

# LEWIS & CLARK COLLEGE OUTDOORS

## 2019 FALL TRIPS



# 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 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.*

# WEEKEND TRIPS

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

## CLIMBING SHUTTLE

**Mondays & Thursdays, Sep. 5 - Dec. 9**

Join us from 7:00 - 9:00pm for this FREE shuttle to the Circuit Bouldering Gym. Climbing Club (climbing@lclark.edu) offers discounts on monthly gym passes.

**Sign up the day-of in Templeton 244.**



## STAND-UP PADDLEBOARD

**1) Saturday, Sep. 7**

**2) Sunday, Sep. 15**

Join us for an afternoon 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. 28      Fee: \$30**

## BACKPACK MT. ST. HELENS

**1) Friday eve., Sep. 13 - Sunday, Sep. 15**

**2) Friday eve., Sep. 20 - Sunday, Sep. 22**

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: 1) Wednesday, Aug. 28  
1) Friday, Sep. 6      Fee: \$65**

## EDIBLE PLANTS & ETHNOBOTANY WEEKEND

**Friday eve, Sep. 20 - Sunday, Sep. 22nd**

Visit the ancient forests and striking coastal landscape of the central Oregon coast. You'll Learn to identify, as well as taste, some of the edible plants that live in this ecosystem. Learn about Native American uses of plants and trees. Not only that, but learn about some of the poisonous plants you would want to avoid if you're "wild foraging"! We'll leave campus Friday evening, stay at cozy yurts (with power & bathrooms), and be back in time for dinner on Sunday.

**Sign up begins: Friday, Sep. 6      Fee: \$75**

## MULTNOMAH FALLS,

## WATERFALLS, & BBQ with IME

**Saturday, Sep. 28**

College Outdoors is joining forces with Inclusion & Multicultural Engagement (IME)! We'll visit iconic Multnomah falls, then take a short hike to another stunning waterfall and end up at a picnic area where we'll have a cook-out and relax at a grassy park on the edge of the forest. This hike is perfect for beginners and intentionally inclusive for students of all backgrounds and identities. We'll leave in the afternoon, eat dinner at the park, and be home in the early evening. Ask IME how you can attend for free!

**Sign up begins: Friday, Sep. 13      Fee: \$8**

## DESCHUTES RAFTING & CAMPOUT

**1) Friday eve, Sep. 13 - Saturday, Sep. 14**

**2) Friday eve, Sep. 20 - Saturday, Sep. 21**

**3) Friday eve, Sep. 27 - Saturday, Sep. 28**

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. 28  
2) Friday, Sep. 6  
3) Friday, Sep. 13      Fee: \$75**

## KAYAK WALDO LAKE WEEKEND

**Friday eve, Sep. 13 - Sunday, Sep. 15**

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. 28      Fee: \$85**

## SURF THE OREGON COAST

**Saturday, Sep. 14**

Ever wanted to learn how to surf? Join us as we head to the Oregon Coast to surf for the day. Participants need to be good swimmers prepared to learn the basics of surfing. Fees includes a lesson (normally \$99 for just the lesson!), transportation from campus, and surfing equipment rental (including wetsuits). This is an awesome opportunity to learn to surf and enjoy the beautiful Oregon Coast!

**Sign up begins: Wednesday, Aug. 28      Fee: \$80**

\*\*\*Additional trips and clinics get added throughout the semester. Stop by our office in Temp 244 for updates.\*\*\*

# WEEKEND TRIPS

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

## KAYAK DAY TRIP

**Saturday, Sep. 21**

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 can be physically demanding.

**Sign up begins: Friday, Sep. 6**

**Fee: \$55**

## MT. ST. HELENS DAY HIKE

**1) Saturday, Sep. 28**

**2) Saturday, Oct. 6**

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. 13**

**2) Friday, Sep. 20**

**Fee: \$35**

## SMITH ROCK CLIMBING

**Friday eve., Sep. 27 - Sunday, Sep. 29**

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 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. 6**

**Fee: \$95**

## OREGON COAST HIKE

**1) Saturday, Oct. 26**

**2) Saturday, Nov. 2**

**3) Saturday, Dec. 7**

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 hike traverses some of the most productive rainforest on earth, showcasing Oregon's natural treasures.

**Sign up begins: 1) Friday, Oct. 4**

**2) Friday, Oct. 18**

**3) Friday, Nov. 8**

**Fee: \$35**

## HIKE OREGON'S HIGH DESERT

**Saturday, Dec. 7**

Sunshine can still be found in December in Oregon by heading east to Oregon's High Desert. We'll seek out some brisk sunshine on a hike through sage and juniper, in a striking geologic landscape shaped by catastrophic floods. Give yourself a break from studying to get some fresh air, and see this unique environment.

**Sign up begins: Friday, Nov. 8**

**Fee: \$35**

## BACKCOUNTRY NAVIGATION

**Saturday, Nov. 2**

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, crucial if you are interested in leading trips, and also really useful for any outdoor trips you take on your own! 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. 18**

**Fee: \$30**

## POC CLIMB NIGHT

at Portland State University

**Thursday, Nov. 21st, 4:30-7:30pm**

Join L&C students, PSU students, and other People Of Color (POC) as we build community at the Portland State University Climbing Center. It doesn't matter if you are brand new to climbing or climb every day, this space is for you to make new friends, find a climbing partner, or just try out rock climbing. No previous experience necessary, and instruction will be provided.

**Sign up begins: Friday, Oct. 25**

**FREE**

## MUSHROOM CLINICS

**1) Saturday, Oct. 26**

**2) Friday eve., Nov. 1 - Sunday, Nov. 3**

**3) Saturday, Nov. 9**

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. 4**

**Fee \$40**

**2) Friday, Oct. 4**

**Fee \$85**

**3) Friday, Oct. 18**

**Fee \$40**

## COLUMBIA RIVER GORGE WATERFALL HIKE

**1) Saturday, Oct. 26**

**2) Saturday, Nov. 9**

**2) Saturday, Nov. 16**

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. 4**

**2) Friday, Oct. 18**

**3) Friday, Oct. 26**

**Fee: \$25**



# LEADER TRAINING & WILDERNESS MEDICINE

## TRIP LEADERSHIP

Getting involved with leadership at College Outdoors is a great way to improve your leadership, learn new outdoor skills, and take part in a fun and welcoming community. No previous outdoor experience is necessary!

Visit [go.lclark.edu/outdoors](http://go.lclark.edu/outdoors) to learn more about how you can get involved with College Outdoors leadership through the "Leader Ladder," and apply to become a Student Coordinator on an upcoming trip. The best way to start gaining the skills necessary to become a student leader is to go on trips!

Student leadership development at College Outdoors includes apprenticeship style training through the Leader Ladder, Open House training sessions on Thursday evenings, Wilderness First Responder (WFR) medical certification, and training trips. You must apply online to become a Student Coordinator in order to be eligible for training trips.

## OPEN HOUSE

**Thursdays, Sep. 12 - Dec. 5**

Join College Outdoors at the Sequoia Warehouse for FREE Thursday evening sessions at 6:00pm on outdoor leadership topics ranging from stove use, to tree ID, to cultural competency. Everyone is welcome! **Stop by Templeton 244 to sign up**

## STUDENT COORDINATOR TRAINING WEEKEND

**Saturday, Oct. 19 - Sunday, Oct. 20**

Learn the fundamentals of out leadership at College Outdoors, familiarize yourself with the Sequoia gear warehouse, and develop your outdoor skills! We'll spend Saturday afternoon acquainting with College Outdoors systems, then head to Mt Tabor Park in SE Portland to practice map & compass navigation skills. On Sunday, you'll apply what you've learned on a hike to iconic Mt St Helens. Everyone who applies to be a Student Coordinator by Sep. 15th will be invited, but space is limited so sign-up early.

**Sign up begins: Monday, Sep. 16**

**Fee: \$25**

## BACKPACK TRAINING

**Friday, Nov. 15 - Sunday, Nov. 17**

A great training opportunity available to those who have attended three or more open houses in September & October! Learn to organize and execute a College Outdoors backpacking trip with fellow peers and your Open House Coordinators: Eliza Auchincloss and Julia Litz.

**Sign up begins: Monday, Sep. 16**

**Fee: \$40**



## WILDERNESS FIRST RESPONDER RE-CERTIFICATION

**8am Saturday, Nov. 23 - 5pm Sunday, Nov. 24**

This hybrid format recertification course blends online learning (done in advance of Nov. 23) 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. 28**

**Fee: \$250 for LC students**

## WILDERNESS FIRST RESPONDER CERTIFICATION COURSE

**1) at Lewis & Clark College**

8am Thursday, Jan. 9 - 5pm Saturday, Jan. 18

**2) near Orlando, Florida at Wekiwa Springs St. Pk.**

8am Wednesday, Jan. 8 - 5pm Friday, Jan. 17

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. Do not book flights before registering.

**Sign up begins: Wednesday, Aug. 28**

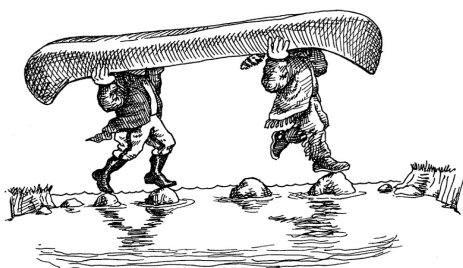
**Fee: \$595 for LC students**

# FALL BREAK

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

## 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 PE/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.



## HIKE CENTRAL OREGON & CRATER LAKE

**Wednesday evening Oct. 9 - Sunday, Oct. 13**

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. 13**

**Fee: \$265**

## FALL BREAK: BACKPACK OREGON'S CANYONLANDS

**Thursday, Oct. 10 - Saturday Oct. 12**

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. 13**

**Fee: \$155**

## FALL BREAK: RAFT GUIDE CLINIC

**Wednesday evening Oct. 9 - Sunday, Oct. 13**

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. 13**

**Fee: \$195**



# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	NSTs Return!					
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Kayak Waldo- 4:30 Backpack Helens 1- 4:45 Surf - 5:00 SUP #2 - 5:15 Raft #1- 5:30		Climbing Shuttle 7pm-9:30pm  Open House 6pm-7pm	Pre-Trip Meetings SUP #1 - 5:00 OP Floor Trip - 4:30	SUP #1	Outdoor Pursuits Floor Day Trip
9	10	11	12	13	14	15
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Kayak Daytrip - 4:30 Backpack Helens 2- 4:45 Ethnobotany Wknd-5:15 Raft #2 - 5:30		Climbing Shuttle 7pm-9:30pm  Open House 6pm-7pm	Raft #2 Backpack Helens 2 Ethnobotany Wknd	Surf the OR Coast	SUP #2
16	17	18	19	20	21	22
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings IME BBQ Hike- 5:00 Smith Rock Wknd- 5:15 Raft #3-5:30 Helens Dayhike 1 - 5:45		Climbing Shuttle 7pm-9:30pm	Raft #3 Smith Rock		
23	24	25	26	27	28	29

# OCTOBER/NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings St Helens #2 - 5:30 - for Fall Break - Backpack - 4:45 Central OR - 5:00		Climbing Shuttle 7pm-9:30pm Pre-Trip Meetings - for Fall Break - Raft Clinic - 4:30 Open House 6 - 7pm			Mt St Helens Hike #2
30	1	2	3	4	5	6
Climbing Shuttle 7pm-9:30pm		<b>FALL BREAK TRIPS</b> Raft Guide Clinic Central Oregon	Canyonlands Backpacking			
7	8	9	10	11	12	13
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings SC/AL Training Weekend - 5:30		Climbing Shuttle 7pm-9:30pm  Open House 6pm - 7pm		SC/AL Training Weekend	
14	15	16	17	18	19	20
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Mushrooms #1 - 4:30 Waterfall Hike #1 - 5:00 Coast Hike #1 - 5:15		Climbing Shuttle 7pm-9:30pm		Mushroom Clinic #1 Coast Hike #1 Waterfall Hike #1	
21	22	23	24	25	26	27
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Coast Hike #2 - 4:45 Mushrooms #2 - 5:00 Backcountry Nav. - 5:00		Climbing Shuttle 7pm-9:30pm  Open House 6pm - 7pm	<b>NOVEMBER</b> Mushroom Clinic #2		
28	29	30	31	1	2	3
					Coast Hike #2 Backcountry Navigation	

# NOVEMBER/DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm  4	Pre-Trip Meetings Waterfall Hike #2 - 4:45 Mushrooms #3 - 5:00  5	6	Climbing Shuttle 7pm-9:30pm  7		Mushroom Clinic #3  Waterfall Hike #2  9	10
Climbing Shuttle 7pm-9:30pm  11	Pre-Trip Meetings Open House Backpack Training- 4:30 Waterfall Hike #3 - 4:45  12	13	Climbing Shuttle 7pm-9:30pm  14	Open House Backpack Training  15	Waterfall Hike #3  16	17
Climbing Shuttle 7pm-9:30pm  18	Pre-Trip Meetings Thanksgiving Trip - 5:00  19	20	POC Climbing Night @ PSU 4:30pm - 7:30pm  21	22	WFR Hybrid Recert  23	24
Climbing Shuttle 7pm-9:30pm  25	26	Thanksgiving on the Oregon Coast  27	28	29	30	<b>DECEMBER</b> 1
Climbing Shuttle 7pm-9:30pm  2	Pre-Trip Meetings Desert Hike - 4:45 Coast Hike #3 - 5:15  3	4	Climbing Shuttle 7pm-9:30pm  5	6	Desert Hike Coast Hike #3  7	8

# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
8	Wilderness First Responder at LC Wilderness First Responder in Florida  9	10	11	10	11	12
13	Wilderness First Responder at LC Wilderness First Responder in Florida  14	15	16	17	18	19
20	SPRING TERM BEGINS  21	22	Climbing Shuttle 7pm-9:30pm  Open House 6pm-7pm  23	24	-- 2020 TRIPS	TBD --
Climbing Shuttle 7pm-9:30pm  27	28	29	Climbing Shuttle 7pm-9:30pm  30	31	1	2