

# Pacific Crest Trail #2000

Barlow Pass to Frog Lake Sno-Park



## Recreation Opportunity Guide

Distance..... 4.9 miles (one way)  
Elevation..... 3920-4500 feet  
Snow Free ..... June to October



**Trail Highlights:** This outstanding trail is in the Mount Hood Wilderness Area. This is a very scenic trail with several viewpoints along the way. This is a well used trail with narrow tread and level footing.

**Trail Description:** This trail starts at Forest Road 3531 (4,120') near Barlow Pass and ends at Frog Lake Sno-Park (3,920') near Wapinitia Pass (US Hwy 26). Visitors can return the same way (9.8 miles total) or make a loop by turning (east) onto Twin Lakes Trail #495 and travelling 3.5 miles back to the Pacific Crest Trail #2000. Turn right (north) onto #2000 and travel 2 miles back to the Barlow Pass Sno-Park Trailhead.

### Regulations & Leave No Trace Information:

The Mt Hood National Forest section of the Pacific Crest National Scenic Trail #2000 is 130.1 miles long. It begins at Gifford Pinchot National Forest Boundary and ends at Willamette National Forest. The Pacific Crest Trail is accessed by various trails and trailheads throughout Mt Hood National Forest. See <http://www.pcta.org/> for maps and more information.

- Wilderness Permits are required between May 15 and Oct 15.
- 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

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

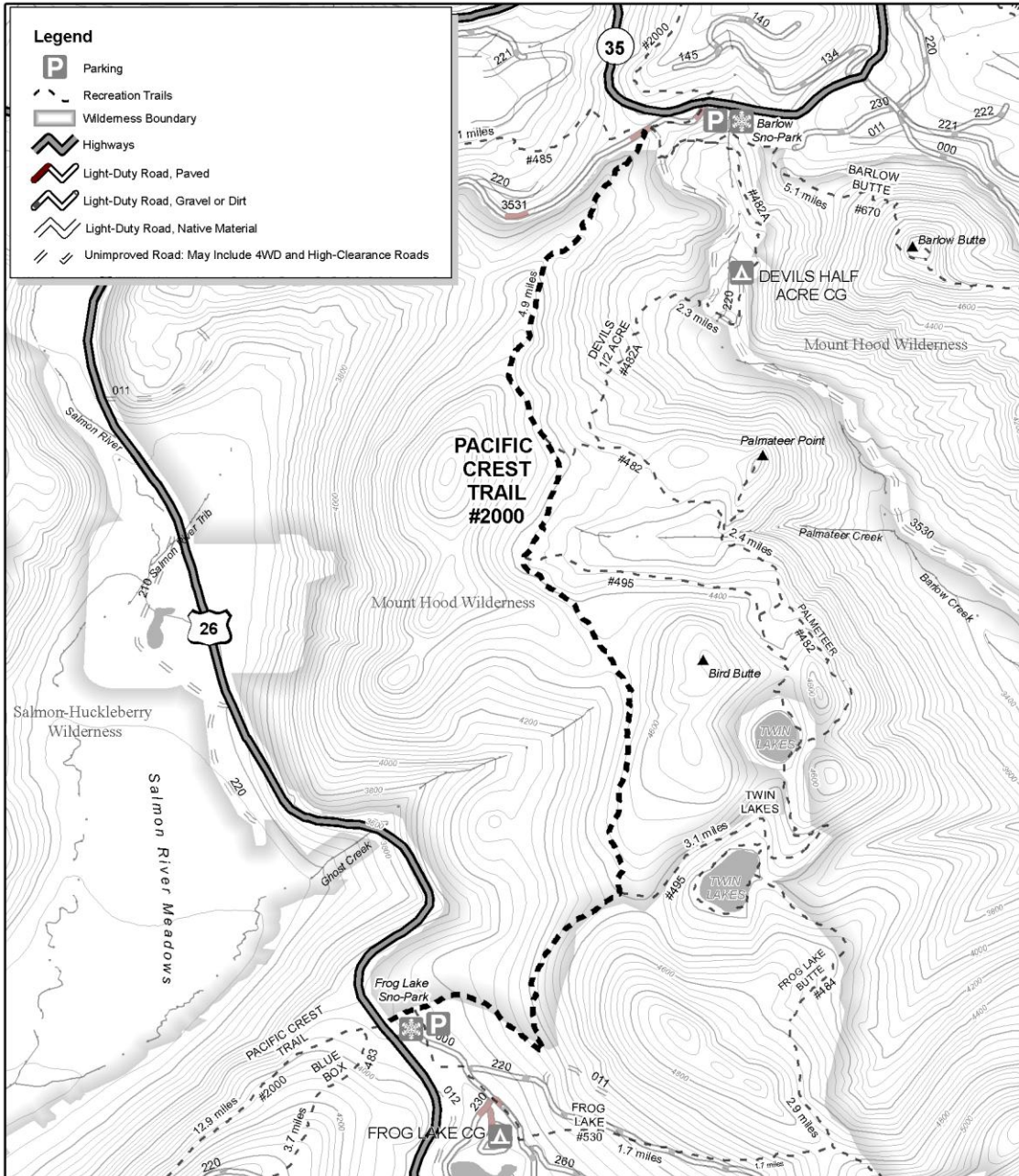
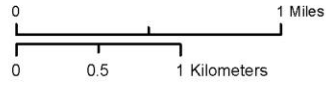
Hood River Ranger District  
6780 Hwy 35  
Parkdale, Oregon 97041  
541-352-6002

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**Directions to Trailhead:** From Portland to the north end of the trail, travel approximately 31 miles east of Sandy on US Hwy 26 to the intersection with Oregon Hwy 35. Turn north onto Oregon Hwy 35 and travel 2.6 miles to Barlow Pass Sno-Park (Forest Road 3531 – approximately 250' east of milepost 60). Access the Pacific Crest Trail #2000 by travelling 0.25 mile west Forest Road 3531. From Portland to the north end of the trail, follow US Hwy 26 approximately 35 miles from Sandy to Frog Lake Sno-Park at Wapinitia Pass (approximately 300' south of milepost 62).

2000 P.C.T. Barlow Pass to Frog Lake  
4.9 miles      7.8 km



**Recommended maps:** Hood River Ranger District

