

Hike & Kayak Northwest Oregon New Student Trip (NST)

About the Location:

The Northwest coastline has some of the most spectacular scenery in North America, which is perfect to explore by kayak and trail. We'll paddle in the protected coastal and inland waters of Northwest Oregon and Southwest Washington, including areas traveled by the Lewis & Clark Expedition more than 200 years ago. We'll take hikes to rocky headlands with lighthouses that jut out into the powerful waves of the Pacific Ocean, where you can see miles of sandy beaches below. Groves of ancient forests, surviving the loggers who arrived from Europe, still command a cathedral-like presence and offer every possible shade of green. The richly productive coastal forests and waterways are the traditional lands of the Chinook, Willapa, Lower Chinook, Clatsup, Kathlamet, and Nahalem tribes, as well as where the Lewis & Clark expedition first reached the Pacific Ocean in 1805. Keep an eye out for curious otter, great-blue heron, tufted puffin, dinosaur-like cormorants, elusive seals, enormous sea-lions, and enormous Roosevelt elk. Whether you've never kayaked before or you're an experienced paddler, this trip takes you to parts of the Pacific Northwest Coast most people never see.

About 2 hours west of Portland, situated on a freshwater lake, is our rustic camp, set in acres of lush green 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.

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. Each day we'll alternate between kayaking and hiking along the Pacific coast and in ancient forests, on beaches, and out to headlands. Kayak instruction is provided, and we will be kayaking on calm waters in bays, estuaries, lakes, and mellow rivers – not the open ocean. 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 8 miles a day wearing daypacks.

The camp we stay at features bathrooms with hot showers and flush toilets, rustic cabins with bunk beds, and the option to camp outdoors under a large open-air picnic pavilion structure for those interested. Gender-neutral bathroom facilities are available. The main lodge of the camp is great, with a commercial kitchen where we will work together to prepare meals, and a large fireplace to gather around in the evenings. During the day you will have the chance to connect with other new students in your small group while hiking and kayaking, and in the evening you will get to know even more new students since the Hike & Stand Up Paddleboard the Oregon Coast NST and the Hikes & History of the Oregon Coast NST also stay at this facility. After a day exploring, we'll have plenty of time in the evenings to hang out, get to know each other, and participate in some fun games and activities.

New to Kayaking or Hiking?

No problem! This trip is designed for beginners, so we'll teach you everything you need to know. Strong swimming skills are not a pre-requisite since you will be wearing a PFD (personal floatation device, commonly called a lifejacket), but you should be comfortable in deep water. Kayaking requires full upper-body mobility and the ability to sit for several hours at a time. For accessibility accommodations, email outdoors@lclark.edu.

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, and any exercise that improves core strength will help your paddle strokes. If you have the chance to paddle, do it! It's great to start getting those muscles ready for the water. This trip is rated as *moderate* physical rigor.

What will we eat?

We eat well on this trip! Some examples of typical meals include: pizza, burritos, and mac & cheese, and we love delicious snacks! This trip can accommodate any dietary restrictions and allergies, as long as you let us know about them ahead of time. For vegan and other non-medical specialty diets, there is an additional \$5/day meal charge. There is no extra cost for vegetarian diets or medical allergy restrictions.

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 personal equipment, we provide what you'll need for free, as long as you *request the equipment ahead of time* using the online form.

What are the policies?

Participants on College Outdoors trips are expected to follow all [Lewis & Clark College conduct policies](#). All trips are tobacco, drug, and alcohol free, including vaping, medical cannabis, and tobacco products. Nicotine patches and gum are permitted.

College Outdoors has specific policies and procedures to mitigate risks on trips, which are outlined in the [policy brochure](#) and will be explained by your trip leaders. These policies include: Respecting others, food sanitation practices, requiring the use of Personal Floation Devices (PFDs, sometimes referred to as lifejackets), requiring close-toed shoes, staying 6ft away from cliff edges, practicing "leave no trace" in the outdoors, and not engaging in exclusive or sexual relationships during trips. Policy violations may result in disciplinary action and/or removal from trips.

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 kayaks 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 trip leaders generally carry cellphones, but remember cellular service is not always available in rural or remote areas. All our trip leaders are trained as Wilderness First Responders.

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