

COLLEGE OUTDOORS

2015 SPRING 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 x-country skiing, backpacking, hiking, whitewater rafting, and sea kayaking. On-campus events include talks and seminars on outdoor topics and leadership skills.

COLLEGE OUTDOORS GOES WILD!

Trips explore the mountains, deserts, 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 federally subsidized 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

CLIMBING SHUTTLE

Begins Thursday, January 29 - May 1

Join us on Mondays and Thursdays from 7:00 - 9:30pm for this free shuttle to the Circuit Gym.
Stop by the office to sign up for specific dates.

MT. HOOD SNOWSHOE

1) Saturday, Jan. 31 2) Saturday, Feb. 7
3) Sunday, Feb. 15 4) Saturday, Feb. 21

Snowshoe on the trails around Oregon's tallest volcano! Weather permitting, we'll head up one of the trails on the east side of Mt. Hood, looking for great views of the mountain. Snowshoeing takes a fair amount of energy but it is great exercise and doesn't require any previous experience.

Sign up begins: 1&2) Friday, Dec. 5

3) Friday, Jan. 23

4) Friday, Jan. 30

PTM: 1) Tuesday, Jan. 27, 5:00pm

2) Tuesday, Feb. 3, 5:00pm

3) Tuesday, Feb. 10, 5:00pm

4) Tuesday, Feb. 17, 5:00pm

Fee: \$35



CROSS - COUNTRY SKI CLINICS

1) Sunday, Feb. 1 2) Sunday, Feb. 22

This is a one-day trip to Teacup Lake Nordic Area on Mt. Hood for cross-country skiers. After a beginning ski skills clinic, we will head out to explore the surrounding groomed ski trails and practice the techniques we've learned. The trip fee includes all transportation and gear. If you are a more experienced skier, you are welcome to sign up for this trip to get out and do some more independent skiing (skate or classic) on the 20 km of trails at Teacup Lake.

Sign up begins: 1) Friday, Dec. 5

3) Friday, Jan. 30

PTM: 1) Tuesday, Jan. 27, 5:30pm

2) Tuesday, Feb. 17, 5:30pm

Fee: \$35

OREGON COAST HIKE

Saturday, Feb. 7

Join us on the Oregon Coast to hike along the ocean beaches and surrounding trails to find huge Sitka spruce trees, ferns, cascading streams, and waterfalls. We'll hike through forest to bays and coves where we can watch waves crash. The seven-mile round trip hike traverses emerald green coastal forests showcasing Oregon's natural treasures.

Sign up begins: Friday, Dec. 5

PTM: Tuesday, Feb. 3, 4:30pm

Fee: \$25

EASTERN COLUMBIA RIVER GORGE HIKE

Saturday, Feb. 14

Explore the dry side of the Columbia River Gorge east of Hood River. This dramatic landscape, sculpted by the largest floods in earth's geologic history, has spectacular hiking trails, less rain, and usually a good supply of sunshine. Join us to get some exercise, fresh air, and to see spring come to the east side of the Cascade mountains while hiking up to some stunning viewpoints above the Columbia River.

Sign up begins: Friday, Jan. 23

PTM: Tuesday, Feb. 10, 5:30pm

Fee: \$25

INTRO TO AVALANCHE SAFETY CLINIC

1) Saturday, Feb. 14 2) Saturday, Mar. 7

This clinic is an introduction to avalanche awareness and safety. Learn the basics of snow science and avalanches in this class session and one-day field trip. We'll snowshoe into the backcountry on Mt. Hood to learn how to evaluate snow and terrain conditions, use avalanche transceivers, and practice rescue strategies. A mandatory 1.5 hour classroom session will introduce the concepts we will explore in the field. No previous experience needed.

Sign up begins: 1) Friday, Jan. 23

2) Friday, Feb. 6

PTM: 1) Tuesday, Feb. 10, 4:30pm

2) Tuesday, March 3, 4:30pm

Fee: \$50

COASTAL TRAILS & ANCIENT FORESTS WEEKEND

Friday evening, Feb. 27 - Sunday, Mar. 1

Visit a lighthouse, ancient forests, coastal beaches, and spectacular overlooks on this weekend trip to hike and explore Cape Lookout, Oregon. We'll stay in yurts and have a central building to cook and get together in the evenings. Spring comes to the Oregon Coast a few weeks earlier than Portland, so the frogs will entertain you at night with their chorus, and the first wildflowers will be blooming.

Sign up begins: Friday, Jan. 30

PTM: Tuesday, Feb. 24, 5:00pm

Fee: \$95

WINTER CAMPING CLINIC

Saturday Feb. 28 - Sunday, Mar. 1

Learn the skills of winter camping, using gear sleds, shovels, and snow saws, and staying overnight in snow shelters you build. This trip is moderately strenuous and is recommended for those in good physical shape and are comfortable in the outdoors. There is a mandatory 1.5 hour pre-trip meeting before we head out for the snow, since winter camping is not the sort of thing you want to jump into without a little background.

Sign up begins: Friday, Jan. 30

PTM: Tuesday, Feb. 24, 4:30pm

Fee: \$75

WEEKEND TRIPS

HIKE THE DUNES OF THE OREGON COAST WEEKEND

Friday evening, Mar. 6 - Sunday, Mar. 8

On this trip we'll head to Umpqua Lighthouse State Park on the Central Oregon Coast for two days of great hiking. This part of the coast has the largest coastal sand dunes in the world and sports remote sandy beaches. We'll hike through transition forests, sand dunes, and beaches during this weekend trip, and stay dry and warm in our deluxe yurts at night. You'll definitely want to join us to explore this part of the state that is uniquely Oregon!

Sign up begins: Friday, Feb. 6

PTM: Tuesday, March 3, 5:00pm

Fee: \$95

EDIBLE PLANTS, ETHNOBOTANY, & WATERFALLS

1) Saturday, Apr. 4 2) Saturday, Apr. 18

Spring on the sunny, dry side of the Columbia Gorge is amazing. Learn to identify, as well as taste, some of the edible plants of the eastern part of the Columbia Gorge. Learn about Native American uses of plants and trees. Not only that, but learn about some of the poisonous plants you would want to avoid if you're "wild foraging"!

Sign up begins: 1) Friday, Mar. 6

2) Friday, Mar. 13

PTM: 1) Tuesday, Mar. 31, 5:00pm

2) Tuesday, Apr. 14, 5:30pm

Fee: \$30

DESCHUTES RAFTING

1) Friday, Apr. 10 - Saturday, Apr. 11

2) Friday, Apr. 17 - Saturday, Apr. 18

3) Friday, Apr. 24 - Saturday, Apr. 25

Central Oregon's Deschutes River features seven major rapids in twelve miles, making this one of the premier rafting rivers in the state. You will get wet, and you need to paddle hard! This trip is not recommended for non-swimmers, although you'll be led by experienced guides, and everyone has to wear a PFD on the river. If you like whitewater—this trip is awesome!

Sign up begins: 1) Friday, Mar. 6

2) Friday, Mar. 13

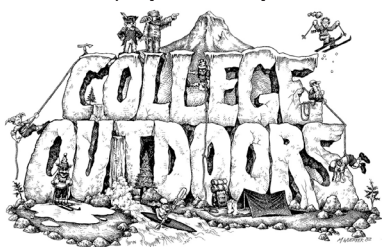
3) Friday, Apr. 3

PTM: 1) Tuesday, Apr. 7, 4:30pm

2) Tuesday, Apr. 14, 4:30pm

3) Tuesday, Apr. 21, 4:30pm

Fee: \$70



BACKPACK SERVICE PROJECT

Saturday, Apr. 11 - Sunday, Apr. 12

Spring Into Action on this great wilderness service project. This trip will do half a day of wildlife enhancement work on top of Klickitat Canyon, then backpack into a remote campsite later that afternoon spending the night in just the gear you carried in on your backs. Spring is in full bloom in the Gorge by this time in April, and wildflowers should be popping up all over. Since the rainfall this far east is minimal, plenty of sunny skies and spectacular scenery are expected!

Sign up begins: Friday, Mar. 6

PTM: Tuesday, Apr. 7, 5:00pm

Fee: \$50



SEA KAYAK OREGON

1) Sunday, Apr. 19

2) Saturday, Apr. 25

Sea kayaking around Oregon can bring you to scenery hard to see otherwise. We will kayak around Scappoose Bay or Sauvie Island. Both of these areas are tidal and adjacent to the mighty Columbia River. Winding waterways take kayakers through wetland floodplain forests and marshlands. Eagles, swans, and Sandhill cranes are often seen, and if you're lucky, you may spot one of the resident river otters. Come paddle with us!

Sign up begins: 1) Friday, Mar. 13

2) Friday, Apr. 3

PTM: 1) Tuesday, Apr. 14, 5:00pm

2) Tuesday, Apr. 21, 5:00pm

Fee: \$35

3-DAY ACA KAYAK

INSTRUCTOR TRAINING

Apr. 12, Apr. 26, & May 1

An ACA kayak instructor certification is the foundational certification for any aspiring kayak instructors. In this 3-day course (spanning 3 weeks), students will learn and practice how to teach beginning kayaking. The course will end with an instructor certification exam where the successful student will receive an L1 or L2 ACA Kayak Instructor Certification. This is a certification course designed for paddlers with previous skill in whitewater or sea kayaks. Sign up will be in-office only. Participants are responsible for registering (and paying) for their ACA membership to receive their certification.

Sign up begins: Friday, Mar. 6

PTM: Tuesday, Apr. 7, 5:30pm

Fee: \$85

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

SPRING BREAK & WILDERNESS MEDICINE

SPRING BREAK:

CALIFORNIA SURF CLINIC

Friday evening Mar. 20 - Saturday, Mar. 28

Learn to surf! Camp on bluffs just above the crashing Pacific Ocean, and surf on the central California coast. This week of surf training covers all the basics. Learn to read the surf conditions, choose the safest entry and exit point of the surf break, paddling and wave catching techniques, standing up, turning, and surfing etiquette. Get the best tips and coaching from the excellent surfing staff at UC Santa Cruz. This trip is designed for beginner surfers, yet more experienced surfers are welcome to take the classes and improve upon their skills. All you need is your swimsuit, reasonable swimming ability, and a desire to hit the surf. We provide the rest. Spectacular trails are there to explore after your surf sessions each day. On top of that, the intriguing city of Santa Cruz and its world famous boardwalk are nearby. Trip fee includes transportation, food, camping, surf instructors, and all the equipment (including surfboards and wetsuits, and any camping gear) you'll need! You can get one credit in PE/A 142, "Wilderness Leadership" for participation during this trip. This class counts as an activity credit for graduation.

Sign up begins: Friday, Jan. 23

PTM: Tuesday, Mar. 10, 5:30pm

Fee: \$650



SPRING BREAK:

HIKE AND KAYAK REDWOOD NATIONAL PARK

Friday evening, Mar. 20 - Friday Mar. 27

Come stay at a lodge and cabins in Redwood National Park for Spring Break! We'll spend the week hiking through huge redwood forests and stunning beaches on the Pacific Ocean. We'll also spend part of the trip learning how to handle a kayak on the bays and lagoons adjacent to the ocean. It's the start of spring in these spectacular forests, so the wildflowers will be blooming. The main lodge where we stay has a huge kitchen for cooking meals, great resources for learning about redwood ecology, and hot showers, too! Redwoods are the tallest living things in the world. Don't miss this opportunity to live among them for a week! You can get one credit in PE/A 142, "Wilderness Leadership" for participation during this trip. This class counts as an activity credit for graduation.

Sign up begins: Friday, Jan. 23

PTM: Tuesday, Mar. 10, 4:30pm

Fee: \$550

SPRING BREAK:

YOGA COAST RETREAT

Tuesday Mar. 23 - Friday Mar. 27

Visit the some of the tallest coastal dunes in the world, and recharge your body doing yoga on this relaxing spring break trip! The trip leaves Monday of Spring Break and returns Friday evening, so you have both weekends on either end of spring break to visit friends or catch up on homework. Do yoga each day and explore the trails of the Oregon dunes, the ocean shores, and some of the old growth forests. It's a great way to see an amazing part of Oregon! You can get one credit in PE/A 142, "Wilderness Leadership" for participation during this trip. This class counts as an activity credit for graduation.

Sign up begins: Friday, Jan. 23

PTM: Tuesday, Mar. 17, 5:00pm

Fee: \$375

WFR RECERTIFICATION

8am Friday, May 22 - 5pm Sunday, May 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, Jan. 23

Fee: LC Students: \$250

Public: \$325

WILDERNESS FIRST RESPONDER COURSE

8am Monday, May 11 - 5pm Saturday, May 20

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 arise. 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, Jan. 23

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

COLLEGE OUTDOORS

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Portland, OR 97219

Ph: 503-768-7116

Fax: 503-768-7876

outdoors@lclark.edu

www.lclark.edu/dept/outdoors

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 26	Pre-Trip Meetings Snowshoe #1 - 5:00pm XC Ski #1 - 5:30pm 27	28	Climbing Shuttle 7pm-9:30pm 29	30	Mt. Hood Snowshoe #1 31	X-Country Ski #1 1
Climbing Shuttle 7pm-9:30pm 2	Pre-Trip Meetings Coast Hike - 4:30pm Snowshoe #2 - 5:00pm OP XC Ski - 5:30pm 3	4	Climbing Shuttle 7pm-9:30pm 5	6	Oregon Coast Hike Mt. Hood Snowshoe #2 7	Outdoor Pursuits X-Country Ski Trip 8
Leadership Training Series #1, 5pm Climbing Shuttle 7pm-9:30pm 9	Pre-Trip Meetings Avi Clinic #1 - 4:30pm Snowshoe #3- 5:00pm Gorge Hike - 5:30pm 10	11	Climbing Shuttle 7pm-9:30pm 12	13	Avalanche Safety Clinic #1 E. Columbia Gorge Hike 14	Mt. Hood Snowshoe #3 15
Climbing Shuttle 7pm-9:30pm 16	Pre-Trip Meetings Snowshoe #4 - 5:00pm XC Ski #2- 5:30pm 17	18	Climbing Shuttle 7pm-9:30pm 19	20	Mt. Hood Snowshoe #4 21	X-Country Ski #2 22
Leadership Training Series #2, 5pm Climbing Shuttle 7pm-9:30pm 23	Pre-Trip Meetings Winter Camping - 4:30pm Coastal Trails - 5:00pm 24	25	Climbing Shuttle 7pm-9:30pm 26	Coastal Trails & Ancient Forests 27	Winter Camping Clinic 28	1

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leadership Training Series #2, 5pm Climbing Shuttle 7pm-9:30pm 23	Pre-Trip Meetings Winter Camping - 4:30pm Coastal Trails - 5:00pm 24	25	Climbing Shuttle 7pm-9:30pm 26	Coastal Trails & Ancient Forests 27	Winter Camping Clinic 28	1
Climbing Shuttle 7pm-9:30pm 2	Pre-Trip Meetings Avi Clinic #2 - 4:30pm Hike the Dunes - 5:00pm 3	4	Climbing Shuttle 7pm-9:30pm 5	Hike the Dunes of the OR Coast 6	Avalanche Safety Clinic #2 7	8
Climbing Shuttle 7pm-9:30pm 9	Pre-Trip Meetings SB: Redwoods- 4:30pm SB: Surf - 5:30pm 10	11	Climbing Shuttle 7pm-9:30pm 12	13	14	15
Leadership Training Series #3, 5pm Climbing Shuttle 7pm-9:30pm 16	Pre-Trip Meetings SB: Yoga - 5:00pm 17	18	Climbing Shuttle 7pm-9:30pm 19	SB: CA Surf Clinic SB: Redwoods 20	21	22
CA Surf Clinic Redwoods			<i>Spring Break</i>			
SB: Yoga Coast Retreat 23	24	25	26	27	28	29

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 30	Pre-Trip Meetings Edible Plants #1 - 5:00pm 31	1	Climbing Shuttle 7pm-9:30pm 2	3	Edible Plants & Ethnobotany #1 4	5
Climbing Shuttle 7pm-9:30pm 6	Pre-Trip Meetings Deschutes #1 - 4:30pm Backpack Service - 5:00pm 7	8	Climbing Shuttle 7pm-9:30pm 9	Deschutes Rafting #1 10	Backpack Service Project 11	ACA Instructor Training Class 1 of 3 12
Climbing Shuttle 7pm-9:30pm 13	Pre-Trip Meetings Dechutes #2 - 4:30pm Sea Kayak #1 - 5:00pm Edible Plants #2 - 5:30pm 14	15	Climbing Shuttle 7pm-9:30pm 16	Dechutes Rafting #2 17	Edible Plants & Ethnobotany #2 18	Sea Kayak Oregon #1 19
Climbing Shuttle 7pm-9:30pm 20	Pre-Trip Meetings Deschutes #3 - 4:30pm Sea Kayak #2 - 5:00pm 21	22	Climbing Shuttle 7pm-9:30pm 23	Deschutes Rafting #3 24	Sea Kayak Oregon #2 25	ACA Instructor Training Class 2 of 3 26
Climbing Shuttle 7pm-9:30pm 27	28	30	ACA Instructor Training Class 3 of 3 Climbing Shuttle 7pm-9:30pm 1	2	3	4