Explore a Landscape of Amazing Change and Discovery

Over the past 29 years we’ve worked hard to manage the monument to protect unique features and allow natural processes to continue substantially unimpeded. Our mandate involves a balancing act between resource protection and providing access for ongoing research, education and recreation.

The monument offers an exciting array of opportunities for people of all abilities. You can experience the changing landscape from one of our many viewpoints or explore more than 200 miles of trail ranging from barrier-free paved trails to more difficult day hikes and overnight backpacking trips. Our trail system has been carefully crafted to provide access to unique features while helping protect tractside areas so that they will continue to be carpeted with wildflowers and support an abundance of wildlife.

Anglers can try their luck fishing for 16” rainbow trout in Coldwater Lake or brook trout in more than a dozen other lakes designated for fishing. Each fall sportsmen gather on the south and east sides of the volcano to hunt elk and deer in one of the nearby game management units.

Visitors from near and far develop a deep affection and unbridled passion for Mount St. Helens. People come to view nature’s handiwork and learn about the amazing geologic forces and biological recovery processes that shape the land. Our challenge is to let nature take its course so that we and future generations can witness the power of nature and enjoy this special place.
This spring marks the 29th anniversary of the May 18, 1980 eruption. As we move toward the 30th anniversary, we are working hard to repair monument facilities and deliver quality services and programs. Our not-for-profit partner, the Mount St. Helens Institute, is busy raising funds to update the volcano monitoring exhibits at Johnston Ridge.

We invite you to join us and volunteer for a day, a weekend or a summer to help care for trails and facilities around the volcano. We guarantee that you’ll make new friends and leave with an enhanced appreciation of this special place. With the help of our dedicated partners and volunteers, we will strive to make your visit memorable and enjoyable.

**Share the Wonder of Mount St. Helens**

The Mount St. Helens Institute is a not-for-profit partner of the Mount St. Helens National Volcanic Monument. We help provide science education, conservation and recreation activities. Join us as a volunteer for a day, a weekend work party or an exciting summer-long volunteer experience. Help provide visitor information, patrol the backcountry or maintain monument trails and facilities. We also offer low-cost guided climbs, field classes and a monthly lecture series.

**Help Us Update the Volcano Monitoring Exhibits at Johnston Ridge Observatory**

MSHI is raising funds to match a generous challenge grant from the M.J. Murdock Trust. Our exhibit update project is underway and will be completed by May 18, 2010. The project will update existing analog seismographs to digital displays; provide a new Monitoring and Eruption Forecasting exhibit; add new video programs featuring the 2004-2006 eruption and advances in volcano monitoring; and install an introductory video program in the theater cueing area. To find out more about the project and to contribute on-line visit our website: www.mshinstitute.org.

**Your Fees Help Support the Monument**

Interpretive services and facilities on the west side of Mount St. Helens are supported by your purchase of a Monument Pass.

- 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, 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.

**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.

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- 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.

**The Volcano Review is produced by Discover Your Northwest in cooperation with the U.S. Forest Service – Published May 2009**

DYNW is a non-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:

**WELCOME to Mount St. Helens**

We invite you to join us and volunteer for a day, a weekend or a summer to help care for trails and facilities around the volcano. We guarantee that you’ll make new friends and leave with an enhanced appreciation of this special place. With the help of our dedicated partners and volunteers, we will strive to make your visit memorable and enjoyable.

**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.**

**The Mount St. Helens Institute is a not-for-profit partner of the Mount St. Helens National Volcanic Monument.**

**Your Fees Help Support the Monument**

Interpretive services and facilities on the west side 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.

On the northeast and south sides 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.fed.us/r6/passespermits/nfdp.shtml.

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

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**Discover Your Northwest**

3029 Spirit Lake Highway
Castle Rock, WA 98611
Phone: (360) 274-2125
FAX (360) 274-7124
In 1980, fiery avalanches of pumice and gas removed all traces of life from the valley between the crater and Spirit Lake. Detailed studies are documenting the role that insects and other herbivores play in plant recovery around the volcano. - R. Huber, Washington State Univ.

We Invite You to Explore and Help Protect one of Nature’s Youngest and Most Dynamic Landscapes

The Mount St. Helens National Volcanic Monument was established by Congress in 1982 to protect natural features and processes and provide access for recreation, research and education. The monument has become an internationally renowned laboratory for the study of earth processes and ecosystem recovery following large-scale disturbance. The quality and duration of data collected here over the last 29 years is unparalleled and the volcano continues to attract scientists, teachers, and students from around the world.

As you explore, look for evidence of the 1980 eruption and observe plants and animals that are thriving in a forest shattered by volcanic eruption. As you enjoy the wonder of nature’s recovery please help us protect life’s fragile foothold. Stay on developed roads, viewpoints and trails and have a very safe and enjoyable visit.

Return of Life Facts

Eruption Creates New Habitat: The massive landslide that triggered the eruption buried 14-miles of river valley and created 150 new lakes, ponds and wetlands. This new habitat has powered a rapid resurgence of life—creating the most biologically-rich ecosystem recovery around the volcano. It is home to a diverse array of amphibians, birds, insects and at least 140 plant species.

Small Mammals Play Big Roles: Predators such as hawks, owls, coyotes, bobcats and weasels search the 230-square-mile blast area for these tasty morsels. Small mammals play a vital role in ecosystem recovery by feeding on plants, creating burrows, dispersing seeds and concentrating nutrients in their droppings.

Plant Eaters Change Ecological Pathways: Large herbivores like elk and deer are modifying plant communities around the volcano. By selectively and heavily over browsing some plant species versus others, and through their trampling and ground disturbance, elk are profoundly influencing plant succession at Mount St. Helens.

Surviving Resident Fish are Thriving: Fish populations rapidly rebounded in steep mountain streams that were smothered by volcanic ash. Rapidly flowing water flushed ash from channels exposing cobbles and gravels that are important for spawning and aquatic insects—a primary food source. Fish have also benefited from pools and riffles formed by blown-down trees and plentiful food in the open sunny, blast area.

A New Generation of Remote Monitoring Spiders is Evolving at Mount St. Helens

These spiders are not the familiar eight-legged arachnids; rather they are three-legged instrument packages that can be quickly deployed at an active volcano to make the critical measurements needed to monitor potential changes in eruptive activity.

The USGS Cascades Volcano Observatory is working with Washington State University and NASA’s Jet Propulsion Laboratory to integrate ground and satellite-based instruments and develop a next-generation automated volcano monitoring system. Unlike typical monitoring stations, that have only a single sensor, these new spiders will simultaneously record volcanic earthquakes; deformation (ground swelling or subsidence); lightning from volcanic ash clouds; and air pressure waves from explosive eruptions. The spiders are designed to minimize power consumption so they can survive for a year on one set of batteries in hostile environments where solar panels are often covered by volcanic ash or snow fall.

The spiders are part of a sophisticated monitoring network that relays real-time data to the volcano observatory. If a spider or radio relay path is damaged by eruptive activity, the network automatically adjusts and reroutes the data through the nearest undamaged station. Not only do smart spiders make decisions and take independent action to maintain communications, but they continuously analyze data to ensure that the most important data such as earthquakes or explosions are relayed to scientists.

The development of the smart spider network is part of an effort to provide for 24/7 real-time monitoring in a way that is both cost-effective and reduces the exposure of field personnel to volcanic hazards. Mount St. Helens continues to be an important laboratory for the development and testing of state-of-the-art monitoring equipment and techniques for eruption forecasting.

May 18, 1980 Eruption Facts

- The eruption leveled 230-square miles of forest in less than 10-minutes.
- The mountain lost 1300 feet of height and 0.67 cubic miles of total volume.
- The eruption began with a massive landslide (debris avalanche) that buried 14 miles of river valley to an average depth of 150 feet.
- The landslide released trapped magma and gas, producing a sideways explosion (lateral blast) of hot rock and ash killing trees up to 17 miles north of the volcano.
- Cement-like slurries of glacial melt water and boulders called lahars scoured and buried streams draining the volcano.
- A vertical ash eruption rose to a height of 15-miles above the crater and continued for 9-hours. Ash drifted to the northeast.
- Fiery avalanches of pumice and hot gasses called pyroclastic flows flowed into the valley north of the crater.

“Nothing is permanent but change.” — Heraclitus
Climbing Mount St. Helens

Climbing Permits are required for travel above 4800 feet (tree line) year-round. Between April 1st and October 31st a fee of $22 is charged for each permit. Starting February 1st, permits are sold in advance online 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 online:
www.fs.fed.us/gpnf/recreation/mount-st-helens/

Be Prepared for Volcanic Ashfall!

Volcanic ash is rock dust blown into the air by a steam or gas eruption, rock fall, or high-winds.

If you encounter volcanic ashfall:
• Remain calm. Ash is not toxic.
• Seek shelter inside a building or vehicle.
• Cover your nose and mouth with a moist cloth or towel and wait until ash settles.
• Drive slowly, ash reduces visibility and traction.

Mount Margaret Backcountry

Trails in the Mount Margaret Backcountry climb over 2000 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 and camping is limited to designated campsites only (maximum of four people per campsite). Pets, pack stock, and fires are prohibited. Permits are available at Monument Headquarters in Amboy, Johnston Ridge Observatory and Cowlitz Valley Ranger Station. Additional details are online: www.fs.fed.us/gpnf/04mshnvm/backcountry/index.shtml or by calling (360) 449-7800.

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 maps, and directions.

www.fs.fed.us/gpnf/mshnvmeducation/teachers_corner

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 the leash and in designated pet areas.

Contact Information

Emergency (Police, Medical, and Fire) ............. Dial 911

Forest Service Offices
Mount St. Helens National Volcanic Monument Headquarters (Amboy) ................ (360) 449-7800 www.fs.fed.us/gpnf/mshnvm
Johnston Ridge Observatory ............................. (360) 274-2140
Cowlitz Valley Ranger Station (Randle) ..................... (360) 497-1100
Gifford Pinchot National Forest Headquarters (Vancouver) ............... (360) 891-5000 www.fs.fed.us/gpnf
Mt. Adams Ranger Station (Trout Lake) .................... (509) 395-3400

Other Resources
Mount St. Helens Visitor Center at Seaquest State Park .................... (360) 274-0962 www.parks.wa.gov/mountsthelens.asp
Climber’s Register (at Lone Fir Resort, Cougar) ..................... (360) 238-5210
National Recreation Reservations (Federal Campgrounds) .................. (877) 444-6777 www.recreation.gov
PacifiCorp (campgrounds at reservoirs south of Mount St. Helens) ........ (503) 813-6666 (see Recreation, Washington) www.pacifiCorp.com
Washington State Parks ................................... (800) 233-0321 www.parks.wa.gov/parks
Mount St. Helens Institute ................................ (360) 449-7883 www.mshinstitute.org
Discover Your Northwest ...................................... (360) 274-2127 www.discovernw.org
Mount St. Helens Forest Learning Center ............................. (360) 414-3439 www.mshinstitute.org
Washington State Tourism .................................... (800) 544-1800 www.wsteевичtourism.org

The U.S. Forest Service is an equal opportunity provider and employer.
**Hiking and Camping near Mount St. Helens**

**Campgrounds**

| Highway 503 & FR 90 | # of Sites | Fee | # of Kee | # of Pop | # of Hike | # of Bike | # of Pet | # of Food | # of Rest | # of H2O | # of Hike | # of Bike | # of Pet | # of Food | # of Rest | # of H2O |
|--------------------|-----------|-----|----------|----------|-----------|-----------|----------|----------|----------|---------|----------|-----------|----------|----------|----------|----------|---------|
| Cresap Bay *       | 73        | Yes| 20       | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Cougar             | 60        | Yes| 5        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Beaver Bay *       | 78        | Yes| 6        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Swift              | 93        | Yes| 4        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Lower Falls        | 42        | Yes| 4        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Lewis River Horse Camp | 8      | Yes| 2        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Forest Road 81     |           |    |          |          |           |           |          |          |          |         |           |           |          |          |          |          |         |
|Kalama Horse Camp  | 28        | Yes| 2        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Forest Road 25     |           |    |          |          |           |           |          |          |          |         |           |           |          |          |          |          |         |
| Iron Creek **      | 98        | Yes| 6        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| Forest Road 23     |           |    |          |          |           |           |          |          |          |         |           |           |          |          |          |          |         |
| Tower Rock **      | 22        | Yes| 2        | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |
| State Route 504    | 90        | Yes| many     | 1        | 1         | 1         | 1        | 1        | 1        | 1       | 1         | 1         | 1        | 1        | 1        | 1        | 1       |

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

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**West side (State Route 504)**

<table>
<thead>
<tr>
<th>Route Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth of a Lake Trail #246 (E) SR504, Trailhead is located at Coldwater Lake Picnic Area</td>
<td>0.6 miles 2490 feet to 2475 feet</td>
<td>Paved trail explores 1980 landslide deposit and developing life in a lake that was dammed up by the 1980 eruption.</td>
</tr>
<tr>
<td>Eruption Trail #201 (E) Trailhead is located at Johnston Ridge Observatory viewing plaza.</td>
<td>1 mile 4200 feet to 4300 feet</td>
<td>Paved trail explores 1980 eruption impact on ridge. View shattered trees and amazing crater and valley views.</td>
</tr>
<tr>
<td>Hummocks Trail #229 (MD) SR504, Trailhead is ½ mile south of turnoff to Coldwater Lake.</td>
<td>2.4 mile loop 2520 feet to 2480 feet</td>
<td>View hill-sized chunks of shattered volcano, ponds and river-carved canyon on 1980 landslide deposit.</td>
</tr>
<tr>
<td>Lakes Trail #211 to Coldwater Trail #230 (MD) SR504, Trailhead is located at Coldwater Lake Boat Launch.</td>
<td>9.0 miles 2700 feet to 5200 feet</td>
<td>Explore blowdown and developing forest. At 4 miles, end of lake makes a good turn around point. Continue ½ mile to junction with Coldwater Trail 230.</td>
</tr>
</tbody>
</table>

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**East side (Forest Road 99)**

<table>
<thead>
<tr>
<th>Route Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meta Lake Trail #210 (E) Forest Road 99, 0.1 miles west of junction of Road 99 with Road 26.</td>
<td>0.6 mile 3620 feet to 3640 feet</td>
<td>Paved trail explores blowdown forest and sparkling lake. View forest that survived eruption under thick snowpack.</td>
</tr>
<tr>
<td>Independence Pass Trail #227 (M) Forest Road 99, ½ miles south of Cascade Peaks.</td>
<td>0.5 mile 4040 feet to 4060 feet</td>
<td>Trail climbs (½ mile) to ridge top view of Mount St. Helens, Spirit Lake, and the blown down forest.</td>
</tr>
<tr>
<td>Windy Ridge Sand Ladder (M) North end of the Windy Ridge Viewpoint Parking Lot.</td>
<td>0.5 mile 4070 feet to 4270 feet</td>
<td>Climbs 368 steps to hilltop view of Spirit Lake and crater. Use caution as loose pumice can make for unstable footing.</td>
</tr>
<tr>
<td>Harmony Trail #224 (MD) Forest Road 99, 2½ miles north of Windy Ridge Viewpoint. Off-trail travel, pets and bicycles prohibited.</td>
<td>2 miles 4100 feet to 3400 feet</td>
<td>Trail descends steeply to Spirit Lake (this is only trail to shoreline). View the effects of lateral blast and &quot;tidal&quot; wave formed as landslide slammed into lake.</td>
</tr>
<tr>
<td>Truman Trail #207 and Willow Springs Trail #207A (MD) Forest Road 99, trailhead at south end of Windy Ridge parking lot. Off-trail travel, pets and bicycles prohibited.</td>
<td>11 miles 4200 feet to 3600 feet</td>
<td>Trail follows old road into Spirit Lake basin. Wooden posts mark path across boulder-filled floodplain. Willow Springs Trail (0.8 mile) connects with Loop Trail 216 and other loop opportunities.</td>
</tr>
</tbody>
</table>

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**South side (Forest Road 83)**

<table>
<thead>
<tr>
<th>Route Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail of Two Forests #233 (E) Forest Road 83, ½ mile E of Ape Cave.</td>
<td>0.6 mile 1860 feet to 1885 feet</td>
<td>Boardwalk guides you across 1,900 year old lava flow and tree casts that record an ancient forest consorbed by lava.</td>
</tr>
<tr>
<td>June Lake Trail #216B (M) Forest Road 83, trailhead is 7 miles north of junction with Forest Road 90.</td>
<td>3.2 miles 2700 feet to 3400 feet</td>
<td>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 ½ mile to junction with Loop Trail 216.</td>
</tr>
</tbody>
</table>

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**KEY:**

- (E) = EASIEST Users require limited skill and encounter few challenges.
- (M) = MORE DIFFICULT Users require some skill and experience more challenging terrain.
- (MD) = MOST DIFFICULT Users require a high degree of skill and experience.

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**Plants grow by the inch, and die by the foot. Please stay on the trail.**

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“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” – Dr. Seuss, The Lorax
EXPLORE THE THREE SIDES OF MOUNT ST. HELENS

Westside:
State Route 504

Mount St. Helens Visitor Center at Seaquest State Park
Located 5 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 $3 per adult and $1 per youth (7-17 years) admission fee. Open daily 9:00 a.m. to 6:00 p.m., from May 1st to September 30, 2008. Call ahead for winter hours (360) 274-0962.

Johnston Ridge Observatory
View the steaming lava dome 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, 16-minute eruption movie, 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 Ridge Visitor Center is Closed
Limited resources are being focused on providing visitor services at the Johnston Ridge Observatory.

Coldwater Lake Recreation Area
Visit a 28-year-old 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. Monument Passes (wrist bands) are required here. Purchase passes at the Johnston Ridge Observatory.

Northeast Side: Forest Road 99

Blowdown Forest and Spirit Lake Viewpoints
Experience the full impact of the 1980 lateral blast as you drive through miles of standing-dead and blown-down forests. View Spirit Lake and its immense floating log mat. Forest Road 99 is generally accessible after snow melts (late-June through October; Closed in winter). Opportunities include: scenic viewpoints, hiking trails, and gift shop with bookstore. A Northwest Forest Pass is required for each vehicle and is available at Cascade Peaks and self-service fee stations at Bear Meadows, Meta Lake, and Windy Ridge.

Ape Cave, Trail of Two Forests, and Lava Canyon
Explore ancient lava flows and Ape Cave lava tube. Ape Cave has uneven terrain, 42 degree F temperature, and is open for self-guided exploration year-round. Warm clothes, sturdy shoes and at least two light sources per person are recommended. Pets are not allowed in the cave. Between late June and early September services offered include: lantern rentals, bookstore, and cave tours. A Northwest Forest Pass is required and available here.

Nearby Trail of Two Forests explores casts of old growth trees buried by lava flows. Lava Canyon Trail explores a mudflow-scoured canyon with waterfalls plunging over ancient lava flows. Trail starts as paved, barrier free trail and then changes to a more challenging hiking trail with steep drops. Watch for construction and closures beyond paved trail. DANGER –Stay on the Trail. Lava Canyon has steep drops and waterfalls. People who entered the river were swept over the falls to their deaths.

The following table shows driving times (Hours: Minutes) from various points to Ape Cave, Lava Canyon, Windy Ridge, Randle, Mount St. Helens Visitor Center, Coldwater Lake Recreation Area, Johnston Ridge Observatory.

<table>
<thead>
<tr>
<th>Destination</th>
<th>Ape Cave</th>
<th>Lava Canyon</th>
<th>Windy Ridge</th>
<th>Randle</th>
<th>Mount St. Helens Visitor Center</th>
<th>Coldwater Lake Recreation Area</th>
<th>Johnston Ridge Observatory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ape Cave</td>
<td>—</td>
<td>0:15</td>
<td>1:45</td>
<td>1:45</td>
<td>1:30</td>
<td>2:30</td>
<td>2:45</td>
</tr>
<tr>
<td>Lava Canyon</td>
<td>0:15</td>
<td>—</td>
<td>2:00</td>
<td>2:00</td>
<td>1:45</td>
<td>2:45</td>
<td>3:00</td>
</tr>
<tr>
<td>Windy Ridge</td>
<td>1:45</td>
<td>2:00</td>
<td>—</td>
<td>1:15</td>
<td>2:45</td>
<td>3:45</td>
<td>4:00</td>
</tr>
<tr>
<td>Randle</td>
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<td>2:00</td>
<td>1:15</td>
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<td>1:30</td>
<td>2:30</td>
<td>2:45</td>
</tr>
<tr>
<td>Mount St. Helens Visitor Center</td>
<td>1:30</td>
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<td>2:45</td>
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</tr>
<tr>
<td>Coldwater Lake Recreation Area</td>
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<tr>
<td>Johnston Ridge Observatory</td>
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<td>4:00</td>
<td>2:45</td>
<td>1:15</td>
<td>1:15</td>
<td>—</td>
</tr>
<tr>
<td>Portland/Vancouver</td>
<td>1:30</td>
<td>1:45</td>
<td>3:00</td>
<td>2:30</td>
<td>1:15</td>
<td>2:15</td>
<td>2:30</td>
</tr>
<tr>
<td>Seattle</td>
<td>3:30</td>
<td>3:45</td>
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<tr>
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<tr>
<td>Mt. Rainier National Park</td>
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<td>1:00</td>
<td>2:30</td>
<td>3:30</td>
<td>3:45</td>
</tr>
</tbody>
</table>

“When we try to pick anything out by itself, we find it hitched to everything else in the universe.” — John Muir
Restricted Area

Mount St. Helens is one of the world’s youngest and most dynamic landscapes. Access into the area north of the volcano is restricted to allow natural processes to proceed unimpeded and protect scientific research.

- Off-trail travel is prohibited.
- Pets and bicycles are prohibited. (Bikes okay on 230A)
- Fires are NOT allowed.
- Do not disturb or remove any natural feature.
- Access into the crater is prohibited.
- Minimum $100 fine for violation.