

HERO PRESENTS

A DAY HIKE AT MT. ST. HELENS

Saturday, September 10, 2016



Mt. St. Helens lost its top on May 18, 1980 (see the 'before' and 'after' pictures above). The environment has been left to respond naturally to the disturbance – and we'll see how it is doing 36 years into recovery. We'll head to Windy Ridge and walk the "sand ladder," hike towards Norway Pass, take the Meta Lake trail, and see the miner's car in person (pictured below); lots of photo opportunities!!

This is a 'serious' recreational trip - and there is no bar on the east side of this mountain!

\$35 per person

includes bus fare, snacks and water, picnic, park entrance/permit fee

Send payment (checks payable to HERO) to Diane Call at So-17 by September 1

Questions? Contact Diane at 372-8371 or Diane_G_Call@rl.gov

