



RECREATION & WELLBEING
OUTDOOR PROGRAM

SPRING SCHEDULE

OUTDOOR PROGRAM

26

Sign up early
to reserve your
spot before
the pre-trip
meeting!



**ADVENTURE HITS DIFFERENT
WHEN YOU'RE OUTSIDE WITH FRIENDS**



University of Idaho
Recreation and Wellbeing

ABOUT



the OUTDOOR PROGRAM at the University of Idaho

The University of Idaho Outdoor Program is a non-profit service organization providing the community with education and resources for adventure-based, human-powered, and environmentally sound activities. We promote teamwork, leadership, and growth through outdoor experiences.

GET IN TOUCH!

Outdoor Program Office: (208) 885-6810 | 9 a.m. - 5 p.m.

Rental Center: (208) 885-6170 | 10 a.m. - 6 p.m.

uidaho.edu/outdoorprogram | outdoorprogram@uidaho.edu



@UI_OutdoorProgram
#VentureLikeAVandal

FAQ

What services are offered through the Outdoor Program?

Instructional Trips	Resource Material
Cooperative Trips	Trip Planning Assistance
Rental Equipment	Equipment Repair
Outdoor Information	Ski & Snowboard Tuning

How do trips work?

The Outdoor Program adventures fall into one (sometimes two) of the following three categories of trips:



SKILLS-BASED: Trips that teach a specific skill for outdoor adventures -kayak rolling, first-aid and avalanche education, as examples.



EUSTRESS: Trips that encourage positive growth and skill development. Expect a challenge, to deepen your outdoor knowledge and adventure to new terrain.



RESTORATIVE: Trips that encourage taking a break from the everyday hustle and bustle. Expect time for contemplation, discover a new paradigm and just have fun!



How much does it cost?

Cooperative trips are cost sharing. Listed fees are for transportation, instruction, and group gear (if necessary).

How does food and supplies work?

Unless specified, participants supply all their own food and sleeping supplies (ex. sleeping bags, tents, etc.). There are certain trips that include meal planning and purchasing. Required pre-trip meetings are held to work out trip details.

What if I don't have the right equipment or supplies?

Personal equipment can be rented or purchased through the Outdoor Program Rental Center.

What does the "Iconic Idaho Experience"

Big wilderness, scenic rivers, breathtaking mountain lakes, jagged peaks and more. These trips embody places that are iconic Idaho adventures. Do one a year and hit them all by the time you graduate.



How do I participate?

Registration for trips is completed in person at the Outdoor Program office located in the Student Recreation Center (SRC). All sign-ups open on the first day of the semester and are first-come, first-served.

Registration closes 24 hours before pre-trip. Each program lists details regarding cost, required pre-trip meeting, and trip specifics. Transportation is included for most trips.

Fees are due to confirm program reservation and are non-refundable. Non-university students may be charged an additional fee, which will be listed in the program information.

Release of liability form, health screening questionnaire, packing list, and course information will be emailed out to participants after sign-up.

Required pre-trip meetings will happen in person or virtually depending on the program. Stop by the Outdoor Program Office or call for additional information.

Some events don't require registration — look for this symbol that indicates the program is a drop-in.



OUTDOOR TRIP



RECREATION & WELLBEING
OUTDOOR PROGRAM

RATING SYSTEM

Spice Measures Motion, Not just Flavors.

How much physical exertion should I expect on each trip?

*Chili icons listed across this schedule indicate the minimum number of hours of movement you can expect. The spicier the trip, the more movement you can expect!



1-2 Hours



1-4 Hours



> 4 Hours

WHY SHOULD I

GET OUTSIDE?

Nature Boosts Mind, Body, Mood, and More.

There are so many reason **NOT** to go outside: takes too much time, too much money, maybe you don't have the skills, don't know anyone to go with, you're afraid of the unknown, there are bugs, or the weather could be rainy/snowy.

We're here to tell you that there are **FREE** ways to get outside, that don't take lots of time, are here on campus, need no skills or special equipment, we provide the people, minimal (if any) bugs, and all you need is a rain jacket if it's raining out.

Join us for our **Winter Arboretum Hike**, part of the University of Idaho's Nature Rx program.

DATE	TIME	LOCATION	COST
Jan 20	12 p.m.	Meet-up outside the SRC	FREE

What are the health benefits of going outside? There are so many, but here are a few to think about from current research in the field:

Academic: increase focus, increase concentration, better memory recall, better problem solving, better reasoning

Physical: improved eyesight, increased vitamin D

Mental: reduce stress, reduced symptoms of depression, reduced symptoms of anxiety, improved mood/mindset

Social: decrease loneliness, increased/deeper friendships

Creative: increases creativity, joy, inspiration

**FIND YOUR 20 MINUTES EACH DAY
TO GET THE BENEFITS!**



CONTRACT TRIPS

MENU & SIGN-UP INFO

You bring the people, we bring the adventure!

Contract trips are activities where you bring the people, we bring the adventure! We work with all different groups across campus. Don't see something you like below? Reach out with your idea and we will see what we can do!



Teamwork Activities (1-3 hours) \$8/hour per person

We work with you to facilitate activities that help build the qualities you are looking for in your team including improved communication, empathy, team bonding, problem-solving, and conflict resolution.

Hiking Trip (4-8 hours) \$20 per person 8-person minimum



Hike to a scenic viewpoint with your group and build memories and adventure on the Palouse. We do the driving and logistics, you just show up and hike! Hikes range from very easy to difficult — your choice!

SUP-per with UI OP (2-4 hours) \$40 per person, groups of 6-10 people Dinner included as a part of trip cost



Enjoy a relaxed evening on the water with a stand-up paddleboarding adventure, followed by a shared meal with your group. This experience blends outdoor fun with good food and great company.



Climbing Center Group Reservation (2 hours) \$120 up to 10 people \$12/additional person

Climb to new heights with your group in our climbing Center. Use the QR code on the right to fill out a request form and we work with you and your group needs.

**SCAN
TO RESERVE THE
CLIMBING CENTER**



UIDAHO.EDU/OUTDOORPROGRAM

CONTRACT TRIPS

MENU & SIGN-UP INFO CONT.

Rafting Day Trip

Day Trip | \$110 per person
8-person minimum



Float on the Lower Salmon enjoying class III rapids and sandy beaches. We provide all equipment and transportation. Lunch included for an additional \$10/person.

Rafting Multi-Day Trip

Multi-Day Trip | \$250 per person
\$110/person for each additional day
8-person minimum



Length: We customize our multi-day raft trips to your needs. Our trips can run from two to six days.

Cost: Our base price for a two-day trip is \$250/person with a minimum of eight participants. The cost includes all logistics including leaders, transportation, shuttle, permits, group gear, meals, and sleeping equipment. Additional days are \$110 per person.

RAFTING THE SALMON RIVER SYSTEM

The Salmon is one of the largest free-flowing river systems in the lower 48 states. Originating from Idaho's mountainous wilderness core, the Lower Salmon is roadless and made up of rugged canyons, pristine beaches, and exhilarating class II and IV whitewater rapids. Our groups travel in paddle rafts with our assist followed by support rafts covering up to 63 miles of remote river corridor, depending on the length of trip.



Registration: Our trips fill up fast, so we recommend contacting us as early as January or February to reserve your spot for Summer and Fall adventures. We'll work with you to meet your goals while staying within your budget. **Full payment is due one week before the trip departs.** We plan and purchase food in advance, tailoring our menus based on the number of participants and any dietary restrictions shared at the time of registration.



CONTRACT TRIPS

MENU & SIGN-UP INFO CONT.



MAMBA Trails Trailbuilding (2-4 hours)

FREE

Groups of 6-22

The perfect way to do teambuilding is to team up to do some trailwork! Help out a local non-profit and build local Moscow Area Mountain Biking Association (MAMBA) trails.

Leave No Trace Workshop (1-2 hours)

FREE

Unlimited participants

We come to you and do an educational workshop about Leave No Trace for your group to learn how to recreate responsibly in the Pacific Northwest. **Only available on weeknights.**



MAMBA (Moscow Area Mountain Bike Association) Trails



Nearly all of MAMBA's trails are located on private lands. We have access to these trails because of the generosity of the landowners, and because we act as good stewards of that land. Please help us to continue that model so that generations to come can enjoy riding, hiking and recreating on Moscow Mountain.

Moscow Mountain Rules to Remember

- Respect Private Land
- No Motorized Access On Trails, or Behind Gates
- No Fires
- Respect Closures
- Be Kind, Courteous and Respectful



**DOWNLOAD
THE TRAILFORKS
APP
FOR FULL MAP**



INTRO to OUTDOORS

Snowshoe Day Trip

UIEF, Idaho

Learn how to snowshoe on this one-day hike to our local forest!
Cost includes instruction, equipment, and transportation.



COST

Students | \$30
All Others | \$45

DATES

Pre-Trip | Jan. 23 at 5:30 p.m.
Trip | Jan. 24

Introduction to Backpacking

Kirkwood Ranch, Idaho

Join us to learn basic skills needed to go on your own backpacking adventures! Cost includes equipment, transportation, and instruction.



COST

Students | \$65
All Others | \$85

DATES

Pre-Trip | April 8 at 5:30 p.m.
Trip | April 11-12

“Even if you’re not ‘outdoorsy,’ an hour outside can lift your mood and focus. Our Fall Equinox hike reminded me how nature connects people, grounds us, and helps us simply be present so we can slow down.”

-Grace Ruble, Senior
Forest and Sustainable
Products Major



OUTDOOR WORKSHOPS

2-hour FREE workshops on campus to help strengthen your outdoor skills!

Winter Arboretum Hike

Meet-up at the Student Rec Center

Join us on a walk around the arboretum and enjoy some hot drinks.
BYOM - Bring your own mug!



COST
FREE

DATE
Jan. 20

TIME
12 p.m.

Winter Stargazing Hike

Meet-up at the Student Rec Center

Join us on a walk around the arboretum and enjoy some hot drinks.
BYOM - Bring your own mug!



COST
FREE

DATE
Jan. 20

TIME
7 p.m.

Full Moon Arboretum Hike

Meet-up at the Student Rec Center

Join us on a walk around the arboretum and enjoy some hot drinks.
BYOM - Bring your own mug!



COST
FREE

DATE
Feb. 2

TIME
7 p.m.

National Rec Day Winter Hike

Meet-up at the Student Rec Center

Join us on a walk around the arboretum and enjoy some hot drinks.
BYOM - Bring your own mug!



COST
FREE

DATE
Feb. 22

TIME
2 p.m.

OUTDOOR WORKSHOPS

2-hour FREE workshops on campus to help strengthen your outdoor skills!

Earth Day Arboretum Hike



Meet-up at the Student Rec Center

Join us on a walk around the arboretum and enjoy some hot drinks.
BYOM - Bring your own mug!

COST
FREE

DATE
April 22

TIME
12 p.m.

Sunset Yoga



Meet-up at the Student Rec Center

Join us for sunset yoga outside of the student rec center.

COST
FREE

DATE
May 4

TIME
7 p.m.

Avalanche Awareness



Student Rec Center Classroom

Learn to understand the basic dangers of avalanches, how to avoid them, and learn how to keep yourself aware in the backcountry.

COST
FREE

DATE
Jan. 22

TIME
5:30 p.m.



“Getting your avalanche education connects you to a crew of people all chasing the same thing: deep powder and safe returns.”

-Brey Weygandt, Graduate Assistant
College of Natural Resources





AVALANCHE

For all Avalanche Field Sessions participants must rent or supply their own backcountry set up.

Avalanche Rescue Fundamentals



Moscow Mountain, Idaho

Learn the basics of avalanche rescue with a focused day practicing skills like beacon recovery, strategic shoveling, and team rescue. Cost includes transportation, instruction, and group equipment.

COST

Students | \$95
All Others | \$130

DATES

SRC Classroom | Jan. 30 5:30 p.m.
Field Session | Jan. 31

Avalanche Level 1 Course



Silver Valley, Idaho

Students must have an Avalanche Rescue before going on this course that includes two classroom sessions and three-day field session. Cost includes group equipment and instruction (must provide own transportation, and lodging).

COST

Students | \$330
All Others | \$380

DATES

SRC Classroom | Feb. 10 and 12 | 5:30 p.m.
Field Session | Feb. 14-16

Avalanche Level 2 Course



TBD Based on Snow Conditions

Students must have an Avalanche Rescue and Avalanche Level 1 before going on this course that includes two classroom sessions, online materials, and four-day field session.

COST

Students | \$330
All Others | \$380

DATES

SRC Classroom | Mar. 10 and 12 | 5:30 p.m.
Field Session | March 14-17



SNOW

Winter Camping

UIEF, Idaho

Learn the basics of winter camping with a weekend on the UI Experimental Forest. Cost includes equipment, instruction, and transportation.



COST

Students | \$65
All Others | \$85

DATES

Pre-Trip Meeting | Jan. 21 at 6 p.m.
Trip | Jan. 24 -25

Intro to Backcountry Ski Tour

Moscow Mountain, Idaho

Learn how to use AT skis or Splitboard for a tour on Moscow Mountain. Cost includes instruction, transportation, and equipment.



COST

Students | \$70
All Others | \$90

DATES

Pre-Trip Meeting | Jan. 23 at 5:30 p.m.
Trip | Jan. 24

Cross Country Ski Tour

UIEF, Idaho

Learn the basics of cross country skiing with a day on the UI Experimental Forest. Cost includes equipment, instruction, and transportation.



COST

Students | \$35
All Others | \$50

DATES

Pre-Trip Meeting | Jan. 29 at 5:30 p.m.
Trip | Jan. 31



“Our backcountry ski trip to the Wallowas is one of the most unique outdoor experiences out there. It’s my favorite trip that we offer in Outdoor Program.”

-Sandra Townsend, Director
Outdoor and Youth Programs,
Recreation and Wellbeing



Women's Led Cross Country Ski Tour



UIEF, Idaho

Enjoy a snow-filled adventure on cross-country trails on the UI Experimental Forest. Cost includes transportation, instruction, and equipment. This trip is open to all.

COST

Students | \$35
All Others | \$50

DATES

Pre-Trip Meeting | Feb. 19 at 5:30 p.m.
Trip | Feb. 21

Aneroid Basin Backcountry Ski Trip



Wallowa Mountains, Oregon

Join us on this classic Outdoor Program ski hut trip! Participants must have avalanche rescue and be able to comfortably ski 'blue square' terrain. Cost includes instruction, transportation, and group equipment.

COST

Students | \$75
All Others | \$100

DATES

Pre-Trip Meeting | Feb. 2 at 5:30 p.m.
Trip | Feb. 5-8



SNOW

Mountain Express Ski Bus



Lookout Pass, Idaho

Let us do the driving and you focus on the skiing with our ski bus!
Includes transportation and lift ticket. All Pre-Trip meetings start at 5:30 p.m. in the SRC Classroom.

COST

UI Students | \$76

All Others | \$86

*Ride Only | \$20

Pre-Trip | Jan. 30

Trip | Jan. 31

Pre-Trip | Feb. 6

Trip | Feb. 7

Pre-Trip | Feb. 13

Trip | Feb. 15 

Pre-Trip | Feb. 20

Trip | Feb. 21

Pre-Trip | Feb. 27

Trip | Feb. 28

*Feb 15th
Galentine's
Women's Led
Ski Bus!*

"It's a great way to meet cool people all stoked about skiing and snowboarding and to have some friends for the day!"

-Anastasia Jeffcoat, Junior
Conservation Biology, International
Studies, and Spanish Major



DISCOUNT LIFT TICKETS!

LOOKOUT MOUNTAIN

Students | \$56

All Others | \$66

SILVER MOUNTAIN

Students | \$50

All Others | \$66



HIKE & CLIMB

Utah Canyonlands Backpack



Grand Staircase - Escalante, Utah

Explore the desert canyons and arches of southern Utah on this classic Outdoor Program trip. Cost includes transportation and group equipment.

COST

Students | \$275
All Others | \$350

DATES

Pre-Trip Meeting | Mar. 9 at 5:30 p.m.
Trip | Mar. 15-21

Women's Led Canyon Backpacking



Selway River, Idaho

Backpack and camp next to the Selway River, on this women-led trip. This trip is open to all. Cost includes transportation and group equipment.

COST

Students | \$65
All Others | \$85

DATES

Pre-Trip Meeting | Apr. 15 at 5:30 p.m.
Trip | Apr. 18-19

“On the Women’s led backpacking trips you get to explore a beautiful landscape, enjoy an experience you’ll never forget, and grow and heal in ways you don’t expect.”

There’s pride in the challenges you overcome, laughter with new friends over the evening meal, and peace while the birds sing to you in the morning. Whatever it is you’re looking for, you can find it here!”

-Elly Gore, Junior
Wildlife Resources Major



HIKE & CLIMB

River Canyon Backpack



Rapid River, Idaho

Backpack near the Seven Devils and enjoy epic views of the Salmon River drainage. Cost includes transportation and group equipment.

COST

Students | \$65
All Others | \$85

DATES

Pre-Trip Meeting | Apr. 22 at 5:30 p.m.
Trip | Apr. 25-26

Women's Led Hot Springs



Stanley Hot springs, Idaho

Backpack to hot springs – do we need to say more? Cost includes transportation and group equipment. This trip is open to all.

COST

Students | \$65
All Others | \$85

DATES

Pre-Trip Meeting | May 5 at 5:30 p.m.
Trip | May 9 -10

“Open kayak pool sessions are an amazing way to try whitewater kayaking in a safe and supportive environment. We will provide all necessary equipment, all you need is a swimsuit and vibes!”



“There is no official class, but more experienced kayakers will bounce around helping everyone learn the basics.”

-Ellis Jaeckel, Junior
Natural Resource Enterprise
Management Major



Swiftwater Rescue Training



Potlatch River, Idaho

Learn how to rescue yourself, others, and equipment in swiftwater scenarios. Cost includes equipment and SRT certification, additional \$50 for drysuit rental. Taught by Swiftwater Safety Institute.

COST

All | \$365

DATES

SRC Classroom | Apr. 3 at 5:30 - 8 p.m.

Field Session | Apr. 4 - 5

Oregon Coast Surfing



Cannon Beach, Oregon

Join us on a tropical themed PNW surf trip to celebrate the end of the school year! Cost includes transportation, camping, instruction, board rental, and group equipment. We will leave the evening of May 7th.

COST

Students | \$235

All Others | \$290

DATES

Pre-Trip Meeting | Apr. 30 at 5:30 p.m.

Trip | May 7 - 10

Open Kayak Pool Sessions



UI Swim Center

Practice your kayaking skills with our kayak community. A great way to start your whitewater education. Cost includes kayak equipment rental at the pool.

COST

All | \$10

DATES

Pool Session | Apr. 1 at 7 - 9 p.m.

Pool Session | Apr. 8 at 7 - 9 p.m.

Pool Session | Apr. 15 at 7 - 9 p.m.

Pool Session | Apr. 22 at 7 - 9 p.m.



CLIMBING CENTER

All climbing activities are held at the UI Student Rec Center unless listed otherwise.

All guests **MUST** have a completed basics clinic or completed skills assessment on file with UI Climbing Center staff — one-time requirement for all.

1st Week of School Basics Clinic



UI Climbing Center in the SRC

If you're new to climbing, come on in and get a basic clinic out of the way to enjoy the UI Climbing Center throughout the school year. Includes shoes, harness, and belay device.

COST

Students | \$10
All Others | \$15

DATES

Clinic Dates | Jan 14, 15, and 16
Time | 6 - 8 p.m.

Intro to Lead Climbing



UI Climbing Center in the SRC

Learn lead climbing skills from our staff on the following Wednesdays throughout the Spring 2026 semester.

COST

Students | \$10
All Others | \$15

DATES

Feb. 4 | 6-8 p.m.
Mar. 11 | 6-8 p.m.
Apr. 1 | 6-8 p.m.
May 6 | 6-8 p.m.

Ariel Arts Clinic



UI Climbing Center in the SRC

Come for a basic introduction to the craft and art of aerial dance including silks, lyric, and sling techniques.

COST

Students | \$10
All Others | \$15

DATES

Jan. 28 | 6-8 p.m.
Feb. 25 | 6-8 p.m.
Mar. 25 | 6-8 p.m.
Apr. 29 | 6-8 p.m.



UI Climbing Center Hours

The UI Climbing Center will be closed Mar. 3-6 for NC3 Climbing Festival Preparation. Regular UI Climbing Center hours are as follows:

Climbing Center Hours

Weekday | 12 p.m.-9 p.m.

Weekend | 12 p.m.-7 p.m.

Youth Climbing Hours

Weekday | 1 p.m.-6 p.m.

Weekend | 12 p.m.-7 p.m.

Free Rental Fridays

UI Climbing Center in the SRC

Rent climbing equipment like a climbing harness and climbing shoes for free.



DATES

Jan. 30 | Feb. 27 | Mar. 27 | Apr. 24

NC3 Palouse Climbing Festival

UI Climbing Center in the SRC

Visit uidaho.edu/outdoorprogram for registration link and information for Outdoor Program's all-day Spring climbing festival. First 100 registrants get swag!



[Register Here!](#)

FESTIVAL DATE

Mar. 7 | 8 a.m.-6 p.m.

REGISTRATION COST

Early Bird | \$40 *Ends Feb. 22

Regular | \$45 *Feb. 23-Mar. 7



Setting Party

UI Climbing Center in the SRC



COST

FREE

DATE

Mar. 12 | 6 p.m.-10 p.m.



BACKCOUNTRY FILM FESTIVAL



JANUARY 28 | 7 P.M.
TICKETS \$12

SCAN TO PURCHASE TICKETS!
DOORS OPEN AT 6:30 P.M.



KENWORTHY PERFORMING ARTS CENTRE
508 S MAIN STREET, MOSCOW, IDAHO



University of Idaho
Recreation and Wellbeing

TRI-STATE
OUTFITTERS



patagonia

OPENSNOW

ICE AXE
EXPEDITIONS

WINTER
WILDLANDS
ALLIANCE

SIERRA NEVADA

YETI

FLYFLOW



HYPERLITE
BACKCOUNTRY

RCOWAY



gravity haus