

VOLCANO REVIEW

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



What's Your Story? Creating Stories in a Changing Landscape

This year marks the 36th anniversary of the 1980 eruption of Mount St. Helens. As the landscape and communities surrounding the Monument continue to evolve and change so do the stories. The resilience of this landscape and its recovery from destruction are just some of the many chapters in the Monument's story. And like the landscape, we too have our stories that connect us to this ever-changing place.

The naming of the volcano by various native peoples to the modern name of Mount St. Helens all have their story. The most widely known native name of the volcano is *Lawetlat'la*, which roughly translates to "the smoker," and originates from the Cowlitz Indian Tribe and the Yakama Nation. Other names for the mountain include *nsh' ak'w* from the Upper Chehalis people, which translates as "water coming out" and *aka kn*, a Kikshat (upper Chinookan) term for "snow mountain".

The volcano's modern name of Mount St. Helens was given to the mountain in 1792 by British explorer Captain

George Vancouver of the British Royal Navy. He named the mountain in honor of a fellow countryman Alleyne Fitzherbert, who held the title Baron St. Helens. Fitzherbert, at the time, was the British Ambassador to Spain.

The eruption of Mount St. Helens on May, 18, 1980 changed the landscape and changed the lives of many. Stories of loss and survival and of ash and darkness flowed from the Northwest on that fateful Sunday morning. Today, new stories are being written as new growth continues in the blast area and visitors experience this dynamic place for the first or 36th time. We invite you to come and create your own stories, to share them and pass along the legacy of exploration, education and stewardship at Mount St. Helens National Volcanic Monument.

Lawetlat'a is listed on the National Register of Historic Places as a Traditional Cultural Property. For more information please visit, * www.nps.gov/nr/feature/places/13000748.htm



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Online Information:

Mount St. Helens Visitor Information:
www.fs.usda.gov/giffordpinchot
Eruption Geology and Monitoring:
http://volcanoes.usgs.gov/volcanoes/st_helens/
Mount St. Helens Science and Learning
Center at Coldwater: 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

Welcome to Mount St. Helens National Volcanic Monument. The May 18, 1980 eruption was a significant event in the history of Mount St. Helens and the evolution of the landscape around it. Last May, we commemorated the 35th anniversary of the eruption and many people shared their stories about that day and the weeks that followed. As the landscape and communities surrounding the Monument continue to evolve new stories emerge – my staff and I are honored to be a part of the continuing story of this unique and treasured landscape.

Sharing the wonders of nature and ongoing discovery is an important part of our visitor service and education programs. The US Forest Service, our non-profit partners and volunteers are working hard to preserve this special place and to create personal connections for those who visit. We hope people's exploration and discovery here contributes to a continuing legacy of working as part of community engaged in the management of our public lands and stewardship of the natural world.

We invite you to join us as a visitor, a volunteer or as a friend to write your own story of discovery at Mount St. Helens and leave with a renewed appreciation of nature's tremendous power and capacity for renewal. I am excited to continue working with all of the employees and partners of the Mount St Helens National Volcanic Monument and Gifford Pinchot National Forest. Please join me in remembering those whose lives were lost and forever changed by the catastrophic 1980 eruption and our ongoing celebration of resiliency and change.



Tedd Huffman, Monument Manager

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.



MSHI Volunteer at the Johnston Ridge Observatory.

Your Help is Needed to Support Education and Volunteer Programs at Mount St. Helens National Volcanic Monument

MSHI raises funds to help 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 financial help to help support our friendly neighborhood volcano.

Join us and become a Member today!

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



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

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

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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 or contact:



Discover Your Northwest Phone: (360) 891-5214
1501 East Evergreen Blvd. FAX: (360) 891-5195
Vancouver, WA 98682

Road Closures

Due to the late fall storms of 2015 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.

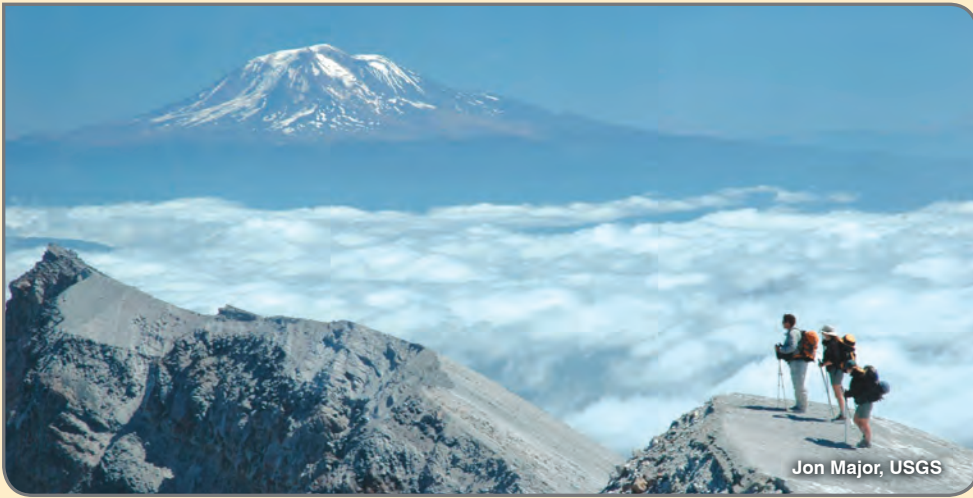
Please check the Roads and Conditions report at www.fs.usda.gov/recmain/giffordpinchot/recreation for the most up to date information.

About the Cover

Cover photos and artwork by...

- Todd Cullings — Sunrise and Winter Scene
- Whitney Vonada — Artist
- Sharon Steriti — Spirit Lake and Crater View

What's New on the Monument?



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

— 2016 —

Climbing Mount St. Helens

NEW THIS SEASON- 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.

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, 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.usda.gov/activity/giffordpinchot/recreation/climbing.



Mount St. Helens Institute Offers New Learning Adventures for Youth

Mount St. Helens GeoGirls is a new weeklong science and technology camp for middle school girls. Girls work alongside professional geoscientists on real-world research projects. GeoGirls is a partnership program with US Geological Survey, Mount St.



Helens Institute, Mount St. Helens National Volcanic Monument and universities. Learn more about GeoGirls and find out how to support the program or apply at www.mshinstitute.org.

Volcano Camps are science and art adventures in the shadow of Mount St. Helens. Multiple co-ed residential camps are available throughout the summer for ages 8 through 18. Base camp located at the Science and Learning Center at Coldwater. Learn more and register at www.mshinstitute.org.



May 14 It's A Blast: Anniversary of Eruption

- Amazing stories and the return of Trashcano at Johnston Ridge Observatory. Hands-on activities at the Science and Learning Center.

June 25 Music on the Mountain

- Outdoor music celebration with a scenic backdrop at Johnston Ridge Observatory! Rain will move the event indoors into the theater.

July 9 Sky and Star Party

- See the sky in a whole new way with the Friends of Galileo Astronomy Club at the Science and Learning Center. Camping available with advanced reservations.

August 6 Art Eruption

- Make your own mini Mount. St. Helens, go on a photo scavenger hunt, make a painting to take home, and more at the Science and Learning Center!

September 3-4 Family Camp

- Activities and adventure for the entire family on Labor Day weekend at the Science and Learning Center. Space is limited and advanced registration is required.

October 1 Carnival of Color

- Celebrate the leaves changing color with a day of fun, art, carnival games, and prizes at the Science and Learning Center!

Volcano Naturalist Program

The Mount St. Helens National Volcanic Monument and Mount St. Helens Institute Volcano Naturalist Program success continues to grow. Now in its fourth season, the Volcano Naturalist Program expanded in 2015 to include live webcasts to satellite classes hosted by Centralia College at both the Centralia and Morton campuses. The Volcano Naturalist Program provides participants with 60 hours of in-depth instruction on the geology, biology, and history of Mount St. Helens in exchange for 60 hours of volunteer service in one of the Institute's regular volunteer programs: Volcano Volunteers (visitor services, interpretation, support services, special events); Mountain Stewards (safety, assistance and interpretation on MSH trails and climbing routes) as well as school and community outreach presentations.

Look for Volcano Naturalists at visitor and information centers, out on the trails, in your community, and up on the mountain. They'll be putting their new knowledge to work answering questions, providing assistance, and sharing the story of this amazing mountain. Contact the Mount St. Helens Institute (www.mshinstitute.org) for information on how to participate in 2017.



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

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

Mount St. Helens Science and (360) 274-2114 Learning Center at Coldwater 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

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

PacifiCorp (503) 813-6666

- campgrounds at reservoirs south of Mount St. Helens (see Recreation, Washington) www.pacificorp.com

Washington State Parks..... (360) 902-8844 www.parks.wa.gov/parks

Mount St. Helens Institute (360) 449-7883 www.mshinstitute.org

Discover Your Northwest (360) 891-5214 www.discovernw.org

Mount St. Helens Forest Learning Center (360) 414-3439

Washington Tourism Alliance (800) 544-1800 www.experiencewa.com www.watourismalliance.com

Cowlitz County Tourism (360) 577-3137 www.visitmtsthelens.com

Lewis County Tourism (360) 740-1192 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.

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.

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 Teacher's

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 and directions. www.mshnvm.org

Volcano Outdoor School with the Mount St. Helens Institute provides hands-on science learning at the Science and Learning Center. Overnight and day programs available. Learn more and register online at www.mshinstitute.org.

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



Sunrise at Snow Lake.

Mount Margaret Backcountry

Trails in the Mount Margaret Backcountry climb over 2,000 feet in elevation and may be snowed-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.

Backcountry Permits are required for overnight camping and are only available through advance online reservations at **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 Service Personnel are 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** 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



This summer, the Mount St. Helens Science and Learning Center at Coldwater will focus on scheduled educational programs, retreats and monthly public events. Sign up your school or group for an unforgettable experience; even spend the night museum-after-hours style. For information about educational programs and facility rentals at the Science and Learning Center please visit www.mshinstitute.org or contact the Science and Education Manager, Kori Quatermass at kquatermass@mshinstitute.org (360) 274-2114. For information about renting the facility you can email the Mount St. Helens Institute at rent@mshinstitute.org.

WESTSIDE TRAILS (State Route 504)	Round Trip	Elevation Change	Description
Birth of a Lake Trail #246 (Easy) 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.
Eruption Trail #201 (Easy) 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.
Hummocks Trail #229 (More Difficult) 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.
Lakes Trail #211 to Coldwater Trail #230 (Most Difficult) 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.

Visitors can also explore the Volcano Viewpoint Trail, which is located to 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.

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 and 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.



bats with white nose fungus

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

SOUTHSIDE TRAILS (Forest Road 83)	Round Trip	Elevation Change	Description
Trail of Two Forests #233 (Easy) 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.
June Lake Trail #216B (More Difficult) 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 36 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; see page 7 for purchase locations.



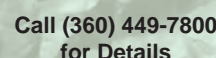
Sharon Steriti, USFS

EASTSIDE TRAILS (Forest Road 99)	Round Trip	Elevation Change	Description
Meta Lake Trail #210 (Easy) 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.
Windy Ridge Sand Ladder (More Difficult) 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.
Harmony Trail #224 (Most Difficult) 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.
Truman Trail #207 and Willow Springs Trail #207A (Most Difficult) 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.
Boundary Trail #1 to Norway Pass (Most Difficult) 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								
Highway 503 & FR 90										
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			●					●	
Forest Road 81										
Kalama Horse Camp	17	yes	2	●					●	
Merrill Lake	7	yes	6		●	●		●		●
Forest Road 25										
Iron Creek **	98	yes	12	●		●			●	●
Forest Road 23										
Tower Rock **	22	yes								●
State Route 504										
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.										



- Camping and fires are prohibited.



Elevations are in feet

<http://www.fs.usda.gov/recmain/qiffordpinchot/recreation>

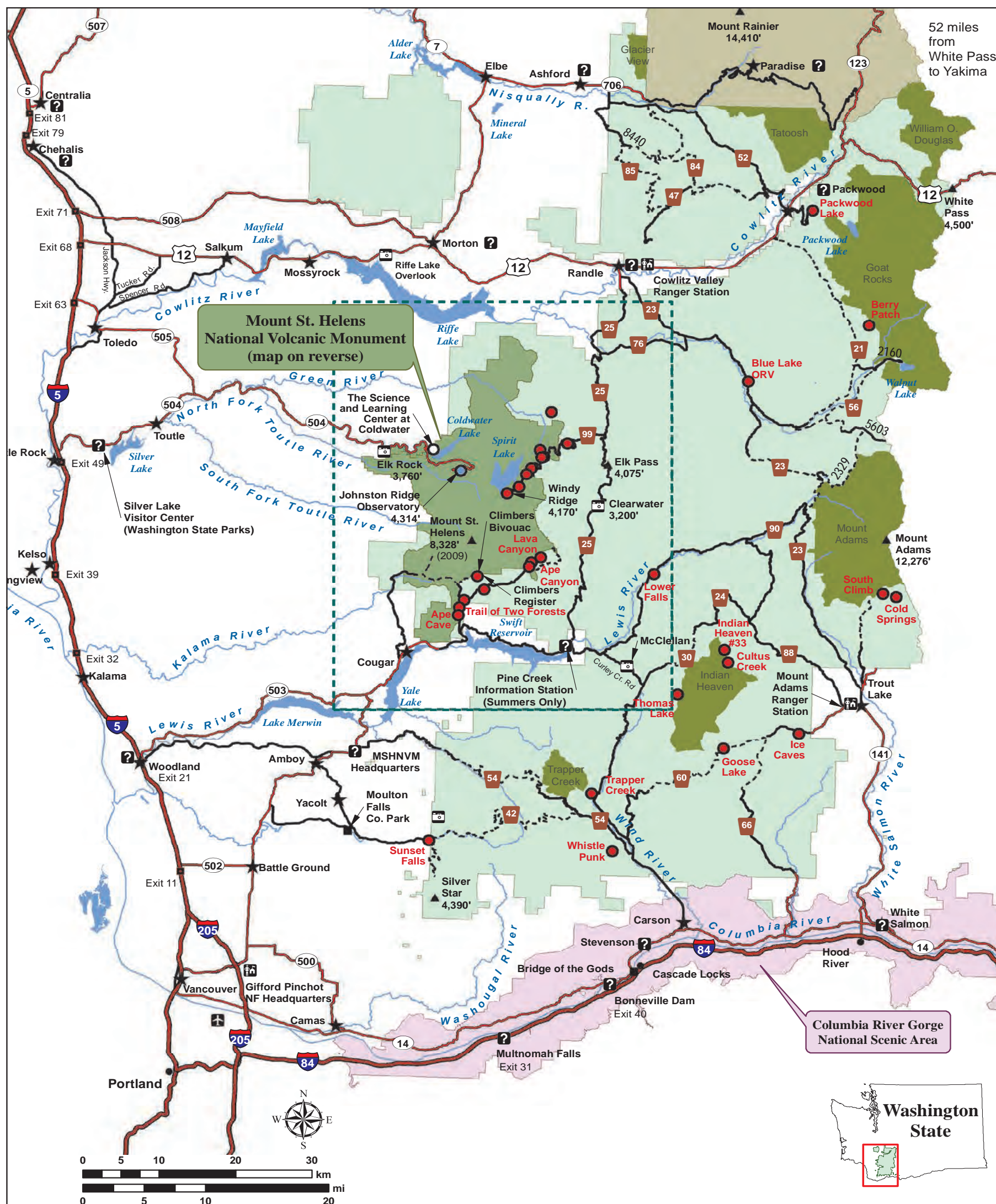
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Gifford Pinchot National Forest Vicinity



for the greatest good



For more information, visit our website at:
<http://www.fs.usda.gov/giffordpinchot>
or call (360) 891-5000

USDA Forest Service is an equal
opportunity provider and employee.

Gifford Pinchot NF

- Admin. Boundary
- Mount St. Helens NVM
- Wilderness Area
- Columbia River Gorge NSA
- Paved Road
- Gravel Road
- Information

Landmarks

- Locale
- Summit
- City, Town, Community
- Airport
- Recreation Sites
- Fee Sites
- Monument Pass

Transportation

- Interstate Hwy.
- US, State or County Hwy.
- Other Paved Road
- Milepost Marker

Hydrography

- Lakes and River Areas
- Rivers

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

Elevations are in Feet

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For Road and Recreation Conditions Report, go to this link:
<http://www.fs.usda.gov/recmain/giffordpinchot/recreation>