

## 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 entrées. 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 grab-and-go sandwiches, salads and snacks. Also offering a wide selection of beverages and fresh-made smoothies.

#### 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. There is also a food cart open on Peak Days.

\*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 400 feet of vertical. We also have a rustic lodge, lessons and rentals. Nordic skiing and snowshoeing are offered from the Inn, and we have Guided Snowshoe Tours.

## LODGING AT COOPER SPUR



Stay at Cooper Spur! Choose from hotel rooms, condos or pet-friendly cabins for your winter getaway. Beat the weekend traffic and visit our restaurant for delicious food and craft cocktails. Guests who stay midweek can purchase discounted lift tickets to Meadows.



Scan the QR code to check out our lodging deals.

## 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/Tickets-and-Passes](https://www.skihood.com/Store/Tickets-and-Passes)



## 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.

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 environmental 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. If you don't plan on reusing your map, please drop it off in one of our recycling boxes so it can be reused.

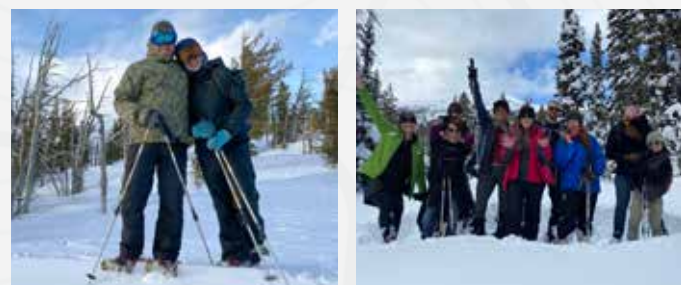
## MEADOWS PARKS

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)



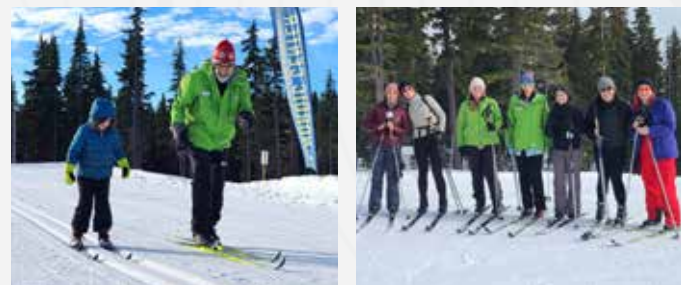
## SNOWSHOE TOURS & RENTALS

Snowshoeing is a great way to enjoy winter on Mt Hood. Snowshoe through wooded areas and open meadows to scenic waterfalls! We offer rentals, daytime-and-evening guided tours with some that include a Vista chairlift ride with an above tree line experience with a post-tour sit-down dinner. Rentals and tours available at Sahale Lodge and the Nordic Center. For maps, tour dates and schedule visit: [SkiHood.com/Explore/Snowshoe-Tours](https://www.skihood.com/Explore/Snowshoe-Tours)



## NORDIC CENTER

The Nordic Center is located on the east end of the Hood River Meadows parking area offering 15km of power-tilled groomed trails for both Classic and Skate skiing. Nordic rental gear and group or private lessons are available for both Classic and Skate skiing. Snowshoe trails, rentals, and tours are also available. Open Thursday-Monday and most holidays. For map, lessons, track passes, current conditions and more information visit: [SkiHood.com/Explore/Nordic](https://www.skihood.com/Explore/Nordic) Follow us on Facebook and Instagram at [@MeadowsNordic](https://www.instagram.com/MeadowsNordic)



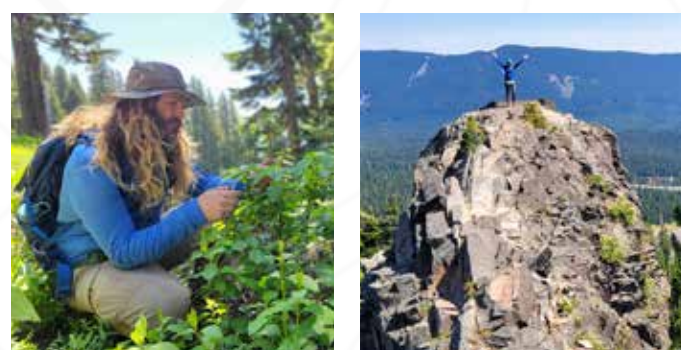
## DIVERSITY, EQUITY, AND INCLUSION

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/Explore/Our-Commitment/DEI](https://www.skihood.com/Explore/Our-Commitment/DEI) to learn more.

## SUMMER OPERATIONS

Come back and visit us in the summer! Enjoy scenic chair rides, guided hikes, movies on the deck, live music, 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/Explore/Summer](https://www.skihood.com/Explore/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/Explore/Events-And-Activities](https://www.skihood.com/Explore/Events-And-Activities)



## DAYCARE CENTER

State-certified childcare with full-day and half-day options for children 6 weeks to 11 years old and lessons for ages 3-6. For more info and reservation forms visit: [SkiHood.com/Explore/Daycare](https://www.skihood.com/Explore/Daycare)



## EV CHARGING



Mt. Hood Meadows is now offering 6 stalls of Flo level 2 charging stations. These stations will have time limits, and higher fees after that period.



Scan the QR for current fees, rules of use, and other important information.

## CASHLESS RESORT

With fewer people using paper money, Mt. Hood Meadows Resort will be going cashless ahead of the 2023-24 season. Here is some important info to know:

- We accept debit and credit cards, Apple Pay, Google Wallet, Samsung Pay or you can load value onto your season pass and not have to carry anything but your pass
- If you have cash, there will be three reverse ATMs where you can change your cash to a VISA debit card
- There is no activation fee, and the card can be used anywhere debit cards are accepted – not just at Meadows
- This will help streamline internal operations at the resort, as well as make the purchasing process more efficient for guests
- Cash tips will still be accepted



Scan the QR code for more information and to locate our reverse ATMs.

## SKI/SNOWBOARD LESSONS & RENTALS

**Daily Lessons** - Whether you're advanced all-mountain or it's your first time trying a snow sport, our dedicated instructors are here to maximize your experience! Reserve Group or Private lessons online in advance to guarantee your preferred date and lesson time.

**Program Lessons** - We offer lesson packages that allow you to come on the same day of the week and have the same class each visit. You will be amazed at your progression!

**Meadows Freeride Team** - For youth ages 7 – high school who are looking to improve their skills in the terrain parks, powder, trees and steeps with 8, 16 and 24- day sessions available.

**Rentals** – Enjoy the slope-side convenience of our fully stocked Rossignol Rental Center which has all the gear to fit your skiing and snowboarding needs! Reserve your rentals online in advance to maximize your time on-snow.

Get all the details: [SkiHood.com/Explore/Rentals-And-Lessons](https://www.skihood.com/Explore/Rentals-And-Lessons)



## 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
- Pro deals
- Free employee transportation
- Access to our regional Mountain Exchange Program with participating resorts

Visit [SkiHood.com/Explore/Jobs](https://www.skihood.com/Explore/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 and have multiple venues to choose from.

For more information or to book your wedding, contact: [Weddings@SkiHood.com](mailto:Weddings@SkiHood.com) or visit [SkiHood.com/Explore/Weddings](https://www.skihood.com/Explore/Weddings) Follow us on Instagram [@mthoodmeadowsweddings](https://www.instagram.com/mthoodmeadowsweddings)

## 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) | [SkiHoodStore.com](https://www.skihood.com)

Photo by PR shown with options. 2022 Tacoma coming December 2023.

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 Meadows .....503.337.2222  
Cooper Spur Mountain Resort .....541.352.6692  
Snow Phone.....503.337.2222 ext. 9  
Ski Patrol (Emergency Only).....503.438.3216

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



MtHoodMeadows



MtHoodMeadows



MtHoodMeadows



#### 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/Explore/RV-Parking](https://www.skihood.com/Explore/RV-Parking) – 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.

### PET-FRIENDLY AREAS

Pets must be on-leash at all times. Pets are not allowed around base area facilities or inside any lodges. There are designated Pet Areas at the Main lot, Hood River Meadows lot and Twilight lot - take pets to these locations. Please pick up and dispose of pet waste. Baggies and receptacles are usually available at the designated pet 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!**

## 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!**



## 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/Explore/Safety/Drones](http://SkiHood.com/Explore/Safety/Drones) for more information.

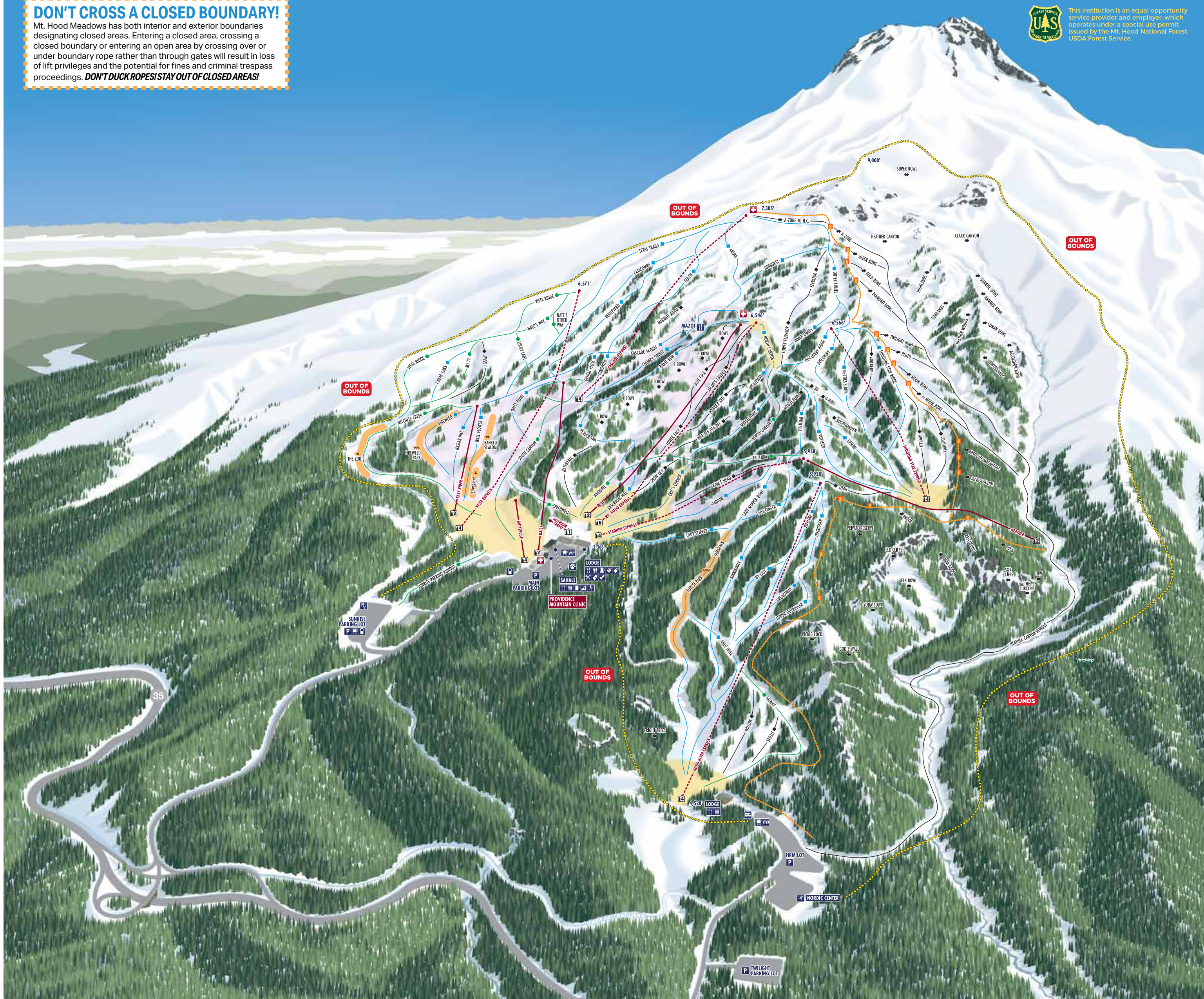
### UPHILL TRAVEL RESTRICTIONS

- 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/Explore/Safety](http://SkiHood.com/Explore/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 cross the uphill track of any surface lift except at points clearly designated by the ski area operator.
- 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

- 1 Conveyer Lift
- 2 Double Chair Lift
- 4 Quad Chair Lift
- 14 High Speed Quad
- 16 High Speed Six Seater
- 6 Easier
- 4 More Difficult
- 2 Most Difficult
- 1 Extremely Difficult
- Freestyle Terrain
- Gated Access Boundary
- Access Gate
- Ski Area Boundary
- OUT OF BOUNDS
- Slow Zones
- Night Runs
- First Aid - Ski Patrol
- Tickets
- Restroom
- Dining
- Bar
- Retail
- Food Truck (Seasonal)
- Lessons
- Rentals
- Tuning
- Lockers
- Ski Check
- Nordic Skiing
- Guest Pickup & Drop Off
- Shuttle Pick Up & Drop Off
- Parking
- RV Parking
- Porta Potty
- Doggie Park

## 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"

## 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	5,368-6,540	1,174 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.



## 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	M/L	Forest Park	S/M/L
Superpipe	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.*

