

Loowit loop

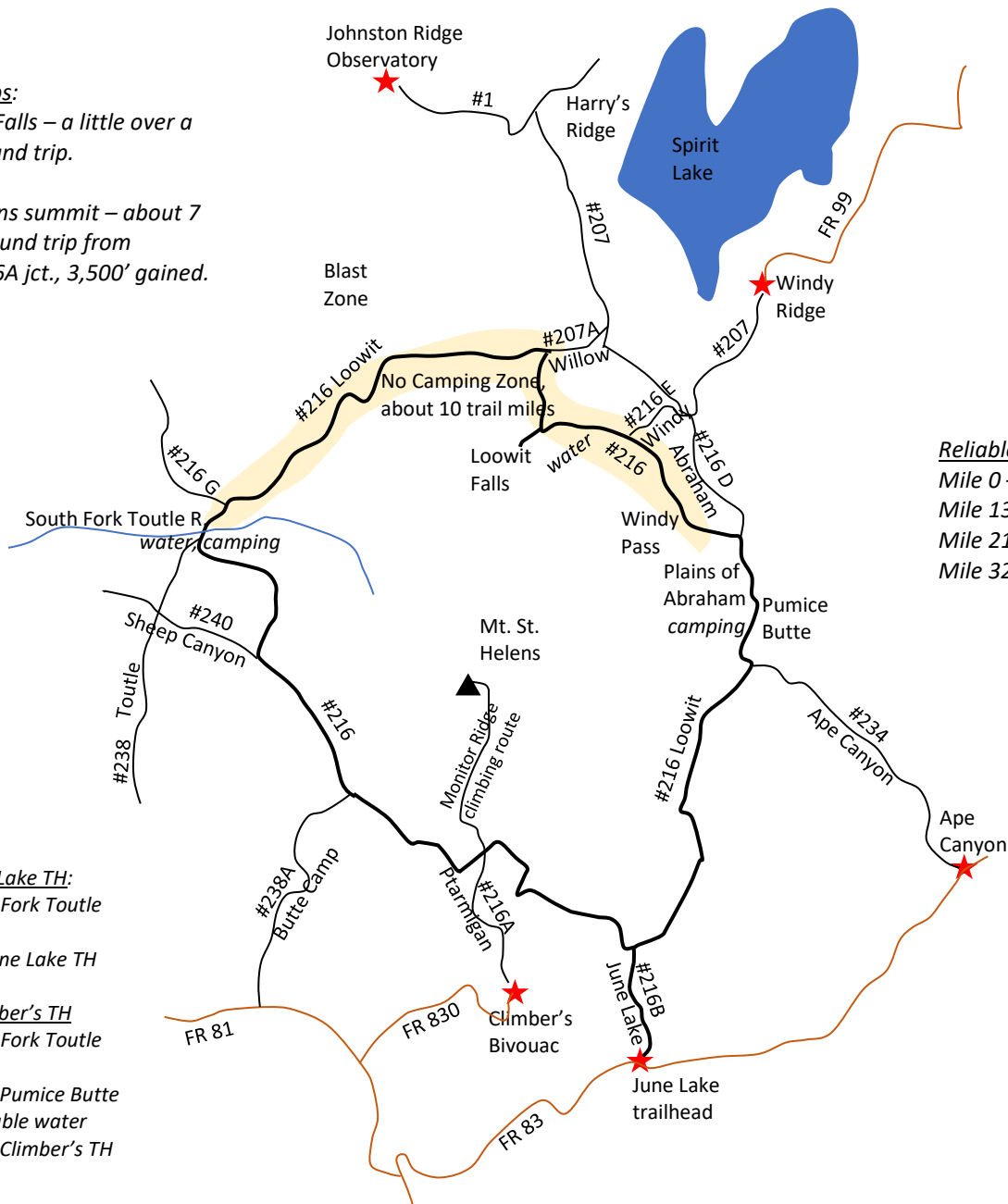
32 miles total, 5,500' gained

From the June Lake trailhead, head up #216B on the very popular June Lake trail. Reach June Lake and pass through a wide open area, reacquiring the trail sort of on the NW side of the lake. Proceed a short distance further to the junction with the Loowit trail, #216. Turn left. Cross boulders fields (follow stakes), and then make an ascent to the Ptarmigan trail, #216A. Continue straight, more boulder fields, going straight at Butte Camp and Sheep Canyon trails. Reach a high point (Crescent Ridge), with a huge boulder and viewpoint of Toutle River valley. Descend to S. Fork Toutle River for camping and water, about 13 miles from June Lake TH. Ford the river, find the rope in a gully nearby, and ascend to Castle Ridge trail, going straight here, crossing the Blast Zone, then turning uphill at the junction with Willow Springs, #207A. Reach the Loowit Falls junction, then a short distance later, water (springs), about eight miles from last water at the Toutle. Pass by Windy, #216E, ascend Windy Pass, and then cross the Plains of Abraham, turning right at the junction with #216D. Reach Pumice Butte (camping, may have water), and then right again at the junction with Ape Canyon, #234. Up and down through several significant washouts, then left at June Lake trail.

Side trips:

Loowit Falls – a little over a mile round trip.

St. Helens summit – about 7 miles round trip from 216/216A jct., 3,500' gained.



Reliable water situation:

- Mile 0 – June Lake TH
- Mile 13 – S. Fork Toutle
- Mile 21 – springs
- Mile 32 – June Lake TH

1 night, June Lake TH:
 13 miles to S. Fork Toutle Camp, water
 19 miles to June Lake TH

2 nights, Climber's TH
 11 miles to S. Fork Toutle Camp, water
 11 ½ miles to Pumice Butte Camp, unreliable water
 10 ½ miles to Climber's TH