

LEWIS & CLARK COLLEGE OUTDOORS

2016 FALL TRIPS



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www.lclark.edu/programs/college_outdoors

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 hiking, snow-shoeing, x-country skiing, backpacking, 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 kayak 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. After three days, unpaid spots will be filled on a first-paid basis. For those who qualify for federally subsidized financial aid, ASLC scholarships are available when you sign up.

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

All trips have a pre-trip meeting (PTM) typically scheduled for the Tuesday before the trip. During the PTM you receive important details about the trip and have a chance to check out any necessary gear. PTM times are noted on the sign-up sheet and 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 by ASLC.

College Outdoors is an equal opportunity provider and operates under special use permit with the US Forest Service.

WEEKEND TRIPS

CLIMBING SHUTTLE

Begins Thursday, Sept. 1 - Dec. 5

Join us on Mondays and Thursdays from 7-9:30pm for this free shuttle to the Circuit Gym. Climbing Club offers discounts on monthly gym passes.

Stop by the office to sign up for specific dates.

BACKPACK INDIAN HEAVEN WILDERNESS

Friday eve., Sept. 9 - Sunday, Sept. 11

This sub-alpine environment, just north of the Columbia River Gorge, is dotted with dozens of fascinating lakes. Fall colors will brighten the trailside as the hike features unbeatable views of Mt. Adams, Mt. St. Helens, Mt. Rainier, and Mt. Hood. We'll explore some of the trails and lakes of this high plateau while hiking with packs containing all we need for the weekend. Inclement weather alternative: Deschutes River Canyon.

Sign up begins: Friday, Aug. 26

PTM: Tuesday, Sept. 6, 4:45pm Fee: \$55

SEA KAYAK WALDO LAKE WEEKEND

Friday eve., Sept. 9 - Sunday, Sept. 11

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. 26

PTM: Tuesday, Sept. 6, 5:00pm Fee: \$85

STAND-UP PADDLEBOARDING DAYTRIP

1) Saturday, Sept. 17

2) Sunday, Sept. 18

Join us for a day of stand-up paddleboarding (SUPing)! This trip will leave campus and head to nearby Estacada Lake where you can learn the basics of SUPing and enjoy some late summer sun. Paddle around beautiful Doug Fir forests while trying to spot local trout. This trip is beginner-friendly. Board, paddle, PFD, and splash jacket provided.

Sign up begins: Friday, Sept. 2

Pre-Trip Meeting (PTM):

1) Tuesday, Sept. 13, 5:15pm

2) Tuesday, Sept. 13, 5:30pm Fee: \$35

BACKPACK MOUNT ST. HELENS

Friday eve., Sept. 23 - Sunday, Sept. 25

Explore the trails of the Northwest's most active volcano; observe the aftermath of the 1980 eruption and the area's natural recovery. Backpack in on Friday evening by headlamp. The next day, with everything we need for the weekend on our backs, we'll hike through islands of old growth forests shielded from the volcano's fury. Discover great views, ripe huckleberries, and stunning scenery at this national monument.

Sign up begins: Friday, Sept. 2

PTM: Tuesday, Sept. 20, 5:30pm Fee: \$55

DESCHUTES RAFTING CAMPOUT

1) Saturday, Sept. 10 - Sunday, Sept. 11

2) Friday eve., Sept. 16 - Saturday, Sept. 17

3) Friday eve., Sept. 23 - Saturday, Sept. 24

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. Trip 1 will raft on Saturday, camp at the take-out, and return to campus mid-day on Sunday. Trips 2 & 3 will leave on Friday night to camp by the put-in & return to campus after rafting on Saturday.

Sign up begins: 1) Friday, Aug. 26

2) & 3) Friday, Sept. 2

PTM: 1) Tuesday, Sept. 6, 4:30pm

2) Tuesday, Sept. 13, 4:30pm

3) Tuesday, Sept. 20, 5:00pm Fee: \$70

SURF THE OREGON COAST DAYTRIP

Saturday, Sept. 10

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: Friday, Aug. 26

PTM: Tuesday, Sept. 6, 5:30pm Fee: \$80

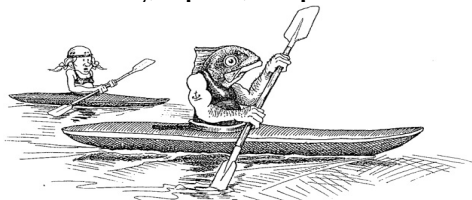
OREGON COAST DAYHIKE

Saturday, Sept. 17

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 7-mile round trip hike traverses some of the most stunning rainforests on earth.

Sign up begins: Friday, Sept. 2

PTM: Tuesday, Sept. 13, 5:00pm Fee: \$30



SEA KAYAK DAYTRIP

Saturday, Sept. 24

Join us for a paddling excursion on one of the area's great waterways. Paddle through beautiful scenery and see some wildlife—including eagles and great blue herons, among others. No experience is required, though kayaking requires some upper body strength.

Sign up begins: Friday, Sept. 2

PTM: Tuesday, Sept. 20, 4:45pm Fee: \$45

WEEKEND TRIPS

TRAIL ENGINEERING CLINIC CAMPOUT

Saturday, Sept. 24 - Sunday, Sept. 25

We'll head up to the famous Pacific Crest Trail (PCT) on Mt. Hood to learn how hiking trails are engineered to minimize erosion, maximize sustainability, and optimize the wilderness experience. You'll have the opportunity to give back, get dirty, and use trail tools to restore trail on Saturday, stay in a campground Saturday night, then take a hike on Sunday morning before heading back to campus. As a bonus, Professor Paul Allen will be there to share his experience working on trails!

Sign up begins: Friday, Sept. 2

PTM: Tuesday, Sept. 20, 4:30pm Fee: \$45

HIKE WITH A PROFESSOR

1) Saturday, Oct. 15 with Dr. Matt Johnston

2) Saturday, Oct. 29 with Dr. Liz Safran

Take advantage of this unique opportunity to connect with your favorite professors outside the classroom! On Hike 1, join art history professor Matt Johnston to experience nineteenth-century understandings of landscape beauty and divinity in nature, and see nature through a new lens! On Hike 2, with Geology and Environmental Studies professor Dr. Liz Safran, venture to the coast to learn about earthquakes and their impacts on humans. We will follow a tsunami evacuation route and learn what the next Cascadia earthquake could mean for us.

Sign up begins: 1) Friday, Sept. 23

2) Friday, Sept. 30

**PTM: 1) Tuesday, Oct. 11, 4:30pm
2) Tuesday, Oct. 25, 4:30pm Fee: \$25**

MOUNT ST. HELENS DAYHIKE

1) Saturday, Oct. 1

2) Saturday, Oct. 2

Hike along a forested ridge near this iconic volcano. We'll explore forests untouched by the violent 1980 eruption, including a patch of old growth forest with large hemlock and fir trees draped with lichens. We'll be in the historic blast zone and see trees that were killed by superheated gas released during the mountain's last major awakening.

Sign up begins: 1) Friday, Sept. 9

2) Friday, Sept. 9

**PTM: 1) Tuesday, Sept. 27, 5:00pm
2) Tuesday, Sept. 27, 5:30pm Fee: \$30**

SMITH ROCK CLIMBING WEEKEND

Friday eve., Oct. 21 - Sunday, Oct. 23

Start scaling some of Oregon's best rock at Smith Rock, one of the most well-known sport climbing areas in the country. This trip will be contracted by a professional climbing guide company in the Bend area. They will provide the appropriate gear, instruction, and support for a full day of climbing. 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. 23

PTM: Tuesday, Oct. 18, 5:00pm Fee: \$95

YOGA COAST WEEKEND RETREAT

Friday eve., Oct. 21 - Sunday, Oct. 23

Come have a relaxing weekend doing yoga and spend some time on the Oregon coast! We'll stay at Neskowin charter school and plan to do short hikes mixed with relaxing yoga sessions. Come relax, unwind, and join us on this unique, popular College Outdoors trip. No prior experience is necessary.

Sign up begins: Friday, Sept. 23

PTM: Tuesday, Oct. 18, 5:30pm Fee: \$95

MUSHROOM CLINICS

1) Saturday, Oct. 29

2) Friday eve., Nov. 4 - Sunday, Nov. 6

3) Friday eve., Nov. 11 - Sunday, Nov. 13

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 learn about them. The day trip (#1) will leave in the morning and head to coastal forests where we'll search for all sorts of fascinating fungi, and return to campus that night. The overnight trips (#2 & 3) will spend two nights at the coast. Conditions permitting, these clinics culminate in a mushroom feast!

Sign up begins: 1) & 2) Friday, Sept. 30

3) Friday, Oct. 14

PTM: 1) Tues., Oct. 25, 5:00pm Fee: \$35

2) Tues., Nov. 1, 5:00pm Fee: \$85

3) Tues., Nov. 8, 5:30pm Fee: \$85

GORGE WATERFALL DAYHIKE

1) Saturday, Nov. 5 2) Saturday, Nov. 12

Explore 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. We'll explore the trails of the Gorge with plenty of time to stop and enjoy the view.

Sign up begins: 1) Friday, Oct. 14

2) Friday, Oct. 21

**PTM: 1) Tuesday, Nov. 1, 4:30pm
2) Tuesday, Nov. 8, 4:30pm Fee: \$25**

MAP & COMPASS CLINIC DAYTRIP

Saturday, Nov. 19

This clinic establishes an understanding of the tools and basic navigation skills required for outdoor exploration. The knowledge you can gain can form an important part of your leadership development and is useful for anyone who loves to take outdoor trips.

Sign up begins: Friday, Oct. 28

PTM: Tuesday, Nov. 15, 4:45pm Fee: \$30

EASTERN COLUMBIA GORGE DAYTRIP

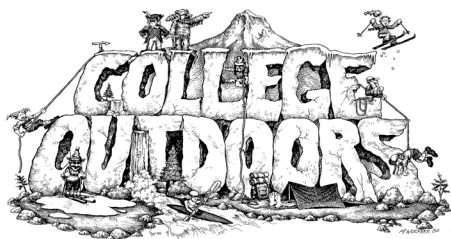
Saturday, Dec. 3

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, stunning viewpoints, and usually a good supply of sunshine!

Sign up begins: Friday, Nov. 11

PTM: Tuesday, Nov. 29, 4:45pm Fee: \$25

FALL / THANKSGIVING BREAKS & WILDERNESS MEDICINE



FALL BREAK: HIKE AND STAND-UP

PADDLEBOARD IN CENTRAL OREGON

Wednesday evening Oct. 5 - Sunday, Oct. 9

This brand-new fall break trip will be taking advantage of the good weather usually offered on the dry side of Oregon east of the Cascades. This trip will spend most of the time hiking and stand up paddleboarding around the Bend area on some local lakes and rivers. This high-desert area offers a landscape that most people don't associate with Oregon. The mossy forests on the west side give way to small juniper trees and Ponderosa pines.

Sign up begins: Friday, Sept. 9

PTM: Tuesday, Sept. 27, 4:45pm Fee: \$195

FALL BREAK: RAFT GUIDE

TRAINING CLINIC

Wednesday evening Oct. 5 - Sunday, Oct. 9

This clinic is the first step to becoming a professional guide, for those of you who'd like to guide a whitewater raft. You'll learn technical knowledge and gain valuable experience in the art of running rivers and river rescue. This trip takes place on the Maupin section of the Deschutes River at several of the major rapids. You will be camping riverside for the duration of this clinic.

Sign up begins: Friday, Sept. 9

PTM: Thursday, Sept. 29, 4:30pm Fee: \$195

FALL BREAK: BACKPACK OREGON'S

CANYONLANDS

Thursday, Oct. 6 - Saturday Oct. 9

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 here, 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. Backpacking can be rigorous, and participants must be able to carry 50+lbs on their back for the duration of the trip.

Sign up begins: Friday, Sept. 9

PTM: Thursday, Sept. 29, 5:30pm Fee: \$155

THANKSGIVING GETAWAY

Wednesday evening, Nov. 23 - Saturday, Nov. 26

Are you staying in Portland for Thanksgiving? Get away to Neskowin on the Oregon Coast for hikes on the beach and a great Thanksgiving feast. The Oregon coast is stunning in every season! You will have time in the evening to relax or catch up on homework. This is a great way to get off campus for a few days without having to worry about making your own travel plans.

Sign up begins: Friday, Sept. 16

PTM: Tuesday, Nov. 15, 5:00pm Fee: \$165

WILDERNESS FIRST RESPONDER

RECERTIFICATION COURSE

8am Saturday, Nov. 19 - 5pm Sunday, Nov. 20

This hybrid format recertification course blends online learning (done in advance of Nov. 19) with 2 days of scenarios. It is designed as review and practice of evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field. This course may be used to recertify Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications..

Sign up for LC students begins: Friday, Sept. 2

Fee: LC Students: \$250

WILDERNESS FIRST RESPONDER

CERTIFICATION COURSE

1) Lewis & Clark College course location

8am Thursday, Jan. 5 - 5pm Saturday, Jan. 14

2) Orlando, Florida area course location

8am Thursday, Jan. 5 - 5pm Friday, Jan. 13

This 80-hour wilderness medicine course is the industry standard for field-based medical training for outdoor trip leaders, instructors, and folks who just like to spend a lot of time outdoors. You will be prepared to handle all types of medical issues that may arise when in the backcountry. The class will meet 8 to 12 hours per day over the scheduled days (Class length may vary, due to outdoor scenarios and rescue training being taught.) The class at in Portland will have one day off to be scheduled by the instructor. We recommend you don't have any other commitments while taking this course, as you will be busy! Successful completion of the course will result in an 80-hour Wilderness First Responder certification from the Wilderness Medical Institute of NOLS. Housing is available for both classes for an additional fee. A meal plan is available (for the Florida course only) for an additional fee.

Sign up for LC students begins: Friday, Sept. 2

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FIRST DAY of CLASS!						Ride the Rails
29	30	31	1	2	3	4
	Pre-Trip Meetings Waldo Lake - 5:00pm Indian Heaven - 4:45pm Deschutes #1 - 4:30pm Surf - 5:30pm			Kayak Waldo Lake Backpack Indian Heav.		
Climbing Shuttle 5	6	7	8	9	10	11
	Pre-Trip Meetings Deschutes #2 - 4:30pm OR Coast - 5:00pm SUP #1 - 5:15pm SUP #2 - 5:30pm			Deschutes Rafting #2 OR Coast Day Hike SUP Estacada Lake #1		SUP Estacada Lake #2
Climbing Shuttle 12	13	14	15	16	17	18
	Pre-Trip Meetings St. Helens - 5:30pm Deschutes #3 - 5:00pm Trail Clinic - 4:30pm Sea Kayak - 4:45pm			Backpack St. Helens Deschutes Rafting #3		
Climbing Shuttle 19	20	21	22	23	24	25
	Pre-Trip Meetings St. Helens #1 - 5:00pm St. Helens #1 - 5:30pm Fall Break: Hike & SUP - 4:45pm		Pre-Trip Meetings (for Fall Break) Canyonlands - 5:30pm Raft Guide - 4:30pm		Trail Engineering Sea Kayak Daytrip	
Climbing Shuttle 26	27	28	29	30	1	2
					Mt. St. Helens Hike #1	Mt. St. Helens Hike #2

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pre-Trip Meetings St. Helens #1 - 5:00pm St. Helens #2 - 5:30pm FB:Hike & SUP - 4:45pm 27		Pre-Trip Meetings (for Fall Break) Canyonlands - 5:30pm Raft Clinic - 4:30pm 29		Mt. St. Helens #1	Mt. St. Helens Hike #2
Climbing Shuttle 26	27	28	Climbing Shuttle	30	1	2
		FALL BREAK TRIPS	Canyonlands			
		Raft Guide Clinic	Backpacking			
Climbing Shuttle 3	4	Hike & SUP		7	8	9
	Pre-Trip Meetings Art Hike - 4:30pm				Landscape Art Hike	
Climbing Shuttle 10	11	12	Climbing Shuttle	13	14	15
	Pre-Trip Meetings Smith Rock - 5:00pm Yoga Retreat - 5:30pm			Climb Smith Rock Yoga Coast Retreat		
Climbing Shuttle 17	18	19	Climbing Shuttle	20	21	22
	Pre-Trip Meetings Earthquake - 4:30pm Mushroom #1 - 5:00pm				Earthquake Hike Mushroom Clinic #1	23
Climbing Shuttle 24	25	26	Climbing Shuttle	27	28	29
						30

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 31	Pre-Trip Meetings Mushroom #2 - 5:00pm Waterfall #1 - 4:30pm 1	2	Climbing Shuttle 3	Mushroom Clinic #2	Gorge Waterfall Hike #1	
Climbing Shuttle 7	Pre-Trip Meetings Mushroom #3- 5:30pm Waterfall #2- 4:30pm 8	9	Climbing Shuttle 10	Mushroom Clinic #3	Gorge Waterfall Hike #2	13
Climbing Shuttle 14	Pre-Trip Meetings Map & Compass - 4:45pm Thanksgiving - 5:00pm 15	16	Climbing Shuttle 17		Map & Compass Clinic WFR Recert	20
	Thanksgiving Getaway					
Climbing Shuttle 21	22	23	24	25	26	27
Climbing Shuttle 28	Pre-Trip Meetings Gorge Hike - 4:45pm 29	30	Climbing Shuttle 1		Eastern Gorge Daytrip	4