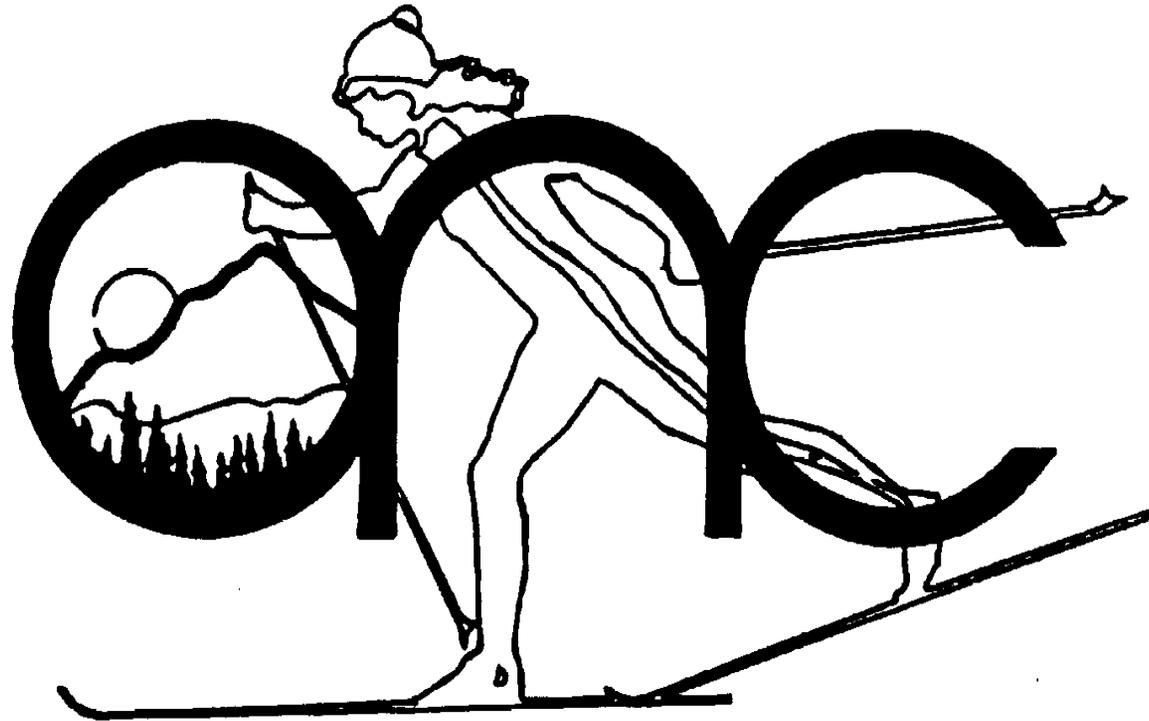


SKIING BIKING HIKING PADDLING



TOUR HANDBOOK

Portland Chapter of the Oregon Nordic Club

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Welcome to the Oregon Nordic Club Tour Handbook.

Its purpose is to help you enjoy your outdoor recreation more than ever both as an individual and as a member of the Oregon Nordic Club. The Oregon Nordic Club organizes both day and multiple day trips throughout the year and this handbook will guide you through being a participant and in setting up your own tour. Your ideas and suggestions are always appreciated by the Club. Please feel free to address comments to the Tour Chairperson or President, including any comments on this handbook.

Tour Rating ABCs

Nordic Club tours are rated with an "A,B,C" letter rating. This letter is a guide to the skill and commitment level required of you. A full trip rating always includes a terrain rating plus a mileage rating, to help you better select the right tour for your ability and inclination. Please bear in mind that equally important considerations revolve around the weather, your physical conditioning, your equipment, and your planning for your own physical safety and comfort. If you are in any doubt about the rating of a tour, please call the tour leader before the day of the tour. Remember, don't attempt a trip that is beyond your ability. Attending a tour beyond your skills and conditioning level is unfair to other participants and can be dangerous to all!

Skiing ABC's

Snow or weather conditions can turn an easy "A" tour into a "C." If you are in any doubt about the rating of a tour, call the tour leader before the tour leaves. B and C skiers are expected to carry enough extra clothing, water, food and equipment to survive an emergency through nightfall and possibly longer, as all trips do not end when the sun goes down. Review your equipment essentials. Leaders will refuse participation to anyone who, in their judgment, is not prepared to ski under adverse circumstances.

A: 4 to 6 miles over gentle terrain. The trail is easy to follow, usually over snow-covered roads. Elementary skiing skills are required.

B: 6 to 10 miles over moderate terrain. The trail may involve some minor route finding and some downhill skiing. They may also include some short, steep, off trail (or narrow trail) downhill runs. Basic skill requirements are gliding, turning, slowing, and stopping.

C: Over 10 miles of mixed and uncertain terrain that may include steep hills, tree-covered slopes, unmarked trails and exposed faces. They often are above timberline, resulting in higher angle exposure and severe weather conditions. Because C trips are longer, and winter daylight is limited, C trip participants are expected to ski at a sustained accelerated pace, and must be in excellent physical condition, as well as having the advanced skills necessary to ski off trail under control in all kinds of snow and weather conditions.

Bicycle ABC's

The letter rating of a tour describes terrain only.

A: Basically flat terrain, may have one short, steep hill. Pace is slow (8-10 MPH on flats), and there is frequent regrouping (almost every turn).

B: Moderate terrain, may have rolling hills and some short, steep pitches. Pace is moderate (10-13 MPH on flats), and there is some regrouping as appropriate.

C: Difficult terrain, may have one major hill with longer, steep hills. Pace is fast (13-15 MPH average, 15-18 MPH on flats), and regrouping usually only happens at major stops or lunch breaks.

D: Extreme terrain, may have more than one major hill and/or long, steep climbs. Pace is fast (15 MPH average, 18+MPH on flats), and regrouping only happens at major stops or lunch breaks if at all. A steep hill requires an average cyclist to drop to lowest gear (about 35 gear inches), a strong rider will stand on the pedals to crest.

Canoe/Kayak ABC's

The letter rating of a tour describes skill level and water conditions.

A: Still water or river with less than a 2MPH current. Suitable for novices.

B: Rivers with a current between 2 and 4MPH. Some maneuvering skill required.

C: Rivers with a current above 4MPH or with rapids or turns that require significant maneuvering skills.

Hiking ABC's

The letter rating of a tour describes terrain and distance.

A: Day Hikes: less than 8 miles and 200 feet/mile elevation gain. Camping: less than 5 miles/day and 200 feet/mile elevation gain.

B: Day Hikes: 8 to 10 miles and 200 to 400 feet/mile elevation gain. Camping: 5 to 7 miles/day and 200 to 400 feet/mile elevation gain.

C: Day Hikes: more than 10 miles and 400 feet/mile elevation gain. Camping: more than 7 miles/day and 200 feet/mile elevation gain.

Tour Equipment Essentials

You should always pack these "essentials" with you on any club activity, just in case. ONC leaders do not allow weapons on trips.

Biking Essentials

A well tuned bicycle
Spare Tube
Patch Kit
Water Bottle, Filled!
First Aid Kit

Rain gear
Helmet (Absolutely!)
Tire Pump
Tire Irons

Canoe/Kayak Essentials

First Aid Kit
Matches in waterproof case & Fire Starter
Rain gear and Extra Clothes in waterproof container - double tied garbage bag works well
Lunch, extra food and water
Plastic whistle
Map and Compass and know how to use them
Flashlight with extra batteries and bulb
Space Blanket or Bivouac Bag
Pocket knife
Sunglasses, lip balm and sunscreen
Boat repair kit (at LEAST duct tape)
One PFD (life jacket) type I, II, or III for each person in your boat
Boat bailer and sponge
Extra paddle
Length of rope 50' 3/8" polypropylene

Hiking Essentials

First Aid Kit
Pocket knife
Matches (in waterproof case) & Fire Starter
Rain gear and Extra Clothes, including Warm Sweater
Extra food and water
Plastic whistle
Map and Compass (and know how to use them)
Flashlight with extra batteries and bulb
Space Blanket or Bivouac Bag
Sunglasses, lip balm and sunscreen
Paper & Pencil

Skiing Essentials

Winter First Aid Kit
Matches (in waterproof case) & Fire Starter

Rain gear and Extra Clothes, including Warm Sweater
Extra food and water
Plastic whistle
Map and Compass (and know how to use them)
Flashlight with extra batteries and bulb
Space Blanket or Bivouac Bag
Pocket knife
Sunglasses, lip balm and sunscreen
Extra Mittens
Foam sitting Pad
Paper & Pencil

Additional Equipment to consider on trips

Pair wool or synthetic socks in zip-lock bag and liner socks
Pair long pants or knickers
Wool or synthetic shirt, hat, mittens or gloves
Long underwear
Handkerchiefs, useful as sweatband, chin warmer, etc.
Toilet paper in zip-lock bag; biodegradable
Gaiters for skiing and wet hiking
Nylon cord
Ski wax (like Maxi-Glide)
Avalanche Cord or Transceiver if in avalanche country
Snow Shovel
Stove & pan
Four plastic bread bags for emergency mitts and socks
Plastic sack to line your pack and keep it dry
A pack big enough to carry all this stuff!!!

TOUR COSTS AND ELIGIBILITY

This policy was adopted for two reasons. One: to encourage non-members to try ONC activities in the hope that they will join the club after enjoying day tours. Two: to give our members the best opportunity to sign up for overnight trips which tend to be in high demand.

1. Non-members can join day tours at no cost.
2. Only members can join overnight tours. The only exception is overnight work parties which of course are open to anyone!

NOVICE TOURS

If you are a beginning hiker, biker or cross-country skier but don't know where to go, or need outdoor companions, the Oregon Nordic Club has tours just for you! The Novice Tours are short, moderately paced day trips (A rated), over gentle terrain around Portland. Pack a lunch and come ski, hike or bike with us on the "A" level trips. These are a great introduction to the Oregon Nordic Club and its members. For ski trips a little prior skiing experience is needed for these tours but they are not lessons. You must be able to do a reasonable shuffle on your skis, and you must come adequately clothed and equipped. If you are a more experienced skier, don't feel left out - you are just as welcome.

Meeting Place: will be in the newsletter or on the message line.

Meeting Time: We depart promptly at the published time. Please plan to show up at least 10 minutes early to arrange carpooling, or come earlier for breakfast and conversation.

Bad Weather: We meet, rain or shine. Quite often when Portland is experiencing bad weather, the mountains are just glorious. The tour leader may change the destination but there will always be a tour.

TOUR MEETING PLACES & CAR POOLS

The Oregon Nordic Club uses several places in the Portland area for meeting and setting up carpools. Not all trips will meet at one of these, but these are the places most often used.

SHARI'S RESTAURANT, 1979 NE Burnside, Gresham.

Located on the left, just after you turn left onto Burnside. On Tri-Met bus route #80.

CARROW'S RESTAURANT, 11340 NE Halsey, 1/2 mile east from the I-84/I-205 interchange. On Tri-Met bus route #24.

TRIMET GATEWAY PARK AND RIDE

Meet in the parking lot. FROM I-84 EAST: Exit 7 – Halsey Street/Gateway District. Keep right on the ramp and take first right onto 99th. Gateway Transit Center & Parking on your right across from Fred Meyers.

FROM I-205 NORTH: Exit 21A - Glisan Street/Stark Street. At end of ramp turn left onto NE Glisan – Left onto NE 99th.

It is customary for participants to arrive earlier than the advertised departure time for coffee or breakfast and to organize carpooling. This is also an excellent way to get to know your fellow members and guests before the tour starts. However, if you do not intend to have breakfast at a restaurant meeting place, gather outside the restaurant. Our leaving table space open for paying customers will keep restaurant managers happy with the Nordic Club, and shows consideration for other restaurant patrons.

Payment to drivers when carpooling is 5 cents per mile per person, for up to 3 people paying the driver. When there are more than 4 people in a car, the maximum 15 cents per mile should be divided among everyone except the driver.

PARTICIPANT RESPONSIBILITIES

The following list includes many of the responsibilities of participants on Oregon Nordic Club tours:

1. Realize that your ONC leader is not a professional guide and is not responsible for your safety. Participants are individually responsible for judging their qualifications. By participating, you release the ONC, its officers, members, leaders and fellow participants from liability for injuries even due to negligent acts or omissions or to actions intended to help you. You must understand and accept that you expose yourself to many hazards in

remote locations. Accidents occur due to these hazards and you are responsible for learning to recognize and avoid them. You are also responsible for knowing the difficulty of a tour and acquiring safety skills commensurate with that difficulty. Don't endanger yourself and others by trekking beyond your ability.

2. Dress suitably for all weather conditions. Failure to do so may mean you will be turned away from the trip. Dressing sensibly means: NO JEANS; several layers of lightweight, breathable fabric such as polypropylene or wool, some sort of wind breaker; wet weather gear with gaiters. The layers also refer to your feet - do not forget that they may get cold, wet, hot or sweaty.
3. Carry the equipment essentials listed herein.
4. Compare your experience and skill level against those required for the tour. Some prior experience is always necessary on ski trips.
5. Sign the participation list / liability waiver provided by the leader.
6. DO NOT leave the group without the leader's knowledge.
7. Let the leader know as soon as possible if you are having problems, for example with exhaustion, blisters, thirst, lack of comfort stops.
8. Dogs are not allowed on any Oregon Nordic Club trip, so please do not bring yours! We do not allow weapons.
9. IN ALL CASES, the leader has the final say on trips.
10. Pay your car pool driver 5 cents per mile. Don't make them ask for it!!!

LEADER RESPONSIBILITIES

Being a leader is not difficult and does not require you to be an expert skier, hiker or biker. However, as a leader, you should be prepared to accept the following responsibilities:

1. Arrive at the designated meeting place at least 10 minutes early. Introduce yourself and the other participants to each other.
2. Describe the trip to participants, including information on distance, elevation gain, trail difficulty and snow conditions. Help organize car pools and

remind riders to pay their drivers 5 cents per mile.

3. Carry the equipment essentials listed in this guide.
4. Be prepared with an alternative plan should trail, snow or other weather or road conditions force a change. ALWAYS SHOW UP AT THE MEETING PLACE, DO NOT CANCEL, ADJUST, BE FLEXIBLE!
5. Refuse participation of anyone poorly prepared, either with clothing or skill level. These people could affect the safety of the group.
6. Make sure all participants sign the participation list. Mail this list to the Day Tour Coordinator along with any other feedback on the trip.
7. Ask who has CPR, 1st Aid or other medical experience and who know the tour area well. Identify your support! Appoint a rear guard to sweep the trail and make sure the group stays together. The assistant leader can be rear guard. Direct the participants to stop and regroup at all trail intersections and stream crossings.
8. Consider splitting the group if you have more than twelve.
9. Do not leave the tour area until all participants have returned.

TRIP PLANNING FOR DAY TOURS

You would like to lead a trip or tour but do not know how to begin? Here are a few suggestions that past leaders have made.

Check descriptions and maps of trails in books now on the market or stop at any Forest Service Ranger District office.

Select an area that appeals to you and scout it with a companion. You may already be familiar with a trail and therefore have no need to scout it.

Call the tour coordinator. Set a date for the tour, write a description including the difficulty rating. Rating guidelines are found elsewhere in this Tour Handbook. Describe backup plans if you have them. Consider having a co-leader who can help on the trail or handle half the group if the number of participants is high. Make sure you or the tour coordinator will take care of announcing the tour in the next monthly newsletter(s).

Review leader responsibilities, be prepared and you will meet ONC members who will enjoy a new experience with you. It's Fun!!!

TRIP PLANNING FOR OVERNIGHT TOURS

There are places you have been - or would like to go - but perhaps the Nordic Club is not offering trips to those places. If you want to go, so do others. Where is it? What is the cost and type of accommodation available? What skiing, hiking, biking or boating is available? How do you get there - bus, carpool, van? Get these facts and figures, and all other necessary information. Consult the Overnight Tour Coordinator for guidance.

Present your trip description to the Overnight Tour Coordinator. Review costs with the Coordinator before establishing a price. We set ONC trips costs to make a small profit. This is necessary because some trips inevitably lose money each year. A rule of thumb is to cover the cost of your trip fees plus a 10% markup on accommodation costs. When your plans are ready to go, arrange for deposits with the ONC Treasurer. Set the date when applications will be accepted. State the maximum number of people that can be accommodated and what the rooming arrangements will be.

The Overnight Tour Chairperson will announce the tour in the monthly newsletter, etc. Wait for the applications to pour in!

Overnight tour leaders send the collected fees to the Treasurer or submit them at the next monthly club meeting. Remember to send Member Application forms from any new members to the Membership Chairperson. This is important so that new members start receiving newsletters promptly. Verify that those joining your trip are current ONC members - use your roster and call the membership chair if you are uncertain.

Send participants a letter a week or two before departure, listing the meeting place, transportation, food and sleeping arrangements, names and phone number of other participants to help with car pooling.

You should have a waiting list, collecting deposits from those on it, in case there are cancellations.

Confirm all reservations in advance.

Arrange with the treasurer the mechanism for paying the balance of the costs of accommodation, transportation, etc.

Try to plan for socializing. Recruit trip leaders from the group. DON'T TRY TO DO IT ALL YOURSELF. HAVE A GREAT TIME!

OVERNIGHT TRIP POLICY

This policy is to define the job responsibilities of the Overnight Tour chairperson and the tour coordinators and to provide for all members and non-members a fair and equitable opportunity to sign up for overnight trips.

Notice Requirements

1. All overnight trips will be announced in the newsletter at least one month prior to the date of the trip.
2. The newsletter will include a standard application form which will include the following: a) Name of trip b) Trip leader information; name, address, home and work telephone numbers c) Payment amount and dates due.
3. The notice will include a brief description of the trip.

Filling Trips

1. All trip spots will be filled on a first-come, first-serve basis, based on the postmark of the application.
2. Any remaining openings on the trip will be filled at the Oregon Nordic Club general meetings prior to the tour.
3. Only Members can join overnight trips, even if it is a trip for which no money is collected. Non-members may join the club at the same time they sign up for an overnight trip.
4. Additional restrictions on participation may apply to some trips based on the ability and experience needed to safely execute the trip.

Waiting List

The club will require a check for the full amount of the trip in order to place a person on the waiting list. Checks will be held and returned uncashed if the person is not accepted for the trip. This means they will receive a full refund up until the time when they are notified that they are offered a place on the trip and given an opportunity to decline.

Refund Policy

1. Trips which require an advance payment shall be non-refundable unless a replacement is found from the waiting list. Exceptions will be considered on a case-by-case basis by the Board of Directors.
2. Shared cost trips do not require deposits; however, the trip leader does expect the courtesy of receiving your notification of cancellation.

COME SKI WITH US AT TEACUP LAKE

Teacup Lake is the Oregon Nordic Club's own groomed-track facility. It is located on Hwy 35 opposite Mt. Hood Meadows' lower parking lot. Developed by the Club's competition committee, it is open to anyone who wants to share in the cost of grooming and upkeep.

Teacup is a great place for families and beginners, because the tracks make skiing easier and less challenging, and the shelter provides a good place for gathering and inside breaks. Views of Mt. Hood on many of the trails make great scenery, perfect for picnics. More advanced skiers will enjoy some challenging hills and turns, good quality tracks, and skating lanes.

TEACUP HAS:

20 kilometers of the most scenic and well signed groomed trails on Mt. Hood with its own Snow-park.

Many interconnecting loops of varying abilities and distances for everyone in the group.

A day use cabin (open on weekends) where you can eat lunch and socialize.

A portable toilet to help you protect the environment.

In addition to your Nordic Club membership, your annual Teacup membership comes with equipment discounts and a monthly newsletter that keeps you posted on Oregon Nordic Club and Teacup Committee activities. If you are interested, contact the chairperson listed in the Portland ONC Chapter newsletter.

SKI LESSONS

The Oregon Nordic Club expects members to have some ski experience before joining ski tours. The club does have occasional ski clinics for improving your skiing skills and for beginners. There are also other organizations that offer ski lessons, both for-profit and non-profit. The following list may not be complete.

PORTLAND PARK BUREAU - Outdoor Recreation Program 503-796-5132

MAZAMAS (mountaineering club), Portland 503-227-2345

WY'EST NORDIC SKI SCHOOL 503-622-4841

BIKE GALLERY - WEST, Beaverton 503-641-2580

TIMBERLINE SKI SCHOOL, Mt. Hood; 503-231-5402

MT. HOOD MEADOWS SKI SCHOOL, Mt. Hood; 503-297-8801

EMERGENCY TELEPHONE NUMBERS

All areas have a 9-1-1 emergency telephone number in use. There may be other emergency communications available when you have a problem, for example the public radio-telephone

County Sheriffs

Clackamas County, OR (west part of Mt. Hood) 503 655-8911 or 911

Hood River County, OR (east part of Mt. Hood) 911

Cowlitz County, WA (west part of St. Helens) 911

Skamania County, WA (east part of Mt. St. Helens & Wind River)

509 427-9490

Oregon State Police General Dispatch Portland 503 238-8434

Government Camp 503 272-3321

Zig-Zag Ranger District 622-3191

SNOW NUMBERS

Mt. Hood Meadows 503 227-7669

Timberline 503 222-2211

Mt. Hood Ski Bowl 503 222-2695

Willamette Pass 503 345-7669

Oregon Avalanche Report 503 326-2400

Washington Avalanche Report 206 526-6677

NORDIC SKIER'S TRAIL ETIQUETTE

1. Match your abilities and experience with your trip plans. An inexperienced skier on a difficult trail is a hazard to other skiers as well as to himself or herself.
2. Avoid collisions!!! Keep to the right when meeting another skier head-on. Yield the right of way to descending skiers because they have less control and more speed than you do while climbing. Slow down when approaching or overtaking another skier from behind. Announce your intention to pass. When stopped, do not block the trail.
3. Trail marking signs must be respected. On any trail marked with an indicated direction, a skier should proceed only in that direction.
4. If an accident occurs, everyone present should render any needed assistance. Witnesses should establish their identity.
5. Avoid snow shoeing or walking over a ski track. It ruins the track for other skiers.
6. Dogs are not compatible with cross country skiing. Bringing dogs to cross country trails is dangerous for the dog and for other skiers.
7. Respect the rights of all winter trail users. Do not interfere with or harass others. People may judge all skiers by one individual's actions.
8. DO NOT LITTER. If you packed it in, pack it out. Remember, any item you leave behind decays very little over the winter months.