Mount St. Helens legacy reveals an amazing history of power, resiliency and change.

What's Inside...

Vicinity Map.............. 2
Like No Other Place
On Earth.................. 3
Planning Your Visit...... 4
West Side - Hwy. 504..... 5
South Side - Hwy. 503.... 6
East Side - FR 25 & 99... 7
20 Years Later............. 8, 9
Trails....................... 10, 11
Education & Fun........... 12, 13
Climbing & Camping..... 14
Northwest Interpretive
Association............... 15
Recreation Map........... 16

Gifford Pinchot National Forest USDA • Forest Service
March 20, 1980 - Mount St. Helens awoke after 123 years
Welcome to Mount St. Helens National Volcanic Monument

On May 18, 1980, after two months of increasing volcanic activity, Mount St. Helens erupted explosively. That event touched the lives of many thousands of people, it altered the surrounding landscape in dramatic ways, it has even changed the way we view our dynamic planet.

The year 2000 is special at Mount St. Helens as it marks the 20th anniversary of this cataclysmic event. The anniversary is a time to reflect on the lessons we have learned since the eruption. I invite you to come and explore, see nature's power and resiliency, visit world class visitor facilities, enjoy abundant recreational opportunities and discover the legacy that Mount St. Helens has created.

Clifford D. Ligons
Monument Manager

Driving Times In Hours:

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<tr>
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<th>Ape Cave</th>
<th>Cougar</th>
<th>Lava Canyon</th>
<th>Pine Creek Info Station</th>
<th>Windy Ridge</th>
<th>Randle</th>
<th>Mount St. Helens V.C.</th>
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New Monument Pass Information

A new fee structure for the Mount St. Helens National Volcanic Monument has begun in conjunction with a new regional pass for recreation fee sites throughout the Northwest. Pass options are as follows:

A Site Day Pass is a per person charge, good for one day at each of the following recreational fee sites:

- Mount St. Helens Visitor Center (at Silver Lake)
- Coldwater Ridge Visitor Center Complex (Including Coldwater Lake Recreation Area)
- Johnston Ridge Observatory
- Ape Cave

Fees are:

- Free: 4 and under
- $1 Youth Pass: 5-15
- $3 Adult Pass: 16 and older

A $6 Monument Adult Pass / $2 Monument Youth Pass will get each person into ALL fee sites for one day.

(Golden Eagle, Golden Age and Golden Access Passports are honored.)

**These passes may be purchased at Monument visitor centers, ranger stations, and information stations through Northwest Interpretive Association. Passes are also available at Cascade Peaks Restaurant and Gift Shop on Forest Road 99.

The Northwest Forest Pass is a per vehicle pass, good for one day ($5) or one year ($30) and is required at viewpoints and trailheads at Mount St. Helens, where fees are charged.

The Northwest Forest Pass will allow the pass holder admission to the visitor centers and Ape Cave.

(Golden passports will be honored)

**These passes are sold at Forest Service Offices in the Pacific Northwest, numerous retail outlets, via the internet, and through an 800 telephone number. (For more information on the Northwest Forest Pass see pg. 10)

Front Cover:
Mount St. Helens and the hummocks from State Highway 504

Photo Taken by:
Jim Hughes, Photoventure

About the Photographer:
Jim worked for the Forest Service from 1963 - 1986 as the Pacific Northwest Region 6 Writer / Editor and Visual Information Specialist. Many of the earlier photos of Mount St. Helens were taken by him. After retirement, he did freelance nature photography and continued having photo assignments with the Forest Service. Even though Jim is no longer with us, his legacy will live on through his photographs.

May 18, 1980 - Mount St. Helens erupts explosively, 57 lives lost, 40,000 acres of forest destroyed
**PLANNING YOUR VISIT**

**Explore Three Unique Areas of Mount St. Helens!**

**West Side** – Visitor centers on State Highway 504 afford excellent views of Mount St. Helens, including the crater, lava dome, blast zone, and mudflows. Mount St. Helens Visitor Center, Coldwater Ridge Visitor Center, and Johnston Ridge Observatory are open daily during the summer months. Interpretive talks, walks, and theater programs are offered at each visitor center. Food service is available at Coldwater Ridge Visitor Center. Lodging, gas, and other services are located in nearby communities.

**East Side** – Forest Roads 25 and 99 provide access to the vast blown down forest and the legendary Spirit Lake, and are usually open from Memorial Day until snow blocks roads. Cowlitz Valley Ranger Station is open to visitors daily during the summer season. On Forest Road 99 interpretive talks and walks can be enjoyed at many viewpoints and food service and gifts are available at Cascade Peaks Viewpoint. Lodging, gas, and other services are offered in surrounding communities.

**South Side** – Forest Road 83 passes through lava flows and mudflows from earlier eruptions and provides access to the Climbers' Bivouac. Pine Creek Information Station is open for visitor inquiries. State Highway 503 is open year round, while Forest Roads 83 and 90 are usually open from Memorial Day until snow blocks roads. Guided lantern walks are conducted daily at Ape Cave. Food, lodging, gas and other services are available in nearby communities.

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**Chamber of Commerce/Visitor Information**

**West Side**
- Castle Rock: (360) 274-6603
- Kelso: (360) 577-8058
- Longview: (360) 423-8400
- Toledo: (360) 785-0923

**South Side**
- Stevenson: (509) 427-8911
- Woodland: (360) 225-9552

**North Side**
- Chehalis: (360) 748-8885

**Law Enforcement**
- Emergency: 911
- Washington State Patrol: (360) 577-2050

**Other Frequently Requested Numbers**
- Hoffstadt Bluffs Visitor Center: (360) 274-7750
- Jack's Restaurant (Climbers' Register): (360) 231-4276
- Mount Rainier National Park: (360) 569-2211
- Mount St. Helens Cinedome Theater: (360) 274-8000
- National Recreation Reservation Service: 877-444-6777
- Washington State Parks: 800-233-0321
- Weyerhaeuser Forest Learning Center: (360) 414-3439

**Forest Service Offices**

<table>
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<tr>
<th>Office Name</th>
<th>Phone #</th>
<th>24-Hr. Recording</th>
<th>*TTY#</th>
<th>Fax#</th>
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<tbody>
<tr>
<td>Mount St. Helens National Volcanic Monument</td>
<td>(360) 247-3900</td>
<td>(360) 247-3903</td>
<td>(360) 247-3901</td>
<td></td>
<td>42218 NE Yale Bridge Road, Amboy, WA 98601</td>
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<tr>
<td>Mount St. Helens Climbing Information Line</td>
<td>(360) 274-2100</td>
<td>(360) 274-2103</td>
<td>(360) 274-2102</td>
<td>(360) 274-2101</td>
<td>42218 NE Yale Bridge Road, Amboy, WA 98601</td>
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<tr>
<td>Mount St. Helens Visitor Center</td>
<td>(360) 274-2131</td>
<td>(360) 274-2140</td>
<td>(360) 274-2151</td>
<td>(360) 274-2151</td>
<td>3029 Spirit Lake Highway, Castle Rock, WA 98618</td>
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<tr>
<td>Coldwater Ridge Visitor Center</td>
<td>(360) 891-5009</td>
<td>(360) 891-5009</td>
<td>(360) 891-5003</td>
<td>(360) 891-5004</td>
<td>10600 NE 51st Circle, Vancouver, WA 98682</td>
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<tr>
<td>Johnston Ridge Observatory</td>
<td>(360) 497-1100</td>
<td>(360) 497-1101</td>
<td>(360) 497-1102</td>
<td>(360) 497-1102</td>
<td>P.O. Box 670, Randle, WA 98377</td>
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<tr>
<td>Cowlitz Valley Ranger District</td>
<td>(509) 395-3400</td>
<td>(509) 395-3422</td>
<td>(509) 395-3424</td>
<td>(509) 395-3424</td>
<td>2455 Highway 141, Trout Lake, WA 98650</td>
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<tr>
<td>Mt. Adams Ranger District</td>
<td>(541) 386-2333</td>
<td>(541) 386-8758</td>
<td>(541) 386-1916</td>
<td>(541) 386-1916</td>
<td>10600 NE 51st Circle, Vancouver, WA 98682</td>
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<tr>
<td>Columbia River Gorge National Scenic Area</td>
<td>(360) 247-3900</td>
<td>(360) 247-3903</td>
<td>(360) 247-3901</td>
<td>(360) 247-3901</td>
<td>42218 NE Yale Bridge Road, Amboy, WA 98601</td>
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**Gifford Pinchot National Forest/Mount St. Helens Web Site Address:** www.fs.fed.us/gpnf

*TTY - Teletypewriter for the Hearing Impaired*

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**Mount St. Helens Visitor Center**

Located 5 miles east of Castle Rock on the shores of Silver Lake, the center introduces visitors to Mount St. Helen’s history and to the powerful events that took place on May 18, 1980.

Take a walk on the NEW .5 mile Silver Lake Wetlands Trail and discover how this lake was formed by a previous eruption and how the aquatic life continues to change Silver Lake today! Visitors can enjoy distant views of Mount St. Helens, and Silver Lake while identifying native plants, birds, and other wildlife.

Services include a 16 minute theater presentation, interpretive exhibits, a stocked information desk, and Northwest Interpretive Association book sales area.

**Purchase passes here.**

**Interpretive Talks**

Times posted at Center

Meet with a forest interpreter and learn about the events that took place on May 18, the history and ecology of Silver Lake, and how to identify key features along State Highway 504.
Coldwater Ridge Visitor Center
Open Daily 10am-6pm

Located within the National Volcanic Monument and 43 miles east of Castle Rock, the center invites visitors to discover the ways in which plants and animals survived the eruption and continue to exhibit resiliency throughout the blast zone.

Walk the .25 mile Winds of Change Interpretive Trail and discover how a stone-filled wind slammed into Coldwater Ridge during the May 18, 1980 eruption and how with the gentle winds of time, plants and animals have returned. Visitors can enjoy panoramic views of Mount St. Helens, newly formed lakes, blown down trees, and the debris-filled Toutle River Valley.

Services include a video-wall theater program, interpretive exhibits, a staffed information desk, a gift shop, a Northwest Interpretive Association book sales area, and a restaurant with a selection of sandwiches, soups, salads, and drinks.

* Purchase passes here.

Interpretive Talks
Times posted at Center
Forest interpreters offer a variety of formal talks and guided walks including the description of the geological changes that occurred during the 1980 eruption. Come learn how volcanoes are monitored and discover how Mount St. Helens has taught us new answers to old mysteries.

Discover Coldwater Lake!
Coldwater Lake Recreation Area is located 45 miles east of Castle Rock within the heart of the blast zone. Take a walk on the .25 mile Birth of a Lake Interpretive Trail and discover how this new lake was formed by the effects of the May 18th eruption. Visitors can enjoy a close-up view of the lake.

Facilities include picnic tables, restrooms, a fish cleaning station, a boat launch and a hands-on discovery area. While enjoying the Coldwater Lake Recreation Area, please remember this is a DAY USE AREA only. CAMPING IS NOT PERMITTED. For fishing regulations, check the information board located on site or call one of the visitor centers.

1981 - First lupine plant found on the pumice plain
Apes' Headquarters
Open Daily
June 1 to Sept. 30 10:00 am-5:30 pm

Explore the furthest reaches of a lava tube formed from an eruption of Mount St. Helens 1,900 years ago. Lantern rentals, book sales and travel directions are available. Lanterns can be rented for $2.00 until 4 p.m. and must be returned by 5:00 p.m. Apes' Headquarters is located at Ape Cave on Forest Road 8303, 3 miles north of the junction of Forest Roads 83/90.

Purchase passes here.

Ape Cave Lantern Walk
Daily June 1 to Sept. 30 10:30 am-3:30 pm

Join a forest interpreter who will shed some light on the life and features of the cool, dark world of this 1,900-year-old lava tube. Wear warm clothes and sturdy shoes. Lanterns will be provided. Meet in front of Apes' Headquarters, 3 miles north of the junction of Forest Roads 83/90; allow 45 minutes. Guided walk limited to 50 visitors.

Pine Creek Information Station
Open daily June 1 to Sept. 30 9:30 am - 5:30 pm

If you are approaching Mount St. Helens from the south, be sure to stop at the Pine Creek Information Station located 17 miles east of Cougar on Forest Road 90. Staff will help you with travel directions, picnic spots, camping, trails and ideas on how to make the most of your visit. A short movie will get you ready for adventure into the Monument. A Northwest Interpretive Association book sales area is also available.

Purchase passes here.

Mount St. Helens National Volcanic Monument Headquarters
Open Daily 7:30 am - 5:00 pm

The Headquarters for the National Volcanic Monument is located 4 miles north of Amboy on State Highway 503. Information on traveling, road conditions and permits is available here. Permits are required for the following activities: picking mushrooms, cutting Christmas trees, or gathering forest products and minerals. Books, videos, and maps are available through the Northwest Interpretive Association. For more information call (360) 247-3900.

Purchase passes here.

Lahar Viewpoint
Come see how the south side of Mount St. Helens was affected by the May 18, 1980 eruption and witness the resiliency of life in this mudflow-scoured landscape, 10.5 miles east of the junction of Forest Roads 83/90.

Lava Canyon
Discover more about Mount St. Helens eruptive past. Stroll along a wheelchair accessible trail and explore a mudflow-scoured canyon with views of waterfalls plunging over an ancient lava flow. Opportunities exist for more challenging hiking experiences with rewarding views.

Suspension bridge on Lava Canyon trail #184

Lava Canyon Recreation Area is 11 miles east of the junction of Forest Roads 83/90.
Cowlitz Valley Ranger Station
Open Daily May 27 to Sept 4 8 am - 4:30 pm
(Closed 12:00-12:30pm on weekends)

The Ranger Station is located 1 mile east of Randle on Highway 12. Stop here for information on trails and facilities in the Cowlitz Valley District and the Mount St. Helens National Volcanic Monument. Books and videos are available through the Northwest Interpretive Association.

* Purchase passes here.

Woods Creek Information Station
Open Daily
May 26 to September 4 9 am - 4 pm

Woods Creek Information Station is 6 miles south of Randle on Forest Road 25. The few minutes it takes to pull into this station will help you plan an event-filled visit to Mount St. Helens. Stay in your car for drive-through service about camping and hiking opportunities, or come inside to browse through the Northwest Interpretive Association sales outlet. If you’re looking for a place to picnic or stretch your legs, head across the road to the Woods Creek Watchable Wildlife Site. The day-use site also serves as a trailhead for the 2.5-mile Woods Creek Watchable Wildlife Trail. If you’re interested in learning about the various habitats you’re hiking through, Environmental Education Lab Packs can be checked out and used along the trail. For more information, contact the Cowlitz Valley Ranger Station.

* Purchase passes at the Information Station.

Blast Edge Viewpoint
Stop and marvel at the standing dead trees that mark the edge of the blast zone, 2 miles west of Bear Meadow Viewpoint on Forest Road 99.

Cascade Peaks
Open Daily June thru Sept. 10 am - 6 pm
Food and gift shop available at this location.

* Purchase your Northwest Forest pass here.

Meta Lake Walks
• Look for a forest interpreter at this site at various times during the day. Program times posted on information board.

Stroll or roll to this emerald lake teeming with life and hear stories about survivors and newly established life. Meet at Meta Lake Trailhead, junction of Forest Roads 26/99; allow 45 minutes. There is a water pump here.

Harmony Falls Viewpoint
Hike 1 mile to the shore of Spirit Lake and see the remarkable return of life.

Windy Ridge Talks
Daily June 1 to Sept 30 11:30 am-4:30 pm

Learn about the eruption that challenged the imagination of volcano watchers. Join a forest interpreter and relive the incredible power unleashed on May 18, 1980. Talks are once an hour on the half hour at the Windy Ridge outdoor amphitheater, Forest Road 99; allow 30 minutes.
A Mount St. Helens Makeover
By Ed Klimasauskas
Geologist, U.S. Geological Survey

Mount St. Helens reveals an amazing history of power, resiliency and change to the volcano. This "Yn tephra" as it is called, is visible in road cuts along Forest Roads 25 and 99 and along layers from other eruptions. In some places you may see new vegetation growing from layers in road cuts where ancient soils developed between eruptions. This landslide dammed in the North Fork Toutle River to form an ancient Spirit Lake. The lake eventually broke this natural dam and sent an enormous mudflow downstream. This event, about 18 times larger than the 1980 mudflow, formed Silver Lake when debris blocked a tributary of the Toutle River. Pastel yellow rocks, the remnants "hummocks" from this landslide can still be seen at the base of the volcano just to the right of the steep gullies which drain the crater. Over time the mountain filled in the hollows by erupting new lava domes, lava flows, and pumice and ash. Since the 1980 eruption, Mount St. Helens is experiencing another makeover. By 1986 a new lava dome had partially filled the crater. Since 1986, snow, ice and rock slides have been filling in the area between this lava dome and the south crater wall. This layer cake of rock, snow and ice may form a new glacier and may eventually bury the dome completely.

The timelessness of nature and its tremendous power. It took only 10 minutes for the eruption to transform an entire landscape. Yet, as impressive as the 1980 eruption was, it was but one more in a series of eruptions in the volcano's 40,000-year long history. An equally impressive lesson has been the resiliency demonstrated by the amazing survival and reestablishment of life after the eruption. Mount St. Helens has taught us important lessons about the timlessness of nature and its tremendous power. It took only 10 minutes for the eruption to transform an entire landscape. Yet, as impressive as the 1980 eruption was, it was but one more in a series of eruptions in the volcano's 40,000-year long history.

From viewpoints north of the volcano you may see light gray rocks in the base of the crater walls. These are remnants of a lava dome that grew between 2900 and 2500 years ago. About 2500 years ago a huge portion of this dome collapsed in a massive landslide, filling in the area between this lava dome and the south crater wall. This layer cake of rock, snow and ice may form a new glacier and may eventually bury the dome completely.

This landslide dammed the North Fork Toutle River to form an ancient Spirit Lake. The lake eventually broke this natural dam and sent an enormous mudflow downstream. This event, about 18 times larger than the 1980 mudflow, formed Silver Lake when debris blocked a tributary of the Toutle River. Pastel yellow rocks, the remnants "hummocks" from this landslide can still be seen at the base of the volcano just to the right of the steep gullies which drain the crater. Over time the mountain filled in the hollows by erupting new lava domes, lava flows, and pumice and ash. Since the 1980 eruption, Mount St. Helens is experiencing another makeover. By 1986 a new lava dome had partially filled the crater. Since 1986, snow, ice and rock slides have been filling in the area between this lava dome and the south crater wall. This layer cake of rock, snow and ice may form a new glacier and may eventually bury the dome completely.

What will the future hold? We will likely see the tide of life continue to return to the landscape of Mount St. Helens. We could witness the power of another explosive eruption, or we may see an expression of rebuilding and resiliency in the form of new lava flows or domes. One thing is certain: the mountain will continue to change before our eyes.

**Resiliency... &**

**POWER...**

On the morning of May 18, 1980 Gerry Martin and Ty and Marianna Kearney were watching Mount St. Helens as members of RACES, an early warning amateur radio network. Gerry was stationed near Johnston Ridge, about 6.5 miles north of the volcano. Ty and Marianna were stationed south of the South Fork Toutle River, about 8 miles west of the volcano.

Ty sat in his van talking with Gerry on the radio, when the earthquake which triggered the catastrophic eruption shook them both. Gerry's incredible description was recorded by another radio operator.

"Now we've got an eruption down here. Now we've got a big slide coming off. The slide is coming off the west slope."

"Now we've got a whole big eruption out of the crater. And we got another opened up on the west side. The whole west side - northwest side is sliding down."

"OK boys, we got it boys, the northwest section and north section is blowing up. Coming over the ridge towards me. I'm gonna back outta here."

"Gentlemen, the, uh camper and car sitting over to the south of me is covered. It's gonna get me too. We can't get out of here."

Gerry Martin was never found. Ty and Marianna Kearney were able to escape to safety.

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Gerry Martin was never found. Ty and Marianna Kearney were able to escape to safety.
There are many trails in the Mount St. Helens National Volcanic Monument leading hikers into a variety of diverse landscapes. Crater views, new lakes, blown down trees, ancient lava flows, mudflows and old-growth forest can all be discovered here. Trails vary in difficulty from short, accessible interpretive loops to longer, steep narrow trails that challenge even experienced hikers. Consult with Monument staff to pick the trails that best meet your needs.

**West Side Trails**

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<td>up to 3000 ft.</td>
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</tr>
<tr>
<td><strong>Hummocks</strong> 229</td>
<td></td>
<td></td>
<td>2.3</td>
<td>N</td>
<td></td>
<td>2700 ft.</td>
</tr>
<tr>
<td><strong>Lakes</strong> 211</td>
<td></td>
<td></td>
<td>13.2</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Silver Lake Wetlands</strong></td>
<td></td>
<td></td>
<td>.50</td>
<td>N</td>
<td></td>
<td>None</td>
</tr>
<tr>
<td><strong>South Coldwater</strong> 230A</td>
<td></td>
<td></td>
<td>3.1</td>
<td>N</td>
<td></td>
<td>1300 ft.</td>
</tr>
<tr>
<td><strong>Winds of Change</strong> 232</td>
<td></td>
<td></td>
<td>.25</td>
<td>N</td>
<td></td>
<td>None</td>
</tr>
</tbody>
</table>

West side trails offer close-up views of the crater, newly formed lakes and the barren pumice plain. Hike on the landslide deposit and discover how water has created new habitats.

- Drinking water is located at Coldwater Lake and the visitor centers.

**Symbol Key**

**Users**
- Hiking
- Accessible
- Horseback
- Mountain Bike
- Caving

**Trailhead Facilities**
- Picnic Area
- Parking
- Campground
- Restrooms
- Drinking Water
- Information Station

**Northwest Forest Pass**

Most developed trailheads and viewpoints at Mount St. Helens National Volcanic Monument require the Northwest Forest Pass. This pass replaces the Trail Park Pass as well as several others and is valid at most National Forest fee sites in Oregon and Washington. The new Pass is also honored at Windy Ridge, Lava Canyon and the Lahar Viewpoint which previously required the Monument Pass. After listening to visitors, the Forest Service has made these changes to provide a simple, convenient and affordable pass program for Monument visitors.

The cost of the Northwest Forest Pass is $5.00 per day or $30.00 for a full year and is sold at all Forest Service offices, area retail outlets, on the internet at www.naturenw.org and by telephone at (800) 270-7504. Funds collected are used to maintain and improve facilities where this pass is required. The Northwest Forest Pass provides a simple and easy way to invest in your National Forest.

The Visitor Centers and Ape Cave require a separate per person pass. As an added value, the Northwest Forest Pass allows one person, the pass holder, admission to these sites.

- The Northwest Forest Pass is a vehicle pass, valid for all occupants at trailheads and viewpoints.
- Golden Age and Golden Access card holders receive a 50% discount on the annual pass.
- Golden Eagle, Golden Age and Golden Access card holders can obtain a free day pass valid at Northwest Forest Pass fee sites in the Mount St. Helens National Volcanic Monument.

**Trail Difficulty Definitions:**

- **Easiest:** Level to gently rolling. Easy hiking, suitable for children or individuals seeking a leisurely walk.
- **More Difficult:** Vigorous hiking with moderate hills and slopes.
- **Most Difficult:** Steep grades, narrow tread widths, low levels of maintenance. May require stepping over logs or traversing steep slopes or stream fords. Trails may be difficult to locate or follow. Suitable for experienced hikers in good physical condition. Expect a challenging experience.
Trails In The Restricted Area

A restricted area has been established in the heart of the National Volcanic Monument to protect opportunities for scientific research and allow for the recovery of plant and animal life. The following rules apply in the restricted area:

- Stay on the trail; off-trail travel prohibited. ($100.00 minimum fine).
- No camping is allowed in the restricted area.
- Disturbing research plots or removing any natural features is strictly prohibited.
- Access into the crater is strictly prohibited.
- Fires are not allowed within the blast area.
- Pets and bicycles are prohibited.

For more detailed information and maps, contact one of the visitor centers or a Forest Service Office.

East Side Trails

<table>
<thead>
<tr>
<th>Trail #</th>
<th>Users</th>
<th>Difficulty</th>
<th>Length (miles)</th>
<th>Dogs</th>
<th>Trailhead Facilities</th>
<th>Elev. Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boundary (Norway Pass Trailhead to Norway Pass)</td>
<td>1</td>
<td>🌴 🌴 🌴</td>
<td>2.5</td>
<td>N</td>
<td>🩴 🩴</td>
<td>up to 3000 ft</td>
</tr>
<tr>
<td>Harmony</td>
<td>224</td>
<td>🌴 🌴</td>
<td>1.0</td>
<td>N</td>
<td>🩴</td>
<td>572 ft</td>
</tr>
<tr>
<td>Independence Pass</td>
<td>227</td>
<td>🌴 🌴 🌴</td>
<td>3.5</td>
<td>Y</td>
<td>🩴</td>
<td>500 ft</td>
</tr>
<tr>
<td>Iron Creek CG</td>
<td>187</td>
<td>🌴 🌴 🌴</td>
<td>1.5</td>
<td>Y</td>
<td>🩴 🩴</td>
<td>None</td>
</tr>
<tr>
<td>Iron Creek Old-Growth</td>
<td>83</td>
<td>🌴 🌴</td>
<td>.25</td>
<td>Y</td>
<td>🩴 🩴 🩴</td>
<td>None</td>
</tr>
<tr>
<td>*Meta Lake</td>
<td>210</td>
<td>🌴 🌴</td>
<td>.25</td>
<td>Y</td>
<td>🩴</td>
<td>None</td>
</tr>
<tr>
<td>Truman</td>
<td>207</td>
<td>🌴 🌴 🌴</td>
<td>5.8</td>
<td>N</td>
<td>🩴 🩴 🩴</td>
<td>1200 ft</td>
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<tr>
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<td>247</td>
<td>🌴 🌴 🌴</td>
<td>2.5</td>
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<td>🩴 🩴</td>
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South Side Trails

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<th>Trail #</th>
<th>Users</th>
<th>Difficulty</th>
<th>Length (miles)</th>
<th>Dogs</th>
<th>Trailhead Facilities</th>
<th>Elev. Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ape Cave (Lower)</td>
<td>234</td>
<td>🌴 🌴 🌴 🌴</td>
<td>.75</td>
<td>N</td>
<td>🩴 🩴 🩴</td>
<td>100 ft</td>
</tr>
<tr>
<td>Ape Cave (Upper)</td>
<td>239</td>
<td>🌴 🌴 🌴 🌴</td>
<td>1.5</td>
<td>N</td>
<td>🩴 🩴 🩴</td>
<td>400 ft</td>
</tr>
<tr>
<td>Ape Canyon</td>
<td>234</td>
<td>🌴 🌴 🌴 🌴</td>
<td>5.5</td>
<td>Y</td>
<td>🩴</td>
<td>1400 ft</td>
</tr>
<tr>
<td>June Lake</td>
<td>216B</td>
<td>🌴 🌴 🌴</td>
<td>1.5</td>
<td>Y</td>
<td>🩴</td>
<td>500 ft</td>
</tr>
<tr>
<td>*Lava Canyon</td>
<td>184</td>
<td>🌴 🌴 🌴</td>
<td>3.0</td>
<td>Y</td>
<td>🩴 🩴</td>
<td>1350 ft</td>
</tr>
<tr>
<td>Loowit</td>
<td>216</td>
<td>🌴 🌴</td>
<td>27</td>
<td>N</td>
<td></td>
<td>Varied</td>
</tr>
<tr>
<td>Sheep Canyon</td>
<td>240</td>
<td>🌴 🌴</td>
<td>2.8</td>
<td>Y</td>
<td>🩴</td>
<td>1200 ft</td>
</tr>
<tr>
<td>*Trail of Two Forests</td>
<td>233</td>
<td>🌴 🌴</td>
<td>.25</td>
<td>Y</td>
<td>🩴</td>
<td>None</td>
</tr>
</tbody>
</table>

Mount Margaret Backcountry

Hikers may once again explore trails that lead to the sapphire lakes, pinnacle studded ridges and flowered mountain slopes of the Mount Margaret Backcountry. Visitors to this rugged and spectacular portion of the Monument can see effects of the 1980 eruption of Mount St. Helens. The lateral blast, a hot stone filled wind, shattered trees and swirled around peaks and basins as it toppled thousands of acres of pristine forest.

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. Be prepared to cross snow slopes if you plan an early season visit. The Whittier Trail #214 is very narrow and crosses steep cliffs, it is not suitable for hikers that are uncomfortable with heights.

Eight camps can accommodate tent campers at four lakes and four upland locations. Camping permits are required and camping is limited to these camps only. Maximum group size for camping is four people. Camping permits can be obtained at Monument Headquarters in Amboy and at Coldwater Ridge Visitor Center. The permit holder must also purchase and carry a valid Northwest Forest Pass for the duration of their visit. The Northwest Forest Pass is part of the National Fee Demonstration Program which allows the Monument to use revenue to support services and facilities for campers.

Each campsite has a level, wooden framed, earth filled tent pad as well as a grey water sump for waste water from washing and cooking. Solar composting toilets are also provided. Please use these facilities to help protect vegetation, water quality and other natural features.

Pets and pack stock are prohibited in the Mount Margaret Backcountry. Fires are not allowed, plan to use a camp stove for cooking.

For additional information call (360) 891-5090 or visit our web page at www.fs.fed.us/gpnf.

On Many Different Trails!

<table>
<thead>
<tr>
<th>East Side Trails</th>
<th>South Side Trails</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Interpretive Trail</td>
<td>*Interpretive Trail</td>
</tr>
<tr>
<td>Boundary (Norway Pass Trailhead to Norway Pass)</td>
<td>Ape Cave (Lower)</td>
</tr>
<tr>
<td>Harmony</td>
<td>Ape Cave (Upper)</td>
</tr>
<tr>
<td>Independence Pass</td>
<td>Ape Canyon</td>
</tr>
<tr>
<td>Iron Creek CG</td>
<td>June Lake</td>
</tr>
<tr>
<td>Iron Creek Old-Growth</td>
<td>*Lava Canyon</td>
</tr>
<tr>
<td>*Meta Lake</td>
<td>Loowit</td>
</tr>
<tr>
<td>Truman</td>
<td>Sheep Canyon</td>
</tr>
<tr>
<td>*Woods Creek Watchable Wildlife</td>
<td>*Trail of Two Forests</td>
</tr>
</tbody>
</table>

East, beyond the reach of the volcano's power, old-growth forests and lush vegetation offer a sharp contrast to the grey of the blast area.

Trails along Forest Road 99 lead hikers into the heart of the blast area and provide outstanding views of Spirit Lake.

- Water pumps are located at Norway Pass Trailhead on Forest Road 26 and the Meta Lake Trailhead on Forest Road 99.

South side trails offer outstanding opportunities to learn of the ancient lava flows and recent mudflows that scoured down the slopes of Mount St. Helens.

Discover the longest continuous lava tube in the continental U.S. formed over 1,900 years ago.

- There are no water pumps on this side of the Monument.

1995 - First fish (rainbow trout) found in Spirit Lake
Environmental Education Opportunities

Since its designation in 1982, Mount St. Helens National Volcanic Monument has been a leader in promoting environmental and science education. This has been accomplished by offering facilities and activities that encourage hands-on learning, developing curriculum guides, conducting teacher training workshops and forming innovative partnerships with school districts and others.

While most school groups travel to the visitor centers on State Highway 504, some visit attractions on the Monument’s south side, including the Lahar Viewpoint, Ape Cave, and the Trail of Two Forests.

To make the most of your visit, we ask you to call in advance to schedule your date. Please phone (360) 274-2131 or (360) 274-2100. By scheduling ahead we can help you focus on a particular subject, advise you on hands-on activities available, and work with you during your visit.

At developed sites, fees will be waived for school groups from accredited educational institutions visiting Mount St. Helens as part of a school assignment. However, school groups wishing to climb Mount St. Helens must obtain and purchase climbing permits according to established procedures (see page 14). Fee waivers will not be granted.

For more information about other educational opportunities at Mount St. Helens please contact the Environmental Education Coordinator at (360) 247-3900.

Can you help the lava reach the surface, starting at the center of the earth?

How does the 1980 eruption measure up to other volcanoes?

Mount St. Helens 1980
Mount Pinatubo Philippines 1991
Krakatoa Indonesia 1833
Mount Mazama Oregon 5000 BC
Tambora Indonesia 1815

Which one of these was the biggest? If you guessed Tambora, you’re right! The eruption of Tambora in 1815 was the largest historic eruption in the world. Even the 1991 eruption of Mount Pinatubo was about 10 times larger than the 1980 eruption of Mount St. Helens. So as you can see, the 1980 eruption at Mount St. Helens was just a small expression of what volcanoes can do.

Mount St. Helens Institute: Volcanic Discovery for Students of All Ages

On the occasion of the 20th anniversary, the non-profit Mount St. Helens Institute (MSHI) is launching a five-year campaign to develop self-supporting educational programs and services at the Volcano. MSHI’s mission is to link the wonder of scientific discovery with students of all ages. The volcanic blast zone and its developing forests provide a unique laboratory in which to engage students through both on-site field trips and opportunities for distance learning on the World Wide Web.

Each year Mount St. Helens is a favorite destination for more than 12,000 secondary students and university classes and professional conference field trips. The volunteer scientists, educators and community members of MSHI are dedicated to the promotion of life long learning. Efforts are underway to build a catalog of high-quality field classes for volcano visitors. To learn more about MSHI and its programs contact Elizabeth Tyree, Executive Director at (360) 891-5095, Email: mshi@teleport.com or PO Box 4762, Vancouver, WA 98662.
**Geology Grocery Shopping**

Your best friend is a geologist. You've been asked to do some grocery shopping for your friend. This list includes food items, toiletries, school supplies, and miscellaneous items. Remember, your friend is a geologist so the list looks a little different. The challenge is to identify the every day items in their basic forms. Can you tell what the items are?

- small box of sodium chloride
- large bag of clay pellets
- cardboard strip with diamond dust
- zinc oxide cream
- 1 box of graphite rods in wood
- 1 box of phosphorus and sulphur on sticks

---

**Word Eruption!**

Mount St. Helens blew its top and sent words tumbling down the mountainside. The letters in the words got all mixed up. Write each word in the numbered blanks on the right.

1. o-i
2. v-8
3. a-z
4. t-
5. 9
6. a-o
7. d-r
8. \-
9. a-x
10. e-e

---

**Word Match**

Match each word with its correct meaning.

1. __ **Volcanic Ash**
   - A.) Fragments of rock of all sizes that are thrown into the air during an eruption.

2. __ **Shield Volcano**
   - B.) Made of layers of lava flows, ash and rock rubble. (Mount St. Helens is one of these)

3. __ **Lahar (mudflow)**
   - C.) Fine-grained fragments of volcanic rock blown into the air.

4. __ **Lava**
   - D.) Made almost entirely of lava flows. (Hawaiian volcanoes are these)

5. __ **Magma**
   - E.) Molten rock below the earth's surface.

6. __ **Pyroclastic Flow**
   - F.) A scientist who specializes in studying volcanoes.

7. __ **Composite Volcano**
   - G.) An instrument for measuring and recording vibrations in the earth.

8. __ **Tephra**

9. __ **Volcanologist**
   - I.) A mixture of water, mud and boulders that rushes down the slopes and away from a volcano.

10. __ **Seismometer**
    - J.) Avalanche of hot rock, ash and gas.

---

**Interested in "digging deeper" into Mount St. Helens or Volcanoes?**

Try the following internet sites:

- Volcano World: [http://volcano.und.nodak.edu](http://volcano.und.nodak.edu)
- Smithsonian's Global Volcanism Program: [http://www.volcano.si.edu/gvp](http://www.volcano.si.edu/gvp)

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**Gifford Pinchot National Forest**

**Cougar, Washington**

August 12, 2000

Five routes — 30-143 miles

For information and entry form contact the ride hotline at 360-891-5151 or visit the web site at [www.fs.fed.us/gpnf/pedalthepinchot](http://www.fs.fed.us/gpnf/pedalthepinchot)

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1997 - Johnston Ridge Observatory opens to the public
CLIMBING THE VOLCANO

Climbing Mount St. Helens is popular with both experienced and beginning mountaineers. People climb the Volcano year-round, but late spring through early fall is by far the most popular time of year. The climb is not a trail hike, it is a rugged, off trail scramble. The climb is suitable for people in good physical condition who are comfortable on steep irregular terrain. Prior to mid summer, climbers can expect to encounter snow on their climb.

At 8,365 feet elevation, the rim of Mount St. Helens provides outstanding views of the crater, lava dome, blast area and surrounding volcanic peaks. The most popular route to the summit begins at Climbers Bivouac, at the end of Forest Road 830. This narrow gravel road is suitable for standard passenger vehicles. The climb begins on the Ptarmigan Trail #216A, this trail gently climbs forested slopes for 2 miles to timberline. Above timberline, climbers will scramble over steep, blocky lava flows on the lower slopes and loose, sandy volcanic ash on the upper slopes. The crater rim is extremely precipitous with a drop of nearly 2,000 feet to the crater floor. A snow cornice develops in winter and may last into the summer, take great care at the rim as portions of it may be unstable.

Most climbers complete the round trip in 7 to 12 hours. The route climbs 4,500 feet from trailhead to the rim in a distance of about 5 miles. All climbers should carry extra clothing and rain wear, sun protection for eyes and skin, extra food and water, sturdy boots and gaiters, a topographical map and a first aid kit. If you plan to climb on snow, carry and know how to use an ice axe. Weather and climbing conditions can change rapidly. Wind, rain, fog and even snow can form quickly any time of year. The temperature at the rim can be 20 to 30 degrees colder than the surrounding valleys. Be prepared!

Climbing permits are required year round for each person above 4,800 feet elevation on the south slopes of Mount St. Helens. To help reduce disturbance to sensitive alpine plants and natural features, access is limited to 100 people a day from May 15 through October 31 each year. During the limited use season advance reservations are available from Monument Headquarters. Plan ahead as demand is high and many dates are filled well in advance. Unreserved permits for 50 climbers are available at the Climbers Register starting at 6:00 PM each evening for the following day. April 1 through October 31 a $15 fee is charged for a one day climbing permit. An annual Cascades Volcano Pass may be purchased for $30 and is valid for climbing fees at Mount Adams and Mount St. Helens. The climbing permit fee is part of the National Fee Demonstration Program. The Monument retains 80% of permit fees to support facilities and services for climbers. Climbers will be issued a parking voucher to use in lieu of parking fees during their climb.

Permits, Annual Cascades Volcano Pass and registration materials are all available at the Climbers Register, located at Jack's Restaurant and Store which is on State Route 503, 23 miles east of Woodland, WA (I-5, exit 21).

All climbing opportunities are on the south slopes of Mount St. Helens. Entry into the crater is strictly prohibited. Climbing to the crater rim is only one of many ways to experience Mount St. Helens, it is not for everyone. The National Volcanic Monument has nearly 200 miles of trails. Most can be accessed without permit or use limit. Recommended hiking trails in the Monument include: Boundary #1, Lava Canyon #184, Truman #207, Loowit #216, Hummocks #229 and Sheep Canyon #240.

For additional information call our Climbing Information Line at (360) 247-3961 or visit our web page at www.fs.fed.us/gpnf.

### Camping

This chart summarizes some of the campgrounds in the Mount St. Helens vicinity. Contact local Chambers of Commerce or inquire at information stations and visitor centers for additional camping opportunities (see page 4 for phone numbers). Here are some helpful hints about camping around Mount St. Helens:

- Campgrounds can fill up fast. Making a reservation will guarantee you a camp site.
- Campers are permitted outside the Restricted Area (see map on 16).
- No fires allowed in the downed forest. Plan to use a camp stove to cook.
- When fire danger is high access to some areas may be closed.

<table>
<thead>
<tr>
<th>Location/ Campground</th>
<th>Camp Sites</th>
<th>User Fee</th>
<th>Reservations Accepted</th>
<th>Picnic Sites</th>
<th>Barrier Fee</th>
<th>Boat Launch</th>
<th>Campfire Programs</th>
<th>Fishing</th>
<th>Restrooms</th>
<th>Showers</th>
<th>Swimming</th>
<th>Trailer-Sites</th>
<th>Water</th>
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<td>✔</td>
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<tr>
<td>(West Side) Seaport State Park</td>
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<td>Merrill Lake</td>
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Agency/ Phone Number:

- Washington State Parks 800-452-5687 - Reservations 800-233-0331 - Information Line
- USDA Forest Service 877-444-6777
- Pacific Northwest Forest Service 503-813-6666
- Washington State Parks 800-452-5687 - Reservations 800-233-0331 - Information Line
- Pacific Northwest Forest Service 503-813-6666
- WA State DNR 360-577-2025
- Pacific Northwest Forest Service 503-813-6666
- Washington State Parks 800-452-5687 - Reservations 800-233-0331 - Information Line
- USDA Forest Service 877-444-6777
Northwest Interpretive Association is a non-profit organization that supports educational programs and visitor services of the Forest Service and other public land agencies. Proceeds from the sale of educational materials are used to fund Monument interpretive programs, the Volcano Review newspaper, new exhibits and displays, and much, much more.

**MOUNT ST. HELENS**

Eruptions of Mount St. Helens: Past, Present and Future
Tilling, 47 p. $6.25
This photo-packed book explores the vast array of information gathered from one of the world's most studied geologic sites.

Fire Mountain
Boly, 74 p. $16.95
The author revisits Mount St. Helens more than a decade after the eruption to recapture the landscape of her childhood with the volcanically transformed blast zone.

Story Behind The Scenery: Mount St. Helens
Corcoran, 48 p. $7.95
Spectacular photographs and revealing text tell the Mount St. Helens story, focusing on the May 18, 1980 eruption.

Mount St. Helens, The Continuing Story in Pictures
Quiring, 48 p. $7.95
French, German or Spanish $8.95
A continuation of the Story Behind The Scenery book about Mount St. Helens, focusing on the rebirth of plant and animal life in the area.

Truman of St. Helens: The Man and His Mountain
Rosen, 163 p. $9.95
Conveys Truman's love for the mountain in a colorful style.

Ape Cave
Halliday, 52 p. $1.95
Learn how and when this longest known continuous lava tube in the contiguous 48 states was formed.

Mount St. Helens The Eruption and Recovery of a Volcano
20th Anniversary Edition
Rob Carson 160 pg $19.95
Updated edition documents how the people, landscape and wildlife of Mount St. Helens have been changed by the eruption of the volcano.

Portrait of Mount St. Helens
Williams/Warren, 80 p. $12.95
With vivid photographs, this book illuminates the mountain's pristine pre­eruption beauty, the blast itself, the dramatically changed post eruption landscape, and astonishing recovery of the ecosystem surrounding it.

LAPEL PINS
Interpretive Lapel Pins from parks and forests around the Northwest: Mount St. Helens NVM, Mount Rainier NP, Olympic NP, North Cascades NP.
Each 3.95
Friends of Mount St. Helens 5.00

MAPS AND TRAIL GUIDES

Mount St. Helens - Pathways to Discovery
Seeholtz, 166 p. $14.95
Visitor guide to Mount St. Helens. General information on roads and trails.

Mount St. Helens NVM Map $4.00
A map and guide for visitors to the National Volcanic Monument.

A Complete Guide to Mount St. Helens
Viebig, 157 p. $12.95
A guide for hiking, climbing, skiing and nature viewing for the Mount St. Helens area.

Road Guide to Mount St. Helens
Decker, 59 p. $4.95
German translation $6.95
This book is designed to guide visitors on a driving tour of the major sites in the National Volcanic Monument.

National Forest Maps
Each $1.40
Detailed district topographic maps of Mount Adams, Mount Baker-Snoqualmie NF, Gifford Pinchot NF, Goat Rocks Wilderness, Mount Hood NF, Olympic NF, Wenatchee NF, Willamette NF.

Huckleberry Book
Bowen, 90 p. $9.95
A charming book which examines the lore and fact of the huckleberry of the West. Full attention is given to defining types, picking, preserving and proper manners in a huckleberry patch. Generously supplied with recipes from across the mountains.

VIDEO

The Fire Below Us $24.95
A dramatic 60 minute documentary combining eyewitness accounts and spectacular footage about Mount St. Helens, reminding us of the power of nature. VHS and PAL format.

Fire Mountain: The Eruption and Rebirth of Mount St. Helens $29.95
A 60 minute exploration of Mount St. Helens before and after the eruption of May 18, 1980. Explains why the mountain erupted, how life survived, and what the future may hold for this changing landscape. VHS and PAL format.

Message from the Mountain $19.95
Experience one of the earth's most dramatic volcanic eruptions with a film that puts you in the path of Mount St. Helens fury. This award winning movie is shown at Johnston Ridge Observatory. 20 min.

POSTCARDS AND POSTERS

12 Mount St. Helens postcards $3.00

Rosenuist Strip $1.50
5 postcards showing the actual sequence of the eruption.

Eruption Poster $7.95
Power and Spirit Panorama $4.00
12x36 panoramic poster of Mount St. Helens and Spirit Lake.

The Volcano Review is produced by Northwest Interpretive Association in cooperation with the USDA Forest Service.

PACIFIC NORTHWEST

Cascade/Olympic Natural History
Mathews, 625 p. $22.50
A field guide for the Cascade and Olympic Mountain ranges. With photographs and drawings.

Volcanic Landscapes
Mueller, 223 p. $12.95
Area maps and photographs of South Cascades volcanic cinder cones, lava flows, caves, craters and more.

Plants of the Pacific Northwest Coast
Pojar/MacKinnon, 528 p. $19.95
Easy to use field guide features 794 species of plants found along the Pacific coast from Alaska to Oregon.

SMOKEY BEAR

Smokey Bear T-shirts
Cotton/polyester.
Adult sizes (S,M,L,XL) $15.95
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Smokey Bear Doll 8 1/2" $8.00
Smokey Bear With Beans $6.00

Smokey Bear Patches
Large Emblem $2.00
Prevent Forest Fires $1.95
Junior Forest Ranger $1.95
Protect Our Forests $2.60
Think - Thanks $2.50

Become An Association Member
Annual Membership:
A memberships are tax deductible

River $25
Forest $40
Mountain $100

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Quantity Title Retail Price Total Cost

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Phone (day/night)

Send your order form and any correspondence to:
Northwest Interpretive Association, 3029 Spirit Lake Highway, Castle Rock, WA 98611
You can also e-mail your request to nwia/63paw/fs.fed.us

2000 - Mount St. Helens surrounding communities commemorate 20 years since the 1980 eruption