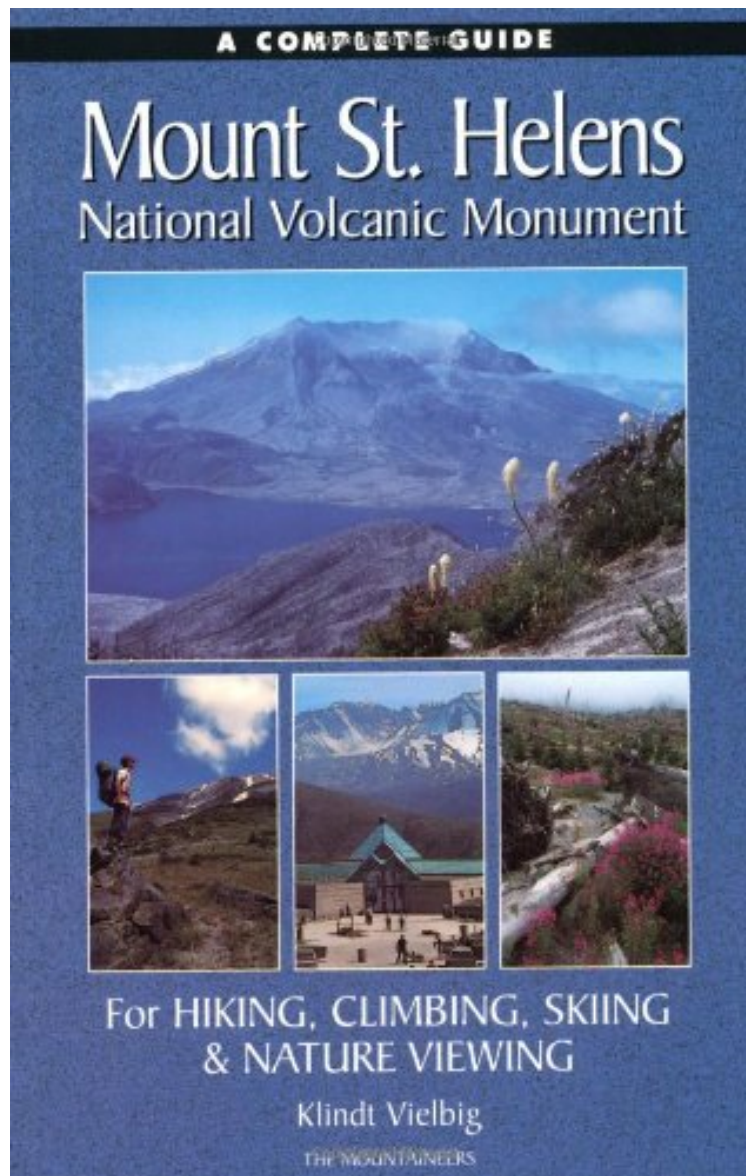


A Complete Guide to Mount St. Helens National Volcanic Monument

Klindt Vielbig

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Book by Vielbig, Klindt

.com Native Americans called Mount St. Helens Loowit (Lady of Fire), and warned unheeding settlers to stay away. In 1980 the mountain proved out the Indian legends, erupting with enough force to send up a mushroom cloud 45 miles across and create the largest landslide in recorded history. This handy and well-organized guide provides all the historical, geological, biological, and recreational information you'll need to take advantage of a truly unique natural area. It's conveniently divided into four sections: Mount St. Helens West, East, South, and North. Each section begins with the lay of the land and general driving directions for scenic tours. A selection of hikes follows, each with a capsule description that includes elevation gain, length of hike, what maps to use, the best season to visit, and a difficulty rating. Trailhead driving routes are also provided. If you're hankering to walk, bike, horseback, ski, or take a scenic drive through post-volcanic devastation, or if you want to see just how quickly nature regenerates after a natural disaster, A Complete Guide to Mount St. Helens National Volcanic Monument is your ticket.