

2019
Mt Hood
Oregon

Big Adventure Trips

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La Plata Overview

We'll start this trip on Wed. August 8, 2019 and end on Monday August 16, 2019. For 10 days you'll be surrounded by towering old-growth forests, waterfalls, and mighty rivers. Not only will we backpack the famous Timberline Trail for nearly 40 miles, circumnavigating Mt. Hood, we'll also experience some of the most beautiful scenery in the country or the world. After we pack out, feeling accomplished, we'll explore the Columbia River Gorge; valleys dotted with family farms; wineries and orchards with lavender and wildflowers. Together, we will enjoy scrumptious local food and wine. Our journey together will continue to the Pacific Ocean, and our trip will end with beachcombing, whale watching, stargazing and cliff views. But of course on our last night together we will enjoy a bit of nightlife and frivolity in the amazing city of Portland. This trip will not disappoint.

Tentative Itinerary

Day One:

Thursday August 8

BAT will pick you up from the Portland International Airport in the morning and take you to the renowned and historic Timberline Lodge. The lodge is a Works Progress Administration (WPA) structure built of stone and local wood between 1936 and 1938 and just happens to be the same hotel in the thriller film *The Shining*.

****WPA was the largest and most ambitious government initiated economic program in American history, employing millions of people to carry out public works projects, including the construction of public buildings and roads. The WPA provided jobs and income to the unemployed during the Great Depression in the United States. So if you're a republican and believe in small government, maybe you shouldn't stay here with us.... Just kidding.*

Day Two:

Friday August 9

All meals will be at the lodge on this day (participant's responsibility). We will explore the area (including the pool) and do a short hike to acclimate you. We'll stay over at Timberline Lodge.

Day Three:

Saturday August 10

Breakfast will be at the lodge (participants responsibility). Lunch will be on the trail (participants responsibility) and dinner will be at camp (participant's responsibility). We will hike a 3/4 day (approx. 6 miles) and tent on the trail under a starlit sky.

Day Four:

Sunday August 11

Breakfast, lunch and dinner will be on the trail (participant's responsibility). On this day we will hike a full day (approx. 10 miles) and camp on the trail. BIG DAY!

Day Five:

Monday August 12

Breakfast, lunch and dinner will be on the trail (participant's responsibility). On this day we will hike a full day (approx. 10 miles) and camp on the trail. ANOTHER BIG DAY!

Day Six:***Tuesday August 13***

Breakfast, lunch and dinner will be on the trail (participant's responsibility). Hike (approx. 8 miles). SHORTER DAY BUT STILL A BIG DAY.

Day Seven:***Wednesday August 14***

½ day hike (approx. 4 miles)

Breakfast and lunch on the trail (participant's responsibility). We'll come off the trail in the late afternoon. We'll get a beer and celebrate in the lodge. We'll pack up the truck, tour the Hood River area and eat a late lunch at The Gorge White House. We will drive to Cape Lookout and set up camp before dusk. We'll leave our camp in the evening just before dusk, check out Cape Kiwanda and enjoy a late dinner at the Pelican Brewery.

Day Eight:***Thursday August 15***

Breakfast will be at camp. For those interested we will hike a bit and possibly embark on a whale watching expedition. At the end of the day we'll enjoy a fresh ocean catch dinner at the campsite (BAT's responsibility) but all will be involved in the cooking!

Day Nine:***Friday August 16***

Breakfast will be on the road. We'll make a stop at the Tillamook cheese factory and then drive to Portland. We'll check into our hotel. We'll tour the city a bit and enjoy dinner and nightlife together. Drinks and dinner will be at participant's expense.

Day Ten:***Saturday August 17***

Breakfast will be at the hotel. Lunch is on you. Dinner is a special surprise (BAT's responsibility).

Day Eleven:***Sunday August 18***

Drive to the airport and say goodbye :(

Cost

The cost of this trip is \$950.00, which includes all lodging, ground transportation, two meals and BAT assistance. ***Meals while backpacking and at most restaurants are participants' responsibilities.***

Transportation

Flights are participants' responsibility and estimated to cost \$350-\$500. Flights should be purchased by May. Please send flight numbers and times to BAT ASAP.

All ground transportation is covered in BAT Trip fee.

Accommodations

August 8 - 9 Timberline Lodge

August 10 - 13 Camping on Timberline Trail

August 14 - 15 Camping at Cape Lookout State Park

August 16- 18 Portland Hotel

Health and Medical Form

You must fill out a Health and Medical Form, please click the link below:

<http://goo.gl/forms/DzpvAfRWyn>

Waiver

You must fill out an Acknowledgement of Risks, Assumption of Risks and Release and Indemnity Form, please click the link below:

<http://goo.gl/forms/ICKKxPrG6i>

Clothing and Equipment Checklist

(RECREATION segments of Trip ONLY)

Below is a list of items required to stay safe and warm.

You must pack synthetic or wool clothing for hiking. NO cotton. We should have plenty of opportunities to wash out synthetic tops on the trail (we will be fording lots of rivers!!!) and at the ocean. Laundry facilities may be available but please plan on not having access to a washing machine.

TOP

- 2 sport bras or tank tops
- 4 short sleeve or sport shirts (no cotton)
- 1 polypropylene/synthetic or wool long sleeve -underwear shirts (no cotton)
- 1 synthetic fleece jacket or wool sweater (no cotton)
- 1 WATERPROOF and breathable rain jacket
- 1 fleece vest (optional)

BOTTOM

- 10 underwear
- 1 pair polypropylene/synthetic long underwear or synthetic bottom (no cotton)
- 1 pair WATERPROOF rain pants
- 1 pair fleece pant or synthetic pants
- 2 pairs of river shorts
- 2 pairs of cotton shorts

FEET

- 1 pair hiking boots (waterproof and broken in)
- 1 pair river sandals
- 6 pairs warm wool or synthetic socks

HEAD AND HANDS

- 1 warm hat, covers the ears
- 1 hat with a rim

EQUIPMENT

- 1 (30-50) Liter backpack (large enough to carry warm clothes for 2 days, food, water bottles and other accessories)
- 2 one-quart (32 oz.) plastic or stainless steel water bottles (*please do not bring bottles with straws attached-they leak!*)
- 1 sleeping bag (15°)

1 sleeping bed-roll or ThermoRest (water resistant preferred)

1 sleeping bag compression sack

Wood stick matches (in Ziplock or waterproof container)

Lots of light-weight snacks: trail mix, smoked cheese, oysters, sausage, crackers, Gatorade gels, energy drink mix and energy bars

1 quick dry towel

Toiletries kit (toothbrush, toothpaste, comb, soap, shampoo, etc.)

Headlamp

Small flashlight

Extra batteries

Mosquito repellent

Trowel (potty digging)

2-3 Zip lock bags

2 garbage bags

Hand sanitizer

Baby wipes

Tissues

Sunscreen (SPF 30 or higher)

Lip balm (SPF 30 or higher)

Sunglasses

Optional

Handkerchief or bandana

Gaiters (nylon boot-top coverings)

Camera

Binoculars

Book to read

Playing cards

Small lightweight games

Tent security system... anyone invent it yet???