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Day Hike: Ape Cave Lava Tubes Mt. St. Helens

Come join us on the ORA Van for a fun day of hiking and caving on Mt. St. Helens. The Ape Caves, named by members of an outdoor group called the Mt. St. Helen Apes, is the longest continuous lava tube in the western hemisphere. Ape Cave features a 1.4 mile upper section that is well-suited for the adventurous type. The upper portion of the cave takes about 2½ hours to complete, returning on a surface trail. Cavers will climb over approximately 27 boulder piles and scale an 8-foot (2.5m) high lava fall.

- **When** – Sunday, September 24, 2006. We will meet at the Oregon Zoo at 9:00 a.m. near the old OMSI parking lot. Transportation to and from the Ape Caves will be provided by Oregon Active. We plan on returning to Portland at approximately 4:00 p.m.
- **What to bring** – Standard Hiking Gear - A detailed check-list of items along with general trip information which will be sent to you prior to departure.
- **Cost** – \$35 per person which will include transportation to and from Mt. St. Helens, lunch, and of course, a donation to a local non-profit organization.
- **Trail Difficulty** – Mellow to Adventurous. (If you received this invite, you should not have a problem. An easier, alternative route is available upon request.)
- **Trail Length** – 3-mile loop with a 400 ft. elevation gain.
- **RSVP** – To make your reservation or if you have any questions, please contact Devin Kelly, Chris Yonker, or Todd Van Raden at 503.750.7961. You can also email us at info@oregonactive.com

