



# NW Discoveries 2012 April to Oct. Activity Schedule



[www.nwdiscoveries.com](http://www.nwdiscoveries.com)

*For All Ages (11+), Beginners to Experienced*

(503) 524-9192

## CUSTOM GROUPS (Businesses, Conventions, Social, Youth)

Group adventures for team building, incentive programs, or just a good way for people to have an enjoyable time together. Canoes and Touring kayaks are available for paddle trips. Boats are easy for first timers and beginners. A quick lesson can be included to ensure everyone is comfortable in the boats. Double kayaks & canoe bimarans are available for those participants that do not want to paddle.. Cost per group (min. of 10 to max. 24) get 10% discount off of regular price. Contact NW Discoveries at 503-524-9192 or [Ken@nwdiscoveries.com](mailto:Ken@nwdiscoveries.com)

## ROAD SCHOLAR PROGRAMS (Contact Road Scholar at 1-877-426-8056; www.Road Scholar.org to register)

Road Scholar Programs (for 21 year olds and older), great outings for you and friends visiting from out of town: NW Discoveries has been contracted by Road Scholar to coordinate several active (hiking, biking) programs. Road Scholar is a non-profit organization committed to being the prominent provider of high quality, affordable, educational, opportunities for older adults.

Programs are Sunday through Friday/Saturday; hikes range 4-8 miles with rests, bikes 10-25 miles with rests:



Apr. 29-May 4, '12  
 May 13-19, '12  
 Jun. 3-9, '12  
 Jun. 24-30 '12  
 Jul. 15-21 & Jul.29 -Aug. 4, '12  
 Sep. 9-14, '12  
 Sept. 16-22, '12  
 Sep 23-29, '12  
 Sep. 30- Oct. 5, '12  
 Oct. 7-13, '12

N. OR Coast hiking #2165  
 Photo Portland, Mt Hood, Gorge # 15918  
 Columbia R. Gorge hiking #14936  
 Mt. Hood, Flowers hiking #4895  
 Mt. Rainier hiking #9688  
 Mt. Hood hiking #4895  
 Photo Portland, Mt Hood, Gorge # 15918  
 Columbia R. Gorge hiking #14936  
 N. OR Coast hiking #2165  
 Biking Portland, Columbia Gorge # 13290

## MT. ST. HELENS RIM HIKE—Intermediate (dependent on whether rim hike is open due to volcanic activity)

Hike to the rim of Mt. St. Helens for outstanding views of the surrounding Cascades and peer into the crater, several thousand feet directly beneath you. This hike is a once in a lifetime experience and provides you pride in your accomplishment as well as a lifetime memory. Participants need to be in good physical hiking condition for this 9.4 mile roundtrip hike with 4,500 feet elevation gain/loss. Van transportation, user permit, and guide is included in price.

Upon registration you will receive additional information and an equipment list. No refunds unless replacement found.

<u>Date</u>	<u>Type of Activity</u>	<u>Trip Location</u>	<u>Start</u>	<u>End</u>	<u>Cost</u>	<u>Notes*</u>
Mon. July 23, 2012	Mt. St. Helens rim hike	Mt. St. Helens	4:30 AM	8:00 PM	\$128	T4=w/transit
Mon. July 23, 2012	Mt. St. Helens rim hike	Mt. St. Helens	5:00 AM	7:30 PM	\$128	T5=w/transit
Mon. July 23, 2012	Mt. St. Helens rim hike	Mt. St. Helens	6:00 AM	6:30 PM	\$128	T1=Lone Fir

\*Note abbreviations: T(#) = Transport included where (#) is a pickup location number on the meet location page.

## PADDLING ACTIVITY DESCRIPTIONS

**Paddle Lesson:** The first portion will be on dry land as we discuss the equipment, safety, where to paddle, basic strokes, proper entrance and exit from boat. Then we launch the boats and review the strokes that we taught on dry land. Finally we do a short tour to enjoy our newly learned skills.

**Short and Long tours:** Short tours are 3-4 hours duration, long tours are greater than 4 hours as on schedule. Both include a 15 minute lesson of basic skills for first timers, so all can enjoy the tour.

**Full Moon (FM) with touring kayaks:** Watch the full moon rise over the water to light our evening paddle. Listen for Beavers.

**Moving water in touring kayaks:** Let the current propel you down as the gentle rapids provide the thrill. We will introduce you to moving water techniques of eddy turns and ferries. Should have prior experience in kayaks.

**Rescue classes in touring kayaks:** Experience capsizing the boats and learn how to get back in. Practice using a throw rope and hand-pump, learn how to brace your boat, and other safety maneuvers.

## CANOEING

Paddle a two person canoe that is stable and easy for beginners to learn to control. Canoes allow people freedom to move and adjust their position between kneeling and sitting on the seats.

<u>Date</u>	<u>Type of Activity</u>	<u>Trip Location</u>	<u>Start</u>	<u>End</u>	<u>Cost</u>	<u>Notes</u>
Sat, May 20, 2012	Canoe long tour	Tualatin R.	8:30 AM	12:30 PM	\$59	
Sat, May 20, 2012	Canoe beg. lesson	Tualatin R.	5:00 PM	7:30 PM	\$45	
Sat, June 2, 2012	Canoe short tour	Smith & Bybee	8:30 AM	11:30 AM	Register	w/ Metro(M)
Sat, June 2, 2012	Canoe bimiran-families	Smith & Bybee	12:45 PM	3:15 PM	Register	w/ Metro(M)
Sat, June 2, 2012	Canoe beg. lesson	Willamette Park, Portland	5:30 PM	8:00 PM	\$45	
Sun. June 10, 2012	Canoe long tour	Gilbert R. b. ramp, Sauvie	8:30 AM	2:30 PM	\$59	Meet at bridge
Sun, July 22, 2012	Canoe long tour	Wil: San Salv.-New.	8:30 AM	1:00 PM	\$59	Rogers Ldg
Sun, July 22, 2012	Canoe beg. lesson	Tualatin R.	4:00 PM	6:30 PM	\$45	

(M) Register with Metro at 503-797-1850 option 4

**TOURING KAYAKING:** These kayaks (ranging from 9 to 14 feet ) are very stable with large cockpits. These kayaks are an easy and fun way to explore our local waterways.

<u>Date</u>	<u>Type of Activity</u>	<u>Trip Location</u>	<u>Start</u>	<u>End</u>	<u>Cost</u>	<u>Notes/Meet*</u>
Sat., May 5, 2012	T. kayak short tour	Smith & Bybee	8:30 AM	11:30 AM	register	w/ Metro (M)
Sat., May 5, 2012	T. kayak short tour	Willamette Park, Portland	2:00 PM	5:00 PM	\$45	
Sat., May 5, 2012	T. kayak beg. lesson	Willamette Park, Portland	5:30 PM	8:30 PM	\$45	
Sun., May 20, 2012	T. kayak long tour	Tualatin River, OR	8:30 AM	12:30 PM	\$59	
Sun., May 20, 2012	T. kayak beg. lesson	Tualatin River, OR	1:30 PM	4:30 PM	\$45	
Sat, Jun 2, 2012	T. kayak short tour	Smith & Bybee	8:30 AM	11:30 AM	register	w/ Metro (M)
Sat., Jun 2, 2012	T. kayak beg. lesson	Willamette Park, Portland	5:00 PM	8:00 PM	\$45	
Sun., June 10, 2012	T. kayak long tour	Gilbert R. b. ramp, Sauvie	8:30 AM	2:30 PM	\$59	
Sun., June 10, 2012	T. kayak beg. lesson	Tualatin River, OR	4:00 PM	7:00 PM	\$45	
Sun, June 17, 2012	T. kayak long tour w/trans.	Nehalem Bay	8:15 AM	6:00 PM	\$85	T2=w/transitSuns
Sun, June 17, 2012	T.kayak long tour No trans	Nehalem Bay	10:30 AM	3:30 PM	\$59	
Sat. June 23, 2012	T. kayak long tour w/trans.	Salmon R.-coast	8:15 AM	6:00 PM	\$85	T4=w/transit Tual
Sat. June 23, 2012	T. kayak long tour No tran	Salmon R.-coast	10:15 AM	3:30 PM	\$59	
Sun, Jul. 22, 2012	T. kayak long tour	Wil: San Salv.-New.	8:30 AM	1:00 PM	\$59	
Sun, Jul. 22, 2012	T. kayak beg. lesson	Tualatin River, OR	3:30 PM	6:30 PM	\$45	
Sat, Jul. 28, 2012	T. kayak m. water lesson	Clack: Carver-Rivers.	8:30 AM	12:00 PM	\$59	
Sat, Jul. 28, 2012	T. kayak beg. & Rescue	Clackamette Park	2:00 PM	5:30 PM	\$45	
Sat, Jul. 28, 2012	T.kayak long tour-No trans	Willamette Falls & Locks	6:15 PM	9:15 PM	\$45	
Sat. Sep. 8, 2012	T.kayak long tour w/trans.	Salmon R. - coast	8:15 AM	6:00 PM	\$85	T4=w/transit Tual
Sat. Sep. 8, 2012	T.kayak long tour No trans	Salmon R. - coast	10:15 AM	3:30 PM	\$59	
Sat., Oct. 6, 2012	T.kayak long tour No trans	Rooster Rock, Col. R.	8:30 AM	1:00 PM	\$59	
Sat., Oct. 6, 2012	T. kayak beg. lesson	Rock Is., Willamette R.	3:00 PM	6:00 PM	\$45	
Sun, Oct. 14, 2012	T.kayak long tour w/trans.	Skamokawa, Col. R.	8:15 AM	6:00 PM	\$85	T2=w/transitSuns
Sun, Oct. 14, 2012	T.kayak long tour w/trans.	Skamokawa, Col. R.	8:45 AM	5:30 PM	\$85	T5=w/transit Van
Sun, Oct. 14, 2012	T.kayak long tour No trans	Skamokawa, Col. R.	10:15 AM	3:30 PM	\$59	

\*Note abbreviations: T(#) = Transport included where (#) is a pickup location number on the meet location page.

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## USED EQUIPMENT SALE:

Contact NW Discoveries: 503-524-9192 or email Ken@nwdiscoveries.com to be put on interest list.

Recreational kayaks: Contact NW Discoveries to determine which recreational kayaks are being sold  
Perception Keowee III, 14' tandem w/ rudder, green w/ red spray skirt; \$785 NWD used price. (new in stores = ~\$875 kayak +~\$50 rudder+ ~\$75 sprayskirt); Keowee III similar to Acadia II  
[http://www.perceptionkayaks.com/product/index/products/recreational/acadia/acadia\\_II\\_14/](http://www.perceptionkayaks.com/product/index/products/recreational/acadia/acadia_II_14/)  
Dagger blackwater w/skeg 12', blue \$685 NWD used price (new in stores \$ 795)  
[http://www.dagger.com/product/index/product\\_homepage/discontinued\\_models/blackwater/black\\_water\\_12/](http://www.dagger.com/product/index/product_homepage/discontinued_models/blackwater/black_water_12/)  
Perception Carolina 14' with rudder-Yellow. Good condition, and well used for \$495 (New \$850)  
[http://www.perceptionkayaks.com/product/index/products/touring/carolina/carolina\\_14/](http://www.perceptionkayaks.com/product/index/products/touring/carolina/carolina_14/)



Life jackets: \$20 used (new~\$40) MTI paddle life jackets with zipper; \$12 sterns with straps

Paddles-Kayak: \$70 used (new~\$110) sea kayak paddles (230 cm, 240 cm)

Life jackets: Sterns with straps are \$12 & MTI with zippers are \$20.

MSR snowshoes-Denali Llama-classics 22": NWD used price is \$80

MSR snowshoe extenders: NWD used price is \$25

## CLOTHING LIST FOR PADDLE TRIPS:

*We paddle rain or shine, so come prepared to enjoy yourself*

Weather can change quickly, so bring everything on the list. Unnecessary items can be left in your vehicle.

- If cold weather (avoid cotton), wear synthetics, polypropylene, capilene, wool, etc, so you will stay warm if wet.  
Bring knit cap, knit synthetic/wool gloves, synthetic/wool socks
- For canoe trips, optional knee pads or spare towel (knee pads recommended for moving water canoe trips)
- A complete change of dry clothes, shoes to be left in vehicle
- Heavy duty garbage bag to keep your items dry
- Sweater, or heavy shirt
- Wide brimmed hat
- Sunglasses with strap
- Snack food
- Meal if trip goes over mealtime
- Wear synthetic shorts/swimsuit/pants that dry quickly
- Flashlight for evening tour/class
- Large beach towel for seat padding
- Leave all rings, jewelry, non-waterproof watches, wallet, etc. at home or have a safe place in your car
- Rain jacket and pants or poncho, wide brimmed rain hat
- Sunscreen & Lip protection
- Drinking Water (1 qt. min.)
- Strap for prescription eyeglasses
- Ziplock bag for small valuables-wallets, keys
- Shoe/sandals with heel strap that can get wet
- Paddling gloves if tender hands (bike gloves work well)
- Small hand towel for back support

**MEET LOCATION DIRECTIONS** (Also use area map; ([www.mapquest.com](http://www.mapquest.com) address). Not all meet locations have bathrooms. **R**=right, **L**=left) *If lost or late on trip date call cell phone number at **503-524-9192**.*

### Trips that include Transportation, locations:

**(T1) Lone Fir Resort, Cougar, WA** (16806 Lewis River Road; Cougar, Wa. 98616; (360) 238-5210: I-5 north, exit # 21 (Woodland). East on State Route #503 for 29 miles. On left side of Hwy before Texaco Station in town of Cougar.

**(T2) Sunset TC garage, Beav.:** (3-story garage SW Barnes Rd. & Hwy 217); Meet NW Discoveries van at garage entrance. (10470 SW Barnes Rd., Beaverton, OR 97225) From Hwy 26 west, take exit 69B (Cedar Hills/Barnes Rd). **R** from offramp, stay in left lane, **L** on SW Barnes Rd., then stay in right lane for SW Barnes Rd. -west. **L** (left lane) into "Sunset Transit Center" at traffic light. From Hwy 217, take Barnes Rd. exit. At traffic light stay straight to go onto SW Barnes Rd. west, **L** Transit Center From Hwy 26 E, take Cedar Hills Blvd. exit. **L** Cedar Hills Blvd., then right onto SW Barnes Rd. east, **R** Transit Center.

**(T4) Tualatin P-R, I-5** (exit #290 Durham, Lake Oswego). P-R corner of 72nd and L. Boones Ferry. From Portland, south on I-5, Park & Ride is just across street at end of off ramp. From the south turn **L** under I-5, then Park & Ride on left. Meet van at lowest Park and Ride parking lot near bus stop, adjacent to I-5.

**(T5) Vancouver, WA-I-5 and I-205 Park and Ride** Meet van in Park & Ride near entrance off 136<sup>th</sup>.

Drive I-5 north from Vancouver and take exit #7; Left on 134th St., Right on 10<sup>th</sup>, Right on 136<sup>th</sup>, Left into Park & Ride, which is across street from Fred Meyers store.

**MEET LOCATION DIRECTIONS** (Also use area map; ([www.mapquest.com](http://www.mapquest.com) address). Not all meet locations have bathrooms. **R**=right, **L**=left) *If lost or late on trip date call cell phone number at **503-524-9192**.*

**Clack. R. Carver-Riverside:** I-205 to Clackamas, Exit #12 (Hwy 212/224), East toward Estacada, **R** Evelyn (stoplight, ½ mile east of I-205, carwash on left), Evelyn turns left, becomes Mangan Dr., **R** Water Ave, through gate and down hill to park & boat ramp (Riverside County Park, 17298 SE Water Ave., Clackamas, OR 97015). Participants shuttled to Carver.

**Clackamette Park, OR:** Willamette/Clackamas R., Oregon City; I-205 toward Oregon City, Exit 9 (99E, Downtown Oregon City), North on McLoughlin Blvd.-99E, **L** at light to Clackamette Park (McDonalds), **R** at T then **L** into (Clackamette Park, 2089 Clackamette Dr., Oregon City, OR 97045), meet at boat ramp.

**Sauvie Island, OR:** (20 min. west of Portland) Hwy 30 west exit #3 off I-405 in Portland toward city of St. Helens, **R** Sauvie Island bridge. Meet van and kayak trailer in parking lot on Sauvie Is. side, next to bridge.

**Nehalem Bay, OR:** (minimum 2 hour drive from Portland) Hwy 26 west towards Cannon Beach, South Hwy 101, drive past Cannon Beach, Manzanita, Nehalem. **R** into gravel lot and boat ramp, just after crossing over Nehalem R. (north of Wheeler).

**Rock Is.-Willamette R.:** in old West Linn; I-205 toward City of West Linn, exit #6 (West Linn, 10th St.). If coming from Oregon City direction **L** on 10th; if coming from I-5 direction **R** on 10th. **R** at T onto Willamette Falls Drive (bus 154), **L** on 12th St continue straight down the hill on 12th into Willamette park to river, **R** at Volpp St. (at river), meet at boat trailer in dirt parking area. (Willamette Park, 1900 Volpp St., West Linn, OR 97068)

**Rooster Rock, Col. R.:** I-84 east past Troutdale, exit # 25 to Rooster Rock State Park. **L** towards boat ramp. Park in lot closest to boat ramp (not in boat trailer area). Meet group at boat ramp. OR State Park permit =\$3. (Rooster Rock SP, Corbett, OR 97019)

**Salmon River—Coast, OR:** (2 hour drive from Portland); Hwy 99 west to Hwy 18 west toward Lincoln City. Hwy 101 go north for 1 mile (away from Lincoln City). **L** on Three Rocks Rd. (after crossing Salmon River and before climbing hill). Continue for 2.2 miles, **L** into Knight Park (Lincoln County) boat ramp. Park near outhouse & meet boat trailer at boat ramp (Knight County Park, N. Three Rocks Rd., Otis, OR 97368)

**Skamokawa, L. Columbia R., WA:** From Vancouver (2 hr.) I-5 North, exit# 36 onto Hwy 432 towards Longview; through Longview, **L** on Hwy 4 thru Cathlamet to Skamokawa on west side of town just after crossing bridge, **L** into Skamokawa Vista Park, **L** toward boat ramp.

**Smith and Bybee, OR** (5300 N. Marine Drive, Portland): I-5 to north Portland; take exit # 307-Marine Drive west. Go W on N. Marine Drive 2.2 miles, Left into Smith and Bybee wetland (sign on left side). Park at Canoe launch area.

**Tualatin River, OR:** Tualatin Community Park; Exit # 289 off I-5, (Sherwood/Nyberg) west towards Sherwood. Stay on Tualatin-Sherwood Hwy ~0.6 mles; **R** on Boones Ferry Rd. (stop light & McDonalds Restaurant). Stay straight, road turns into Tualatin Rd. before crossing railroad tracks, straight into park, under railroad trestle & park. Boat trailer on other side of trestle by boat ramp.

**Willamette Park, Port.:** Hwy 43 which is Macadam south of Johns Landing to Nebraska St., turn east towards the river, enter Willamette Park, **R**, then **L** into boat ramp area. \$3 parking fee.

**Willamette Falls & Locks:** meet at Clackamette Park

**Wil. R. San Salv-New:** meet at Rodgers Landing, Newberg; Take 99W to Newberg on east side of Newberg, turn south (towards Willamette River & Hoover-Minthorn historic house) on River Street at dead-end turn **L** down hill to Rodgers Landing. Meet boat trailer near restrooms.

Guide phone 503 524-9192, call if lost/late

**April-October, 2012 Touring Kayak, Canoe,  
Hike Mt. St. Helens rim, Road Scholar**  
For All Ages (11+), Beginners & First Timers



**NW Discoveries**

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[www.nwdiscoveries.com](http://www.nwdiscoveries.com)  
Email: Ken@nwdiscoveries.com

**REGISTRATION**

Copy this page, complete it and mail/phone/fax/email to NW Discoveries (see address above). Full payment due upon registration. Registration confirmed by phone or e-mail.

Name: \_\_\_\_\_ Names of other people: \_\_\_\_\_

Phone (day): \_\_\_\_\_ Phone (eve): \_\_\_\_\_

Email: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Street, City, State: \_\_\_\_\_

Credit card ( \_\_ Visa, \_\_ MC) # \_\_\_\_\_ Exp.date: \_\_\_\_\_

*\*10% discount if you and 2+ friends register at the same time or you register for 3 trips at one time\**

Activity	Date	Time	Pickup Loc.	# People	\$\$\$

Activities are filled according to date when registration and payment are received.  
(Liability Release Form will need to be signed at meet location.)

**Cancellation and Refund Policies**

Single day trips are fully refundable if cancelled 5 days prior to trip. No refunds with less than 5 days notice prior to trip. For medical & family emergencies a 50% credit on a future NW Discoveries trip will be issued.

Full refund issued if NW Discoveries cancels the trip. Trips are not cancelled unless roads are unsafe to drive. If you think the trip might be cancelled, call 503-524-9192 after 6:30 AM on trip date & answering machine message will tell you if trip is cancelled.

NW Discoveries is an equal opportunity recreation provider operating under special use permit  
on local National Forests, USDA Forest Service