

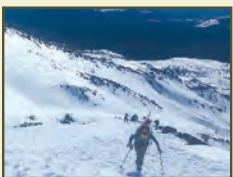
VOLCANO REVIEW

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



EXPLORE MOUNT ST. HELENS

Westside: State Route 504..... **see page 2**
Eastside: Forest Road 99..... **see page 3**
Southside: Forest Road 83..... **see page 3**



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Explore
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Increasing
Our Scope
see page 5



Support and
Protect
see page 6

Thirty-Nine Years and Counting

It has been almost 40 years since the 1980 eruption and Mount St Helens is getting her green on! Alder thickets and a variety of conifers thrive in valley below the mountain. The Hummocks are chunks of the mountain that settled as the debris avalanche slid into the valley, creating over 100 ponds and lakes.

In the heart of the blast zone, lies Meta Lake and its Pacific Silver fir survivors of the 1980 surge. Their survival and subsequent regeneration has created a shaded path to

this vibrant lake. From an island of remnant Douglas-fir, a forest has successfully re-seeded itself at Lahar Viewpoint. All of this growth and recovery is astonishing. Returning visitors are astounded by how green everything is now, compared with their first visits.

Come, visit and learn about what happened 39 years ago. Be awe-mazed by the return of flowers, plants, trees and life. Explore and experience the recreational opportunities that abound all around this incredible volcano.

U.S. Forest Service



Gifford Pinchot National Forest

Visit Mount St. Helens: Westside

WELCOME to Mount St. Helens



Dear Mount St. Helens Visitor,

Do you remember where you were on May 18, 1980? Do you need to shake off the winter blues and head out on a trail to see the first wildflowers of the season? Are you checking climbing Mount St. Helens off of your bucket list? For all the reasons you are visiting Mount St Helens, welcome!

The events of the 1980 eruption drastically changed the landscape in and around Mount St. Helens. Today, nearly 40 years later, we have a better understanding that the dome building eruption of 1980-86 and 2004-08 were mere blips in her long and active history. As the National Volcanic Monument looks forward to the 40th anniversary of the 1980 event next year we continue to focus on public safety, supporting the continuing research that has taught us so much, and providing opportunities for education and recreation through the entire monument.

Come have an adventure on the Monument this year and experience the volcano in all her glory.

Your Monument Ranger

Contact Information

Emergency (Police, Medical, and Fire) Dial 911
Forest Service Offices

- Mount St. Helens National Volcanic Monument (360) 449-7800
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
- Mt. Adams Ranger Station (Trout Lake) ..... (509) 395-3400

Other Resources

- Mount St. Helens Visitor Center at Silver Lake... (360) 274-0962
http://parks.state.wa.us/245/Mount-St-Helens
- National Recreation Reservations..... (877) 444-6777
(Federal Campgrounds) ..... www.recreation.gov
- PacifiCorp ..... (503) 813-6666
Campgrounds at reservoirs south of Mount St. Helens
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) 274-2152
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
- US Geological Survey .....
http://volcanoes.usgs.gov/volcanoes/st_helens
- Pacific Northwest Seismic Network ..... https://pnsn.org/

WESTSIDE TRAILS (State Route 504)	Round Trip	Elevation Change	Description
Birth of a Lake Trail #246 SR504, Trailhead is located at Coldwater Lake Picnic Area.	0.6 miles	2490 feet to 2475 feet	Boardwalk trail with interpretive signs show the formation of Coldwater Lake after the 1980 eruption.
Eruption Trail #201 Trailhead is located at Johnston Ridge Observatory viewing plaza.	1 mile	4200 feet to 4300 feet	A paved trail with switch backs where you can see shattered trees, amazing valley views and the immense crater.
Hummocks Trail #229 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 lakes that were created with the landslide and a river-carved canyon.
Lakes Trail #211 to Coldwater Trail #230 SR504, Trailhead is located at Coldwater Lake Boat Launch.	9.0 miles	2700 feet to 5200 feet	Experience the blown down and developing forest. The end of the lake, 4 miles, 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



Located five miles east of Interstate 5, the center offers: exhibits on the 1980 eruption, ranger talks, a walk-through model volcano, movie, bookstore and a 0.6-mile wetland boardwalk trail. The center, open year-round, is operated by Washington State Parks. For information about fees and hours check online at <http://parks.state.wa.us/245/Mount-St-Helens>. Evening Jr. Ranger campground programs available during summer weekends at Seaquest State Park.

Johnston Ridge Observatory

On a clear day, experience fantastic crater views with the lava domes and glacier. Learn how the landscape was reshaped by the 1980 eruption. Spend a couple of hours or most of a day enjoying hourly ranger talks and movies, exhibits that focus on geologic events and volcano monitoring, hikes out the Boundary Trail, a Jr. Ranger program, and a bookstore. Open 10 a.m. to 6 p.m. daily, mid May thru October, closed in the winter. A Monument Pass is required and is available inside the building. Interagency Passes are accepted when presented with photo identification. Pets are not allowed in the Observatory, at the viewpoints, or on the trails.



Jim Hill Photography

Coldwater Lake Recreation Area



Visit a lake created by the 1980 eruption. Coldwater Lake offers restrooms, a picnic area, an interpretive boardwalk trail that goes out onto the lake, and a boat launch (electric motors only). WA State fishing license is required for fishing. Access to lake for swimming or wading is at two locations along the Lakes Trail: 1 mile and 2.5 miles down the trail (no swimming or wading from boat launch).

Explore Mount St. Helens: South and Eastsides

Southside: Forest Road 83

Forest Road 83 provides access to many recreation opportunities in a unique geologic environment which includes ancient lava flows and stunning waterfalls.

Ape Cave

Explore the dark passages of the third longest lava tube (13,042 feet/3976 meters) in North America. Ape Cave was formed about two millennia ago and marks an unusual period in Mount St. Helens 300,000 year eruptive history in that it is the only known basaltic eruption of the volcano.

Inside the cave expect uneven terrain, pitch black conditions and a temperature of 42 degrees F (6 degrees C). Warm clothes, sturdy shoes and a least two sources of light per person are recommended. Allow one hour to hike the lower cave and 2.5 hours for the more difficult, upper cave. Mid-June through the end of September a bookstore, lantern rentals, and Rangers are available on site.

Heavy visitation of the cave during the peak hours of 11 a.m. to 3 p.m. on weekends creates a less than desirable experience and parking issues. Please plan your visit around these peak-visitation times and days for a more positive caving experience.



Trail of Two Forests

Take a stroll along a ¼ mile interpretive trail and learn about an ancient lava flow that spilled down the flanks of Mount St. Helens nearly 2,000 years ago leaving behind three-dimensional imprints of trees in the old lava beds.

Lava Canyon

Travel along the Lava Canyon Trail and explore a mudflow-scoured canyon revealed by the May 18th, 1980 eruption. Spectacular views of waterfalls plunging over an ancient lava flow await you around every turn. The trail begins as a paved interpretive trail before proceeding down a steep rugged canyon to a one-of-a-kind suspension bridge. While Lava Canyon is a landscape of great depth and beauty it is also a landscape punctuated by great danger. Stay on the trail at all times. The river is more powerful than it appears and several hikers have died when they left the trail and slipped into the river below.



SOUTHSIDE TRAILS (Forest Road 83)	Round Trip	Elevation Change	Description
Trail of Two Forests #233 Forest Road 8303, 0.5 mile east of Ape Cave.	0.25 mile	1860 feet to 1885 feet	Boardwalk trail that leads you across a 1,900 year old lava flow and lets you explore tree casts that record an ancient forest consumed by lava.
June Lake Trail #216B Forest Road 83. Trailhead is seven miles north of junction with Forest Road 90.	3.2 miles	2700 feet to 3400 feet	Trail climbs along rushing stream before reaching a lake nestled between basalt cliff and a 1,900 year-old lava flow. Lake offers an ideal lunch stop before continuing ¼ mile to junction with Loowit Trail 216.

Eastside: Forest Road 99

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

Experience the full impact of the 1980 lateral blast and 39 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.

For the 2019 season, rangers will be providing interpretive talks at Windy Ridge through the months of July and August. Programs are scheduled for 11:00, 12:00, 2:30, and 3:30 Friday-Mondays. A valid Recreation Pass is required for each vehicle and can be purchased at various locations (see page 7). Cascade Peaks Information Station will be open Friday-Monday 10:00 a.m. to 4:30 p.m. starting in July. The information station is staffed by Forest Service staff with the help of volunteers and offers an array of interpretive materials, maps, and other handouts. Snacks and bottled water will be available by donation.



Sharon Steriti, USFS

EASTSIDE TRAILS (Forest Road 99)	Round Trip	Elevation Change	Description
Meta Lake Trail #210 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 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 Forest Road 99, 2.5 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 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 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.

Climbing Mount St. Helens

At 8,328 feet in elevation, the summit of Mount St. Helens offers breathtaking views of areas affected by the 1980 eruption as well as other nearby volcanic peaks, such as Mount Adams, Mount Rainier and Mount Hood. Although, strenuous, this non-technical climb is suitable for people in good physical condition who are comfortable scrambling on steep, rugged terrain. Plan for an all-day trek to the summit, as most climbers complete the round-trip climb in 7 to 12 hours.

A climbing permit is required year-round for each person travelling above 4,800 feet on Mount St. Helens, and all group members must have a copy of the permit and identification that matches their name on the permit. The permit system was implemented in 1987 to protect the volcano’s physical, biological and cultural features, reducing crowding and overuse. Between April 1st and October 31st permits are \$15 per person and must be purchased online in advance at [recreation.gov](https://www.recreation.gov). Climbers must print and carry their permit or have an electronic copy available while climbing. Climbers must also sign in at the trailhead register.

For more information on climbing conditions and how to purchase your permit, please contact the Mount St. Helens Institute at 360-449-7883, <https://www.mshinstitute.org/explore/climbing-permits/climbing-permits.html> , or visit the Gifford Pinchot National Forest website at www.fs.usda.gov/goto/climbingmsh .

More to Explore

Bats Matter at Ape Cave

White-nose syndrome has killed over 7 million bats in the U.S. and Canada since 2006 and is considered the most devastating disease ever reported for wildlife in North America. The disease, named because of the white, fuzzy growth on the nose, ears, and wings of some affected bats, is caused by a cold-loving fungus that thrives in bat hibernation sites such as caves and mines. Affected bats wake up more often during hibernation, causing them to use crucial fat reserves, leading to possible starvation and death.



The disease has spread rapidly since it was first documented in New York State in 2006 and is now confirmed in 32 states and 5 Canadian provinces. In March 2016, Washington's first case of white-nose syndrome was confirmed near North Bend, 30 miles east of Seattle. In February of 2018, the fungus was detected a mere 50 miles from Mount St. Helens National Volcanic Monument at Mount Rainier National Park.

White-nose syndrome is spread primarily through bat-to-bat and bat-to-cave contact, but scientists have also demonstrated that it may be possible for humans to inadvertently carry white-nose syndrome spores on their clothing and equipment. **YOU CAN HELP STOP THE SPREAD!** For the latest information on this disease and decontamination procedures visit www.whitenosesyndrome.org.

Mount St. Helens National Volcanic Monument has instituted a screening procedure at Ape Cave to help prevent the spread of white-nose syndrome. If you have been in any cave or mine, no item worn or used in that cave or mine will be allowed in Ape Cave. Visitors will need to either change their boots, clothing or gear or return another time after decontaminating their items.



Mount Margaret Backcountry

Explore the pinnacle-studded ridges, sapphire lakes, flowered mountain slopes and amazing vistas of the Mount Margaret Backcountry. This rugged and spectacular area offers hikers a unique opportunity to explore and discover the dramatic effects of the 1980 eruption of Mount St. Helens. To protect natural features, pets, pack stock, and campfires are prohibited in the Mount Margaret Backcountry.

Trails in the Mount Margaret Backcountry have narrow tread, are steep in places and can climb over 2,000 feet in elevation. Portions of trails are often covered by snow until mid-summer.

Overnight camping is only allowed at designated sites in the backcountry and requires a permit. Each campsite has a level, wood-framed, earth-filled tent pad; a grey water sump for waste water from washing and cooking; and a solar composting toilet. Permits are only available through advance online reservations at Recreation.gov or by toll free telephone (1-877-444-6777), or TDD (1-877-TDD-6777). Permits go on sale March 1 each year and there is a non-refundable reservation fee of \$10.00.

For backcountry updates and condition reports please visit:
<http://www.fs.usda.gov/goto/gp/mtmargaret>

It's A Blast! Summer on the Mountain Events

• MAY 25 • JUNE 22 • JULY 27 • SEPTEMBER 28

It's A Blast Summer on the Mountain event series has something for everyone. All are welcome for guided hikes and strolls, science geo-caching, volcano arts and crafts, the explosive "Trashcano" and so much more. Events will be held at the Science and Learning Center from 11 AM to 6 PM and are FREE and open to the public. For more information visit www.mshinstitute.org/about_us/events

Mount St. Helens Sky & Star Party

• AUGUST 24

Sky viewing, guest speakers, and family friendly activities on August 24. In addition, public night sky viewing with Rose City Astronomers and Friends of Galileo Astronomy Club will be held either August 23 or August 24 depending on the weather with advance registration necessary. Registration will include camping/lodging, meals and night-viewing. Learn more at: www.mshinstitute.org/about_us/events

School Groups, Teachers and Kids

Registration for your school's field trip to visit Johnston Ridge Observatory (JRO) or Ape Cave is required and it's free! School groups planning on visiting JRO or Ape Cave can register their group and have access to: suggested itineraries,



downloadable activities, and descriptions of our ranger-led programs at www.mshnvm.org. (Click "Teachers Corner" and follow instructions).

Schools and youth groups, extend your stay at Mount St. Helens with hands-on science and adventure during a day or overnight Volcano Outdoor School program. Mount St. Helens Institute will work with you to design and lead activities for your students. Schools/youth groups serving low-income and under-resourced students may apply for transportation funding and Volcano Outdoor School participation. Can't visit Mount St. Helens; we will bring volcano lessons to the classroom for free. Learn more and register online at www.mshinstitute.org/learn.

EVERY KID IN A PARK – 4th grade students! Earn a free pass that will get you and 3 Family Members into National Forest, National Parks and other federal lands free! Please visit www.everykidsinapark.gov for more information.

Do you want to be a JR Ranger? Ask at our information desk for a JR Ranger packet and see if we are offering JR Ranger activities at Johnston Ridge Observatory on the day that you are visiting.

If you are planning on hiking the Hummocks Trail with your group or family, there is an app for that, check out our mission on: <http://agentsofdiscovery.net/mission/mount-st-helens/>



Increasing Our Scope

Learning from Our Volcano

Mount St. Helens is a living laboratory for all – a source of new scientific discoveries and an authentic science, technology, engineering and math (STEM) learning environment. We aspire to support all youth in developing the skills to become the next generation of land managers, innovators, engineers and scientists to steward public land, keep our communities safe from natural hazards and develop the technologies to better understand the inner workings of the Earth. Mount St. Helens is a public resource to inspire the next generation.

The Mount St. Helens Institute believes that all youth benefit from access to this natural wonder.

In school classrooms and in the dynamic, awe-inspiring outdoor classroom of Mount St. Helens, youth education programs support teachers with Next Generation Science Standards and youth with developing connections to the outdoors and building 21st Century skills. Through personalized learning experiences, students engage in the practices of science, discover a myriad of careers and are empowered to make a difference in our communities and on our public lands.

Science and art **summer camps** for youth, **family adventure camps**, day and overnight **field trips** for schools and youth groups, classroom visits, and resources for teachers give youth of all ages the opportunity to explore the landscape and discover their potential. We believe that everyone, regardless of their background, physical ability, or economic status, can learn from and be inspired by the volcano in our backyard.

Learn more at: www.mshinstitute.org/learn



Mount St. Helens Institute, Help Us Move Mountains

The Mount St. Helens Institute advances the understanding and stewardship of the Earth through science, education, and exploration of volcanic landscapes.



The Mount St. Helens Institute provides engaging science education, meaningful volunteer opportunities and expert-led guided programs to connect people of all ages to this awe-inspiring landscape. Our exceptional science and outdoor education programs help inspire informed citizens and critical thinkers while providing meaningful experiences and career development. As a traditional non-profit organization, we operate through grant funding, program revenue, sponsorships and **donations from people like you**. Help us inspire the next generation of scientists and public land stewards. Learn more at www.mshinstitute.org.

The Mount St. Helens Institute is proud to operate under special use permits from the US Forest Service and is an equal opportunity provider.

Volunteer with the Mount St. Helens Institute



Mount St. Helens Institute volunteers helped visitors from all over the world explore and learn about Mount St. Helens for over 25 years. Volunteers build the connection between people and place by engaging with all ages to ensure everyone enjoys and appreciates this spectacular volcanic landscape.

Volunteers serve in a variety of roles on and off the mountain. Volunteers provide

support at visitor centers and viewpoints, offer guidance and information on popular trails, perform trail maintenance and increase access to our public lands, teach youth on the mountain and in the classroom, and support community events on the volcano and throughout southwest Washington. If you'd like to support your community and the Mount St. Helens National Volcanic Monument and share your passion, find a volunteer role that serves both your interests and the needs of the volcano with the Mount St. Helens Institute. Learn more about current service opportunities and complete a volunteer application online at www.mshinstitute.org/volunteer.

Have fun, explore the outdoors, share nature with others, and become a volunteer.

The Volcano Review is produced by Discover Your Northwest in cooperation with the U.S. Forest Service – Published May 2019

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
PO Box 326, Toutle, WA 98649
(360) 274-2115

The Mount St. Helens Science and Learning Center



The Mount St. Helens Science & Learning Center at Coldwater is a multifunctional facility that features amazing views, 27 beds, a full kitchen, large meeting rooms, and 11,000 plus square feet. From May through October, the Science & Learning Center is the base camp for the Mount St. Helens Institute's youth education programs, summer camps, group rentals and more. During the winter, when Johnston Ridge Observatory is closed, the Science and Learning Center is open to visitors on Saturday and Sunday from 10 AM to 4 PM. For more information visit https://www.mshinstitute.org/about_us/facilities.html

Get Involved: Support and Protect

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 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/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.

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 limited on 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 to take your pet.



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.

- Share the trails.
- Do not feed the animals.
- 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.



NO DRONE ZONE

Partnerships Are the New Normal

The mission of the Forest Service is to sustain the health, diversity, and productivity of the nation’s forests and grasslands to meet the needs of present and future generations. Partnerships are now at the core of how the Forest Service gets this done. Engaging partners is a critical form of public involvement and helps leverage private investment and in-kind contributions.

Nearly all visitors to Mount St. Helens will appreciate the bookstores managed by Discover Your Northwest and benefit from the funding they generate for interpretive programs and materials. You’ll meet volunteers, who help you plan and enjoy your visit, lead hikes, assist climbers and deliver education programs. You may explore trails and visit facilities that many groups have helped the Forest Service maintain and improve through coordinated efforts.

Partnerships extend the reach of the Forest Service and provide vital support for recreation and land management activities. Partners and volunteers who get involved gain awareness of conservation issues and feel a great sense of pride in the work we do together.

Please acknowledge and thank our volunteers and partners, and consider joining us by volunteering or partnering with Mount St. Helens National Volcanic Monument.

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										
Seaquest State Park***	90	yes	many	●			●		●	●
Harry Gardner Park	22	yes	22	●		●		●	●	●
* Reservations are required: Call (503) 813-6666. ** Reservations are accepted: Call (877) 444-6777. *** Reservations are accepted: Call (888) 226-7688.										

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

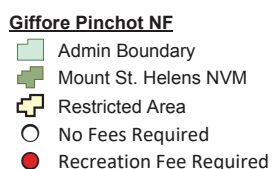
Drive slow and expect poor conditions on Forest Roads.



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

- Off trail travel prohibited
- Day use only
- Leashed pets and bicycles are allowed **only** on the following trail sections:
  - Lakes Trail #211
  - Coldwater Trail #230
  - South Coldwater Trail #230A
  - Boundary Trail #1 between Coldwater Trail #230 junction & Norway Pass Trailhead
  - No Drone Zone.

- Climbing permit required year round.
- No Drone Zone.



Transportation

- Paved Roads
- Gravel Roads
- Dirt Roads
- Trails

 Major Rivers

 Major Waterbodies

- Information
- Passes Sold
- Barrier Free
- Campground

- Picnic Area
- Interpretive Trail
- Telephone

- Restrooms
- Water
- Food
- Horse Area

- Gift Shop
- General Store
- Sno-Park

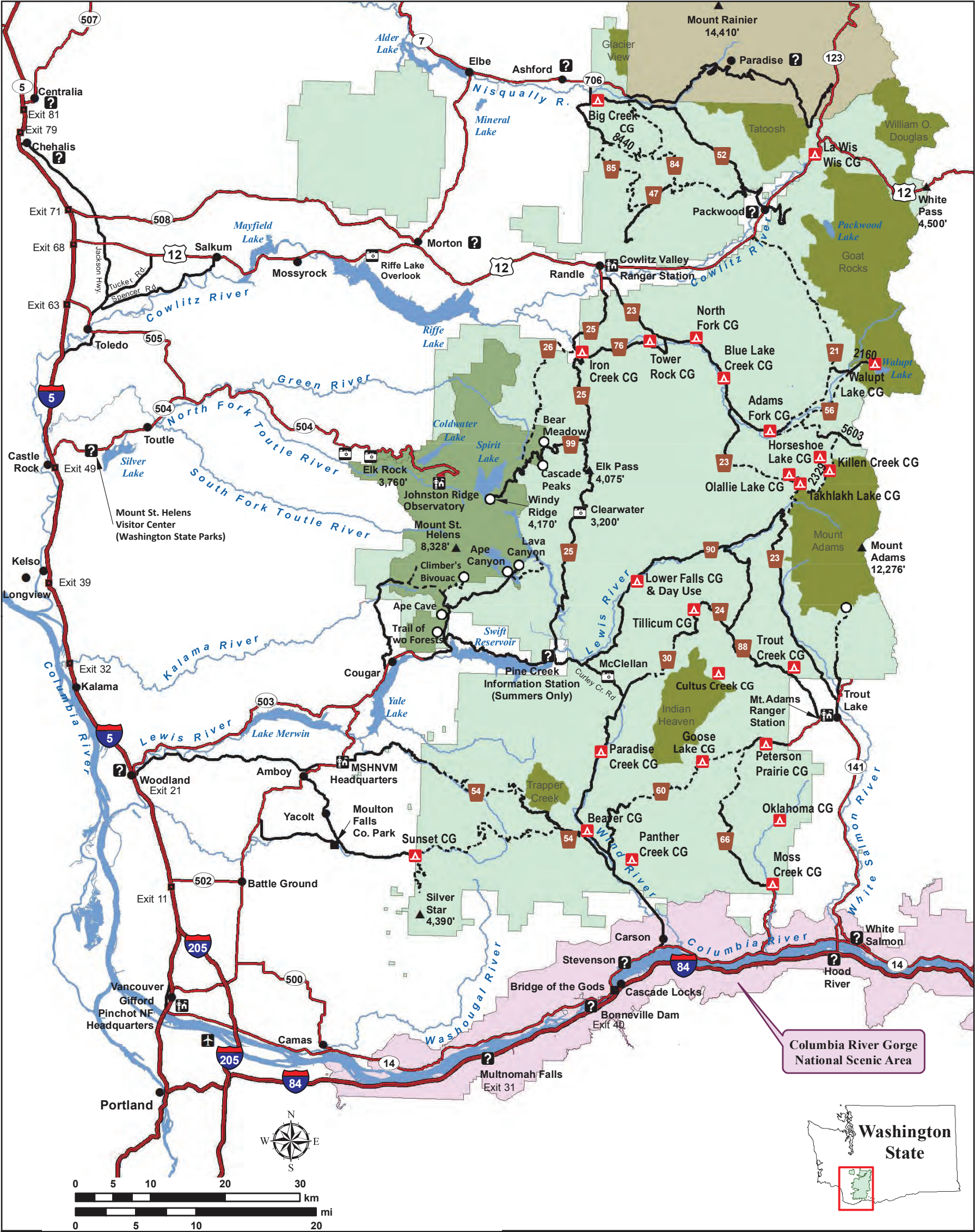
*This map is intended
for general reference
and is approximate in
general proportions.*

Elevations are in feet

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

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Gifford Pinchot National Forest Vicinity



For more information, visit our website at:
<http://www.fs.usda.gov/giffordpinchot>

or call (360) 891-5000

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Printed May 2019

- Forest Boundary
- Mount St. Helens NVM
- Wilderness Area
- Columbia River Gorge
National Scenic Area
- Forest Service Office

- Summit
- City, Town, Community
- Airport
- Recreation Sites
- Campground
- Information

- Interstate Hwy.
- US, State or County Hwy.
- Paved Road
- Gravel Road
- Lakes and River Areas
- Rivers

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

