



Photograph by Keith Nelson, UO Outdoor Program.

rounding alpine areas. The upper part of White River Canyon above the highway is still an un-groomed touring area. Skiers can follow the canyon almost to the terminal moraines of White River Glacier, where steep slopes and extreme avalanche hazard block the way.

Teacup Lake

Not all groomed tracks are commercial developments. The Teacup Lake Race Course on Highway 35 across from Hood River Meadows is maintained by the Oregon Nordic Club Competition Committee, P.O. Box 3906, Portland, OR 97208. The course is set most weekends for training, and for several annual races. There is no charge, but the club happily accepts donations. Teacup Lake is a fairly technical course. Beginning track skiers should check out White River, above, or Mt. Hood Meadows, below.

Mt. Hood Meadows

P.O. Box 47
Mt. Hood, OR 97041
337-2222

"The Meadows," largest alpine resort on Mt. Hood, also was the first to offer regularly set tracks. Nine kilometers of easy trails are groomed at the Hood River Meadows parking lot, northeast of the main lodge on Highway 35. Les-

sons and rentals are available at the Nordic Center, and nordic downhillers can board a nearby chairlift. Intermediate-level tourers will enjoy the steep but scenic Forest Service trail from the ski area to Elk Meadows in the Mt. Hood Wilderness.

Diamond Lake Resort
Diamond Lake, OR 97731
793-3333

This is snowmobile city, so nordic skiers will have to show a little respect for their mechanized friends. Diamond Lake offers the skier rentals, food, lodging and access to tours on Mt. Thielsen and Mt. Bailey. It also serves as alternative accommodations for Crater Lake National Park. Its real claim to fame is its snowcat skiing operation on Mt. Bailey. Alpine skiers and nordic downhillers can take snow tractors to the top of the 8,363' butte for a day of backcountry skiing with guides. It's spendy (\$85 per day) but that includes lunch, guide fee, avalanche beacons, snow machines and enough vertical drop to turn your legs to rubber. Diamond Lake is near the north (closed in winter) entrance to Crater Lake National park on Highway 138.

Lemolo Lake Resort
P.O. Box 147
Idlewild Park, OR 97447
Mobile Operator JS2-7060

Tracks have been set at Lemolo Lake for several years, and the trail system now extends about 10 miles. Track fees had not been established by the time we went to press. The resort is only 12 miles north of Diamond Lake, and so is close to the same touring country around Mt. Thielsen, Mt. Bailey and Crater Lake. There are no rentals or lessons available, but skiers who can bring some experience and equipment with them will find a full range of services: cabins, R-V hookups, store, restaurant, lounge and gas station.

Crater Lake National Park
Crater Lake, OR 97604
594-2211

You can't really say you have skied in Oregon until you have your picture taken with Crater Lake in the background. Oregon's only National Park offers about the same ski terrain as other Cascade areas. Routes follow roads and hiking trails through thick timber. The chief exception is the 33-mile Rim Drive that follows the edge of the crater near timberline. The circuit can take two to five days, depending on snow conditions and avalanche hazard. Rentals are available at the park concession. With closure of the old lodge at the rim, the closest accommodations are now on Highway 62 west of the Park. Contact

Union Creek Resort, Prospect, OR 97536, 560-3565. Note that Highway 62 is the only highway through the park that is open during winter.

Steens Mountain

A popular side trip for summer tourists to the Malheur Wildlife Refuge south of Burns, Steens Mountain in winter is a high, wild, arctic place. A ski tour involves packing skis and camping gear up to snowline from near Frenchglen, south of Burns. Once on the mountain, skiers contend with changeable high-altitude snow, Patagonian winds and the hazards of whiteout and avalanche. Why? Simply because the high desert is unique. The vistas are wider, the gorges are deeper and the new snow—in the few hours before the wind packs it into slabs—is the lightest in the world. Skiers can recover from a Steens expedition at the historic Frenchglen Hotel, Frenchglen, OR 97736, 493-2565, or at the Malheur Field Station, Burns, OR 97720, 493-2629. The agency that administers the Steens is the Bureau of Land Management, Burns, OR 97720, 573-5241.

Spout Springs
Route 1
Weston, OR 97886
963-8282

Spout Springs, a small downhill area in the northeast corner of the state, was originally developed as an Olympic training site and now offers twenty kilometers of groomed cross country track. The trail fee is \$5. Nordic races are scheduled in December and a nordic slalom is scheduled in February. Limited dormitory housing is available at the area. Spout Springs lies east of Pendleton via Routes 11 and 204 (Tollgate Highway) between Weston and Elgin.

Anthony Lakes
P.O. Box 3040
La Grande, OR 97850
963-8282

Located on the Elkhorn Ridge northwest of Baker, Anthony Lakes offers the driest powder (and coldest weather) of any ski area in Oregon. Ten kilometers of nordic trails are groomed around the base area, with a \$4 trail fee. U.S. Ski Association races are scheduled for the area December 21-22. In the spring, there is excellent touring on the back side of the Elkhorns. To get to Anthony Lakes, turn off of I-84 at North Powder between Baker and La Grande. A spectacularly steep access road takes you to the area. Note that Anthony Lakes and Spout Springs are run by the same outfit. One phone call will get you information on both resorts.

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Surata Soyfoods

PUMPKIN TOFU PIE

Great for Thanksgiving Dinner!

1/2 lb. **Surata Soft Tofu**
1 1/2 cups cooked fresh
or canned pumpkin
1/2 cup honey
1/4 cup milk
1 1/2 tsp. cinnamon

1/2 tsp. each nutmeg & ginger
1/4 tsp. each ground cloves,
allspice, and mace
1 tsp. vanilla
one 9" whole wheat pie shell,
pre-baked 10 min.

Blend tofu, pumpkin, honey and spices until smooth. Bake in pie shell at 350° for 40 minutes or until set. Cool. Top with tofu whipped cream: 1/2 lb. **Surata Soft Tofu**, 2 Tbs. honey or maple syrup, 1/2 tsp. vanilla, pinch salt. Blend until creamy.