



# Recreation Opportunity Guide

MT. HOOD NATIONAL FOREST

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

## MIRROR LAKE TRAIL #664

Length: 4.3KM (3.31 mi.)



**BEGINS:** 1036 Meters (3400 ft.) At footbridge on US 26, approximately one mile west of Government Camp.

**ENDS:** 1544 Meters (5066 ft.) At the top of Tom Dick Ridge overlooking Mirror Lake.

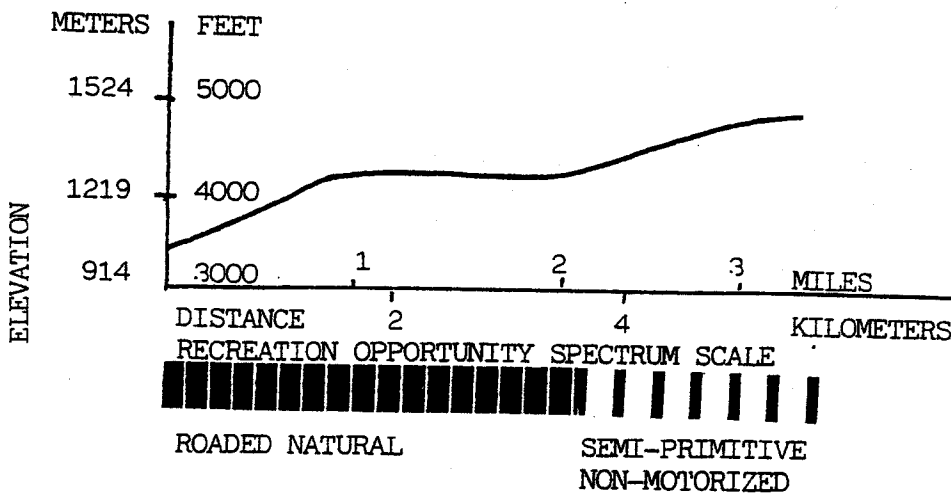
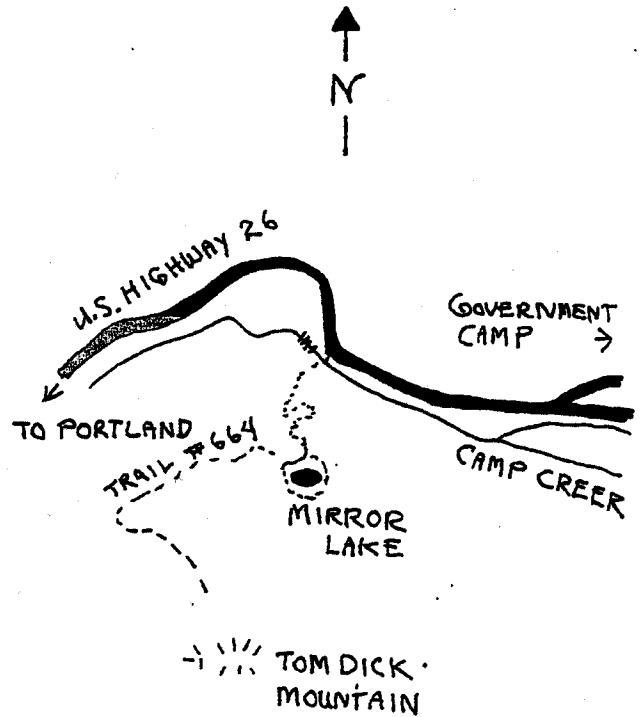
**ACCESS:** Drive US 26, one mile west of Government Camp. Parking is available near the brown painted footbridge which indicates the start of the trail.

### Recommend Season:

SPRING SUMMER FALL WINTER

Use: Extra Heavy  
Difficulty: Moderate

**ATTRACTIONS AND CONSIDERATIONS:** Mirror Lake, one of the most heavily visited alpine lakes in the Mt. Hood National Forest, offers opportunities for fishing, swimming, picnicking, and camping. The first part of the trail gains 700 feet, reaching the lake in 1.4 miles. The trail then circles around the lake, and continues on to the top of Tom Dick Ridge. Views of the valley and Mt. Hood abound.



**NARRATIVE: MIRROR LAKE TRAIL #664**

The trail to Mirror Lake is very gradual and in excellent condition, making it a good choice for those looking for a hike with a minimum of obstacles. The trail passes through a second growth forest, crosses a creek, and passes through two rock slide areas that offer good views. Mt. Hood, Zigzag Mountain, and Laurel Hill can be seen from a viewpoint at .7 miles. It is very important not to take shortcuts on switchbacks because shortcutting causes erosion resulting in costly trail maintenance problems. Rhododendrons are abundant on this portion of the trail.

At 1.4 miles the trail forks, forming a loop around the lake. Turning right at junction brings you to day use area at the lake. Campsites can be found above trail along high flat bench.

Because Mirror Lake may be visited by hundreds of people on sunny weekend days, it is very important to bury human waste in an approved manner and use the established campsites to help protect the fragile lakeshore.

Those intending to camp will find sites with rock fire rings. Please note that there is very little natural dead and down firewood near the campsites. If you must have a fire, expect to spend some time away from camp searching for dead and down wood. Please keep your fires small and extinguish them thoroughly when they are no longer needed. A portable backpacking stove is highly recommended. As the lakeshore environment is very fragile, please do your washing well away from the shoreline. Do not cut green trees for any reason.

Traveling the half mile loop around the lake, you will notice many improvements such as log plank walkways and a stairway down to the lake. These, as well as the revegetated areas around the lake, are an attempt to prevent further deterioration in this fragile environment.

On the west side of the lake, the trail continues 1.6 miles farther to top of Tom Dick Ridge which offers a magnificent view of the south side of Mt. Hood. This portion of the trail is slightly rougher than the portion to the lake.

Wildflowers, including asters, paintbrush, rhododendron, and cinquefoil are located in the meadow areas along the lake shore and on the trail to Tom Dick Ridge. Huckleberries can be found on the east slope of the lake.

Because hikers' use of this trail is extremely high, forest regulations prohibit the use of mountain bikes, horses and motorbikes.

**WATER STATEMENT:**

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.