

INFORMATION

You Belong Here!

College Outdoors trips are designed for every and all L&C students who want to get outside and enjoy the beautiful Pacific Northwest! In fact, most students join at least one trip during their time at L&C. Whether you come whitewater rafting or mushroom hunting, no experience is necessary and we'll teach you everything you need to know.

Come As You Are!

We provide everything you need for the trip, including gear, clothing, food, transportation, instructors, and leadership. You could arrive in pajamas, and we'll outfit you head to toe with high quality outdoor gear at no extra cost. Sizes XS-2XL available. If you're more comfortable in your own clothes, that's great too! We provide a packing list so you know what you need.

How To Sign Up

Registration is **in person** in Fowler 239. Sign-up Sheets are posted on Fridays at 9am several weeks before each trip starts. Add your name to the list, then pay the trip fee before the following Tuesday at 5pm to save your spot. After that, unpaid spots are filled on a first paid basis. Most trips have a Pre-Trip Meeting (PTM) the Tuesday prior to the trip, when you learn more about what to expect, meet the group, and borrow any gear or clothing you may need.

Learn to Lead!

Trips are led by students, and student leadership development is a big part of the College Outdoors program. Regardless of prior experience, if you enjoy groups of people and getting outside, we can teach you all the technical skills you need to serve in a leadership role. We offer volunteer and paid positions, free Open House training clinics, training trips, Wilderness First Responder (WFR) medical training, and PE/A 142: Wilderness Leadership (spring term only). Stop by Fowler 239 to learn more!

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.

STAND-UP PADDLEBOARD

AFTERNOON

1) Saturday, Sep. 7th

2) Saturday, Sep. 21st

3) Saturday, Sep. 28th

Join us for a fun afternoon on the water, and learn to Stand-Up Paddleboard (SUP). No experience is needed, we'll teach you everything you need to know! Sign up begins: 1 & 2) Friday, Aug. 30th
3) Friday, Sep.6th Fee: \$35/\$17

SUNSET BIRDWATCHING

Saturday, Sep.14 at 6 - 8:30pm

Sip on a hot drink and enjoy the spectacular dance of thousands of Vaux's Swifts at Chapman Elementary School in NW Portland.

Sign up begins: Friday, Aug.30th

Fee:\$5/\$2

Scholarships are funded by ASB. Prices are listed as both the full price and the scholarship price.

College Outdoors is an equal opportunity provider and operates under special use permit with the US Forest Service.

MELLOW OUTINGS

MT.HOOD CAMPING TRIP

Friday eve, Sep. 20th - Saturday, Sep. 21st

Come spend the weekend camping in a tent on the slopes of Mt. Hood and hiking through the towering Douglas fir tree forest dripping with moss and lichen.

Sign up begins: Friday, Aug.30th
Fee: \$75/\$37

AFTERNOON WATERFALL HIKE

1) Saturday, Oct. 6th Afternoon

2) Saturday, Dec. 7th Afternoon

Come join us on an excursion to see some of the many spectacular waterfalls that tumble down into the breathtaking Columbia River Gorge. These trips focus on scenery, and are perfect for beginners!

Sign up begins: 1) Friday, Sep. 13

2) Friday, Nov. 1st Fee: \$25/\$12



BASKET WEAVING WITH IVY

Saturday, Nov. 2, 1-3pm

Learn how to make baskets out of English ivy, one of the most invasive plant species in Oregon. We'll meet at the Sequoia warehouse building, and craft outdoors, weather permitting. Sign up begins: Friday, Oct. 18th
Fee: \$5/\$2

MULTNOMAH FALLS AFTERNOON HIKE

Sunday, Nov. 24

Come join us on a mellow afternoon excursion to see the famous Multnomah Falls, which tumbles down into the breathtaking Columbia River Gorge. This trip focuses on scenery, and is perfect for beginners! We will leave right after brunch and be back before dinner.

Sign up begins: Friday, Nov.1st Fee:\$25/\$12

OUTDOOR PURSUITS LLC STAND-UP

PADDLEBOARD

Sunday afternoon, Sep. 29th

If you are a member of the Outdoor Pursuits LLC, join your community for an afternoon of Stand-Up Paddleboarding (SUPing) at a nearby lake!

Sign up begins: Friday, Aug. 30th
Fee: \$10

BEACHES AND BLUFFS WEEKEND GETAWAY

Saturday, Nov. 2nd - Sunday, Nov. 3rd

Join a relaxing one-night yurt get-away to Cape Lookout on the Oregon Coast! We'll visit the sandy beach right out our front door, and go for a walk along a rock bluff that juts out into the Ocean, offering spectacular views no matter the weather.

Sign up begins: Friday, Sep. 27th

Fee: \$85/\$43

MUSHROOM FORAGING DAY TRIP

1) Saturday, Oct 26th

2) Saturday, Nov. 2nd

Join us as we head to coastal forests where we'll search for all sorts of fascinating fungi, and return to campus in time for dinner. Conditions permitting, these clinics culminate in a mushroom feast!

Sign up begins: 1) Friday, Sep. 20th

2) Friday, Sep. 27th Fee: \$45/\$23

MUSHROOM CLINIC WEEKEND

Friday eve, Nov. 8th - Sunday, Nov. 10th

On this weekend- long clinic you'll stay in cozy yurts at the Oregon Coast, and conditions permitting, enjoy a mushroom feast for dinner! Sign up begins: Friday, Oct. 4th
Fee: \$110/\$55

ADVENTURE OUTINGS

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.

DESCHUTES RAFTING

1) Friday, Sep. 6th - Saturday Sep. 7th

2) Friday, Sep. 27th - Saturday

Sep.28th

Central Oregon's Deschutes River features seven major whitewater rapids (rated Class 3+) in ten miles, making this one of the premier rafting rivers in the state! Each raft will have a river guide steering the boat, and you'll get to help paddle through the exciting rapids and calm stretches of water between them.

Sign up begins: 1) Friday, Aug. 30th

2) Friday, Sep. 6th

Fee: \$95/\$47

SURF THE OREGON COAST

Saturday, Sep. 14th

Ever wanted to learn how to surf? Join us as we head to the Oregon Coast to play in the waves and enjoy the sandy beaches. Fees include transportation, meals (for those with a meal plan), gear rental and a hands-on professional lesson!

Sign up begins: Friday, Aug. 30th

Fee: \$125/\$62

BACKPACK OREGON DUNES

Friday eve, Sep. 20th- Sunday Sep

22nd

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.

Sign up begins: Friday, Aug. 30th

Fee: \$85/\$42



BACKPACK MT. ST. HELENS

Friday eve, Sep. 13th - Sunday, Sep.

15th

Explore the trails of the Northwest's most active volcano! Each day we'll hike through islands of old growth forests and sleep in tents at night.

Sign up begins: Friday, Aug.30th

Fee: \$85/\$42



SMITH ROCK CLIMBING

Friday eve, Sep. 27th - Sunday, Sep.

29th

Start scaling some of Oregon's best climbing rocks by joining us on the beautiful cliffs of Smith Rock, one of the most well-known sport climbing areas in the country. This trip will be contracted with a professional climbing guide company, which provides the appropriate gear and instruction for a full day of climbing.

Sign up begins: Friday, Sep. 6th

Fee: \$175/\$87

KAYAK DAY TRIP

1) Saturday, Oct. 19th

2) Sunday, Oct. 27th

Join us for a paddling excursion on one of Oregon's gorgeous waterways. We'll teach you the basics of kayaking if you haven't done it before, and spend the day exploring the calm waters at a lake, river, or bay. You'll get to see beautiful scenery such as lush forests, waterfalls, eagles, great-blue herons, and maybe even an otter!

Sign up begins: 1 & 2) Friday, Sep. 20th

Fee: \$55/\$27

Art Credit: Katie Clevenger BA'22

ADVENTURE OUTINGS

LEADER TRAINING & WILDERNESS MEDICINE

LEWIS & CLARK COLLEGE OUTDOORS 2024 FALL TRIPS

MT. ST. HELENS DAY HIKE

Saturday Oct. 19th
Come hike along a forested ridge on the slopes of this iconic volcano, known to indigenous people as Lawetlat'la. We'll be in the historic blast zone and see trees killed by superheated gas released during the mountain's 1980 eruption. This is a more strenuous hike, gaining 1200 ft. in 4 miles.



Sign up begins: Friday, Sep. 20th
Fee: \$45/\$22

OREGON COAST DAY HIKE

Saturday, Nov. 9th
We'll visit one of the Northwest's many coastal trails, and you'll get to see some of the most productive temperate rain forest on earth, and the majesty of the Pacific Ocean. Keep an eye out for newts, sea lions, cormorants (a dinosaur-like bird), and sometimes even migrating whales!

Sign up begins: Friday, Oct. 18th.
Fee: \$45/\$22

CLIMBING SHUTTLE

Mondays, Sep. 9 - Dec. 2
Join us from 7:00 - 9:00pm for this FREE shuttle to the Circuit Bouldering Gym. The Climbing Club (climbing@lclark.edu) offers student discounts on monthly gym passes. Sign up each week on the sign-up sheet outside Fowler 239.

FALL BREAK

Fall break is the perfect time to join in on a longer trip and receive an activity credit for graduation! You can get credit in PE/A 101 "Outdoor Adventures" for participation during Fall Break trips if you 1) register for the PEA101-12 class "Outdoor Adventures" in WebAdvisor, AND 2) Pay a trip deposit before the end of the registrar's add/drop period. Those attending Fall Break trips for credit can sign up for the trip of their choice with College Outdoors beginning Sep. 1st. For registration permission in PEA101-12, email kori@lclark.edu.



BACKPACK MT. HOOD (Adventurous)

Thursday Oct. 10th - Saturday, Oct. 12th
Explore the "rain shadow" of the Cascade mountains, on the eastern side of Mt Hood, hiking through the Badger Creek Wilderness and exploring forests and rivers with spectacular views.

Sign up begins: Friday, Sep. 13th
Fee: \$165/\$82

HIKE CENTRAL OREGON & CRATER LAKE (Mellow/Adventurous)

Thursday eve, Oct. 9th - Sunday, Oct. 13th
We'll stay in comfortable "deluxe" cabins at LaPine State Park near Bend, Oregon, and spend the days enjoying some great hikes. Weather permitting, we plan to visit the stunning Crater Lake National Park for a day.

Sign up begins: Friday, Sep. 13th
Fee: \$345/\$172

TRIP LEADERSHIP

Getting involved with leadership at College Outdoors is a great way to improve your leadership, learn new outdoor skills, and take part in a fun and welcoming community. No previous outdoor experience is necessary! The best way to start gaining the skills to become a leader is to go on a few trips, and apply online to be a Student Coordinator.

OPEN HOUSE

Join College Outdoors at the Sequoia Warehouse for FREE Wednesday evening workshops at 6:00pm. Everyone is welcome, no experience necessary! Join our mailing list to be notified of when free online sign up begins!

- 1) **Wed, Sep. 11:** College Outdoors Kickoff Party!
- 2) **Wed, Sep. 18:** Env. Ed & Ethnobotany
- 3) **Wed, Sep. 25:** Backcountry Stoves
- 4) **Wed, Oct. 2:** CO Leader Trail Info
- 5) **Wed, Oct. 16:** Knots to Know
- 6) **Wed, Oct. 23:** CO Social
- 7) **Wed, Oct. 30:** Interpersonal Leadership Skills
- 8) **Wed, Nov 6:** Cook Partner Cookoff
- 9) **Wed, Nov 13:** Interpersonal Leadership Skills
- 10) **Wed, Nov. 20:** Outdoor Summer Jobs
- 11) **Wed, Dec. 4th:** Shelters

TRAINING HULLABALOO

Saturday, Oct. 5th
Are you a Student Coordinator (SC) or Assistant Leaders (AL) looking for more experience? This event will be fun, educational, and community building! We'll spend the morning at the Sequoia warehouse learning the ropes and developing skills, then head out to the Columbia River Gorge to apply our skills on a hike!
Sign up begins: Friday, Sep. 6th
Fee: \$15/\$7

KAYAK SKILLS TRAINING TRIP

Friday, Nov. 1st - Sunday, Nov. 3rd
This trip is for students who want to learn the skills needed to lead kayak trips for College Outdoors. You'll learn various strokes and maneuvers, rescues, instructional techniques, and build your skillset as a paddler and a leader.
Sign up begins: Friday, Sep. 20th
Fee: \$60/\$30

WILDERNESS FIRST RESPONDER CERTIFICATION COURSE (Hybrid)

Monday, Jan. 13 - Friday, Jan. 17, plus online pre-work
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. This is a hybrid course The class will meet 8 to 12 hours per day over the scheduled days. Passing the course will result in a Wilderness First Responder certification from NOLS Wilderness Medicine. Housing is available for \$25/night on campus. Stop by the trip sign-up desk for more information! Sign up begins: Friday, Aug. 26th Fee: \$695 for LC students

WFR RECERTIFICATION

Saturday Nov. 23rd - Sunday Nov. 24th
Do you have a current WFR certification that needs to be renewed? This hybrid online and in person course is for you! Stop by the office for more information.
Sign up begins: Friday, Sep. 6th Fee: \$295



OUTDOORS@LCLARK.EDU
503-768-7116
GO.LCLARK.EDU/OUTDOORS



Website



Student Leadership



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