

VOLCANO REVIEW

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



© Photo by Jim Shoemaker

Welcome to Mount St. Helens National Volcanic Monument

The Monument offers a wide range of experiences for visitors to enjoy on three sides of the mountain: West, South and East. The Westside is accessed by the Spirit Lake Memorial Highway (State Route 504) from Castle Rock at Interstate 5. This 52-mile journey offers views of the massive 1980 North Fork Toutle River landslide and mudflow that buried the previous highway and valley. Visit the world renowned Johnston Ridge Observatory and enjoy awe-inspiring crater views (weather permitting), award-winning films, interactive displays and ranger-led activities.

The Southside, accessed via State Route 503 from Woodland, offers exciting explorations including volcano climbing, mountain biking and caving. From the town of Cougar you can explore Forest Roads 81, 83 and 90 and enjoy camping, hiking, and horseback riding. The Ape Cave lava tube and Trail of Two Forests access a 2,000 year-old basalt lava flow from Mount St. Helens. Forest Road 83 offers views of 1980 mudflows formed by melting glaciers on the south flank of the volcano. A short hike into Lava Canyon offers spectacular waterfalls, a breath-taking suspension bridge and informative interpretive signs.

The Eastside of the Monument (accessed via Randle from the north and Cougar to the south) showcases the amazing power of nature. On Forest Road 99, visitors begin in magnificent old-growth forest, continue their journey through standing dead forest at the edge of the blast zone and on through blown-down forest into the heart of the blast zone. Evidence of destruction and recovery abound, along with amazing views of Spirit Lake and Mount St. Helens from Windy Ridge. During the summer months, ranger programs at Windy Ridge tell amazing stories of devastation, survival and renewal. Please note: There are no visitor centers or services on the Eastside of the Monument (so come prepared). Forest Road 99 is accessible only during the months of July to October; it is buried in deep snow the rest of the year. *Enjoy your visit!*



Key Partners and Volunteer Opportunities
[see page 2](#)



What's New on the Monument?
[see page 3](#)



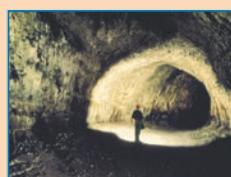
Planning Your Visit
[see page 4](#)



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://vulcan.wr.usgs.gov/Volcanoes/MSH/>



U.S. Forest Service



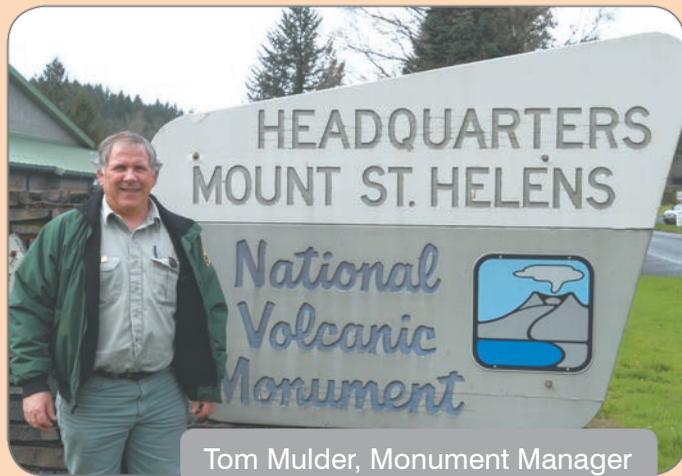
Gifford Pinchot National Forest

for the greatest good

Key Partners and Volunteer Opportunities

WELCOME

Mount St. Helens has been amazing us since the 1980 eruption and its long history of activity has impacted the communities of the Pacific Northwest since prehistoric times. The record of endless changes reveals the incredible power of nature to reinvent our landscape, environment and local communities. Ongoing scientific research conducted on the monument has shed light on the important roles that individual plants and animals play in the revival of ecological communities. As we have gained respect for the species that have powered the recovery of the landscape, we value the contributions that individuals and local communities lend to the National Volcanic Monument. With the support of local communities and our partners, the Mount St. Helens experience is complete.



Tom Mulder, Monument Manager

If the mountain captivates you as much as it does us, you can expect to be inspired and awestruck during your visit. Our goal is to help you discover the significant role Mount St. Helens plays in shaping lives in the Pacific Northwest and beyond.

The U.S. Forest Service and surrounding communities are proud to be your hosts at Mount St. Helens. Together we invite you to immerse yourself fully in the programs and experiences offered at the Monument and within our local communities. Opportunities are highlighted here in the *Volcano Review*, and on our website, we are always happy to answer questions and help you find additional information. If you are looking for the chance to be part of Mount St. Helens and our amazing volunteer community, please ask us how to get involved.

A dedicated group of staff, volunteers, partners and local communities welcome you to the Mount St. Helens National Volcanic Monument and invite you to join us in the endless discoveries and learning occurring here.

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, the Gifford Pinchot National Forest and the National Volcanic Monument 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, USDA Forest Service, Mount St. Helens National Volcanic Monument, 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 2013

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.



Mountain Climbing Steward volunteers on the climbing route.

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 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.bchw.org



www.wta.org



nw-trail.org



a chapter of
INTERNATIONAL MOUNTAIN
BICYCLING ASSOCIATION

What's New on the Monument?

Change “Creeps” along at Mount St. Helens

One of the missions designated by Congress in the creation of the National Volcanic Monument was “to allow for natural processes to unfold substantially unimpeded by man”. This not only allows for scientific research, but provides the unique opportunity for visitors to return year after year and experience these changes firsthand. Starting in the summer of 2011, millions of new visitors invaded Mount St. Helens’ Toutle River Valley in dramatic fashion. These weren’t human visitors. Instead, the western tent caterpillar found a new temporary home in the expansive alder forests that now cover much of the massive May 18, 1980 landslide that filled the North Fork of the Toutle River Valley.

Typically, alder trees are found in the understory of old-growth forest or along stream or river banks, called riparian zones. Although the 1980 eruption turned back the successional clock so to speak, almost 120 lakes, ponds and wetlands formed on the landslide deposit setting the stage for alder to thrive. Today, the Toutle River Valley is one of the few places in the Northwest where you will find large tracts of alder forest. So it makes sense the caterpillars which feed upon deciduous trees would seek to utilize this untapped resource.

By the summer of 2012 the infestation of western tent caterpillars dramatically spread across the Toutle River Valley, temporarily defoliating at least 90% of the alder trees. Although some weak trees died, the vast majority of those defoliated by caterpillars regrow their leaves by summer’s end. The infestation is a natural occurring process. Western tent caterpillars are native to western North America but their populations are boom-and-bust by nature. Weather and temperature are important natural regulators of tent caterpillars. Many animals will also regulate these caterpillars such as birds, parasitic wasps and flies, and diseases (virus and bacteria).

In the meantime, the tent caterpillar population provides scientists with new opportunities to study the ecological impacts. Will the addition of sunlight to the forest floor caused by defoliation change plant communities? How might the influx of caterpillars benefit bird and mammal populations? Could billions of caterpillar droppings fertilize nutrient-poor soils and benefit plant communities? Western tent caterpillars are just the latest installment in a landscape that has been continuously changing for 33 years. The building of lava domes in the crater, the greening of the landscape and the return of wildlife have all been witnessed over the years. In fact, Mount St. Helens was preserved to change.

2013 Volcano Review Photo Contest

We would like to congratulate Jim Shoemaker as the winner of the first Volcano Review photo contest. His photo was selected from photos submitted by the public for use on this year’s cover. If you are interested in submitting photos for the 2014 edition, please visit the following website for contest details.

Look for a link at www.fs.usda.gov/mountsthelens.

Volcano Naturalist Program

In Spring 2013, the Mount St. Helens National Volcanic Monument and Mount St. Helens Institute welcomed the first class of their inaugural Volcano Naturalist Program. 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 time. The 2013 class is composed of 28 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,” says Monument Manager Tom Mulder. “We’re happy to have this new group of highly trained volunteers joining that group. 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. The Volcano Naturalist Program will be held annually. Contact the Mount St. Helens Institute (www.mshinstitute.org) for information on how to participate in 2014.



Above: Defoliated alders (browned trees visible in valley).



Right: Western tent caterpillars “chomping at the bit”.

The Mount St. Helens Science and Learning Center at Coldwater



The monument and its partners are focused on making the Science and Learning Center at Coldwater a not-to-miss stop on the Spirit Lake Memorial Highway. Swing by and check out the hands on education and guided inquiry opportunities available at The Science and Learning Center.



Students conduct “lava races” at the Science and Learning Center at Coldwater.

Sign up your school or scout group for an unforgettable experience that will last a life time. Look for expanded public programs, special events and activities in the coming year. Plus, check out our brand new interactive educational website at www.mshslc.org. Our new vision for the Science and Learning Center is well underway and we welcome you to come and see the changes for yourself. For more information please check the center’s availability or contact Grace Schmidt, Coldwater Coordinator, at (360) 274-2114 or gschmidt@mshinstitute.org.

Plan Your Visit and Help Protect the Monument



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

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.



Mount Margaret Backcountry

Trails in the Mount Margaret Backcountry climb over 2,000 feet in elevation and may be snow-covered until mid-summer. Eight designated campsites are available at four lakes and four ridge-top locations, some with crater views. Backcountry permits are required for overnight camping. They are available by advance reservation only, either by mail or in person, at Monument Headquarters in Amboy, at Johnston Ridge Observatory and at the Cowlitz Valley Ranger Station. Camping is limited to designated campsites only (maximum of four people per campsite). Pets, pack stock and fires are prohibited.



Looking north into the Mount Margaret Backcountry from Boundary Trail #1.
Cory Wall, USFS

For current updates and permit information visit: www.fs.usda.gov/goto/backcountry.

Berries, Mushrooms and Other Special Forest Products

Edible berries, mushrooms, firewood, bear grass and other vegetative resources are termed Special Forest Products (SFP). To allow natural recovery and ecological processes, SFP's may not be removed from within the Mount St. Helens National Volcanic Monument. Check with your nearest Forest Service office for permits and locations in the surrounding national forest where SFP's 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 Learning Center at Coldwater.....(360) 274-2114 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

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



Scott Hinderman

Crater and valley north of the volcano as seen from the Boundary Trail east of the Johnston Ridge Observatory.

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.

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 and adjacent trails. Monument Passes can be purchased at Johnston Ridge Observatory. On the Eastside and Southside of the monument, a National Forest Recreation 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 you enjoy during your visit. An Interagency Annual Pass is available for \$80 and has two signature lines. At per-person fee sites, it admits the pass holder and up to three additional visitors. Interagency Annual, Senior, Military 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 U.S. Fish & Wildlife Service sites charging entrance or standard amenity fees. Information about the interagency annual pass program is available at:

- www.fs.usda.gov/goto/msh/passespermits

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: 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 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) 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.



Lava Canyon Trail

The Lava Canyon Trail explores 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 and ranger-guided cave tours are available. Heavy use of the cave, during the peak hours of 11 a.m. to 3 p.m. 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 Northwest Forest Pass is required for each vehicle; see page 7 for purchase locations.



Cory Wall, 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

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/recmain/giffordpinchot/recreation#cond>

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