

## HIKING AT SKAMANIA LODGE

The trail system at Skamania Lodge offers over four miles of hiking paths on the property. There are magnificent views of the surrounding Columbia River Gorge and Cascade Mountains. Skamania Lodge offers a splendid opportunity to sample some of the Pacific Northwest's natural beauty.

## HIKING IN THE COLUMBIA RIVER GORGE

### Washington

Cape Horn: 7.1 Miles  
Washougal, WA  
Hike Level: Strenuous

Beacon Rock: 1.8 Miles  
North Bonneville, WA  
Hike Level: Moderate

Dog Mountain: 6.9 Miles  
Cook, WA  
Hike Level: Strenuous

Catherine Creek: 2.1 Miles  
Lyle, WA  
Hike Level: Easy to Moderate

Gillette Lake: 4 Miles  
North Bonneville, WA  
Hike Level: Moderate

Rodney Falls & the  
Pool of Winds: 2.5 Miles  
North Bonneville, WA  
Hike Level: Moderate

Strawberry Island: 4 Miles  
North Bonneville, WA  
Hike Level: Easy

Fort Cascade Historic  
Sites Trail: 1.5 Miles  
North Bonneville, WA  
Hike Level: Easy

Wind Mountain: 2.7 Miles  
Home Valley, WA  
Hike Level: Difficult

The Bridge of the Gods:  
0.25 Miles  
Hike Level: Difficult

### Oregon

LaTourell Falls: 2.4 Miles  
Corbett, OR  
Hike Level: Easy

Multnomah Falls: 2.4 Miles  
Hike Level: Easy to Moderate

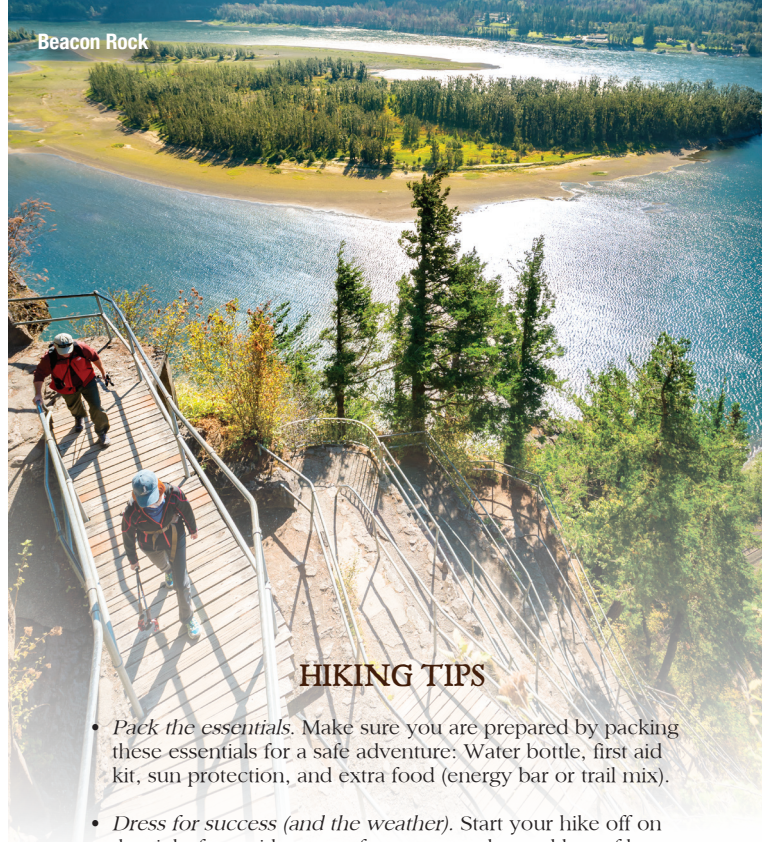
Rowena Crest: 2.5 Miles  
Rowena, WA  
Hike Level: Easy

Tom McCall Point: 5 Miles  
Rowena, WA  
Hike Level: Moderate

Dry Creek Falls: 4.2 Miles  
Cascade Locks, OR  
Hike Level: Moderate

Wahclella Falls: 2.4 Miles  
Bonneville, OR  
Hike Level: Easy

Beacon Rock



### HIKING TIPS

- *Pack the essentials.* Make sure you are prepared by packing these essentials for a safe adventure: Water bottle, first aid kit, sun protection, and extra food (energy bar or trail mix).
- *Dress for success (and the weather).* Start your hike off on the right foot with proper footwear, socks, and lots of layers that are appropriate for the conditions.
- *Know your fitness level.* Choose the right trail for your fitness and comfort levels by researching the trail difficulty, total distance (round-trip), elevation gain, trail conditions, closures and location before embarking on your adventure.
- *Share your location.* Before leaving on your hike, tell a friend or family member where you are going, when you plan to leave and return, and who will be hiking with you.
- *Leave no trace.* Help keep the Columbia River Gorge a beautiful as you found it. Take time to minimize and dispose of waste properly, respect the wildlife, and consider other visitors while hiking. For more leave no trace tips, visit: <https://lnt.org/learn/7-principles>



Skamania Lodge

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# Hiking Guide

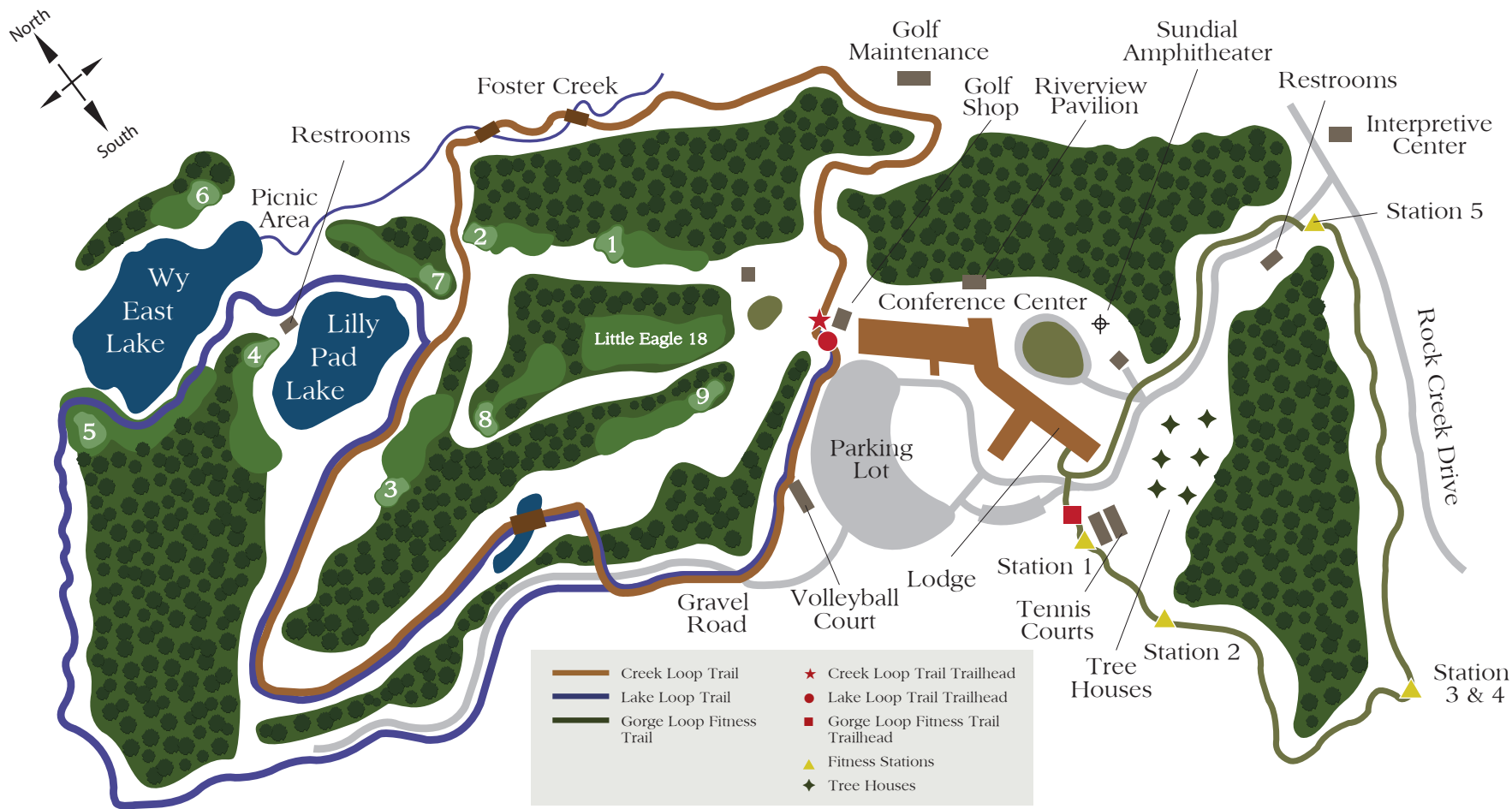


Wahclella Falls

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Dog Mountain





## GORGE LOOP TRAIL FITNESS STATIONS

Station 1: Strength Training  
Exercise Activities: Vault-Over, Sit-Up, Push-Off

Station 2: Flexibility Training  
Exercise Activities: Heel Flex, Toe-Reach, Hip-Flex, Toe-Touch, Knee Grip, Arm-Stretch

Station 3: Strength Training  
Exercise Activities: Leg-Flex, Body-Tuck, Body-Pull

Station 4: Strength Training  
Exercise Activities: Leg-Over, Arm-Walk, Hop-Over

Station 5: Cool Down  
Exercise Activities: Heel-Flex, Leg-Kick, Beam-Walk, Straddle-Jump

Additional beginner, intermediate, and advanced fitness trail workouts available at the front desk.



### CREEK LOOP TRAIL

Forest Hike | Level: Moderate | Distance: 1.5 Miles

- Start near the Golf Shop
- Follow Orange Trail signs
- Cross over two foot bridges
- Shared return with Lake Loop Trail
- Views
  - Lilly Pad Lake
  - Wildlife



### LAKE LOOP TRAIL

Forest Hike | Level: Moderate | Distance: 1.75 Miles

- Start near the Golf Shop
- Follow Blue Trail signs
- Go along service road
- Shared return with Creek Loop Trail
- Views
  - Wy'East Lake
  - Lilly Pad Lake
  - Red Bluff Mountains



### GORGE LOOP FITNESS TRAIL

Forest Hike with Hilly Terrain | Level: Challenging | Distance: 0.9 Miles

- Start near Waterleaf Spa and playground
- Follow Green Trail signs
- Stop at 5 fitness stations with equipment
- Views
  - Ziplines overhead
  - Columbia River
  - Bridge of the Gods