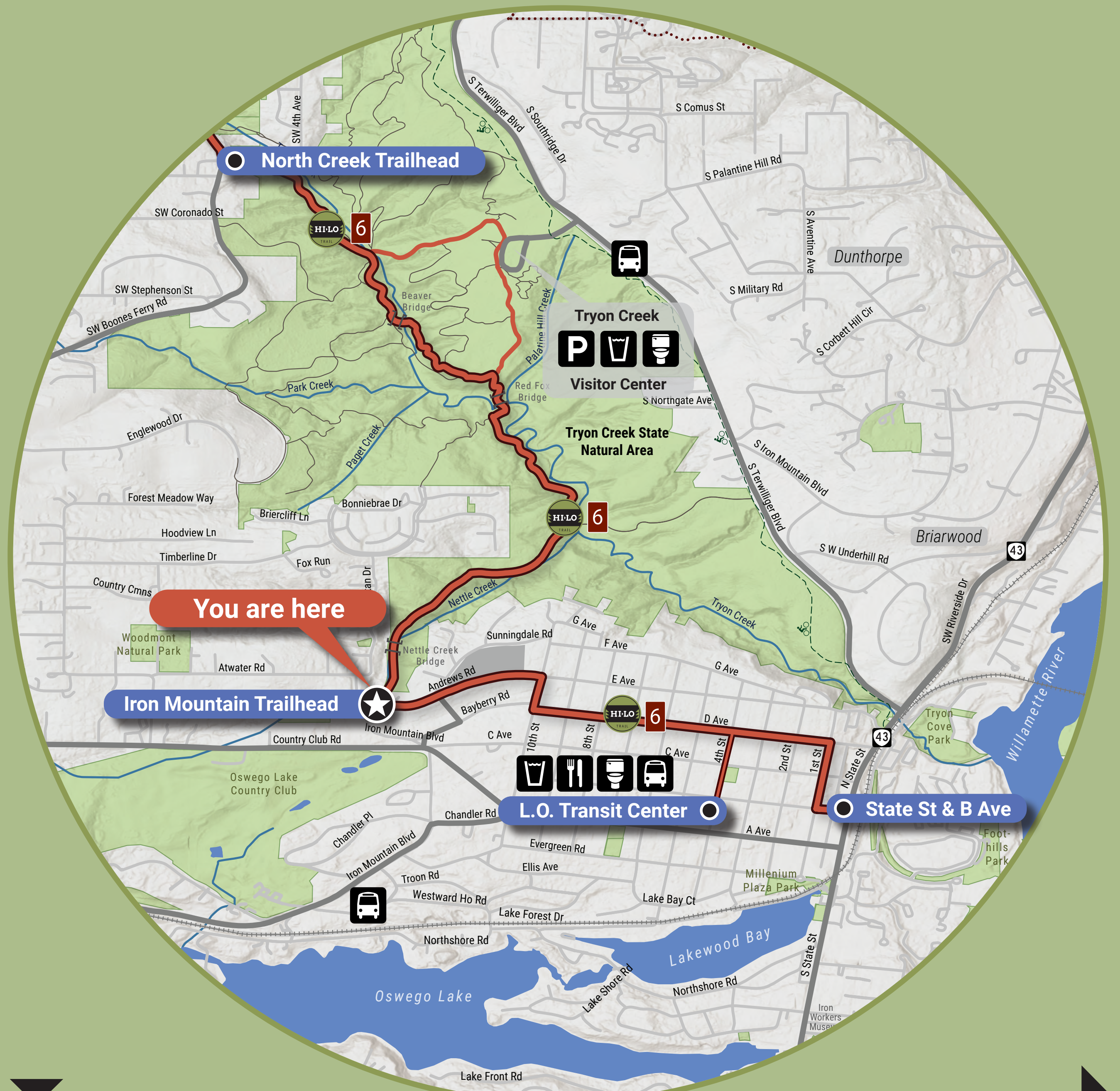


# HI-LO

## HILLSDALE - LAKE OSWEGO REGIONAL TRAIL



### To Lake Oswego

1.2 miles

Walk east along Andrews Rd to 10th St. Turn right and walk one block to D Ave. Turn left and follow D Ave to 1st St. Turn right for two blocks to B Ave. Turn left and go east to the trail terminus at State St (Hwy 43) and B Ave.



### To Hillsdale

5.1 miles

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

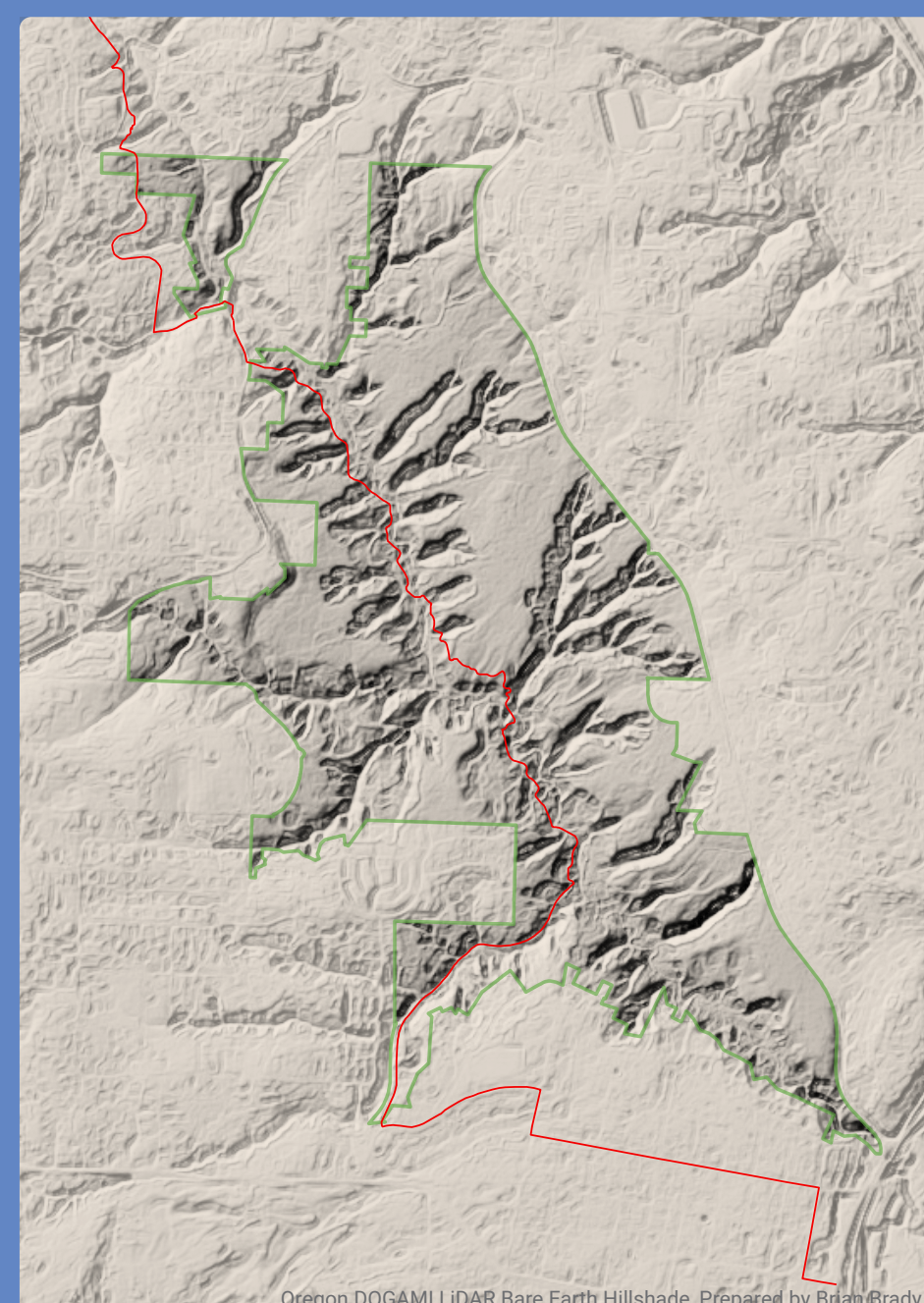
## Welcome to the HI-LO Trail

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 Natural Area



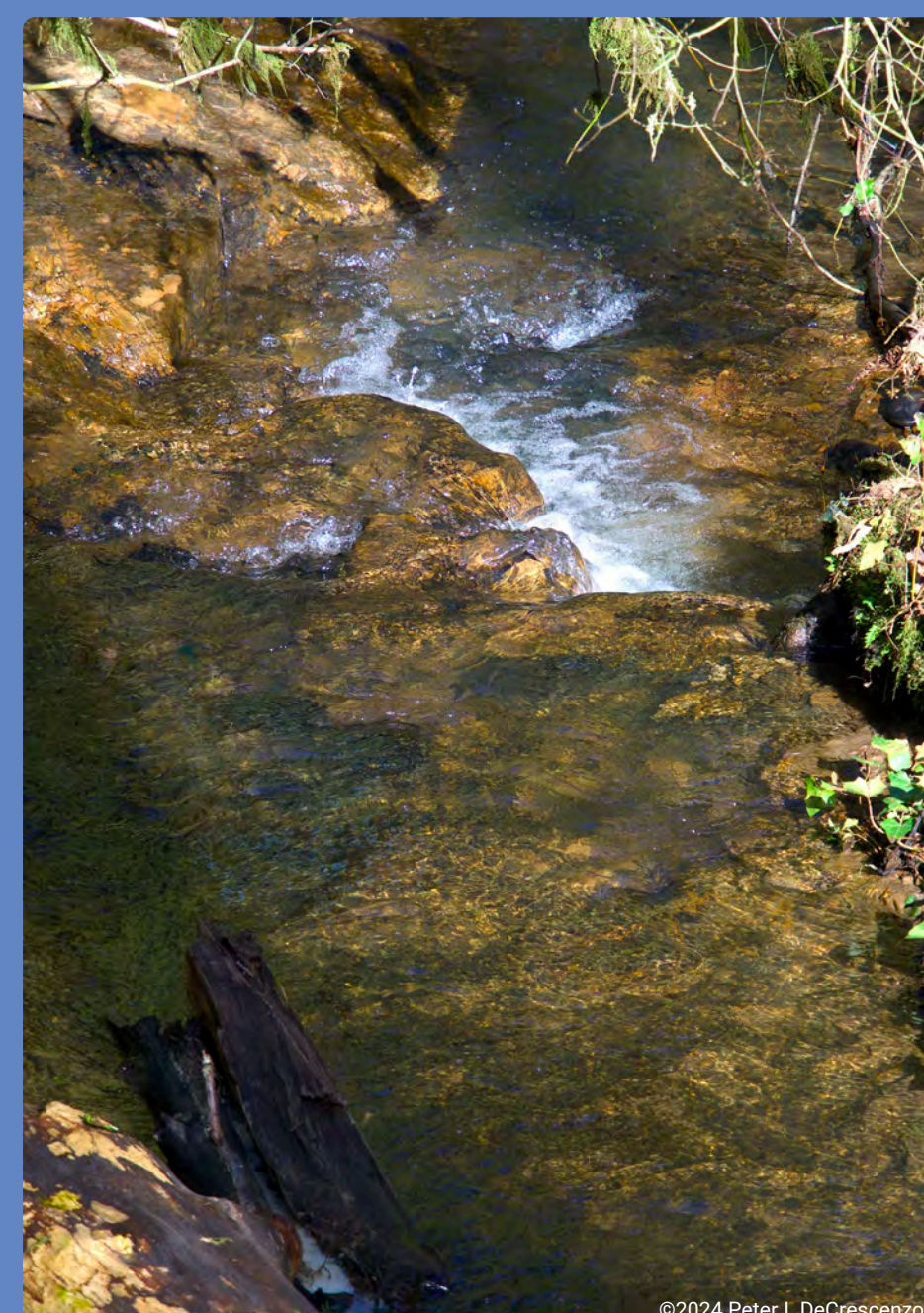
Fractured lava flow



Hillshade model of Tryon Creek State Natural Area



Exposed bedrock



Weathered bedrock

### A Deeper Look

More Info:  
[www.swtrails.org/hilo9](http://www.swtrails.org/hilo9)



Iron Mountain Basalt Deposits

The Tryon Creek area has multiple types of basalt deposits including the Basalt of Waverly Heights and the Columbia River Basalt Group. This drawing from an 1886 mining report shows the ore bed at Iron Mountain, sandwiched between two layers of basalt. Eons ago, the ore was deposited in a depression of volcanic rock and was later covered by a lava flow. Afterwards the whole formation was tilted at an angle of about twenty degrees. The ore was extracted by digging horizontal tunnels into the mountainside. Scan the QR code above to learn more.

### Regional Trail Partners:

