

COLLEGE OUTDOORS

2014 FALL TRIPS

Lewis & Clark College
Portland, OR



INFORMATION

WHAT IS COLLEGE OUTDOORS?

College Outdoors is the outdoor program at Lewis & Clark College. It gives the college community access to the spectacular outdoor environments of the Pacific Northwest and beyond in a variety of activities including skiing, backpacking, whitewater sports, sea kayaking, and hiking. On-campus events include talks and seminars on outdoor topics and leadership skills.

COLLEGE OUTDOORS GOES WILD!

Trips explore the mountains, desert, rivers, and coast. If you are a neophyte outdoors person who considers the walk between your residence hall and the library to be a major hike, try a day raft trip or a trip to the coast! Other programs appeal to the more adventurous at heart and those familiar with outdoor life. Most trips don't require any prior experience. On all of our trips, you will find friendly people, clean (occasionally misty) air, and fantastic scenery.

RELEASE OF LIABILITY

Due to the litigious nature of society and the potential hazards of the outdoors, all College Outdoors participants must sign a release of liability/assumption of risk form.

HOW DO I SIGN UP FOR A TRIP?

Trip sign-up sheets are posted outside the College Outdoors office at 9am on the morning of the sign-up date listed for each trip. To hold your reservation, you need to pay the trip fee in our office within 3 business days after sign-up begins. Most trips are posted on Fridays, and payment is needed by Tuesday before 5pm to hold your space. After three days unpaid spots will be filled on a first-paid basis. Scholarships are available from ASLC to those who qualify for federal financial aid.

REFUND POLICY

College Outdoors trips are subsidized by us or budgeted to break even. Once you have paid for a trip, we cannot give you a refund unless you find someone else to take your place on the trip. Exceptions are made for documented medical illness or unforeseen family emergencies. Please check your social and academic calendar before paying!

INCLEMENT WEATHER & TRIP CANCELLATIONS

In the event severe inclement weather is predicted at the program sight, most of our trips have alternative trip locations. See the sign up sheet for the inclement weather plan. If College Outdoors has to cancel at trip due to unforeseen circumstances, College Outdoors will refund the trip fee.

PRE-TRIP INFORMATION

Sign-up begins several weeks prior to the trip and is posted on the bulletin board outside the College Outdoors office. All trips have a pre-trip meeting (PTM) the Tuesday before the trip. PTM times are noted on the sign-up sheet as well as in this brochure.

WHAT DOES COLLEGE OUTDOORS PROVIDE?

Unless otherwise noted College Outdoors arranges food packouts for students on Bon Appetit meal plans, group equipment, personal equipment (like wetsuits, raincoats, backpacks, etc.), and organization. Participants not on the Bon Appetit meal plan will pay \$8 more per day for food with the exception of day trips where participants have the option of providing their own food at no extra cost.

TRANSPORTATION

College Outdoors uses 15, 12, & 10-passenger vans and 8-passenger SUVs for most transportation to and from campus for our trips. Transportation is included in the trip fee unless otherwise noted.

VOLUNTEER OPPORTUNITIES

There are many ways to get more involved in College Outdoors. Volunteers are a great asset to our program, and we hold clinics, talks, and job fairs throughout the semester for those interested in learning and helping out College Outdoors. Contact the office for more information.

LEADERSHIP OPPORTUNITIES

If you are interested in becoming a College Outdoors student leader, stop by the office for information on our leadership program, student coordinating, and other opportunities.

College Outdoors is sponsored, in part, by ASLC.

WEEKEND TRIPS

BACKPACK INDIAN HEAVEN AT MOUNT ST HELENS

Friday eve., Sept. 26 - Sunday, Sept. 28

This sub-alpine environment just north of the Columbia River Gorge is dotted with dozens of lakes. Fall colors will brighten the trailside. The trip features unbeatable views of Mt. Adams, Mt. St. Helens, Mt. Rainier, and Mt. Hood. We'll explore the trails and lakes of this high plateau.

Sign up begins: Friday, Sept. 5

PTM: Tuesday, Sept. 23, 5:30pm

Fee: \$55

ASTRONOMY & GEOLOGY IN EASTERN OREGON

Friday eve., Oct. 3 - Sunday, Oct. 5

Come enjoy the east side of the Cascade Mountains where the stars are out and the geology is amazing! We'll head out towards Madras, Oregon and stay in a cabin for the weekend. During the day we'll hike canyons and dormant volcanoes while exploring the vast geologic features from the Cascade Range's explosive past. At night we'll use our high desert perch to our advantage and learn basic astronomy.

Sign up begins: Friday, Sept. 12

PTM: Tuesday, Sept. 30, 5:30 pm

Fee: \$75

HIKE MOUNT ST. HELENS

Saturday, Oct. 18

Take a hike along a forested ridge near this iconic volcano. You'll hike through forest left untouched by the violent 1980 eruption, including a patch of old growth forest with large hemlock and fir trees draped with lichens. At our turn around point, we'll be in the historic blast zone and see trees killed by superheated gas released during the mountain's last major awakening.

Sign up begins: Friday, Sept. 26

PTM: Tuesday, Oct. 14, 5:00pm

Fee: \$25

SMITH ROCK ROCK CLIMBING

Friday, Oct. 24 - Sunday, Oct. 26

Start scaling Oregon's best rock by joining us at Smith Rock—one of the best sport climbing areas in the country. This trip will be contracted with a professional rock guiding company in the Bend area. They will provide the appropriate gear and lessons for a full day of climbing. We'll stay at a house near the park and climb on Saturday. On Sunday we'll do some hiking in the area before heading back to LC. This is an opportunity for you to learn technique, visit a new climbing area, or take your gym climbing outdoors.

Sign up begins: Friday, Sept. 26

PTM: Tuesday, Oct. 21, 4:30pm

Fee: \$95

YOGA COAST RETREAT

Friday, Oct. 24 - Sunday, Oct. 26

Come have a relaxing weekend doing yoga on the beautiful Oregon coast. We plan to do short hikes mixed with relaxing yoga sessions led by a certified yoga instructor. On Friday evening we'll drive to the Oregon Coast. We'll stay at a rustic lodge and will return to campus by Sunday afternoon. No prior experience is necessary.

Sign up begins: Friday, Sept. 26

PTM: Tuesday, Oct. 21, 5:00pm

Fee: \$95

CAVING

1) Sunday, Oct. 26 2) Saturday, Nov. 15

Thousands of years ago, the lava from a spectacular volcanic eruption created these lava tube caves at the base of Mt. Adams. These awesome natural formations stay relatively dry and at a constant temperature of about 50°F, making them ideal for caving.

Sign up begins: 1) Friday, Sept. 26

2) Friday, Oct. 24

PTM: 1) Tuesday, Oct. 21, 5:30pm

2) Tuesday, Nov. 11, 5:00pm Fee: \$35

MUSHROOM CLINICS

1) Saturday, Nov. 1 2) Sunday, Nov. 2

3) Friday, Nov. 14 - Sunday, Nov. 16

Oregon has an enormous number of mushroom species and it's no wonder, with all this rain! As long as you're living in Oregon and since they taste so good, you might as well be introduced to some of them. The day trips (#1&2) will leave in the morning and head to coastal forests where we will search for all sorts of fascinating fungi, and return to campus that night. The overnight trip (#3) will spend two nights at the Oregon Dunes. Conditions permitting, this trip culminates in a mouth-watering mushroom feast!

Trip 1&2 sign up begins: Friday, Oct. 3

Trip 3 sign up begins: Friday, Oct. 17

PTM: 1) Tues., Oct. 28, 4:30pm Fee: \$35

2) Tues., Oct. 28, 5:00pm Fee: \$35

3) Tues., Nov. 11, 4:30pm Fee: \$85

GORGE WATERFALL HIKE

1) Saturday, Nov. 8 2) Saturday, Nov. 15

Come join us on an excursion to see some of the Gorge's lesser known falls and take in the autumn scenery. The natural power and beauty of these waterfalls has to be seen to be believed. Plus, getting there is half the fun - we'll roam the trails of the Gorge with plenty of time to stop and enjoy the view.

Sign up begins: 1) Friday, Oct. 17

2) Friday, Oct. 24

PTM: 1) Tuesday, Nov. 5, 5:00pm

2) Tuesday, Nov. 11, 5:30pm Fee: \$25

WEEKEND TRIPS

CLIMBING SHUTTLE

Begins Thursday, September 5

Join us on Mondays and Thursdays from 7:30 - 9:30pm for this free shuttle to the Circuit Bouldering Gym. **Stop by the office to sign up for specific dates. Fee: None**

STAND-UP PADDLEBOARDING

Every Wednesday from Sept. 10 - Oct. 22

3:15pm - 6:30pm

Join us for an afternoon of paddling on our **new** Stand-Up Paddleboards (SUPs)! This trip will leave campus and head to some nearby waters where you can learn the basics of SUPing and enjoy some late summer sun. Weather permitting. No trip October 8 for Fall Break.

Sign up begins: Friday, Aug. 29

Pre-Trip Meeting (PTM): None Fee: \$15

LEADER LADDER ORIENTATION

Thursday, September 11

4:00-5:15 pm and 5:15-6:30 pm

Get oriented to our "Leader Ladder" and the behind-the-scenes flow of our trips. This orientation is for those interested in becoming student coordinators--the first step in leading trips. Email outdoors@lclark.edu or stop by our office in Templeton 244 to register or get more information.

PTM: None

Fee: None

BACKPACK MOUNT ST. HELENS

Friday eve., Sept. 12 - Sunday, Sept. 14

Explore the trails of the Northwest's most active volcano, and observe close-up the aftermath of the 1980 eruption and the area's natural recovery. Backpack in on Friday evening by headlamp. On Saturday we'll hike through islands of old growth forests shielded from the volcano's fury by lucky geographic placement. Discover great views, ripe huckleberries, and stunning scenery at this national monument--known to Native Americans as "Loowit."

Sign up begins: Friday, Aug. 29

PTM: Tuesday, Sept. 9, 6:00pm Fee: \$55

WALDO LAKE SEA KAYAKING

Friday eve., Sept. 12, - Sunday, Sept. 14

Imagine floating on water so clear it looks like you're flying! Waldo Lake, perched at an elevation of 5,400 feet in the Cascade Mountains, is the second clearest lake in the world. On this trip we will be camping on the shore of Waldo Lake. We'll explore this 10-mile lake by sea kayak on Saturday and Sunday before returning to campus Sunday evening.

Sign up begins: Friday, Aug. 29

PTM: Tuesday, Sept. 9, 5:30pm Fee: \$85

DESCHUTES RAFTING

1) Friday eve., Sept. 12 - Saturday, Sept. 13

2) Friday eve., Sept. 19 - Saturday, Sept. 20

3) Friday eve., Sept. 26 - Saturday, Sept. 27

Central Oregon's Deschutes River features seven major rapids (rated Class 3+) in ten miles, making this one of the premier rafting rivers in the state. This beautiful river runs through juniper and sagebrush country in the rain shadow of the Cascade Mountains. We'll leave on Friday night to camp by the put-in & will return to campus after rafting on Saturday.

Sign up begins: 1) Friday, Aug. 29

2) Tuesday, Sept. 2

3) Friday, Sept. 5

PTM: 1) Tuesday, Sept. 9, 4:30pm

2) Tuesday, Sept. 16, 4:30pm

3) Tuesday, Sept. 23, 4:30pm Fee: \$65

STAND-UP PADDLE BEND

Friday eve., Sept. 19 - Sunday, Sept., 21

Stay in yurts near the town of Bend, OR and paddle class I sections of the Deschutes River. You definitely want to have some upper body strength to do this trip but don't need to be an experienced "stand-up paddler." This side of the Oregon Cascades usually has great, sunny, fall weather, and the scenery you'll see while paddling is spectacular.

Sign up begins: Tuesday, Sept. 2

PTM: Tuesday, Sept. 16, 5:00pm Fee: \$85

SURF THE OREGON COAST

Saturday, Sept. 20

Have you ever wanted to learn how to surf? Join us as we head to the Pacific Ocean to surf for the day. Participants need to be good swimmers prepared to learn the basics of surfing. Fees include transportation from campus, surfing equipment rental, and instruction. This is an awesome opportunity to learn to surf and enjoy the beautiful Oregon Coast!

Sign up begins: Tuesday, Sept. 2

PTM: Tuesday, Sept. 16, 5:30pm Fee: \$65

OREGON COAST HIKE

1) Saturday, Sept. 20 2) Saturday, Nov. 8

On the Central Oregon Coast lies an area of huge Sitka trees, ferns, cascading streams, and beautiful waterfalls. We'll hike through old growth forest to a secluded bay where we can watch sea lions. The seven-mile round trip hike traverses some of the most stunning rainforests on earth.

Sign up begins: 1) Tuesday, Sept. 2

2) Friday, October 17

PTM: 1) Tuesday, Sept. 17, 5:00pm

2) Tuesday, Nov. 12, 4:45pm Fee: \$25

FALL BREAK & WILDERNESS MEDICINE

FALL BREAK: STEENS

**MOUNTAIN & ALVORD DESERT
Wednesday aft., Oct. 8 - Sunday, Oct. 12**

Situated at the base of the 10,000 foot-high Steens Mountain, this sunny desert gets only 7 inches of rain per year. Hot springs, mud pots, and other geothermal wonders abound 400 miles SE of Portland. Spend the weekend listening to coyotes howl in the distance and learning about this amazing ecosystem as you soak in a hot spring and count the constellations in the desert sky. We'll stay in cabins, but you will have the option to sleep under the stars if you'd like. Due to the 9 hour drive, **this trip leaves at 3:15 pm Wednesday. Please do not sign up for this trip if you have class during or after that time.**

Sign up begins: Friday, Sept. 5

PTM: Tuesday, Sept. 30, 4:30pm Fee: \$225

FALL BREAK:

RAFT GUIDE CLINIC

Wednesday eve., Oct. 8 - Sunday, Oct. 12

For those of you who'd like to guide a whitewater raft, this clinic is the first step to becoming a professional raft guide. You'll learn technical knowledge, practice swiftwater rescue skills, and gain valuable experience in the art of running rivers. This trip takes place on the Maupin section of the Deschutes River at Wapinitia, Box Car, and Oak Springs rapids. At night we'll camp next to the river and cook out under the stars.

Sign up begins: Friday, Sept. 5

PTM: Thursday Oct. 2, 4:30pm Fee: \$195

FALL BREAK: SEA KAYAK

SOUTHERN OREGON

Wednesday, Oct. 8 - Sunday, Oct. 12

Paddle a sea kayak on Klamath Lake and neighboring tributaries. On this trip, we'll stay in a cabin, possibly visit Crater Lake National Park for a day (snow permitting), paddle stunningly beautiful water in Southern Oregon, and hike some spectacular trails. Cost includes all the gear you'll need, kayaks, transportation, food, and lodging.

Sign up begins: Friday, Sept. 5

PTM: Thursday, Oct. 2, 5:00pm Fee: \$225

Additional trips and clinics get added throughout the semester. Stop by our office in Templeton 244 for updates to the schedule.

FALL BREAK: BACKPACK

OREGON'S CANYONLANDS

Thursday, Oct. 9 - Sunday, Oct. 12

Visit a gorgeous, arid canyon as autumn blankets the high desert. This area is in the rain shadow of the Cascades, so the weather should be dry. The canyon walls tower above your camp, making it feel like you're in a smaller version of the Grand Canyon. One of the largest springs in eastern Oregon is in the middle of this proposed wilderness area.

Sign up begins: Friday, Sept. 5

PTM: Tuesday, Sept. 30, 5:00pm Fee: \$165

WFR RECERTIFICATION

8am Friday, Nov. 22 - 5pm Sunday, Nov. 24

This three-day, scenario-based course provides wilderness medicine practitioners with current updates in the wilderness medicine field. This course may be used to re-certify Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications.

Sign up for LC students begins: Friday, Sept. 5

Fee: LC Students: \$250 Public: \$325

WILDERNESS FIRST RESPONDER COURSE

Thursday morn., Jan. 8 - 5pm Saturday, Jan. 17

This ten-day, intensive medical course is the medical training standard for Outward Bound instructors, NOLS instructors, and other outdoor professionals. Improve your résumé for that ideal summer job, and be ready for any emergency that might happen to you or your friends in the outdoors. This 80-hour course will meet 8 to 12 hours per day over the scheduled days, with one day off to be scheduled by the instructor. The course is taught by the NOLS Wilderness Medicine Institute.

Sign up for LC students begins: Friday, Sept. 5

Fee: LC Students: \$595 Public: \$715

COLLEGE OUTDOORS

0615 SW Palatine Hill Road MSC 188

Portland, OR 97219

Ph: 503-768-7116

Fax: 503-768-7876

outdoors@lclark.edu

www.lclark.edu/dept/outdoors

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	Pre-Trip Meetings Deschutes #1- 4:30pm Waldo Lake- 5:00pm St. Helens- 5:30pm	Afternoon SUP	Student Coordinator Orientation	Kayak Waldo Lake Backpack St. Helens Deschutes Rafting #1		
15	Pre-Trip Meetings Deschutes #2- 4:30pm SUP- 5:00pm Surf- 5:30pm Coast Hike- 5:45pm	Afternoon SUP		SUP Bend Deschutes Rafting #2	OR Coast Hike #1 Surf the OR Coast	
22	Pre-Trip Meetings Deschutes #3- 4:30pm SC Weekend- 5:00pm Indian Heaven- 5:30pm	Afternoon SUP		SC Service + Training Backpack Indian Heaven Deschutes Rafting #3		
29	Pre-Trip Meetings FB: Steens- 4:30pm FB: Canyonlands- 5:00pm Astro/Geo- 5:30pm					

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Afternoon SUP	Pre-Trip Meetings FB: Raft Guide- 4:30pm FB: OR Kayaking- 5:00pm	Astronomy & Geology		
6	7	FALL BREAK TRIPS Raft Guide Clinic S. OR Sea Kayaking Hike Steens Mountain	Canyonlands Backpacking			
13	Pre-Trip Meetings Leadership- 4:30pm St. Helens- 5:00pm	Afternoon SUP		Leadership Weekend	Hike Mt. St. Helens	
Leadership Training Series: Part 1	Pre-Trip Meetings Smith Rock- 4:30pm Yoga Retreat- 5:00pm Caving #1- 5:30pm	Afternoon SUP		Climb Smith Rock Yoga Coast Retreat		Caving #1
27	Pre-Trip Meetings Mushroom #1- 4:30pm Mushroom #2- 5:00pm					

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Mushroom Clinic #1 1	Mushroom Clinic #2 2
Leadership Training Series: Part 2 3	Pre-Trip Meetings Waterfall #1- 5:00pm Coast #2- 5:30pm 4	5	6	7	Gorge Waterfall Hike #1 OR Coast Hike #2 8	9
10	Pre-Trip Meetings Mushroom #3- 4:30pm Caving #2- 5:00pm Waterfalls #2- 5:30pm 11	12	13	Mushroom Clinic #3 14	Caving #2 Gorge Waterfall Hike #2 15	16
17	Pre-Trip Meetings Map & Compass- 4:30pm 18	19	20	WFR Recert 21	Map & Compass Clinic 22	23
24	25	26	Thanksgiving Break 27	28	29	30