

Name	Hike mileage	Elevation change	Driving distance	NW forest pass needed
Columbia River Gorge				
Aldrich Butte	7.0 miles	1,500 feet	84 miles	no
Angels Rest	4.6 miles	1,540 feet	42 miles	no
Angels Rest-Wahkeena-Devils Rest	10.5 miles	3,100 feet	45 miles	no
Augspurgen Mountain-Cook Hill	6.0 miles	1,600 feet	146 miles	no
Augspurgen Mountain-Dog Mountain	11.0 miles	1,300 feet	130 miles	yes
Beacon Rock	1.8 miles	600 feet	88 miles	no
Benson Plateau (Herman Creek)	12.8 miles	3,720 feet	78 miles	yes
Big Huckleberry Mountain	10.8 miles	2,300 feet	138 miles	yes
Catherine Creek-East	7.0 miles	1,300 feet	126 miles	yes
Dalles Mountain Ranch	varies	varies	194 miles	no
Deschutes River Delta	8.0 miles	800 feet	184 miles	no
Devils Rest (via Angels Rest)	8.4 miles	2,600 feet	42 miles	no
Devils Rest (via Wahkeena)	7.4 miles	2,400 feet	45 miles	no
Dog Mountain (Scenic)	6.3 miles	2,900 feet	98 miles	yes
Dry Creek Falls	7.4 miles	840 feet	78 miles	yes
Dublin Lake	9.6 miles	2,800 feet	70 miles	no
Duncan Creek	9.0 miles	2,200 feet	80 miles	no
Eagle Creek (High Bridge)	6.6 miles	700 feet	74 miles	yes
Eagle Creek (Cross-Over Falls)	12.6 miles	1,080 feet	74 miles	yes
Eagle Creek (7 1/2 Mile Camp)	14.0 miles	1,560 feet	74 miles	yes
Eagle Creek (Wahtum Lake)	26.4 miles	3,750 feet	74 miles	yes
Elowah & Upper McCord Falls	3.0 miles	600 feet	60 miles	no
Franklin Ridge Loop	10.1 miles	2,800 feet	60 miles	no
Gillette Lake	5.0 miles	300 feet	80 miles	yes
Gorton Creek-Nick Eaton Ridge Loop	8.0 miles	2,900 feet	78 miles	yes
Grassy Knoll	4.4 miles	900 feet	138 miles	yes
Grassy Pass	7.4 miles	1,200 feet	138 miles	yes
Green Point Mountain Loop	18.8 miles	4,900 feet	78 miles	yes

Name	Hike mileage	Elevation change	Driving distance	NW forest pass needed
Greenleaf Overlook	7.6 miles	600 feet	80 miles	no
Hamilton Mountain	7.6 miles	2,100 feet	88 miles	no
Hamilton Mountain (winter)	9.0miles	2,500 feet	88 miles	no
Herman Creek (Casey Creek)	8.2 miles	1,340 feet	78 miles	yes
Herman Creek (The Forks)	8.5 miles	1,640 feet	78 miles	yes
Herman Creek (Slide Creek Falls)	10.8 miles	1,500 feet	78 miles	yes
Herman Creek (Cedar Swamp Camp)	14.6 miles	2,640 feet	78 miles	yes
Indian Point	8.9 miles	3,340 feet	78 miles	yes
Lacamas Lake Loop	6.0 miles	400 feet	28 miles	no
Larch Mountain (Multnomah Falls)	14.0 miles	4,020 feet	48 miles	no
Larch Mountain Crater	8.0 miles	1,300 feet	58 miles	yes
Latourell Falls	2.3 miles	600 feet	45 miles	no
Lyle Cherry Orchard	6.5 miles	1,400 feet	140 miles	no
Memaloose Hills Loop	6.0 miles	500 feet	154 miles	no
Mitchell Point	2.0 miles	760 feet	110 miles	no
Mosier Tunnel (West)	8.0 miles	0 feet	120 miles	no
Mount Defiance	11.8 miles	4,800 feet	110 miles	no
Multnomah-Angels Rest	7.8 miles	1,800 feet	48 miles	no
Munra Point	3.0 miles	1,800 feet	66 miles	no
Nesmith Point	10.0 miles	3,810 feet	60 miles	no
North Lake	11.4 miles	3,800 feet	88 miles	yes
Pool of the Winds	2.2 miles	600 feet	88 miles	no
Rock of Ages Loop	10.2 miles	2,700 feet	60 miles	no
Ruckel Creek	9.6 miles	3,700 feet	74 miles	yes
Ruckel Ridge-Ruckel Creek Loop	8.5 miles	3,800 feet	74 miles	yes
Rudolph Spur	11.0 miles	3,600 feet	78 miles	yes
Silver Star Mountain (Bluff Mtn.)	12.5 miles	2,700 feet	80 miles	yes
Silver Star Mountain (Grouse Vista)	9.7 miles	2,400 feet	70 miles	yes
Table Mountain (Greenleaf)	8.0 miles	3,650 feet	84 miles	no

Name	Hike mileage	Elevation change	Driving distance	NW forest pass needed
Table Mountain (Bonneville)	10.0 miles	3,650 feet	84 miles	yes
Tanner Butte	16.0 miles	3,500 feet	70 miles	no
Three-Corner Rock (PCT)	8.5 miles	1,900 feet	100 miles	yes
Tom McCall Point/Rowena Plateau	7.0 miles	1,100 feet	140 miles	no
Triple Falls Loop	4.3 miles	950 feet	60 miles	no
Wauna Point	6.2 miles	2,200 feet	70 miles	no
Wauna Viewpoint	4.0 miles	800 feet	74 miles	yes
Wahkeena-Angels Rest	6.4 miles	1,800 feet	45 miles	no
Wahkeena-Multnomah Creeks Loop	5.4 miles	1,650 feet	48 miles	no
Weldon Wagon Road	7.7 miles	1,400 feet	102 miles	no
Wind Mountain	4.0 miles	1,100 feet	94 miles	no
Wyeth-Cascade Locks (Trail 400)	12.0 miles	1,000 feet	88 miles	yes
Wygant-Chetwoot Loop	5.0 miles	800 feet	110 miles	no
Wygant Peak	7.6 miles	2,300 feet	110 miles	no
Mount Hood				
Badger Creek-Badger Lake Loop	11.8 miles	2,900 feet	136 miles	no
Badger Lake	10.5 miles	2,300 feet	136 miles	no
Bald Butte	8.4 miles	2,300 feet	144 miles	no
Bald Mountain-Ramona Falls Loop	10.6 miles	1,900 feet	92 miles	yes
Barrett Spur (Pinnacle)	11.5 miles	4,000 feet	166 miles	yes
Barrett Spur (Elk Cove Tr)	14.6 miles	4,280 feet	160 miles	yes
Barrett Spur (Vista Tr)	9.8 miles	3,280 feet	140 miles	yes
Boulder Lakes	6.0 miles	800 feet	140 miles	no
Buck Peak (Lolo Pass)	16.0 miles	1,351 feet	100 miles	yes
Burnt Lake	6.2 miles	1,400 feet	96 miles	yes
Cairn Basin (Top Spur)	8.5 miles	1,700 feet	100 miles	yes
Castle Canyon	1.8 miles	800 feet	78 miles	no
Cooper Spur (Cloud Cap to Tie-In)	8.8 miles	3,100 feet	166 miles	yes
Devil's Peak (Cool Creek)	8.8 miles	2,800 feet	84 miles	no

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Devil's Peak Loop (Salmon River)	15.9 miles	3,445 feet	82 miles	no
Dollar Lake-Eden Park (Vista Tr)	9.6 miles	2,400 feet	140 miles	yes
East Zig Zag Mountain (Burnt Lake)	8.4 miles	2,271 feet	96 miles	yes
East Zig Zag Mountain (Cast Lake)	9.0 miles	1,671 feet	102 miles	yes
Eightmile Creek Loop	7.5 miles	1,400 feet	160 miles	yes
Elk Cove (Cloud Cap)	9.8 miles	1,800 feet	166 miles	yes
Frog Lake Butte-Twin Lakes Loop	12.1 miles	1,600 feet	116 miles	no
Gnarl Ridge/Elk Meadows Loop	10.6 miles	2,300 feet	126 miles	yes
Hidden Lake	4.2 miles	700 feet	94 miles	yes
Huckleberry Mountain (Bonanza Trail)	11.2 miles	3,000 feet	78 miles	no
Huckleberry Mountain (Boulder Ridge)	10.6 miles	3,100 feet	72 miles	no
Hunchback Mountain (Heliport)	7.0 miles	2,850 feet	76 miles	no
Hunchback Mountain (Great Pyramid)	9.0 miles	3,060 feet	76 miles	no
Little Crater Lake (Wapinita Pass)	8.0 miles	300 feet	145 miles	no
Lookout Mountain	10.4 miles	2,975 feet	136 miles	no
Lost Lake Loop	3.4 miles	100 feet	142 miles	no
Lost Lake (Lolo Pass)	16.0 miles	2,000 feet	100 miles	yes
Lost Lake Butte	4.0 miles	1,270 feet	142 miles	no
Mazama Trail (TH to Timberline)	7.5 miles	2,120 feet	116 miles	yes
McNeil Point (Top Spur to Tie-In)	9.0 miles	2,900 feet	100 miles	yes
Paradise Park (Timberline Lodge)	12.7 miles	2,300 feet	112 miles	no
Ramona Falls	6.8 miles	700 feet	92 miles	yes
Salmon Butte	8.6 miles	2,900 feet	90 miles	no
Salmon River Trail	7.2 miles	950 feet	82 miles	no
Salmon River Trail (Lower)	5.2 miles	100 feet	80 miles	no
School Canyon Trail	7.2 miles	1,400 feet	220 miles	no
Tamanawas Falls (Robinhood CG)	12.6 miles	1,000 feet	136 miles	no
Tamanawas Falls (Sherwood CG)	4.4 miles	440 feet	136 miles	no
Timberline Trail	37.6 miles	9,800 feet	varies	yes

Name	Hike mileage	Elevation change	Driving distance	NW forest pass needed
Timothy Lake Loop	11.2 miles	400 feet	148 miles	no
Tom-Dick Mountain	7.2 miles	1,715 feet	94 miles	no
Twin Lakes Loop (Barlow Pass)	8.6 miles	900 feet	122 miles	no
West Zig Zag Mountain	11.0 miles	3,100 feet	76 miles	yes
Wildcat Mountain	10.2 miles	1,800 feet	80 miles	no
Yocum Ridge	15.4 miles	3,400 feet	92 miles	yes
Clackamas River				
Bull of the Woods	7.1 miles	2,000 feet	142 miles	no
Eagle Creek Trail (to Meadows)	9.4 miles	1,200 feet	70 miles	no
Fish Creek Mountain	5.8 miles	1,900 feet	110 miles	no
Memaloose Lake	2.6 miles	700 feet	90 miles	no
Olallie Butte	8.0 miles	2,575 feet	168 miles	no
Old Baldy	7.6 miles	1,200 feet	84 miles	no
Potato Butte	7.4 miles	1,700 feet	176 miles	yes
Pup Creek Falls (Fish Creek)	8.5 miles	1,300 feet	80 miles	yes
Pup Creek Falls (Indian Henry)	8.5 miles	1,300 feet	94 miles	yes
Riverside Trail of the Clackamas	9.2 miles	500 feet	104 miles	yes
Salmon Mountain	10.0 miles	1,800 feet	100 miles	no
Serene Lake Loop	12.7 miles	2,000 feet	134 miles	no
South Fork Mountain	4.6 miles	1,400 feet	90 miles	no
Squaw Mountain	8.0 miles	950 feet	84 miles	no
Table Rock	4.6 miles	1,200 feet	130 miles	no
Table Rock-Rooster Rock	7.4 miles	2,300 feet	130 miles	no
Table Rock Wilderness	17.0 miles	4,900 feet	120 miles	no
Whetstone Mountain	4.8 miles	1,100 feet	146 miles	no
Gifford Pinchot National Forest				
Ape Canyon-Plains of Abraham	11.6 miles	1,300 feet	142 miles	no
Falls Creek Falls (Lower trail)	3.4 miles	800 feet	120 miles	yes
Falls Creek Falls (Upper trail)	6.8 miles	1,400 feet	120 miles	yes

Name	Hike mileage	Elevation change	Driving distance	NW forest pass needed
Indian Heaven (Placid/Bear/Thomas)	13.6 miles	1,200 feet	156 miles	yes
Indian Heaven (Placid/Deep)	14.8 miles	1,200 feet	156 miles	yes
Indian Heaven (Thomas/Bear/Blue)	11.0 miles	1,500 feet	148 miles	yes
Indian Heaven (Thomas/Blue/Racetrack)	11.1 miles	1,500 feet	148 miles	yes
Lava Canyon	1.3 miles	300 feet	144 miles	yes
Lewis River Falls	4.8 miles	500 feet	172 miles	yes
Lewis River Trail	10.0 miles	500 feet	172 miles	yes
Loowit Falls (Windy Ridge)	8.8 miles	800 feet	226 miles	yes
Mitchell Peak	6.4 miles	2,100 feet	122 miles	yes
Observation Peak (Big Slide/Howe Ridge)	13.2 miles	3,047 feet	116 miles	yes
Sheep Canyon Loop (Blue Lake)	12.5 miles	1,700 feet	140 miles	no
Siouxon Creek (to Chinook Creek)	7.6 miles	1,000 feet	70 miles	yes
Siouxon Creek (to Wildcat Falls)	10.2 miles	1,000 feet	70 miles	yes
Sister Rocks (Big Hollow)	9.4 miles	2,700 feet	120 miles	yes
Trapper Creek (Lower Loop)	7.2 miles	1,000 feet	116 miles	yes
Trapper Creek Loop (Observation Peak)	14.6 miles	3,200 feet	116 miles	yes
Oregon Coast				
Banks-Vernonia Linear Trail (1-way)	19 miles	400 feet	50 miles	no
Banks-Vernonia Linear Trail (Tophill to Mendenhall Trestle)	11.5 miles	400 feet	40 miles	no
Cape Falcon	8.0 miles	1,200 feet	116 miles	no
Cape Lookout (upper lot)	5.2 miles	970 feet	148 miles	no
Cape Lookout (lower lot)	10.0 miles	1,500 feet	144 miles	yes
Cascade Head Preserve	3.4 miles	1,100 feet	182 miles*	no
Cascade Head-Harts Cove	12.4 miles	2,600 feet	182 miles*	no
Drift Creek Falls	3.0 miles	340 feet	208 miles*	yes
Elk-Kings Traverse	8.6 miles	3,500 feet	66 miles	no
Elk Mountain Loop	8.5 miles	2,250 feet	60 miles	no
Hagg Lake Loop	15.0 miles	200 feet	40 miles	yes

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Harts Cove	5.4 miles	1,200 feet	190 miles*	no
Kings Mountain	5.4 miles	2,780 feet	66 miles	no
Little Luckiamute River	8.2 miles	900 feet	128 miles*	no
Mary's Peak (North Ridge)	8.6 miles	2,300 feet	174 miles*	yes
Mount Hebo	11.0 miles	1,500 feet	190 miles*	no
Neahkahnie Mountain Loop	8.6 miles	1,950 feet	120 miles	no
Netarts Spit	12.0 miles	0 feet	144 miles	yes
Peter Iredale-Gearhart	11.5 miles	0 feet	140 miles	no
Saddle Mountain	7.2 miles	1,900 feet	96 miles	yes
Salishan Spit	8.0 miles	100 feet	194 miles*	no
Tillamook Head	8.5 miles	1,600 feet	125 miles	yes
Tillamook Spit	8.1 miles	100 feet	130 miles	no
University Falls Loop	8.4 miles	1,200 feet	50 miles	no