

Hike and Stand Up Paddleboard (SUP) the Columbia Gorge

Due to the many variables of outdoor trips, it's impossible to describe exactly what the trip will be like but this will give you a sense of what to expect. Questions? Get in touch at: outdoors@lclark.edu

About the Location:

Just an hour from Portland, the Columbia River Gorge National Scenic Area is one of the country's great natural treasures. As the mighty Columbia River passed narrowly through the continually rising volcanoes of the Cascades, it carved itself a deeper and deeper channel, made even deeper by huge ancient floods. Only 500 years ago, a huge landslide dammed the river near today's Bonneville Dam, and created what was known as the Bridge of the Gods. Today, these and other geologic events have resulted in a spectacular landscape of epic waterfalls, strange rock formations, and a beautiful wide river with magnificent snow-capped volcanoes on both sides. The Gorge is an unparalleled, stunning landscape. You'll see the area largely as it has been seen for centuries, by Native Americans and the Lewis & Clark Expedition, watching eagles and hawks trace across the sky by day, and staring at countless stars in the evening. From 600-foot Multnomah Falls and the 360-degree views from Crown Point, to the unique landscape at Beacon Rock and Table Mountain, the area is packed with impressive natural features.

What to Expect:

We'll drive from Portland to our base camp near the small town of Corbett, Oregon, in the afternoon on the day you arrive for your trip. It's less than an hour's drive from campus to this camp on the rim of the Gorge. From here, we'll go on daily hiking trips and stand up paddleboard (SUP) trips to explore the spectacular scenery within a short drive of the camp. We will also go to one of the largest bouldering (non-roped climbing) gyms in the world for one night of climbing. The trails we'll be hiking are rated easy to moderate, with more strenuous trails as an option for people who'd like the challenge. As you might expect, not everyone in the group may want to hike at the same speed, so there are probably going to be some compromises made on routes and day hikes. On average, the group expects to hike about 3 - 8 miles a day wearing daypacks. The weather in the Gorge this time of year is usually warm and dry (about 80°F) during the day, dipping into the 50s at night, although hotter temperatures are possible. That being said, it's also possible to have cold, wet weather in the Gorge in late August, so you want to be prepared for both dry and wet conditions.

We'll stay in a lodge for this trip, with bathrooms and hot showers. The lodge is modern, with a full kitchen and large fireplace; it is where most of the meals and other activities will take place. There is also a swimming pool at the lodge with a spectacular view of the Gorge! All trips are non-smoking.

New to hiking or stand up paddle boarding?

No problem! This trip is designed for beginners.

How to Prepare:

- **Break in your boots:** Since we'll be day-hiking remember that new boots can cause painful blisters. It is *very important* to break in your boots by wearing them with appropriate socks for extended periods prior to your trip.
- **Get moving:** It's a great idea to walk or run this summer to get yourself into shape.

What will we eat?

We eat well on this trip! Some examples of typical meals include: curry, pizza, and mac & cheese. If we need to resupply water from streams and lakes, this water needs to be filtered or treated before you can drink it; this is done with pumps and tablets. Our treatment neutralizes Giardia, bacteria, and viruses. Usually, though, we'll just get water from the lodge before we go hiking.

What if I don't have outdoor clothing or equipment?

No problem! Check out our packing lists (located on your trip page) for a description of the essential and optional gear for your trip. If you don't have your own outdoor clothing or equipment, we provide what you'll need for free. You must request the equipment ahead of time using this form:

<http://tinyurl.com/c4d5g2r>

What are the risks?

Common injuries which could occur on this trip include: blisters on feet (don't forget to break in your boots), cuts resulting from walking barefoot or use of pocket knives, injuries resulting from falling from paddleboards and burns from handling pots on a stove without hot pads or gloves, spilling boiling water, and not applying enough sunscreen. *These are all preventable with a little caution and common sense.*

Yellow jackets (wasps) can be pests at this time of the year, and people with the potential for severe reactions to stings should plan to bring their own anaphylaxis kits. Find out more about possible risks [here](#).

Please note that our hikes will sometimes go to remote areas and medical help could be hours away. Our trips generally carry cellular phones, but remember cellular service is not always available in rural or remote areas. All our trip leaders are trained as Wilderness First Responders.

Complete and return the online Health & Diet Questionnaire to inform our trip leaders of any conditions or illnesses that you have.

Have a great summer, and we'll see you in August!