

Oct. 2: Swan Creek Mountain Bike Foundations 8 a.m.-2 p.m. Meet at NAC (\$45) ↔ The skills parks and singletrack trails of Swan Creek create a phenomenal venue both to explore mountain biking for the first time or hone in your advanced maneuvering. Join us for a day on the trails for skills instruction and a beautiful time exploring the forest.

Participant restrictions: 14+ with parent/guardian supervision; ability to ride a bike required Max participants: 8

ODR provides: Transportation, equipment and instruction.

You pack: Food, water, active clothing and personal mountain bikes (optional).

#### Thursdays, Oct. 7-28: Kids' Climb

5:30–7 p.m. Meet at AU (\$125 for 8 classes) Registration closed for this event in September, but look out for future occurences!

Join our climbing instructor each week to work on fitness and climbing techniques for bouldering and sport climbing. Techniques include belaying, commands, footwork and knots. Kids will work as a group while having the opportunity to advance in skills at their own pace.

Age requirements: 5–12 with parent/guardian supervision

Max participants: 6

ODR provides: Equipment and instruction. You pack: Water, parental supervision and athletic apparel.

## Oct. 3: Black River Kayak

9 a.m.-5 p.m. Meet at NAC (\$49) ↔ This lowland river winds lazily through south Thurston County from Black Lake to the Chehalis River. American Bittern and Great Blue Heron are commonly found along the banks, and a lucky few may see the endangered Oregon Spotted Frog. Trees lining the banks display their fall colors, and fall Chinook salmon may be seen heading upriver to their spawning grounds. Participant restrictions: 14+ with parent/guardian supervision

Max participants: 10

ODR provides: Equipment, instruction, transportation.

You pack: Food, water, non-cotton paddling clothing, rain jacket, change of clothes, towel, bug and sun protection.

### Oct. 9: Leavenworth: Oktoberfest

11 a.m.-11 p.m. Meet at NAC (\$55) •
Join us as we visit the Bavarian town of Leavenworth, for the Oktoberfest Market.
This small, old world Bavarian style village nestled in the Cascade Mountains. Explore the town while enjoying an authentic market with local vendors, food and beverages.
Participant requirements: 21+; please drink responsibly.
Max participants: 13
ODR provides: Transportation.
You pack: Weather-appropriate clothing, money for market, valid ID and watch.

**Oct. 9–10: Hope Island Sea Kayak Camping** 10 a.m. Saturday–3 p.m. Sunday. Meet at NAC (\$129) ◆ ◆ ◆

Hope Island rests as a gem in the Puget Sound off the shores of Olympia. On the island a variety of beaches and miles of trails are accessible from our camp. The island requires a 1-mile flatwater paddle with variable conditions. Participant restrictions: 16+ with parent/ guardian supervision, prior paddling experience and fitness for multiple miles of paddling. Max participants: 8

ODR provides: Kayaking equipment, group cooking resources, tents, sleeping bags + pads, instruction, and transportation. You pack: All meals, snacks, personal clothing, towel, sun and bug protection.

### Oct. 10: Greenwater Lakes Fall Foliage Hike

9 a.m.-5 p.m. Meet at NAC (\$35) ◆ ◆ Experience fall colors, mushrooms, and old growth forest biling through the Greenwate

growth forest, hiking through the Greenwater canyon to the scenic Greenwater Lakes, stopping for lunch at the upper lake and returning by the same route.

Participant requirements: 12+ with parent/ guardian supervision, hiking fitness Max participants: 12

ODR provides: Transportation, trip lead. You pack: Daypack, food, water and rain jacket.

#### Oct. 17: Oregon Waterfalls Tour

7 a.m.–6 p.m. Meet at NAC (\$55: ages 13+; \$40: ages 6–12; \$20: ages 0–5) ◆

Explore the greatest concentration of waterfalls in the continental United States. Travel along the Historic Columbia River Highway, which has an abundance of small waterfalls visible from the road. Stop at at least five major waterfalls to include the famous Multnomah Falls, which plunges more than 620 feet from its origin.

Participant restrictions: All ages, minors must have parent/guardian supervision.

Total hiking distance: Less than two miles. Max participants: 12

ODR provides: Transportation.

You pack: Lunch, water, weather-appropriate clothing, comfortable walking shoes, rain jacket.

## Oct. 24: Ape Caves

7 a.m.-3 p.m. Meet at AU (\$45) ↔ Head to Mount St. Helens to explore the largest continuous lava tube in the Western Hemisphere. Travel deep into the underside of a 2,000-year-old lava flow to scramble under and climb over volcanic formations. In this subterranean environment, the average year-round temperatures stay at a constant 45 degrees; dress accordingly!

Participant restrictions: Minimum age 14+, comfort in tight spaces and general fitness. Max participants: 12

ODR provides: Transportation, park admission and primary illumination.

You pack: Lunch snacks, water, weather-appropriate clothing, flashlight and headlamp.

# Oct. 28–31: Smith Rock, Oregon Halloween Getaway

8 a.m. Thursday–9 p.m. Sunday. Meet at NAC (\$229) ♦ ♦

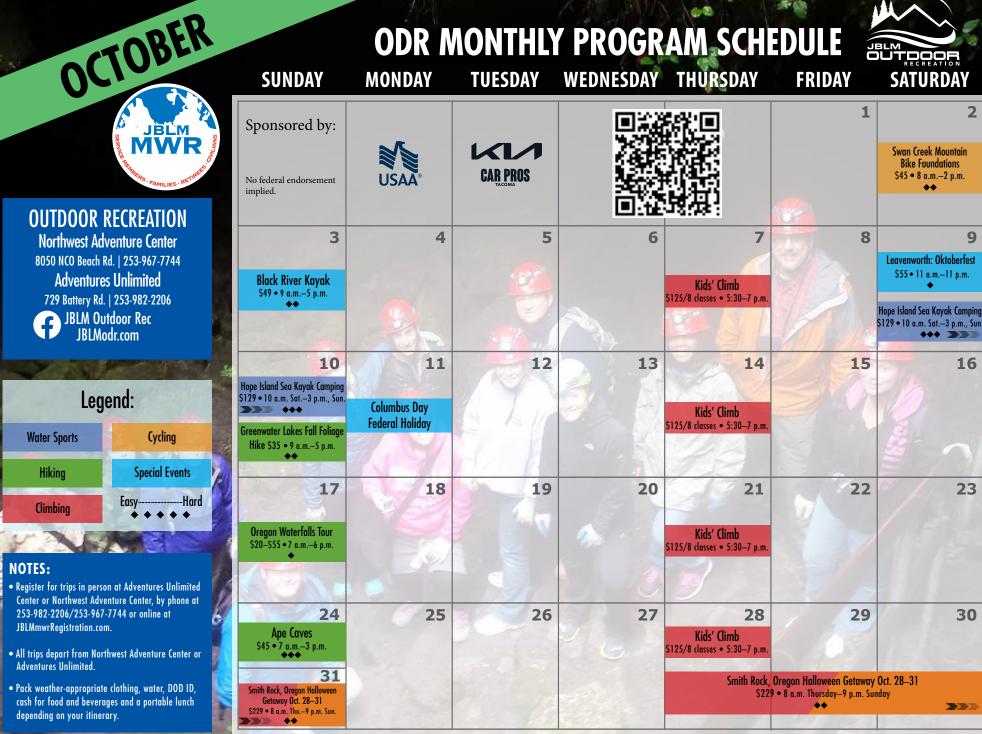
Smith Rock State Park in Oregon reigns as a premier climbing and hiking destination in the world. Join us for our annual Halloween getaway where we'll camp in the beautiful arid grasslands near the site. Days consist of hiking opportunities and guided group climbing instruction throughout multiple scenic destinations within the park. The Deschutes River frames the canyon and reflects the sunset of the spectacular volcanic stone.

Participant restrictions: 16+ with supervision, comfort tent camping, multi-day outdoor comfort in a wide temperature range. Max participants: 12

ODR provides: Camping fees, transportation, climbing instruction, climbing equipment, camping equipment, group cooking equipment.

You pack: Clothing, toiletries, personal climbing gear (optional), all meals and Halloween costume.

Trips are subject to modification/cancellation on trip leader discretion.



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