



# McKenzie River

Trip Guide

1/2 and 1 Day Trips



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## The McKenzie River

The McKenzie River is one of western Oregon's most beautiful streams as well as one of the region's most popular whitewater rafting trips. Flowing through the McKenzie Valley from its headwaters at high in the cascades at Clear Lake, the McKenzie is a swift, spirited river. Float with the McKenzie's lively current and you may feel as if you're flying over the riverbed — the water is that clear.

Thick fir forests, mild yet enjoyable whitewater, and easy accessibility are a few of the river's other charms. We offer trips on two sections of the river. Boat either and you'll see the McKenzie at its best.

Most of our McKenzie trips begin at Paradise Campground. For the next 12 miles we will encounter numerous class II rapids. They're all relatively mild, although the McKenzie's steep and swift flow creates rapid that are more thrilling than their rating would suggest.

Besides lively whitewater, a few of the McKenzie's other high-lights are the river's extraordinarily clear water, the beautiful forest scenery encountered, and the excellent fishing available here.

### Weather

	May	June	July	Aug.	Sept.
Average daytime high temp.	72	79	86	86	79
Average nighttime low temp.	40	46	48	47	43
Average monthly rainfall	3.50"	2.60"	0.80"	1.40"	2.90"

### Itinerary

Morning half day trips meet at 9:30 AM\*, afternoon half day trips meet at 1:00 PM\*, and full day trips meet at 10:00 AM. We meet at the Forest Glen Boat Landing just outside the town of Blue River.

Your river trip will end at Forest Glen or at one of several points upstream (particulars depend on trip length as well as water level). So after we meet your vehicle will either remain at Forest Glen or you will drive a bit further upstream, following our guides, to the day's designated take out spot. Once your vehicle is parked you will board an O.R.E. van for the 15 to 20 minute ride to the launch point.

Once we arrive at our launch site our guides will conduct a safety orientation. We'll then all board rafts and be on our way downstream.

Day trips include a stop for a riverside lunch between noon and 1 PM.

We typically arrive at our take-out point around 12:30 PM (1/2 day morning trips), or around 4 PM (1/2 day afternoon trips and full day trips).\*\*

\* Please plan your drive carefully so as to arrive at our meeting place on time. Our guides will attempt to wait for you if you are running late, but circumstances typically do not allow them to wait more than 20 minutes. If you miss your intended trip we will most likely not be able to provide a transfer to an alternate trip, and we are unable to provide a refund for missed trips.

\*\* Many factors influence our timetable, including water levels, winds, and the needs and preferences of our guests. Please consider these times approximate.

### **How to get there**

Take Oregon Highway 126 east from Interstate 5 in Eugene, about 35 miles to Blue River. Forest Glen Boat Landing is across the highway from a medical clinic, just outside the town of Blue River. (Stay on the main highway. Do not turn off the highway into town.)

### **Essential Eligibility Criteria for River Trips:**

The following are the physical and mental eligibility criteria for all participants on any OutRecX LLC, (Oregon River Experiences) river trip.

1. Ability to remain seated and balanced while in a whitewater craft.
2. Wear a Type V Coast Guard-approved personal floatation device (maximum chest size of 56 inches). Wearing leg straps may be required to ensure proper fit. Where required, properly wear a helmet, required when using inflatable kayaks.
3. Ability to independently board and disembark a boat four to ten times each day. This may require stepping into the boat, and then maneuvering your body over and across tubes and fixed objects into a seated position.
4. Ability to independently navigate shoreline terrain, including safely maneuvering around and across boulders, rocks, and slippery and uneven surfaces, under low branches, and around vegetation. This includes the ability to maintain your balance near precipitous ledges or cliffs.
5. Ability to independently swim in whitewater or swift currents while wearing a personal floatation device. This includes being an active participant in your own rescue, including having the ability to (a) keep your airway passages sealed while underwater, and regain control of your breathing when being submitted to repeated submersion under waves or currents; (b) orient yourself to new "in-river" surroundings; (c) reposition yourself in the water to different swimming positions; (d) swim aggressively to a boat or to shore in whitewater; (e) receive a

rescue rope, paddle, or human assistance, and possibly let go of the same; (f) get out from under an overturned boat.

6. Ability to follow both verbal and non-verbal instructions given by guides in all situations, including during stressful or dangerous situations, and to effectively communicate with guides and other guests.

7. Ability to manage all personal care independently, or with the assistance of a friend or family member. Including carrying personal drybags and gear to your campsite each day (only for multiday trips)

8. If taking prescription medications, have the ability to maintain proper dosage by medicating independently, or with the assistance of a friend or family member.

9. Ability to remain adequately fed, hydrated, and properly dressed so as to avoid environmental injuries such as hypothermia, heat related illness, and sunburn.

The above criteria, if not met, will disqualify a person from participating in a river trip with OutRecX LLC, (Oregon River Experiences). The criteria exist for your own safety and that of all trip participants. None of the criteria are meant to discriminate on the basis of any physical or mental disability, and are applied uniformly to all potential trip participants, irrespective of the presence or absence of any disability. OutRecX LLC, (Oregon River Experiences) is committed to making reasonable modifications to any trip for any persons with a disability, so long as they do not fundamentally alter the nature of the trip. OutRecX LLC Guides have absolute discretion in determining guests' fitness for a particular trip.

### **What to bring and what to wear**

Please come to the river prepared for all possible weather conditions. The weather in the river canyons of the Northwest is often different from that in surrounding areas, so you won't really know how it will be until you get there. At that time, you may decide that some of the items listed here are not needed; but you need to have them along just in case! In addition the river water is quite cool year-round. So please pay close attention to the following information and checklists, and help to insure your enjoyment of the day by bringing along the proper clothing.

Spring (and cool summer) trips: For both safety and comfort we strongly recommend that guests on April and May trips wear a wetsuit while on the river. We recommend that guests on early June trips consider wearing a wetsuit as well. Wetsuits may be rented directly from O.R.E. or you can bring your own instead or rent one elsewhere.

Summer trips: Wetsuits are typically not needed. But be sure to bring along a sweater or jacket just in case the weather is cooler than expected.

O.R.E. rents wetsuit/splash jacket sets (\$5 per day) in sizes to accommodate persons from 4'3" and 85 pounds to 6'6" and 250+ pounds. Also included are wetsuit shoes (men's sizes 2 to 14). Our wetsuits are a 1/8" thick, one-piece "Farmer John" style which fully cover the legs and torso but which leave the arms free. The splash jacket helps to protect your arms and torso from the cold water, and may be worn with a sweater or jacket underneath if needed for extra warmth.

Advance reservations are required for wetsuits sets. To place a reservation for a wetsuit please call our office at least 24 hours prior to your trip. (503-563-1500 or 800-827-1358)

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 Texas.

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.

Clothing tips: The best clothing is that which retains your body heat while wet, or one that dries quickly. Modern high-tech synthetic fabrics like polypropylene and polyester fleece do both, and are readily available at stores like REI and others. If you don't want to spend a lot on a rafting wardrobe look for wool clothes, which provide some warmth even when wet.

### **Gear checklist for Spring Trips (and cool summer days)**

To wear                    *(clothing should be of synthetic or wool fabric – no cotton)*

- ✓ Swimsuit or shorts
- ✓ T-shirt
- ✓ Sunglasses with a strap
- ✓ Baseball cap or wide brim hat
- ✓ Sweater or jacket
- ✓ Wetsuit and wetsuit shoes (both can be rented from O.R.E.) *or* long underwear tops and bottoms plus rain jacket and rain pants, plus shoes or sport sandals (no flip-flops)

*Splash jackets are provided by O.R.E.*

To bring with you on the river:

- ✓ Water bottle or canteen
- ✓ Sunscreen

To leave in your car:

- ✓ Towel
- ✓ Complete change of clothing

## **Gear checklist for Summer\* trips** (\*Typcially mid-June through August)

### To wear

- ✓ Swimsuit or shorts
- ✓ T-shirt
- ✓ Sunglasses with a strap
- ✓ Baseball cap or wide brim hat
- ✓ Sweater or jacket
- ✓ Athletic shoes or sport sandals (no flip-flops)

*Splash jackets are provided by O.R.E.*

### To bring with you on the river:

- ✓ Water bottle or canteen
- ✓ Sunscreen

### To leave in your car:

- ✓ Towel
- ✓ Complete change of clothing

## **Additional information**

### Your trip includes the following

- ✓ The services of our professional guides and staff.
- ✓ Shuttle service to and from our meeting place.
- ✓ A hearty, freshly prepared picnic lunch at the riverside on 1 day trips. (Special dietary needs can be accommodated with advance notice.)
- ✓ Use of professional quality self-bailing rafts and top-notch river running equipment, including U.S. Coast Guard Approved lifejackets.
- ✓ Waterproof river bags for your personal gear.

### Gratuities

Guests sometimes ask whether it is appropriate to tip their guide. Tipping is optional, but if your guide did a great job then feel free to thank him or her with a gratuity. The amount is up to you, but tips between 8% and 20% of trip cost are customary.