

# Friends of the Columbia Gorge Hiking Program Information & Tips

## Registration Information:

- To ensure the safety of all participants, all outings have a set max. number of participants.
- All outings require advanced registration.
- Once you register, you will receive a confirmation email with specific outing details.
- Due to the popularity of our hikes and as a courtesy to others, ***we urge you to only sign up if you are sure you will attend. Please cancel if your plans change so others can have your spot.***

## Carpooling Information:

- Carpools generally leave between 8:00 & 9:00 am from Gateway Transit Center in NE Portland.
- Suggested carpool donation is \$7-\$12 per rider.
  - o **Western Gorge** (Portland to Cascade Locks): **\$7**
  - o **Mid-Gorge** (Cascade Locks to Mosier): **\$10**
  - o **Eastern Gorge** (Mosier to Deschutes River): **\$12**
- You will receive a reminder email the week before your outing. Reply to confirm your spot and also let us know if you plan on meeting to carpool or at the trailhead.

## General Information:

- Outings are open to the public, except when noted as “members only.” It’s easy to [become a member!](#)
- **Hike distances listed are round-trip.**
- **Please note difficulty levels when choosing hikes.**
  - o **Easy:** Up to 3 miles, less than 700 ft. elevation gain
  - o **Moderate:** Up to 5 miles, less than 1,500 ft. elevation gain
  - o **Strenuous:** Up to 10 miles, up to 2,500 ft. elevation gain
  - o **Rugged:** Over 10 miles, steep trail, over 2,500 feet elevation gain
- Children are welcome with parent/guardian supervision. Please choose hikes appropriate for child’s age and ability.
- Participants are responsible for their own safety.
- Stay on the trail to minimize impact on landscape and to avoid poison oak and ticks.
- **Please do not bring pets unless designated as a dog-friendly outing.**
- Please leave alcohol and other intoxicants at home.
- Smoking is not allowed.
- Leave no trace; take only memories and photos.

## Cancellation Policy:

- Contact Outdoor Programs Coordinator Kate Lindberg: 971-634-1265 or [katel@gorgefriends.org](mailto:katel@gorgefriends.org) to cancel from an outing.
- No refunds are given for fee-based outings.
- We rarely cancel our outings due to weather. However, we would do so if the weather was threatening (ex: thunder & lightning, or snow) or if the trail is deemed unsafe due to weather conditions.

## **What to Bring:**

- **At a minimum: a daypack with lunch, snacks, water, first aid items, insect repellent, sunscreen, Tecnu (poison oak wash), and extra layers for warmth or rain.**
- Hiking poles are recommended.
- Plan ahead and be prepared: We recommend having the [REI's complete 10 Essentials](#) in your day pack:
  1. Navigation (map and compass)
  2. Sun protection (sunglasses and sunscreen)
  3. Insulation (extra clothing)
  4. Illumination (headlamp/flashlight)
  5. First-aid supplies
  6. Fire (waterproof matches/lighter/candles)
  7. Repair kit and tools
  8. Nutrition (extra food)
  9. Hydration (extra water)
  10. Emergency shelter
- Recommended field guide, [Wildflowers of the Columbia Gorge](#) by Russ Jolley.

## **What to Wear:**

- Long sleeves and long pants made of quick-drying fabric are best.
- Sturdy hiking shoes or boots.
- *Highly discouraged:* Cotton clothing (esp. jeans)
- Always have a rain jacket. It's the Pacific Northwest; it can always rain or be really windy!
- **Layers!** A typical hike is:
  - o Cold in early morning at the trailhead (fleece, jacket, gloves, etc.)
  - o Then climbing uphill and heating up. Stop to shed a layer or two.
  - o Stop for lunch, usually at the turn-around point. Sweaty; get cold; put a layer back on!
  - o Then downhill. Also later in the day. So you might want a light layer to be comfortable.
  - o And remember! It can rain or turn cold (or hot) any time. The weather is unpredictable and can change suddenly. Be prepared for anything!

## **Tick Prevention:**

- Tan colored clothing is best during the spring in the eastern Gorge when the ticks are most prominent. This way you can see the ticks on your clothing. Also tuck your pants into your socks. After the hike, wash with Tecnu soap to remove the oils that you may have come in contact with.

## **Hike Program Contact Information**

- Outreach Manager Maegan Jossy: [maegan@gorgefriends.org](mailto:maegan@gorgefriends.org) / 971-634-2028.
- Outdoor Programs Coordinator Kate Lindberg: [katel@gorgefriends.org](mailto:katel@gorgefriends.org) / 971-634-1265.