



MT. HOOD
MEADOWS
Your mountain home

Nordic Center



Nordic Center

The Meadows Nordic Center is a modular building located at the east end of the parking lot for Hood River Meadows, just a mile north of the main access road to Mt. Hood Meadows. You can easily get there by turning off Highway 35 and following signs for Hood River Meadows. At the Nordic Center, you can get Nordic Season Passes, Daily Track Passes, Nordic and Snowshoe Rentals, Classic and Skate Group or Private Lessons, Sahalie Falls Snowshoe Tours, select Nordic retail items, grab-and-go snacks, hot drinks, and to-go beer and wine for your après ski experience. There are outdoor lounge chairs, fire pits, and picnic tables available for you to enjoy!

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

Take straight to the trails by purchasing your Nordic Season Pass or Daily Track Passes, Group Lessons, and Nordic and Snowshoe Rentals online at [SkiHood.com/Explore/Nordic](https://www.skihood.com/Explore/Nordic).

We offer Private Lessons every day of operations; email us at Nordic@SkiHood.com to learn more about our lessons and trained instructors.

Snowshoe trails are ungroomed, and do not require a Nordic Track Ticket, please respect the "Go with the Flow" to preserve the Nordic Groom and the fun for everyone. Snowshoe rentals can be picked up at the Nordic Center or Sahale Lodge; please be mindful of Nordic's Operation Schedule found online.

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](https://www.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

Take your time exploring the mountain, wandering through a beautiful meadow to see one of our amazing waterfalls. If you're feeling adventurous, give the chairlift a try on our Vista Tours, available on select evenings! You'll be treated to fantastic views of the White River Canyon and the Cascade Mountains from one of the highest elevation chairlifts on Mt. Hood, followed by an optional add-on sit-down dinner! After a magical moonlight tour at Meadows or Cooper Spur, warm up by the fireplace and treat yourself to some delicious food! Keep an eye out for green signs or flagging along the marked in-bounds trails (not Elk Meadows) to stay on the trail. When you need to cross Nordic trails, please step carefully over the Classic skiing tracks. To help keep the skiing surface in good shape, snowshoers should walk in a single line on the designated side of the Sahalie Falls Road and stick to the snowshoe trails. Dogs are only permitted on the Big and Little Umbrella Falls Loops. We also offer private and corporate tours. For more info visit [SkiHood.com/Explore/Snowshoe-Tours](https://www.skihood.com/Explore/Snowshoe-Tours).



MeadowsNordic



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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 conditions page on SKIHOOD.COM 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](https://www.facebook.com/MeadowsNordic)

HOOD RIVER MEADOWS DAY LODGE



HOOD RIVER EXPRESS CHAIR LIFT

HOOD RIVER MEADOWS LOT
ELEV. 4,550'

HOOD RIVER MEADOW LOOP (1.1K)
ELEV. 4,500'

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



SAHALIE FALLS

See snowshoe trail map for additional trails

No hiking, snowshoeing or pets on any groomed trails

No dogs on the Sahalie Falls Snowshoe trail as it is part of the Nordic trail system
Watch out for skiers, snowboarders and snowshoers

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'



SPRINT LOOP (0.3K)

LOWER HANEL LOOP (1.5K)

CHEESEROLL LOOP (1.2K)

UPPER HANEL LOOP (1.1K)

TWILIGHT LOT
ELEV. 4,430'

No access to Nordic Trails from Twilight Parking Lot

ODOT

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
- SNOWSHOE TRAIL
- NORDIC LENGTH (KILOMETERS)



NO LOOSE PETS. FOR THE SAFETY OF ALL, PETS SHOULD BE LEASHED AT ALL TIMES INSIDE THE MT. HOOD MEADOWS PERMITS 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.



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TO HOOD RIVER >>

<< TO MAIN LODGE / GOV. CAMP / PORTLAND