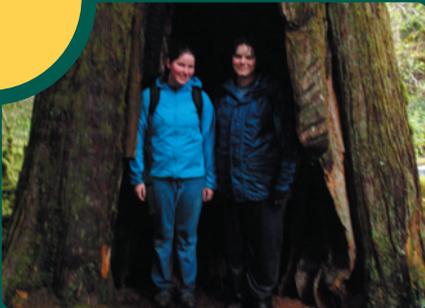




UNIVERSITY
OF OREGON

GO OUTSIDE!

HOW TO ENJOY THE OUTDOORS WITHOUT A CAR



PRODUCED BY THE OUTDOOR ACTIVITIES THINK GROUP

If you want to feel the wild side of Oregon yet don't have a car or choose not to drive, this booklet is for you. The trips here were designed and researched by a handful of UO students who had fun doing them and writing about it so you could enjoy them too. The trips are listed from briefest to longest to help you budget your time. To find a particular type of trip, consult the index.

To truly enjoy yourself, take reasonable safety precautions. Travel in groups, pack and wear appropriate clothing, carry water and food, bring safety equipment, and respect changing weather conditions. Certain areas are isolated and may be home to wild animals. If you are traveling alone be sure to tell your roommates and friends where you are going (with a description of the route), when you expect to return, and a contact number of the sheriff's department for the area, listed below. Each activity carries an inherent risk, and the *Go Outside!* THINK group is not responsible for any hardships you may experience on our trips. By using this booklet and a bit of common sense you should be able to have fun safely and enjoy the beauty of Oregon.

Emergency contact numbers

- Lane County Sheriff's Office Search and Rescue: (541) 682-7448
- McKenzie River Ranger District: 541-822-3381

Go Outside! is a production of the THINK discussion group program of the University of Oregon Residential Academy pilot project, 2005.

http://honors.uoregon.edu/opportunities/residential_academy/

We would like to thank our sponsors for their generous support, which made printing this booklet possible.

University Housing, University of Oregon

UO Residence Hall Association

Lane Transit District

UO Outdoor Program

Robert D. Clark Honors College

We would also like to thank particular individuals who have helped make this project a success.

John Hollan, Assistant Director, Residence Life

Tim McMahon, Faculty Development Consultant

Tenaya Meaux, Assistant Director, Public Affairs, UO Housing

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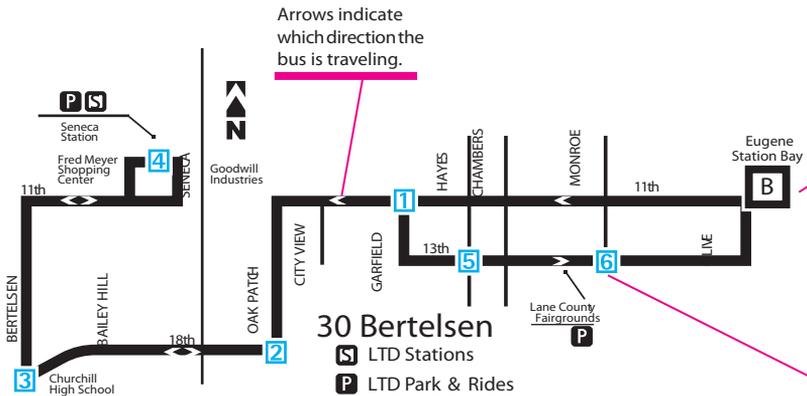
Using the LTD Bus System

Once you select a trip, then what? Hop on the bus and go! It is in fact that simple, once you are familiar with how to use the LTD bus system. Here are a few tips. Pick up a copy of LTD's Rider's Digest, which includes schedules and maps for all routes. If you cannot find the Digest, don't worry. Each University of Oregon LTD stop has timetables and maps for every bus that departs from it. If your trip leaves from Eugene Station, you will find maps and timetables for each bus at its respective bay. Now that you know how to find a timetable and map for your trip, go to the next page to learn how to use it.

There are two other important bits of information for you to keep in mind. As long as you are a University of Oregon student, your bus fare is provided for you via your student fees. To go anywhere on an LTD bus, you need only carry your student ID and show it to the bus driver. Also, it is your responsibility to signal when you would like for the bus to stop. There is a cord running along the windows on each side of every LTD bus. Tug on the cord when you want to get off, and the driver will pull over for you at the nearest stop. If you are unfamiliar with your route, feel free to speak with the bus driver either as you're getting on or during the ride. Your sense of independence will expand exponentially once you're familiar with how to use the bus system.

Many of the trips in this booklet begin at Eugene Station. To get to it from campus take Bus 11 from Franklin at Agate, or The Breeze, Bus 28, Bus 73 or Bus 81 from UO Station Kincaid at 13th.

How to Read a Timetable



Arrows indicate which direction the bus is traveling.

This letter represents the bay at the Eugene Station where you board your bus.

30 Bertelsen
 S LTD Stations
 P LTD Park & Rides

Beginning and ending locations

Timepoints
 Timepoints are bus stops located near major landmarks listed on the timetable. Bus departure times are listed below each timepoint. Buses stop between timepoints about every two blocks. Use the timepoint just before your location to estimate when the bus will reach your stop. (Look for the corresponding colored timepoint number on the map to help you.)

This letter represents the bay at the Eugene Station where you board your bus.

Street where the bus stop is located.

Nearest cross street.

From: Eugene Downtown To: Fred Meyer/Seneca Sta. via Bertelsen Name: 30 Bertelsen						From: Fred Meyer/Seneca Station To: Eugene Downtown via Bertelsen Name: 30 Bertelsen					
LEAVE Eugene Station	11th at Garfield	Oak Patch at 18th	Bertelsen at 18th	ARRIVE Seneca Station (Fred Meyer)	LEAVE Seneca Station (Fred Meyer)	Bertelsen at 18th	Oak Patch at 18th	13th at Hayes	13th at Monroe	ARRIVE Eugene Station	
[E]	[1]	[2]	[3]	[4]	[4]	[3]	[2]	[5]	[6]		
WEEKDAYS											
AM	---	---	---	---	--	5:36	5:40	5:44	5:47	5:55	
6:00	6:05	6:09	6:14	6:23	6:01	6:06	6:10	6:14	6:17	6:25	
6:30	6:35	6:39	6:44	6:53	6:27	6:33	6:39	6:44	6:47	6:55	
7:00	7:05	7:09	7:14	7:23	6:57	7:03	7:09	7:14	7:17	7:25	
7:30	7:35	7:39	7:44	7:53	7:27	7:33	7:39	7:44	7:47	7:55	
8:00	8:05	8:09	8:14	8:23	7:57	8:03	8:09	8:14	8:17	8:25	
8:30	8:35	8:39	8:44	8:53	8:27	8:33	8:39	8:44	8:47	8:55	
9:00	9:05	9:09	9:14	9:23	8:57	9:03	9:09	9:14	9:17	9:25	
9:30	9:35	9:39	9:44	9:53	9:27	9:33	9:39	9:44	9:47	9:55	
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10:30	10:35	10:39	10:44	10:53	10:27	10:33	10:39	10:44	10:47	10:55	
11:00	11:05	11:09	11:14	11:23	11:27	11:33	11:39	11:44	11:47	11:55	
11:30	11:35	11:39	11:44	11:53	11:57	12:03	12:09	12:14	12:17	12:25	
PM	12:00	12:05	12:09	12:14	12:27	12:33	12:39	12:44	12:47	12:55	
12:30	12:35	12:39	12:44	12:53	12:57	1:03	1:09	1:14	1:17	1:25	
1:00	1:05	1:09	1:14	1:23	1:27	1:33	1:39	1:44	1:47	1:55	
1:30	1:35	1:39	1:44	1:53	1:57	2:03	2:09	2:14	2:17	2:25	
2:00	2:05	2:09	2:14	2:23	2:27	2:33	2:39	2:44	2:47	2:55	
2:30	2:35	2:39	2:44	2:53	2:57	3:03	3:09	3:14	3:17	3:25	
3:00	3:05	3:09	3:14	3:23	3:27	3:33	3:39	3:44	3:47	3:55	
3:30	3:35	3:39	3:44	3:53	3:57	4:03	4:09	4:14	4:17	4:25	
4:00	4:05	4:09	4:14	4:23	4:27	4:33	4:39	4:44	4:47	4:55	
4:30	4:35	4:39	4:44	4:53	4:57	5:03	5:09	5:14	5:17	5:25	
5:00	5:05	5:09	5:14	5:23	5:27	5:33	5:39	5:44	5:47	5:55	
5:30	5:35	5:39	5:44	5:53	5:57	6:03	6:09	6:14	6:17	6:25	
6:00	6:05	6:09	6:14	6:23	6:27	6:33	6:39	6:44	6:47	6:55	
6:30	6:35	6:39	6:44	6:53	7:07	7:13	7:19	7:24	7:27	7:35	
7:00	7:05	7:09	7:14	7:23	7:37	7:43	7:49	7:54	7:57	8:05	
7:40	7:45	7:49	7:54	8:03	8:07	8:13	8:19	8:24	8:27	8:35	
8:40	8:45	8:49	8:54	9:03	9:07	9:13	9:19	9:24	9:27	9:35	
9:40	9:45	9:49	9:54	10:03	10:07	10:13	10:19	10:24	10:27	10:35	
10:40	10:45	10:49	10:54	11:03	11:07	11:13	11:19	11:24	11:27	11:35	
11:40	11:45	11:49	11:54	--	--	--	--	--	--	--	

PM times are listed in bold.

Dashes indicate that this trip does not serve this stop.

Bus is outbound

Bus is inbound

8x

An "x" after the routenumber indicates express service with limited stops.

SERVES UO

This symbol indicates that this route serves the University of Oregon.

SERVES LCC

This symbol indicates that this route serves Lane Community College.

☒

The snowflake indicates that this route may be affected by snow and ice conditions.

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Activities Within Twenty Minutes

Ruth Bascom Riverbank Trail

Multiple Uses

A fresh escape to the beauty of the Willamette River lies almost at the doorstep of UO residence hall dwellers. Twelve miles of completely paved trails will take you in peace over six bridges to Alton Baker Park, Delta Ponds, Skinner Butte, Owen Rose Garden, and Maurie Jacobs Park, not to mention Valley River Center, where you can take a time out from nature to spend money. Willamette River divides the city of Eugene into two parts, in addition to separating parts of Eugene and Springfield. Along the river you will find the Ruth Bascom Riverbank Trail system, one of the larger multi-use trails in Eugene, open to cyclists, walkers and runners.

Taken piece by piece, the Riverbank Trail offers a variety of things to do at all fitness levels. Since the trail begins directly north of the dormitories, most students are able to enjoy a brisk walk along the south side of the trail near the Autzen footbridge. The more adventurous can easily walk to the Owen Rose Garden or Maurie Jacobs Park to enjoy duck and goose watching. The hardcore can tackle the entire trail on a bicycle day trip. Those who use the trail quickly discover the calming sense of the Willamette River, even if it is only utilized for a quick break from classes.



The Willamette River seen from the Ruth Bascom Riverbank Trail

Travel Directions & Information

Activity: Biking, Walking, Running

Modes of transportation: Biking, Walking, Running

Total travel time (including from Hamilton Complex to Autzen Footbridge)

Trip 1: 2-6 hrs for the entire loop on bike.

Trip 2: 1 hr walking loop from Autzen Footbridge to Peter DeFazio Bridge.

Directions:

From Hamilton Complex head toward the intersection of Franklin on Agate. Cross Franklin and take Agate to the Autzen footbridge. You can begin the trail on the south side of the soccer fields or across Autzen Footbridge.

Places to watch for:

Past the Greenway Bike Bridge you need to exit onto Stevens Rd., which will take you two blocks to Stults St. before you re-enter the trail. Before the Owosso Bridge, you need to leave the trail and take Copping St. between Owosso and Formac. Do not travel to River Rd. Instead, take Owosso bridge to cross the Willamette. Between Autzen footbridge and Knickerbocker Bridge on the South side of the Willamette, bikes must use the sidewalk on Franklin to Walnut St. At Walnut, turn right and continue to Garden St. Once at Garden continue to the Autzen footbridge.

Notes:

Whether you are jogging, bicycling, or walking, take care to use the right equipment. For day trips, pack a lunch. If you are considering the entire loop on bicycle, be sure to have water. Above all, remember that the bike trail is a multi-use path, so if you are biking, be sure to pass on the left and beware of people who are walking.

Hendricks Park

Multiple Uses

Hendricks Park, 78 acres of mature forest with a world renowned rhododendron garden, is an easy walk from your dorm room. Donated in 1906 by Thomas Hendricks, the park has three sections: the native plant garden, the rhododendron garden and the forest. Because of its many attractions, Hendricks Park has beckoned to generations of UO students who need a break.

The native plant garden, the smallest part of the park, offers a variety of plants and flowers like irises and trilliums. The most famous section, the rhododendron garden, blooms throughout the spring and has its own guided tour. There you can meander under towering oaks as you travel through 12 acres of over 6,000 rhododendrons. In the largest part of the park, the forested area, a multitude of trails and paved paths offer challenges for the jogger who loves hill workouts, or adventures for the casual hiker.



A view of the beautiful Rhododendron Garden in Hendricks Park. This is one of the quietest places to take a stroll in Eugene.

Hendricks Park can be a day trip or just a few hours of escape to the forest. It is definitely a place you can't miss, if you need to get out. Bring a few friends and a sack lunch and enjoy the scenery.

Travel Directions & Information

Activity: Hiking, Walking, Running

Modes of transportation: Walking, Running

Total travel time: 10-minute walk

Directions: (from 15th and Agate)

Option 1

Walk south (toward Hayward Field and Agate Hall) on Agate to 21st Ave.

Turn right onto Fairmount Blvd.

Continue on Fairmount Blvd as it rounds the corner until you reach the park. The trail will be slightly left of the road.

Option 2

Walk east on 15th (toward the Bean Complex) until Walnut (4 blocks).

Turn right on Walnut and head south until Fairmount Blvd.

Continue on Fairmount until you reach Summit St. and go left on Summit.

Follow Summit until you reach the park.

Places to watch for:

If you take route (1) to Hendricks Park, you will reach the trail, which is slightly left of the road on Fairmount Blvd. If you take the trail, you will come to a 4-way fork. Head North (left) to see the Rhododendron Garden and “Moon” Terrace.

All other paths: East (straight) and South (right) will lead out of the park.

Notes:

Expect pavement, soil and gravel paths. Some areas can be muddy. The Rhododendron Garden is best seen in the spring, summer or late fall. Since lighting is scarce along the trails in Hendricks, we do not recommend walking alone there at night.

Alton Baker Park: BMX Biking, Running, Canoeing and Kayaking

Multiple Uses

Canoeing and Kayaking with ORS

Oregon River Sports offers canoe and kayak rentals at Alton Baker Park starting in May and continuing through the summer. This trip is great for water enthusiasts whether alone or in groups.

Pre's Trail

After running on the hilly paved streets of Eugene, change your pace with the historic Pre's Trail. Named after Oregon running legend, Steve Prefontaine, this trail is a series of paths that total 4 miles of soft-surface running in Alton Baker Park. It was inspired by Steve Prefontaine's training in Europe, where soft surface trails were common. Four months after Pre's tragic death, the trail was completed. Flat and almost entirely bark dust, this trail is used by a wide variety of runners and walkers. With so many choices, it is a good idea to set aside enough time to get lost. After all, "the only people who get anywhere interesting are the people who get lost."

BMX track

The BMX track, which hosts BMX and cruiser races a few times a week, is open to public use when races aren't being held. It's a fun track to ride, with a variety of features like rollers, a rhythm section, several table tops, and large berms, which are a blast to fly around. It is a really accessible and fun facility, so enjoy, and please wear a helmet.



Travel Directions & Information

Activity: BMX Biking, Running, Canoeing, Kayaking

Modes of transportation: Walking, Biking

Total travel time: 10 min. by bike, 20 by foot

Travel directions for reaching Oregon River Sports kiosk:

Cross Franklin Blvd on Agate and continue straight as Agate becomes Riverfront Pkwy. Continue until you cross the Autzen Footbridge, at which time you need to turn left and parallel the river. Continue on this path for .75 miles until you see a large duck pond and parking lot on your right. Cross through the far end of the parking lot and turn left onto the road. Just before you cross over the bridge, look to your right and you should see the wooden ORS kiosk.

Travel directions for reaching start of Pre's trail:

Follow the directions for Oregon River Sports, except do not turn left onto the road. Instead, continue straight and pass through another, smaller parking lot. You will spot a map for Pre's Trail, at which point you can stop and stretch while planning your run.

Travel directions for BMX track:

Cross Franklin Blvd on Agate and continue straight as Agate becomes Riverfront Pkwy. Continue across the Autzen Footbridge and remain on the same path until Autzen Stadium appears in front of you along with a Dog Park to your left. Cross the wooden footbridge and turn right onto Leo Harris Pkwy. Follow the road for 200 meters until you see the BMX track on the right.

Notes:

For more information about Oregon River Sports, check out the web site at www.oregonriversports.com or call (541) 334-0696.

Amazon Park

Multiple Uses

Amazon Park is 90 acres of natural oasis just outside the heart of the city. It is perfect for a quick excursion to bike, walk, roller-blade, skate-board, picnic or swim, not far from campus. This park offers many activities and amazing natural areas, which include an ash forest, newly restored wetlands, large open spaces for kite-flying and frisbee, and a grassy amphitheatre with concerts in the summer. One of the park's greatest assets is the Adidas Running Trail, a one-mile bark dust path, well drained in the wet months and lit by night. There is another section of bark-dust trail that continues south of Amazon Park in an island between W. Amazon Dr. and E. Amazon Dr. To access this section of trail, follow Hilyard a few blocks south from Amazon Park.

Low-impact running trails are not intended for bicycle use. However, Amazon Park has a paved bike path that links to streets that have bike lanes. Also, don't forget to check out the newly remodeled outdoor swimming pools, with their water slides, open throughout the summer.



Runners head down the Adidas Trail. Spencer's Butte dominates the horizon from many points in Amazon Park.

Travel Directions & Information

Activity: Running, Biking, Swimming, Walking, Community Activities

Modes of transportation: Bus, Bike, Walk

Total travel time: 5 min by bus, 10-20 by bike or foot

Travel directions:

Method 1: Bus

Take the 73 from UO Station Kincaid at 14th until you reach the Amazon Community Center and Pool.

Method 2: Bike or Foot

Starting at the University of Oregon Bookstore at 13th and Kincaid take 13th to Alder. Turn left on Alder and follow it to 28th where you turn right for one block to reach the Amazon Community Center and Pool.

Notes:

Open 9am-6pm Monday through Friday, the Amazon Community Center offers a wide variety of programs, and its employees can answer questions or give you a map of the park. Here's a link for a map of Amazon Park:

<http://www.ci.eugene.or.us/parks/maps/amazon-m.jpg>

You can also visit the general website for Amazon Park:

<http://www.ci.eugene.or.us/parks/Amazon/index.htm>

Saturday Market and Farmers' Market

Culture and Food

Come one, come all, to Eugene's very own 60's time warp. With nothing else quite like it, the Eugene Saturday and Farmers' Market is a great place to enjoy a pleasant day of shopping, eating and socializing. With over 300 booths, the Saturday Market has grown significantly since its creation in 1970. Open every Saturday, April through November from 10 am to 5 pm, it's a great place for those who want to get outside but are not interested in hiking up large hills or bicycling endless amounts of pavement. Amid its unique booths of tie-dyed shirts, jewelry, and food, you can often hear live music and soak up the culture.

If you are in the mood for some fresh food you can also consider heading over to the Farmers Market across the street where you can pick up some fresh fruits and vegetables. Of course, everything at the Farmers Market is locally grown, and many foods are organic.



Top: Saturday Market. In addition to booths, there is a stage where live music is performed every Saturday.

Left: The Lane County Farmers' Market, adjacent to the Saturday Market, is a favorite for Eugenians who crave locally grown produce.



Travel Directions & Information

Activity: Outdoor Shopping and Cultural Event

Modes of transportation: Walking, Biking, Bus

Total travel time: The walk from Eugene Station to the Saturday Market is 5 minutes.

Directions: (beginning at 15th and Agate)

Method 1: Bus

Travel toward Franklin (north) on Agate.

Cross Franklin Blvd and walk to the LTD bus stop. Take bus 11 to Eugene Station (follow walking directions listed under *Method 2*).

Method 2: Bus

Take either the 28 or 81 From UO Station Kincaid at 13th to Eugene Station. At Eugene Station head toward Willamette St. Once on Willamette turn left so you are walking north. Continue on Willamette until 8th Ave, beyond the Broadway Brick Plaza. Turn right on 8th and continue until you reach the Saturday Market.

Method 3: Walking or Biking

Take 13th through UO Campus to Alder.

Turn right on Alder.

Travel on Alder until you reach 11th Ave.

Turn left on 11th and follow it until you reach Oak.

Turn right on Oak and continue north until you reach the Saturday Market.

Notes:

The Breeze does not run on Saturday. Also, you need not buy anything to enjoy the Eugene Saturday Market, but at the very least it's a great place to get lunch.

Amazon Skate Park

Skate Park

Amazon Skate Park is a small s-shaped bowl that accommodates skaters and bikers. Although it is small, many people enjoy its wall, its many options for transfers and its great accessibility. Many skaters would argue that this park has the highest use of all four skate parks covered in *Go Outside!*



The s-shaped bowl and small wall form the entirety of Amazon Skate Park. Although it is small and simple, countless skaters love it.

Travel directions:

Take the 73 from UO Station Kincaid at 14th and get off at the Amazon Community Center and Pool. The skate park is visible from the bus stop, but if you cannot spot it, simply head south on the sidewalk that leads away from the swimming pool and community center until you can see the park.

Total travel time: 5 minutes by bus and 1 minute on foot.

Churchill Skate Park

Skate Park

20 Minutes

At Churchill Skate Park it's possible to launch some huge airs off the bowl's walls and quarter pipe. It is known for its deep bowl, numerous walls to ride, and endless opportunities for transfers. Though there are few opportunities for technical skating, the bowl is lined with coping and allows for grinding. The quarter pipe is also well placed and has a good edge for stalling. Although many people bike at Churchill, bikes are not allowed.



Half of Churchill Skate Park. The bowl, barely visible on the far left, complements these features.

Travel Directions:

Option 1

Take the 30 from Eugene Station. After roughly 10 minutes look for Bailey Hill Rd, a major intersection with a stop light. Signal that you want to get off the bus only 5-10 seconds before you reach the intersection. This will ensure that you are dropped off at the closest bus stop to the skate park. From here walk back to Bailey Hill Rd and turn right. It will take you only a few minutes of walking on Bailey Hill before you see the Bailey Hill Fire Station. The skate park is 50 meters beyond the fire station.

Total travel time: 12 minutes by bus and 3 minutes by foot.

Option 2

Take the 36b from Eugene Station. The 36b gets you to the skate park faster than the 30, although it runs less frequently. After approximately 12 minutes you will reach Bailey Hill Rd. After turning onto Bailey Hill Rd. wait about 10 seconds, then signal that you want to get off the bus. This will ensure that you are dropped off at the closest bus stop to the skate park, the Bailey Hill Fire Station. The skate park is 50 meters beyond the fire station.

Total travel time: 13 minutes by bus and 1 minute by foot.

Cal Young Skate Park

Skate Park

Cal Young Skate Park has an open feel and was designed for street-style skating. If you enjoy technical challenges, its rails and ledges should be fun. It also has a pyramid that can be hit from most anywhere in the park. The walls, which are on two corners of the park, have coping and are great for smooth grinding and jumping. Sorry, no bikes allowed.



Cal Young caters to street skaters. It mimics features you may find on the street, except skating is encouraged here!

Travel Directions:

Option 1

Take the 66 from Eugene Station. After 20 minutes you will reach Delta Oaks Shopping Center. Within 30 seconds of leaving the Delta Oaks Shopping Center, begin looking for the next stop light at Gilham Rd and Crescent Ave. When you're within 20 seconds of reaching the intersection signal that you want to get off the bus. You will be dropped off within 50 meters of the skate park, located on the corner of Gilham and Crescent.

Total travel time: 20 minutes by bus and 1 minute by foot.

Option 2

Take the 67 from Eugene Station. After 17 minutes you will turn left onto Crescent Ave. Begin looking for the next stop light at Gilham Rd. and Crescent Ave. When you're within 20 seconds of reaching the intersection signal that you want to get off the bus. You will be dropped off within 50 meters of the skate park, located on the corner of Gilham and Crescent.

Total travel time: 20 minutes by bus and 1 minute by foot.

Activities Within Forty Minutes

Mountain Bike on the Ridgeline Trail

Mountain Biking

The majority of the Ridgeline Trail is closed to mountain bikers. However, the three-mile section designated for mountain bikers provides a good variety of difficulty and scenery. The first half, composed mostly of packed dirt with a few spotted sections of crushed rock, is suitable for novice riders. Be cautious after a rainstorm, however, because this section of trail runs through a thick forest of Douglas fir and takes a long time to dry. The second half of the trail, separated from the first by Dillard Road, includes challenging uphill and switchback sections and is better suited for advanced riders. It is largely exposed and more closely resembles high desert single track riding than the typical forested routes you find elsewhere in the Willamette Valley. Although most of the second section receives quite a bit of sunlight, its final steep downhill switchbacks don't dry quickly and should be approached with caution after a storm. From the 1,233 foot peak of Mt. Baldy you can spot Mt. Pisgah in the foreground to the east along with the Three Sisters on the eastern horizon.



Top: Biking through a meadow on the Ridgeline

Left: Charging uphill on the Ridgeline



Travel Directions

&

Information

Activity: Mountain Biking

Modes of transportation: Bus, Bike

Total travel time: 25 min. by bus, 6-10 minutes by bike.

Travel directions:

Take the 73 from UO Station Kincaid at 14th. Depart the bus at the last stop on Donald and Fox Hollow. Ride approximately .8 miles from the bus stop to a parking lot on your left. This should take 6-10 minutes.

Biking directions:

Stay left at the start of the trail. Do not leave the main trail unless you're looking for a significantly more difficult ride. After finishing the first section, which dead ends into Dillard Road, you have two options. The easiest is to turn left and follow Dillard for a zooming ride downhill until it dead ends into Amazon Pkwy. Turn right on Amazon Pkwy and follow it back to town. If you would like to ride the second section of trail, turn left on Dillard and ride for a few minutes until you reach a parking lot on the right. Be sure to signal that you are turning as soon as you see the parking lot, because you are on a downhill, and cars will be moving quickly behind you. The second portion of trail begins from the parking lot. Follow the trail that is closest to the power lines. The other, higher route parallels the mountain bike trail but is exclusively for hikers. The Ridgeline Trail finishes on Spring Blvd. Travel on Spring until it dead ends into Agate St. Turn right on Agate and continue until it dead ends into 30th Ave. Turn left on 30th and after roughly 200 meters you can turn right on any of the side streets, all of which return to campus or the downtown area. Alder St. is a good choice, since it is a designated bike street, with few cars. Ride with caution on 30th, though, and be sure to signal before turning, because this section of road is very busy. The whole trail may take from 30 minutes to 2 hours to complete.

West Side of Spencer's Butte and the Western Ridgeline Trail

Hiking

The trail that leads from the Willamette and 52nd trailhead to Fox Hollow is set in a secluded forest and includes majestic views of the city of Eugene. On it you hear the distant twitters of birds and the rustle of small animals in the underbrush. Just after a rain the forest smells fresh, but the trails can be muddy, so hope for sun. As you walk along you see a few houses among the trees. Noise from houses and roads is minimal, though. The first 20-25 minutes is a gradual uphill climb. This can be trying for anyone who does not hike often. However, beginners can tackle this hike as long as they pace themselves. Also make sure you take plenty of water and rest when you need to. The rewards will be a sense of accomplishment, the serenity of the forest and great views.

From Willamette and 52nd you can also access the westernmost portion of the Ridgeline Trail by walking across the street and downhill on Willamette for roughly 50 meters to the trailhead. However, you will have to hike back to Donald at Fox Hollow to catch the bus back to town. Set aside several hours if you are going to tackle this section of the Ridgeline.



A stunning view from the summit of Spencer's Butte. You, too, could be taking in this beauty with only a 40 minute roundtrip detour from the prescribed path.

Travel Directions & Information

Activity: Hiking

Modes of transportation: Bus, Walking

Total travel time: 20 minutes by bus and 2 minutes by foot

Travel directions: (Weekdays only)

Take the 73 from UO Station Kincaid at 14th and get off at South Eugene High School (19th and Patterson). Catch the 426 from South Eugene High School. This bus runs out to the trailhead only once a day, in the afternoon. Get off the bus at its turnaround at 52nd. and Willamette.

Hiking directions:

Walk uphill on Willamette for 100 meters and find the trailhead on the left. A map and trail marker are at the site of the trailhead. After 1.2 miles or 30 minutes of mostly uphill climbing you will see a brown trail marker on your right. From here you can go 1 mile up to the summit of Spencer's Butte and then return to this same spot. Continue straight on the trail until you reach Fox Hollow Rd. Turn left on Fox Hollow and walk downhill. Be alert to the fast-moving traffic. You may want to cross the street and walk behind the traffic barrier. When this path runs out, cross the road and walk facing traffic. Be especially careful at dusk when it is hard for cars to see you. Turn left onto Donald St. You will see the bus stop on the right. From here you can catch the LTD 73 to UO. You can also catch the LTD 24 to Eugene Station and walk or catch the Breeze back to campus.

Notes:

The first part of the hike (to the intersecting trail) may be muddy, and you have to be cautious. Spencer's Butte is 1,640 feet higher than campus and is often much cooler. Wear brightly colored clothing and carry a flashlight.

Single and Double Track Mountain Biking

Mountain Biking

West of Eugene lies a large swath of privately owned land where mountain bikers, ATV's, and equestrians all share the use of single and double-track trails. While many of the trails are largely unkempt, you will be able to find terrain that interests you on the 70 miles of trail found here. The Single track sections are often muddy, yet rocks and logs provide some structure for your tires to cling to.

Should you happen onto a portion of the single track that has been set aside for racing, you will find there are arrows tacked onto trees that will direct your path. The double track sections are well established dirt and rock roads that have minimal vehicle traffic. There are several downhill sections that are a blast to ride down, assuming you can dodge the rocks and potholes.



Bombing downhill on a section of double track. The large meadow that surrounds much of the trail leaves you feeling like the only one to visit the area.

Travel Directions & Information

Activity: Mountain Biking

Modes of transportation: Bus, Bike

Total travel time: 15 min. by bus, 15 min. by bike

Travel directions: (Weekdays only)

Take the 22 from Eugene Station. Just before the bus turns right onto Chambers St. from Crest Dr. signal that you want to get off. You will depart the bus just beyond the intersection of Chambers and Crest.

Biking directions:

After getting off the bus, continue in the same direction on Crest for a few hundred meters until you reach Lorane Hwy. Yield the right of way to cross traffic and continue straight on Lorane for another .75 miles until you reach Blanton Rd. on your left. Turn onto Blanton and immediately make a right onto Needham Rd. Continue straight on Needham for .75 miles. At the very end of Needham you will reach a large gravel parking lot that services a barn, home and other private structures. Travel around the barn and continue straight as the first bit of double-track riding begins here on the dirt road. From here you are free to explore the 70 miles of trail.

Notes:

Should you decide to bike back to town, your easiest option is to bike back to Chambers, turn left, and follow it until you reach numbered streets (i.e. 18th Ave) which will allow you easily to navigate your way back to campus. There is lots of poison oak in the area of these trails. On certain sections it is unavoidable, so if you are allergic it may be wise to stick to the double track. Be sure to watch for other users on the trail, and be particularly sure to yield the trail to equestrians. Should you come across a horse, try to position yourself on an embankment below, rather than above the trail, to avoid spooking it. Also, because this land is privately owned, please be respectful of the owners. Do not smoke, behave obnoxiously, or do anything that could result in yourself and others losing the privilege of using this fun area.

The Ridgeline Trail and Summit of Spencer's Butte from Fox Hollow

Hiking

The Ridgeline Trail is an absolute gem for any hiking enthusiast. As a whole, the trail covers more than 12 miles of stunning terrain along the southern edge of Eugene. The trail has been preserved as one small part of the over 1,000 acres which comprise the Ridgeline Park system. This entry describes only a small portion of the Ridgeline Trail, starting from the trailhead at Fox Hollow and ending at the 2,062 ft. peak of Spencer's Butte. For the first half of the hike you travel through a thick forest of Douglas fir trees and sword ferns. On the upper half, expect to be engulfed in solitude as the trail moves further from the sound of autos. As you emerge from the dense forest and arrive into the openness of the summit you see a panoramic view of Eugene and the surrounding area. To the west you can see Fern Ridge Reservoir. To the north you can spot Autzen Stadium and many features of the University of Oregon campus. To the east you can easily find Mt. Pisgah in the foreground and on the horizon the Three Sisters.

Because Spencer's Butte is 1,640 feet above the rest of Eugene, it can receive snow when lower sections of the valley are experiencing rain. Regardless of the weather, you can indulge in this hike in any season and come away feeling proud to have the Butte right in your backyard. Take a break from classes and check it out for yourself!



The majestic view from the summit of Spencer's Butte.

Travel Directions & Information

Activity: Hiking

Modes of transportation: Bus, Walking

Total travel time: 25 min. by bus, 15 by foot

Directions:

Take the 73 from UO Station Kincaid at 14th to the last stop on Donald and Fox Hollow. From the bus stop walk 20 meters back to Fox Hollow and turn right. Half of the road you travel from bus stop to trailhead does not have a shoulder, so you will be forced to walk just off the edge. As a pedestrian you should always walk facing traffic. Follow Fox Hollow for .8 mile until you reach the Ridgeline trailhead just off to the right. To access the northeast portion of the Ridgeline trail follow Fox Hollow for another 50 meters until you reach the trailhead and parking lot on the left.

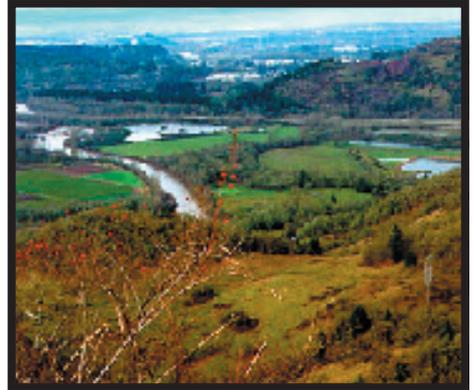
Notes:

You need shoes or hiking boots that provide good stability. Be prepared for much cooler temperatures at the summit, which is 1,640 ft. above most of Eugene. Avoid the poison oak near and on the rocks. If you plan to rest at the summit you may want to bring sunscreen. Carry a flashlight if you are traveling at night.

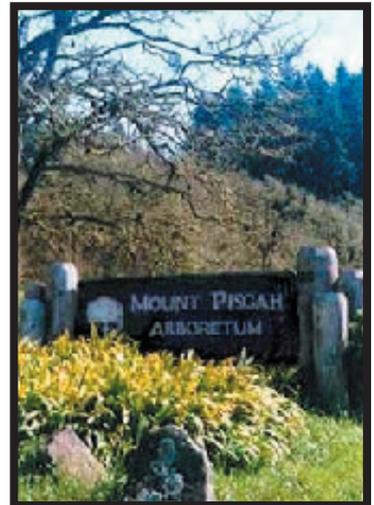
Howard Buford Recreation Area and Mt. Pisgah

Multiple Uses

Tom McCall bought the area around Mt. Pisgah in 1970, urged by Howard Buford to create the park. Later it was renamed Howard Buford Recreation Area. With Mt. Pisgah being the dominant feature at around 1,000 ft, the HBRA encompasses over 2,300 acres. The summit of Mt. Pisgah offers remarkable views of Eugene, Springfield, both the Coastal and Cascade Ranges and the surrounding area. The HBRA also contains great natural diversity, with wetlands, prairie and oak savanna. Furthermore, the HBRA is home to the Mt. Pisgah Arboretum, which includes an endless variety of plants, trees and wildlife. Just walking in this area quickly puts your mind at ease.



If you are looking for some serious hiking or a gentle stroll through the forest, the Howard Buford Recreation Area has it. It can be a great day trip for those who want to bicycle there and hike the many trails. Bring a lunch and hiking shoes, and spend a day overlooking the Willamette Valley.



*Top: View from the summit of Mt. Pisgah
Right: Entrance to Mt. Pisgah Arboretum.*

Travel Directions & Information

Activity: Biking, Hiking

Modes of transportation: Bus, Bike

Total travel time: 30 min to 1 hour

Directions:

Method 1: Biking the entire trip

From Hamilton Complex head toward the intersection of Franklin and Agate, proceed through the intersection, and turn right onto Franklin. Continue until you reach Fairmount, where you will proceed onto the bike path. Take the bike path beyond (not over) the Knickerbocker Footbridge until you meet up with Franklin again. Merge with Franklin and continue to Glenwood Blvd. Turn right on Glenwood and continue until you reach 17th. Turn left on 17th and continue until the end of the block, which will be Henderson. Turn right on Henderson and continue to 19th. Turn left on 19th and continue until you reach Franklin. Turn right and travel on Franklin for 1.5 miles until you reach a gas station and bridge. Follow Franklin to the left as it goes beneath the bridge. Make another left onto Seavey Loop Rd. Travel on Seavey Loop for a few miles. Immediately after crossing the Willamette River stay straight onto Buford Park, which is a gravel road. Parking and trailheads are located at the end of this road.

Method 2: Bus and Bike

There is no Sunday service for the bus. Take the 81 to LCC from UO Station Kincaid at 13th. Once at LCC, bike east through the campus (toward the freeway). Turn left on Eldon Shafer Rd. and continue until you reach 30th Ave. Make a right onto 30th and continue over the overpass until you reach Franklin Blvd. Make a left onto Franklin, and do not be surprised as it quickly turns right and heads beneath a bridge. Continue on Franklin until you can turn left onto Seavey Loop Rd. Travel on Seavey Loop for a few miles. Immediately after crossing the Willamette River stay straight onto Buford Park, which is a gravel road. Parking and trailheads are located at the end of this road.

Notes:

If you are skittish about bicycling on busy roads, we suggest that you take method two (the bus to LCC). Once you hit Seavey Loop Rd. the ride is quite pleasant. Bring lots of water, since Mt. Pisgah is hot in the summer. Please stay on the trail, because there is poison oak in some of the off trail areas.

Bethel Skate Park

Skate Park

Bethel Skate Park will challenge every aspect of your skating ability. Its waves, rails, quarter pipe and bowl combine for a thrilling experience that will keep you coming back over and over, despite the fact that it is the least accessible of the four skate parks covered in *Go Outside!* Sorry, bikes are not allowed.



Bethel's wave, bowl, hip, quarter pipe and numerous rails make it the most versatile of the four parks.

Travel directions:

Take the 41 from Eugene Station. Signal that you want to get off approximately 2 minutes after passing Terry St. You will be dropped off in front of Meadow View School. Walk directly toward the school on a sidewalk until you reach the school. Turn left, following the sidewalk around the school and past both a play structure and a miniature amphitheater. Continue straight until you reach the skate park.

Total travel time: 30 minutes by bus and 5 minutes by foot.

Activities Farther Away Than Forty Minutes

Fern Ridge Reservoir

Multiple Uses

This bike ride through serene countryside is designed for both day trippers and those seeking a quick weekend getaway. Either complete the direct 1.5 hour trip from the West Lane Shopping Center back to Eugene, or take any number of side trips. This route has areas of high and low traffic. The first mile is a typical stretch of road, with many vehicles traveling at high speeds, and you will be restricted to the shoulder. However, within a mile you will come across the Long Tom River Canoe Access, on the right side of Territorial, which has a trail that is open to both bikers and hikers. This low traffic recreation area parallels the Long Tom River and is ideal for beginning mountain bikers and hikers interested in a leisurely stroll. Continuing east on Territorial the road becomes quieter. Within only a few miles of the West Lane Shopping Center there is an open stretch of road that invites you to crush your pedals as you fly through the lush countryside. After 25 minutes on Territorial, Richardson Park will appear on your right. Here there are seasonal camping opportunities in a quaint and well-maintained campground, as well as the best access to Fern Ridge Reservoir. Although the Reservoir has been largely emptied to repair cracks in the Fern Ridge Dam, causing water-related activities to be suspended, the park presents an attractive open space, an outdoor theater and a camping area. Within 10 minutes of Richardson Park you reach Orchard Pt. park, nice for a quick rest.

For the next 35 minutes the route carries you from scenic country to more busy roads and finally onto the Fern Ridge Path. After about 30 minutes, this path leads back to downtown Eugene. The Fern Ridge Path is a low traffic, well lit, well maintained bike trail that sweeps through a calm marsh and eventually parallels Amazon Creek. This whole trip can be spread over a few days, or you can do it in one. Whatever you decide, be sure to relax and enjoy the fresh country air.



The middle portion of this ride passes through vast open fields. On the horizon you can see the reservoir.

Travel Directions & Information

Activity: Road and Mountain Biking, Camping

Modes of transportation: Bus, Bike

Total travel time: 55 min

Travel directions:

Take the 93 from Eugene Station. Leave the bus at the West Lane Shopping Center. This bus departs from Eugene Station only once daily.

Biking directions: From the bus stop at the West Lane Shopping Center ride straight for 10 meters to Territorial and turn left. Remain on Territorial for half an hour and then turn right onto Clear Lake Rd. Within 15 minutes you will see the Fern Ridge Market, at which point you will have two options. If you want to travel on a quieter road, turn left on Alvadore, make an immediate right onto Snyder, and turn left onto Clear Lake Road again. You can skip this detour and simply travel straight on Clear Lake Rd. for another few minutes until you reach Fir Butte Rd. Turn right onto Fir Butte for 10-15 minutes until you make a left onto Royal Ave. Travel on Royal for 5-10 minutes until you reach the junction of Royal and Greenhill Rd., which is where you will begin the Fern Ridge Path. After 30-45 minutes the path dead ends into 15th Ave and Jefferson in Eugene. From here travel on 15th Ave. for approximately 10 minutes until you reach the University of Oregon campus.

Notes:

You can complete this trip in reverse and catch the bus at the West Lane Shopping Center to transport you back to town. Because this trip strictly follows the bus route, you may catch the bus at any stop along the way. If you realize that you've forgotten to pack some important items, the West Lane Shopping Center may serve as a good resource, along with the Fern Ridge Market, which appears about half way through the ride. The parks offer seasonal access to restrooms, and the Meadowlark Prairie Overlook, just off the Fern Ridge Path, has a restroom near its small education center. Because you will be traveling along high traffic roads for a portion of the route you may decide to wear reflective gear. The 93 bus makes only one trip each way daily, and you therefore should be prepared to spend a day on your own. Pack food, proper clothing, and plenty of water.

Castle Rock and King Castle Trail

Multiple Uses

This trip combines several great activities into one outing recommended mainly for mountain bikers or ambitious hikers. The moderately difficult King Castle Trail is open to biking and hiking. It leads to a view from the summit of Castle Rock, and to top it all off, Terwilliger Hot Springs, which provide a nice soak after a full day. If you're looking for a weekend trip, you may also choose to stay overnight at Delta Campground, on the right side of Aufderheide road 19 within a few hundred meters of its intersection with Hwy 126. The King Castle Trail, which is mostly uphill for four miles, is a challenge. The first two miles are engulfed in a thick, beautiful old-growth forest of Douglas fir. The latter half of the ride, although still secluded, is interspersed with patches where the forest has been clear-cut. Much of the last mile is a dirt road. Experienced technical riders consider the trail tame, while novice or intermediate riders find the consistent uphill grade to be a challenge. There are a few rocky sections where most riders dismount and walk, but otherwise it is an enjoyable ride that is sure to leave your lungs tired and your legs feeling like gelatin.



*View from the peak of Castle Rock.
The valley below is stunning on a
clear day.*

From the end of the King Castle Trail riders have two options. Either retrace your path back to the King Castle Trailhead, or continue to the summit of Castle Rock. If you opt for the summit, cross road 480 (the gravel road the single track intersects) and pick up the trail which begins 25 meters uphill. Within a half mile the King Castle Trail intersects with the Olallie trail. From here, turn right and eventually pick up the Castle Rock Trail, which leads one mile to the summit. At the summit, look for Mt. Washington and the Three Sisters to the east, along with a sliver of Cougar Reservoir, visible to the south. The sections of trail after crossing road 480 are more challenging, with many tight switchbacks. Unless you are a strong technical rider, be prepared to walk your bike quite a bit. The ride downhill is also challenging, and you may want to dismount. With some caution, however, the descent can be quite a thrill.

Travel Directions & Information

Activity: Biking, Hiking

Modes of transportation: Bus, Bike

Total travel time: 65 min by bus, 20 min by
bike

Travel directions:

Take the 91 From Eugene Station. Keep in mind that on week-ends the bus makes only two trips on this route: one in the morning and another in the evening. Stay on the 91 for roughly 4 miles beyond Blue River, at which point begin watching for a Cougar Reservoir sign on the right. When you see the sign, signal that you want to get off and you will be dropped at the intersection of Hwy 126 and Aufderheide Road 19.

Biking directions:

From this intersection, travel until you reach a fork and continue straight on Road 410, toward the Cougar Dam power house. Within half a mile turn left onto Kings Road 2639. Stay on this road for nearly two miles until you reach the King Castle Trailhead on your right.

Terwilliger Hot Spring

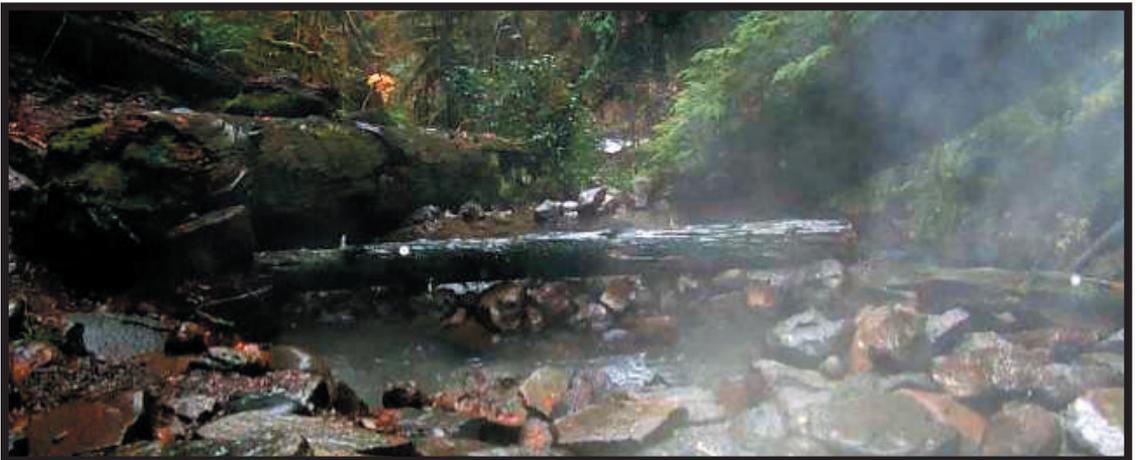
Multiple Uses

Terwilliger Hot Spring lies in an inviting sea of ferns and towering Douglas fir trees. Its series of 8 warm-water pools form a terrace with one leading into the next, which allows visitors progressively to warm up or cool down.

The uppermost pool is about 112 degrees Fahrenheit, and from there the water is cooled by the air temperature and adjoining sources of cool water. The pools average 3 to 12 feet in width and are between 2 and 3 feet deep. Restrooms and a changing facility are located within 20 meters of the spring.



Sign marking the start of .75 mile trail that leads to the hot spring



Middle pool of Terwilliger Hot Spring

Travel Directions & Information

Activity: Biking, Hiking, Soaking

Modes of transportation: Bus, Bike

Total travel time: 65 min by bus, between 45 min and 2 hours by bike, because it is an uphill grade.

Travel and biking directions:

Follow bus directions for King Castle Trail/Castle Rock. From the intersection of Forest Rd. 19 and Hwy. 126 (where the bus drops you) travel for a half mile until you hit a fork in the road. At the fork, turn right toward Cougar Reservoir. After 3.4 miles you will reach the dam, at which point turn right. Travel another 4.3 miles until you reach the trailhead for Terwilliger Hot Spring on the right. Hike about a quarter mile to reach the spring.

Notes:

You need to bring \$5 to purchase a user pass. People often bathe naked at Terwilliger Hot Spring. If nudity is offensive to you in any way, visiting this hot spring may not be a good idea. The environment at Terwilliger Hot Spring is very laid back, and people are generally friendly. However, it is always a good idea to travel with another person. Be sure to bring at least one liter of water per person (more, if you plan to stay for an extended period). Dehydration is a major concern when visiting any hot spring.

McKenzie River Trail

Biking and Hiking

The McKenzie River Trail (26.5 miles) parallels a stretch of the McKenzie River which originates high in the Cascade Mountains. It also parallels Hwy 126, which may come in handy if you'd like an easier ride back or in the event of an emergency. The Douglas fir trees you travel by are up to 600 years old and create an atmosphere of serenity and seclusion along the rushing whitewater nearby. The gradient for the lower trail is moderate and the surface friendly to bikers, hikers, and runners. The second half of the trail passes through lava flows and waterfalls, as well as forests. This section is best for hikers or for advanced mountain bikers, even though its gradient is moderate.

If you visit after a rainstorm, expect muddy conditions. It is still enjoyable, though, and the towering trees provide some protection. The McKenzie River Trail is linear, so you must travel the same stretch both out and back. Retracing your steps you will discover beautiful sections of forest and river that you overlooked earlier in the day.



Top: A typical view of the raging McKenzie as a hiker or biker sees it. The clarity of the water will surprise you.

Left: Old-growth forest typifies much of the lower section of trail. The mossy groundcover and towering Douglas firs give this hike a pristine feel.



Travel Directions & Information

Activity: Mountain Biking, Hiking

Modes of transportation: Bus, Bike, Foot

Total travel time: 75 min

Travel directions:

Take the 91 from Eugene Station to the final stop at the McKenzie River Ranger Station. The return bus picks you up at this same location. This bus makes only two trips on weekends: one in the morning and another in the evening.

Hiking/biking directions:

To reach the trail from the ranger station, cross the road from the driveway entrance, and you will see that the trail picks up immediately. The trailhead is actually about one mile west (to the left) of this point. The correct routes at most forks are identified by posts and signs. If you don't recognize the correct route, your best bet is to follow the trail that appears to have more use. Carry a map of the trail to eliminate as much ambiguity as possible.

Notes:

On weekends you will be dropped off in the morning and you will not have access to the bus again until early evening, when it arrives to pick you up. Plan for a full day's food, water and clothing. A good strategy to avoid missing the return bus is to allow an extra 30-45 minutes for the return trip. Adjust this estimate based on your fitness level and hiking experience. You may camp along the trail, but be sure to follow the dispersed camping guidelines. Paradise campground, which is just off the trail, offers seasonal access from April through October. The number for the McKenzie ranger station is (541) 822-3381, and the website for the McKenzie River Trail is listed below. The station's hours of operation are 7 days a week, Memorial Day through Columbus Day in the summer, and Monday-Friday 8-4:30 for the rest of the year.

<http://www.fs.fed.us/r6/willamette/recreation/tripplanning/trails/uppermckenzie/mckenzie3507.html>

Mt. Bachelor/Willamette Pass Ski Areas

Snowsports

Mt. Bachelor, three hours from Eugene, offers terrain to satisfy advanced skiers and snowboarders, beginners whose only aim is to have fun on the greens and blues, and everyone between. Whether your aim is to punish your legs off the Summit, Northwest, and Outback Express lifts, or you prefer the leisurely runs off the Skyliner and Sunrise Express lifts, Mt. Bachelor will be memorable. From the 9,065' summit of this cinder cone you should look for Broken Top, the Three Sisters, and Sparks Lake to the north. To the east you can see the city of Bend.

Willamette Pass, which is 1.5 hours from Eugene, offers great, accessible skiing and snowboarding. There are plenty of challenging runs for advanced skiers and boarders, but beginners will not feel overwhelmed. Runs off the back side of the mountain are more difficult than on the front side, but people of all ability levels can ski both the front and back. In terms of scenery, to the east you see the Lower, Middle, and North Rosary Lakes. To the north, looking from west to east, you see Mt. Jefferson, South Sister, Broken Top, and Mt. Bachelor. Waldo Lake is also visible, and on a clear day, so is Mt. Hood to the far north. We are fortunate to have Willamette Pass Ski Area in such close proximity to campus.

Mt. Bachelor

Downhill skiing and snowboarding

- Vertical drop 3,365 ft.
- 3,683 acres of lift-accessible terrain
- 71 runs
- Average annual snowfall: 370 inches
- 15 ski lifts
- Terrain breakdown: 15% green, 25% blue, 35% black, 25% double black

Cross country

- Over a dozen trails from 1 to 12 kilometers long provide 56 kilometers of machine-groomed and tracked trails.
- Terrain breakdown: 87% green, 5% blue, 8% black

Willamette Pass

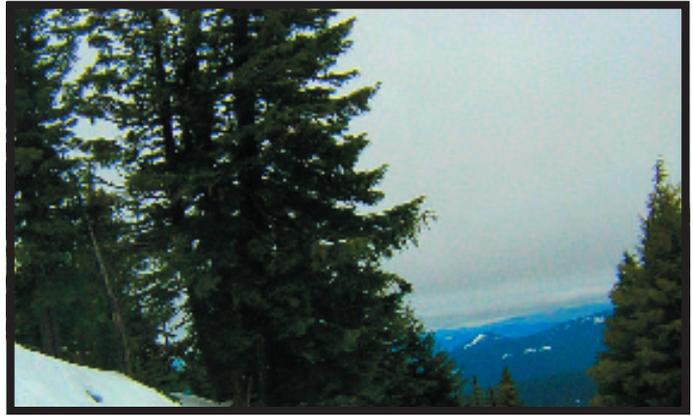
Downhill skiing and snowboarding

- Vertical drop 1,563 ft
- 550 acres of lift-accessible terrain
- 29 runs
- Average annual snowfall: 430 inches
- 5 ski lifts
- Terrain breakdown: 21% green, 45% blue, 34% black

Cross country

- 20 kilometers of machine-groomed and track-set trails for cross country skiing and snowshoeing.

Travel Directions & Information



A picture taken high atop Mt. Bachelor.

Activity: Downhill Skiing, Nordic Skiing, Snowboarding

Modes of transportation: Walking, Biking, Bus

Total travel time: 10 min. by bike or 20 min. by foot

Total estimated time to reach resorts: 3 hours on the bus from Berg's to Bachelor, 1.5 hours to Willamette Pass.

Directions:

From Kincaid St. (UO Bookstore) travel westward on 13th Ave for 13 blocks until you reach Lawrence St. Berg's Ski and Snowboard Shop is on 13th and Lawrence. You must walk or bike to Berg's, because busses do not run this early. However, Berg's does have a bike rack.

Notes:

Berg's: 866-754-2374/www.bergsskishop.com

Mt. Bachelor: www.mtbachelor.com

Willamette Pass: www.willamettepass.com

Berg's has a full line of rental equipment including downhill skis, snow boards, Nordic skis, snowshoes, telemark skis, backcountry equipment, and other accessories. Call Berg's to check their bus schedule, to reserve your bus and lift tickets, and to ask questions.

Low Impact Camping

Many people enjoy the solitude and primitive experience of camping away from developed campgrounds and other campers. “Dispersed camping” is the term used for camping anywhere in the National Forest which is not a designated campground and is generally allowed anywhere except where posted as closed. Typically, dispersed camping is not allowed in the vicinity of developed recreation areas such as campgrounds, picnic areas or trailheads. There are extra responsibilities and skills that are necessary for dispersed camping. By applying “Leave No Trace” practices, you will ensure a safe, clean and positive experience for your family, friends, and the environment.

Choosing a Campsite

Whether you are using an existing site or camping in an area where camping use is not evident, it is important to follow these steps:

- Camp on bare or compacted soil when possible, to avoid damaging or killing plants and grass.
- Keep activity on durable ground to prevent site expansion.
- Where no campsites exist, camp at least 100 feet from a water source and from the trail.
- When camping at existing sites near water, be prepared to wash dishes and to bathe well away from your campsite to avoid polluting streams and lakes.
- Select a campsite with good natural drainage; this will be any place not in a sunken area.
- Refrain from cutting or damaging vegetation, including standing dead trees. Use removable ropes instead of nails to hang things from trees.

Campfires

Many wildfires are caused by human activity, including escaped campfires from dispersed campers. Campfires are generally allowed when you are dispersed camping UNLESS there are fire restrictions in effect due to high fire danger conditions. It is YOUR responsibility to know if fire restrictions are in effect before you go camping.

Campfire Tips

- NEVER LEAVE A FIRE UNATTENDED.
- Use camp stoves for cooking, to minimize the use of down wood for fuel. Animals, insects and micro-organisms need downed, rotting wood to survive.
- Use existing fire rings whenever possible. This minimizes the scarring of new rocks, soil and plants and prevents campsite expansion.
- Select an area for your campfire away from meadows, and trees with low, overhanging branches, and AT LEAST 100 feet from any water sources.
- If you don’t bring your own firewood, collect only dead and downed wood that is on the ground, wrist size or smaller.
- You should have a bucket full of water, and a small hand shovel available to control or extinguish an escaped fire.
- BEFORE YOU LEAVE YOUR CAMPFIRE, MAKE SURE IT IS DEAD OUT.
- Put your whole hand into the ashes it should be cool to the touch.

Properly Dispose of Waste

Visitors who don't properly manage human waste, washing or garbage run the risk of contaminating water and attracting animals to campsites.

- Dispersed camping often means no toilet facilities. Extra care must be taken to properly dispose of human waste.
- To dispose of feces, dig a hole 6 to 8 inches deep, at least 100 feet from any water source, campsites or trails. When you're done, fill the hole with the dirt you dug up and place your toilet paper in a sealed plastic baggie for disposal in a proper waste container or use natural toilet paper like leaves, rocks, or sticks.
- Do all washing and dispose of waste water at least 100 feet from any water source. Dig a small hole to act as a "sump" for dishwater.
- Use small amounts of biodegradable soap.

Treating Your Water

Be prepared to treat undeveloped water sources, such as streams or rivers, or bring your own water. Heating to a rolling boil, using purification tablets or a filter, can all effectively treat water. You can find any of these at your local outdoor store. Water from faucets in developed recreation areas has been tested and treated and is safe to use.

Camp Waste and Leaving No Trace

Pack it in, Pack it out. This mantra applies to your camp waste as well as the waste left behind by previous campers. Be prepared to pack out all garbage, including tin, glass, plastic, paper and food scraps such as peels and bones. Remember, your fire ring is not a garbage receptacle. Well-intended campers often consolidate their garbage in a fire ring expecting the following camper to burn or dispose of it properly. Garbage that is left behind is typically dispersed by animals, making the cleanup job much more difficult and creating unwanted behaviors in birds, squirrels and bears. Yellow jackets are attracted to meat juices and sugars and can render a campsite unpleasant and unsafe for future use.

Respect Your Neighbors

Keep noise levels down to avoid disturbing other campers and recreationists. Also, respect private landowners and refrain from camping and trespassing on private lands.

Summarized from the US Department of Agriculture Forest Service's website.

U of O Outdoor Program

A cooperative program that empowers and aids individuals to pursue their outdoor adventures

- Low-cost, self-propelled trips that go anywhere and everywhere
 - Open to all students, alumni and community members
 - Wide range of information, resources and a friendly and helpful staff
 - On-campus events and clinics
 - Rental program that provides affordable and quality gear for all your outdoor pursuits

Contact Information

<http://outdoorprogram.uoregon.edu>

OP Office: (541) 346-4365

OP Rental Program: (541) 346-4371

UO Outdoor Program

University of Oregon

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