

# LEWIS & CLARK COLLEGE OUTDOORS 2017 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

\*\*\*Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm\*\*\*

## OPEN HOUSE

**Wed, January 25 - April 26**

Join College Outdoors at the Sequoia Warehouse for weekly Wed. evening sessions on outdoor leadership topics ranging from stove use, to tree ID, to cultural competency. Everyone is welcome!

**Stop by the office or join our mailing list to sign up for specific dates.**

## CLIMBING SHUTTLE

**Begins Monday, January 23 - April 27**

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

**Stop by the office to sign up for specific dates.**

## MT. HOOD SNOWSHOE DAY TRIP

**1) Saturday, Jan. 28 2) Saturday, Feb. 4**

**3) Saturday, Feb. 11 4) Sunday, Feb. 25**

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. 2**

**3) Friday, Jan. 20**

**4) Friday, Feb. 3**

**Fee: \$35**



## X-COUNTRY SKI DAY CLINICS

*Novice:*

**1) Sunday, Jan. 29**

**2) Sunday, Feb. 4**

**4) Sunday, Feb. 19**

*Skate Ski:*

**1) Sunday, Feb. 12; 2) Sunday, Feb. 19**

*Intermediate:*

**3) Saturday, Feb. 11**

This is a one-day trip to Teacup Lake Nordic Area on Mt. Hood. After an instructional ski skills clinic, we will head out to explore the surrounding groomed ski trails and practice the techniques we've learned. Trips 1, 2, & 4 will teach to novice/first-time skiers, trip 3 will teach intermediate-level techniques, and Skate Ski clinics will teach in the basics of skate skiing (a high-energy form of skiing with much in common with skating). The trip fee includes all transportation and gear. If you are a more experienced skier, you are welcome to sign up for these trips 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. 2**

**3 & skate 1) Friday, Jan. 20**

**4 & skate 2) Friday, Jan. 27**

**Fee: \$35**

## OREGON COAST DAY HIKE

**1) Saturday, Feb. 4**

**2) Sunday, Mar. 19**

Join us on the Oregon Coast to hike along the majestic ocean beaches, striking cliffs, and surrounding trails in search of huge Sitka spruce trees, ferns, cascading streams, and waterfalls. We'll hike through the 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: 1) Friday, Dec. 2**

**2) Friday, Feb. 24**

**Fee: \$25**

## EASTERN COLUMBIA RIVER GORGE DAY HIKE

**1) Saturday, Feb. 11**

**2) Saturday, Mar. 11**

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: 1) Friday, Jan. 20**

**2) Friday, Feb. 17**

**Fee: \$25**

## HIKE THE DUNES OF THE OREGON COAST WEEKEND

**Friday evening, Feb. 17 - Sunday, Feb. 19**

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. 27**

**Fee: \$95**

## COASTAL TRAILS & ANCIENT FORESTS WEEKEND

**Friday evening, Feb. 24 - Sunday, Feb. 26**

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, Feb. 3**

**Fee: \$85**

# WEEKEND TRIPS

\*\*\*Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm\*\*\*

## HIKE WITH A PROFESSOR

- |                  |                   |
|------------------|-------------------|
| 1) Anne Bentley  | Saturday, Feb. 4  |
| 2) Paul Allen    | Saturday, Mar. 18 |
| 3) Matt Johnston | Saturday, Apr. 15 |
| 4) Jolina Racert | Saturday, Apr. 22 |

Take advantage of the unique opportunity to connect with your favorite professors outside the classroom!

1) Join chemistry professor Anne Bentley for a snowshoe hike on the southeastern side of Mt Hood, and a discussion of Mt. Hood's fascinating history. The hike (approx. 5 miles round trip) follows an old logging road, and conversation will center on the pre-human and human history of the area.

2) Join mathematics professor Paul Allen for a hike in the Eastern Columbia River Gorge. Theme to be determined.

3) Join art history professor Matt Johnston for a hike in the ancient forests of Opal Creek. We will be discussing the history of conservation, mining, and land-use ethics through the lens of historical photographs. Expect to find old mine shafts and machinery in the forest.

4) Join psychology professor Jolina Rackert for a hike to discuss the human relationship with nature, and the psychology of why we go outside. We will be talking about the outdoor appeal, as well as the various degrees of authenticity through which humans interact with nature.

Sign up begins: 1) Friday, Dec. 2  
2) Friday, Feb. 24  
3) Friday, Mar. 10  
4) Friday, Mar. 17

Fee: \$25



## WINTER CAMPING CLINIC

Saturday Mar. 4 - Sunday, Mar. 5

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. This is a true adventure!

Sign up begins: Friday, Feb. 10

Fee: \$75

## MAP & COMPASS SNOWSHOE DAY CLINIC

Sunday, Mar. 4

Come explore Mt. Hood off trail, and learn the basics of using a Map & Compass to find your way! This clinic establishes and 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 a useful tool for anyone who loves to take outdoor trips. We will be hiking off trail on snowshoes, which takes a fair amount of energy, but is great exercise and doesn't require any previous experience.

Sign up begins: 1) Friday, Jan. 20 Fee: \$30

## BACKPACK SERVICE PROJECT

Saturday, Mar. 10 - Sunday, Mar. 11

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

Sign up begins: Friday, Feb. 17 Fee: \$50

## BACKPACK THE OREGON DUNES

Friday evening, Mar. 3 - Sunday, Mar. 5

The Oregon Dunes are a spectacular and unique location for spring backpacking through transition forests, sand dunes, and beaches. On this trip we'll head to the central Oregon coast, stay in a yurt on Friday night, then set out for a backcountry adventure through the Dunes. Backpacking, especially on sandy dunes, is a rigorous activity and not for the faint of heart. As Oregon weather can be unpredictable in the spring, extreme weather conditions may require us to stay in rustic yurts and set out on daytrips in lieu of backcountry travel.

Sign up begins: Friday, Feb. 10

Fee: \$75

## INTRO TO AVALANCHE SAFETY CLINIC

Saturday, Feb. 18

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 and 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: Friday, Jan. 27

Fee: \$50

# WEEKEND TRIPS & WILDERNESS MEDICINE

\*\*\*Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm\*\*\*

## EDIBLE PLANTS, ETHNOBOTANY, & WATERFALLS DAY TRIP

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

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. Last but not least, learn about some of the poisonous plants you would want to avoid if you're "wild foraging"!

Sign up begins: 1&2) Friday, Mar. 10 Fee: \$30

## DESCHUTES RAFTING

1) Friday, Apr. 14 - Saturday, Apr. 15

2) Friday, Apr. 21 - Saturday, Apr. 22

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 will need to paddle hard! This trip is not recommended for non-swimmers, but you'll be led by experienced guides and everyone has to wear a PFD while on the river. If you like whitewater, this is an awesome time!

Sign up begins: 1) Friday, Mar. 10

2) Friday, Mar. 17 Fee: \$70

## BACKPACK CATHERINE CREEK

Saturday, Apr. 14 - Sunday, Apr. 15

Visit the dry, eastern part of the Columbia Gorge at Catherine Creek. If you are up for a somewhat strenuous climb uphill, you will be richly rewarded with wildflowers, views of the Columbia river gorge and Mt. Hood, and a secluded campsite. Poison oak, ticks, and rattle snakes can be common in April, but well worth the risk to explore this beautiful area! You will leave early Saturday morning and return Sunday in time for dinner.

Sign up begins: Friday, Mar. 10

Fee: \$45



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

## SEA KAYAK DAY TRIP

1) Sunday, Apr. 16 2) Sunday, Apr. 23

Sea kayaking in Oregon can bring you to scenery hard to see otherwise. We will kayak around either 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. If you're lucky, you may spot one of the resident river otters. Come paddle with us!

Sign up begins: 1) Friday, Mar. 10

2) Friday, Mar. 17 Fee: \$40



## WILDERNESS FIRST RESPONDER COURSE

8am Monday, May 8 - 5pm Wednesday, May 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 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. 20

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

## WILDERNESS FIRST RESPONDER RECERTIFICATION

8am Friday, May 19 - 5pm Sunday, May 21

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

# SPRING BREAK TRIPS

\*\*\*Spring Break trips have a Pre-Trip Meeting on Tuesday or Thursday evening the week before departure. Times vary from 4-6pm\*\*\*

## SPRING BREAK TRIP INFO:

Spring break is the perfect time to join in on a longer trip, and the cost for a whole week of adventures is often less than you would spend going home! These trips can count as an activity credit for graduation! You can get credit in PE/A 101 "Outdoor Adventures" for participation during Spring Break trips as long as you register prior to the add/drop period and complete an add/drop form. If you attend 4 or more Open House sessions in addition to a Spring Break trip, you can get credit in PE/A 142 for "Outdoor Leadership." Again, you would need to register for PE/A during the add/drop period.

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.

## SPRING BREAK: HIKE AND KAYAK REDWOOD NATIONAL PARK

**Friday evening, Mar. 24 - Saturday, Apr. 1**

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!

**Sign up begins: Friday, Jan. 20**

**Fee: \$550**

## SPRING BREAK: YOGA COAST RETREAT

**Monday, Mar. 27 - Friday, Mar. 31**

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!

**Sign up begins: Friday, Jan. 20**

**Fee: \$375**

## SPRING BREAK: HIKE & STAND-UP PADDLEBOARD ON THE OREGON COAST

**Monday, Mar. 27 - Friday, Mar. 31**

Visit Spend your Spring Break Stand-Up Paddleboarding (SUPing) on the Oregon coast! Weather permitting, we will SUP on several coastal bays and estuaries. Usually spring break has several days of good weather, but if conditions are too windy we will paddle protected inland lakes. You'll stay at a cute charter school and hike the surrounding headlands and beaches for spectacular views. It's a great way to see an amazing part of Oregon!

**Sign up begins: Friday, Jan. 20**

**Fee: \$375**



## SPRING BREAK: CALIFORNIA SURF CLINIC

**Friday evening Mar. 24 - Saturday, Apr. 1**

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!

**Sign up begins: Friday, Jan. 20**

**Fee: \$650**