







regon'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.

cover photos (clockwise from left): Horseshoe Ridge, Pup Creek Falls, Wildwood Recreation Site

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.

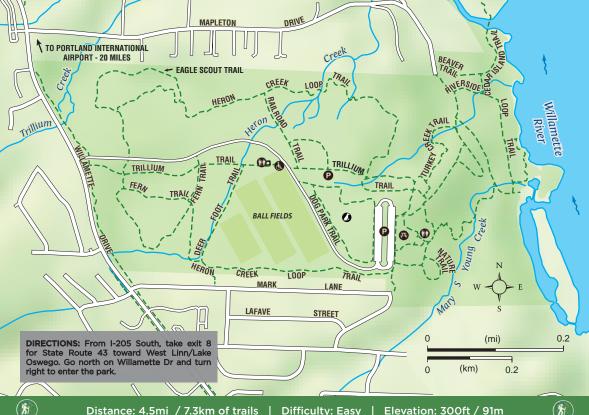
DRESS RIGHT Bring lots of layers for the everchanging Oregon weather, shoes with good tread (hiking boots) and hat and rain gear (it is the Pacific Northwest after all!)

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"





Distance: 4.5mi / 7.3km of trails | Difficulty: Easy | Elevation: 300ft / 91m

Mary S. Young Park 😰 🖲 🚯 🚯 🕀

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

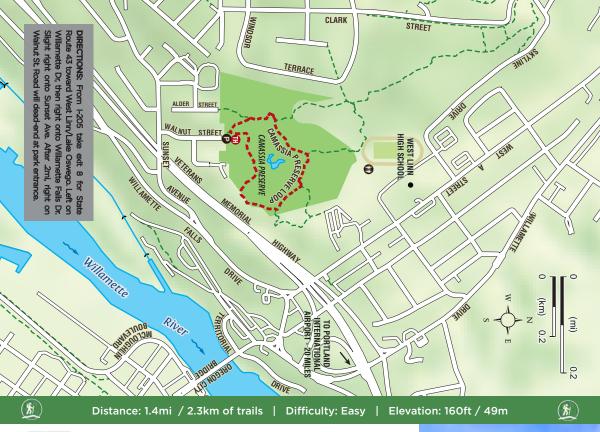
Suggested Season: year-round

Explore this if you like:

- **River views**
- Dog-friendly areas
- Beavers
- Sports fields
- **River beaches**



for more information, visit 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

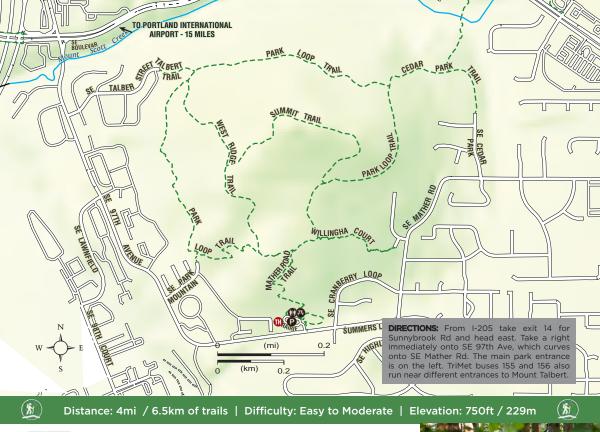
Suggested Season: year-round (April - May: peak wildflower season)

Explore this if you like:

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



for more information, visit **westlinnoregon.gov**



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

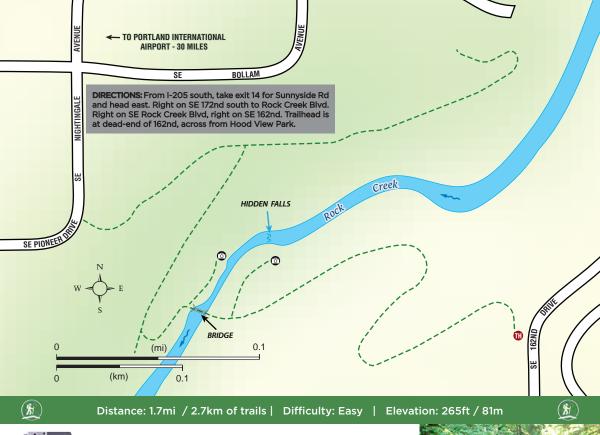
Suggested Walk: the Park Loop Trail offers the best opportunity to experience everything the park has to offer

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

Explore this if you like: - Shaded hikes - Trail running - Bird watching - Hiking close to town - Interpretive kiosks - Geocaching

for more information, visit oregonmetro.gov

MOUNT TALBERT NATURE PARK



Hidden Falls Nature Park 🕲 🚯

Explore this unexpected treasure nestled in a neighborhood. Hidden Falls Nature Park opened in 2019 and features an extraordinary natural waterfall that was previously inacessible 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%)

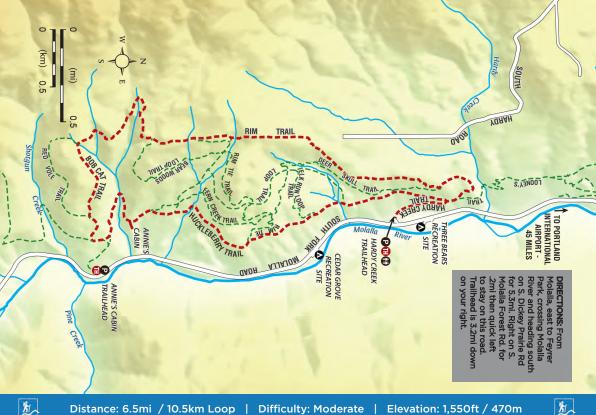
Suggested Season: year-round

Explore this if you like:

- Hidden waterfalls
- Short elevation gains
- Paved paths

Resting areas along trails

for more information, visit ncprd.com



Distance: 6.5mi / 10.5km Loop | Difficulty: Moderate | Elevation: 1,550ft / 470m



Molalla River Rim Trail Loop P 🚯 🛆

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.

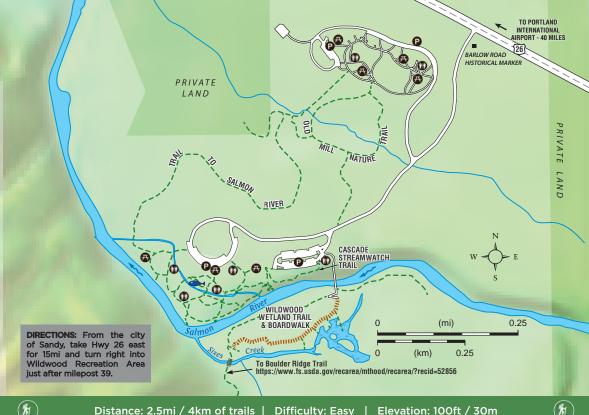
Stay right at the Fern Creek to Deer Skull/Rim Trail junction to continue upwards on the Rim Trail. At the Bear Woods loop trail, veer right to stay on the Rim Trail until its end at Bobcat Rd. Take a left and head downhill on Bobcat Rd towards Huckleberry Trail. Continue on the Huckleberry Trail, passing 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:
- Old growth trees
- **Bird watching**
- Secluded trails
- Well shaded hikes
- Wild berries



Distance: 2.5mi / 4km of trails | Difficulty: Easy | Elevation: 100ft / 30m



Wildwood Recreation Site 🛛 😰 🕲 🕲 🚳 🚯

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

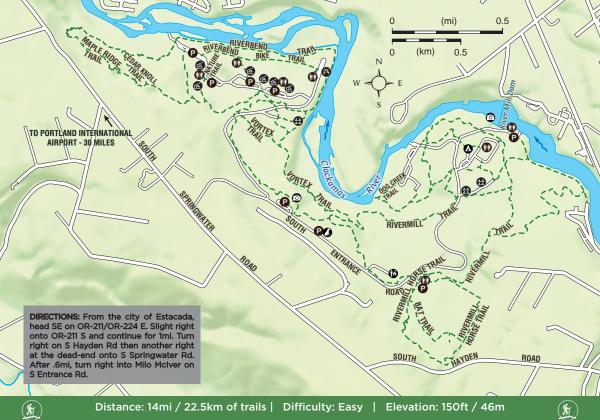
Suggested Season: year-round

Explore this if you like:

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

for more information, visit **blm.gov**

WILDWOOD RECREATION SITE





Milo McIver State Park 🛛 🕲 🕲 🕲 🔕

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

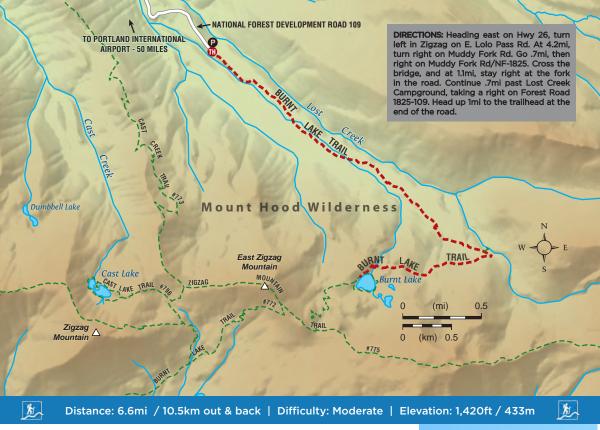
Entrance Fee: check website below for current fees and rental options

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

MILO MCIVER STATE PARK



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 wellmarked 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

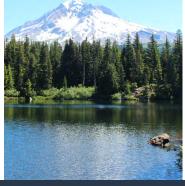
Valid recreation pass required: visit website below to find out which passes are accepted

Suggested Season: May - October

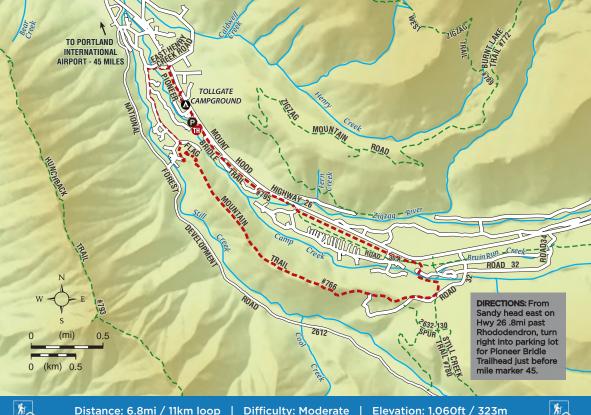
for more information, visit fs.usda.gov

Explore this if you like:

- Alpine lakes
- Waterfalls
- Mountain views
- Meeting other hikers
- Photography



BURNT LAKE TRAIL



Distance: 6.8mi / 11km loop | Difficulty: Moderate | Elevation: 1,060ft / 323m

Flag Mountain Trail Loop 🛛 🔁 🕲 🚯

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 campsite 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

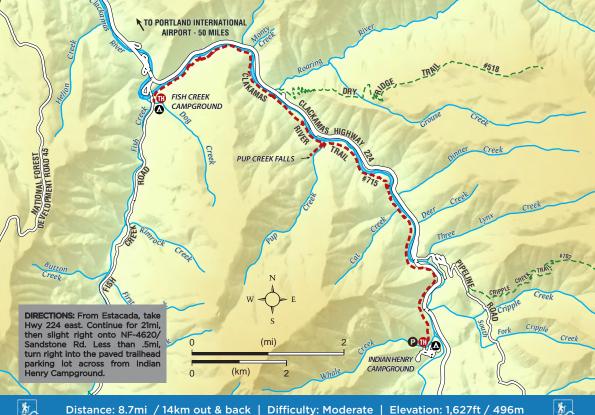
Suggested Season: May - October

for more information, visit fs.usda.gov

- Explore this if you like:
 - Hiking the Oregon Trail
 - Less-populated trails
 - Views of Mt. Hood
- Ridge hikes



FLAG MOUNTAIN TRAIL LOOP



Distance: 8.7mi / 14km out & back | Difficulty: Moderate | Elevation: 1,627ft / 496m

Pup Creek Falls (Clackamas River Trail) P 🚯 🛆

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.

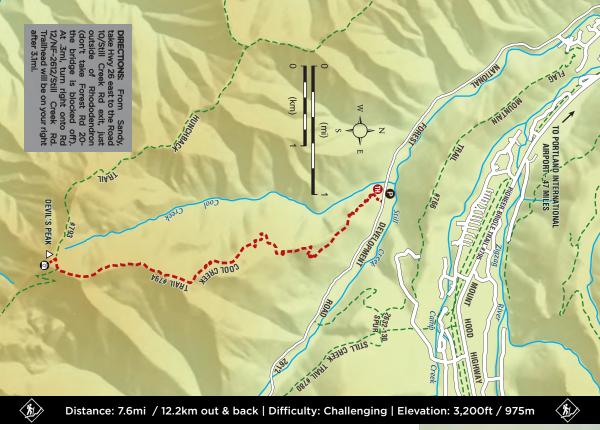
To hike the trail: From Indian Henry Trailhead, this out and back hike follows the Wild & Scenic Clackamas River, gradually winding up the cool forested hillside above Hwy 224 before reaching the secluded waterfall. As you begin the hike enjoy the lush forest around you and views of kayakers and rafters 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)

- Explore this if you like:
 - Stunning waterfalls
 - **Old growth forest**
 - Shaded trails
 - **River views**
 - Wild berries

for more information, visit fs.usda.gov



Cool Creek Trail to Devil's Peak 🛛 🛛 🖉

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

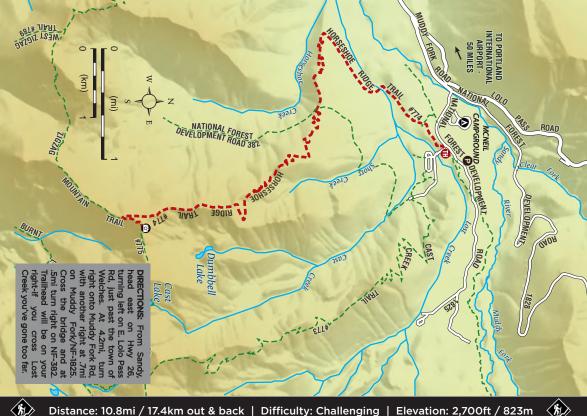
Suggested Season: March - October

Explore this if you like:

- Elevation training
- Wildflowers (seasonal)
- Historic fire lookouts
- Shaded hikes



for more information, visit **fs.usda.gov**



Distance: 10.8mi / 17.4km out & back | Difficulty: Challenging | Elevation: 2,700ft / 823m

Horseshoe Ridge Trail (2)

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

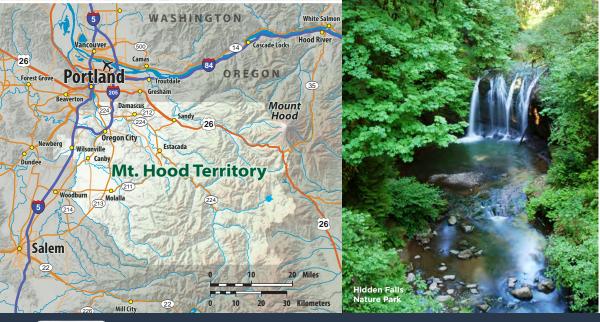
Suggested Season: July - November

for more information, visit fs.usda.gov

Explore this if you like:

- Wildflowers (seasonal)
- Stunning Mt. Hood views
- **Practicing river crossings**
- Shaded hikes

HORSESHOE RIDGE TRAIL





mthoodterritory.com #OMHT