

# Sports

## 13 best hikes on Mount Hood



Lower Twin Lake, Mount Hood National Forest. PHOTOS BY BONNIE HENDERSON AND MATT REEDER / SPECIAL TO THE STATESMAN JOURNAL

### Feature waterfalls, old-growth forest and alpine views

**Zach Urness**  
Salem Statesman Journal  
USA TODAY NETWORK

Oregon's tallest mountain is surrounded by a wonderland of forest, canyons and waterfalls.

Whether you're backpacking or day hiking with kids, you'll find something to love on the thousands of miles of trail that circle, zag and twist around the 11,250-foot volcano.

Here are the best hikes around Mount Hood, according to this reporter and guidebook author Matt Reeder, who penned PDX Hiking 365.

**Note:** most of these hikes are intended for summer hiking, but a few make good snowshoe adventures.

but count on rugged backpacking conditions.

Most people start and end their trip at Timberline Lodge.

Here's a detailed guide to the hike.

**Nearby towns:** Government Camp

**Level:** very difficult

**Open:** July to October

**Notes:** Expect the trail to have challenges throughout the route.

**Directions:** From Government Camp, follow Highway 26 a short distance and turn left onto Timberline Road. Park east of the lodge in one of the signed parking areas. The upper parking area is restricted to lodge guests.

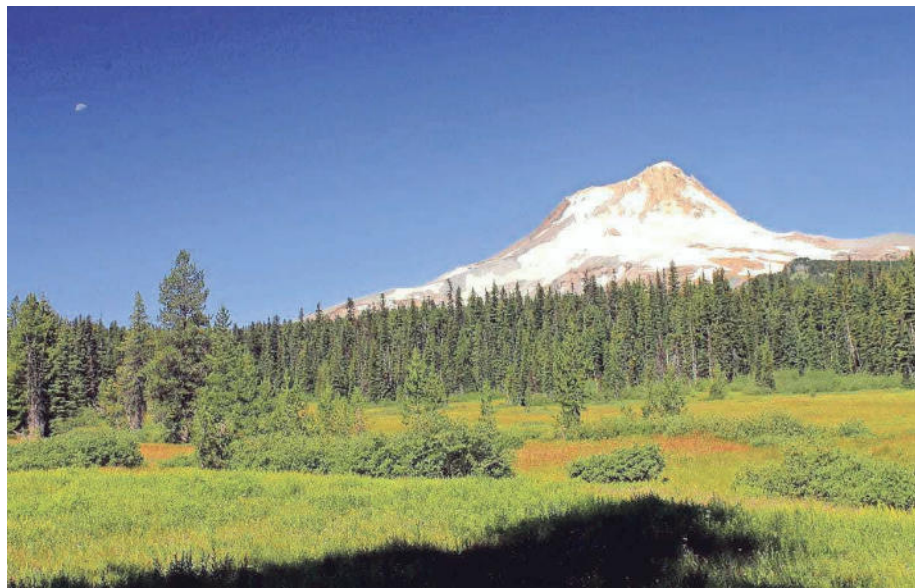
**Coordinates:** 45.32998, -121.70839.

### Elk Meadows

This alpine meadow on the eastern side of Mount Hood features postcard-worthy views of Oregon's tallest mountain along with a funky shelter right in the middle.

The hike to this paradise is 6 miles round-trip with about 1,100 feet of climb, making it challenging but doable for most people.

The trailhead is adjacent to Mount Hood Meadows Ski Area — a popular winter destination far quieter in sum-



Elk Meadows features postcard worthy views of Mount Hood.

mer.

You'll cross Clark and Newton Creek amid a forested setting before the trail switchbacks up Newton Canyon. Elk Meadows is above. Wonderful picnic areas can be found here, as well as plenty of backcountry campsites.

**Nearby towns:** Government Camp

**Level:** moderately difficult

**Open:** Late June to October

**Notes:** Camping is forbidden within Elk Meadows, but there are sites on the trail that swings around the perimeter of the meadows.

**Directions:** From Government Camp: Follow Highway 35 east toward Hood River for 10.7 miles, past the turn-off for Mount Hood Meadows, and turn

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## Breitenbush River offers great trout fishing

**Fishing**  
Henry Miller  
Guest columnist

DETROIT — If you prefer your trout fishing on the rocks with a splash of bubbly, now is the time to head for the hills.

"I just grew up fishing in the Umatilla River, and I just prefer fishing streams over lakes when it comes to trout like these," said Mark Dabulskis of Gates.

He had just hiked up the bank at mid-day Monday, at the bridge over the Breitenbush River upstream from the Willamette National Forest's Cleator Bend Group Camp about nine miles north of Detroit.

He was carrying a half-filled bucket of water with a chunky rainbow trout, about 13 inches that he had caught under the bridge.

"I came up here a couple of days ago, and you could catch your limit in about five minutes," he said about a hatchery stocking of rainbow trout the previous week, adding with a chuckle. "Obviously there's been a bunch of people fishing here over the weekend, so they're not quite as readily available today."

Hatchery trucks were scheduled to roll again the weeks of July 22 (1,800 keeper-size, 8-inches minimum) and July 29 (2,666 keepers), dropping rainbow trout at four sites along the Breiten-



Mark Dabulskis and two fishing buddies were plying the clear, cold waters of the Breitenbush River. HENRY MILLER / SPECIAL TO THE STATESMAN JOURNAL

bush River.

The appeal of crystalline, chilled running water shaded by canyon walls and towering firs along with hatchery-augmented opportunities to catch a trout or two are almost irresistible.

Especially for someone such as Dabulskis, who cut his fishing teeth as a kid on eastern Oregon streams.

"There's nothing wrong with fishing

off the dam," he said with a chuckle about Detroit Lake, "if you like fishing shoulder-to-shoulder, if that's where you want to go.

"But up here you can kind of fish off by yourself."

Fishing on the Breitenbush isn't rocket science, he added.

"I use just a little spinner, Rooster Tails, or Blue Fox, or whatever," Dabulskis said. "These planter fish are kind of simple to catch, sort of easy to catch ..."

He paused. "When they're there; if they're there," he said with a laugh about the single trout on Monday vs. the five-minute limit the previous week.

Trout-stocking is done at four sites along a 10-mile stretch of the Breitenbush River from the first bridge over the river heading north on Forest Road 46 (Breitenbush Road on the left after crossing the bridge on Highway 22 into Detroit) to the U.S. Forest Service's Breitenbush Campground 10 miles upstream.

Limited dispersed (non-campground) camping is available starting about five miles from Detroit, and developed camping is available at Breitenbush Campground, where 18 of the 29 primitive sites are reservable. Rates are \$17.68 for a standard site, \$32.42 for a double site. The campground features water, vault toilets, picnic tables and cooking grills.

During 2019, the campground opened Memorial Day weekend and closes Sept.

14. For more information or online reservations, go to <https://www.recreation.gov/camping/campgrounds/233301> on the Recreation.gov website.

A campground map also is available online at <http://www.fs.usda.gov/detailfull/willamette/rec>

reaction/camping-cabins/?cid=stelprdb5136312&width=full

The Forest Service's Cleator Bend Group site is reservable for groups of up to 45 people at a rate of \$146.37 a night. Amenities are similar to those at Breitenbush Campground.

Reservations for the May 22 through Sept. 12, 2020, camping season are available online at <https://www.recreation.gov/camping/campgrounds/233259>

**Blast from the past, version 2.0:** Cathy Ingalls, formerly Beckham back in our joint SJ days, wrote to tell me that she had seen the mention in a column about her drubbing me in racketball in the distant past.

"I'd totally forgotten that story, but I see that you hadn't ..." she emailed.

To which there was only one appropriate response.

"You should know by now that I've made a career out of writing about my serial humiliations," I replied.

And so it goes.

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