



# Recreation Opportunity Guide

MT. HOOD NATIONAL FOREST

IT HOOD INFORMATION CENTER 65000 E Hwy 26 Welches OR 622-7674/622-3360

## HIDDEN LAKE TRAIL #779

**BEGINS:** 933 meters (3066 feet) elevation at turnout on north side of 2639

**TRAIL ENDS:** 1781 meters (5840 feet) elevation at its junction with the Pacific Crest National Scenic Trail #2000.

**ACCESS:** Follow US 26 4.1 miles east of Rhododendron to 2639, marked by a sign indicating the Kiwanis Camp. Turn left, following 2639, 2 miles to a large turnout.

**ATTRACTIONS AND CONSIDERATIONS:** Hidden Lake Trail follows the forested ridge east of Zig-zag Canyon, climbing almost 2,800 feet to reach the Pacific Crest National Scenic Trail #2000 in 5 miles. A spur trail 2 miles from the trailhead leads to Hidden Lake, a shallow, muck-bottom pond noted equally for its mosquitoes and blooming rhododendrons. Wilderness regulations prohibit camping within 200 feet of a shoreline. There are no areas suitable for camping right at the lake. Wilderness permits are required. They are self-issuing at the trailhead or at the wilderness boundary.

Length: 8.0 km (5.0 mi.)

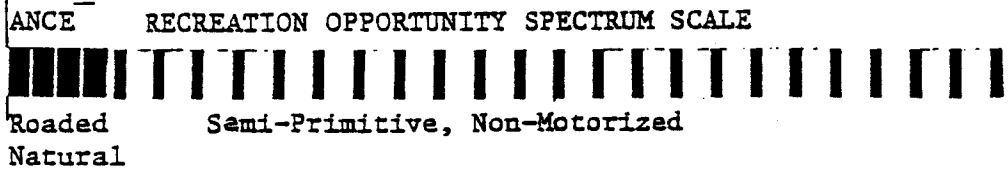
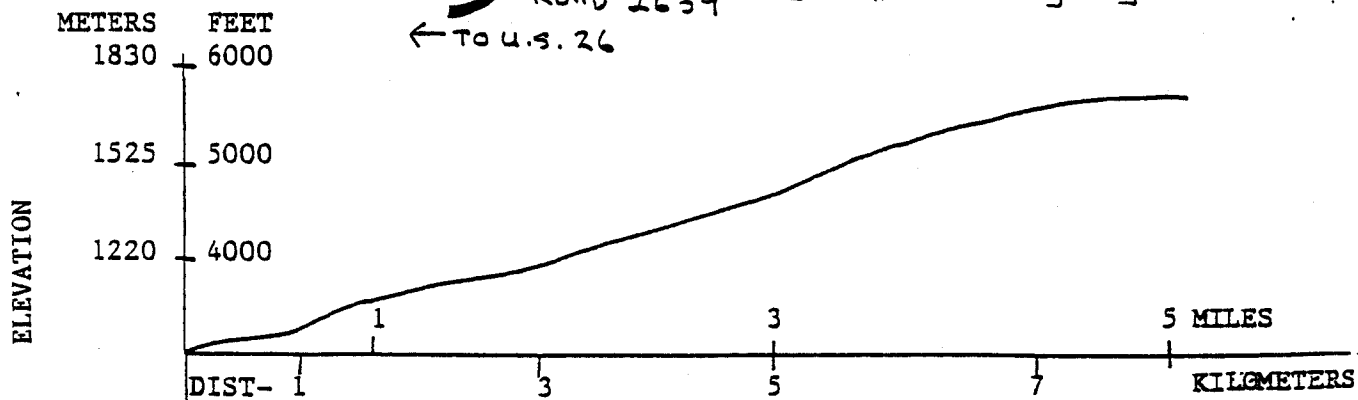
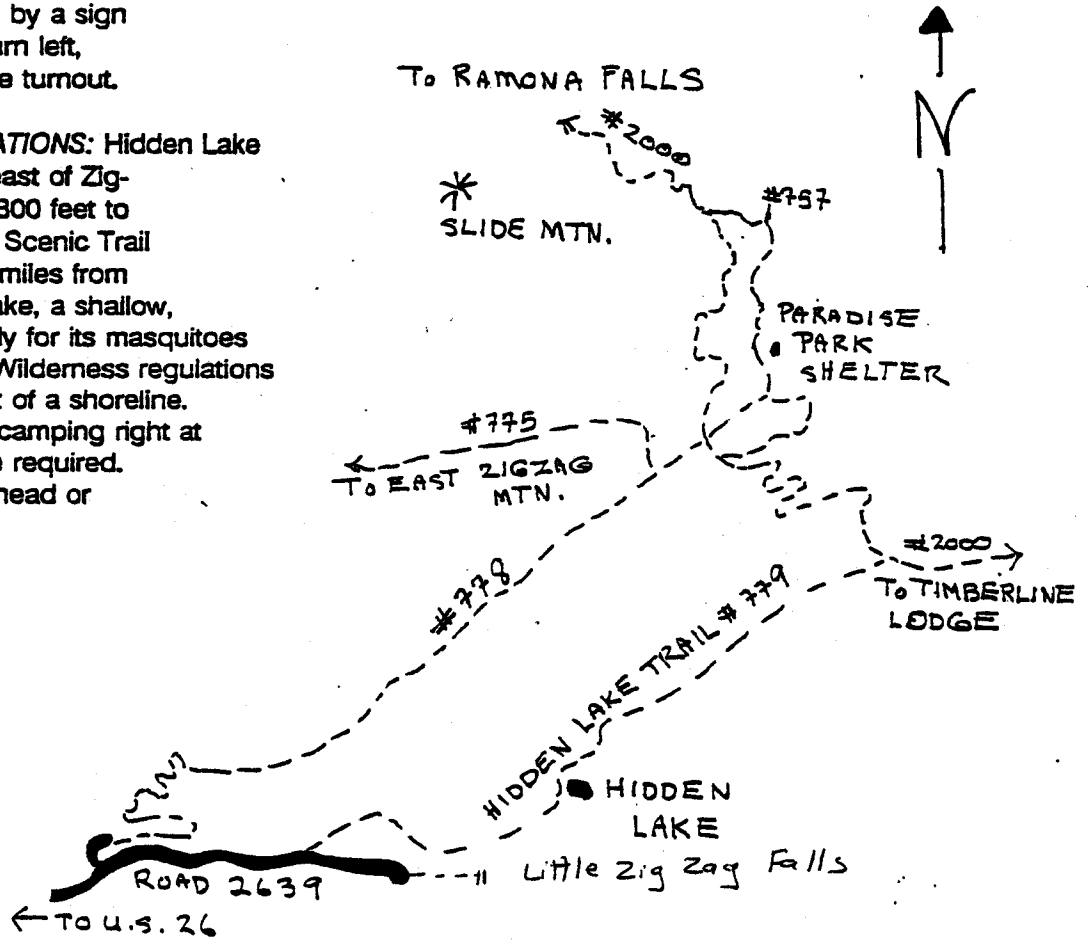


**Recommend Season:**

SPRING SUMMER FALL WINTER

**Use:** Light

**Difficulty:** Moderate



**NARRATIVE: HIDDEN LAKE TRAIL #779**

A long loop, especially suited for equestrians, can be made by combining this trail with the Pacific Crest National Scenic Trail #2000 and the Paradise Park Trail #778. To make a complete loop, Road 2639 needs to be followed for .8 mile back to your origin point. Total loop mileage is 14.4 miles.

The Hidden Lake Trail, located within the Mt. Hood Wilderness, climbs consistently at a moderate grade. Blooming rhododendrons frame the trail, usually in late June.

The trail climbs past the Wilderness trailhead to a small footbridge and the junction of a spur trail to Hidden Lake. To visit the lake, follow the spur trail approximately 200 feet to the west edge of the lake. There is no maintained trail around the lake.

If you intend to camp, please plan to spend some time searching out the flat areas tucked away in the trees. Wilderness regulations allow camping anywhere except within a meadow area or 200 feet of a shoreline. Fires are prohibited in meadow areas. The use of a portable backpacking stove is highly recommended as the impacts from fire are long lasting. Pack out all of your litter and bury human waste 8" into the soil. NOTE: There is no opportunity for camping right at the lake.

A creek providing a year-round water source is located .2 mile past Hidden Lake. The trail continues to climb along this forested ridge dotted with beargrass until it reaches its junction with the Pacific Crest National Scenic Trail #2000. Timberline Lodge is located 1.4 miles to the east. Paradise Park Trail #778 is located 2.8 miles to the west.

This trail is shared by both hikers and equestrians. Wilderness regulations prohibit the use of motorized vehicles and bicycles on the Hidden Lake Trail. Wilderness permits are required. They are self-issuing at the trailhead or at the wilderness boundary.

**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.