



## SCHEDULE & OFFERINGS

### JUNE - SEPTEMBER

Weather may affect operations, visit  
**SkiHood.com**  
for hours of operation, conditions and updates

### SUMMER OFFERINGS

- Scenic Chair Rides
- Mountainside Dining
- Free Guided Hikes
- Summer Day Camps
- Weekend RV Parking
- Summer Music Series
- Gift Shop
- Games on the Deck
- Movies on the Deck
- Weekend Events
- Wedding Venues



## 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

Grab something to take with you for a picnic hike, or stop by when you're done and relax on our deck with beautiful views of Mt. Hood. You can also enjoy music on our deck on weekend afternoons.



Join us for awesome events like a Mountain Cleanup Day, Brew Fest, Friday Night Fun on the Deck and more! Head to **SkiHood.com** for a list of all our events.



## 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**  
10755 Cooper Spur Road, Mt. Hood, Oregon 97041

## NATURE EXPERIENCES



### Wildcrafting Experience

Learn about wildcrafting: the practice of gathering plant materials in their natural, wild settings, primarily for culinary and/or medicinal purposes. **Please note that these are solely educational hikes, as picking of wildflowers is prohibited in the Mt. Hood Meadows permit area.**

### Mushroom Hunts

Join our local mushroom expert on a hike through our permit area locating and recognizing mushrooms found on Mt. Hood.

## DAYCARE



Our state-certified Daycare Center is open Monday – Thursday and offers multiday camps as well as single day options. Drop the kids off and go for a hike or use our Wi-Fi and work out on our deck.

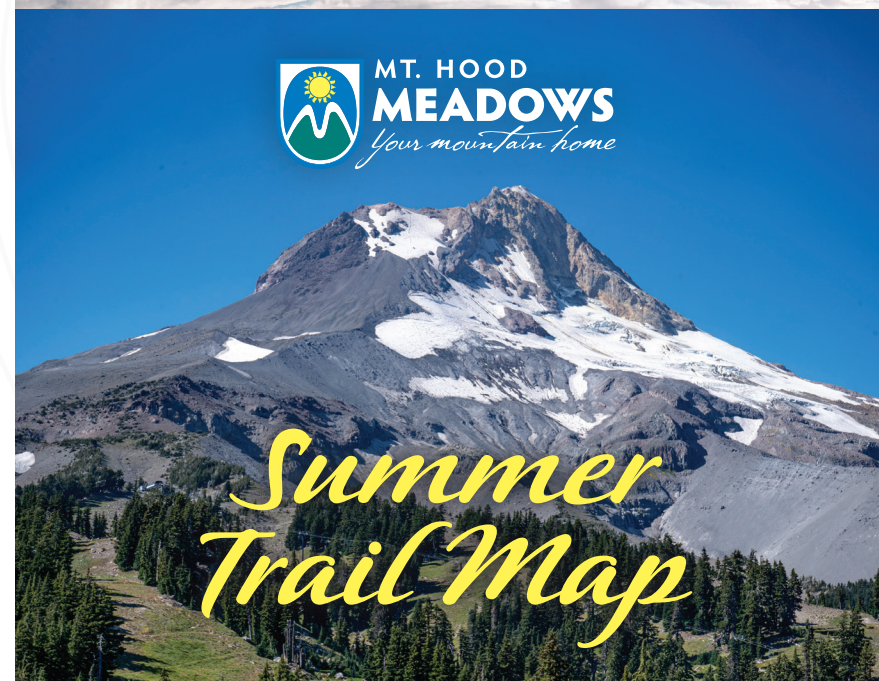
For more information or to make a reservation visit:  
**SkiHood.com.**

## 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 **SkiHood.com** for more information.

## DOGS

Dogs are allowed on our trails and on our deck as long as they are well behaved and on leash at all times. Dogs, including service dogs, are not allowed on the chairlift.



## 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

### SkiHood.com



MtHoodMeadows



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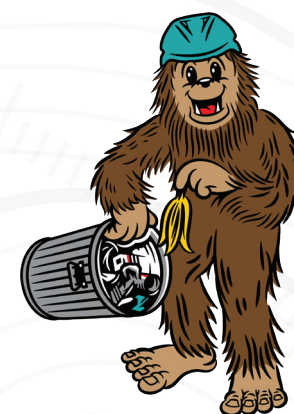


MtHoodMeadows

## 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

**QUAD CHAIR LIFT**      **LIFT (not operating in Summer)**

TRAIL DIFFICULTY RATINGS

**EASIEST**    **MORE DIFFICULT**    **MOST DIFFICULT**  
 **ROADS (closed to public)**

- |   |  |
|---|--|
| <b>1</b> <b>BEAR GRASS TRAIL</b><br><i>Easier</i><br>3.5 miles   5.63 km                      | <b>9</b> <b>MIDDLE WIZARD WAY</b><br><i>Most Difficult</i><br>1.1 miles   1.77 km        |
| <b>2</b> <b>BEAR GRASS CUTOFF</b><br><i>More Difficult</i><br>.8 miles   1.293 km             | <b>TIMBERLINE TRAIL #600</b><br><i>Most Difficult</i><br>41.5 miles   66.79 km           |
| <b>3</b> <b>PICNIC ROCK SPUR</b><br><i>Most Difficult - cliff areas</i><br>.3 miles   .483 km | <b>ELK MEADOWS TRAIL #645</b><br><i>Most Difficult</i><br>8.6 miles   13.84 km (one way) |
| <b>4</b> <b>UMBRELLA CUTOFF</b><br><i>Easier</i><br>.2 miles   .32 km                         | <b>NEWTON CREEK TRAIL #646</b><br><i>Most Difficult</i><br>2 miles   3.22 km             |
| <b>5</b> <b>STADIUM LOOP</b><br><i>Easier</i><br>.3 miles   .48 km                            | <b>UMBRELLA FALLS TRAIL #667</b><br><i>More Difficult</i><br>3 miles   4.83 km           |
| <b>6</b> <b>JACK'S WOODS TRAIL</b><br><i>More Difficult</i><br>.9 miles   1.45 km             | <b>SAHALIE FALLS TRAIL #667C</b><br><i>Easier</i><br>2.1 miles   3.38 km                 |
| <b>7</b> <b>TIMBERLINE TRAIL MHM SECTION</b><br><i>More Difficult</i><br>3.3 miles   5.31 km  |  |
| <b>8</b> <b>LOWER WIZARD WAY</b><br><i>Most Difficult</i><br>1 miles   1.61 km                |  |

- |                 |                          |                    |
|-----------------|--------------------------|--------------------|
| <b>TICKETS</b>  | <b>RETAIL</b>            | <b>RV PARKING</b>  |
| <b>RESTROOM</b> | <b>SCENIC PHOTO SPOT</b> | <b>PORTA-POTTY</b> |
| <b>DINING</b>   | <b>PARKING</b>           | <b>WATERFALL</b>   |

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