

# Tamanawas Falls Trail #650A



## Recreation Opportunity Guide

Recreation Fee **Required**  
May 15-Oct 1  
@ East Fork- Tamanawas Falls  
trailhead.

Distance..... 1 mile (one way)  
Elevation..... 3000-3400 feet  
Snow Free ..... May to October



**Trail Highlights:** This trail is found on the east slope of Mount Hood and follows the Cold Spring Creek. It is an ideal destination to cool off on a hot summer afternoon. The falls are approximately 100 feet high and 40 feet wide. The trail follows Cold Spring Creek and is shaded by large Douglas fir, cedar and a variety of trees and shrubs.

**Trail Description:** From the Tamanawas Falls parking area, cross the East Fork of the Hood River at the bridge and turn right (north) on the East Fork Trail #650. The trail continues along the west bank of the river for half a mile to a junction with the Tamanawas Falls Trail #650A. Continue straight ahead on this trail (#650A). Cross Cold Spring Creek at the bridge and turn left. Another quarter mile brings you to a junction with the Tamanawas Tie trail #650B. Turn left and cross the stream on a log bridge. The trail then follows the south bank a short distance. After descending a series of log steps, it crosses back to the north bank. From here, the trail climbs through a talus slope and in a quarter mile reaches the falls. After visiting the falls, hikers may choose a different return route by taking the Tamanawas Tie trail. This trail climbs gently out of the canyon approximately 0.2 mile from the falls and after 0.5 mile reaches a junction with the Elk Meadows trail #645. Turn right and follow this trail downhill for 1.25 miles to a junction with the East Fork trail just above the Polallie trailhead parking area. If you have not arranged to be picked up here, turn right and follow the East Fork trail back to the Tamanawas Falls parking area to complete the five mile loop.

## 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](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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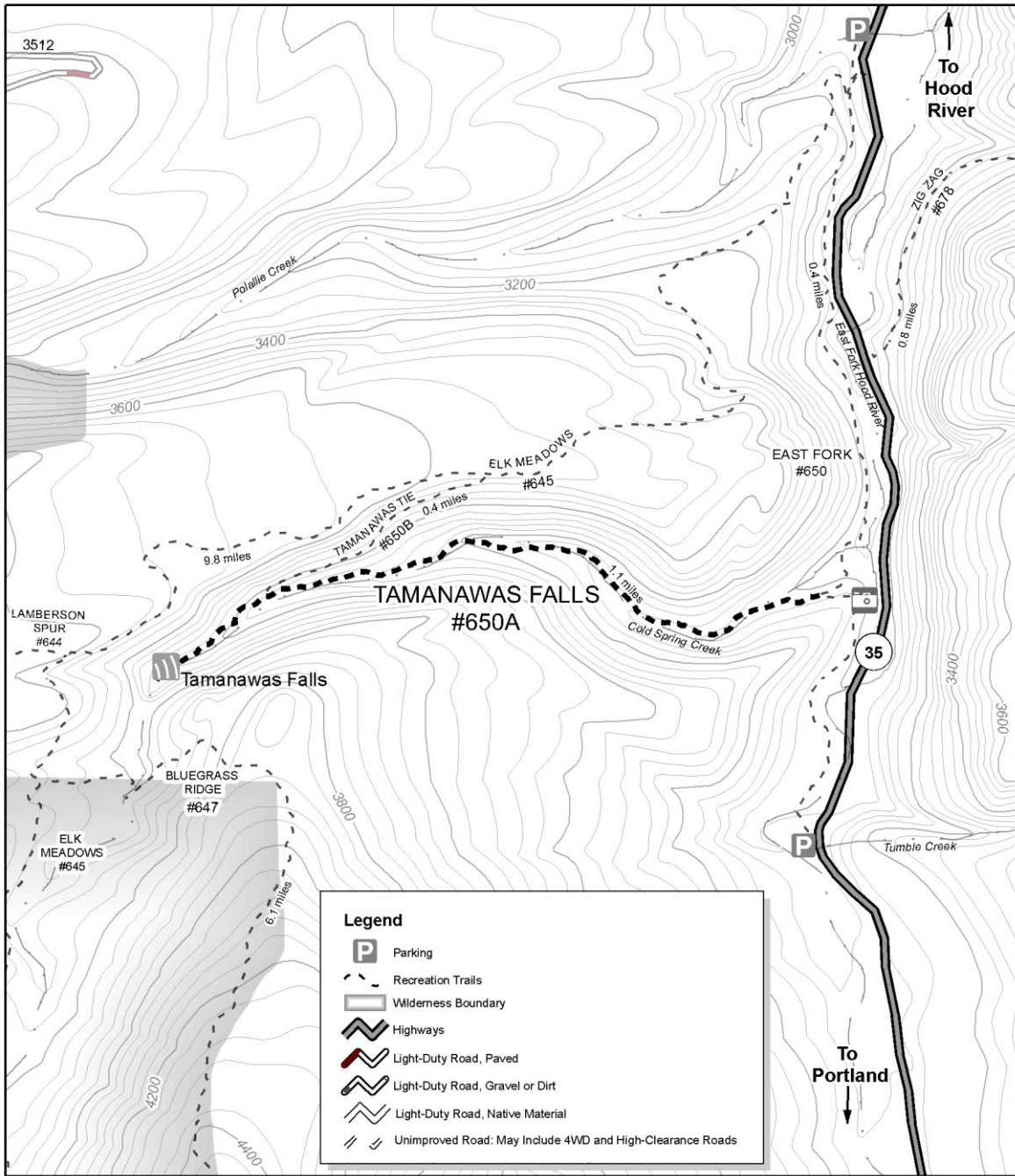


**Directions to Trailhead:** From Hood River, take Oregon Hwy 35 south for 25 miles to the trailhead and parking area on the west side of the highway (approximately 0.65 mile south of milepost 73).

From Portland, 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 15.3 miles. Turn left (west) to a gravel parking area on west side of highway (approximately 0.35 mile north of milepost 72.)

650A Tamanawas  
1 miles

1.6 km



**Recommended maps:** Hood River Ranger District

