

MOUNT ST. HELENS

National Volcanic Monument

It is my pleasure to invite you to explore the nearly 500 miles of trails that traverse this rich and diverse landscape. You may be drawn to the excitement of a suspension bridge and the heart-pounding waterfalls of Lava Canyon. Norway Pass may entice those of you wanting a dramatic view of Spirit Lake and the steaming lava dome in the distance.

Along many of these trails you may see scientists working on long-term research projects. Their work helps us understand how ecosystems respond to large-scale disturbances such as the 1980 eruption of Mount St. Helens. In order for this important work to continue, I need your help. Please protect this landscape by respecting all rules and regulations and always practice "Leave No Trace" principles. In doing so, you will allow future generations to benefit from what you see and enjoy today. With this in mind, I welcome you to the world-class trails at Mount St. Helens!

Clifford D. Ligonis
Monument Manager



MOUNT ST. HELENS NATIONAL VOLCANIC MONUMENT

The Mount St. Helens National Volcanic Monument would like to thank all of the individuals and groups who have volunteered and continue to volunteer their time and effort to help maintain our trails. We invite others to join the effort. Please contact our district office for more details.

IMPORTANT PHONE NUMBERS

Emergency **911**

Mountain Pass Report

Dial **511** or

1-800-695-7623

Avalanche Conditions

1-206-526-6677 or

1-503-808-2400

Forest Fires (USFS local)

1-800-826-3383

Forest Fires (State DNR)

1-800-562-6010

National Weather Service

<http://nimbo.wrh.noaa.gov/>

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All photographs used with generous permission by Todd Cullings, Hans Castren, and Gala Miller.

All content made possible with invaluable assistance from the USDA Forest Service Staff at Mount St. Helens National Volcanic Monument, Gifford Pinchot National Forest.

Design: Mark MacKay
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Printed in Canada by Hemlock Printers Ltd.

Published in the United States of America by *Northwest Interpretive Association*, a 501(c)(3) non-profit organization.

ISBN: 0-914019-52-X

GIFFORD PINCHOT NATIONAL FOREST

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Forest Headquarters

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Vancouver, WA 98682
(360) 891-5000
TTY (360) 891-5003
www.fs.fed.us/gpnf

Mount Adams Ranger Station

2455 Hwy 141
Trout Lake, WA 98650
(509) 395-3400

Cowlitz Valley Ranger Station

10024 US Hwy 12
P.O. Box 670
Randle, WA 98377
(360) 497-1100

Forest Service Visitor Centers:

Coldwater Ridge Visitor Center

3029 Spirit Lake Highway
Castle Rock, WA 98611
(360) 274-2114

Johnston Ridge Observatory

3029 Spirit Lake Highway
Castle Rock, WA 98611
(360) 274-2140

Washington State Parks:

Mount St. Helens Visitor Center

3029 Spirit Lake Highway
Castle Rock, WA 98611
(360) 274-0962

COVER PHOTO: Mount St. Helens and Eruption Trail © Todd Cullings

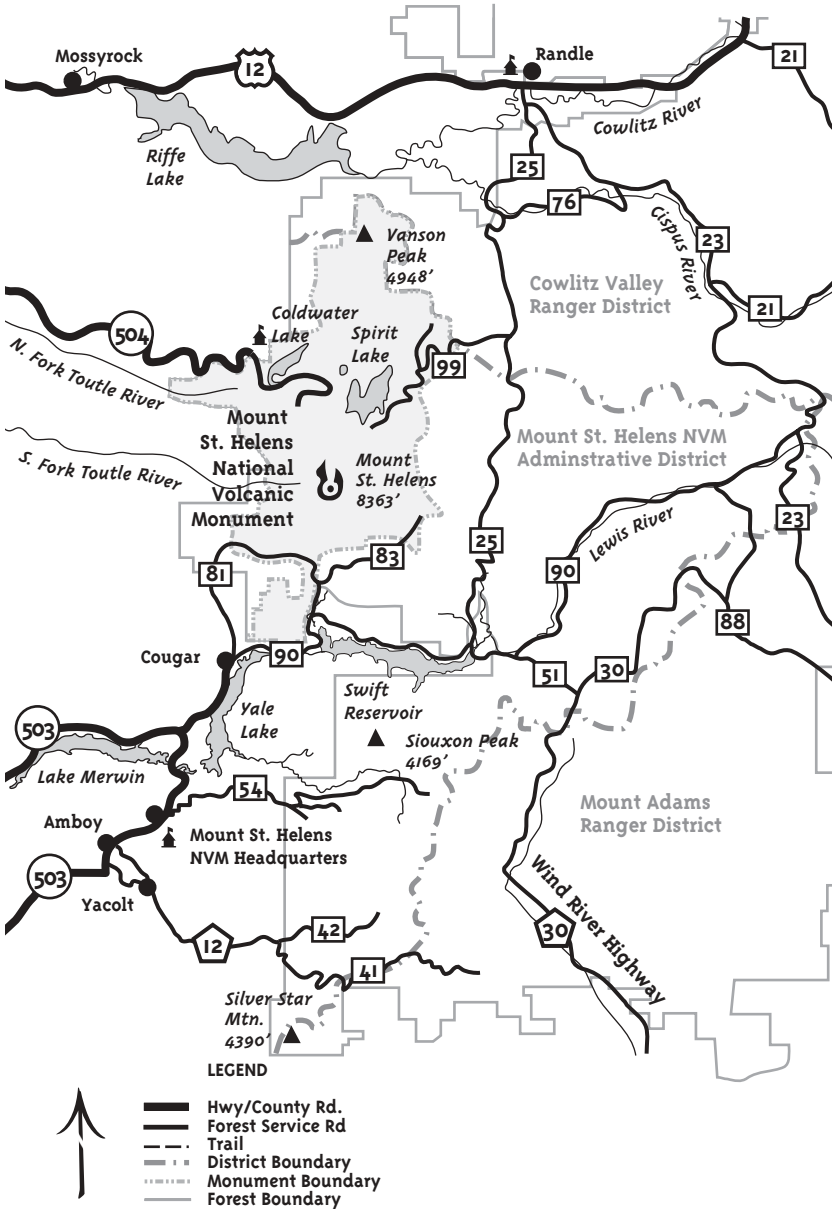
MOUNT ST. HELENS

National Volcanic Monument

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GIFFORD PINCHOT NATIONAL FOREST



*Maps in this trail guide are for general orientation only and are not to scale. Please use a USDA Forest Service or other detailed topographic map for accurate and specific information.

INTRODUCTION

Congress established the 110,000-acre Mount St. Helens National Volcanic Monument in 1982 under Forest Service management to provide opportunities for research, education, and recreation. Mount St. Helens National Volcanic Monument includes an additional 300,000 acres of surrounding National Forest land and is one of three units in the 1.4 million-acre Gifford Pinchot National Forest. This guide includes trails under canopies of old-growth forests and trails built in the heart of the 1980 blast zone. At Mount St. Helens there is something for every explorer from barrier-free interpretive trails to remote backcountry excursions.

VOLCANIC HISTORY

Mount St. Helens has been an active volcano for thousands of years and continues to be the most active volcano in the Cascade Range. When the mountain showed increased seismic activity in the spring of 1980, scientists flocked to the area, eager to study the awakening volcano. Few could have predicted the effects of the May 18, 1980 eruption.

On May 18, 1980, at 8:32 a.m. the unstable north flank of the volcano collapsed, crashing down into the valley below forming the largest landslide in recorded history. This debris avalanche pounded into the Spirit Lake basin and the North Fork Toutle River valley. The landslide exposed explosive gas-rich magma; this released the lateral blast of a hot (680°F) stone-filled wind that traveled up to 700 mph across the surrounding landscape. The blast shattered and flattened 230 square miles of forest. Pyroclastic flows consisting of hot pumice, ash, and gases poured out of the new crater, sterilizing everything in its path. Large mudflows from the melting snow and ice flowed down adjacent river valleys. Having the consistency of wet concrete, these mudflows destroyed bridges, roads, homes, and blocked shipping channels downstream in the Columbia River.

Today, Mount St. Helens continues to be closely monitored and studied by scientists with the hope of better understanding and forecasting complex volcanic events around the world.

LEAVE NO TRACE—OUTDOOR ETHICS

These seven easy to follow principles will help you protect Mount St. Helens and enjoy your visit.

Plan ahead and prepare:

- ▶ Know the regulations of the area you plan to visit; some areas require permits or fees.
- ▶ Prepare for weather extremes: heat, rain, wind, and snow.
- ▶ Be aware: shelter and shade are scarce in many parts of the Monument.
- ▶ When possible, hike and camp in small groups.

Travel and camp on durable surfaces:

- ▶ Stay on trails and established routes.
- ▶ Use designated campsites when available.
- ▶ Avoid fragile riparian areas by staying at least 200 feet from lakes and streams.
- ▶ Do not trench your campsite; instead, establish your camp on well drained soils.

Dispose of waste properly:

- ▶ Pack out all trash.
- ▶ Always use toilets where provided.
- ▶ If toilets are not available dig a “cat hole” at least 6 inches deep, 200 feet from water, and pack out all toilet paper.

Leave what you find:

- ▶ Leave rocks, plants, and all natural objects.
- ▶ Do not disturb cultural or historic objects.

Minimize campfire impacts:

- ▶ Carry and use a camp stove. Fires are prohibited in many areas.
- ▶ Where fires are allowed, use established fire rings.
- ▶ Keep fires small. Use only sticks from the ground that can be broken by hand.
- ▶ Do not burn trash.

Respect wildlife:

- ▶ Observe them from a distance; do not attempt to approach or follow them.
- ▶ Never feed animals. It damages their health and is dangerous.

- ▶ Pets are prohibited in many areas.

Be considerate of other visitors:

- ▶ Be courteous. Yield to other trail users.
- ▶ Let nature's sounds prevail. Avoid loud voices and noises.

SAFETY

Be aware that there are certain risks inherent in hiking and back-country travel. Weather may change quickly and drastically. Trail conditions will change depending on maintenance, season, and weather. Many trails have rough, steep, narrow, or rocky treads. Each trail user is responsible to judge their own experience, ability, and physical condition and select trails which are suitable. To minimize your exposure to risk:

- ▶ Check current weather forecasts and trail conditions prior to your visit.
- ▶ Tell someone where you are going and when you will be back. Do not travel alone.
- ▶ Be physically prepared and adequately equipped for your planned trip.
- ▶ Know your capabilities and limitations.
- ▶ If you feel that you are exceeding your capabilities, be prepared to turn back.

THE TEN ESSENTIALS

Be prepared! Bring the ten essentials:

- 1 Map and compass
- 2 Extra food and water
- 3 Layered clothing and rainwear
- 4 Flashlight and batteries
- 5 Matches and fire starter
- 6 Sunglasses, sunscreen, and hat
- 7 First aid kit
- 8 Knife or multi-tool
- 9 Signal whistle or mirror
- 10 Emergency shelter

VOLCANIC HAZARDS

Mount St. Helens is an active volcano. Travelers should be aware of the potential hazards of hiking on the flanks of the volcano. These hazards are in addition to those normal hazards associated with mountain travel such as changing weather, loose rock, and limited water.

Potential volcanic hazards while hiking on or near the flanks of Mount St. Helens may include the following:

- ▶ Mudflows
- ▶ Rock-fall
- ▶ Volcanic ash

Rain-caused mudflows, steam bursts, and small ash eruptions may occur in the future without warning. The following are some actions you can take to protect yourself:

- ▶ Minimize time in stream drainages during cloudbursts.
- ▶ Use large rocks for protection from falling debris.
- ▶ Protect your eyes and lungs from ash and debris. Carry sunglasses and use moistened clothing across your nose and mouth to minimize ash exposure.

SEASON

To assist in planning your trip we have indicated the seasons when, during an average year, we expect the trail to be mostly snow free.

MOUNTAIN BIKE INFORMATION

Mountain bikes are becoming increasingly common on many trails. In order to have the safest biking experience with the least impacts to other trail users and resources, please follow these guidelines:

- ▶ Know which trails are open to mountain bikes and ride only on those trails.
- ▶ Yield the right-of-way to other trail users.
- ▶ Slow down and use caution when approaching or overtaking others.
- ▶ Stop, dismount, and move off the trail on the downhill side when encountering horses and other pack animals.
- ▶ Make your presence known when approaching another trail user.
- ▶ Maintain control at all times and approach turns in anticipation of someone around the bend.
- ▶ Stay on designated trails.

STOCK USER INFORMATION

Many trails in the Mount St. Helens National Volcanic Monument are open to horses and other pack animals. It is especially challenging to leave minimal impact to resources when traveling with stock because of the size and weight of the animals, their consumption of vegetation, and their manure, which may contain exotic seeds. By using “Tread Lightly” concepts, impacts to the backcountry and to other trail users can be minimized:

- ▶ Know which trails are open to stock and ride only on those trails.
- ▶ Travel in small groups in a single file line, staying on the trail.
- ▶ Camp at least 200 feet from lakes and streams.
- ▶ Pack in processed weed-free feed.
- ▶ Do not tie stock to trees.
- ▶ Reduce the duration of your stay to minimize impacts to the site.
- ▶ When breaking camp, be sure to scatter manure.
- ▶ Pack it in, pack it out. Do not burn trash.

MOTORIZED INFORMATION

Some Forest Service trails are open to motorcycles. Motorized users need to meet the requirements of Washington State Law and Forest Service regulations. State law requires current ORV stickers from the Department of Motor Vehicles. Forest Service regulations require approved spark arrestors. Motorized users must stay on designated trails.

Motorcyclists using Forest Service roads must have an operator’s license and must wear a helmet. The motorcycle must have the following: a license, headlight, tail light, brake light, left and right side rearview mirror, and a horn.

The following are recommendations for motorized trail users on Forest Service trails:

- ▶ Always ride within your ability.
- ▶ Give right-of-way to hikers and stock users.
- ▶ Avoid using trails during the wet season.

CLIMBING INFORMATION

Mount St. Helens is a popular climb for both beginning and experienced mountaineers. People climb the volcano year-round. However, late spring through early fall is the most popular time. 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 midsummer, climbers can expect snow.

Climbing permits are required year-round above 4800 ft. elevation. From May 15 through October 31 climbing is limited to 100 climbers per day. Permit fees are in effect from April 1 through October 31. Contact Monument Headquarters in Amboy, WA, or visit the web site at: www.fs.fed.us/gpnf for complete climbing and permit information.

MOUNT MARGARET BACKCOUNTRY

Hikers may explore trails that lead to the sapphire lakes, pinnacle studded ridges, and flowered mountain slopes of the Mount Margaret Backcountry. Visitors can see the effects of the 1980 eruption of Mount St. Helens in a remote setting.

Trails in the Mount Margaret Backcountry have narrow tread, are steep in places, and can climb over 2000 ft. in elevation. Portions of trails are often covered by snow until midsummer.

Eight camps can accommodate tent campers at four lakes and four upland sites. Camping permits are required and camping is limited to designated campsites only. Maximum group size for camping is four people. Camping permits can be obtained at Monument Headquarters in Amboy, WA, Cowlitz Valley Ranger Station in Randle, WA, and at Coldwater Ridge Visitor Center.

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

For complete information contact Gifford Pinchot National Forest Headquarters or visit our web site at www.fs.fed.us/gpnf.

RESTRICTED AREA

Mount St. Helens has restrictions to help protect fragile natural features and processes. The Restricted Area includes the Spirit Lake basin, crater, debris avalanche deposits, and areas around Coldwater Ridge and Johnston Ridge. The following regulations apply:

- ▶ Off trail travel is prohibited.
- ▶ No camping.
- ▶ Pets and bicycles are prohibited.
- ▶ Fires are not allowed.
- ▶ It is unlawful to disturb or remove any natural feature.
- ▶ Access into the crater is strictly prohibited.

Violation of these regulations can result in a minimum \$100 fine. For more detailed information, contact a Forest Service office or one of the Visitor Centers.

TRAIL GUIDE SYMBOLS

The following symbols are used throughout this guide to indicate which trails are open to which kind of use.



Hikers Permitted on Trail



Horses and Other Stock Permitted



Bicycles Permitted on Trail



Motorcycles Permitted on Trail

Difficulty Symbols

The following symbols will be used to designate the degree of difficulty a hiker in average physical condition may encounter on the trail. This difficulty rating is determined by trail condition and route location factors such as steepness of grade, elevation changes, availability of drinking water, obstacles, and harshness of terrain. Snow, ice, rain, and other weather conditions may increase the levels of difficulty.



Moderate:

Users require limited skill and encounter few challenges.



More Difficult:

Users require some skill and experience more challenging terrain.



Most Difficult:

Users require a high degree of skill and experience challenging travel.

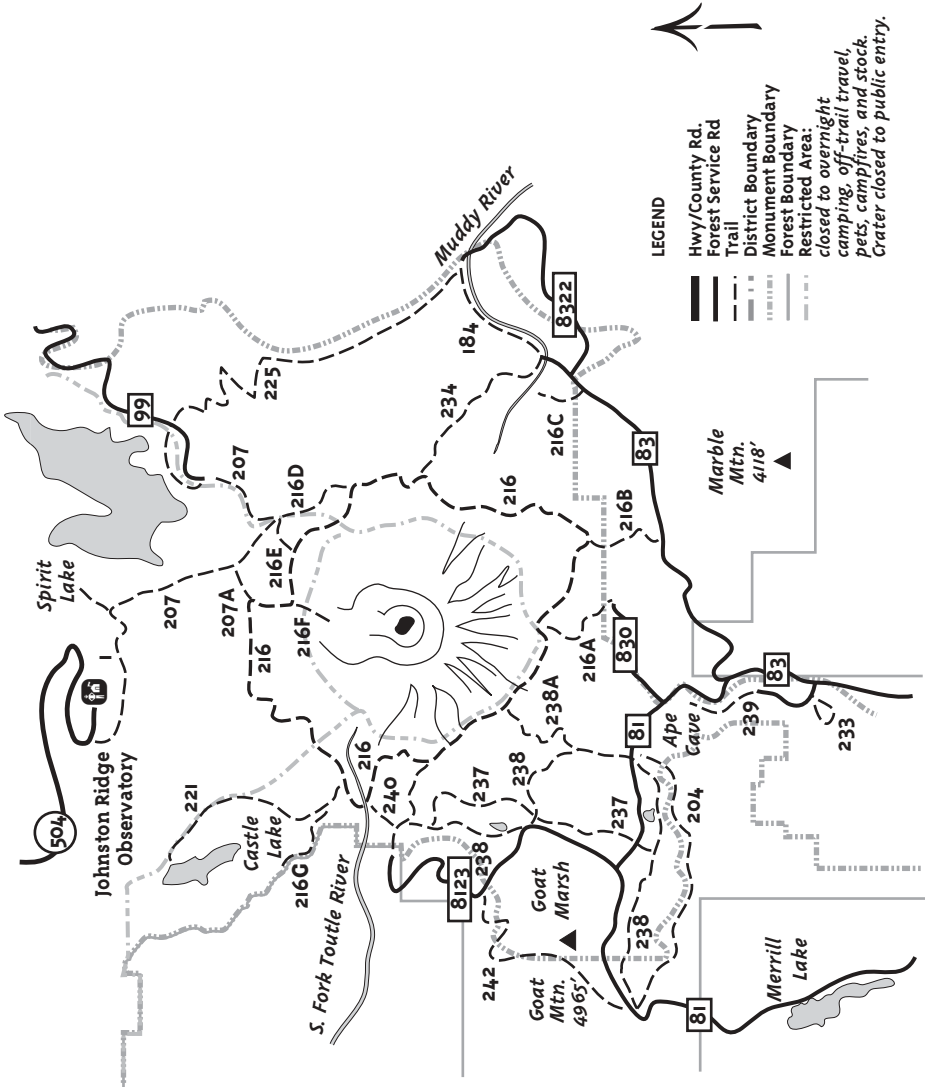
DISCLAIMER

Safety is a major concern for all outdoor activities. Outdoor activities carry some unavoidable risks that everyone needs to understand and respect. The fact that a trail is described in this publication does not mean that it is safe for you. A trail that is safe for an experienced, well-equipped hiker in good physical condition on a warm, dry day may be dangerous for a less experienced or poorly equipped person or on a rainy, foggy, cold, or stormy day. Weather and trail conditions can change, sometimes with little warning. Minimize risks before your hike:

- ▶ Check local weather and trail conditions before you begin
- ▶ Tell someone where you're going and when you will be back
- ▶ Contact the local ranger district office
- ▶ Be alert, prepared, and adequately equipped when in the backcountry
- ▶ Know your own capabilities, experience, and limitations
- ▶ If conditions are dangerous, or if you are not prepared to deal with them safely, choose a different activity

The authors and publisher assume no responsibility for the outcome of any activities included in this book. Although we have tried to be accurate, roads, trails, and other conditions cannot be predicted and may have changed since the information was compiled. You are responsible for your own actions. Authors and publisher disclaim liability for any loss or injury arising out of the use of the information in this publication.

GIFFORD PINCHOT NATIONAL FOREST



LOOWIT AREA

Mount St. Helens, also known as Loowit or “One From Whom Smoke Comes,” presents its eruptive history through the many trails in this area. Native Americans of the region considered Mount St. Helens a place where evil spirits reigned. These beliefs came to life as generations witnessed eruptions of Mount St. Helens. Unbeknownst to early settlers pressing into the valleys surrounding the volcano, Mount St. Helens was merely resting and would have profound effects when it awoke in the spring of 1980.

Hikers on the north side of the volcano can experience the effects of the 1980 eruption and nature’s response as plants and animals return and flourish. On the south side of the volcano, hikers can see thousands of years of eruptive history revealed as layer upon layer of mudflows, lava flows, and pyroclastic flows. The Loowit Trail, a 30-mile mountain loop, allows hikers to experience the volcano’s story.



LAVA CANYON TRAIL 184



☉ Barrier-free, interpretive trail

☑ Suspension Bridge loop

⚔ Lower canyon

LENGTH: Barrier-free, interpretive trail: 0.4 mile, 0.6 km

Suspension Bridge loop: 0.6 mile, 1 km

Lower canyon: 1.8 miles, 2.9 km

BEST SEASONS: summer, fall

LOW ELEVATION: 1600 ft. **HIGH:** 2800 ft. **GAIN:** 1200 ft.

TRAILHEAD ACCESS: Lava Canyon Trailhead (Forest Road 83) or Smith Creek Trail 225 (Forest Road 8322).

DESCRIPTION: There are three sections of the Lava Canyon Trail distinguished by increasing difficulty. The upper trail is barrier-free and paved to a waterfall viewpoint. This portion is the easiest and leads you past a series of interpretive signs, which describe the formation of the canyon.

Below the waterfall viewpoint the trail becomes more difficult; it is no longer paved and skirts high cliffs. This segment forms a loop, crossing the canyon on a 125-foot cable suspension bridge. The bridge provides spectacular views of the canyon below but may be unnerving to some hikers. The trail returns on the south side of the canyon, crossing a steel bridge upstream of the waterfalls and rejoins the paved trail.

The lower trail is most difficult as it descends steeply into the canyon. If you are uncomfortable with heights, this segment is not for you. Beginning at the suspension bridge, the trail crosses an exposed cliff face followed by a water crossing with a cable grab-line. A 30-foot metal ladder descends a vertical cliff providing access to the canyons deepest recesses and roaring waterfalls.

The trail soon intersects Ship Trail 184B which climbs 0.2 mile to a viewpoint atop the Ship, a lava formation that overlooks a long series of waterfalls in the lower canyon. A few tenths of a mile further, the canyon begins to broaden and flatten as it approaches a large alluvial fan spreading into the Smith Creek valley. Here the Lava Canyon Trail ends where it intersects Smith Creek Trail 225. A car shuttle to the lower trailhead permits a one-way downhill hike.

LOOWIT AREA TRAILS

Special Conditions: Portions of this trail cross cliffs near high waterfalls and are not suitable for people that are uncomfortable with heights.

Several tragic deaths have occurred here when visitors left the trail and fell into swiftly moving water above waterfalls. Parents should keep their children with them at all times and not allow them to wander off the trail. **STAY ON THE TRAIL!**

CINNAMON TRAIL 204



LENGTH: 8.2 miles, 13.2 km BEST SEASONS: summer, fall

LOW ELEVATION: 2100 ft. HIGH: 3800 ft. GAIN: 1700 ft.

TRAILHEAD ACCESS: Kalama Horse Camp (Forest Road 81) or Red Rock Pass Trailhead (Forest Road 81).

DESCRIPTION: This trail leaves Kalama Horse Camp and crosses the Kalama River. Climbing through patches of mixed old-growth forest interspersed with timber harvest units, the trail traverses the north flank of Cinnamon Peak. After crossing Forest Road 8122 twice, the trail continues gaining elevation, eventually reaching the ridge top. Views include McBride Lake, Goat Mountain, and Mount St. Helens. The trail eventually descends, joining Toutle Trail 238 just west of Redrock Pass.

LOOWIT TRAIL 216 (June Lake Trail 216B to Toutle Trail 238)



LENGTH: 11.2 miles, 18 km BEST SEASONS: summer, fall

LOW ELEVATION: 3400 ft. HIGH: 4800 ft. GAIN: 1400 ft.

TRAILHEAD ACCESS: June Lake Trail 216B (Forest Road 83) or Toutle Trail 238 via Sheep Canyon Trailhead (Forest Road 8123).

DESCRIPTION: Traveling west from the June Lake Trail 216B junction, the trail passes through an old-growth forest before ascending the first of many rugged lava flows. Wooden posts help mark the path through the rocky terrain. The trail fords Swift Creek, just above 40-foot Chocolate Falls. Continuing across mudflow deposits, the path begins a steep climb through a series of switchbacks. Mount Adams sits on the eastern horizon as you near the junction with Ptarmigan Trail 216A, 3.1 miles from the June Lake Trail.

From the junction with the Ptarmigan Trail, a short climb brings you atop the Swift Creek Flow with views of Mount St. Helens, Mount Hood, and Swift

Reservoir. Continue 2.5 miles along this scenic and challenging section before arriving at Butte Camp Trail 238A. Here, grass and wildflower meadows offer a good spot for a break. The trail continues northwest, weaving in and out of large, steep canyons and mudflow paths. These canyons have unstable, actively eroding walls. Loose rock often covers the tread making crossings difficult. After 2.8 miles, Sheep Canyon Trail 240 is reached. As you continue north, the trail crosses into the May 18, 1980 blast zone. The trail then descends through groves of silver fir to Toutle Trail 238. A campsite and stream can be found just south of the junction on the Toutle Trail. This is a good choice for overnight camping while hiking around the mountain.

Special Conditions: Climbing permit required above 4,800 ft. Several steep gully crossings on loose material may be difficult to negotiate. Expect slow travel where the trail crosses rugged lava flows. Check road access information.

LOOWIT TRAIL 216 and 216F

Toutle Trail 238 north then east to Abraham Trail 216D

LOOWIT FALLS TRAIL 216F



LENGTH: 10.2 miles, 16.4 km; Loowit Falls Trail 216F: 0.7 mile, 1.1 km

BEST SEASONS: summer, fall

LOW ELEVATION (Loowit Trail 216): 3200 ft. **HIGH:** 4800 ft. **GAIN:** 1600 ft.

LOW ELEVATION (Loowit Trail 216F): 4400 ft. **HIGH:** 4700 ft. **GAIN:** 300 ft.

TRAILHEAD ACCESS: Toutle Trail 238 via Sheep Canyon Trailhead (Forest Road 8123), Windy Trail 216E or Abraham Trail 216D via Windy Ridge Viewpoint (Forest Road 99).

DESCRIPTION: The South Fork Toutle River lies just north of the Loowit and Toutle Trail junction. After fording the river, the trail climbs out of the valley on loose pumice and ash. Castle Ridge Trail 216G is reached in 1.3 miles. The trail swings eastward through the blast zone and across several deep gullies. As you crest Studebaker Ridge, effects of the May 18, 1980 debris avalanche, lateral blast, and pyroclastic flows present themselves in a dramatic panorama. This landscape is now studded with scattered small trees and wildflowers. Herds of elk often migrate through the area. 6.6 miles from South Fork Toutle River, Willow Springs Trail 207A is reached.

The Loowit Trail climbs to the junction with Loowit Falls Trail 216F. This short 0.7-mile spur trail takes you to a viewpoint below the falls as it drops from the crater. Continuing eastward, the trail traverses the slope leading to a dependable spring surrounded by fireweed, moss, and willow. You will pass Windy Trail 216E, then begin the climb toward Windy Pass. Ascend steep and narrow switchbacks to Windy Pass, the boundary of the Restricted Area. Descend steep pumice slopes to Abraham Trail 216D, 2 miles from Windy Trail 216E and the end of this segment.

Special Conditions: Off trail travel is prohibited. No pets or bicycles. Entry into the crater is strictly prohibited. No camping between the South Fork Toutle River and Windy Pass. Limited water. Wooden route marking posts assist you in staying on the trail. Check road access information.

LOOWIT TRAIL 216

Abraham Trail 216D to June Lake Trail 216B



LENGTH: 6.8 miles, 10.9 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3400 ft. **HIGH:** 4500 ft. **GAIN:** 1100 ft.

TRAILHEAD ACCESS: Abraham Trail 216D via Windy Ridge Viewpoint (Forest Road 99) or June Lake Trail 216B (Forest Road 83)

DESCRIPTION: Beginning at the Abraham Trail, the Loowit Trail crosses the windswept Plains of Abraham for 1.8 miles to the Ape Canyon Trail. Leaving Ape Canyon Trail 234, climb slightly before crossing the Muddy River and Shoestring Creek. The trail in this section is prone to washing out in the spring. You will then descend steadily along the flank of the volcano encountering views of the Muddy River and Mount Hood. The trail climbs onto a series of old lava flows with unstable footing. Wooden route marking posts help guide you through the lava flow. This section of the trail ends with a descent into an old-growth forest, meandering along an abrupt timber edge before arriving at June Lake Trail 216B.

Special Conditions: Climbing permit required above 4800 ft. Several steep and loose gully crossings.

PTARMIGAN TRAIL 216A



LENGTH: 2.1 miles, 3.4 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3700 ft. **HIGH:** 4700 ft. **GAIN:** 1000 ft.

TRAILHEAD ACCESS: Climbers Bivouac (Forest Road 81-830) or Loowit Trail 216

DESCRIPTION: This trail climbs steadily, passing through forest and small meadows. Views of Mount Adams, Mount Hood, and Yale Reservoir present themselves along the southern horizon. The junction with Loowit Trail 216 is reached in 2 miles. A composting toilet is located on a short, marked side trail, just beyond the junction. A basin below Monitor Ridge marks the end of the Ptarmigan Trail and a good lunch spot with views to the south. Beyond this point is the Monitor Ridge Climbing route, which requires a climbing permit.

Special Conditions: Climbing permit required above 4800 ft. No water available.

JUNE LAKE TRAIL 216B



LENGTH: 1.6 miles, 2.6 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2700 ft. **HIGH:** 3400 ft. **GAIN:** 700 ft.

TRAILHEAD ACCESS: June Lake Trailhead (Forest Road 83) or Loowit Trail 216.

DESCRIPTION: June Lake was formed by a 2,000-year-old lava flow blocking a tributary of Swift Creek. The lake is nestled along the base of a basalt cliff over which a waterfall pours, replenishing the lake's cold, clear water. This trail is a good choice for families and beginning hikers. Start by gently climbing through a young forest, following the rushing sounds of a tributary of Swift Creek that flows from June Lake. The lake is soon reached providing a great place to picnic. Continuing, the trail climbs steeply for 0.25 mile to its junction with Loowit Trail 216. June Lake Trail 216B is the shortest access to Loowit Trail 216.

Special Conditions: Practice "Leave No Trace" principles. Pack out all litter. No camping within 200 feet of the lakeshore.

PINE CREEK TRAIL 216C



LENGTH: 0.4 mile, 0.6 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2900 ft. **HIGH:** 3100 ft. **GAIN:** 200 ft.

TRAILHEAD ACCESS: Forest Road 83.

DESCRIPTION: Pine Creek Trail 216C provides access to the primitive Pine Creek Shelter. This cedar shake covered shelter was built in 1921 and restored in 1991. The trail passes the shelter eventually ending at the edge of The Lahar, a 1980 mudflow.

Special Conditions: Practice "Leave No Trace" principles. Pack out litter.

WINDY TRAIL 216E



LENGTH: 1 mile, 1.6 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 4100 ft. **HIGH:** 4300 ft. **GAIN:** 200 ft.

TRAILHEAD ACCESS: Truman Trail 207 (Forest Road 99) or Loowit Trail 216.

DESCRIPTION: The Windy Trail provides a connection from Truman Trail 207 to Loowit Trail 216. It is the most direct access for hikers from Windy Ridge Viewpoint on Forest Road 99 to the Loowit Trail and Loowit Falls Viewpoint Trail 216F. The Windy Trail passes the location of the Timberline Campground and Viewpoint that were destroyed in the 1980 eruption. If you look closely you can still see traces of asphalt from the road and parking lot.

Special Conditions: No off trail travel. No pets, stock, or bicycles. Day-use only.

CASTLE LAKE TRAIL 221 and CASTLE RIDGE TRAIL 216G



LENGTH: Castle Lake Trail 3.9 miles, 6.3 km;

Castle Ridge Trail: 2 miles, 3.2 km

BEST SEASONS: summer, fall

LOW ELEVATION: Castle Lake Trail 221: 2500 ft. **HIGH:** 4300 ft. **GAIN:** 1800 ft.

LOW ELEVATION: Castle Ridge Trail 216G: 4000 ft. **HIGH:** 4300 ft. **GAIN:** 200 ft.

TRAILHEAD ACCESS: Loowit Trail 216 via Sheep Canyon Trailhead (Forest Road 8123) or Weyerhauser Road 3000.

DESCRIPTION: The Castle Ridge Trail 216G creates a connection between Loowit Trail 216 and Weyerhauser Road 3000. This ridge top hike offers views of the blast area, Mount St. Helens, the South Fork Toutle River, and Castle Lake.

A trip down the minimally maintained Castle Lake Trail 221 brings you through the effects of the 1980 eruption to the shore of Castle Lake. The lake was created when the debris avalanche dammed South Fork Castle Creek. Passing through boggy areas and paralleling Castle Creek, the trail circles around the ridge separating Castle Creek and Castle Lake. Wildlife, including elk and waterfowl, can often be seen.

Special Conditions: Off trail travel prohibited. No fires allowed. Camping allowed only at Castle Lake. Practice "Leave No Trace" principles. Check road access information.

TRAIL OF TWO FORESTS 233



LENGTH: 0.3 mile **BEST SEASONS:** year-round

LOW ELEVATION: 1860 ft. **HIGH:** 1885 ft. **GAIN:** 25 ft.

TRAILHEAD ACCESS: Trail of Two Forests Trailhead (Forest Road 8303).

DESCRIPTION: Interpretive signs guide you through this lava flow from Mount St. Helens that engulfed and consumed a forest 1,900 years ago. The boardwalk loop trail takes you to many examples of tree casts formed as lava flowed around trees and cooled, leaving impressions of the forest. If you bring a flashlight, you can enter the log crawl, a horizontal log cast tunnel over 60 feet long. Picnic tables provide a great place to eat lunch.

Special Conditions: To protect fragile geologic features and plant life, please stay on the boardwalk.

APE CANYON TRAIL 234



LENGTH: 5.5 miles, 8.9 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2900 ft. **HIGH:** 4200 ft. **GAIN:** 1300 ft.

TRAILHEAD ACCESS: Ape Canyon Trailhead (Forest Road 83) or Loowit Trail 216

DESCRIPTION: Beginning next to the mudflow that traveled down the Muddy River drainage, the trail climbs steadily through a plantation of young trees before entering groves of giant Douglas fir, silver and noble fir. The trail then emerges on an open ridge top with views east into Ape Canyon and, in the distance, Mount Adams. Wildflowers, when in bloom, paint these meadows in vibrant colors. Continuing along the ridge, the trail passes through patches of 1980 standing dead forest before emerging at the top of Ape Canyon, where it terminates at the junction with Loowit Trail 216.

BLUE HORSE TRAIL 237



LENGTH: 5.5 miles, 8.9 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 2600 ft. **HIGH:** 4000 ft. **GAIN:** 1400 ft.

TRAILHEAD ACCESS: Toutle Trail 238 (Forest Road 81).

DESCRIPTION: The trail leaves Toutle Trail 238 at Forest Road 8100-600. It crosses Forest Road 81 before climbing gently through a lodgepole pine forest and crosses Toutle Trail 238 again in 2.8 miles. The trail continues to climb and then crosses an intermittently active mudflow. It then follows the west side of the mudflow before turning west through a noble fir forest to where the trail ends at Toutle Trail 238, 0.7 mile south of Sheep Canyon Trail 240.

To extend your ride or hike, travel south on Toutle Trail 238, 7.9 miles back to your starting point.

Special Conditions: The upper end of this trail has been buried several times by small mudflows since 1980.

TOUTLE TRAIL 238



LENGTH: 13.6 miles, 21.9 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 2100 ft. **HIGH:** 4000 ft. **GAIN:** 1900 ft.

TRAILHEAD ACCESS: Kalama Horse Camp (Forest Road 81), Red Rock Pass Trailhead (Forest Road 81), Blue Lake Trailhead (Forest Road 8123), or Sheep Canyon Trail 240 (Forest Road 8123).

DESCRIPTION: The trail starts at Kalama Horse Camp and follows the spring-fed Kalama River. Passing through moss-carpeted lava flows and a mixed conifer forest, the trail junctions with Blue Lake Horse Trail 237, 3.7 miles from

the horse camp. Reaching McBride Lake, the trail climbs above the lake with views of Mount St. Helens. Forest Road 81 is crossed at Red Rock Pass, 5.7 miles from Kalama Horse Camp.

Leaving Red Rock Pass, the trail crosses a 1,900-year-old lava flow before entering a lodgepole pine forest. Butte Camp Trail 238A splits to the north as the Toutle Trail travels west, reaching the Blue Lake Trailhead, 3.2 miles from Red Rock Pass. Blue Lake is passed as the trail enters an old-growth forest. The trail climbs northward to Huckleberry Saddle and the junction with Blue Lake Horse Trail 237. The trail continues northward, to its intersection with Sheep Canyon 240. Horses are not allowed beyond here but may exit to the end of road 8123 at the Sheep Canyon Trailhead. The Toutle Trail continues 1.6 miles before terminating near the South Fork Toutle River at Loowit Trail 216.

Special Conditions: Horses are prohibited on the Toutle Trail 238 north of the Sheep Canyon Trail 240 intersection, on Sheep Canyon Trail 240 east of Toutle Trail 238, and on Butte Camp Trail 238A. Check road access information.

BUTTE CAMP TRAIL 238A



LENGTH: 2.7 miles, 4.3 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3500 ft. **HIGH:** 4800 ft. **GAIN:** 1300 ft.

TRAILHEAD ACCESS: Toutle Trail 238 via Red Rock Pass (Forest Road 81) or Loowit Trail 216.

DESCRIPTION: The trail branches from Toutle Trail 238, 1.3 miles from Red Rock Pass. Begin by crossing a 1,900-year-old lava flow that is covered with delicious huckleberries when in season. The trail climbs gradually to Lower Butte Camp, an inviting meadow with water and wildflowers which offers good camping. It then climbs in a series of switchbacks to Upper Butte Camp. An open hillside in this segment provides vistas to the south and east. Upper Butte Camp is not really a camp but a sensitive research area. Continue upslope to the junction with Loowit Trail 216 where Mount St. Helens awaits.

Special Conditions: Climbing permit required above 4800 ft.

APE CAVE TRAIL 239

Lower cave: **Upper cave:** **Ape Cave Trail:**

LENGTH: Lower Ape Cave: 0.8 mile, 1.3 km;

Upper Ape Cave: 1.5 miles, 2.4 km;

Ape Cave Trail: 1.3 miles, 2.1 km

BEST SEASONS: all

LOW ELEVATION: 1800 ft. **HIGH:** 2500 ft. **GAIN:** 700 ft.

TRAILHEAD ACCESS: Apes' Headquarters (Forest Road 8303). To protect big game habitat, Forest Road 8303 is closed to motorized use during the winter months. Plan to park at the Trail of Two Forests Trailhead and hike or snowshoe the 1 mile to the cave in winter.

DESCRIPTION: Formed 1,900 years ago and first explored in the early 1950s by a local scout troop, the cave was initially the longest known lava tube in the continental United States. Ape Cave was named by the scout troop in honor of their sponsor, the St. Helens Apes. Today the cave is a popular visitor attraction, with many thousands of visitors annually. Apes' Headquarters, a Forest Service building near the entrance, provides lantern rentals and guided walks during the summer.

The lower cave is the more popular route with its fairly level, mudflow-covered floor. Highlights include "railroad tracks" and the "meatball." Allow at least an hour to complete the 1.6-mile round trip.

The upper cave travels over large rock piles and requires scaling of an 8-foot lava fall. Two-thirds of the way up you will pass beneath The Skylight, an opening to the surface. Do not try to climb out; this is NOT an exit. The upper entrance is only 0.25 mile ahead. Allow 2.5 hours for travel through the upper cave to Ape Cave Trail 239.

The above ground Ape Cave Trail 239 provides an easy return route to the main entrance and Apes' Headquarters.

Special Conditions: Bring at least two sources of light per person, sturdy shoes, and warm clothing. Temperatures remain 42°F/5.6°C year-round. Cave environments are fragile. Pets, smoking, fireworks, and food are prohibited in the cave.

SHEEP CANYON TRAIL 240



LENGTH: 2.5 miles, 4 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 3400 ft. **HIGH:** 4600 ft. **GAIN:** 1200 ft.

TRAILHEAD ACCESS: Sheep Canyon Trailhead (Forest Road 8123) or Loowit Trail 216.

DESCRIPTION: This trail offers an excellent loop opportunity through a continually changing volcanic landscape. From the Sheep Canyon Trailhead the trail gently ascends into an old-growth forest. The trail then follows the canyon edge of Sheep Creek where a 75-foot ribbon of water streaming down a solid rock cliff can be seen. Sheep Creek was scoured to bedrock by an abrasive mudflow in 1980 that banked from side to side as it roared down the valley. The trail merges with Toutle Trail 238 for several hundred feet before branching eastward and crossing a small side stream on a bridge. Continuing, the trail passes through forest and over old lava flows before ending at the junction with Loowit Trail 216.

To extend your walk, travel north then west on Loowit Trail 216 to the South Fork Toutle River and junction with Toutle Trail 238. Take the Toutle Trail south to the Sheep Canyon Trail and back to your starting point. This loop is 7.1 miles long.

Special Conditions: Horses are prohibited east of the junction with Toutle Trail 238. Check road access information.

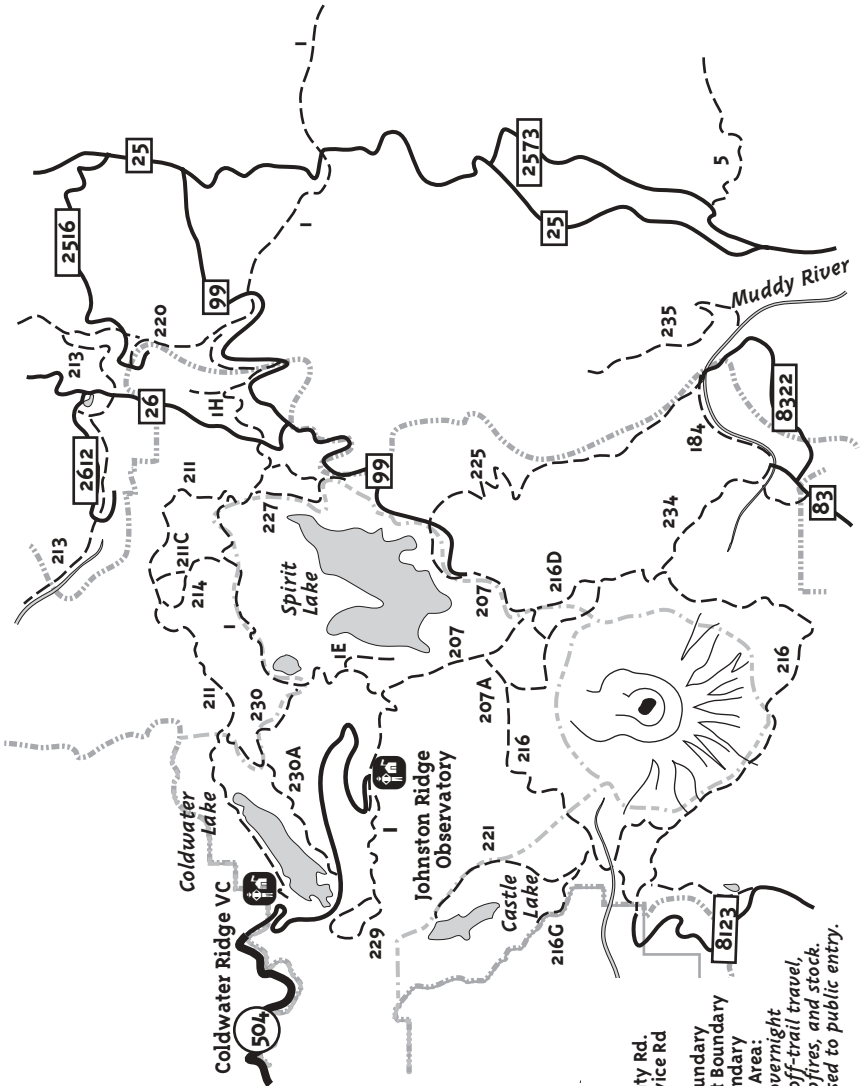


LENGTH: 7 miles, 11.3 km BEST SEASONS: summer, fall
LOW ELEVATION: 2100 ft. HIGH: 3500 ft. GAIN: 1400 ft.








TRAILHEAD ACCESS: Kalama Horse Camp (Forest Road 81) or Forest Road 8123.

DESCRIPTION: This trail, completed in 2003, starts in the Kalama Horse Camp before swinging northward and crossing Forest Road 81. After climbing steadily along an old roadbed, the trail enters a magnificent stand of old-growth. The trail passes through a 0.25-mile stretch of young trees before re-entering the older forest. Traversing the western face of Goat Mountain, you enter an ancient stand of old-growth noble fir, ending at a saddle on the north shoulder of the peak. The trail drops downslope and connects with an abandoned road leading to Forest Road 8123, 1 mile west of the Blue Lake Trailhead.

GIFFORD PINCHOT NATIONAL FOREST



LEGEND

-  Hwy/County Rd.
 -  Forest Service Rd
 -  Trail
 -  District Boundary
 -  Monument Boundary
 -  Forest Boundary
 -  Restricted Area:
- closed to overnight camping, off-trail travel, pets, campfires, and stock. Crater closed to public entry.*

BLAST ZONE

The north side of Mount St. Helens contains many opportunities for the hiker who wants to experience the effects of the May 18, 1980 eruption. What was once a lush forest on the northern flank of the volcano became a barren plain. Further north, the Mount Margaret Backcountry became a tangle of blown down trees. The volcano's environment continues to evolve as plants and animals recolonize these slopes. This return of life offers an unparalleled opportunity to observe the changing landscape year by year.

The Spirit Lake basin continues to hold memories of the place once popular for crystal clear water and lakeshore camping. A Forest Service guard station, campgrounds, and lodges served tourists as they journeyed to Spirit Lake each summer to recreate. The May 18, 1980 eruption ever changed this once crowded vacation spot.

With the opportunity to visit this recovering landscape comes the responsibility to help conserve it. A Restricted Area exists to protect portions of this fragile landscape while it recovers and allows scientists to study this living laboratory.

The Restricted Area includes the entire Spirit Lake basin, the crater, the debris avalanche deposits, and the areas around Coldwater Ridge and Johnston Ridge.



BOUNDARY TRAIL 1**Hummocks Trail 229 to Johnston Ridge Observatory**

**LENGTH:** 4.6 miles, 7.4 km **BEST SEASONS:** summer, fall**LOW ELEVATION:** 2500 ft. **HIGH:** 4200 ft. **GAIN:** 1700 ft.

TRAILHEAD ACCESS: Hummocks Trail 229 via Hummocks Trailhead or Johnston Ridge Observatory. Both access points reached via State Route 504.

DESCRIPTION: The Boundary Trail starts at its intersection with the Hummocks Trail 229, 0.5 mile east of the Hummocks Trailhead. Elk can often be seen around the junction, grazing in the grassy meadows. The trail crosses debris avalanche deposits before beginning the steep and steady climb of Johnston Ridge. Switchbacks cross patches of blast shattered stumps and blown down trees. After the initial 1200-foot elevation gain, the trail traverses Johnston Ridge, offering views of the debris-filled North Fork Toutle River valley and Mount St. Helens. The trail then passes Loowit Viewpoint, climbs 200 feet in 0.8 mile, and brings you to Johnston Ridge Observatory, 4.6 miles from the junction with Hummocks Trail 229.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day-use only.

BOUNDARY TRAIL 1**Johnston Ridge Observatory to Coldwater Trail 230
and HARRY'S RIDGE TRAIL 1E**

**Harry's Ridge Trail:** **LENGTH:** 4.8 miles, 7.7 km; **Harry's Ridge Trail:** 0.8 mile, 1.3 km**BEST SEASONS:** summer, fall**LOW ELEVATION:** 4000 ft. **HIGH:** 5000 ft. **GAIN:** 1000 ft.

TRAILHEAD ACCESS: Johnston Ridge Observatory (State Route 504).

DESCRIPTION: To access the trail from Johnston Ridge Observatory, either hike the Eruption Trail 201 or use the trailhead at the east end of the parking lot. A message board and interpretive sign are reached 0.8 mile from Johnston Ridge Observatory. From here you continue east along Johnston Ridge to Devil's Elbow. At this point the trail crosses a steep exposed slope that drops precipitously to the valley below. For many, this traverse marks the end of their eastward travel as the exposure exceeds their comfort level. The trail gradually descends to the junction with Truman Trail 207, 2.5 miles

BLAST ZONE TRAILS

from Johnston Ridge Observatory. As the trail continues, it climbs north across landslide deposits at The Spillover. Here, on May 18, 1980, the debris avalanche surged over the ridge and spilled into South Coldwater Creek valley. Wooden posts mark the trail and help guide you over The Spillover.

The trail ascends a long, gentle grade before intersecting with Harry's Ridge Trail 1E. This spur of 0.8 mile provides outstanding views of Spirit Lake and Mount St. Helens.

Continuing north, the Boundary Trail climbs a series of switchbacks before gaining the ridgeline above St. Helens Lake. Traversing, you pass several rock pinnacles and through a natural rock arch before arriving at the junction with Coldwater Trail 230, 4.8 miles east of Johnston Ridge Observatory.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day use only.

BOUNDARY TRAIL 1 Norway Pass Trailhead to Coldwater Trail 230 and COLDWATER PEAK TRAIL 1C



LENGTH: 9.3 miles, 15 km; Coldwater Peak Trail: 0.7 mile, 1.1 km

BEST SEASONS: summer, fall

LOW ELEVATION (Boundary Trail 1): 3800 ft. **HIGH:** 5800 ft. **GAIN:** 2000 ft.

LOW ELEVATION (Boundary Trail 1C): 5000 ft. **HIGH:** 5727 ft. **GAIN:** 727 ft.

TRAILHEAD ACCESS: Johnston Ridge Observatory (State Route 504) or Norway Pass Trailhead (Forest Road 26).

DESCRIPTION: This trail segment begins at Norway Pass Trailhead on Forest Road 26. A well with hand pump at the trailhead provides water for last minute fill-ups.

The trail begins with a 1.2-mile ascent to Independence Ridge Trail 227A. Climbing another 1 mile, Norway Pass is reached providing a great place for photos of Mount St. Helens across Spirit Lake. At this point the trail intersects with Independence Pass Trail 227 which turns south. Continuing north, the Boundary Trail climbs for 0.9 mile until it reaches Lakes Trail 211. From this junction the trail heads west, traversing flower-laden slopes, passing Bear Camp, and reaching Whittier Ridge Trail 214 after 1.8 miles.

A short ascent brings you to Mount Margaret at 5858 ft., the highest point on the ridge. The trail again descends in a series of switchbacks until it reaches Margaret Camp. The path then winds around a ridge before arriving at Dome Camp. Water can be found in small springs on the north side of the ridge near each camp.

Continuing south and west, the trail skirts below the imposing bulk of a rock pinnacle called The Dome. The trail then descends steadily through wildflowers to a saddle with a small but dependable spring just north of Coldwater Peak. Coldwater Peak Trail 1G is reached 4 miles from Whittier Ridge Trail 214. This side trail takes you to the top of Coldwater Peak where a fire lookout once stood but is now the home of radio relay transmitters and volcano monitoring equipment. Outstanding views abound including neighboring volcanoes, Spirit Lake, and St. Helens Lake.

Traveling south from the junction with Coldwater Peak Trail 1G, the Boundary Trail traverses slopes dotted with small noble firs and wildflowers, reaching Coldwater Trail 230 in 0.5 mile.

Special Conditions: Off trail travel south of Boundary Trail 1 is prohibited, including St. Helens Lake. No pets or stock. Bicycles prohibited west of Coldwater Trail 230. Camping allowed in the Mount Margaret Backcountry by permit only.

BOUNDARY TRAIL 1

Norway Pass Trailhead to Bear Meadow



LENGTH: 5.6 miles, 9 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 3800 ft. **HIGH:** 4500 ft. **GAIN:** 700 ft.

TRAILHEAD ACCESS: Norway Pass Trailhead (Forest Road 26) or Bear Meadow Viewpoint (Forest Road 99).

DESCRIPTION: Starting at the Norway Pass Trailhead, the Boundary Trail crosses Forest Road 26. East of the road, the trail climbs to a saddle north of Bismarck Mountain. The trail passes through remnant standing dead forest for the next 2.5 miles. These trees, killed by the 1980 lateral blast, are now rotting and falling to the ground, creating a thick organic bed to nourish new vegetation. 1.5 miles from the trailhead is the junction with Ghost Lake Trail 1H. A short side trip of 0.4 mile leads to the lakeshore. Throughout this area you will see young conifers that survived the searing blast because they were safely buried under snow. Following the spring snowmelt in 1980, these trees emerged from the ash and are the beginning of a new forest. The Boundary Trail then gradually climbs a series of switchbacks to the edge of the green timber.

The Strawberry Mountain Trail 220 junction is reached about 0.5 mile inside the forest timber. The trail then descends to Forest Road 99 at Bear Meadow, 5 miles from Norway Pass Trailhead.

Special Conditions: Expect to find down trees across the trail in this segment. The standing dead forest is gradually decomposing and falling to the ground.



LENGTH: 0.5 mile, 0.8 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 4200 ft. **HIGH:** 4300 ft. **GAIN:** 100 ft.

TRAILHEAD ACCESS: Johnston Ridge Observatory (State Route 504).

DESCRIPTION: This popular, barrier-free interpretive trail starts at the Johnston Ridge Observatory observation deck. Ascend by way of paved switchbacks to the top of a ridge. Interpretive signs record the May 18, 1980 eruption and volcanic history of the area. Enjoy impressive views of Mount St. Helens, the blast zone, Mount Adams, and the Mount Margaret Backcountry. The trail continues eastward then descends to the junction with Boundary Trail 1. By staying on the paved path you will return to the main parking lot.

Special Conditions: Off trail travel prohibited. No pets or bicycles.

TRUMAN TRAIL 207 and WILLOW SPRINGS TRAIL 207A



LENGTH: Truman Trail 207: 5.7 miles, 9.2 km
 Willow Springs Trail: 0.8 mile, 1.3 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3600 ft. **HIGH:** 4200 ft. **GAIN:** 600 ft.

TRAILHEAD ACCESS: Windy Ridge Viewpoint (Forest Road 99) or Boundary Trail 1 via Johnston Ridge Observatory (State Route 504).

DESCRIPTION: Truman Trail 207 immerses you in the area devastated by the 1980 eruption. Looking north, you see log-filled Spirit Lake topped by Mount Margaret. To the south you look upward at Mount St. Helens' crater and lava dome.

The Truman Trail begins by following a road built by the U.S. Army Corps of Engineers to access the Spirit Lake pumping station. Shortly after the 1980 eruption the water level in Spirit Lake rose alarmingly, threatening to overtop the debris dam and to send a deluge down the Toutle Valley. To help alleviate this danger, barge-mounted pumps were installed to remove water from the lake. Pumping continued until a 1.7-mile long tunnel could be completed, allowing Spirit Lake to drain into South Coldwater Creek.

Flanked by ever-growing patches of lupine, Indian paintbrush, and other wildflowers, the trail crosses several streams that originate in the crater. Wooden marking posts aid you in staying on trail as you travel across the pumice plain and climb the debris avalanche to the junction with Boundary Trail 1.

To extend your walk take Willow Springs Trail 207A from the junction with Truman Trail 207. This 0.8-mile trail provides a link to Loowit Trail 216 and offers other loop opportunities.

Special Conditions: Off trail travel prohibited. No pets or stock. Day-use only. Bicycles are prohibited west of the junction with Abraham Trail 216D.

META LAKE TRAIL 210



LENGTH: 0.3 mile, 0.5 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 3620 ft. **HIGH:** 3640 ft. **GAIN:** 20 ft.

TRAILHEAD ACCESS: Meta Lake Trailhead (Forest Road 99).

DESCRIPTION: Walk a paved interpretive trail and discover how life survived in the blast zone. The forest you see today survived the 1980 eruption, buried under a blanket of snow. During July you may see swarms of squirming tadpoles along the lakeshore on their journey to adulthood.

Special Conditions: To protect fragile lakeshore habitat, please stay on the trail and lakeshore-viewing platform.

LAKES TRAIL 211 (Coldwater Lake Boat Launch to Coldwater Trail 230) and ELK BENCH TRAIL 211D



LENGTH: 4.5 miles, 7.2 km; Elk Bench Trail: 0.8 mile, 1.3 km

BEST SEASONS: spring, summer, fall

LOW ELEVATION: (Lakes Trail 211): 2500 ft. **HIGH:** 2700 ft. **GAIN:** 200 ft.

LOW ELEVATION: (Lakes Trail 211D): 2500 ft. **HIGH:** 3200 ft. **GAIN:** 700 ft.

TRAILHEAD ACCESS: Coldwater Lake Boat Launch or Coldwater Trail 230 via South Coldwater Trail 230A. Both access points reached via State Route 504.

DESCRIPTION: The Lakes Trail begins at Coldwater Lake Boat Launch and follows the northwest shore. 1 mile from the trailhead is the intersection with Elk Bench Trail 211D. The Elk Bench Trail climbs 700 ft. in 0.8 mile to Coldwater Ridge Visitor Center.

Lakes Trail 211 continues along the lakeshore, passing through blown down trees, wildflowers, and alder thickets. Deer, elk, and coyotes often use the trail, traveling between feeding grounds. Minnie Peak and its impressive rocky summit frame the valley to the north. The head of Coldwater Lake is reached after 4 miles, providing a good turn around or picnic spot. The junction with Coldwater Trail 230 is 0.5 mile from the head of Coldwater Lake.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day-use only.

LAKES TRAIL 211

Coldwater Trail 230 to Boundary Trail 1



LENGTH: 9 miles, 14.5 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2700 ft. **HIGH:** 5200 ft. **GAIN:** 2500 ft.

TRAILHEAD ACCESS: Coldwater Lake Boat Launch (State Route 504), Coldwater Trail 230 via South Coldwater Trailhead (State Route 504), or Boundary Trail 1 via Norway Pass Trailhead (Forest Road 26).

DESCRIPTION: Continuing northeast from the junction with Coldwater Trail 230, Lakes Trail 211 climbs beneath cliffs above Coldwater Creek. Views of the imposing Whittier Ridge and unnamed rocky peaks in the Mount Margaret Backcountry begin to unfold. This glacial valley with its typical “U” shape and glacial striations on rock ledges are visible from the trail as it climbs steadily for 3.3 miles to Snow Lake and Snow Camp.

The trail resumes climbing through the standing dead forest, providing a bird’s eye view of Snow Lake. You pass the junction with Whittier Ridge Trail 214 at Pleasant Pass. Leaving the pass, you traverse high above Shovel Lake. Shovel Lake Trail 211C descends steeply for 0.5 mile to the quiet shoreline.

The Lakes Trail continues along the ridge separating Shovel Lake from the Green River valley. The trail then descends as it crosses the outlet of Shovel Lake that feeds into Panhandle Lake. A short climb over a rocky point along the shore of Panhandle Lake brings you to the short spur trail down to Panhandle Camp. From Panhandle Lake the trail climbs over a low pass before dropping down to Obscurity Lake and Camp, passing a small cascading waterfall along the way.

The trail then begins a traverse heading south toward Grizzly Lake. After crossing the outlet to Grizzly Lake, the trail climbs a steep north slope often covered in ripe huckleberries during August and September. The trail crests Bear Pass with inspiring views of the surrounding volcanoes and Spirit Lake. A short distance downhill is the junction with Boundary Trail 1, 3.1 miles from Norway Pass Trailhead.

Special Conditions: No pets, stock, or bicycles. Camping by permit only. Fires are prohibited. Please refer to Mount Margaret Backcountry regulations.

WHITTIER RIDGE TRAIL 214



LENGTH: 2.1 miles, 3.4 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 5200 ft. **HIGH:** 5883 ft. **GAIN:** 683 ft.

TRAILHEAD ACCESS: Boundary Trail 1 via Norway Pass Trailhead (Forest Road 26) or Lakes Trail 211 (State Route 504).

DESCRIPTION: Whittier Ridge provides one of the most challenging hikes in the Mount Margaret Backcountry. Following the jagged pinnacle studded ridge you will have unparalleled views into the Coldwater valley drainage and several alpine lakes. The trail begins at the junction with Boundary Trail 1, traversing subalpine slopes to gain Whittier Ridge proper. Continuing, the trail becomes narrower, following close to the ridge top. To cross sheer cliffs, the trail was blasted out of solid rock. At 0.75 mile, the summit of Mount Whittier is reached at 5883 ft. elevation. Over the horizon to the north is Mount Rainier, to the east lies Mount Adams, and to the south, Mount Margaret and the crater of Mount St. Helens. The trail proceeds along the ridge before dropping to the junction with Lakes Trail 211 at Pleasant Pass.

Special Conditions: This trail is suitable for experienced hikers comfortable scrambling in steep mountainous terrain.

ABRAHAM TRAIL 216D



LENGTH: 2 miles, 3.2 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 4200 ft. **HIGH:** 4500 ft. **GAIN:** 300 ft.

TRAILHEAD ACCESS: Truman Trail 207 via Windy Ridge Viewpoint (Forest Road 99) or Loowit Trail 216 (via Ape Canyon 234 and Forest Road 83).

DESCRIPTION: The Abraham Trail creates a connector between the Loowit Trail and the Truman Trail. The trail is named for the barren Plains of Abraham covered by pyroclastic surges on May 18, 1980.

Begin by leaving Truman Trail 207 and climb a ridgeline. "Sand ladders" aid in your ascent over hillsides covered by loose pumice. The terrain opens as you enter the Plains of Abraham with views of Mount Rainier to the north and Mount Adams to the east.

HARMONY TRAIL 224



LENGTH: 1 mile, 1.6 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3400 ft. **HIGH:** 4100 ft. **GAIN:** 700 ft.

TRAILHEAD ACCESS: Harmony Viewpoint (Forest Road 99).

DESCRIPTION: Harmony Trail 224 is the only access to Spirit Lake. Now underwater is the former location of the rustic Harmony Falls Lodge and Harmony Falls. Today you will find a changed shoreline, altered by the effects of the 1980 debris avalanche and lateral blast. When the debris avalanche slammed into the lake, a "tidal" wave surged 800 feet up the opposite shore. As the wave crashed back down it swept the already blown down trees into the lake. The resulting log mat drifts with the wind on the lake surface. The debris avalanche created a dam at the lake outlet ultimately raising the water level. The level of Spirit Lake is now controlled by the 1.7-mile man-made tunnel that drains into South Coldwater Creek.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day-use only. No fishing or swimming is allowed at Spirit Lake.

SMITH CREEK TRAIL 225



LENGTH: 10.2 miles, 16.4 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 1600 ft. **HIGH:** 4400 ft. **GAIN:** 2800 ft.

TRAILHEAD ACCESS: Forest Road 99 or Forest Road 8322.

DESCRIPTION: The Smith Creek Trail offers a chance to observe the immense impact of the 1980 eruption. The trail quickly drops from Forest Road 99 into the Smith Creek valley. Two waterfalls are located near the foot of the steep-descent. Following the valley bottom, the trail crosses Ape Canyon Creek and

then Muddy River. Here the trail intersects Lava Canyon Trail 184. Continue downstream for 1 mile to the Lower Smith Creek Trailhead and Forest Road 8322.

Special Conditions: Loose pumice surface, especially at the northern end of the trail.

INDEPENDENCE PASS TRAIL 227 and INDEPENDENCE RIDGE TRAIL 227A



LENGTH: 3.4 miles, 5.5 km; Independence Ridge Trail: 1.3 miles, 2.1 km

BEST SEASONS: summer, fall

LOW ELEVATION (Trail 227): 4040 ft. **HIGH:** 4680 ft. **GAIN:** 640 ft.

LOW ELEVATION (Trail 227A): 4500 ft. **HIGH:** 4700 ft. **GAIN:** 200 ft.

TRAILHEAD ACCESS: Independence Pass Trailhead (Forest Road 99) or Boundary Trail 1 via Norway Pass Trailhead (Forest Road 26).

DESCRIPTION: The trail climbs for 0.25 mile to Independence Pass offering excellent views of Spirit Lake, Mount St. Helens, the crater, and lava dome. The trail continues north, contouring steep pumice slopes providing a bird's eye view of Spirit Lake. 1 mile from the trailhead is the junction with Independence Ridge Trail 227A. Then the Independence Pass Trail loops around the western flank of Independence Ridge. A spectacular viewpoint is reached in 1.5 miles. Beyond this viewpoint the trail narrows, passing towering rock pinnacles unclocked by the lateral blast. The trail ends at its junction with Boundary Trail 1 at Norway Pass, 3.5 miles from the trailhead.

To extend your walk, hike the Independence loop. From Norway Pass, travel east on Boundary Trail 1 for 1.3 miles to the junction with Independence Ridge Trail 227A. Continue south on the Independence Ridge Trail, gaining the southeast shoulder of the ridge. In 1.3 miles you will reach the junction with the Independence Pass Trail 227. The round trip is 7 miles from Independence Pass Trailhead.

Special Conditions: Off trail travel prohibited west of Independence Pass Trail 227. No pets, stock, or bicycles.

HUMMOCKS TRAIL 229



LENGTH: 2.4 miles, 3.9 km **BEST SEASONS:** Year-round

LOW ELEVATION: 2400 ft. **HIGH:** 2520 ft. **GAIN:** 120 ft.

TRAILHEAD ACCESS: Hummocks Trailhead (State Route 504).

DESCRIPTION: Hummocks are the steep sided hills left on the surface of the May 18, 1980 debris avalanche deposits. This trail meanders through hummocks, young alder forests, ponds, and wetlands. The area provides habitat for a variety of animals including elk, waterfowl, and amphibians. Interpretive signs describe features along the first 0.25 mile of trail.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day-use only.

COLDWATER TRAIL 230



LENGTH: 4.9 miles, 7.9 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2600 ft. **HIGH:** 5200 ft. **GAIN:** 2600 ft.

TRAILHEAD ACCESS: Lakes Trail 211, South Coldwater Trail 230A, or Boundary Trail 1. All access points reached via State Route 504.

DESCRIPTION: The trail begins at its junction with the Lakes Trail 211, 4.5 miles from the Coldwater Boat Launch. The trail immediately crosses Coldwater Creek on a timber bridge. The trail then climbs a series of switchbacks out of Coldwater valley before its junction with South Coldwater Trail 230A at 2.6 miles.

Heading east, the trail soon reaches Ridge Camp. A short side trail leads to the by-permit-only campsites. Continuing, you climb through a standing dead forest. Elk can often be seen and heard, especially during mating season in early fall. The trail ends after traversing the south face of Coldwater Peak, where it joins Boundary Trail 1, 2.3 miles from South Coldwater Trail 230A.

Special Conditions: Off trail travel prohibited. No pets or stock. Camping in designated sites by permit only. Refer to Mount Margaret Backcountry regulations for more information. Bicycles are allowed on Coldwater Trail 230 between Boundary Trail 1 and South Coldwater Trail 230A only.

SOUTH COLDWATER TRAIL 230A



LENGTH: 3.1 miles, 5 km **BEST SEASONS:** spring, fall

LOW ELEVATION: 2600 ft. **HIGH:** 4200 ft. **GAIN:** 1600 ft.

TRAILHEAD ACCESS: South Coldwater Trailhead (State Highway 504).

DESCRIPTION: The South Coldwater Trail creates a convenient connection between State Route 504 and Coldwater Trail 230. Logging operations were active on South Coldwater Ridge during the spring of 1980. Several pieces of heavy logging equipment were at logging sites on May 18th and were destroyed by the blast. About 1 mile from the trailhead, you will see a bulldozer and mangled yarding tower. Blasted logs and toppled trees attest to the lateral blast's speed and force. The trail steadily climbs to its junction with Coldwater Trail 230 offering views of Mount St. Helens, Coldwater Peak, and Coldwater Lake.

Special Conditions: Off trail travel prohibited. No pets or stock. Day-use only.



LENGTH: 0.4 mile, 0.6 km **BEST SEASONS:** spring, fall
LOW ELEVATION: 3000 ft. **HIGH:** 3080 ft. **GAIN:** 80 ft.

TRAILHEAD ACCESS: Coldwater Ridge Visitor Center (State Route 504).

DESCRIPTION: The Winds of Change Trail provides an educational walk near Coldwater Ridge Visitor Center. Trail users are guided by interpretive displays illustrating the effects of the May 18, 1980 lateral blast on plant and animal life. The trail provides views of Mount St. Helens and the North Fork Toutle River. Wildflowers, shrubs, and young trees flourish along the path.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day-use only.

BIRTH OF A LAKE TRAIL 246

LENGTH: 0.3 mile, 0.5 km **BEST SEASONS:** year-round
LOW ELEVATION: 2490 ft. **HIGH:** 2475 ft. **GAIN:** 15 ft.

TRAILHEAD ACCESS: Coldwater Lake Recreation Area (State Route 504).

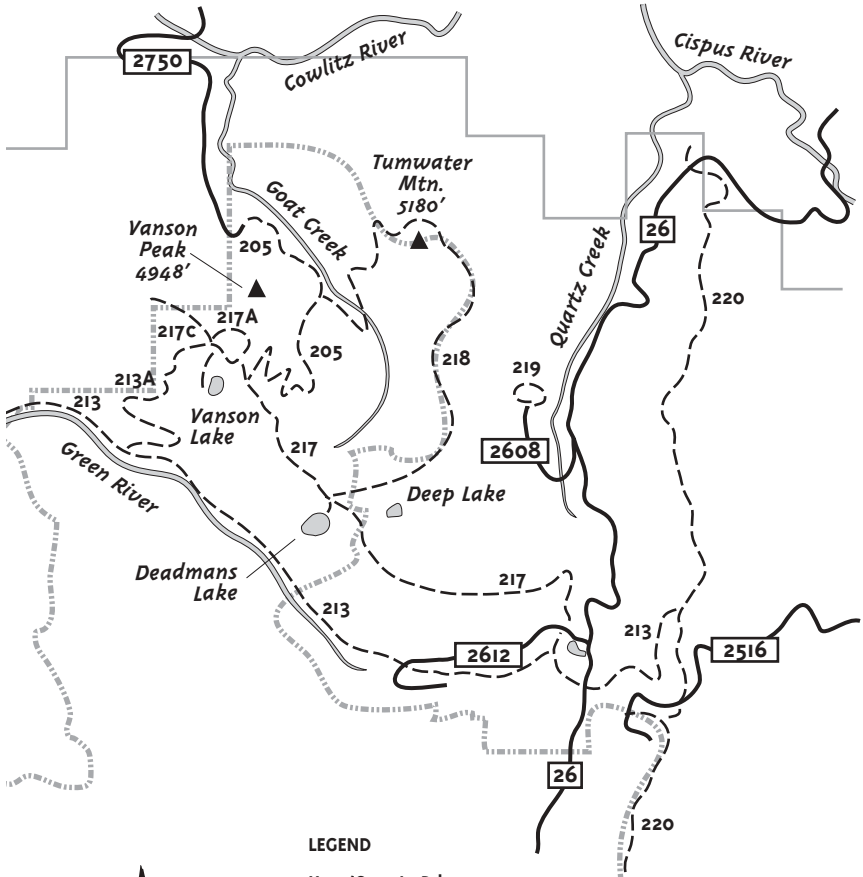
DESCRIPTION: This short, barrier-free boardwalk trail explores the creation of Coldwater Lake. Interpretive displays explain how the 1980 debris avalanche dammed Coldwater Creek, creating Coldwater Lake. Chewed trees, the sign of beavers at work, can often be seen around the trail. Ripples, caused by trout rising to feed on insects, are also a common sight.

Special Conditions: Off trail travel prohibited. No pets, stock, or bicycles. Day-use only. No fishing or swimming from Birth of a Lake Trail.





GIFFORD PINCHOT NATIONAL FOREST



LEGEND



- Hwy/County Rd.
- Forest Service Rd
- - -** Trail
- · - · -** District Boundary
- · · · ·** Monument Boundary
- Forest Boundary

GREEN RIVER AREA

Trails through the Green River area offer an opportunity to walk the thin line that meant life or death on May 18, 1980. This captivating place houses three distinct forests. You may travel through a young forest, planted after the harvest of blown down trees from the May 18th eruption. Alternatively, you could find yourself in the standing dead forest, a powerful reminder of the blast's intense heat. You also have the opportunity to bask in the lush beauty of the surviving old-growth forest in the Green River valley.

Trails here provide rewarding possibilities for recreation and historical discovery. Deadmans and Vanson Lakes offer good camping and fishing destinations. During a brief period of prospecting activity in the 1890s, several mining claims were staked in the area.



GOAT CREEK TRAIL 205



LENGTH: 6 miles, 9.7 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 2400 ft. **HIGH:** 4700 ft. **GAIN:** 2300 ft.

TRAILHEAD ACCESS: Forest Road 2750, Tumwater Trail 218, or Goat Mountain Trail 217 (Forest Road 2612).

DESCRIPTION: The trail begins on Forest Road 2750, passing first through a section of old-growth Douglas fir and western red cedar. After 0.5 mile, it passes underneath a spectacular waterfall, then continues to follow Goat Creek. The trail meets with Tumwater Trail 218 in 2.2 miles then begins to climb steeply through old-growth forest. After passing meadows and rock cliffs, the trail ends at the junction with Goat Mountain Trail 217, south of Vanson Peak.

Special Conditions: Wet in the spring. No bridge at stream crossings. Access to Forest Road 2750 is from private land. Check road access information.

GREEN RIVER TRAIL 213 and VANSON RIDGE TRAIL 213A



LENGTH: Green River Trail: 12 miles, 19.3 km
 Vanson Ridge Trail: 3.3 miles, 5.3 km

BEST SEASONS: summer, fall

LOW ELEVATION (Trail 213): 1900 ft. **HIGH:** 3000 ft. **GAIN:** 1100 ft.

LOW ELEVATION (Trail 213A): 2300 ft. **HIGH:** 4100 ft. **GAIN:** 1800 ft.

TRAILHEAD ACCESS: Green River Horse Camp (Forest Road 2612), Goat Mountain Trailhead (Forest Road 2612), Forest Road 2612 at the Green River Bridge or Weyerhaeuser Road 2500.

DESCRIPTION: Green River Trail 213 offers a unique opportunity to travel from the blast zone through standing dead trees and into a pristine old-growth forest. This historic route was blazed in the 1890s to access mining claims along the Green River. Beginning at the Green River Horse Camp, travel first through a young forest planted after the 1980 eruption. Following close to the Green River, the trail passes through a section of standing dead trees before entering a majestic old-growth forest.

About 0.3 mile after entering the old-growth forest, if you listen carefully, you will hear the sound of Green River Falls to the south. The trail eventually meets Vanson Ridge Trail 213A which connects to Goat Mountain Trail 217 in

GREEN RIVER AREA TRAILS

3.3 miles. The Green River Trail terminates as you re-enter the blast zone and connects with Weyerhauser Road 2500. Weyerhauser Timber Company controls access to this western trail terminus.

Special Conditions: Practice “Leave No Trace” principles. Check access information for Weyerhauser Road 2500.

GOAT MOUNTAIN TRAIL 217



LENGTH: 9 miles, 14.5 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3000 ft. **HIGH:** 5100 ft. **GAIN:** 2100 ft.

TRAILHEAD ACCESS: Goat Mountain Trailhead (Forest Road 2612) or Weyerhauser Road 2600.

DESCRIPTION: This trail begins by climbing a series of switchbacks, weaving between standing dead trees and green forest. After 2 miles, the ridgeline is reached and the trail continues along a subalpine crest offering views through the blast zone of Mount St. Helens and the Mount Margaret Backcountry. The trail loops around the summit of Goat Mountain, then crosses to the north side of the ridge. Descending, you enter green forest once again before reaching the short spur trail to Deadmans Lake, a good place to fish and camp.

Tumwater Trail 218 is soon reached 4.5 miles from the trailhead. Climbing from the junction, the Goat Mountain Trail passes in and out of ridge top meadows before descending to the junction with Goat Creek Trail 205 and Vanson Peak Trail 217A. From here the trail descends past a short spur trail to Vanson Lake. It continues, passing junctions with Vanson Ridge Trail 213A and the north end of the Vanson Peak Trail before terminating at Weyerhauser Road 2600, 4.5 miles from Tumwater Trail 218.

Special Conditions: Practice “Leave No Trace” principles. Check access information on Weyerhauser Road 2600.

VANSON PEAK TRAIL 217A



LENGTH: 1.2 miles, 1.9 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 4100 ft. **HIGH:** 4950 ft. **GAIN:** 850 ft.

TRAILHEAD ACCESS: Goat Mountain Trail 217 (Forest Road 2612) or Weyerhauser Road 2600.

DESCRIPTION: This trail forms a loop above the Goat Mountain Trail, providing access to the summit of Vanson Peak. Vanson Peak was once the site of a fire lookout. If you look carefully you may find the footings and anchor points that held the lookout firm during winter storms. The summit provides an unparalleled vista of Mount Rainier, the Cowlitz Valley, forested Tumwater Mountain, the Goat Creek basin, and surrounding peaks.

Special Conditions: Practice "Leave No Trace" principles. Check road access information.

TUMWATER TRAIL 218



LENGTH: 10.2 miles, 16.3 km **BEST SEASONS:** summer, fall

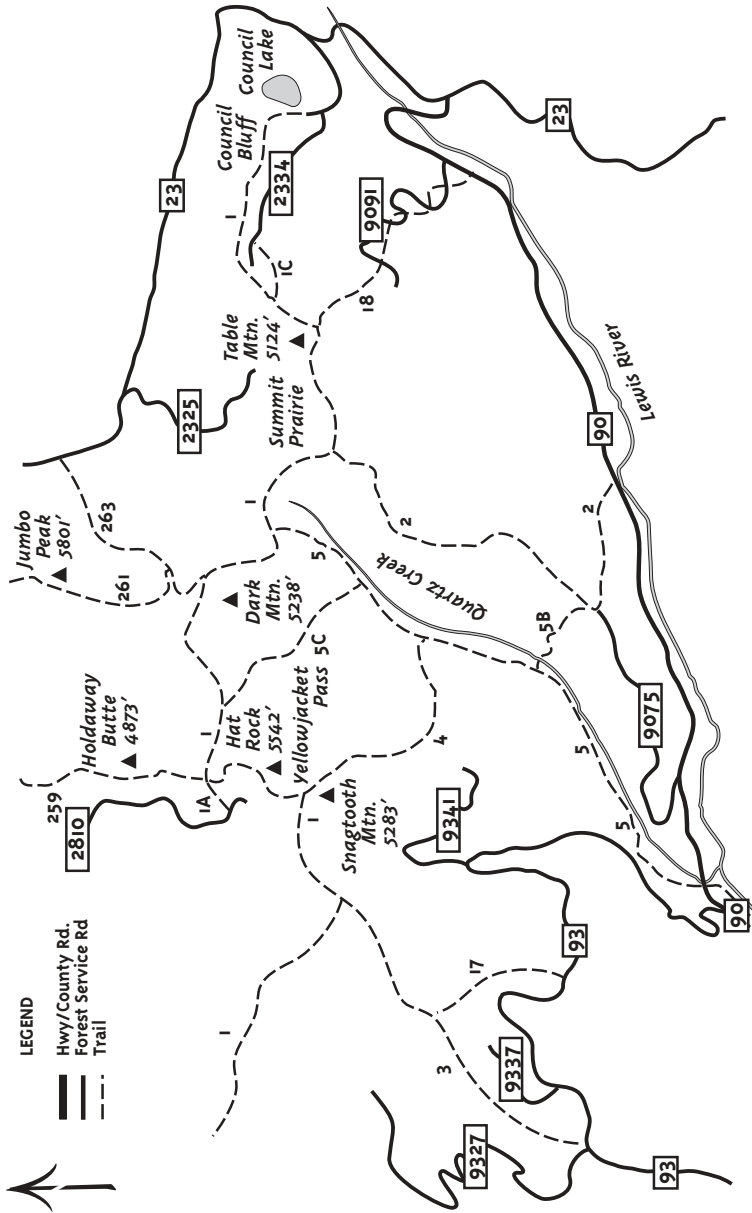
LOW ELEVATION: 2600 ft. **HIGH:** 4900 ft. **GAIN:** 2300 ft.

TRAILHEAD ACCESS: Goat Mountain Trail 217 (Forest Road 2612) or Goat Creek Trail 205 (Forest Road 2750).

DESCRIPTION: From the junction with Goat Mountain Trail 217, the Tumwater Trail follows close to the ridge top, traveling through open meadows and forest. Elk are often seen and heard along the trail. Passing Tumwater Mountain, the trail descends to a small snowmelt pond in a grassy meadow. Near the pond, the trail starts its descent into the Goat Creek basin. Its eventual junction with Goat Creek Trail 205 is reached 9 miles from the start.



GIFFORD PINCHOT NATIONAL FOREST



DARK DIVIDE ROADLESS AREA

The Dark Divide Roadless Area provides opportunities for extended trips along rock studded ridges and lush, tree-filled valleys. The historic Boundary Trail 1 was important in the early history of the Forest Service. Well established by 1911, the trail served as the principal route for rangers on horseback patrols on the boundary between the Rainier and Columbia Forest Reserves, now the Gifford Pinchot National Forest. The Boundary Trail has since been designated a National Recreation Trail, offering a backpacking opportunity or shorter hikes to rocky peaks and subalpine meadows, all with outstanding views. Several trails provide scenic access to Boundary Trail 1 through mixed conifer and old-growth forests.



BOUNDARY TRAIL 1**Bear Meadow to Council Lake**



LENGTH: 25.6 miles, 41.2 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 3800 ft. **HIGH:** 5500 ft. **GAIN:** 1700 ft.

TRAILHEAD ACCESS: Bear Meadow Viewpoint (Forest Road 99), Elk Pass Trailhead (Forest Road 25), Trails 2, 5 (Forest Roads 90 and 93), or Council Lake (Forest Road 2334).

DESCRIPTION: The trail leaves Bear Meadow and meanders eastward through the forest. To the south, views into Clearwater Valley and of Mount Hood soon open as the trail follows the drainage divide between the Lewis and Cispus Rivers. Elk Pass and Forest Road 25 are reached 3.8 miles from Bear Meadow. At Elk Pass you cross Forest Road 25, then continue eastward along the drainage divide. From the gently climbing ridge top, you will find views of Mount Rainier and Pinto Rock. The trail then intersects Badger Ridge Trail 257, which provides a short side trip to the site of a former fire lookout atop Badger Peak at 5664 ft. Badger Lake, a small pond in a subalpine meadow, is just beyond the junction with 257. From the lake, the trail travels through a canopy of trees before breaking out into the open near Kirk Rock, 4.4 miles from Elk Pass. Continuing east, with alternating views to the north and south, the trail passes Shark Rock before descending to the junction with Craggy Peak Trail 3.

East of the Craggy Peak Trail junction, the Boundary Trail descends to Yellowjacket Pass before climbing to Snagtooth Trail 4. After traveling north a short distance and passing Hat Rock, the trail junctions with Yellowjacket Trail 1A, 8 miles from Elk Pass.

Turning east again, gradually descend to former Forest Road 29. This road was washed out by floods in 1996, and later decommissioned permanently. From here a climb brings you to emerald-green Dark Meadows, 2.5 miles from Forest Road 29. Continue through rolling meadows before climbing to the junction with Summit Prairie Trail 2 and a small prairie once used for grazing sheep and livestock. Descending from the junction, the trail soon passes by the plateau of Table Mountain and intersects Table Mountain Trail 18. From here the trail continues its gradual descent to Council Lake, 13.8 miles from Yellowjacket Trail 1A.

Special Conditions: Practice "Leave No Trace" principles. Help protect fragile alpine meadows and stay on trail.

DARK DIVIDE ROADLESS AREA TRAILS

SUMMIT PRAIRIE TRAIL 2



LENGTH: 9 miles, 14.5 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 2400 ft. **HIGH:** 5200 ft. **GAIN:** 2800 ft.

TRAILHEAD ACCESS: Forest Road 90 or Boundary Trail 1.

DESCRIPTION: Starting at the Forest Road 90, the Summit Prairie Trail begins with a steep climb for 2 miles before crossing Road 9075. From this point, the trail continues in a series of switchbacks to the crest of Quartz Creek Ridge. As you traverse the ridge top, meadows reward you with views into the expansive tree-lined valleys of Quartz and French Creeks. The horizon holds snowcapped volcanoes and high open ridges of the Dark Divide. Before reaching the junction with the Boundary Trail 1, you will pass by remains of the Summit Prairie fire lookout built in 1929-1930. The lookout was abandoned in the 1960s, but if you use your imagination you can visualize what it must have been like to be a fireguard at this remote location. As you near the junction with the Boundary Trail, a small prairie opens where domestic sheep herds and Forest Service pack stock once grazed in the summer months.

CRAGGY PEAK TRAIL 3



LENGTH: 5.3 miles, 8.5 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3600 ft. **HIGH:** 5500 ft. **GAIN:** 1900 ft.

TRAILHEAD ACCESS: Forest Road 9327-040 spur or Boundary Trail 1.

DESCRIPTION: The Craggy Peak Trail 3 starts at its intersection with Wright Meadow Trail 80 on Forest Road 9327. The trail climbs gently—first in a tree plantation, then along a forested ridge. After 2.5 miles you will come to the junction with the Stabler Camp Trail 17. As you continue, you will have glimpses of Mount Rainier and Shark Rock. 1 mile later, near the first small subalpine meadow, Blue Lake can be seen to the east, 400 feet below. A short distance further, Basin Camp Trail 3B drops into a glacial cirque lined with meadows and wildflowers. At the bottom is a good camping spot with water and stunning views of Mount Adams. The Craggy Peak Trail connects with Boundary Trail 1 near Craggy Peak, 5.3 miles from the trailhead.

SNAGTOOTH TRAIL 4



LENGTH: 4.8 miles, 7.7 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2600 ft **HIGH:** 5000 ft. **GAIN:** 2400 ft.

TRAILHEAD ACCESS: Quartz Creek Trail 5 (Forest Road 90), Boundary Trail 1, or Forest Road 9341.

DESCRIPTION: This trail is used as an access route to the Boundary Trail 1 (above Forest Road 9341) and to the Quartz Creek Trail 5 below the road. 2.1 miles from Forest Road 9341, the trail intersects Boundary Trail 1 north of Snagtooth Mountain.

To the south and east of Forest Road 9341, the Snagtooth Trail passes through three logged over areas before joining Quartz Creek Trail 5. While the trail is steep, descending 1465 ft. in 1 mile, it provides the quickest way to reach the upper Quartz Creek Trail, or French Creek Trail 5C.

QUARTZ CREEK TRAIL 5 and QUARTZ CREEK BUTTE TRAIL 5B



LENGTH: 10.2 miles, 16.4 km; Quartz Creek Butte Trail: 1.5 miles, 2.4 km

BEST SEASONS: summer, fall

LOW ELEVATION: 1780 ft. **HIGH:** 4280 ft. **GAIN:** 2500 ft.

TRAILHEAD ACCESS: Forest Road 90 or Boundary Trail 1.

DESCRIPTION: The Quartz Creek Trail is noted for its old-growth trees. This trail offers a superb opportunity for solitude. A trip into and back out of the area will be at least a two-day hike.

As you travel upstream, the trail climbs then descends to Straight Creek, 1.6 miles from Forest Road 90. Straight Creek must be forded, which may be difficult during periods of high water. From the ford, the trail climbs steeply then contours across hillsides on the north side of Quartz Creek until it intersects Quartz Creek Butte Trail 5B. The Quartz Creek Butte Trail fords Quartz Creek then climbs to the end of Forest Road 9075 and Summit Prairie Trail 2, 1.7 miles from the Quartz Creek Trail.

The Quartz Creek Trail then starts a precipitous ascent nearly 0.5 mile long, followed by contouring and a gradual descent to the Snagtooth Trail 4 junction, 6.3 miles from the trailhead. Travel another 1.25 miles, crossing Quartz Creek twice, and you will come to the French Creek Trail 5C junction. The trail continues to climb through progressively more open terrain to its junction with Boundary Trail 1.

FRENCH CREEK TRAIL 5C



LENGTH: 3 miles, 4.8 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3100 ft. **HIGH:** 4100 ft. **GAIN:** 1000 ft.

TRAILHEAD ACCESS: Quartz Creek Trail 5 (Forest Road 90) or Boundary Trail 1.

DESCRIPTION: The French Creek Trail 5C climbs steadily from Quartz Creek Trail 5 through the forested drainage of French Creek. Past fire history reveals itself in patches of young trees among twisted shapes of fire-killed snags. About 1 mile north of the Quartz Creek Trail junction is a good campsite near French Creek, west of the trail. The junction with Boundary Trail 1 is reached in 2.6 miles. The northern end of the trail follows a portion of decommissioned Forest Road 29 to its junction with the Boundary Trail.

STABLER CAMP TRAIL 17



LENGTH: 2.6 miles, 4.2 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 4000 ft. **HIGH:** 4900 ft. **GAIN:** 900 ft.

TRAILHEAD ACCESS: Forest Road 9337 or Craggy Peak Trail 3 (Forest Road 9327).

DESCRIPTION: The trail begins in a young tree plantation on the north side of Forest Road 9337, about 0.5 mile from Forest Road 93. Watch for the sign post along the uphill side of the road. The trail winds gradually through a forest of silver fir and subalpine fir, passing through a series of small meadows. The trail continues through another plantation before ascending a slope and crossing Forest Road 9331, which is closed to motorized use. You then climb 0.25 mile to the junction with Craggy Peak Trail 3.

Special Conditions: To protect summer elk habitat, Forest Road 9331 is closed to motorized use.

TABLE MOUNTAIN TRAIL 18



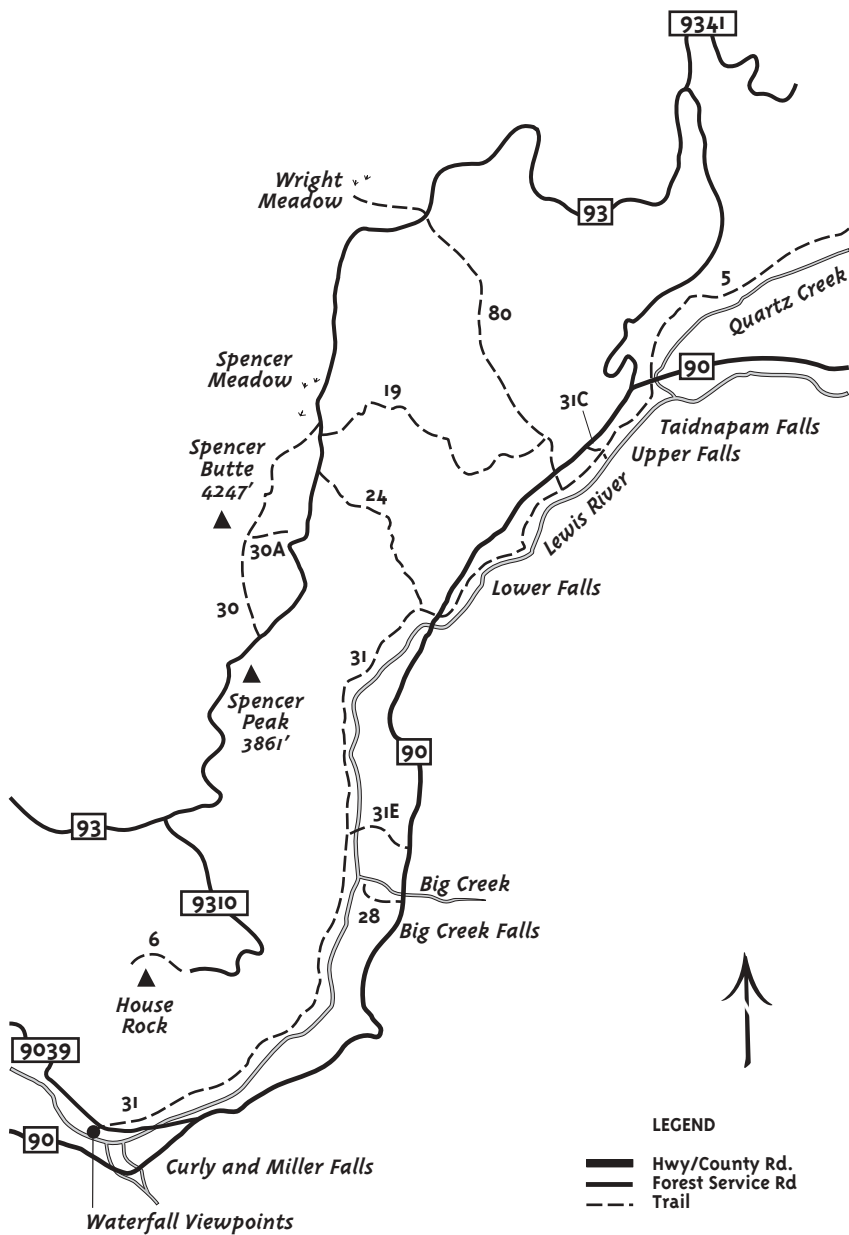
LENGTH: 4 miles, 6.4 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 3000 ft. **HIGH:** 4800 ft. **GAIN:** 1800 ft.

TRAILHEAD ACCESS: Forest Road 90 or Boundary Trail 1.

DESCRIPTION: The Table Mountain Trail starts at Boundary Trail 1 and descends to Forest Road 90. Leaving the Boundary Trail, Table Mountain Trail 18 passes through an area of meadows, ponds, and scattered forest. The ponds along this route are home to frogs and early season mosquitoes. Road 9091-020 is reached after 1.5 miles. There are four more road crossings before Forest Road 90 is reached, 4 miles from the Boundary Trail.

Special Conditions: Practice "Leave No Trace" principles. Meadows are fragile, please stay on trail.

GIFFORD PINCHOT NATIONAL FOREST



LEWIS RIVER VALLEY

The Lewis River Valley will delight any explorer who comes looking for waterfalls surrounded by old-growth forest. This is an area packed with some of the most spectacular and interesting waterfalls on the Gifford Pinchot National Forest.

Trails, ranging from easiest to most difficult, provide paths of discovery through this diverse landscape. Barrier-free trails allow close approach to waterfalls at Big Creek, Curly Creek, Miller Creek, and on the Lewis River.

LEWIS RIVER VALLEY TRAILS

HOUSE ROCK TRAIL 6



LENGTH: 0.5 mile, 0.8 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 2400 ft. **HIGH:** 2650 ft. **GAIN:** 250 ft.

TRAILHEAD ACCESS: Forest Road 9310-240 (road intermittently maintained).

DESCRIPTION: This short trail starts near the end of Forest Road 9310-240 and leads to the top of House Rock. There you will find a three-sided Adirondack shelter, constructed as an emergency fire lookout. The shelter sits just back from the top of a high cliff with a panoramic view of the Lewis and Muddy River Valleys and Mount St. Helens. Volunteers refurbished the shelter in 1991.

CUSSED HOLLOW TRAIL 19



LENGTH: 3.8 miles, 6.1 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 2400 ft. **HIGH:** 3500 ft. **GAIN:** 1100 ft.

TRAILHEAD ACCESS: Forest Road 93 or Wright Meadow Trail 80 (Forest Road 90).

DESCRIPTION: The trail descends from Forest Road 93 near Spencer Meadow into Cussed Hollow. The trail then crosses Cussed Hollow Creek before contouring around the hill to its end at the junction with Wright Meadow Trail 80, 3.8 miles from the start.

SQUAW BUTTE TRAIL 21

**LENGTH:** 4.8 miles, 7.7 km **BEST SEASONS:** summer, fall**LOW ELEVATION:** 3200 ft. **HIGH:** 4350 ft. **GAIN:** 1150 ft.**TRAILHEAD ACCESS:** Forest Road 24-271 or Forest Road 32-040.

DESCRIPTION: This trail starts in the Tillicum Campground and leads south-west around Squaw Butte before connecting with Forest Road 32-040. It mostly traverses through young stands of western hemlock, silver fir, and western white pine. Crab Trail 20 intersects the Squaw Butte Trail 1.4 miles from the campground and the trail ends 3 miles further.

BLUFF TRAIL 24

**LENGTH:** 2.2 miles, 3.5 km **BEST SEASONS:** spring, summer, fall**LOW ELEVATION:** 1600 ft. **HIGH:** 3500 ft. **GAIN:** 1900 ft.**TRAILHEAD ACCESS:** Forest Road 93 or Lewis River Trail 31 (Forest Road 90).

DESCRIPTION: The trailhead provides an exceptional view of Mount Adams and the Lewis River Valley. Bluff Trail loses 1800 feet as it descends along a Douglas fir covered ridgeline before connecting into Lewis River Trail 31. This trail is steep and sometimes difficult to follow. It intersects the Lewis River Trail 0.5 mile downstream of Forest Road 90 near Crab Creek.

BIG CREEK FALLS TRAIL 28

**LENGTH:** Barrier-free loop: 0.25 mile, 0.4 km**Big Creek Falls Trail:** 0.9 mile, 1.4 km**BEST SEASONS:** spring, summer, fall**LOW ELEVATION:** 1800 ft. **HIGH:** 2000 ft. **GAIN:** 200 ft.**TRAILHEAD ACCESS:** Forest Road 90.

DESCRIPTION: This trail provides breathtaking views of Big Creek Falls as it plunges 110 feet into a mist-shrouded pool. The loop trail continues, offering interpretive displays which help you explore the old-growth Douglas fir forest. However, you may choose to continue downslope along the canyon rim above Big Creek Gorge and a second waterfall. The trail ends on a rock promontory overlooking the Lewis River Valley.

Special Conditions: Steep drop-offs at waterfall viewpoints and at trail end.

LEWIS RIVER VALLEY TRAILS

SPENCER BUTTE TRAIL 30 and BREEZY POINT TRAIL 30A



LENGTH: Spencer Butte Trail: 3.2 miles, 5.1 km

Breezy Point Trail: 0.8 mile, 1.3 km

BEST SEASONS: summer, fall

LOW ELEVATION (Spencer Butte): 3400 ft. **HIGH:** 4250 ft. **GAIN:** 850 ft.

LOW ELEVATION (Breezy Point): 3800 ft. **HIGH:** 4200 ft. **GAIN:** 400 ft.

TRAILHEAD ACCESS: Forest Road 93 or Forest Road 93-301.

DESCRIPTION: As you ascend Spencer Butte from the south the forest changes from western white pine to noble and subalpine fir. Breezy Point Trail 30A is soon reached where it provides a 0.8-mile trail to the location of an old fire lookout. The base for a fire finder can still be seen at this location.

Atop Spencer Butte, the skyline is dominated by a commanding view of Mount St. Helens. The remains of a Forest Service fire lookout built in 1935 are found on the summit. Wildflowers provide a colorful display in the summer months on the top of the butte. Descending to the north, the trail travels through a Douglas fir forest before ending near Spencer Meadow, a place often visited by elk.

LEWIS RIVER TRAIL 31

Curly Creek Trailhead to Lower Falls Recreation Area



LENGTH: 10.3 miles, 16.6 km **BEST SEASONS:** Year-round

LOW ELEVATION: 1200 ft. **HIGH:** 1800 ft. **GAIN:** 600 ft.

TRAILHEAD ACCESS: Curly Creek Trailhead (Forest Road 9039) or Lower Falls Recreation Area (Forest Road 90).

DESCRIPTION: Lewis River Trail 31 remains within sight or sound of the river as you ride or hike through this lush valley. The trail follows a gentle uphill grade through a magnificent old-growth forest. Bolt Camp Shelter, 2.5 miles from the trailhead, was constructed around 1921 by shake bolt cutters. It was restored by volunteers in 1991. Climbing above a basalt cliff gorge, the trail soon crosses Forest Road 90, 9.2 miles from the trailhead.

Beyond the road crossing, the trail continues upriver 1.1 miles to Lower Lewis River Falls and Lower Falls Recreation Area. Here the Lewis River plunges over a 60-foot cliff creating a breathtaking panorama.

Special Conditions: Wet rocks and cliffs along the trail, and river may be slippery.

LEWIS RIVER TRAIL 31

Lower Falls Recreation Area to Quartz Creek Falls Trail 5



LENGTH: 3.3 miles, 5.3 km **BEST SEASONS:** Year-round

LOW ELEVATION: 1400 ft. **HIGH:** 1800 ft. **GAIN:** 400 ft.

TRAILHEAD ACCESS: Lower Falls Recreation Area (Forest Road 90) or Quartz Creek Trail 5 (Forest Road 90).

DESCRIPTION: Leaving the Lower Falls Recreation Area, the trail skirts above the river before coming to the remains of an old “sheep” bridge and “steam donkey.” A “steam donkey” is a piece of heavy equipment used in logging prior to internal combustion engines. It was used to move timber bridges into and out of place to avoid winter floods.

Wright Meadow Trail 80 joins the Lewis River Trail south of Copper Creek. Just beyond, you come to Middle Lewis River Falls, which is more a rocky chute than a waterfall. The trail climbs another 1 mile to Alec Creek near the base of Upper Lewis River Falls. It then climbs to a cliff top overlooking Upper Lewis River Falls. Taidnapam Falls, nestled in a rocky gorge above Upper Falls, is yet another attraction. The Lewis River Trail ends on Forest Road 90 across from Quartz Creek Trail 5.

CURLY CREEK and MILLER CREEK FALLS TRAIL 31A



LENGTH: 0.2 mile, 0.3 km **BEST SEASONS:** year-round

LOW ELEVATION: 1240 ft. **HIGH:** 1220 ft. **GAIN:** 20 ft.

TRAILHEAD ACCESS: Curly Creek Trailhead (Forest Road 9039).

DESCRIPTION: This trail provides easy access to viewpoints of Curly Creek and Miller Creek Falls. From the parking lot, follow the trail west and you will soon come to Curly Creek Falls where a waterfall plummets from beneath two rock arches. This may be one of the most unusual waterfalls in the Northwest. At low water, a third rock arch can be seen in the bed of Curly Creek.

Continuing westward, the trail soon leads to the Miller Creek Falls viewpoint where a waterfall plunges over a moss and fern-laden cliff into the Lewis River. This is a barrier-free trail.

MIDDLE FALLS TRAIL 31C



LENGTH: 1.3 miles, 2.1 km **BEST SEASONS:** Year-round

LOW ELEVATION: 1500 ft. **HIGH:** 1800 ft. **GAIN:** 300 ft.

TRAILHEAD ACCESS: Middle Falls Trailhead (Forest Road 90).

DESCRIPTION: This trail provides a loop down to the Lewis River where it churns over Middle Falls. The trail soon encounters Upper Copper Creek Falls. A bridge crosses the creek just above the waterfall, presenting a spectacular view as the water falls away from you and over the cliff.

Lewis River Trail 31 is reached about 0.3 mile from the trailhead. Continuing down, you soon come to Middle Falls. The trail then heads down the Lewis River crossing Copper Creek for a second time. You will then cross a bridge above Lower Copper Creek Falls. Continuing up is the Middle Falls Trail loop which will lead you back to the parking lot.

SPEED TRAIL 31E



LENGTH: 1 mile, 1.6 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 1100 ft. **HIGH:** 1900 ft. **GAIN:** 800 ft.

TRAILHEAD ACCESS: Forest Road 90 or Lewis River Trail 31 by fording of Lewis River.

DESCRIPTION: This primitive trail is a steep descent through an old-growth forest to reach the Lewis River. It provides quick access to the river and, by wading the river, a connection with Lewis River Trail 31. The ford is only usable in the late summer when water levels are low.

Special Conditions: Extremely steep in some sections. Fording the Lewis River may not be possible before mid-July due to spring runoff.

WRIGHT MEADOW TRAIL 8o



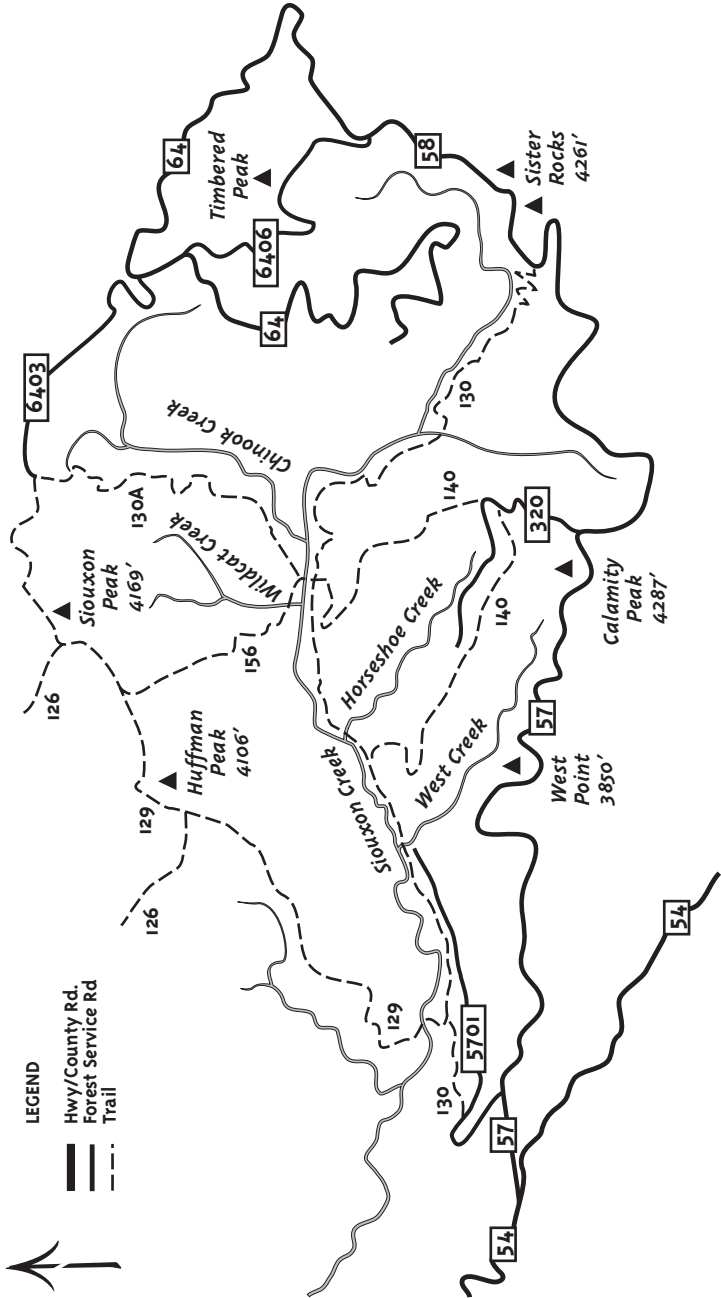
LENGTH: 8.7 miles, 14 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 1700 ft. **HIGH:** 3700 ft. **GAIN:** 2000 ft.

TRAILHEAD ACCESS: Lewis River Trail 31 (Forest Road 90), Forest Road 93, or Forest Road 2559-101.

DESCRIPTION: After crossing Forest Road 90, the trail climbs out of the Lewis River Valley through a mature forest. The headwater of Copper Creek is crossed via a bridge with a campsite nearby. A short distance upslope, the trail passes into a young tree plantation. You will pass through another plantation before crossing Forest Road 93. 1 mile further is Forest Road 9327-040 and Forest Road 9327. This is also the intersection and the beginning of Craggy Peak Trail 3.

Further along the trail is Wright Meadow where elk can often be seen grazing. The trail crosses Forest Road 9327 before starting its descent to Clear Creek. A ford allows you to cross Clear Creek before ascending to a bench. The trail then drops to Elk Creek before climbing to Forest Road 2259-101.

GIFFORD PINCHOT NATIONAL FOREST



SIouxON AREA

The Siouxon area is a large drainage with few roads located south of the North Fork Lewis River. Low elevation trails provide year-round recreational opportunities. Steep, forested slopes characterize the area with rocky outcrops near the ridge tops. Siouxon Creek is the center-piece, with many waterfalls and deep clear pools.

SIouxON AREA TRAILS

HUFFMAN PEAK TRAIL 129



LENGTH: 6.9 miles, 11.1 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 1200 ft. **HIGH:** 4100 ft. **GAIN:** 2900 ft.

TRAILHEAD ACCESS: Siouxon Trail 130 (Forest Road 5701) or Forest Road 6403.

DESCRIPTION: The trail branches off Siouxon Trail 130, 1 mile east of the western Siouxon Trailhead. The trail starts by descending steeply to a ford of Siouxon Creek before climbing northeastward 4 miles to the intersection with North Fork Siouxon Trail 126 which is on state land. The trail traverses the north side of Huffman Peak to a saddle, intersecting Wildcat Trail 156. Here the trail offers views of Mount St. Helens and neighboring volcanoes. Travel across the saddle before climbing Siouxon Peak for a bird's-eye view of Swift Reservoir. Continue another mile before encountering the end of former Forest Road 6403-216. Follow the roadbed another 1.5 miles to the 6403 road and the upper trailhead.

Special Conditions: There is no bridge at Siouxon Creek. Forging the creek is difficult during high water.

SIouxON TRAIL 130



LENGTH: 12 miles, 19.3 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 1200 ft. **HIGH:** 3400 ft. **GAIN:** 2200 ft.

TRAILHEAD ACCESS: Forest Road 5701 or Forest Road 58. Two access points can be used on Forest Road 5701. The first is at mile marker 1 and can accommodate horse trailers. The second is 3 miles farther, at the end of the road.

DESCRIPTION: From the first access point, below the switchback on Forest Road 5701, the trail parallels the road and passes the ruins of Hickman's Cabin. This moss-covered shelter, built in the 1930s, served as a base camp for fire prevention workers. Continuing, the trail intersects Huffman Peak Trail 129, 0.8 mile from the trailhead. Three creeks are crossed before the trail comes to the second access point, near the end of Forest Road 5701. From here the trail drops steeply to West Creek, where a log bridge spans the stream. Following Siouxon Creek to Horseshoe Creek, you can view Horseshoe Falls from the bridge or take the short 0.1-mile spur trail to get a view of the falls from below.

The main trail then follows Siouxon Creek upstream for 1 mile, offering views of five major waterfalls and their emerald green plunge-pools. After intersecting Horseshoe Ridge Trail 140, the trail continues to the confluence of Siouxon and Wildcat Creeks. Here Wildcat Creek Trail 156 heads north towards Siouxon Peak. A short distance from the junction, the trail again intersects Horseshoe Ridge Trail 140. The trail gains 1900 ft. in elevation in the final 3 miles before ending on Forest Road 58.

CHINOOK CREEK TRAIL 130A



LENGTH: 3.2 miles, 5.1 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 1500 ft. **HIGH:** 2700 ft. **GAIN:** 1200 ft.

TRAILHEAD ACCESS: Siouxon Trail 130 (Forest Road 5701) or Forest Road 6403.

DESCRIPTION: A log bridge crossing Siouxon Creek marks the beginning of this trail. The trail fords Chinook Creek twice which can be 2 to 3 feet deep until late summer; therefore, proceed with caution. After crossing, the 50-foot cascade of Chinook Creek Waterfall comes into view as it plunges down to a clear green pool. The trail then climbs through an old-growth forest before ending on Forest Road 6403.

Special Conditions: There is no bridge over Chinook Creek. Crossings can be difficult during high water.

HORSESHOE RIDGE TRAIL 140



LENGTH: 6.9 miles, 11.1 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 1300 ft. **HIGH:** 3400 ft. **GAIN:** 2100 ft.

TRAILHEAD ACCESS: Siouxon Trail 130 (Forest Road 5701) or Forest Road 57-320.

DESCRIPTION: The trail begins 1 mile east of West Creek on Siouxon Trail 130. It climbs steeply for 1.5 miles through a dense second-growth forest to Horseshoe Ridge. Continuing east on the ridge, the trail crosses Forest Road 57-320. From here the trail drops steeply back into the Siouxon drainage, passing through huckleberry and beargrass covered slopes. The trail rejoins Siouxon Trail 130, 3 miles upstream from West Creek.

Special Conditions: Narrow rocky tread and crossing steep slopes makes this a challenging trail.

WILDCAT TRAIL 156



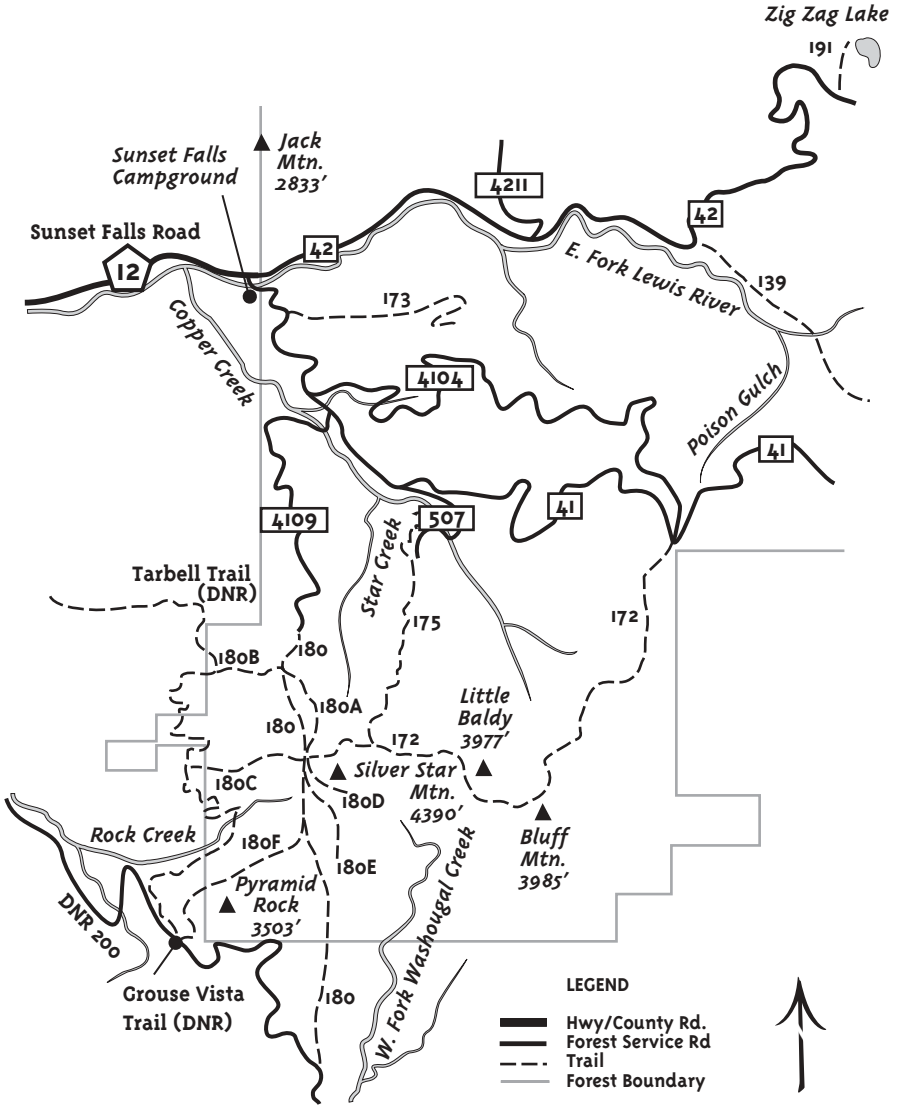
LENGTH: 2.5 miles, 4 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 1500 ft. **HIGH:** 3600 ft. **GAIN:** 2100 ft.

TRAILHEAD ACCESS: Siouxon Trail 130 (Forest Road 5701) or Huffman Peak Trail 129 (Forest Road 6403).

DESCRIPTION: The Wildcat Trail begins at its intersection with Siouxon Trail 130, about 3 miles east from the end of Forest Road 5701. Here the trail fords Siouxon Creek, which can be 2 to 3 feet deep during periods of high water. The trail climbs a steep and rocky grade for 0.5 mile past the base of Wildcat Falls before continuing to climb to a viewpoint above the 75-foot cascading waterfall. Climbing Wildcat Ridge, the trail gains over 2,000 feet in elevation before ending at Huffman Peak Trail 129.

GIFFORD PINCHOT NATIONAL FOREST



SILVER STAR AREA

Silver Star Mountain is the highlight of the Silver Star Scenic Area. Trails in this area offer views of the Portland/Vancouver metropolitan area, the Columbia River, Mount Adams, Mount Hood, and Mount St. Helens. During early summer the open slopes of Silver Star come alive with wildflowers.

Silver Star and the East Fork Lewis River drainage are located almost entirely within the Yacolt Burn. The area burned intensely in September of 1902 and by several subsequent fires. The Civilian Conservation Corps established a camp at Sunset Falls in the 1930s, which was active in cutting snags to form firebreaks and in reforesting the surrounding mountains. On many high ridges you will notice machine-terraced slopes where foresters tried to improve growing conditions for young trees.

Evidence of Native American activity remains clearly visible as "Indian Pits" near Silver Star Mountain and Pyramid Rock. Please do not disturb these or any of the cultural and historic features in this area.

The East Fork Lewis River is home to an endangered population of native Steelhead trout. To protect these fish the entire East Fork Lewis River, upstream of the Forest boundary, is closed to all fishing year-round.

EAST FORK TRAIL 139



LENGTH: 3.5 miles, 5.6 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 1600 ft. **HIGH:** 3700 ft. **GAIN:** 2100 ft.

TRAILHEAD ACCESS: Forest Road 42.

DESCRIPTION: The trail starts at the Forest Road 4200-514 bridge, crossing the East Fork Lewis River. The trail follows the East Fork upstream. 1 mile from the start, the East Fork must be crossed at a ford which may be difficult during periods of high water. Beyond the ford the trail continues upstream another 1 mile to a second ford near Poison Gulch. Beyond the second ford the trail climbs steeply toward Little Lookout Mountain and it ends at Forest Road 41.

Special Conditions: The first 2 miles of trail are easy to follow. Above Poison Gulch, the trail is seldom visited and difficult to locate.

BLUFF MOUNTAIN TRAIL 172



LENGTH: 6 miles, 9.7 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 3000 ft. **HIGH:** 4000 ft. **GAIN:** 1000 ft.

TRAILHEAD ACCESS: Bluff Mountain Trailhead (Forest Road 41) or Silver Star Trail 180 (Forest Road 4109).

DESCRIPTION: Wildfires burned this area repeatedly following the 1902 Yacolt Burn, leaving the landscape open and largely void of trees. The open nature of the trail, on or near the ridge tops, creates exceptional views. In the 1960s, many areas along the trail were terraced and planted in a reforestation effort. As you hike, notice the replanted pockets of noble fir interspersed with vibrant wildflowers.

The trailhead is in the saddle between Copper Creek and the Washougal River. The trail heads south, following an old roadbed, towards Bluff Mountain. After dropping into a saddle, the trail traverses a talus slope and regains the ridge crest west of Bluff Mountain. Water is available at a spring just east of the saddle, one of the few water sources along the trail. The trail continues to climb, passing Little Baldy Mountain south of the summit. After 5 miles, the trail intersects Starway Trail 175. Silver Star Mountain is passed to the north before the trail terminates with the junction of Silver Star Trail 180, 1.9 miles from Forest Road 4109.

SUMMIT SPRINGS TRAIL 173

SILVER STAR AREA TRAILS



LENGTH: 3 miles, 4.8 km. **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 1400 ft. **HIGH:** 3000 ft. **GAIN:** 1600 ft.

TRAILHEAD ACCESS: Forest Road 41 or Forest Road 4104-602.

DESCRIPTION: This trail starts from Forest Road 41. Near the trailhead, Snass Creek is forded before the trail begins climbing a long, gentle ridge. The trail ends at Road 4104-602. Due to the relative low elevation of the trailhead, parts of this trail are typically snow free year-round.

SUNSET FALLS TRAIL 174



LENGTH: 0.1 mile, 0.2 km **BEST SEASONS:** Year-round
LOW ELEVATION: 1020 ft. **HIGH:** 1030 ft. **GAIN:** 10 ft.

TRAILHEAD ACCESS: Forest Road 42.

DESCRIPTION: This short barrier-free trail leads you from the Sunset Falls parking lot to Sunset Falls Viewpoint. The falls are accessible year-round and make a popular place to cool off on hot summer days. No fishing is allowed.

STARWAY TRAIL 175



LENGTH: 3.6 miles, 5.8 km **BEST SEASONS:** summer, fall
LOW ELEVATION: 1600 ft. **HIGH:** 3900 ft. **GAIN:** 2300 ft.

TRAILHEAD ACCESS: Forest Road 41 or Bluff Mountain Trail 172.

DESCRIPTION: The trailhead is located along Forest Road 41, 1 mile east of the 4109 intersection. Park at the gate and follow the old roadbed beyond. The road is closed to motorized traffic and is now used as a trail. In the early 1900s the upper Copper Creek drainage was an area of active mineral exploration.

From the trailhead, descend to Copper Creek where a bridge spans the stream. Cross the bridge and turn upstream. 0.25 mile past the bridge, the Starway Trail leaves the old roadbed and starts climbing along a cat road to the west. The trail follows the cat road steeply upward eventually reaching the ridge crest above where the road ends. The trail, better described as a route since no tread is visible, continues along the ridge southward for 2 miles, passing over point 3977, dropping to a saddle, then ascending to

intersect Bluff Mountain Trail 172 just east of Silver Star Mountain. A trail tread becomes intermittently visible near the south end of the ridge before the trail intersection.

Special Conditions: This trail is difficult to find and follow once it leaves Copper Creek. Carry a good map and expect some route-finding challenges. This is a trail that should only be attempted by persons with good route-finding skills and confidence in cross-country travel.

SILVER STAR TRAIL 180 and SILVER STAR SUMMIT 180D



LENGTH: Silver Star Trail: 5 miles, 8 km

Silver Star Summit: 0.25 mile, 0.4 km

BEST SEASONS: summer, fall

LOW ELEVATION: 3000 ft. **HIGH:** 4390 ft. **GAIN:** 1390 ft.

TRAILHEAD ACCESS: Silver Star Trailhead (Forest Road 4109), Bluff Mountain Trail 172 (Forest Road 41), or Washington Department of Natural Resources (DNR) Road W-1200.

DESCRIPTION: This trail gradually ascends to an old roadbed, passing just west of Silver Star Mountain and then descends to DNR Road W-1200 south-east of Grouse Vista. After passing through wildflower covered slopes and huckleberry thickets, the trail intersects Eds Trail 180A. Chinook Trail 180B, Sturgeon Rock Trail 180C, and Bluff Mountain Trail 172 all are reached in less than 2 miles from the trailhead. Just beyond the Bluff Mountain Trail, Silver Star Summit Trail 180D leads 0.25 mile to the summit of Silver Star Mountain. Indian Pits Trail 180E and Pyramid Rock Trail 180F branch from the Silver Star Trail south of Silver Star Mountain before descending to DNR Road W-1200.

Special Conditions: These trails are closed to motorized use.

ED'S TRAIL 180A



LENGTH: 1.4 miles, 2.3 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 2500 ft. **HIGH:** 4200 ft. **GAIN:** 1700 ft.

TRAILHEAD ACCESS: Silver Star Trailhead (Forest Road 4109), Bluff Mountain Trail 172 (Forest Road 41), or Washington Department of Natural Resources (DNR) Road W-1200.

DESCRIPTION: Ed's Trail 180A is a primitive trail creating a loop with Silver Star Trail 180. To hike the loop, travel 0.5 mile south from the Silver Star Trailhead to the junction with Ed's Trail 180A. Continue south on Ed's Trail 180A passing through an interesting rock arch. Climb to the junction with Silver Star Trail 180 where the view includes Mount St. Helens, Mount Adams, Mount Rainier, and Mount Hood. Continue traveling north 1.9 miles on Silver Star Trail 180 and return to the trailhead on Forest Road 4109. The entire loop is 3.9 miles.

STURGEON ROCK TRAIL 180C



LENGTH: 1.4 miles, 2.2 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 3000 ft. **HIGH:** 4220 ft. **GAIN:** 1220 ft.

TRAILHEAD ACCESS: Silver Star Trail 180 (Forest Road 4109) or Tarbell Trail (DNR W-1200).

DESCRIPTION: This trail forms a connector between the Tarbell Trail and Silver Star Trail 180. The trail leaves the Silver Star Trail 1.9 miles from the trailhead at the end of Forest Road 4109. It drops down the ridge to a saddle east of Sturgeon Rock, then to an old roadbed to the south. The trail descends the ridge to where it intersects the Tarbell Trail, 1.4 miles below the Silver Star Trail. By turning south on the Tarbell Trail, the Grouse Vista Trailhead can be reached after 2 miles.

Special Conditions: Trail is closed to motorized use.

INDIAN PITS 180E



LENGTH: 1 mile, 1.6 km **BEST SEASONS:** spring, summer, fall
LOW ELEVATION: 3800 ft. **HIGH:** 4300 ft. **GAIN:** 500 ft.

TRAILHEAD ACCESS: Silver Star Trail 180 (Forest Road 4109).

DESCRIPTION: This trail leaves Silver Star Trail 180 2 miles from the trailhead on Forest Road 4109. It descends steeply through beargrass and huckleberries for 0.5 mile and then climbs the ridge to the site of the Indian Pits. The trail ends 0.5 mile beyond the Indian Pits.

Archaeologists have three theories regarding the Indian Pits. One is that young Native Americans, during their spirit quest, built the pits. Seeking a spiritual vision, they would fast and sit isolated in the pits for days.

Another theory is that the pits were used as hunting blinds. Until the 20th century, the Silver Star area was home to mountain sheep and goats. Both species used talus slopes to escape natural predators such as cougars or wolves. Native American hunters may have hidden in the pits waiting to ambush sheep or goats forced upslope by other hunters located in the brush and timber below.

The third theory is that the pits were used as food storage areas. Similar features are commonly found throughout the Columbia River Gorge.

Special Conditions: Do not disturb any cultural or archaeological features in this area.

PYRAMID ROCK 180F



LENGTH: 2.5 miles, 4 km **BEST SEASONS:** spring, summer, fall

LOW ELEVATION: 2400 ft. **HIGH:** 3800 ft. **GAIN:** 1400 ft.

TRAILHEAD ACCESS: Silver Star Trail 180 (Forest Road 4109) or Tarbell Trail (DNR Road W-1200).

DESCRIPTION: This trail leaves Silver Star Trail 180 2.5 miles from the trailhead on Forest Road 4109. It descends gradually, following an old roadbed for 2.1 miles to its intersection with the Tarbell Trail at the Grouse Vista Trailhead. The upper portions of the trail cross open slopes and provide excellent views of the surrounding mountains. Trail is closed to all motorized use.

ZIG ZAG LAKE 191



LENGTH: 0.4 mile, 0.6 km **BEST SEASONS:** summer, fall

LOW ELEVATION: 3400 ft. **HIGH:** 4000 ft. **GAIN:** 600 ft.

TRAILHEAD ACCESS: Forest Road 42.

DESCRIPTION: This trail provides fishing access to Zig Zag Lake in the upper Canyon Creek drainage. The trail starts from the edge of Forest Road 42, 1 mile northwest of Cougar Rock, then drops down slope 0.4 mile to the lake's edge.



GIFFORD PINCHOT NATIONAL FOREST

TRAIL NAME	TRAIL NUMBER	MILES	PAGE
Loowit Area			
Ape Canyon	234	5.5	16
Ape Cave	239	0.8, 1.5, 1.3	17
Blue Horse	237	5.5	16
Butte Camp	238A	2.7	17
Castle Lake and Castle Ridge	221 and 216G	3.9, 2.0	15
Cinnamon	204	8.2	11
Fossil	242	7.0	19
June Lake	216B	1.6	14
Lava Canyon	184	0.4, 0.6, 1.8	10
Loowit	216, 216B to 238	11.2	11
Loowit	216, 216D to 216B	6.8	13
Loowit and Loowit Falls	216, 238 to 216D	10.2, 0.7	12
Pine Creek	216C	0.4	14
Ptarmigan	216A	2.1	13
Sheep Canyon	240	2.5	18
Trail of Two Forests	233	0.3	15
Toutle	238	13.6	16
Windy	216E	1.0	14
Blast Zone			
Abraham	216D	2.0	28
Birth of a Lake	246	0.3	31
Boundary I	229 to JRO	4.6	22
Boundary I	Norway Pass TH to Bear Meadow	5.0	24
Boundary I and Coldwater Peak	Norway Pass TH to 230, 1G	9.3	23
Boundary I and Harry's Ridge	JRO to 230, 1E	4.8, 0.8	22

TRAIL INDEX

TRAIL NAME	TRAIL NUMBER	MILES	PAGE
Coldwater	230	4.9	30
Eruption	201	0.5	25
Harmony	224	1.1	28
Hummocks	229	2.4	29
Independence Pass and Independence Ridge	227 and 227A	3.4, 1.3	29
Lakes	211, 230 to 1	9.0	26
Lakes Trail and Elk Bench	211, CW boat launch to 230, 211D	4.5, 0.8	26
Meta Lake	210	0.2	26
Smith Creek	225	10.2	28
South Coldwater	230A	3.1	30
Truman and Willow Springs	207 and 207A	5.7, 0.8	25
Whittier Ridge	214	2.1	27
Winds of Change	232	0.4	31

Green River Area

Goat Creek	205	6.0	36
Goat Mountain	217	9.0	37
Green River and Vanson Ridge	213 and 213A	12.0, 3.3	36
Tumwater	218	9.0	38
Vanson Peak	217A	1.2	37

Dark Divide Roadless Area

Boundary 1	Bear Meadow to Council Lake	25.6	42
Craggy Peaks	3	5.3	43
French Creek	5C	2.6	45
Quartz Creek and Quartz Creek Butte	5 and 5B	10.2, 1.7	44

TRAIL NAME	TRAIL NUMBER	MILES	PAGE
Snagtooth	4	4.5	44
Stabler Camp	17	2.6	45
Summit Prairie	2	9.0	43
Table Mountain	18	4.0	45

Lewis River Valley

Big Creek Falls	28	0.25, 0.9	48
Bluff	24	2.2	48
Curly Creek and Miller Creek Falls	31A	0.2	50
Cussed Hollow	19	3.8	47
House Rock	6	0.5	47
Lewis River	31, Lower Falls Rec. Area to 5	3.3	50
Lewis River	31, 9039 to Lower Falls Rec. Area	10.3	49
Middle Falls	31C	1.3	50
Speed	31E	1.0	51
Spencer Butte and Breezy Point	30 and 30A	3.2, 0.8	49
Squaw Butte	21	4.8	48
Wright Meadow	80	8.7	51

Siouxon

Chinook Creek	130A	3.2	54
Horseshoe Ridge	140	6.9	54
Huffman Peak	129	6.9	53
Siouxon	130	12.0	53
Wildcat	156	2.5	55

Silver Star

Bluff Mountain	172	6.0	58
East Fork	139	3.5	58
Ed's	180A	1.4	60
Indian Pits	180E	1.0	61
Pyramid Rock	180F	2.5	62

TRAIL NAME	TRAIL NUMBER	MILES	PAGE
Silver Star and Silver Star Summit	180 and 180D	5.0, 0.25	60
Starway	175	3.6	59
Sturgeon Rock	180C	1.4	61
Summit Springs	173	3.0	59
Sunset Falls	174	0.1	59
Zig Zag Lake	191	0.4	62

