

SAHALIE FALLS AND UMBRELLA FALLS LOOP TRAIL #645/667/667C



Northwest Forest Pass	→	Required
Distance	→	5.0 miles
Elevation	→	High 5,770 feet - Low 4,600 feet
Snow Free	→	Late June - Mid October
Difficulty	→	Moderate

Directions to Trailhead: Travel south from the Hood River Ranger Station on Highway 35 approximately seventeen miles. Turn right at the Hood River Meadows Nordic Ski Area sign and drive to the trailhead parking area on the right. Or stay left and drive up to the Mt. Hood Meadows Lodge and park in the parking lot on the south east end. The trailhead is just below the parking lot.

Trail Highlights: Some beautiful alpine meadows, two waterfalls, and a close up view of Mt. Hood combine to make this a lovely and not too difficult day hike. In mid to late summer there is an abundance of wildflowers.

Trail Description: From the Sahalie Falls Trailhead #667C, you may choose to cross the road and take the west entrance, Trail #667C. Or you may enter at the trailhead parking area and follow the Elk Meadow Trail #645 about ¼ of a mile to the Umbrella Falls junction. If you start at the west side of the road, you will cross Meadows Creek and begin the moderate climb to Sahalie Falls. You will reach the viewpoint in about ¼ of a mile. The trail passes over several bridges before arriving at the Umbrella Falls spur trail about one mile from the trailhead. This will take you to the Falls in about 4/10 of a mile. After viewing the falls, return to the main trail and continue east on Umbrella Falls Trail #667. This will take you down through alpine meadows and below the ski lift. In about 1.8 miles you will reach the junction of the Elk Meadows Trail #645, and then about .5 miles later this trail to the west will return you to the trailhead.

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



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