



# NATIONAL HISTORIC OREGON TRAIL INTERPRETIVE CENTER

BAKER CITY, OREGON

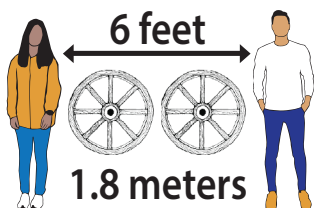
**Center hours: 9 a.m. to 4 p.m. Thursday through Sunday**  
**Trails open daily | Parking open 8 a.m. to 4 p.m.**  
**oregontrail.blm.gov | 541-523-1843**

## Staying healthy on the trail

Wagon trains consisted of tight knit groups who had to work together to make the crossing. Diseases like cholera and typhoid were ever present threats which they did their best to avoid. During your visit, we ask that you help us prevent the spread of COVID -19.



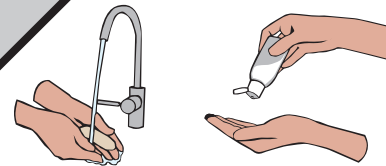
Standard wagon wheels were 36 inches across. Please try and stay two wagon wheels apart from others.



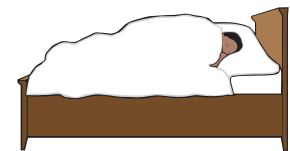
Pioneers often wore bandanas to avoid breathing in clouds of dust. Today masks help stop the spread of germs.

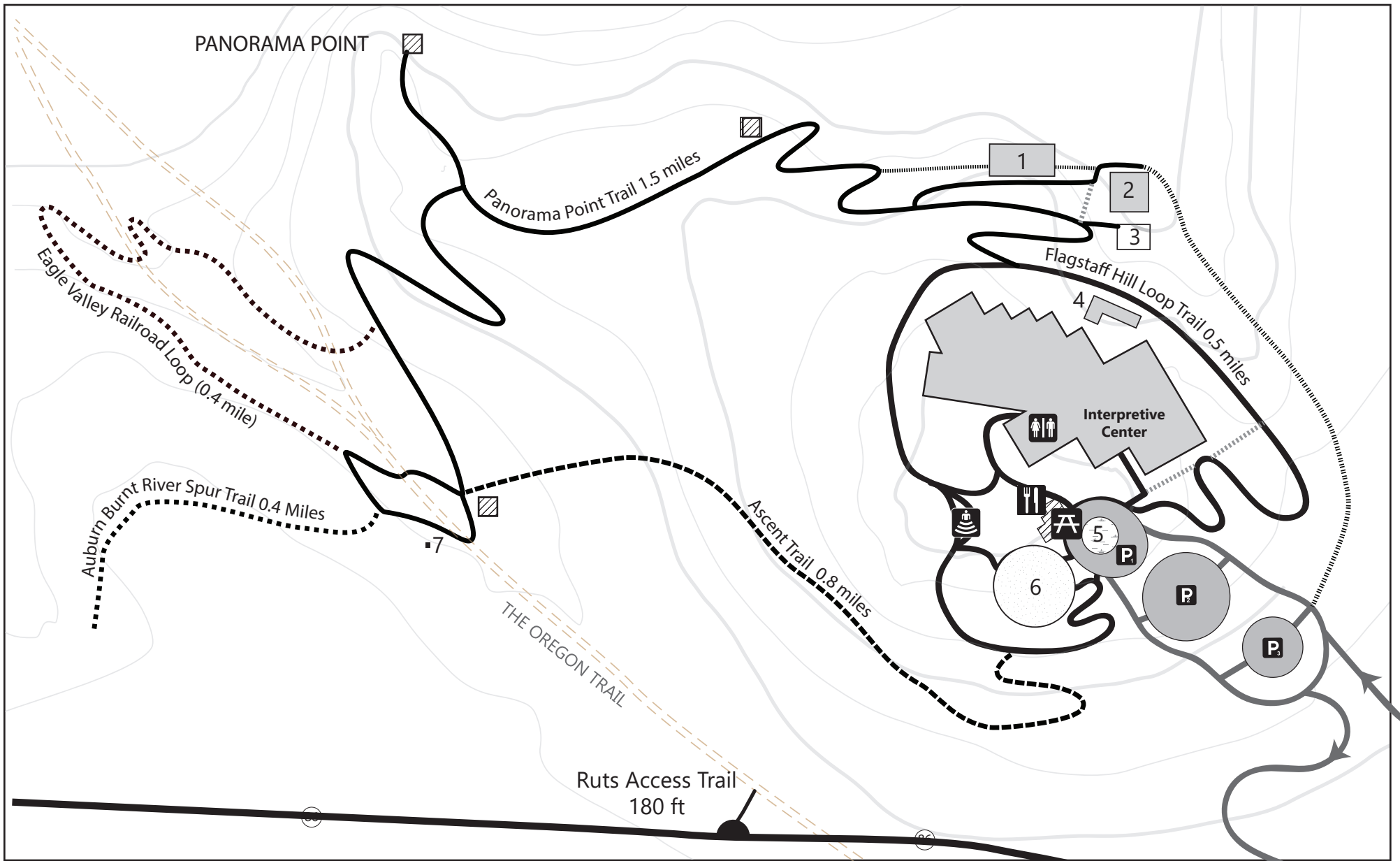


In the 1840s, people did not know that washing your hands with soap could protect them from disease. Today we use soap and hand sanitizer to help us stay healthy.



When pioneers got sick, they had to stop the whole wagon train and rest until people were well enough to travel. If you feel sick, the best thing to do is stay home and rest.





- |                        |                   |                       |                  |               |
|------------------------|-------------------|-----------------------|------------------|---------------|
| Paved Trail            | Service Road      | 4 Sluice Box          | Amphitheater     | Restrooms     |
| Unpaved Trail Moderate | 1 Blacksmith Shop | 5 Native Plant Garden | Picnic area      | Parking       |
| Unpaved Trail Hard     | 2 Stamp Mill      | 6 Wagon Encampment    | Vending Machines | Shade Shelter |
| Stairs                 | 3 Lode Mine       | 7 Meeker Marker       |                  |               |

Plan at least 2 hours to hike from the center to the ruts and back Bicycles, skateboards, or scooters are not allowed on trails   
 Trail ruts are fragile - please take care not to damage the trail Leashed dogs can hike with you - please clean up after them   
 Smoking is not allowed Practice social distancing and Leave No Trace Take plenty of water with you