







## The MOUNTAIN

Top Cascade Express	7,300 ft.
Bottom Hood River Express	4,523 ft.
Vertical Rise	2,777 ft.
Elevation at Base Lodge	5,366 ft.
Superbowl Additional Hiking	1,700 vertical ft.
Top of Superbowl Skiing	9,000 ft.

## The TERRAIN

Skiable Acres	2,150
Acres of Night Skiing	240
Longest Run	3 Miles
Annual Snowfall	430"
15% Beginner -----	50% Intermediate
20% Advanced -----	15% Expert

Path of Vista Express is for illustrative purposes only. Actual lift does not change directions.

## Clean Wind Energy



The Vista Express, the Shooting Star Express at Mt. Hood Meadows and the Homestead Lift at Cooper Spur Ski Area are powered by 100% clean wind energy.

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



WiFi HotSpot  
Finish Line Bar and Grill  
Upper Level North Lodge



Mt. Hood Meadows Safety Awareness Programs have won 3 national safety awards the past 2 seasons. The "Are You Aware?" skier/snowboarder safety education and the high profile "Know the Code / Live the Code" programs remind guests to be aware of what is going on around them and always follow the rules of the responsibility code:

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

## 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.
- Skier 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

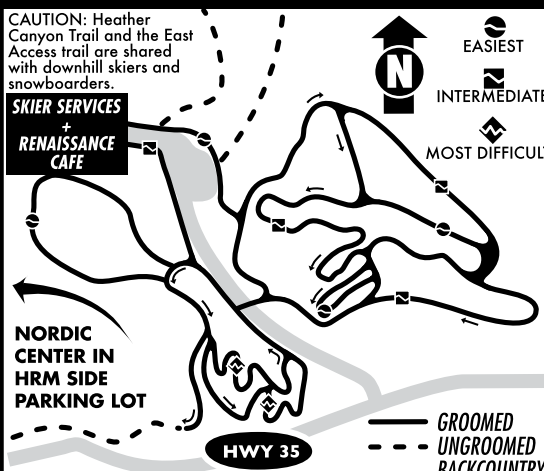
	EASIER		DINING
	MORE DIFFICULT		HIGH SPEED QUADS
	MOST DIFFICULT		FIRST AID STATION
	EXPERT		COMFORT ZONE
	FREESTYLE TERRAIN		CONTROL GATE
	NIGHT SKIING		SLOW ZONE
	AREA BOUNDARY		OUT OF BOUNDS
	TERRAIN PARK		
	RV PARKING		

**DON'T CROSS A CLOSED BOUNDARY!** Mt. Hood Meadows has both internal 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 potential criminal trespass proceedings. **Accessing a closed area/boundary requiring search and rescue efforts will result in a minimum \$1,000 Rescue Fee. STAY OUT OF CLOSED AREAS!**

## COMFORT ZONES

Mt. Hood Meadows Ski Resort has designated certain trails as Comfort Zones, for skiers and snowboarders looking to enjoy the sport at a slower pace. The Comfort Zone is intended to create a greater sense of comfort for families with young children, for those who are still at the novice level, and for those who have been enjoying the sport for many years and choose to move at a slower speed. Beginner trails serviced by the Buttercup and Easy Rider chairlifts plus terrain serviced by the Hood River Meadows chairlift are designated as Comfort Zones. We appreciate your cooperation in controlling and reducing your speed in designated Comfort Zones.

## NORDIC CENTER MAP



## LIFT STATISTICS

LIFT	ELEVATION	VERT. RISE	RIDE TIME
BLUE	B 5378..T 6555	1177 Ft.	9 Min.
STADIUM	B 5382..T 5930	548 Ft.	5 Min.
EASY RIDER	B 5434..T 5866	432 Ft.	6 Min.
DAISY	B 5368..T 6040	672 Ft.	7.5 Min.
CASCADE EXPRESS	B 5914..T 7305	1391 Ft.	5.5 Min.
HOOD RIVER EXPRESS	B 4528..T 5928	1400 Ft.	5 Min.
BUTTERCUP	B 5352..T 5474	122 Ft.	4 Min.
MT. HOOD EXPRESS	B 5368..T 6546	1178 Ft.	4.5 Min.
SHOOTING STAR	B 5626..T 6566	940 Ft.	5 Min.
HEATHER	B 5253..T 5958	705 Ft.	6.5 Min.
VISTA EXPRESS	B 5450..T 6571	1121 Ft.	5.1 Min.

**AVAILANCE CONTROL ADVISORY:** Mt. Hood Meadows uses several methods for avalanche reduction including remote delivery systems. Control work may be in progress at any time; stay out of closed areas.

## IN CASE OF ACCIDENTS

- Place skis upright and crossed in the snow above the scene of the accident.
- Report the accident to a ski patrol employee or 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.

## MEADOWS NORDIC CENTER

15 km of groomed trails are power tilled to create both molded tracks and skating lanes. Open weekends.  
TRACK - Full Day \$10 Adult / \$5 Junior / Half Day \$7  
RENTALS \$18 / LESSON \$20 / SEASON TRACK PASS \$50

## Heather Canyon, Clark Canyon and Private Reserve

### Gate Access Only

Access to Heather Canyon, Clark Canyon and Private Reserve is through control 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.

## FOUR POINTS OF SMART STYLE

### MAKE A PLAN:

Every time you use Freestyle Terrain, make a plan for each feature you want to use. Your speed, approach and take-off will directly affect your maneuver and landing.

### LOOK BEFORE YOU LEAP:

Before getting into freestyle terrain observe all signage and warnings. Scope around the jumps first not over them. Use your first run as a warm up run and to familiarize yourself with the terrain. Be aware that the features change constantly due to weather, usage, grooming and time of day. Do not jump blindly and use a spotter when necessary.

### EASY STYLE IT:

Know your limits and ski/ride within your ability level. Look for small progression parks or features to begin with and work your way up. Freestyle skills require maintaining control on the ground and in the air. Do not attempt any features unless you have sufficient ability and experience to do so safely. Inverted aerials increase your risk of injury and are not recommended.

### RESPECT GETS RESPECT:

- Respect the terrain and others
- One person on a feature at a time
- Wait your turn and call your start
- Always clear the landing area quickly
- Respect all signs and stay off closed terrain and features

### BE SURE YOU KNOW THE CODE:

Your Responsibility Code provides safety tips while on the slopes. Smart Style is a terrain park specific safety program that you should check out before using terrain parks.