

Outdoor Recreation



Outdoor

As part of Youth & Family Recreation Services, the Outdoor Program's mission is to create opportunities that inspire a life-long passion to imagine, explore, learn, grow and contribute.

The Adult & Senior Services program also provides outdoor activities for adults in support of its mission to promote health and well-being, enhance quality of life, and keep adults active, productive and independent.

Register for all classes at www.eugene-or.gov/recenroll or through any City of Eugene community center or pool, unless indicated otherwise. **For facility locations and contact information, see pages 6-7.**



Get updates on Facebook. Become a fan of *City of Eugene's Outdoor Program at the River House*. Contribute to the Outdoor Program blog at eugeneoutdoorprogram.wordpress.com.

For information on the City of Eugene's Campbell Center Outdoor Club visit groups.google.com/group/campbelloutdoorclub.

The Outdoor Program operates under a Special Use Permit in the Willamette, Deschutes, Siuslaw, Siskiyou, and Umpqua National Forests.

Non-city residents are assessed a 20% surcharge for registered activities & rentals.

All activities are for adults ages 18 & up unless noted otherwise

FAMILY

Family Snowshoe Day ♥

Ages 8 & up

Instructors will coach you on snowshoeing basics and be your guide as you make first tracks. A limited supply of snowshoes available for loan. Transportation included.

Meet at the River House Community Center

Jan 28	Sa	8:30a-5:30p	\$20	#97374
Feb 11	Sa	8:30a-5:30p	\$20	#97375

Outing checklist at: www.eugene-or.gov/recoutdoor > Skiing & Snowshoeing > Outing Checklist

Mother's/Father's Day Family Challenge Course ♥ Ages 9 & up

Join Dad or Mom on an adventure to the Spencer Butte Challenge Course! Climb up trees, walk across cables, and swing through the air! Build trust and confidence in each other as you explore your own strengths and limits. Physical and emotional safety are our highest priorities. All family members welcome. Each person must register.

Spencer Butte Challenge Course

Mother's Day				
May 13	Su	10:30a-3:30p	\$20	#98017
Father's Day				
Jun 17	Su	10:30a-3:30p	\$20	#98021

WALKS

First Friday Outdoor Baby Walk & Talk ♥ Ages 0-2 with caregiver FREE!

Discover natural locations to take your baby for walks around Eugene while socializing and enjoying the great outdoors! Walks are on paved paths and will take place rain or shine. You may want to bring a stroller or baby carrier.

Owen Rose Garden Dec 2 F 9-10a Free
Meet under the arbor by the parking lot, 300 N. Jefferson

Delta Ponds Jan 6 F 9-10a Free
Meet in the parking lot behind Valley River Center by the entrance to the bike path

Amazon Park Feb 3 F 9-10a Free
Meet at Hilyard Community Center

Maurie Jacobs Park Mar 2 F 9-10a Free
From River Rd. go east on Fir Lane, meet in the parking lot

Alton Baker Park Apr 6 F 9-10a Free
Meet at the Community Garden parking lot inside the park on Day Island Rd.

West Eugene Wetlands May 4 F 9-10a Free
Meet at the Meadowlark Prairie Overlook at Green Hill Rd. and Royal Ave.

Owen Rose Garden Jun 1 F 9-10a Free
Meet under the arbor by the parking lot, 300 N. Jefferson

First Saturday Park Walks ♥ All ages FREE!

Explore the ecology and management of Eugene's beautiful parks. Naturalists from the Outdoor Program at the River House will lead these free interpretive walks.

Skinner Butte Park Feb 4 Sa 9-11a Free
Meet at Eugene Skinner's cabin, 200 Chesire St.

West Eugene Wetlands Mar 3 Sa 9-11a Free
Meet at Willow Creek Nature Preserve

Fern Ridge Wildlife Area Apr 7 Sa 9-11a Free
Meet at Fisher Butte parking lot off of Hwy. 126 (W. 11th)

Amazon Headwaters, East Fork May 5 Sa 9-11a Free
Take W. Amazon Parkway, left on Martin, right on Center Way, park at end

Delta Ponds Jun 2 Sa 9-11a Free
Meet in the parking lot behind Valley River Center by the entrance to the bike path

ROCK CLIMBING

Rock Climbing: Community Climb Time © ATA ♥ Ages 4 & up

For families who want to do something extraordinary! Learn rock climbing basics, practice in-

door climbing, and spend quality time together in a safe, supportive environment. Fee includes instruction, equipment and maintenance. Climbers must fit into a climbing harness. Ask about the family season pass – a great value at \$75! Drop-in only.

Art & Technology Academy (Jefferson MS), 1650 W. 22nd Ave.
Jan 10-May 8 Tu 5:30-8:30p \$5
Circus climb Mar 13, no climb Mar 27

SKATEBOARDING

Skateboarding Drop-In ♥

Ages 5 & up

Join Outdoor's awesome staff for a fun-filled skateboarding experience! Learn the fundamentals of skateboarding and park riding. Helmets required, full pads highly recommended. Helmets, pads, and skateboards are available for loan. You are in for a day of fun!

US SportsPlex, 4540 Commerce St. in Eugene
Jan 11-May 9 W 3:30-5:30p \$8 #98039

SNOWSHOEING

Bend Snowshoe & Ski Overnight Trip ♥ ④

Experience beautiful views and bountiful snow. Stay two nights in Bend, ski or snowshoe near Mt. Bachelor and explore downtown Bend. Transportation and leadership cost, \$129; lodging cost (double occupancy) \$90, paid separately at hotel. Breakfasts included; other meals on your own.

Preview at Campbell Community Center
Jan 30 M 2-3p Free #97925

Pretrip Mar 6 Tu 5:30p at Campbell Center
Trip Mar 19-21 MTuW 8:45a-6p \$129 #97935

Campbell Center Snowshoe Trips ♥

Snowshoeing is good exercise and a great way to get out in the winter! Experienced guides know the best trails in the area. For experienced snowshoers. Participants should be able to walk four miles. Furnish your own equipment, lunch, water and a pack to carry it in.

Campbell Community Center
Start of Snowshow Season
Jan 12 Th 8:45a-5:30p \$40 #97537
Willamette Pass
Jan 23 M 8:45a-5:30p \$40 #97539
Winter Nature Walk
Feb 14 Tu 8:45a-5:30p \$40 #97538
Santiam Pass
Mar 6 Tu 8:45a-5:30p \$40 #97540
Registration starts Dec 16

Outdoor

Snowshoeing ♥

Learn about snowshoes, bindings, footwear and off-trail techniques from professional guide and naturalist Dave Walp. Trip will focus on having fun while practicing backcountry skills and winter safety. Must be able to hike 3-5 miles on uneven terrain. Rent or provide own snowshoes. Transportation included.

Pretrip	Dec 14	W	7-9p at River House		
Trip	Dec 17	Sa	8a-6p	\$40	#96241
Pretrip	Jan 4	W	7-9p at River House		
Trip	Jan 7	Sa	8a-6p	\$40	#96240
Pretrip	Jan 18	W	7-9p at River House		
Trip	Jan 21	Sa	8a-6p	\$40	#97377
Pretrip	Feb 1	W	7-9p at River House		
Trip	Feb 4	Sa	8a-6p	\$40	#97376
Pretrip	Feb 15	W	7-9p at River House		
Trip	Feb 18	Sa	8a-6p	\$40	#97378

Snowshoeing: Hunting for Animal Tracks & Signs ♥

As days become longer animals are on the move for spring mating and food. Spring snows may show signs of cougar, bear, elk, pine marten, beaver and other critters. Intermediate level trip travels over uneven, wooded terrain. Rent or provide own snowshoes. Transportation included. Guided by Dave Walp.

Pretrip	Feb 22	W	7-9p at the River House		
Trip	Feb 25	Sa	8a-6p	\$45	#97380

SKIING

Cross Country Ski Trip: Yellowstone National Park ♥

Experience powder snow, breathtaking geysers and wildlife. For all skill levels. Fee includes round-trip flight, lodging, transfers and leadership. Offered in partnership with Portland Outdoor Program.

Pretrip meeting in Eugene	TBA				
Trip	Feb 22-28	W-Tu		\$1895	
Register at	503-823-5127, www.portlandparks.org/register				

Avalanche Awareness ♥

Learn to travel and ski in the backcountry: how to identify and avoid danger as you ski safely in avalanche terrain. Use telemark, alpine touring or splitboard with skins. Prerequisite: able to ride black diamond terrain. Transportation included. Students provide probe, shovel and avalanche transceiver and ski/ride gear.

Pretrip	Feb 23	Th	7-9p at the River House		
Trip	Feb 25	Sa	7:30a-6p	\$49	#98637

Circumnavigation of Crater Lake ♥ Ages 16 & up

Ski touring and camping around Crater Lake is a spectacular trip. The route follows the snow-covered rim road, weaving close to the rim for views of the lake and then out onto the flanks of Mt. Mazama. Participants should be in good condition and have experience backpacking and skiing with a moderate-size pack. Provide own gear.

Pretrip	Apr 11	W	7-9p at the River House		
Trip	Apr 19-22	Th-Su	departs 7:30a	\$160	#98376

Cross Country Skiing Level I, Beginning Touring ♥

Evening session includes clothing/equipment selection, trip planning, ski waxing and emergency repairs. Outing covers skills needed for competent cross country skiing on and off trail. Slide, glide, turn, stop! Students provide or rent equipment. Transportation and trail pass included.

Pretrip	Dec 13	Tu	7-9p at the River House		
Trip	Dec 17	Sa	8a-6p	\$49	#96243
Pretrip	Jan 17	Tu	7-9p at the River House		
Trip	Jan 21	Sa	8a-6p	\$49	#96244
Pretrip	Jan 31	Tu	7-9p at the River House		
Trip	Feb 4	Sa	8a-6p	\$49	#97381

Cross Country Skiing Level II, Downhill Skills for Ski Touring ♥

Students call this class the "confidence builder." Designed to help you develop control on hills and efficiency on the ups, downs, and in-betweens. Class includes lots of time on turning and stopping skills. Not for first time skiers. Students provide or rent equipment.

Pretrip	Feb 7	Tu	7-9p at the River House		
Trip	Feb 11	Sa	8a-6p	\$49	#97383

Tele-Fest 2012 ♥ All ages

This annual festival of Telemark skiing includes beginner clinics, tele-tour groups, races, gear demos and raffle. The City of Eugene Outdoor Program is offering intermediate and advanced instruction by professional telemark instructors (*see next listing*). For information, visit Tele-Fest on Facebook or Wordpress. Buy tickets at Hoodoo. Fundraiser for Alpine Adventures Adaptive Alpine Ski Program, High School Nordic Team and Willamette Backcountry Patrol.

Hoodoo Ski Area					
Jan 14	Sa	9a-4p		\$42	

New team discovers how to work together

A group made up entirely of newly hired staff at Looking Glass Family and Youth Service's brand new facility spent their first day on the "job" at the Spencer Butte Challenge Course.

The goals of the day included beginning the conver-



sation about how this new staff would learn to work together in a new environment. As SBCC Director Robert Brack explained, "Everyone started off slightly quiet, and through sequenced events, they opened up to each other and started discussing approaches to work."

Brack says a fundamental "ah-ha" moment occurred when the group agreed that although everyone may still have several questions and it may take time for answers or solutions, they were going to demonstrate patience and a willingness to support each other as they learned to work together. Once the group agreed to that statement the rest of the day was spent putting those words into practice on the Course's high element activities.

That was a good day!

For more information on the Spencer Butte Challenge Course, call Robert Brack at 541-682-5329.

Advanced Telemark Lessons at Telefest ♥ All ages

Professional telemark instructors will help you advance to new levels in your skiing. Register now to guarantee a space, pay at the event.

Hoodoo Ski Area
Jan 14 Sa 10:30a-12:30p \$25 #98629

Telemark Ski Level I & Level II ♥ All ages

Smooth out those turns and advance to more challenging terrain. Level I is for those new to telemark skiing. Level II is for those making tele turns on blue runs. Telemark gear required. Fee does not include lift ticket. Transportation included.

Meet at River House Community Center
Level I Jan 28 Sa 7:30a-6p \$49 #97992
Level II Jan 28 Sa 7:30a-6p \$49 #97993

Telemark Private Lessons ♥ All ages

Go with a pro! Outdoor Program telemark instructors can help you achieve your goals. Lessons tailored to individuals or small groups. Participants provide own lift ticket and equipment.

To schedule dates & times call 541-682-5329
\$40/hour for 2 skiers, \$25/hour each additional skier

SNOWBOARDING

Snowboarding Level I ♥ Ages 13-18

Learn to snowboard! This class is offered in partnership with SOS, a values-based snowboard program (www.sosoutreach.org). Participants receive three days of instruction, equipment rental, lift tickets, transportation and clothing. Overcome fears and discover new possibilities.

Pretrip Jan 17 Tu 6:30-8:30p at the River House
Trips Jan 22, 29, Feb 5 Su 7a-6p \$150 #97667

Pretrip Feb 21 Tu 6:30-8:30p at the River House
Trips Feb 26, Mar 4, 11 Su 7a-6p \$150 #97668

Snowboarding Intermediate Ride Days ♥ Ages 13-18

Improve your snowboarding! Participants will receive equipment rental, lift tickets, transportation, instruction and clothing. Take your riding to the next level through achievable challenges in a supportive environment. Must have some snowboarding experience or have completed Level I.

Meet at River House Community Center
Jan 27 F 7a-6p \$50 #98035
Feb 12 Su 7a-6p \$50 #98037
Mar 18 Su 7a-6p \$50 #98038



CANOEING, KAYAKING & RAFTING

Kayak Pool Sessions with Instruction ♥

Four week lesson series focuses on honing your roll, and improving your paddling skills. First night is intro and boat fitting.

Intro class is at River House Community Center,
Pool classes are at Echo Hollow Pool

Intro Jan 11 W 7-8:30p at the River House
Pool Jan 18, 25 Feb 1 W 7:30-9:30p #97387

Intro Feb 8 W 7-8:30p at the River House
Pool Feb 15, 22, 29 W 7-8:30p #97388

\$65 for 4 week session includes equipment
\$60 with own equipment

No-School Kayak Session ♥

Ages 11 & up

Interested in trying a whitewater kayak? Or have you taken a class and want to learn to roll, improve your paddling and learn a few tricks? Come to these indoor no-school-days sessions.

Echo Hollow Pool & Fitness Center

Jan 16 M 1-3p \$25 #98026
Feb 20 M 1-3p \$25 #98027



SPENCER BUTTE Challenge Course

Bring the Challenge Course to your Office Site!

The SBCC offers year-round training events

We specialize in team dynamics to:

- Raise awareness of group strengths
- Facilitate effective communication
- Gain strategies that can be used every day

Learn how this program resource can inspire
your group to achieve your goals.

Visit www.eugene-or.gov/challengecourse

Flatwater Kayak Safety Pool Session ♥

This class is *not* about rolling a kayak. It teaches people with flatwater or recreational kayaks about kayak safety and what to do if they tip over. Practice tipping over in a swimming pool, learn some techniques to get back in the boat, and practice ways to keep from tipping. Kayaks provided, or bring your own.

Echo Hollow Pool & Fitness Center
Apr 18 & 25 W 8-10p \$20 #97614
Registration starts Dec 16

Fern Ridge Lake Kayak ♥

This trip offers views of an amazing natural area with trees draped in lichens, osprey nests, and marshes filled with cattails and reeds. There will be a short lesson for beginners. A good way to get your season started. Ask for a "Kayaking with Campbell" handout if this is your first trip with the Campbell outdoor program.

Meet at Campbell Community Center
May 11 F 10a-4p \$30 #97581
Registration starts Dec 16

Smith Reservoir Flat Water Kayak ♥

This long, thin reservoir on the upper McKenzie is usually very quiet and has a beautiful forested setting. You will boat to the upper end for lunch – about four miles round trip.

Meet at Campbell Community Center
May 29 Tu 8:45a-5:30p \$40 #97584
Registration starts Dec 16

HIKING

Winter Beach Hike ♥ ④

The beach can be surprisingly sunny or invigoratingly stormy on a winter day. Either way, you'll enjoy a day at the coast walking 2-3 miles at the water's edge. Bring rain gear, it's Oregon after all!

Meet at Campbell Community Center
Jan 31 Tu 8:45a-5:30p \$35 #97541
Registration starts Dec 16

Hobbit Trail Hike ♥ ③/④

This hike has choices: hike along a beautiful isolated beach or a trail through the dense coastal forest. Combining the two includes a steep, irregular downhill trail.

Campbell Community Center
Apr 24 Tu 9a-5:30p \$35 #97610
Registration starts Dec 16

Try Hiking: Finley Wildlife Refuge ♥ ③

A trip planned and paced for those who would like to try hiking with Eugene Recreation's Adult Services Program. Finley Wildlife Refuge is a beautiful spot in the spring with birds, flowers and beauty in abundance. The hike is 1-3 miles and 100-200 ft. elevation gain.

Meet at Campbell Community Center
May 7 M 10a-4:30p \$30 #97563
Registration starts Dec 16

Kentucky Falls Trail Hike ♥ ⑤

Three of the Coast Range's most spectacular waterfalls nestle in this remote valley. The volume of water should be spectacular! It's two miles in and feels like three miles out (uphill) on the same trail, but there are a few benches for rest. Total 4.4 miles round trip.

Meet at Campbell Community Center
May 24 Th 8:45a-5:30p \$35 #97571
Registration starts Dec 16

SOCIAL GATHERINGS & MEALS

Campbell Outdoor Club Meetings FREE!

This club is for adults who like active outdoor pursuits such as hiking, snowshoeing and kayaking. Meets monthly to plan self-led trips and share information. Meets the first Tuesday of the month at Campbell Center or at a pre-planned outdoor destination.

Campbell Community Center
Jan 3-May 1 1st Tu 5:30-7p Free
For information and to get on our email list, go to
<http://groups.google.com/group/campbelloutdoorclub>

TRAININGS, CERTIFICATIONS & WORKSHOPS

Challenge Course Facilitator Training

Learn group facilitation techniques and technical skills needed to lead experiential education programs. Includes design, delivery and debrief of Challenge Course events. Challenge Course Manual provided. Being a trained facilitator gives your organization a price break! For more information, call 541-682-6324.

At the Spencer Butte Challenge Course
Apr 14, 21-22, 28-29 SaSu 9a-5p
Classroom at River House Community Center
Apr 20, 24, 26 FrTuTh 6p-8p #98003
\$250, student discount available

Wilderness First Responder

This 80-hour course focuses on patient assessment, injury care, patient evacuation, and care in the backcountry. Perfect class for hunters, anglers, hikers, bikers, campers and paddlers. Emphasis is on practical skills for backcountry emergencies. Upon successful completion, participants receive two year Wilderness First Responder and CPR certifications. Course meets daily for 10 days, with two evening sessions and one day off. For more information, call 541-682-5329.

Eugene Fire & EMS Training Facility, 1705 W. 2nd Ave.
Mar 23-Apr 1 FSaSuMTuTh 8a-5p \$650 #97384
Register at www.nols.edu/wmi/ or 307-332-7800

Wilderness First Responder, Re-Certification

This scenario-based course is a review, practice and update of wilderness protocols. You will come out of the class with renewed confidence and skills. For more information, call 541-682-5329.

Eugene Fire & EMS Training Facility, 1705 W. 2nd Ave.
Apr 6-8 FSaSu 8a-5p \$265
Register at www.nols.edu/wmi/ or 307-332-7800

TRIP POLICIES

Fees include van transportation, leadership and insurance, unless noted otherwise. Meals and admission to venues are not included in the fee unless noted otherwise in the description. Every attempt is made to follow the itinerary; if circumstances beyond our control do not allow that to happen, no refunds will be given.

If needed, please request a lift-assisted van at the time of registration.

ACTIVITY LEVEL RATINGS

Level ① Little walking. OK for those with walkers, wheelchairs or walking difficulties.

Level ② Moderate walking. Similar to that at a shopping center or large museum.

Level ③ Walking of 1-2 miles (1 to 1.5 hours), as on a walking tour of gardens or the zoo. May be steps or hills.

Level ④ Walking of 3-6 miles on moderate trails. May be rough, hilly or at higher altitude. Access to medical help may be limited.

Level ⑤ Long hikes of 5+ miles. May be very rough, hilly or high altitude. Access to medical help may be limited.

Consult your physician before participating in any trips/activities to be sure they are appropriate for you. Weather and/or trail conditions may change unpredictably. These levels are approximations only; your experience may vary.