

Frog Lake Trail #530



Recreation Pass
Required
May 15-Oct 1 at Frog Lake
Trailhead

Recreation Opportunity Guide

Distance..... 1.3 miles (one way)
Elevation..... 3920-4720 feet
Snow Free June to September



More Difficult

Trail Highlights: This trail quickly gains elevation and offers a view of Mount Jefferson a short distance above the Frog Lake Campground. This trail leads to the north ridge of Frog Lake Buttes where it joins a more secluded portion of trail #484 which continues north to Lower Twin Lakes, and south to the summit of Frog Lake Buttes.

Trail Description: Although the true beginning to this trail is at a junction with the Pacific Crest Trail #2000, just north of the Wapinitia Pass parking area, most visitors access it across the road from the Frog Lake Campground. The trail begins as a narrow tread through thick underbrush, but quickly changes into a wider track through moss covered trees and very little underbrush. It makes its way up a long climb up the ridge where it intersects the Frog Lake Butte trail (#484). There, travelers can continue climbing a short distance to the southerly summit of Frog Lake Buttes or head north toward Twin Lakes.

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

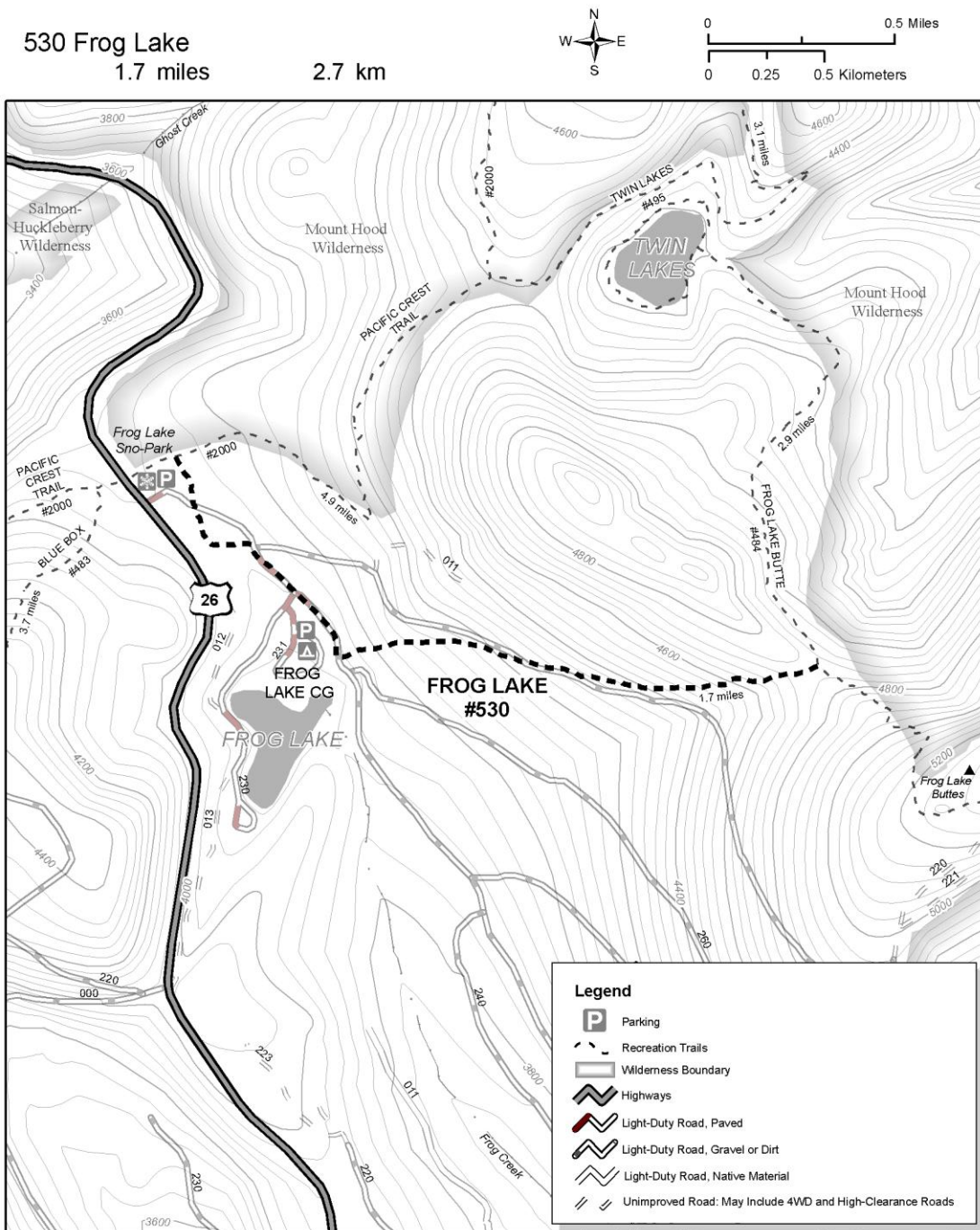
Hood River Ranger District
6780 Hwy 35
Parkdale, Oregon 97041
541-352-6002

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Directions to Trailhead: From Hood River, travel 35 miles south on Oregon Hwy 35 to US Hwy 26. Follow US Hwy 26 south to Frog Lake Sno-Park at Wapinitia Pass (Forest Road 2610) (approximately 300' south of milepost 62). Turn left (east) into the Frog Lake Sno-Park parking area. Follow the Pacific Crest Trail (#2000) 0.25 mile to the trailhead for Trail #530. The trail heads south at the junction.

From Portland, follow US Hwy 26 35 miles southeast of Sandy to Frog Lake Sno-Park at Wapinitia Pass (Forest Road 2610) (approximately 300' south of milepost 62). Turn left (east) into the Frog Lake Sno-Park parking area. Follow the Pacific Crest Trail (#2000) 0.25 mile to the trailhead for Trail #530. The trail head south at the junction.



Recommended maps: Hood River Ranger District



