

# Mount St. Helens Friends of the Forest Weekend

(Saturday, August 2 and 3)



**Help maintain trails and protect North America's most accessible active volcano.**

**What?:** Volunteers are needed to help trim trailside vegetation and repair storm damaged trail tread and clear overgrown vegetation along the South Coldwater and Lakes Trails. Volunteers should come prepared for extended hiking, clearing trailside vegetation, repairing trail tread, and other maintenance activities.

**When?:** Saturday, August 2<sup>nd</sup> and Sunday, August 3<sup>rd</sup> - registration begins at 9:00 a.m. each day. Work will continue until 3:30 p.m. For volunteers interested in working both days, there will be an optional Saturday night potluck dinner and camp out in the parking lot of the Coldwater Ridge Visitor Center. Work party volunteers are invited to attend our Saturday night *Mount St. Helens Stargazing Spectacular* Field Seminar with Vancouver Sidewalk Astronomers event at no cost.

**Where?:** Meet in the parking lot of the picnic area at Coldwater Lake. Follow State Route 504 43-miles east of Interstate 5 to the turn off to Johnston Ridge. Two miles past the turn off, turn left to Coldwater Lake and then bear right to the picnic area. See [Mount St. Helens Recreation Map](#)

**Who?:** Students, community groups, businesses, and volcano enthusiasts of all ages are needed to come out and join in the fun! Lunch will be provided by the National Forest Foundation and sponsors. Please bring water bottle(s), work gloves and wear sturdy hiking or work boots. Please come dressed for mountain conditions that range from hot& dry to cool & moist.

**How?:** The **Mount St. Helens Institute** is partnering with the **National Forest Foundation**, **USDA Forest Service**, **Mount St. Helens National Volcanic Monument**, area businesses and community organizations to organize this event. **Please reply using our [Online RSVP Form](#) so we know you are planning to attend.** Completing this brief form will help us best prepare for and coordinate each event.

**What's Next?:** The **Mount St. Helens Institute** will be hosting a variety of trail and facility repair Projects, noxious weed pulls and other fun volunteer projects this spring and summer. For further information visit our website [www.mshinstitute.org](http://www.mshinstitute.org), email us at [info@mshinstitute.org](mailto:info@mshinstitute.org) or call (360) 449-7887

