

Hike & Stand Up Paddleboard the Oregon Coast New Student Trip (NST)

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, and miles of sandy beaches below beckon day 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 shade of green. The rich coastal forests and waterways are the traditional lands of the Chinook, Willapa, Lower Chinook, Clatsop, Kathlamet, and Nahalem tribes, as well as where the Lewis & Clark expedition first reached the Pacific Ocean. Keep an eye out for colorful starfish, tufted puffin, dinosaur-like cormorants, elusive seals, enormous sea-lions, curious otter, and enormous Roosevelt elk.

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.

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 stand up paddleboarding and hiking along the Pacific coast in ancient forests, on beaches, and out to headlands. 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.

Our camp is located on a lake, which is convenient for your first session of stand up paddleboarding (SUPing), and the perfect place to learn for those new to SUPing. Many other bodies of water for SUPing are nearby, which we plan to explore including: Cullaby Lake, the lakes of Fort Stevens State Park, the Lewis & Clark River, the Necanicum Estuary, and maybe even paddling to the base of Youngs River Falls. These are just a few of the endless options we will have on the coast.

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 SUPing, and in the evening you will get to know even more new students, since the Hike & Kayak Northwest Oregon 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 Hiking or Stand Up Paddleboarding?

No problem! This trip is designed for beginners and 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. 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:** Although this trip is designed for beginners and rated as *moderate* physical rigor, 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: 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 Floatation 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 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 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!