


# Cross Country Skiing Mount Hood and Beyond!

Join the ONC as we share our favorite places to cross country ski at Mount Hood and cover a few overnight trips to exotic locations. 

Scott Diamond  
Oregon Nordic Club, Portland Chapter  
[ONC-PDX.org](http://ONC-PDX.org) 

# Outline

- Oregon Nordic Club
- Guidebooks and maps
- My favorite day tours
- A few overnight tours
- Contact info



# Outline

- **Oregon Nordic Club**
- Guidebooks and maps
- My favorite day tours
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# OREGON NORDIC CLUB

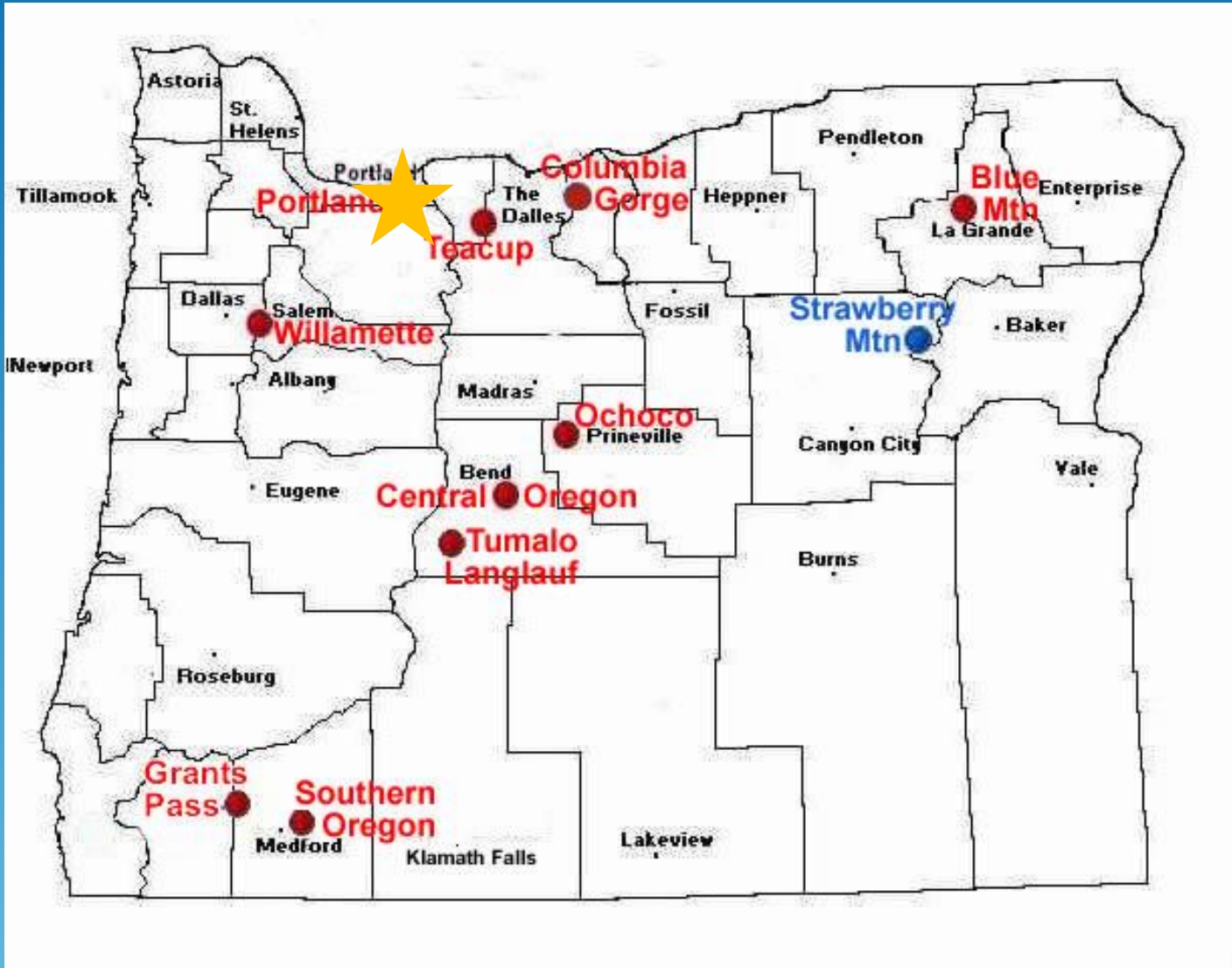


**Serving Oregon and Border  
Areas of Washington, Idaho,  
and California**





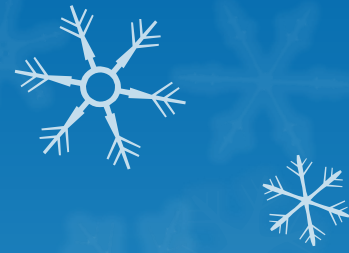
# Oregon Nordic Club Chapters



ONC is a non-profit dedicated to Nordic skiing

# Outline

- Oregon Nordic Club
- **Guidebooks and maps**
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- Contact info



Best Groomed  
CROSS-COUNTRY  
SKI TRAILS in

# OREGON

Includes Other Favorite Ski Routes



Mike Bogar



THE MOUNTAINEERS BOOKS

# Mt. Hood Winter Trails



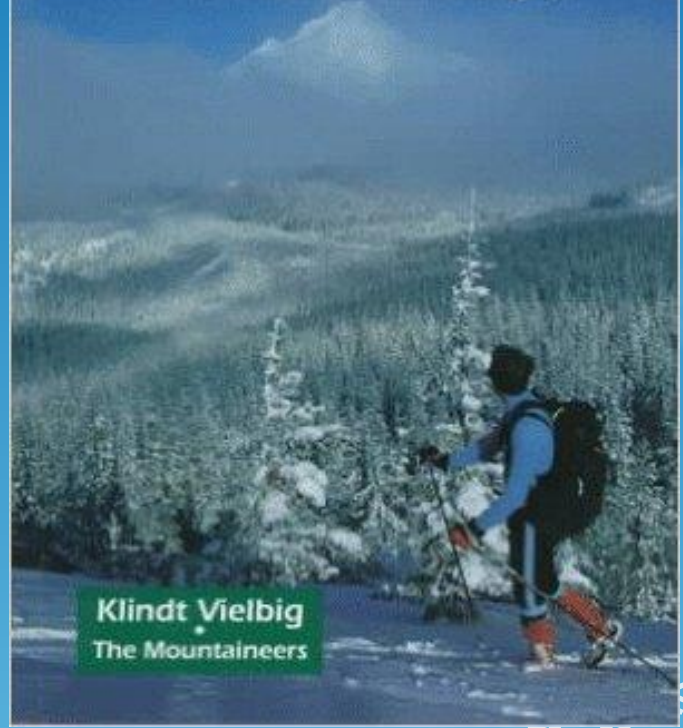
## MT. HOOD OREGON

Dozens of Trails Described for  
Beginners to Experts.  
Aerial Photo Base with Hillshade,  
Topographic Contours,  
and Much More.  
Waterproof and Tear Resistant

# CROSS-COUNTRY SKI ROUTES

## OREGON SECOND EDITION

Includes Southwest Washington



Klindt Vielbig  
The Mountaineers

Published 1994  
\$1 Amazon

# “Groomed”



# Outline

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So many trails,  
so little time ...

8 of my favorite day tours



# Teacup and Meadows

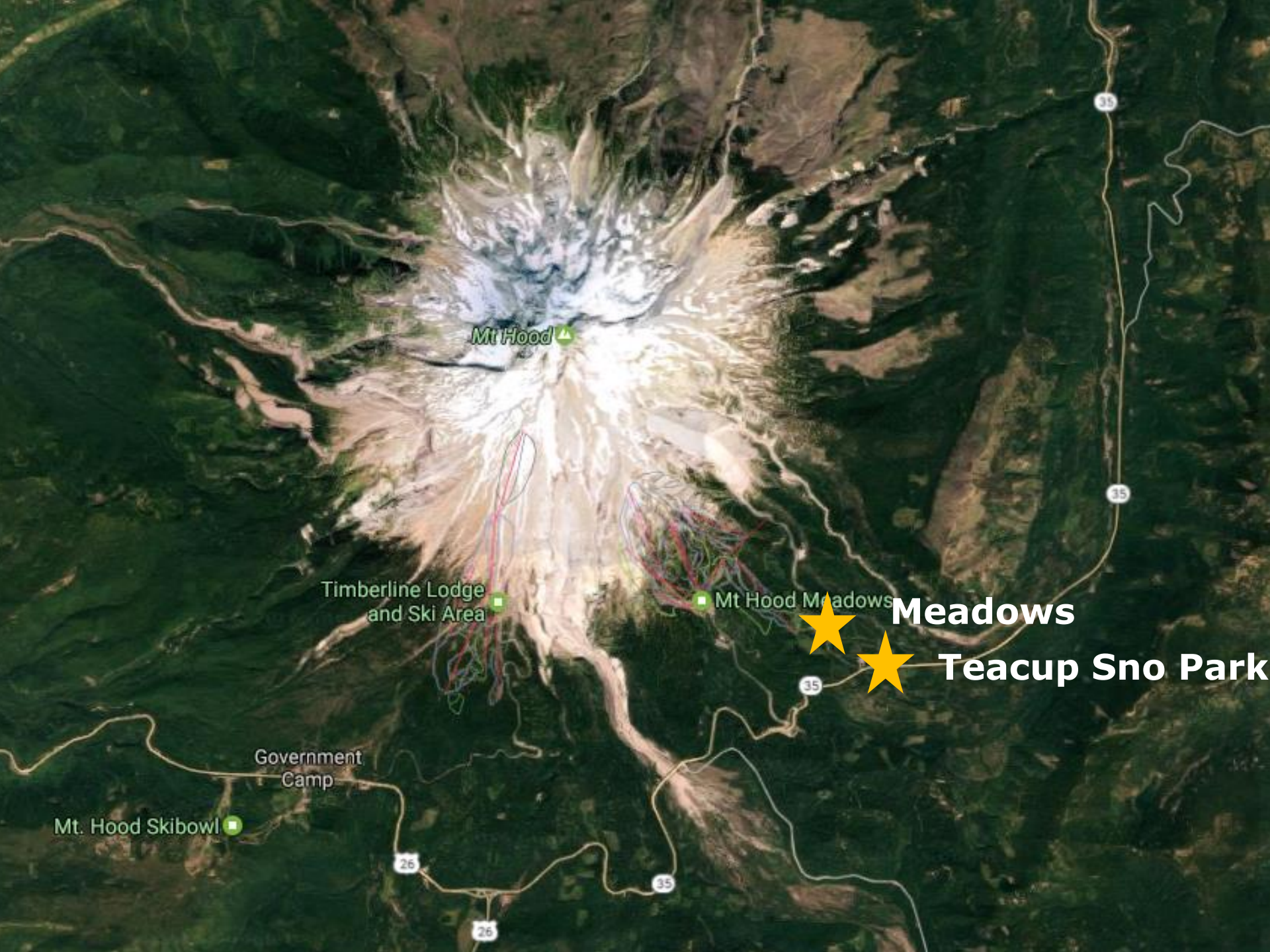


**Novice**

**Elevation 4,400 - 4,600**







Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

**Meadows**

**Teacup Sno Park**

Mt. Hood Skibowl

Government  
Camp

26

35

26

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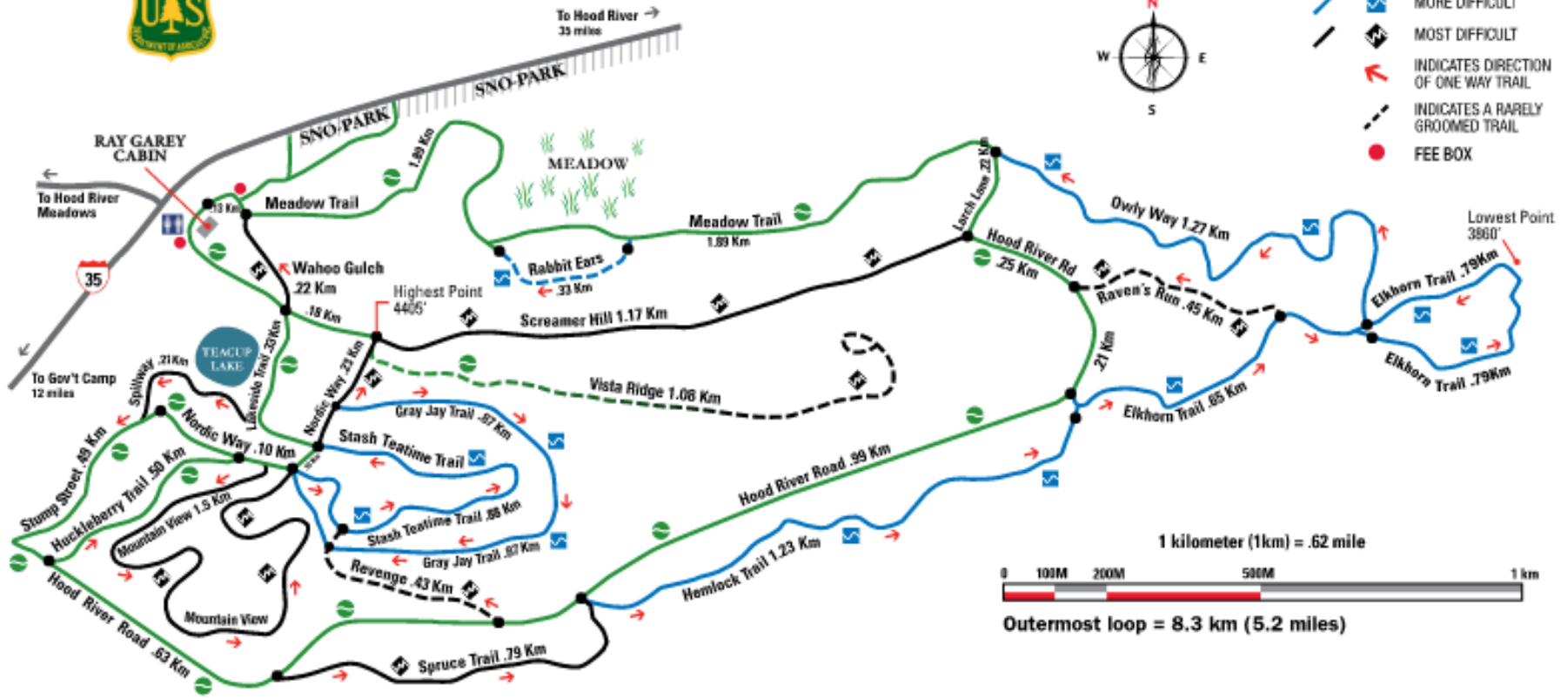
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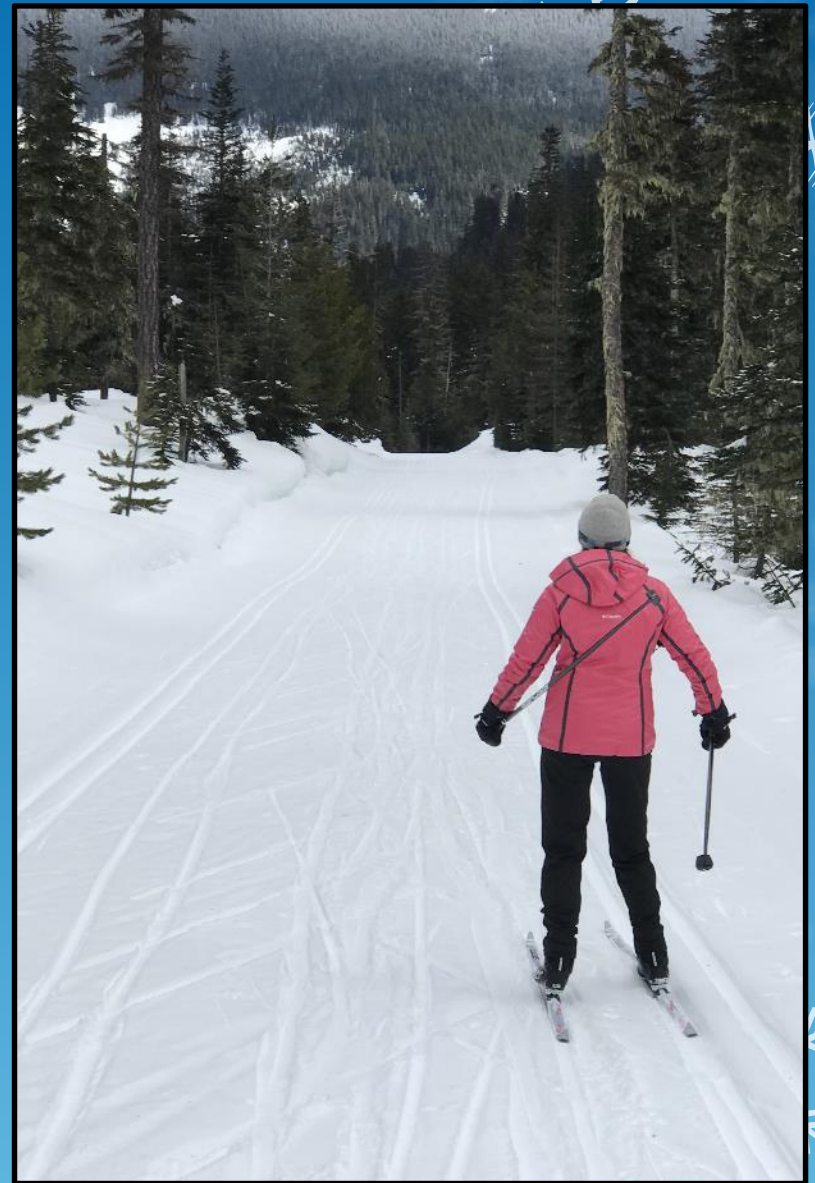


# TEACUP NORDIC TRAIL SYSTEM IN THE MOUNT HOOD NATIONAL FOREST



About 20 kilometers of groomed trails











# NORDIC TRAILS

## Heather Canyon Trail

Please check with the Nordic Center before entering due to extreme avalanche hazards. No skiing beyond closures.

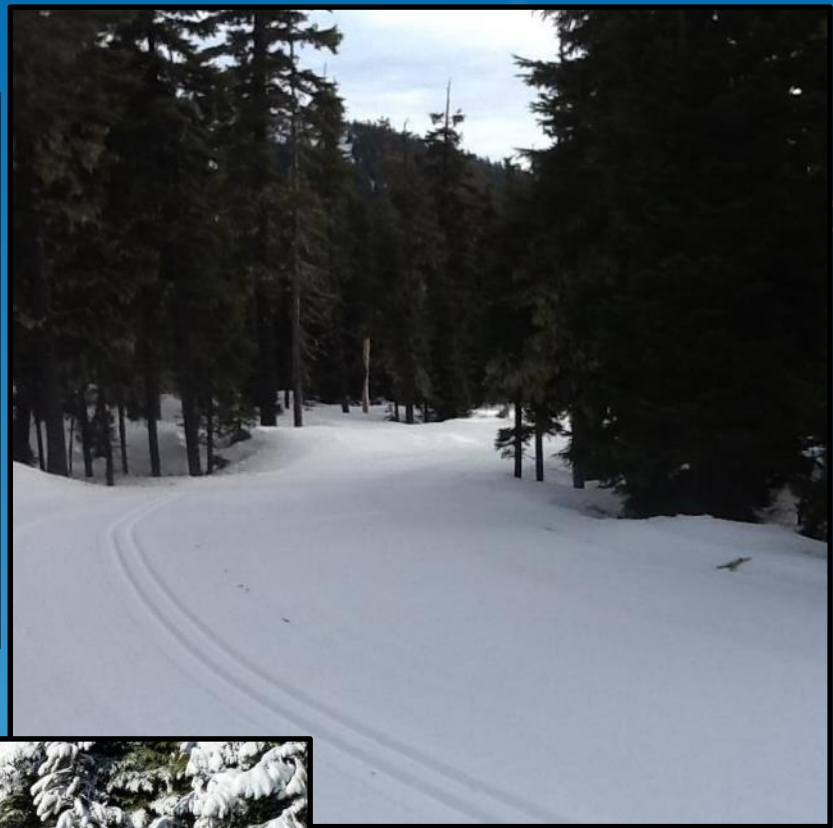


**Nordic Trail Ticket Required**  
No Hiking, Snowshoeing or  
Pets on Groomed Trails.  
Watch for Skiers and Snowboarders.

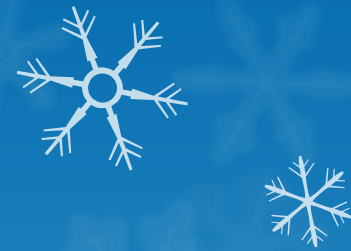






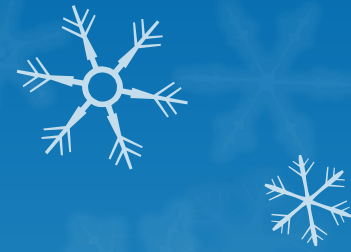








# Teacup and Meadows



## Teacup

- \$10 day fee
  - Under 18 free!
- More trail miles (20km)
- Warming hut

## Meadows

- \$19 Trail pass
  - \$14 under 18
- Rental available
- Practice Meadow
- Lessons available
- Warming hut
- Food for purchase
- Heated bathroom
- Parking right there



# White River



**Beginner**

**Elevation 4,200 – 4,400**





Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

Government  
Camp

Mt Hood Skibowl



**White River Sno Park**

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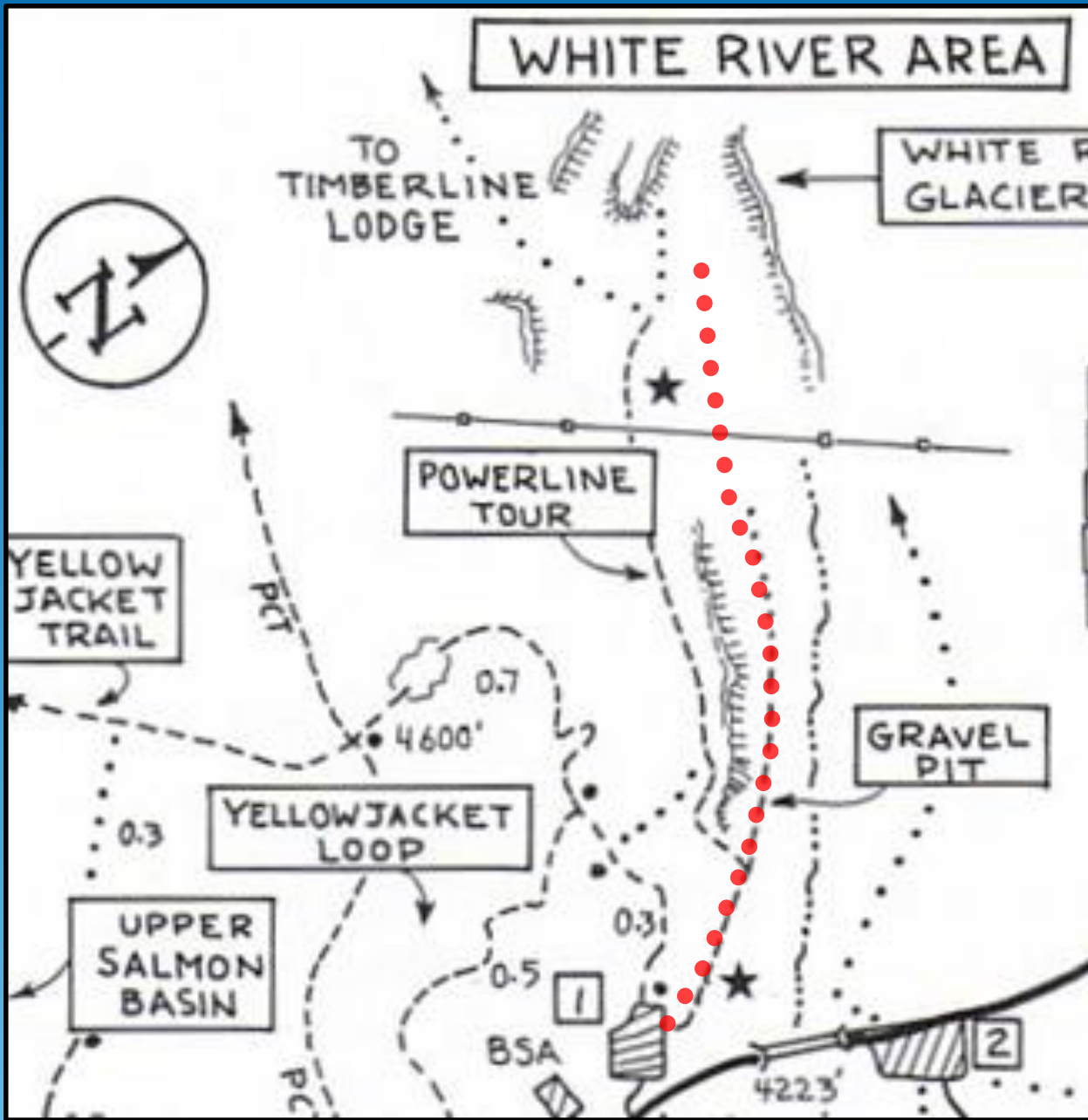
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Typically  
1-2 miles  
out

Beginner













# Trillium Lake



**Beginner**

**Elevation 3,600 – 3,800**





Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

Government  
Camp

Hood Skibowl



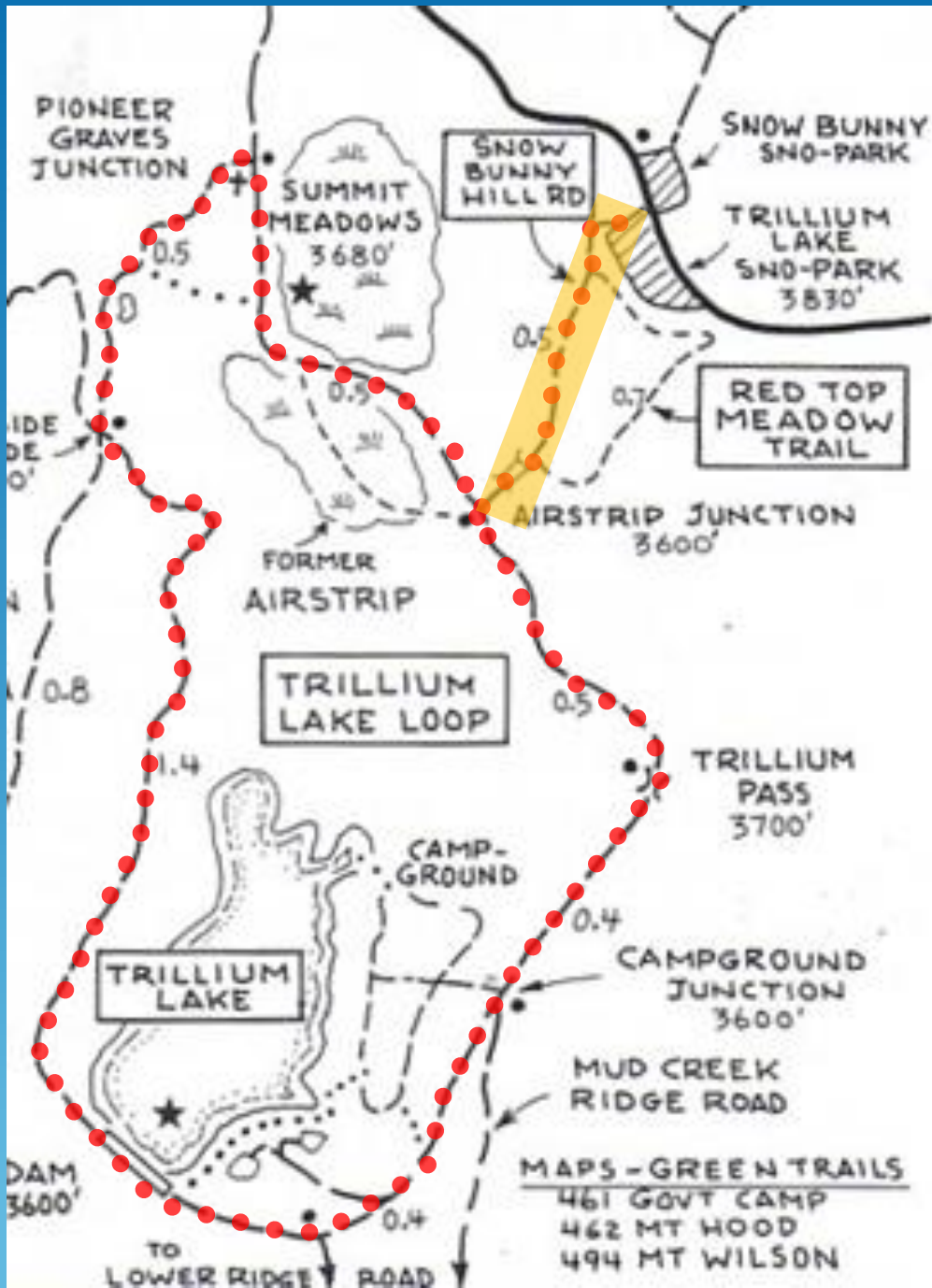
**Trillium Sno Park**

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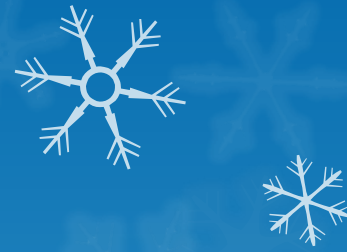
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4.7 mile  
loop

Beginner











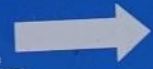




**XC Skiers  
Use Tracked  
Lanes on  
Inner  
Edge of  
Loop**



**Snowshoers,  
Walkers &  
Snowmobilers  
Use Flat Lane  
on Outer  
Edge of Loop**



Mt. Hood  
National Forest

















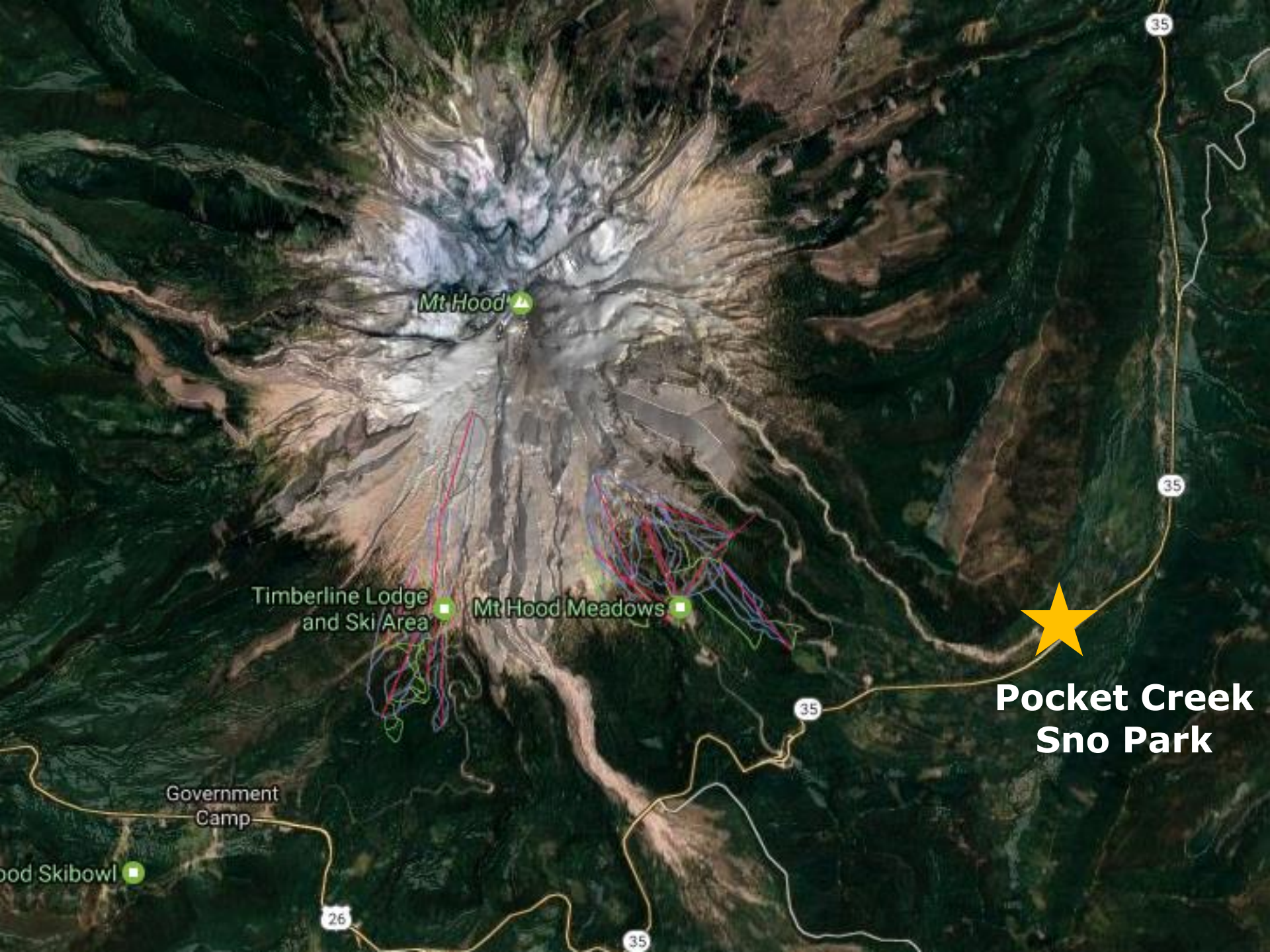


# Pocket Creek



**Beginner/Intermediate Elevation 3,800 – 4,200**





Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

Government  
Camp

Hood Skibowl

★  
**Pocket Creek  
Sno Park**

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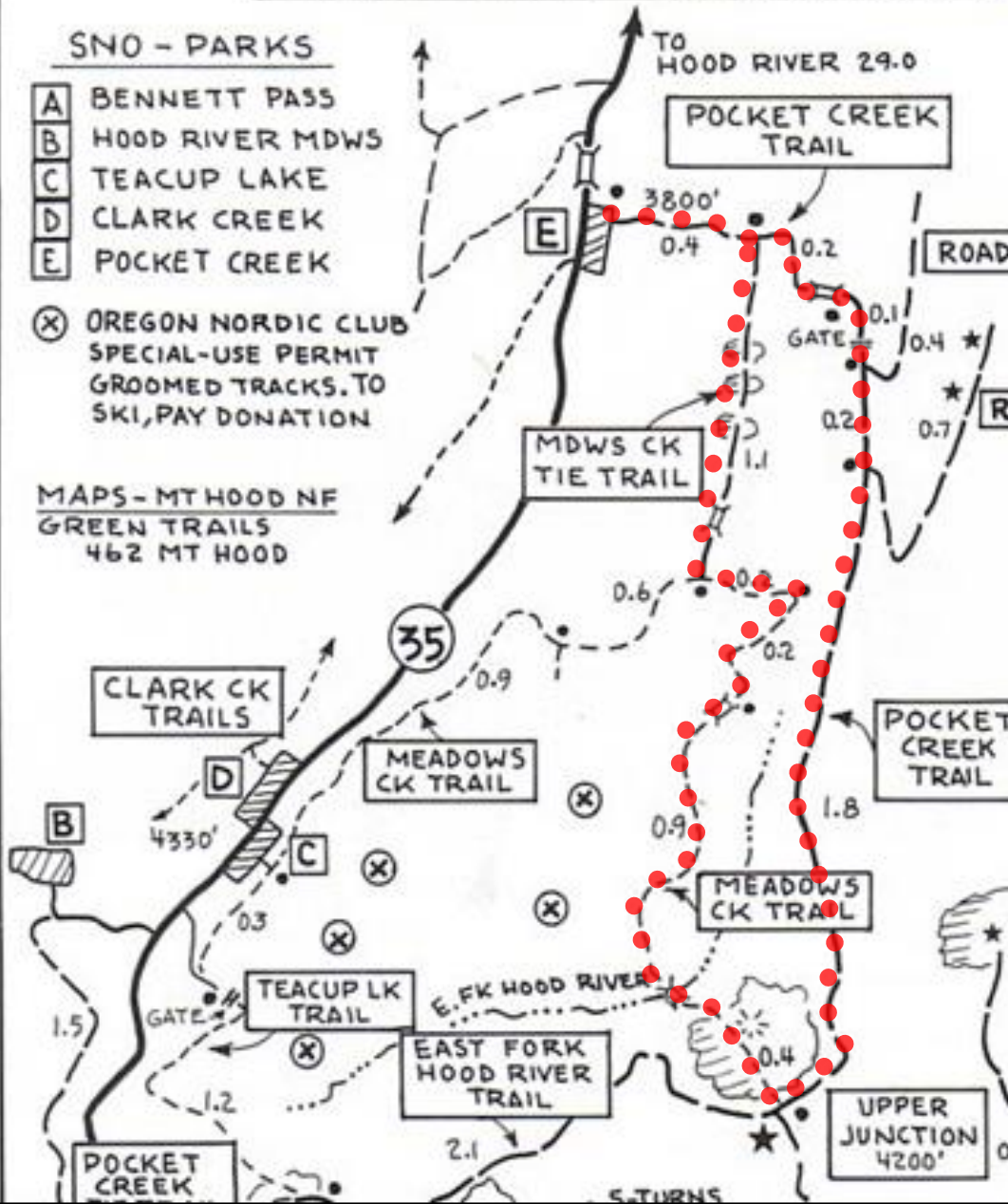
# BENNETT RIDGE • EAST FORK HOOD R

## SNO - PARKS

- A BENNETT PASS
- B HOOD RIVER MDWS
- C TEACUP LAKE
- D CLARK CREEK
- E POCKET CREEK

- (X) OREGON NORDIC CLUB  
SPECIAL-USE PERMIT  
GROOMED TRACKS. TO  
SKI, PAY DONATION

MAPS - MT HOOD NF  
GREEN TRAILS  
462 MT HOOD



5.9 Mile  
Loop

Beginner and  
Intermediate



Up hill going out











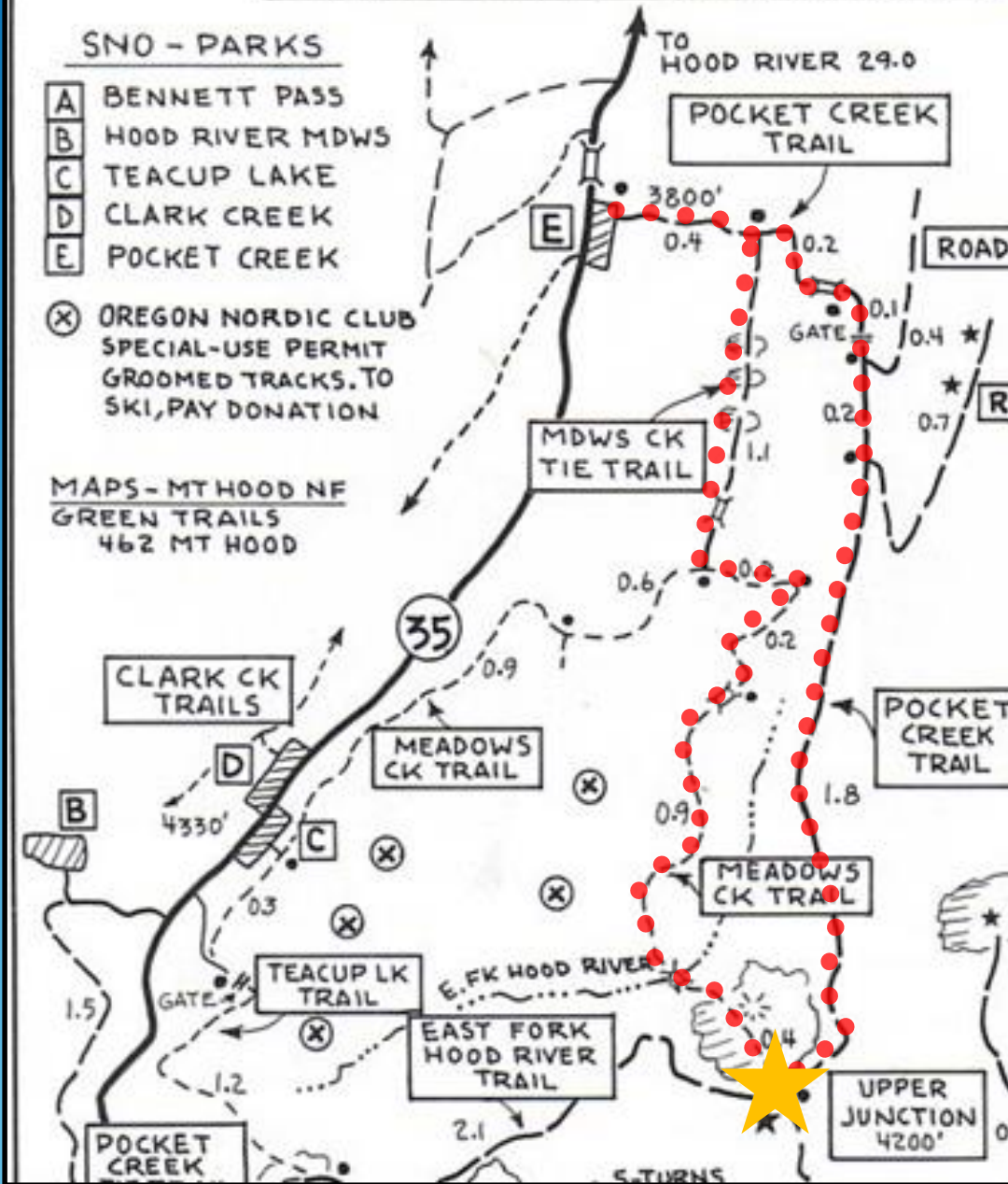


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SPECIAL-USE PERMIT  
GROOMED TRACKS. TO  
SKI, PAY DONATION

MAPS - MT HOOD NF  
GREEN TRAILS  
462 MT HOOD

























# Bennett Pass



**Bennett Pass 12/03/16**

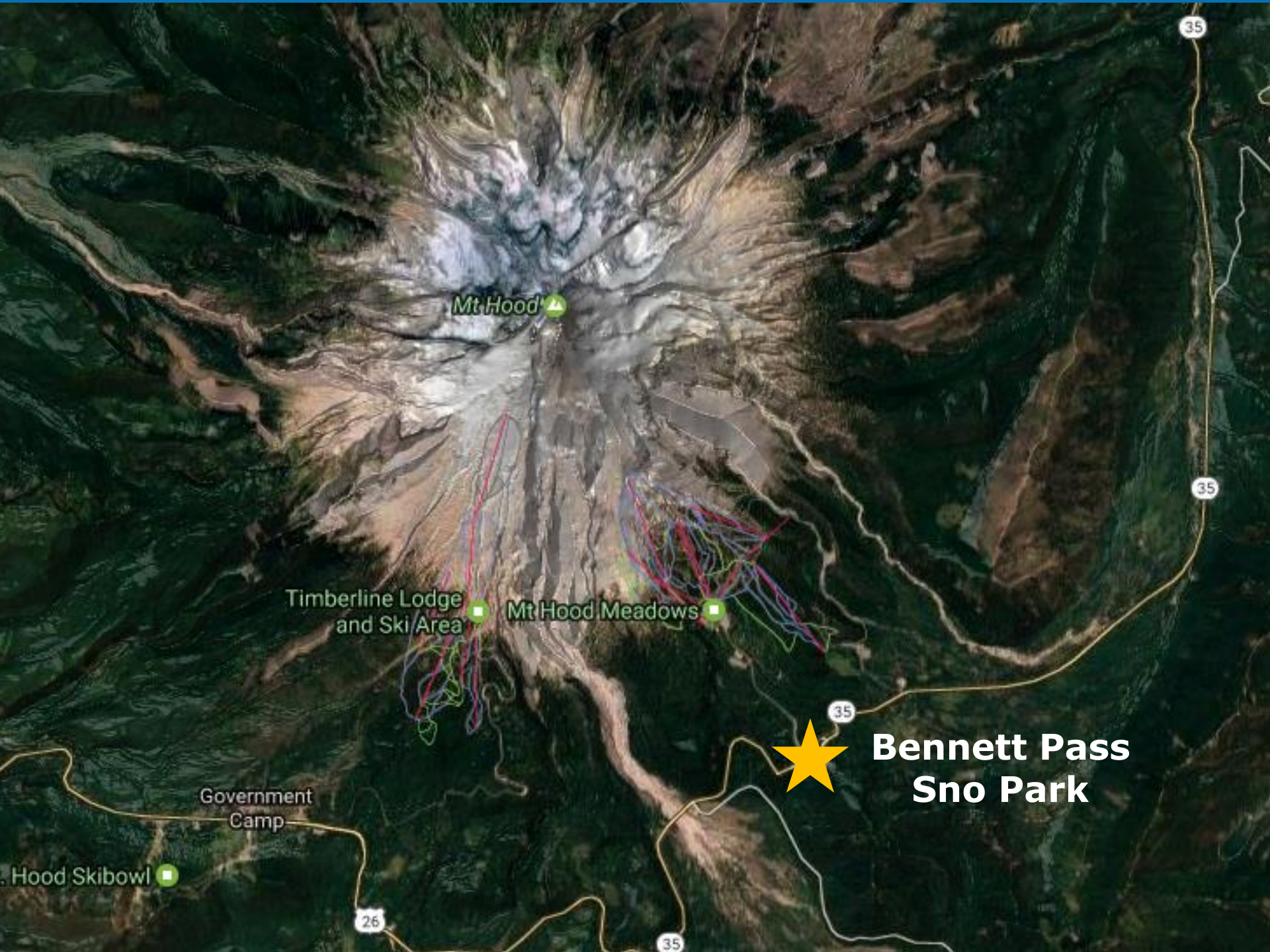


**Intermediate**

**Elevation 4,200 – 4,800**







Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

Government  
Camp

Hood Skibowl



**Bennett Pass  
Sno Park**

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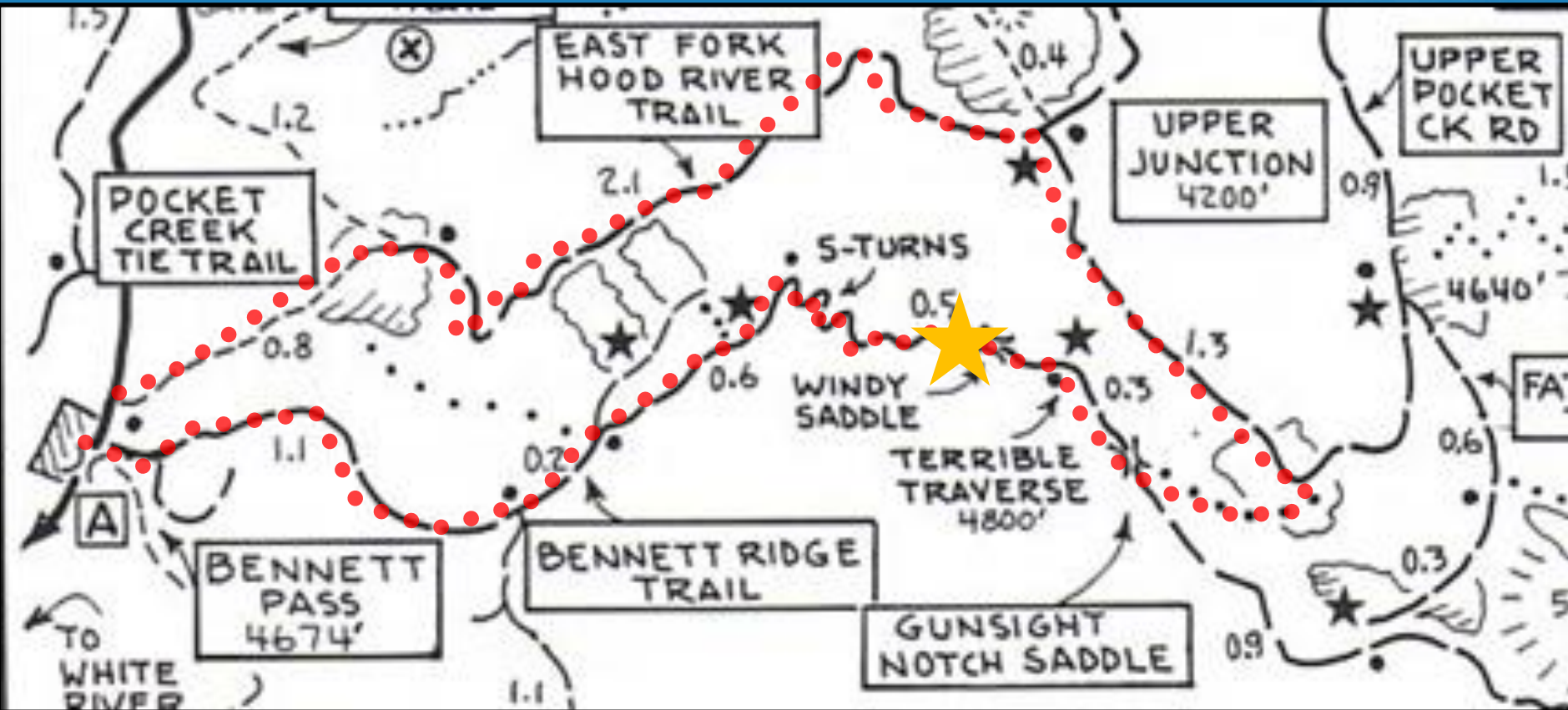














# The Terrible Traverse





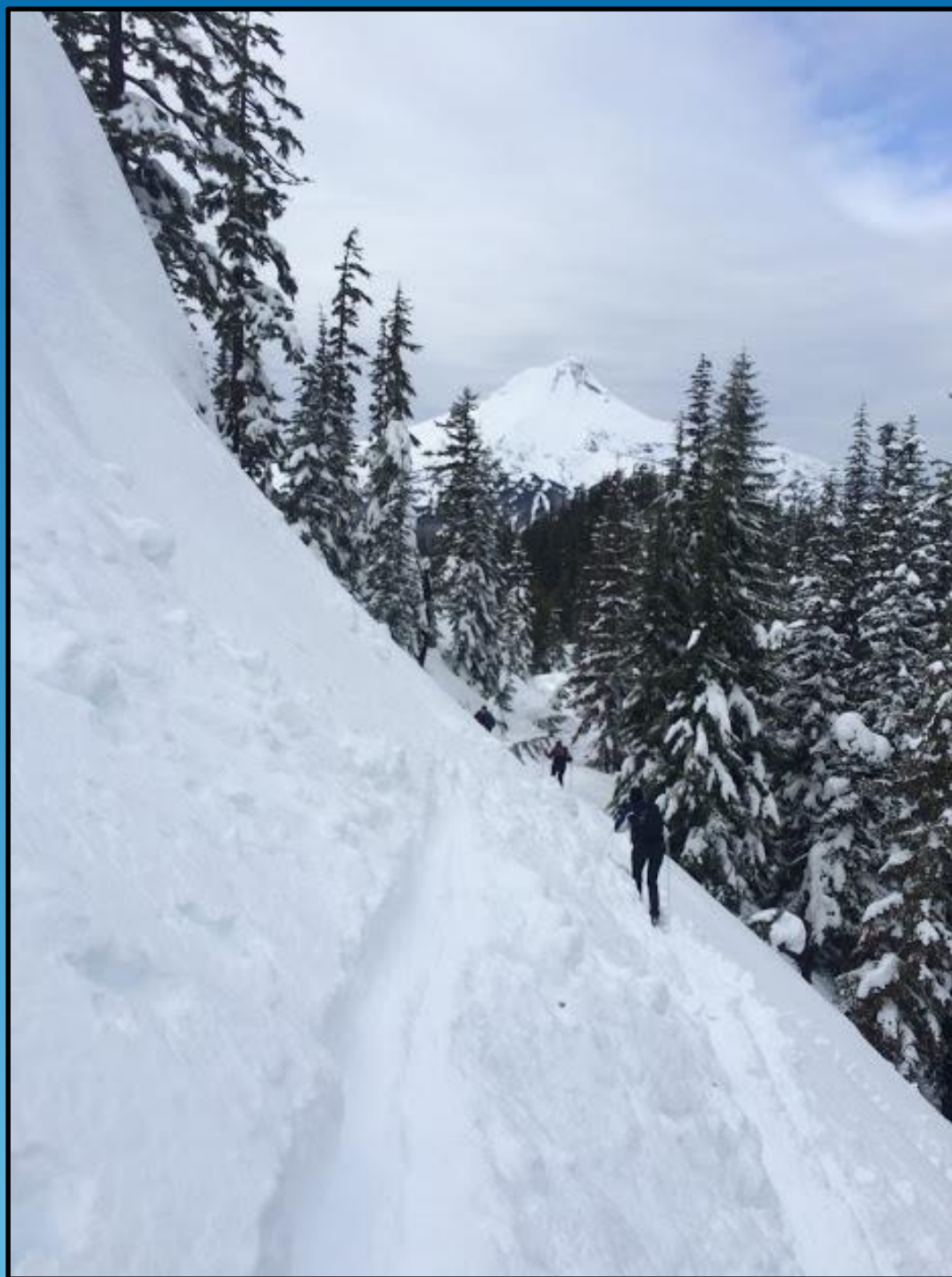




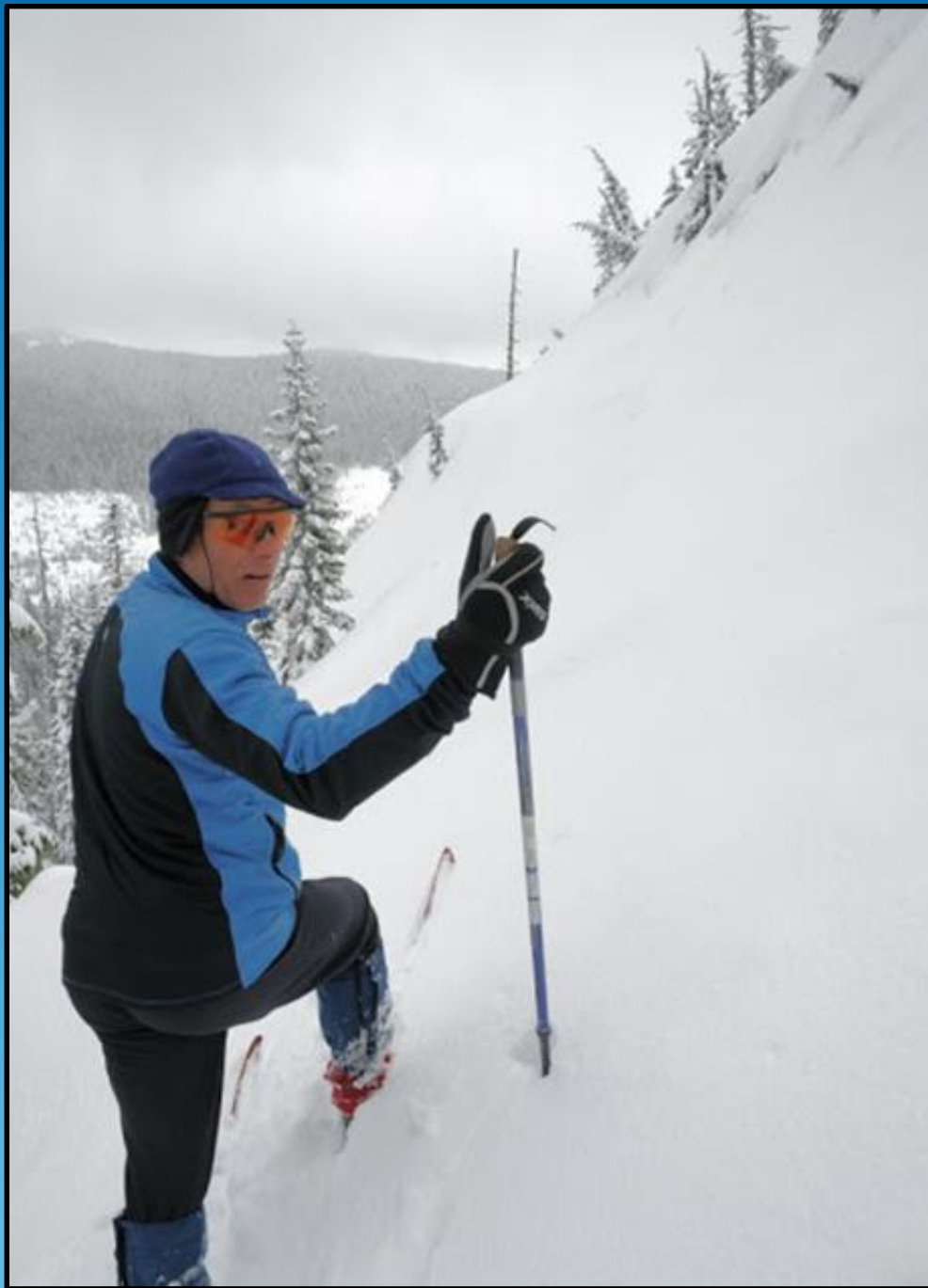








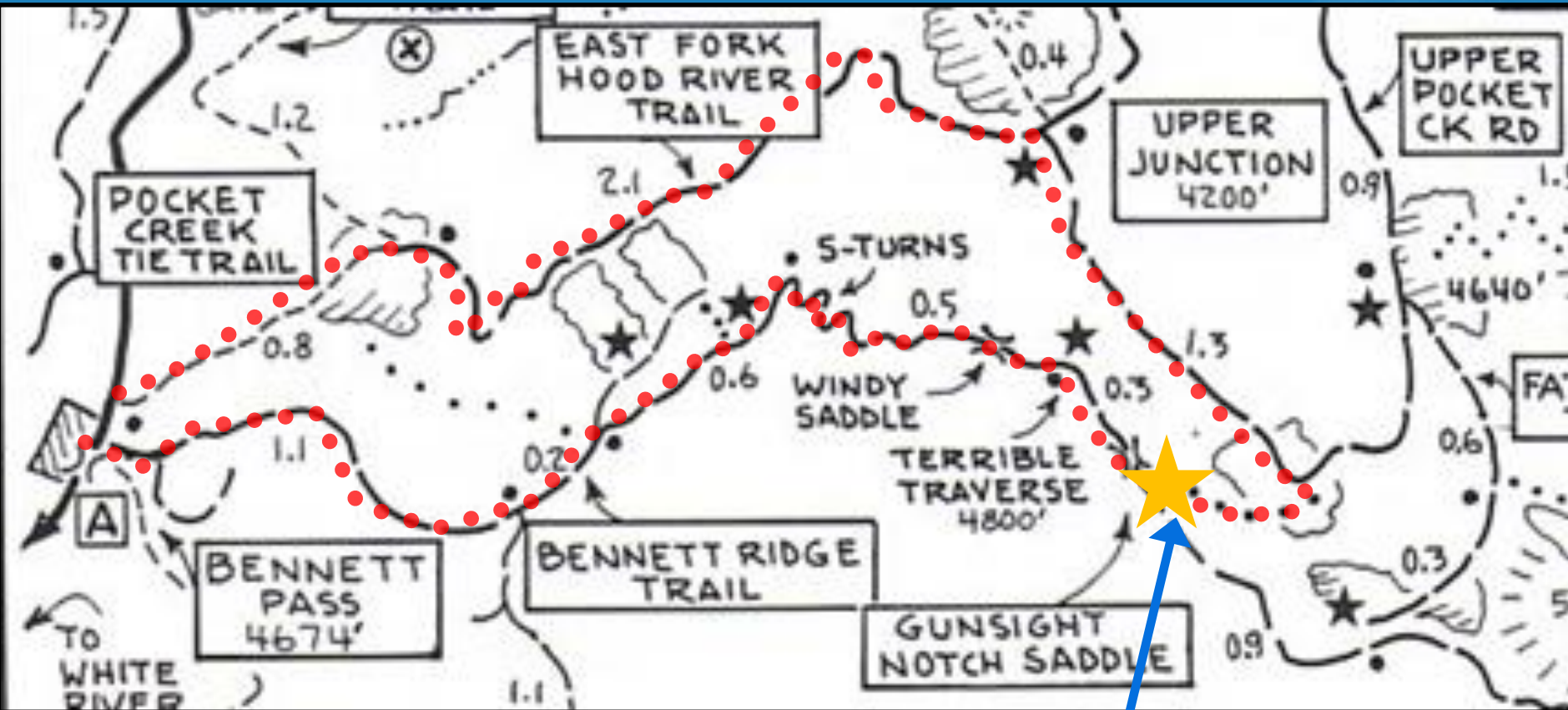












Not a marked turn off











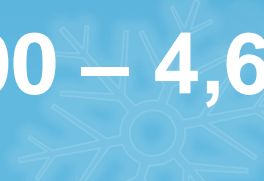


# Twin Lakes



**Intermediate**

**Elevation 4,200 – 4,600**





Show up  
early to do  
this tour

Do it in fresh  
snow

Mt Hood

Timberline Lodge  
and Ski Area

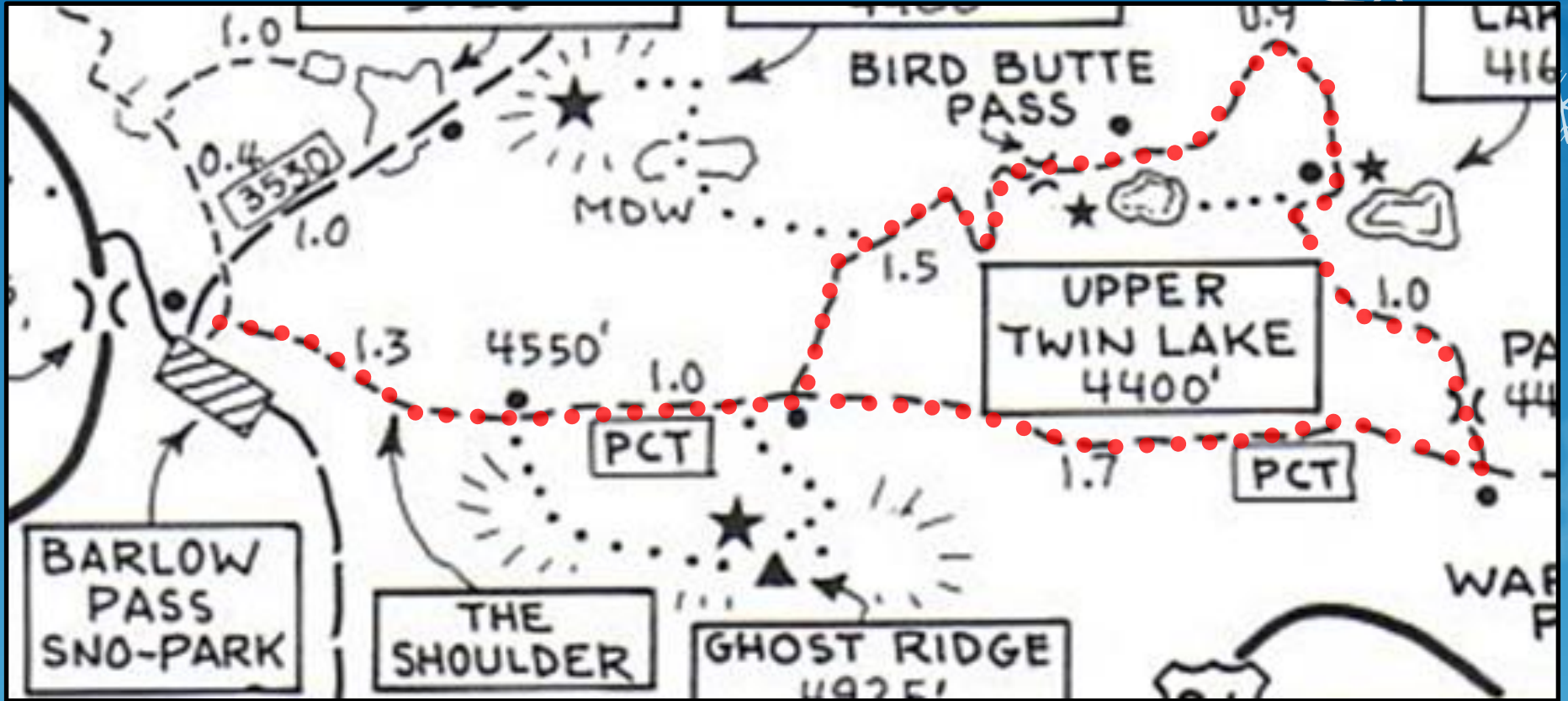
Mt Hood Meadows

Government  
Camp

Hood Skibowl



Barlow Pass Sno Park



9.7 Miles – The quintessential intermediate tour

















# Cooper Spur



**Intermediate  
Or  
Advanced**

**Elevation  
3,800 – 6,500**







**Cooper Spur**



Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

Government  
Camp

Hood Skibowl

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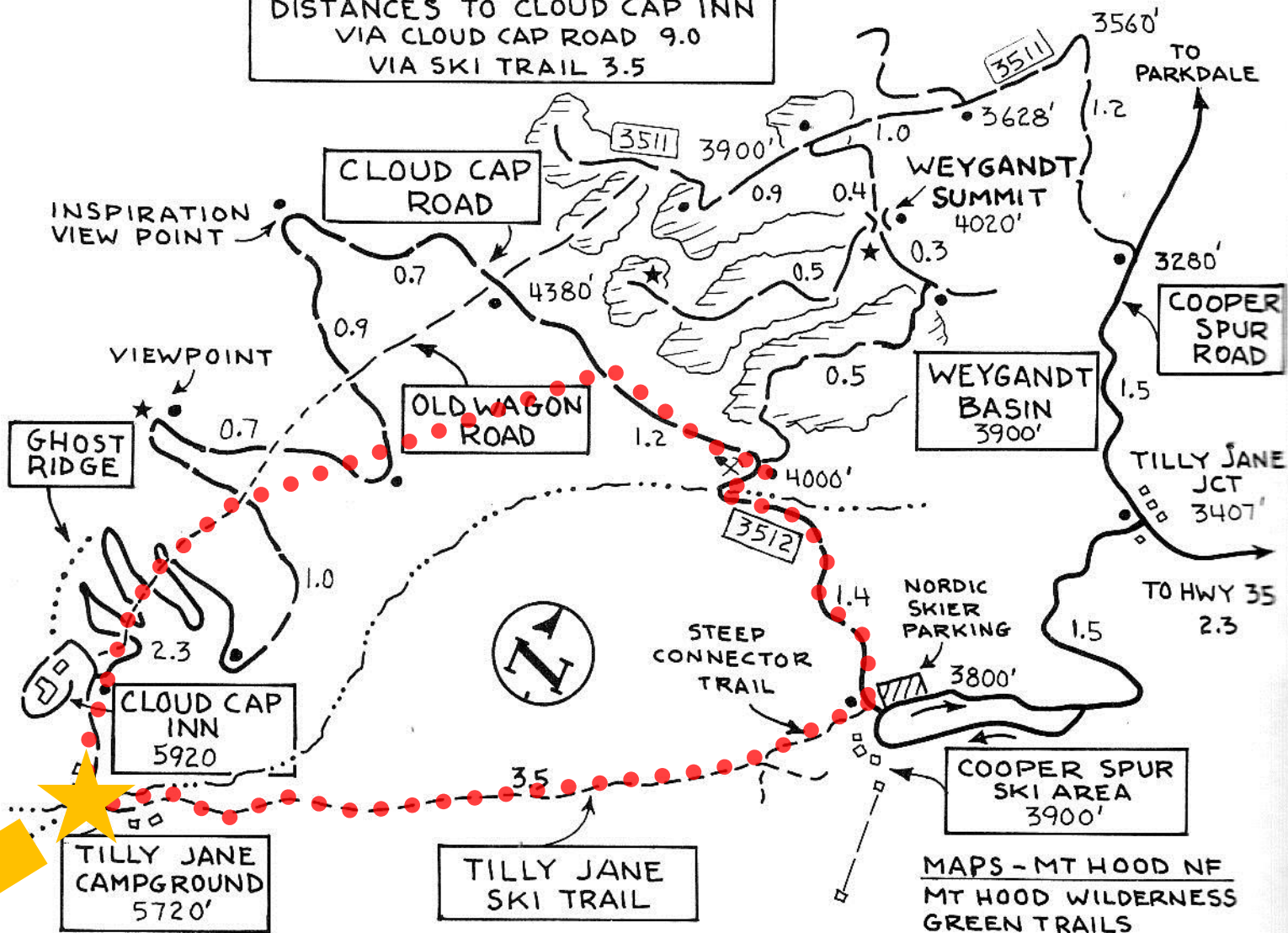




# COOPER SPUR WEYGANDT BASIN • CLOUD CAP INN

43

DISTANCES TO CLOUD CAP INN  
VIA CLOUD CAP ROAD 9.0  
VIA SKI TRAIL 3.5



MAPS - MT HOOD NF  
MT HOOD WILDERNESS  
GREEN TRAILS  
462 MT HOOD













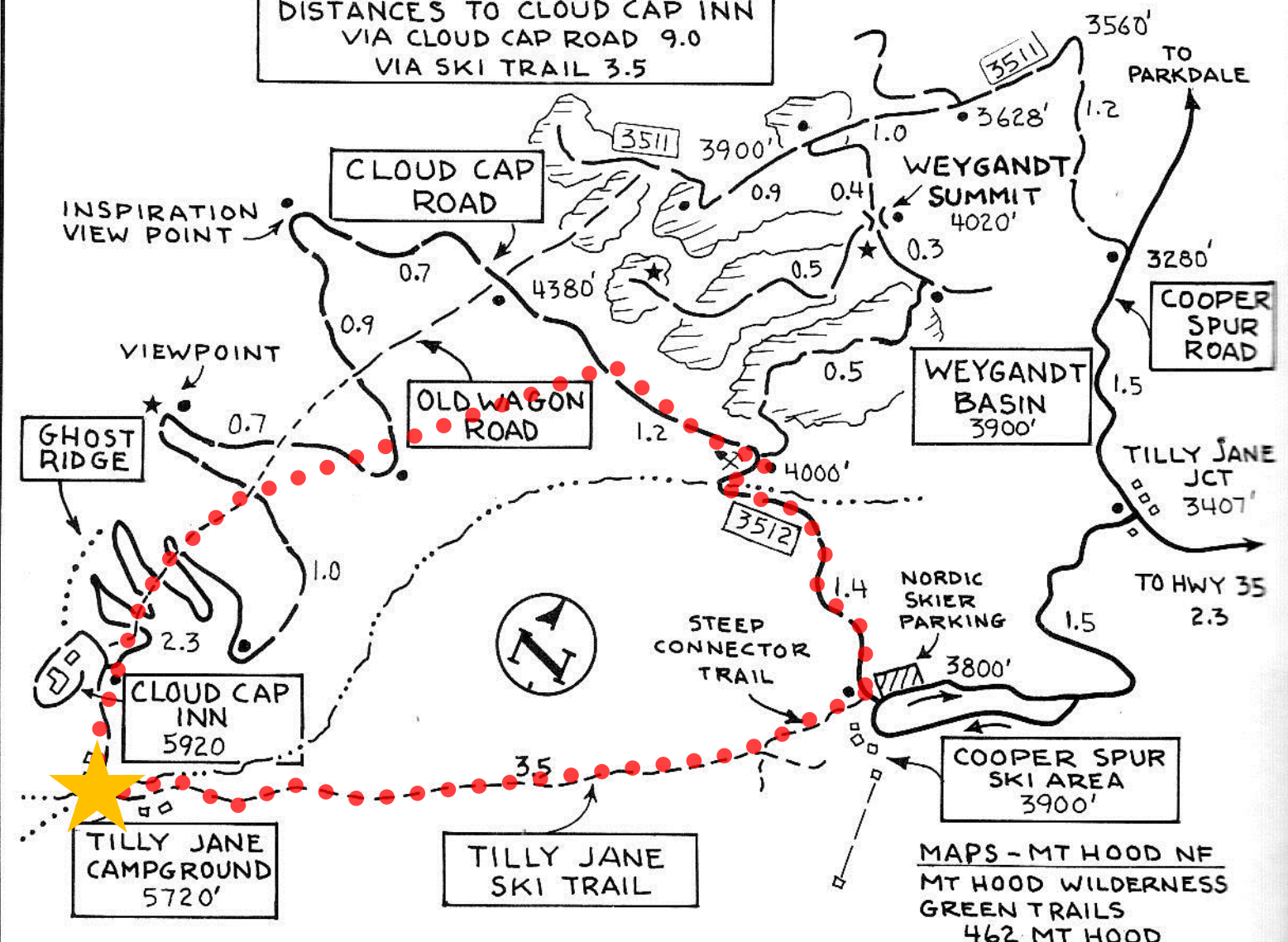




# COOPER SPUR WEYGANDT BASIN • CLOUD CAP INN

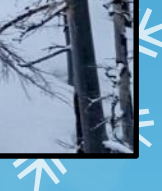
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DISTANCES TO CLOUD CAP INN  
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MAPS - MT HOOD NF  
MT HOOD WILDERNESS  
GREEN TRAILS  
462 MT HOOD











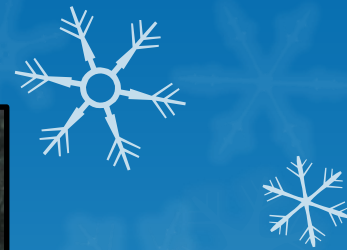


# Wy'East Route/Yellowjacket



**Advanced**

**Elevation 3,500 – 4,800**







Mt Hood

Timberline Lodge  
and Ski Area

Mt Hood Meadows

**Glacier View  
Sno Park  
(ski bowl)**



Government  
Camp

Hood Skibowl



**Pocket Creek  
Sno Park**

26

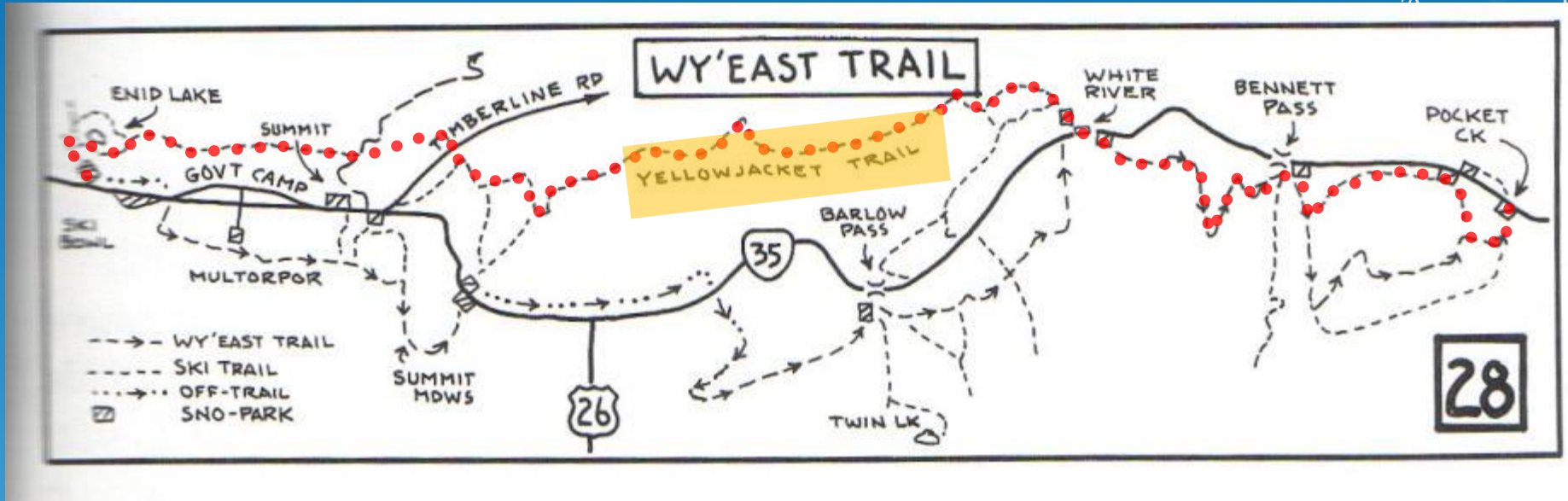
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# 18 Miles – Advanced!!



The Yellowjacket Trail is a challenge against which to judge your skiing skills. If you can ski this trail with aplomb, you may consider yourself an Advanced skier – Klindt Vielbig



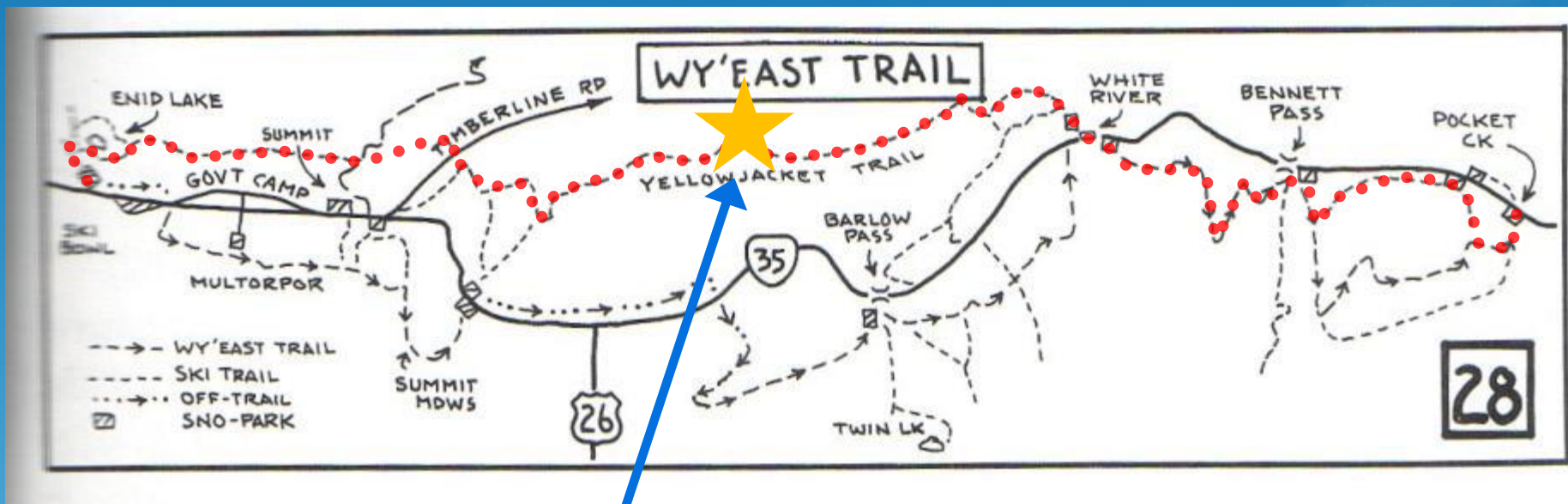












High Point  
Salmon River Canyon

























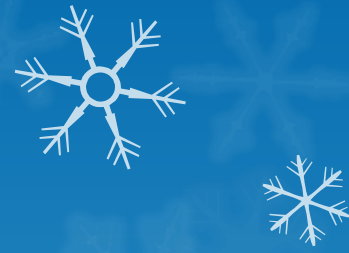






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- **A few overnight tours**
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# ONC-PDX

## Overnight Trips

- ◆ Sunriver – Thanksgiving
- ◆ Methow Valley
- ◆ Black Butte
- ◆ Ochoco Mountains
- ◆ Tilly Jane A-Frame Cabin
  - ◆ 4 trips
- ◆ Summit Meadows Trillium Basin
- ◆ Sunriver – MLK Weekend
- ◆ Royal Gorge
- ◆ Anthony Lakes
- ◆ Mt. Adams Lodge – WA
- ◆ Ochoco Mountains
- ◆ Scottish Lakes, WA
- ◆ Glacier National Park
- ◆ Sunriver
- ◆ Methow Valley
- ◆ Lake Creek Lodge
- ◆ Crater Lake National Park
- ◆ Manning Park
- ◆ 3 Sisters Hut to Hut Tour
- ◆ Canadian Rockies

2016 – 2017 Winter Season



# ONC-PDX

## Overnight Trips

- ◆ Sunriver – Thanksgiving
- ◆ Methow Valley
- ◆ Black Butte
- ◆ Ochoco Mountains
- ◆ Tilly Jane A-Frame Cabin
  - ◆ 4 trips (2 trips left)
- ◆ Summit Meadows Trillium Basin
- ◆ Sunriver – MLK Weekend
- ◆ Royal Gorge
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2016 – 2017 Winter Season

# ONC-PDX

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  - ◆ **2 trips**
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- ◆ Anthony Lakes
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- ◆ Sunriver
- ◆ Methow Valley
- ◆ Lake Creek Lodge
- ◆ **Crater Lake National Park**
- ◆ Manning Park
- ◆ 3 Sisters Hut to Hut Tour
- ◆ Canadian Rockies

2016 – 2017 Winter Season



# Crater Lake

## March 3-5, 2017

- ◆ \$320 to \$368 per person
- ◆ Skiing and snowshoeing for all levels
  - ◆ Shelley Hakanson will give pointers
  - ◆ Easy rim roads – with gorgeous views
  - ◆ Advanced climbs to the Watchman Peak, rim and bowls below



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6241





PROSPECT HOTEL

VACANCY

VACANCY

OFFICE







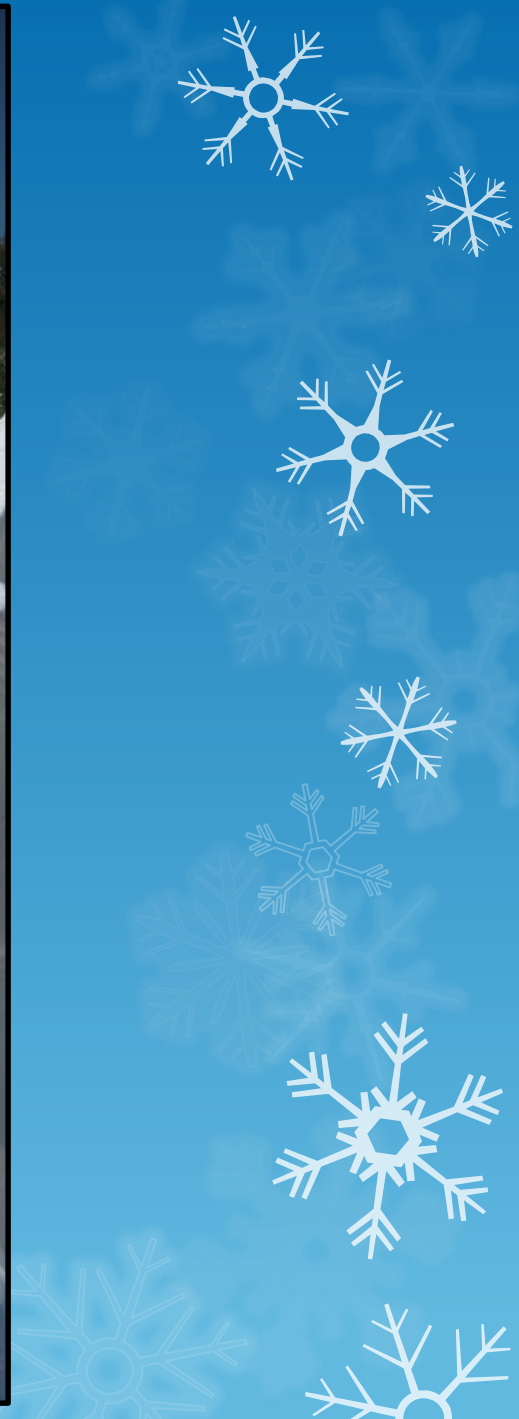
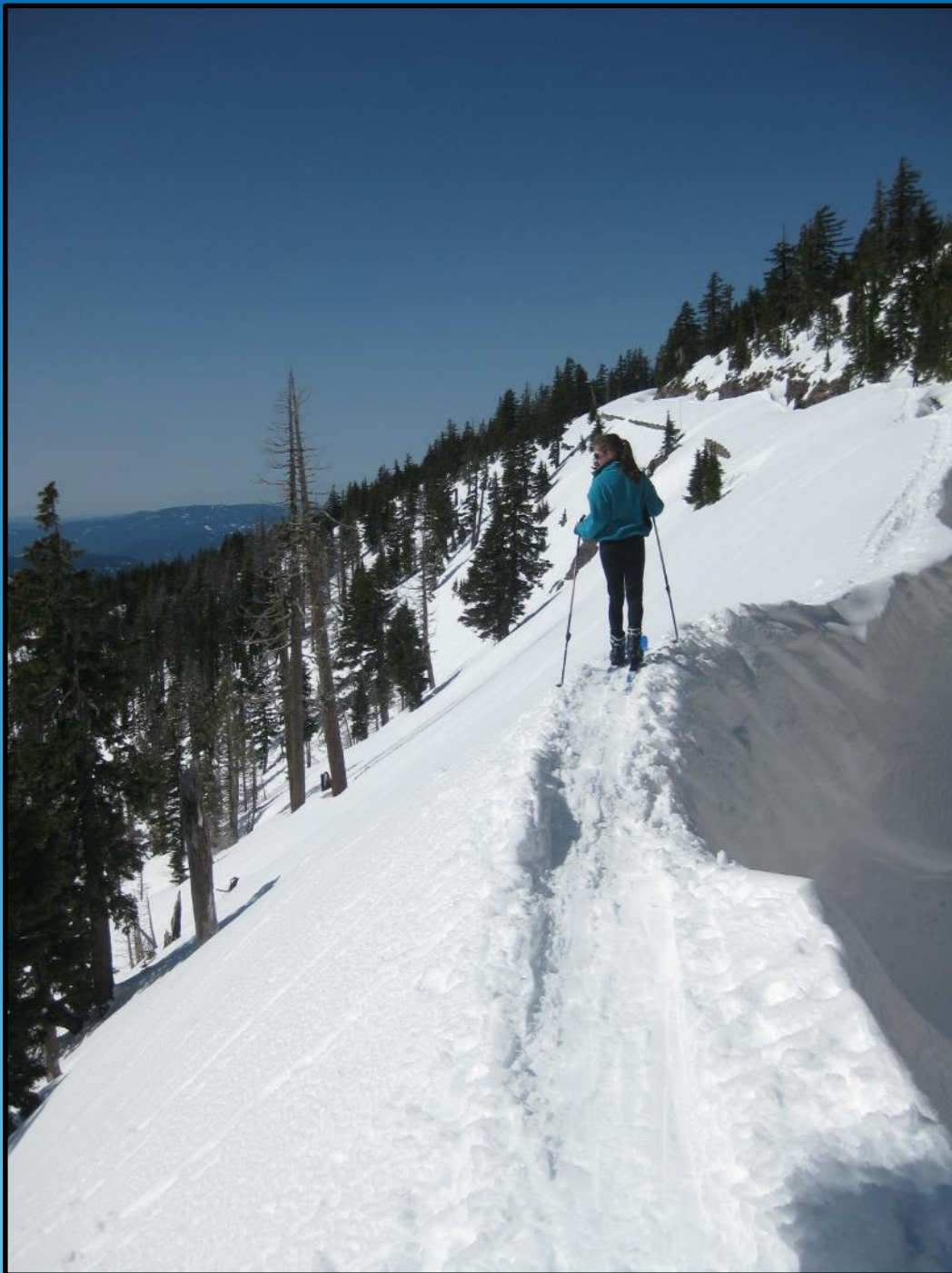


















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# ONC-PDX.ORG

- Day tour listing
- Overnight trip listing
- Membership info

# Now, Let's Ski!!!





# BACKUP



















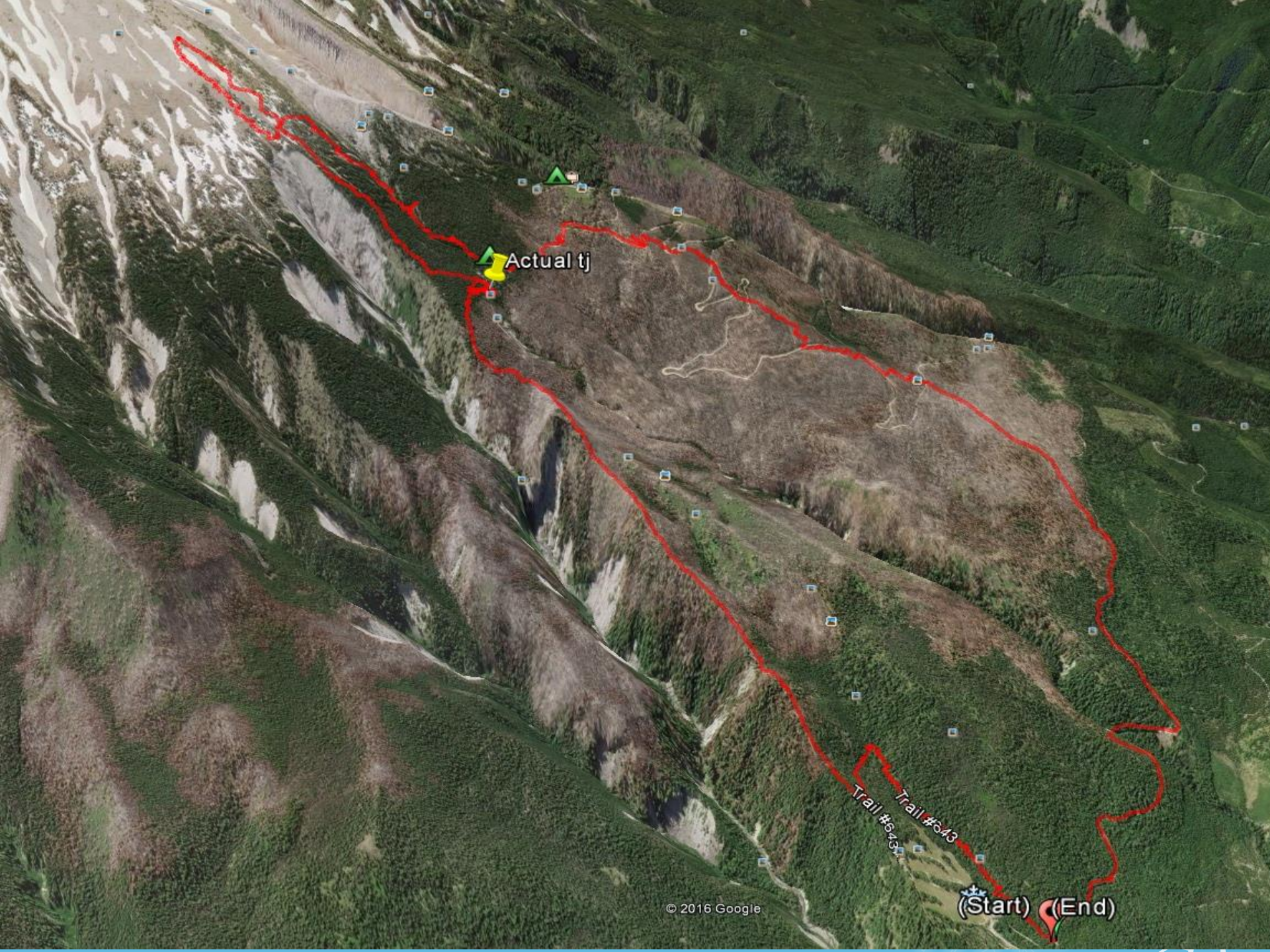












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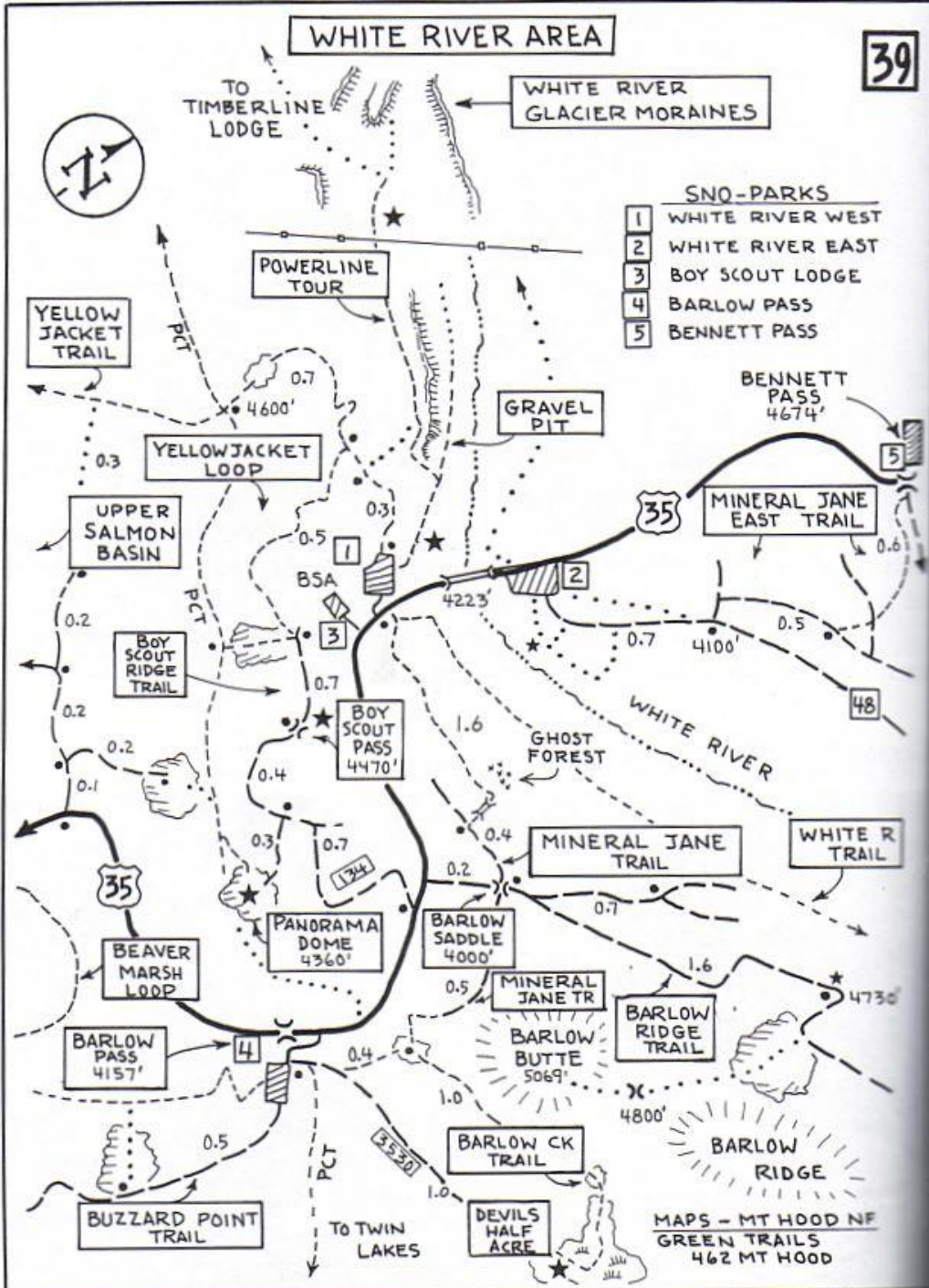
Trail #643  
Trail #643

(Start) (End)



# WHITE RIVER AREA

39

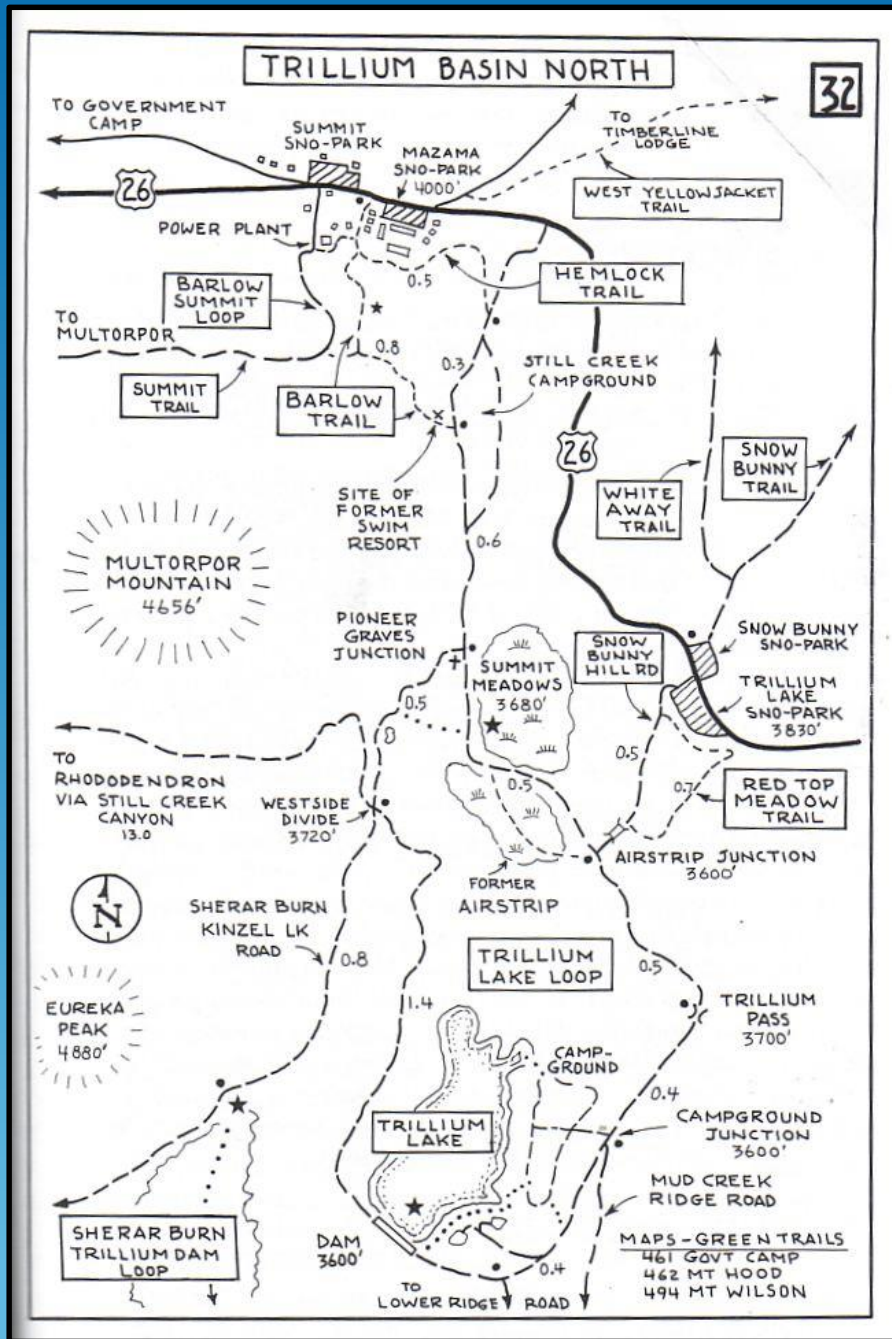


- SNO-PARKS**
- 1 WHITE RIVER WEST
  - 2 WHITE RIVER EAST
  - 3 BOY SCOUT LODGE
  - 4 BARLOW PASS
  - 5 BENNETT PASS

MAPS - MT HOOD NF  
GREEN TRAILS  
462 MT HOOD







BENNETT RIDGE • EAST FORK HOOD RIVER

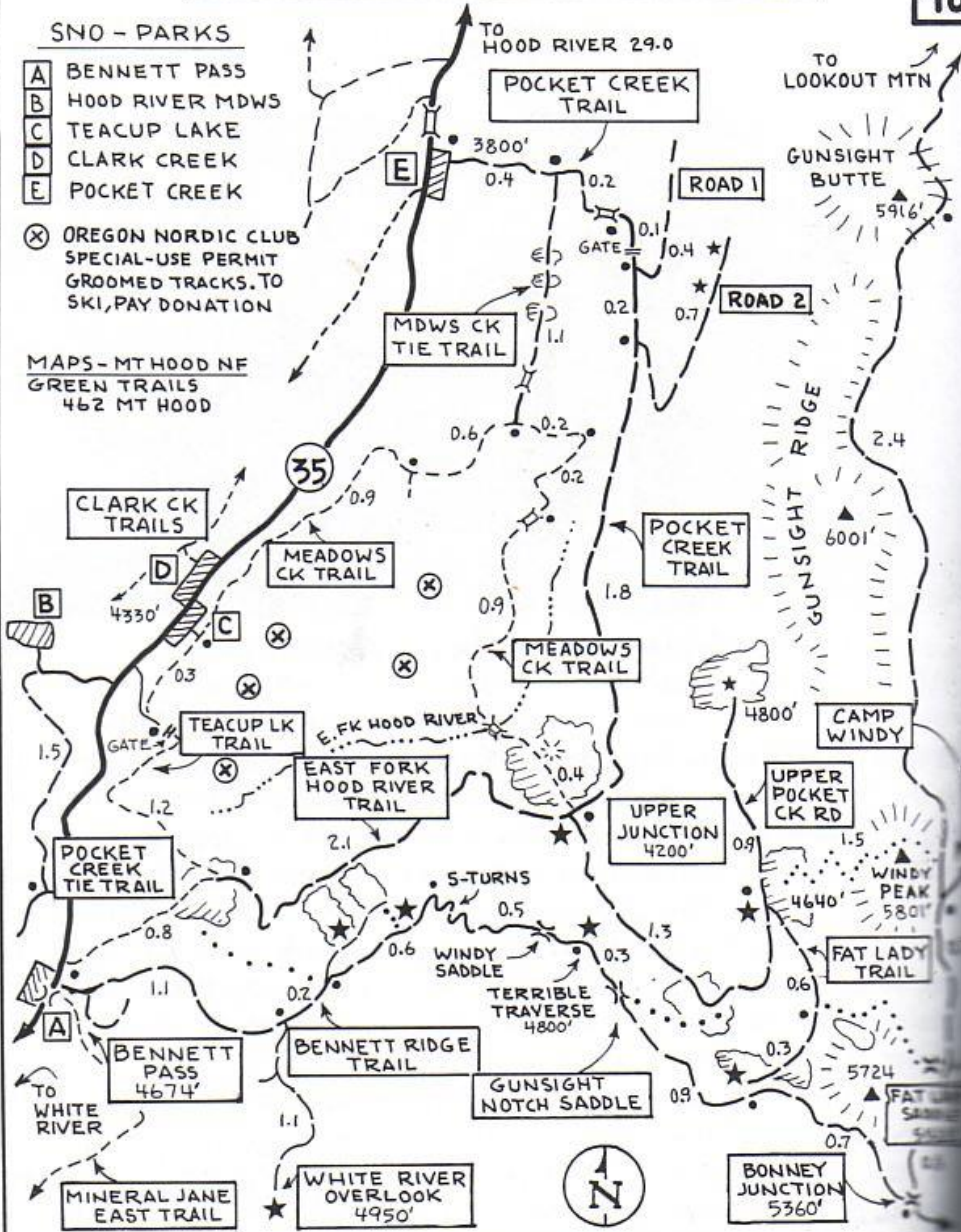
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SNO - PARKS

- A BENNETT PASS
- B HOOD RIVER MDWS
- C TEACUP LAKE
- D CLARK CREEK
- E POCKET CREEK

⊗ OREGON NORDIC CLUB  
SPECIAL-USE PERMIT  
GROOMED TRACKS. TO  
SKI, PAY DONATION

MAPS - MT HOOD NE  
GREEN TRAILS  
462 MT HOOD





# BENNETT RIDGE • EAST FORK HOOD RIVER

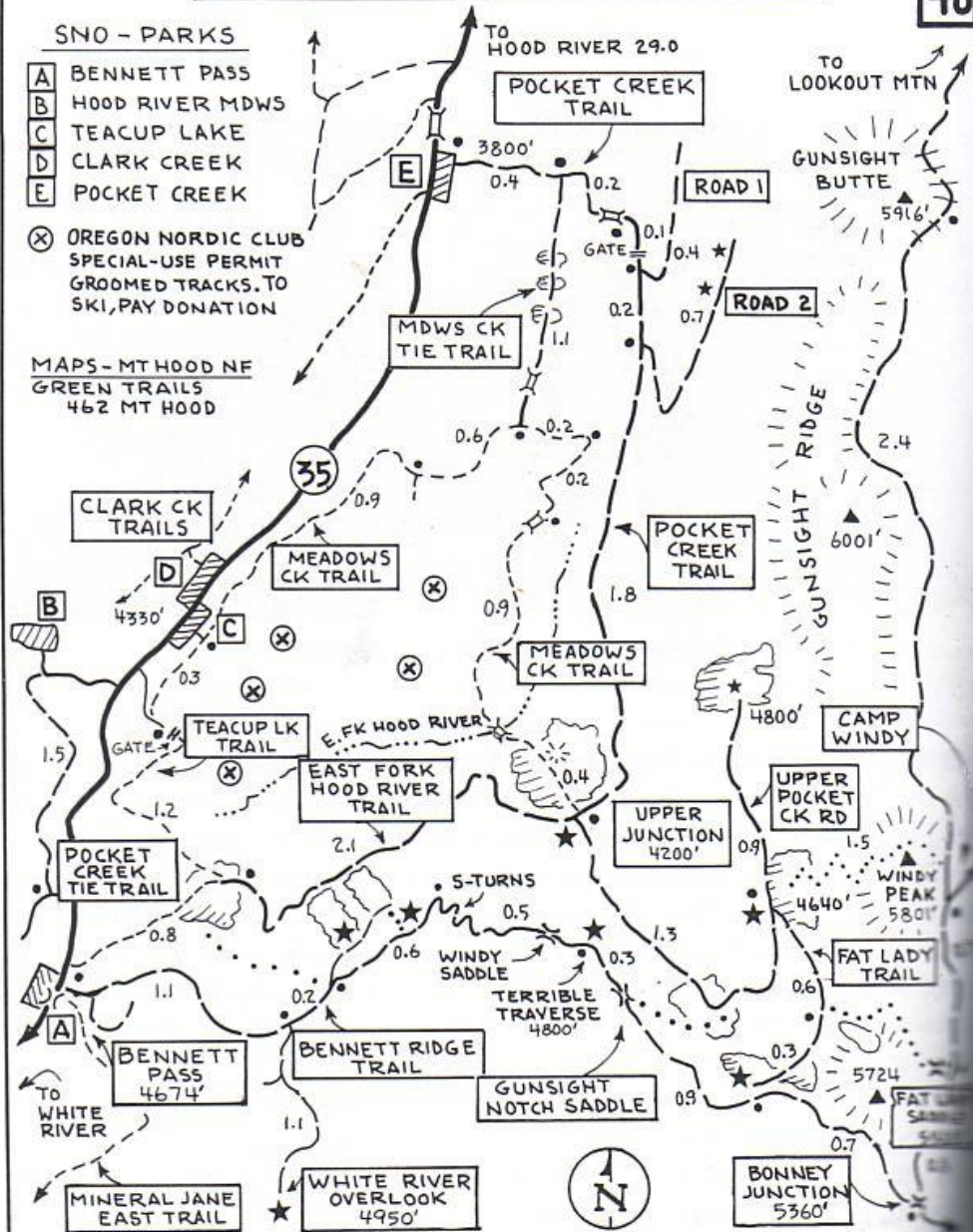
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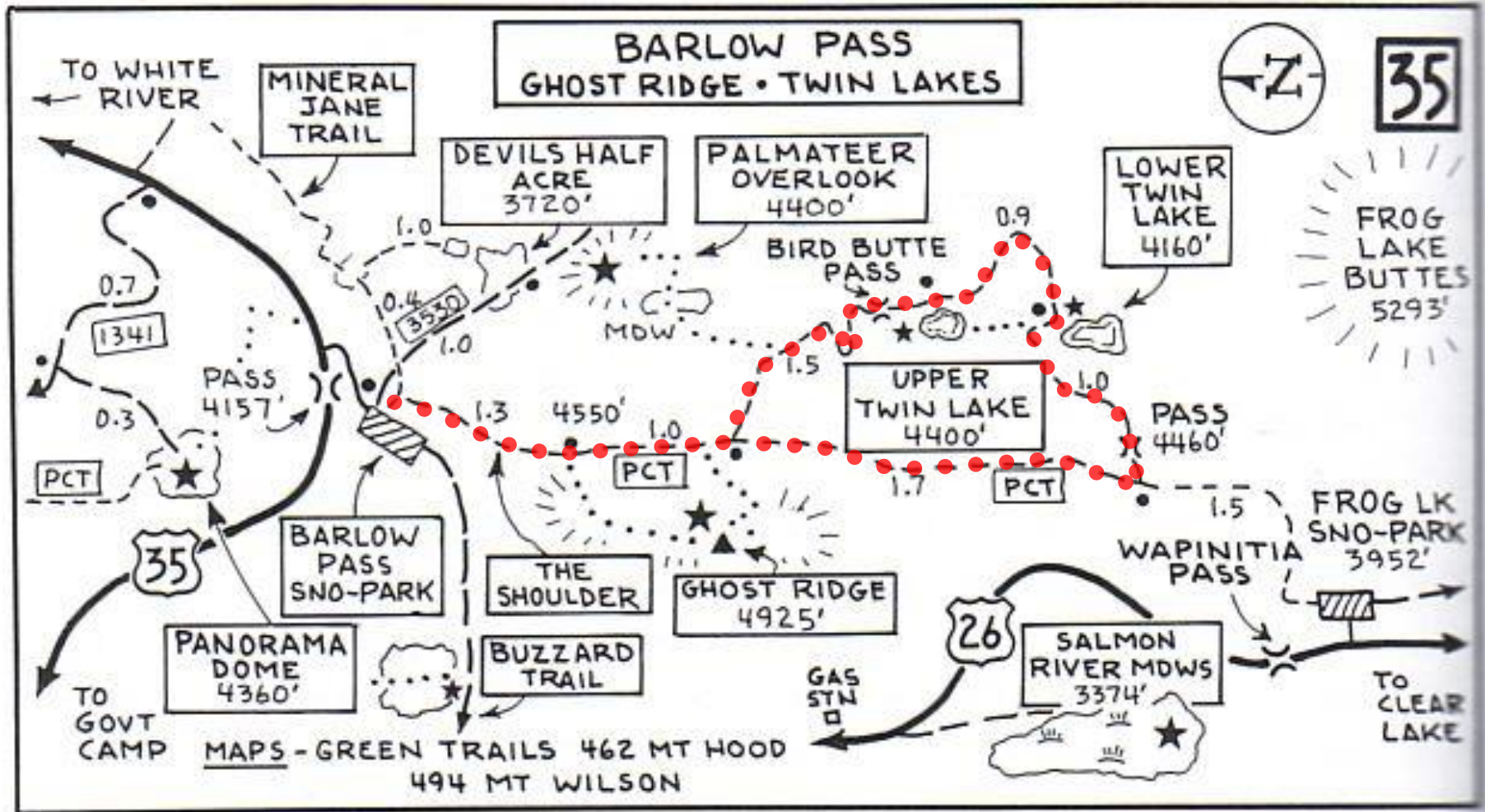
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SPECIAL-USE PERMIT  
GROOMED TRACKS. TO  
SKI, PAY DONATION

MAPS - MT HOOD NF  
GREEN TRAILS  
462 MT HOOD







# Scottish Lakes

## Backcountry

Feb 5 - 9, 2017

- ◆ \$380/person
- ◆ Four nights in rustic cabins with wood stoves and stocked kitchens
- ◆ Comfortable day lodge with hot tub and sauna
- ◆ High elevation (5,000 ft.) east of Cascade Crest with dry powder snow
- ◆ 35 miles of well marked ski trails with access to Alpine Lakes Wilderness area

















