Lewis & Clark
College Outdoors
2018 Fall Trips
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 cross-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-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.

Scholarships for College Outdoors trips are funded by ASLC.
College Outdoors is an equal opportunity provider and operates under special use permit with the US Forest Service.
**OPEN HOUSE**

**Wednesdays, Sep. 5 - Dec. 5**
Join College Outdoors at the Sequoia Warehouse for weekly Wed. evening sessions at 6:30pm on outdoor leadership topics ranging from stove use, to tree ID, to cultural competency. Everyone is welcome! **Stop by Templeton 244 to sign up. It’s Free!**

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**CLIMBING SHUTTLE**

**Mondays & Thursdays, Sep. 6 - Dec. 3**
Join us from 7:00 - 9:30pm for this free shuttle to the Circuit Bouldering Gym. Climbing Club (climbing@lclark.edu) offers discounts on monthly gym passes. **Stop by Templeton 244 to sign up for specific dates.**

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**STAND-UP PADDLEBOARD**

1) **Saturday, Sep. 8**
2) **Sunday, Sep. 16**
Join us for a day of stand-up paddleboarding (SUPing)! This trip will leave campus at noon (after brunch) and head to nearby Estacada Lake, where you can learn the basics of SUPing and enjoy some late summer sun. Paddle a lake ringed by beautiful Douglas fir forests, blackberry bushes, and populated with trout. We will return in the evening in time for dinner. In case of inclement weather, the trip will be cancelled and your money fully refunded.
**Sign up begins: Wednesday, Aug. 29**  
**Fee: $25**

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**BACKPACK MT. ST. HELENS**

**Friday eve., Sep. 14 - Sunday, Sep. 16**
Explore the trails of the Northwest’s most active volcano where you’ll see 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: Wednesday, Aug. 29**  
**Fee: $60**

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**SEA KAYAK DAY TRIP**

**Saturday, Sep. 29**
Join us for a paddling excursion on one of the area’s great flat-water rivers, bays, or lakes. 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, Sep. 14**  
**Fee: $50**

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**DESHUTES RAFTING & CAMPOUT**

1) **Friday eve., Sep. 14 - Saturday, Sep. 15**
2) **Friday eve., Sep. 21 - Saturday, Sep. 22**
3) **Friday eve., Sep. 28 - Saturday, Sep. 29**
Central Oregon’s Deschutes River features seven major whitewater 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, where you can expect sunshine most of the year. We’ll leave campus on Friday night to camp under the stars by the put-in, and return on Saturday after spending the day rafting the river.
**Sign up begins: 1) Wednesday, Aug. 29**  
2) **Friday, Sep. 7**  
3) **Friday, Sep. 14**  
**Fee: $70**

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**KAYAK WALDO LAKE WEEKEND**

**Friday eve., Sep. 14 - Sunday, Sep. 16**
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 long lake by sea kayak on Saturday and Sunday before returning to campus Sunday evening.
**Sign up begins: Wednesday, Aug. 29**  
**Fee: $95**

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**SURF THE OREGON COAST DAY TRIP**

**Saturday, Sep. 15**
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, food (if you have a meal plan), surfing equipment rental, and instruction. This is an awesome opportunity to learn to surf and enjoy the beautiful Oregon Coast!
**Sign up begins: Wednesday, Aug. 29**  
**Fee: $80**

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**BACKPACK SUB-ALPINE LAKES**

**Friday eve., Sep. 21 - Sunday, Sept. 23**
The sub-alpine environment of Indian Heaven Wilderness, near Mt. St. Helens, 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, Sep. 7**  
**Fee: $60**

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

1) Dr. Erik Nilsen       Sunday, Sep. 23
2) Dr. Aine McCarthy    Saturday, Nov. 10

Have an adventure with your favorite professors, and get to know them outside the classroom!
1) Join psychology professor Erik Nilsen in a boat! Learn how to catch tasty Dungeness crabs out of Nehalem Bay, and cook them up for dinner at the Oregon Coast before driving back to campus Saturday night. This event is possible thanks to co-sponsorship by Student Activities.
2) Join economics professor Aine McCarthy to go mushroom hunting in Oregon’s coastal forests. You’ll learn about fascinating fungi, and (hopefully) end the day with delicious wild mushrooms to take home!

Sign up begins: 1) Friday, Sep. 7       Fee: $35
2) Friday, Sep. 14       Fee: $40

UNDERWATER FORESTS
& CASCADE LAVA FLOWS

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

Interested in the plants, trees, and geology of the volcanic Cascade Mountains? Join us on a trip to one of the youngest lava flows in Oregon, where the molten lava dammed a stream and created a crystal-clear lake, drowning a forest in the process. The forest is still visible beneath the waters of the lake—preserved in the cold water. We’ll camp on the shore of Suttle Lake, visit waterfalls, and take in the autumn scenery. The natural power and beauty of these waterfalls has to be seen to be believed!

Sign up begins: Wednesday, Aug. 29       Fee: $85

TRAIL ENGINEERING CLINIC

Saturday, Sep. 29 - Sunday, Sep. 30

Head up to the famous Pacific Crest Trail (PCT) in the Cascade Mountains 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 hike on the PCT Sunday morning before heading back to campus.

Sign up begins: Friday, Sep. 7       Fee: $45

MT. ST. HELENS DAY HIKE

1) Saturday, Sep. 22
2) Saturday, Oct. 7

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, Sep. 7
2) Friday, Sep. 21       Fee: $35

BACK FROM ABROAD HIKE

Sunday, Sep. 30

Spend a day in the beautiful Columbia River Gorge and connect with fellow participants from spring 2018 Overseas and Off-Campus programs! This is an opportunity to share stories, discuss challenges, and reconnect with Oregon. We’ll visit some of 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!

Sign up begins: Friday, Sep. 7       Fee: $10

SMITH ROCK CLIMBING

Friday eve., Sep. 28 - Sunday, Sep. 30

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 all 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. We’ll stay in yurts at the local state park.

Sign up begins: Friday, Sep. 7       Fee: $95

CLIMBING DAY TRIP

Saturday, Oct. 20

The Northwest is home to some amazing rock formations, and along with that comes fun rock climbing opportunities! We’ll head to the usually sunny Eastern Columbia Gorge, to an area with a variety of fun climbing routes. This trip will be contracted by a professional climbing guide company which will provide all 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, Sep. 28       Fee: $75

OREGON COAST HIKE

1) Saturday, Oct. 27
2) Saturday, Nov. 3
3) Saturday, Dec. 1

On the Central Oregon Coast lies an area of huge Sitka trees, ferns, cliffs down to the ocean, cascading streams, and waterfalls. We’ll hike through old growth forest to a secluded bay where we may watch sea lions. The seven-mile round trip hike traverses some of the most productive rainforest on earth, showcasing Oregon’s natural treasures.

Sign up begins: 1) Friday, Oct. 5
2) Friday, Oct. 19
3) Friday, Nov. 2       Fee: $35

BACKCOUNTRY NAVIGATION

Saturday, Nov. 3

Hike off trail and into a wilderness area while you learn how to use a map & compass in the real world. Navigation skills are a great skill for your resume, and also really useful for any outdoor trips you take! You’ll get to explore seldom seen areas while practicing your new skills. We plan to visit the usually sunny eastern part of the Columbia Gorge.

Sign up begins: Friday, Oct. 19       Fee: $30
HIKE OREGON’S HIGH DESERT

Saturday, Dec. 1
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 will be heading to the east side of the Columbia Gorge in hope of a brisk and sunny hike in Oregon’s high desert ecosystem. We’ll be out for the day with a good chance of finding sunshine on this “dryside” hike.

Sign up begins: Friday, Nov. 2                                Fee: $35

WILDERNESS FIRST RESPONDER RE-CERTIFICATION

8am Saturday, Nov. 17 - 5pm Sunday, Nov. 18
This hybrid format recertification course blends online learning (done in advance of Nov. 17) 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 re-certify Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications.

Sign up begins: Wednesday, Aug. 29
Fee: $250 for LC students

WILDERNESS FIRST RESPONDER CERTIFICATION COURSE

1) at Lewis & Clark College
8am Thursday, Jan. 10 - 5pm Saturday, Jan. 19
2) near Orlando, Florida at Wekiwa Springs St. Pk.
8am Thursday, Jan. 10 - 5pm Friday, Jan. 18
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.) We recommend you don’t have any other commitments while taking this course, as you will be busy! Passing the course will result in an 80-hour Wilderness First Responder certification from the NOLS Wilderness Medicine. Housing is available for free in Florida, and for $25/night at LC. Meals are included for the Florida course only. Stop by Templeton 244 for more information and details about lodging, meal, and transportation options.

Sign up begins: Wednesday, Aug. 29
Fee: $595 for LC students

MUSHROOM CLINICS

1) Saturday, Oct. 27
2) Friday eve., Nov. 2 - Sunday, Nov. 4
3) Saturday, Nov. 10 – with Prof. Aine McCarthy!
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 well learn about them. The overnight trip (#2) will spend two nights at the coast. The day trips (#1 & 3) 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. Conditions permitting, these clinics culminate in a mushroom feast (or lots of mushrooms you can take home to eat)!
Sign up begins: 1) Friday, Oct. 5    Fee $40
2) Friday, Oct. 5    Fee $85
3) Friday, Oct. 19    Fee $40

EXPLORE THE COLUMBIA RIVER GORGE

Saturday, October 27
Follow in the footsteps of the Lewis & Clark expedition through the Columbia River Gorge. We’ll start at the Columbia Gorge Discovery Center Museum in the Dalles to see artifacts from the expedition, feel the weight that crew members carried, and learn about what life was like for the Corps of Discovery as they made their way across Oregon to the Pacific Ocean over 200 years ago. Then, we’ll follow the trail westward and stop at beautiful historic landmarks where the expedition camped, navigated rapids, spotted sunken forests, and encountered Native Americans. Along the way, we’ll learn about Sacagawea (a Shoshone teenager who accompanied the expedition), York (William Clark’s slave), and hear excerpts from the journals of Lewis and Clark.

Sign up begins: Friday, Oct. 5    Fee: $25

COLUMBIA RIVER GORGE WATERFALL HIKE

1) Saturday, Nov. 10
2) Saturday, Nov. 17
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. The many spectacular falls in the Columbia River Gorge are stunning any time of year.

Sign up begins: 1) Friday, Oct. 19
2) Friday, Oct. 26    Fee: $25

**Additional trips and clinics get added throughout the semester. Stop by our office in Templeton 244 for updates to the schedule.**
THANKSGIVING & WINTER BREAK TRIP INFO:
Plan to add $5/day for vegan, gluten-free, or other specialized diet requests (vegetarian diets are accommodated at no additional fee). Medical dietary restrictions are exempt from the additional $5/day fee.

THANKSGIVING ON THE OREGON COAST
Wednesday evening, Nov. 21 - Saturday, Nov. 24
Are you staying in Portland for Thanksgiving? Get away to Camp Kiwanilong on the Northern Oregon Coast for hikes on the beach, in ancient forests, and for 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 around the fireplace in the lodge. 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, Sep. 14  Fee: $145

WINTER BREAK:
EXPLORE THE ECOLOGY OF FLORIDA’S WATERS
Friday, Jan. 10 - Saturday, Jan. 19, 2019
Escape the cold this winter break to canoe and stand up paddleboard in central Florida on some of the most spectacular freshwater, spring fed rivers in the world! Paddle the Florida coast and Everglades: Learn about subtropical and tropical ecosystems, the “River of Grass”, avian ecology, and marine biology from professor Dr. Ken Clifton, and develop your skills as a paddler and snorkeler. From most East Coast and Midwestern cities, flights to Orlando are extremely inexpensive, as are flights from Orlando to Portland at the end of this trip. If you spend the first half of winter break at home, here’s a chance to get some sub-tropical sunshine before returning to LC, while learning a lot about Florida’s wilderness in the process! Trip price includes food, lodging, ground transportation, but not airfare

Sign up begins: Friday, Sep. 7  Fee: $8595

FALL BREAK TRIP INFO:
Fall break is the perfect time to join in on a longer trip, and the cost for a long weekend of adventures is often less than you would spend going home! Plus, these trips can count as an activity credit for graduation! You can get credit in P/E/A 101 “Outdoor Adventures” for participation during Fall Break trips as long as you register prior to the add/drop period and complete an add/drop form.

FALL BREAK:
HIKE CENTRAL OREGON & CRATER LAKE
Wednesday evening Oct. 10 - Sunday, Oct. 14
This trip heads to the high-desert to explore a landscape that most people don’t associate with Oregon; the mossy forests on the west side give way to small juniper trees, Ponderosa pines, and sunshine. We’ll hike the mountain trails near Bend, OR, and stay in an awesome lodge (with a hot tub!) near the river. We may hike the world famous Smith Rock State Park, location of some amazing rock formations. Snow level permitting, we will also visit Crater Lake National Park.

Sign up begins: Friday, Sep. 14  Fee: $215

FALL BREAK:
BACKPACK OREGON’S CANYONLANDS
Thursday, Oct. 11 - Saturday Oct. 13
Visit a gorgeous arid canyon as autumn blankets the high desert. This area is in the rain shadow of the Cascades, so the weather is usually dry and sunny. 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, Sep. 14  Fee: $155

FALL BREAK:
RAFT GUIDE CLINIC
Wednesday evening Oct. 10 - Sunday, Oct. 14
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, Sep. 14  Fee: $175

***Breaktime trips have a Pre-Trip Meeting well before departure. Ask about the specific time/day when you sign up***
### September

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**FALL BREAK TRIPS**
- Raft Guide Clinic
- Central Oregon
- Canyonlands
- Backcountry
- Horse Thief Day Climbing
- Horse Thief Bute Day Climbing
- Mushrooms #1 - 4:30
- Estacada Gorge - 5:00
- Coast Hike #1 - 5:15
### November/December

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<td>Pre-Trip Meetings Mushrooms #3 - 4:45 Waterfall Hike #1 - 4:45</td>
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<td>Pre-Trip Meetings Desert Hike - 4:45 Coast Hike #3 - 5:15</td>
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### January

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