Although it has been four decades since the May 1980 eruption, Mount St. Helens continues to bring out a complex series of emotions: awe, sadness, inspiration, and a personal connection to the natural world like nowhere else.

Mount St. Helens is recognized for its scientific study, research, recreation, interpretation, and for safety of the public. The most monitored and studied volcano on the planet, Mount St. Helens continues to reveal its secrets. As its mission continues, this area offers a powerful allure, but it is still a fragile landscape and many areas are still recovering.

Whether your interest is Mount St. Helens, or the 100 plus lakes and ponds created by the eruption, there is much to explore. If you are at one of these wetland areas, listen for the sound of frogs or waterfowl, and look for beaver and river otter. Tread carefully in the windswept, rocky Pumice Plain and take in the beautiful and expansive views. If you’re at Ape Cave, Windy Ridge or Coldwater Lake, make your own discoveries, and when you leave, hopefully it will be with a new respect and appreciation for nature’s awesome force, which represents an everchanging landscape viewed by generations past, present and future.

“Civilization exists by geological consent, subject to change without notice.”

- Will Durant
Visit Mount St. Helens: Westside

Dear Mount St. Helens Visitor,

Changes and adaptation are themes of our daily world on the Monument. A new season is upon us, with continued improvements and adjustments. The United States Forest Service is hard at work continuing to provide quality visitor experiences while managing challenging issues.

While it has been 40+ years since the eruption, we continue to deal with challenges in this dynamic setting. You may notice some activity and management changes within the monument. One project is the management of the Spirit Lake infrastructure. The Gifford Pinchot National Forest, in partnership with the U.S. Army Corps of Engineers and U.S. Geological Survey, manages Spirit Lake’s 314,000 acre feet of water and outflow. The outflow consists of Spirit Lake’s 1.6 mile tunnel, intake gate, and estimated debris blockage of 2.4 billion cubic yards of sediment on the pumice plain. This management contributes to the safety and economic vitality of communities downstream of Spirit Lake, Columbia River shipping and Interstate 5 transport. Enhancements activities are planned to complete the replacement of the Spirit Lake tunnel intake gate system, completion of the debris blockage, and create the required access to implement these projects. For more information, find the Final Decision Notice and related information online at: https://www.fs.usda.gov/project/?project=57259.

Another change visitors will see is at Ape Cave Recreation Site. Starting this season, visitors will be required to obtain a timed reservation ticket in advance of their visit, helping to protect the delicate cave ecosystem and to provide for public safety by reducing visitor congestion in the area. There are many chances for discovery on Mount St. Helens, and I invite you to take the time to enjoy all these opportunities and create lasting memories. We are all stewards of this special place, so please remember to practice Leave No Trace principles, have courtesy and respect for land and people, have a great time, and, “Thank you” for visiting!

Your Monument Ranger

Contact Information

Emergency (Police, Medical, and Fire) Dial 911

FOREST SERVICE OFFICES
Mount St. Helens National Volcanic Monument (360) 449-7800 www.fs.usda.gov/giffordpinchot
Johnston Ridge Observatory (360) 274-2140
Cowlitz Valley Ranger Station (Randle) (360) 497-1100
Gifford Pinchot National Forest Headquarters (360) 891-5000
Mt. Adams Ranger Station (Trout Lake) (509) 395-3400

OTHER RESOURCES
National Recreation Reservations (877) 444-6777 (Federal Campgrounds) www.recreation.gov
PacifiCorp (503) 813-6666 Campgrounds at reservoirs south of Mount St. Helens www.pacifiCorp.com
Pacific Northwest Seismic Network https://pnsn.org/

Westside: State Route 504

Mount St. Helens Visitor Center at Silver Lake

Located five miles east of Interstate 5, the center offers a new film and renovated exhibits available to the public Fall of 2021, a giftshop, ranger talks, and a 0.6-mile wetland boardwalk trail on Silver Lake. Operated by Washington State Parks, this facility offers a Western view of the mountain. For information about fees and hours check online at https://parks.state.wa.us/245/Mount-St-Helens. Evening family-friendly campground programs available during summer weekends at Sequatch State Park and other area parks.

Johnston Ridge Observatory

On a clear day, experience fantastic crater views with the lava domes and glacier. Learn how the landscape was reshaped by the 1980 eruption. Spend a couple of hours or most of a day hiking the Boundary Trail. There is a pet area around the perimeter of the parking lot. Leashed pets are able to hike with you at Coldwater Lake.

A Monument Pass is required and is available inside the building. Interagency Passes are accepted when presented with photo identification. Pets are not allowed in the Observatory, at the viewpints, or on the trails.

Coldwater Lake Recreation Area

Visit a lake created by the 1980 eruption. Coldwater Lake offers restrooms, a picnic area, an interpretive boardwalk trail that goes out onto the lake, and a boat launch (electric motors only). WA State fishing license is required for fishing. Access to lake for swimming or wading is at two locations along the Lakes Trail: 1 mile and 2.5 miles down the trail (no swimming or wading from boat launch). For additional fishing information at the lake, please visit the Washington Department of Fish and Wildlife at: https://wdfw.wa.gov/fishing/locations/lowland-lakes/coldwater-lake
Lava Canyon
Travel along the Lava Canyon Trail and explore a mud-flow-sculpted canyon revealed by the May 18th, 1980 eruption. Spectacular views of waterfalls plunging over an ancient lava flow await you around every turn. The trail begins as a paved interpretive trail before proceeding down a steep rugged canyon. Lava Canyon is a landscape of great depth and beauty, punctuated by hazards, the river is more powerful than it appears. Several hikers have died when they left the trail and slipped into the river below. Stay on the trail at all times.

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

Eastside: Forest Road 99
Blown-down Forest and Spirit Lake Viewpoints
Experience the full impact of the 1980 lateral blast and 39 years of natural recovery as you drive through miles of standing-dead and blown-down forests. Forest Road 99 is generally accessible after snow melts (late June through October; closed in winter) and offers the only drive-up viewpoints of Spirit Lake and its immense log mat. Vistas, trails, lakes, wildlife and the amazing power of nature abound.

Eastside Trails (Forest Road 99)

<table>
<thead>
<tr>
<th>Trail</th>
<th>Round Trip</th>
<th>Elevation Change</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mowich Lake Trail #210</td>
<td>0.6 mile</td>
<td>4270 feet to 3640 feet</td>
<td>Paved trail explores blowdown forest and sparking lake. View forest that survived eruption under thick snowpack.</td>
</tr>
<tr>
<td>Windy Ridge Sand Ladder</td>
<td>0.5 mile</td>
<td>4070 feet to 3400 feet</td>
<td>Climb 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</td>
<td>2 miles</td>
<td>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 ‘radial wave’ formed as landslide slammed into lake.</td>
</tr>
<tr>
<td>Truman Trail #207 and Willow Springs Trail #207A</td>
<td>1.5 miles</td>
<td>4200 feet to 3660 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 Loowit Trail 216 and other loop opportunities.</td>
</tr>
<tr>
<td>Boundary Trail #1 to Norway Pass</td>
<td>4 miles</td>
<td>3700 feet to 4400 feet</td>
<td>Trail climbs out of Green River Valley, with views of Mt. Adams to the east, Mt. Rainier to the north and spectacular view of Spirit Lake and Mount St. Helens at Norway Pass.</td>
</tr>
</tbody>
</table>

Climbing Mount St. Helens
At 8,328 feet in elevation, the summit of Mount St. Helens offers breathtaking views of areas affected by the 1980 eruption as well as other nearby volcanic peaks, such as Mount Adams, Mount Rainier and Mount Hood. Although strenuous, this non-technical climb is suitable for people in good physical condition who are comfortable scrambling on steep, rugged terrain. Plan for an all-day trek to the summit, as most climbers complete the round-trip climb in 7 to 12 hours.

A climbing permit is required year-round for each person travelling above 4,800 feet on Mount St. Helens, and all group members must have a copy of the permit and identification that matches their name on the permit. The permit system was implemented in 1987 to protect the volcano’s physical, biological and cultural features, reducing crowding and overuse.

Between April 1 and October 31 permits are $15 per person, with a $6 non-refundable reservation fee and must be purchased online in advance at recreation.gov. Tickets for each month will be released on the first day of the preceding month at 7 a.m. Pacific Time. For example, April tickets are released on March 1 at 7 a.m. Cancellation will be reduced from 14 days to 7 days before the climb. The number of climbers per day are limited. April 1 - May 14: 300 climbers/day; May 15 - October 31: 110 climbers/day. Climbers must print and carry their ticket or have an electronic copy available while climbing. Climbers must also sign in at the trailhead register. For more information visit the Gifford Pinchot National Forest website at www.fs.usda.gov/goto/climbingmsh.
Bats Matter at Ape Cave

White-nose syndrome has killed over 7 million bats in the U.S. and Canada since 2006 and is considered the most devastating disease ever reported for wildlife in North America. The disease, named because of the white, fuzzy growth on the nose, ears, and wings of some affected bats, is caused by a cold-loving fungus that thrives in bat hibernation sites such as caves and mines. Affected bats wake up more often during hibernation, causing them to use crucial fat reserves, leading to possible starvation and death.

The disease has spread rapidly since it was first documented in New York State in 2006 and is now confirmed in 32 states and 5 Canadian provinces. In March 2016, Washington’s first case of white-nose syndrome was confirmed near North Bend, 30 miles east of Seattle. In February of 2018, the fungus was detected a mere 50 miles from Mount St. Helens National Volcanic Monument at Mount Rainier National Park.

White-nose syndrome is spread primarily through bat-to-bat and bat-to-cave contact, but scientists have also demonstrated that it may be possible for humans to inadvertently carry white-nose syndrome spores on their clothing and equipment. YOU CAN HELP STOP THE SPREAD! For the latest information on this disease and decontamination procedures visit www.whitennosesyndrome.org.

Mount St. Helens National Monument has instituted a screening procedure at Ape Cave to help prevent the spread of white-nose syndrome. If you have been in any cave or mine, no item worn or used in that cave or mine will be allowed in Ape Cave. Visitors will need to either change their boots, clothing or gear or return another time after decontaminating their items.

Mount Margaret Backcountry

Explore the pinnacle-studded ridges, sapphire lakes, flowered mountain slopes and amazing vistas of the Mount Margaret Backcountry. This rugged and spectacular area offers hikers a unique opportunity to explore and discover the dramatic effects of the 1980 eruption of Mount St. Helens. To protect natural features, pets, pack stock, and campfires are prohibited in the Mount Margaret Backcountry.

Trails in the Mount Margaret Backcountry have narrow tread, are steep in places and can climb over 2,000 feet in elevation. Portions of trails are often covered by snow until mid-summer.

Overnight camping is only allowed at designated sites in the backcountry and requires a permit. Each campsite has a level, wood-framed, earth-filled tent pad; a grey water sump for waste water from washing and cooking; and a solar composting toilet. Permits are only available through advance online reservations at Recreation.gov or by toll free telephone (1-877-444-6777), or TDD (1-877-TDD-6777). Permits go on sale March 1 each year and there is a non-refundable reservation fee of $10.00.

For backcountry updates and condition reports please visit: http://www.fs.usda.gov/goto/gp/mtmargaret

Partnerships Are the New Normal

The mission of the Forest Service is to sustain the health, diversity, and productivity of the nation’s forests and grasslands to meet the needs of present and future generations. Partnerships are now at the core of how the Forest Service gets this done. Engaging partners is a critical form of public involvement and helps leverage private investment and in-kind contributions.

Nearly all visitors to Mount St. Helens will appreciate the bookstores managed by Discover Your Northwest and benefit from the funding they generate for interpretive programs and materials. You’ll meet volunteers, who help you plan and enjoy your visit, lead hikes, assist climbers and deliver education programs. You may explore trails and visit facilities that many groups have helped the Forest Service maintain and improve through coordinated efforts.

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

Partnerships extend the reach of the Forest Service and provide vital support for recreation and land management activities. Partners and volunteers who get involved gain awareness of conservation issues and feel a great sense of pride in the work we do together.

Please acknowledge and thank our volunteers and partners, and consider joining us by volunteering or partnering with Mount St. Helens National Volcanic Monument.

School Groups, Teachers and Kids

Registration for your school’s field trip to visit Johnston Ridge Observatory (JRO) or Ape Cave is required and it’s free! School groups planning on visiting JRO or Ape Cave can register their group and have access to: suggested itineraries, downloadable activities, and descriptions of ranger-led programs at www.mshnvnm.org. (Click “Teachers Corner” and follow instructions).

Schools and youth groups, extend your stay at Mount St. Helens with hands-on science and adventure during a day or overnight Volcano Outdoor School program. Schools/youth groups serving low-income and under-resourced students may apply for transportation funding and Volcano Outdoor School participation. They will also offer through virtual field trips and curricula Learn more and register online at www.mshinstitute.org/learn.

EVERY KID OUTDOORS – 4th grade students! Earn a free pass that will get you and 3 Family Members into National Forests, National Parks and other federal lands free! Please visit www.everykidoutdoors.gov for more information.

Do you want to be a Junior Ranger? Ask at our information desk for a Junior Ranger packet and see if we are offering Junior Ranger activities at Johnston Ridge Observatory on the day that you are visiting.

If you are planning on hiking the Hummocks Trail with your group or family, there is an app for that, check out our mission on: http://agentsofdiscovery.net/mission/mount-st-helens/
Learning from a Volcano

Mount St. Helens is a learning laboratory for all. It is a source of new scientific discoveries, a place of engineering challenges, a landscape that inspires creativity, and a region rich in culture and history.

In school classrooms, homes and in the dynamic, awe-inspiring outdoor classroom Mount St. Helens Institute’s youth programs support academic standards, help youth develop connections to the outdoors, and practice social-emotional skills. Through personalized learning experiences, youth engage in the practices of science, discover careers and are empowered to make a difference in our communities and on our public lands.

Family adventure camps, day and overnight field trips for schools and youth groups, virtual field trips, and curricula resources for teachers give youth of all ages the opportunity to explore the landscape and make connections to their local communities.

The Mount St. Helens Institute believes that all youth benefit from access to this natural wonder. Learn more at: www.mshinstitute.org/learn

Volunteer

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

Volunteers serve in a variety of roles on and off the mountain. They offer safety information, and guidance regarding popular trails and climbing routes, provide support at visitor centers, perform trail maintenance and increase access to our public lands, teach youth on the mountain and in the classroom, contribute to community science efforts, and support community events. Have fun, explore the outdoors, share nature with others, and become a volunteer. If you see a volunteer during your visit, say, “Hello”.

Learn more about current opportunities and complete a volunteer application online at www.mshinstitute.org/volunteer.

The Volcano Review is produced by Discover Your Northwest in cooperation with the U.S. Forest Service – Published May 2021

Discover Your Northwest promotes the discovery of Northwest public lands, enriches the experience of visitors, and encourages stewardship of these special places today and for generations to come. We envision more residents and visitors as active stewards who understand and care for the unique natural and cultural heritage of Northwest public lands. Proceeds are used to fund interpretive programs, this newspaper and much, much more. To order books, videos, posters and other educational materials visit www.discovernw.org or contact:

Discover Your Northwest
PO Box 326, Toutle, WA 98649
360-274-2115

Mount St. Helens Institute: Moving Mountains

The Mount St. Helens Institute advances the understanding and stewardship of the Earth through science, education, and exploration of volcanic landscapes. Their engaging youth education programs, meaningful volunteer opportunities, exciting 12-week Volcano Naturalist Program, speaker series, and expert-led guided adventures to connect people of all ages to this awe-inspiring landscape. Help the Mount St. Helens Institute inspire the next generation of scientists and public land stewards: donate today.

The Mount St. Helens Institute is proud to operate under special use permits from the US Forest Service and is an equal opportunity provider. Learn more at www.mshinstitute.org.

The Mount St. Helens Science and Learning Center

The Mount St. Helens Science & Learning Center at Coldwater is a multifunctional facility that features amazing views, 27 beds, a full kitchen, large meeting rooms, and 11,000 plus square feet. From May through October, the Science & Learning Center is the base camp for the Mount St. Helens Institute’s youth education programs, summer camps, group rentals and more. During the winter, when Johnston Ridge Observatory is closed, the Science and Learning Center is open to visitors on Saturday and Sunday from 10 AM to 4 PM. For more information visit https://www.mshinstitute.org/about_us/facilities.html

WHAT DOES “LOOWIT” TRANSLATE TO?

Washington Trails Association (WTA) is a non-profit organization that advocates protection of hiking trails and wilderness, conducts trail maintenance, and promotes hiking in Washington state.
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. Fees are $8 per adult (youth 15 and younger are free). Fees are required at the Johnston Ridge Observatory, adjacent trails and at the Coldwater Lake Recreation Area. Monument Passes can be purchased at Johnston Ridge Observatory. On the Eastside and Southside of the Monument a Northwest Forest pass is required at designated sites. The cost is $5 per vehicle per day. Annual passes are $30. Passes are sold at Forest Service offices and at self-service pay stations around the Monument. Details at: www.fs.fed.us/passespermits/rec-fee.shtml.

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

Your Fees Help Support the Monument

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

Take Care of Your Pet, Protect the Monument

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

Help Protect the Monument

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

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

Drone Use on the Monument

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

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

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

Campgrounds

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<th>Highway 503 &amp; FR 90</th>
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</tbody>
</table>

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

Help Protect the Monument

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• Do not disturb or remove any natural features.
• Keep pets on a leash and in designated pet areas.

Driving Times

<table>
<thead>
<tr>
<th>Driving Times (Hours: Minutes)</th>
<th>Ape Cave</th>
<th>lava Canyon</th>
<th>Pine Creek Information Station</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>
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Drive slow and expect poor conditions on Forest Roads.