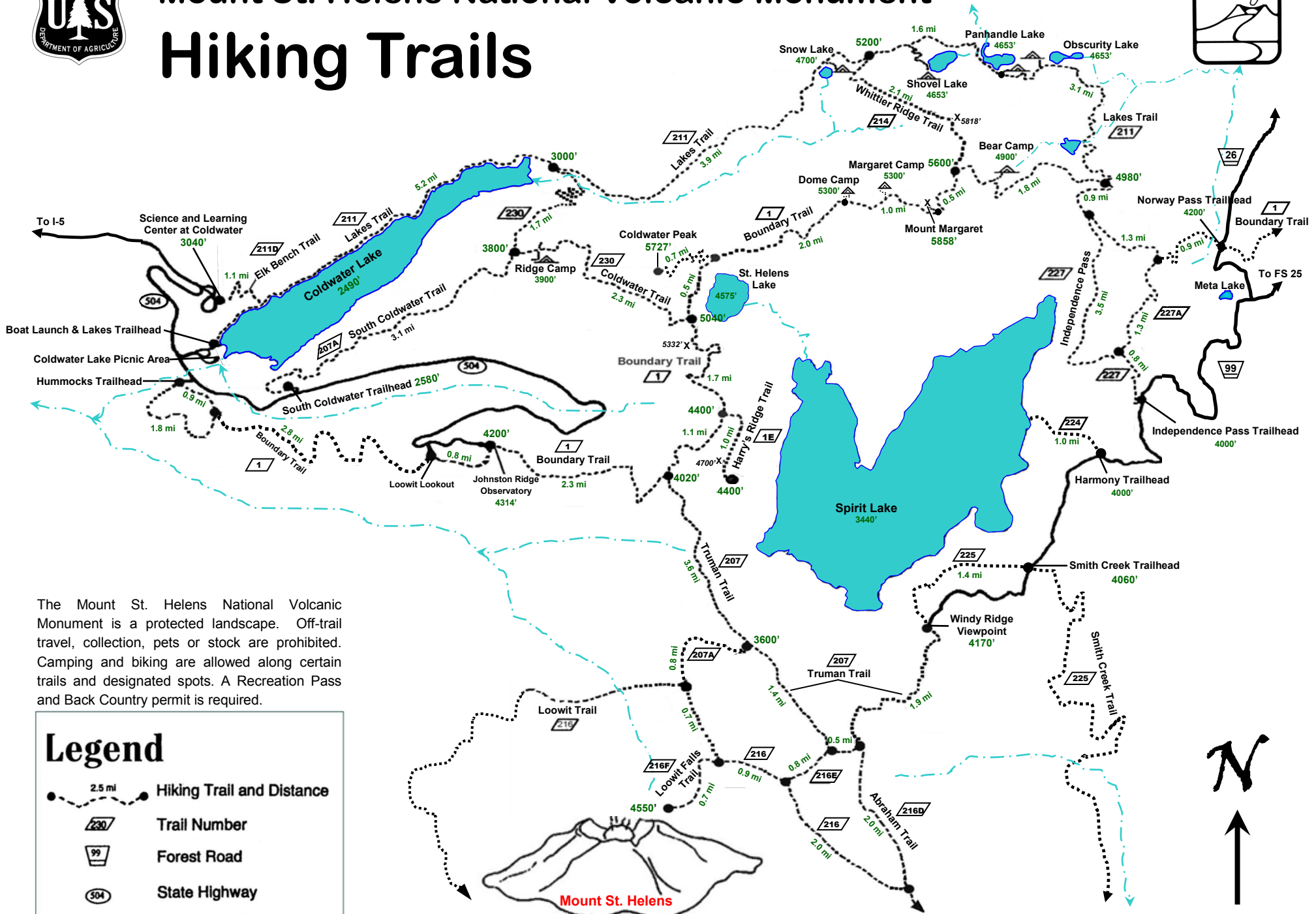




# Mount St. Helens National Volcanic Monument

## Hiking Trails



The Mount St. Helens National Volcanic Monument is a protected landscape. Off-trail travel, collection, pets or stock are prohibited. Camping and biking are allowed along certain trails and designated spots. A Recreation Pass and Back Country permit is required.

### Legend

- 2.5 mi Hiking Trail and Distance
- Trail Number
- Forest Road
- State Highway
- Designated Campsite
- Stream



# Mount St. Helens National Volcanic Monument Trail Descriptions

*To prevent damage to the beauty and wild character of this area, please follow Leave No Trace guidelines.*

## Less than one mile

**Birth of a Lake Trail #246 (not shown on map)**, trailhead at Coldwater Lake Recreation Area

*Trailhead facilities:* Restrooms, drinking water, telephone and picnic area, day-use.

*Length:* 0.6 mi., 1.0 km.

*Tread material:* Asphalt and boardwalk.

*Description:* Boardwalk with interpretive signs along the shore of Coldwater Lake, a lake created by the 1980 eruption. The trail offers a close-up look at returning life in the area, with glimpses of Mount St. Helens and views of Minnie Peaks.

*Elevation Change:* 20 ft/ 6 m.

**Eruption Trail #201 (not shown on map)**, trailhead at Johnston Ridge Observatory

*Trailhead facilities:* Restrooms, drinking water and telephone, during open hours.

*Length:* 0.5 mi., 0.8 km.

*Tread material:* Asphalt.

*Description:* Paved trail with interpretive signs. The trail offers panoramas of Mount St. Helens' crater, the pumice plain and blast zone, as well as partial views of Sprit Lake.

*Elevation change:* 114 ft/ 35 m.

## One to three miles long

**Hummocks Trail #229**, trailhead at Hummocks parking lot

*Trailhead facilities:* None, nearest restrooms, drinking water and telephone at Coldwater Lake Recreation Area.

*Length:* 2.6 mi., 4.3 km.

*Tread material:* natural surface.

*Description:* The trail takes you through hummocks (giant chunks of Mount St. Helens deposited by the May 18, 1980 landslide). It offers a close-up look at numerous wetlands and ponds, as well as excellent vistas of Mount St. Helens and the Toutle River.

*Elevation change:* 300 ft/ 91 m

**Elk Bench Trail #211D**, trailhead at MSH Science and Learning Center at Coldwater

*Trailhead facilities:* Restrooms, drinking water, and picnic area available at the Science and Learning Center, during open hours.

*Length:* 1.0 mi., 1.6 km.

*Tread material:* natural surface.

*Description:* From the Science and Learning Center, the Elk Bench Trail descends via switchbacks to join Lakes Trail #211 on the shores of Coldwater Lake. Mount St. Helens, Coldwater Lake and Minnie Peaks can be seen from this trail.

*Elevation change:* 600 ft/ 183 m

## Four miles and longer

**Boundary Trail #1**, trailheads at Hummocks parking lot, Loowit Viewpoint and Johnston Ridge Observatory

*Trailhead facilities:* Restrooms, drinking water and telephone are available at Johnston Ridge Observatory during open hours.

*Length:* See map for details.

*Tread material:* natural surface.

*Description:* From the Hummocks Trailhead #229, proceed .7 miles to reach the Boundary Trail #1, along this section of the trail, the landslide and Mount St. Helens' crater can be seen. From Johnston Ridge Observatory, Boundary Trail #1, panoramas of the blast zone, with excellent views of the pumice plain and crater to the south, and glimpses of Spirit Lake to the east. Sections of this trail are narrow with steep drop-offs. Near the junction with Coldwater Trail #230, Boundary Trail #1 goes through a natural arch with vistas of Saint Helens Lake and Mount Margaret Backcountry.

*Elevation change:* up to 3000 ft/ 914 m

**Lakes Trail #211**, trailhead at Coldwater Lake Recreation Area

*Trailhead facilities:* Restrooms, drinking water, telephone and picnic area, day-use.

*Length:* See map for details.

*Tread material:* natural surface.

*Description:* This trail follows the shoreline of Coldwater Lake. It offers a close-up look at returning life in the area.

*Elevation Change:* 150 ft/ 46 m

**Truman Trail #207**, access via Boundary Trail #1 at Johnston Ridge Observatory

*Trailhead facilities:* Nearest water, restrooms and telephone are at Johnston Ridge Observatory, during open hours; Coldwater Lake, after hours.

*Length:* 5.8 mi., 9.7 km.

*Tread material:* natural surface.

*Description:* This trail travels through the pumice plain and gives different perspectives of Mount St. Helens' crater, Spirit Lake and Loowit Falls.

*Elevation Change:* 1200 ft/ 366 m

**Harry's Ridge Trail #208**, access via Boundary Trail #1

*Trailhead facilities:* None, this trail is accessed by Boundary Trail #1. Nearest facilities at Johnston Ridge Observatory, 3 miles from the trailhead.

*Length:* 1.0 mi., 1.6 km.

*Tread material:* natural surface.

*Description:* This spur trail climbs Harry's Ridge to offer the best view of Spirit Lake that can be accessed from the west. Hummocks are visible in the northern corners of the lake, and thousands of trees that were swept into the lake during the eruption can still be seen floating on the lake.

*Elevation change:* 200 ft/ 61 m

**South Coldwater Trail #230A, Coldwater Trail #230**, trailhead at South Coldwater parking lot

*Trailhead facilities:* None, nearest facilities at Coldwater Lake Recreation Area

*Length:* See map for details.

*Tread material:* natural surface.

*Description:* South Coldwater Trail #230A offers views of Coldwater Lake. Blasted logging equipment from 1980 is visible 1 ¼ miles up the trail. Coldwater Trail #230 offers views of Mount St. Helens, Coldwater Lake and Coldwater Peak. Hikers desiring a long loop can continue on to the Lakes Trail #211. (This loop requires walking on State Route 504 for ½ mile.)

*Elevation Change:* 1300 ft/ 396 m

This map is produced by Discover Your Northwest in cooperation with the US Forest Service.