

## 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. Chef Matt is now smoking in-house all our own pastrami, brisket and pork.

### SOUTH LODGE

**Alpenstube Restaurant & Bar\***

Our beautiful slopeside, full service restaurant offers an inviting menu featuring a wide variety of appetizers, salads, gourmet burgers, sandwiches, Chef Matt's specialties and more!

**Schuss Grill**

Your choice for premium quick service food and home to the best burgers on Mt. Hood! All of our burgers are made from 100% Northwest, all natural Certified Angus Beef that is hormone and antibiotic free.

**Higher Grounds**

Warm up with a premium cup of coffee or espresso! Higher Grounds also offers smoothies and other healthy beverages. Now featuring hot and cold deli sandwiches.

**Comfort Zone Café**

Quick in-and-out featuring macaroni & cheese, curly fries, chili, hot dogs and nachos with your choice of toppings along with entrée specials.

**Paradise Sundeck & Grill\***

On sunny days, enjoy grilled favorites on the barbecue! Relax and revive on our sundeck and snow beach!

### NORTH LODGE

**Fresh Tracks Deli**

A quick stop for great rice bowls, panini sandwiches, wraps, deli sandwiches or salads. We also feature lots of great healthy beverages and healthy grab-and-go items.

**Vertical\***

Take in the view and enjoy a great menu featuring gourmet pizzas and sandwiches. Vertical also offers a wide selection of the Northwest's finest microbrews and wines.

### ON SLOPE

**The Mazot\***

Our on-mountain café features specialty sandwiches, Mazot Dawgs, beers on tap and espresso 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.

*\*Alcoholic beverages available*



**HIGH PERFORMANCE CENTER**

Top Brands at Competitive Prices.  
Custom Boot Fitting and Foot Beds.  
Passholders Earn Loyalty Points!

**OUTER LIMITS SPORTS**



## MT. HOOD 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 personal planning for the ultimate mountain experience.

Located at 1639 NW Northrup Street, Portland, OR 97209

Facebook: [@MeadowsPDX](#)

SkiHood.com/MeadowsPDX

## MEADOWS PARKS

Meadows Parks offers many terrain parks. With features varying from large to extra small we have something to fit everyone's riding style! Follow us on Instagram at [@mthoodmeadowsparks](#)

## SNOWSHOEING

Snowshoeing is a great way to experience winter at a slower pace. Hike through woods and meadows and even down to a waterfall! We offer rentals, guided snowshoe hikes and sunset dinner snowshoe tours throughout the season. For the most up to date info and pricing, visit: [SkiHood.com/Snowshoe](#)

## NORDIC CENTER

Located off the HRM parking lot, the Meadows Nordic Center offers 15km of groomed trails that are power tilled to create both molded tracks and skating lanes. We offer lessons and rentals for both classic track and skate skiing. Scheduled Thursday-Monday and Holidays 9 AM-4 PM. For the most up to date Race and Event schedules, visit: [SkiHood.com/Nordic](#)



## COOPER SPUR SKI AREA

Visit our small, family friendly ski area. We offer 50 acres of beginner and intermediate terrain with 350 feet of vertical. We also have lessons, rentals, snow tubing, Nordic skiing, snowshoeing and a charming alpine lodge!

## LODGING AT COOPER SPUR

Stay at Cooper Spur – located just a few miles north of Mt. Hood Meadows on Hwy 35. We have hotel rooms, condos, cabins and a log home so there are accommodations to suit everyone's needs. Culinary purchases at the Crooked Tree Tavern earn loyalty points.

**CooperSpur.com**  
10755 Cooper Spur Road, Mt. Hood, Oregon 97041

## WEDDINGS

Plan your dream wedding at Mt. Hood Meadows or Cooper Spur! Get away from the bustle of the city, to the majestic beauty of Mt. Hood National Forest. We offer weddings year round.

For more information or to book your wedding, contact: [Weddings@SkiHood.com](mailto:Weddings@SkiHood.com) or visit [Skihood.com/Weddings](#)



## RENTALS

With our fully stocked Rossignol Rental Center, we have all the gear to fit your skiing and snowboarding needs!  
[SkiHood.com/Rentals](#)

## OPENING IN THE 2020/21 SEASON

Sahale – our new home for Meadows Learning Center, Equipment Rental Center and a 10,000 square foot restaurant, meeting and activity center.

To learn more and for updates visit: [SkiHood.com/Sahale](#)

## LIFT TICKETS

For the best prices on daily lift tickets and season passes, visit us online at: [SkiHood.com/LiftTickets](#)

We also offer Night Tickets, Beginner Tickets and more!



## SUMMER OPERATIONS

Come back and visit us in the summer! Enjoy scenic chair rides, guided hikes, live music, geocaching, 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/Summer](#)



## LESSONS

Whether you are an advanced all-mountain rider or it's your first time trying a snow sport, our highly certified instructors are excited to ski/ride with you! We offer both group and private lessons 7 days a week to ages 4 and older with a Daycare lesson option for 3 year olds.

We also offer several multi-week programs with the benefit of having the same instructor who knows your progress and will determine weekly goals for you.  
[SkiHood.com/Lessons](#)



## DAY CARE CENTER

State certified childcare full-day and half-day options for children 6 weeks to 6 years old and lessons for ages 3-6. For more info and reservations forms visit: [SkiHood.com/Daycare](#)



## JOBS

Work where you play and join the Mt. Hood Meadows team! Enjoy these benefits when working for Meadows: Free skiing and snowboarding, free transportation to work, discounted rentals and free group lessons, retail discounts and mountain exchange with other ski areas. Visit [SkiHood.com/Jobs](#) for more info!



## SUMMER KIDS CAMPS

Looking for summer camps? Enjoy our Meadows Mountain Camps offered in July and August. Our Mountain Explorer, Mountain Adventure and Mountain Bike Camps provide kids with the opportunity to learn and have fun!

Learn more about our summer camps at: [SkiHood.com/SummerCamps](#)



# LET'S HIT IT.

# DEAR TRAIL,

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.....503.227.SNOW

[www.SkiHood.com](http://www.SkiHood.com)

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## GETTING TO MEADOWS

### SNO-PARK PERMITS

Required November 1st - April 30th to park in Oregon Department of Transportation maintained parking areas (including the Mt. Hood Meadows parking lots). Permits are available at our Concierge and at the HRM Lodge or at any DMV office and many sporting goods stores. 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. Vehicles require a Sno-Park permit and an overnight parking permit available at concierge. The Overnight RV Parking space is located in a designated area in the resort's main lot. *Limited to 3 days in a 5 day period maximum.*

### PARK & RIDE

*Find a ride to Meadows & leave your car at home!* Ride a midweek, weekend or holiday bus for just \$25 round-trip from Portland, or *"Ride Match"* with [DriveLessConnect.com](#) to hook up with others coming to Meadows. It's the sustainable, socially fun and responsible way to go!





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.

## 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. **STAY OUT OF CLOSED 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.  
**Stay out of closed areas!**

### Meadows Parks

|                |       |                    |       |
|----------------|-------|--------------------|-------|
| The Zoo.....   | S     | Shipyard.....      | S/M/L |
| Fireweed.....  | S / M | Banked Slalom..... | M     |
| Superpipe..... | M / L | Forest Park.....   | M     |

## 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.
- 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/Drones](http://SkiHood.com/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/Safety](http://SkiHood.com/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.

## KNOW THE CODE

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.



## TRAIL MAP LEGEND

- Easier
- More Difficult
- Most Difficult
- Extremely Difficult
- Freestyle Terrain
- Night Runs
- Area Boundary
- Out of Bounds
- Access Gates
- Gated Access Boundary
- Doggie Park
- High Speed Quad
- Quad Lift
- Double Chair Lift
- Dining
- Restrooms
- First AID Station
- Slow Zones
- Shuttle Pickup

## 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.       |
| Superbowl Skiing.....           | 1,700 Vert. Ft. |
| Longest Run .....               | 3 Miles         |
| Skiable Acres .....             | 2,150           |
| Night Acres .....               | 140             |
| Annual Snowfall .....           | 430"            |



### SEYMOUR SAYS

Join the Quad Squad! Score more with four - quad up to get in more runs! Forms groups of four in the express lines.

## 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      | 5,368-6,546 | 1,178 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.     |

### WE USE RFID GATES!



## 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.

## REUSE OR RECYCLE THIS MAP

We hope you found this map helpful! If you don't want to keep it, you can help us be more sustainable by recycling it for someone else to use. Please drop your map off at any ticketing point of sale so we can reuse it.

You can also return your pass for reuse, or recycling. Drop it off at one of our convenient RFID take back receptacles, or at any point of sale.

