



## SCHEDULE & OFFERINGS

JUNE - SEPTEMBER

Scan the QR code for our days and hours of operations



Weather may affect operations, visit [MthoodMeadows.com/Summer](https://MthoodMeadows.com/Summer) for conditions and updates

### SUMMER OFFERINGS

- Scenic Chair Rides
- Mountainside Dining
- Free Guided Hikes
- Gift Shop
- Geocache
- Games on the Deck



## HIKING ESSENTIALS

If you are heading out on a hike please consider the Ten Essentials:

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter/candles)
7. Knife and repair kit
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

## FOOD & BEVERAGE



**Paradise Grill**  
Enjoy a lunchtime favorite and relax and revive on our sundeck with beautiful views of Mt. Hood.

# Summer Events at MEADOWS

Scan the QR code for information on all our great summer events!



## DRONE POLICY

Drones or model aircraft use by guests, commercial operators or the media is prohibited without prior written approval from Mt. Hood Meadows. Visit [www.MthoodMeadows.com/Drones](https://www.MthoodMeadows.com/Drones) for more information.

## SAHALE



Located at the base of iconic Mt. Hood, Sahale Lodge consists of 10,000 square feet of wide-open space. Whether your plans include sharing nuptials, a tranquil spot amid the trees and streams to clear your head, or a place to gather your group for strategic alignment, Sahale brings a convenient, modern space with state of the art amenities and everything needed to host your next event.

To learn more and for updates visit: [MthoodMeadows.com/Sahale](https://MthoodMeadows.com/Sahale)



## STAY & PLAY



Start your own story at the place where so many wonderful Oregon family traditions begin.

- Historic Lodge
- Inviting Tavern
- Farm-to-Table Restaurant & Catering
- Charming Accommodations
- On-site hiking & biking trails

[www.CooperSpur.com](https://www.CooperSpur.com)  
10755 Cooper Spur Road, Mt. Hood, Oregon 97041



## CONTACT INFO

Mt. Hood Meadows  
14040 Hwy 35 / P.O. Box 470  
Mt. Hood, OR 97041

### PHONE NUMBERS

Mt. Hood Meadows ..... 503.337.2222  
Cooper Spur Mountain Resort ..... 541.352.6692  
Emergency ..... 911

[MthoodMeadows.com/Summer](https://MthoodMeadows.com/Summer)



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## LITTERING

Please Help Keep *Your Mountain Home* Clean!

**NO LITTERING!**



Please help us keep this beautiful mountain clean! Pack out any trash you bring on the mountain. There are garbage and recycling cans in the base area and at the top and bottom of the Stadium chairlift. Litter from Mt. Hood can end up in the creeks that empty into rivers and eventually the ocean. Help us keep this mountain and our planet clean for generations to come!



## MAP LEGEND

- |   |   |
|---|---|
|  Trails    |  Roads |
|  Chairlift |   |
- 
- |   |   |
|---|---|
| <b>1</b> BEAR GRASS TRAIL<br><i>Easier</i><br>3.5 miles   5.63 km                     | <b>9</b> MIDDLE WIZARD WAY<br><i>Most Difficult</i><br>1.1 miles   1.77 km        |
| <b>2</b> BEAR GRASS CUTOFF<br><i>More Difficult</i><br>.8 mile   1.29 km              | TIMBERLINE TRAIL #600<br><i>Most Difficult</i><br>41.5 miles   66.79 km           |
| <b>3</b> PICNIC ROCK SPUR<br><i>Most Difficult - cliff areas</i><br>.3 mile   .48 km  | ELK MEADOWS TRAIL #645<br><i>Most Difficult</i><br>8.6 miles   13.84 km (one way) |
| <b>4</b> UMBRELLA CUTOFF<br><i>Easier</i><br>.2 mile   .32 km                         | NEWTON CREEK TRAIL #646<br><i>More Difficult</i><br>2 miles   3.22 km             |
| <b>5</b> STADIUM LOOP<br><i>Easier</i><br>.3 mile   .48 km                            | UMBRELLA FALLS TRAIL #667<br><i>More Difficult</i><br>3 miles   4.83 km           |
| <b>6</b> JACK'S WOODS TRAIL<br><i>More Difficult</i><br>.9 mile   1.45 km             | SAHALIE FALLS TRAIL #667C<br><i>Easier</i><br>2.1 miles   3.38 km                 |
| <b>7</b> TIMBERLINE TRAIL MHM SECTION<br><i>More Difficult</i><br>3.3 miles   5.31 km |   |
| <b>8</b> LOWER WIZARD WAY<br><i>Most Difficult</i><br>1 mile   1.61 km                |   |

## RULES OF USE

- Stay on designated trails and service roads. Obey all posted signs and closures
- Use of lift requires valid lift ticket or pass
- Report injuries to lift attendants at the top or bottom of lift
- Be prepared for changing mountain weather conditions
- Be prepared for uneven walking surfaces and wear appropriate footwear
- No motorized vehicles on trails or service roads for safety reasons; this includes power-driven mobility devices and e-bikes
- No bikes of any kind on the Mt. Hood Meadows hiking trails or service roads
- No dogs or other animals on the lift, for safety reasons this includes service animals
- Dogs must be on a leash within the permit area boundary and please pick up after your dog
- Pack it out (trash/recycling receptacles are located at the top and bottom of the lift)
- No parachuting, paragliding, kite flying or hang gliding allowed within the permit area boundary
- No smoking except for in private vehicles on paved surfaces
- No possession/use of marijuana on federal lands

