

Elk Meadows Trail #645



Recreation Opportunity Guide

Distance..... 8.6 miles (one way)
Elevation..... 3800-5120 feet
Snow Free July to October



Trail Highlights: This trail enters the Mount Hood Wilderness on the east side of Mount Hood. There are excellent views of Mount Hood along the route.

Trail Description: From Pollalie Trailhead, the trail begins with a short steep climb to a ridge, passes a short spur trail to an overlook and climbs gradually to the junction with Tamanawas Falls Trail #650B (3,560') (1.2 miles). From the junction the trail climbs very gradually for 0.8 mile to the junction with Lamberson Spur Trail #644 (3,760'). Make the left turn heading south onto #645 and descend 0.3 mile to the junction with Bluegrass Ridge Trail #647 (3,680'). The trail leaves the junction continuing south on the ridge for the next 4.1 miles to the north end of Elk Meadows and the junction with Elk Meadows-Bluegrass Tie #647B (5,120'). #647B is a 0.3 mile trail heading east to Bluegrass Ridge Trail #647. There are several trails on and around Elk Meadow. If this is an overnight trip, many fine campsites can be found in the trees surrounding the meadow. The trail continues south along the south end of Elk Meadows and after 0.6 mile the trail reaches the junction (5,280') with Gnarl Ridge Trail #652 (heading northwest) and Bluegrass Ridge Trail #647 (heading southeast). Continue straight on #645 and descend several switchbacks to Newton Creek (4,600'). Cross Newton Creek and travel 0.6 mile to Clark Creek (4,560'). Cross Clark Creek and continue 0.1 mile to the trail's end at the junction with Umbrella Falls Trail #667 and Sahalie Falls Trail #667C. Follow Sahalie Falls Trail #667C south for 0.4 mile to reach the trailhead parking area at Forest Road 3545.

Regulations & Leave No Trace Information:

- Wilderness permits are required between May 15 and Oct. 15.
- 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 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

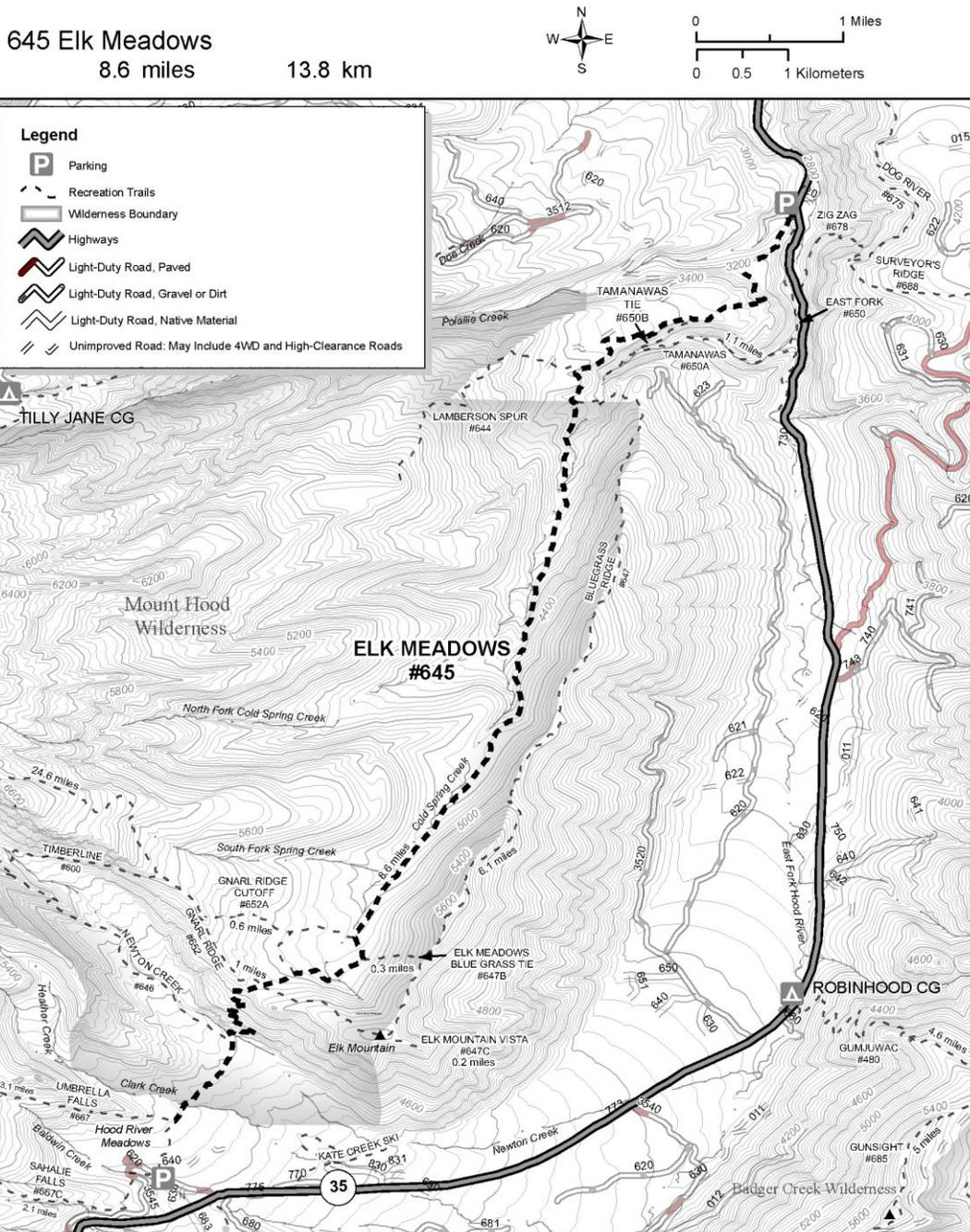
Hood River Ranger District
6780 Hwy 35
Parkdale, Oregon 97041
541-352-6002

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Directions to Trailhead: From Portland, travel 31 miles east of Sandy on US Hwy 26 to Oregon Hwy 35. Turn north onto Oregon Hwy 35 and travel 16.5 miles north to Polallie Trailhead, approximately 0.7 miles north of milepost 73, and turn left (west) into the pullout just south of Cooper Spur Road. East Fork Trail #650 leaves from the pullout, west of the restroom. Follow this trail 0.1 mile to its junction with Elk Meadows Trail #645.

From Hood River, travel 22.2 miles south on Oregon Hwy 35 to Polallie Trailhead, approximately 0.3 miles south of milepost 74, and turn right (west) into the pullout just south of Cooper Spur Road. Follow the directions above from the parking area to the trail.



Recommended maps: Hood River Ranger District

