

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.

SAHALE LODGE



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.

SOUTH LODGE



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.

NORTH LODGE



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.

ON SLOPE



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*

COOPER SPUR SKI AREA



Visit our family-friendly ski area! We offer 50 acres of beginner and intermediate terrain with 400 feet of vertical. We also have a rustic lodge, lessons and rentals. Nordic skiing and snowshoeing are offered from the Inn, and we have Guided Snowshoe Tours.

LODGING AT COOPER SPUR



Stay at Cooper Spur! Choose from hotel rooms, condos or pet-friendly cabins for your winter getaway. Beat the weekend traffic and visit Crooked Tree Tavern for delicious food and craft cocktails. Guests who stay midweek can purchase discounted lift tickets to Meadows.



Scan the QR code to check out our lodging deals.

MOUNTAIN KIDS PRESCHOOL

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 Preschool! 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/Daycare or email daycare@skihood.com



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



RELOAD YOUR TICKET

If you plan on visiting us again in the future, hang on to your lift ticket! You can reload your ticket online, saving you money and allowing you to go directly to the lift when you arrive.

Reload your ticket by scanning the QR code or entering the ID# on the back of the ticket.



In an effort to reduce our environmental impact, Mt. Hood Meadows has minimized the production of printed trail maps. We encourage everyone to use the map on our website and to reuse this trail map. If you don't plan on reusing your map, please drop it off in one of our take back boxes so it can be reused.

MEADOWS PARKS

Build your skills in one of our smaller parks like the Zoo or throw down in one of our larger parks like Forest Park. We have something for everyone's riding style! Follow us on Instagram: [@mthoodmeadowsparks](https://www.instagram.com/mthoodmeadowsparks)



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 ride on the Vista chair above the tree line and a sit-down dinner after the tour. Rentals and tours available at Sahale Lodge and the Nordic Center. For maps, tour dates and schedule visit: SkiHood.com/Explore/Snowshoe-Tours



NORDIC CENTER

The Nordic Center is located on the east end of the Hood River Meadows parking area offering 15km of power-tilled groomed trails for both Classic and Skate skiing. Nordic rental gear and group or private lessons are available for both Classic and Skate skiing. Snowshoe trails, rentals, and tours are also available. Open Thursday-Monday and most holidays. For map, lessons, track passes, current conditions and more information visit: SkiHood.com/Explore/Nordic Follow us on Facebook and Instagram at [@MeadowsNordic](https://www.instagram.com/MeadowsNordic)



DIVERSITY, EQUITY, AND INCLUSION

The mountain is for everyone, and we want all our guests to feel welcomed, to feel included, and to feel a sense of belonging to this special place. Visit our Diversity, Equity, and Inclusion web page at SkiHood.com/Explore/Our-Commitment/DEI to learn more.

SUMMER OPERATIONS

Visit us in the summer and get a whole new perspective on what you ski and snowboard over in the winter. We have miles of hiking trails where you can see beautiful wildflowers and flowing waterfalls, including the waterfalls in Heather Canyon. We also have scenic chairlift rides, food and drinks, deck games, live music, events, movies on the deck and 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 view our Summer Trail Map

EVENTS

Every season we host some awesome winter and spring events. From Breakfast with Santa to the Full Sail Banked Slalom, Everybody's Mazot Fest and the ever-popular Double Mountain Pond Skim, we have something for everyone to enjoy. Check out our entire list of events at: SkiHood.com/Explore/Events-And-Activities



GROUP TRIPS

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 weeklong camps for kids ages 6 weeks to 11 years old. We also offer lessons for ages 2.5-11 years. Drop your kiddos off with us and enjoy a day on the slopes knowing they are having a great time with our skilled teachers and assistants! For more info and reservation forms visit: SkiHood.com/Explore/Daycare or email daycare@SkiHood.com



EV CHARGING



Mt. Hood Meadows is now offering 6 stalls of Flo level 2 charging stations. These stations will have time limits, and higher fees after that period.



Scan the QR for current fees, rules of use, and other important information.

SKI/SNOWBOARD LESSONS & RENTALS

Daily Lessons - Whether you're advanced all-mountain or it's your first time trying a snow sport, our dedicated instructors are here to maximize your experience! Reserve Group or Private lessons online in advance to guarantee your preferred date and lesson time.

Program Lessons - We offer lesson packages that allow you to come on the same day of the week and have the same class each visit. You will be amazed at your progression!

Meadows Freeride Team - For youth ages 7 - high school who are looking to improve their skills in the terrain parks, powder, trees and steeps with 8, 16 and 24- day sessions available.

Rentals - Enjoy the slope-side convenience of our fully stocked Rossignol Rental Center which has all the gear to fit your skiing and snowboarding needs! Reserve your rentals online in advance to maximize your time on-snow.

Get all the details: SkiHood.com/Explore/Rentals-And-Lessons



JOBS

Opportunities await to enrich lives. In addition to spreading stoke, some of the many perks for joining the Mt. Hood Meadows Team include:

- Free season pass
- Free or discounted passes for dependents
- Free group lessons
- Resort discounts
- Pro deals
- Free employee transportation
- Access to our regional Mountain Exchange Program with participating resorts

Visit SkiHood.com/Explore/Jobs to learn more and view a listing of current full-time and part-time openings.



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](https://www.instagram.com/mthoodmeadowsweddings)

ON-MOUNTAIN SHOPS



We offer tunes, repairs, custom boot work and foot beds. Come see our selection of retail gear, and let us get you on the snow and making your best turns. We also have a large selection of ski and snowboard demos so you can test gear out before you buy.



Come check out our winter outerwear and accessories. Forgot something? We have you covered with goggles, gloves and face masks. Shop our logo gear and bring home a memento from Mt. Hood Meadows.

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](https://www.facebook.com/MeadowsPDX) | SkiHoodStore.com

Photo: Shawn with options. Extra cost color shown
TOYOTA.COM
Official Vehicle of Mt. Hood Meadows



TOYOTA



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

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 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/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

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.

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!



TRAIL MAP LEGEND

- 1 Conveyer Lift
- 2 Double Chair Lift
- 3 Quad Chair Lift
- 4 High Speed Quad
- 5 High Speed Six Seater
- 6 Easier
- 7 More Difficult
- 8 Most Difficult
- 9 Extremely Difficult / Experts Only
- 10 Freestyle Terrain
- 11 Gated Access Boundary
- 12 Access Gate
- 13 Ski Area Boundary
- 14 Designated Uphill Travel Routes
- 15 Out Of Bounds
- 16 Slow Zones
- 17 Night Runs
- 18 Permanent Closure
- 19 First Aid - Ski Patrol
- 20 Tickets
- 21 Restroom
- 22 Dining
- 23 Bar
- 24 Retail
- 25 Food Truck (Seasonal)
- 26 Lessons
- 27 Rentals
- 28 Tuning
- 29 Lockers
- 30 Ski Check
- 31 Nordic Skiing
- 32 Guest Pickup & Drop Off
- 33 Shuttle Pick Up & Drop Off
- 34 Parking
- 35 RV Parking
- 36 Porta Potty
- 37 Doggie Park

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 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	5,368-6,540	1,174 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.



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.

Meadows Parks

- The Zoo..... S
- Superpipe..... L
- Nastar Park..... S/M/L
- Banked Slalom..... M
- Forest Park..... S/M/L

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.



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.

