



MT. HOOD NATIONAL FOREST
 ZIGZAG, OR 97049 666-0704 622-3191

CAST LAKE TRAIL #796

BEGINS: 1329 Meters (4360 Feet) Elevation
 At its junction with Zigzag Mtn. Trail #775

ENDS: 1341 Meters (4400 Feet) Elevation
 At the southern edge of Cast Lake.

ACCESS: This short access trail to Cast Lake may be reached by following the directions to and hiking on Zigzag Mtn. Trail #775. This portion of Zigzag Mtn. Trail can also be reached via Burnt Lake Trail #772, or Horseshoe Trail #774.

ATTRACTIONS AND CONSIDERATIONS: The Cast Lake Trail climbs gradually through a landscape spattered with Rhododendron and Beargrass. It leads to Cast Lake and is located within the Mt. Hood Wilderness.

Length: 0.8 Km. (.51 Mi.)



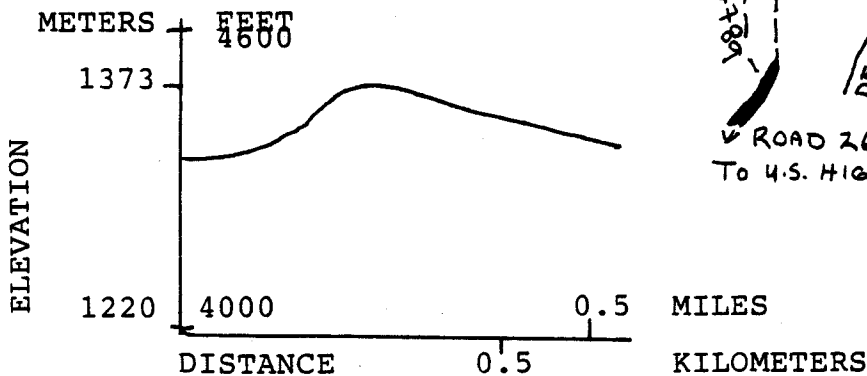
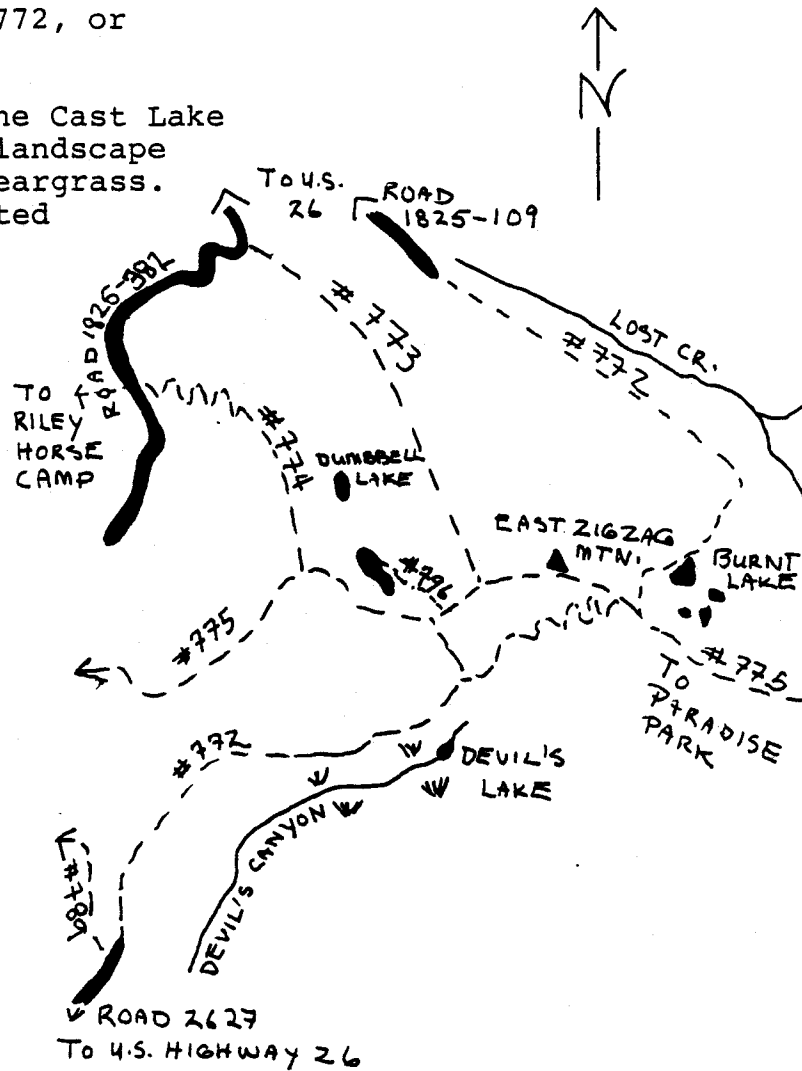
Recommend Season:

SPRING SUMMER FALL WINTER



Use: Medium

Difficulty: Moderate



RECREATION OPPORTUNITY SCALE



Semi-Primitive, Non-Motorized

NARRATIVE: CAST LAKE TRAIL #796

Cast Lake Trail climbs approximately .2 mile, then drops for the last .31 mile down to the lake. Magnificent wildflower displays, especially beargrass and rhododendron, along with mountain views from highpoints along the lakeshore make this an outstanding wilderness hike.

Horsemen are asked to tie their horses on the west side of the lake, except for watering purposes. This helps preserve the fragile, marshy meadows for others also to enjoy.

Outstanding campsites are located on bluffs overlooking the north and east side of the lake. These nonvegetated, hardened areas tucked back in the trees are excellent no-trace campsites. Remember camping is allowed anywhere in this portion of the wilderness as long as your camp is located outside of the meadow areas and at least 100 feet from any shoreline. It is obvious that the delicate meadow along the lakeshore is too fragile to survive the abuse and compaction of tents, horses and human feet.

Wood fires are discouraged in this area, as the available dead and down naturally occurring firewood is extremely limited. Portable backpacking stoves are recommended. Please "take only pictures, leave only footprints". Pack out all of your litter and bury human waste 8" into the soil far away from shorelines and popular destination areas.

Hikers, familiar with this lake, will notice that beavers have been hard at work and actually changed the shape of the lake. Observant visitors have been able to quietly observe them frolicking in the early morning and evening.

Cast Lake Trail is shared by both hikers and equestrians. Wilderness regulations prohibit the use of motorized vehicles and bicycles on this trail.

WATER STATEMENT: Unfortunately open water sources are easily contaminated by human or animal wastes. Water from springs, lakes, ponds and streams should not be used for drinking without proper treatment. A recommended method of treatment is to bring clear water to a rolling boil for 5 minutes.