Hiking and Camping Near Mount St. Helens



West side (State Route 504)	Round Trip	Elevation Change	Description
Birth of a Lake Trail #246 (E) SR504, Trailhead is located at Coldwater Lake Picnic Area.	0.6 miles	2490 feet to 2475 feet	Paved trail explores 1980 landslide deposit and developing life in a lake that was dammed-up by the 1980 eruption.
Eruption Trail #201 (E) Trailhead is located at Johnston Ridge Observatory viewing plaza.	1 mile	4200 feet to 4300 feet	Paved trail explores 1980 eruption impact on ridge. View shattered trees and amazing crater and valley views.
Hummocks Trail #229 (M) SR504, Trailhead is 2 ¹ /4 miles south of Coldwater Visitor Center.	2.4 mile loop	2520 feet to 2400 feet	View hill-sized chunks of shattered volcano, ponds and river-carved canyon on 1980 landslide deposit.
Lakes Trail #211 to Coldwater Trail #230 (MD) SR504, Trailhead is located at Coldwater Lake Boat Launch.	9.0 miles	2700 feet to 5200 feet	Explore blowdown and developing forest. At 4 miles, end of lake makes a good turn around point. Continue ½ mile to junction with Coldwater Trail 230.

Round Trip

0.6 mile

Elevation Change

1860 feet

to 1885 feet

Crater and valley north of the volcano as seen from the Boundary Trail east of the Johnston Ridge Observatory.

East side (Forest Road 99)	Round Trip	Elevation Change	Description
Meta Lake Trail #210 (E)	0.6 mile	3620 feet	Paved trail explores blowdown forest and
Forest Road 99, 0.1 miles west of junction		to	sparkling lake. View forest that survived
of Road 99 with Road 26.		3640 feet	eruption under thick snowpack.
Independence Pass Trail #227 (M)	0.5 mile	4040 feet	Trail climbs (¼ mile) to ridge top view of
Forest Road 99, 1½ miles south of		to	Mount St. Helens, Spirit Lake, and the
Cascades Peaks.		4680 feet	blown down forest.
Windy Ridge Sand Ladder (M)	0.5 mile	4070 feet	Climb 368 steps to hilltop view of Spirit
North end of the Windy Ridge Viewpoint		to	Lake and crater. Use caution as loose
Parking Lot.		4270 feet	pumice can make for unstable footing.
Harmony Trail #224 (MD) Forest Road 99, 2½ miles north of Windy Ridge Viewpoint. Off-trail travel, pets and bikes are prohibited.	2 miles	4100 feet to 3400 feet	Trail descends steeply to Spirit Lake (this is only trail to shoreline). View the effects of lateral blast and "tidal" wave formed as landslide slammed into lake.
Truman Trail #207 and Willow Springs Trail #207A (MD) Forest Road 99, trailhead at south end of Windy Ridge parking lot. Off-trail travel, pets and bicycles prohibited.	11 miles	4200 feet to 3600 feet	Trail follows old road into Spirit Lake basin. Wooden posts mark path across boulder-filled floodplain. Willow Springs Trail (0.8 mile) connects with Loowit Trail 216 and other loop opportunities.



Photo by Gregg Pohll, USFS

5

Sand ladder stairway at Windy Ridge Viewpoint. Barren gray area visible along trail is result of damage from off-trail travel.

Description

Boardwalk guides you across 1,900 year old lava flow and tree casts that record an

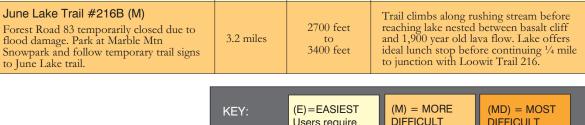
ancient forest consumed by lava.



Visitors can crawl through the cast of an ancient tree at Trail of Two Forests.

Campgrounds	# sites	\$ Fee	Ŧ	F				2.		1
Highway 503 & FR 90	I									
Cresap Bay *	73		20	•	•	•	•	•	•	•
Cougar	60			•	•	•	•	•		•
Beaver Bay *	78	yes for	5	•	•	•	•	•	•	•
Swift	93	all sites	6		•	•		•	•	•
Lower Falls	42	51105	4	•		•			•	•
Lewis River Horse Camp	8			•					•	
Forest Road 81										
Kalama Horse Camp	28	yes	2	•					•	
Merrill Lake	8	yes	6		•	•		•		•
Forest Road 25										
Iron Creek **	98	yes	12	•		•			•	•
Forest Road 23										
Tower Rock **	22	yes								•
State Route 504										
Seaquest State Park	90	yes	many	•			•		•	•

* Reservations are required: Call (503) 813-6666 ** Reservations are accepted. Call (877) 444-6777.



KEY:	(E)=EASIEST Users require limited skill and encounter few	(M) = MORE DIFFICULT Users require some skill and	(MD) = MOST DIFFICULT Users require a high degree of	
	challenges.	experience more challenging terrain.	skill and experience.	

Plants grow by the inch, and die by the foot ... Please stay on the trail.



South side (Forest Road 83)

Forest Road 8303, ¹/₂ mile E of Ape Cave.

Trail of Two Forests #233 (E)

June Lake Trail #216B (M)

to June Lake trail.