

Backpacking Oregon: From River Valleys to Mountain Meadows

Oregon, a state blessed with an abundance of natural beauty, is a backpacker's paradise. With its diverse terrain, from towering mountain peaks to lush river valleys, Oregon offers a wide range of backpacking experiences for all levels of hikers.



Backpacking Oregon: From River Valleys to Mountain Meadows by Douglas Lorain

★★★★☆ 4.5 out of 5

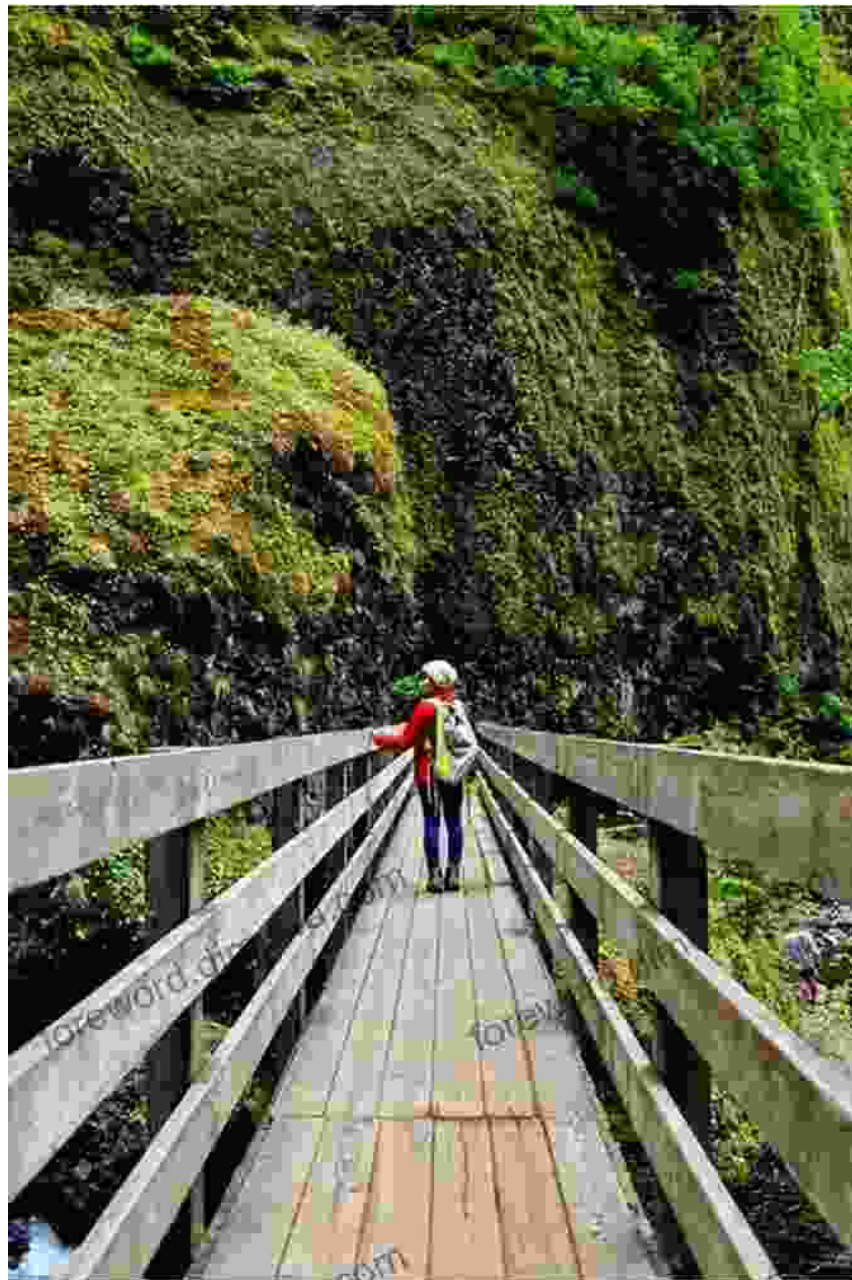
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In this comprehensive guide, we take you on a journey through the most breathtaking backpacking trails Oregon has to offer. From the rugged coastline of the Pacific Northwest to the high alpine lakes of the Cascade Mountains, we provide detailed maps, route descriptions, and insider tips to help you plan your adventure.

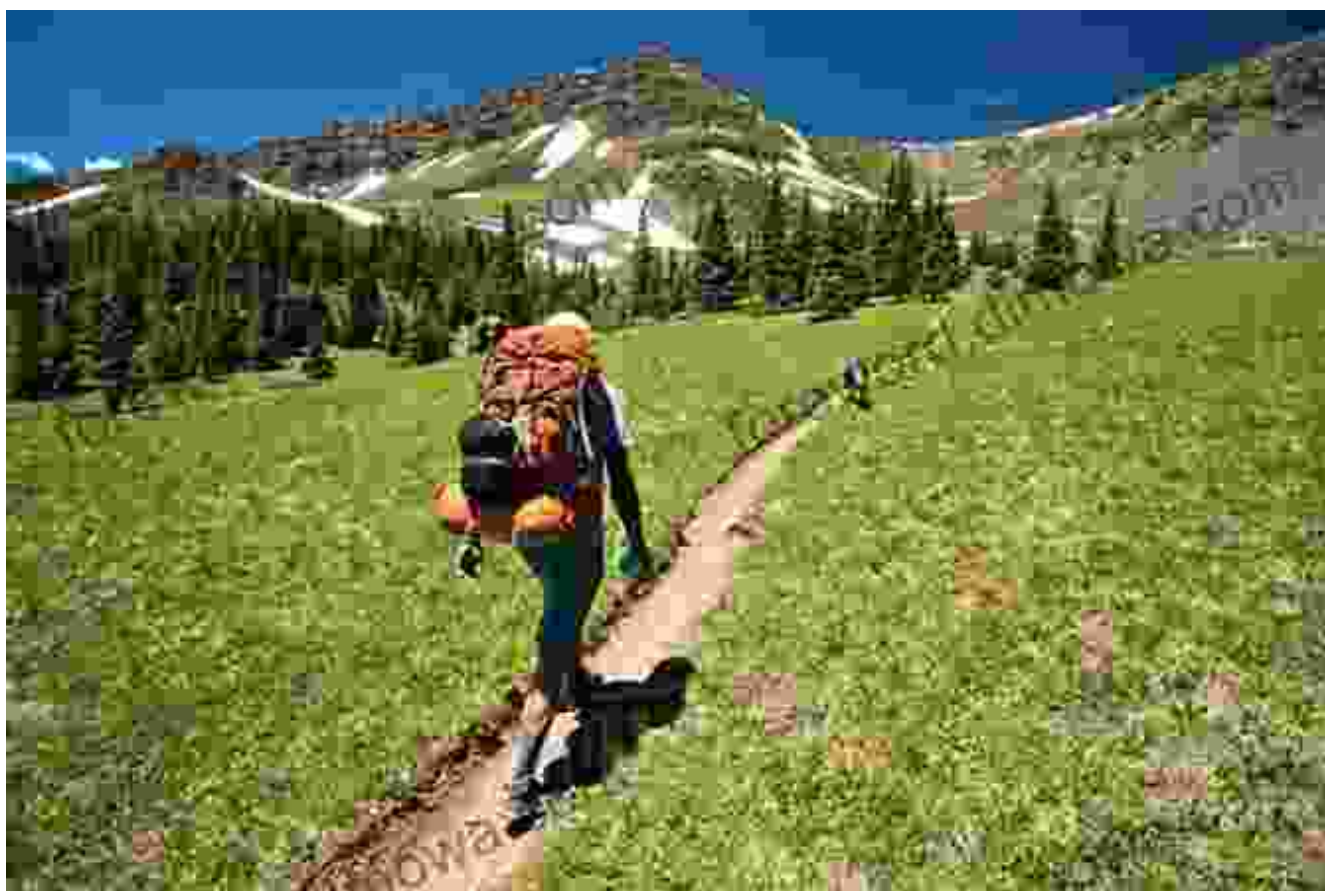
Chapter 1: The Columbia River Gorge

The Columbia River Gorge is a stunning canyon carved by the mighty Columbia River. The gorge is home to a variety of hiking trails, ranging from short day hikes to multi-day backpacking trips. One of the most popular trails is the Wahkeena Falls Loop Trail, which leads to a beautiful waterfall. For a more challenging hike, try the Multnomah Falls Loop Trail, which climbs to the top of Multnomah Falls, Oregon's tallest waterfall.



Chapter 2: The Cascade Mountains

The Cascade Mountains are a volcanic mountain range that stretches from British Columbia to Northern California. Oregon is home to a number of peaks in the Cascades, including Mount Hood, Mount Jefferson, and Mount Bachelor. The Cascades offer a variety of backpacking trails, from easy day hikes to challenging multi-day treks. One of the most popular trails is the Timberline Trail, which circles Mount Hood. For a more challenging hike, try the Pacific Crest Trail, which traverses the entire Cascade Range.



Chapter 3: The Oregon Coast

The Oregon Coast is a rugged and beautiful coastline that stretches for over 300 miles. The coast is home to a variety of hiking trails, ranging from short day hikes to multi-day backpacking trips. One of the most popular trails is the Oregon Coast Trail, which follows the coastline from Astoria to

Brookings. For a shorter hike, try the Cannon Beach Trail, which leads to Haystack Rock, a iconic rock formation.



Chapter 4: The Umpqua National Forest

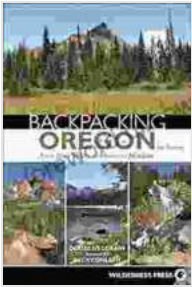
The Umpqua National Forest is a vast and diverse forest that covers over 1 million acres in southwestern Oregon. The forest is home to a variety of hiking trails, ranging from easy day hikes to challenging multi-day treks.

One of the most popular trails is the North Umpqua Trail, which follows the North Umpqua River. For a more challenging hike, try the Diamond Peak Wilderness Trail, which climbs to the summit of Diamond Peak, the highest point in the Umpqua National Forest.



Chapter 5: The Wallowa Mountains

The Willamette Mountains are a rugged and beautiful mountain range in northeastern Oregon. The mountains are home to a variety of hiking trails, ranging from easy day hikes to challenging multi-day treks. One of the most popular trails is the



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