

# COLLEGE OUTDOORS

## 2015 FALL 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 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. 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 Thursday, Sept. 3 - Dec. 7

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

Stop by the office to sign up for specific dates.

## STAND-UP PADDLEBOARDING

Every Wednesday from Sept. 9 - Sept. 30

3:15pm - 6:30pm

Join us for an afternoon of stand-up paddle boarding. We will head down to the Willamette River, taking in the local scenery and fresh air (weather permitting). No previous experience is necessary. Board, paddle, PFD, and splash jacket provided.

Sign up begins: Friday, Aug. 28

Pre-Trip Meeting (PTM): None Fee: \$15

## BACKPACK MOUNT ST. HELENS

1) Friday eve., Sept. 11 - Sunday, Sept. 13

2) Friday eve., Sept. 25 - Sunday, Sept. 27

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, we'll hike through islands of old growth forests shielded from the volcano's fury with everything we need for the weekend on our backs. Discover great views, ripe huckleberries, and stunning scenery at this national monument.

Sign up begins: 1) Friday, Aug. 28

2) Friday, Sept. 4

PTM: 1) Tuesday, Sept. 8, 5:45pm

2) Tuesday, Sept. 22, 5:00pm Fee: \$55

## STAND-UP PADDLEBOARD WEEKEND

### IN BEND, OR

1) Friday eve., Sept. 11 - Sunday, Sept. 13

2) Friday eve., Sept. 18 - Sunday, Sept. 20

Stay in yurts near the town of Bend, OR and paddle class I sections of the Deschutes River. You definitely want to have some upper body strength to do this trip but don't need to be an experienced "stand-up paddler." This side of the Oregon Cascades usually has sunny fall weather, and the scenery is spectacular.

Sign up begins: 1) Friday, Aug. 28

2) Tuesday, Sept. 1

PTM: 1) Tuesday, Sept. 8, 5:30pm

2) Tuesday, Sept. 15, 5:00pm Fee: \$85

## SEA KAYAK WALDO LAKE WEEKEND

Friday eve., Sept. 11 - Sunday, Sept. 13

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. 28

PTM: Tuesday, Sept. 8, 5:00pm Fee: \$85

## DESCHUTES RAFTING CAMPOUT

1) Friday eve., Sept. 11 - Saturday, Sept. 12

2) Friday eve., Sept. 18 - Saturday, Sept. 19

3) Friday eve., Sept. 25 - Saturday, Sept. 26

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. We'll leave on Friday night to camp by the put-in & will return to campus after rafting on Saturday.

Sign up begins: 1) Friday, Aug. 28

2) Tuesday, Sept. 1

3) Friday, Sept. 4

PTM: 1) Tuesday, Sept. 8, 4:30pm

2) Tuesday, Sept. 15, 4:30pm

3) Tuesday, Sept. 22, 4:30pm Fee: \$70

## SURF THE OREGON COAST DAYTRIP

Saturday, Sept. 19

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: Tuesday, Sept. 1

PTM: Tuesday, Sept. 15, 5:30pm Fee: \$80

## OREGON COAST DAYHIKE

Saturday, Sept. 19

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: Tuesday, Sept. 1

PTM: Tuesday, Sept. 15, 5:45pm Fee: \$25

## SEA KAYAK DAYTRIP

1) Saturday, Sept. 26

2) Sunday, Sept. 27

Join us for a paddling excursion on one of the area's great waterways. Paddling location is dependent on various reasons, but you're guaranteed to paddle through beautiful scenery and see some wildlife—including eagles, and great blue herons, among others. No previous experience required, though some upper body strength is helpful.

Sign up begins: Friday, Sept. 4

PTM: 1) Tuesday, Sept. 22, 5:30pm

2) Tuesday, Sept. 22, 5:45pm Fee: \$35



# WEEKEND TRIPS

## ASTRONOMY & GEOLOGY IN EASTERN OREGON

**Friday eve., Oct. 2 - Sunday, Oct. 4**

Come enjoy the east side of the Cascade Mountains where the stars are out and the geology is amazing! We'll head out towards Madras, OR and stay in a rustic lodge. We'll hike canyons and dormant volcanoes while exploring vast geologic features. At night we'll use our perch in the high desert to our advantage and learn basic astronomy.

**Sign up begins: Friday, Sept. 11**

**PTM: Tuesday, Sept. 29, 4:30pm**      **Fee: \$85**

## GPS CLINIC DAYTRIP

**Saturday, Oct. 3**

Understanding the fundamentals of backcountry navigation is critical to success traversing through the woods both on your own or for leading a group. Join us for a day of exploring the functionality of handheld GPS units. We will venture through the woods setting waypoints, tracking our path, and digging into the deeper functionality of these awesome tools. GPS and other necessary equipment will be provided.

**Sign up begins: Friday, Sept. 11**

**PTM: Tuesday, Sept. 29, 4:45pm**      **Fee: \$15**

## MOUNT ST. HELENS DAYHIKE

**Saturday, Oct. 17**

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 killed by superheated gas released during the mountain's last major awakening.

**Sign up begins: Friday, Sept. 18**

**PTM: Tuesday, Oct. 13, 4:30pm**      **Fee: \$25**

## SMITH ROCK CLIMBING WEEKEND

**Friday eve., Oct. 23 - Sunday, Oct. 25**

Start scaling some of Oregon's best rocks 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. 25**

**PTM: Tuesday, Oct. 20, 4:30pm**      **Fee: \$95**

## YOGA COAST WEEKEND RETREAT

**Friday eve., Oct. 23 - Sunday, Oct. 25**

Come have a relaxing weekend doing yoga and spend some time on the Oregon coast! We'll stay in yurts 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. 25**

**PTM: Tuesday, Oct. 20, 5:00pm**      **Fee: \$95**

## MUSHROOM CLINICS

**1) Saturday, Oct. 31**

**2) Friday eve., Nov. 6 - Sunday, Nov. 8**

**3) Friday eve., Nov. 13 - Sunday, Nov. 15**

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!

**Trips 1 sign up begins: Friday, Oct. 2**

**Trips 2 & 3 sign ups begin: Friday, Oct. 23**

**PTM: 1) Tues., Oct. 27, 4:30pm**      **Fee: \$25**

**2) Tues., Nov. 3, 5:00pm**      **Fee: \$85**

**3) Tues., Nov. 10, 4:30pm**      **Fee: \$85**

## GORGE WATERFALL DAYHIKE

**1) Saturday, Nov. 7**

**2) Saturday, Nov. 14**

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. 16**

**2) Friday, Oct. 23**

**PTM: 1) Tuesday, Nov. 3, 5:30pm**

**2) Tuesday, Nov. 10, 5:30pm**      **Fee: \$25**

## MAP & COMPASS CLINIC DAYTRIP

**1) Saturday, Nov. 21**

**2) Saturday, Dec. 5**

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. 23**

**PTM: 1) Tuesday, Nov. 17, 4:30pm**

**2) Tuesday, Dec. 1, 5:00pm**      **Fee: \$30**

## OREGON DRYSIDE DAYHIKE

**Saturday, Dec. 5**

Just because it's December doesn't mean it isn't prime time to get outside. In an effort to get away from the rain, we'll be heading to the east side of the Cascade Range in hope of a brisk and sunny hike on the "dryside" of the Cascade range.

**Sign up begins: Friday, Oct. 23**

**PTM: Tuesday, Dec. 1, 4:30pm**      **Fee: \$25**



# FALL / THANKSGIVING BREAKS & WILDERNESS MEDICINE

## FALL BREAK: OREGON COAST SEA

### KAYAKING & ANCIENT FOREST

**Wednesday evening Oct. 7 - Sunday, Oct. 11**

The central Oregon Coast is full of ancient forests, dunes, estuaries, and lagoons. On this fall break getaway, we will spend half the trip paddling through these tidally-influenced yet protected waterways hoping to see sea lions and maybe even migrating whales. When you're not paddling, you will be exploring the ancient forests of old growth that open to beautiful clearings overlooking the Pacific Ocean. We will call cabins or yurts in the nearby area our home for the long weekend.

**Sign up begins: Friday, Sept. 4**  
**PTM: Tuesday, Sept. 29, 5:00pm**      **Fee: \$195**

## FALL BREAK: RAFT GUIDE TRAINING CLINIC

**Wednesday evening Oct. 7 - Sunday, Oct. 11**

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. 4**  
**PTM: Thursday, Oct. 1, 4:30pm**      **Fee: \$195**

## FALL BREAK: BACKPACK OREGON'S CANYONLANDS

**Thursday, Oct. 8 - Saturday Oct. 10**

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. 4**  
**PTM: Thursday, Oct. 1, 5:30pm**      **Fee: \$155**

## FALL BREAK: OPAL CREEK ANCIENT FOREST CLINIC

**Thursday, Oct. 8 - Saturday Oct. 10**

Opal Creek Ancient Forest Center was formerly a mining camp, now turned an off-grid education center where we will spend the break. We will set up our basecamp in the lodge at Opal Creek and explore the ancient forests and beautiful creeks around the Center while learning about local ecology.

**Sign up begins: Friday, Sept. 4**  
**PTM: Thursday, Oct. 1, 5:00pm**      **Fee: \$195**

## NESKOWIN THANKSGIVING GETAWAY

**Thursday, Nov. 26 - Saturday, Nov. 28**

Are you staying in Portland for Thanksgiving? Get away to the Oregon Coast to a lodge for hikes on the beach and a great Thanksgiving Feast. You will have time 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. 18**  
**PTM: Tuesday, Nov. 17, 5:00pm**      **Fee: \$165**

## WFR RECERTIFICATION

**8am Friday, Nov. 20 - 5pm Sunday, Nov. 22**

This three day, scenario-based course 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. You must sign up and pay to secure your spot.

**Sign up for LC students begins: Friday, Sept. 4**  
**Fee: LC Students: \$250**

## WILDERNESS FIRST RESPONDER CERTIFICATION COURSE

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

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, with one day off to be scheduled by the instructor. (Class length may vary, due to outdoor scenarios and rescue training being taught.) 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.

**Sign up for LC students begins: Friday, Sept. 4**  
**Fee: LC Students: \$595**

### COLLEGE OUTDOORS

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outdoors@lclark.edu

[www.lclark.edu/programs/college\\_outdoors/](http://www.lclark.edu/programs/college_outdoors/)

# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>FIRST DAY of CLASS!</b>						
31	1	2	Climbing Shuttle 3	4	5	6
Climbing Shuttle 7	<b>Pre-Trip Meetings</b> Waldo Lake - 5:00pm St. Helens #1 - 5:45pm SUP Bend #1 - 5:30pm Deschutes #1 - 4:30pm 8	<b>Afternoon SUP</b>	Climbing Shuttle 10	Kayak Waldo Lake Backpack St. Helens #1 SUP Bend #1 Deschutes Rafting #1 11	12	13
Climbing Shuttle 14	<b>Pre-Trip Meetings</b> SUP Bend #2 - 5:00pm Deschutes #2 - 4:30pm Surf - 5:30pm Coast Hike - 5:45pm 15	<b>Afternoon SUP</b>	Climbing Shuttle 17	SUP Bend #2 Deschutes Rafting #2 18	OR Coast Day Hike Surf the OR Coast 19	20
Climbing Shuttle 21	<b>Pre-Trip Meetings</b> St. Helens #2 - 5:30pm Deschutes #3 - 4:30pm Sea Kayak #1 - 5:30pm Sea Kayak #2 - 5:45pm 22	<b>Afternoon SUP</b>	Climbing Shuttle 24	Backpack St. Helens #2 Deschutes Rafting #3 25	Sea Kayak #1 26	Sea Kayak #2 27
Climbing Shuttle 28	<b>Pre-Trip Meetings</b> Astro/Geo - 4:30pm GPS Clinic - 4:45pm FB: OR Kayak - 5:00pm 29	<b>Afternoon SUP</b>	Climbing Shuttle 30	<b>Pre-Trip Meetings</b> FB: Raft Guide - 4:30pm FB: Opal Creek - 5:00pm FB: Canyonlands - 5:30pm 1	Astronomy & Geology 2	GPS Clinic 3
						4

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 28	<b>Pre-Trip Meetings</b> Astro/Geo - 4:30pm GPS Clinic - 4:45pm FB: OR Kayak - 5:00pm 29	<b>Afternoon SUP</b> 30	<b>Pre-Trip Meetings</b> FB: Raft Guide - 4:30pm FB: Opal Creek - 5:00pm FB: Canyonlands - 5:30pm Climbing Shuttle 1	<b>Astronomy &amp; Geology</b> 2	GPS Clinic 3	4
Climbing Shuttle 5	6	<b>FALL BREAK TRIPS</b> Raft Guide Clinic OR Sea Kayaking 7	Canyonlands Backpacking Opal Creek 8	9	10	11
Climbing Shuttle 12	<b>Pre-Trip Meetings</b> St. Helens - 4:30pm 13	14	Climbing Shuttle 15	16	Hike Mt. St. Helens 17	18
Climbing Shuttle 19	<b>Pre-Trip Meetings</b> Smith Rock - 4:30pm Yoga Retreat - 5:00pm 20	21	Climbing Shuttle 22	Climb Smith Rock Yoga Coast Retreat 23	24	25
Climbing Shuttle 26	<b>Pre-Trip Meetings</b> Mushroom #1 - 4:30pm 27	28	Climbing Shuttle 29	30	Mushroom Clinic #1 31	1

# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 26	<b>Pre-Trip Meetings</b> Mushroom #1 - 4:30pm 27	28	Climbing Shuttle 29	30	<b>Mushroom Clinic #1</b> 31	1
Climbing Shuttle 2	<b>Pre-Trip Meetings</b> Mushroom #2- 5:00pm Waterfall #1- 5:30pm 3	4	Climbing Shuttle 5	<b>Mushroom Clinic #2</b> 6	<b>Gorge Waterfall Hike #1</b> 7	8
Climbing Shuttle 9	<b>Pre-Trip Meetings</b> Mushroom #3- 4:30pm Waterfall #2 - 5:30pm 10	11	Climbing Shuttle 12	<b>Mushroom Clinic #3</b> 13	<b>Gorge Waterfall Hike #2</b> 14	15
Climbing Shuttle 16	<b>Pre-Trip Meetings</b> Map/Compass #1 - 4:30pm 17	18	Climbing Shuttle 19	<b>WFR Recert</b> 20	<b>Map &amp; Compass #1</b> 21	22
Climbing Shuttle 23	24	25	<b>Thanksgiving Getaway</b> 26	27	28	29
Climbing Shuttle 30	<b>Pre-Trip Meetings</b> Dryside Hike - 4:30pm Map/Compass #2 - 5:00pm 1	2	Climbing Shuttle 3	4	<b>OR Dryside Hike</b> <b>Map &amp; Compass #2</b> 5	6