

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. The coastal forests and waterways are the traditional lands of the Chinook, Willapa, Lower Chinook, Clatsup, Kathlamet, and Nahalem tribes, whose traditions are interwoven with this vibrant ecosystem of abundance.

Our rustic camp is set in acres of forest, right on 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 about 2 hours 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 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 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 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, 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 participate in some fun games and activities.

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 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:** 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 Floation 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. 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!