



Wildflowers Café
Offering coffee, tea and grab-and-go food items.



Bullwheel Bar*
Serving beer, wine and cocktails from a bar inspired by lifts and the people who maintain them.



Sahale Grill
Our quick-serve restaurant serving hot food and cold grab-and-go snacks.



Alpenstube Restaurant & Bar*
A full-service restaurant and bar with an amazing view and delicious menu.



The Loft*
The place to go for a warm fire, a full bar and yummy appetizers.



Schuss To Go Express
A quick place to grab a burger, chicken strips and hotdogs.



Fresh Tracks Grab & Go
Offering grab-and-go sandwiches, salads, snacks, smoothies and other drinks.



Vertical*
Get your après food and drinks from this full-service restaurant and bar. It also has music on the weekends in the winter.



The Mazot*
Everyone's favorite on-hill place to grab a drink and snack.



The Renaissance Café*
Located in the HRM lot, you can get hot & cold sandwiches and drinks.

**Alcoholic beverages available*

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"

LIFT	ELEVATION	VERTICAL RISE
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	5,434-5,868	434 Ft.
Heather	5,253-5,958	705 Ft.
Hood River Express	4,528-5,928	1,400 Ft.
Mt. Hood Express	5,373-6,548	1,180 Ft.
Shooting Star Express	5,626-6,562	936 Ft.
Stadium Express	5,368-5,949	581 Ft.
Vista Express	5,446-6,568	1,122 Ft.



LIFT TICKETS

We offer a variety of tickets to suit your schedule. Purchase your ticket online in advance to get the best price and to ensure your day on the mountain. [SkiHood.com/Store/Tickets-and-Passes](#)





MEADOWS PARKS



PARK SMART

START SMALL

MAKE A PLAN

ALWAYS RESPECT

TAKE IT EASY

Follow us on Instagram: [@mthoodmeadowsparks](#)



SUMMER AT MT. HOOD MEADOWS



Visit us in the summer and get a whole new perspective of Mt. Hood. Explore our trails and see what you are skiing and riding over in the winter. We have a network of uncrowded hiking trails that offer access to fields of wildflowers and flowing waterfalls, including the waterfalls in Heather Canyon. We also have scenic chairlift rides, food and drinks, deck games, a gift shop, summer daycare camps, live music, events, movies on the deck and overnight RV camping. Come see us this summer and you won't be disappointed!

For more info about our summer operations, visit: [SkiHood.com/Explore/Summer](#)



Scan the QR code to download our Summer Trail map.



SNOWSHOE TOURS & RENTALS





SKI/SNOWBOARD LESSONS & RENTALS

We offer lots of lesson options to fit the needs of you and your family. Our Rental Center is stocked with Rossignol skis and snowboards. We also have snowshoe rentals at the Rental Center. Get the details: [SkiHood.com/Explore/Rentals-and-Lessons](#)





SNOWSHOE TOURS & RENTALS

Snowshoeing is a great way to enjoy winter on Mt Hood. Snowshoe through wooded areas and open meadows to scenic waterfalls! We offer rentals and guided tours during the day and evening, with some that include a chairlift ride. For maps, tour dates and schedule visit: [SkiHood.com/Explore/Snowshoe-Tours](#)





NORDIC CENTER

The Nordic Center offers 15km of trails for Classic and Skate skiing. It also offers lessons, rentals and snowshoe rentals. For more info visit [SkiHood.com/Explore/Nordic](#) and follow us on Instagram [@MeadowsNordic](#)





MOUNTAIN KIDS PLAYSCHOOL

Mt. Hood Meadows Daycare has been getting kids ready for kindergarten since 1999. We are excited to open our doors to our local preschool-age kids with Mountain Kids Playschool! We are proud to offer a child-led, process-based curriculum that embraces a love of the outdoors and a sense of adventure. For more information or to sign up please visit: [Skihood.com/Explore/Mountain-Kids-Playschool](#) or email [daycare@skihood.com](#)





GROUP TRIPS





DAYCARE CENTER

Bring your group to Meadows for a day of snow activities and reserve a private space for breaks, meetings, lunch, and socializing. We offer group rates for groups of 15 or more. For more information, contact: [Groupsales@SkiHood.com](#)





DAYCARE CENTER

Our year-round, state-certified Daycare Center offers full-day and half-day options as well as multi-day camps and Mountain Kids Playschool. Ski and Snowboard lesson options available. Visit [SkiHood.com/Explore/Daycare](#) for more info.





COOPER SPUR MOUNTAIN RESORT



Stay at Cooper Spur and enjoy year-round lodging. We have hotel rooms, condos and cabins - including pet-friendly options. Culinary purchases at the Crooked Tree Tavern earn loyalty points to Mt. Hood Meadows.



Scan the QR code to check out our lodging deals.





EVENTS



We have loads of fun events throughout the season that are sure to be a good time for all ages. We have some great events in the winter (as well as Après Music), but spring is our true event season with something happening almost every weekend!

Breakfast with Santa
New Years Eve
Rail Jams
Chairway to Heaven
Ski ALS
Oregon Cancer Ski Out
Demo Day
Spring Brew Fest
Full Sail Banked Slalom
Everybody's Mazot Fest
Pride Day
Double Mountain Pond Skim



Scan the QR code to view all of our upcoming events!



WEDDINGS



Plan your dream wedding at Mt. Hood Meadows! Get away from the bustle of the city to the majestic beauty of the Mt. Hood National Forest. We offer weddings year round and have multiple venues to choose from.

For more information or to book your wedding, contact: [Weddings@SkiHood.com](#) or visit [SkiHood.com/Explore/Weddings](#)
Follow us on Instagram [@mthoodmeadowsweddings](#)



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 get help with planning the ultimate mountain experience.
Located at 1639 NW Northrup Street, Portland, OR 97209
Facebook: [@MeadowsPDX](#) | [SkiHoodStore.com](#)



OUR PARTNERS



TOYOTA









SUSTAINABLE SLOPES



TOYOTA

Official Vehicle of Mt. Hood Meadows
Prototype shown with options.







MT. HOOD MEADOWS
Your mountain home



Trail Map



CONTACT INFO

Mt. Hood Meadows
14040 Hwy 35 / P.O. Box 470
Mt. Hood, OR 97041



PHONE NUMBERS

Mt. Hood Meadows503.337.2222
Cooper Spur Mountain Resort541.352.6692
Snow Phone.....503.337.2222 ext. 9
Ski Patrol (Emergency Only)503.438.3216



www.SkiHood.com







MtHoodMeadows

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View the Lodge Map
Scan the QR code to use the lodge map to find what you are looking for.



PARKING



SNO-PARK PERMITS

Required November 1 - April 30 to park in Oregon Department of Transportation maintained parking areas (including the Mt. Hood Meadows parking lots). Permits are available at our Concierge desk, the HRM Lodge and at other authorized permit agents. 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. RVs require a Sno-Park permit. RVs must also obtain an overnight parking permit available at [SkiHood.com/Explore/RV-Parking](#) - this is not a reservation; it's just to register when you arrive. The Overnight RV Parking space is located in a designated area in the resort's Sunrise lot.
Limited to 3 days in a 5-day period maximum.



PET-FRIENDLY AREAS

Pets must be on-leash at all times. Pets are not allowed around base area facilities or inside any lodges. There are designated Pet Areas at the Main lot, Hood River Meadows lot and Twilight lot - take pets to these locations. Please pick up and dispose of pet waste. Baggies and receptacles are usually available at the designated pet areas.

HEATHER CANYON ♦♦ CLARK CANYON ♦♦
PRIVATE RESERVE ♦♦

ENTER AT OPEN GATES ONLY

This area is **EXTREME TERRAIN**, not groomed and not regularly patrolled.
You must be able to maintain control at all times.
Do not access closed areas by traversing or hiking.
Do not access Clark Canyon when upper Heather gates are closed.

- IT IS ESSENTIAL THAT YOU TAKE PRECAUTIONS associated with this terrain including but not limited to:
- 1) An understanding that **HAZARDS EXIST IN THIS AREA** that may cause trauma, serious injury, paralysis or death, including but not limited to:
 - Avalanches and sliding or falling snow
 - Avalanche crowns and debris
 - Sliding or falling ice, rocks or other debris
 - Hidden and/or visible cracks, holes, schrunds and creeks
 - Cliffs, cornices, drop offs and extreme terrain
 - Deep snow and tree well suffocation hazards
 - Snow pockets, unstable snow, wind scour and very hard snow
 - Limited visibility
 - Additional unmarked and human hazards may exist, including those not known at this time
 - Variable snow conditions and other hazards associated with ungroomed areas and extreme terrain
 - 2) Practice **DEEP SNOW** and **TREE WELL ACCIDENT PREVENTION**
 - 3) Proceed with caution and practice **FALL PREVENTION** in firm snow conditions
 - 4) Travel with a **PARTNER** in visual contact
 - 5) Carry and know how to use **AVALANCHE RESCUE GEAR**
 - 6) **KNOW BEFORE YOU GO!** Know your **ROUTE** and the current **SNOW CONDITIONS**
- RESCUE MAY BE EXTENDED AND/OR DELAYED**

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. DON'T DUCK ROPES! STAY OUT OF CLOSED AREAS!**
Expert terrain names shown are for reference only and are not designated trails or runs.

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.
Don't duck ropes! Stay out of closed areas!



YOUR RESPONSIBILITY CODE

- 1 Always stay in control. You must be able to stop or avoid people or objects.
- 2 People ahead or downhill of you have the right-of-way. You must avoid them.
- 3 Stop only where you are visible from above and do not restrict traffic.
- 4 Look uphill and avoid others before starting downhill or entering a trail.
- 5 You must prevent runaway equipment.
- 6 Read and obey all signs, warnings and hazard markings.
- 7 Keep off closed trails and out of closed areas.
- 8 You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9 Do not use lifts or terrain when impaired by alcohol or drugs.
- 10 If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know and Obey the Code. It's Your Responsibility.
If you need help understanding the Code, please ask an employee

- 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. **Ski Patrol (Emergency Only) - 503.438.3216**
 - 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 their name to resort personnel, ski patrol members or the other injured skier.
- Participant agrees that any legal action related to use of this Pass or the premises must be filed in Hood River County, Oregon.
- 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/Explore/Safety/Drones](https://www.skihood.com/Explore/Safety/Drones) for more information.

- UPHILL TRAVEL RESTRICTIONS**
- Mt. Hood Meadows generally prohibits uphill travel in the ski area.
- Specific exemptions exist for spectators going to Easy Rider events, hiking to Superbowl when open, and for accessing the adjacent backcountry areas using designated routes only
 - 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/Explore/Safety](https://www.skihood.com/Explore/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.



TRAIL MAP LEGEND

	Conveyor Lift		Tickets
	Double Chair Lift		Restroom
	Quad Chair Lift		Dining
	High-Speed Quad		Bar
	High-Speed Six-Seater		Retail
	Easier		Food Truck (Seasonal)
	More Difficult		Lessons
	Most Difficult		Rentals
	Extremely Difficult / Experts Only		Tuning
	Freestyle Terrain		Lockers
	Gated Access Boundary		Ski Check
	Access Gate		Nordic Skiing
	Ski Area Boundary		Guest Pick-Up & Drop-Off
	Designated Uphill Travel Routes		Shuttle Pick-Up & Drop-Off
	Out Of Bounds		Parking
	Slow Zones		RV Parking
	Night Runs		Porta Potty
	Permanent Closure		Doggie Park
	First Aid - Ski Patrol		

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.

This is a sample of our Nordic trails, please visit the Nordic Center for a full map.