Oregon’s Mt. Hood Territory contains over 1,000 miles of trails, and with that much land dedicated to the amazing Pacific Northwest outdoors, there’s a path for every adventure. Whether you’re a family wanting a stroll through beautiful fields of wildflowers, or a dedicated hiking group craving a challenge in the steep hills of Mt. Hood National Forest, you’ll be sure to find a hike in Mt. Hood Territory that will have you snapping pictures, taking in breathtaking views and wondering, “Where to next?”

This guide is a collection of 12 trails and hikes that range from a casual walk through urban parks to lengthy moderate and difficult rated hikes for the more ambitious. With so many to choose from, we hand-picked 12 options that feature the diverse landscape of Mt. Hood Territory, while being cognizant of issues of overuse on some of our more popular trails. So grab your sense of adventure (and a backpack while you’re at it), take a look at our hiking tips below and get ready to explore!

Visit mthoodterritory.com to discover more about our region.

Helpful Tips:

**PLAN AHEAD** Hike early or on weekdays, don’t hike alone, let someone know your plans, check the weather.

**PREPARE** Pack appropriately: sunscreen, light source, first aid kit, plenty of water, snacks/lunch and sunglasses.

**DRESS RIGHT** Bring lots of layers for the ever-changing Oregon weather, shoes with good tread (hiking boots) and hat and rain gear (it is the Pacific Northwest after all!)

**PACK IN/PACK OUT** Pack extra bags for any waste, dispose of waste properly and remember poop bags for your dogs.

**RESPECT PLANTS AND WILDLIFE** Stay on trail and let plants grow. Respect seasonal closures and give trails time to regrow.

“take nothing but pictures, leave nothing but footprints, kill nothing but time”
-unknown
Mary S. Young Park offers you a peaceful place to walk or sit by the Willamette River. The mixed forest around the park periphery and along the river supports vibrant bird life, and the hike offers a stroll along the Willamette River shoreline of volcanic rock as well as cobbled and sandy beaches.

**Dog-friendly park** including off leash areas complete with fire hydrant display art

**ADA friendly paved trails** located throughout the park

**Picnic friendly** with lots of shaded space for a sunny day meal outside

**Suggested Walk:** the Heron Creek Loop Trail provides the best opportunity to experience everything the park has to offer

**Suggested Season:** year-round

for more information, visit [westlinnoregon.gov](http://westlinnoregon.gov)
Camassia offers a rare view of the natural history of the Willamette Valley. The Valley’s mosaic of open prairies, oak woodlands and savannas support a myriad of native plants and animals. The Preserve provides habitat for many well-known bird species including the wood duck, California quail, hairy woodpecker, western bluebird and golden-crowned kinglet.

**Self-guided interpretive tour** offered in the park for the highlighted loop

**Volunteer-led guided hikes** available during spring and summer, teaching about the ecology of the preserve

**Dogs and other pets are not allowed** because they can damage sensitive habitat and threaten wildlife

**Suggested Season:** year-round (April - May: peak wildflower season)

Explore this if you like:

- Bird watching
- Spring wildflowers
- Seasonal butterflies
- Riparian areas

for more information, visit [westlinnoregon.gov](http://westlinnoregon.gov)
Mount Talbert Nature Park

Mount Talbert is an urban forest oasis providing an escape from city life and is the largest in a string of extinct volcanoes and lava domes that stretches across the east side of the region. Rising 750ft (229m) in elevation, this volcanic butte has been shaped for nearly 3 million years by fountains of lava, flood, fires and people.

**Home to deer,** western gray squirrels, pileated and hairy woodpeckers, white-breasted nuthatches and western tanagers

**Dogs and other pets are not allowed** because they can damage sensitive habitat and threaten wildlife

**Suggested Walk:** the Park Loop Trail offers the best opportunity to experience everything the park has to offer

**Suggested Season:** year-round, but be cautious in rain or freezing temperatures

for more information, visit [oregonmetro.gov](http://oregonmetro.gov)
Explore this unexpected treasure nestled in a neighborhood. Hidden Falls Nature Park opened in 2019 and features an extraordinary natural waterfall that was previously inaccessible for decades in Happy Valley. Hidden Falls Nature Park provides recreational opportunities and connections to nature for residents and visitors alike. Enjoy the view from the wooden arch bridge.

Enjoy views of Hidden Falls from two viewpoints as well as the wooden arch bridge, sustainably sourced with timber from the Pacific Northwest.

Bike and pedestrian access here completes a vital link in the Mt. Scott/Scouters Mountain Loop.

Paved trails located throughout the park (contain steep grades up to 15%)

Suggested Season: year-round

for more information, visit ncprd.com
Explore this if you like:

- Old growth trees
- Bird watching
- Secluded trails
- Well shaded hikes
- Wild berries

With new campsites, day use areas and swimming holes, the Molalla River Recreation Area invites families, groups and individuals to enjoy crystal clear rivers, old growth forests and of course, trails. This area has undergone a transformation thanks in part to the Bureau of Land Management (BLM).

To hike the trail: start left of the information kiosk towards Huckleberry Trail. At the second kiosk, head right towards Rim Trail. After 150ft (30m) take a left at the fork to start the Rim Trail. Continue hiking uphill through old growth forest containing Douglas fir, alder, cedar and cottonwood.

Stay right at the Fern Creek to Deer Skull/Rim Trail junction to continue upwards on the Rim Trail. At the Bear Woods loop trail, veer right to stay on the Rim Trail until its end at Bobcat Rd. Take a left and head downhill on Bobcat Rd towards Huckleberry Trail. Continue on the Huckleberry Trail, passing Annie’s Cabin (an old homestead named after its last tenant) staying left at any forks until you find yourself back at the second kiosk at the beginning of the hike. Take a right to head downhill back to the trailhead.

Multi-use trails: hikers yield to mountain bikers and equestrian riders

Suggested Season: mid-April to mid-October

for more information, visit blm.gov
Explore this if you like:

- River views
- Exploring aquatic life
- Boardwalks
- Interpretive signs
- Picnics
- Shaded hikes

Nestled in a bend of the spectacular Wild & Scenic Salmon River, Wildwood Recreation Site encompasses 550 acres (223 hectares) of beautiful land forested with old growth Douglas fir, western hemlock, and western red cedar. Visitors have a chance to explore natural stream and wetland ecosystems along accessible interpretive trails and boardwalks and observe native fish in a unique underwater fish viewing chamber.

The Cascade Streamwatch Trail is an accessible, 3/4mi (1.2km) paved loop that features educational displays, picturesque views of the Salmon River and a fish viewing window below stream level.

Visit the Barlow Road Historical Marker and walk around remnants of the Oregon Trail.

Enjoy fishing and relaxing in the cool, clear waters of the Salmon River.

Entrance Fee: check website below for current fees and rental options.

Suggested Season: year-round

for more information, visit blm.gov
Milo McIver State Park is a mixed-use area that borders the Clackamas River and Estacada Lake. The park includes 14mi (22.5km) of hiking, horseback and interpretive trails, picnic tables, boat launch, fishing docks, disc golf course and campground. Pack a lunch, a Frisbee or binoculars for a day spent exploring this dynamic riverside state park.

At the Riverside Day Use Area visit the Clackamas Fish Hatchery and Visitor Center to learn about river ecology. Watch for trout, steelhead, herons and eagles as you relax by the river.

Townsend's big-eared bats roost in an old barn along a 1mi (1.6km) interpretive trail at the SE corner of the park.

Suggested Walk: Riverbend to Maple Ridge Trail is a relaxed loop that takes you along the banks of the Clackamas River before winding its way into lush forest, providing minimal elevation gain and maximum diversity of landscapes.

Entrance Fee: check website below for current fees and rental options

Suggested Season: year-round

for more information, visit oregonstateparks.org

Explore this if you like:

- Well-marked trails
- Diverse habitats
- River views
- Disc golf
- Water recreation
- ADA friendly facilities
Explore this if you like:
- Alpine lakes
- Waterfalls
- Mountain views
- Meeting other hikers
- Photography

Burnt Lake Trail

Probably the most popular hike in this guide, Burnt Lake is a beautiful trek that includes old growth forests, babbling creeks and a short spur to a beautiful multi-tiered waterfall. The trail then culminates at an alpine lake that rests below a looming Mt. Hood. Named after a forest fire in 1904, Burnt Lake displays its history as you walk by old cedar snags, echoing wildfires of the past, and the new growth that has come from it.

To hike the trail: The first 2mi (3.2km) are a pleasant walk on a well-marked trail through lush forest filled with lady and sword fern, oxalis and red cedars shading you from above. Just after mile 2 take the short spur to the left that leads down to the multi-tiered Lost Creek Falls. Back on the main trail, your hike starts ascending up to Burnt Lake; once at the lake there is a circular path around offering views of Mt. Hood.

Wilderness Area: visit website below for full Wilderness guidelines

Valid recreation pass required: visit website below to find out which passes are accepted

Suggested Season: May - October

for more information, visit fs.usda.gov
Explore this if you like:

- Hiking the Oregon Trail
- Less-populated trails
- Views of Mt. Hood
- Ridge hikes

Navigate secluded forest roads and enjoy views of Mt. Hood from shaded trails. On your return follow the Oregon Trail, passing through a replica of the historic Barlow Road Tollgate from the 1850s.

To hike the trail: From the parking lot, take the small trail at the NW side (opposite the historic tollgate). Follow the trail until you reach the Tollgate Campground, veering right on the campground loop road to get you back on the trail (marked by “trail access” sign) which will dead-end at Road 20.

Left on Road 20, pass Road 20 C & D, until you reach Road 20-E. A short left on Road 20-E gets you to the Flag Mountain #766 Trailhead on your right. Continue up five steep switchbacks to the ridge, where you'll enjoy views of Mt. Hood on your left as you walk among Douglas firs and hemlock.

After your descent, continue on a gravel trail until you merge with a paved forest road. About .75mi (1.2km) ahead take a left onto the Still Creek Trail, crossing the bridge into the Camp Creek Campground. Directly across the bridge veer right across the road to a trail heading uphill from the campsites on the right. Head left on the trail until you meet up with the Pioneer Bridle Trail. Continue west for about 2mi (3.2km) until you reach the tollgate at the Pioneer Bridle Trailhead.

Valid recreation pass required: visit website below to find out which passes are accepted

Suggested Season: May - October

for more information, visit fs.usda.gov
Pup Creek Falls (Clackamas River Trail)

This trail is mostly forested, with undulating terrain offering views of the Clackamas River. There are several scenic attractions along this riverside trail including beaches, old growth forest and waterfalls. There are several large flat areas perfect for camping, picnicking and fishing access.

To hike the trail: From Indian Henry Trailhead, this out and back hike follows the Wild & Scenic Clackamas River, gradually winding up the cool forested hillside above Hwy 224 before reaching the secluded waterfall. As you begin the hike enjoy the lush forest around you and views of kayakers and rafters on the Clackamas River. A spur to the left leads to Pup Creek Waterfall, a 3-tiered, 100ft (30m) fall set against a vibrant backdrop of mossy green rocks and foliage. This hike can be accessed year-round, but watch for seasonal rising water levels in small creek crossings on the trail. Pup Creek Falls can also be reached from Fish Creek, near the Fish Creek Campground.

Wilderness Area: visit website below for full Wilderness guidelines

Suggested Season: March - September (accessible year-round)

for more information, visit fs.usda.gov
For those looking to cover a lot of elevation in a short amount of time, this leg-burner rises 3,200ft (975m) in just 3.8mi (6.1km). You'll also be rewarded with an old fire lookout and views of Mt. Hood and the Cascade range. Bring your hiking poles.

To hike the trail: Follow the well-marked trail for 3.5mi (5.6km) on a steep ascent towards Devil's Peak. Heading up, you'll quickly enter the Salmon-Huckleberry Wilderness with western red cedars, Douglas firs, sword ferns, huckleberry and rhododendron. The trail reaches a ridge spur and on a clear day you can see Flag Mountain, Zigzag Mountain and Mt. Hood.

At the junction with #793 (Hunchback Trail), head right to reach the Devil’s Peak spur path. Follow the sign and bear left to head up to the Devil’s Peak Lookout. On a clear day, look south for views of Mt. Jefferson. Re-trace your path to head back down, descending 3,200ft (975m) back to the trailhead.

Wilderness Area: visit website below for full Wilderness guidelines

Suggested Season: March - October

for more information, visit fs.usda.gov
Horseshoe Ridge Trail offers hikers a shaded hike through old growth forest, rewarding them with amazing views of Mt. Hood, as well as Mt. St. Helens and Mt. Adams on a clear day. Less busy than other nearby trails, this can be an enjoyable hike in the summertime when Mt. Hood is at its busiest.

To hike the trail: Start just before the bridge over Lost Creek. Follow the well-marked trail along Lost Creek to a river crossing after .5mi (.8km). Find a safe place to ford Lost Creek. Then begin a steep uphill climb through the Mt. Hood National Forest, before entering the Mt. Hood Wilderness Area.

Towards the top enjoy views of the wide expanse of peaks and ridges of the Mt. Hood National Forest. Take a left at Zigzag Mtn. Trail and head another .5mi (.8km) for some photo-worthy shots of Mt. Hood.

Remember to yield to equestrian riders by staying quiet, moving downhill and always giving right-of-way to horses.

Wilderness Area: visit website below for full Wilderness guidelines

Valid recreation pass required: visit website below to find out which passes are accepted

Suggested Season: July - November

for more information, visit fs.usda.gov