



The Grande Ronde River
5 Day Yoga & Rafting trips



Oregon River Experiences

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The Grande Ronde River begins life high in the Wallowa Mountains in the Northeast corner of Oregon. The river remains in Oregon for most of its 185 mile journey, but crosses into Washington State shortly before it joins the Snake River, where the Snake forms the border between Idaho and Washington.

Our trip begins amidst beautiful mountain forests then drops deep into the isolated canyon of the Grande Ronde. Along the way we pass through some of the most beautiful mountain scenery in Oregon. Bald eagles, black bear, and Rocky Mountain elk make their home here, and glacier lilies color the hillsides.

The Grande Ronde is an unheralded gem of a river. This is one of America's most beautiful yet least known river journeys.



Natural History

The Grande Ronde River canyon is composed of basalt (5 to 15 million year old lava formations) interspersed with layers of sandstone and clay. These alternating layers of rock create the canyon's lovely terraced appearance. Within the canyon are found an abundance of plant life and a wide variety of animal life, particularly bird life. It is not unusual for the careful observer to spot over 50 species of birds in a few days, and well over 100 species of plants, including many wildflowers. Because of the river's location and elevation, the Grande Ronde's scenery and its plant and animal life are more reminiscent of Idaho rivers to the east than Oregon rivers to the west.

Yoga Trip Info

Join Jordan and Brianna for a 4 night, 5 day yoga + rafting adventure! These two yogis will be guiding you through a beautiful inward journey as we adventure and immerse ourselves in the secluded outdoor magic along the Grand Ron river. You will enjoy yoga and meditation every morning and evening and while soaking up the beauty of a multiple day rafting trip. You will be guided and fully supported through your yoga and outdoor rafting adventure.

Weather

The weather in the Grande Ronde River canyon is usually very pleasant. Warm days are likely, especially late in June. However, due to the river's relatively high elevation, cool weather is always a possibility. The river water itself is quite cool.

Here's some climate data for the nearby town of La Grande. Temperatures in the river canyon are usually fairly similar.

	<i>June</i>	<i>July</i>	<i>Aug.</i>
Average daytime high temp.	79	89	88
Average nighttime low temp.	54	59	59
Average monthly rainfall	0.80"	0.70"	0.80"

For More Information

For more information about the Grande Ronde River contact our office to request our natural and human history pamphlet. For a map and other river information contact the U.S. Forest Service at 1415 West Rose St., Walla Walla, WA 99362, (509) 522-6290.

ABOUT THE YOGA INSTRUCTORS AND YOGA:

Jordan Aftanas is a Whole Life Strategist and Wellbeing Coach who shares work at the intersection of ancient healing practices – such as Yoga, Ayurveda, Breathwork and meditation – and strategic intentional action through personal development and self-reflection. She is on a mission to help guide people back to their intuition and empower them to live a life fully aligned with their truest self. As an international coach, yoga + meditation teacher she has traveled across the globe helping people to heal and transform their lives. Learn more about Jordan at www.jordanaftanas.com.

Style of Yoga - Jordan's style of yoga is focused on restoration and self nourishment. With extensive formal training in meditation, breathwork and stress reduction - her goal is to support you in the most relaxing way possible. You can expect slow movement classes with space for inwardness or meditative states and relaxing breathwork so you can walk away feeling nourished and restored.

Brianna Gordon - is a mover and an educator. She is a yoga teacher informed by her studies in dance, yoga and massage therapy. It is Brianna's intention to help guide people into a deeper connection with themselves so that they are able to access their own innate intelligence, bringing them to health, love and wholeness. For more information, please visit her website at www.briannalynnpdx.com

Style of Yoga: Brianna uses a blend of traditional yoga postures, functional and intuitive movement to create a well-rounded movement experience. The intention is to connect with your own unique and beautiful body and leave class feeling stronger, centered and more deeply connected than you did when you walked in.

Trip Itinerary

First day

We meet at 4:00 PM at the Minam State Park & Campground in Minam, Oregon. Look for our for vehicles sporting the O.R.E. logo. We will be camping here for the night, with an evening of getting know each other, a little intro yoga and a freshly prepared dinner amongst the pines. We'll show you how to pack your things into our river bags, and you'll park your vehicle here. Our guides will explain the flow the of the trip for the next few days and make sure we are all set to launch in the morning. That morning the guides conduct a safety and orientation briefing, which will include instruction on paddle and rowing techniques as needed. Afterwards we'll board the boats and begin our journey downstream.

Days on the river

Each day begin with freshly brewed coffee, tea and hot water. A morning yoga session will be held at 7:30 AM. Afterwards a wonderful breakfast will await to help you recharge for the day. The raft guides will finish getting the boats packed up and we will make our way down river.

We're on the river an average of three to five hours per day. Along the way we stop for a riverside picnic lunch. While guides prepare the fresh lunch, your yoga instructors will lead an activity. We may also stop to scout rapids, or to take a short hike up scenic side streams. We usually arrive in camp by mid to late afternoon and while the guides prepare dinner, you'll have time to hike, fish, read, or nap. An evening dinner will be served followed by a break. Then a yoga session amongst the pines with the late summer sun resting on the canyon walls. Settle in for the night with time amongst new friends while you enjoy a dessert as the stars shine in the night sky.

Last day

We typically arrive at Powatka Bridge or the bridge at Troy, our take-out point, between 1:00 and 2:00 PM. Once we've unpacked, you'll board a van or bus for the ride back to Minam. (On small trips, we will completely de-rig the boats, and our guides will accompany you back to Minam. On larger trips, you will say good-bye to the guides when you leave the take-out, as they will stay behind to finish de-rigging.) The ride takes about two hours thirty minutes, and is an exceptionally scenic drive. We arrive back in Minam between 3:30 and 4:30 PM.

Trip highlights

For the first ten miles of our journey we'll be floating the Wallowa River, the Grande Ronde's biggest tributary. (The Wallowa is actually the larger of the two rivers in terms of flow, but the Grande Ronde, being the longer river, gets to keep its name past the confluence.)

The Wallowa is clear, swift and steep. Most of the rapids we encounter are class II, with several class II+ to III rapids: Minam Roller, Redrock, and Vincent Falls. (Rapids are rated I through VI. Class I indicates the smallest rapids, while VI indicates steep, turbulent, dangerous rapids and waterfalls.)

Below the confluence the pace slows, but several long class II+ rapids remain, including Sheep Creek and Martin's Misery.

We camp in beautiful meadows dotted with ponderosa pines and fragrant mock orange. Our camps are good places to fish, birdwatch, or hunt for wildflowers -- all rewarding pastimes on the Grande Ronde. Take a walk, and you may see columbine, sego lily, lupine, shooting stars, or monkeyflower growing along the river, and golden eagles, pileated wood-peckers, western meadowlarks, and evening grosbeaks in the sky above.

Boat Options

Guided oar raft



Our 14 to 18 foot-long guided oar rafts are the most stable of river boats. They're ideal for young children and anyone who wants to hang on while the guide rows the rapids, and they're a great boat to choose if relaxation and enjoying the scenery are your primary interests. (1 to 5 guests plus guide, your guide does all the rowing.)



Paddle raft



Paddle rafts are fast and exciting. Each paddle crew consists of 4 to 7 guests plus a guide. Each crew member gets a canoe type paddle and works as a team under the direction of the guide. For those who want to combine excitement with group involvement, a paddle raft is the boat of choice.



Inflatable kayak



Inflatable kayaks are small, highly maneuverable one-person craft that are sporty yet also surprisingly stable. We bring along 2 to 4 inflatable kayaks to be shared by the group.



A few important details about boat options

***Paddle rafts are available only when a minimum of six adults want to paddle.

***Inflatable kayaks are available on a shared basis, and may be reserved for exclusive use by special arrangement only.

***You are welcome to switch between boat types, but because of the need for training and practice prior to substantial rapids, restrictions will apply.

***Paddle raft, inflatable kayak, and cataraft availability is subject to water level limitations.

Pre-Trip Details

Where and When to Meet

We will meet 4:00 PM at the Minam State Park & Campground in Minam, Oregon. Look for our for vehicles sporting the O.R.E. logo. Minam is approximately 35 miles northeast of La Grande and roughly 260 miles east of Portland.

Getting To and From the River

✓ If you Drive

To get to Minam take Interstate 84 to La Grande then exit onto Oregon Highway 82. Follow Highway 82 to Minam. At the sign pointing to Minam State Park turn off the highway and look to your right, where you will see the boat launch area.

✓ If you Fly

The closest commercial airport is Pendleton, Oregon (85 miles from Minam). It is serviced by Alaska Airlines. Plan your flight to arrive the day before your river trip begins.

No public transportation is available from Pendleton to Minam, but rental cars are available.

Trip Shuttles

Your trip fare includes transportation from our take-out point back to Minam at trip's end. If you would rather have your car at takeout then shuttle service for your vehicle can be arranged through the Minam Motel when you arrive for your river trip. We have used them for many years, and have found them to be very helpful and dependable. Their charge to drive a vehicle from Minam to takeout is approximately \$100.

Accommodations (before and after your trip)

We recommend the Minam Motel (www.minammotel.com), which is conveniently located across the bridge from our meeting place. Their phone number is (541) 437-1111. Additional accommodations are available in La Grande. The Best Western Motor Inn (541-963-4498) and Super 8 Motel (541-963-2925) are two of the La Grande options.

What to Bring

Most of the time the weather in the Grande Ronde River canyon is warm and pleasant. But cool, wet weather can occur on any trip, particularly early in the spring. It can be quite chilly when it's overcast, breezy or rainy, especially when you're in a raft. Please pay close attention to selecting your clothes and gear for your river adventure. Hopefully, you'll never need most of the cool-weather gear we recommend that you bring. But it is vital that you do bring it, just in case!

What to wear

On cool or rainy days: Appropriate clothing for these conditions is clothing that dries quickly, and keeps you warm even when the garment is wet. Modern high-tech synthetic fabrics such as polypropylene and polyester fleece do both. (Wool provides warmth when wet, but does not dry quickly and is less comfortable. Wool is often less expensive, however, especially when purchased from Thrift or Military Surplus stores, and wool/synthetic blends can be a good choice.)

Think in terms of layers of clothing for changeable and cool weather. As conditions change you can add or subtract layers as needed. The first layer in cool weather should be long underwear made of synthetic materials such as polypropylene, which provide warmth and wick moisture away from your skin. The middle layer(s) should consist of polyester fleece (or wool), and will provide further warmth. The outer layer consists of a rain jacket and rain pants. Rain gear made of modern water- proof, breathable fabrics such as Goretex are best. But for a less expensive option coated nylon will work, too.

Wetsuits are generally not needed. However, they do make inflatable kayaking more comfortable, given the river's cool water. For this reason O.R.E. provides wetsuits on a shared basis for kayakers. If you'd like to bring your own suit, look for an 1/8" thick "farmer john" style (which can be worn in conjunction with a sweater and raincoat). Thicker, full-body scuba style suits are warm but they're less comfortable, and their bulk makes paddling more difficult.

On warm or hot days: Synthetic fabric shorts and bathing suits are worn, as well as a hat to keep the sun out of your eyes. Cotton shirts may be worn to keep cool and to ward off sunburn. But cotton clothing is recommended for hot weather only. Wet cotton will lower your body temperature. This is great for keeping cool during a heat wave, but cotton provides no warmth when wet the fabric gets wet.

On your feet: The preferred footwear of clients and O.R.E. guides is from **Astral Shoes**, due to high quality grip, durability and they look good off the river as well. *Check the attached sheet for a special offer from Astral.*

For footwear while on the river we recommend nylon, canvas running or tennis shoes, hard soled wetsuit boots, or sports sandals such as Tevas.

For extra comfort you may want to wear nylon, polypropylene socks or neoprene wetsuit socks. They work well as a first layer when it is cooler.

In camp: You may want a change of shoes as well as comfortable clothing for lounging about or hiking. Cotton clothing may be worn on shore in dry weather. But in order to be prepared for rainy weather we recommend that you have camp clothing available made of synthetic or wool fabrics.

Where to find it

Check with local sporting goods stores. If they cater to outdoor sports (hiking, backpacking, etc.) rather than team sports, they should have most of the items you need. Gear is also available through mail order and online, for instance by contacting REI (800-426-4840, or www.rei.com) or L.L. Bean (800-341-4341, or www.llbean.com).

How to pack it

Pack your gear in a manner appropriate for your journey to Minam. When we meet we will supply you with a watertight river bag into which you will pack your clothing. This bag is roughly 14" in diameter and 24" tall. We'll also provide you with a second, larger river bag (roughly 16" in diameter and 33" tall), which you will share with one other person. Into this second bag will go your tent, sleeping bag, sleeping pad, and other bulky items. These bags will be transported from camp to camp by raft but generally will not be accessible during the day. For items that you want to keep handy during the day bring a small daypack or dry-bag. Items that you want to keep handy during the day but which absolutely must stay dry (camera, binoculars, a book, etc.) go best in a 50 caliber military surplus ammo box. O.R.E. provides these boxes on a shared basis. If you would like your own, they are available at most surplus and some outdoor stores. (Note: boxes cannot be carried in paddle rafts or inflatable kayaks.)

The river bags and boxes we provide are watertight under most conditions, even when submerged. But for extra security we recommend that you wrap your sleeping bag and clothing in heavy-duty plastic garbage bags for extra protection. We also recommend that you pack your camera, binoculars, reading material and similar items in large zip-lock bags.

Sleeping Equipment

O.R.E. will be providing for those who do not own this gear (or do not wish to transport it from home). High quality, two-person backpacking style tents are available. Sleep kits (synthetic-fill sleeping bag, cotton liner, self-inflating sleep pad, and ground cloth) are also available per person. Reservations are required. To place a reservation for a tent or sleep kit please call our office at 1-800-827-1358 or email us at info@oregonriver.com .

Equipment Checklist

✓ River Gear

- _____ swimsuit or shorts and T-shirt (avoid cotton shorts)
- _____ tennis shoes or sport sandals, or hard-soled wetsuit boots
- _____ wool or synthetic "ski" hat — for cool/rainy days
- _____ wide-brimmed hat (preferably with chin-strap), or baseball cap — for sunny days
- _____ 1 pair socks (wool or synthetic)
- _____ waterproof rain jacket and rain pants
- _____ Polypropylene or similar long underwear tops and bottoms
- _____ 1 warm sweater or jacket, polyester fleece or wool
- _____ water bottle or canteen
- _____ waterproof sunscreen and lip balm
- _____ sunglasses, with strap

✓ Extra River Clothing, Camp Clothing

- _____ camp shoes (or lightweight hiking boots)
- _____ 1 pair long pants
- _____ 1-2 pair shorts
- _____ 1-2 long-sleeved shirts
- _____ 1-2 short-sleeved shirts
- _____ socks and underwear

✓ Camp Gear

- _____ compact, lightweight tent (freestanding is preferred)
- _____ compact, medium-weight sleeping bag
- _____ compact foam sleeping pad or air mattress
- _____ small tarp (to place beneath your tent, or as a ground-cloth for sleeping under the stars)
- _____ personal toiletries, including small towel, biodegradable soap, dry-skin lotion,
 - _____ prescription medicines
- _____ small flashlight or headlamp, with extra batteries

✓ Yoga Equipment

- _____ Yoga mat
- _____ Yoga clothes
- _____ Journal & writing materials
- _____ Current book your reading

✓ Optional Items

- _____ gloves
- _____ binoculars
- _____ camera
- _____ reading material
- _____ pen and journal or notebook
- _____ compact fishing gear
- _____ spare glasses, sunglasses
- _____ small daypack, ammo box, or small dry bag
- _____ beer or soft drinks (up to 2 six-packs per person), wine or liquor —in unbreakable containers. (We provide coffee, tea, and juice; also wine with some dinners). By the way, consumption of alcohol is prohibited during the day but okay once we arrive in camp.

Please do not bring pets, guns, or valuable jewelry

Additional Information

Your trip fare includes the following

- The services of our professional river guides.
- Transportation from our take out spot near Troy, back to Minam at trip's end.
- All meals, from dinner on the first day through lunch on the last. Our menu is delicious, varied, and hearty. Meals are freshly prepared by our guides from the highest quality ingredients. Juice and water are available at each meal. Coffee, tea, and cocoa are available at dinner and breakfast, and complementary wine is served with dinners. Special dietary needs can be accommodated with advance notice.
- Durable, professional quality rafts and river running equipment, including U.S. Coast Guard Approved lifejackets.
- Waterproof river bags and boxes for your personal gear.
- Professional yoga instruction twice per day and other teachings.
- Full day of rest & relaxation with yoga and activities.
- Cups, plates, and eating utensils.
- Camp chairs.

Fishing

Fishing on the Grande Ronde is often good for steelhead in the spring, and trout in the summer. If you would like to fish you'll need an Oregon fishing license, which may be purchased at Oregon sporting goods stores.

Camping

We select beautiful meadows and forest glens for our camp sites. Our guides establish a central kitchen and social area, and trip members select spots in the surrounding area to pitch a tent or roll out a sleeping bag. O.R.E. will set up a portable toilet at each camp, which will be located with privacy and convenience in mind. O.R.E. practices minimum impact camping, and the crew will instruct you on the simple steps we follow to protect the river environment.

Gratuities

Our guests sometimes ask whether it is appropriate to tip the guides and instructors. Tipping is optional, but if your guides and instructors did a great job then feel free to thank them with a gratuity. The amount is up to you, but tips in the range of 8% to 20% of trip cost are typical. Gratuities are customarily presented to the Lead Guide for the rafting guides, and will be shared equally among all guides on your trip. Instructors can be tipped separately.

Nearby attractions

While in the area you may want to visit the beautiful Wallowa Mountains. Some of the Wallowa's many attractions are the Eagle Cap Wilderness, the towns of Enterprise and Joseph, and Wallowa Lake. For more information contact the Wallowa County Chamber of Commerce at P.O. Box 427, Enterprise, OR 97828, (541) 426-4622. Also nearby is Hells Canyon National Recreation Area. For more information contact HCNRA at P.O. Box 699, Clarkston, WA 99403, (509) 758-1957.

Cancellations and Travel Insurance

The size of our trips is strictly regulated by law, and your reservation means we cannot sell the spaces to others. So we strictly adhere to the cancellation and refund policies we explain in our reservation materials. For this reason we recommend that you consider the purchase of travel insurance, which will (amongst other benefits) reimburse you if you must cancel your trip due to illness.

Emergencies

It may be difficult for family and friends to reach you while you are on the river. In case of emergency they should contact the local Forest Service office (Walla Walla, Washington) at 509-522-6277. They should also call the O.R.E. office at 800-827-1358.

Grande Ronde River

