

Cooks Meadow Trail #639



Recreation Opportunity Guide

Distance..... 3.5 miles (one way)
Elevation..... 4200-5350 feet
Snow Free June to October



Trail Highlights: This is a quiet, seldom used trail.

Trail Description: This trail begins at Forest Road 4410 (south end) and ends at Dufur Mill Road (Forest Road 44). Leaving from Forest Road 4410, the trail immediately climbs to a high point through a logged area, and then mainly descends to Dufur Mill Road losing 1,150' in elevation. The trail can be accessed from Forest Road 44 on the north and Forest Road 4410 on the south. The trail tread can be bumpy and uneven.

Regulations & Leave No Trace Information:

Leave No Trace

- Plan Ahead and Prepare: Prepare for extreme weather, hazards and emergencies.
- Travel and Camp on Durable Surfaces: Use established trails and campsites.
- Dispose of Waste Properly: Pack out all trash, leftover food and litter.
- Leave What You Find: Avoid introducing or transporting non-native species.
- Minimize Campfire Impacts: Use established fire rings & keep fires small.
- Respect Wildlife: Control pets at all times.
- Be Considerate of Other Visitors: Avoid loud voices and noises.

For information on **Leave No Trace**, go to www.LNT.org or call 1-800-332-4100

For current trail conditions and more recreation information go to:

<http://www.fs.usda.gov/mthood>

Map and driving directions on next page

Mt. Hood National Forest
16400 Champion Way
Sandy, OR 97055
503-668-1700

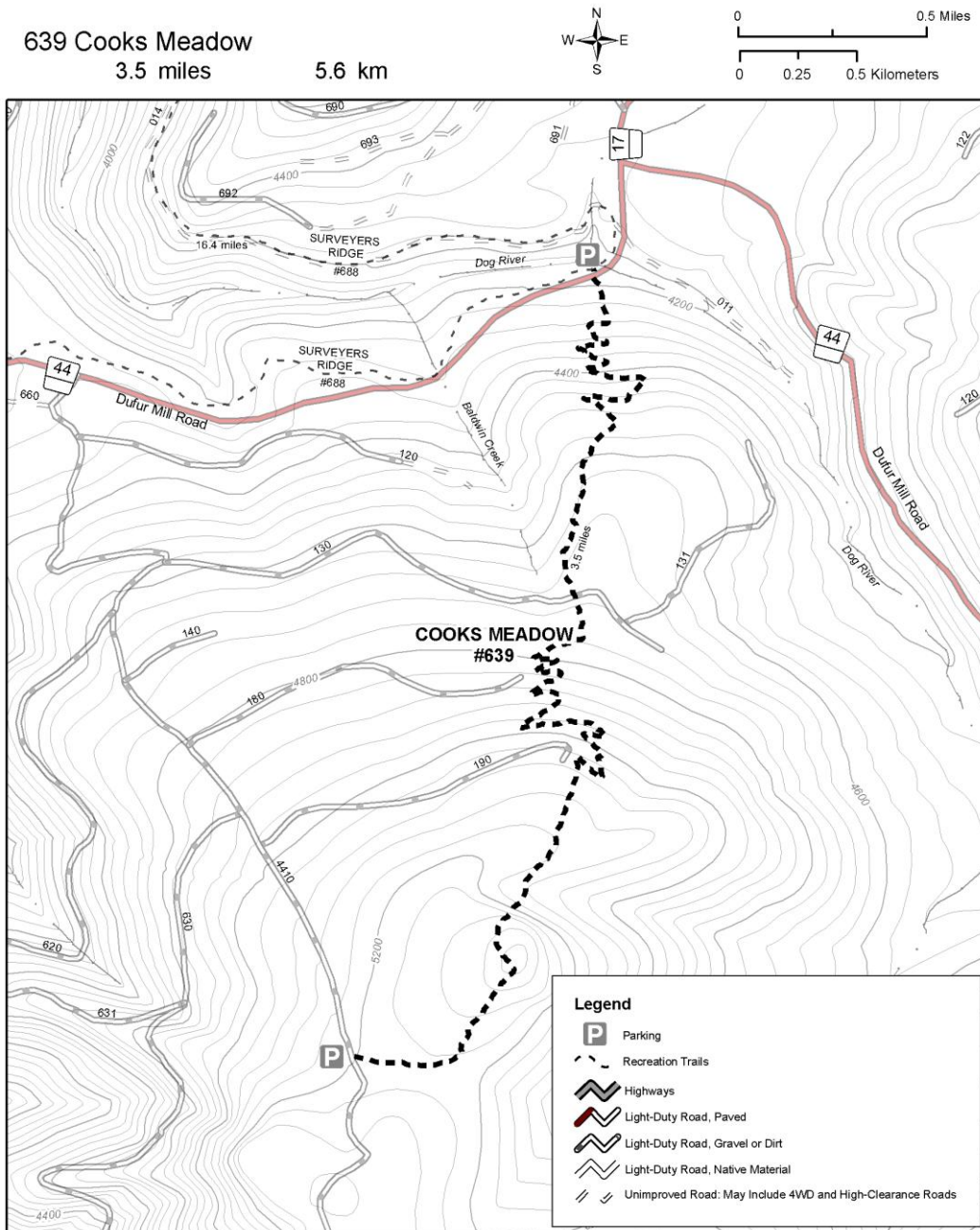
Barlow Ranger District
780 NE Court Street
Dufur, Oregon 97021
503-467-2291

The USDA is an equal opportunity provider and employer.



Directions to Trailhead: From Hood River to the SOUTH end of the trail, take OR Hwy 35 south 26 miles, approximately 0.15 mile past milepost 71, to Dufur Mill Road (Forest Road 44). Turn left (east) on Dufur Mill Road and drive east approximately 3.7 miles to Forest Road 4410. Turn right (south) on Forest Road 4410 and travel approximately 2.5 miles and park in the pullout on the east side of the road. The trail starts on the east side of the parking area.

From Hood River to the NORTH end of the trail, take OR Hwy 35 south 26 miles, approximately 0.15 mile past milepost 71, to Dufur Mill Road (Forest Road 44). Turn left (east) on Forest Road 44 and travel 5 miles and park in the pullout on the right (south) side of the road. The trail starts on the south side of road near the west end of the pullout.



Recommended maps: Barlow Ranger District

