

The Adventure Begins: New Student Trips

Lewis & Clark College Outdoors

2014-2015

Welcome!

The friendly folks at College Outdoors and Student Leadership and Service send greetings from beautiful Portland, Oregon. Each year we offer new students an opportunity to launch their Lewis & Clark College careers with fun and adventure.

All of the New Student Trips take place in the late summer, just before New Student Orientation for all incoming students. This year College Outdoors is facilitating a variety of trips and is teaming up with Student Leadership and Service to offer service projects. Any one of these is a great opportunity to begin making new friends and familiarizing yourself with the diverse environs of the Pacific Northwest.

Who we are

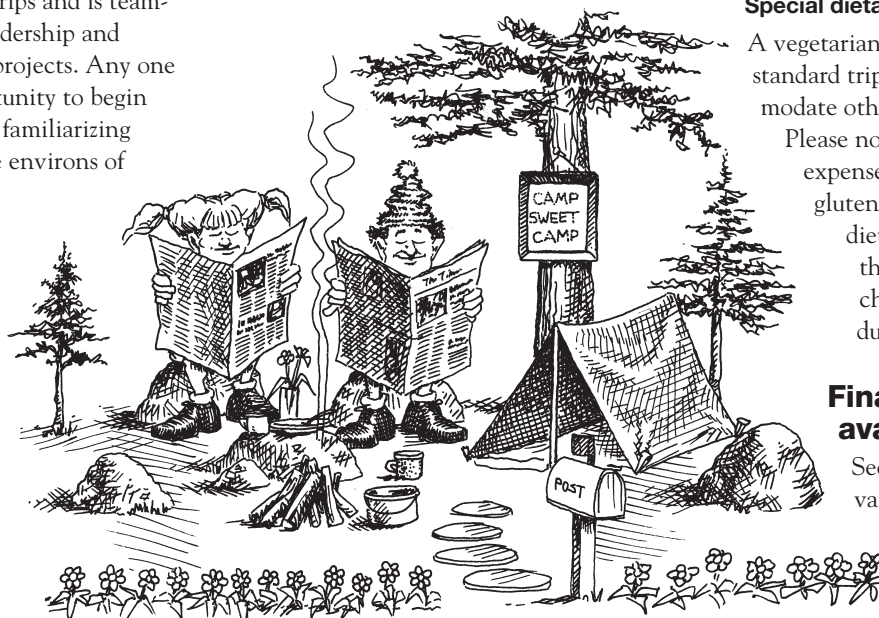
College Outdoors, founded at Lewis & Clark College in 1979, is one of the largest outdoor programs of any similarly sized college in North America. Supported jointly by the student government and the college, College

Outdoors provides the Lewis & Clark community access to the spectacular outdoor environments of the Pacific Northwest and beyond. Few students graduate without joining us on at least one trip. Our adventures cover a range of activities, including hiking, snowshoeing, cross-country skiing, mushroom hunting, backpacking, sea kayaking, igloo building, white-water rafting, swift-water rescue, and guide training—to name a few!

Student Leadership and Service works with students to develop their leadership potential through experiential education programs such as alternative break trips, leadership education workshops, and ongoing tutoring programs. Lewis & Clark's community service efforts have been recognized twice by the President of the United States' Honor Roll for Higher Education Community Service.

No experience required!

Every trip we offer is suitable for people with little or no background in the outdoors or community service. Some offer physical challenges and thrills, while others are more relaxed. Though no prior experience is necessary, the backpack trips require the most physical effort and necessitate being in good physical shape. All adventures are led by experienced outdoor leaders and strong service project leaders.



What to expect

First and foremost, expect to have fun on these trips! In addition to wilderness adventure, we incorporate programs and activities that are designed to enhance decision-making skills, inspire group communication, and spark discussions of issues facing college students. These trips build community, increase individual confidence, and foster an appreciation for people with diverse backgrounds.

On all New Student Trips, participants share responsibility for the success of the trip. This, of course, means equal participation in chores such as cooking, cleaning, and setting up and breaking down camp. (To preserve our pristine wilderness areas for future visitors, we strive to practice low-impact camping.) If you can maintain a sense of humor, are flexible, and are interested in building a cohesive, well-functioning team, then please join us!

Whether you are coming from high school or another college, New Student Trips are designed to help with your transition into life at Lewis & Clark College. You'll have a great opportunity to form a core group of friends before you head into the fast-paced experience of moving into a residence hall and starting classes. The friendships you forge on a trip will last throughout your college career and beyond.

Special dietary needs accommodated

A vegetarian option is included in our standard trip fee. We are happy to accommodate other dietary needs as well.

Please note that due to the extra expense involved in preparing vegan, gluten-free, and other specialized diets, we charge \$5 per day for these requests. (There's no charge if your diet is required due to a medical condition.)

Financial aid is available for trips

See the back page and the reservation request form online for details and instructions.

Detailed trip information inside

Inside you'll find trip descriptions and the information you need to make a decision about and register for a New Student Trip.

We hope to see you this summer! Questions? Please contact us.

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Backpack the Wallowa Mountains

Depart: Tuesday, August 19
Return: Tuesday evening, August 26
Total fee: \$975

Rising from the mile-deep canyon of the Snake River on the Idaho border, some of the peaks of the Wallowa Mountains reach nearly 10,000 feet. Join this weeklong hike through the high country of the Eagle Cap Wilderness Area, complete with alpine lakes, glacier-carved valleys, and lush meadows. Plan to hike an average of eight miles per day carrying your backpack and gear. Trails in the Wallowas are generally steep, but the scenery makes the effort worthwhile.

Raft the Deschutes River

Depart: Tuesday, August 19
Return: Tuesday evening, August 26
Total fee: \$1,350

Float nearly 100 miles on Oregon's Deschutes River, from its upper reaches to its confluence with the Columbia River. The Deschutes River basin is a desert environment inhabited by golden eagles, red-tailed hawks, deer, and other eastern Oregon wildlife. Both novices and seasoned river rats will enjoy long, quiet stretches of water as well as challenging rapids. Spend late afternoons hiking beautiful side canyons, swimming, or learning to cook excellent river cuisine. (Although everyone wears a life jacket, we still recommend that you be able to swim.)

Hike and Kayak Waldo Lake

Depart: Wednesday, August 20
Return: Tuesday evening, August 26
Total fee: \$1,050

Imagine floating on water so clear that it looks as if you're flying! Waldo Lake, rated the second-truest lake in the world, sits at an elevation of 5,000 feet in the Cascade Mountains, near the Three Sisters Wilderness. Sea kayak this huge lake, camp on the shore, and enjoy great hikes to surrounding peaks and waterfalls. No experience is necessary, but we recommended that participants be able to swim, have reasonable upper-body strength for paddling, and be free of back, shoulder, or wrist troubles.

Backpack the Mount Adams Wilderness

Depart: Wednesday, August 20
Return: Tuesday evening, August 26
Total fee: \$850

Visit alpine meadows, lakes, forests, and glaciers surrounding this massive dormant volcano, the second tallest peak in the Northwest. Camp in the meadows below huge glaciers and watch the beautiful sunsets. This wilderness area has fantastic mountain views. Plan to hike an average of seven miles per day carrying your backpack and gear.

Backpack Oregon's Cascade Mountains

Depart: Thursday, August 21
Return: Wednesday morning, August 27
Total fee: \$750

Wander past waterfalls, narrow canyons, groves of ancient trees, rocky pinnacles, and mountain lakes in this spectacular wilderness area. We'll venture near the same area as the Explore the Temperate Rain Forest trip, but we'll carry full backpacks deeper into the wilderness, and we'll stay in tents each night. Expect to cover five to eight miles each day on moderate to steep trails.

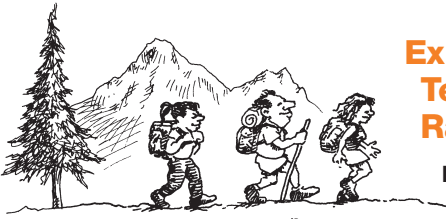
Hike and Stand-Up Paddle the Columbia Gorge

Depart: Thursday, August 21
Return: Wednesday morning, August 27
Total fee: \$690

The Columbia River Gorge National Scenic Area, where the mighty Columbia passes narrowly through the Cascade Mountains, is one of the country's great natural treasures. Explore the Columbia Gorge's extensive trails and countless waterfalls. Learn to stand-up paddleboard on the protected channels of the Columbia River. You'll also get to hike through the spectacular alpine scenery on Mount Hood, Oregon's tallest peak. We'll spend our nights at the Menucha Retreat and Conference Center in a comfortable lodge featuring showers, bunk

beds, and the most spectacular view from any swimming pool in Oregon! We'll also head into Portland for two evenings of bouldering at the world's largest bouldering gym.





Explore the Temperate Rainforest

Depart: Friday, August 22
Return: Wednesday morning, August 27
Total fee: \$690

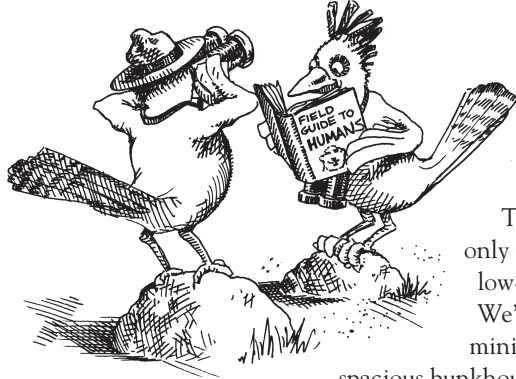
Come live in the gorgeous old-growth forest in Oregon's Cascade Mountains.

This area is Oregon's only remaining large tract of low-elevation rain forest.

We'll stay at a former mining camp in a rustic and

spacious bunkhouse that is off the grid

and features hydroelectric lighting and composting toilets. Learn about the trees, plants, and animals that live in the endangered forest ecosystem. Expect to hike 6 to 12 miles per day with day packs as we discover the trails, ancient groves of trees, natural history, and spectacular swimming holes of this magical spot.



Surf and Hike the Oregon Coast

Depart: Friday, August 22
Return: Wednesday morning, August 27
Total fee: \$690

Host to over 240 state parks, the Oregon Coast is a dramatic landscape of cliffs, beaches, sand dunes, rainforest, and mountains. On this trip we'll rent an entire summer camp—with a lake for canoeing and swimming—while we explore the forests and beaches along the coast. We'll hike around six miles most days with day packs, spend two days surfing, and follow the same coastal trail the Lewis and Clark expedition hiked 208 years ago.



Beyond Portlandia: Service Trips

Depart: Thursday, August 21
Return: Tuesday, August 26
Total fee: \$350

Move beyond what you've seen on television and get to know the real Portland. These two trips are facilitated by student leaders from Student Leadership and Service in cooperation with College Outdoors. No prior volunteer service is necessary. Groups from both trips will stay in downtown Portland, visiting and working with local organizations.

Economic Justice

Learn about how Portland is finding homes and safe places for all members of the city. Explore issues of hunger, poverty, and mental illness and be part of the solution. Visit local agencies such as Habitat for Humanity, Operation Nightwatch, Central City Concern, and The Rebuilding Center.

Environmental Action

See how Portland, a historically "green" city, is addressing environmental issues. Explore sustainable food systems, urban agriculture, and renewable energy. Visit local agencies such as Food Not Bombs, Village Gardens, Wisdom of the Elders, and Sunday Parkways.

Can't make a trip? Don't worry!

College Outdoors offers activities year-round, including multiple trips every weekend and during vacation periods. We'll offer our very popular Wilderness First Responder course during winter break.

Student Leadership and Service also offers year-round activities, including alternative break service trips and a variety of service workdays.

Additionally, working or volunteering with our offices is an excellent way to gain practical experience in leadership. We always welcome volunteers! Look for more information from us when you're on campus, and come by our offices to say hello. Both offices are located in Templeton Campus Center.

Registration policies, procedures, and other important information

Registration procedures

- 1) Fill out our online registration and health forms, available beginning May 5 at 9 a.m. Pacific time at go.lclark.edu/nst.
- 2) We will notify you of your trip placement within two weeks.
- 3) Once you have been placed, your trip fee (payable online) is due by Monday, June 9.

Please complete the online reservation and medical forms. Please prioritize each trip you would be willing to participate in, as we may not be able to place you in your first choice.

Within two weeks of receiving your online forms, we'll contact you to let you know your position on a trip or wait list. At that time, we'll send you information about your trip as well as an invoice for the trip fee.

Unless you are waiting to be notified about financial aid, the balance of your trip fee is due no later than Monday, June 9. We encourage you to use our online payment option. Your trip payment serves as your reservation.

Sign up right away!

There are a limited number of spaces available on each trip, and they fill up quickly! (Last year many trips were fully booked soon after the brochures were mailed.) If you plan to go on a New Student Trip, submit your online reservation and health forms as soon as possible. The trips are filled on a first-come, first-served basis according to the date and time your online reservation and health forms were submitted.

Financial aid

A number of reduced-rate spots will be available for those who qualify for federal financial aid. (Applicants' names will be kept confidential.) If you wish to be considered for one of these spots, please mark the appropriate section of the online reservation form. You will be notified of your financial award before your invoice is sent to you.

Cancellations and refunds

We have never canceled a trip, but if we need to in the future, we'll provide the earliest possible notice and give you a choice of a full refund or an alternative trip.

If you cancel a trip reservation on or before Monday, June 9, you'll receive a full refund. After June 9, we'll refund the full amount less a \$50 cancellation fee if we can fill your spot. If we can't fill your spot, you may forfeit your payment.

Release of liability

Because of our society's litigious nature, Lewis & Clark College requires all participants to sign an assumption of risk/release of liability form. While we strive to make our trips as safe as possible, you should be aware that risks exist in any activity. Most trips take place in remote areas. Transportation may be via vans, small bus, SUVs, charter bus, or similar vehicles.

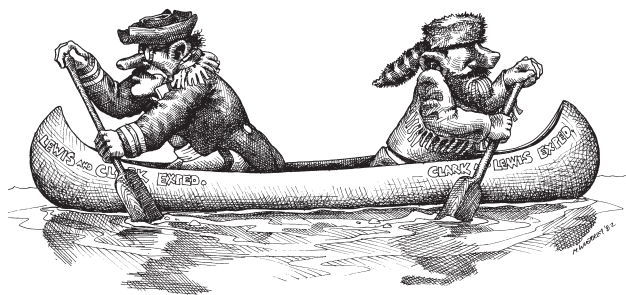
Travel plans and dates

After you receive confirmation from us of a spot on a trip, make your arrangements for travel to Portland. If you are driving, please arrive at Lewis & Clark by 11 a.m. on the day of your trip departure to check in. If you are coming by plane, bus, or train, please choose transportation with a scheduled arrival time at the airport, bus station, or train station of 11 a.m. or earlier. (If you can arrive between 9 a.m. and 10 a.m., that is best for us.) We'll pick you up at the airport, airport hotels, the bus depot, or the train station. If it's impossible for you to arrive by 11 a.m., call us at 503-768-7116 before purchasing your ticket. Some students opt to fly in the night before their trip and stay at an airport hotel. A list of these hotels with special rates can be found at go.lclark.edu/nst.

All trips will return to campus by the time residence halls open for New Student Orientation.

What we provide

We'll pick you up at the airport, any of our recommended airport hotels, the bus



depot, or the train station, and provide the transportation, food, and leaders for each trip. Our College Outdoors leaders are experienced outdoor folk, and many have taught for other outdoor organizations. They are certified in first aid and CPR and, in most cases, they are trained Wilderness First Responders (WFRs) or Emergency Medical Technicians (EMTs). Please contact us for any additional information about the qualifications of our staff.

No need to worry about equipment

We provide all group gear such as tents, sea kayaks, rafts, wetsuits, stoves, and more. We also provide personal equipment you might need, such as backpacks, rain gear, hats, thermal underwear, hiking boots, sleeping bags, and so on. There's no rental fee, and there's no need to buy or rent anything for your trip. To ensure we have your correct sizes, fill out the online equipment questionnaire soon after you receive your confirmation email. A detailed list of necessary personal equipment will also be sent as part of the confirmation email.

Storage for your college gear

We'll provide a locked indoor space on campus for storing any luggage or other college gear you may bring to school but don't want to take on your trip.

Are the New Student Trips nonsmoking?

Yes. The trips are nonsmoking for a few reasons: (1) Late August is a time of extremely high fire danger in Pacific Northwest forests; (2) these wilderness areas have some of the cleanest air in the country, and we'd like to keep it that way; and (3) the division of a group into smokers and nonsmokers has a negative effect on group dynamics. So, join us for a nonsmoking adventure: Your fellow students—as well as your lungs—will thank you for it!