

# Friends of the Columbia Gorge

## Hike Program Information & Guidelines

### Registration Information

- All hikes require online registration.
- Upon registration, a confirmation email with more details is sent within 15 minutes.
- 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.
- All outings are open to the public, except when noted as “members only.”
- Hike distances listed are round-trip.
- Please note difficulty levels when choosing hikes.
  - Easy: Up to 3 miles, less than 700 ft. elevation gain
  - Moderate: Up to 5 miles, less than 1,500 ft. elevation gain
  - Strenuous: Up to 10 miles, up to 2,500 ft. elevation gain
  - Expert: 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.

### Carpooling Information

- Carpools generally leave between 8 & 9 am from [Gateway Transit Center \(NE Portland\)](#).
- Suggested carpool donation is \$7-\$12 per rider.
  - **Western Gorge** (Portland to Cascade Locks): \$7
  - **Mid-Gorge** (Cascade Locks to Mosier): \$10
  - **Eastern Gorge** (Mosier to Deschutes River): \$12
- In the reminder email sent out five days prior, please indicate where you plan on meeting up with the group (1<sup>st</sup> or 2<sup>nd</sup> meeting place).

### General Information

- Participants are responsible for their own safety.
- Pets are not allowed unless designated a dog-friendly hike.
- Stay on the trail to minimize impact on landscape and to avoid poison oak and ticks.
- Please leave alcohol and other intoxicants at home.
- Smoking is not allowed.
- Leave no trace, take only memories (and photos!).

### Cancellations

- Withdrawing from an outing cannot be completed online. Instead call or email Kate Lindberg at 971-634-1265 or [katel@gorgefriends.org](mailto:katel@gorgefriends.org).
- No refunds are given for fee-based outings.
- We rarely cancel our outings due to weather. However, we would do so if the weather is threatening (ex: thunder & lightning or snow) or if the trail is deemed unsafe.

## 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.
- It's always a good idea to have the complete 10+ Essentials in your pack.
- Recommended field guide: *Wildflowers of the Columbia Gorge* by Russ Jolley.

## What to Wear: Layers!

- Long sleeves and long pants are best, with sturdy hiking shoes or boots.
- It's always good to have a rain jacket. It's the Pacific Northwest; it can always rain!
- Layers! A typical hike is:
  - Cold in early morning at the trailhead (fleece, jacket, gloves, etc.)
  - Then climbing uphill and heating up. Stop to shed a layer or two.
  - Stop for lunch, usually at the turn-around point. Sweaty; get cold; put a layer back on!
  - Then downhill. Also later in the day. So you might want a light layer to be comfortable.
  - 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

Ticks are most active in the spring, particularly in the eastern Gorge. We recommend wearing tan colored clothing so it's easier to see the ticks on your clothing. Also by tucking your pants into your socks keeps the ticks from getting under your clothes.

## Contact Information

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