

# Starvation Ridge Trail #414



## Recreation Opportunity Guide

Distance..... 2.5 miles (one way)  
Elevation..... 120-3250 feet  
Snow Free ..... June to October



Most Difficult



**Trail Highlights:** This trail is in the Mark O. Hatfield Wilderness Area. This is one of the most strenuous hikes in the Mount Hood Forest.

**Trail Description:** This trail begins at Starvation Creek Rest Area (I-84) and ends at Mitchell Point Trail #417. Leaving from the Starvation Creek Trailhead (120'), head west along US Hwy I-84 on Mount Defiance Trail #413, which is an asphalt trail that quickly becomes gravel. After 0.25 mile the trail reaches the beginning of Starvation Ridge Trail #414. Turn left (south) onto #414 and begin the series of switchbacks that climb 0.7 mile to Starvation Ridge (1,160'). The trail continues climbing south following Starvation Ridge for a further 1.8 miles to the trails end at the junction with Mitchell Point Trail #417 (3,250'). Hikers can return to the Starvation Creek Rest Area Trailhead on #414 or by making an 8.7 mile loop by turning right onto Mitchell Point Trail #417 and following it for 1.9 miles to Mount Defiance Trail #413. Turn right (north) onto #413 and follow it 4.1 miles to the trailhead. Many hikers choose to ascend on the Mt. Defiance trail and descend on the Starvation Ridge trail. For directions to south end of Mt. Defiance Trail #413, see trail guide #413A Bear Lake

### Regulations & Leave No Trace Information:

- Group size is limited to 12. Stock are counted in the group size. For example, 3 people riding their own horse plus a spare horse in the group for packing would make a group of 7.

#### 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](http://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

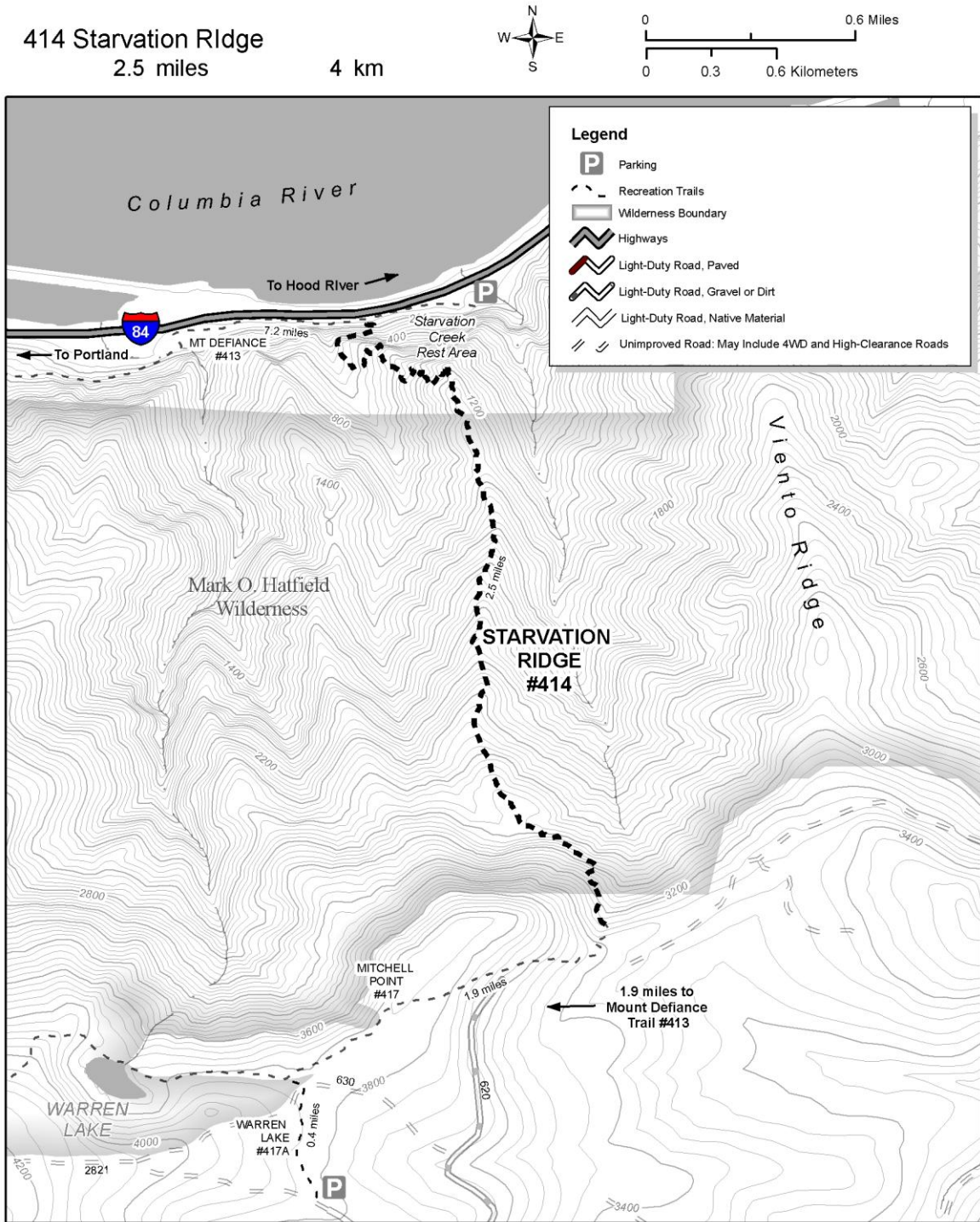
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16400 Champion Way  
Sandy, OR 97055  
503-668-1700

Hood River Ranger District  
6780 Hwy 35  
Parkdale, Oregon 97041  
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**Directions to Trailhead:** To the Starvation Creek Rest Area from Portland, take US Hwy I-84 east of Cascade Locks 10 miles to Starvation Creek and the Trailhead at exit 55. To the Starvation Creek Rest Area from Hood River, take I-84 west to Wyeth exit 51, turn around, and drive back on the US Hwy I-84 east 3 miles to access Starvation Creek at exit 55.



**Recommended maps:** Hood River Ranger District



