

FOOD AND BEVERAGE

Executive Chef Matthew Grimsley is passionate about giving you an extraordinary dining experience. His focus is to use regional, fresh and natural ingredients whenever possible to create on-trend and healthier menu items.

SAHALE LODGE



Wildflowers Café

Get a quick cup of coffee or tea before your day on the slopes. Wildflowers also offers cold, grab-and-go deli sandwiches.



Bullwheel Bar*

Our 21 and over bar features a great selection of specialty drinks, local microbrews and local wines. Stop by for a drink in our bar inspired by our lifts and the people who maintain them.



Sahale Grill

Your one, quick serve stop for delicious flavors from The Brick Oven, South of the Border, Black Diamond Express and the Mountain Grill. It will also feature grab-and-go sandwiches, salads and snacks.

SOUTH LODGE

Alpenstube Restaurant & Bar*



Our beautiful slope side, full-service restaurant offers an inviting menu that features a wide variety of gourmet appetizers, salads, sandwiches and specialty entrees. Also a great place to grab a refreshing Northwest beer or wine, or a fabulous cocktail.



The Loft*

A great place to hang with friends after spending a day on the slopes. This over 21 space has a fireplace and features a full bar and appetizers.



Schuss To Go Express

Quick, in-and-out express service featuring mountain classics such as burgers, chicken, hot dogs and fries.



Higher Grounds

A nice, quiet place to relax with a drink and a snack, as well as a place with access to power and WIFI.

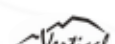
NORTH LODGE

Fresh Tracks Grab & Go



A quick option for delicious and grab-and-go sandwiches, salads and snacks. Also offering a wide selection of beverages.

Vertical*



Take in the views of our slopes in our full-service restaurant and bar. Vertical offers a wide selection of the Northwest's finest microbrews and wines. Open weekends and holidays for lunch with our fabulous Mountain View Buffet. Also open for Après ski on Peak Days with music and special appetizers.

ON SLOPE



The Mazot*

Our on-mountain café features specialty sandwiches, Mazot Dawgs, Northwest beers on tap and hot and cold beverages. Sit back and enjoy the view at 6,000 feet!



The Renaissance Café*

The Renaissance Café is the perfect place to grab a snack or espresso. Now featuring hot or cold deli sandwiches along with draft and bottled beer and wine.

**Alcoholic beverages available*



View All the Menus

Scan the QR code to view the menus from all of our restaurants.

COOPER SPUR SKI AREA



Visit our family-friendly ski area. We offer 50 acres of beginner and intermediate terrain with 350 feet of vertical. We also have lessons, rentals, Nordic skiing, snowshoeing and a charming alpine lodge! Open on weekends and holidays!

LODGING AT COOPER SPUR



Stay at Cooper Spur - located just north of Mt. Hood Meadows on Hwy 35. Choose from hotel rooms, condos or pet-friendly cabins for your winter get away. Culinary purchases at the Crooked Tree Tavern earn loyalty points to Mt. Hood Meadows. Guests who stay midweek can purchase discounted lift tickets to Meadows!

CooperSpur.com

10755 Cooper Spur Road, Mt. Hood, Oregon 97041

LIFT TICKETS

We offer a variety of tickets to suit your schedule. Purchase your ticket online in advance to get the best price and to ensure your day on the mountain. SkiHood.com/Store



RELOAD YOUR TICKET

If you plan on visiting us again in the future, hang on to your lift ticket! You can reload your ticket online, saving you money and allowing you to go directly to the lift when you arrive. If you don't plan on returning, please leave your ticket in one of our drop boxes located in the main lodge, at HRM and at the lift.

Reload your ticket by scanning the QR code or entering the RFID number on the back of the ticket.



In an effort to reduce our impact, Mt. Hood Meadows has minimized the production of printed trail maps. We encourage everyone to use the map on our website and to reuse this trail map.

MEADOWS PARKS

Build your skills in one of our smaller parks like the Zoo or throw down in one of our larger parks like Forest Park. We have something for everyone's riding style! Follow us on Instagram: [@mthoodmeadowsparks](https://www.instagram.com/mthoodmeadowsparks)



SNOWSHOEING

Snowshoeing is a great way to enjoy winter on some of our peaceful trails. Hike through woods, meadows and even to waterfalls! We offer rentals, weekly guided hikes, and evening tours that include a ride on the Vista chairlift. Tours offered throughout the season. For the map and most up-to-date pricing, visit: SkiHood.com/Snowshoe



NORDIC CENTER

Located off the HRM parking lot, the Meadows Nordic Center offers 15km of groomed trails that are power tilled to create both molded tracks and skating lanes. We offer lessons and rentals for both classic track and skate skiing.

Scheduled Thursday-Monday and Holidays 9 AM-4 PM. For the map and most up-to-date info and pricing, visit: SkiHood.com/Nordic Follow us on Facebook at [@MeadowsNordic](https://www.facebook.com/MeadowsNordic)



DIVERSITY, EQUITY, AND INCLUSION

The mountain is for everyone, and we want all our guests to feel welcomed, to feel included, and to feel a sense of belonging to this special place. Visit our Diversity, Equity, and Inclusion web page at SkiHood.com/DEI to learn more.

SAHALE LODGE



The Sahale Lodge is home to our Rental Center and Meadows Learning Center as well as the Sahale Grill, Bullwheel Bar and Wildflowers Cafe. Sahale is also a great venue for large and small weddings, meetings and events.

To learn more and for updates, visit: SkiHood.com/Sahale



SUMMER OPERATIONS

Come back and visit us in the summer! Enjoy scenic chair rides, guided hikes, live music, geocaching, deck games and food and drinks. We also have fun, family-friendly events throughout the summer.

For more info about our summer operations, visit: SkiHood.com/Summer



EVENTS

We are excited for all of our winter and spring events on the mountain and hope you are too! Follow the link to our events section where you can find dates and more details - SkiHood.com/Events



DAYCARE CENTER

State-certified childcare full-day and half-day options for children 6 weeks to 6 years old and lessons for ages 3-6. For more info and reservation forms visit: SkiHood.com/Daycare



LESSONS AND RENTALS

Whether you are an advanced all-mountain rider or it's your first time trying a snow sport, our highly certified instructors are excited to ski/ride with you! Reserve your lessons online in advance to ensure your day on the mountain.

We offer multi-week programs that allow you to come on the same day of the week and have the same instructor each day. You will be amazed at your progression!

We also offer our Freeride Team to kids looking to improve skills in the terrain parks, powder, trees and steeps. SkiHood.com/Lessons

With our fully stocked Rossignol Rental Center, we have all the gear to fit your skiing and snowboarding needs! Reserve your rentals online in advance to ensure your day on the mountain. SkiHood.com/Rentals



JOBS

Opportunities await to enrich lives. In addition to spreading stoke, some of the many perks for joining the Mt. Hood Meadows Team include:

- Free season pass
- Free or discounted passes for dependents
- Free group lessons
- Resort discounts
- Free employee transportation
- Access to our regional Mountain Exchange Program with participating Resorts

Visit SkiHood.com/Jobs to learn more and view a listing of current full-time and part-time openings.



WEDDINGS



Plan your dream wedding at Mt. Hood Meadows! Get away from the bustle of the city to the majestic beauty of the Mt. Hood National Forest. We offer weddings year round.

For more information or to book your wedding, contact: Weddings@SkiHood.com or visit: SkiHood.com/Weddings

ON-MOUNTAIN SHOPS



HIGH PERFORMANCE CENTER

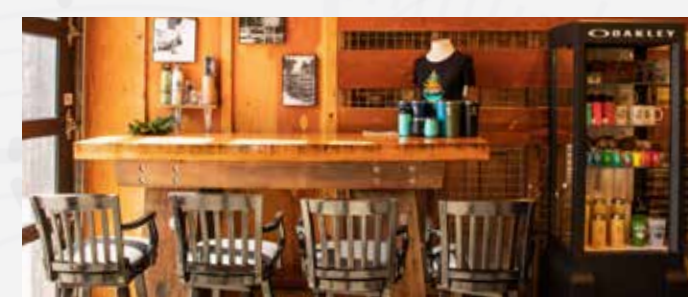
We offer tunes, repairs, custom boot work and foot beds. Come see our selection of retail gear, and let us get you on the snow and making your best turns.



OUTER LIMITS SPORTS

Come check out our winter outerwear and accessories. Forgot something? We have you covered with goggles, gloves and face masks. Shop our logo gear and bring home a memento from Mt. Hood Meadows.

MEADOWS PDX



The Gateway to "Your Mountain Home"

Mt. Hood Meadows official retail and pass fulfillment store in the heart of NW Portland.

Purchase season passes, lift tickets, logo wear, gift cards, and get help with planning the ultimate mountain experience.

Located at 1639 NW Northrup Street, Portland, OR 97209

Facebook: [@MeadowsPDX](https://www.facebook.com/MeadowsPDX) | SkiHood.com/MeadowsPDX

TOYOTA.COM



Official Vehicle of Mt. Hood Meadows

TOYOTA

Trail Map



MT. HOOD MEADOWS
Your mountain home

CONTACT INFO

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

PHONE NUMBERS

Mt. Hood Meadows503.337.2222
Cooper Spur Mountain Resort541.352.6692
Snow Phone.....503.337.2222 ext. 9
Ski Patrol (Emergency Only)503.438.3216

www.SkiHood.com



MtHoodMeadows



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View the Lodge Map

Scan the QR code to use the lodge map to find what you are looking for.

PARKING

SNO-PARK PERMITS

Required November 1 - April 30 to park in Oregon Department of Transportation maintained parking areas (including the Mt. Hood Meadows parking lots). Permits are available at our Concierge desk, the HRM Lodge and at other authorized permit agents. Parking in an Oregon Sno-Park without a permit may result in a fine of \$30 or more.

RV PARKING

Meadows maintains up to 14 overnight RV parking spaces available on a first-come first-serve basis. RVs must be self-contained, as no services or utilities are available. RVs require a Sno-Park permit. RVs must also obtain an overnight parking permit available at SkiHood.com/RV - this is not a reservation, it's just to register when you arrive. The Overnight RV Parking space is located in a designated area in the resort's Sunrise lot. **Limited to 3 days in a 5-day period maximum.**

PRINTED ON STONE PAPER*



Mt. Hood Meadows is committed to sustainability, and chooses to print their Winter Trail Map on Stone Paper* - a waterproof, tear-resistant paper alternative made from 75% or more recycled content calcium carbonate sourced from waste marble. Stone Paper* production requires NO trees, NO water, and NO bleaches or dyes, with a carbon footprint of 67% lower than regular paper. www.stonepaperinfo.com

This institution is an equal opportunity service provider and employer, which operates under a special use permit issued by the Mt. Hood National Forest, USDA Forest Service.

DON'T CROSS A CLOSED BOUNDARY!
Mt. Hood Meadows has both interior and exterior boundaries designating closed areas. Entering a closed area, crossing a closed boundary or entering an open area by crossing over or under boundary rope rather than through gates will result in loss of lift privileges and the potential for fines and criminal trespass proceedings. **DON'T DUCK ROPES! STAY OUT OF CLOSED AREAS!**



HEATHER CANYON, CLARK CANYON & PRIVATE RESERVE

Gate Access Only ♦♦ ■■■
Access to Heather Canyon, Clark Canyon and Private Reserve is through access gates only. These areas are not patrolled on a regular basis and avalanche danger exists at all times. You may be entering tightly wooded and cliffed terrain. Beware of waterfalls, creek holes and other unmarked obstacles. Names shown are for reference only and are not designated trails or runs.

Skiing/Riding with a partner and carrying a beacon, probe and shovel are highly recommended.
Closure violators will lose lift privileges and may be criminally trespassed.

Avalanche Mitigation Advisory
Mt. Hood Meadows uses several methods for avalanche reduction, including remote delivery systems. Mitigation work may be in progress at any time.
Don't duck ropes! Stay out of closed areas!

POLICIES

IN CASE OF ACCIDENTS

- Place skis upright and crossed in the snow above the scene of the accident.
- Report the accident to ski patrol or to any lift station.
Ski Patrol (Emergency Only) - 503.438.3216
- For quickest assistance, please remain calm and give an accurate location and nature of the injury.
- In the event of a collision with another skier or rider, Mt. Hood Meadows requires those involved, including witnesses, to stop and render any reasonably necessary assistance and upon request present identification or supply his/her name to resort personnel, ski patrol members or the other injured skier.

DRONE POLICY

Drones or model aircraft use by guests, commercial operators, or the media is prohibited without prior written approval of Mt. Hood Meadows. Visit SkiHood.com/Drones for more information.

UPHILL TRAVEL RESTRICTIONS

- Mt. Hood Meadows generally prohibits uphill travel in the ski area.
- Specific exemptions exist for access to Super Bowl, adjacent backcountry areas, and Easy Rider events.
- All uphill travelers must remain visible; be aware of hazards and use appropriate footwear.
- Backcountry travelers shall only re-enter the ski area into open terrain.
- Full uphill travel policy including daily avalanche mitigation operations information here: SkiHood.com/Safety

OREGON SKIER STATUTE ORS 30.970 TO 30.990

Violation of any of these duties entitles the ski area operator to withdraw the violator's privilege of skiing. The following are excerpts from the statute. References to "Skiers" & "Skiing" include skiing, snowboarding and other winter activities.

- Skiers accept and assume the inherent risks of skiing (in so far as they are reasonably obvious, expected or necessary).
- Skiers who ski in any area not designated for skiing within the permit area assume the inherent risks thereof.
- Skiers shall be the sole judges of the limits of their skills and their ability to meet and overcome the inherent risks of skiing and shall maintain reasonable control of speed and course.
- Skiers shall abide by the directions and instructions of the ski area operator.
- Skiers shall familiarize themselves with posted information on location and degree of difficulty of trails and slopes to the extent reasonably possible before skiing any slope or trail.
- Skiers shall not overtake any other skier except in such a manner as to avoid contact and shall grant the right of way to the overtaken skier.
- Skiers shall yield to other skiers when entering a trail or starting downhill.
- Skiers must wear retention straps of other devices to prevent runaway skis.
- Skiers shall not board rope tows, wire rope tows, j-bars, t-bars, ski lifts of other similar devices unless they have sufficient ability to use the devices, and skiers shall follow any written or verbal instructions that are given regarding the devices.
- Skiers, when involved in a skiing accident, shall not depart from the ski area without leaving their names and addresses if reasonably possible.
- A skier who is injured should, if reasonably possible, give notice of the injury to the ski area operator before leaving the ski area.
- Skiers shall not embark or disembark from a ski lift except at designated areas or by the authority of the ski area operator.



TRAIL MAP LEGEND

- Easier
- More Difficult
- Most Difficult
- Extremely Difficult
- Freestyle Terrain
- Night Runs
- Area Boundary
- Out of Bounds
- Access Gates
- Gated Access Boundary
- Doggie Park
- First Aid Station
- High Speed Quad
- Quad Lift
- Double Chair Lift
- Dining
- Food Cart (Seasonal)
- Restrooms
- Slow Zones
- Shuttle Pickup & Drop off
- Guest Pickup & Drop off
- Porta Potty

MOUNTAIN STATISTICS

Top Cascade Express	7,305 Ft.
Bottom Hood River Express	4,528 Ft.
Vertical Rise	2,777 Ft.
Base Lodge Elevation	5,366 Ft.
Super Bowl Skiing	1,700 Vert. Ft.
Longest Run	3 Miles
Skiable Acres	2,150
Night Acres	140
Annual Snowfall	430"



SEYMOUR SAYS
Join the Quad Squad! Score more with four - quad up to get in more runs! Form groups of four in the express lines.

LIFT STATISTICS

LIFT	ELEVATION	VERTICAL RISE
Blue	5,378-6,555	1,177 Ft.
Buttercup	5,356-5,514	158 Ft.
Cascade Express	5,914-7,305	1,391 Ft.
Daisy	5,368-6,040	672 Ft.
Easy Rider	5,434-5,866	432 Ft.
Heather	5,253-5,958	705 Ft.
Hood River Express	4,528-5,928	1,400 Ft.
Mt. Hood Express	5,368-6,546	1,178 Ft.
Shooting Star Express	5,626-6,566	940 Ft.
Stadium Express	5,368-5,949	581 Ft.
Vista Express	5,450-6,571	1,121 Ft.

WE USE RFID GATES!



PARK SMART

- Start Small**
Work your way up. Build your skills.
- Make a Plan**
Every feature. Every time.
- Always Look**
Before you drop.
- Respect**
The features and other users.
- Take it Easy**
Know your limits. Land on your feet.

Meadows Parks

The Zoo	S	Banked Slalom	M
Fireweed	S/M	Forest Park	S/M
Superpipe	M/L		

YOUR RESPONSIBILITY CODE

- Always stay in control. You must be able to stop or avoid people or objects.
 - People ahead or downhill of you have the right-of-way. You must avoid them.
 - Stop only where you are visible from above and do not restrict traffic.
 - Look uphill and avoid others before starting downhill or entering a trail.
 - You must prevent runaway equipment.
 - Read and obey all signs, warnings and hazard markings.
 - Keep off closed trails and out of closed areas.
 - You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
 - Do not use lifts or terrain when impaired by alcohol or drugs.
 - If you are involved in a collision or incident, share your contact information with each other and a ski area employee.
- Know and Obey the Code. It's Your Responsibility.**
If you need help understanding the Code, please ask an employee.