

Mt. Hood National Forest XC Ski Trails

Mt. Hood National Forest starts low and climbs high. At 3428 meters, Mt. Hood is the highest peak in Oregon, the fourth highest in the Cascades. Get high enough, and you can see over to the Three Sisters peaks and Mt. Jefferson. High, (or in some years) low, there's some worthy skiing. The Forest is revamping some of its trail system, so check in with the rangers before heading out.

[Old Maid Flat Area](#). . . Low altitude -- maybe snow, maybe not

[Government Camp West Area](#). . . Views of Mt. Hood

[Government Camp East Area](#). . . An original route of the pioneers

[Westleg/Glade Trail Area](#). . . Features the Snowbunny trail -- good practicing, silly name

[Trillium Lake Basin Area](#). . . Popular, for good reasons, but can get congested

[Yellow Jacket Trail Area](#). . . Expert-class trail that crosses the Salmon River

[East Fork of the Hood River Area](#). . . Some of the best tracks in Oregon

[Barlow Pass Area](#). . . Historic trails, from nice 'n easy, to real tough

[Twin Lakes Area](#). . . Good views that you gotta work to see

[Permits, Help & Information](#)

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Old Maid Flat Area

Length: 17.6 miles

Access: Follow US Highway 26 east of Sandy to Lolo Pass Road 18. Continue north for 6 miles to junction of Road 1 X28.

Zigzag District Old Maid Flat

Follow Highway 26. 18 miles east of Sandy. Turn north (left at Zigzag onto Lolo Pass Road 18). Continue 4 miles to the junction of Road 1825. There is no Sno-Park at this time and the road is not plowed regularly by the county. Please do not park in private driveways. The ski area is a low altitude area (at the beginning 2,000 ft. and 3,400 ft. at the top) -- so some years there is not adequate snow to ski on. [Back to top](#)

Lolo Pass Loop 15.3 Miles

Most Difficult

The ski up Lolo Pass (Road 18) is a constant climb to the top of the pass and covers 6.2 miles. Turn to your right onto Road 1828 and continue 8.5 miles to the junction of 1828 and 1825. Continue straight on Road 1825 and follow it 1/2 mile to the junction of Road 18 and Road 1825. [Back to top](#)

Old Maid Flat Area

Easier

The road system area in Old Maid Flat is extensive. You can use Roads 1825, 1825-382, 1825-111, 1825-109 and 1825-100; all are gentle and may vary in length from 2 miles to 10 or more. This is a road system not marked for cross-country skiing. [Back to top](#)

Government Camp West Area

Access: Follow US Highway 26 east of Sandy twenty-nine miles to Government Camp.

Glacier View Loop (Marked, snow-covered road and trail) 2 miles

More Difficult

For the gentlest grade in this area and views of Mt. Hood. start this loop by skiing down the wide, snow-covered road for one mile. Turn right onto a short access trail. then right again onto the Pioneer Bridle Trail. The Pioneer Bridle Trail climbs and crosses two creeks. then meets the Enid Lake loop. You can return to the Sno-Park 1/4 mile away on the Glacier View Loop, or bear left and ski the Enid Lake Loop back to the Sno-Park..

Kurt's Konnection (Marked trail) 1 mile

More Difficult

The loop starts on the west side of the Sno-Park. It parallels Highway 26, dropping into a marshy area. Then curves right through a variety of small clearings. It curves right again and follows the power lines uphill, back to the Glacier View Loop. [Back to top](#)

Enid Lake Loop (Marked trail) 1 mile

More Difficult

To ski this loop, bear right at the trailhead board and ski 1/8 mile to Enid Lake. Evidence of beaver and other wildlife may be seen at the lake. The trail passes through large firs and cedars, then begins dropping, joining the Glacier View Loop. To return to the Sno-Park, bear left and head uphill. To extend your trip, bear right and use the Glacier View Loop or Kurt's Konnection to return to the Sno-Park. [Back to top](#)

Government Camp East Area

Length: 41 miles

Access: Follow US highway 26 seventeen miles east of Sandy to Government camp.

Barlow Trail (marked trail) 1 mile

Most difficult

The Barlow Trail follows an original route of the pioneers. It begins at the west end of the Still Creek Sno-Park, descends into Summit Guard Station, makes a sweeping left turn around the building and begins to climb into the trees. At the base of the first hill, the Easy Does It Trail takes off to the left, while the Barlow Trail continues straight ahead. A 1/2 mile descent brings you to an area that often has holes in the snow, across a creek and into Still Creek Campground. Turn right here, the trail continues onto Summit Meadows and the Trillium Lake Basin.

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Summit Trail (marked road) 2 miles

Easier

This wide, nearly flat road can be accessed from the Barlow Trail and Multipor Ski area or from the east end of the Ski Bowl parking lot. When passing through the ski area, please stay on the marked cross-country trail.

Easy Does It (marked trail) 1/2 mile

More difficult

Access from Barlow Trail. Offers an alternate route to Summit Meadows area when combined with Road 2650.

This roller coaster like trail is not easy. [Back to top](#)

Westleg/Glade Trail Area

Length: Glade 3.5 miles/Westleg 5.5 miles

Access: Follow US Highway 26 east of Sandy twenty-nine miles to Government Camp.

White Away Trail (Marked, snow-covered road) 1 mile

More Difficult

This trail starts just above the snowplay area on the Snowbunny Trail. It climbs gently and crosses the Yellow Jacket Trail. The White Away Trail, combined with the Yellow ricket and Snowbunny trails, is an interesting loop. Be sure to remove your skis and walk through the snowplay area. [Back to top](#)

West Leg Trail (Marked, snow covered road) 6 miles

More difficult

The West Leg Trail connects Government Camp with Timberline Lodge. It can be a 12 mile round trip, or with shuttle, a 6 mile downhill run. At one point, the trail leaves West Leg Road to go around the Summit Ski Area chair lift. To reach the upper trailhead, park at Timberline Lodge. Go to the west end of the lodge and ski west to the top of the Glade Ski Trail (a downhill ski trail). Follow the Glade Ski Trail for 1/4 mile, then bear left, following the blue diamond markers. The lower trailhead is about 100 feet up a plowed Forest Service road across Highway 26 from the Still Creek Sno-Park. Please stay on the marked cross-country ski trails while traveling through an alpine ski area [Back to top](#)

Alpine Loop (Marked trail) 1/2 mile

Easier

This short trail, combined with the West Leg Trail, creates a scenic loop in the Government Camp area Ski up the lower mile of the West Leg Trail, then tan left (west) onto the loop. The Alpine Loop rejoins the West Leg Trail after 1/2 mile. Then ski downhill to return to the Still Creek Sno-Park. [Back to top](#)

Tie Trail (Marked trail) 1/2 mile

Easier

This trail Was originally the road that connected East Leg and West Leg Roads, the original access routes to Timberline Lodge. The Tie Trail is used to connect the Snowbunny and West Leg Trail systems, and allows skiers a wide variety of loop and parking options. Use caution when crossing Timberline Road [Back to top](#)

Snowbunny Trail (Marked, snow-covered road) 2 miles

More Difficult

Park at the Snowbunny Sno-Park. Walk through the snowplay area and begin skiing, following the old East Leg Road for about one mile. Here the trail forks. Bearing right, the trail follows a logging mad for 1/2 mile and ends in a large clear-cut The clearing offers views of Mt. Hood and Mt. Jefferson and with good snow cover, makes a good practice area Continuing straight ahead at the fork, the trail reaches junctions with the Yellow Jacket and Tie trails. [Back to top](#)

Trillium Lake Basin Area

Length: 41 miles

Access: Follow US Highway 26 east of Sandy for 29 miles to Government Camp.

Trillium Lake Loop (Marked road) 4-1/2 miles

More Difficult

This trail is heavily used and offers views of Mt. Hood. It begins on the south side of Highway 26 at the Trillium Lake Sno-Park. The trail drops steeply from the highway. If you choose to walk this section, please use the side of the road. After 1/2 mile, the trail flattens, passing junctions that lead to Red Top Meadows and Summit Meadows, as well as the Mud Creek Loop. It continues around the lake to the junction with Sherar Burn and Still Creek Roads. Bear right at this junction, and right again at Summit Meadows, then left at the intersection with the Trillium Lake access road. Because of the heavy use this trail receives and the congested nature of the first steep run, consider skiing this trail mid-week, early in the day, or using the Barlow or Easy Does It Trails to access the Trillium Lake Basin. [Back to top](#)

Red Top Meadows Loop (Marked, snow-covered road) 1/2 mile

More Difficult

This trail starts at the top of the Trillium Lake Loop, near the trailhead board. This is an alternative route that bypasses the congested first hill of the Trillium Lake Loop. Those familiar with map and compass can find Red Top Meadows, which has views of Mt. Hood, and with adequate snow, is an open place to explore and observe evidence of wildlife. [Back to top](#)

Mud Creek Loop (Marked snow-covered road) 6 miles

Still Creek Road (Unmarked, snow covered road) 12 miles to Rhododendron

Sherar Burn Road (Unmarked, snow-covered road) 10 miles one way

Closed to snow machines January 1. [Back to top](#)

Lost Man Trail (Marked trail) 1-1/4 miles

More Difficult

Quarry Loop (Marked trail) Forms 4 1/2 mile loop with Mud Creek

Most Difficult

This challenging downhill run is accessed by skiing up the eastern portion of the Mud Creek Loop. After 1-1/3 miles, the Quarry Loop connects to the lower portion of the Mud Creek Loop. [Back to top](#)

Yellow Jacket Trail Area

Length: 5 miles

Access: Follow US Highway 26 seventeen miles east of Sandy to Government Camp.

Boy Scout Ridge Trail (Marked trail and road) 2 1/2 miles. [Back to top](#)

More Difficult

This trail is accessed about 1.2 mile from the White River end of the Yellow Jacket Trail. Bear left at the junction with Yellow Jacket, and ski through the trees to a road. Follow the marked road to a viewpoint known as Panorama Dome. A loop is possible using the Pacific Crest National Scenic Trail. Due to recent logging activity, views of Mt. Hood have opened up. [Back to top](#)

Pacific Crest National Scenic Trail (Marked trail) 1 1/2 miles

More Difficult

This section of the PCNST, marked for winter usage, can be reached using either the Yellow Jacket or Boy Scout Ridge Trails. Its junction with Yellow Jacket is about 1-1/2 miles from White River. There are two short ties to the Boy Scout Ridge Trail, one at panorama Dome and the other where the trail pins the road. The trail winds through the trees and offers loop opportunities in the White River area.

White River Trail Area 3 miles (This trail is in the Zigzag District) [Back to top](#)

Easier/More Difficult

Located along Highway 35, White River is a popular teaching area for novice Nordic skiers. The bowl located 1/2 mile up the northwest side of the river is the usual stopping place for most skiers. Beyond here, the route winds through the trees. Approximately 1 mile from the road, you pass under some power lines: beyond this point, the terrain steepens and the trail continually grows smaller until the skier is at timberline. (this is NOT Timberline Lodge). The narrow canyons in the near distance are dangerous. Avalanches may sweep off the canyon walls unexpectedly. The danger increases the higher you go, and skiing is not recommended above this point. Use caution when crossing the White River as some snow bridges may not be safe. The south side of White River (Hwy. 35) is in the Bear Springs District. Road 48 is used by both cross country skiers and snowmobilers. It is the main access into the Barlow District. [Back to top](#)

Yellow Jacket Trail (Marked trail) 7 miles

Most Difficult

The Yellow Jacket Trail is challenging and travels through some relatively remote areas. It is not well traveled, so be prepared to break trail. The west end of the trail begins on Timberline Road, about 50 yards above the junction with Highway 26. The trail winds through the woods, crossing the White Away Trail and pinning the Snowbunny Trail for a short distance. After leaving the Snowbunny Trail, Yellow Jacket climbs until it crosses the Salmon River. The trail continues east, crossing the Pacific Crest National Scenic Trail (a marked ski trail at this point) and the Boy Scout Trail. The trail comes out on the northwest side of White River Canyon and continues to the White River Sno-Park. [Back to top](#)

East Fork of the Hood River Area

Hood River District - West of Highway 35

Length: Various

Access: Follow US Highway 26 east of Sandy for twenty-nine miles to Government Camp. From Government Camp continue south on Highway 26, 2.5 miles to the Highway 26-35 interchange. Take the Highway 35 exit and follow signs for Mt. Hood Meadows and Hood River. [Back to top](#)

Teacup Lakes Nordic Center The Oregon Nordic Club grooms 20 kilometers of trails at Teacup Lake. This area is operated under a special use agreement with the Forest Service. The public is encouraged to use the tracks, which are considered by many to be the best in Oregon. Please leave a donation to defray cost at the warming trailer, you can also pick up a map there and meet members of the club. No dogs on the groomed tracks please. Search and rescue is the responsibility of the County Sheriff in Hood River County. Call 911, or contact a member of the Nordic Ski Patrol. [Back to top](#)

Sahalie Falls Trail (Marked, snow-covered road) 1.3 miles This is a good trail for beginners. It has little elevation gain and passes scenic Sahalie Falls. Follows old Highway from Bennett Pass to Hood River Meadows. Slightly downhill. Groomed trails in the Hood River Meadows area a part of the Mt. Hood Meadows Nordic Ski Center (fee required). [Back to top](#)

Clark Creek Trail (Marked trail) 2 miles An easy trail. Trail leaves the Clark Creek Sno-park, turns right at a junction with the Elk Meadows Ski Trail. and crosses Clark Creek. It then follows some old roads to a junction with the Kate Creek Trail. The trail then enters an open lodgepole pine stand for a moderate, downhill run to the Pocket Creek Sno-Park, passing a junction with the Newton Tie Trail just before reaching Highway 35.

Elk Meadows Ski Trail (Marked trail) 1 mile A steeper trail with a steady grade. Follows Clark Creek Views of Clark Creek and Mount Hood. Open and woods May be rocky in low snow years. [Back to top](#)

Elk Meadows Hiking Trail (Marked trail) 1 mile Moderate trail with two creek crossings, both bridged. Newton Creek crossing may require removal of skis. Joins Elk Meadows Ski Trail with the Newton Creek Trail.

Newton Creek Trail (Marked trail and snow-covered road) 3 miles The trailhead is located on the north side of Highway 35, 100 yards north of the Pocket Creek Sno-Park. This is a gentle to moderate trail with good views of Mount Hood. The trail ties in with the Elk Meadows Hiking Trail. Avalanche danger exists farther up the Newton Creek/Clark Creek canyon. Trail is best when there is over three feet of snow. [Back to top](#)

Kate Creek Trail (Marked trail) 1 mile Leaves the Elk Meadows Ski Trail and crosses Clark Creek. After a short, steep downhill into Kate Creek the trail crosses a mineral spring and descends to the Clark Creek Trail.

Rocky Trail (Marked trail) 1 mile Steeper alternative to Kate Creek Trail. Follows an old debris flow. May have protruding rocks in low snow years. Mostly open terrain. [Back to top](#)

Newton Creek Tie Trail (Marked trail) 0.3 miles A short trail connecting Clark Creek Trail with the Newton Creek Trail. [Back to top](#)

Robinhood Creek Loop Trail (Marked trail and snow-covered roads) 3.3 miles Designed with the novice in mind. This loop goes through open woods and plantations maintaining a fairly constant elevation. Good beginner trail. [Back to top](#)

Horsethief Meadows Trail (Unmarked, snow-covered road) approximately 3 miles This trail is a beautiful trip on a gently rising hill overlooking the east fork of the Hood River drainage. Leaves Road 3520 (part of the Robinhood Creek Loop) about .75 miles from Highway 35. The meadow makes a fine area for beginners to practice. [Back to top](#)

East Fork Hiking Trail (Unmarked trail) 6 miles Gentle terrain but because of its length and the fact that it follows a narrow hiking trail, is rated more difficult. Best during years of heavy snow. Follows the east fork of the Hood River. [Back to top](#)

Bennett Pass Ski Trail (Marked, snow covered road) 10 miles This is a trail for skiers aware of the dangers of avalanche. At 2.5 miles is the "terrible traverse". This slope and two open south-facing slopes prior to it are subject to avalanche. At 3.5 miles the trail passes through a rock notch and divides. The east trail continues to Windy Meadow; the south trail continues through the forest for 1.5 miles where the trail to the right leads to the top of Bonney Butte. Snow drifts accumulate in this area during heavy snow years making travel most difficult. **Note:** The Bennett Pass Ski Trail is the only trail in the East Fork area that is open to snowmobiles. All others are closed to this use. After the first few snows, the road becomes impassable to over-snow machines about two miles from the beginning. [Back to top](#)

Pocket Creek Tie Trail (Marked trail) 1 mile This ski trail connects the upper end of the Pocket Creek Trail with Highway 35 at Bennett Pass. The trail leads from Highway 35 down to the west end of a clear-cut at the end of Road 3540 (Pocket Creek Trail). The tie trail is best when covered with at least 30 inches of snow. This trail is narrow and flanked by large trees. Only more experienced skiers should use the trail when conditions are icy.

Pocket Creek Trail (Marked, snow covered road) 45 miles The trail starts 3 miles north of the Mt. Hood Meadows Ski Area turnoff, on the east side of Highway 35. It starts out level and after one mile, passes through a series of clearcuts. After two miles another road bears off to the left and provides another two miles of skiing to a dead end in a large talus area with good opportunities for telemarking. [Back to top](#)

Teacup Lake Trail (Marked trail) 1.5 miles A more difficult trail with several large hills. It leaves the Teacup Sno park and follows Road 680 to cross Meadows Creek. There is a quick turn to the right and then a run through the trees to the East Fork bridge. The trail passes through an open stand of timber to a large plantation where the trail joins Pocket Creek Tie Trail and Pocket Creek Trail (road). [Back to top](#)

Meadows Creek Trail (Marked trail and snow-covered) 3.0 miles Trail leaves the Teacup Sno-Park to the east, crosses over a swampy area to meet a new road. The trail follows the road, passing a junction with the Meadows Creek Trail. Shortly after the junction the trail leaves the road to the right. Trail now becomes more difficult. with steep hills. Trail crosses the East Fork of the Hood River and enters a large clearing. At the top of the clearing it meets the Pocket Creek Trail (road). [Back to top](#)

Meadows Creek Tie Trail (Marked trail and snow-covered road) 1.2 miles An easy trail connecting the Pocket Creek Trail (road) with the Meadows Creek Trail. [Back to top](#)

Barlow Pass Area

Beaver Marsh Loop

Easier

A loop at the bottom of the Pioneer and Pioneer Women's Grave trail. It is a nice easy extension to the pioneer trails. The loop meanders among the trees and open marshes. Signs of beaver activity have been seen in the past. [Back to top](#)

Barlow Ridge 7 miles

Difficult/More difficult

Park at Barlow Pass Sno-Park. Ski down the Barlow Road, towards Devils Half Acre. A connector trail, (#670) 200 yards down the road and to the left provides access from Barlow Pass to Road 3560, which is the Barlow Ridge Ski Trail. The connector leads to spur road 3560-230 and then to the right to 3560. The main road rises steadily up and then forks to the right, ending in a large clear cut. As you are climbing you can enjoy grand views of the White River valley, Bonney Butte and Mount Hood. At the top there are plenty of places to practice your telemark turns. WARNING! Some of the steep slopes along the crest of the ridge are avalanche paths.

Pioneer And Pioneer Women's Grave Trail 4 Miles

Easier

For a nice downhill trip through the forest start at Barlow Pass Sno-Park and have someone meet you at the bottom near the junction of Highway 26 and 35 for a short 2 mile top. You can make an easy loop by following the Old Barlow Road down and returning up Road 3531. [Back to top](#)

Devil's Half Acre (Barlow Road) 3 Miles

More difficult

Park at Barlow Pass Sno-Park and follow Road 2530. About 200 yards down there is a junction. You can continue to follow the road or the trail that heads to the left both will get you to Devil's Half Acre. The trail and the road can be fast when icy. Turning skills are necessary. At the bottom there is a large meadow and a open slope great for practicing telemark turns. [Back to top](#)

Mineral Jane Trails Both trails, Mineral Jane East and West start at White River East Sno-Park Mineral Jane East heads east along Road 48 then turns left on Road 530 and up to Bennett Pass. The trail off of Road 48 up to Bennett Pass is steep and is most difficult especially if skied down from Bennett Pass. Mineral Jane West

heads west and follows the route of Highway 35 until it meets Road 3560. Here you can follow road 3560 230 to Barlow Pass or continue up Road 3560 to Barlow Ridge. [Back to top](#)

Twin Lakes Area

Twin Lakes 6 Miles

More Difficult

It is possible to ski into Twin Lakes by starting at either the Barlow Pass or Frog Lake sno-park. The route follows the Pacific Crest Trail to Trail 495 to Twin Lakes then rejoins the PCT. The trail is signed with blue diamonds but it is narrow and sometimes not easy to follow. A two car shuttle with the skier starting at Barlow Pass provides the best route when conditions are icy. This trip is for the advanced skier with map and compass skills.

Frog Lake Butte 4 Miles (Closed to Snowmobiles During February)

Most Difficult

From Frog Lake Sno-Park, ski a short distance down Road 2610 and turn left onto Road 2610-220 (Frog Lake Butte Road). It is uphill all the way to the top making the trip down a fast one if the trail is slick or icy. A spectacular 360 degree view awaits on top. The trail is open to snowmobiles and ATV use except during February. Weekend use by skiers except during February is dangerous. [Back to top](#)

Permits, Help & Information

Oregon Sno-park Permits: A valid Sno-Park permit must be displayed in the windshield of your vehicle if you park in designated winter recreation parking areas between November 15 and April 30. Money from the sales of these permits is used by the Highway Division to plow parking lots and roadside parking areas used by winter recreationists. Many businesses in the Highway 26 corridor sell permits or pick one up at our visitor's center.

Search and Rescue is the responsibility of the County Sheriff. Use 911 for emergencies.

Avalanche Information: (503) 326-2400. [Back to top](#)

Mt. Hood Information Center (503) 622-7674, is open seven days a week (except holidays) from 8:00 to 4:30.

