Table Rock Wilderness is part of an area described as the Old Cascades—or Cascade foothills—formed long before the snowcapped peaks of the high Cascade Range rose into the Oregon skyline. The vegetation of the Wilderness, and the surrounding area, is typical of the diverse landscapes of north Oregon’s Cascade foothills.

Table Rock Wilderness was designated a part of the National Wilderness System in 1984. It is the last large area—5,786 acres—of pristine forest land in the Molalla River drainage. Its steep, rugged terrain, towering basaltic cliffs, spectacular vistas, brilliant wildflowers, diverse wildlife and unique history combine to create a distinctive wilderness experience. A 16-mile system of trails, suitable for horse travel and hiking, extends along the prominent ridges within the Wilderness.