

Stand Up Paddleboard and Hike the Oregon Coast

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:

The Northern Oregon Coast has some of the most spectacular scenery in North America. Rocky headlands with lighthouses jut out into the powerful waves of the Pacific Ocean. Miles of sandy beaches beckon hikers. The salt spray hangs in the air and you can actually smell the marine environment here. Groves of ancient forests, surviving the loggers who arrived from Europe, still command a cathedral-like presence and offer every possible color of green.

About 2 hours west of Portland, situated on a freshwater lake, is our rustic camp, set in acres of forest. The camp is separated from the Pacific Ocean by sand dunes and trails, but is so close that you can hear the thundering breakers as waves crash on the nearby shore. This trip includes stand up paddleboarding and instruction on the lakes, estuaries, and rivers on the Northern Oregon Coast, and hiking along the Pacific coast and in ancient forests, on beaches, and out to headlands- as well as other great adventures.

What to Expect:

We'll drive from Portland to a camp near Warrenton, Oregon late in the afternoon on the day you arrive for your trip. After exploring the camp, we'll start with stand up paddleboarding, but we'll also go on daily hiking trips to explore the spectacular coastal scenery of the Northern Oregon Coast. The trails we'll be hiking are rated moderate, with more strenuous trails and longer mileage as options for people who'd like the challenge. The group expects to hike about 5 to 12 miles a day wearing daypacks.

Our camp is located on a lake, which is convenient for your first session of stand up paddleboarding (SUPing). Many other bodies of water for SUPing are nearby, which we plan to explore: Cullaby Lake, the lakes of Fort Stevens State Park, the Lewis & Clark River, the Necanicum Estuary, and paddling to the base of Youngs River Falls- these are just a few of the possibilities.

There are rustic cabins at the camp for our group to sleep in. The bathrooms have hot showers and flush toilets, if you were wondering. ☺ The main lodge of the camp is great, with a commercial kitchen and large fireplace. The main lodge is where most of the meals and other activities will take place. You'll want a flashlight or headlamp to negotiate the trails for traveling between your sleeping area and the main lodge at night. All trips are non-smoking.

New to hiking or stand up paddleboarding (SUPing)?

No problem! This trip is designed for beginners, as well as people who have more experience in the sport.

How to Prepare:

- **Break in your hiking 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 at the coast! Some examples of typical meals include: curry, pizza, lots of salads, stir fry with rice, mac & cheese and much more.

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!

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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 stand up paddleboards (though these incidents are unusual), 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, and people with the potential for severe reactions to stings need to carry anaphylaxis kits with them. The beaches are beautiful, but waves can be unpredictable and participants should always be aware of the surf. Keep an eye on the ocean whenever you're on the beach and watch for "sneaker" waves- waves that are larger than usual. Driftwood piles of logs can be unstable on the beaches- please don't climb on them. Because Oregon has huge trees, there are sometimes waterlogged tree trunk in the surf, as well as rip tides, so swimming in the ocean is hazardous- it is also cold water, about 55 degrees F. The lakes, rivers and estuaries are warmer and don't have the surf to deal with. Students on this trip should be comfortable with swimming. Due to wildfire danger, all trips are non-smoking. However, the Oregon Coast has the least risk of wildfire historically of any of the areas in Oregon. Learn more about possible risks [here](#).

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