

100 Hikes Travel Guide: Central Oregon Cascades - Oregon Guidebooks

Table of Contents

2. Section 1: The Three Sisters Wilderness
3. Section 2: The Mount Jefferson Wilderness
4. Section 3: The McKenzie River Trail
5. Section 4: The Willamette Pass Trail
6. Section 5: The Santiam Pass Trail
- 7.

Oregon's Cascade Mountains are a hiker's paradise, with hundreds of miles of trails winding through ancient forests, past sparkling lakes, and up to breathtaking mountain summits. This guidebook describes 100 of the best hikes in the Central Oregon Cascades, from easy day hikes to challenging multi-day backpacking trips.

Each hike description includes detailed information on distance, elevation gain, difficulty, trail conditions, and highlights. The guidebook also includes maps, photos, and GPS coordinates for each hike.

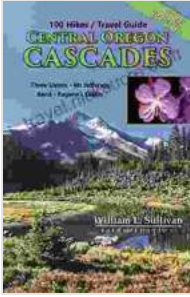
100 Hikes/Travel Guide: Central Oregon Cascades (Oregon Guidebooks) by William L. Sullivan

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Whether you're a seasoned hiker or just starting out, this guidebook will help you find the perfect hike for your next adventure in the Central Oregon Cascades.

Section 1: The Three Sisters Wilderness

The Three Sisters Wilderness is one of the most popular hiking destinations in Oregon, and for good reason. The wilderness is home to three of Oregon's most iconic mountains: North Sister, Middle Sister, and South Sister. These three peaks, along with the surrounding lakes, meadows, and forests, offer a wide variety of hiking opportunities for all levels of hikers.

Hike 1: South Sister Trail

The South Sister Trail is a challenging but rewarding hike to the summit of South Sister, the highest peak in the Three Sisters Wilderness. The trail gains over 5,000 feet of elevation in just 5 miles, but the views from the summit are worth the effort.

Hike 2: Middle Sister Trail

The Middle Sister Trail is a slightly less challenging hike than the South Sister Trail, but it still offers stunning views of the surrounding mountains and lakes. The trail gains about 4,000 feet of elevation in 4 miles.

Hike 3: North Sister Trail

The North Sister Trail is the most challenging of the three Sisters trails, but it also offers the most rewarding views. The trail gains over 6,000 feet of elevation in 6 miles, and the summit offers panoramic views of the Three Sisters Wilderness and beyond.

Section 2: The Mount Jefferson Wilderness

The Mount Jefferson Wilderness is another popular hiking destination in Oregon, and it's home to Mount Jefferson, the second highest peak in Oregon. The wilderness also includes a variety of other mountains, lakes, and forests, offering a wide range of hiking opportunities.

Hike 4: Mount Jefferson Trail

The Mount Jefferson Trail is a challenging but rewarding hike to the summit of Mount Jefferson. The trail gains over 5,000 feet of elevation in just 4 miles, but the views from the summit are worth the effort.

Hike 5: Pamela Lake Trail

The Pamela Lake Trail is a beautiful hike to a scenic lake nestled in the Mount Jefferson Wilderness. The trail is relatively easy, gaining just 1,000 feet of elevation in 3 miles.

Hike 6: Marion Lake Trail

The Marion Lake Trail is another beautiful hike to a scenic lake in the Mount Jefferson Wilderness. The trail is slightly more challenging than the Pamela Lake Trail, gaining about 2,000 feet of elevation in 4 miles.

Section 3: The McKenzie River Trail

The McKenzie River Trail is a scenic trail that follows the McKenzie River for 26 miles. The trail is relatively flat, making it a good option for families and hikers of all levels.

Hike 7: McKenzie River Trail: McKenzie Bridge to Scott's Bridge

This section of the McKenzie River Trail is a popular day hike or overnight backpacking trip. The trail follows the river through a beautiful forest and offers stunning views of the river and surrounding mountains.

Hike 8: McKenzie River Trail: Scott's Bridge to Clear Lake

This section of the McKenzie River Trail is a more challenging hike, but it offers even more stunning views of the river and surrounding mountains. The trail gains about 2,000 feet of elevation in 7 miles.

Section 4: The Willamette Pass Trail

The Willamette Pass Trail is a historic trail that crosses the Cascade Mountains at Willamette Pass. The trail is 26 miles long and gains over 4,000 feet of elevation.

Hike 9: Willamette Pass Trail: McKenzie Pass to Willamette Pass

This section of the Willamette Pass Trail is a popular day hike or overnight backpacking trip. The trail follows a scenic ridgeline and offers stunning views of the surrounding mountains.

Hike 10: Willamette Pass Trail: Willamette Pass to Santiam Pass

This section of the Willamette Pass Trail is a more challenging hike, but it offers even more stunning views of the surrounding mountains. The trail gains about 3,000 feet of elevation in 10 miles.

Section 5: The Santiam Pass Trail

The Santiam Pass Trail is a scenic trail that crosses the Cascade Mountains at Santiam Pass. The trail is 22 miles long and gains over 3,000 feet of elevation.

Hike 11: Santiam Pass Trail: Santiam Pass to Three Fingered Jack Lake

This section of the Santiam Pass Trail is a popular day hike or overnight backpacking trip. The trail follows a scenic ridgeline and offers stunning views of the surrounding mountains.

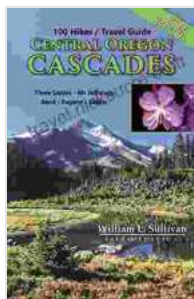
Hike 12: Santiam Pass Trail: Three Fingered Jack Lake to Scott Lake

This section of the Santiam Pass Trail is a more challenging hike, but it offers even more stunning views of the surrounding mountains. The trail gains about 2,000 feet of elevation in 6 miles.

This guidebook has provided you with a comprehensive overview of 100 of the best hikes in the Central Oregon Cascades. Whether you're looking for

a challenging hike to the summit of a mountain or a leisurely hike along a scenic river, this guidebook has something for everyone.

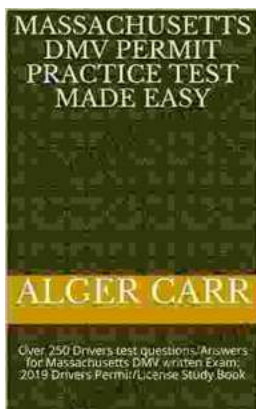
So get out there and explore the beautiful Central Oregon Cascades!



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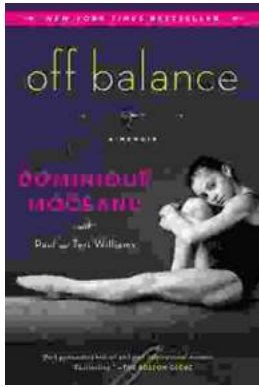
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