

Enjoy Your Visit
Mount St. Helens is one of three national monuments managed by the U.S. Forest Service. If you have questions or need help, please contact any Forest Service employee. For further information, write or call:
Mount St. Helens National Volcanic Monument Headquarters
Route 1, Box 569
Amboy, WA 98801
(206) 241-2475

"As American citizens, we have the privilege of sharing the natural treasures of our Nation. We also have the responsibility of preserving and nurturing that inheritance and bequeathing it, intact, to future generations."

Gilbert M. Grosvenor
President, National Geographic Society

Trails and Campgrounds	Trail #	Notes
Meta Lake	✓	Paved
Ape Cave	✓	Paved to cave entrance
Trail of Two Forests	✓	Boardwalk
Lava Canyon	✓	Paved
Lahar		Natural surface

For up-to-date information on recreation facilities for persons with disabilities call the Mount St. Helens Visitor Center (206) 274-6644 or Gifford Pinchot National Forest Supervisor's Office (206) 696-7500.

U.S. GOVERNMENT PRINTING OFFICE: 1982-79-420

MOUNT ST. HELENS
National Volcanic Monument
Gifford Pinchot National Forest
Pacific Northwest Region
USDA • Forest Service



