



P Prevent vehicle break-ins. Secure your valuables at all parking areas along Historic Columbia River Highway 30.

This page is provided as an illustration aid and is not intended to be used as a map or guide. The information depicted on this page is not to scale.

Milage

Start & End point: Oneonta TH

Hike Type: Loop

Distance: 13.2 miles

Elevation gain: 2730 feet

Triple Falls / 1.7 miles / 563 elv.

Trail Junction sign / 3.2 miles / 1416 elv.

Franklin Ridge Trail Junction / 5.8 miles / 2729 elv.

Larch Mtn Trail Junction / 8.3 miles / 1773 elv.

Gorge Trail Junction / 11.1 miles / 50 elv.

Trail Junction sign / 12.9 miles / 50 elv.

Oneonta TH / 13.2 miles / 40 elv.

Milage

Start point: Multnomah Falls TH

End Point: Sherrard Point (Larch Mountain)

Hike type: Out and back

Distance: 14.4 miles round trip

Elevation gain: 4010 feet

Milage

Start point: Oneonta TH

End point: Larch Mountain Trailhead

Hike Type: Out and Back

Distance: 17.2 miles round trip

Elevation gain: 4400 feet

Packing the Ten Essentials whenever you step into the backcountry, even on day hikes, is a good habit. True, on a routine trip you may use only a few of them.

The original Ten Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers, to help people be prepared for emergency situations in the outdoors.

In 2003, the group updated the list to a "systems" approach rather than listing individual items (for example, map and compass now fall into the Navigation "system".)

The updated "systems" approach made its debut in The Mountaineers' seminal text on climbing and outdoor exploration, *Mountaineering: The Freedom of the Hills* (The Mountaineers Books), now in its eighth edition.

Updated Ten Essential "Systems":

Navigation (map and compass)

Sun protection (sunglasses and sunscreen)

Insulation (extra clothing)

Illumination (headlamp/flashlight)

First-aid supplies

Fire (waterproof matches/lighter/candles)

Repair kit and tools

Nutrition (extra food)

Hydration (extra water)

Emergency shelter

Classic Ten Essentials:

Map

Compass

Sunglasses and sunscreen

Extra clothing

Headlamp/flashlight

First-aid supplies

Firestarter

Matches

Knife

Extra food

<http://www.rei.com/learn/expert-advice/ten-essentials.html>