

New Student Trips

Welcome!

The friendly folks at College Outdoors and the Center for Career and Community Engagement send greetings from beautiful Portland, Oregon. Each year we offer new students an opportunity to launch their Lewis & Clark College careers with fun and adventure.

All of the New Student Trips take place in the late summer, just before New Student Orientation for all incoming students. This year College Outdoors is sponsoring a variety of trips and is teaming up with the Center for Career and Community Engagement to offer service projects. Any one of these is a great opportunity to begin making new friends and familiarizing yourself with the diverse environments of the Pacific Northwest.

Who we are

College Outdoors, founded at Lewis & Clark College in 1979, is one of the largest outdoor programs of any similarly sized college in North America. Supported jointly by the student government and the college, we provide the Lewis & Clark community access to the spectacular outdoor environments of the Pacific Northwest and beyond. Few students graduate without joining us on at least one trip. Our adventures cover a range of activities, including hiking, snowshoeing, cross-country skiing, mushroom hunting, backpacking, sea kayaking, igloo building, white-water rafting, swift-water rescue, and guide training—to name a few!

The Center for Career and Community Engagement (3CE) is a place where Lewis & Clark students are able to connect with community organizations

and other students involved in service. The 3CE office provides a variety of long- and short-term service opportunities ranging from tutoring and serving shelter meals to renovating vacant buildings for low-income housing. Lewis & Clark students have a tradition of being very active in the Portland community. Last year, more than 650 students were involved in service activities.



No experience required!

Every trip we offer is suitable for people with little or no background in the outdoors or community service. Some offer physical challenges and thrills, while others are more relaxed. The backpack trips require the most physical effort, but anyone in reasonable shape will enjoy the experience. All adventures are led by experienced outdoor leaders and strong service project leaders.

What to expect

First and foremost, expect to have fun on these trips. In addition to wilderness adventure, we incorporate programs and activities that are designed to enhance decision-making skills, inspire group communication, and spark discussions of issues facing college students. These trips build community, increase individual confidence, and foster an appreciation for people with diverse backgrounds.

In all New Student Trips, participants share responsibility for the success of the trip. This, of course, means equal participation in chores such as cooking, cleaning, setting up, and breaking camp. (To preserve our pristine wilderness areas for future visitors, we practice low-impact camping.) If you can maintain a sense of humor, are flexible, and are interested in

building a cohesive, well-functioning team, then please join us!

Whether you are coming from high school or another college, New Student Trips are designed to help with your transition into life at Lewis & Clark College. You'll have a great opportunity to form a core group of friends before you head into the fast-paced experience of moving into a residence hall and starting classes. The friendships you forge on a trip will last throughout your college career and beyond.

Special dietary needs accommodated. A vegetarian option is included in our standard trip fee. We are happy to accommodate other dietary needs as well. Please note that due to the extra expense involved in preparing vegan, gluten-free, and other specialized diets, we charge \$5 per day for these requests. (There's no charge if your diet is required due to a medical condition.)

Financial aid is available for trips

See the back page and the reservation request form for details and instructions.

Detailed trip information inside

Inside you'll find trip descriptions and all of the information you need to make a decision about and register for a New Student Trip.

We hope to see you this summer! Questions? Please contact us.

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New Student Trips

Backpack the Wallowa Mountains

Depart: Tuesday, August 20
Return: Tuesday evening, August 27
Total fee: \$875

Rising from the mile-deep canyon of the Snake River on the Idaho border, some of the peaks of the Wallowa Mountains reach nearly 10,000 feet. Join this weeklong hike through the high country of the Eagle Cap Wilderness Area, complete with alpine lakes, glacier-carved valleys, and lush meadows. Plan to hike an average of six miles per day carrying your backpack. Trails in the Wallows are generally steep, but the scenery makes the effort worthwhile.

Raft the Deschutes River

Depart: Tuesday, August 20
Return: Tuesday evening, August 27
Total fee: \$1,250

Float for nearly 100 miles on Oregon's Deschutes River, from its upper reaches to its confluence with the Columbia River. The Deschutes River basin is a desert environment inhabited by golden eagles, red-tailed hawks, deer, and other Eastern Oregon wildlife. Both novices and seasoned river rats will enjoy long, quiet stretches of water as well as challenging rapids. Spend late afternoons hiking beautiful side canyons, swimming, or learning to cook excellent river cuisine. (Although everyone wears a life jacket, we still recommend that you be able to swim.)

"The Urban Action trip gave me a perspective on Portland I would not otherwise have had. And, going into the first day of school, I had at least 14 good friends."

—John M.



Hike and Kayak Waldo Lake

Depart: Wednesday, August 21
Return: Tuesday evening, August 27
Total fee: \$975

Imagine floating on water so clear that it looks as if you're flying! Waldo Lake, rated the second-truest lake in the world, sits at an elevation of 5,000 feet in the Cascade Mountains, near the Three Sisters Wilderness. Sea kayak this huge lake, camp on the shore, and enjoy great hikes to surrounding peaks and waterfalls. No experience is necessary, but we recommend that participants be able to swim, have reasonable upper-body strength for paddling, and be free of back, shoulder, or wrist troubles.

Backpack the Mount Adams Wilderness

Depart: Wednesday, August 21
Return: Tuesday evening, August 27
Total fee: \$775

Visit alpine meadows, lakes, forests, and glaciers surrounding this massive dormant volcano, the second tallest peak in the Northwest. Camp in the meadows below huge glaciers and watch the beautiful sunsets. This wilderness area has fantastic mountain views. Plan to hike an average of six miles per day carrying your backpack.

Take Urban Action (3CE)

Depart: Thursday, August 22
Return: Tuesday evening, August 27
Total fee: \$295

Learn about how hunger and poverty affect people in the Portland community, and take action by volunteering with local agencies that are doing something about it. No prior volunteer service is necessary. This trip is facilitated by the Center for Career and Community Engagement (3CE) in cooperation with College Outdoors.

Can't make a trip? Don't worry!

College Outdoors offers activities year-round, including trips every weekend and during vacation periods. We'll offer our very popular Wilderness First Responder course from January 9 to 18, 2014, during the college's winter break. So, even if you can't join us on a New Student Trip, there will be plenty more opportunities to be involved.

The Center for Career and Community Engagement (3CE) also offers year-round activities, including an alternative spring break service trip to San Francisco and a variety of service workdays.

Additionally, working with College Outdoors or 3CE is an excellent way to gain practical experience in leadership. We always welcome volunteers! Look for more information from us in September, or come by our offices and say hello!

New Student Trips

Take Sustainable Action (3CE)

Depart: Thursday, August 22
Return: Tuesday evening, August 27
Total fee: \$295

Explore living and working within a sustainable food system. We will work with nearby Oregon farmers as we learn how to be a part of a process that promotes environmental stewardship and local economic development. This trip will involve open ears, dirty hands, and a good appetite. This trip is facilitated by Lewis & Clark's Center for Career and Community Engagement (3CE) in cooperation with College Outdoors.

Backpack Oregon's Cascade Mountains

Depart: Thursday, August 22
Return: Wednesday, August 28
Total fee: \$675

Wander past waterfalls, narrow canyons, groves of ancient trees, rocky pinnacles, and mountain lakes in this spectacular wilderness area. We'll venture near the same area as the Explore the Temperate Rain Forest trip, but we'll carry full backpacks deeper into the wilderness, and we'll stay in tents each night. Expect to cover five to eight miles each day on moderate to steep trails.

Discover the Columbia Gorge

Depart: Thursday, August 22
Return: Wednesday, August 28
Total fee: \$590

The Columbia River Gorge National Scenic Area, where the mighty Columbia passes narrowly through the Cascade Mountains, is one of the country's great natural treasures. Explore the Columbia Gorge's extensive trails and countless waterfalls. You'll also get to hike through the spectacular alpine scenery on Mount Hood, Oregon's tallest peak. We'll spend our nights at the Menucha retreat and conference center in a comfortable lodge featuring showers, bunk beds, and the most spectacular view from any swimming pool in Oregon! We'll also head into Portland for two evenings of no-cost bouldering at the world's largest bouldering gym.

Explore the Temperate Rainforest

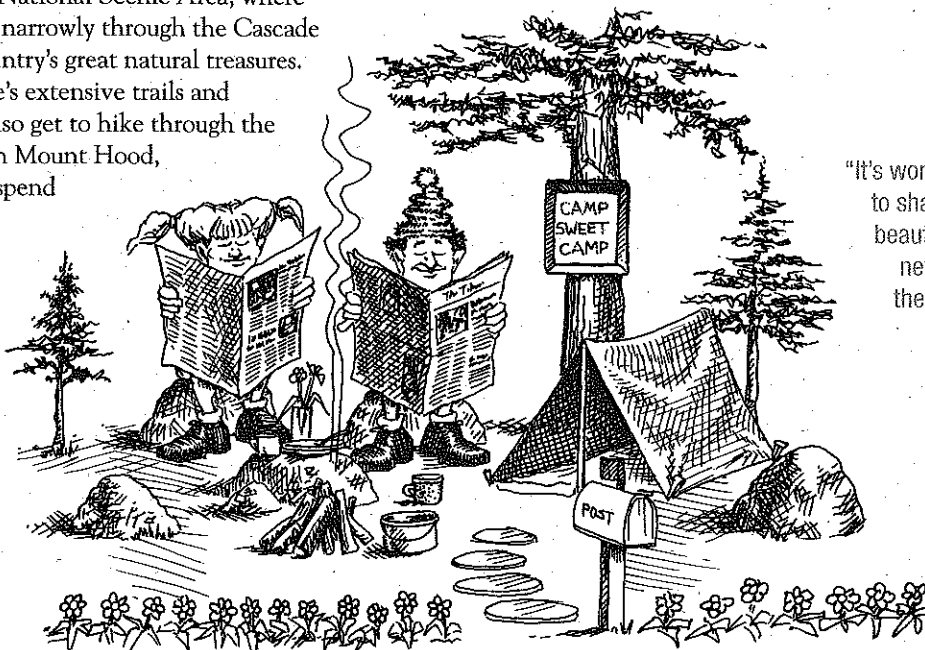
Depart: Friday, August 23
Return: Wednesday, August 28
Total fee: \$650

Come live in the gorgeous old-growth forest in Oregon's Cascade Mountains. This area is Oregon's only remaining large tract of low-elevation rain forest. We'll stay at a former mining camp in a rustic and spacious bunkhouse that is off the grid and features hydroelectric lighting and composting toilets. Learn about the trees, plants, and animals that live in the endangered forest ecosystem. Expect to hike about six miles per day with day packs as we discover the trails, ancient groves of trees, natural history, and spectacular swimming holes of this magical spot.

Explore the Oregon Coast

Depart: Friday, August 23
Return: Wednesday, August 28
Total fee: \$650

Host to over 240 state parks, the northwest Oregon Coast is a dramatic landscape of cliffs, beaches, sand dunes, rainforest, and mountains. On this trip we'll rent an entire summer camp—with a lake for canoeing and swimming—while we explore the forests and beaches along the coast. We'll hike around six miles most days with daypacks, spend an afternoon surfing, and we'll also spend an overnight out from camp, backpacking on the same coastal trail Lewis and Clark hiked 207 years ago.



"It's wonderful to be able to share the incredible beauty of Oregon with new friends. I loved the campfires, frigid swimming, and surprisingly good food."

—Juliana G.

New Student Trips

Registration policies, procedures, and other important information

Registration procedures

- 1) Fill out our online registration and medical forms, available beginning May 6 at go.lclark.edu/nst.
- 2) We will notify you of your trip placement within two weeks.
- 3) Once you have been placed, your trip fee is due by Monday, June 3.

Please complete the online reservation and medical forms. Please prioritize each trip you would be willing to participate in, as we may not be able to place you in your first choice.

Within two weeks after we receive your online forms, we'll contact you to let you know your position on a trip or waiting list. At this time, we'll send you information about your trip as well as an invoice for the trip fee.

Unless you are waiting to be notified about financial aid, the balance of your trip fee is due no later than Monday, June 3. Your trip payment serves as your reservation.

Sign up right away!

There are a limited number of spaces available on each trip and they fill up quickly! (Last year many trips were fully booked soon after the brochures were mailed.) So, if you plan to go on a New Student Trip, submit your online reservation and medical forms as soon as possible. The trips are filled on a first-come, first-served basis according to the date and time your online reservation and medical forms were submitted.

Financial aid

A number of reduced-rate spots will be available for those who qualify for federal financial aid. (Applicants' names will be kept confidential.) If you wish to be considered for one of these spots, please mark the appropriate section of the online reservation form. So that you may decide whether or not to participate in a trip, you will be notified of your financial award before your invoice is sent to you.

Cancellations and refunds

We almost never cancel a trip, but if we need to in the future, we'll provide the earliest possible notice and give you a choice of a full refund or an alternative trip.

If you cancel a trip reservation on or before Monday, June 3, you'll receive a full refund. After June 3, we'll refund the full amount less a \$50 cancellation fee if we can fill your spot. If we can't fill your spot, you may forfeit your entire payment.

Release of liability

Because of our society's litigious nature, Lewis & Clark College requires all participants to sign an assumption of risk/release of liability form. While we strive to make our trips as safe as possible, you should be aware that risks exist in any activity. Most trips take place in remote areas. Transportation may be via vans, small bus, SUVs, charter bus, or similar vehicles.

Travel plans and dates

After you receive confirmation of a spot on a trip, make your arrangements for travel to Portland. If you are driving, please arrive at Lewis & Clark by 11 a.m. on the day of your trip departure to check in. If you are coming by plane, bus, or train, please choose transportation with a scheduled arrival time at the airport, bus station, or train station of 11 a.m. or earlier. (If you can arrive between 9 a.m. and 10 a.m., that is best for us.) We'll pick you up at the airport, airport hotels, the bus depot, or the train station. If it's impossible for you to arrive by 11 a.m., call us at 503-768-7116 before purchasing your ticket.

All trips will return to campus by the time residence halls open for New Student Orientation.

What we provide

We'll pick you up at the airport, any of our recommended airport hotels, the bus depot, or the train station, and provide the transportation, food, and leaders for each trip. (You will need to bring or buy your own lunch on the day your trip leaves; there's a convenient on-campus deli.) Our College Outdoors leaders

are experienced outdoor folk, and many have taught for other outdoor organizations. They are certified in first aid and CPR and, in most cases, they are trained Wilderness First Responders (WFRs) or Emergency Medical Technicians (EMTs). Please contact us for any additional information about the qualifications of our staff.

No need to worry about equipment

We provide all group gear such as tents, sea kayaks, rafts, wetsuits, stoves, and more. We also provide personal equipment you might need, such as backpacks, rain gear, hats, thermal underwear, hiking boots, sleeping bags, and so on. There's no need to buy or rent anything for your trip. To ensure we have your correct sizes, fill out the online equipment questionnaire soon after you receive your confirmation email. A detailed list of necessary personal equipment will also be sent as part of the confirmation email.

Storage for your college gear

We'll provide a locked indoor space on campus for storing any luggage or other college gear you may bring to school but you don't want to take on your trip.



Are the New Student Trips nonsmoking?

Yes. The trips are nonsmoking for a few reasons: (1) Late August is a time of extremely high fire danger in Pacific Northwest forests; (2) these wilderness areas have some of the cleanest air in the country, and we'd like to keep it that way; and (3) the division of a group into smokers and nonsmokers has a negative effect on group dynamics. So, join us for a nonsmoking adventure: Your fellow students—as well as your lungs—will thank you for it!