

Wilderness Recreation

Course Description

This is a one credit course for students of the Oregon Extension, who will develop a range of skills over the semester to equip them for a lifetime of safe and pleasant outdoor recreation. Students will experience alpine hiking, backpacking, camping, mountain biking, and cross-country skiing.

Experiential Learning:

- **Peak Climb:**

An introduction to the basics of mountainous outdoor recreation. Students climb Mt. McLoughlin, a 9,500' volcanic peak. This is a 10.6 mile hike, with an elevation gain of 4,000'. Students become familiar with the unpredictability of weather and hiking conditions in the mountains, and have a chance to test gear they will use on the backpacking trip.

- **Backpacking:**

Students are placed in a group of 5-7 of their peers according to fitness level, previous experience, and general backcountry aptitude. Outings last for 6 days and students learn skills including wilderness safety, leave no trace camping, map & compass, equipment management, and backcountry cuisine, and knot-tying. Typical trip locations include Yosemite, Three Sisters Wilderness, the Marble Mountains, the Trinity Alps, and the Wallowas.

- **Tidepooling:**

Students have the opportunity to camp at and experience firsthand Oregon's coastal ecosystem. Guidebooks are provided for identifying coastal flora and fauna.

- **Mountain Biking:**

Mountain bikes are available on campus for student use, and multiple trails originate on or near campus.

- **Cross Country Skiing:**

As conditions permit, students visit Crater Lake National Park in southern Oregon. Students will be provided with the gear and given the opportunity to ski around the rim of the caldera.

Course Text

Rick Curtis, *The Backpacker's Field Manual, Revised and Updated: A Comprehensive Guide to Mastering Backcountry Skills* (Three Rivers Press, 2005).

Requirements and Expectations

1. Attend and fully participate in ALL required info sessions (map & compass orienteering, gear briefing, backcountry cuisine)
2. Read chapters 5 & 6 of *The Backpacker's Field Manual*
3. Participate in the climb of Mt. McLoughlin
4. Participate in the six-day backpacking trip
5. Camp at the Oregon coast
6. Mountain bike on the Greensprings
7. Cross-country ski on the Greensprings or at Crater Lake

Grading

Grading will be Pass/Fail