

Discover Coastal Rainforests & Beaches New Student Trip (NST)

About the Location:

The Oregon Coastline features some of the most spectacular scenery in the state, with lush coastal rainforest, dramatic cliffs, towering evergreens, waterfalls, ferns, sandy beaches, crashing surf, and tide pools. We'll explore the coastline, have the option to swim in a freshwater spring-fed lake, explore trails in temperate rainforest, and wander miles of ocean beaches. Keep an eye out for newts, sea lions, whales spouting offshore, and numerous birds including the dinosaur-like cormorant and the adorable, but endangered, Western Snowy Plover. The coastal forests and waterways are the traditional lands of the Tillamook, Siletz, and Grand Ronde tribes, whose traditions are interwoven with this vibrant ecosystem of abundance. You'll be staying at a camp situated just a few minutes' walk from the beach, where you can watch waves crash against two giant "sea stacks" – large rock islands that jut up from the water.

What to Expect:

We'll drive about 2 hours from Portland to a camp near Tillamook, Oregon late in the afternoon on the day you arrive for your trip. Each day you'll enjoy hikes, learn natural history, and may have the chance to explore tide pools, especially when the tides are in the minus range. The trails we'll be hiking are rated easy to moderate, with more strenuous trails and longer mileage as options for people who'd like the challenge. The group expects to hike about 3 to 6 miles a day, often on the beaches of the Pacific Ocean, wearing daypacks. Perhaps not everyone in the group will want to hike at the same speed, so we'll do what is best for the group when it comes to routes.

The camp we stay at features bathrooms with hot showers and flush toilets, and cabin-style accommodations with bunk beds. Gender-neutral bathroom facilities are available. There is a lake on site, and you may choose to go swimming while the lifeguard is on duty (no swimming is allowed in the ocean, it is too dangerous at this location, and too cold anyway). During the day you will have the chance to connect with other new students in your small group, and in the evening, you will get to know even more new students, since other New Student Trips (NSTs) stay at the same camp. After a day exploring, we'll have plenty of time in the evenings to hang out, get to know each other, and cook s'mores over a campfire.

The weather on the coast is very temperate in August and is usually around 67°F during the day and 55°F in the evening. (However, it can sometime be sunny and in the low 80 degrees in late August.) It is not uncommon for it to rain on the coast, so we recommend bringing good rain gear, the same stuff you'll want to walk across campus to class in late October through March.

New to hiking?

No problem! This trip is designed for beginners and we'll teach you everything you need to know. For accessibility accommodations, email outdoors@lclark.edu.

How to Prepare:

- **Break in your boots or hiking shoes:** Since we'll be day-hiking remember that new boots or hiking shoes can cause nasty blisters.
- **Get moving:** It's a great idea to walk or jog for a few miles or more each week this summer to get yourself into shape.

What will we eat?

We eat well on the coast! Some examples of typical meals include: curry, pizza, mac & cheese, lots of salad selections, and much more. This trip can accommodate most dietary restrictions and allergies, as long as you let us know about them ahead of time. This particular trip has no extra charge for any non-medically-required diets. (There is never any charge for medically-required diets, with a note from your health care provider.)

What if I don't have outdoor clothing or equipment?

No problem! This trip does not require specialized outdoor equipment. 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, College Outdoors should be able to 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, 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 surfboards, 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)*. The beaches are beautiful, but waves can be unpredictable, and participants should always be aware of the surf. [Learn 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 cellular phones for emergencies, but remember cellular service is not always available in rural or remote areas.

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