

Hike List, Oregon's Central Cascades, Hoodoo Resort
Camp Location : 44°24'34.5"N 121°52'09.3"W or: 44.409583, -121.869250

Hike Name	Trail Miles	Elev Gain (Feet)	Max Elev (Feet)	Difficulty Rating (Points)	Hike Class
White Mountain NH Hikes (for comparison)					
Mount Madison via Valley Way and Osgood trails	8.6	4050	5367	14.7	A
Mount Washington via Tuckerman	8.4	4250	6288	14.8	A
Lafayette/Lincoln/Haystack Loop	8.9	3950	5260	14.8	A
Chocorua via Piper trail	8.4	2700	3500	12.5	A
Mizpah Hut via Crawford Path and Mizpah cutoff	5.2	1950	3800	8.1	B
Welch-Dickey Loop	4.4	1800	2734	7.1	C
Monadnock via the White Dot Trail	4.0	1800	3165	6.7	C
Zealand Falls Hut from Parking Lot	5.6	650	2630	6.6	C
Mount Willard	3.2	900	2800	4.6	C

Please note: You are expected to be out of camp most of the day; even the easiest hikes will require you to be able to hike a minimum of about 5 mi with 500 - 700 ft of elevation gain. Shorter, easier hikes will be combined with others or with other activities to make for a full day's outing.

YELLOW highlighted numbers are hikes that were done in the 2015 August Camp

ADVANCED PERMITS
Each trailhead has a different number of Day Use permits. Permits are released on 2 rolling windows, 10 days then 2 days before the trip.
Each permit covers 1 person and costs \$1.00
Permits are available by logging on to www.recreation.gov or calling 877-444-6777
NOTE: Permits are not transferrable and group leaders cannot be changed.

GUIDEBOOKS
G-1 100 Hikes in the Central Oregon Cascades by William Sullivan, 2023 Edition

MAPS
M-1 Bend / Three Sisters - Nat. Geo. Trails Illustrated #818
M-2 Mt Jefferson / Mt Washington - Nat. Geo. Trails Illustrated #819

Hike Resources
www.oregonhiking.com Sullivan's website for hike info and conditions
www.oregonhikers.org Trail info, reviews, and guides

PLACES OF INTEREST	GUIDEBOOK	MAP	LOCATION	Driving Time	Driving Distance	Trail Miles	Notes
HOT SPRINGS							
Terwilliger (Cougar) Hot Spring (USFS)	G1 - P 25				44	0.5	\$10 person - clothing optional
Belknap Hot Springs (commercial)	G1 - P24				28		Commercial - \$\$\$ fee
Breitenbush Hot Springs (commercial)	G1 - P24				48		\$35 person - clothing optional
Newberry National Volcanic Monument							
Lava Lands Visitor Center	G1-43		Near Bend	1:09	55		
Newberry Caldera Information Center, Lodge, store			Near Bend		78		See hikes G1-42,43
Lavacast Forest & Cave Adv Permits req for cave	G1-42		Near Bend		55	2.2/1	Near Bend

EASIER HIKES/WALKS - "C"-Hikes, ratings less than 7.6														
Hike #	Hike Name	ADV. PERMITS total/10 day/2 day	GUIDE- BOOK	MAP	LOCATION	Driving Time H:MM	Driving Distance (Miles)	Trailhead Location Lat / Long DD	Trail Miles RT	Elev Gain (Feet)	Max Elev (Feet)	Hike Rating (Points)	Notes	
1	Pika & Fir Lakes Tr #3489		G1-126	M2	Willamette NF	0:28	16	44.51267, -121.97078	2	100	4000	2.2	easy path to 2 lakes	
2	Hand Lake Shelter		G1-50	M1	Three Sisters Wilderness	1:00	42	44.2244, -121.8718	2.6	200	4800	2.9	wildflower meadows, mountain views, and a rustic shelter	
3	Sahalie & Koosah Falls on McKenzie River (loop) Tr 3503		G1-68	M2	Willamette NF	0:20	16	44.3483, -121.9963	2.6	400	2980	3.2	roaring river, 2 largest cascades, fir forests	
4	Echo Basin & Fish Lake Tr 3410 (tr overgrown. Bad road)		G1-15	M2	Willamette NF	0:30	17	44.4129, -122.0854	2.4/1/8	600/50/30	4500	3.3	3 easy hikes, wildflowers, old growth forests, historic wagon road	
5	Cascadia Park (State Park)		G1-19		Cascadia State Park	0:45	40	44.39933, -122.48102	2.6	450	1250	3.3	2 short hikes & swimming beach, waterfall, mineral spring	
6	Castle Rock #3506		G1-71	M1	Willamette NF	1:00	45	44.14908, -122.20564	2.4	630	3808	3.3	cliff edge lookout, douglas fir forest, views to 3 Sisters	
7	Trapper Butte to Daly and Parrish Lakes		G1-11	M2	Willamette NF	0:35	19	44.53222, -122.06971	3	200	3600	3.3	hike to Daly and Parrish Lakes	
8	Little Three Creek Lake Tr 4076 (See hike G1-56) PERMIT REQ	90 / 36 / 54	G1-143	M1	Deschutes N F	1:00	40	44.10089, -121.62239	3	200	6500	3.3	loop around lake, below Tam McArthur Rim	
9	Independence Rock loop Tr #3431		G1-124	M2	Willamette NF	0:24	23	44.61349, -121.94787	2.2	800	2750	3.4	cliff top overlook to North Santiam area	
10	Bensen Lake PERMIT REQUIRED	33/13/20	G1-49	M1	Three Sisters Wilderness	1:00	42	44.2142, -121.893	2.8	400	5500	3.4	2.4 mi hike to Benson Lake, other hike options in the area	
11	Lava Cast Forest & Cave (Timed permit for cave)		G1-42	M1	Newberry Natl Volcanic Mon	1:08	54	43.81735, -121.28862	2.2 + 1	200/100		3.5	Need warm clothes (42F) and flashlight, lantern rentals	
12	Paulina Lake (To falls viewpoint and big Obsedian trail)		G1-43		Newberry Natl Volcanic Mon	1:43	82	43.70680, -121.23660	2.4	750	6340	3.5	0.8 mi loop plus 2.6 mil out & back	
13	Proxy Falls & Linton Lake Tr 3519		G1-46	M1	Three Sisters Wilderness	1:00	45	44.17633, -121.914	1.7/3.8	200/300	3500	4.0		
14	Suttle Lake Tr 4030		G1, pg 17	M2	Deschutes N F	0:11	10	44.42750, -121.72822	3.7	200	3500	4.0	popular lake, swimming beaches	
15	Coffin Mt Lookout		G1-9	M2	Willamette NF	0:45	26	44.62138, -122.04434	3	1026	5770	4.5	switchbacks thru wildflowers, lookout staffed, views	
16	Tamolitch Pool		G1-69	M2	Willamette NF	0:27	20	44.29022, -122.03567	4.2	200	2400	4.5	Hike along McKenzie river trail where river vanishes into lava flow	
17	Whychus Creek Tr to Logjam Falls		G1-31	M2	Deschutes N F	0:30	26	44.23436, -121.56341	4	300	3500	4.5	mix of pine and grand firs, lava flows	
18	Benham Falls		G1-41	M1E	Bend	1:06	53	44.00156, -121.37965	4.4	100	3850	4.6	Near Bend, pine forest, Deschutes River Tr, rapids, lava flows	
19	Whychus Creek and Canyon (Canyon loop)		G1-31	M2	Deschutes N F	0:36	30	44.3369, -121.453	4.2	300	3530	4.7	rimrock desert canyon with ancient junipers, near Sisters	
20	Whychus Canyon loop Tr 4070		G1-31	M2	Deschutes N F	0:36	25	44.3368, -121.4530	4.2	300	3520	4.7	forest canyon rim trail, woods, views	
21	Bends South Canyon - Old Mill District		G1-40	M1	Bend	1:00	45	44.04494, -121.3150	4.4	200	3720	4.7	Trail starts in Old Mill District in Bend and follows Deschutes River Trail	
22	Tumalo Falls to Upper Falls		G1-39	M1E	Bend	1:19	58	44.0319, -121.5664	3.8	680	5600	4.8	Near Bend, 97 ft waterfall, others close by. Caution: 200 ft cliff	
23	Browder Ridge to viewpoint		G1-14	M2	Willamette NF	0:30	17	44.37146, -122.05474	3.2	1150	4800	4.9	steep wildflower meadows	
24	Round & Square Lakes		G1-131	M2	MT Jefferson Wilderness	0:35	16	44.68059, -121.88498	4.4	400	4265	5.0	wilderness path thru 2003 burned forest fire, brushy	
25	Canyon Creek Meadows PERMIT REQUIRED	72/29/43	G1-27	M2	Mt. Jefferson Wilderness	0:50	20	44.49186, -121.79416	4.5	400	5500	5.1	spectacular wildflower meadows, bubbling creeks, view of 3 Finger Jack	
26	Shevlin Park (loop)		G1-38	M1E	Bend	0:53	43	44.0819, -121.3787	4.7	300	3800	5.2	Near Bend, canyon rim trail along Tumalo Creek	
27	Smith Rock State Park Parking Fee		G1-35	M1E	Smith Rock S.P.	1:04	50	44.36515, -121.13789	4	800	2660	5.2	Near Sisters, hike into senic river canyon, views of central cascades	
28	Metolius River Trail to Canyon Creek		G1-29	M2	Deschutes N F	0:36	22	44.52126, -121.63137	5.4	100	2750	5.6	fly fishing, wildflowers, fish hatchery, ponderosa pines, steep canyon	
29	Pamelia Lake PERMIT REQUIRED	28/11/17	G1-22	M2	Mt Jefferson Wilderness	0:38	31	44.66018, -121.89153	4.4	800	3890	5.6	old growth forests, Pamelia Creek views of Jefferson	
30	Chush Falls Tr 4080		G1-53	M1	Three Sisters Wilderness	0:55	33	44.17728, -121.66689	5.2	400	5350	5.8	dry pine forest, cascade waterfalls, bumpy access road	
31	Clear Lake #3507		G1-67	M2	Willamette NF	0:18	14	44.36885, -122.00531	5.5	200	3020	5.8	springs, lava crossing, old growth forests, coffee shop, (longer options)	
32	Bachelor Mt		G1-9	M2	Willamette NF	0:45	26	44.6178, -122.0343	4.2	1113	5953	5.9	former lookout site, old fir forest, wildflowers, views	
33	Metolis River Trail Loop to Br 99		G1-29	M2	Deschutes N F	0:36	22	44.52126, -121.63137	6	200	2750	6.3	fish hatchery, ponderosa pines	
34	Stahman Point Tr 3449 C HIKE		G1-7	M2	Willamette NF	0:56	39	44.707, -122.16117	4.6	1340	3058	6.6	old growth forest, former lookout site, views of Jefferson	
35	Black Butte (upper trail)		G1-30	M2	Deschutes N F	0:30	25	44.39524, -121.64820	4.4	1560	6436	6.7	popular view packed trail to summit, fire lookout and log cabin on top	
36	The Three Pyramids Tr3380		G1-12	M2	Willamette NF	0:35	18	44.49819, -122.06225	4	1800	5618	6.7	trio of ancient volcanic plugs, wildflowers, ridge, old growth, steep	
37	Iron Mountain to Cone Peak Meadows Tr 3408		G1-16	M2	Willamette NF	0:21	16	44.39540, -122.14090	5.2	1050	4950	6.8	great wildflower walk, views of peaks, alpine meadows, steep switchbacks	
38	Tam McArthur Rim PERMIT REQUIRED	90/36/54	G1-56	M1	Three Sisters Wilderness	1:05	38	44.10089, -121.62239	5	1200	7950	6.8	500 ft cliffs, wide open ridge, views of peaks, fir forests, moon-like landscap	
39	Little Belknap Crater PERMIT REQUIRED	28/11/17	G1-51	M1	Mt Washington Wilderness	0:50	30	44.2832, -121.8253	5.2	1100	6305	6.9	Hike along PCT, lava flow, exposed	
40	Marion Lake PERMIT REQUIRED	44/18/26	G1-23	M2	Mt Jefferson Wilderness	0:42	26	44.10089, -121.62239	6	800	4130	7.2	Marion Falls, Lake Anne, views of cascade peaks	
42	Matthieu Lakes PERMIT REQUIRED	50/20/30	G1-52	M1	Three Sisters Wilderness	0:45	30	44.26059, -121.78782	6	800	6050	7.2	Along PCT barren ridge, forest, views of peaks	
42	Patjens Lakes #3395		G1-25	M2	Mt Washington Wilderness	0:10	2	44.37746, -121.88070	6.9	400	4800	7.5	swimming in Big Lake, lodgepole pines, views of Washington & 3 Sisters (a	

MODERATE HIKES - " B"-hikes, Ratings 7.6 to 11.5														
Hike #	Hike Name	ADV. PERMITS total/10 day/2day	GUIDE- BOOK	MAP	LOCATION	Driving Time	Driving Distance	Trailhead Location Lat/Long	Trail Miles	Elev Gain	Max Elev	Hike Rating	Notes	
						H:MM	(Miles)	(DD)	RT	(Feet)	(Feet)	(Points)		
43	Duffy Lake Tr 2437	PERMIT REQUIRED	34 / 14 / 20	G1-24	M2	MT Jefferson Wilderness	0:24	15	44.49112, -121.95007	6.6	800	4795	7.8	great swimming lake, old douglas fir, stream xing. More lakes, views
44	Paulina Lake - Trail around the lake and to warm springs			G1-43		Newberry Natl Volcanic Mon	1:43	82	43.71236, -121.27692	7.5	300	6340	8.0	series of waterfalls at lake outlet, along the high desert, small hot springs
45	Gordon Lakes & Meadow Tr 3386			G1-114	M2	Willamette NF	1:05	35	44.35581, -122.26050	7.2	500	4400	8.0	path leads to two popular lakes and marshy Gordon Meadows
46	Berley Lakes Tr 3491			G1-128	M2	MT Jefferson Wilderness	0:10	3	44.42605, -121.84970	7	880	5300	8.3	hike thru burned forest on PCT to 2 charming lakes at foot of Three Fingred Jac
47	House Rock to knoll viewpoint			G1-17	M2	Willamette NF	0:40	27	44.39297, -122.24566	7.2	820	2380	8.4	Hike on the Old Santiam Wagon Road
48	Black Butte lower trail			G1-30	M2	Deschutes N F	0:18	15	44.42808, -121.65581	6.2	1750	4880	8.8	one of tallest cinder cones, short abadoned road section
49	Dillon Falls via Deschutes River Trail			G1-41	M1	Deschutes N F	1:15	51	43.99731, -121.38525	8.4	300	4150	8.9	Near Bend (alternate to Benham Falls with shuttle), 100 ft cliffs, churning rapids
50	Separation Creek Tr 3536			G1-150	M1	Three Sisters Wilderness	1:00	41	44.13671, -121.97301	8.2	950	3520	9.6	woods, waterfall
51	Canyon Creek Meadows Tr 4010/4011	PERMIT REQUIRED	72 / 29 / 43	G1-27	M2	MT Jefferson Wilderness	0:45	21	44.49184, -121.79402	7.5	1400	6500	9.6	spectacular wildflower meadows, glacial moraine cirque lake, mt. Views
52	Tumalo Falls happy valley loop			G1-39	M1E	Bend	1:25	58	44.03206, -121.56638	8.1	1300	6100	10.1	loop, lots of waterfalls, 97 ft waterfall, old forests, cliffs, stream xing
53	Green Lakes	PERMIT REQUIRED	90 / 36 / 54	G1-61	M1	Three Sisters Wilderness	1:35	70	44.03107, -121.73638	8.4	1100	6550	10.1	waterfalls, meadows, lava flow, Mt. views of Broken Top and South Sister
54	Rooster Rock			G1-18	M2	Menagerie Wilderness	0:40	32	44.39855, -122.34709	6.6	2300	3567	10.1	steep trail climbs to overgrown viewpoint overlooking the South Santiam Canyon
55	Benson Lake to Scott Mt. Tr 3502 / 4339	PERMIT REQUIRED	33 / 13 / 20	G1-49	M1	Mt Washington Wilderness	0:55	38	44.21406, -121.89285	8.2	1300	6116	10.2	swimable pools, meadows, forests, cinder cone, views of peaks
56	Trapper Butte to summit Tr 3402			G1-11	M2	Willamette NF	0:30	19	44.53308, -122.06917	7.6	1700	4920	10.2	hike to viewpoint cliff of Scar Mt
57	Belknap Crater to top Tr 2000 / 3003	PERMIT REQUIRED	28 / 11 / 17	G1-51	M1	Mt Washington Wilderness	0:50	31	44.26028, -121.80945	8	1800	6872	10.7	hike follows lava flow, rugged trail, lava caves, views of peaks
58	Iron Mountain loop Tr 3408			G1-16	M2	Willamette NF	0:22	18	44.39509, -122.14038	8	1900	5455	10.9	great wildflower hike
59	Carl Lake Tr 4003			G1-28	M2	MT Jefferson Wilderness	0:48	22	44.57388, -121.73194	9.4	1000	5500	10.9	deep rock rimmed alpine lake, wildflowers, scenic ponds
60	Park Meadow (several creek crossings)			G1-55	M1	Three Sisters Wilderness	0:50	36	44.11741, -121.62879	10	800	6350	11.2	5 mi of dusty trail thru burn, stream crossings (water shoes), Mt. views, meadow
61	Bachelor Mountain via Bugaboo Ridge Tr			G1-10	M2	Willamette NF	0:40	24	44.6188, -121.9783	8.6	1800	5953	11.3	well graded trail to lookout tower, meadow of wildflowers

DIFFICULT HIKES - "A" Hikes (Hike Rating greater than 11.5)													
Hike #	Hike Name	ADV. PERMITS total/10 day/2day	GUIDE- BOOK	MAP	LOCATION	Driving Time H:MM	Driving Distance (Miles)	Trailhead Location Lat/Long (DD)	Trail Miles RT	Elev Gain (Feet)	Max Elev (Feet)	Hike Rating (Points)	Notes
62	Browder Ridge to summit Tr 3412		G1-14	M2	Willamette NF	0:30	17	44.37146, -122.05474	8.4	2100	5760	11.6	steep wildflower meadows, great views of high cascade snowpeaks
63	Black Crater Tr 4058 (2.3 mi burned)		G1-142	M1	Three Sisters Wilderness	0:40	28	44.28498, -121.76590	7.8	2500	7250	11.6	large cinder cone, former lookout, 3 mi. of burn, cinder fields, views of peaks
64	Benson Lake Loop Tr 3502/4345/3513 PERMIT REQUIRED	33 / 13 / 20	G1-49	M1	Mt Washington Wilderness	0:55	38	44.21406, -121.89285	9.7	1300	6116	11.7	cliff rimmed lake, Scott Mt summit, wildflowers, mt views, lava flow
65	Four in one cone Tr 3531 PERMIT REQUIRED	16 / 6 / 10	G1-48	M1	Three Sisters Wilderness	0:55	37	44.21231, -121.87668	9.6	1500	6258	11.9	dry forest, basalt flows, cinder barrens, 4 cones
66	House Rock (to seven mile hill, Tr 3413)		G1-17	M2	Willamette NF	0:40	27	44.39297, -122.24566	9.6	1667	2940	12.1	Hike on the Old Santiam Wagon Road
67	Crescent Mountain		G1-13	M2	Willamette NF	0:18	12	44.42949, -122.03101	9	2200	5750	12.3	wildflower meadows, views Mt Washington & Three Sister
68	Three Finger Jack		G1-26	M2	Mt Jefferson Wilderness	0:10	3	44.42605, -121.84970	10.4	1400	6280	12.5	viewpoint beneath Three Finger Jacks summit, some burn
69	PCT Hike to Washington Meadows tr 2000		G1-130	M2	Mt Washington Wilderness	0:15	3	44.38074, -121.85643	11	1300	5800	13.0	viewpoint below Mt Washington, on PCT
70	Frissell Trail tr 3512 (closed in 2024 Lookout fire - may reopen)		G1-148	M1	Willamette NF	0:50	38	44.19046, -122.14799	9.4	2500	4750	13.2	views of McKenzie Valley and Three Sisters
71	Demaris Lake via Chambers Lake Trail, Tr 4074		G1-54	M1	Three Sisters Wilderness	0:55	33	44.18748, -121.70004	10.8	1700	6400	13.4	dusty trail thru burned woods, closer goal than Chambers Lakes
72	Matthieu Lakes to Scott Trail Tr 4062 / 2000 PERMIT REQUIRED	50 / 20 / 30	G1-52	M1	Three Sisters Wilderness	0:50	31	44.25992, -121.78725	11	1600	6050	13.4	lollipop loop, cinder fields, meadows, some burn, mt views, lava flow
73	Maxwell Butte Tr #3391		G1-127	M2	Mt Jefferson Wilderness	0:10	16	44.46361, -121.97004	9.6	2500	6229	13.4	Swimmable Twin Lakes, panoramic view on top of wilderness volcano
74	Pamelia Lake to Grizzly Peak PERMIT REQUIRED	28 / 11 / 17	G1-22	M2	Mt Jefferson Wilderness	0:46	31	44.65954, -121.89122	10	2700	5800	14.1	Special wilderness permit, popular hike, strenuous to Grizzly Peak, views
75	Marion Mountain (via Lake) PERMIT REQUIRED	44 / 18 / 26	G1-23	M2	Mt Jefferson Wilderness	0:44	28	44.57689, -121.89424	11.2	2000	5351	14.2	views of Mt Jefferson, former lookout site
76	Jefferson Park via whitewater tr Tr 3429 PERMIT REQUIRED	33 / 13 / 20	G1-21	M2	Mt Jefferson Wilderness	1:00	35	44.70678, -121.87501	11.6	1800	5900	14.3	lake dotted wildflower meadows, impressive views of Mt Jefferson, recent burn
77	Duffy Lake PERMIT REQUIRED	34 / 14 / 20	G1-24	M2	Mt Jefferson Wilderness	0:25	16	44.49123, -121.95018	11.8	1800	5848	14.5	great swimming lake, red butte is a cinder cone
78	Obsidian Trail Loop Tr 3528 PERMIT REQUIRED	33 / 13 / 20	G1-47	M1	Three Sisters Wilderness	1:00	38	44.20397, -121.87116	12	1800	6600	14.7	one of the most beautiful alpine areas, wildflower meadows, lollipop loop
79	Pamelia Lake to Hunts Cove PERMIT REQUIRED	28 / 11 / 17	G1-22	M2	Mt Jefferson Wilderness	0:46	31	44.65954, -121.89122	12.4	2150	5240	15.6	popular hike, Mt and lake views
80	Black Butte Lower & Upper Trails Tr 4026		G1-30	M2	Deschutes N F	0:18	15	44.42808, -121.65581	10.6	3300	6436	15.6	one of tallest cinder cones, fire lookout and old cabin
81	Carl Lake (to South Cinder Peak)		G1-28	M2	Mt Jefferson Wilderness	0:48	22	44.57388, -121.73194	13.4	2200	6746	16.7	deep rimmed alpine lake, wildflowers
82	Chambers Lakes to Camp Lake Tr 4074		G1-54	M1	Three Sisters Wilderness	0:55	33	44.18748, -121.70004	14.2	1800	6950	16.9	alpine wonderland, views, dusty 4.6 mi walk thru burned woods in beginning
83	Castle Rock (from Kings Road) Tr 4326		G1-71	M1	Willamette NF	0:50	38	44.16780, -122.22490	13.4	2600	3808	17.3	views, cliff edge lookout
84	South Sister (very difficult) Tr 36 PERMIT REQUIRED	120 / 48 / 72	G1-62	M1	Three Sisters Wilderness	1:40	73	44.03371, -121.76691	11	4900	10358	18.4	Very Difficult, Oregons third tallest peak, steep, long, rugged