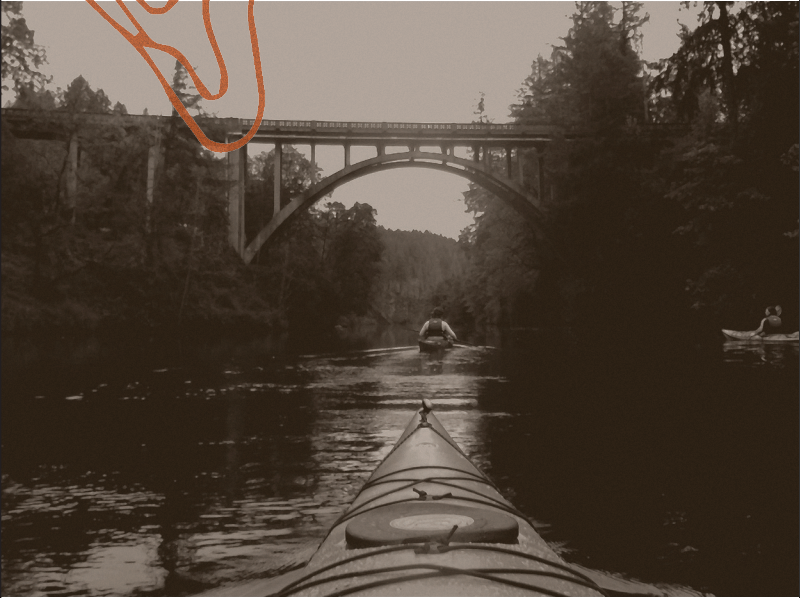
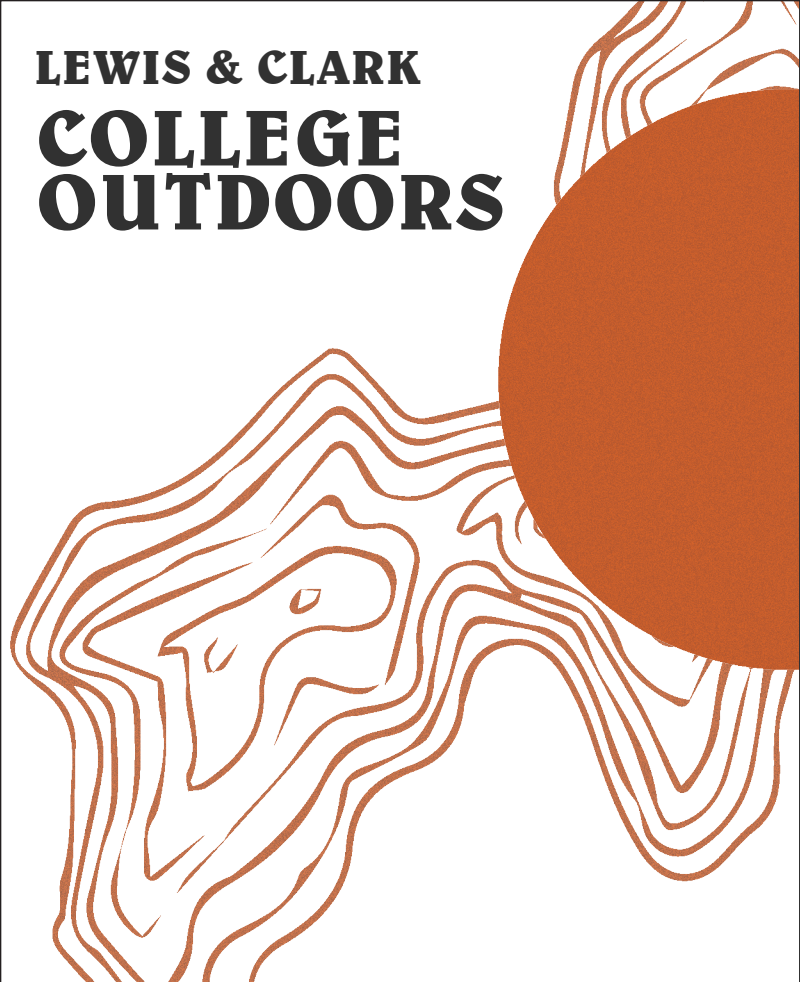


# LEWIS & CLARK COLLEGE OUTDOORS



## SPRING 2024

Learn more!

(503) 768-7116  
[go.lclark.edu/outdoors](https://go.lclark.edu/outdoors)

@outdoorslc

# information

**What is College Outdoors?**  
College Outdoors is the outdoor program at Lewis & Clark College. It gives the college community access to the spectacular outdoor environments of the Pacific Northwest and beyond in a variety of activities including x-country skiing, backpacking, hiking, whitewater rafting, and sea kayaking. On-campus events include workshops and seminars on outdoor topics and leadership skills. College Outdoors Goes Wild!

**Trips explore the mountains, deserts, rivers, and coast.** If you are a neophyte outdoors person who considers the walk between your residence hall and the library to be a major hike, try a day raft trip or a trip to the coast! Other programs appeal to the more adventurous at heart! Most trips don't require any prior experience. On all of our trips, you will find friendly people, clean (occasionally misty) air, and fantastic scenery.

**Release of Liability**  
Due to the litigious nature of society and the potential hazards of the outdoors, all College Outdoors participants must sign a release of liability/assumption of risk form.

**How Do I Sign Up For A Trip?**  
Sign up in person in Fowler 239! Trip sign-up sheets are posted at 9am on the morning of the sign-up date listed for each trip. To hold your reservation, you need to pay the trip fee in our office within 3 business days after sign-up begins. Most trips are posted on Fridays, and payment is needed by Tuesday before 5pm to hold your space. After three days, unpaid spots will be filled on a first-paid basis. Scholarships are available from ASB to those with high financial need.

**Refund Policy**  
College Outdoors trips are subsidized by us or budgeted to break even. Once you have paid for a trip, we cannot give you a refund unless you find someone else to take your place on the trip. Exceptions are made for documented medical illness or COVID related situations. Please check your social and academic calendar before paying!

**Inclement Weather & Trip Cancellations**  
In the event severe inclement weather is predicted in the program area, most of our trips have alternative trip locations. If College Outdoors has to cancel a trip due to unforeseen circumstances, College Outdoors will refund the trip fee.

**Pre-Trip Information**  
Sign-up begins several weeks prior to the trip and is posted on the bulletin board outside the College Outdoors office. All trips have a pre-trip meeting (PTM) typically scheduled for the Tuesday before the trip. PTM times are noted on the sign-up sheet.

**What Does College Outdoors Provide?**  
Unless otherwise noted College Outdoors arranges food packouts for students on Bon Appetit meal plans, group equipment, personal equipment (like wet suits, raincoats, backpacks, etc.), transportation, and organization. Participants not on the Bon Appetit meal plan will pay \$12 more per day for food with the exception of day trips where participants have the option of providing their own food at no extra cost.

**Transportation**  
College Outdoors uses 15 & 12-passenger vans and 8-passenger SUVs for most transportation to and from campus for our trips. Transportation is included in the trip fee unless otherwise noted.

**Leadership Opportunities**  
If you are interested in becoming a College Outdoors student leader, stop by the office for information on our leadership program, student coordinating, and other opportunities. The best way to get involved, is to start by going on trips! Learn more about the Leadership Ladder at [https://www.lclark.edu/programs/college\\_outdoors/about/volunteering\\_leadership/](https://www.lclark.edu/programs/college_outdoors/about/volunteering_leadership/)

**Scholarships for College Outdoors trips are funded by ASB.** Prices are listed as the full price/scholarship price. College Outdoors is an equal opportunity provider and operates under special use permit with the US Forest Service.

# mellow outings

Join a laid-back experience where you can enjoy some of the best of the beautiful northwest, without the physical demands of a full-blown adventure. Although we can't always promise perfect weather, these outings are designed for anyone and everyone who wants to enjoy nature in a mellow way.

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

## Beaches and Bluffs Weekend Get-away

Friday, Feb. 02 - Saturday, Feb. 03, 2024  
Join a relaxing one-night get-away to Cape Lookout on the Oregon Coast! You'll stay in cozy rustic yurts Friday night, which have heating, power, and bunk beds. Conditions permitting we may have a campfire. On Saturday we'll visit the sandy beach right out our front door, and go for a walk along a rock bluff that just out into the Ocean, offering spectacular views no matter the weather. We'll depart Friday after dinner and return in time for dinner on Saturday, so you still have plenty of weekend on campus.  
Sign-Up Begins: Dec. 01, 2023 Trip Fee: \$68

## High Desert Hike

Saturday, Feb. 24, 2024  
Come explore the dry side of the Columbia River Gorge east of the town of Hood River. This dramatic landscape, sculpted by the largest floods in earth's geologic history, has spectacular hiking trails, a lot less rain, and usually a good supply of sunshine. Join us to get some exercise, fresh air, and to see spring come to the east side of the Cascade mountains while hiking up to some stunning viewpoints above the Columbia River.  
Sign-Up Begins: Feb. 02, 2024 Trip Fee: \$38

## Forest Bathing at Tryon Creek Park

Saturday, March 09, 2024, 1-2.30pm  
Decompress, connect with nature, and center yourself during this guided walking nature meditation. This is a welcoming space, and great for those new to meditation or outdoor recreation!  
Sign-Up Begins: Feb. 16, 2024 Trip Fee: \$2

## Pride OUTside Picnic & Waterfall Walk

Saturday, March 09, 2024  
Join other students who identify as members of the LGBTQIA+ community for a picnic and a casual stroll in nature! You'll grab your Bon brunch to-go, then head out to enjoy a picnic lunch by the lake at Lacamas Park in SW Washington. After lunch, the group will take a short hike to enjoy forest streams, waterfalls, and lake views. One of the most rewarding and impactful aspects of any group trip is the ability to harness the distance from society in order to build your own group norms and culture. On this trip, your leaders will intentionally create an inclusive, welcoming, and comfortable space where you can thrive, grow, and connect with others. Get ready to relax, explore, and have FUN! Participation in this trip is NOT ANONYMOUS.  
Sign-Up Begins: Feb. 09, 2024 Trip Fee: \$45

## Ethnobotany, Wildflowers & Waterfalls

Trip 1: Saturday, Mar. 16th 1:00-2:30pm  
Trip 2: Saturday, Apr. 13th 1:00-2:30pm  
Spend an afternoon getting to know the plants that grow right in your own LC backyard! We'll spend about 90 minutes exploring the natural spaces around campus, while learning about traditional, medicinal, and other uses of plant species. Find out which plants are edible, and which are poisonous!  
Sign-Up Begins:  
Trip 1: Friday, Feb. 23  
Trip 2: Friday, Mar. 15 Trip Fee: \$5/\$2

## Ethnobotany, Wildflowers & Waterfalls

Trip 1: Saturday, April 06, 2024  
Trip 2: Saturday, April 20, 2024  
Spring on the sunny, dry side of the Columbia Gorge is amazing. Learn to identify, as well as taste, some of the edible plants of the eastern part of the Columbia Gorge. Learn about Native American uses of plants and trees. Not only that, but learn about some of the poisonous plants you would want to avoid if you're "wild foraging!"  
Sign-Up Begins:  
Trip 1: March 08, 2024 Trip Fee: \$38  
Trip 2: April 05, 2024 Trip Fee: \$38

## Edible Plants & Ethnobotany (on Campus)

Sat., April 13, 2024. Time: 1.30-3.00pm  
Spend an afternoon getting to know the plants that grow right in your own LC backyard! We'll spend about 90 minutes exploring the natural spaces around campus, while learning about traditional, medicinal, and other uses of plant species. Find out which plants are edible, and which are poisonous!  
Sign-Up Begins: March 15, 2024 Trip Fee: \$5

## Oregon Coast Hike & Whale Spotting

Saturday, April 13, 2024  
Join us on the Oregon Coast to hike to a viewpoint where we can watch for whales! About 20,000 grey whales migrate past Oregon each year, and April is a great time to catch sight of them. We'll hike a gorgeous trail to a bluff over the ocean, where you are guaranteed to see spectacular views of the crashing ocean and waves, and hopefully get views of the whales too!  
Sign-Up Begins: March 15, 2024 Trip Fee: \$45

## Stand Up Paddleboard Afternoon

Trip 1: Friday, April 26, 2024  
Trip 2: Saturday, April 27, 2024  
Take a study break and join College Outdoors on reading days for a fun afternoon of stand-up paddleboarding (SUPing)! This trip will leave campus at noon and heads to nearby Clackamasette Park where you can learn the basics of SUPing and enjoy some spring sunshine. This trip is perfect for beginner SUPers and anyone who wants to enjoy some of the clearest calm water in the area. We may see great blue heron, eagles, and spring blossoms. The trip will be cancelled and your money refunded in case of inclement weather.  
Sign-Up Begins:  
Trip 1&2: April 12, 2024 Trip Fee: \$20

**Additional trips and clinics get added throughout the semester. Stop by our trip sign-up desk for updates.**



# outdoor adventures

**Harness your sense of adventure to explore the varied landscapes of the northwest! Outdoor Adventures are perfect for anyone and everyone looking for a more active trip, but no experience is needed! Whether you come backpacking, whitewater rafting, or anything else, we'll teach you everything you need to know.**

**Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm**

## Climbing Shuttle

**Mondays, Jan. 22nd - Apr. 22nd, 2024**  
Join us from 7:00 - 9:15pm for this FREE shuttle to the Circuit Bouldering Gym. Climbing Club (climbing@lclark.edu) offers discounts on monthly gym passes. Sign up the day-of to reserve a spot in Fowler 239 or by calling 503-768-7116.

## Mt. Hood Snowshoe

**Saturday, January 27, 2024**  
**Saturday, February 03, 2024**  
**Saturday, February 17, 2024**  
**Saturday, March 09, 2024**  
Snowshoe on the snow covered trails around Oregon's tallest volcano! Weather permitting, we'll head up to one of the many amazing snow-covered trails on the east side of Mt. Hood, where we'll snowshoe through snow-capped trees and admire the best views! Snowshoeing takes a fair amount of energy, but it is great exercise and doesn't require any previous experience.  
**Sign-Up Begins: Dec., 02, 2023/Jan., 19, 2024/Jan., 26, 2024/Feb., 09, 2024**  
**Trip Fee: \$45**

## X-Country Ski Clinic

**Sunday, January 28, 2024**  
**Sunday, March 03, 2024**  
This one-day trip to Teacup Lake Nordic Area on Mt. Hood will begin with a ski lesson, where our leaders will teach you the basics of cross-country skiing. After learning the basics, we will head out to explore the surrounding groomed ski trails. If you are a more experienced skier, you are welcome to sign up for this trip to get out and do some more independent skiing (skate or classic) on the 20 km of trails at Teacup Lake. The trip starts at 11:15 AM, and no meals are provided (just snacks), so be sure to eat Brunch before you arrive! We'll be back in time for dinner.  
**Sign-Up Begins: Dec., 01, 2023 Trip Fee: \$45**

## Backpack the Oregon Dunes

**Friday, Feb., 09 - Sunday 11, 2024**  
**Friday, March 08 - Sunday 10, 2024**  
The Oregon Dunes are a spectacular and unique location perfect for spring backpacking. On this trip we'll head to the central Oregon coast, stay in a yurt on Friday night, then set out for a backcountry adventure through the Dunes on Saturday and Sunday. We'll backpack through transition forests, sand dunes, and beaches during this weekend trip. Backpacking, especially on sandy dunes, is a rewarding challenge. As Oregon weather can be unpredictable in the spring, extreme weather conditions may require us to stay in rustic yurts and set out on day trips in lieu of backcountry travel.  
**Sign-Up Begins: Dec., 01, 2023/Feb., 09, 2024**  
**Trip Fee: \$95**

## Oudoor Pursuits LLC Snowshoe

**Sunday, February 18, 2024**  
Join other members of the Outdoor Pursuits LLC to snow+shoe on the snow covered trails around Oregon's tallest volcano! Weather permitting, we'll head up to one of the many amazing snow-covered trails on the east side of Mt. Hood, where we'll snow shoe through snow-capped trees and admire the best views! Snowshoeing takes a fair amount of energy, but it is great exercise and doesn't require any previous experience.  
**Sign-Up Begins: Jan., 26, 2024 Trip Fee: \$45**

## Skate Ski Clinic

**Saturday, February 10, 2024**  
Skate skiing is an exciting, fast-moving sport. It's like ice-skating, but on snow. If you already know how to rollerblade or ice-skate, you'll be able to pick up skate skiing in no time with our skate ski equipment! We have everything you need, at no extra rental charge. We'll start the trip with a skate ski clinic where you'll learn on the groomed tracks at the Teacup Lake Nordic Center on the east side of Mt. Hood. You'll then put your new skills to the test by exploring the groomed trails of Teacup Nordic with your new friends. Since the area is well marked, once you learn the basics, you can go at your own pace and ski whatever loops you choose and explore Mt. Hood's winter wonderland. The trip starts at 11:15 AM, and no meals are provided (just snacks), so be sure to eat Brunch before you arrive! We'll be back in time for dinner.  
**Sign-Up Begins: Jan., 19, 2024 Trip Fee: \$45**

## Coastal Trails & Ancient Forests

**Friday, Feb., 16, - Sunday 18, 2024**  
On this trip you'll visit lighthouses, ancient forests, coastal beaches, and spectacular overlooks on this weekend trip to hike and explore the Oregon Coast. We'll stay in rustic accommodations (yurts) with electricity and heat, where we'll hang out in the evenings to stay warm and dry. Spring comes to the Oregon Coast a few weeks earlier than Port+land, so the frogs will entertain you at night with their choruses, and the first wildflowers will be blooming.  
**Sign-Up Begins: Jan., 26, 2024 Trip Fee: \$95**

## Oregon Coast Hike

**Sunday, March 03, 2024**  
On the Central Oregon Coast lies an area of huge Sitka trees, cliffs down to the ocean, many ferns, cascading streams, and waterfalls. We'll hike through old growth forest to a secluded bay where we may watch sea lions. The seven-mile round trip hike traverses some of the most productive rainforest on earth, showcasing Oregon's natural treasures. **Sign-Up Begins: Feb., 09, 2024**  
**Trip Fee: \$45**

## Whitewater Rafting

**Friday, April 12 - Saturday 13, 2024**  
**Friday, April 19 - Saturday 20, 2024**  
Central Oregon's Deschutes River features seven major rapids in twelve miles, making this one of the premier rafting rivers in the state. You will get wet, and you need to paddle hard! This trip is not recommended for non-swimmers, although you'll be led by experienced guides, and everyone has to wear a PFD on the river. If you like whitewater—this is an awesome time!  
**Sign-Up Begins: March 15, 2024/April 5, 2024**  
**Trip Fee: \$95**

## Kayak Day Trip

**Sunday, April 14, 2024**  
**Saturday, April 20, 2024**  
Kayaking around Oregon is not only a lot of fun, it can bring you to scenery hard to see otherwise. We plan to kayak around Scappoose Bay, Vancouver Lake, or Sauvie Island. These areas are tidally influenced and adjacent to the mighty Columbia River. Winding waterways take kayakers through wetland floodplain forests and marsh+lands. Eagles, swans, and Sandhill cranes are often seen, and if you're lucky, you may spot one of the resident river otters. Come paddle with us!  
**Sign-Up Begins: March 15, 2024/April 5, 2024**  
**Trip Fee: \$55**

## Backpack Eastern Columbia Gorge

**April, Friday 19 - Saturday 20, 2024**  
Escape spring rains and come explore the beautiful semi-arid landscape of the eastern Columbia Gorge. A somewhat strenuous climb uphill will be richly rewarded with spectacular views of Mt. Hood and the Columbia river gorge, hillsides of wildflowers, and a secluded campsite. Poison oak, ticks, and rattle snakes sometimes show up in April, but they are easy to avoid with a little caution. Participants will need to be out of class on Friday by about 3pm, and you will return Saturday by late afternoon.  
**Sign-Up Begins: March 15, 2024 Trip Fee: \$55**

# spring break

**Spring break is the perfect time to join in on a longer trip, and the cost for a week of adventures is often less than you would spend going home! Plus, these trips can count as an activity credit for graduation! You can get credit in PE/A 101 "Outdoor Adventures" for participation during a Spring Break trips if you 1) complete the course registration process with the registrar, AND 2) sign up with College Outdoors before the end of add/drop.**

**Spring Break trips have a Pre-Trip Meeting well before departure. Ask about the specific time/day when you sign up**

## Explore The Redwood Forests, Beaches and Tidepools

**Saturday, March 23 - 30, 2024**  
Come stay in Redwood National Park for Spring Break! We'll spend the week hiking through huge redwood forests and stunning beaches on the Pacific Ocean. You can expect to see majestic trees, wildflowers, elk, cormorants, egrets, and other wildlife. In the evenings, we'll have time play games, socialize, read, and relax. We'll stay in rustic cabins, and work together to cook our meals over camp stoves outdoors. Due to the nature of the rustic outdoor kitchen, this trip can only accommodate omnivore and vegetarian diets; we cannot accommodate vegan, gluten-free, or other specialized dietary restrictions. Bunk beds, and restroom. This trip returns to campus late Friday, but ends Saturday after brunch and required clean-up activities Saturday morning. Redwoods are the tallest living things in the world -- don't miss this opportunity to live among them for a week!  
**Sign-Up Begins: Jan., 26, 2024 Trip Fee: \$585**

## Winter Adventure Crater Lake

**March, Saturday 24 - Thursday 28, 2024**  
Spring break is the perfect time to explore the winter wonderland of central Oregon! The east side of the Cascade Mountains features snowy peaks, pine forests, and plenty of crisp spring sunshine. We'll spend our days snowshoeing or exploring low elevation hikes where it can be warm, sunny, dry, and 60F. We'll sleep in cozy yurts with electricity and heat. We'll stay near Bend, Oregon close to the Three Sisters Wilderness and Mt. Bachelor. You'll get to practice backcountry navigation skills, learn some avalanche awareness basics, and definitely drink lots of hot cocoa! Time and conditions permitting, we plan to build an igloo, go ice skating, snowshoe by moonlight, visit Crater Lake National Park, and hike at iconic Smith Rock. No experience is necessary, but this trip is moderately strenuous and is recommended for those in good physical condition who are comfortable in the wintery/snowy outdoors. Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is available at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.  
**Sign-Up Begins: Jan., 26, 2024 Trip Fee: \$485**

## Coastal Retreat

**March, Monday 25 - Friday 29, 2024**  
Visit the some of the tallest coastal dunes in the world, visit tidepools, and recharge on this relaxing spring break trip! We'll hike along the ocean beach+es and surrounding trails to find huge Sitka spruce trees, ferns, cascading streams, and waterfalls. You'll see bays and coves with waves crashing on spectacular cliffs, and have a chance to frolic on the extensive sand dunes. You will have plenty of time to relax in cozy yurts. The trip leaves Monday of Spring Break and returns Friday evening, so you have both weekend+ends on either end of spring break to visit friends or catch up on homework. Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is available at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.  
**Sign-Up Begins: Jan., 26, 2024 Trip Fee: \$395**

# wilderness medicine

## WFR Certification Course

**May, Monday 06 - Wednesday 15, 2024**  
This 80-hour wilderness medicine course is the industry standard for field-based medical training for outdoor trip leaders, instructors, and folks who just like to spend a lot of time outdoors. You will be prepared to handle all types of medical issues that may arise when in the backcountry. The class will meet 8 to 12 hours per day over the scheduled days (Class length may vary, due to outdoor scenarios and rescue training being taught.) We recommend you don't have any other commitments during the course, as you will be busy! Passing the course will result in a Wilderness First Responder (WFR) certification from NOLS Wilderness Medicine.  
Housing is available for an additional fee through Campus Living, only for for students with a spring housing contract. Meal plans are not available, but a shuttle will be run to Fred Meyers by College Outdoors staff to take people to get groceries. Stop by the office in Fowler 239 for more information and details about lodging, meal, and transportation options.  
**Sign-Up Begins: Jan., 19, 2024**  
**Course Fee: \$695**

## WFR Re-Certification

**May, Friday 17 - Saturday 18, 2024**  
This course may be used to re-certify current Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications. This hybrid format re-certification is taught by NOLS Wilderness Medicine, and includes roughly 4 hours of online coursework to be completed prior to the 2 days of in-person course sessions.  
**Sign-Up Begins: Jan., 19, 2024**  
**Course Fee: \$295**



scan for trip calendar

