

Riding along equestrian trails provides break from city

Years ago horseback riding was the only mode of transportation. Today we have cars, trains, buses and airplanes but many people still like to get away from it all and go trail riding on horseback.

Clackamas County has many areas to go riding, where you can get away from the city. Some places have overnight camping also.

Rock Lakes Basin is part of the Mt. Hood National Forest. Tall alpine trees and high mountains are part of the background. You can get to Rock Lake Basin by taking Highway 224 from Estacada. Then leave 224 at Promatory Park (left turn) and follow forest service roads S-45, S-457 and S-456 or stay on 244 past Ripplebrook, turn north on forest service road S-57 and S-58 then west on S-457 and S-456. There are several small roadside camps.

Bull of the Woods is also located in the Mt. Hood National Forest. The Bull of the Woods is a 10,200-acre area in the remote headwaters of the Clackamas River. The fishing is also good in this area, if you are willing to hike or ride in.

Bagby Hot Springs can be reached by going through Estacada on the Clackamas River Road (Highway 224) and Forest service roads S-46, S-63 and S-70. The roads

are well marked. It is a 1 1/2-mile ride through the forest to the Hot Springs. There is no more overnight camping at Bagby because of the vandalism that has occurred recently. However, you can camp at Falls or Kingfisher campgrounds near Hot Springs Fork and hike in. The springs are natural and there is no chrome for the water, only hand-hewn cedar plumbing. There are three springs and several minor springs.

McIver Park also has equestrian trails. The park is located by the Clackamas near Estacada. There are many trails through the woods and along the river.

If you want to trailer your horse to a tance, you can go toward Rooks and ride out on Sand Island. You may have to wade through some water to get to the island, which is located on the Clackamas River. One interesting point of the island is the nude sun bathers.

For further information on camping and horse trails contact the local Forest Service Department. They have directories and pamphlets which are available on the asking.

Remember to haul out your horse and put it in the litter barrels and be careful with fire.

Trail Riding for Recreation & Health

Trail Riding

It's no disgrace to get lost - but if you are, Don't Panic - make camp before darkness.

Once you are lost it is too late to make up a 'Survival Kit'. Now is the time to make up such a kit. Carry it with you. Place it in your outdoor gear, make it a habit, like carrying your gun, fishing rod or camera.

The purpose of this kit is to get you through one or several nights in severe weather.

Ingredients of our recommended basic kit are listed below and the use of each item is briefly described.

The Three Essentials For Survival

1. Heat - Warming fire, also smoke for beacon.
2. Shelter - From cold wind, rain, snow. KEEP DRY!
3. Water - To sustain LIFE.

REMEMBER

1. DO NOT TRAVEL AT NIGHT.
2. Stop, make camp, rest.
3. Learn to use your survival gear. Take your time!
4. Don't take the trip alone. If you must separate from a partner, make plans for frequent contact.
5. Tell family and friends exactly where you are going and when you plan to return. STICK TO YOUR AGENDA!
6. Familiarize yourself with the area from a map. Carry the map and a compass.
7. Make camp near water, if possible. It is more important to you than food.
8. Recognize distress sign is signals repeated at regular intervals. Use your whistle - save your voice.
9. Be weather wise. Wetness and wind increase body heat loss and reduce your chances of survival. Fog changes the landscape and hides landmarks.
10. Have proper equipment, boots, suitable clothing, some survival gear - just in case.
11. Be in good physical shape for the trip you plan. Don't overextend yourself.
12. A fire at night helps in many ways. Gather a HUGE pile of fuel BEFORE DARK!
13. Take time to think - DON'T PANIC!!

Basic First Aid Kit

- 6 Band-aids
- 1 - 2 inch Ace bandage
- 6 - 3x3 gauze pads
- 1 - 2 inch roller gauze bandage
- 5 or 10 yards 1 inch non waterproof adhesive tape
- 12 Aspirin tablets
- 2 - 2 inch compress bandages with tails
- 1 small tube antiseptic agent
- 1 or 2 triangular bandages
- 1 - 4 inch compress bandage with tails
- 1 small tube burn ointment
- 1 sunburn preventative

Use of Basic Survival Kit

- Plastic tarp and cord
 - As a rain coat
 - As a windbreak
 - As a groundcloth
 - As a shelter for the night
- 1 pound coffee can
 - Carry your small survival items in it
 - As a drinking cup
 - As a cooking utensil, boil in can, fry on lid
- Waterproof matches
 - Cut slivers of pitchwood or squaw wood
 - Build teepee over candle stub
 - Light candle with dry match
 - Works wonders on wet wood in the rain
 - (Better to have 10 matches and 1 candle than 100 matches and no candle)
- Bouillon cubes
 - Add to hot water in can on fire. Will provide some energy, some salt, some flavor and much contentment.
- Sugar cubes
 - A little quick energy
 - Goes great in your tea
- Tea bags
 - Nothing tastes better when you are cold and tired

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