



Rogue River

Trip Guide

Raft Support Hiking & Lodge, 5 Day Trip



Oregon River Experiences

office: 503-563-1500

email: info@oregonriver.com

web site: www.oregonriver.com

The Rogue River Trail

Raft-supported Hiking

Riverside Wilderness Lodging

From its headwaters near Crater Lake in southwest Oregon, the Rogue River flows west some 200 miles before it meets the Pacific Ocean at the town of Gold Beach. Our hike through the river's lower canyon begins at Grave Creek (not far from Grants Pass), and ends 40 miles later at Foster Bar (roughly 35 miles upstream from the coast). We'll hike the entire length of the historic Rogue River trail, through a pristine wilderness well known for its scenic beauty. The Rogue River canyon is an enchanting blend of lush forests, fern grottos, beautiful sandy beaches, sparkling waterfalls, lovely side streams, cool clear swimming holes, and abundant wildlife.

Natural History

Geologic forces in the Rogue River country have created a wonderland of beautifully sculpted canyons and polished rock formations. Surrounding the river are lush forests and a diverse mix of plant communities that provide homes for a wide variety of wildlife. Among the many tree and shrub species found along the river are the California bay, with its richly scented leaves, Pacific madrone, with its striking red bark, and Azalea, which sports fragrant white springtime blossoms. Osprey, bald eagles, water ouzels, heron, and a variety of songbirds are seen. Raccoons, river otters, deer, mink, black bear, and other mammals are here, too. Steelhead, chinook and coho salmon either live in the river year-round or migrate upriver to spawn, and trout are native to the larger tributaries such as Big Windy and Missouri Creeks.

Human History

The Rogue River canyon is rich in history. Although several Indian tribes lived along the river for many years, few signs remain of their time here. But numerous historic sites do remain from the trapping and mining days that followed. Time permitting, we may stop at one or more cabins built by the miners, trappers, and early settlers who moved to the river canyon beginning around 1850.

Weather

The weather in the Rogue River canyon is usually very pleasant. Warm or hot days are likely, especially June through September, so May and September tend to be the best months for hiking. The river water itself is cool in the Spring, and warms by early July to the mid 60's. Here's some climate data for the nearby town of Grants Pass. Temperatures in the river canyon are generally a few degrees cooler.

	May	June	July	Aug.	Sept.
Average daytime high temp.	75	82	90	89	84
Average nighttime low temp.	44	50	53	53	47
Average monthly rainfall	1.37"	0.76"	0.28"	0.32"	0.75"

For More Info: For in-depth reading we recommend the following books:
A trail guide, maps and additional information is available for download at <http://www.blm.gov/or/resources/recreation/rogue/maps-publications.php>.

Illahe: The Story of Settlement in the Rogue River Canyon, by Kay Atwood (1978). Local History.

The Rogue: A River to Run, by Arman and Wooldridge (Wildwood Press, 1982). Personal history from the Rogue's pioneer river runner.

Hip Pocket Naturalist: A Guide to Oregon's Rogue River Basin, by Jackman and Bernstein (Magnifica Press, 1989). Natural History.

Lodging Details

Lodging is based on double occupancy of rooms.

The 4 wilderness lodges; Galice (night 1 &5), Black Bar (night 2), Marial (night 3) & Paradise (night 4) are truly a unique feature of the Rogue River. Each offers its own hidden secrets upon the sprawling grounds and hidden trails through the woods along the river. With dinners usually served either family style or buffet the welcoming environment invites you to talk with others and enjoy the endless amounts of fresh hot food flowing from the kitchens.

NIGHT 1: Galice Resort is very limited in cell phone reception, but it is a "normal" lodge. Internet is available at the restaurant. The power stays on the entire time. This is where we will be staying the first night of the trip. Our cars will also be parked here during our time on the water.

NIGHTS 2-4: Each lodge has electricity during specific hrs. Usually power is off from 9:00 PM-7:30 AM. The plumbing will continue to stay on during this time.

The Lodge is not able to accommodate the use of hair dryers or other electrical equipment which may provide a large "load" on our generator power system. We recommend keeping a flashlight at your bedside overnight in case you need to get out of bed. It is very dark in the canyon.

Each cabin is equipped with a propane heater and hot water tank. Generator powered lights and electricity are available from your arrival until 10:00PM, then again from 6:30AM until your departure. Private log cabins, each with private bathroom, nestled amongst the trees, with a center lodge house to share your meals, play games or music and exchange stories from your day's adventures.

Trip Itinerary

First day: We meet at 4:00 PM at the front of the Galice Resort in Galice, Oregon. Your lead guide will meet the group and after a brief intro, will show the group up to our lodging for the first and last nights of the trip. After settling in, the guides will do a more in depth talk about what to expect for the trip, how to pack your drybags, etc and answer any questions at this time. A freshly prepared dinner by the O.R.E. guides will be served in the evening and a short educational presentation after dinner.

This is a raft-supported hiking trip. Our rafts will carry most of your personal gear, as well as all food and group supplies. You will need to bring a day pack, but you will need to carry only those few items you'll need along the trail during the day.

Day 2: Coffee, tea and etc will be served in the morning, followed by a hot breakfast prepared by the O.R.E. guides. Afterwards, we will then travel to the trailhead (a 15 minute drive), and begin the hike to our first night's lodge, Black Bar Lodge.

During the days on the river we will stop along and meet with the other guides for a freshly prepared riverside lunch and some rest.

We usually arrive at the lodges in the afternoon around 3:00-4:00 PM. After being shown to your rooms, enjoy exploring the beautiful grounds, resting in your room, take a shower, or try your hand at some fishing. Dinner is served at the lodges typically between 5:30-6:30 PM. After dinner our guides will give an educational presentation.

At most of the river lodges power is usually off from 9:00 PM-7:30 AM.



Days 3, 4, 5: Our days begin with freshly brewed coffee by 7:00 AM, at the lodge. Breakfast is usually served from 8:00-8:30 AM. After breakfast we'll pack our bags, load the boats and hit the trail.

We typically arrive at trail's end on day 5 and the Foster Bar boat ramp between 2 and 3 PM. We'll then board a van, or you will have to follow in your personal vehicle back to Galice resort.

Dinner will be served by the O.R.E. guides and a closing evening presentation will end the evening.

Days 5: We will arrive at our takeout location at Foster Bar in Agnes, OR at around 1:30-2:30 PM. Your personal car will be sitting there waiting for, allowing you to choose where your next adventure takes you. Our guides can help point you in the right direction.

If you arrived by plane and are utilizing O.R.E. for shuttle, we will take you back to the Galice Resort. You will arrive there at around 4:00-5:30 PM, depending on road conditions/which route we take back.

ABOUT THE SHUTTLE/DRIVE BACK: (O.R.E. will be paying for the shuttle and will assist in getting it set up). Van travel back to Galice Resort is a 2 hour trip on a mixed surface road – mostly paved but with some gravel stretches. Route is a winding road, so if you're particularly susceptible to motion sickness you may want to bring appropriate medication.

If snow conditions do not allow us to take the normal route (described above), THE DRIVE TAKES 4 HOURS.

We will drive out to the town of Gold Beach, OR.
Then south on hwy 101, until the junction with hwy 199.
Then west on hwy 199, to the town of Grants Pass. Then a short
distance on I-5, back to the lodge at Galice.

HIKING/FLOATING INFO:

DAY 2: You will have two hiking options. The total 9.6 mile hike which includes a stop for lunch set up by the raft guides. The other option would be to hike up to 4.8 miles, have lunch and then complete the day on a raft ride to Black Bar Lodge. Highlights include views of Rainie Falls and optional side hike to historic Whiskey Creek cabin. The Rogue River canyon is rich in history with numerous historic sites remaining from the trapping and mining days. This is the most difficult day of hiking.

DAY 3: We'll start the day with a short river float from the lodge to Meadow Creek Camp a distance of 3.8 miles. The first hiking section will be 4.1 miles to Winkle Bar and lunch. The next hiking section will be 6.3 miles of little

elevation gain or loss. You have the option to hike or ride the raft on any of the hiking sections. The Rogue canyon through which we hike, and raft is an enchanting blend of lush forests, fern grottoes, abundant wildlife, sparkling side streams and clear swimming holes.

DAY 4: Today's hike will be a total distance of 4.2 miles through the most spectacular section of the river canyon. We follow the river as it flows through Mule Creek Canyon and spend time at Inspiration Point. We will cheer on the raft guides as they run the difficult and demanding Blossom Bar Rapid. Ending the day of hiking at Paradise Lodge for lunch and an afternoon of exploring. Due to the nature of the river, everyone will be required to hike this section.

DAY 5: There are a number of hiking options today. The first section is 4.6 miles to Tate Creek. The next section is 2.3 miles to Flora Dell falls. At this point everyone will be loaded onto the rafts for the final 3.7 mile section to the end of the rafting hiking trip. We will then shuttle back to Galice Lodge for the final night. The return to Galice will take anywhere from 2 to 4 hours depending upon return route based on road conditions in the mountains.



Physical Conditioning

We strongly recommend that you prepare yourself physically for the hike. In particular we suggest that you take daily walks over uneven terrain where possible. (To be ready for this hike you should be capable of hiking 10 miles in a day at a moderate pace.)

Trail Conditions

The Rogue River Trail provides for a delightful, exceptionally beautiful wilderness hike. But the trail can present challenges and difficulties as well as delights.

***In general, the elevations encountered are low (starting with 689 feet at the trailhead), but the trail climbs and drops multiple times, and sections of the trail are rocky. Total elevation gains and drops on the trail's more challenging days are in the 1,000 foot range.

***The trail is of moderate difficulty overall, but participants may find certain sections of the trail more challenging. Hikers should be prepared for conditions such as including loose gravel, washouts, and down trees.

***While some sections of the trail are relatively level and tucked into the forest, other sections, while reasonably safe, are narrow and 50 to several hundred feet or more above the river. Hikers who are particularly afraid of heights may find these sections of trail to be difficult.

***Poison oak grows in places along the trail, and ticks may be present. For protection from both we recommend you consider hiking in long pants and a long-sleeved shirt.

TRIP DETAILS:

Where and When to Meet

We will meet at 4:00 PM at the Galice Resort in Galice, Oregon. Look for us in front of the cafe or ask the staff at the Galice resort for assistance.

Galice is roughly 400 miles north of San Francisco, California, and 250 miles south of Portland, Oregon.

Getting To and From the River

To get to Galice, take Interstate 5 to the Merlin exit (exit # 61), five miles north of Grants Pass, then follow the signs to Merlin. This will put you on the main road, which passes through Merlin and continues to Galice, about 15 miles west of I-5. Look for a small store and cafe on your right in the middle of the (very) small town of Galice. The address is 11744 Galice Rd, Merlin, Oregon 97532. We will meet at 8:30 AM on the day your trip begins, at the Galice Resort Cafe. The Resort is situated along the banks of the river not far from the town of Grants Pass.

✓ If you Fly

The closest commercial airport is Medford, Oregon. It is served by Alaska, United, Delta, and Allegiant airlines. Plan your flight to arrive the day of the trip meeting at Galice Resort.

Car rentals are available at Medford. Also, the Galice Resort offers shuttle service from the airport to Grants Pass or to the resort (which is our meeting place). Shuttles are \$525 round trip, per van, so your ultimate cost depends on the number of people (1 to 14) who share the ride. For more information or reservations contact the Galice Resort at 541-476-3818.

Trip Shuttles

Your trip fare includes transportation from Galice to the trailhead, and from trail's end back to Galice at the end of our journey. However, if you're planning to drive up or down the Coast after your river trip, or do not want to be in a van with others, you may wish to leave directly from trail's end and meet back at Galice Resort. When we meet in Galice our guides can assist you in arranging to have your car shuttled. Galice Resort conducts these shuttles.

Accommodations (before and after your trip)

Rustic cabins and a lodge are available at the Galice Resort. Phone 541-476-3818. Also nearby is Morrison's Lodge (800-826-1963).

Camping is available nearby at Indian Mary Park, and at Almeda Bar Recreation Area, both within 5 miles of Galice. Reservations for both can be made through at www.reserveamerica.com.

What to Bring

Most of the time the weather in the Rogue River canyon is warm and pleasant. But cool wet weather is a possibility, too. So please pay close attention to selecting your clothes and gear for your hike. Hopefully, you'll never need most of the cool-weather gear we recommend that you bring. But please 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 modern 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 should consist of polyester fleece (or wool), and will provide further warmth. The outer layer consists of a rain jacket and rain pants, or (as a second choice) a poncho. Rain gear made of modern waterproof, breathable fabrics such as Gore-Tex are best.

A surprisingly large percentage of heat loss occurs from our heads. For this reason, a wool or synthetic hat will go a long way towards keeping you warm.

On warm or hot days

Shorts and a T-shirt may be worn, as well as a hat to keep the sun out of your eyes. But you may wish to wear a long-sleeved cotton shirt and cotton slacks, in order to ward off sunburn and brushes with poison oak.

On your feet

Different hikers require different degrees of support from their footgear. For most people we recommend light to mid weight hiking boots. Waterproof or water resistant boots are a plus on the Rogue trail. Whatever boots you wear, make sure that they're well broken in!

For footwear while on the river we recommend nylon, canvas running or tennis shoes, hard soled wetsuit boots, or sports sandals such as Texas, that you can quickly change into.

At the Lodge

You may want a change of shoes, and comfortable clothing for lounging about. 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. Jeans and normal clothing are fine while at the lodge.

How to pack it

Pack your gear in a manner appropriate for your journey to Galice. 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 30" tall. These bags will be transported from lodge to lodge by raft. Generally, they will not be accessible during the day. For gear that you wish to have with you on the trail, please bring along a daypack.

The river bags and boxes we provide are watertight under most conditions, even when submerged. But for extra security we recommend that you pack your camera, binoculars, reading material and similar items in large zip-lock bags.



Equipment Checklist

- _____ hiking boots (make sure they're well broken in!)
- _____ shoes to wear in the raft (they will get wet)
- _____ wool or synthetic hat for cold or rainy days
- _____ wide-brimmed hat or baseball cap for sunny days
- _____ 2-3 pair hiking socks (wool or synthetic recommended)
- _____ waterproof rain jacket and rain pants
- _____ Polypropylene or similar long underwear tops and bottoms
- _____ 1 warm sweater or jacket, polyester fleece or wool
- _____ 1-2 pair long pants
- _____ 1-2 pair shorts
- _____ 1-2 long-sleeved shirts
- _____ 1-2 short-sleeved shirts
- _____ socks and underwear
- _____ day-pack
- _____ water bottle, or camelback (2 quarts total capacity recommended)
- _____ waterproof sunscreen (SPF 15 minimum), lip balm
- _____ sunglasses
- _____ personal toiletries
- _____ small flashlight or headlamp

OPTIONAL ITEMS

- _____ walking stick or trekking poles
- _____ swimsuit
- _____ shoes to wear when not on the trail
- _____ binoculars
- _____ camera
- _____ reading material
- _____ pen and journal or notebook
- _____ compact fishing gear

_____ insect repellent
_____ compact personal first aid kit (we carry a group kit, but you may wish to bring your own band-aids, moleskin, or etc.)
_____ spare glasses, spare sunglasses
_____ trail snacks
_____ beer or soft drinks in unbreakable containers. *Consumption of alcohol is prohibited during the day but is okay once we arrive at the night's lodge.*

Please do not bring pets, guns, or valuable jewelry

Additional Information

Your trip fare includes the following

- The services of our professional trail and river guide staff.
- Transportation to the trailhead from Galice, and from trail's end back to Galice.
- All meals, from dinner on the first day through lunch on the last. Breakfasts and dinners are provided by the lodges (Black Bar, Marial, Paradise), and lunches are prepared by ORE guides. Dinner & breakfast at Galice is by O.R.E. guides as well.
- Waterproof river bags and boxes for your personal gear.
- All safety gear for rafting (PFD, *helmet-by request*)
- Please note -
 - *Trip prices assume double occupancy. Extra fee for singles.*
 - Guides will be on the river and will meet you at lunch and at camp or lodge. A guide will also be assigned to accompany you on the trail.

Fishing

Fishing on the Rogue is generally only fair during spring and summer, but conditions improve in the fall. If you would like to fish you'll need an Oregon fishing license, which may be purchased at Oregon sporting goods stores, or at the Galice Resort.

Gratuities

Your gratuities are included in this trip for both the guides and the lodges. However, if you feel that your O.R.E. guides or the staff at the lodge deserve something a little extra feel free. Each lodge has a tip jar available. Gratuities for guides are customarily presented to the Lead Guide, and will be shared equally among all guides on your trip.

Nearby attractions

While in the area you may want to visit Crater Lake National Park, Oregon Caves National Monument, or the southern Oregon coast. You may also want to visit the nearby towns of Jacksonville and Ashland. Jacksonville, a National Historic Landmark. Ashland is site of the renowned Oregon Shakespeare Festival.

Emergencies

It may be difficult for family and friends to reach you while you are on the trail. In case of emergency they should contact the local Bureau of Land Management office (Grants Pass) at 541-618-2200 or the Forest Service office (Gold Beach) at 541-247-3600. They should also call the O.R.E. office at 503-563-1500.

Terms and Conditions

Responsibility – O.R.E.'s safety record is excellent. But running rivers, like other outdoor activities, involves an element of risk. These risks are described in our Participant Agreement, which you will be required to sign. Your signature on this form will be taken as an expression of your willingness to assume personal responsibility for risks that may be encountered on the trip.

If we cancel a trip – O.R.E. rarely cancels a trip, but we reserve the right to cancel or reschedule due to water level fluctuations, insufficient reservations, or other factors beyond our control. If we cancel we'll refund your fees in full, but we cannot reimburse you for other travel expenses you may have incurred.

TRIPS RUN AS SCHEDULED EVEN WHEN IT RAINS.

MULTIDAY TRIPS:

Deposit and final payment requirements – A deposit, payable by check, or credit or debit card, confirms your reservation. Deposit amounts are \$400 per person for all overnight/multiday trips.

(Exception: Full payment is required at time of reservation if less than 30 days remain before the trip begins.)

FINAL PAYMENT IS DUE 30 DAYS PRIOR TO YOUR MULTI-DAY TRIP.

Cancellations, Transfers and Refunds: Please notify us as soon as possible if you find it necessary to cancel your reservation. Because we lose the ability to sell reserved spaces to other individuals or groups & the deposits required with lodges, we strictly adhere to the following policies:

- 61 Days in Advance: Full refund of all payments.
- 60 to 31 Days in Advance: Deposit held as credit for future trip **OR** \$100 fee and full refund of any additional payments.
- **FINAL PAYMENT IS DUE 30 DAYS PRIOR TO YOUR MULTI-DAY TRIP.**
- 30 to 15 Days in Advance: Full deposit held. Any additional payments will be refunded.
- 14 to 7 Days in Advance: Full deposit held. Any additional payments will be credited for future trip.
- 7 Days or Less in Advance: No refund. All payments held.

IF TRAVEL RESTRICTIONS ARE PUT IN PLACE DURING THE PERIOD IMMEDIATELY PRIOR OR DURING YOUR TRIP THAT PREVENTS TRAVEL, O.R.E. WILL DO THE FOLLOWING:

Full refund of all payments, less a \$100 administrative fee per person

OR

Payments held in full for future trip with O.R.E. at same pricing as year of current trip

LODGE TRIPS MAY INCUR MORE, DEPENDING UPON DEPOSITS TO LODGES

Travel Insurance – We recommend that you consider protecting yourself and your equipment with the purchase of travel insurance. Your home, health and other policies may have the coverage you need, but if not then consider protecting yourself with additional coverage. Short-term travel insurance policies provide protection against loss of payments you have made for travel and lodging, loss to personal items while travelling, and provide for emergency transportation to a medical facility. For more information check with your insurance agent or research online.

Pre-Trip Details

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.

