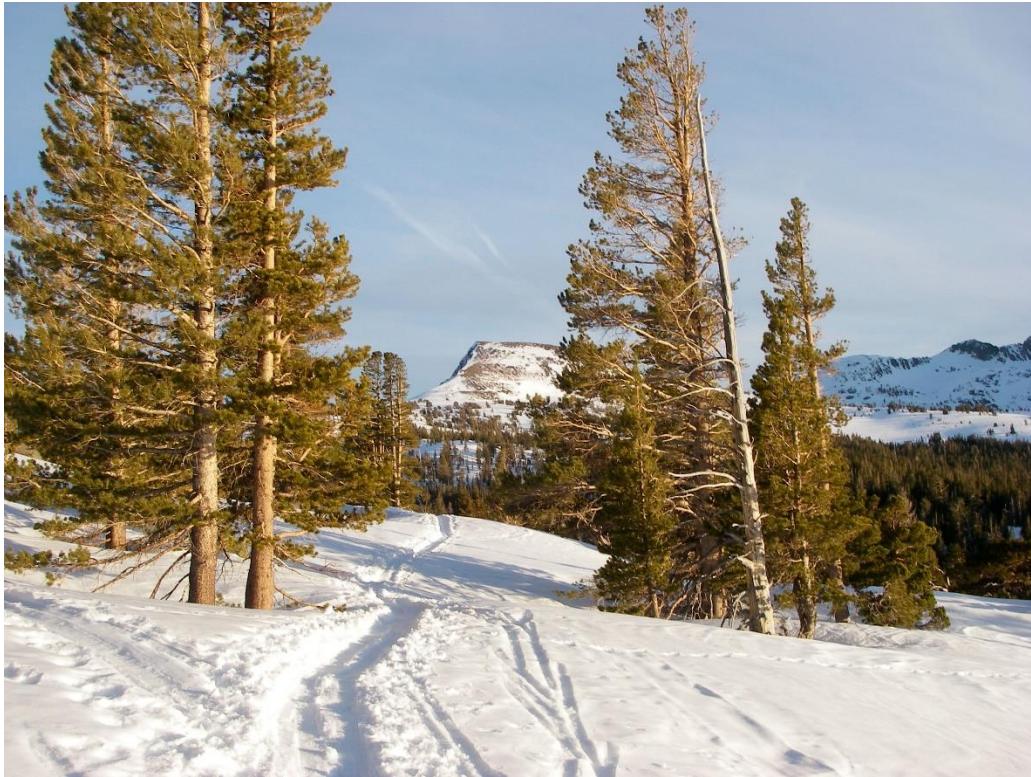


NW Discoveries

# Snowshoeing & XC Skiing Trips

Trip Guide



NW Discoveries

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## The Mt Hood Snowshoeing & XC Skiing Trip:

The Mt Hood area offers a wide range locations to get outside and explore the wintery wonderland on snowshoes or on cross-country ski's. Enjoy the sound of snow crunching beneath your feet as you gaze out on the snow covered glades and Mt Hood towering in the background.

NW Discoveries trips allow you to sit back and relax, as we provide transportation from the town of Sandy, OR. All your snow equipment is provided and instruction for the day, ensuring you will be prepared to explore the trails. These small private custom trips allow us to make the best day for your group.

### Itinerary

Trips meet behind Otto's Ski Shop in Sandy, OR; in a public parking lot at **8:00 AM\***. You will see a van with the NW Discoveries on the side of it.

17573 Bruns Ave. Sandy, OR 97055

After a brief orientation and (getting ski's if needed) we will leave Sandy and head up to the mountain. Locations chosen are based on the conditions for the day and group needs. Typically expect about a 1 hour van ride to our activity location.

After arriving at our activity location we will get geared up for the day and head out for the day. The guides will give instruction on technique and basics at the beginning of the day. After the initial orientation we will hit the trails.

During the day expect to travel between 3-8 miles depending on location or activity. We will have lunch during the day and head back to vans. Activity time is usually 4-6 hrs long. Enjoy hot drinks back at the trailhead and then we will head back to Sandy, usually arriving back at your car around 4:00-5:00 PM.

\* Please plan your drive carefully to arrive at our meeting place on time. Our guides will attempt to wait for you if you are running late, but circumstances typically do not allow them to wait more than 20 minutes. If you miss your intended trip, we will most likely not be able to provide a transfer to an alternate trip, and we are unable to provide a refund for missed trips.

\*\* Many factors influence our timetable, including road conditions, weather and the needs/preferences of our guests. Please consider these times approximate.

## How to get there

### From Portland, Washington, and the Northern Willamette Valley

Take highway 26 east towards Sandy, OR. After entering Sandy you will be on Pioneer Blvd. After passing Otto's Ski Shop on your right hand side you will turn right onto Bruns Ave. Public parking lot at bottom of Bruns Ave towards the right.

## What to bring and what to wear

Please come for the day prepared for all possible weather conditions. The weather in the mountains of the Northwest is often different from that in surrounding areas, so you won't really know how it will be until you get there. At that time, you may decide that some of the items listed here are not needed; but you need to have them along just in case. So please pay close attention to the following information and checklists and help to insure your enjoyment of the day by bringing along the proper clothing.

On your feet: Snowshoe trips: A pair of good winter boots (Sorel or similar) or waterproof hiking boots.

Clothing tips: The best clothing is that which retains your body heat while wet, or one that dries quickly. Modern high-tech synthetic fabrics like polypropylene and polyester fleece do both, and are readily available at stores like REI and others. If you don't want to spend a lot on a rafting wardrobe look for wool clothes, which provide some warmth even when wet.

Winter activities such as cross-country skiing and snowshoeing are highly aerobic and your body produces a large amount of heat when in motion. You should be wearing clothing that allows freedom of movement. It is essential to dress in layers and avoid overdressing that could lead to overheating of your body. Be prepared to don extra layers to stay comfortable when the wind picks up or when you stop for lunch.

Avoid wearing cotton clothes, which soak up moisture and get cold and clammy. You should dress in three layers:

1. Moisture-wicking layer of synthetic, silk, or wool.
2. Add insulating layer, such as Polartec jacket or wool sweater.
3. The outer shell of your layering system should be a jacket and pants made from a wind- and waterproof fabric, such as Gore-Tex.

## Items to Bring:

- for snowshoe trips: comfortable waterproof boots with insulation (ex. hiking boots)
- bring 1 extra warm jacket or sweater
- extra set of clothes in bag to be left in van
- 2 pairs of socks wool/synthetic, 1 thick, 1 thin
- gaiters (recommended)
- knit/pile hat
- gloves and liners
- sack lunch, snacks
- 1-2 quart of water
- money for snacks (for optional stops en route)
- sunscreen lotion
- daypack or fanny pack
- sunglasses
- lip protection
- rain hat
- personal medication
- nonabsorbent foam pad to sit on
- rain jacket
- rain pants
- pile jacket/sweater/wool shirt
- chemical hand and foot warmers (optional)

### Additional information

#### Your trip includes the following

- ▣ The services of our professional guides and staff.
- ▣ Shuttle service to and from our meeting place.
- ▣ Digital photographs are taken during the day.
- ▣ Use of snowshoes, poles, XC ski's, poles & boots.
- ▣ Winter parking fees
- ▣ Hot drinks & snacks

### Gratuities

Guests sometimes ask whether it is appropriate to tip their guide. Tipping is optional, but if your guide did a great job then feel free to thank him or her with a gratuity. The amount is up to you, but tips between 8% and 20% of trip cost are customary.

### Nearby attractions

Regional attractions are too numerous to mention but include all that the city of Portland has to offer, as well as the trails and sights of Mount Hood and the Columbia River Gorge. For Portland information contact the Portland Visitor's Bureau at 503-222-2223. For more about Mount Hood and the Gorge contact Mt. Hood National Forest headquarters at 503-667-0511.