

# Eagle Creek Trail #440

## Recreation Opportunity Guide



Distance..... 13.1 miles (one way)  
Elevation..... 500-3800 feet  
Snow Free ..... June to September



**Trail Highlights:** This trail enters the Mark O. Hatfield Wilderness Area. The Eagle Creek Trail is the most popular trail in the Columbia Gorge. It follows Eagle Creek through the forest and along paths carved into basalt cliffs. A relatively easy hike, Eagle Creek Trail offers spectacular viewpoints and waterfalls. On parts of this trail, there are sheer cliffs with no guard rails, so this hike may not be suitable for children or those afraid of heights. This trail is part of a multi-day loop opportunity which continues into the Mark O. Hatfield Wilderness on the Hood River Ranger District in the Mt. Hood National Forest.

**Trail Description:** This trail begins at Eagle Creek Campground and ends at Wahtum Lake. From Eagle Creek Overlook (120') the trail climbs gradually southeast following Eagle Creek. After 2 miles the trail reaches spectacular Punch Bowl Falls (500'), where water spills 100 feet into a blue-green pool set in a large grotto. The trail continues following Eagle Creek under heavy forest 1.6 miles to High Bridge (560'), which traverses the gorge 150 feet above the creek. From High Bridge the trail heads southeast 1.4 miles, enters the Mark O. Hatfield Wilderness, and continues 0.4 mile to the junction with Eagle Benson Trail #434. From the junction the trail climbs 0.8 mile to Tunnel Falls (1,240'), where the trail passes through a tunnel behind a shower of falling water. Continuing along Eagle Creek, the trail heads due south 1.6 miles to the junction with Eagle Tanner Trail #433 (1,560'). The trail leaves Eagle Creek at this junction and heads northeast. The trail climbs around a ridge above East Fork Eagle Creek after 2 miles and begins to turn south. 0.1 mile after turning south, the trail reaches the junction with Indian Springs Trail #435 (2,560'). Turn left (east) to stay on #440 and continue climbing 6 miles to the trails end at the junction with the Pacific Crest Trail #2000 near Wahtum Lake (3,800'). Follow #2000 along the south shore of Wahtum Lake to reach the parking area near Wahtum Lake Campground.

### Regulations & Leave No Trace Information:

- Wilderness Permits are required between May 15 and Oct 15. Permits are free and self-issued at a permit box station at the wilderness boundary
- Group size is limited to 12. Stock are counted in the group size. For example, 3 people riding their own horse plus a spare horse in the group for packing would make a group of 7.

#### 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

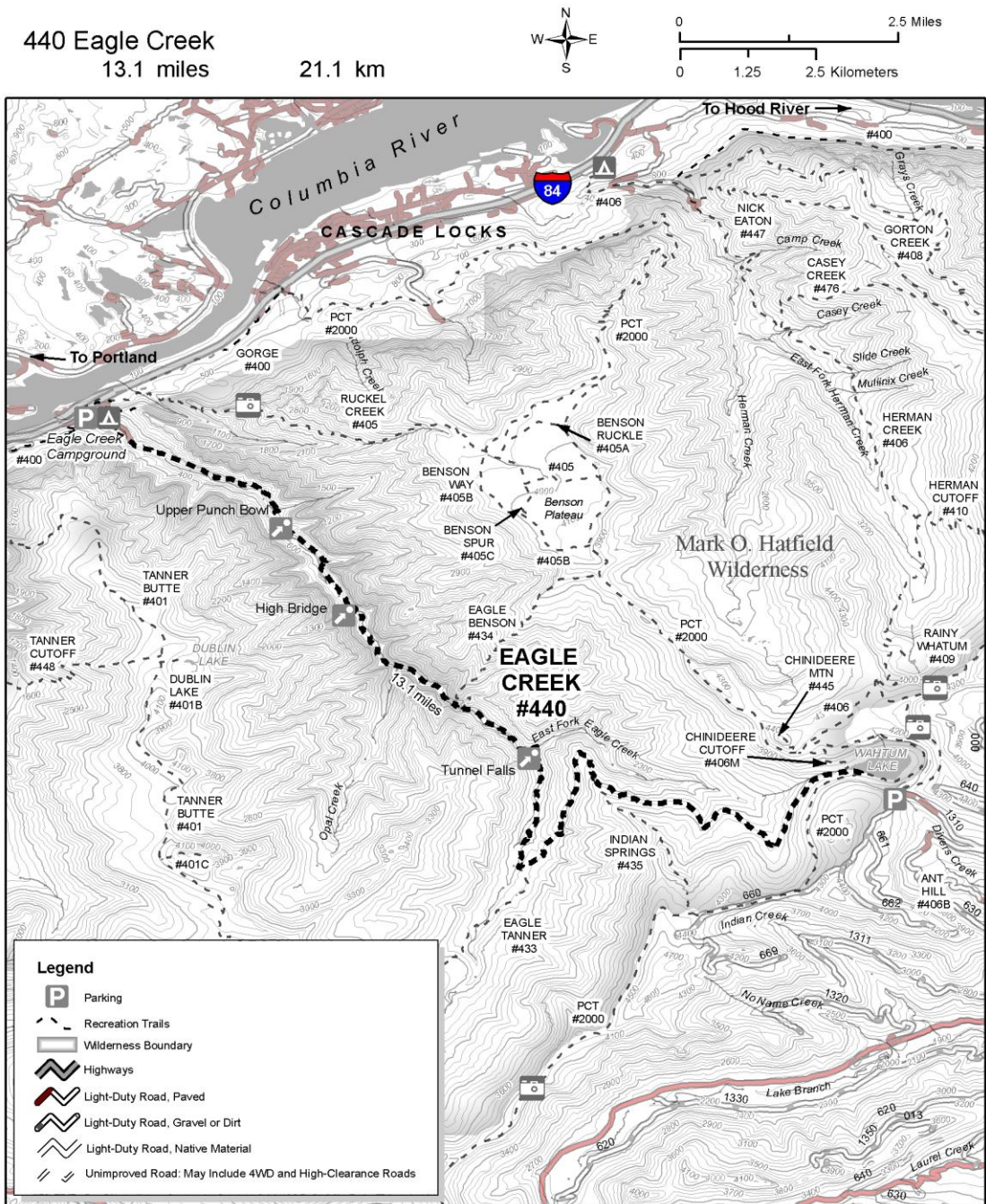
Mt. Hood National Forest  
16400 Champion Way  
Sandy, OR 97055  
503-668-1700

Hood River Ranger District  
6780 Hwy 35  
Parkdale, Oregon 97041  
541-352-6002

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**Directions to Trailhead:** The Eagle Creek Trailhead is located just south of Eagle Creek Campground. Eastbound I-84 – Take Eagle Creek exit # 41 and follow signs to the Eagle Creek Campground. Westbound I-84 – Take Bonneville Dam exit # 40. Drive under the freeway and join eastbound traffic. After 1 mile take Eagle Creek exit # 41 and follow directions above. **Please park your car near the day use hosts if you are hiking overnight. It will be a lot more secure there than at the trailhead.** For directions to Wahtum Lake and access the south end of this trail, see trail guide #445 Chinideere Mtn



**Recommended maps:** Hood River Ranger District

