

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! 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. We provide a packing list so you know what you need.

How To Sign Up

Registration is in person first-paid, first-served in Fowler 239. Most trips have a Pre-Trip Meeting (PTM) the Tuesday prior to the trip, where 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 in the Fall, training trips, Wilderness First Responder (WFR) medical training, and PE/A 142: Wilderness Leadership in the spring term.

CLIMBING

Mondays and Thursdays, 7-9 pm

Ride our FREE shuttle to the Circuit Bouldering Gym! Does not include gym entry or rentals. Signing up on the sheet outside Fowler 239 reserves your spot, or you can show up at 6:45 pm the day the shuttle leaves and see if there is space! Meets at Pio bus stop near Fowler.

Sign up begins: One week in advance of shuttle date

Fee: FREE

FIELD TRIP TO PSU FOR TOP ROPE

Saturday March 8, 11:30 am - 4:30 pm

Get belay certified to top rope at the Portland State University climbing gym! We'll take a short shuttle to downtown Portland and have several hours to play on tall climbing walls! All abilities and experience levels welcome. Trip fee includes gym entry and rentals.

Sign up Begins: 2/14/25

Fee: \$15/\$7*

BACKPACKING

BACKPACK OREGON DUNES

Friday, March 7 - Sunday, March 9

The Oregon Dunes are a spectacular and unique location perfect for spring backpacking. We'll stay in a yurt on Friday night, then set out for a one-night rigorous adventure through the sand dunes.

Sign up begins: 2/7/25

Fee: \$95/\$47*

BACKPACK EASTERN COLUMBIA

GORGE

Friday, April 25 - Saturday, April 26

Escape spring rains and come explore the Gorge with spectacular views of Mt. Hood, hillsides of wildflowers, and a secluded campsite. Participants will need to be out of class on Friday by 3pm, and you will return Saturday evening.

Sign up begins: 4/4/25

Fee: \$75/\$37*

*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.

ADVENTURE OUTINGS

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.

MT. HOOD SNOWSHOE

1) Saturday, Feb 1: Sign up begins: 12/6/24

2) Saturday Feb 8: Sign up begins: 12/6/24

3) Sunday, Feb 16: Sign up begins: 1/24/25

4) Saturday, Feb 22: Sign up begins: 1/31/25

Snowshoe on the snow covered trails around Oregon's tallest volcano! We'll snowshoe through snow-capped trees to get a magnificent view of the mountain. No experience required!

Fee: \$45/\$22*

CROSS-COUNTRY SKI CLINICS

1) Sunday, Feb 2: Sign up begins: 12/6/24

2) Saturday, Feb 8: Sign up begins: 12/6/24

3) Saturday, Feb 15: Sign up begins: 1/24/25

4) Saturday, Feb 23: Sign up begins: 1/31/25

5) Sunday, March 9: Sign up begins: 2/24/25

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. We'll explore groomed ski trails. Experienced XC skiers welcome!

Sign up begins: 12/6/24

Fee: \$45/\$22*

SNOW SHELTER & IGLOO CAMPING

Saturday, March 1 - Sunday, March 2

Learn the skills of winter camping, using gear sleds, snow shovels, and snow saws, and stay overnight in snow shelters you build!

Sign up begins: 1/31/25

Fee: \$85/\$42*

OREGON COAST HIKE

Sunday, March 9

On the Central Oregon Coast lies an area of huge Sitka trees, ferns, cliffs down to the ocean, cascading streams, and waterfalls. The seven-mile round trip hike traverses some of the most productive rainforest on Earth, showcasing Oregon's natural treasures.

Sign up begins: 2/14/25

Fee: \$45/\$22*



KAYAK DAY TRIP

1) Saturday, April 19: Sign up begins 3/14/25

2) Saturday, April 26: Sign up begins 4/4/25

Winding waterways take kayakers through wetland floodplain forests and marshlands. 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!

Fee: \$45/\$22*



SKATE SKI CLINIC

Saturday, March 1

Skate skiing is an exciting, fast-moving sport. It's like ice-skating, but on snow. We'll start with a skate ski lesson, then explore the groomed trails of Teacup Nordic. Experienced skate skiers also welcome!

Sign up begins: 2/7/25

Fee: \$45/\$22*

BASIC MOUNTAINEERING SKILLS

Saturday, March 8

Want to learn how to travel on steep, snow-covered terrain, as building blocks for mountaineering? This training will cover techniques for walking in snow, using crampons in icy conditions, and how to self arrest using an ice axe.

Sign up begins: 1/31/25

Fee: \$45/\$22*

WHITewater RAFTING

1) Friday, April 11 - Saturday, April 12

2) Friday, April 18 - Saturday, April 19

Central Oregon's Deschutes River features seven major rapids in 12 miles, making this one of the premier rafting rivers in the state. We will tent camp in a desert campground. Basic swimming experience and comfort in moving water required.

Sign up begins: 3/14/25

Fee: \$95/\$47*

MELLOW OUTINGS

These outings are designed for anyone and everyone who wants to enjoy nature in a mellow way, without the physical demands of a full-blown adventure.

EDIBLE PLANTS, ETHNOBOTANY, AND WILDFLOWERS

1) Sunday, April 6: Sign up begins 3/14/25

2) Saturday, April 12: Sign up begins 3/14/25

3) Saturday, April 26: Sign up begins 4/4/25

Spring on the sunny, dry side of the Columbia Gorge is amazing. Learn to identify, as well as taste, some of the edible plants and wildflowers of the eastern part of the Columbia Gorge.

Fee: \$35/\$17*

HIGH DESERT HIKE

Saturday, March 1

Come explore the dry side of the Columbia River Gorge. This dramatic landscape, sculpted by the largest floods in Earth's geologic history, has spectacular hiking trails, a lot less rain, and more sun!

Sign up begins: 2/7/25

Fee: \$35/\$17*

TIDEPOOLING AT HAYSTACK ROCK

Saturday, April 19

This iconic feature on the Oregon Coast is host to innumerable tidepool creatures and excellent birdwatching, right from the beach!

Sign up begins: 3/14/25

Fee: \$45/\$22



FOREST BATHING & MINDFULNESS

Saturday, May 3

Explore this Japanese art of forest bathing, and decompress while centering yourself during this guided nature meditation. This is a welcoming space, and great for those new to meditation or outdoor recreation!

Sign up begins: 4/11/25

Fee: \$15/\$7*

WHALE WATCHING AND COAST HIKE

Saturday, April 12

About 20,000 grey whales migrate past Oregon each year. We'll hike to a bluff over the ocean, where we will see spectacular views of the crashing ocean and waves, and hopefully catch a glimpse of the migrating whales!

Sign up begins: 3/14/25

Fee: \$45/\$22*

STAND UP PADDLEBOARD

1) Sunday, April 20: Sign up begins: 4/4/25

2) Friday, May 2: Sign up begins 4/11/25

Join us for a fun afternoon on the water, and learn to Stand-Up Paddleboard (SUP) on a calm lake!

Fee: \$35/\$17*

YURT TRIPS

Yurts are canvas-sided round structures that are an excellent way to stay warm and dry during winter and spring camping. They have heat, electricity, and bunkbeds, and the campgrounds have showers and flush toilets.

BEACHES & BLUFFS

Friday eve, Feb 7 - Saturday, Feb 8

Join a relaxing one-night get-away to Cape Lookout on the Oregon Coast! We'll visit the sandy beach right out our front door, and walk along rock bluffs that jut out into the Ocean.

Sign up begins: 12/6/24

Fee: \$85/\$42*

COASTAL DUNES

Friday eve, Feb 28 - Sunday March 2

On this trip we'll head to Honeyman State Park on the Central Oregon Coast, adjacent to the Oregon dunes, the largest coastal sand dunes in the world! We'll hike through transition forests, sand dunes, and end up on ocean shores.

Sign up begins: 1/31/25

Fee: \$110/\$55*

COASTAL TRAILS & ANCIENT

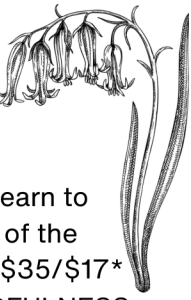
FORESTS

Friday eve, Feb 14 - Sunday Feb 16

Be our valentine? On this trip you'll visit dreamy lighthouses, ancient forests, coastal beaches, and spectacular overlooks.

Sign up begins: 12/6/24

Fee: \$95/\$47*



SPRING BREAK

You can get one activity credit in PE/A 101: Outdoor Adventures for participation on a spring break trip as long you register through WebAdvisor. Email kori@lclark.edu for permissions.

REDWOODS NATIONAL PARK FORESTS & TIDEPOOLS

Saturday, March 22 - Saturday, March 29

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, and explore tidepools teeming with life. We'll stay in rustic cabins, and work together to cook our meals in an indoor group kitchen. The facility is off-the grid, with limited running water and lights, but no showers or outlet power. 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

Sign up begins: 1/31/25 **Fee:** \$595/\$297*

CENTRAL OREGON & CRATER LAKE WINTER ADVENTURE

Sunday, March 23 - Thursday, March 27

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, building snow sculptures, learning to cross-country ski, visiting Crater Lake National Park, and hiking at iconic Smith Rock. We'll stay in cozy deluxe cabins, with heat, power, showers, and bunk beds, and work together to cook meals.

Sign up begins: 1/31/25 **Fee:** \$485/\$243*

COASTAL RETREAT

Monday, March 24 - Friday, March 28

Visit some of the tallest coastal dunes in the world, explore tidepools, and recharge on this relaxing spring break trip! We'll hike along the ocean beaches and surrounding trails to find huge Sitka spruce trees, ferns, cascading streams, and waterfalls, and we'll visit the famous Oregon Coast Aquarium. We'll stay in rustic yurts at South Beach State Park, with bunkbeds, power, and heat. Gendered bathrooms and showers are shared with other park visitors.

Sign up begins: 1/31/25 **Fee:** \$415/\$207*

WILDERNESS FIRST RESPONDER (WFR) CERTIFICATION

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. Passing the course will result in a Wilderness First Responder certification from NOLS Wilderness Medicine. Housing is available for \$25/night on campus for those with a spring housing contract, you are responsible for your own arrangements.

Monday, Jan. 13 - Friday, Jan. 17, plus 30hrs online pre-work

Monday, May 12 - Wednesday, May 21, all in-person

Fee: \$695 for LC students

WFR RECERTIFICATION

Friday May 23 - Saturday May 24, plus online pre-work

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.

Fee: \$325 for LC students



FEBRUARY

MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT Feb 1	SUN 2
● 7pm Climbing Shut			● 7pm Climbing Shut		Snowshoe 1a, 1b	XC Ski Clinic 1
3	4	5	6	7	8	9
● 7pm Climbing Shut			● 7pm Climbing Shut	Beaches & Bluffs (Cape Lookout)	XC Ski Clinic 2	Snowshoe 2
10	11	12	13	14	15	16
● 7pm Climbing Shut			● 7pm Climbing Shut	Coastal Trails & Ancient Forests Yurt Trip	XC Ski Clinic 3	Snowshoe 3
17	18	19	20	21	22	23
● 7pm Climbing Shut			● 7pm Climbing Shut		Snowshoe 4	Avalanche Safety Tr XC Ski Clinic 4
24	25	26	27	28	Mar 1	2
● 7pm Climbing Shut			● 7pm Climbing Shut	Coastal Dunes Yurt Trip		

MARCH

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8	SUN 9
● 7pm Climbing Shut			● 7pm Climbing Shut	Backpack the Dunes		
10	11	12	13	14	15	16
● 7pm Climbing Shut			● 7pm Climbing Shut		Basic Mountaineerin Field Trip to PSU Clin	Oregon Coast Hike XC Ski Clinic 5
17	18	19	20	21	22	23
● 7pm Climbing Shut			● 7pm Climbing Shut		Spring Break: Redwoods and Tidepools	Spring Break: Centra
24	25	26	27	28	29	30
Spring Break: Redwoods and Tidepools						
Spring Break: Central Oregon & Crater Lake Winter Adventure						
Spring Break: Coastal Retreat						

APRIL

MON 31	TUE Apr 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
● 7pm Climbing Shut			● 7pm Climbing Shut			Edible Plants, Ethnol
7	8	9	10	11	12	13
● 7pm Climbing Shut			● 7pm Climbing Shut	Whitewater Rafting 1	Edible Plants, Ethnol Whale Watching & C	
14	15	16	17	18	19	20
● 7pm Climbing Shut			● 7pm Climbing Shut	Whitewater Rafting 2	Kayak 1 Tidepooling at Hays	Stand-Up Paddleboa
21	22	23	24	25	26	27
● 7pm Climbing Shut			● 7pm Climbing Shut	Backpack Eastern Columbia Gorge	Edible Plants, Ethnol Kayak 2	
28	29	30	May 1	2	3	4
● 7pm Climbing Shut				Stand-Up Paddleboa	Nature Mindfulness	



LEWIS & CLARK

COLLEGE OUTDOORS 2025 SPRING TRIPS



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Website



Student Leadership



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