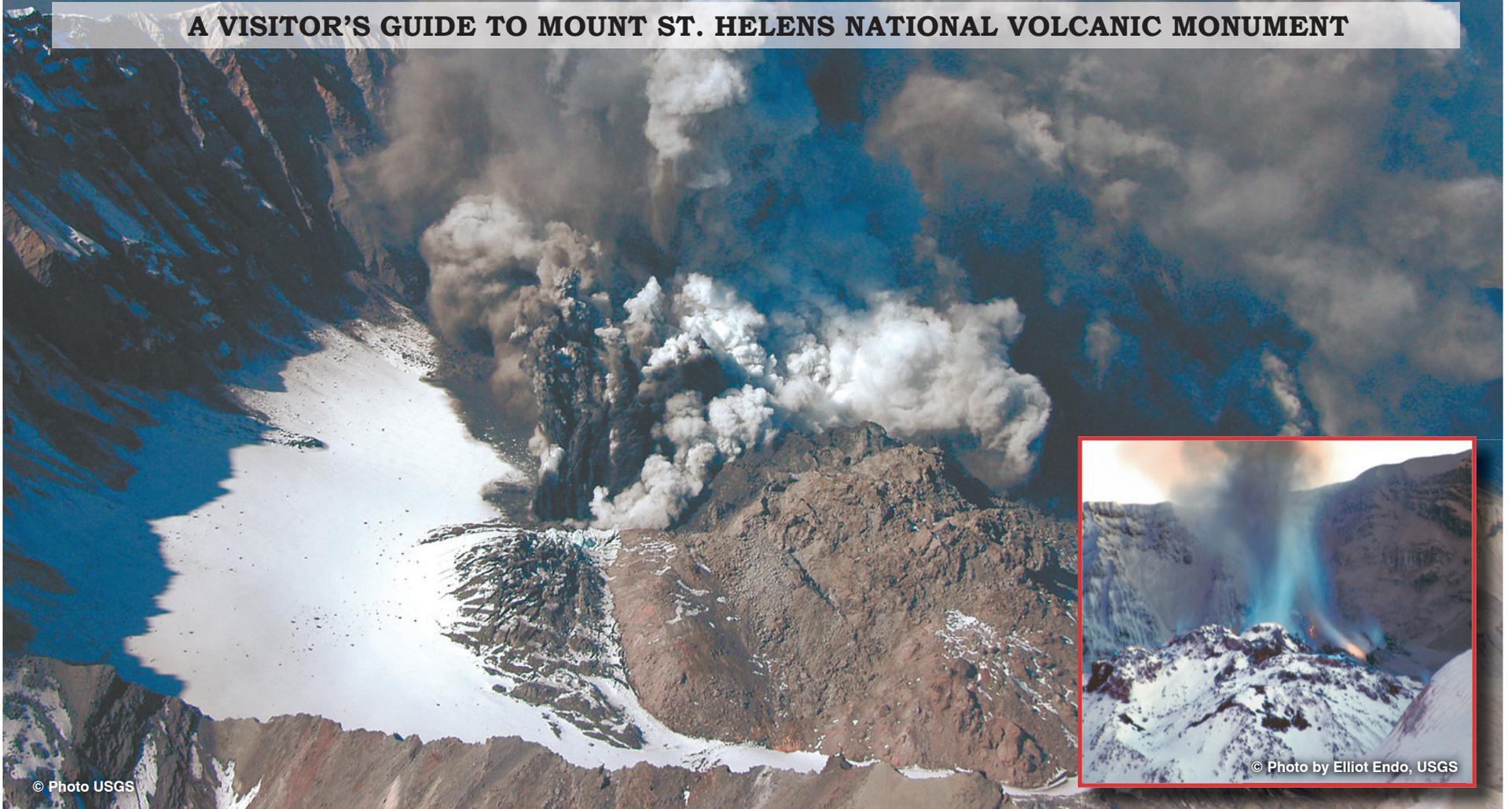


VOLCANO REVIEW

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



© Photo USGS

© Photo by Elliot Endo, USGS



Key Partners
and Volunteer
Opportunities
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the Monument?
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Planning
Your Visit
... see page 4

Westside: State Route 504
Visitor Centers see page 5
Eastside:
Forest Road 99. see page 6
Southside:
Forest Road 83. see page 6

Online Information:

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

Mount St. Helens' Long-Term Cycle of Destruction and Renewal

This year offers an excellent opportunity to reflect on Mount St. Helens' continuing story: its fiery past, amazing return of life and eruptive future. This fall will mark the 10th anniversary of Mount St. Helens' dramatic 2004 reawakening. In September/October of 2004, after an 18-year period of quiescence, the volcano rumbled to life producing thousands of earthquakes and small steam and ash eruptions that captured the attention of thousands of visitors and millions of TV viewers around the world. The three and one-half year-long eruption piled up millions of cubic yards of lava in a 1,300 foot tall lava dome.

As you explore the different sides of the Monument you will encounter dramatic volcanic features that are slowly being reshaped by the forces of gravity, wind and water. While much attention has been paid to all events volcanic, it's hard to miss the non-stop eruption of life that's been underway at the volcano. Take a moment to stop and experience a landscape bursting with wildflowers and teeming with life.

Over the past three decades, the blast-shattered forests north of the volcano have developed into one of the most diverse and productive ecosystems in the Pacific Northwest. We hope you enjoy your visit, please take care, stay on the trail, and help us to protect one of nature's youngest and most dynamic laboratories and classrooms.

Next May, the Monument will commemorate the 35th anniversary of the 1980 eruption and scientists will return to re-measure long-term research studies around the volcano. Each year, we gain additional insight into the processes underlying Mount St. Helens' eruptions and the influence that large-scale disturbances like eruptions have had on ecosystems around the volcano. We hope that you will return again and again to make your own observations in this continually changing landscape.

2004 Eruption Facts

October 2004 – Eruptive activity resumes with more than 1,000 small earthquakes per day and the first steam and ash eruptions in 18 years. A new lava dome rises from the crater floor and grows continuously at a rate of more than a dump truck load of lava per second.

2004 to 2008 – The quiet extrusion of mostly gas-free, semi-solid lava continues until the eruption pauses in February 2008. During the three-year-long eruption, a total of 92 million cubic meters (121 million cubic yards, or 36,800 Olympic swimming pools) of lava is erupted onto the crater floor. This fills the south crater with a 1,300 tall pile of fragmented rock (taller than the Empire State Building). Together the 1980–86 lava dome and the 2004–2008 domes have replaced about 7% of the volume lost in the 1980 eruption.



U.S. Forest Service



Gifford Pinchot National Forest

for the greatest good

Key Partners and Volunteer Opportunities

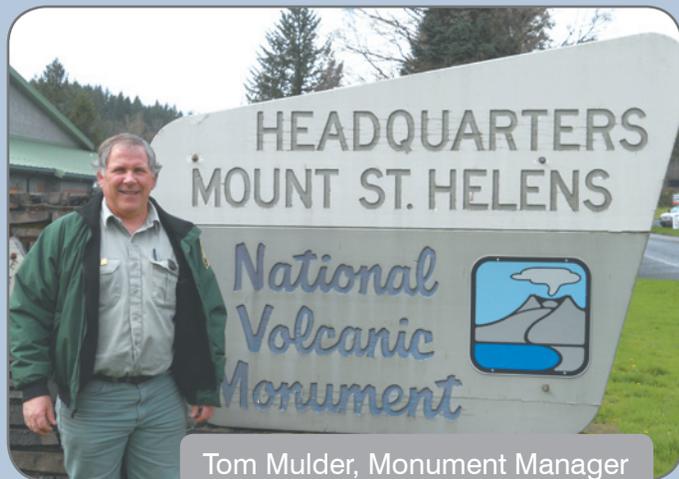
WELCOME to Mount St. Helens

Mount St. Helens is a special place to contemplate the forces that shape our planet and its amazing time-scale. This October will mark the 10th anniversary of the volcano's dramatic 2004 reawakening and start of a three-year-long eruption that built a 1,000 foot tall lava dome in the crater. Next spring we will commemorate the 35th anniversary of the May 18, 1980 eruption. As we remember the catastrophic events and all that was lost, we can't help but be amazed at the pace of returning life and astounding rebirth that has occurred since 1980.

As we witness the volcano's amazing transformation, we continue to focus on preserving this special place and providing quality visitor services and programs. This year we are constructing a new Cascade Peaks Information Station along the road to Windy Ridge that will serve as a hub for guided north side climbs and interpretive programs on the east side of the monument. As with everything we do, our partners and volunteers will be a big part of this effort.

We invite you to join us for a day, a weekend or a summer-long volunteer experience. We guarantee that you'll make new friends and leave with an enhanced appreciation of this special place. With the help of our dedicated non-profit partners and volunteers, we will strive to make your visit both memorable and enjoyable.

Tom Mulder
Monument Manager



Tom Mulder, Monument Manager

Pine Creek Information Station

The Forest Service and local partners identified a need for enhanced visitor services on the Southside of Mount St. Helens. Members of the surrounding communities, local organizations and the Gifford Pinchot National Forest formed an innovative partnership that reopened the Pine Creek Information Station in May 2009. Serving over 18,000 visitors a year between Memorial Day and Labor Day, the Pine Creek Information Station provides informational and interpretive services, restrooms, a bookstore selling Interagency and Northwest Forest passes, and is a hub of safety and communications for the surrounding area. Many thanks to Discover Your Northwest, Skamania County Chamber of Commerce, Swift Community Action Team (SCAT), the Mount St. Helens Institute, Skamania County, Cougar Area Trail Seekers (C.A.T.S.), North Country EMS, Skamania County Fire District 6 and the Skamania County Sheriff's Office for their dedication and commitment to keep the Pine Creek Information Station open and functioning.

The Volcano Review is produced by Discover Your Northwest in cooperation with the U.S. Forest Service – Published May 2014

DYNW is a not-for-profit organization that operates bookstores at parks and forests throughout the Pacific Northwest. Proceeds are used to fund interpretive programs, this newspaper and much, much more. To order books, videos, posters and other educational materials visit www.discovernw.org or contact:



Discover Your Northwest
10600 NE 51st Circle
Vancouver, WA 98682

Phone: (360) 891-5214
FAX: (360) 891-5195

Help Us Share the Wonder of Mount St. Helens



The Mount St. Helens Institute (MSHI) is a not-for-profit partner of the Mount St. Helens National Volcanic Monument. We help provide science education, conservation and recreation activities. Come explore the volcano with us! We offer field seminars, inspiring hikes, guided climbs, evening lectures and other events aimed at deepening your understanding of the Pacific Northwest's natural processes and its cultural past. We also offer a variety of volunteer opportunities. Join us as a volunteer for a day, a weekend work party to improve trails or wildlife habitat or for an exciting summer-long volunteer experience.



MSHI Volunteer Johnstone Ridge Observatory.

Your Help is Needed to Raise Funds to Support Scientific Research, and Maintain and Enhance Exhibits at the Mount St. Helens National Volcanic Monument

MSHI raises funds to help support scientific research and to share information with the public. We assist with creation, maintenance and enhancement of new exhibits at Johnston Ridge Observatory and other Monument sites. We need your financial help to do our work!

Join us and become a Member today!

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



— Other Key Partners —



www.bchwo.org



www.wta.org



nw-trail.org



What's New on the Monument?

Mount Margaret Backcountry Camping Permits Move to an Online Reservation System

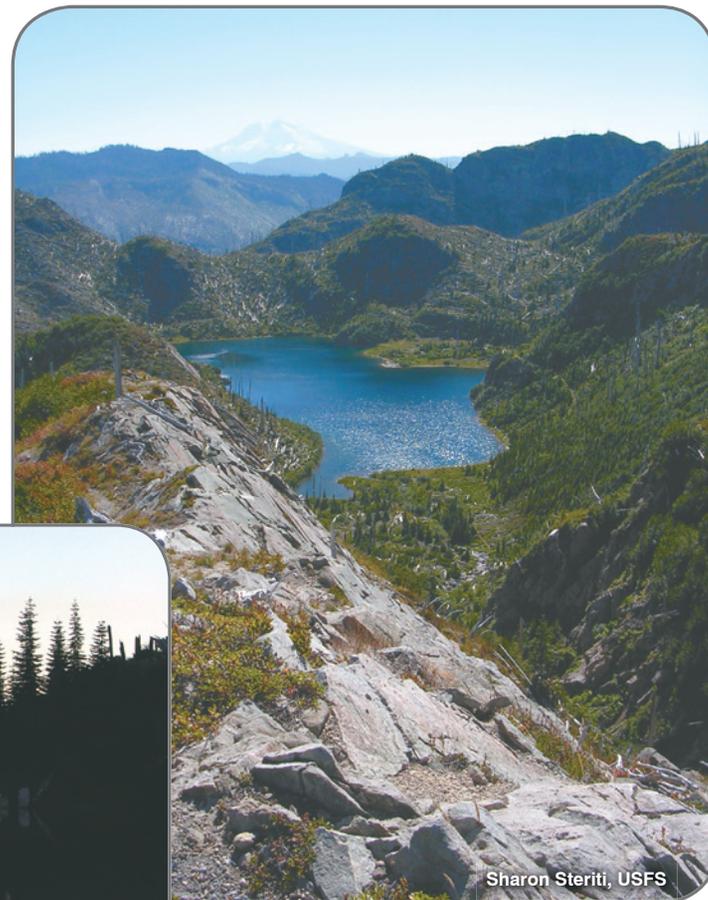
New in 2014, visitors to the Mount St. Helens National Volcanic Monument will have the opportunity to utilize an online reservation system for overnight camping in the Mount Margaret Backcountry. Following the national direction in President Obama's "Recreation One Stop Initiative", Mount St. Helens National Volcanic Monument moved from a mail-in and walk-up reservation system to an online reservation format available through the National Recreation Reservation Service (NRRS).

In 1999, the Mount Margaret Backcountry was open to the public via a permit reservation system. A required backcountry permit is part of the Monuments plan to protect the ecological and cultural resources in this unique and special landscape.

Mount St. Helens National Volcanic Monument Manager Tom Mulder, states "I know this will be an adjustment for people but the new reservation system will provide a more efficient and equitable opportunity for backpackers to obtain permits for the Mount Margaret Backcountry. We will be providing assistance to out of town visitors and will be available to help folks through this transition; additionally it will allow us to focus our efforts in providing quality goods and services for forest visitors."

NRRS will charge a non-refundable reservation fee of \$6.00 per reservation. The online reservation system will be available 24 hours a day, 7 days a week, which will allow users to check for cancellations at any time and or make changes to their initial reservation (adding people or a day) before the permit dates. The public will also have access to a well-informed call center and Forest personnel if they need assistance with the website or do not have access to a computer. Reservations can be made through the Internet at **Recreation.gov** or by TOLL FREE telephone (1-877-444-6777) or TDD (1-877-TDD-6777).

Trails in the Mount Margaret Backcountry climb over 2,000 feet in elevation and may be snowed covered until mid-summer. Eight designated campsites are available at four ridge top locations, some with crater and backcountry lake views. Campsites are limited to four people per reservation. For current updates and information visit: www.fs.usda.gov/goto/backcountry.



(above) Panhandle Lake from the Lakes Trail.
(left) Sunrise at Snow Lake.

Volcano Naturalist Program

The Mount St. Helens National Volcanic Monument and Mount St. Helens Institute Volcano Naturalist Program success continues with



its full second season. The Volcano Naturalist Program provides participants with 60 hours of in-depth instruction on the geology, biology, and history of Mount St. Helens in exchange for 60 hours of volunteer service. The class of 2014 is composed of 20 motivated participants who are eager to share what they've learned with Mount St. Helens visitors. "The Monument and Institute have a great corps of volunteers who help us serve the public," said Monument Manager Tom Mulder. "We're happy to have another new group of highly trained volunteers joining our team. They'll make a great contribution to the volunteer program."

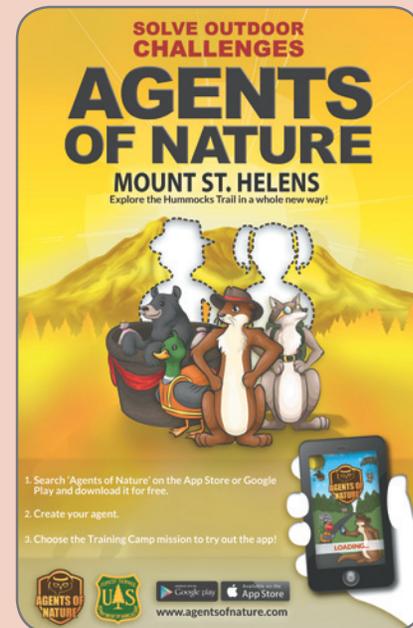
Look for Volcano Naturalists at visitor and information centers, out on the trails, in your community, and up on the mountain. They'll be putting their new knowledge to work answering questions, providing assistance, and sharing the story of this amazing mountain. Contact the Mount St. Helens Institute (www.mshinstitute.org) for information on how to participate in 2015.

New Opportunities for Hummocks Hikers

New learning opportunities will appear on the Hummocks Trail in 2014. They include a new self-guided trail guide and a learning app. Hummocks hikers can pick up an illustrated, self-guided trail pamphlet for a \$1 donation at the trailhead. Developed by the US Forest Service in partnership with the Mount St. Helens Institute, the trail guide explains some of unique features of the hummocks area (guides are also available for the Harmony and Meta Lake trails). Also new on the Hummocks Trail in 2014 is an app created in partnership with Get-To-Know.org, which provides kids with an interactive trail experience (search for "agents of nature"; free download).

We also welcome the designation of the Hummocks and the Winds of Change Trails, as Phenology Trails. In partnership with the National Phenology Network and the Mount St. Helens Institute hikers interested in contributing to science are invited to record information on seasonal life cycle events (e.g., leaf out, flower phase) for species marked along the trails and share the data with scientists studying the biology of the area. Information is available at the trailheads.

The Hummocks Trail, located off of State Highway 504 south of Coldwater Lake, is the perfect location to experience the volcanic landscape, and witness the rebirth of an entire ecosystem up close. This 2.5 mile, family-friendly loop trail winds over and between piles of volcanic and landslide deposits (called hummocks), giving hikers views of a new forest, ponds, and wetlands that are nourishing new life at Mount St. Helens, while also providing outstanding views of the volcano and Toutle River Valley. The Winds of Change Trail is located at the Science and Learning Center at Coldwater. This 0.4 mile hike also provides interpretive signs that explain the effects of the 1980 lateral blast on plant and animals and the return of life to the hummocks.



Plan Your Visit and Help Protect the Monument



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

Climbing Mount St. Helens

Climbing permits are required for travel above 4,800 feet (tree line) year round. Between April 1 and October 31, a fee of \$22 is charged for each permit. Starting February 1st, permits are sold in advance, online, through the Mount St. Helens Institute at www.mshinstitute.org, on a first-come-first-served basis. Climbers should be aware that in rare instances rock and ash from small explosive eruptions can reach the crater rim.

Visit the climbing website for detailed information about volcanic hazards, safety equipment and how to purchase a climbing permit on-line:

www.fs.usda.gov/goto/climbingmsh.



Your Fees Help Support the Monument

Interpretive services and facilities on the Westside of Mount St. Helens are supported by your purchase of a Monument Pass. Passes are \$8 per adult (youth 15 and younger are free). Passes are required at the Johnston Ridge Observatory, adjacent trails and at the Coldwater Lake Recreation Area. Monument Passes can be purchased at Johnston Ridge Observatory and at the Science and Learning Center at Coldwater. 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/goto/msh/monumentpass
- www.fs.usda.gov/goto/msh/passespermits

Purchase Your Interagency Annual Pass at Mount St. Helens and Help Support Your National Volcanic Monument

Fees from pass sales are used to provide the services and facilities that you enjoy during your visit. An Interagency Annual Pass is available for \$80. At per person fee sites it allows the pass holder and up to three additional visitors. Interagency Annual, Senior, and Access passes are available at Monument and Forest Service offices. The passes are honored nationwide at Forest Service, National Park Service, BLM, Bureau of Reclamation, and US Fish & Wildlife Service sites charging entrance or standard amenity fees. Information about the interagency annual pass program is available at:

- www.fs.fed.us/passespermits/rec-fee.shtml

Berries, Mushrooms and other Special Forest Products

Edible berries, mushrooms, firewood, bear grass and other vegetative resources are termed Special Forest Products. To allow natural recovery and ecological processes, Special Forest Products may not be removed from within the legislated boundary of the Mount St. Helens National Volcanic Monument. Check with your nearest Forest Service office for permits and locations in the surrounding national forest where Special Forest Products may be removed.

Contact Information

Emergency (Police, Medical, and Fire) Dial 911

Forest Service Offices

Mount St. Helens National Volcanic Monument (360) 449-7800 and District (Amboy) www.fs.usda.gov/mountsthelens

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

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

Cowlitz Valley Ranger Station (Randle)(360) 497-1100

Gifford Pinchot National Forest Headquarters ... (360) 891-5000 (Vancouver) www.fs.usda.gov/giffordpinchot

Mt. Adams Ranger Station (Trout Lake)(509) 395-3400

Other Resources

Mount St. Helens Visitor Center at Silver Lake... (360) 274-0962 <http://parks.wa.gov/stewardship/mountsthelens/>

Climber's Register (at Lone Fir Resort, Cougar)... (360) 238-5210

National Recreation Reservations..... (877) 444-6777 (Federal Campgrounds) www.recreation.gov

PacifiCorp (503) 813-6666
• campgrounds at reservoirs south of Mount St. Helens (see Recreation, Washington) www.pacificorp.com

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

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

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

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

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

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

Lewis County Tourism (360) 740-1192 www.lewiscountywa.gov/visitors/outdoor-activities

Help Protect Mount St. Helens

In 1982, Congress established the 110,300 acre Mount St. Helens National Volcanic Monument to provide for scientific research, education and recreation.

- Stay on paved areas and designated hiking trails.
- Do not disturb or remove any natural feature.
- Do not feed the animals.
- Keep pets on a leash and in designated pet areas.

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

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

Explore the Three Sides of Mount St. Helens: Westside

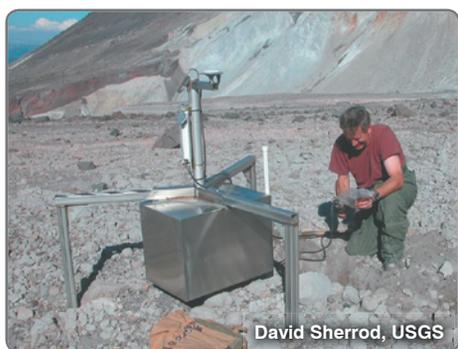
The Mount St. Helens Science and Learning Center at Coldwater



The educational vision of the Science and Learning Center at Coldwater is well under way and we welcome you to come and experience the changes taking place. This year we are excited to announce that we have a new program, “Monitoring Volcanoes:

The Spider.” Participating groups will be able to experience and test some of the new technology currently being used to monitor volcanos around the world. The spider instrument was first developed by the United States Geological Society during the 2004 eruption at Mount St. Helens.

Swing by and check out the hands-on education and guided inquiry opportunities available at the Science and Learning Center. Sign up your school or group for an unforgettable experience, even spend the night museum-after-hours style. For more information please contact Grace Schmidt, Science and Education Coordinator, at (360) 274-2114 or gschmidt@mshinstitute.org.



David Sherrod, USGS
Deploying spider volcano-monitoring equipment in the crater of Mount St. Helens, Washington.

School Groups

Teachers, registration for field trips is online, easy and is required! Our website will help prepare you and your students for your visit to Mount St. Helens. You will find online registration forms, suggested itineraries, downloadable lesson plans and descriptions of ranger-led programs. Also included are descriptions of our sites, driving times, maps and directions. www.fs.usda.gov/goto/teacherscorner.



J. Voelker, USGS

WESTSIDE TRAILS (State Route 504)	Round Trip	Elevation Change	Description
Birth of a Lake Trail #246 (Easy) SR504, Trailhead is located at Coldwater Lake Picnic Area.	0.6 miles	2490 feet to 2475 feet	Paved trail explores 1980 landslide deposit and developing life in a lake that was dammed-up by the 1980 eruption.
Eruption Trail #201 (Easy) Trailhead is located at Johnston Ridge Observatory viewing plaza.	1 mile	4200 feet to 4300 feet	Paved trail explores 1980 eruption impact on ridge. View shattered trees and amazing crater and valley views.
Hummocks Trail #229 (More Difficult) SR504, Trailhead is 1/8 mile south of turnoff to Coldwater Lake.	2.4 mile loop	2520 feet to 2400 feet	View hill-sized chunks of shattered volcano, ponds and river-carved canyon on 1980 landslide deposit.
Lakes Trail #211 to Coldwater Trail #230 (Most Difficult) SR504, Trailhead is located at Coldwater Lake Boat Launch.	9.0 miles	2700 feet to 5200 feet	Explore blowdown and developing forest. At 4 miles, end of lake makes a good turn around point. Continue 1/2 mile to junction with Coldwater Trail 230.

Westside: State Route 504

Mount St. Helens Visitor Center at Silver Lake



T. Lynch

Located five miles east of Interstate 5, the center offers exhibits on the 1980 eruption and area history, ranger talks, walk-through model volcano, movie, bookstore and wetland boardwalk trail. The center is operated year round by Washington State Parks and has a \$5 per adult, \$2.50 per youth (7-17 years) (0-6 years old are free), and \$15 per family (2 adults plus children 7-17 years old) admission fee. Open daily 9:00 a.m. to 5:00 p.m., from May 16 to September 15. Call ahead for winter hours (360) 274-0962.

Johnston Ridge Observatory

View the lava dome and growing glacier from a visitor center overlooking the crater and learn how the landscape was reshaped by the 1980 eruption. The center offers: live seismographs, geologic exhibits, two 16-minute award-winning movies, ranger-talks, and bookstore. Open from 10:00 a.m. to 6:00 p.m.; mid-May through October (closed in winter). Pets are not allowed at viewpoints or on trails. A Monument Pass (wrist band) or valid Recreation Pass is required and available here.



Coldwater Lake Recreation Area



Visit a lake that was formed when water backed up behind a natural dam created by a massive landslide during the 1980 eruption. Coldwater Lake offers restrooms, public telephone, picnic area, paved interpretive trail and boat launch (electric motors only). Fishing requires a WA state license. Access is via small boat, float tube, and at two designated water access points along the Lakes Trail.

Take Care of Your Pet and Help Protect the Monument

To protect plant and animal life and provide for visitor safety, pets are prohibited at all recreation sites and trails within the Monument’s restricted area (see yellow shaded section of map on page 7). Pets are permitted only in designated pet areas and must be on a leash. Lack of shade and summer heat can endanger pets left in cars. For the safety and comfort of your pet, please arrange to leave your pet at home. Contact any Forest Service office for information on where it is safe and legal to bring your pet.

Explore the Three Sides of Mount St. Helens: Southside and Eastside

Southside: Forest Road 83

Lava Canyon, Trail of Two Forests and Ape Cave

The Southside of Mount St. Helens provides many recreational opportunities in a unique geologic environment, including ancient lava flows and fabulous waterfalls. The Lava Canyon Trail explores



Lava Canyon Trail

an area scoured by mudflows during the May 18th, 1980 eruption. The trail begins as a paved, barrier free trail and quickly changes to a more challenging trail, including a 1.4 mile loop with an exhilarating suspension bridge. **DANGER** – Stay on this trail. Lava Canyon has steep drops and big waterfalls. People that have left the trail have been swept over the falls to their deaths.

For an exciting step back in time, take a stroll along the Trail of Two Forests boardwalk. This short interpretive trail is one-of-a-kind, with casts of old-growth trees devoured by lava 1,900 years ago. If you are feeling adventurous you may want to try the “crawl”.

Ape Cave, the third longest lava tube in North America, provides moderate to difficult terrain. Visitors to the cave need to be prepared for constant 42 degree F temperature, pitch black conditions, and uneven and sometimes slippery surfaces. Two light sources per person, warm clothes and sturdy shoes are essential. From late June until early September, a bookstore, lantern rentals and Ranger-guided cave tours are available. Heavy use of the cave, during the peak hours of 11am to 3pm on weekend days, creates a less than desired experience and parking issues. Plan your visit around these peak-use times and days for a more positive cave experience.

HELP KEEP APE CAVE OPEN TO THE PUBLIC!

White-Nose Syndrome (WNS), named because of the telltale white fungal growth on the nose, ears and wing membranes of affected bats, is responsible for the most dramatic decline of North America wildlife in 100 years. Affected bats are frequently waking up and flying around when they should be hibernating, using up vital fat reserves they rely on for winter survival. Discovered in New York in 2006, WNS has spread throughout eastern and central U.S. and Canada leading to the deaths of over seven million bats. According to Science Magazine’s Policy Forum, insect-eating bats save the U.S. agricultural industry at least \$3 billion a year in pest-control services. Land managers have been forced to close access to thousands of public caves. If we don’t stop the spread, caves in the West may soon follow. **YOU CAN HELP STOP THE SPREAD!** Although humans aren’t susceptible, we can potentially spread the fungus between caves. It is suspected that a caver unintentionally transported the fungus from a European cave to a cave in New York State, and it has spread from there. To minimize the potential that **YOU** will spread the fungus to Western caves, do not bring ANY item (gear, clothing, boots, etc.) that has been used in caves or mines outside Washington or Oregon into any of the caves or mines in these states.



For the latest information on this disease and equipment decontamination procedures visit the U.S. Fish and Wildlife Service website: www.whitenosesyndrome.org.

SOUTHSIDE TRAILS (Forest Road 83)	Round Trip	Elevation Change	Description
Trail of Two Forests #233 (Easy) Forest Road 8303, ½ mile E of Ape Cave.	0.25 mile	1860 feet to 1885 feet	Boardwalk guides you across 1,900 year old lava flow and tree casts that record an ancient forest consumed by lava.
June Lake Trail #216B (More Difficult) Forest Road 83, trailhead is 7 miles north of junction with Forest Road 90.	3.2 miles	2700 feet to 3400 feet	Trail climbs along rushing stream before reaching lake nestled between basalt cliff and 1,900 year old lava flow. Lake offers ideal lunch stop before continuing ¼ mile to junction with Loowit Trail 216.

Eastside: Forest Road 99

Blown-down Forest and Spirit Lake Viewpoints

Experience the full impact of the 1980 lateral blast and 33 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 that is slowly sinking to the bottom of the lake. Vistas, trails, lakes, wildlife and the amazing power of nature abound. Rangers provide Eruption Talks at Windy Ridge and other viewpoints during July and August. A valid Recreation Pass is required for each vehicle; see page 7 for purchase locations.



Sharon Steriti, USFS

EASTSIDE TRAILS (Forest Road 99)	Round Trip	Elevation Change	Description
Meta Lake Trail #210 (Easy) Forest Road 99, 0.1 miles west of junction of Road 99 with Road 26.	0.6 mile	3620 feet to 3640 feet	Paved trail explores blowdown forest and sparkling lake. View forest that survived eruption under thick snowpack.
Windy Ridge Sand Ladder (More Difficult) North end of the Windy Ridge Viewpoint Parking Lot.	0.5 mile	4070 feet to 4270 feet	Climb 368 steps to hilltop view of Spirit Lake and crater. Use caution as loose pumice can make for unstable footing.
Harmony Trail #224 (Most Difficult) Forest Road 99, 2½ miles north of Windy Ridge Viewpoint. Off-trail travel, pets and bikes are prohibited.	2 miles	4100 feet to 3400 feet	Trail descends steeply to Spirit Lake (this is only trail to shoreline). View the effects of lateral blast and “tidal” wave formed as landslide slammed into lake.
Truman Trail #207 and Willow Springs Trail #207A (Most Difficult) Forest Road 99, trailhead at south end of Windy Ridge parking lot. Off-trail travel, pets and bicycles prohibited.	11 miles	4200 feet to 3600 feet	Trail follows old road into Spirit Lake basin. Wooden posts mark path across boulder-filled floodplain. Willow Springs Trail (0.8 mile) connects with Loowit Trail 216 and other loop opportunities.
Boundary Trail #1 to Norway Pass (Most Difficult) Norway Pass trailhead, Forest Road 26. 1 mile north of 99/26 road jct.	4 miles	3700 feet to 4400 feet	Trail climbs out of green river valley, with views of Mt Adams to the east, Mt Rainier to the north and spectacular view of Spirit Lake and Mt St. Helens at Norway Pass.

Campgrounds	# sites	\$ Fee	⚖️	♿️	🏠	🐟	🏕️	🏞️	🚐	🗑️
Highway 503 & FR 90										
Cresap Bay *	73	yes for all sites	20	•	•	•	•	•	•	•
Cougar	60		•	•	•	•	•	•	•	
Beaver Bay *	78		5	•	•	•	•	•	•	
Swift	93		6	•	•	•	•	•	•	
Lower Falls	42		4	•	•	•	•	•	•	
Lewis River Horse Camp	9		•	•	•	•	•	•	•	
Forest Road 81										
Kalama Horse Camp	17	yes	2	•	•	•	•	•	•	
Merrill Lake	7	yes	6	•	•	•	•	•	•	
Forest Road 25										
Iron Creek **	98	yes	12	•	•	•	•	•	•	
Forest Road 23										
Tower Rock **	22	yes		•	•	•	•	•	•	
State Route 504										
Sequest State Park***	90	yes	many	•	•	•	•	•	•	

* Reservations are required: Call (503) 813-6666. ** Reservations are accepted: Call (877) 444-6777.
*** Reservations are accepted: Call (888) 226-7688.



Mount St. Helens National Volcanic Monument



for the greatest good

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 is prohibited.
 - Pets, bicycles and horses are prohibited. (Bikes OK on 230A to 230, east to 1, north and east to Norway Pass Trailhead only.)
 - Camping and fires are prohibited.



Gifford Pinchot NF Admin Boundary Mount St. Helens NVM Restricted Area No Fees Required Recreation Day Pass Required Monument Pass Required Campground with Fee	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 Emergency Call Box	<p><i>This map is intended for general reference and is approximate in general proportions.</i></p> <p>Elevations are in feet</p>
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For Road and Recreation Conditions Report, go to this link: <http://www.fs.usda.gov/recmain/giffordpinchot/recreation#cond> or call 360-449-7800

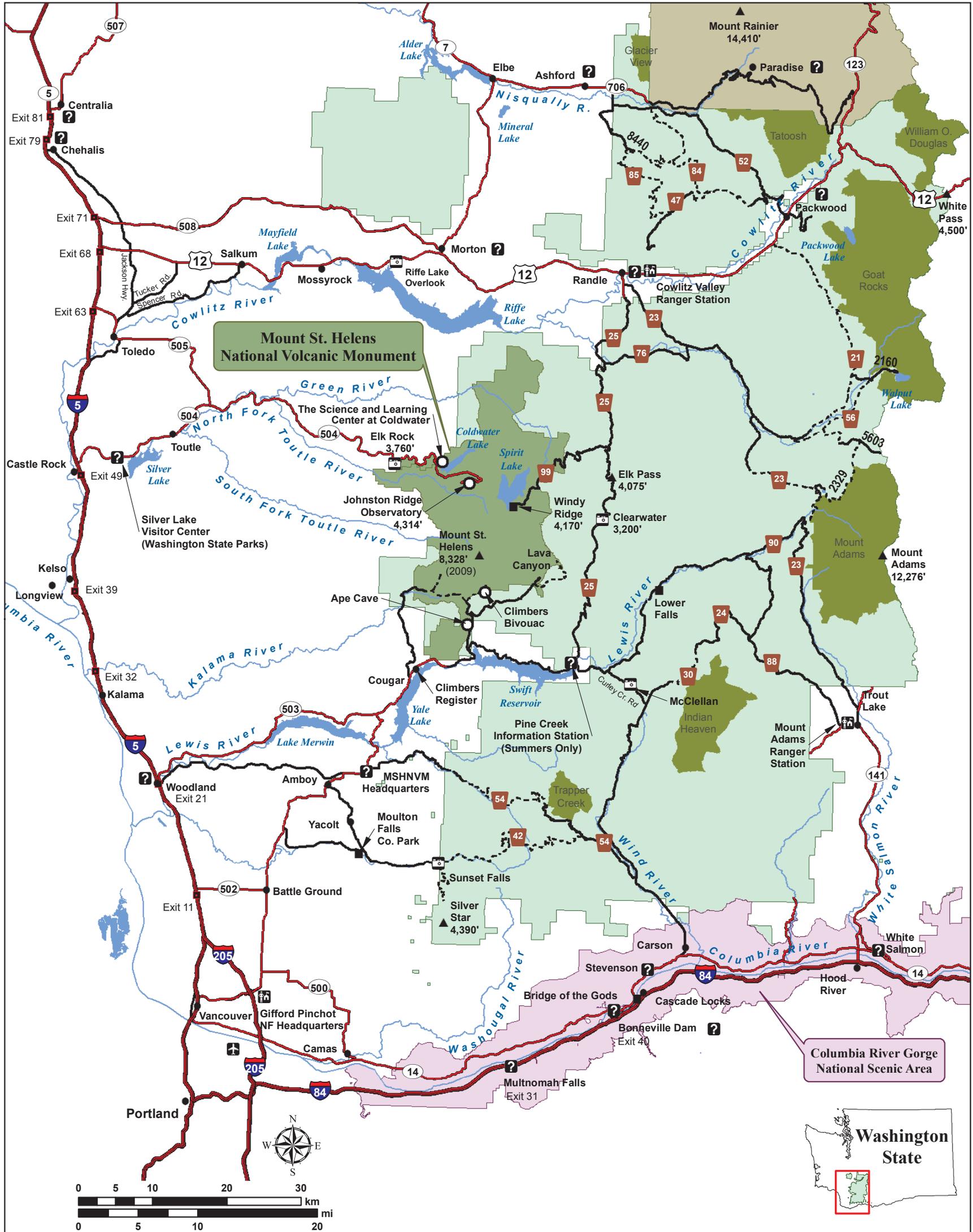
Printed June 2012



Gifford Pinchot National Forest Vicinity



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For more information, visit our websites at:

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

or call (360) 891-5000

USDA Forest Service is an equal opportunity provider and employer.

Gifford Pinchot NF

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

Landmarks

- Locale
- Summit
- City, Town, Community
- Airport

Transportation

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

Hydrography

- Lakes and River Areas
- Rivers

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:
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