

HI-LO

HILLSDALE - LAKE OSWEGO REGIONAL TRAIL



To Hillsdale

3.0 miles

Go right, downhill, along Boone's Ferry Rd to stairs that will take you under the bridge. Continue on the trail that follows a creek to the next map.

To Lake Oswego

3.3 miles

You are entering Tryon Creek State Natural Area. Carefully follow the HI-LO signs as you walk the North Creek, South Creek, and Iron Mountain Trails. The next map is at the Iron Mountain Trailhead at the southern end of the park in Lake Oswego.



Welcome to the HI-LO Trail

The HI-LO trail is a 6.3-mile walk between Hillsdale and Lake Oswego. You'll encounter forests, restored wetlands, a waterfall, and spectacular views. Parts of the trail pass through residential areas, so be careful when crossing roads. You'll find cafés and eateries along the way.

Things to see in Tryon Creek State Park



Trillium plant



Nurse stump



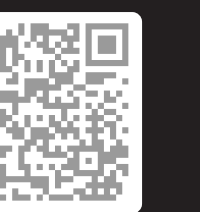
Logging history



Banana slug

A Deeper Look

More Info:
www.swtrails.org/hilo8



Steam Donkey

For over 6,000 years, Tryon Creek State Natural Area has supported a diverse community of plants and animals, including nearly 300 plants and over 70 wildlife species. Indigenous people used the area for food, fiber, and medicine. White settlers logged the forest for charcoal and building materials. When development threatened the area in the 1960s, concerned citizens lobbied the state to preserve this place for its ecological value and the opportunity it provides to connect with nature. However, the area's urban location means it is vulnerable to challenges created by human activity. Scan the QR code above to learn more.

Regional Trail Partners:

