

LEWIS & CLARK COLLEGE OUTDOORS

2016 SPRING TRIPS



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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 in Templeton 244 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 area, most of our trips have alternative trip locations. See the sign up sheet for the inclement weather plan. If College Outdoors has to cancel a 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 in Templeton 244. All trips have a pre-trip meeting (PTM) typically scheduled for 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 wet suits, raincoats, backpacks, etc.), transportation, 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. Stop by or 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 Monday, January 25 - April 28

Join us Mondays and Thursdays from 7:00 - 9:30pm for this free shuttle to the Circuit Bouldering Gym.

Stop by the office to sign up for specific dates.

MT. HOOD SNOWSHOE DAY TRIP

1) Saturday, Jan. 30 2) Saturday, Feb. 6

3) Saturday, Feb. 13 4) Sunday, 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. 4

3) Friday, Jan. 22

4) Friday, Jan. 29

PTM: 1) Tuesday, Jan. 26, 4:30pm

2) Tuesday, Feb. 2, 4:30pm

3) Tuesday, Feb. 9, 4:30pm

4) Tuesday, Feb. 16, 5:00pm

Fee: \$35

X-COUNTRY SKI DAY CLINICS

1) Sunday, Jan. 31 2) Sunday, Feb. 7

3) Sunday, Feb. 14

This is a one-day trip to Teacup Lake Nordic Area on Mt. Hood. After an introductory 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 independent skiing (skate or classic) on the 20 km of trails at Teacup Lake.

Sign up begins: 1 & 2) Friday, Dec. 4

3) Friday, Jan. 22

PTM: 1) Tuesday, Jan. 26, 5:00pm

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

2) Tuesday, Feb. 9, 5:00pm

Fee: \$35



OREGON COAST DAY HIKE

Saturday, Feb. 6

Join us on the Oregon Coast to hike along the ocean beaches and surrounding trails in search of 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. 4

PTM: Tuesday, Feb. 2, 5:30pm

Fee: \$25

EASTERN COLUMBIA RIVER GORGE DAY HIKE

Saturday, Feb. 13

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 than Portland, and usually a good supply of sunshine. Join us to get some exercise, fresh air, and a chance 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. 22

PTM: Tuesday, Feb. 9, 5:30pm

Fee: \$25

HIKE THE DUNES OF THE OREGON COAST WEEKEND

Friday evening, Feb. 19 - Sunday, Feb. 21

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 the day while staying warm and dry 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, Jan. 29

PTM: Tuesday, Feb. 16 5:30pm

Fee: \$95

COASTAL TRAILS & ANCIENT FORESTS WEEKEND

Friday evening, Feb. 26 - Sunday, Feb. 28

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 serenade you at night with their chorus, and the first wildflowers will be blooming.

Sign up begins: Friday, Jan. 29

PTM: Tuesday, Feb. 23, 5:00pm

Fee: \$85

WINTER CAMPING CLINIC

Saturday Feb. 27 - Sunday, Feb. 28

Learn to use gear sleds, shovels, and snow saws, then stay overnight in snow shelters you built yourself! This trip is moderately strenuous and is recommended for those in good physical condition who 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. 29

PTM: Tuesday, Feb. 23, 4:30pm

Fee: \$75

SPRING BREAK & WILDERNESS MEDICINE

SPRING BREAK:

HIKE AND KAYAK REDWOOD NATIONAL PARK

Friday evening, Mar. 18 - Saturday, Mar. 26

Come stay at a lodge and cabins in Redwood National Park! 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 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 credit in PE/A 101 "Outdoor Adventures" for participation during this trip as long as you register prior to the add/drop period and complete an add/drop form. Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is included at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.

Sign up begins: Friday, Jan. 22

PTM: Tuesday, Mar. 8, 5:00pm

Fee: \$550

SPRING BREAK:

TOUR DE OREGON, A MULTISPORT BACKWOODS EXPEDITION

Sunday, Mar. 20 - Saturday, Mar. 26

This trip is a rugged and rustic week-long expedition exploring the lesser-seen parts of Oregon. The first night we will backpack into a backcountry hut on Mt. Hood to learn avalanche awareness and to search for some epic views of this majestic mountain. We will then drive, hike, and snowshoe to explore more of Oregon's fantastic landscapes including Smith Rock, volcanic craters, hot springs, sand dunes, forests, deserts, mountains, and the coast. This will be a fun trip full of hikes, a variety of landscapes, and sleeping in very rustic cabins (read: you must be willing to poop in the woods). You can get credit in PE/A 101 "Outdoor Adventures" for participation on this trip as long as you register prior to the add/drop period and complete an add/drop form. Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is included at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.

Sign up begins: Friday, Jan. 22

PTM: Tuesday, Mar. 8, 4:30pm

Fee: \$475

SPRING BREAK:

YOGA COAST RETREAT

Monday, Mar. 21 - Friday, Mar. 25

Visit some of the tallest coastal dunes in the world, and recharge your body practicing 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 101 "Outdoor Adventures" for participation during this trip as long as you register prior to the add/drop period and complete an add/drop form. Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is included at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.

Sign up begins: Friday, Jan. 22

PTM: Tuesday, Mar. 15, 4:30pm

Fee: \$375

WILDERNESS FIRST RESPONDER COURSE

8am Monday, May 9 - 5pm Wednesday, May 18

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. 22

Fee: LC Students: \$595 Public: \$725

WILDERNESS FIRST RESPONDER RECERTIFICATION

8am Friday, May 20 - 5pm Sunday, May 22

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. The course is taught by the NOLS Wilderness Medicine Institute.

Sign up for LC students begins: Friday, Jan. 22

Fee: LC Students: \$250 Public: \$335

FEBRUARY

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

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 29	Pre-Trip Meetings Intro to Avi - 4:30pm BP the Dunes - 5:00pm 1	2	Climbing Shuttle 7pm-9:30pm 3	Backpack the Dunes 4	Intro to Avi Safety 5	6
Climbing Shuttle 7pm-9:30pm 7	Pre-Trip Meetings SB Tour de OR - 4:30pm SB Redwoods - 5:00pm 8	9	Climbing Shuttle 7pm-9:30pm 10	11	12	13
Climbing Shuttle 7pm-9:30pm 14	Pre-Trip Meetings SB: Yoga - 4:30 15	16	Climbing Shuttle 7pm-9:30pm 17	18	19	20
SB: Yoga Coast Retreat Redwoods Tour de Oregon 21	22	23	24	25	26	27
Climbing Shuttle 7pm-9:30pm 28	Pre-Trip Meetings Edible Plants #1 - 4:30pm 29	30	Climbing Shuttle 7pm-9:30pm 31	1	Edible Plants & Ethnobotany #1 2	3

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 28	Pre-Trip Meetings Edible Plants #1 - 4:30pm 29	30	Climbing Shuttle 7pm-9:30pm 31	1	Edible Plants & Ethnobotany #1 2	3
Climbing Shuttle 7pm-9:30pm 4	Pre-Trip Meetings Deschutes #1 - 4:30pm Backpack Service - 5:00pm 5	6	Climbing Shuttle 7pm-9:30pm 7	Deschutes Rafting #1 8	Backpack Service Project 9	10
Climbing Shuttle 7pm-9:30pm 11	Pre-Trip Meetings Dechutes #2 - 4:30pm Sea Kayak #1 - 5:00pm Edible Plants #2 - 5:30pm 12	13	Climbing Shuttle 7pm-9:30pm 14	Dechutes Rafting #2 15	Edible Plants & Ethnobotany #2 16	Sea Kayak #1 17
Climbing Shuttle 7pm-9:30pm 18	Pre-Trip Meetings Deschutes #3 - 4:30pm Sea Kayak #2 - 5:00pm 19	20	Climbing Shuttle 7pm-9:30pm 21	Deschutes Rafting #3 22	23	Sea Kayak #2 24
Climbing Shuttle 7pm-9:30pm 25	26	27	Climbing Shuttle 7pm-9:30pm 28	29	30	1