



MT. HOOD
MEADOWS
Your mountain home

Nordic Center



Nordic Center

The Nordic Center is a modular building located at the east end of the Hood River Meadows base area parking lot. The Hood River Meadows base area is one mile north of the main Mt. Hood Meadows access road. Both base areas are accessed off Oregon State Highway 35. Services available at the Nordic Center include Nordic Season Passes, Daily Track Passes, Nordic and Snowshoe Rentals, Classic and Skate Group or Private Lessons, select Nordic retail items and light food & beverage services with to-go beer and wine for your après ski experience. Outdoor lounge chairs and picnic tables are available.

Classic and Skate Skiing at Mt. Hood Meadows

Our Nordic experience offers 15 kilometers of groomed and set track through wooded trails and meadows and even out to the scenic Sahalie Falls waterfall and bridge. All trails are groomed for Skating and with set Classic tracks. Rentals and Lessons are available daily during operating hours.

Passes, Tickets, Lessons and Rentals

Purchase your Nordic Season Pass or Daily Track Passes, Group Lessons, and both Nordic and Snowshoe Rentals online at SkiHood.com/Explore/Nordic or email us at Nordic@SkiHood.com to schedule Private Lessons or with any other questions. There is no fee for accessing the Snowshoe trails, so please be careful and respectful of the groomed surfaces.

Nordic Center Specialty Days, Races and Events

Join the Meadows Nordic community and come try Nordic skiing or Snowshoeing with like-minded people as we have special events happening at various times during the season. Or take your Nordic skills, training, racing to the next level by taking a Nordic clinic or competing in our "for fun" community races! Ask at the Nordic Center or check SkiHood.com/Explore/Nordic for details.



Scan the QR code for more info on the Nordic Center.



Scan the QR code for more info on the Snowshoeing.

Nordic Nights

The Nordic Center is offering several after-dark/evening Nordic skiing experiences with a family friendly après ski component with fireside hot cocoa and s'mores and beer/wine for purchase. These are happening on select nights throughout the season. Some Nordic skiing experience is required (this is not a first time lesson).

For alternative evening snowshoe experiences at the Sahale Lodge and at Cooper Spur Resort, please see:

[SkiHood.com/Explore/Snowshoe-Tours](https://www.skihood.com/explore/snowshoe-tours)

Come Try Nordic Skiing or Snowshoeing

Our "Come Try Nordic Skiing and Snowshoeing" packages are available for purchase online on specific dates throughout the season to welcome and introduce you to all the fun things to do at the Nordic Center.

Snowshoeing at Mt. Hood Meadows

Snowshoe trails through Hood River Meadow and to the scenic Sahalie Falls are roughly 2 to 3 miles in length, depending on the routes you choose. The mapped routes, other than the Elk Meadows Trail, are signed with green way-finding discs. Where crossing Nordic Trails is necessary, please do so carefully and step over any Classic set tracks. To avoid degrading the Nordic skiing surface, snowshoers should walk single file on the designated side along the Sahalie Falls Road, and avoid traveling along other groomed trails.

Snowshoe rentals and tours are available at the Nordic Center, and from the Sahale Lodge in the main base area. Vista Tours, with a sit-down dinner, are available on select evenings. Private and corporate tours are also available. For more info visit **[SkiHood.com/Explore/Snowshoe-Tours](https://www.skihood.com/explore/snowshoe-tours)**



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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.

[SkiHood.com](https://www.skihood.com)

HEATHER CANYON TRAIL
Please check with the Nordic Center
before entering the area due to extreme avalanche
danger and other hazards.
NO SKIING BEYOND CLOSURES



The Mt. Hood Meadows Nordic Center is scheduled to be open Thursdays - Mondays. Plus, every day during Winter Break and Oregon Spring Break. Contact the Nordic Center at 503.337.2222, ext. 1262
Nordic@SkiHood.com
Facebook.com/MeadowsNordic

HOOD RIVER MEADOWS DAY LODGE



HOOD RIVER EXPRESS CHAIR LIFT

NORDIC CENTER

HOOD RIVER MEADOWS LOT
ELEV. 4,550'

UPPER HANEL LOOP (1.1K)

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HOOD RIVER MEADOW

DUE TO VARYING SNOW DEPTHS IN MEADOWS, TRAIL LENGTH MAY VARY SEASONALLY

HOOD RIVER MEADOW LOOP (1.1K)

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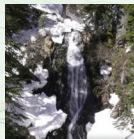
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No dogs on the Sahalie Falls Snowshoe trail as it is part of the Nordic trail system
No Hiking or Pets on Groomed Trails
Watch out for Skiers and Snowboarders
Snowshoe on designated trails only
Warning: Grooming machinery may be in operation anytime outside of operating hours. Stay clear and use at your own risk at all times



SAHALIE FALLS
ELEV. 4,590'

SAHALIE FALLS RD (1.8K)

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CAUTION
ROAD CROSSING

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SNOWSHOE TRAIL USERS, WATCH FOR GREEN DISCS MARKING THE WAY



BOTTOM OF BEARGRASS LOOP
ELEV. 4,330'

BOTTOM OF BEARGRASS LOOP (ELEV. 4,330')

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NORDIC TRAIL TICKET REQUIRED TO ACCESS ALL MT. HOOD MEADOWS NORDIC TRAILS AVAILABLE FOR PURCHASE ON-LINE OR IN-PERSON AT THE NORDIC CENTER

FOR EMERGENCIES CALL SKI PATROL (503) 438-3216 OR DIAL 911

SYMBOLS

- Ⓔ GREAT PHOTO
- ⊗ FOOD SERVICE
- Ⓕ REVERSE ATM
- Ⓗ RESTROOMS
- ♻️ PORTABLE TOILETS

TRAIL DESIGNATIONS

- EASIER
- MORE DIFFICULT
- MOST DIFFICULT
- - - MULTI-USER
- 1.1K NORDIC LENGTH KILOMETERS
- 0.2K SNOWSHOE
- 0.5mi SNOWSHOE LENGTH MILES



NO LOOSE PETS. FOR THE SAFETY OF ALL, PETS SHOULD BE LEASHED AT ALL TIMES INSIDE THE MT. HOOD MEADOWS PERMIT AREA AND ARE NOT ALLOWED ON ANY GROOMED TRAILS.



TAKE PETS TO DESIGNATED PET AREAS. LEASHES ARE REQUIRED ON SNOWSHOE TRAILS. PICK UP YOUR PET WASTE. BAGGIES AND RECEPTACLES ARE AVAILABLE AT DESIGNATED PET AREAS.