

Trail Mileage and Elevation Gain

This is a list of common hikes, and information about them. Information was collected from various sources. Please notify the Webmaster to update information.

Columbia River Gorge

Name of Hike (Columbia River Gorge)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Aldrich Butte	7.0 mi.	1,500 ft.	84 mi.	No
Angels Rest	4.6 mi.	1,540 ft.	42 mi.	No
Angels Rest-Wahkeena-Devils Rest	10.5 mi.	3,100 ft.	45 mi.	No
Augspurger Mountain-Cook Hill	6.0 mi.	1,600 ft.	146 mi.	No
Augspurger Mountain-Dog Mountain	11.0 mi.	1,300 ft.	130 mi.	Yes
Beacon Rock	1.8 mi.	600 ft.	88 mi.	No
Benson Plateau (Herman Creek)	12.8 mi.	3,720 ft.	78 mi.	Yes
Big Huckleberry Mountain	10.8 mi.	2,300 ft.	138 mi.	Yes
Catherine Creek-East	7.0 mi.	1,300 ft.	126 mi.	Yes
Dalles Mountain Ranch	varies	varies	194 mi.	No
Deschutes River Delta	8.0 mi.	800 ft.	184 mi.	No
Devils Rest (via Angels Rest)	8.4 mi.	2,600 ft.	42 mi.	No
Devils Rest (via Wahkeena)	7.4 mi.	2,400 ft.	45 mi.	No
Dog Mountain (Scenic)	6.3 mi.	2,900 ft.	98 mi.	Yes
Dry Creek Falls	7.4 mi.	840 ft.	78 mi.	Yes
Dublin Lake	9.6 mi.	2,800 ft.	70 mi.	No
Duncan Creek	9.0 mi.	2,200 ft.	80 mi.	No
Eagle Creek (High Bridge)	6.6 mi.	700 ft.	74 mi.	Yes
Eagle Creek (Cross-Over Falls)	12.6 mi.	1,080 ft.	74 mi.	Yes
Eagle Creek (7 1/2 Mile Camp)	14.0 mi.	1,560 ft.	74 mi.	Yes
Eagle Creek (Wahtum Lake)	26.4 mi.	3,750 ft.	74 mi.	Yes
Elowah & Upper McCord Falls	3.0 mi.	600 ft.	60 mi.	No
Franklin Ridge Loop	10.1 mi.	2,800 ft.	60 mi.	No
Gillette Lake	5.0 mi.	300 ft.	80 mi.	Yes
Gorton Creek-Nick Eaton Ridge Loop	8.0 mi.	2,900 ft.	78 mi.	Yes
Grassy Knoll	4.4 mi.	900 ft.	138 mi.	Yes
Grassy Pass	7.4 mi.	1,200 ft.	138 mi.	Yes
Green Point Mountain Loop	18.8 mi.	4,900 ft.	78 mi.	Yes
Greenleaf Overlook	7.6 mi.	600 ft.	80 mi.	No
Hamilton Mountain	7.6 mi.	2,100 ft.	88 mi.	No
Hamilton Mountain (winter)	9.0 mi.	2,500 ft.	88 mi.	No
Herman Creek (Casey Creek)	8.2 mi.	1,340 ft.	78 mi.	Yes
Herman Creek (The Forks)	8.5 mi.	1,640 ft.	78 mi.	Yes

Trail Mileage and Elevation Gain

Name of Hike (Columbia River Gorge)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Herman Creek (Slide Creek Falls)	10.8 mi.	1,500 ft.	78 mi.	Yes
Herman Creek (Cedar Swamp Camp)	14.6 mi.	2,640 ft.	78 mi.	Yes
Indian Point	8.9 mi.	3,340 ft.	78 mi.	Yes
Lacamas Lake Loop	6.0 mi.	400 ft.	28 mi.	No
Larch Mountain (Multnomah Falls)	14.0 mi.	4,020 ft.	48 mi.	No
Larch Mountain Crater	8.0 mi.	1,300 ft.	58 mi.	Yes
Latourell Falls	2.3 mi.	600 ft.	45 mi.	No
Lyle Cherry Orchard	6.5 mi.	1,400 ft.	140 mi.	No
Memaloose Hills Loop	6.0 mi.	500 ft.	154 mi.	No
Mitchell Point	2.0 mi.	760 ft.	110 mi.	No
Mosier Tunnel (West)	8.0 mi.	0 ft.	120 mi.	No
Mount Defiance	11.8 mi.	4,800 ft.	110 mi.	No
Multnomah-Angels Rest	7.8 mi.	1,800 ft.	48 mi.	No
Munra Point	3.0 mi.	1,800 ft.	66 mi.	No
Nesmith Point	10.0 mi.	3,810 ft.	60 mi.	No
North Lake	11.4 mi.	3,800 ft.	88 mi.	Yes
Pool of the Winds	2.2 mi.	600 ft.	88 mi.	No
Rock of Ages Loop	10.2 mi.	2,700 ft.	60 mi.	No
Ruckel Creek	9.6 mi.	3,700 ft.	74 mi.	Yes
Ruckel Ridge-Ruckel Creek Loop	8.5 mi.	3,800 ft.	74 mi.	Yes
Rudolph Spur	11.0 mi.	3,600 ft.	78 mi.	Yes
Silver Star Mountain (Bluff Mtn.)	12.5 mi.	2,700 ft.	80 mi.	Yes
Silver Star Mountain (Grouse Vista)	9.7 mi.	2,400 ft.	70 mi.	Yes
Table Mountain (Greenleaf)	8.0 mi.	3,650 ft.	84 mi.	No
Table Mountain (Bonneville)	10.0 mi.	3,650 ft.	84 mi.	Yes
ThreeCorner Rock (PCT)	8.5 mi.	800 ft.	100 mi.	Yes
Tom McCall Point/Rowena Plateau	7.0 mi.	1,100 ft.	140 mi.	No
Triple Falls Loop	4.3 mi.	950 ft.	60 mi.	No
Wauna Point	6.2 mi.	2,200 ft.	70 mi.	No
Wauna Viewpoint	4.0 mi.	800 ft.	74 mi.	Yes
Wahkeena-Angels Rest	6.4 mi.	1,800 ft.	45 mi.	No
Wahkeena-Multnomah Creeks Loop	5.4 mi.	1,650 ft.	48 mi.	No
Weldon Wagon Road	7.7 mi.	1,400 ft.	102 mi.	No
Wind Mountain	4.0 mi.	1,100 ft.	94 mi.	No
Wyeth-Cascade Locks (Trail 400)	12.0 mi.	1,000 ft.	88 mi.	Yes
Wygant-Chetwoot Loop	5.0 mi.	800 ft.	110 mi.	No
Wygant Peak	7.6 mi.	2,300 ft.	110 mi.	No

Trail Mileage and Elevation Gain

Mount Hood

Name of Hike (Mount Hood)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Badger Creek-Badger Lake Loop	11.8 mi.	2,900 ft.	136 mi.	No
Badger Lake	10.5 mi.	2,300 ft.	136 mi.	No
Bald Butte	8.4 mi.	2,300 ft.	144 mi.	No
Bald Mountain-Ramona Falls Loop	10.6 mi.	1,900 ft.	92 mi.	Yes
Barrett Spur (Pinnacle)	11.5 mi.	4,000 ft.	166 mi.	Yes
Barrett Spur (Elk Cove Tr)	14.6 mi.	4,280 ft.	160 mi.	Yes
Barrett Spur (Vista Tr)	9.8 mi.	3,280 ft.	140 mi.	Yes
Boulder Lakes	6.0 mi.	800 ft.	140 mi.	No
Buck Peak (Lobo Pass)	16.0 mi.	1,351 ft.	100 mi.	Yes
Burnt Lake	6.2 mi.	1,400 ft.	6 mi.	Yes
Cairn Basin (Top Spur)	8.5 mi.	1,700 ft.	100 mi.	Yes
Castle Canyon	1:8 mi.	800 ft.	78 mi.	No
Cooper Spur (Cloud Cap to Tie-In)	8.8 mi.	3,100 ft.	166 mi.	Yes
Devil's Peak (Cool Creek)	8.8 mi.	2,800 ft.	84 mi.	No
Devirs Peak Loop (Salmon River)	15.9 mi.	3,445 ft.	82 mi.	No
Dollar Lake-Eden Park (Vista Tr)	9.6 mi.	2,400 ft.	140 mi.	Yes
East Zig Zag Mountain (Burnt Lake)	8.4 mi.	2,271 ft.	96 mi.	Yes
East Zig Zag Mountain (Cast Lake)	9.0 mi.	1,671 ft.	102 mi.	Yes
Eight-mile Creek Loop.	7.5 mi	1,400 ft.	160 mi.	Yes
Elk Cove (Cloud Cap)	9.8 mi.	1,800 ft.	166 mi.	Yes
Frog Lake Butte-Twin Lakes Loop	12.1 mi.	1,600 ft.	116 mi.	No
Gnarl Ridge/Elk Meadows Loop	10.6 mi.	2,300 ft.	126 mi.	Yes
Hidden Lake	4.2 mi.	700 ft.	94 mi.	Yes
Huckleberry Mountain (Bonanza Trail)	11.2 mi.	3,000 ft.	78 mi.	No
Hucklebeny Mountain (Boulder Ridge)	10.6 mi.	3,100 ft.	72 mi.	No
Hunchback Mountain (Heliport)	7.0 mi.	2,850 ft.	76 mi.	No
Hunchback Mountain (Great Pyramid)	9.0 mi.	3,060 ft.	76 mi.	No
Little Crater Lake (Wapinita Pass)	8.0 mi.	300 ft.	145 mi.	No
Lookout Mountain	10.4 mi.	2,975 ft.	136 mi.	No
Lost Lake Loop	3.4 mi.	100 ft.	142 mi.	No
Lost Lake (Lobo Pass)	16.0 mi.	2,000 ft.	100 mi.	Yes
Lost Lake Butte	4.0 mi.	1,270 ft.	142 mi.	No
Mazama Trail (TH to Timberline)	1.5 mi.	2,120 ft.	116 mi.	Yes
McNeil Point (Top Spur to Tie-In)	9.0 mi.	2,900 ft.	100 mi.	Yes
Paradise Park (Timberline Lodge)	12.7 mi.	2,300 ft.	112 mi.	No
Ramona Falls-	6.8 mi.	700 ft	92 mi.	Yes

Trail Mileage and Elevation Gain

Name of Hike (Mount Hood)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Salmon Butte	8.6 mi.	2,900 ft.	90 mi.	No
Salmon River Trail	7.2 mi.	950 ft.	82 mi.	No
Salmon River Trail (Lower)	5.2 mi.	100 ft.	80 mi.	No
School Canyon Trail	7.2 mi.	1,400 ft.	220 mi.	No
Tamanawas Falls (Robinhood CO)	12.6 mi.	1,000 ft.	136 mi.	No
Tamanawas Falls (Sherwood CO)	4.4 mi.	440 ft.	136 mi.	No
Timberline Trail	37.6 mi.	9,800 ft.	varies	Yes
Timothy Lake Loop	11.2 mi.	400 ft.	148 mi.	No
Tom-Dick Mountain	7.2 mi.	1,715 ft.	94 mi.	No
Twin Lakes Loop (Barlow Pass)	8.6 mi.	900 ft.	122 mi.	No
West Zig Zag Mountain	11.0 mi.	3,100 ft.	76 mi.	Yes
Wildcat Mountain	10.2 mi.	1,800 ft.	80 mi.	No
Yocum Ridge	15.4 mi.	3,400 ft.	92 mi.	Yes

Clackamas River

Name of Hike (Clackamas River)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Bull of the Woods	7.1 mi.	2,000 ft.	142 mi.	No
Eagle Creek Trail (to Meadows)	9.4 mi.	1,200 ft.	70 mi.	No
Fish Creek Mountain	5.8 mi.	1,900 ft.	110 mi.	No
Memaloose Lake	2.6 mi.	700 ft.	90 mi.	No
Olallie Butte	8.0 mi.	2,575 ft.	168 mi.	No
Old Baldy	7.6 mi.	1,200 ft.	84 mi.	No
Potato Butte	7.4 mi.	1,700 ft.	176 mi.	Yes
Pup Creek Falls (Fish Creek)	8.5 mi.	1,300 ft.	80 mi.	Yes
Pup Creek Falls (Indian Henry)	8.5 mi.	1,300 ft.	94 mi.	Yes
Riverside Trail of the Clackamas	9.2 mi.	500 ft.	104 mi.	Yes
Salmon Mountain	10.0 mi.	1,800 ft.	100 mi.	No
Serene Lake Loop	12.7 mi.	2,000 ft.	134 mi.	No
South Fork Mountain	4.6 mi.	1,400 ft.	90 mi.	No
Squaw Mountain	8.0 mi.	950 ft.	84 mi.	No
Table Rock	4.6 mi.	1,200 ft.	130 mi.	No
Table Rock-Rooster Rock	7.4 mi.	2,300 ft.	130 mi.	No
Table Rock Wilderness	17.0 mi.	4,900 ft.	120 mi.	No
Whetstone Mountain	4.8 mi.	1,100 ft.	146 mi.	No

Trail Mileage and Elevation Gain

Gifford Pinchot National Forest

Name of Hike (Gifford Pinchot NF)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Ape Canyon-Plains of Abraham	11.6 mi.	1,300 ft.	142 mi.	No
Falls Creek Falls (Lower trail)	3.4 mi.	800 ft.	120 mi.	Yes
Falls Creek Falls (Upper trail)	6.8 mi.	1,400 ft.	120 mi.	Yes
Indian Heaven (Placid/Bear/Thomas)	13.6 mi.	1,200 ft.	156 mi.	Yes
Indian Heaven (Placid/Deep)	14.8 mi.	1,200 ft.	156 mi.	Yes
Indian Heaven (Thomas/Bear/Blue)	11.0 mi.	1,500 ft.	148 mi.	Yes
Indian Heaven (Thomas/Blue/Racetrack)	11.1 mi.	1,500 ft.	148 mi.	Yes
Lava Canyon	1.3 mi.	300 ft.	144 mi.	Yes
Lewis River Falls	4.8 mi.	500 ft.	172 mi.	Yes
Lewis River Trail	10.0 mi.	500 ft.	172 mi.	Yes
Loowit Falls (Windy Ridge)	8.8 mi.	800 ft.	226 mi.	Yes
Mitchell Peak	6.4 mi.	2,100 ft.	122 mi.	Yes
Observation Peak (Big Slide/Howe Ridge)	13.2 mi.	3,047 ft.	116 mi.	Yes
Sheep Canyon Loop (Blue Lake)	12.5 mi.	1,700 ft.	140 mi.	No
Siouxon Creek (to Chinook Creek)	7.6 mi.	1,000 ft.	70 mi.	Yes
Siouxon Creek (to Wildcat Falls)	10.2 mi.	1,000 ft.	70 mi.	Yes
Sister Rocks (Big Hollow)	9.4 mi.	2,700 ft.	120mi.	Yes
Trapper Creek (Lower Loop)	7.2 mi.	1,000 ft.	116 mi.	Yes
Trapper Creek Loop (Observation Peak)	14.6 mi.	3,200 ft.	116 mi.	Yes

Trail Mileage and Elevation Gain

Oregon Coast

Name of Hike (Oregon Coast)	Hiking Mileage	Elevation Gain	Driving Mileage	Trailhead Fee
Banks-Vernonia Linear Trail (1-way)	19 mi.	400 ft.	50 mi.	No
Banks-Vernonia Linear Trail (Tophill to MendenhallTrestle)	11.5 mi.	400 ft.	40mi.	No
Cape Falcon	8.0 mi.	1,200 ft.	116 mi.	No
Cape Lookout (upper lot)	5.2 mi.	970 ft.	148 mi.	No
Cape Lookout (lower lot)	10.0 mi.	1,500 ft.	144 mi.	Yes
Cascade Head Preserve	3.4 mi.	1,100 ft.	182 mi.*	No
Cascade Head-Harts Cove	12.4 mi.	2,600 ft.	182 mi.*	No
Drift Creek Falls	3.0 mi.	340 ft.	208 mi.*	Yes
Elk-Kings Traverse	8.6 mi.	3,500 ft.	66 mi.	No
Elk Mountain Loop	8.5 mi.	2,250 ft.	60 mi.	No
Hagg Lake Loop	15.0 mi.	200 ft.	40 mi.	Yes
Harts Cove	5.4 mi.	1,200 ft.	190 mi.*	No
Kings Mountain	5.4 mi.	2,780 ft.	66 mi.	No
Little Luckiamute River	8.2 mi.	900 ft.	128 mi.*	No
Mary's Peak (North Ridge)	8.6 mi.	2,300 ft.	174 mi.*	Yes
Mount Hebo	11.0 mi.	1,500 ft.	190 mi.*	No
Neahkahnie Mountain Loop	8.6 mi.	1,950 ft.	120 mi.	No
Netarts Spit	12.0 mi.	0 ft.	144 mi.	Yes
Peter Iredale-Gearhart	11.5 mi.	0 ft.	140 mi.	No
Saddle Mountain	7.2 mi.	1,900 ft.	96 mi.	Yes
Salishan Spit	8.0 mi.	100 ft.	194 mi.*	No
Tillamook Head	8.5 mi.	1,600 ft.	125 mi.	Yes
Tillamook Spit	8.1 mi.	100 ft.	130 mi.	No
University Falls Loop	8.4 mi.	1,200 ft.	50 mi.	No

Notes

Hiking mileage and driving mileage is round-trip (unless otherwiseNoted).
Elevation gain is cumulative.

Driving mileages for Columbia Gorge, Mount Hood, Gifford Pinchot, and Clackamas River trails are from Gateway Park & Ride (1-84 Exit 7).

Mileages for Oregon Coast hikes are from Tanasborne (185th & Hwy. 26), unless denoted by asterisk. Oregon Coast hikes with asterisk by mileage are from Durham Park & ride (1-5 Exit 290), using 1-5 south to Salem and Hwy. 22 to Coast.