

# TWIN LAKES TRAIL #495



Northwest Forest Pass → Required  
Distance → 3.0 miles  
Elevation → High 5,000 feet - Low 4,000 feet  
Snow Free → July - October  
Difficulty → More Difficult to Upper Twin Lake  
Easier to Lower Twin Lake

**Directions to Trailhead: Access #1:** Take Highway 26 approximately 7 miles south of Government Camp to Frog Lake Sno-Park at Wapinitia Pass. Take the Pacific Crest Trail #2000 north for 1.5 miles to the south trailhead.

**Access #2:** Take Highway 35 to the Barlow Pass Sno-Park on Road 3531 (on Highway 35 - 2 miles east of the junction of Highways 26 and 35.) Take the PCT south 1.5 miles to the north trailhead.

**Trail Highlights:** Lower Twin Lake is a short hike from the parking lot. The lake is a great place to take a swim or to take a loop hike. The Upper Twin Lake is a less-visited lake with a cliff-edge viewpoint of Mt. Hood and the Historic Barlow Creek Valley. Expect ripe Huckleberries in the late summer and the blooms of Rhododendrons and Beargrass in the early summer.

**Trail Description:** Twin Lake Trail is heavily used by horses and hikers, especially the segment from south of the Pacific Crest Trail junction to Lower Twin Lake. The tread is wide and relatively smooth with some long gradual grades of 10-20% to Lower Twin Lake. Tread becomes narrower and rockier from lower to Upper Twin Lake. The grade is steeper in places (20-30%), but these sections are shorter distances. The section of trail from upper Twin to PCT is also a narrow, rocky tread with some short steep grades, but mostly level with long, gradual grades. This trail passes through new and old growth forests, and the trail is lined with Beargrass and Huckleberries. Both lakes are clear and peaceful, and are located in tree-lined basins. Nice views of Mt. Hood are seen from Upper Twin Lake and the trail from Upper Twin Lake north toward PCT. The trail around each lake is flat with the lakes being fully visible.

MAP ON REVERSE

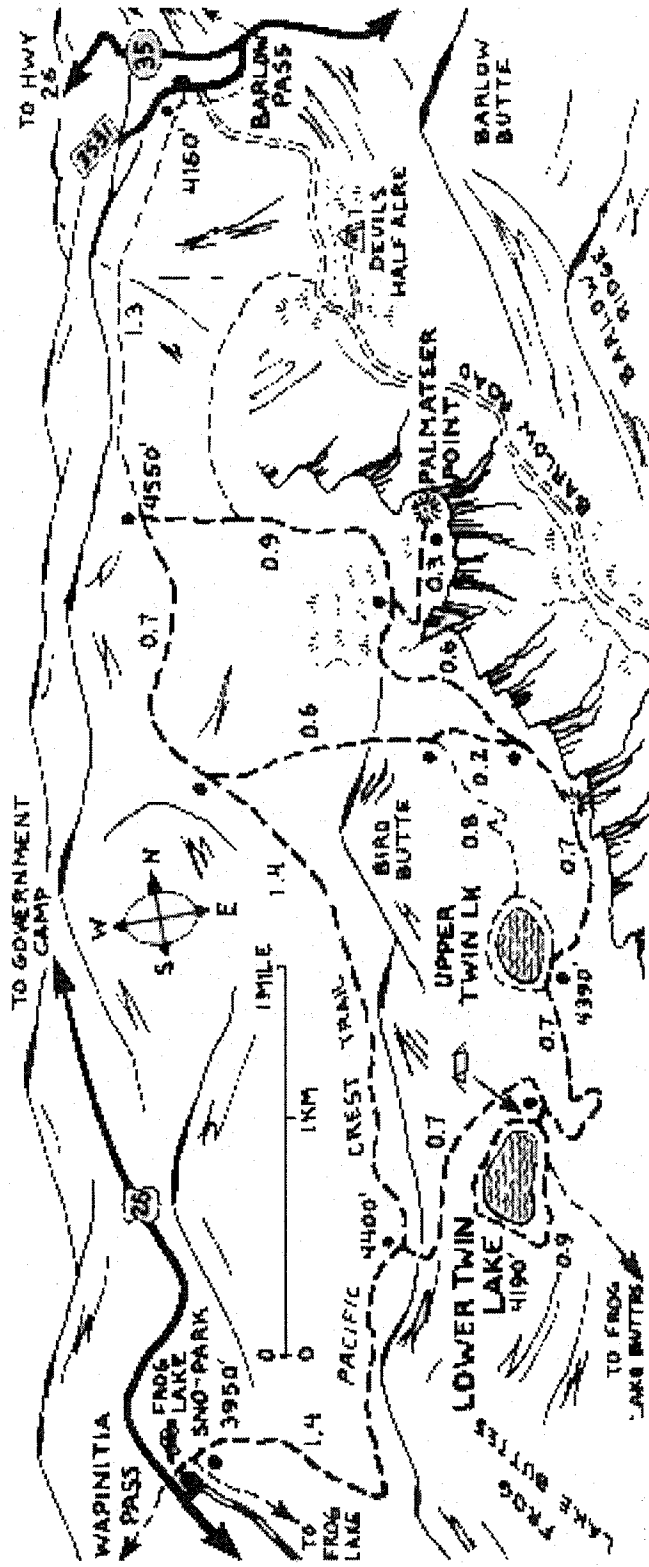
## RECREATION OPPORTUNITY GUIDE

### MT. HOOD NATIONAL FOREST

Hood River Ranger District  
6780 Highway 35 - Parkdale, OR 97041  
541-352-6002  
[www.fs.fed.us/r6/mthood](http://www.fs.fed.us/r6/mthood)



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