

# Meditation Point Trail #526



## Recreation Opportunity Guide

Distance..... 0.3 miles (one way)  
Elevation..... 3240-3280 feet  
Snow Free ..... June to October



**Trail Highlights:** A nice trail to a beautiful campground on Timothy Lake.

**Trail Description:** This short, flat trail takes you from the Timothy Lake Trail #528 to the Meditation Point Campground on Timothy Lake. Meditation Point Campground offers several camp sites with picnic tables and fire grills. They are accessible only by boating or hiking. Pit toilets are provided, but there is no piped water.

## Regulations & Leave No Trace Information:

### Leave No Trace

- Plan Ahead and Prepare: Prepare for extreme weather, hazards and emergencies.
- Travel and Camp on Durable Surfaces: Use established trails and campsites.
- Dispose of Waste Properly: Pack out all trash, leftover food and litter.
- Leave What You Find: Avoid introducing or transporting non-native species.
- Minimize Campfire Impacts: Use established fire rings & keep fires small.
- Respect Wildlife: Control pets at all times.
- Be Considerate of Other Visitors: Avoid loud voices and noises.

For information on **Leave No Trace**, go to [www.LNT.org](http://www.LNT.org) or call 1-800-332-4100

**For current trail conditions and more recreation information go to:**

<http://www.fs.usda.gov/mthood>

Map and driving directions on next page

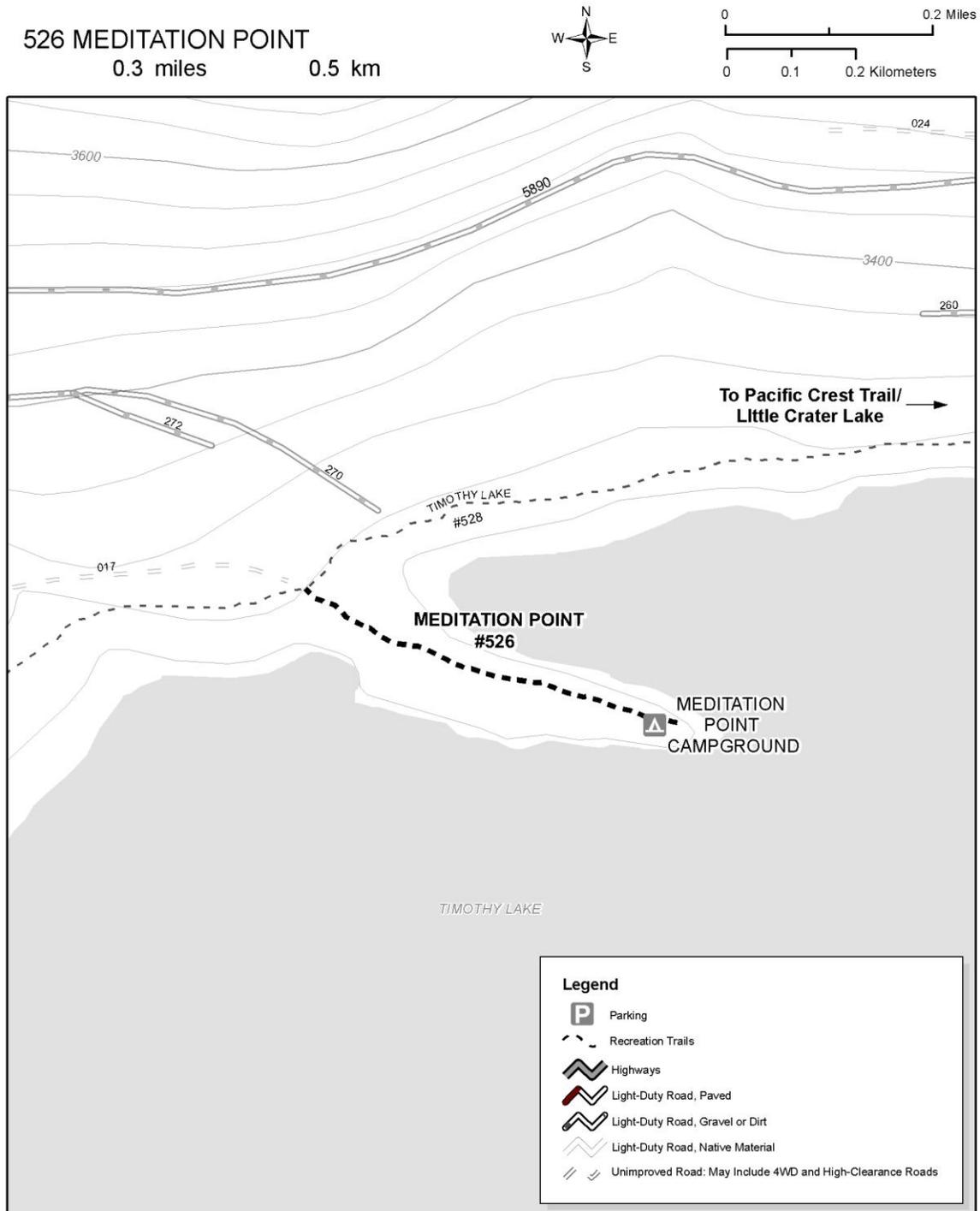
Mt. Hood National Forest  
16400 Champion Way  
Sandy, OR 97055  
503-668-1700

Zigzag Ranger District  
70220 E. Highway 26  
Zigzag, Oregon 97049  
503-622-3191

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**Directions to Trailhead:** From Sandy, travel 40.2 miles east on US Hwy 26. Turn right (south) at Skyline Road (Forest Road 42) and travel 1.1 miles. Turn right at Forest Road 2660 and travel 2.5 miles. Turn left at Forest Road 2600 and travel 1 mile. Turn right at Abbott Road (Forest Road 58), travel 250 feet and turn left at Forest Road 5890. Travel 4.7 miles to the junction with Forest Road 5890-270. Park here and hike southeast to Timothy Lake Trail #528 at the end of Forest Road 5890-270.



**Recommended maps:**



