

# 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 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 Oregon coast is known for its numerous offshore rocks and islands that are designated as wildlife refuges as well as its seemingly endless expanses of sand dunes. The rich coastal forests and waterways are the traditional lands of the Chinook, Willapa, Lower Chinook, Clatsup, Kathlamet, and Nahalem tribes. Keep an eye out for colorful starfish, tufted puffin, dinosaur-like cormorants, elusive seals, enormous sea-lions, curious otter, and Roosevelt elk.

About 2 hours west of Portland, is our rustic camp, set in acres of forest with a vast sandy beach. The camp is on a point that feels like a private island, since you can only access it via boat or trail! Surrounding the island is open ocean to the west, lush coastal rainforest to the south/east, and the Salmon River estuary to the north.

### What to Expect:

We'll drive from Portland to a camp near Lincoln City, Oregon late in the afternoon on the day you arrive for your trip. There is no public road to the camp, so a truck will transport your luggage while you hike in the final distance. The hike typically takes 35 – 45 minutes, so wear comfortable shoes or boots. Each day we'll alternate between stand up paddle boarding in the estuary, 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.

In addition to the ocean baches, our camp is located along the calm waters of the Salmon River estuary, which is the perfect place for scenic stand up paddle boarding (SUPing)! If you have never paddleboarded before, you'll find that the calm water is the perfect place to learn, and we'll teach you everything you need to know!

The camp we stay at features rustic cabins with bunk beds and bathrooms with flush toilets. Gender-neutral bathroom facilities are available. The main lodge of the camp is great, with a commercial kitchen where group meals will be served. 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 other NST groups 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 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](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 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 Flootation 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)* [Learn more about possible risks here.](#)

Please note that our hikes will sometimes go to remote areas and medical help could be hours away. Cellular service is not always available in rural or remote areas, but the camp has landline phones and our staff includes leaders who are trained as Wilderness First Responders.

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