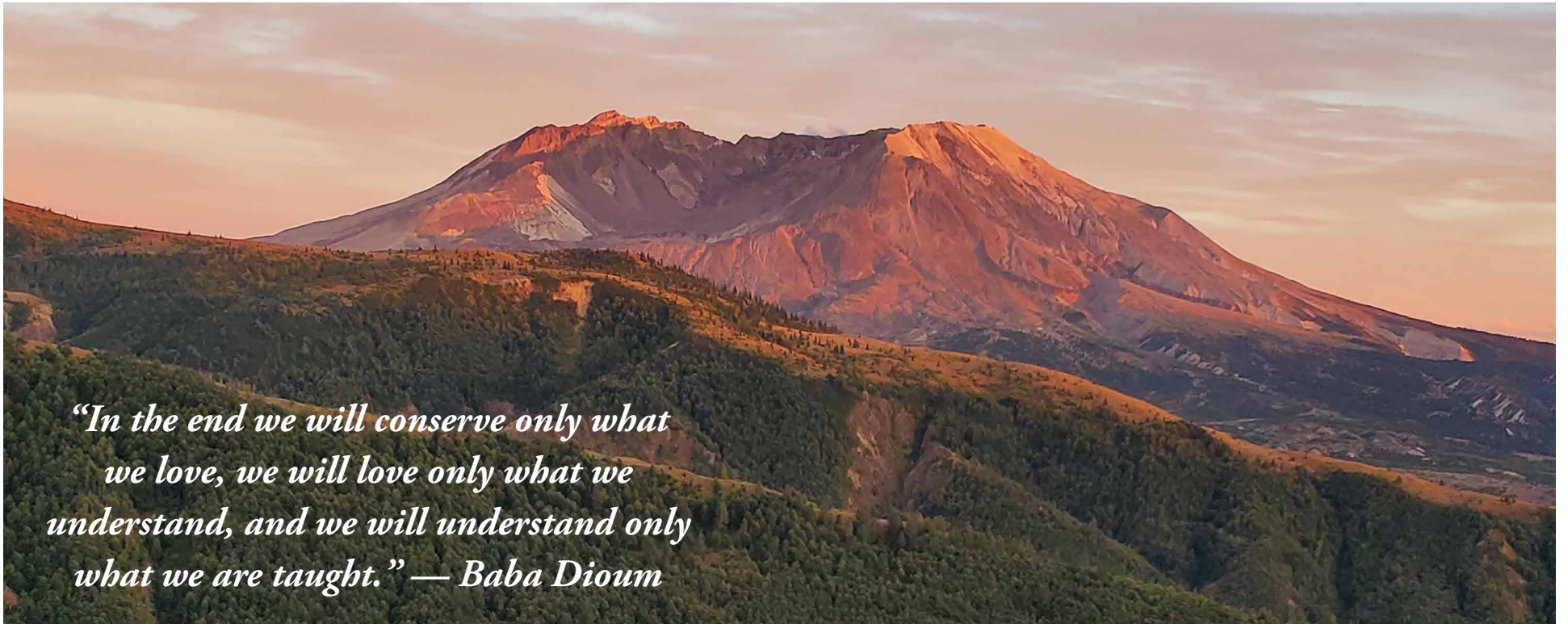


VOLCANO REVIEW

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



"In the end we will conserve only what we love, we will love only what we understand, and we will understand only what we are taught." — Baba Dioum



Photos by Lauren Wand

EXPLORE MOUNT ST. HELENS

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COVID-19 Response

Following guidance from the White House, Centers for Disease Control and Prevention, and state and local public health authorities, follow public health guidelines regarding social distancing, and mask use while you recreate in National Forests.

For tips from the CDC on preventing illnesses like the coronavirus, go to: www.cdc.gov/coronavirus/2019-ncov

Before visiting Mount St. Helens National Volcanic Monument, please check the monument website:

www.fs.usda.gov/alerts/giffordpinchot/alerts-notice

The story of Mount St Helens did not begin or end on May 18, 1980. This story has been unfolding and witnessed by humans, even before records were kept. The May 18, 1980, eruption was just one singular event in this volcano's lifetime. Reflect on this as you visit Mount St. Helens. It is a place for you to make memories and represents a place of profound importance to so many and the story of this region. It will continue to change and evolve forever.

Mount St. Helens National Volcanic Monument was set aside in 1982 for scientific research, recreation, interpretation, and public safety. It is a monument ruled by science and emotion. It memorializes the people we knew, the landscape we loved, and is one of our planet's grandest experiments.

In these days when the words "We are living in unprecedented times" have been so overused, it is hard to imagine what life will look like beyond the present. The past 43 years have revealed an important lesson for our world to understand. The lesson is, life is resilient, and is on-going. Life may not

look the same, just as the landscape around Mount St. Helens is different from before 1980. The old-growth forest that blanketed the valley floor below the mountain is gone, and the pumice plain, 600 feet above that old valley floor, is now what you see. Different plants and wildlife now call the lake and hummock paradise created after the eruption, home. Places on the south and east side of the mountain can give us glimpses of life before 1980, reminding us of Mount St. Helens stories past. All three sides of the monument tell their own stories in the landscape surrounding you. You only need to slow down, look, and imagine.

Planning a trip to Mount St Helens can leave you feeling like you are on shaky ground. Never fear! Mount St. Helens National Volcanic Monument has an expansive list of opportunities to build your adventure. Let this *Volcano Review* be your guide, leading to lifelong memories and to different experiences on all three sides of the monument and inspiring future generations.



Visit Mount St. Helens: Westside

WELCOME to Mount St. Helens

Dear Mount St. Helens Visitor,

The U.S. Forest Service is hard at work providing quality visitor experiences while managing ongoing challenges. Change and adaptation; these are daily themes at the Mount St. Helens National Volcanic Monument. As we begin the 2023 season, we anticipate more changes to take place and will continue to make improvements and adjustments where needed.

While it has been 43 years since the May 18, 1980 eruption, we continue to encounter change and accompanying challenges in this dynamic landscape. This summer you may notice some new activity within the Monument. One project currently underway is the management of the Spirit Lake infrastructure. The Gifford Pinchot National Forest, in partnership with the U.S. Army Corps of Engineers and U.S. Geological Survey, manages Spirit Lake’s 314,000-acre feet of water and outflow. The outflow consists of Spirit Lake’s 1.6-mile tunnel, intake gate, and estimated debris blockage of 2.4 billion cubic yards of sediment on the pumice plain. This management contributes to the safety and economic vitality of communities downstream of Spirit Lake, Columbia River shipping, and Interstate 5 transport. Safety enhancement activities are planned to complete the replacement of the Spirit Lake tunnel intake gate system, complete geotechnical drilling of the debris blockage, and create the required access to implement these projects. For more additional information and updates please visit: www.fs.usda.gov/goto/gp/spiritlake.

There will be some trail closures in place to help facilitate the Spirit Lake Project implementation. The Truman Trail (#207) will be closed to the public from Windy Ridge to the junction with the Abraham Trail (#216D) and Loowit Trail (216) Monday through Friday. These trails will be opened for public use from Friday afternoon to Monday morning. Please check our website: www.fs.usda.gov/goto/gp/MSH and/or our social media sites: Facebook: @GiffordPinchot and Twitter: @GPNF and @MtStHelensNVM, for alerts and updates regarding trail closure information.

The timed ticket reservation system at the Ape Cave Recreation Site has been a success in helping to manage visitor use and will remain in place this season. Visitors are required to obtain a timed reservation ticket in advance of their visit at www.recreation.gov, helping protect the delicate cave ecosystem and to provide for public safety by reducing visitor congestion in the area.

There are many chances for discovery on Mount St. Helens, and I invite you to take time to enjoy all these opportunities and create lasting memories. We are all stewards of this special place, so please remember to practice Leave No Trace principles, have courtesy and respect for land and people, and have a great time.

Thank you for visiting! — 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
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

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
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, this history-focused center offers extensive exhibits, a feature film, gift shop, ranger talks and ½ mile wetland boardwalk trail over Silver Lake. Operated by Washington state Parks, this facility provides a western view of Mount St. Helens as well as dog-friendly trails (we just ask you leash your furry friend). For information about fees and hours

please visit us online: www.parks.wa.gov/245/Mount-St-Helens or call us at 360-274-0962. Evening family-friendly campground programs available during summer weekends at Sequest State Park (across the road). Junior Ranger booklets available upon request.

Johnston Ridge Observatory

On a clear day, experience fantastic crater views with the lava dome and glacier. Learn how the landscape was reshaped by the 1980 eruption. Spend a couple of hours or most of the day hiking the Boundary Trail. Hiking maps are available at Information Desk.



Pets are allowed on the Lakes Trail and South Coldwater Trail loops at Coldwater Lake.

Passes are required at the Johnston Ridge Observatory, adjacent trails and the Coldwater Lake Recreation Area. Monument Passes can be purchased at Johnston Ridge Observatory.

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). For

additional fishing information at the lake, please visit the Washington Department of Fish and Wildlife at: wdfw.wa.gov/fishing/locations/lowland-lakes/coldwater-lake

Explore Mount St. Helens: South and Eastsides

Southside: Forest Road 83

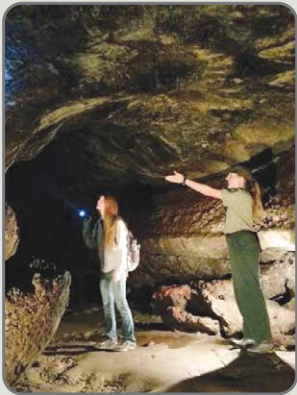
Forest Road 83 provides access to many recreation opportunities in a unique geologic environment, including ancient lava flows and stunning waterfalls.

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 constant temperature of 42 degrees F (6 degrees C). Warm clothes, sturdy shoes and at 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. May 18 through the end of October a bookstore, lantern rentals, and Rangers are available on site.

VISITING APE CAVE: Ape Cave is planning to re-open to the public May 18 if weather allows, with a timed reservation system. Timed reservation tickets are available on-line for a \$2 reservation fee at www.recreation.gov. Tickets are required to visit Ape Cave. These tickets help reduce crowding in the cave and protect the natural cave environment. Open until October 31, 2023.

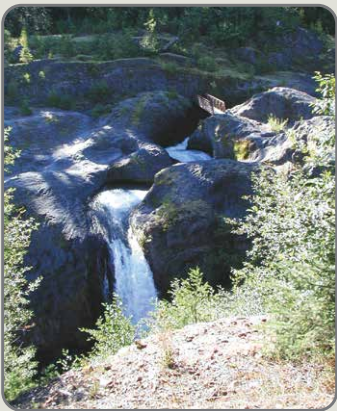


Trail of Two Forests

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 mud flow-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. Lava Canyon is a landscape of great depth and beauty, punctuated by hazards, the river is more powerful than it appears. Several hikers have died when they left the trail and slipped into the river below. **Stay on the trail at all times.** The suspension bridge across the Muddy River is closed for public safety due to fraying cables.



Lewis River Recreation Area

If you are planning a trip to visit the Lewis River Recreation Area, (including Lower Falls) you will need a parking reservation between June 15th and September 5th. These tickets and more information are available on www.recreation.gov. We hope the parking reservation system will make your time in the Lewis River Recreation Area more enjoyable.

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 and Spirit Lake Viewpoints

Experience the full impact of the 1980 lateral blast and 42 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.



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 Mount St. Helens at Norway Pass.

Closed Mon-Fri
2023 for Spirit
Lake Tunnel
Operations

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 1 and October 31 permits are \$15 per person, with a \$6 non-refundable reservation fee and must be purchased online in advance at www.recreation.gov. Tickets for each month will be released on the first day of the preceding month at 7a.m. Pacific Time. For example, April tickets are released on March 1 at 7a.m. Cancellations are available up to 7 days before the climb. The number of climbers per day are limited. April 1 - May 14: 350 climbers/day; May 15 - October 31: 110 climbers/day. 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 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.



Partnerships Are the New Normal

The mission of the the U.S. Department of Agriculture, 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.

As a partner with the United States Forest Service, Mount St. Helens Institute work includes: youth outdoor and science educational programs, classroom outreach, guided climbs, hikes, and outings with scientists and other experts, science lectures, and volunteer staffing.

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 when you see them.

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 our of 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. Schools/youth groups serving low-income and under-resourced students may apply for transportation funding and Volcano Outdoor School participation. They also offer through virtual field trips and curricula. Learn more and register online at www.mshinstitute.org/learn.

EVERY KID OUTDOORS – 4th grade students! Earn a free pass that will get you and 3 family members into national forests, national parks and other federal lands free! Please visit www.everykidoutdoors.gov for more information.

Do you want to be a Junior Ranger? Ask at our information desk for a Junior Ranger packet and see if we are offering Junior 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: www.agentsofdiscovery.com



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. Mt Whittier #214 is an unmaintained technical route, for experienced mountaineers only.

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. Permits are released in 30-day increments on the first day of the preceding month, May-October, and only available through advance online reservation at www.recreation.gov, or toll-free telephone 1-877-444-6777, TDD 1-877-TDD-6777. Permits go on sale April 1 and there is a non-refundable reservation fee of \$6.00. For backcountry updates and condition reports please visit: www.fs.usda.gov/goto/gp/mtmargaret

Increasing Our Scope

Learning from a Volcano

Mount St. Helens is a learning laboratory for all. It is a source of new scientific discoveries, a place of engineering challenges, a landscape that inspires creativity, and a region rich in culture and history. Summer family camps, day and overnight Volcano Outdoor School field trips, virtual field trips, and curricula resources for teachers give youth of all ages the opportunity to explore the landscape and make connections to their local communities. Through personalized learning experiences, youth engage in the practices of science, discover careers and are empowered to make a difference in our communities and on our public lands.

The Mount St. Helens Institute believes that *all youth* benefit from access to this natural wonder. Learn more and sign up at: www.mshinstitute.org/learn or call 360-449-7883.



Mount St. Helens Institute: Moving Mountains

The Mount St. Helens Institute advances the understanding and stewardship of the Earth through science, education, and exploration of volcanic landscapes. Their engaging youth education programs, meaningful volunteer opportunities, exciting 12-week Volcano Naturalist Program, Views & Brews speaker series, and expert-led guided adventures to connect people of all ages to this awe-inspiring landscape. Help the Mount St. Helens Institute inspire the next generation of scientists and public land stewards: donate today. The Mount St. Helens Institute is proud to operate under a special use permit from the US Forest Service and is an equal opportunity provider. Learn more at www.mshinstitute.org



Volunteer



Mount St. Helens Institute volunteers help visitors safely enjoy and learn about Mount St. Helens. Volunteers build the connection between people and place by engaging with all ages and from all over the world to ensure everyone understands and appreciates this spectacular volcanic landscape.

Volunteers serve in a variety of roles on and off the mountain. They offer guidance and information on popular trails and climbing routes, provide support at visitor centers, perform trail maintenance and increase access to our public lands, support events, and more. Have fun, explore the outdoors, share nature with others, and become a volunteer. If you see a volunteer during your visit, say hello. Learn more about current opportunities and complete a volunteer application online at www.mshinstitute.org/volunteer

The Volcano Review is produced by Discover Your Northwest in cooperation with the U.S. Forest Service – Published May 2023

Discover Your Northwest promotes the discovery of Northwest public lands, enriches the experience of visitors, and encourages stewardship of these special places today and for generations to come. We envision more residents and visitors as active stewards

who understand and care for the unique natural and cultural heritage of Northwest public lands. 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

Events at the Science and Learning Center



The Mount St. Helens Science & Learning Center at Coldwater is a multifunctional facility and campground with amazing views. Mount St. Helens Institute Outdoor School and Summer Camps are based at the Center. During the winter it is open to visitors on Saturday and Sunday from 10 AM to 4 PM. This summer the Science and Learning Center will host Base Camp Mount St. Helens – a weekend of delicious meals, self-guided activities and programs for youth and adults alike. August is the Sky & Star Party. Learn more and Camp Out: www.mshinstitute.org/explore/events/



Washington Trails Association (WTA) is a non-profit organization that advocates protection of hiking trails and wilderness, conducts trail maintenance, and promotes hiking in Washington state. www.wta.org

BE PREPARED: Always Carry the 10 Essentials for Hiking

- Navigation: Map/Compass
- Extra Food
- Headlamp/Flashlight
- Extra Water
- Sun Protection: Sunglasses/Sunscreen
- First Aid Kit
- Shelter /Tube Tent/Space Bag
- Knife
- Extra Clothes/Warm Hat
- Matches/Lighter



No vehicle fuel, no food, no cell service ahead.

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). A fee increase is expected next year. 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/visit/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, Access and Military 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.

Practice Pack It In, Pack It Out guidelines. Bring your own drinking water, hand sanitizer, toilet paper and trash bag.

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 allowed on the Lakes Trail and South Coldwater Trail loops at Coldwater Lake. **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.



Bag your pet's waste
Always leash your pet
Respect wildlife
Know where you can go

CAUTION: NO GAS
There is no fuel for vehicles at Mount St. Helens. The City of Castle Rock, WA has the only fuel on State Route 504. Please make sure you have enough fuel to complete the 104-mile round-trip.



Drone Use on the Monument

There are rules of the sky when operating a drone within Mount St. Helens National Volcanic Monument.

Drone use is prohibited in certain areas on the Monument including: - Closure Area #1, Closure Area #2 and Closure Area #3. Highlighted in yellow on map.









General FAA rules regarding drone use include:

- Individual must have a remote pilot certificate with a small UAS rating issued
- The maximum allowable altitude is 400 feet above the ground, higher if your drone remains within 400 feet of a structure.
- Always avoid manned aircraft.
- No Person may operate a small unmanned aircraft so close to another aircraft as to create a collision hazard.
- Never operate in a careless or reckless manner.
- Do not disturb wildlife.
- Keep your drone within sight.
- Remember: minimum weather visibility is three miles from your control station.



NO DRONE ZONE



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.



MOUNT ST. HELENS NATIONAL VOLCANIC MONUMENT



Know the Rules

Disturbing or removing natural features is prohibited in all areas.

Restricted Area #1

- Closed to ALL public entry.

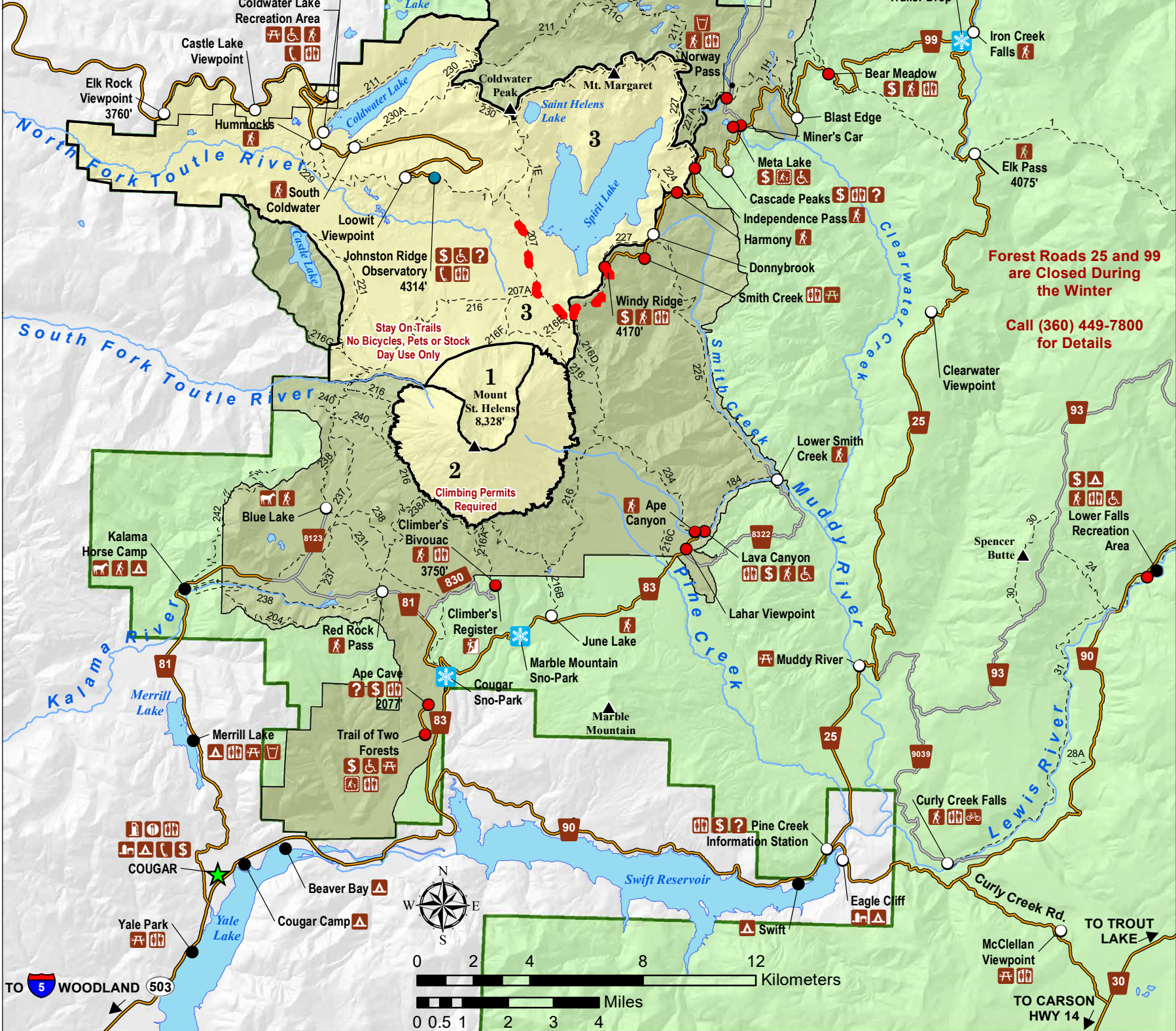
Restricted Area #2

- Climbing permit required above 4,800 feet.

Restricted Area #3

- Day use ONLY.
- Off trail travel prohibited
- Pets, bicycles, horses and motorized use are prohibited. (Bikes OK on 230A to 230, east on 230 to #1, north and east on #1 to Norway Pass
- Camping and fires are prohibited.

← To **5**
Castle Rock



Gifford Pinchot NF

- Admin Boundary
- Mount St. Helens NVM
- Restricted Area
- Campground with Fee
- No Fees Required
- Recreation Day Pass Required
- Monument Pass Required
- Snowpark

Transportation

- Paved Roads
- Gravel Roads
- Dirt Roads
- Trails

Hydrography

- Major Rivers
- Major Waterbodies

Recreation

- Information
- Passes Sold
- Barrier Free
- Campground
- Trail Access
- Picnic Area
- Interpretive Trail
- Telephone

- Restrooms
- Water
- Food
- Horse Area

- Fuel
- Gift Shop
- General Store

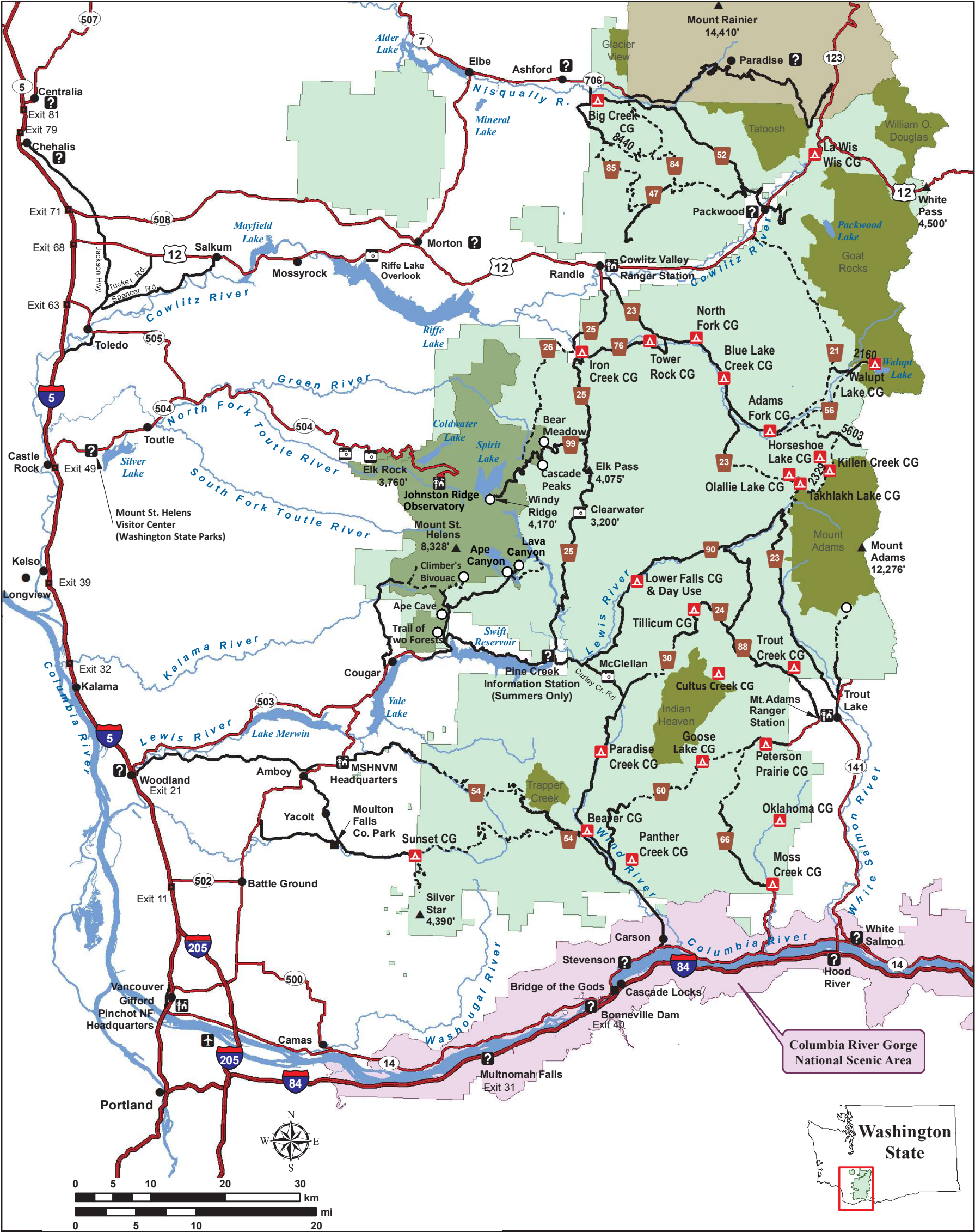
This map is intended for general reference and is approximate in general proportions.

Elevations are in feet

For Road and Recreation Conditions Report, go to this link:
<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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- 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

