

# Explore the Three Sides of Mount St. Helens

## Westside: State Route 504

### Mount St. Helens Visitor Center at Sequest 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



Photo by Tina Lynch

fee. Open daily 9:00 a.m. to 6:00 p.m., from May 1st to September 30, 2008. Off-season hours are 9:00 a.m. to 4:00 p.m. (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 snack bar. 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.



Photo by Jim Hughes, USFS

## Southside: Forest Road 83

### Ape Cave and Trail of Two Forests

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.



Photo by Pat Leeson

Lower section of Ape Cave lava tube.

Driving Times (Hours: Minutes)	Ape Cave	Lava Canyon	Windy Ridge	Randle	Mount St. Helens Visitor Center	Coldwater Lake Recreation Area	Johnston Ridge Observatory
Ape Cave	—	0:15	1:45	1:45	1:30	2:30	2:45
Lava Canyon	0:15	—	2:00	2:00	1:45	2:45	3:00
Windy Ridge	1:45	2:00	—	1:15	2:45	3:45	4:00
Randle	1:45	2:00	1:15	—	1:30	2:30	2:45
Mount St. Helens Visitor Center	1:30	1:45	2:45	1:30	—	1:00	1:00
Coldwater Lake Recreation Area	2:30	2:45	3:45	2:30	1:00	—	0:15
Johnston Ridge Observatory	2:45	3:00	4:00	2:45	1:15	1:15	—
Portland/Vancouver	1:30	1:45	3:00	2:30	1:15	2:15	2:30
Seattle	3:30	3:45	3:45	2:30	2:00	3:00	3:15
Carson	1:30	1:45	2:15	2:15	2:45	3:45	4:00
Woodland	1:00	1:15	2:30	2:30	0:45	1:45	2:00
Mt. Rainier National Park	2:45	2:45	2:15	1:00	2:30	3:30	3:45

### Report Vandalism and Resource Damage

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CALL 911 to Report Emergencies or Crimes in Progress (Sheriff's Office, Emergency Medical and Fire)