

AWG-PNW 2023 Mount St. Helens: Then to Now Field Trip Itinerary

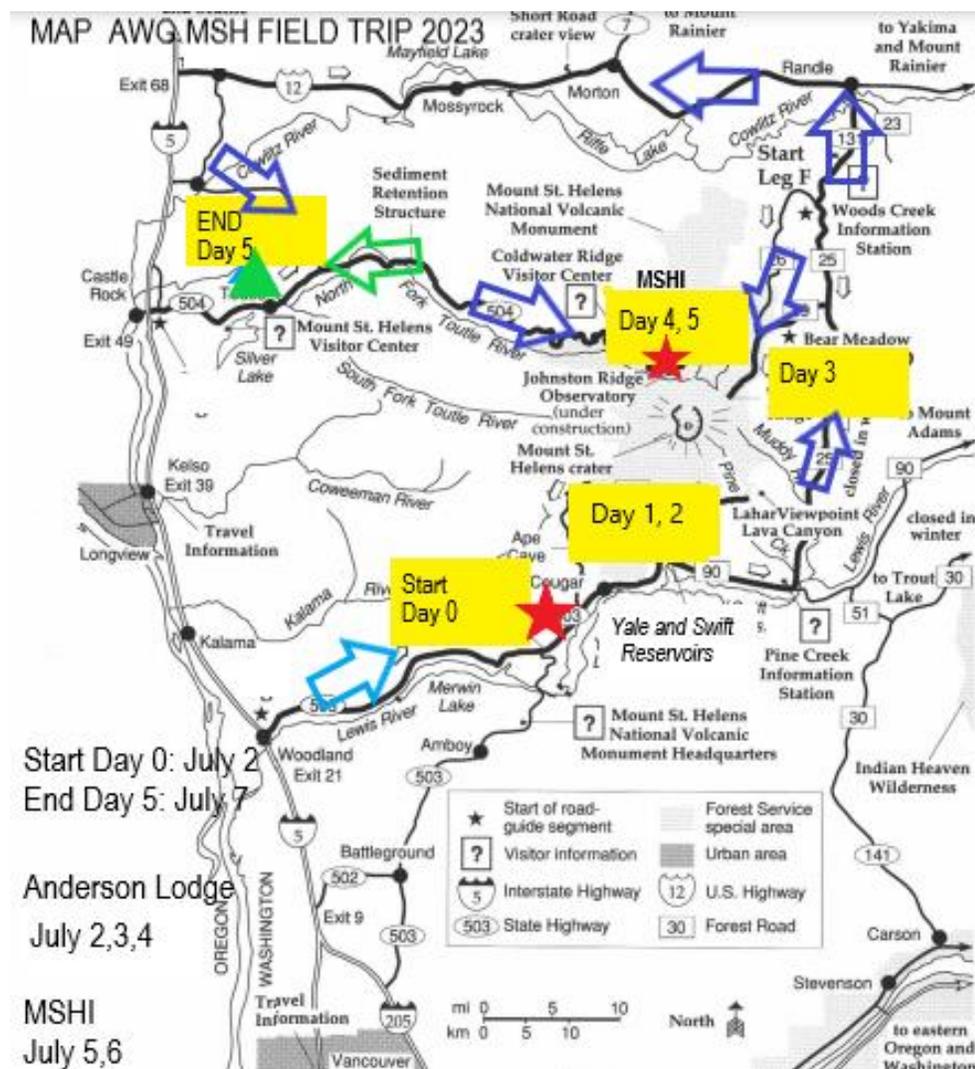
(Plus, suggested viewing/reading)

Sunday July 2

5:00-7:00 pm – Arrive at Anderson Lodge Hilltop House ([The Hilltop House - Anderson Lodge](#)). Trip leaders will be at Hilltop House to greet you when you arrive. Participants will receive lodging assignments in the lodge or in cabins. We will strive to place carpool participants in beds in the same vicinity.

We'll supply some snacks, but you should either eat dinner before arriving or bring it to eat there. (Alcohol is allowed here, but AWG-PNW won't supply any alcoholic beverages). At 7 pm, we'll introduce ourselves, distribute the guidebook, and share sign up sheets for hike options. Carolyn will give an Introductory talk. Then we'll have social time and opportunities for those who are musicians to share music.

Overview map:



Monday July 3

7:30 am -- We'll get up and eat breakfast (cereal, boiled eggs, fruit) and pack our lunches.

8:30 am – Consolidate carpools (we expect heavy holiday traffic) and depart for hikes to

- Ape Cave (please note that you cannot wear outer clothing or boots/shoes that have been in other caves)
- Lava Canyon
- Lahar Lookout
- Moss Springs (lunch)
- Trail of Two Forests

The order and times are flexible and will depend on weather, road and parking conditions, how long we spend at each place and group decisions. These are mostly fairly easy hikes and should be doable even in rain.

4:00 pm – Return to Anderson Lodge and cook dinner.

6:00 pm – Dinner (prepared by participants)

7:00 pm – Mindy will talk about Fire and Ice Research and Shoestring Glacier, Chris Jonietz will speak about MSH Earthquake monitoring and her experiences, followed by more social/music time.

Tuesday July 4

7:00 am – Breakfast and pack lunches

8:00 am – Leave for hike to Ape Canyon Trail. Depending on fitness levels and weather, set groups could go as far as the Loowit Trail, Plains of Abraham, and Spirit Lake view, or may loop hike to Shoestring Glacier back past June Lake.

5:00 – Return to Anderson Lodge and cook BBQ 4th of July dinner.

6:00 pm – Dinner and gas campfire – NO FIREWORKS ALLOWED

Guest presentations from MSH 1980 survivors Keith Ronnholm and Dr Cathie Hickson.

Wednesday July 5

7:00 am – Breakfast and pack lunches. Clean up and check out.

8:00 am – Depart Anderson Lodge and drive around the east side of MSH, weather and road conditions permitting. If the weather's REALLY rainy making roads too dangerous, we'll drive around the west side.

10:00 am – We'll further consolidate carpools for the road to Windy Ridge. This is a narrow road with steep drop-offs and occasionally one lane due to pavement failures.

11:00 am -- Bear Meadows (lunch stop with a view or proceed to Harmony Falls Overlook)

1:00 pm – Harmony Falls trailhead. Options include hike down to Spirit Lake and/or visit Windy Ridge.

3:00 pm – Drive to MSH National Monument west side entrance around the north side via Randle and the Toledo cutoff (see the map attached – blue arrows)

6:00 pm – Arrive at MSH Institute’s Science and Learning Center ([Science & Learning Center: About Us : Mount St. Helens Institute \(mshinstitute.org\)](https://www.mshinstitute.org)). Actual timing depends on roads, drivers and stops.
DINNER (provided by MSHI) (Please note that no alcohol is allowed here)

8:00 pm – Free evening. Snacks/popcorn will be available for those who are still hungry. We’ll review options for the next day’s hikes this evening – with sign up sheets for special group hikes, carpools.

Thursday July 6

7:30 am – Breakfast and pack lunches and fill water containers – bring/drink lots of water!

9:00 am – Participants that wish can be on their own for this day and set their own schedules and hiking goals. There are several hiking options: Wildflowers on Johnston Ridge, Coldwater 2 remembrance, Pumice Plains, Coldwater Lake Loop hike, Visitors Center with movies and more. If you decide on a hiking option, please use sign up sheets the evening or morning before to ensure we know what your plans are and who you plan to hike with, so no one is left behind

3:00 pm – Visit Johnston Ridge Visitor Center (or do this on your own earlier, especially if the weather’s worse in the morning). **Everyone needing transportation meet in the parking lot at 4:40 to ride back to the S&L Center.**

5:00 – Dinner (provided by MSHI)

6:00 – Presentations: Mount St. Helens: From Then to Now (led by Mindy and Carolyn) with a focus on the Human Story of Volcanic Eruptions, including special tributes to Dr. David Johnston and Harry Glicken.

Friday July 7

7:30 am -- Breakfast and pack lunches

9:00 am – Cleanup and pack up

9:30 am – Depart for hike from Johnston Ridge to Hummocks Trail on the MSH giant landslide.

(Vehicles will need to be driven down to Hummocks trailhead; those who do that can do an easy hike along the western shore of Coldwater Lake. Wildlife viewing potential, especially elk herds).

Noon – Lunch at Coldwater Lake Picnic Area (swim and possible canoe/kayak, short hikes)

1:00 pm –Visit sediment retention structures, Coldwater 1 and other sites on the way down to Toutle.

3:00 pm – END OF TOUR. Those who are interested may stay for a late afternoon BBQ at the home of John Brugman (Mindy’s brother) in Toutle, on the way back out to I-5. Here, you may do a short hike to

a ridge high above Silverlake showing MSH's pre 1980 geological story. You may also canoe or fish near the highway bridge. Those who head straight back to I-5 may visit the Silver Lake MSH Visitor Center before it closes at 5 pm.

Suggested viewing

Mindy and Carolyn were planning to camp at MSH on May 17, 1980 awaiting access permission to carry out glacier monitoring research but were warned off by David Johnston -- they credit him with saving their lives. Here's a link to the "We'll Meet Again" PBS program that included Mindy telling her story:

[We'll Meet Again | Rescued from Mount St. Helens | Season 1 | Episode 2 | PBS](#)

And pictures from the program:

<https://www.columbian.com/photos/galleries/2018/01/12/well-meet-again-mindy-brugman-and-david-johnston/>

Carolyn did a fine Zoom presentation on MSH as part of the USGS' Public Lecture Series:

[PubTalk - 6/2021: Mount St. Helens Revisited | U.S. Geological Survey \(usgs.gov\)](#)

A fairly recent video showing the condition of the road to Windy Ridge and the hike to Harmony Falls (starting around 55 minutes in) -- *Walking On Thousands Of Floating Logs At Spirit Lake At Mt St Helens*:

<https://www.youtube.com/watch?v=NbrqbtBvnyE>

An excellent review of the history of MSH, what Sprit Lake and the people there were like, the Red Zone politics and the run up to the May 18th eruption: [Places – Lost in Time: Spirit Lake, Washington](#)

The A&E channel did an episode of *Minute by Minute* on Mount St. Helens back in 2001:

[Minute by Minute: The Eruption of Mount St. Helens - YouTube](#)

There's also an episode from 2010 of *How the Earth Was Made*:

[Explosions at Mount Saint Helens | How the Earth Was Made \(S2, E10\) | Full Episode | History - YouTube](#)

Suggested reading

The Eruption of Mount St Helens: USGS Professional Paper 1250 , eds Lipman and Mullineaux,. 1981 Includes Glacier Response (Brugman & Meier); Ash Impacts on Snow melt (Driedger), <https://pubs.er.usgs.gov/publication/pp1250>

Brugman and Post (1981), *Effects of Volcanism on the Glaciers of Mount St Helens*, USGSA Circular 850C,1981, <https://pubs.er.usgs.gov/publication/cir850D>

Driedger et al (2020), *Ten Ways Mount St. Helens Changed Our World—The Enduring Legacy of the 1980 Eruption*, Fact Sheet 2020-3031 <https://pubs.er.usgs.gov/publication/fs20203031>

USGS MSH Publications: <https://www.usgs.gov/volcanoes/mount-st.-helens/publications-0>

Hickson, Catherine J., T. C. Spurgeon, and R. I. Tilling. (2013). "Eruption Types (Volcanic Eruptions)." *Encyclopedia of Natural Hazards*. Springer Netherlands, 2013. 290–293. (Available on Amazon but very expensive.)

Field guides (2002-2017 sampling):

Field Trip Guide to Mount St. Helens, Washington—Recent and Ancient Volcaniclastic Processes and Deposits

Scientific Investigations Report 2017-5022-E: <https://pubs.er.usgs.gov/publication/sir20175022E>

Field-trip guide to Mount St. Helens, Washington - An overview of the eruptive history and petrology, tephra deposits, 1980 pyroclastic density current deposits, and the crater

Scientific Investigations Report 2017-5022-D: <https://doi.org/10.3133/sir20175022D>

Pat Pringle's *Roadside Geology of Mount St. Helens National Volcanic Monument and Vicinity* (WA DGER Information Circular 88) is old but still a good companion for much of the trip. You can download the 2002 (2nd edition, 132 pg.) here: https://file.dnr.wa.gov/publications/ger_ic88_mount_st_helens.pdf

David Johnston, (2019) biography:

[A Hero on Mount St. Helens: The Life and Legacy of David A. Johnston: Holmes, Melanie: 9780252084317: Amazon.com: Books](#)

Eruption survivor stories:

USGS-CVO geologist Richard Waitt shared a compilation in 2015: [In the Path of Destruction: Eyewitness Chronicles of Mount St. Helens: Waitt, Richard: 9780874223231: Amazon.com: Books](#)

Hickson, Catherine Jean (2005). *Mt. St. Helens: Surviving the stone wind*. Vancouver, BC: Tricouni Press. <https://www.amazon.ca/Mt-St-Helens-Surviving-Stone/dp/0969760159>

For wildflowers we hope to see on our hikes: <https://www.seattletimes.com/life/travel/take-a-wildflower-hike-among-the-volcanic-st-helens-landscape/>