HISTORY

Early explorers of Mt. St. Helens and Spirit Lake were fascinated by the lake’s beauty and the area’s potential for recreation, economy, and industrial uses.

LAVA CAVES OF MT. ST. HELENS

The story of Mt. St. Helens is one of the most interesting geologic phenomena in the United States. In 1980, the Mount St. Helens National Volcanic Monument was established to protect the area.

HUNTING AND FISHING

One of the largest marsh is the role played by hunting and fishing. Mt. St. Helens is a popular destination for hunters and fishers. The area contains a variety of fish species, including salmon, trout, and lake trout.

YOUTH CAMPS AND RESORTS

Spirit Lake provides a wonderful opportunity for swimming, boating, and fishing. The area has numerous youth camps and resorts, including the Spirit Lake Campground, which offers a variety of activities for the whole family.

LEGENDE OF APE CANYON

The Mt. St. Helens Area is known for its unique landscape and geology. The area is home to several rivers, including the Spirit Lake and the Newaukum.

GEOLOGY

Mt. St. Helens (also known as 4160 feet) is the most recent major eruption of the Cascade Volcanic Arc. The last major eruption of the mountain occurred in 1980.

LAVING THE FOREST LAND

The Mt. St. Helens Area is rich in wildlife, including deer, elk, and bears. The area is also home to a variety of birds, such as the bald eagle and the osprey.

CAMPING, PICNICKING AND BOATING

The Mt. St. Helens Area offers many opportunities for camping, picnicking, and boating. The area has several campgrounds, including the Spirit Lake Campground, which offers a variety of activities for the whole family.

MOUNTAIN CUMIN

The first recorded visit to Mt. St. Helens was made by a party led by Thomas J. Jackson in 1873. Since then, thousands of people have enjoyed the magnificent view of Mt. St. Helens.

REMEMBER: only 1981 can prevent forest fires!