

Nordic Center 2022/2023



MT. HOOD
MEADOWS

Your mountain home

Our Nordic Center offers 15 kilometers of groomed and set track through wooded trails and meadows and even out to a waterfall.

All trails are groomed for skating and with set tracks for classic technique. The Nordic Center is a modular building located at the Hood River Meadows parking lot, just one mile north of the main entrance to Mt. Hood Meadows on Highway 35. Purchase your season pass or daily track tickets, group lessons, and rentals online at SkiHood.com/Nordic or email us at Nordic@SkiHood.com to schedule private lessons or with any other questions.

Snowshoe Trails, Rentals and Tours

Snowshoe rentals are available at the Nordic Center, as well as at the Rental Center in the Sahale Lodge in the main resort area where you can access the Umbrella Falls Trail. We offer a 3-mile out-and-back snowshoe trail to beautiful Sahalie Falls. Guided tours are available on weekends and during Winter Break, as well as evening tours on select dates. **Private and corporate tours also available.** For more info visit SkiHood.com/Snowshoe.

Nordic Clinics, Races and Events

Join the Meadows Nordic community and take your skills, training, or racing to the next level! Ask at the Nordic Center or check SkiHood.com/Nordic or our announcements board for offerings, dates, and pricing.



Track Fee	9 AM - 4 PM	12 PM - 4 PM	
Adult (25-64)	\$28	\$22	
Young Adult (15-24)	\$22	\$15	
Junior (7-14)	\$18	\$12	
Senior (65-74)	\$22	\$18	
6 and Younger & 75 and Older	Free		
Nordic Season Pass			
Adult (19 -64)	\$119		
Junior (7-18)	\$69		
Senior (65-74)	\$109		
6 and Younger & 75 and Older	Free		
Nordic Pass Add-on to Meadows Season Pass	\$59		
Nordic Rentals and Services	9 AM - 4 PM	12 PM - 4 PM	
Adult Classic Rental (15 and Older)	\$40	\$34	
Junior Classic Rental (14 and Younger)	\$30	\$24	
Adult Skate Ski Rental (15 and Older)	\$42	\$36	
Junior Skate Ski Rental (14 and Younger)	\$32	\$26	
Skis Only	\$32	\$28	
Boots Only	\$29	\$24	
Poles Only	\$14	\$12	
Nordic Wax & Service	\$34		
Snowshoe Rentals and Tours	9 AM	12 PM	2 PM
Adult Snowshoes w/ poles	\$29	\$25	\$15
Junior Snowshoes w/ poles	\$19	\$15	\$10
2hr Group Waterfall Tour	\$30 Tour / \$15 Rental		
Lessons (10 AM & 1PM)	10 AM - 12 PM	1 PM - 3 PM	
Group 2hr Lesson	\$59	\$49	
Add-on Track Fee	\$18		
Add-on Rentals	\$24		
Private 1hr Lesson	\$99 / (1 Person) \$189 (2-5 People)		

NORDIC TRAILS

Heather Canyon Trail

- Please check with the Nordic Center before entering due to extreme avalanche hazards
- No skiing beyond closures



Snowshoers
Watch for the green snowshoe trail markers

- EASIEST
- MORE DIFFICULT
- MOST DIFFICULT
- GROOMED
- Dog Friendly
- SAHALIE FALLS SNOWSHOE TRAIL
- SAHALIE FALLS



Please Clean Up After Your Pets

In order to make sure that the trails are enjoyed by everyone, please make certain to clean up after your pets in the designated areas

Nordic Trail Ticket Required

- No Hiking or Pets on Groomed Trails
- Watch out for Skiers and Snowboarders
- Snowshoeing on designated trails only
- Warning: Grooming machinery will be in operation anytime outside of operating hours. Stay clear and ski at your own risk at all times

The Mt. Hood Meadows River Nordic Center is scheduled to be open Thursdays - Mondays, from 9 AM - 4 PM this season. Plus, every day during Winter Break and Oregon Spring Break.

Contact the Nordic Center at 503.337.2222, ext. 1262, email at Nordic@SkiHood.com or visit: [Facebook.com/MeadowsNordic](https://www.facebook.com/MeadowsNordic)



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