

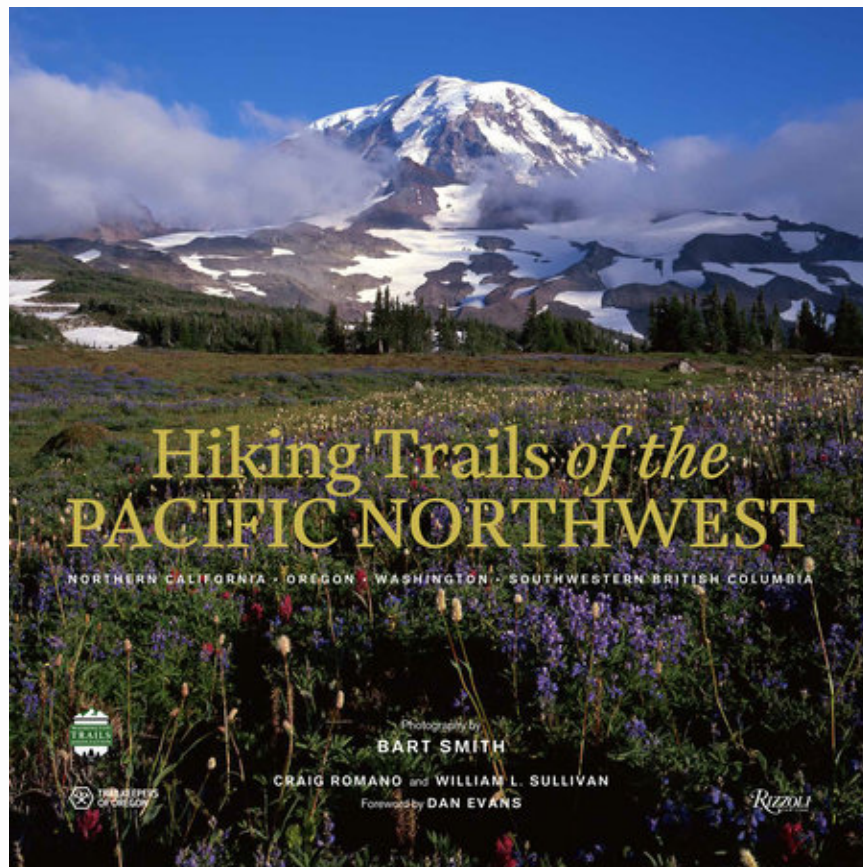
Rumblings



Mount St. Helens Institute eNews

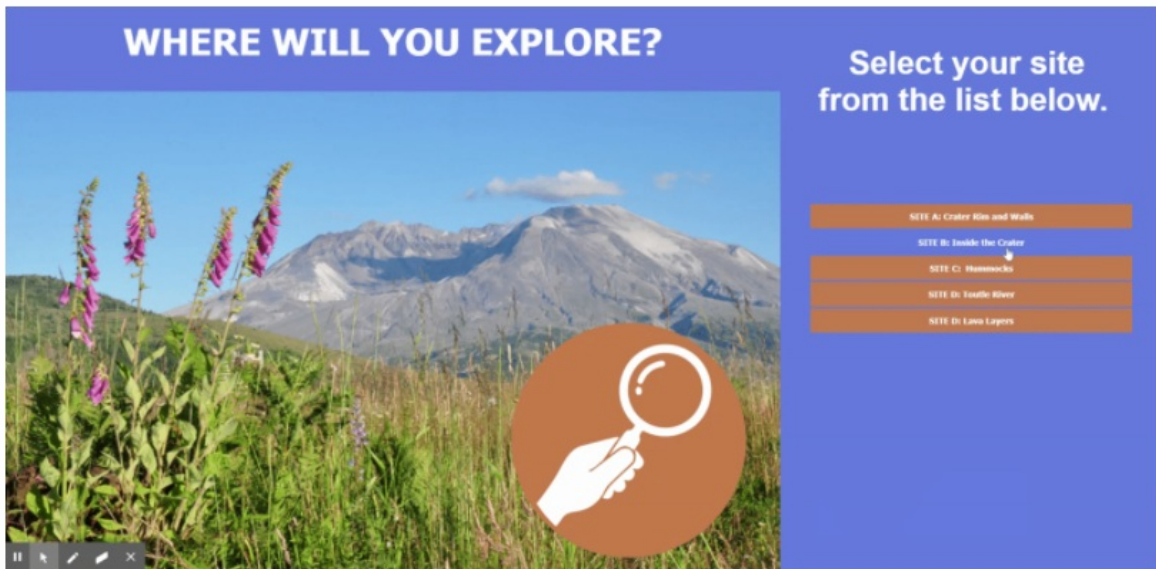
The new year brings new ways to interact with the mountain, Views & Brews is back with a bang, and guided adventures are happening throughout 2021. As always, we remain steadfast in our commitment to bring the volcano to people around the world while improving equity in accessing science, the outdoors and public lands.

Views & Brews: Hiking Trails of the PNW



The backcountry of the Pacific Northwest covers millions of acres of wildlands protected within vast national parks, provincial parks, and wilderness areas--and thousands of miles of trails, including the Pacific Crest, Pacific Northwest, and Trans Canada Trails. Join Craig Romano, Bill Sullivan and Bart Smith as they discuss the trails and sights of the Pacific Northwest.

Live Virtual Field Trips



Investigate Mount St. Helens with us in a live, interactive, and thought-provoking virtual field trip program! While we cannot visit the mountain in person right now, you and your students can visit in the next best way - in an interactive 360-degree virtual environment! Our virtual field trip packages are aligned to Next Generation Science Standards, are directed by student observations, and come with ready-to-use lesson plans for before and after your field trip with us.

[Learn More](#)

Winter Means Adventure at Mount St. Helens



Guided programs are back, and winter adventures are filling up fast! We've had to

add an extra adventure to our winter roster. Sign up for Chocolate Falls or June Lake adventures before they sell out. COVID19 protocols have been added to our program policy page and will require all participants to mask up and social distance, among other safety precautions. [Learn more about our program policies here.](#)

[Register Now](#)

Winter Safety in and Around the Monument



Winter conditions can be dangerous and change rapidly. Besides checking the road and weather conditions before you go, pack the winter essentials, have chains in the car, and make sure you read these safety winter tips from our friends at the Gifford Pinchot National Forest.

Brrrrrr

Thanks for reading. If you have questions please contact [Jared](#).



[Donate Now](#)

