



Mt. Baker has one of the highest peaks in the Cascade range. Its elevation is 10,750 feet.



Mountains of Fire

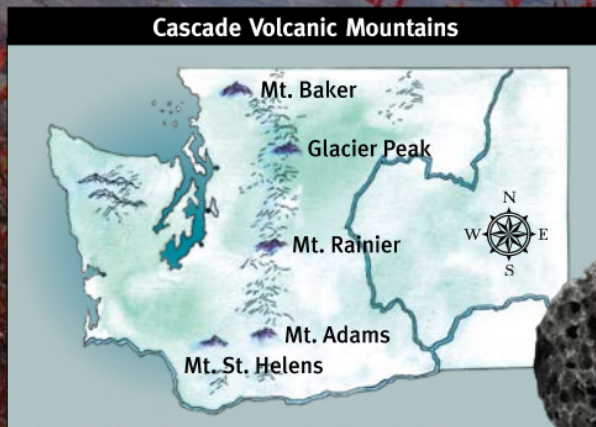
Mountains were also formed by volcanic action. After the uplifting, folding, and faulting, volcanic activity occurred in both the Cascade and Olympic mountains. They are part of a great Ring of Fire that includes volcanoes in Indonesia, the Philippines, Japan, Alaska, and the west coast of North and South America.

How were these tall mountains formed? Steam and gases expanded inside the earth until the pressure was too great. **Molten** (liquid) rock called lava rose to the surface of the earth in a violent explosion. The lava flowed down the mountainside, building it higher and higher.

The Cascades include Washington's five "sleeping giants." Mt. Baker, Glacier Peak, Mt. Rainier, Mt. Adams, and Mt. St. Helens are **dormant**, or inactive, volcanoes now. No one knows when they will "wake up" and again cover the land around them with lava, mud, and ash.

"Volcanoes are one way the earth gives birth to itself."

—Robert Gross



Volcanic rocks have a bubbled texture like this.