

VOLCANO REVIEW



A Visitor's Guide to Mount St. Helens National Volcanic Monument • Summer/Fall 1994



Exploring and watching each step, we witness the explosion
of life below the ever-changing volcano.

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 Mount St. Helens required planning, coordination and commitment by everyone involved. Both planners and construction workers at Mount St. Helens took great care to avoid damage to the Monument's valuable scenic and research areas. Planners carefully located roads, trails and facilities. Construction workers stayed within tight construction boundaries to protect the spectacular volcanic features that you have come to see.

However, planning and constructing these facilities marked only the beginning of our effort to protect Mount St. Helens. You now have the most important job! We need your help 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 the Coldwater Lake Facilities and along State Route 504 is closed to public access.** This protects the sensitive environment. Eliminating public access beyond these points assures that construction workers can complete the extension of State Route 504 and the Johnston Ridge Observatory by 1996. You will see "Stay in Bounds" signs at Coldwater Ridge to designate closed areas. **Violators of the Forest Service closure order will be cited.**

We recognize the powerful attraction this inspirational landscape exerts, and how you may desire to get closer, but please resist the temptation. Visiting Mount St. Helens is like visiting no other place. These volcanic features are irreplaceable. Join us in our commitment to protect one of the youngest and most unique landscapes on Earth.

Lynn Roberts
Monument Manager

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Vivid Landscapes Exploding With Life



May 18, 1980

How is the Forest Service working to protect this special place?

Trails have been designed to lead visitors to the most interesting features in the National Monument. In order to protect the fragile volcanic deposits and recovering plant and animal life in the surrounding area, the Forest Service has restricted public travel to designated roads and trails only. Signs and displays will encourage visitors to stay "in bounds" so future visitors can enjoy the wonder of nature's recovery process unimpeded by human disturbance. Persons who travel off-trail and outside of established boundaries will be cited and receive a minimum \$100 fine. The Forest Service will monitor visitor behavior and damage to developing plant and animal life and, if necessary, adjust its management policies to ensure that future visitors have an opportunity to experience the natural recovery processes.



What is the role of science in the National Volcanic Monument?

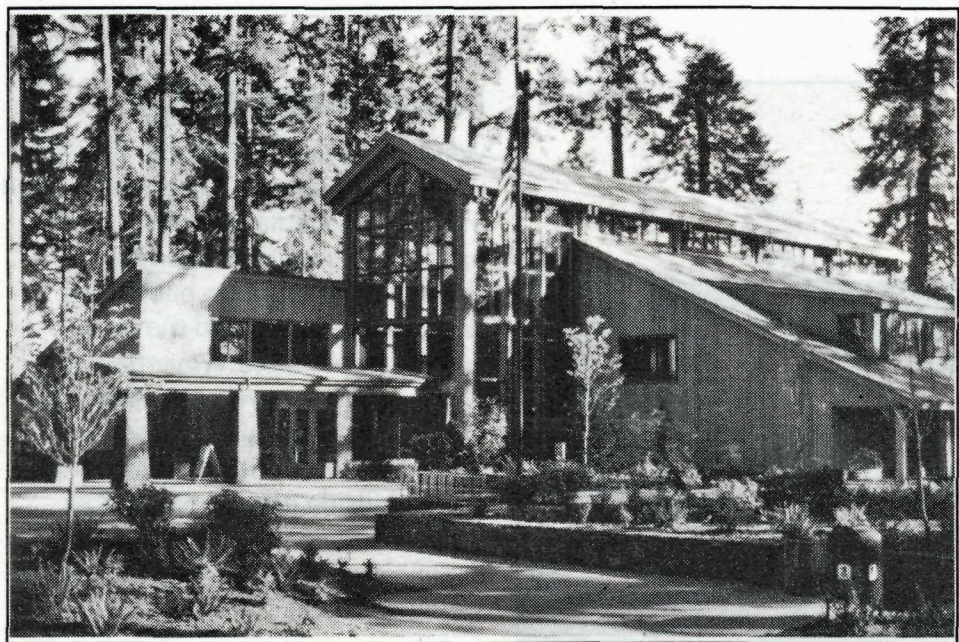
When Mount St. Helens erupted in 1980, an outstanding scientific opportunity was created. As a result, scientists from across the country and throughout the world came to Mount St. Helens to observe geologic and biological processes firsthand. The importance of Mount St. Helens as a national resource for scientific study of volcanic features and processes was recognized and, in 1982, Congress established the Mount St. Helens National Volcanic Monument in the Gifford Pinchot National Forest. In the 14 years since the eruption research has been an important source of basic information for land managers and for visitors who come to learn about the geology and biology of the area.

What is your role as a visitor in the recovery process?

Like the proverbial time traveler, visitors to Mount St. Helens have the opportunity to step back in time and see what the Pacific Northwest must have looked like in the aftermath of past volcanic eruptions. With this opportunity comes a responsibility, for, like the time traveler of science fiction, the Monument visitor has the potential to change history forever. Actions that, on the surface, appear to be harmless, can be disastrous when multiplied by the many thousands of visitors who come to the Monument each year. What has taken nature more than a decade to establish can thoughtlessly be erased in only a moment. Picking a flower, collecting rocks or trampling plants by walking off-trail can forever alter the processes of natural recovery.



Await Visitors to Mount St. Helens



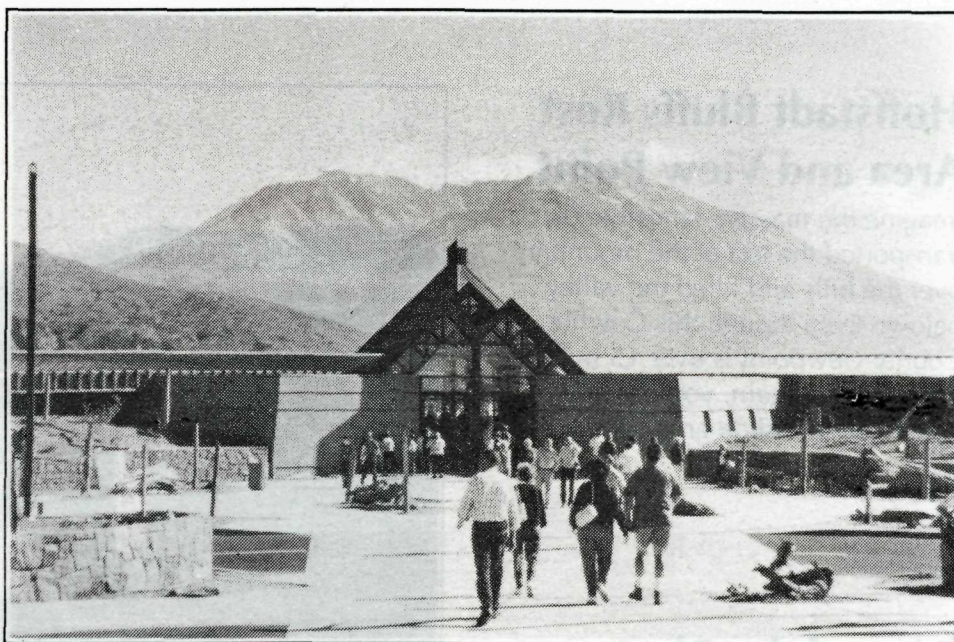
Mount St. Helens Visitor Center at Silver Lake

Come learn about the May 18th eruption!

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

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

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



Welcome to Coldwater Ridge Visitor Center!

Coldwater Ridge Visitor Center invites visitors to discover the fascinating ways that plants and animals have reappeared throughout the blast zone. Visitors to Coldwater enjoy panoramic views of the volcano, the newly formed Coldwater Lake, and the debris-filled Toutle River Valley. Interactive exhibits, the paved .25-mile Winds of Change Interpretive Trail, and live interpretive programs offer insights into the many ways life emerged from the ashes of the 1980 eruption.

Coldwater's restaurant includes a selection of sandwiches, soups, salads, and drinks, as well as an espresso coffee bar. The gift shop offers Mount St. Helens T-shirts and gifts, many crafted by Northwest artists. In the central hallway, the Northwest Interpretive Association's bookstore offers a variety of books, cards, and posters of Mount St. Helens and the Pacific Northwest. With over one million visitors coming to Coldwater Ridge each year, it's important to remember to stay on the trails and to help keep the area litter free. Thank you for your cooperation!

Both Visitor Centers are open daily.
Open daily Apr. 1 to Sept. 30 9 a.m. to 6 p.m.
 Oct. 1 to Mar. 31 9 a.m. to 5 p.m.

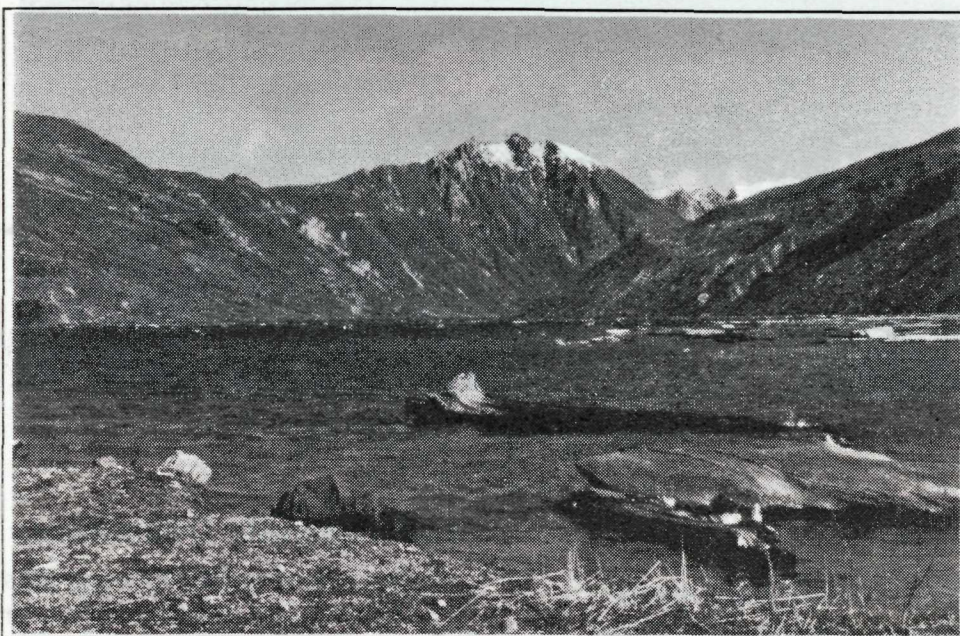
Coldwater Lake Recreation Area

Located just east of Coldwater Ridge Visitor Center, the Coldwater Lake Recreation Area opened for the first time on March 28, 1994. Visitors to the lake can now enjoy a beautiful close-up view of the lake and surrounding peaks with Mount St. Helens standing in the distance. Birds can be seen and heard all around while fish surface in the waters nearby.

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

While enjoying the Coldwater Lake Recreation Area, please remember:

- * This is a Day Use Area only. CAMPING IS NOT PERMITTED.
- * Pets must be kept on a leash and are permitted only in the designated pet area, located just south of the picnic area.
- * Since plants "grow by the inch and die by the foot," stay on the trails and hard surfaced plaza areas.
- * The boat launch is for launching and landing of watercraft only. Fishing and swimming are not allowed in the boat launch area.
- * The "Birth of a Lake" trail is an interpretive trail for viewing wildlife and the natural features of the area. Fishing and swimming are NOT permitted from this trail.



Coldwater Lake

Fishing Coldwater Lake

Coldwater Lake offers a "Selective Fishery" program which will provide quality fishing opportunities far into the future. Care has been taken to allow access and minimize impact to the fragile shoreline. The air is clean, the water unpolluted. Four-year-old trout have spawned. The fish are big, the

views are spectacular, and your experience should be, too. When fishing this beautiful lake, remember the following regulations:

- * Only artificial flies or lures with a single, barbless hook are allowed. Bait is prohibited.
- * There is a one fish limit per person, per day. Minimum size is 16".
- * Shoreline fishing is allowed only from the three designated shoreline access points (see info display for locations at boat launch).
- * When fishing from watercraft, landing of craft is permitted only at the three designated shoreline access points.
- * Fishing is NOT permitted along the Birth of a Lake Interpretive Trail or from the boat dock.
- * A valid Washington State fishing license is required.

* Lifejackets are required for each individual onboard.
 Have a safe and enjoyable day while fishing Coldwater Lake.

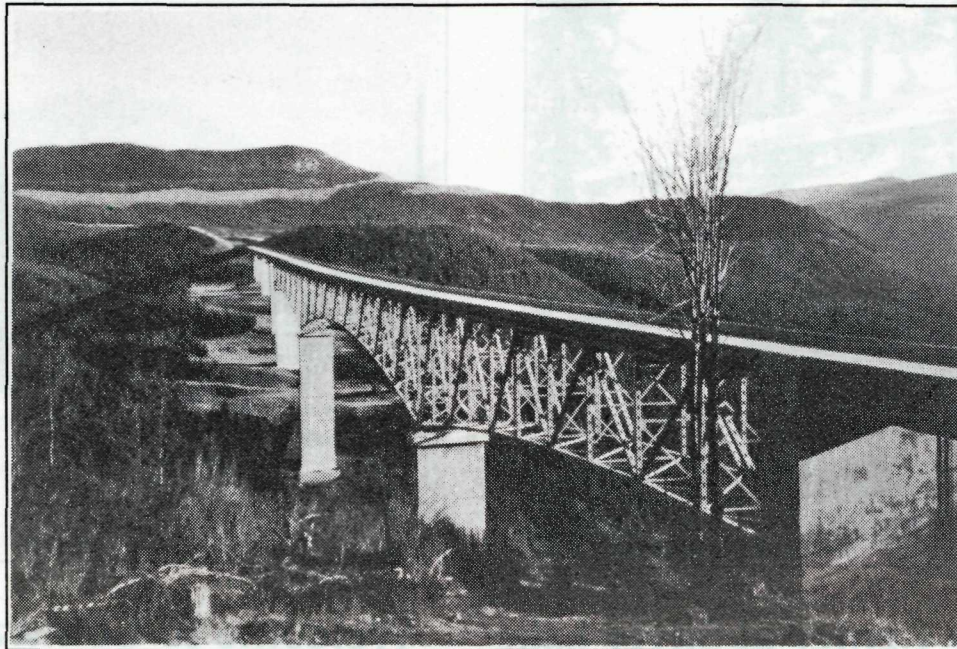
Traveling Spirit Lake Memorial Highway...

Hoffstadt Bluffs Rest Area and View Point

Imagine the massive landslide that transported the top of the mountain over the hills and filled the valley below. Even though this Cowlitz County viewpoint is over 15 miles from the mountain, you can see where the landslide ground to a halt!

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 over into the eruption's blast zone. Look for signs of standing dead trees that sizzled during the May 18 eruption and notice how they stand amongst the green trees that were planted after the eruption.



Hoffstadt Bridge

North Fork Ridge

Weyerhaeuser Corporation, Washington Department of Transportation, and the Rocky Mountain Elk Foundation have teamed up to explain the impacts that the eruption had on the surrounding forest, and the area wildlife population. Weyerhaeuser Corporation's recovery operation to salvage the blowdown timber and replant millions of trees can be seen on the hillside around North Fork Ridge. A Forest Learning Center explaining this effort will open in the spring of 1995.

Elk Rock Viewpoint

Elk Rock represents the entry into the Mount St. Helens National Volcanic Monument where nature is recovering at its own pace. At this viewpoint you can look down into the valley where the bones of the blowdown forest still exist and view the "hummocks" on the debris avalanche. Just imagine the power it would take to knock down 150 square miles of forest! A spectacular view of Mount Adams is also seen from here looking east.

West Side Trails

Crater Views and New Lakes

Trails on the west side of Mount St. Helens are few but what is lacking in number is made up with unparalleled views of this volcanic landscape. As construction is completed on additional trails from now until 1996, more opportunities will be available for hiking. To enjoy your hiking experience and ensure your safety: wear sturdy shoes, bring sun screen, and carry one quart or more of water per person. **Stay on trails at all times; violators will be fined \$100.00 minimum. Pets are prohibited on all west side trails.**

Winds of Change Interpretive Trail

Difficulty: Easy
Discover how the stone wind of the 1980 eruption slammed into Coldwater Ridge and how with the gentle winds of time, plants and animals return. This .25-mile trail is accessible to all and provides sweeping views of the Toutle River Valley. The trail begins just west of the Coldwater Ridge Visitor Center.

Elk Bench Trail #211D

Difficulty: Most Difficult
This .75-mile trail descends quickly from the Coldwater Ridge Visitor Center to the Lakes Trail #211. The hike is more strenuous than it may appear from the trailhead. Discover spectacular views of the entire Coldwater Lake, the crater and lava dome as you walk. A portable toilet is located at the bottom of the trail. Round trip hiking time is 1 1/2 hour.

Lakes Trail #211 and Coldwater Trail #230

Difficulty: More Difficult

This trail meanders along the western edge of Coldwater Lake to its upper end, eventually joining existing trails to offer a cross-Monument hiking opportunity. The Coldwater Trail links the east and the west sides of the Monument and joins the Boundary Trail #1 just south of St. Helens Lake.

You can then hike the Truman Trail #207 to Windy Ridge or the Boundary Trail #1 into the Mount Margaret Backcountry.

Birth of a Lake Trail

Difficulty: Easy

Take a walk along the newly-formed shoreline of Coldwater Lake. This barrier-free .25-mile trail features a boardwalk that journeys out onto the lake and ends by hugging a huge hummock. Discover how this lake came to be and how it nurtures life big and small. Guided walks will be given on this trail in the summer. The schedule will be posted at the Coldwater Visitor Center.



Winds of Change Interpretive Trail

Trail Difficulty Definitions

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

MORE DIFFICULT—Moderate grades up to 30%. Trails tread 12-18" wide depending upon level of use. Vigorous hiking for individuals of normal physical condition.

MOST DIFFICULT—Steep grades. Narrow tread widths, low levels of maintenance. May require stepping over logs or traversing steep cliffs or stream fords. Trails may be difficult to locate or follow. Suitable for experienced hikers in good physical condition. Expect a challenging experience.

West Side Interpretive Activities

May 31 through September 6, 1994

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

Guided Interpretive walks reveal some of the mysteries and wonder of this special place. Times and locations of programs are posted at the Coldwater Ridge Visitor Center. First program begins at 9:30 a.m. each day.

Winds of Change Walk

Daily
Difficulty: Easy

Join an interpreter on this barrier-free .25-mile loop and discover how there is more than one wind of change at Mount St. Helens. The trail is located just 50 yards to the west of the Coldwater Ridge Visitor Center; allow 45 min.

Birth of a Lake Walk

Daily
Difficulty: Easy

Take a journey full of discovery with an interpreter along a .25-mile barrier-free trail that borders the shore line of Coldwater Lake. Find out how this lake was formed in 1980 and how it supports organisms large and small. The trail is located in the day use area at Coldwater Lake, just below the visitor center; allow 15 min.

Coldwater Ridge Deck Talks

Daily

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

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

Special Mid-Week Programs

Tuesday, Wednesday, Thursday
Allow 20 Minutes

Enjoy skits, elk bugling, games, special guests, and other surprises on these "not-so-busy" mid-week days.

North Side Trails and Information

Just beyond reach of the of the volcano's power, the forest north of Mount St. Helens offers many opportunities for hiking, camping, fishing and exploring.

Trails, campgrounds, and old growth forests can all be found just north of the National Volcanic Monument in the Randle Ranger District. These areas relatively unaffected by the volcano offer a sharp contrast to the blast area just a few miles to the south.

Woods Creek Information Station

The Woods Creek Information Station is located 6 miles south of Randle on Forest Road 25. The few minutes it takes to pull into this station may help you plan an event-filled day (or more) at Mount St. Helens. Stay in your car for drive-through service, or come inside to browse through the Northwest Interpretive Association sales outlet. Open daily May 27 to Oct. 2 from 9 a.m. to 4 p.m.

Woods Creek Watchable Wildlife Trail #247 and Picnic Area

Difficulty: Easy

This 1.5-mile barrier-free trail explores diverse habitats of many plants and animals. Located directly across from the Woods Creek Information Station, the trailhead leads into a mixed hardwood/conifer forest, breaks into an open meadow, crosses Woods Creek, and several beaver ponds, then loops back into a hardwood forest. The picnic area is located at the trailhead. Facilities include nine individual picnic sites, three charcoal grills and a restroom, all barrier-free.

Iron Creek Campground and Picnic Area

Iron Creek Campground is located 12 miles south of Randle on Forest Road 25. It's close enough to Mount St. Helens for day trips and is in an area of many recreation possibilities within the Cascade mountain range. This 98-site campground is in an old-growth setting, with the Cispus River as a backdrop. Campsites are available for reservations by calling 1-800-280-CAMP. Sites are also available on a first come, first served basis. Iron Creek is a fee campground — water and garbage services are provided. The Iron Creek Picnic Area is just south of the campground entrance on Forest Road 25. Facilities include two picnic shelters, eight individual sites, charcoal grills, water and restrooms. All facilities are barrier-free.

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



Woods Creek Watchable Wildlife Trail

Iron Creek Old-Growth Trail #83

Difficulty: Easy

This barrier-free trail begins and ends in the Iron Creek Picnic Area. The .25-mile, compacted gravel trail loops through an ancient forest. Interpretive signs help explain how a root disease has impacted the forest.

Iron Creek Campground Trail #187

Difficulty: Easy

You can catch this trail from the Iron Creek Picnic Area or from many areas within the Iron Creek Campground. The 1.5-mile trail follows the Cispus River and twists through magnificent Western red cedar and Douglas-fir forests.

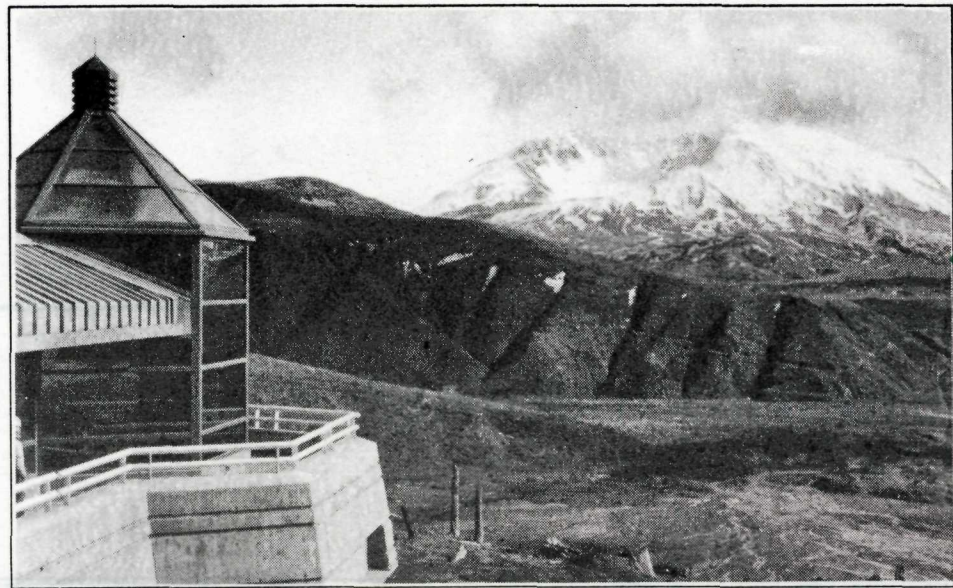
Quartz Creek Big Tree Trail #219

Difficulty: Easy

Quartz Creek Big Tree Interpretive Site is a .5-mile barrier-free trail. Giant Douglas fir trees, some 10 feet across (diameter at breast height) and up to 750 years old are found here. When walking through this cool, dark forest you might find it difficult to believe Quartz Creek is just 1 mile from the devastated forest in the volcanic blast area. To get there, take Forest Road 26 south from the junction with Forest Road 25 for 8 miles and then turn onto Forest Road 2608. Follow this gravel road for 1 mile to the trail head. (Road 26 is a paved, single-lane road with turn outs. Trailers and RV's are not recommended).

Driving Times (hours)

Approximated	Ape Cave	Cougar	Lava Canyon	Pine Creek Info. Station	Meta/Norway Trailhead	Windy Ridge/Spirit Lake	Woods Ck 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

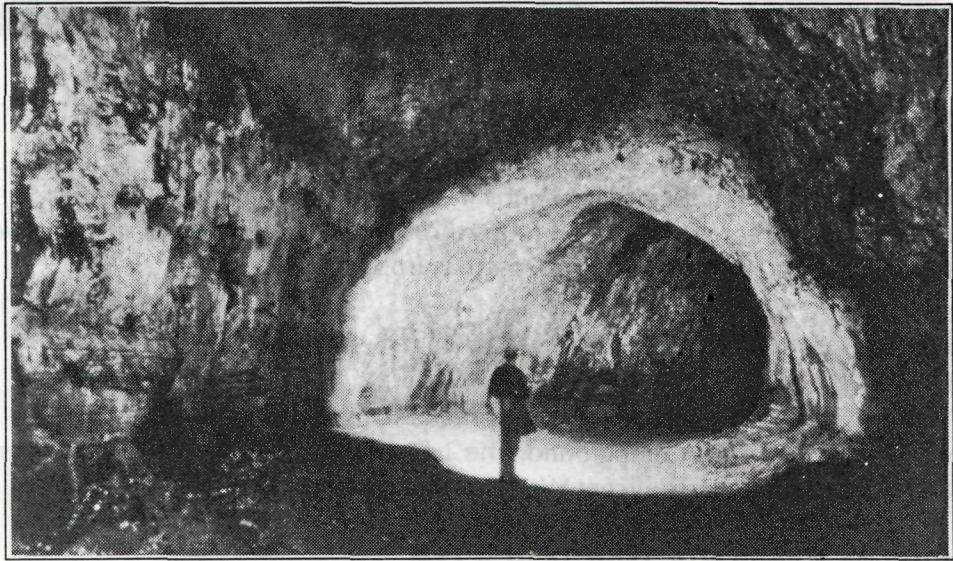


Coldwater Ridge Visitor Center

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. While at the visitor center or on the trail, enjoy breathtaking views of the volcano and the rebirth all around.

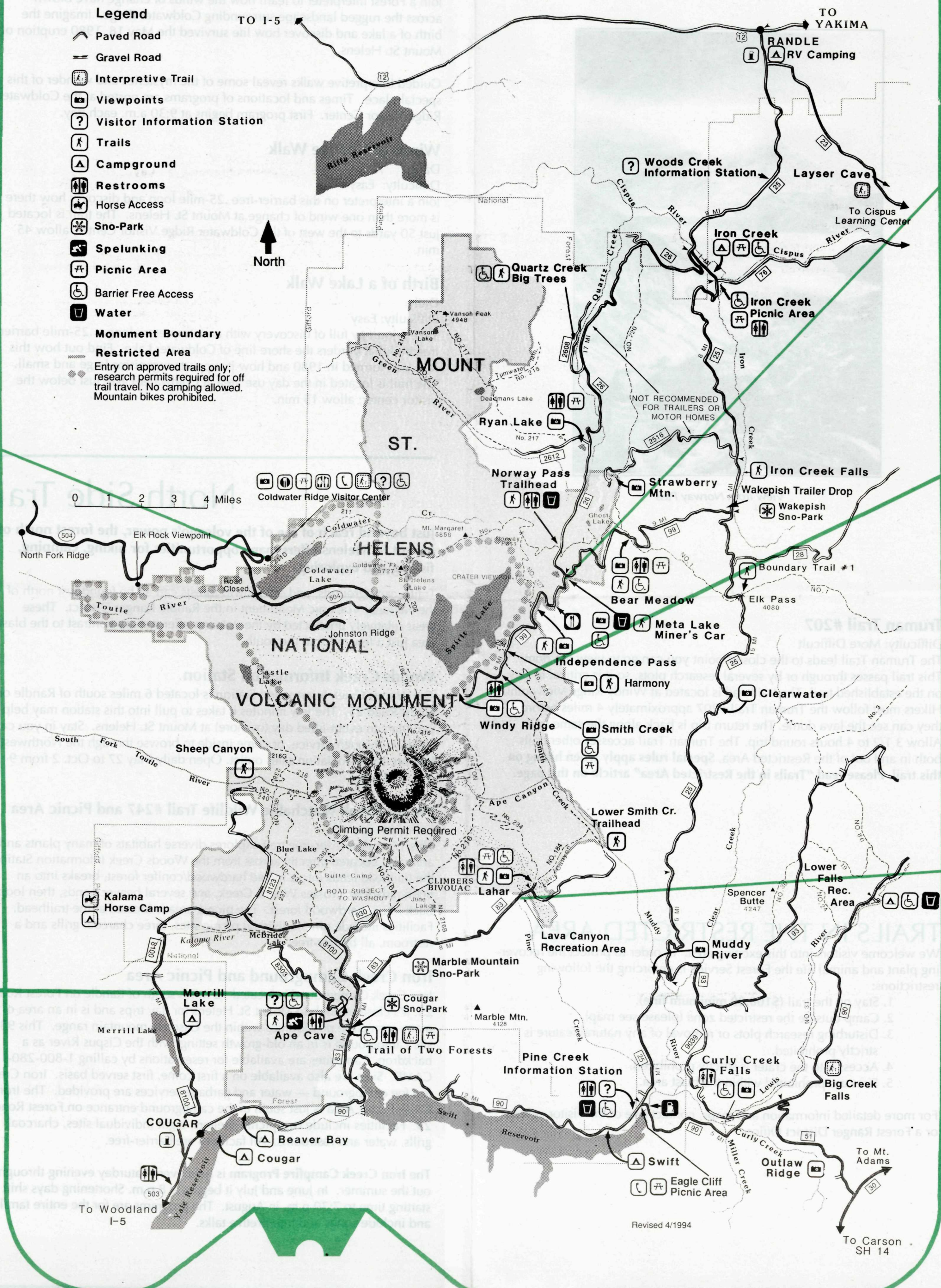
Truman Trail #207, Windy Trail #216E and Loowit Trail #216

Difficulty: More-Most Difficult
These trails can be accessed from Windy Ridge. Truman Trail #207 provides outstanding views of the lava dome. Windy Trail #216E leads to Loowit Falls, where 100-degree water cascades out of the crater. Each trail requires 3.5 to 4 hours. These trails are within a research area. Off trail travel and disturbing research plots are strictly prohibited.

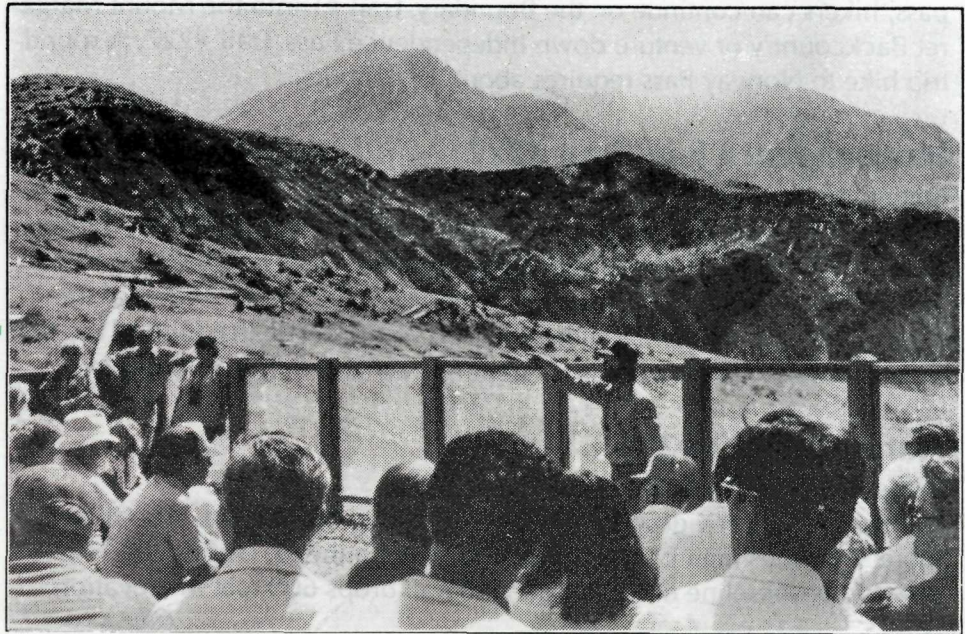


Ape Cave

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. Cavers should wear warm clothes, sturdy shoes and have at least two sources of light. Lantern rentals are available at Apes Headquarters. Two different routes of exploration exist inside the cave and an above-ground trail connects the main and upper entrances. The lower cave is a relatively easy .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 2.5 to 3 hours.



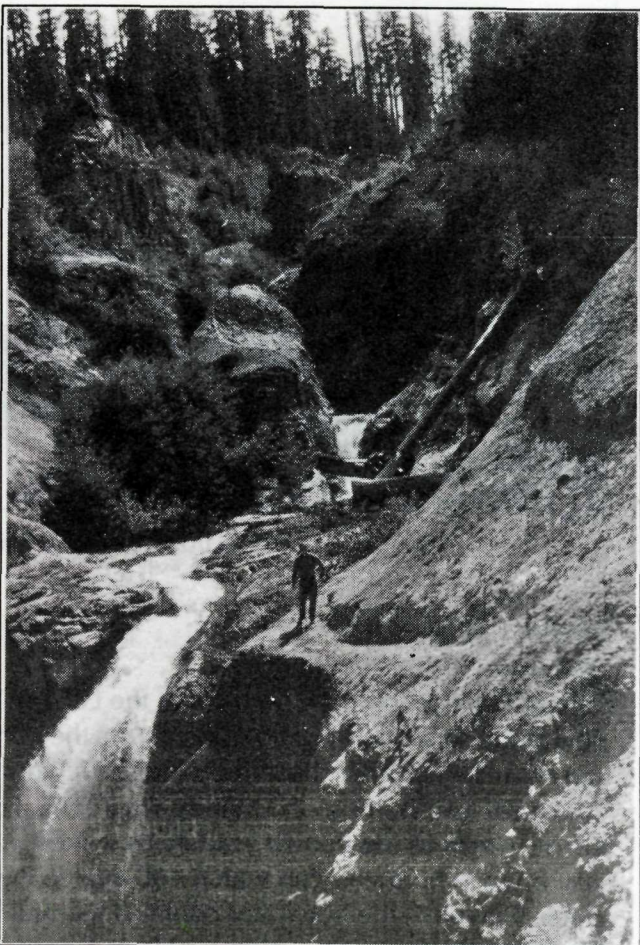
Meta Lake Trail Difficulty: Easy
From the Miner's Car, enjoy a 15 minute stroll on a paved trail where you can discover small evergreen trees, fish and frogs that survived the eruption buried beneath snow and ice. Search for signs of beaver and other life that have returned to the blast area.



Windy Ridge Viewpoint
A stunning viewpoint overlooking a vast pumice plain, Windy Ridge viewpoint takes you to within 5 miles of an active volcano. Listen to an interpretive talk or venture up 361 steps to a viewpoint of the volcano and Spirit Lake. Collecting rocks is prohibited without a valid research permit.

Lava Canyon Trail
Difficulty: Easy-Most Difficult

Follow the Muddy River as it plunges 1,400 feet down a mudflow-scoured canyon, cascading over an ancient lava flow. The upper section, .5 miles long and accessible to everyone, leads to a viewpoint of a waterfall. The middle section allows you to venture along a 1-mile loop trail that crosses over the turbulent Muddy River. The 2.5-mile lower section descends into the depths of the rugged canyon and provides views of a series of spectacular waterfalls. Beware of slick rocks and steep drops.



East Side of

HIKING IN THE MONUMENT TRAILS WITH CRATER VIEWS

There are many trails along Forest Road 99 leading hikers into the heart of the blast area and provide outstanding views of the new lava dome. To ensure a quality hiking experience and your safety, wear sturdy shoes, bring sunscreen, and carry one quart or more of water per person. Water pumps are located at Norway Pass Trailhead on Forest Road 26 and the Meta Lake Trailhead on Forest Road 99.

Norway Pass #1

Difficulty: More Difficult

This 2.5-mile hike gains 900 feet in elevation, and traverses through the heart of the blown-down forest. Captivating views of Spirit Lake and of the massive lava dome inside the crater await you at Norway Pass. From the pass, hikers can continue 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

Difficulty: More Difficult

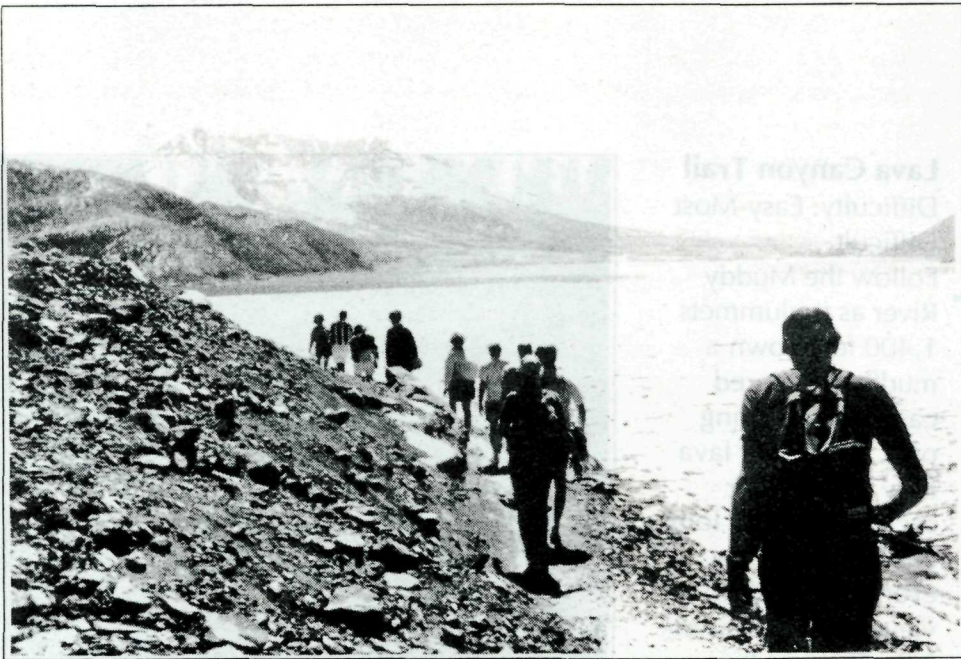
This trail is 3.5 miles long one way and climbs 600 feet to the top of the ridge in the first mile. Within the first mile there is a superb overlook of Spirit Lake and excellent views into the crater and dome. Views of the crater get better the further along the trail you go. The last mile of the trail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

Harmony Trail #224

Difficulty: More Difficult

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

The descent to the lake shore takes approximately 35 minutes. Enjoy views of the lava dome upon reaching the lake shore, and try to imagine that the pre-1980 shore line was 200 feet lower than it is today. The ascent back to Harmony Viewpoint takes about 1 hour. **Special rules apply when hiking on this trail. Please read "Trails in the Restricted Area" article on this page.**

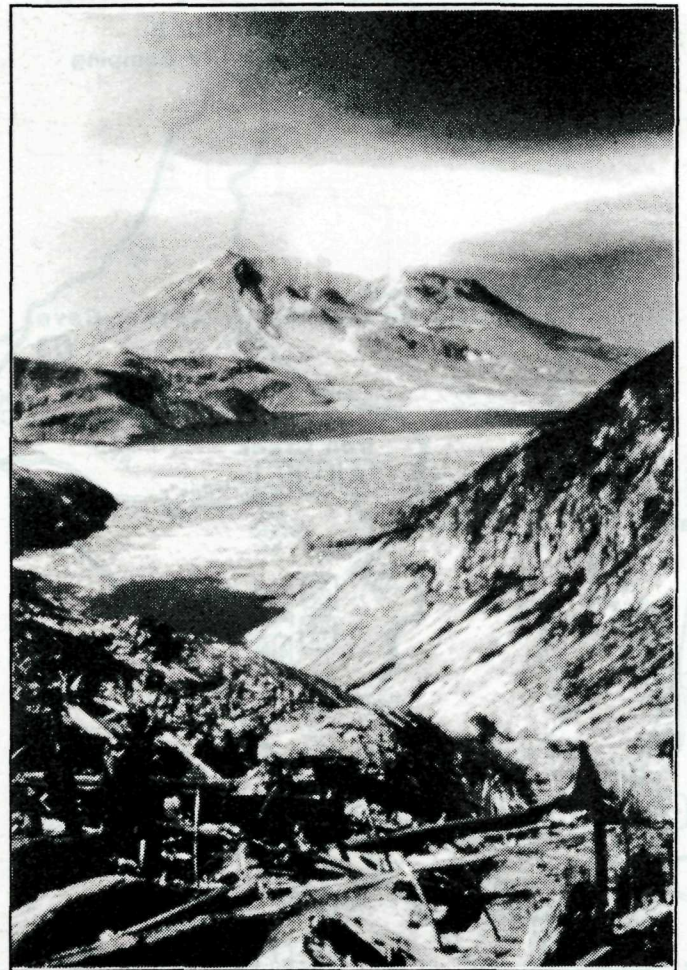


View from Harmony Trail

Loowit Trail #216

Difficulty: More Difficult

One of the most popular sections of the Loowit Trail, also known as the Round-the-Mountain Trail, passes across the north flank of the volcano. It can be accessed from 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 100 degree F water cascade out of the crater. Beware—the hot water contains harmful bacteria. Do not approach the waterfalls or stream. Allow 3 1/2 to 4 hours round trip. **Special rules apply when hiking on this trail. Please read "Trails in the Restricted Area" article on this page.**



View from Norway Pass

Truman Trail #207

Difficulty: More Difficult

The Truman Trail leads to the closest point you can go to view 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 can 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" article on this page.**

TRAILS IN THE RESTRICTED AREA

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

1. Stay on the trail (\$100.00 minimum fine).
2. Camp outside the restricted zone (please 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 within the blast area.

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

Mount St. Helens

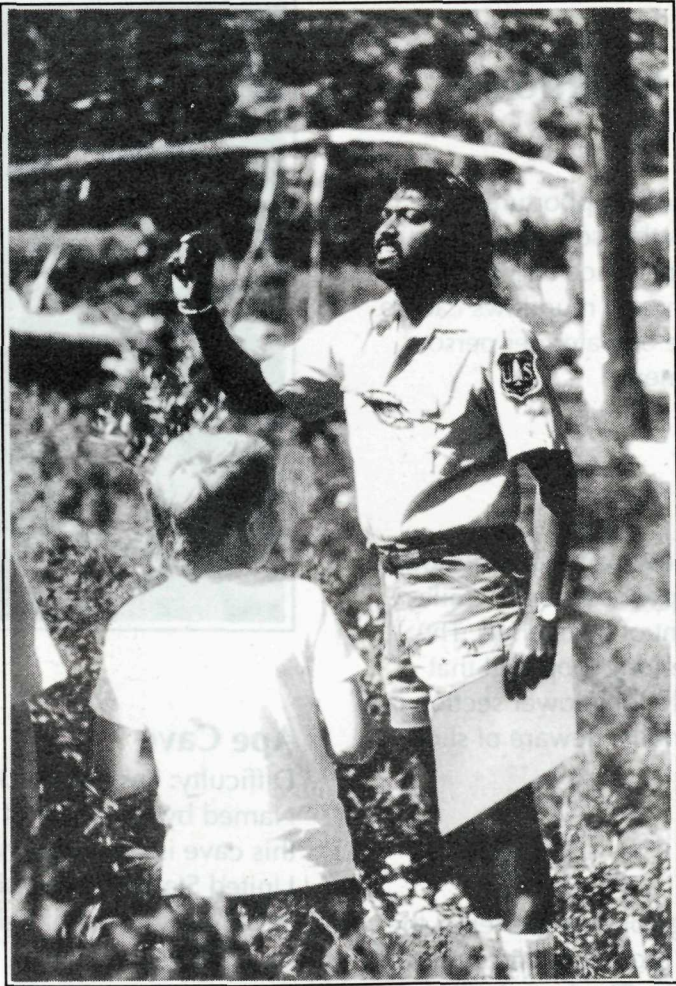
Interpretive Activities

Windy Ridge Talks

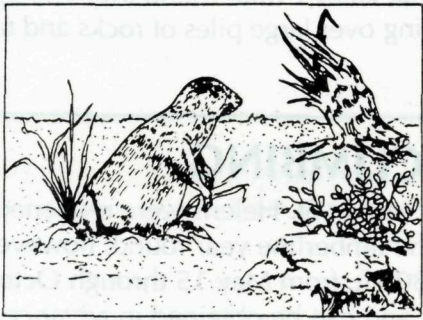
Daily
June 15–September 30
11:30 to 4:30
Discover the eruption that challenged the imagination of volcano watchers. Join a Forest Interpreter and relive the incredible power unleashed on May 18, 1980. Talks once an hour on the half hour at the Windy Ridge amphitheater, Forest Road 99; allow 25 minutes.

Meta Lake Walks

Daily
June 15–September 30
12:30, 3:00
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 Forest Roads 26/99; allow 45 minutes.



Forest Interpreter Nemedas Chandool at Meta Lake.

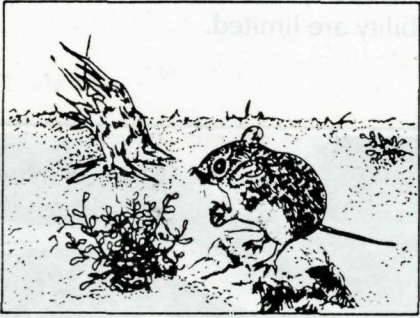


Harmony Falls Hike

Daily
June 15–September 5
1:30
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, before, during and after the eruption. Bring water and sun screen. Meet at the Harmony Viewpoint, 3 1/2 miles west of 26/99 junction on Forest Road 99. Two miles round trip; allow 2 hours.

Blast Edge Talks

Daily
June 15–September 5
11:00, 4:30 & 5:00
Was the blast area replanted? How has the vision changed from just "greening" the gray landscape? Discover how Mount St. Helens has become an Ecosystem Management Demonstration Area, 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 Forest Road 99; allow 15 minutes.



INFORMATION, ORIENTATION AND MUCH MORE...

Pine Creek Information Station

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

Woods Creek Information Station

If you are driving to Mount St. Helens from the north, stop at Woods Creek Information Station. Have your questions answered by an attendant without leaving your vehicle or come in and visit with a Forest Interpreter, look over displays, or browse through the books, brochures, slides, maps and postcards. This facility may be closed for 1/2 hour during the lunch hour. Woods Creek Information Station is located 6 miles south of Randle on Forest Road 25. Open daily May 27 to October 2 from 9 a.m. to 4 p.m.

Randle Ranger Station

Information on traveling, permits and road conditions are available here. For more information 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 8:00 a.m to 4:30 p.m.

CAMPING

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

CAMPGROUND	# of Sites	Fee*	Picnic Sites	Water	Restrooms	Showers	Trailer Sites	Disabile 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	•	•	•					
Seaquest 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 the ancient lava flows and recent mudflows that scoured down the slopes of Mount St. Helens. To enjoy your hiking experience and ensure your safety: wear sturdy shoes (walking on lava flows and mudflows can be tricky), bring sun screen and carry one quart or more of water per person. There are no water pumps on this side of the Monument.

Lava Canyon Trail # 184

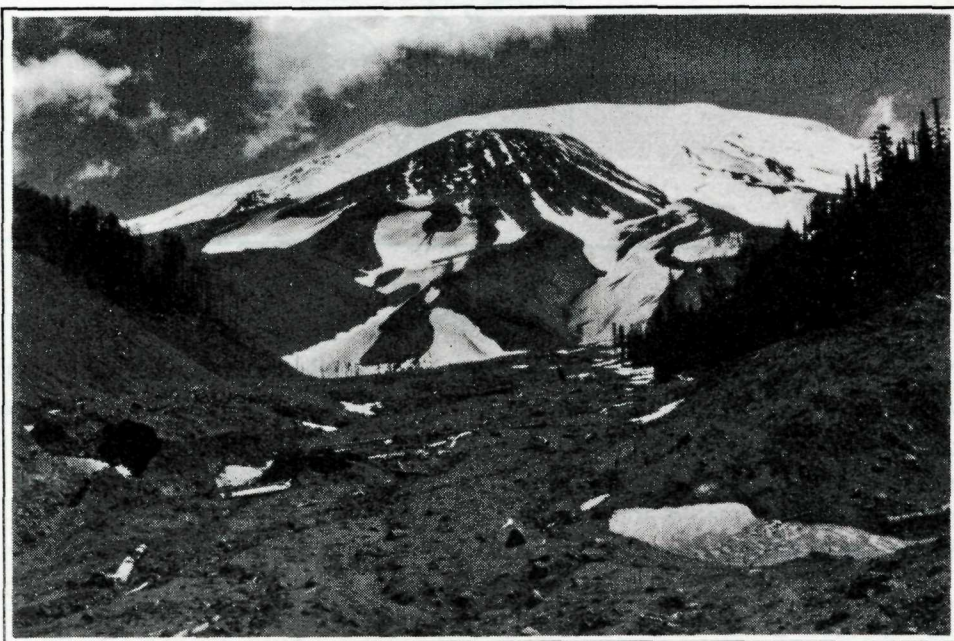
Difficulty: Easy-Most Difficult

Follow the Muddy River as it plummets 1,400 feet down a mudflow-scoured canyon, cascading over an ancient lava flow. The upper section, .5 miles long and accessible to everyone, leads to a viewpoint of a waterfall. The middle section allows you to venture along a 1-mile-long loop trail that crosses over the turbulent Muddy River. The 2.5-mile-long lower section is a rugged trail that descends into the spectacular waterfalls. Beware of slick rocks and steep drops.

The Loowit System #216

Difficulty: Easy-Most Difficult

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



Sheep Canyon

Sheep Canyon Trail #240

Difficulty: Easy

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

Trail of Two Forests

Difficulty: Easy

This .25-mile barrier-free boardwalk trail allows you to venture through a land of lava. Discover the molds or impressions of an ancient forest engulfed by a lava flow nearly 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 a tree that stood at this site 2,000 years ago.



Trail of Two Forests

Ape Cave

Difficulty: Easy/More Difficult

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. Cavers should wear warm clothes, sturdy shoes and have at least two sources of light. Lantern rentals are available at Apes Headquarters for \$3.00.

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 .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 2.5 to 3 hours.

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 ft. from May 15 through October 31. Free permits are issued for 24 hours and can be obtained in advance from Monument Headquarters, near Amboy, by mail or in person. Unreserved permits for 40 climbers each day are available on a first come, first served basis from Jack's Restaurant and Store on State Highway 503 (5 miles west of Cougar). From 11 a.m. each morning a list is made of those wanting climbing permits for the following day. At 6 p.m. that night permits are issued from the list. One person may represent a group of 12 people and must be present at 6 p.m. for the permit issue. Due to the high demand for unreserved permits during summer, advance reservation 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 2-mile hike through forest. The climb up Monitor Ridge can be slow, ascending steep pumice and lava slopes. The route is marked with wooden posts. During most of the year ice axes are recommended. Crampons and ropes may be needed in icy conditions. Climbers should also carry goggles or sunglasses with side shields (ash is often a problem in summer), gaiters for hiking boots, a windbreaker, rain gear, plenty of water, sunscreen, and gloves.

Climbers are required to sign in at the Climbers' Register outside Jack's Restaurant and Store before and after a climb. 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. However, adverse conditions due to extreme temperatures, wind and poor visibility can mean a longer trip. For more information on climbing the 8,365-ft. volcano, call the Climbing Hotline (206) 247-5800 or (206) 750-3961.



Mount St. Helens

Forest Interpretive Activities

June 15 through September 5, 1994

Ape Cave Lantern Walks

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

Sat-Sun 11:30 to 4:30

Join a Forest Interpreter and shed light on the life and features of the cool, dark world of this 1,900-year-old lava tube. Wear warm clothes and sturdy shoes. On weekends, walks are offered every hour on the half hour. Lanterns are available for rent. Meet at Apes Headquarters, 3 miles north of Forest Roads 83/90 junction; allow 30 minutes.

Campfire Programs

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

Cresap Bay Campground 8:00 p.m. June and July Fri. & Sat.
7:30 p.m. August

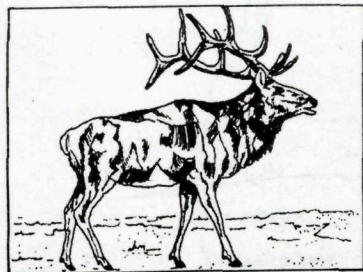
Swift Campground 8:00 p.m. Fri. & Sat. June and July
7:30 p.m. August

Swift Campground is located 1/2 mile south of Pine Creek Information Station on Forest Road 90. Cresap Bay Campground is located approximately 7 miles north of the town of Amboy on State Highway 503.

INFORMATION, ORIENTATION AND MUCH MORE...

Pine Creek Information Station

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Mount St. Helens National Volcanic Monument Headquarters

The USDA Forest Service 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 206-750-3900. Open Mon-Fri 7:30 a.m. to 5 p.m.

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 Road 8303. Open daily May 28 to September 30 from 10 a.m. to 5:30 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 to a disturbed area.

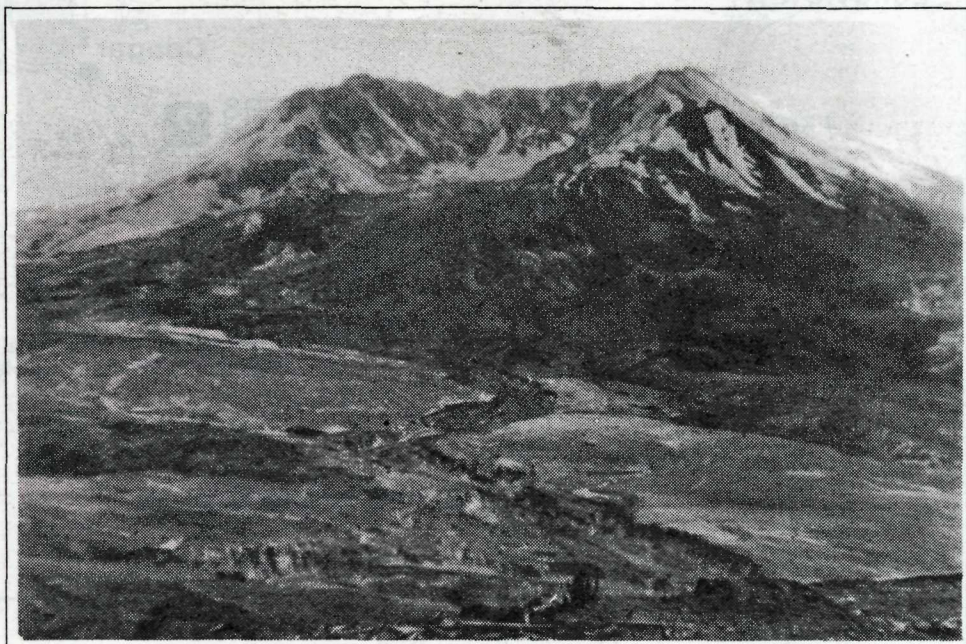
Currently, the Forest Service has two different environmental education programs. N.I.C.H.E.S. (Northwest Integrated Concept/Process Hands-on Environmental Science) a newly developed, integrated, science-based curriculum, created for elementary teachers, is currently being piloted in local schools. The 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 work around them and Mount St. Helens. A Living Laboratory-Volcanoes is an expanding teacher-generated multidisciplinary curriculum to promote thinking. Aimed at student grades 6-8, A Living Lab 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.

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

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) 750-3900.



View from future Johnston Ridge site.

Northwest Interpretive Association

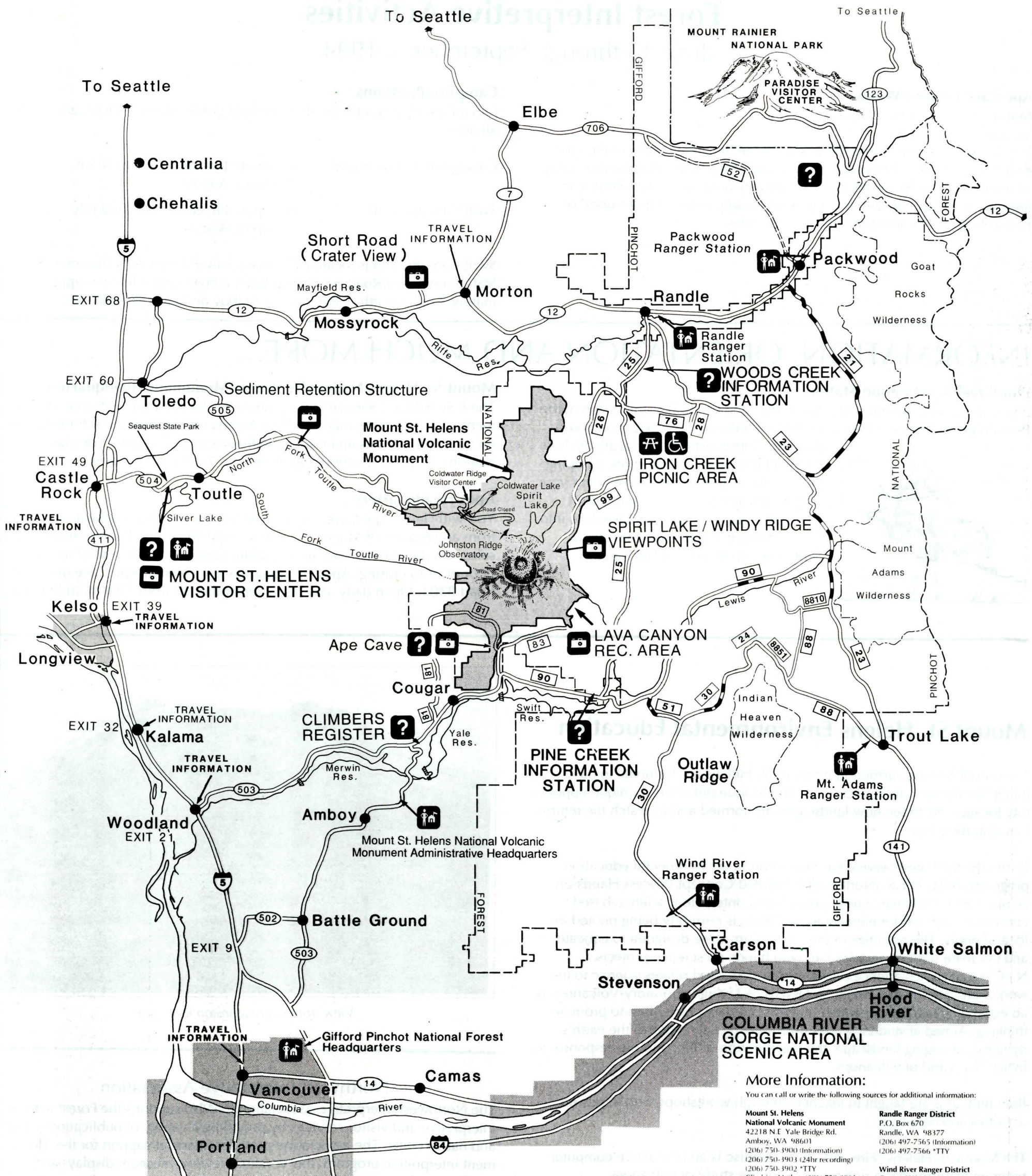
The Northwest Interpretive Association (NWIA) supports the Forest Service interpretive and visitor services by providing a variety of publications, maps, and native crafts. The association provides financial support for the Monument interpretive program, the *Volcano Review*, museum displays and the 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, 909 First Avenue, Suite 630, 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: Mount St. Helens Visitor Center at Silver Lake, Coldwater Ridge Visitor Center, Pine Creek Information Station, Woods Creek Information Station and Apes Headquarters at Ape Cave.



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

More Information:

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

**Mount St. Helens
National Volcanic Monument**
42218 N.E. Yale Bridge Rd.
Amboy, WA 98601
(206) 750-3900 (Information)
(206) 750-3903 (24hr recording)
(206) 750-3902 *TTY
Climbing Hotline (206) 750-3961

Mount St. Helens Visitor Center
3029 Spirit Lake Hwy.
Castle Rock, WA 98611
(206) 274-2100 (Information)
(206) 274-2103 (24hr recording)
(206) 274-2102 *TTY

Coldwater Ridge Visitor Center
3029 Spirit Lake Hwy.
Castle Rock, WA 98611
(206) 274-2131 (Information)

**Gifford Pinchot National Forest
Forest Headquarters**
6926 E. Fourth Plain Blvd.
P.O. Box 8944
Vancouver, WA 98668-8944
(206) 750-5001 (Information)
(206) 750-5009 (24hr recording)
(206) 750-5003 *TTY

Randle Ranger District
P.O. Box 670
Randle, WA 98377
(206) 497-7565 (Information)
(206) 497-7566 *TTY

Wind River Ranger District
Carson, WA 98610
(509) 427-5646 (Information)
(509) 427-4541 *TTY

Packwood Ranger District
Packwood, WA 98361
(206) 494-5515 (Information)
(206) 494-6810 *TTY

Mt. Adams Ranger District
Trout Lake, WA 98650
(509) 395-2501 (Information)
(509) 395-2858 *TTY

*TTY - Teletypewriter for the Deaf

Revised 4/1994