

NW Discoveries 2020 May to July Activity Schedule



www.nwdiscoveries.com

For All Ages (11+), Beginners to Experienced

NW Discoveries
(503) 524-9192

CUSTOM GROUPS (Businesses, Conventions, Social, Youth)

Group adventures for team building, incentive programs, or just a good way for people to have an enjoyable time together. Canoes and Touring kayaks are available for paddle trips. Boats are easy for first timers and beginners. A quick lesson can be included to ensure everyone is comfortable in the boats. Double kayaks & canoe bimarans are available for those participants that do not want to paddle.. Cost per group (min. = 10; max. = 24) get 10% discount off of regular price listed. Contact NW Discoveries at 503-524-9192 or Ken@nwdiscoveries.com

ROAD SCHOLAR PROGRAMS (Contact Road Scholar at 1-877-426-8056; www.Road Scholar.org to register)

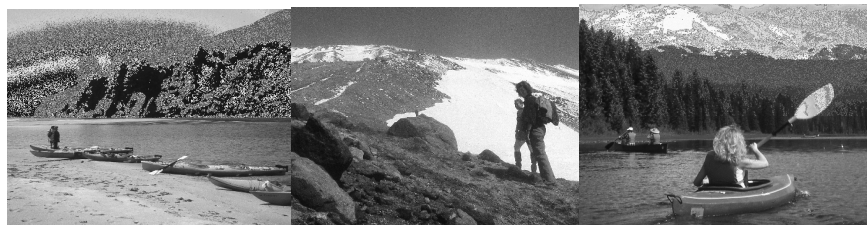
Road Scholar Programs (for 21 year olds and older), great outings for you and friends visiting from out of town: NW Discoveries has been contracted by Road Scholar to coordinate several active (hiking, biking) programs. Road Scholar is a non-profit organization committed to being the prominent provider of high quality, affordable, educational, opportunities for older adults.

Programs are Sunday through Friday/Saturday; hikes range 4-8 miles with rests, bikes 10-35 miles with rests:
Need to update dates for 2020



May 10-16, '20
May 31- June 6, '20
June 28- July 4, '20
Sep. 27 – Oct. 3, '20
Oct. 4 -10, '20

hiking Columbia R. Gorge # 14936
hiking Columbia R. Gorge # 14936
hiking Mt. Hood, Flowers # 4895
hiking Columbia R. Gorge # 14936
hiking Mt. Hood # 4895



NW Discoveries is an equal opportunity recreation provider operating under special use permit on local National Forests, USDA Forest Service

2020 Sp-F NWD Activities

Walks in SW Portland: Get fresh air, exercise and meet new friends as we walk at Tryon Creek State park and Cooper Mountain nature park for 2-3 miles each evening. Walking techniques: nordic walking with poles and stretching will be introduced. This class includes walking Portland's 4T (4.5 mile loop, 800 foot gain, Trail, Tram, Trolley, Train). Max. 10 Pcc participants

Evening classes 6:30-8:30 pm on Wed., May 27, 2020, at Tryon Cr. SP and Fri., May 29, 2020, Cooper Mtn. Nature park

Weekend class 8:30 am – 12:00 noon: Sat., May 30, 2020, 4 T Trail (4.5 mile loop) meet at ticket stand Sunset MAX Fee \$35/participant

Biking in SW Portland: Get fresh air, exercise and meet new friends as we bike the Fanno Creek and Tualatin River Ice Age trails for 8 to 15 miles each evening. Urban biking techniques will be practiced as well as demonstrations of changing tires, oiling chains and sizing of bike. Weekend ride (optional rental by participant of E-bike-pedal assist) along the Portland Willamette Waterfront. Participants need to provide personal bikes for evening rides that are functioning properly and maintained. Max. 10 Pcc participants

Weekend class 9:00-11:00 am on: Sun., May 17, 2020-Portland Willamette waterfront

Evening classes 6:30- 8:30 pm on : Mon., May 18, 2020, Fanno Creek, and Wed., May 20, 2020, Cook Park Fee \$35/participant;

PADDLING ACTIVITY DESCRIPTIONS

Kayak & Canoe Lesson: The first portion will be on dry land as we discuss the equipment, safety, where to paddle, basic strokes, proper entrance and exit from boat. Then we launch the boats and review the strokes that we taught on dry land.

Finally we do a short tour to enjoy our newly learned skills.

This class will prepare you for purchasing or renting equipment in the future.

Long tours: Short tours are 3 hours in duration, long tours are 4 hours or longer as listed on schedule.

Both include a 15 minute lesson of basic skills for first timers, so all can enjoy the tour.

TOURING KAYAKING: These kayaks (ranging from 9 to 14 feet) are very stable with large cockpits. These kayaks are an easy and fun way to explore our local waterways.

<u>Date</u>	<u>Type of Activity</u>	<u>Trip Location</u>	<u>Start</u>	<u>End</u>	<u>Cost</u>	<u>Notes/Meet*</u>
Sat., May 9, 2020	T. kayak beg. lesson	Tualatin R.	8:30 AM	11:30 AM	\$50	
Sat., May 9, 2020	T. kayak beg. lesson	Tualatin R.	12 noon	3:00 PM	\$50	
Sun., June 7, 2020	T. kayak beg. lesson	Tualatin R.	8:30 AM	11:30 AM	\$50	
Sun., June 7, 2020	T. kayak beg. lesson	Tualatin R.	12 noon	3:00 PM	\$50	
Sat, June 13, 2020	T. kayak long tour	Willamette Falls & Locks	8:30 AM	12:30 PM	\$69	
Sat, June 13, 2020	T. kayak long tour	Rock Is.-West Linn	2:00 PM	6:00 PM	\$69	
Sun. July 11, 2020	T. kayak long tour w/trans	Salmon R.- coast	8:15 AM	6:00 PM	\$95 pu=TualatinP&R	
Sun. July 11, 2020	T. kayak long tour No trans	Salmon R.- coast	10:15 AM	3:30 PM	\$69	

***Note abbreviations:** T(#) = Transport included where (#) is a pickup location number on the meet location page.

CANOEING LESSONS: Canoes have lots of storage capacity for your family and gear.

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Sat., May 9, 2020	Canoe beg. lesson	Tualatin R.	3:30 PM	6:30 PM	\$50	
Sat., June 7, 2020	Canoe beg. lesson	Tualatin R.	3:30 AM	6:30 PM	\$50	

CLOTHING LIST FOR PADDLE TRIPS:

We paddle rain or shine, so come prepared to enjoy yourself

Weather can change quickly, so bring everything on the list. Unnecessary items can be left in your vehicle.

- If cold weather (avoid cotton), wear synthetics, polypropylene, capilene, wool, etc, so you will stay warm if wet.
Bring knit cap, knit synthetic/wool gloves, synthetic/wool socks
- A complete change of dry clothes, shoes to be left in vehicle
- Heavy duty garbage bag to keep your items dry
- Small hand towel for back support
- Sweater, or heavy shirt
- Rain jacket and pants or poncho, wide brimmed rain hat
- Wide brimmed sun hat
- Sunscreen & Lip protection
- Sunglasses with strap
- Drinking Water (1 qt. min.)
- Snack food
- Strap for prescription eyeglasses, sunglasses
- Meal if trip goes over mealtime
- Ziplock bag for small valuables-wallets, keys
- Wear synthetic shorts/swimsuit/pants that dry quickly
- Shoe/sandals with heel strap that can get wet
- Paddling gloves if tender hands (bike gloves work well)
- Leave all rings, jewelry, non-waterproof watches, wallet, etc. at home or have a safe place in your car

MEET LOCATION DIRECTIONS (Also use area map; (plug address into: mapquest.com or google.com/maps).
Not all meet locations have bathrooms. **R**=right, **L**=left). *If lost or late on trip date call © [503-524-9192](tel:503-524-9192).*

Trips that include Transportation, locations:

(T4) Tualatin P-R, I-5 (exit #290 Durham, Lake Oswego). P-R corner of 72nd and L. Boones Ferry. From Portland, south on I-5, Park & Ride is just across street at end of off ramp. From the south turn **L** under I-5, then Park & Ride on left. Meet van at lowest Park & Ride parking lot near bus stop. Intersection Lower Boones Ferry & SW 72nd Ave. between I-5 & Bridgeport mall.

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Not all meet locations have bathrooms. **R**=right, **L**=left). *If lost or late on trip date call © [503-524-9192](tel:503-524-9192).*

Clackamette Park, OR: Willamette/Clackamas R., Oregon City; I-205 toward Oregon City, Exit 9 (99E, Downtown Oregon City), North on McLoughlin Blvd.-99E, **L** at light to Clackamette Park (McDonalds restaurant), **R** at T then **L** into (Clackamette Park, near: 2089 Clackamette Dr., Oregon City, OR 97045), meet at boat ramp.

Rock Is.-Willamette R.: in old West Linn; I-205 toward City of West Linn, exit #6 (West Linn, 10th St.). If coming from Oregon City direction **L** on 10th; if coming from I-5 direction **R** on 10th. **R** at T onto Willamette Falls Drive (bus 154), **L** on 12th St continue straight down the hill on 12th into Willamette park to river, **L** at Volpp St. (at river), meet at boat trailer attached to Grey Ford van **in Boat Ramp area.** (Willamette Park, 1850 Volpp St., West Linn, OR 97068)

Salmon River—Coast, OR: (2 hour drive from Portland); Hwy 99 west to Hwy 18 west toward Lincoln City. Hwy 101 go north for 1 mile (away from Lincoln City). **L** on Three Rocks Rd. (after crossing Salmon River and before climbing hill). Continue for 2.2 miles, **L** into Knight Park (Lincoln County) boat ramp. Park near outhouse & meet boat trailer at boat ramp (Knight County Park, 2200 N. Three Rocks Rd., Otis, OR 97368)

We may be delayed due to late pickups or traffic, Call 503-524-9192 if later than 15 minutes after scheduled time.

Tualatin River, OR: Tualatin Community Park; Exit # 289 off I-5, (Sherwood/Nyberg) west towards Sherwood. Stay on Tualatin-Sherwood Hwy ~0.6 mles; **R** on Boones Ferry Rd. (stop light & McDonalds Restaurant). Stay straight, road turns into Tualatin Rd. before crossing railroad tracks, straight into park, under railroad trestle & park. Boat trailer on other side of trestle by boat ramp. Near: 8550 SW Tualatin Rd., Tualatin, OR 97062

Willamette Falls & Locks: meet at Clackamette Park

REGISTRATION for NW Discoveries: P.O. Box 23171, Tigard, OR 97281-3171.

© 503-524-9192; Fax 503-590-3883; Email: ken@nwdiscoveries.com; www.nwdiscoveries.com
Copy & complete this page and mail/phone/fax/email to NW Discoveries. Registration confirmed by phone or e-mail once full payment has been received. Liability Release Form will be signed at meet location.

Name: _____ Names of other people: _____

Phone (day): _____ Phone (eve): _____

Email: _____ Zip Code: _____

Street, City, State: _____

Activity	Date	Time	Location	# People	\$\$\$

Single day trips are fully refundable if cancelled 5 days prior to trip. No refunds with less than 5 days prior notice.
Trips go Rain or Shine

All participants will need to sign the following waiver upon arrival at meet location:

(Adult waiver 18 and older)

RELEASE OF LIABILITY-READ BEFORE SIGNING

In consideration of being allowed to participate in any way in NW Discoveries program, its related events and activities I, _____ (name of participant), the undersigned, acknowledge, appreciate and agree that:

- 1: The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
- 2: I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE SIMPLE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
- 3: I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,
- 4: I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS NW DISCOVERIES, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE SIMPLE NEGLIGENCE OR THE RELEASEES OR OTHERWISE (not including gross negligence or wilful misconduct), to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. Pictures taken of me during this program can be used to promote these programs.

_____; Date Signed: _____

Participants signature

Emergency Contact name: _____ Phone: _____