

Note: no water  
may be available  
on the trails

## Plains of Abraham

9 miles total, 1,100' gained, starting at Windy Ridge  
14 miles total, 2,100' gained, starting at Ape Canyon trailhead

From the parking lot at Windy Ridge, look for the trail/access road on the south end of the lot. This is #207, Truman Trail. Proceed out this road/trail for a bit less than two miles. At this point veer to the left, uphill, on #216D, Abraham Trail. Continue for just over two miles. At the junction with #216, Loowit Trail, go right, towards St. Helens. Cross the plains and then a sketchy uphill trail, through loose footing, to Windy Pass. Proceed downhill, and after about two total miles on #216, find the junction with #216E, Windy Trail. Turn right (east), and proceed for about a mile. At the junction with #207, veer to the right, following the access road two miles back to the lot. *Note: the recommended side trip to Loowit Falls on #216 & #216F is an additional 2 1/2 miles or so out and back from the 216/216E junction.*

From the Ape Canyon trailhead, follow #234 for about 5 miles to the junction with #216. Go right, north, on #216 for just under 2 miles to the junction with #216D. Return the way you came up.

