

Central Oregon DOW May 17-19, 2019

Please Bring: Raingear, Sun gear, Tent, sleeping, bag, pillow, appropriate clothing, personal toiletries, medications, supplements, wet shoes, dry shoes, hiking shoes/boots. The campground does not have showers, it does have flush toilets, water and electricity in the clean bathrooms.

Friday, May 17, 2019

4 pm	Depart from SE Eugene at 4 pm Drive/Ride to Siuslaw National Forest, central coast of Oregon
6 pm	Arrive at Tillicum Beach Campground
6-7:30	Set up camp
7:30-8:45 pm	group centering and beach walk
9:00 pm	Campfire and Conversations
10:00 pm	Camp Quiet Time

Moonrise: 7:29 pm; Sunset Friday: 8:40 pm
High Tides, Low Tides

Saturday, May 18, 2019

7:00 am	Rise and Shine Tea, Coffee, Juice
7:30	Yoga with Jen
8:45	Breakfast
9:30	Depart for Tidepool Beach and Cape Perpetua
10:00	Tidepool Talks with Captain Clameron
11:30	Hiking with Captain Clameron
12:30 pm	Lunch
2:00	Afternoon in Yachats (farmer's market, browsing, shopping)
4:00	Depart for Campground
5:45 pm	Dinner
7:30 pm	Sunset Yoga
9:00 pm	Campfire and Conversations
10:00 pm	Camp Quiet Time

High Tides Saturday, 12:34 am & 1:42 pm; Low Tides Saturday, 7:27 am & 7:20 pm
Sunrise 5:45 am; Sunset 8:42 pm
Moonrise 8:34 pm; Moonset 6:01 am
Full Moon May 18, 2:11 pm

Sunday: May 19

7:00 am Rise and Shine Tea, Coffee, Juice

7:30 pm Yoga with Jen

8:45 am Breakfast

Yoga Nidra with Sound Meditation

Take down camps

Depart to Bird Watching Spot in Waldport Lint Slough or Alsea Bay

Beach Comb to Seal Rock, Beverly Beach or other spot for treasures

Ride to Eugene arriving by 4:30 pm

Sunrise 5:44 am and Sunset 8:43 pm

High Tides 1:13 am and 2:33 pm

Low Tides 8:12 am and 8:04 pm