



OREGON ACTIVE
2505 SE 11TH #272 PDX OR



2008
Oregon Active
Snowshoe Adventure
Sunday, January 6th 2008
www.oregonactive.com

MIRROR LAKE MOUNT HOOD NATIONAL FOREST OREGON

Oregon Active in association with The Oregon Active Foundation, are pleased to present you with an opportunity to kick off the new year snowshoeing. Come join us for a fun filled day of exploring the scenic wonders that the Mount Hood National Forest has to offer.

Hiking doesn't have to stop in the winter. If you enjoy visiting wild areas you'll be glad to know that snowshoeing can be a fun, safe and a beautiful way to experience the marvels of backcountry winters. The relative ease of snowshoeing allows you to venture into the winter wilderness without the required years of ski and snowboard training. Let Oregon Active guide you safely and comfortably through spectacular winter scenery and experience for yourself the thrills of backcountry snowshoeing.

Considering this is the fastest growing winter sport in the world, one of the more appealing facts about snowshoeing is how it can help enrich a person's health. Known to help maintain or improve cardiovascular fitness, the sport helps burn more than 600 calories per hour. Snowshoers can burn more than 45 percent more calories than walking or running at the same speed, according to SIA.

2008 SNOWSHOEING ADVENTURE

- When:** Sunday, January 6th 2008. We will meet at the Starbucks just off the Sylvan exit at 8:00am. Please be prompt
- Where:** Tom, Dick, and Harry Mountain just west of Government Camp, Oregon
- Cost:** This trip is free of charge. Oregon Active will provide transportation to and from the mountain. All we ask is that you bring a good attitude and desire to have some fun. A small donation is always appreciated but never mandatory. We will be stopping at Mt Hood Brewery for Pizza and beer after the climb.



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Tom, Dick and Harry Mountain

Rating: Moderate to Difficult – Don't be afraid, this route is easily obtainable if you are in relatively good athletic shape. If you can hike, you can snowshoe. Besides, the more difficult it is, the more gratifying the experience is at summit.

Starting Elevation: 3,400 feet

High Point : 5066 feet

Round Trip: Approximately 5 miles

Hike Time : Approximately 3 hours

Elevation Gain : 1475 feet

Summary:

Never mind the ridiculous name, it's a spectacular location; the long ridge of Tom, Dick, and Harry faces directly into the southwestern slopes of Mt Hood. (According to Lewis McArthur, author of *Oregon Geographic Names*, the mountain got its name because of the three distinct humps in it's half-mile-long summit ridge)

After a 1.5 mile hike you will come to see Mirror Lake and Mt. Hood splayed out magnificently before you, you'll pinch yourself and wonder how you got so lucky as to see that 360 with so little effort. The real treat of the hike is what's in store for you if you climb an additional 700 feet in about 1.5 miles, up to the top of Tom, Dick, and Harry Mountain, just west of Ski Bowl Ski Area. The views are spectacular, with your panoramic 360° view obstructed only by looming Mt. Hood. Mt. Adams, Mt. Rainier, Mt. St. Helens, and Mt. Jefferson are clearly visible from the top.



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FAQ's

Q. What type of gear do I need?

Footwear: Leather hiking boots that have been waterproofed are great for hiking and backcountry trekking. Trail-running shoes (like those provided by Nike ACG) are also good for snowshoeing (look for GORE-TEX material). Snowboarding boots are also ideal for snowshoeing. Waterproofing is the key! If you do not have the proper footwear we can certainly rent them for you.

Wool socks for hiking and/or a wool/silk combination for running are important to snowshoeing. Never wear cotton socks when in the snowy elements.

Clothing: Don't be afraid to dress in layers, in the cold conditions it will help your body stay warm, when you get too warm you can always de-layer. Long underwear is essential when snowshoeing and a zippered top lets you regulate body heat.

Polyester fleece provides a great insulation as it, too, retains heat when wet. And, a waterproof jacket (preferably something with GORE-TEX) will keep you dry and protect you from cold winds.

The more obvious choices in winter wear are gloves, a hat, sunglasses/goggles and other personal selections. Typically a good rule of thumb is bring what you would wear skiing or snowboarding.

Snowshoes: Snowshoes can range from \$100.00 - \$300.00 depending on the make and model and can be purchased at REI, US Outdoor Store, OMC, Etc. If you aren't sure you want to commit to spending that kind of money, renting for the day is a great way to go.

Poles: Ski poles will work just fine or adjustable length snowshoe poles are available to rent as well.

Q. How much does it cost to rent gear?

REI - 1405 NW Johnson St. Portland, OR 97201
(503) 221-1938
rei.com

Snowshoes - \$15.00
Boots - \$10.00
Poles - \$4.00

If you would like us to rent the gear for you, we can make arrangements with proper notice.

Q. What time will we get back?

There are many variables that can determine this. We plan on stopping at Mt Hood Brewery for some pizza and beer after the trek so I would plan on making a full day of it. If you have time constraints, let us know and we will do our best to accommodate.

Q. What if I have never been snowshoeing?

Then you will be in the majority of the group. Most people going have never been. If you can hike, you can snowshoe. Part of the fun is learning something new.

If you have additional questions, please feel free to email us at: info@oregonactive.com