

Hike & Stand Up Paddleboard Camping Trip

May Trip

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 Cascade Mountains, it carved a deeper and deeper channel, made even grander by catastrophic ice-age floods. These and other geologic events have produced 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 experience the area largely as it has been seen for centuries by Cowlitz, Clackamas, Wasco, Wishram, Yakima, Tenino, and Confederated Tribes of Warm Springs, as well as by the Lewis & Clark Expedition.



You'll camp at the eastern end of the gorge at a lake, where the weather is sunny due to the "rain shadow" effect of the nearby Cascade Mountains. Within this state park is a display of pictographs called Tamani Pesh-Wa, or "Written on the Rock," which were moved to this location to preserve them when the Bonneville dam was built and flooded their original riverside location. Most sacred of these is Tsagaglalal, or "She who watches" in the Wasco-Wishram language. Tsagaglalal was a female chief who worried about what would happen to her people when she was gone, and wished to watch over them forever. Coyote came to her and said, "soon the world will change and women will no longer be chiefs." Coyote then tricked her and turned her into a rock, saying, "Now you shall stay here forever, watching over your people and the river." Tsagaglalal can only be viewed with a guide, which you will have the unique opportunity to do!

The campground, located on Horsethief Lake, is an ideal base-camp location to easily access both of the unique ecosystems in the gorge: the arid, open landscape in the east with fragrant Ponderosa Pine and regal Black Oak trees; and the wet, dense forests and waterfalls in the west with towering Douglas Firs, curtains of moss, and 4ft tall ferns. From the famous 600-foot Multnomah Falls and the 360-degree views from Crown Point, to the unique rock formations and ecosystems, the area is packed with impressive natural features.

What to Expect:

On the first day of your trip we'll drive about 2 hours to our base camp at Columbia Hills Historical State Park. From here, we'll go on daily hiking trips and learn to stand up paddleboard (SUP) while we explore the spectacular scenery within a short drive of camp. We will alternate days of hiking and SUPing, sometimes doing both in the same day. The group expects to hike 3 - 8 miles a day wearing daypacks on trails rated easy to moderate. The weather in the eastern end of the Columbia Gorge this time of year is usually warm and sunny where we'll camp and SUP, but may be rainy and cool at some of our hiking destinations in the temperate rain forests to the west. It can also be windy, as this entire area is known for world-class windsurfing.

For sleeping accommodations, we provide your choice of either single person tents, or shared tent space (tent sharing is available if you're signing up with your "pod"). In a separate building from the cabins are men's and women's restrooms with flush toilets. There are also heated showers in single-user (gender neutral) rooms. We'll set up a central outdoor camp kitchen and gathering spot, where we will work together to cook meals and hang out. On the last day we'll depart early and head back in Portland on Wednesday morning, leaving you time to travel home that same day.

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.

What will we eat?

We eat well on this trip! Some examples of typical meals include: pizza, burritos, and mac & cheese, lots of different salads, and delicious snacks while out hiking during the day! This trip can accommodate most dietary restrictions and allergies, as long as you let us know about them ahead of time in the online Health & Diet Questionnaire. Potable water is available at Columbia Hills Historical State Park.

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. We provide all the group gear such as tents, stoves, and cookware. 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 found on our website.

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, and practicing "leave no trace" in the outdoors. Policy violations may result in disciplinary action and/or removal from trips.

You are welcome to join a trip with your best friends or significant other, we just ask that you refrain from "cliques" or other social behavior that may make others feel excluded. This will help us build a fun, inclusive community for everyone on the trip, and you might even make some new best friends!

What are the risks?

The most common injuries which could occur on this trip are blisters on feet (don't forget to break in your boots), and burns from not applying enough sunscreen. *These are all preventable with a little caution and common sense.* If you plan to borrow boots from College Outdoors, you can check them out a couple weeks early and wear them on campus to make sure they fit you well. Stinging insects and other allergens can be present this time of the year, and *people with the potential for severe reactions to allergens must plan to bring their own anaphylaxis kits (EpiPen).* [Learn more about possible risks here.](#) Please note that our trips will often visit remote areas and medical help could be hours away. Our trip leaders generally carry cell phones, and in some cases, satellite phones, but service is not always available in rural or rugged, remote areas. Trip leaders are trained as Wilderness First Responders.

What about Covid-19?

We expect that we will still be managing the Covid-19 situation in May 2021, so we are planning all May Trips to follow Oregon's guidelines for Phase 1 of reopening. Visit our website for up to date plans, protocols, and expectations: https://www.lclark.edu/programs/college_outdoors/covid-19-mitigation-for-may-trips/

More questions? Just ask! We LOVE to talk about trips!

Lewis & Clark College May Trip Description

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Questions? Visit go.lclark.edu/outdoors, email: outdoors@lclark.edu or call 503-768-7116