

Trailhead Ambassadors 2018

Mirror Lake: Alternative Hikes

Zigzag Ranger Station (503-622-3191)

- Open seven days a week
- Hours: 8am – 4pm (closed 12pm-1pm for lunch)
- Information, maps, and parking passes available here

NOTE: An asterisk indicates a trailhead that requires a Northwest Forest Pass.

Trails West of Government Camp

Wildwood Recreation Site

- The Cascade Streamwatch Trail is an accessible family-friendly 3/4-mile paved loop that includes a fish viewing window below stream level.
- The Wetlands Trail is an accessible family-friendly 3/4-mile loop trail
- \$5 day use fee
- From Mirror Lake TH: Drive 11.5 miles west on Highway 26 and it will be on your left.

Old Salmon River Trail*

- Easy family-friendly trail along the Salmon River features big trees and rocky beaches.
- 4.2 miles out-and-back to Green Canyon Campground (you can make it shorter by turning back sooner, or make it longer by continuing past the campground).
- From Mirror Lake TH: Drive 9.5 miles west on Highway 26, turn left on Salmon River Road, drive 2.7 miles to the Old Salmon River Trailhead on your right.

Salmon River Trail*

- First two miles follows the river before beginning to climb. At 3.6 miles a viewpoint high above the river canyon makes a good turnaround point
- 4 miles out-and-back along flat section, or 7.2 miles out-and-back (900' elevation gain) to viewpoint.
- From Mirror Lake TH: Drive 9.5 miles west on Highway 26, turn left on Salmon River Road, drive 4.9 miles to the trailhead parking area just before the bridge crosses the river.

Burnt Lake*

- Hike through a beautiful forest to a lake with a view of Mt. Hood. Very popular and busy trail.
- 6.8 miles out-and-back, 1500' elevation gain.
- From Mirror Lake TH: Drive 9.5 miles west on Highway 26, turn right on Lolo Pass road and drive 4.2 miles, then turn right onto Road 1825 and drive 0.7 miles before turning right to cross the Sandy River, then drive 2 miles to Lost Creek Campground where you will stay left on a gravel road for 1.4 miles to road's end and the trailhead.

Ramona Falls*

- Pleasant forested hike to a beautiful waterfall. Very popular hike. NOTE: There is no footbridge over the Sandy River. Many logs are available , but use extreme caution!
- 7.3 mile loop, 1000' elevation gain.
- From Mirror Lake TH: Drive 9.5 miles west on Highway 26, turn right on Lolo Pass road and drive 4.2 miles, then turn right onto Road 1825 and drive 0.7 miles before turning right to cross the Sandy River, continue 1.7 miles on Road 1825 then turn left for 0.5 mile to the trailhead at road's end.

Hidden Lake*

- Forested hike to a small lake with no views and very few people.
- 4.2 miles out-and-back, 700' elevation gain.
- From Mirror Lake TH: Drive 3.1 miles west on Highway 26, turn right on Road 39 and drive 2.1 miles to the Hidden Lake Trailhead on the left.

Beyond Government Camp

Zigzag Canyon

- Follow the Timberline Trail west from Timberline Lodge to the rim of impressive Zigzag Canyon. The trail keeps going if you want a longer adventure.
- 4.4 miles round-trip to the canyon rim, 500' elevation gain.
- From Mirror Lake TH: Drive east on Highway 26 for 2.5 miles then turn left at a sign for Timberline Lodge and drive six miles to road's end at the lodge. The trail starts behind the lodge; watch for signs.

Trillium Lake*

- Easy family-friendly hike circles a beautiful lake with a view of Mt. Hood.
- 1.7-mile loop with no elevation gain.
- From Mirror Lake TH: Drive east on Highway 26 for 4 miles and turn right at Trillium Lake Sno-Park, then drive Road 2656 1.5 miles to the parking area just before the road crosses the lake.

Twin Lakes

- Hike a section of the Pacific Crest Trail to two small lakes.
- 5.6 miles round-trip to visit both lakes, 800' elevation gain.
- From Mirror Lake TH: Drive east on Highway 26 for 9 miles and turn left into the Frog Lake Sno Park, which is the trailhead.

Umbrella and Sahalie Falls Loop*

- Family-friendly hike near Mt. Hood Meadows passes two waterfalls and includes summer wildflowers.
- 4.4-mile loop, 800' elevation gain.
- Drive east on Highway 26 for 4.5 miles, then follow signs for Highway 35 north, after 7.5 miles then turn left at a sign for Elk Meadows Trailhead, which will be 0.3 miles down that road on the right.

Elk Meadows*

- Hike to a meadow with a nice view of Mt. Hood. NOTE: There is no bridge across Newton Creek. Use caution when crossing!
- 6 miles round-trip, 1230' elevation gain.
- Drive east on Highway 26 for 4.5 miles, then follow signs for Highway 35 north, after 7.5 miles then turn left at a sign for Elk Meadows Trailhead, which will be 0.3 miles down that road on the right.

Tamanawas Falls

- Family-friendly hike follows a pretty creek upstream to a 100-foot-tall waterfall.
- 3.8 miles round-trip, 500' elevation gain.
- Drive east on Highway 26 for 4.5 miles, then follow signs for Highway 35 north, drive 15 miles to the Tamanawas Falls Trailhead which will be on your left.