



North Umpqua River

Trip Guide

2 and 3 Day Trips



Oregon River Experiences

office: 503-563-1500

toll-free: 800-827-1358

fax: 888-544-4165

email: info@oregonriver.com

web site: www.oregonriver.com

The North Umpqua River

The North Umpqua is our favorite southern Oregon one-day whitewater raft trip. Flowing through a gorgeous, thickly forested, steep-walled canyon, the Umpqua offers sparkling clear water and numerous enjoyable rapids.

Of all the rivers we run the North Umpqua sports the greatest number of rapids per mile. The Umpqua's rapids are not the largest you can find, but this river wins the "most action in a day of boating" award.

On day one of our two and three day trips we run the exciting 12 miles from Boulder Flat put-in to Gravel Bin take-out, encountering such drops as Boulder Hole, Cardiac Arrest, Weird Weir, African Queen, and Pinball. The second day of our two day trips features a downstream run highlighted by fewer -- but larger -- rapids such as Wright Creek, Steamboat, and Bathtub. (Alternately, groups may opt to repeat the exciting run of day one.) Day three of our three day trips involve a repeat of the run enjoyed on either day one or day two.

The North Umpqua is renowned for its outstanding steelhead fishing. If you would like to try your hand at fly fishing, bring your gear and an Oregon fishing license. Fishing is permitted from shore only.

Weather

	April	May	June	July	Aug.
Average daytime high temp.	62	69	76	83	83
Average nighttime low temp.	37	41	46	48	48
Average monthly rainfall	4.60"	3.00"	1.75"	0.60"	1.00"

Itinerary

We meet at 10:00 AM* on the day your trip begins at the Gravel Bin boat ramp, which is approximately 40 miles east of Roseburg on Highway 138. You'll find the boat ramp about 3/4 mile upstream from Steamboat Creek, roughly midway between highway mileposts 39 and 40.

Logistics vary with group size, water level and time of year (due to government regulations). In some cases we will drop your car off at camp before proceeding to the launch point. In other cases your car will remain at Gravel Bin until the end of the first day of rafting. In either case, we're typically off the water on day one between 3 and 4 PM.**


2 and 3 day trips include a stop for a riverside lunch each day, typically between noon and 1 PM. Trips typically also include opportunities to fish, hike or explore the river canyon.

On the last day of your Umpqua trip we will break camp then drive all cars to the take out point, so that your car will be awaiting you when you get off the river. We're typically off the water on the last day of the trip by around 3 PM.**


* 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.


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.

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 details about boat options

***Paddle rafts are the standard boat for Umpqua River trips.

***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, certain restrictions will apply.

***Inflatable kayak availability is subject to water level limitations.

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.

MULTIDAY TRIPS ONLY:

FURTHER INFO ABOUT EXPECTATIONS FOR TRIP PARTICIPANTS

The following paragraphs are meant to further inform all potential participants of the expectations for all participants in order to promote a safe, enjoyable experience for everyone on a trip. There may be requirements, whether physical or mental, that are not specifically applied "essential eligibility criteria", but that help our guests understand the reality of being on a wilderness river trip.

Our primary goal is to minimize the risks associated with adventure trips in a wilderness environment. The trip involves physical exertion and exposure to the elements, including cold water and the potential for heat, sun, wind, rain and snow. We have experience accommodating people with a wide range of physical disabilities and/or health conditions. However, individuals who are overweight, lack conditioning, or have other physical limitations or ailments that interfere with the realistic encounters on a wilderness river can endanger themselves, other guests, and the guides. Please consult your doctor if you have medical or health conditions that could impact your ability to participate in this outdoor adventure.

It is very important that each trip participant take an active role in their own safety. You will likely encounter wilderness conditions that you are unfamiliar with, and those conditions may change rapidly. It is critical to pay attention at all times, to be aware of your surroundings, and to avoid taking unnecessary risks. Even a non-life threatening injury in a wilderness setting can become a major emergency for you, and can endanger the entire group. Swimming alone or hiking alone is discouraged. Excessive alcohol consumption or illicit drug use is not tolerated. Using common sense, and following both the explicit instruction and the lead of your guides can go a long way towards keeping yourself and the group safe. Some obvious things to avoid in camp and on shore (by way of example) are: walking around without shoes in camp, approaching wild animals, not paying attention to what is above or around your tent site that could harm you, not paying attention to hazards such as poison ivy and rattlesnakes, and walking near precipitous ledges.

River trips, particularly those involving whitewater, are inherently risky. While the risk of a trip is part of what makes it an exciting adventure, you must be entirely respectful of the risk that such a trip poses. It is important that you are confident in your swimming ability, and your

ability to stay calm in the event you become a non-voluntary swimmer. Your odds of becoming a non-voluntary swimmer change with the classification of a rapid, boat selection and environmental factors. A swim in whitewater is much more difficult and physically draining than swimming in flat water. Swimming in cold water can cause a gasping effect on your respiratory system. This can be overcome by focusing on your breathing and calming yourself down. Swimming in cold water will also much more quickly sap your energy and decrease muscle function than swimming in warmer water. While our guides are highly trained and will do their absolute best to rescue you, a successful rescue is greatly hampered by a swimmer who is unprepared for a swim in whitewater, who fails to actively participate in their own rescue, and who is not able to follow directions while under stress. You will receive a detailed orientation talk at the start of your river trip.

Due to the physical nature of this trip, we highly recommend that you engage in regular exercise for at least three months prior to departure to ensure preparedness. No gym membership required! Simple exercises like push-ups, sit-ups and squats go a long way to improving core fitness. Start with these exercises and do three sets of ten repetitions each, three to four times per week. Aerobic training is also easy to accomplish without expensive equipment. Take 30 – 40 minutes two to three times a week and go for a brisk walk, easy jog or bike ride around town. If you have access to a pool, lake or the ocean, swimming is obviously an ideal choice for aerobic exercise. It provides a full-body workout and is training that is useful in the event of an involuntary swim in a whitewater rapid. It is important to push yourself in the months leading up to your trip by increasing your strength training repetitions and the pace of your aerobic training. Check with your doctor prior to beginning any exercise program to be sure you are medically safe to participate. Starting an exercise program that is more strenuous than you are ready for may result in injury or risk exacerbating existing health conditions. Getting in shape will certainly add to your enjoyment of the trip.

Additional Information

Your trip fare includes the following

***The services of our professional river guides.

***Shuttle Service

***All meals, from lunch 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. 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 for your personal gear.

***Cups, plates, eating utensils, and camp chairs.

Accommodations (before and after your trip)

Lodging is available at the Steamboat Inn (www.thesteamboatinn.com, 800-840-8825,) in cabins and deluxe cottages, and at Idlewild Lodge (541-496-0088). In addition, numerous pleasant campgrounds are found nearby.

Camping

On the Umpqua we camp in lovely and convenient car-accessible Forest Service campsites. (Your camp and personal gear can stay in your car - it need not be loaded into a boat on the Umpqua.) Our guides establish a central kitchen and social area, and trip members select spots in the surrounding area to pitch a tent.

Gratuities

Our guests sometimes ask whether it is appropriate to tip the guides. Tipping is optional, but if your guides 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, and will be shared equally among all guides on your trip.

Nearby attractions

While in the area consider adding a hike on the Umpqua River Trail to your itinerary. Or visit a few of the area's numerous waterfalls, including Toketee Falls (highway 138, milepost 59), or Watson Falls (milepost 61) which is the third highest falls in Oregon. Another enjoyable side trip is a visit to Umpqua Hot Springs. For information about these recreational opportunities contact the Umpqua National Forest at 541-672-6601.

Slightly further afield - but still easily within reach - is world-famous Crater Lake National Park. (It is approximately 50 miles between our meeting place near Steamboat and Crater Lake.) For Crater Lake information contact the Park at 541-594-2211.

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.

What to Bring

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 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: We recommend that guests on our early-June trips plan to wear a wetsuit while on the river. Wetsuits may be rented directly from O.R.E. or you can bring your own instead. .

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.

In camp: You will want a change of shoes as well as comfortable clothing for lounging about or hiking.

Rental Equipment

O.R.E. offers camping equipment for rent to 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 for \$16 - \$24 per trip. Sleep kits (synthetic-fill sleeping bag, cotton liner, self-inflating sleep pad, and ground cloth) are also available for \$16 - \$24 per person per trip. Reservations and advance payment are required. To place a reservation call our office.

Equipment 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

For Summer* trips (*Typcially late-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)

For All Trips

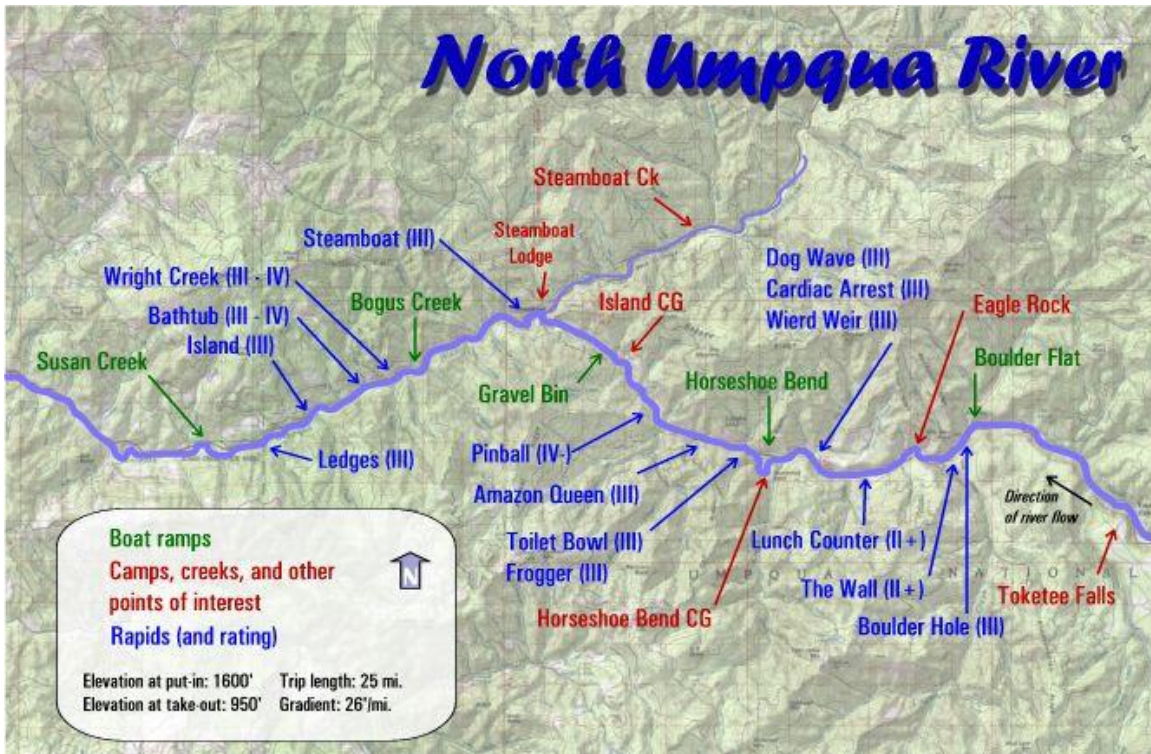
For Camp

- Extra shoes and change of clothing□□
- Toiletries
- Towel
- Flashlight or headlamp, with extra batteries
- Tent
- Sleeping bag
- Foam sleeping pad or air mattress
- Tarp (to place beneath your tent, or as a ground cloth for sleeping under the stars)

Optional

- Swimsuit or shorts
- T-shirt
- binoculars
- camera
- reading material
- pen and journal or notebook
- fishing gear
- spare glasses, sunglasses
- insect repellent

Please do not bring pets, guns, or valuable jewelry



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16869 65TH Ave. #251 Lake Oswego, OR 97035
 503-563-1500 (office) 800-827-1358 (toll-free)
 888-544-4165 (fax)
info@oregonriver.com
www.oregonriver.com