

## **Hike and Stand Up Paddleboard (SUP) the Columbia Gorge New Student Trip (NST)**

### **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 itself a deeper and deeper channel, made even more dramatic by catastrophic ice-age floods. Only 500 years ago, a huge landslide dammed the river near today's Bonneville Dam, and created what was known as the Bridge of the Gods. Today, these and other geologic events have resulted in 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 see the area largely as it has been seen for centuries by Cowlitz, Clackamas, Wasco, Wishram, Yakima, Tenino, and Confederated Tribes of Warm Springs Native Americans, as well as the Lewis & Clark Expedition. You'll watch eagles and hawks trace across the sky by day, explore lush temperate rainforests, and view countless stars in the evening. You'll stay on the flanks of Mt. Hood, with access to towering forests of Douglas Firs, moss, and fern on the wet, western slopes, and arid open landscape with Ponderosa Pine and Black Oak trees on the drier, eastern slopes. 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:**

We'll drive from Portland to our base camp near the small town of Corbett, Oregon, in the afternoon on the day you arrive for your trip. It's less than an hour's drive from campus to this camp on the rim of the Gorge. 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 the camp. We will alternate days of hiking and SUPing, sometimes doing both in the same day. The trails we'll be hiking are rated easy to moderate, with more strenuous trails as an option for people who'd like the challenge. As you might expect, not everyone in the group may want to hike at the same speed, so we'll do what is best for the group when it comes to routes. On average, the group expects to hike about 3 - 8 miles a day wearing daypacks. The weather in the Gorge this time of year is usually warm and dry (about 80°F) during the day, dipping into the 50s at night, although hotter temperatures are possible. That being said, it's also possible to have cold, wet weather in the Gorge in late August, so you want to be prepared for both dry and wet conditions.

We'll stay in a summer-camp type "lodge" for this trip, with bunk-beds, shared bathrooms with flush toilets, and hot showers. There is also the option to camp outdoors under a large open-air covered area for those who are interested. Gender-neutral bathrooms are available. The lodge is modern, with a full kitchen where we will prepare meals together and a large fireplace to gather around in the evenings. There is also a swimming pool at the lodge with a spectacular view of the Gorge!

### **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](mailto: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. If you borrow hiking boots from College Outdoors, our boots are synthetic leather, fairly lightweight, and tend not to cause many blisters.
- **Get moving:** Although this trip is designed for beginners, 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), injuries resulting from falling from paddleboards, and burns from 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 (EpiPens).* [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. Trip leaders are trained as Wilderness First Responders.

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