

THE BEST  
HIKES & WALKS  
ON & AROUND  
MT HOOD



Sonia Buist  
with  
Emily Keller & Sandy Mooney



LOLITS PRESS  
Portland, Oregon

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Writer: Sonia Buist

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- By phone: 503 292 0237
- And in many Northwest outdoor & bookstores, local stores & Museum & Information Center in Gov't Camp, US Forest Service Offices, Amazon.com and Timberline Lodge

By the same author, *Hikes & Walks on Mt Hood* and *Around & About Mt Hood : Exploring the Timberline Trail, Access Trails & Day Hikes* also available from LOLITS Press



# TABLE OF CONTENTS

<b>Acknowledgements</b> . . . . .	v
<b>Introduction &amp; How to Use this Book</b> . . . . .	1
<b>Area Map of Roads</b> . . . . .	11
<b>Hike Summary Table</b> . . . . .	12
<b>Cross-Country/Snowshoe Summary Table</b> . . . . .	15
<b>Map of Cross-Country/Snowshoe Trails</b> . . . . .	16

## **Short Hikes**

Little Zigzag Falls . . . . .	18
Bald Mountain . . . . .	20
Crosstown Trail . . . . .	23
Camp Creek Loop. . . . .	25
Summit Trail to Ski Bowl . . . . .	27
Umbrella Falls. . . . .	29
Laurel Hill Chute Trail. . . . .	31
Summit Meadow & Pioneer Baby's Grave . . . . .	34
Trillium Lake Loop . . . . .	37
Old Salmon River Trail . . . . .	39
Lost Creek Nature Trail . . . . .	42
Eureka Peak . . . . .	44
Veda Lake. . . . .	47

### **Short Hikes from Timberline Lodge**

Mountaineer Loop. . . . .	51
Silcox Hut Loop . . . . .	54
Buried Forest Overlook . . . . .	56

## **Mid-Length Hikes**

Frog Butte & Lower Twin Lake Loop. . . . .	60
Elk Meadows Trailhead—Umbrella Falls Loop. . . . .	63
Glacier View Sno-Park to Little Zigzag Falls . . . . .	66
Mirror Lake and Tom Dick & Harry Viewpoint . . . . .	69
West Fork Falls . . . . .	72
Multorpor Mountain Viewpoint . . . . .	75
West Yellowjacket Loop . . . . .	77
West Leg Road – Summit Meadow – Still Creek Loop. . . . .	80

**Long Hikes**

Ramona Falls Loop . . . . . 84  
Paradise Park Loop . . . . . 87  
Elk Meadows Trailhead–Umbrella Falls Loop via the  
    Timberline Trail . . . . . 90  
Elk Meadows . . . . . 95  
Burnt Lake . . . . . 98

**Map of the Timberline Trail . . . . . 100**

**Long Hikes accessing the Timberline**

**Trail on north side of Mt Hood**

Vista Ridge Trail to Cairn Basin . . . . . 101  
Mazama Trail . . . . . 107  
Pinnacle Ridge Trail . . . . . 109  
Elk Cove Trail . . . . . 112

**How the Forest Recovers from a Fire . . . . . 114**

**Useful Information . . . . . 117**

**Mount Hood’s Glaciers are Melting . . . . . 118**

**Index. . . . . 120**

## INTRODUCTION & HOW TO USE THIS BOOK

Oregon has a well-deserved reputation for its natural beauty. It is less well known for its hiking trails although few countries, much less states, match Oregon for its range and variety of hiking. We are particularly fortunate in having two spectacular areas for hiking within 60 miles of Portland—the Columbia Gorge and the Mt Hood areas.

This book focuses on the Government Camp and Timberline Lodge areas on Mt Hood, both close enough to Portland for half-day or day hikes. Hiking on Mt Hood offers magnificent mountain scenery, beautiful forests—some with majestic old-growth trees—streams, rivers, wetlands, abundant flowers, huckleberries, birds and glimpses of wildlife. Some of the hikes include segments of the Timberline Trail, the 41-mile necklace around Mt Hood that drops in and climbs out of canyons carved by the rivers that flow from the many glaciers on the mountain.

This book follows the two other LOLITS Press guides to Mt Hood: *Hikes & Walks on Mt Hood* and *Around & About Mt Hood: Exploring the Timberline Trail, Access Trails and Day Hikes*, and includes a selection of what we consider to be the “best”, grouping them by length: short, medium-length and long. We have also added some new trails and information about cross-country and snowshoe trails to make this an all-season guide.

We hope that this book will serve to introduce you to new walking and hiking trails and areas. We have tried to include hikes that cover a range of difficulty and challenge, from a short walk suitable for those with limited

mobility, to trails with appreciable elevation gain and difficult terrain. We encourage you to try some new hikes and venture away from the heavily-used trails.

Mt Hood is also a spectacular winter playground with several downhill ski areas and many areas that offer outstanding cross-country skiing and snowshoeing. This book includes information about trails for cross-country skiing and snowshoeing in and around Government Camp—see table on page 15 “Cross-Country/Snowshoe Trails” and map on page 16 “Map of Cross-Country/Snowshoe Trails.” A snowflake icon ❄ in the description of hikes in this book identifies a trail that is designated as a Cross-Country/Snowshoe Trail by the Forest Service. Trails also have blue diamond markers on the trees.



*Mt Hood in Winter from Summit Ski Area*

HIKE SUMMARY TABLE								
Easy	Moderately Strenuous	Strenuous	Very Strenuous	Hike Name	Page	Flowers	Kids	Limited Mobility
●				<b>Short Hikes</b>				
●				Little Zigzag Falls	18	●	●	●
●	●			Bald Mountain	20	●●●	●	●
●				Crosstown Trail	23	●	●	●
●				Camp Creek Loop	25	●	●	
●				Summit Trail to Ski Bowl	27	●	●	●
●				Umbrella Falls	29	●●●	●	●
●				Laurel Hill Chute	31	●	●	
●				Summit Meadow & Pioneer Baby's Grave	34	●	●	●
●				Trillium Lake Loop	37	●●	●	●
●				Old Salmon River Trail	39	●●	●	●
●				Lost Creek Nature Trail	42	●	●	●

						44	●●	●	
						47	●●	●	
●						51	●	●	●
●						54	●	●	●
●						56	●	●	●
						60	●●	●	
						63	●●●	●	
●						66	●●	●	●
●						69	●●●	●	
						72	●●		
						75	●●	●	
						77	●●	●	
●						80	●●	●	●

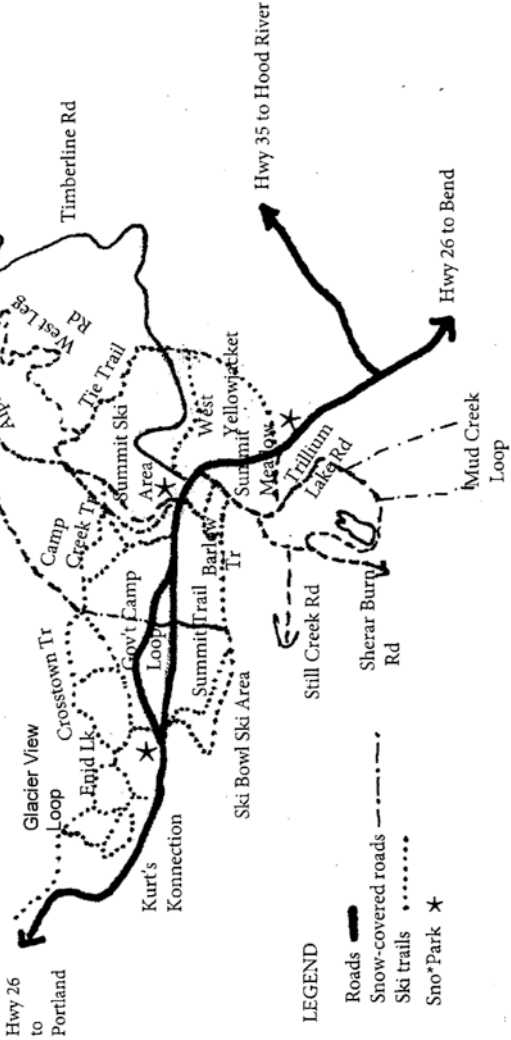


	Easy	Moderately Strenuous	Strenuous	Very Strenuous	Hike Name	Page	Flowers	Kids	Limited Mobility
	●				<b>Long Hikes</b>				
	●	●			Ramona Falls Loop	84	● ●	●	●
			●		Paradise Park Loop	87	● ● ●		
		●			Elk Meadows Trailhead to Umbrella Falls Loop via Timberline Trail	90	● ● ●		
		●			Elk Meadows	95	● ●		
	●	●			Burnt Lake	98	● ● ●	●	●
			●		Vista Ridge to Cairn Basin	101	● ● ●		
			●		Mazama Trail	107	● ● ●		
			●		Pinnacle Ridge Trail	109	● ● ●		
			●		Elk Cove Trail	112	● ● ●		

<b>CROSS-COUNTRY/SNOWSHOE SUMMARY TABLE</b>		<b>Page</b>	<b>Distance</b>	<b>Easy</b>	<b>More Difficult</b>	<b>Most Difficult</b>
Timberline Lodge Snowshoe Trail (Marked, east of Lodge)		54	0.25 miles	●		
Crosstown Trail (Marked trail)		23	2.7 miles 1-way	●		
Camp Creek Loop (Marked trail)		25	2.5 miles		●	
Summit Trail (Marked trail)		27	2.1 miles 1-way	●		
Enid Lake Loop (Marked trail)		66	1 mile		●	
Glacier View Loop (Marked, snow-covered road & trail)		66	2 miles	●		
Kurt's Konnection (Marked trail)		66	1 mile	●		
West Leg Road to Timberline Lodge (snow-covered road)		*	5.5 miles		●	
Barlow Trail- Summit Meadow–Pioneer Baby's Grave (Marked trail)		34	3 miles round-trip			●
Trillium Lake Loop (marked snow-covered road)		37	4.5 miles		●	
Mud Creek Loop (marked snow-covered road)		*	6 miles			●
West Leg Road–Tie Trail–Summit Meadow–Barlow Trail Loop (Mostly unmarked snow-covered roads & trail)		80	6 miles		●	
West Yellowjacket Trail (unmarked snow-covered roads & trail)		75	5 miles			●
Alpine Trail from Timberline Lodge (XC with care, classified as downhill)		72	3 miles			●
Glade Trail from Timberline Lodge (XC with care, classified as downhill)		*	3 miles			●
Sherar Burn Road (Unmarked snow-covered road)		44	10 miles 1-way		●	
Still Creek Road (Unmarked snow-covered road)		47	12 miles to Rhododendron		●	

\*Trail is not described separately in the text but is shown in the map on page "Map of Cross-Country/Snowshoe Trails" on page 16

# MAP OF CROSS-COUNTRY/ SNOWSHOE TRAILS



# SHORT HIKES

Little Zigzag Falls . . . . .	18
Bald Mountain . . . . .	20
Crosstown Trail . . . . .	23
Camp Creek Loop. . . . .	25
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Umbrella Falls . . . . .	29
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## LITTLE ZIGZAG FALLS

*A jewel of a short hike suitable for all ages, mobility and fitness levels.*

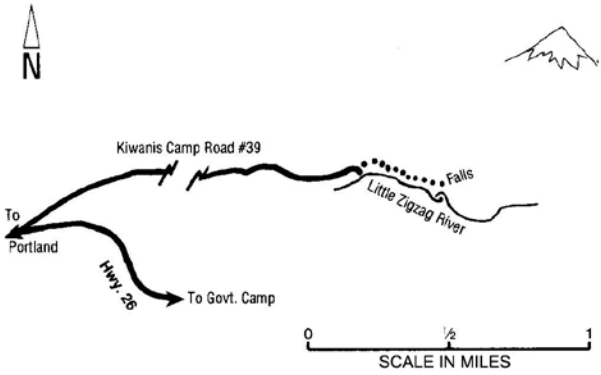
**DIFFICULTY:** Easy, very gentle grade, designed to be wheelchair accessible

**DISTANCE:** 1 mile round-trip; ½-1 hour

**MAPS:** Trail #795C. Mt Hood Area Hiking, Riding & Climbing Map, Adventure Maps; National Geographic #321 (Mount Hood Wilderness)

**DESCRIPTION:** The trail follows the Little Zigzag River and ends at the beautiful Little Zigzag Falls. The falls, though relatively small, are really lovely. The trail is very well maintained, and you'll encounter only a small elevation gain. This is a very peaceful and quiet hike through a beautiful, open forest with the music of the river in the background. Flowers are plentiful in the spring, some mushrooms in the fall.

**ACCESS:** From Portland, take Hwy 26 east and 4.1 miles after Rhododendron, just after milepost 48, turn *left* (**north**) onto the Kiwanis Camp Rd. (#2639). If driving from Government Camp, take Hwy 26 west for 5.4 miles from the Summit Rest Area at the east end of the Government Camp loop and turn *right* (**north**) onto the Kiwanis Camp Rd. The trailhead is 2.3 miles from Hwy 26, at the end of the paved road, with a porta-potty.



*Trail along Little Zigzag River*