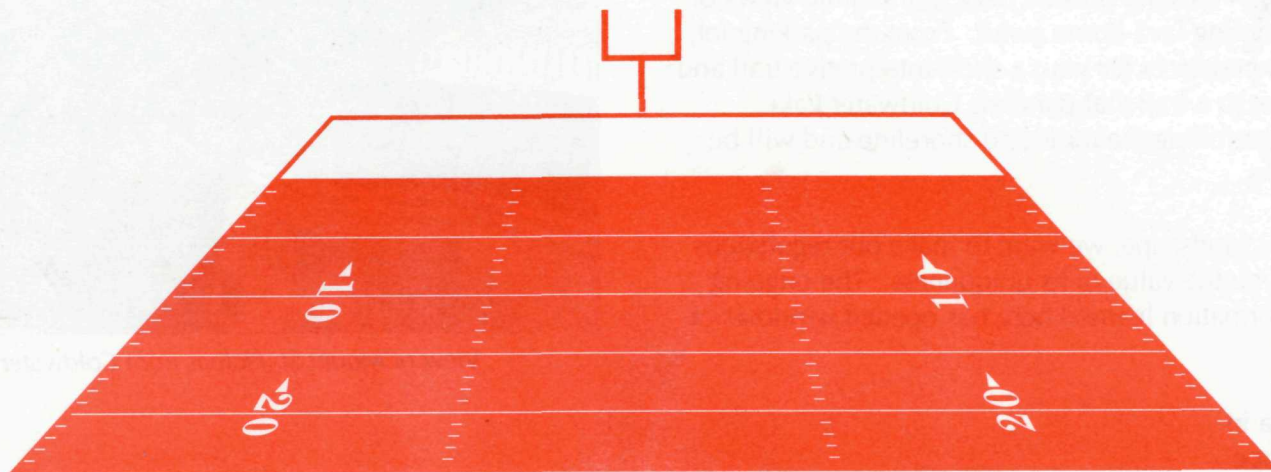


# VOLCANO REVIEW



A Visitor's Guide to Mount St. Helens National Volcanic Monument • Summer/Fall 1993



## STAY IN BOUNDS

Help protect this unique volcanic landscape.  
Stay on trails.

### Like No Other Place on Earth

The volcanic landscape of Mount St. Helens is one of the newest on Earth. It is stunning, dynamic, and inspiring. Constructing facilities within this fragile landscape has been a special honor.

Considerations for the preservation of this unique volcanic landscape were placed above merely "pushing" for a completed project. Protecting the Monument's outstanding scenic and research values required planning, coordination and commitment from everyone involved. Planners carefully located roads, trails and facilities within the sensitive volcanic landscape. Construction workers stayed within tight construction boundaries to protect the spectacular volcanic features you have come to see.

Planning and constructing the Coldwater Ridge Visitor Center and surrounding facilities taught us how important and difficult it is to protect this landscape. Now we need your help to continue to preserve this special area. You have the most important job! We need your cooperation to protect this fascinating volcanic landscape. We need you to make the same commitment that planners and construction workers made to stay within specific boundaries. **That is why the Mount St. Helens National Volcanic Monument boundary beyond Coldwater Ridge Visitor Center and along State Route 504 is closed to public access.** Eliminating public access beyond these points ensures that the sensitive environment is protected and that construction workers can complete Coldwater Lake facilities this year and the Johnston Ridge Observatory by 1996. "Stay on trail" signs at Coldwater Ridge designate closed areas. **Violators of the Forest Service closure order will be prosecuted and fined a minimum of \$100.**

We recognize the powerful allure this inspirational landscape has, and your desire to get closer, but please resist the temptation. Visiting Mount St. Helens is like visiting no other place on Earth. These volcanic features are irreplaceable. Join us in our commitment to protect one of the rarest landscapes on Earth, and enjoy your visit!

Lynn Roberts  
Monument Manager

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- West Side Travels pp. 4 and 5
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- East Side of Mount St. Helens pp. 8 and 9  
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- South Side of Mount St. Helens pp. 10 and 11  
Trails  
Interpretive Activities  
Environmental Education



# West Side of

## Expectations and Access

Thirteen years after the eruption of Mount St. Helens, we are celebrating the opening of Coldwater Lake Visitor Center. With over a million visitors expected here this year, and various projects still under construction, we have carefully established a variety of exciting activities as well as special regulations for this area.

Inside the visitor center, interactive exhibits, a 16-screen video program, and Forest Interpreters will help you discover the power of an active volcano and the resiliency of life. From the outside deck, panoramic views of the mountain, crater, and steaming lava dome await. From the parking lot, there are two different trail experiences for you; a short interpretive trail and a longer, steeper .75 mile hike to a trail that parallels Coldwater Lake. Backcountry rangers will be patrolling the trails and shoreline and will be there to answer your questions.

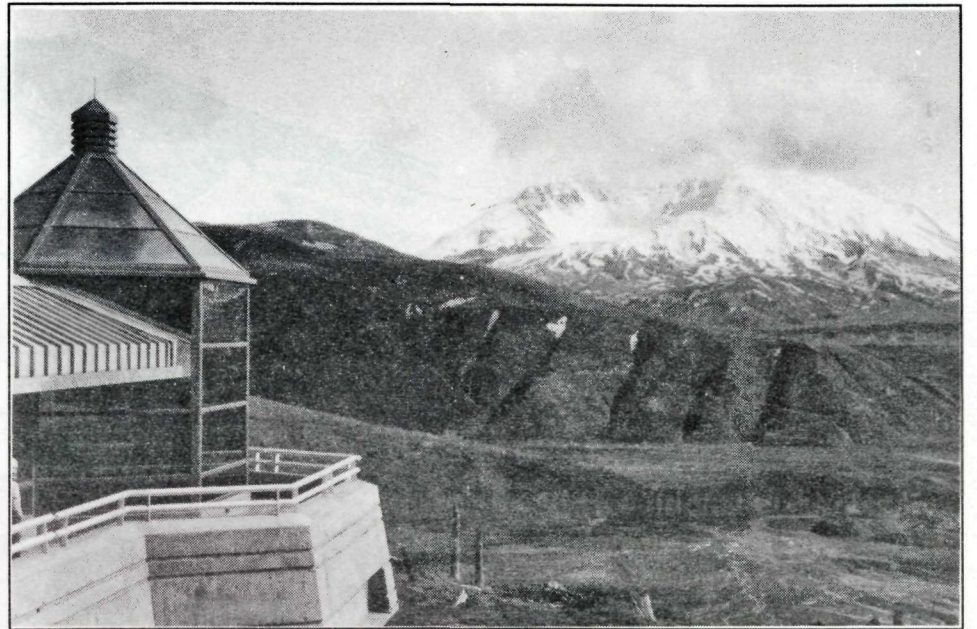
As you enter this vast volcanic landscape, we want to make our regulations clear to you, and share with you the value of its uniqueness. The ongoing research is irreplaceable. Information learned here has opened windows of understanding to volcanoes around the world. Ancient deposits around Mount Shasta in California were little understood until eyewitness accounts of the 1980 eruption of Mount St. Helens revealed that the debris avalanche in the North Fork Toutle River at Mount St. Helens formed deposits similar to those in California. More recently, Mount Pinatubo in the Philippines reawakened with an intensity similar to Mount St. Helen's. U.S. Geological Survey scientists used knowledge from their research at Mount St. Helens to assess Pinatubo's hazards. Without this knowledge, and the resulting evacuation of the area around the volcano, thousands of people would have died.

Current monitoring of the volcano, area lakes and returning plants and animals builds upon the experience of predicting eruptions and discovering how life reacts to large-scale disturbances. What we have learned, are learning, and will continue to learn in the future is invaluable in this world of active volcanoes.

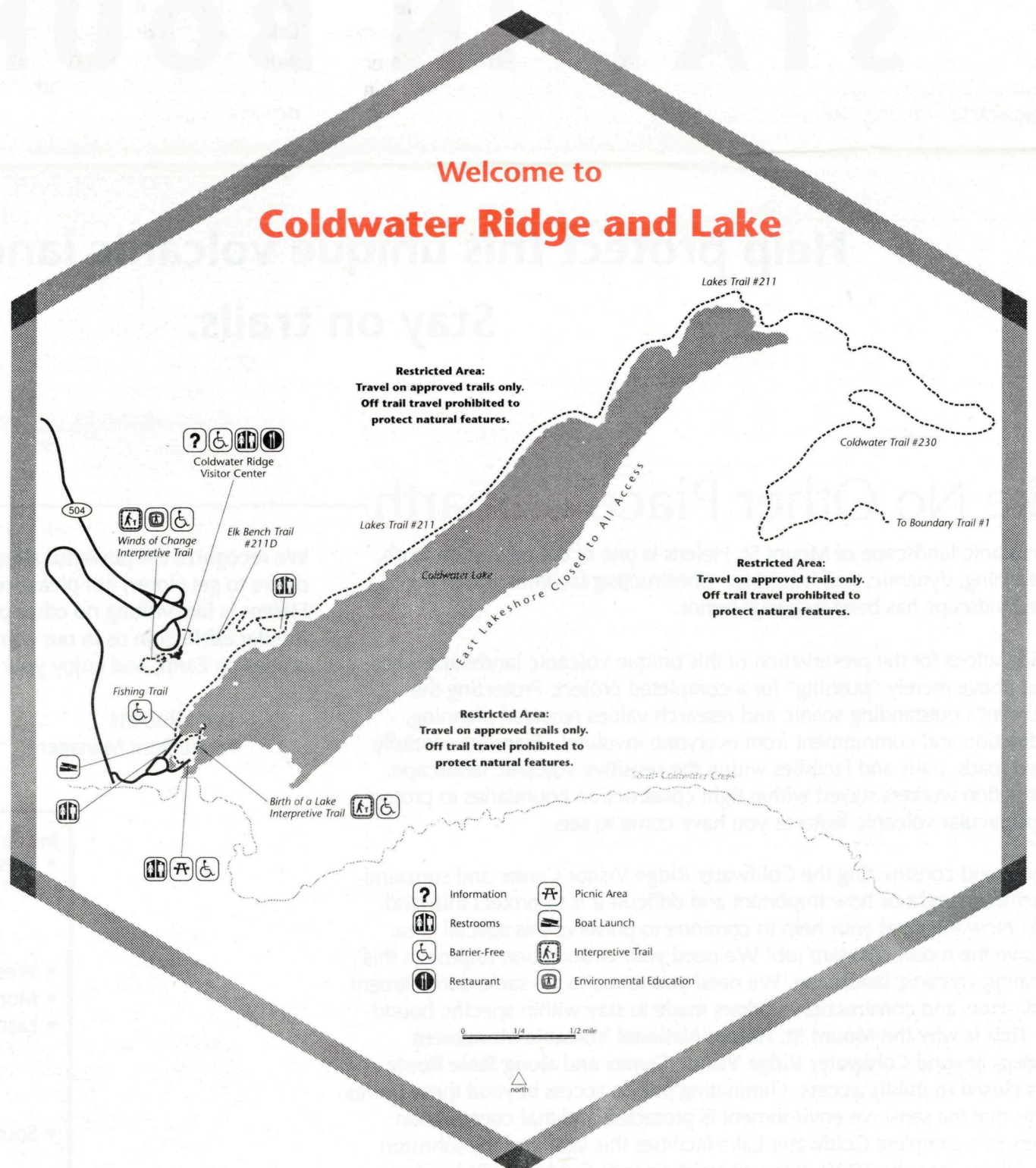
### THE REGULATIONS ARE SIMPLE:

- Stay on trails at all times.
- Access to the lake shore is by permit only.
- Removal of rocks, plants, ash, or wood is prohibited.
- Pets are allowed in the pet area only.

By complying with these regulations you will ensure that future visitors will also have the exciting experiences and opportunities that you have.



View of Mount St. Helens from Coldwater Ridge Visitor Center





# Mount St. Helens

## West Side Trails

### Crater Views and New Lakes

Trails on the west side of Mount St. Helens are few, but they provide unparalleled views of this volcanic landscape. As construction is completed on additional trails, more opportunities will become available. To maximize your hiking experience and ensure your safety, wear sturdy shoes, bring sun screen, and carry one quart or more of water per person.

**Stay on trails at all times. Violators will be prosecuted and fined a minimum of \$100. Access to the lake shore is prohibited without a Forest Service Permit. Pets are prohibited on all west side trails.**

#### Winds of Change Interpretive Trail

Discover how the stone-filled wind of the 1980 eruption slammed into Coldwater Ridge, and how plants and animals return. This .25 mile loop trail provides sweeping views of the Toutle River Valley and is accessible to all. The trail begins just south of the Coldwater Ridge Visitor Center. This is the location of several environmental education research plots. Please respect on-going studies by students in the Scientific Training Observation Program.



*Hiker on the Winds of Change Trail*

#### Elk Bench Trail #211D

This .75 mile trail descends quickly from the Coldwater Ridge Visitor Center to the Lakes Trail #211. The hike is easy going down, but be prepared for a strenuous hike back up to the trailhead. Discover spectacular views of Coldwater Lake, the crater and the lava dome as you walk the trail. Round trip hiking time is 1 1/2 hours.

#### Lakes Trail #211

This trail traverses the western edge of Coldwater Lake. **Fishing access trails that take anglers to the waters edge will be open to permit holders only. (See Fishing at Coldwater Lake on page 3 of this newspaper).** Currently both directions of trail #211 dead-end. The southern section of the trail is closed due to construction at the Coldwater Lake boat launch and barrier-free fishing trail.

#### Coldwater Trail #230

For the first part of the season, the north end of the Lakes Trail #211 will be closed while trail construction is completed. By late summer, the trail will extend 5.5 miles and join

Coldwater Trail #230. The Coldwater Trail links the east and the west sides of the Monument and joins the Boundary Trail #1 just south of St. Helens Lake. Breathtaking views of Coldwater Peak and Mt. Margaret can be seen along this journey into the heart of the blast zone. You can then hike the Truman Trail #207 to Windy Ridge (See "East Side Trails" on page 8 of this newspaper).

## Fishing Coldwater Lake

### What You Need To Know

Fishing at Coldwater Lake opens on JULY 15, 1993. Thousands of anglers, hikers, and sightseers expect to venture down to this 13-year-old lake. With visitation expectations high, we are limiting the number of people allowed to the lakeshore. This will protect the recovering vegetation along the lakeshore from trampling, and will prevent increased bank erosion. The Elk Bench Trail #211D and the Lakes Trail #211 are open to all hikers. **The fishing trails that lead from the Lakes Trail to the shores of Coldwater Lake are limited to 100 anglers with permits per day.**

Access to fishing trails is by Elk Bench Trail #211D and Lakes Trail #211 until construction at the boat launch facilities is completed. Elk Bench Trail is a short .75 mile, 20 minute hike down to the lake. The trail begins at Coldwater Ridge Visitor Center and joins the western lakeshore.

#### PERMITS

All anglers are required to have Coldwater Lake Permits for entry to the fishing trails. Entry to the fishing trails without a permit is prohibited and **violators will be prosecuted and fined a minimum of \$100.**

To reserve a Coldwater Lake permit, call the permit hotline at 206-750-5234 two days prior to your desired fishing date. One hundred permits are issued each day on a first call, first served basis. These permits are valid from dawn to dusk, two days after they are issued. Unreserved permits will be issued at Coldwater Ridge Visitor Center on a first come, first served basis on the day of fishing. A current Washington State fishing license is required and must be presented when you pick up your permit. Anglers who can legally fish without a license under Washington Department of Wildlife regulations (i.e., children under 15 years of age) are not required to have a Washington State fishing license, but still need a permit.

Upon reaching the shoreline via the fishing trails, anglers are required to either stay on the fishing trails, or proceed along the lakes edge below the high-water mark. No boats are allowed until completion of the boat launch facilities. Please clean your fish off-site. **Fishing from the Lakes Trail #211 is prohibited.**



*Angler on fishing trail/hikers on Lakes Trail #211*

The Washington Department of Wildlife requirements are:

Artificial flies or lures with a single barbless hook allowed. Bait prohibited. One fish limit, 16 inches minimum. Catch and release allowed. This is a "Selective Fishery" program which will provide quality fishing opportunities far into the future.

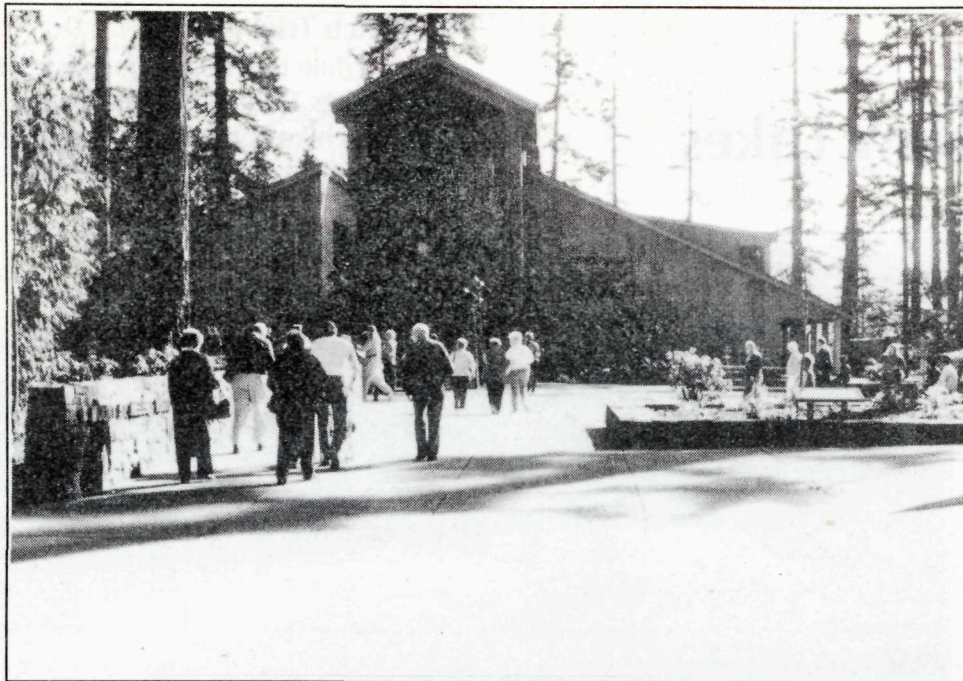


This truly is a unique place to fish. Care has been taken to allow access and minimize impact to the fragile shoreline. The air is clean, the water unpolluted. Three year-old trout have spawned. The fish are big, the views are spectacular, and your experience should be, too.



# West Side Travels...

The new Spirit Lake Memorial Highway (State Route 504) is open to travel, and there are some incredible sights! Be prepared for steep grades as the highway takes you 43 miles east of Castle Rock, into the heart of the blast area. The highway offers the chance to witness first hand the dramatic effects of the May 18, 1980, eruption of Mount St. Helens, and to view the crater at close range. Have your binoculars handy for elk, deer, and eagle viewing, and keep your eyes open for other animals which, like you, are finding the highway an easy route "from here to there." Pull well off the road when viewing wildlife, and watch carefully for traffic.



*Silver Lake Visitor Center*

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

Located 5 miles east of Castle Rock, the Mount St. Helens Visitor Center offers you an excellent introduction to the events of the May 18, 1980, eruptions of Mount St. Helens. Services include theater presentations, interpretive exhibits, staffed information desk, interpretive association book sales area, public phones, and a short interpretive trail. Open daily April 1 to September 30 from 9 a.m. to 6 p.m.

Imagine the massive landslide that transported the top of the mountain, filling the valley below. Even though this Cowlitz County viewpoint is over 15 miles from the mountain, you can see the end of the landslide where it ground to a halt! Due to steep grades a trailer dropoff area has been designed at Hoffstadt Bluffs for your convenience.

## **Sediment Retention Structure**

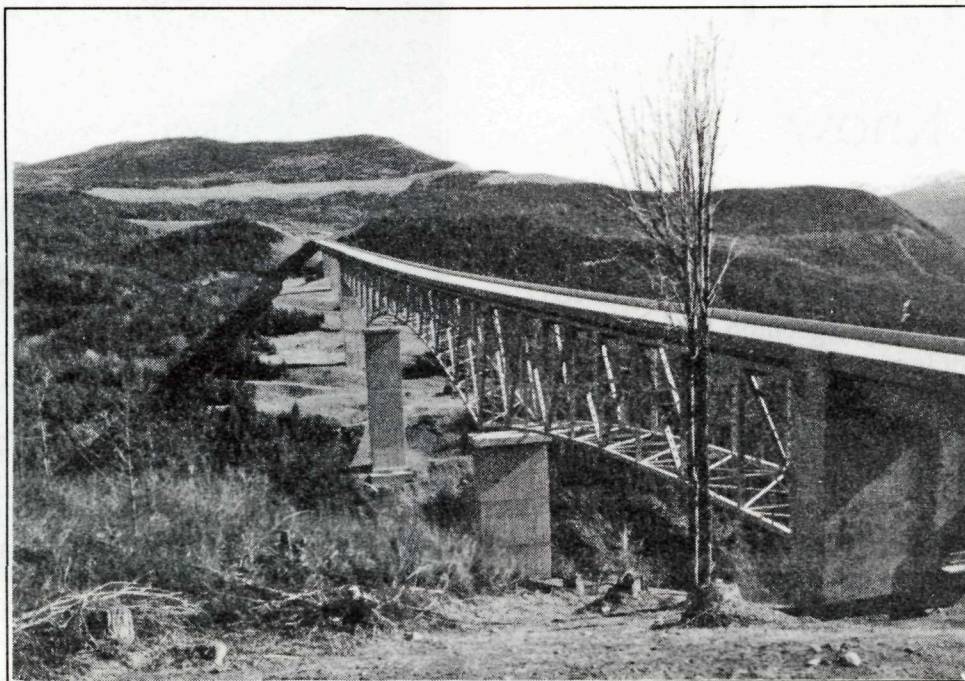
The sediment retention structure is a dam that holds mud, not water. The structure receives far less recognition than it deserves, as it plays a vital role in preventing downstream flooding by slowing the ash-laden waters of the North Fork Toutle River. A short walk takes you to a platform where you can view the dam that was completed by the Army Corps of Engineers in 1989.

## **Hoffstadt Bluffs Rest Area and Viewpoint**

If the clouds are too low to see the "new" Mount St. Helens, look down at the lumpy mounds of earth on the valley floor for a view of all that remains of the "old" mountain top!

## **Edge of the Blast**

Hoffstadt Canyon Bridge, an impressive highway span across Hoffstadt Creek, soars 370 feet over the canyon floor. When you cross the bridge, you also cross into the outer boundary of the 1980 blast zone. Look for standing dead trees that were scorched by the May 18 eruption and notice how they stand amongst the green trees that were planted in this area after the eruption.



*Hoffstadt Bridge*

## **North Fork Ridge**

The Weyerhaeuser Corporation, the Washington Department of Wildlife, and the Rocky Mountain Elk Foundation have teamed up to interpret the impacts the eruption had on the surrounding forest and wildlife populations. Weyerhaeuser Corporation's recovery operation to salvage blown-down timber and plant millions of trees can be seen on the hillside around North Fork Ridge. A visitor center explaining this effort will open at this viewpoint in the spring of 1994.

## **Coldwater Ridge Visitor Center**

The Coldwater Ridge Visitor Center offers spectacular views of Coldwater Lake, Johnston Ridge, and the volcano's crater and lava dome. Experience the resiliency of life through interactive exhibits, a 16-screen video program, and forest interpreters. These exhibits and programs focus on the biological recovery of the blast zone and tell the story of plant and animal survivors and colonizers. Public phones, restrooms, book sales, and a restaurant and gift shop are also provided. Open daily May 16 to September 30 from 9 a.m. to 6 p.m.

## **Elk Rock Viewpoint**

Elk Rock is the entry point into the Mount St. Helens National Volcanic Monument. At this viewpoint you can look down onto hillsides where the fallen trees were not harvested, and the shattered forest can still be viewed. Imagine the power required to knock down 150 square miles of forest!





# There's a Road Again



## Forest Interpretive Activities

May 31 through September 6, 1993

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

Meet with a Forest Interpreter and learn about the past, present and future of Mount St. Helens. Seismograph and map talks, film and slide presentations, Silver Lake trail walks and story telling will deepen your understanding of an active volcano. Times and locations of programs are posted daily.

### Coldwater Ridge Visitor Center

Join a Forest Interpreter to learn how the winds of change have blown across the rugged landscape near Coldwater Ridge. Imagine the birth of a lake and discover how life survived the May 18, 1980 eruption of Mount St. Helens.

Naturalist lead walks and talks reveal some of the mysteries and wonder of this special place. Times and locations of programs are posted daily.

## Future Opportunities Along State Route 504

### Coldwater Lake Facilities

(Scheduled to open in 1994)

When construction of the Coldwater Lake facilities is completed, you will be able to stroll along the "Birth of a Lake" interpretive trail and discover the formation of living communities in a new lake. The boat launch area will provide access for electric-, wind-, and human-powered boats only. Coldwater Lake will be a great place for a family picnic or a quiet stroll along the lake shore trail.

### Crater Rocks Interpretive Trail

(Scheduled to be completed in 1995-1996)

This .3 mile interpretive loop and 3 mile extended trail will take you through the deposits of the largest debris avalanche in recorded history. Colorful rock layers, now exposed in the crater walls, match the rock layers in the deposits. Because of these layers, geologists have been able to piece together this puzzle and reconstruct the path of the avalanche. By walking the trail you, too, will be able to experience the "insides" of an active volcano spread across the Toutle River Valley.

### Continuation of State Route 504

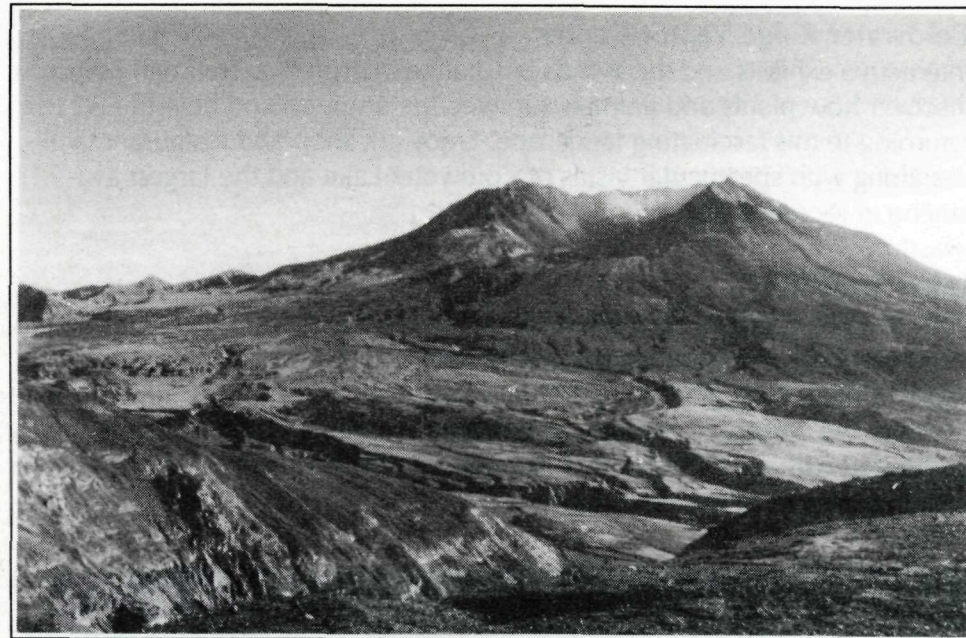
(Scheduled to open in 1996)

The final leg of State Route 504 will end at Johnston Ridge Observatory, giving you fantastic views of the South Coldwater Valley, which was scoured when the debris avalanche topped 1200-foot-high Johnston Ridge. Access to this section of road will be closed until completion of the project. The Comprehensive Management Plan and the Forest Plan do not provide for the extension of SR 504.

### Johnston Ridge Observatory

(Scheduled to open in 1996)

This viewpoint and observatory will offer the best views of the crater and lava dome. Audio-visual programs, interactive displays and trails will let you discover the power of the eruption, the steaming lava dome, and the ways geologists monitor the pulse of an active volcano.



View from Johnston Ridge



### Northwest Interpretive Association

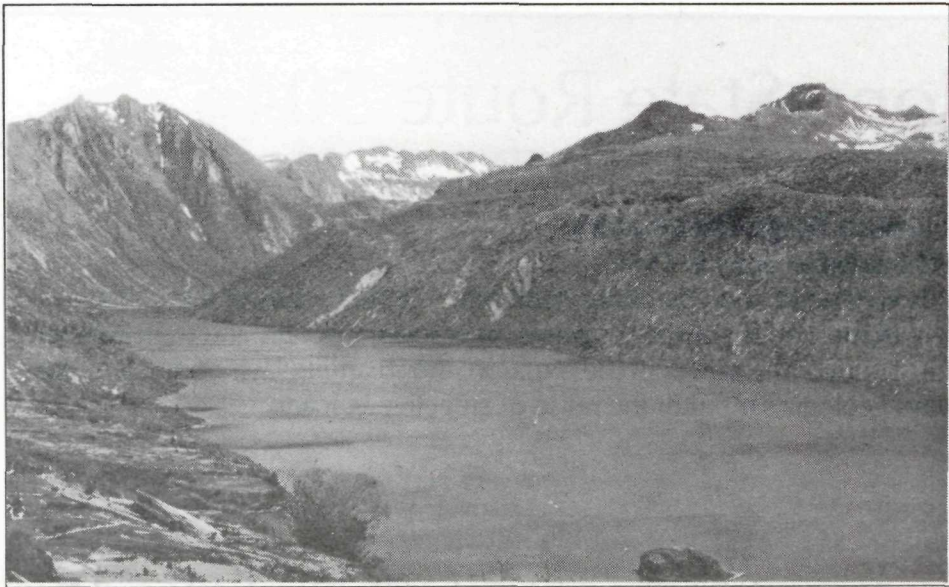
The Northwest Interpretive Association (NWIA) supports the Forest Service interpretive and visitor services by providing a variety of publications, maps, and native crafts. The association provides financial support for the monument interpretive program, the *Volcano Review*, museum displays and the Pacific Northwest Field Seminar program. NWIA is a nonprofit organization which accepts donations (tax deductible) which can be made at any branch or mailed to the Northwest Interpretive Association, 83 South King Street, Suite 212, Seattle, Washington 98104. Memberships to the association are: student \$5.00; individual \$10.00; family \$15.00. A member of the association is entitled to a 15% discount on merchandise at any branch of NWIA.

Books, slides, postcards, videos, posters and other educational information can be obtained at the following visitor information centers on the monument: the Visitor Center at Silver Lake, Coldwater Visitor Center, Pine Creek Information Station, Woods Creek Information Portal and Apes' Headquarters at Ape Cave.



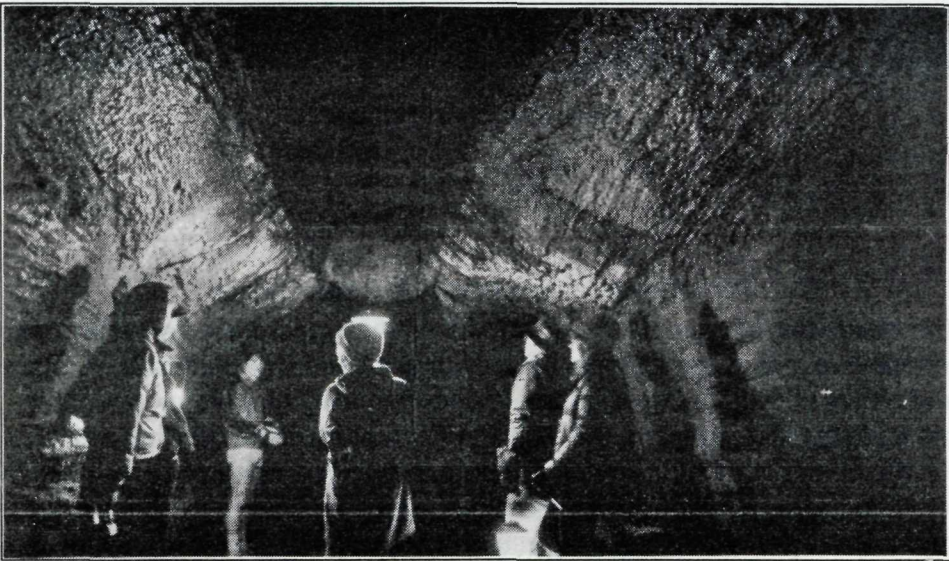
Driving Times (hours)

Approximated	Ape Cave	Cougar	Lava Canyon	Pine Creek Info. Station	Meta/Norway Trailhead	Windy Ridge/Spirit Lake	Woods Crk Info. Station	Randle	Visitor Center Silver Lk.	Coldwater Visitor Center
Ape Cave	-	1/4	1/4	1/2	1 1/2	1 3/4	1 1/2	1 3/4	1 1/2	2 1/2
Cougar	1/4	-	1/2	1/2	1 1/2	1 3/4	1 1/2	1 3/4	1 1/4	2 1/4
Lava Canyon	1/4	1/2	-	3/4	1 3/4	2	1 3/4	2 1/4	1 3/4	2 3/4
Pine Creek Info. Station	1/2	1/2	3/4	-	1	1 1/4	1	1 1/4	1 3/4	2 3/4
Meta/Norway Trailhead	1 1/2	1 1/2	1 3/4	1	-	1/4	3/4	1	2 1/2	3 1/2
Windy Ridge Spirit Lake	1 3/4	1 3/4	2	1 1/4	1/4	-	1	1 1/4	2 3/4	3 3/4
Woods Creek Info. Station	1 1/2	1 1/2	1 3/4	1	3/4	1	-	1/4	1 3/4	2 3/4
Randle	1 3/4	1 3/4	2 1/4	1 1/4	1	1 1/4	1/4	-	1 1/2	2 1/2
Silver Lake V. C.	1 1/2	1 1/4	1 3/4	1 3/4	2 1/2	2 3/4	1 3/4	1 1/2	-	1
Coldwater V. C.	2 1/2	2 1/4	2 3/4	2 3/4	3 1/2	3 3/4	3 3/4	2 3/4	1	-
Portland	1 1/2	1 1/4	1 3/4	1 3/4	2 3/4	3	2 3/4	2 1/2	1 1/4	2 1/4
Seattle	3 1/2	3 1/4	3 3/4	3 3/4	3 1/2	3 3/4	2 3/4	2 1/2	2	3

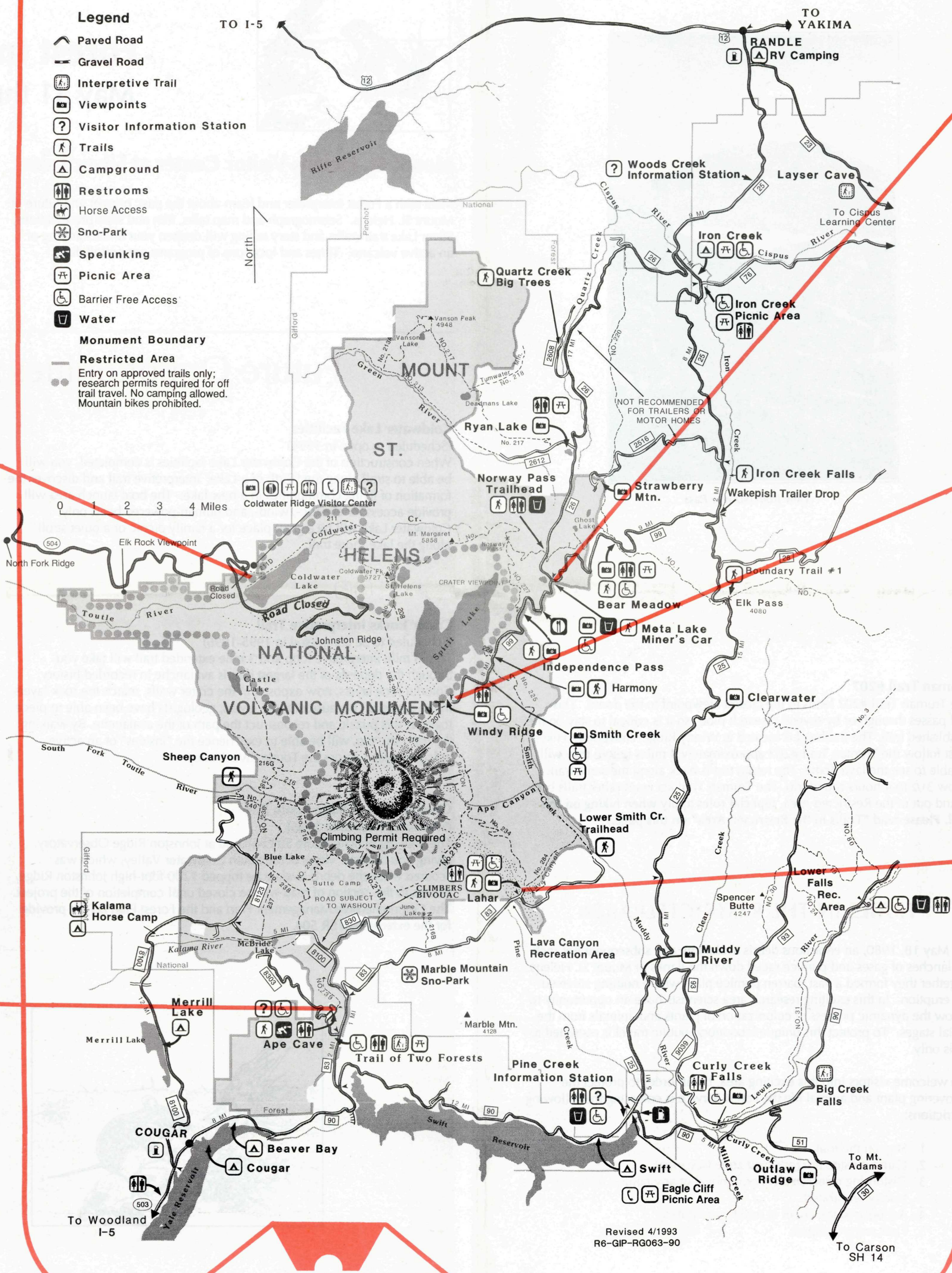


**Coldwater Ridge Visitor Center**  
Interactive exhibits and the Winds of Change Interpretive Trail will help you discover how plants and animals survived the eruption and how life is returning to this fascinating landscape. Enjoy gift shop and restaurant facilities along with spectacular vistas of Coldwater Lake and the largest avalanche in recorded history.

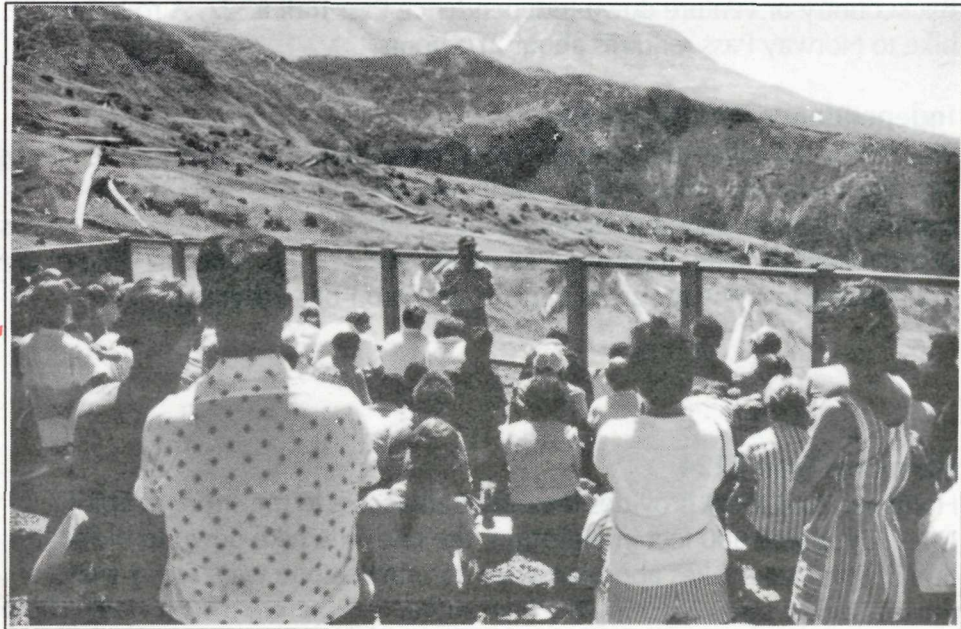
**Lakes Trail #211**  
Prior to 1980 a stream flowed where Coldwater Lake lies today. During the 1980 eruption an enormous avalanche dammed the stream, creating a lake nearly 5 miles long, and up to 200 feet deep. Lakes Trail #211 allows you to discover the constructive forces of volcanic eruptions. Lake access is strictly prohibited without a Coldwater Lake permit. (Please see "Fishing Coldwater Lake" on page 3 of this newspaper.)



**Ape Cave**  
Named by members of an outdoor group called the Mount St. Helens Apes, this cave is one of the longest continuous lava tubes in the continental United States. Two different routes of exploration exist inside the cave with an above-ground trail connecting the main and upper entrances. The lower cave is a relatively easy 0.75 mile hike that takes 1 hour round trip. The upper cave is 1.5 miles long, requires climbing over large piles of rocks and takes 2 1/2 to 3 hours. Cavers should wear warm clothes, sturdy shoes, and have at least two sources of light. Lantern rentals are available at Apes Headquarters.



**Meta Lake Trail**  
From the blast-scorched Miner's Car enjoy a 15 minute stroll on a flat paved trail to Meta Lake. You can discover small evergreen trees, fish, and frogs that survived the eruption buried beneath snow and ice. Search for signs of beaver and other life that has returned to the blast area.



**Windy Ridge Viewpoint**  
A stunning viewpoint overlooking a vast pumice plain, Windy Ridge takes you to within 5 miles of an active volcano. Listen to an interpretive talk or venture up 361 steps for an incredible view of the volcano and Spirit Lake. Collecting rocks, plants or other features is prohibited.

The Truman Trail #207 and Loowit Trail 216E and 216 can be accessed from Windy Ridge. A 3.5 mile hike one way along Truman Trail #207 provides outstanding views of the lava dome. Loowit Trail #216E leads to Loowit Falls, where warm water cascades out of the crater. Each trail requires 3 1/2 to 4 hours. These trails are within a research area. (Special rules apply when walking certain sections of the trails. Please read "Trails in the Restricted Area" on page 8.)

**Lava Canyon Trail**  
Follow the Muddy River as it plummets 1,400 feet down a mudflow-scoured canyon, cascading over an ancient lava flow. The upper 0.5-mile-long section leads to a viewpoint of a waterfall and is accessible to everyone. The middle section allows you to venture along a 0.5-mile-long loop trail that crosses over the turbulent Muddy River. The two-mile-long lower section is rated a "most difficult" trail. It descends into the depths of the rugged canyon and provides views of a series of spectacular waterfalls. Beware of slick rocks and steep drops.





# East Side of

## TRAILS WITH CRATER VIEWS

There are many trails along Forest Road 99 that lead hikers into the heart of the blast area and provide outstanding views of the steaming lava dome and crater. To maximize your hiking experience and ensure your safety, wear sturdy shoes (walking on pumice can be like walking on marbles), bring sun screen (there is little shade at Mount St. Helens), and carry one quart or more of water (water pumps are located at the Norway Pass trailhead on Forest Road 26 and at the Meta Lake trailhead on Forest Road 99). The best time for hiking is between summer and early fall.

### Norway Pass #1

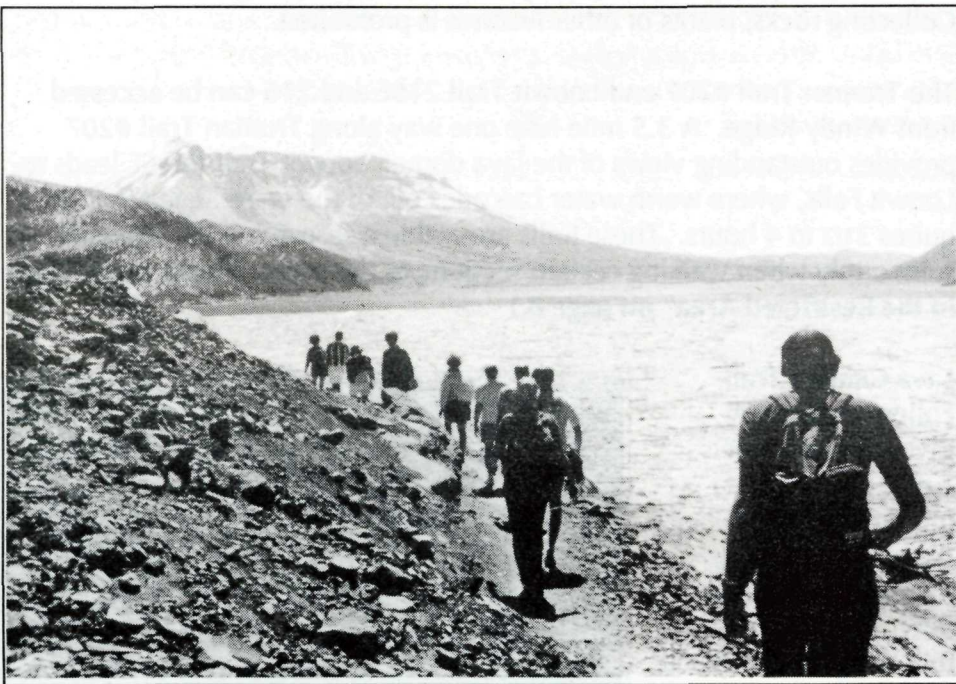
This 2.5 mile hike gains 900 feet in elevation and traverses through the heart of the blown down forest. Captivating views of Spirit Lake and of the massive lava dome inside the crater await you at Norway Pass. From the pass, hikers can continue on the Boundary trail #1 into the Mount Margaret Backcountry or venture down Independence Pass trail #227. A round trip hike to Norway Pass requires about 2 1/2 hours.

### Independence Pass Trail #227

This trail is 3.5 miles long one way to Norway Pass, and the first mile climbs 600 feet to the top of the ridge. Within the first mile there is a superb overlook of Spirit Lake and excellent views into the crater and dome. Views of the crater get better the further along the trail you go. The last mile of the trail leading to Norway Pass is narrow, and drop-offs are steep.

### Harmony Trail #224

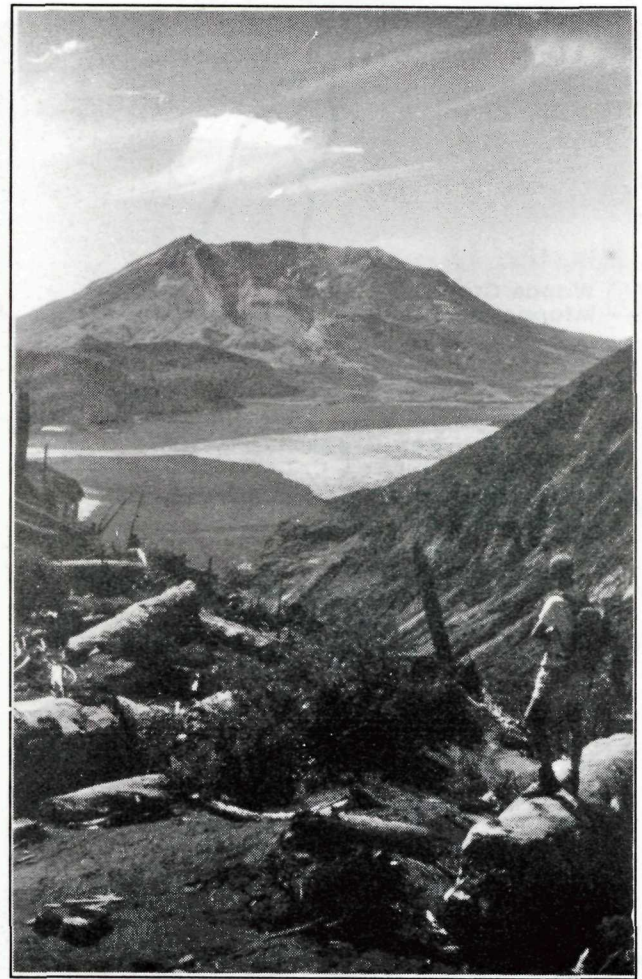
Harmony Trail #224 provides the only trail access to the shore of Spirit Lake. Dropping 600 feet in elevation, the one mile hike down to the shoreline of Spirit Lake takes approximately 35 minutes one way. Enjoy views of the lava dome upon reaching the lake shore, and picture the pre-1980 shore line, which was 200 feet lower than it is today. The climb back up to Harmony Viewpoint takes about 1 hour. (Special rules apply when hiking on this trail. Please read "Trails in the Restricted Area" on this page.)



View from Harmony Trail

### Loowit Trail #216

One of the most popular sections of the Loowit Trail, also known as the Round-the-Mountain Trail, passes across the north flank of the volcano. It can be accessed from the Windy Ridge Viewpoint by following the Truman Trail #207 two miles to the Windy Trail 216E. Follow the Windy Trail #216E 1 mile to the Loowit Trail #216. Hike 1.3 miles to the Loowit Falls viewpoint, where you can watch water cascade out of the crater. Be aware that the water contains harmful bacteria. Allow 3 1/2 to 4 hours round trip. (Special rules apply when hiking on this trail. Please read "Trails in the Restricted Area" on this page.)



View from Norway Pass

### Truman Trail #207

The Truman Trail #207 leads to the closest viewpoint to the dome. This trail passes through or by several research plots, so it is critical to stay on the established trail. The trailhead is located at Windy Ridge Viewpoint. Hikers must follow the Truman Trail #207 approximately 4 miles before they will be able to see the lava dome. The return trip is back along the same trail. Allow 3 1/2 to 4 hours round trip. The Truman Trail accesses other trails both in and out of the Restricted Area. (Special rules apply when hiking on this trail. Please read "Trails in the Restricted Area" on this page.)

## TRAILS IN THE RESTRICTED AREA

On May 18, 1980, an enormous debris avalanche and subsequent hot rock avalanches of gases and pumice raced down the flanks of Mount St. Helens. Together they formed a vast, barren pumice plain where nothing survived the eruption. In this exciting research area scientists have an opportunity to follow the dynamic process of colonization of plants and animals from the initial stages. To protect this unique laboratory, public travel is restricted to trails only.

We welcome visitors into this exciting area, but in order to protect the recovering plant and animal life the Forest Service is enforcing the following restrictions:

1. Stay on the trail.
2. Camp outside the restricted zone (see map).
3. Disturbing research plots or removal of any natural feature is strictly prohibited.
4. Access into the crater is strictly prohibited.
5. Fires are prohibited.



# Mount St. Helens

## Forest Interpretive Activities

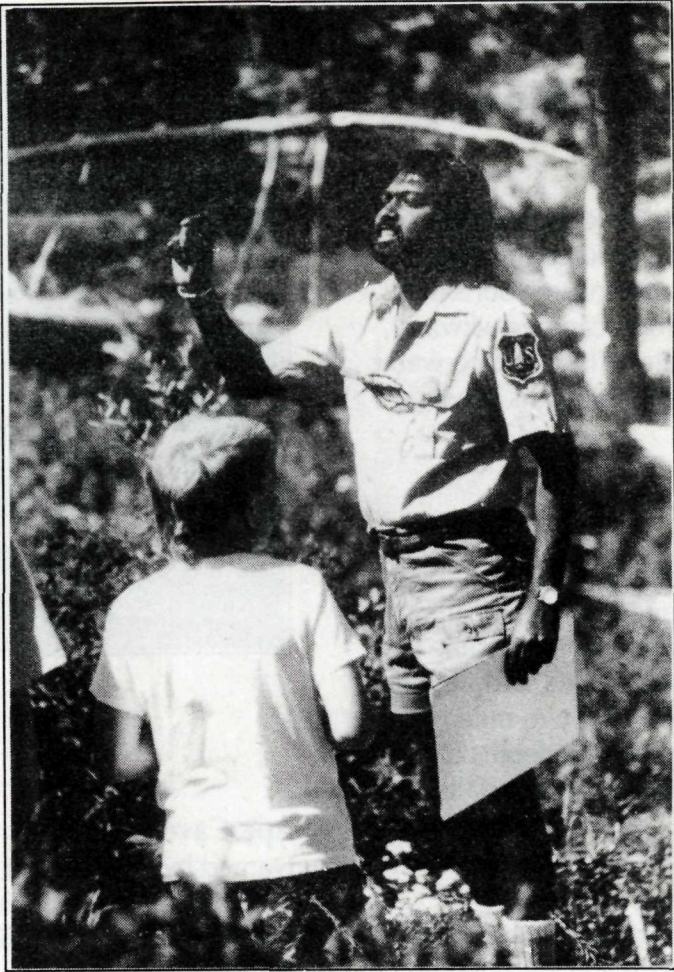
June 16 through  
September 6, 1993

### Harmony Falls Hikes

Daily 1:30  
Allow 2 hours  
People have always marveled at the mystic qualities of Mount St. Helens. Hike to the shores of Spirit Lake and listen to personal stories about the volcano from before, during, and after the eruption. Bring water and sun screen. Meet at the Harmony Viewpoint, 3.5 miles west of the Road 26 junction on Road 99. Two miles round trip.

### Blast Edge Talks

Daily 11:00, 4:30, & 5:00  
Allow 15 minutes  
Was the blast area replanted? How have management visions changed from just "greening" the gray landscape? Discover how Mount St. Helens has become a learning center, where the Forest Service is exploring new approaches to managing ecosystems in your National Forests. Meet at the first viewpoint in the blast area, 2 miles west of Bear Meadow Viewpoint on Road 99.



### Windy Ridge Talks

Daily 11:30 to 4:30  
Allow 25 minutes  
Discover the eruption that challenged the imagination of volcano watchers. Join a Forest Interpreter and relive the incredible power unleashed on May 18, 1980. Talks once an hour on the half hour at the Windy Ridge amphitheater, Forest Road 99.

### Meta Lake Walks

Daily 12:30 & 3:00  
Allow 45 minutes  
Change your perspective of this seemingly lifeless landscape with a visit to Meta Lake. Stroll to this emerald lake teeming with life and hear stories about survivors and newly established life. Meet at the Miner's Car, junction of roads 26 and 99.

### Campfire Programs

Join a Forest Interpreter for an evening of games, stories, songs, and fun for all ages.

### Iron Creek Campground:

Saturdays 8:00 p.m. June and July.  
7:00 p.m. August.

Iron Creek Campground is located 10 miles south of Randle on Forest Road 25.

## Forest Interpretive Activities

September 7 through September 30, 1993

### Windy Ridge Talks

Daily 11:30 to 4:30  
25 minutes  
Discover the eruption that challenged the imagination of volcano watchers. Join a Forest Interpreter and relive the incredible power unleashed on May 18, 1980. Talks once an hour on the half hour at the Windy Ridge amphitheater, Forest Road 99.

### Meta Lake Walks

Daily 12:00 & 3:00  
45 minutes  
Change your perspective of this seemingly lifeless landscape with a visit to Meta Lake. Stroll to this emerald lake teeming with life and hear stories about survivors and newly established life. Meet at the Miner's Car, junction of roads 26 and 99.

## INFORMATION, ORIENTATION AND MUCH MORE...

### Pine Creek Information Station

If you are driving to Mount St. Helens from the south, stop at the Pine Creek Information Station 17 miles east of Cougar on Forest Road 90. Help is available here for travel directions, picnic spots, camping, trails, and making the most of your visit. Video and book sales and a short movie will get you ready for your adventure in the monument. Open daily - May 28 to September 30 from 9 a.m. to 6 p.m.

### Woods Creek Information Portal

If you are driving to Mount St. Helens from the north, stop at Woods Creek Information Portal. Have your questions answered by an attendant without leaving your vehicle, or come in and visit with a Forest Interpreter, look over displays, or browse through the books, brochures, slides, maps, and postcards. Woods Creek Information Portal is located 6 miles south of Randle on Forest Road 25 and is open daily May 28 to September 6 from 9 a.m. to 4 p.m.

### Randle Ranger Station

Information on travel routes, permits, and road conditions is available here. For information by telephone call 206-497-7565. Randle Ranger Station is located three miles east of Randle on Highway 12. From May 28 to September 6, Randle Ranger Station is open daily from 8 a.m. to 4:30 p.m.

## CAMPING

There are no campgrounds within the Monument. Private, state, and National Forest campgrounds can be found near the Monument boundary. The chart below summarizes camping opportunities available in the Mount St. Helens vicinity.

Dispersed camping is permitted in the National Forest and within green forest in the National Volcanic Monument. Camping is prohibited within the restricted area in the National Volcanic Monument. No open fires are allowed in the blown-down forest; use camp stoves only. When fire danger is high, trails in the blown-down forest may be closed.

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

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



# South Side of

## South Side Trails

### Ancient Lava Flows and Recent Mudflows

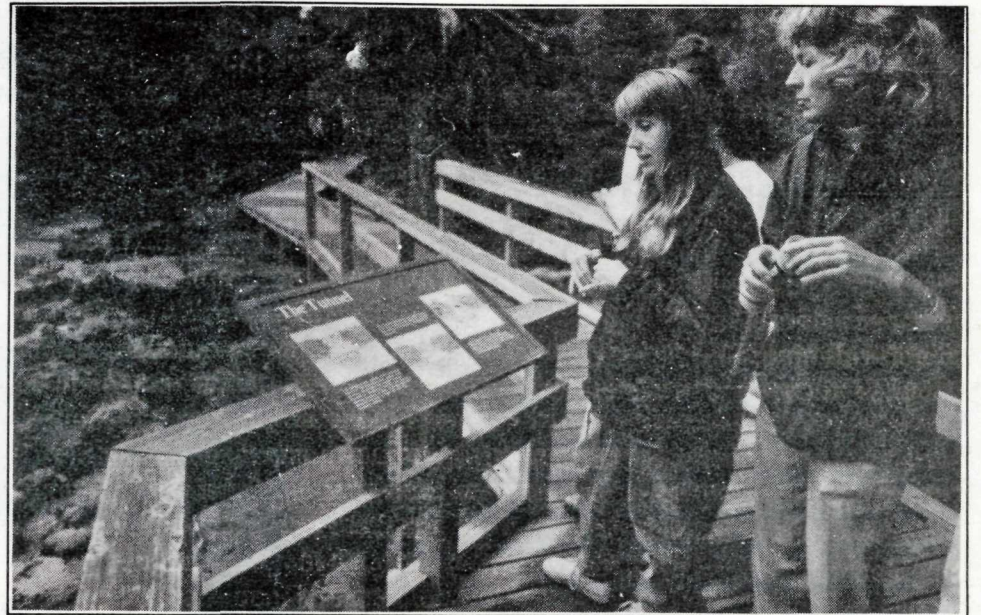
The south side of Mount St. Helens provides outstanding opportunities to discover ancient lava flows and recent mudflows that scoured the slopes of the volcano. To maximize your hiking experience and ensure your safety, wear sturdy shoes (walking on lava flows and mudflows can be awkward), bring sun screen, and carry one quart or more of water. **There are no water pumps on this side of the Monument.** The best time for hiking is between summer and early fall.

#### Lava Canyon Trail # 184

Follow the Muddy River as it plummets 1,400 feet down a mudflow-scoured canyon, cascading over an ancient lava flow. The upper section, leading to a viewpoint of a waterfall, is 0.5 miles long, barrier free and accessible to everyone. The middle section allows you to venture along a 0.5-mile-long loop trail that crosses over the turbulent Muddy River. The two-mile-long lower section is a "most difficult" trail that descends into the depths of the rugged canyon and provides views of a series of spectacular waterfalls. Beware of slick rocks and steep drops.

#### The Loowit System #216

This trail circles Mount St. Helens, allowing you to experience the entire range of effects the 1980 eruption had on the mountain and surrounding area. It is a challenging hike through rough terrain. The Loowit system can only be accessed by "feeder" trails. This allows hikers to walk short sections of the trail system. The entire system is 27 miles in length and each segment of the trail system varies in difficulty. Campsite opportunities and water availability are limited. Portions of the trail are in the restricted area, and special considerations apply (see "Trails in the Restricted Area" on page 8).



*Trail of Two Forests*

#### Ape Cave

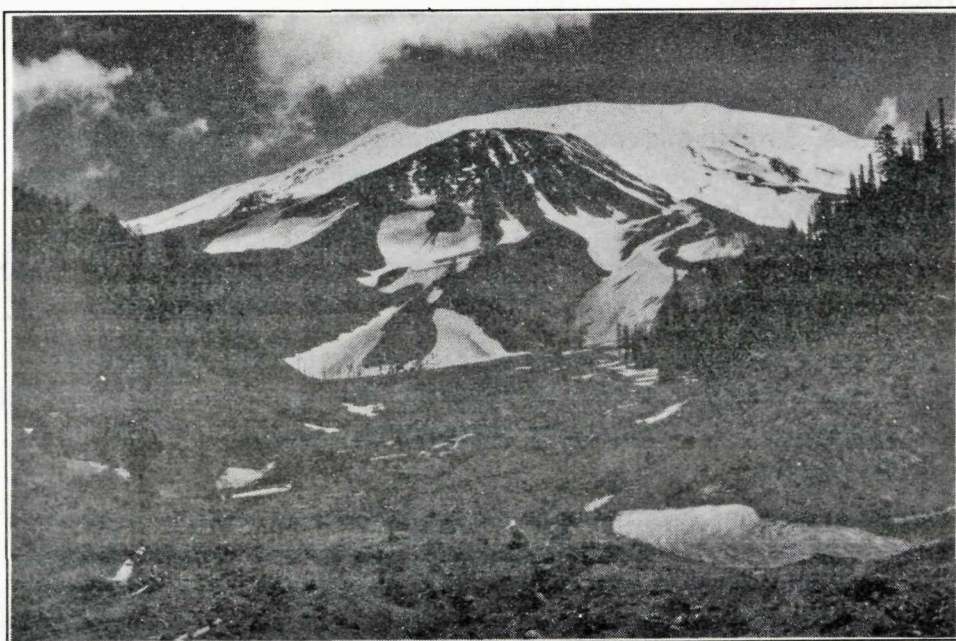
Named by members of an outdoor group called the Mount St. Helens Apes, this cave is one of the longest continuous lava tubes in the continental United States. Two different routes of exploration exist inside the cave, and an above-ground trail connects the main and upper entrances. The lower cave is a relatively easy 0.75 mile hike that takes 1 hour round trip. The upper cave is 1.5 miles long, requires climbing over large piles of rocks and takes 2 1/2 to 3 hours. Cavers should wear warm clothes, sturdy shoes, and have at least two sources of light. Lantern rentals are available at Apes Headquarters.

## CLIMBING

In 1987, the southern slopes of Mount St. Helens were reopened for climbing. Visitors can climb above the timberline year round, however, a climbing permit is required above 4800 feet from May 15th - October 31st. Permits, which are free of charge, are issued for 24 hours and can be obtained in advance from Monument Headquarters near Amboy by mail or in person. Unreserved permits for 40 climbers a day are available on a first come, first served basis from Jack's Restaurant and Store on Highway 503 (5 miles west of Cougar). From 11 a.m. each morning a list is made of those wanting climbing permits for the following day. At 6 p.m. that night, permits are issued from the list. One person may represent a party of up to 12 people and must be present at 6 p.m. for the permit issue. Due to the high demand for unreserved permits during summer, advanced reservations are encouraged to avoid disappointment.

The most popular route to the summit begins at the Ptarmigan Trail (#216A). It is reached by following Forest Roads #81 and #830. The first part of the trail is a hike of two miles through forest. The climb up Monitor Ridge can be slow, ascending steep pumice and lava slopes. The route is marked with wooden posts to an elevation of about 6000 feet. During most of the year ice axes are recommended. Crampons and ropes may be needed in icy conditions. Climbers should also carry goggles (ash is often a problem in summer), a windbreaker, rain gear and water. Gaiters will help keep the ash out of hiking boots.

Climbers are required to sign in on the Climbers Register outside Jack's Restaurant and Store before and after a climb. From the trailhead to the summit it is approximately 4.5 to 5 miles. The climb takes an average of 8 to 10 hours, round trip from Climbers Bivouac. Conditions of snow, temperature, visibility and wind can mean a longer trip. For more information on climbing the 8365 foot volcano, call the Climbing Hotline (206) 247-5800.



*Sheep Canyon*

#### Sheep Canyon Trail #240

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

#### Trail of Two Forests

This .25-mile boardwalk trail allows you to venture through a land of lava. Discover the molds or impressions of an ancient forest engulfed by a lava flow nearly 2,000 years ago, and an emerald forest that has risen from the black basaltic lava. If you bring a flashlight along, there is one opportunity to crawl through the mold of tree that stood at this site 2,000 years ago.



# Mount St. Helens

## Forest Interpretive Activities

June 16 through September 6, 1993

### Ape Cave Lantern Walks

Mon-Fri 12:30, 1:30, & 2:30

Sat-Sun 11:30 to 4:30

30 minutes

Join a Forest Interpreter who sheds light on the life and features of the cool, dark world of this 2,000-year-old lava tube. Wear warm clothes and sturdy shoes. On weekends, walks are offered every hour on the half hour. Forest Interpreters provide lanterns on walks. Meet at Apes Headquarters, 3 miles north of the junction of Road 90 on Road 83.

### Campfire Programs

Join a Forest Interpreter for an evening of games, stories, songs, and fun for all ages.

Swift Camp: Fri & Sat 8:00 p.m. June and July  
7:00 p.m. August.

Swift Campground is located .5 mile south of Pine Creek Information Station on Forest Road 90.

## INFORMATION, ORIENTATION AND MUCH MORE...

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### Apes Headquarters

You will "lava" Ape Cave. Explore the furthest reaches of a lava tube formed from an eruption of Mount St. Helens 1,900 years ago. Lantern rentals, book sales and travel directions are available. Lanterns can be rented until one hour prior to closing. Apes Headquarters is located at Ape Cave on Forest Service Road 8303 and is open daily May 15 to September 30 from 10 a.m. to 5:30 p.m.

### Mount St. Helens National Volcanic Monument Headquarters

The Headquarters for the National Volcanic Monument is located three miles north of Amboy on Highway 503. Information on traveling, permits, and road conditions is available here. For more information, call 206-247-5473 or TDD 206-247-4572. Open Mon-Fri from 7:30 a.m. to 5 p.m.



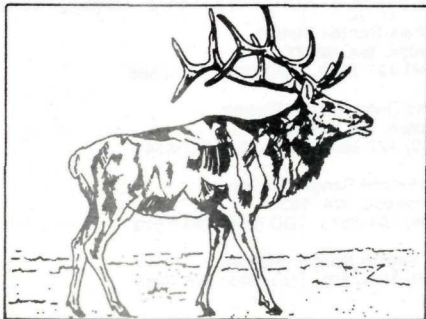
## Mount St. Helens Environmental Education

The school districts surrounding Mount St. Helens are fortunate to have a living laboratory in their backyards. The Monument offers a unique opportunity for students to see how landscapes are formed and to watch life return following a large scale disturbance.

Currently, the Forest Service has two environmental education programs. **N.I.C.H.E.S.**, an integrated, science-based curriculum created for elementary teachers, is currently being implemented in local schools. The activities in this curriculum were designed to educate and fascinate students, grades 1-6, with hands-on science projects. **N.I.C.H.E.S.** makes science relevant to students and relates science to the world around them and Mount St. Helens. *A Living Laboratory—Volcanoes* is an expanding, teacher-generated, multidisciplinary curriculum to promote thinking. Aimed at students grades 6-8, *Living Labs* explores the earth's dynamic, changing landscape, the regeneration of life, and our responses to living in a world of volcanoes.

Both programs are taught to teachers through workshops with hands-on activities and field trips. For more information please call or write: Environmental Education Coordinator, Mount St. Helens National Volcanic Monument, 42218 N.E. Yale Bridge Rd., Amboy, WA 98601 (206)247-5473.

The Mount St. Helens Foundation for Improved Science Education was recently formed to forge innovative alliances between public and private organizations and our schools. The Foundation is bringing scientists and teachers together to make science relevant and alive to students. For information about ongoing programs or how to join in efforts to revitalize K-12 science education, write the Foundation at 705 Division Street, Kelso, WA 98626.



## News of the Wild

### "Stranger Than True" Happenings on the Monument

#### Junk Food Addicted Chipmunk Attacks for a Cheetoh®

Meta Lake. Last July, a junk food addicted chipmunk went into a crazed state while being fed Cheetohs.® A child who had never been around wild animals before decided to feed the "cute little thing" to try to get it to come closer. When the child tried to pet it, it bit. "I thought animals never bit the hands that fed them." It turns out that the "cute" little chipmunk could be carrying any number of diseases. The best way to avoid such a tragedy? LET THE ANIMALS FEED THEMSELVES!



#### Hikers from Utopia Take Expensive Short-Cut Off Trail

Lakes Trail #211. Two young hikers were recently fined \$100 dollars for taking a short-cut off the trail. After their visit with the magistrate, they said, "We didn't think about the damage that just a few steps could cause to the landscape and to our wallets." Remember, STAY ON THE TRAIL.

#### Pilfered Pumice Brings Ruin to Many

Monument Headquarters. Twenty-two letters and accompanying pieces of pumice have been sent to the Mount St. Helens' offices in recent years. Tales of lost loves, jobs, cars and dogs have overwhelmed the staff. It appears that the pumice they took from Mount St. Helens gave them bad luck. Each year the pumice is returned to its rightful place and the staff wonders whether those who took the pumice have ever gotten their lives back together. REMOVAL OF EVEN ONE FLOWER, ROCK, BIT OF ASH, OR PIECE OF WOOD OR PUMICE IS PROHIBITED.

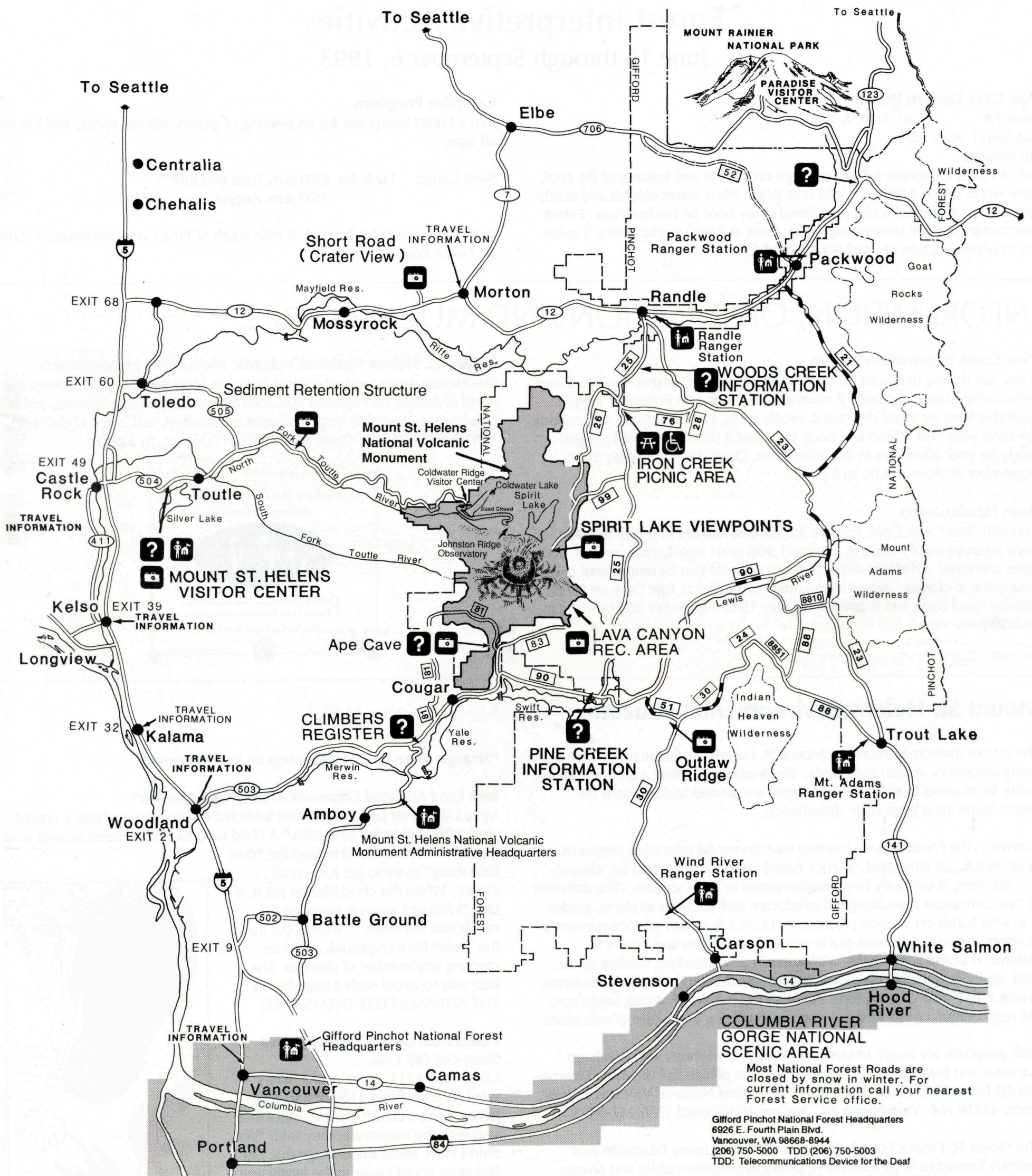
Note: The above articles are dramatizations of real occurrences on the monument.





# MOUNT ST. HELENS AND VICINITY

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



## TRAVEL TIMES

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



Visitor Information



Viewpoints



National Forest Office

0 5 10 15 Miles

Revised 4/1993

Gifford Pinchot National Forest Headquarters  
6926 E. Fourth Plain Blvd.  
Vancouver, WA 98668-8944  
(206) 750-5000 TDD (206) 750-5003  
TDD: Telecommunications Device for the Deaf

Mount St. Helens Visitor Center and Coldwater Visitor Center  
3029 Spirit Lake Hwy  
Castle Rock, WA 98611  
(206) 274-2131 (24 hr. recording) (206) 274-2103 TDD (206) 274-2102

Mount St. Helens National Volcanic Monument  
42218 N.E. Yale Bridge Rd.  
Amboy, WA 98601  
(206) 247-5473 TDD (206) 247-5472 Climbing Hotline (206) 247-5800

Randle Ranger District  
Randle, WA 98377  
(206) 497-7565 TDD (206) 497-7566

Wind River Ranger District  
Carson, WA 98610  
(509) 427-5645 TDD (509) 427-4541

Packwood Ranger Station  
Packwood, WA 98361  
(206) 494-5515 TDD (206) 494-6810

Mt. Adams Ranger Station  
(509) 395-2501 TDD (509) 395-2858