

Open Climb *

This regular climbing session on Thursday evenings at 5:00 pm is open to those who have previous climbing experience and are comfortable with rock climbing. Top ropes are set up by the OAC staff at the Ross Park climbing area. We provide the ropes and equipment if you need it at no charge.

Open Kayak *

Tuesdays, June 2, 30, July 28, August 11

Open kayak will be held every Tuesday from 5:00 pm to about 8:00 pm at the Groveland Canal in Blackfoot. We will leave from the OAC at about 4:30 pm or you can meet at the canal. Kayak, paddle, spray skirt, helmet, and life jacket will be provided if you need it—let us know by noon the day of Open Kayak what you need. The cost will be \$5 to cover the cost of gas. Also, we will hold Open Kayak at different locations to be determined later.

Activity rating: I/II

Group size: 10 can ride in the van, but unlimited at the canal

Estimated cost: \$5

Pre-trip: N/A

Last sign-up date: N/A

Leatherman Ski Mountaineering Trip

May 9-10

The lost River Range has some of the best spring ski mountaineering available. Ski off of Idaho's second highest peak.

Activity rating: III

Group size: 6

Estimated cost: \$30

Pre-trip: May 6, 5:30 pm at the OAC

Last sign-up date: May 6

Rock Climbing at Castle Rocks State Park

May 16

Castle Rocks has a little bit of everything as far as climbing goes with its dramatic geological area of granite spires and monoliths. On our way out we will be sure to make a stop at Durfee Hot Springs just in time for sunset.

Activity rating: I/II

Group size: 10

Estimated cost: \$20

Pre-trip: May 12, 5:00 pm at the OAC

Last sign-up date: May 12

Beginning Rock Climbing Workshop *

May 26, May 29-31

Spend three days camping and climbing in one of Idaho's most famous climbing areas. The workshop is designed for those with little or no climbing experience. Class covers basic climbing techniques including knot tying, belaying, rappelling, top rope anchor systems, movement techniques, and safety procedures.

Activity rating: I

Group size: 10

Estimated cost: \$85

First class meets May 26, 6:00 pm -10:00 pm at Reed Gym

Last sign-up date: May 26

Map and Compass Workshop *

May 30 – 31

Description of Workshop: The Map and Compass workshop starts out with indoor theoretical sessions that cover reading and interpreting contour maps, declination adjustments, bearings from map and terrain, preplanning travel routes, determining distances and travel times etc. The workshop will then move outside where participants will work on identifying topographic features, taking bearings and determining locations.

Activity rating: I

Group size: 20

Estimated cost: \$60

First class meets May 30, 8:00 am in the OAC

Last sign-up date: May 29

River Rescue and Safety Workshop *

June 5 -7

The river rescue workshop is a concentrated course to help individuals develop their river rescue skills. Friday night will be spent discussing accident prevention, hypothermia, rescue organization and liability as well as learning knots, anchors and self-equalizing systems needed to do rescues. Saturday and Sunday will be spent on the water working on self-rescue techniques as well as different rescue techniques from the simplest to more complicated techniques.

Activity rating: I

Group size: 20

Cost: \$85

First class: June 5, 5:00 pm at OAC

Last sign-up date: June 5

Beginning Kayak Workshop *

June 10-14

The beginning kayak workshop is a concentrated course to help individuals develop the knowledge and skills necessary to run easy whitewater rivers in a kayak. It is a solid introductory course for the beginner and a good refresher for the individual who already has some kayaking experience.

Activity rating: I

Group size: 9

Cost: \$160

First class: June 10, 8:00 am at the OAC

Last sign-up date: June 5

Bear River Kayak and Inflatable Kayak *

June 20 – 21

Start the kayaking season out on the Bear River. This is a class I – II section that is a great warm up for the season. If you are not comfortable in a hard shell we have inflatable kayaks for you to ride on top. We will camp out along the river. No previous kayaking experience required

Activity rating: II

Group size: 10

Estimated cost: \$25

Pre-trip: June 17, 5:30 pm at the OAC

Last sign-up date: June 17

Kayaking the Blackfoot *

June 23

This is a class II+ section that is known as the bridge to bridge section of the river. There are several great rapids and play spots to explore along the way down the river. We will meet at the OAC at 4:00 pm and travel to the river. After an evening of paddling we will return back home. Previous kayaking experience required

Activity rating: II

Group size: 10

Estimated cost: \$20

Last sign-up date: June 22

Canoe and Flat Water Kayaking at Bear Lake *

July 3-5

Bear Lake has been described as the Mediterranean of the West. Enjoy a couple days and starry nights paddling around on the crystal clear, azur colored waters of this tranquil lake. We will base camp at a campsite complete with hot pools for soaking tired muscles. Learn the basics of paddling a sea kayak or canoe on flat water. Enjoy beach volleyball, horseshoes, Bocci ball, or just hang out on the beach and read a summer romance novel.

Activity rating: I

Group size: 10

Estimated cost: \$30

Pre-trip: June 23, 5:30 pm at the OAC

Last sign-up date: June 23

Kayaking the Blackfoot

July 7

This is a class II+ section that is known as the bridge to bridge section of the river. There are several great rapids and play spots to explore along the way down the river. We will meet at the OAC at 4:00 pm and travel to the river. After an evening of paddling we will return back home. Previous kayaking experience required

Activity rating: II

Group size: 10

Estimated cost: \$20

Last sign-up date: July 6

Alpine Canyon Whitewater Rafting

July 11-12

Come join us on a rafting adventure through the scenic Snake River Canyon. This is a great river for beginners with some fun class II-III rapids.

Activity rating: I/II

Group size: 10

Estimated cost: \$40

Pre-trip: July 8, 5:30 pm at the OAC

Last sign-up date: July 8

Intermediate/Advanced Kayak Workshop

July 15-19

The Payette River system offers a variety of river options that allows students to challenge themselves which help to fine tune those kayak skills. With five days of boating on three different sections of river, skills such as surfing, catching those small eddies, ferrying and river reading will become automatic and comfortable.

Activity rating: II (Prior kayak experience in class II water is required.)

Group size: 9

Estimated cost: \$185

Workshop meeting time: Leaves for the Payette July 15, 6:00 am

Last sign-up date: July 10

Bicycle Ride to Lava Hot Springs

July 17

Ride 40 miles over the rolling hills of the Marsh Valley, along the Portneuf River to Lava Hot Springs. We will provide a SAG (support and gear) to pick you up if the ride gets too tiresome. There's no better way to end a long ride than a soak in the world famous hot pools and dine on Thai food. Must have your own bicycle and helmet. Expect warm temps and more than likely some wind. If it's raining we will not ride, but if the group still wants to go to Lava, we will drive in the van.

Activity rating: Adaptive & I

Group size: 10

Estimated cost: \$15 (includes hot pool fee)

Meet 6:00 pm at the OAC

Last sign-up date: July 16

Overnight Backpacking up to Alpine Lake

July 18 -19

This will be a 6 mile hike up Sheep Creek, North of Island Park, ID, to a gorgeous pristine lake where we will set down our packs and enjoy the evening together under the shadow of a beautiful mountain range. Fly fishing is encouraged and this will be a great intermediate backpacking trip!

Activity rating: II

Group size: 10

Estimated cost: \$30

Pre-trip: July 16 5:00 pm at OAC

Last sign-up date: July 16

Kayak Touring at Cliff and Hebgen Lake, Southwest Montana

July 24-26

This is an easy way to try out lake kayaking. Enjoy kayaking two different lakes Cliff and Hebgen Lake in southwestern Montana. We will be car camping at a campground near Wade Lake and spending the days exploring the lakes.

Activity rating: I-II

Group size: 10

Estimated cost: \$40

Trip departure: Friday afternoon

Last sign-up date: July 20

Classic Table Mountain Hike

July 25

This is a classic hike up to Table Mountain, which is approximately 6 miles climbing to 11,000 feet. The hike starts off as a gradual climb up Teton Canyon and then begins to gain elevation up switch backs. Wild flowers will be seen! The last 3 miles are switch backs up a cirque and then up the ridge to the summit. The summit will put you face to face with the Grand Teton Mountain Range.

Activity rating: II

Group size: 10

Estimated cost: \$30

Pre-trip: July 23, 5:00 pm at OAC

Last sign-up date: July 23

Inflatable Kayaks on the Hagerman

August 1

Experience the Hagerman section of the Snake River in a new way. Class II+ rapids can be expected with intermittent scenic stretches.

Activity rating: I/II

Group size: 10

Estimated cost: \$20

Pre-trip: July 29, 5:00 pm at the OAC

Last sign-up date: July 29

Camp and Hike in the Sawtooths

August 15-16

The Sawtooth Range, Idaho's most famous mountain range is home to spectacular views and wildlife, making it the perfect place for camping and a day hike.

Activity rating: I/II

Group size: 10

Estimated cost: \$30

Pre-trip: August 12, 5:00 pm at the OAC

Last sign-up date: August 12

Pocatello Pump

September 12 & 13

Open Horseback Riding

9:00 am – 12: am June 5, 12, 19, 26, July 10, 24, 31, August 7, 21, 28

This activity is designed to teach people to ride and provide an opportunity for others to practice their horsemanship skills. The focus is western style riding. The first half of the session is exclusively for HOGs, ISU students, staff, and faculty. Guests and community members may join us for the last hour and a half. Children must be 8 years or older and all minors must be accompanied by a responsible adult.

Activity rating: Adaptive & I

Group size: 12 ISU stud., faculty., staff, HOGs; 6 community/ guests

Estimated cost: \$5 for students, faculty, staff, and HOGs, \$8 for guests.

Last sign-up date: 2:00 pm the day before the activity.

Wednesday Evening Trail Rides

6:00 pm until dark June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 5, 12, 19, 26

We will meet each week and trail ride on local trails. Find out each week's location by signing up ahead of time. You will need to attend the Open Riding Sessions to demonstrate intermediate or greater riding skills in order to use a program horse. In addition, individuals riding program horses, must be 14 yrs of age or older, children riding their own horses need to be a minimum of 8 years. All minors need to be accompanied by a responsible adult.

Activity rating: II

Group size: 10

Estimated cost: \$15 for program horse.

Last sign-up date: Noon the day of the activity.

Copper Basin Pack Trip

June 26-28

Join us for 3 days in the Copper Basin Area to ride up to Betty Lake. It is a 7 mile ride into the lake, we will spend one full day there enjoying fishing and other activities as we explore a chain of beautiful mountain lakes. You will need to attend the Open Riding Sessions to demonstrate intermediate or greater riding skills in order to use a program horse. In addition, individuals riding program horses, must be 14 years of age or older, children riding their own horses need to be a minimum of 8 years. All minors need to be accompanied by a responsible adult.

Activity rating: II

Group size: 6

Estimated cost: \$55+ \$15 if you need a program horse.

Pre-trip meeting: June 23, 5:30 pm

Last sign-up date: June 23

Upper Palisades Lakes Pack Trip

July 17-19

Join us for 3 days in the beautiful Palisades Lakes area. We will ride up to Upper Palisades lake and spend the day on Sat enjoying fishing, hiking, and we will do a day ride up to Waterfall Canyon. You will need to attend the Open Riding Sessions to demonstrate intermediate or greater riding skills in order to use a program horse. In addition, individuals riding program horses, must be 14 years of age or older, children riding their own horses need to be a minimum of 8 years. All minors need to be accompanied by a responsible adult.

Activity rating: II

Group size: 10

Estimated cost: \$55 + \$15 if you need a program horse.

Pre-trip meeting: July 14, 5:30 pm

Last sign-up date: July 14

Ride the Portneuf Boundary Trail

August 29-30

Join us on a two day ride of the Portneuf Boundary Trail. The loop is a 38 mile trek of varied terrain with some of the best sites and scenery our area has to offer. We will spend the night at Big Springs meeting a caravan with our camping stuff so we will not need pack horses. You will need to attend the Open Riding Sessions to demonstrate intermediate or greater riding skills in order to use a program horse. In addition, individuals riding program horses, must be 14 years of age or older, children riding their own horses need to be a minimum of 8 years. All minors need to be accompanied by a responsible adult.

Activity rating: II

Group size: 6

Estimated cost: \$30+ \$15 if you need a program horse.

Pre-trip meeting: August 25, 5:30 pm

Last sign-up date: August 25

CW HOG Activities

Day at the Beach

June 17-15

Join the HOG'S for a day at the beach. We will head out to Jensen's Grove in the early afternoon, take some inflatable boats, cook some Dutch Oven lunch, and splash around in the water until our skin is wrinkled. Sun & fun, oh yeah, don't forget your sunscreen.

Activity Rating: Level I & Adaptive

Group size: 10

Deposit: \$10

Estimated Cost: \$15

Alpine Tower Open House

June 24 5:00 pm - 8:00 pm

Come out and have ride on the Giant Swing or have a go at one of the Towers many challenging climbs. Bring the kids out to play on our new lawn. FUN for the whole FAMILY.

Activity rating: Level I & adaptive

Cost: \$5

Location: Corner of Barton Road & Alvin Ricken Road

Roaring Springs Water Park

June 29 - 30

Join the HOG's as we head to Boise for a day of fun at Roaring Springs Water Park. This place is like roller coasters with water. Fun is sure to be had by all levels of thrill seekers. We will leave the University at 7:00 am to head to Boise where we will play & laugh until it's time to head to our camp ground for the evening. Tuesday morning we will head back to Poky.

Activity rating: I & Adaptive

Group size: 10

Deposit: \$20

Estimated cost: \$60

Pre-trip meeting: June 25, 5:30 pm at the OAC

Kids Camp

July 6-11 & July 20- 25

CW HOG has designed this camp for children with and without disabilities

(ages 7 -14). Kids Camp focuses on team building, challenging outdoor adventure activities, and positive peer interactions as well as lots of fun.

The day begins at 9:00 am in the CW HOG office in the Pond Student Union Building on the Idaho State University Campus. The CW HOG staff, adult volunteers, and parents will assist campers throughout the day. Parents can expect their campers to be exhausted from fun by 5:00 pm.

CW HOG/Claude Larsen Memorial 7th Annual Golf Tournament

July 18

Come and enjoy one of the finest and fun golf tournaments in Pocatello. Great handmade trophies for 1st through 3rd place, closest to the pin men and women and longest drive men and women. There are great raffle prizes donated by local merchants and a chance to win a season's golf pass for 2009. Also included is a poker run and a delicious steak dinner.

Riverside Golf Course, Pocatello, ID

Activity rating: I

Limited to 144 golfers

\$40 per person/4 person teams

Sign up at Outdoor Adventure Office/CW HOG Office, Riverside Golf Course and Highland Golf Course

Lagoon Amusement Park

July 27

This is a really fun trip. Roller coasters, Roller coasters, & a few more roller coasters. Oh yeah, there is also a water-park.

Activity rating: I & Adaptive

Group size: 10

Estimated cost: \$40

Last sign-up date: July 24

Kayak Touring at the Oneida Narrows

August 14

This will be a very beginner friendly trip. We will cover the basic fundamentals of Kayak Touring & then spend the afternoon touring at the Oneida Narrows. All boats will be provided.

Activity Rating: Level I & Adaptive

Deposit: \$10

Estimated Cost: \$15

Pre-trip: August 11, 5:30 pm at the OAC

CW HOG 28th Annual PIG OUT

September 12

ISU's Cooperative Wilderness Handicapped Outdoor Group (CW HOG) is celebrating their 28th Anniversary Pig-Out dinner and picnic. Dinner includes barbeque pork, Idaho Baked potatoes, corn on the cob, Dutch oven vegetarian dishes, and ice cold beverages. There will be great live music with local bands and games for the kids. All proceeds go to the CW HOG organization providing outdoor recreation and social activities for individuals of all abilities. The festivities will be held at the lower Ross Park pavilion from 4:00 pm until 11:00 pm.

Cost: Adults (age 12 and Up) **\$14** (advance) or **\$15** (park)

Kids: \$6 (advance) or (park) (age 6-11) (age under 5 free)

Buy tickets at: The Outdoor Adventure Center, Barrie's Ski and Sports, Budget Tapes & Records, Scott's Ski & Sports, and Sandbaggers.