



MT. HOOD  
**MEADOWS**  
*Your mountain home*

# Snowshoe Trail Map



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**SkiHood.com**



## Snowshoe at Mt. Hood Meadows

The Umbrella Falls snowshoe trail network, starting at the Sahalie Lodge in the main base area, has multiple routes to tailor your snowshoe experience. Choose a shorter route of less than 2 miles or a more extended route on Big Umbrella Falls Loop and into Stringer Meadow for up to a 3 1/2-mile loop. Leashed dogs are welcome on snowshoe trails. Please pick up pet waste and dispose of it properly. Designated pet areas may have doggie bags and waste receptacles. Thank you for keeping our trails clean.

Snowshoe rentals and tours are also available at the Nordic Center in the Hood River Meadows base area with snowshoe trails to the scenic Sahalie Falls. Pick up a Nordic and Sahalie Falls specific map at the Nordic Center. For more info visit [SkiHood.com/Explore/Snowshoe-Tours](https://www.skihood.com/Explore/Snowshoe-Tours)



## Weekend Snowshoe Tours

Enjoy time away from the hustle and bustle of the ski area and join us for a tour through trees and meadows to scenic Umbrella Falls or Sahalie Falls. Our snowshoe tours are an incredible way for guests to experience the beauty and inspiration of being on the mountain without needing skis or a snowboard.

Tours are open to adults and older children (accompanied by a parent/guardian) of all ability levels, and they go out in the morning and afternoon depending on what tour you choose. Both trail networks are about 3 miles long. Guided tours are available on weekends and holidays, as well as evening tours on select dates.

Private and corporate snowshoe tours available. Please check our website for dates and pricing: [SkiHood.com/Explore/Snowshoe-Tours](https://www.skihood.com/Explore/Snowshoe-Tours)

## Illumination Snowshoe Tours

Nighttime snowshoe tours originating at the Sahale Lodge in the main base area and from our sister resort, Cooper Spur Ski Area, are available on select nights throughout the season, some aligned with the various full moons during the winter months. Please check the website for details about these unique evening offerings and dates throughout the season. The Cooper Spur Tours include a chairlift ride and dinner at the Crooked Tree Tavern at the Cooper Spur Inn.

## Vista Ridge Culinary Snowshoe Tours

Our on-mountain, evening guided snowshoe tour will give you a wonderful perspective of Mt. Hood above tree line! The tour begins at the Sahale Lodge Rental Center with a short hike to the bottom of the Vista Express Chairlift. There you embark on a scenic lift ride to the 6,000' level, where views of White River Canyon and the South Cascades await. Then begin your guided descent along the southern boundary of the resort and back to the lodge where you will enjoy a wonderful sit-down, culinary experience to warm your belly. Rentals may be added on and tour-only options are available.

*Please check our website for dates and pricing:*

**[SkiHood.com/Explore/Snowshoe-Tours](https://SkiHood.com/Explore/Snowshoe-Tours)**

## Contact Info

Mt. Hood Meadows  
14040 Hwy P.O. Box 470  
Mt. Hood. OR 97041

503.337.2222 Ext. 1262  
[nordic@skihood.com](mailto:nordic@skihood.com)



Scan the QR code  
for more info on the  
Nordic Center.



Scan the QR code  
for more info on the  
Snowshoeing.



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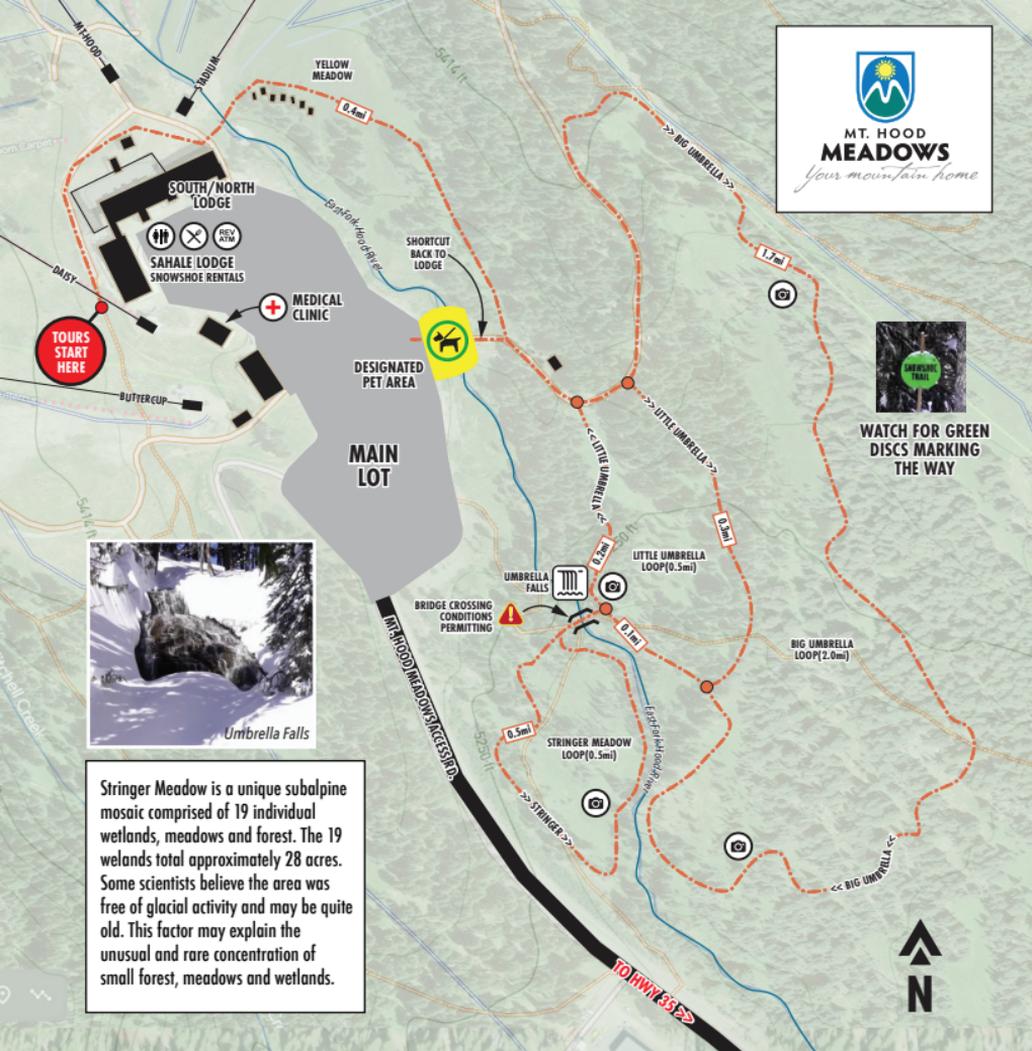
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**WATCH FOR GREEN  
DISCS MARKING  
THE WAY**



*Umbrella Falls*

Stringer Meadow is a unique subalpine mosaic comprised of 19 individual wetlands, meadows and forest. The 19 wetlands total approximately 28 acres. Some scientists believe the area was free of glacial activity and may be quite old. This factor may explain the unusual and rare concentration of small forest, meadows and wetlands.

MAP SYMBOLS	ROUTE SYMBOLS	NO LOOSE PETS	TAKE PETS TO DESIGNATED PET AREAS
GREAT PHOTO	SNOWSHOE TRAIL	<b>NO LOOSE PETS.</b> FOR THE SAFETY OF ALL, PETS SHOULD BE LEASHED AT ALL TIMES INSIDE THE MT. HOOD MEADOWS PERMIT AREA AND ARE NOT ALLOWED ON ANY GROOMED TRAILS OR IN AND AROUND THE LODGES.	<b>TAKE PETS TO DESIGNATED PET AREAS. LEASHES ARE REQUIRED ON SNOWSHOE TRAILS. PICK UP YOUR PET WASTE. BAGGIES AND RECEPTACLES ARE AVAILABLE AT DESIGNATED PET AREAS.</b>
FOOD SERVICE	DISTANCE MARKERS 0.5mi TRAIL LENGTH BETWEEN MARKERS		
REVERSE ATM	IDEAL DIRECTION OF TRAVEL		
RESTROOMS	CHAIRLIFT		
EMERGENCY SERVICES	BUILDING(S)		

**No Hiking or Pets on Groomed Trails**  
Watch out for Skiers and Snowboarders  
Snowshoe on designated trails only

**Warning:** Grooming machinery may be in operation anytime outside of operating hours. Stay clear and snowshoe at your own risk at all times

**FOR EMERGENCIES CALL SKI PATROL  
(503) 438-3216 OR DIAL 911**