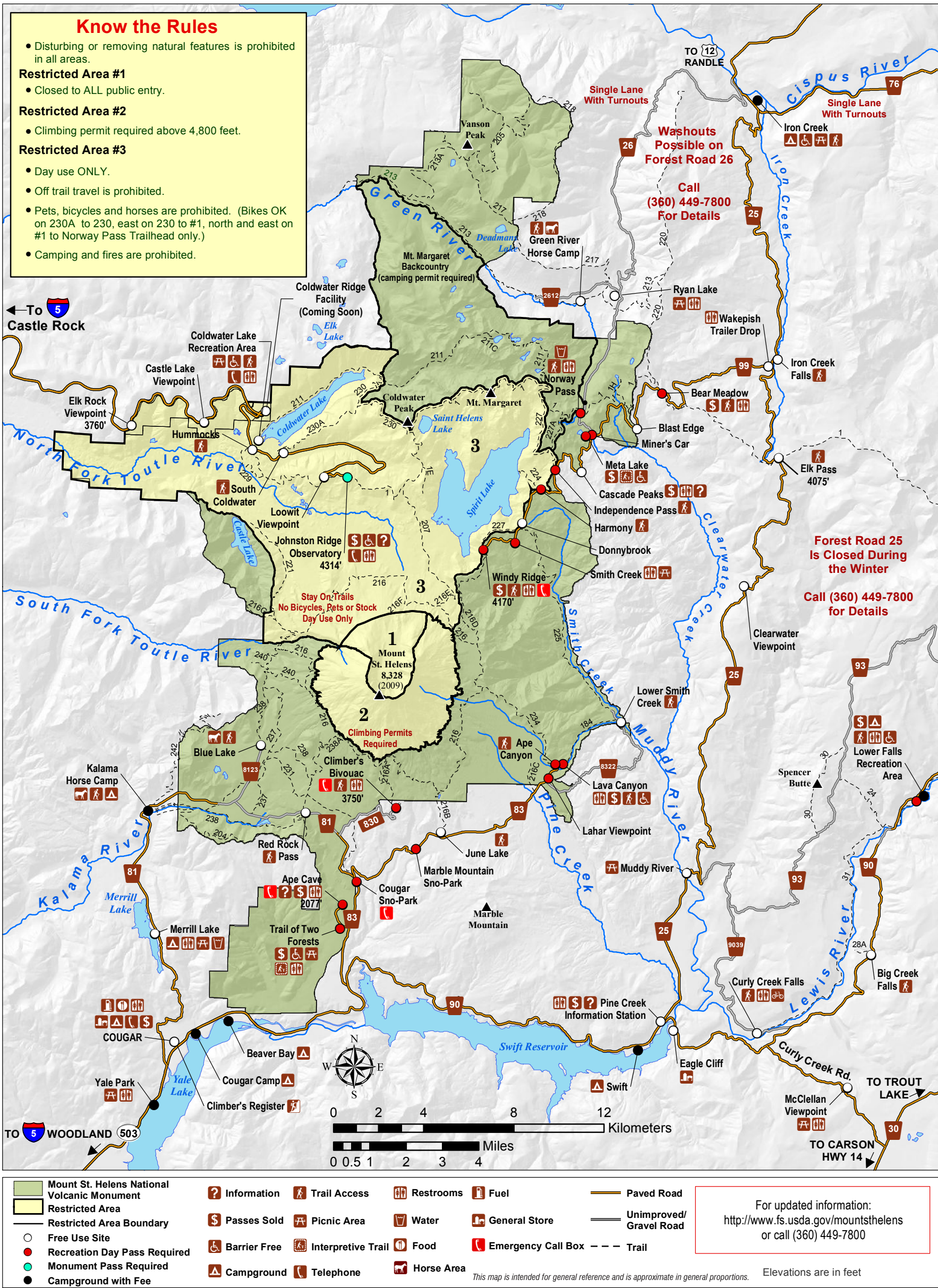
EASTSIDE TRAILS (Forest Road 99)	Round Trip	Elevation Change	Description
<b>Meta Lake Trail #210 (Easy)</b> Forest Road 99, 0.1 miles west of junction of Road 99 with Road 26.	0.6 mile	3620 feet to 3640 feet	Paved trail explores blowdown forest and sparkling lake. View forest that survived eruption under 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



Cement-like slurries of glacial melt water and boulders called **lahars** scoured and buried streams draining the volcano.



