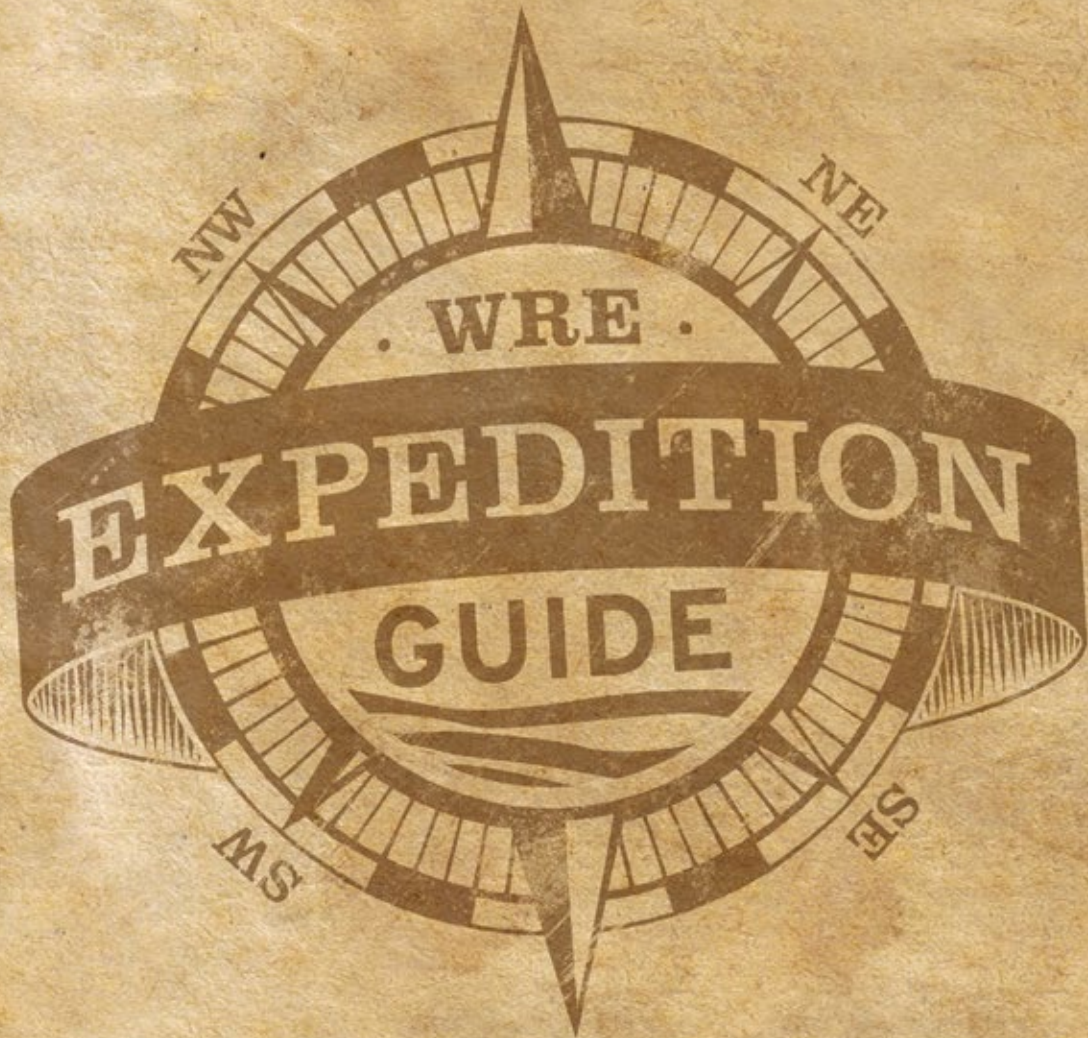


»» Grand Canyon

3 DAY EXPEDITION



WESTERN
RIVER EXPEDITIONS



Grand Canyon

3 DAY EXPEDITION

What to Expect

- ☞ Day-by-Day Itinerary
- ☞ Typical Day
- ☞ Western's J - Rig Raft
- ☞ Camping with Western
- ☞ Physical Requirements

Get Ready!

- ☞ Packing List
- ☞ Packing Tips
- ☞ Pre-Trip Travel Information
- ☞ Payment & Cancellation





Grand Canyon

3 DAY EXPEDITION

Your Grand Canyon vacation begins with a scenic flight from Las Vegas, over Lake Mead and the western section of the Grand Canyon. From the north rim of the canyon, you will delight in a thrilling helicopter ride from the remote landing strip down into the depths of the Grand Canyon on the edge of the Colorado River. Here, the Colorado River's famous rapids, though still exciting, are a bit tamer. Scenery in the lower 100 miles of the Grand Canyon is astounding. Massive sandstone cliffs conjure up imaginary shapes. Hidden waterfalls and pools carve their way down to the river. Wildlife is abundant, with frequent sightings of elusive Blue Heron, soaring hawks and eagles, and majestic Big Horn sheep. At night, the canyon walls unveil a heaven of innumerable stars. To top it off, Western's Grand Canyon 3-day rafting trip offers easy access from Las Vegas, Nevada. Come join Western River Expeditions on an incredible and unforgettable Grand Canyon journey. ✨

Itinerary & Travel Information

DAY ONE » Meet in the lobby of the Las Vegas Marriott Hotel at 6:00 AM where you'll take a short bus ride to the Boulder Terminal. Enjoy a beautiful flight from Las Vegas to Bar 10 Ranch on the rim of Grand Canyon. Shortly after your arrival at Bar 10, a helicopter will take you deep into Grand Canyon to join your welcoming crew and rafts. After orientation and introductions, you'll be on your way downriver surrounded by soul-stirring scenery. Hold on for Kolb and Mile 209 Rapids!

DAY TWO » Our J-Rig rafts enter awesome Lower Granite Gorge with a series of moderate rapids including Granite Spring, Diamond Creek and Travertine. We take some time to hike, explore and play at Travertine Grotto, a fantastic series of hidden waterfalls and pools. Next, run the biggest rapids of the trip, the "230's." After your day of adventure, you'll savor another delicious dinner at the river's edge and appreciate the unforgettable experience of sleeping under the stars.

DAY THREE » As you near Lake Mead, the river calms and the canyon widens. Savor your final morning in Grand Canyon as you head down river and across Lake Mead to where a shuttle will return you to Las Vegas. You will travel by way of the recently completed Mike O'Callaghan-Pat Tillman Memorial Bridge with views of the Hoover Dam. Your arrival time in Las Vegas will be approximately 3:00 PM.



QUICK FACTS

Grand Canyon 3 Day:

3 Days, 2 Nights
89 miles
Minimum Age: 9 years old

Begins and Ends:

Las Vegas, Nevada

Current Rates, visit:

www.westernriver.com

RATE INCLUDES



SCENIC FLIGHT » Airport transfer & flight from Las Vegas to the river



HELICOPTER » Enter the canyon by helicopter at start of river trip.



RAFTING » J-rig rafts allow flexible seating throughout trip



HIKING » Short walks and longer, more difficult hikes (all optional)



CAMPING » Cots, tents, sleeping bags, camp chairs & water-resistant bag



MEALS » All meals are prepared for you between departure & return



TRANSFERS » Motorcoach return to Las Vegas, Nevada




Pre-Trip Travel Information

Meet in the lobby of The Las Vegas Marriott, 325 Convention Center Dr, Las Vegas, NV at 6:00 AM for bus transfer to the Boulder Terminal and a 45 minute flight to Bar 10 Ranch. Picture ID is required for all passengers 18 and older.

Hotel Reservations (24 Hours): Block space & rates are released 30 days prior to trip departure, and are then offered only if hotel space is still available. Space is limited, so you are encouraged to make reservations promptly. Reserve online as a Western River guest, or call 1-800-228-9290 - Be sure to mention the group code: WRE

The Las Vegas Marriott is conveniently located near the Convention Center Monorail Station that goes to the heart of the Las Vegas Strip. A light grab and go breakfast is available for Western River guests staying at the Las Vegas Marriott. Guests staying at their property may take advantage of free parking and baggage storage for a fee. Luggage storage for guests not staying at The Las Vegas Marriott is slightly more per bag. For most current rates on bag storage visit the travel planning page.

 westernriver.com/grand-canyon-vacation/travel-planning

Post-Trip Travel

The return motor coach should arrive in Las Vegas at the Marriott Hotel in Las Vegas by approximately 3:00 PM on the last day of your trip. Taxi service is available from the hotel to the airport. Departure flights on your return date are not recommended prior to 7:00 PM.



"I had a great time on this trip, I would recommend this trip to anyone. The guides were unbelievable, they made the trip even better. Their knowledge of the river and the canyons were second to none. Besides their knowledge, the guides were a lot of fun to talk with and listen to their stories. I expected to have a good time on the trip, and my expectations were met tenfold."

TIM - Kansas

The Las Vegas Marriott offers parking for a small fee. Baggage storage is also available for a nominal fee. Storage and parking for guests not staying at The Las Vegas Marriott are slightly higher. Baggage storage is also available for a fee. Storage for guests not staying at The Las Vegas Marriott is slightly more per bag.



Packing List & Travel Tips



DUFFLE BAG

All of your personal items should be packed into a soft-sided duffle bag approximately 12" x 13" x 24" in size. Aircraft weight allowances and raft space, Require a 20 lb. limit. Also limit beverages to 5 pounds per person. **(20lb. Duffle + 5 lbs. beverages per person).**



DAY BAG

Upon arrival to the river's edge, you will be provided a water-resistant day bag (approximately 7" x 13"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, gloves, sarong, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a simple plastic grocery sack inside your duffle for easy transfer to your day bag at the launch site.



GEAR BAG

Also upon arrival at the launch site of your trip, you will receive a water-resistant gear bag. This bag will contain your sleeping bag, sheet and ground tarp. You will put your duffle bag inside this bag, roll the top down and clip it securely to avoid getting your personal gear wet. Your personal gear bag will be available at camp each night of your trip.

CLOTHING ITEMS

- ☐ **Two-piece rain suit or "paddle gear"** (Not just for rainstorms - offers protection against the cold water and wind-chill when running rapids - especially early in the morning.)
- ☐ 2 swimsuits (2-piece swimsuit and quick-drying shorts recommended for women)
- ☐ 2 quick-drying shirts, (long sleeved sunhoodies are breezy and effective sun protection)
- ☐ 1-2 pair comfortable shorts and underwear for camp
- ☐ 1 pair socks for use in case of sunburn or foot injury
- ☐ 1 pair quick-drying pants (optional - for sun protection)
- ☐ Lightweight fleece top
- ☐ Sturdy water sandals or multi-sport shoe that can get wet with good tread & support for hikes. It is wise to consider a backup pair of sandals or shoes in case of damage.
- ☐ Comfortable footwear for camp (some guests prefer to change out of wet sandals or shoes into flip flops or other light weight shoes)
- ☐ Hat for sun protection with string or hat clip
- ☐ Gloves for protection while gripping ropes

» *Water clarity can vary from clear to very silty. Clothing may become discolored. Please pack accordingly.*

PERSONAL ITEMS

- ☐ Personal hygiene products - toothbrush, toothpaste
- ☐ Plenty of sunscreen & lip balm (limit aerosol spray cans to no more than one 16oz can per person)
- ☐ Lavalava/Sarong coverup (long cloth useful for sun cover, light towel, changing clothes under cover)
- ☐ After-sun moisturizing lotion
- ☐ Biodegradable soap and shampoo in small bottles
- ☐ Sport water bottle with clip or loop for carabiner
- ☐ 2 large (3"-4") carabiners for clipping day use bag and water bottle to ropes
- ☐ Small towel and wash cloth
- ☐ Bandana or Buff
- ☐ Small pack of tissues and/or moist towelettes
- ☐ Small headlamp or flashlight with extra batteries
- ☐ Insect repellant (small container)
- ☐ Sunglasses with safety strap
- ☐ Camera - waterproof digital camera with extra batteries and memory. Phones as camera in waterproof cases/sleeves. Charging brick for phones recommended. (Cell service unavailable).
- ☐ Small travel pillow
- ☐ Medication if needed (cool storage is available)
- ☐ Major credit card and photo ID in case of evacuation and for souvenirs at Bar 10 Ranch
- ☐ Cash for gratuities (Your guides will make every effort to see that your trip is enjoyable and successful. Gratuities for guides are appropriate, greatly appreciated and at your discretion, as a gesture of thanks for their professionalism and service. The industry standard is 10-15% of the cost of the trip for the guides' good service. For excellent service, you may want to tip a larger amount. It is easiest for the guides if you give the tip in cash. If you are uncomfortable carrying a large amount of cash, you may make a check out to the Trip Leader. The common practice is to give the gratuity to the trip leader on the last night. It will later be divided equally with the rest of the crew).

COLD WEATHER ITEMS (Especially April, early May & late Aug-Sept)

- ☐ Neoprene socks for river - Wool socks for camp
- ☐ Stocking cap, fleece or wool gloves
- ☐ Thick fleece jacket and/or lightweight down coat
- ☐ Lightweight long underwear for sleeping
- ☐ Paddler's "Splash Jacket" and/or splash pants

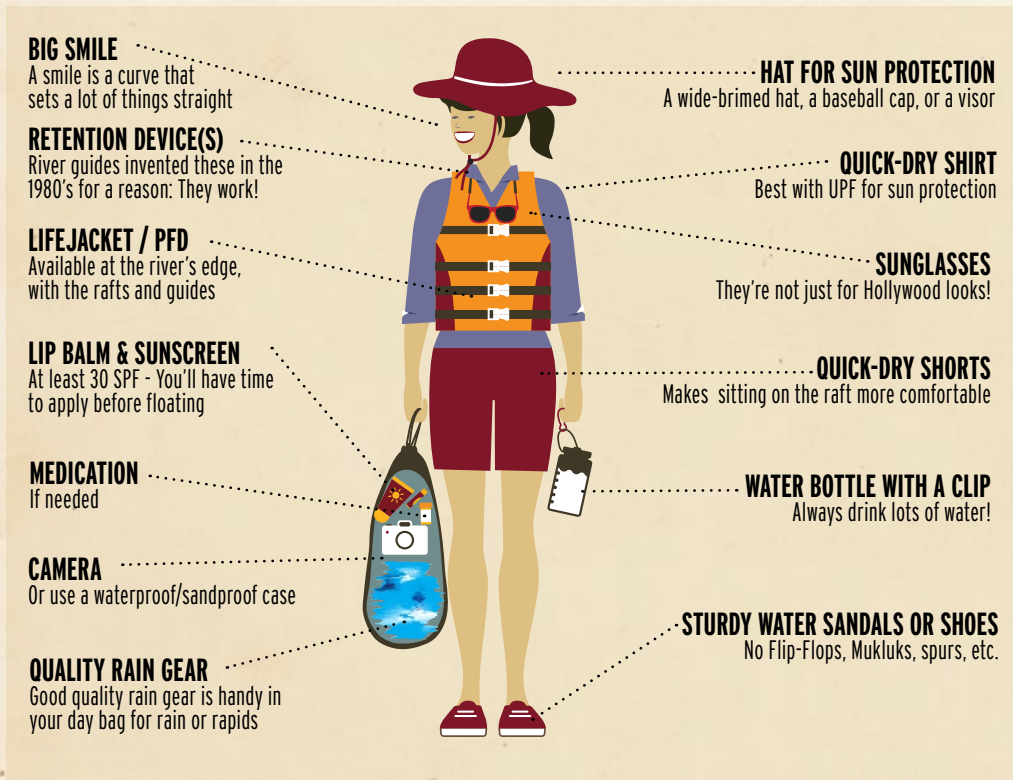
OPTIONAL PERSONAL ITEMS

- ☐ A few clothespins & small rope for drying clothes
- ☐ Comfortable lounge-wear for camp and sleeping
- ☐ 1-2 plastic or ziploc bags for wet or sandy clothes
- ☐ Mile-by-Mile River Guide Book (see redrockoutfitters.com)
- ☐ Small binoculars



FINAL CHECKLIST: The morning of your trip:

- ☐ Check out of your accommodations & enjoy the boxed breakfast provided before your charter flight from Las Vegas.
- ☐ Meet in the lobby of The Las Vegas Marriott, 325 Convention Center Dr, Las Vegas, NV at 6:00 AM for bus transfer to the Boulder Terminal and a 45 minute flight to Bar 10 Ranch. Picture ID is required for all passengers 18 and older.
- ☐ Come dressed and ready to raft (see diagram below):



Gear provided:

- ☐ **Large water-resistant gear bag** containing a sleeping bag, sheet, and ground tarp. Once you are dressed and ready for the river that day, you should pack your personal duffle so it is ready to place inside this large rubber bag once you get to the edge of the river. You can access it again that night at camp. (Inaccessible during the day).
- ☐ **Small day bag** to hold personal items you need throughout the day (sunscreen, lip balm, rain suit, camera, snacks). Save yourself time by packing these items in a separate grocery or ziplock bag, ready to grab from your duffle bag and place inside the day bag once you get to the edge of the river.
- ☐ **Lifejacket / PFD** will be handed out and proper fitting will be demonstrated by your guides when you meet them at the rafts.
- ☐ **Cots, chairs and tents** are provided and available once you arrive in camp each night.

Things to bring:

- ☐ Duffle bag (approx. 12"x13"x24"), packed with personal items outlined on the packing list
- ☐ Extra drinks, if desired. (see "Beverages" on General Information page. Liquor stores available in Las Vegas day before charter flight).
- ☐ Extra snacks, if desired. (Snacks will be provided during the trip).
- ☐ Photo ID, a major credit card, and cash for gratuities.
- ☐ Camera(s) - Phones as cameras in waterproof cases/sleeves (Cell service unavailable)

Things to leave: (NOT TO BRING ON THE RIVER)

- ☐ Suitcases can be left at Marriott storage facility
- ☐ Unnecessary electronic devices (game devices for kids, etc.)
- ☐ Jewelry



Weather

We always hope for good weather but you should be prepared for the possibility of cooler weather and storms. This is applicable to all trips throughout the season. The following chart shows averages for the months of March through October. Temperatures and precipitation will vary. A rain storm or a cool front can happen anytime. You can find current weather forecasts at: www.westernriver.com/trips/grand3day/weather

TEMPERATURES AND PRECIPITATION - GRAND CANYON:

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Mean Max. Temperature	71	82	92	101	106	103	96	84
Mean Min. Temperature	48	56	63	71	79	75	70	58
Precipitation (inches)	.79	.47	.36	.30	.84	1.4	.97	.65

Be Prepared for Any Weather:

Weather is always present on a river trip... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts! It is wise to come prepared for anything, but we realize there are weight and size limitations for packing. While we cannot predict it all, hopefully we've given you the proper insights and information to prepare you for the adventure of a lifetime!

Rain Gear vs. Paddle Gear



Key Feature: Easy to wear, versatile, best in warmer weather and rain.

PROS:

- Keeps you relatively dry without the "sweat chamber effect"
- Blocks wind-chill after rapids
- Versatile purpose/easy to wear
- Best for rain, shields whitewater

CONS:

- Not waterproof during large rapids
- Getting cold can be a threat to fun



Key Feature: Neoprene rubber "gaskets" around wrists & neck. Best in cold weather & whitewater.

PROS:

- Nothing better for staying dry
- Ideal when weather remains cold
- Blocks water from all directions
- Best for whitewater

CONS:

- Hot & sweaty in warm weather
- Pullover style can be difficult
- Specialized purpose lacks versatility
- No hood for rainstorms

Get Ready in One Order: Red Rock Outfitters

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. Specifically, we've bundled **"The Works"** for him, for her and one for gear in general. For your convenience, you can order all these items online with Western's retail division:



www.RedRockOutfitters.com

1-888-924-2050



General Information

BEVERAGES » Water and lemonade are available in unlimited quantities on the boats and in camp. Western does not provide beer, liquor, or soda pop. Guests arriving on the charter flight from Las Vegas must purchase beverages before leaving Las Vegas. These items are not available for purchase at Bar 10 Ranch. TSA regulations require that liquor be under 140 proof and stored in the original container. This must be purchased in Las Vegas and included in the 25 lbs limit per person. You may bring up to 5 lbs. per person of beverages in addition to your 20 lb. personal duffle. **(20lb. Duffle + 5 lbs. beverages per person).**

VALUABLES » You will want to have photo ID, a major credit card, and some cash for gratuities. All other valuables and jewelry should be left at home or in a safety deposit box at your hotel. In addition, as a safety precaution we suggest that you not wear rings on the river. Also, each year a few of our guests traveling on airlines arrive without luggage. With this in mind, we suggest you carry with you medications, prescription glasses, and anything you may not be able to replace the evening before your trip departs.

EXTRA LUGGAGE » Transfer all your personal clothing and gear which you will need on the river expedition to a small lightweight duffle bag. Identify duffle bag with label, and leave any extra suitcases at your hotel. Guests of the Las Vegas Marriott, on 325 Convention Center Drive may leave their luggage at the hotel for a nominal fee per bag (non-guests slightly more). If you are staying at another property you should check with that hotel regarding luggage storage. Please **DO NOT BRING SUITCASES** on your river trip. As part of your camping equipment package, we provide a water-resistant bag in which you will place your duffle bag as well as the

Payment & Cancellation Policies

PAYING YOUR BALANCE

A deposit due at the time of your reservation. Final payment is due 120 days prior to trip departure and may be paid by check (preferably) or by credit card. All payments are non-refundable. We reserve the right to cancel your reservation if full payment is not collected by the due date.

CANCELLATION & REFUNDS

The cancellation policy applies at the time of deposit. Details regarding cancellations and travel changes for each trip can be found at WesternRiver.com or on your reservation confirmation. If you must cancel any reservation, the cancellation policy applies in every instance and there will be no exceptions for any reason. Western will not issue any refund for arriving late or leaving a trip early. Western River Expeditions is not responsible for any expenses incurred in preparation for any cancelled trips or for costs incurred due to travel delays, flight cancellations, or illness. If you are concerned about the possibility of having to cancel, you may find information about cancellation coverage and policy details at:

westernriver.com/cancellation



Grand Canyon National Park Conservation Fund This is an optional fee. To help protect the rivers and canyon, you will note that a one dollar per day, per person, contribution for each day you are on the river has been added to your invoice.

One Trip per Year Rule: Due to high demand in the Grand Canyon, the Park Service limits guests to only one river trip through Grand Canyon per year. This applies to both Private and Professionally Guided trips.

Park Entrance Fees for Grand Canyon National Park are per person, but may be waived with possession of a Golden Eagle, Golden Access, Golden Age, or America the Beautiful pass. Send copy to us with your final payment.

Questions: If you have additional questions, our friendly staff is available Monday - Friday from 8:00 AM to 5:00 PM Mountain Time. Also, visit us online at westernriver.com for more information. Be sure to see our "FAQS & POLICIES" section online under each trip.





Camping With Western River Expeditions

Whether you're a veteran camper or experiencing sleeping in the outdoors for the first time, Western makes camping simple. All you need to worry about is packing your personal items in a soft-sided duffle bag. We'll supply the rest:

- » Comfortable cots make sleeping and relaxing on the river easy.
- » Roomy tents are always available and easy to set up. You may be like many of our river guests who prefer to sleep under the vast canopy of stars. If you haven't ever experienced camping in the desert you'll be surprised at how dry and comfortable everything stays when sleeping under the stars.
- » Freshly laundered sleeping bags and sheets provide warmth on cool evenings.
- » Water-resistant bags protect your personal belongings from exposure to sand and water.
- » A personal day-use bag keeps important items handy during the day.
- » Camp chairs offer comfortable seating while in camp.
- » A sturdy vinyl ground cloth keeps your gear and camping areas clean. (not shown above)

TOILET FACILITIES

Western uses a portable toilet and hand wash system that is set up each day in camp in a secluded location that assures privacy. The toilet is available from the time we pull into camp until we leave the following day. An orientation concerning everything from rapid safety to bathrooms will be given at the beginning of your trip.



"I still haven't come down from this trip! It was amazing, beautiful, adventurous, fun, exciting & spiritual all at the same time. Having never camped a day in my adult life, I did things I never thought possible. From setting up tents to sleeping under the stars to washing in the river - it was incredible. I am so thankful we had the chance to experience the Grand Canyon on the river."

FLORENCE - New York

Items provided by Western River Expeditions

- » Transportation to the Boulder Terminal from Las Vegas Marriott
- » Charter flight from Las Vegas to Bar 10 Ranch
- » Helicopter flight into the canyon
- » Motor coach return from river to Las Vegas
- » Professional, licensed guides
- » All meals between trip departure and return
- » All eating utensils and souvenir cup
- » Unlimited water and lemonade
- » Sleeping bag and freshly laundered sheet
- » Cot 28" x 74" and ground cover
- » Tent
- » Water-resistant dry bag for sleeping gear (and your personal duffle bag)
- » Water-resistant day-use dry bag (7" diameter x 13") for personal items
- » Custom rafts
- » US Coast Guard approved whitewater life jackets
- » Wilderness First-Aid kit
- » Sanitary Facilities



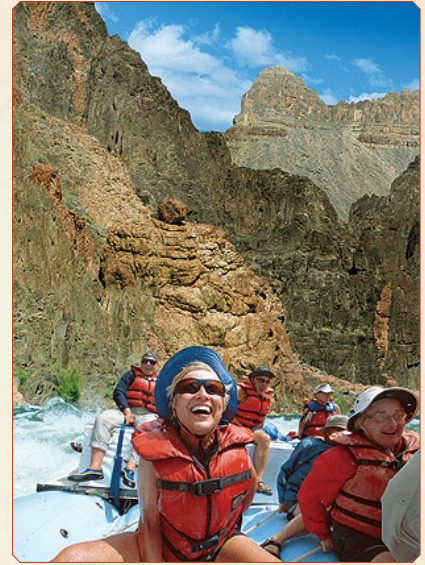
Physical Requirements for Rafting Trips

Our primary concern is participant safety. The nature of an outdoor adventure involves some physical exertion and also possible exposure to weather conditions that can fluctuate greatly due to heat, sun, wind, or rain. We do have experience accommodating persons with a wide range of physical challenges, disabilities, or medical and health conditions. However, we have found that for some people the fact of age, weight, lack of conditioning, heart or other disease, can endanger themselves, other guests or create additional hardship that diminishes the suitability or enjoyment of this type of vacation. Please consider these conditions in making your choice of river adventures. Please check with your physician prior to your trip if you have any medical or health condition or if you are taking any medications, and then notify us of how we can better help you with these conditions. In general, participants will need to meet the following physical requirements:

- » Fit into a Type 5 Life Jacket (maximum chest size is 52") required by the U.S. Coast Guard
- » Ability to securely grip ropes provided for handholds while running the rapids
- » Enough agility to climb on and off the rafts—this could be as much as a 2-3 foot reach and often on wet and slippery surfaces
- » Ability to navigate uneven terrain on hikes and in camp
- » Carry your own dry bag which will include your 20-pound duffle bag along with the sleeping bag and ground cover provided

Our principle objective is for you and your fellow guests to have an enjoyable and fulfilling experience. If you are concerned about any of these requirements, please call our friendly staff to further discuss which trip is right for you.

Our Waiver & Acknowledgement of Risks Form will more fully describe some of the inherent risks involved in these activities. We look forward to having you join us on the adventure of a lifetime.



"The most amazing adventure of a lifetime. The majesty of the Canyon is beyond anything I could have imagined and the hiking into the side canyons awesome. Our guides Johnny, Wiley, Nate and Patrick are people I will never forget. They were entertaining, knowledgeable, funny, the best cooks ever and just wonderful, wonderful people. The team on our rig were fabulous as well, again amazing and wonderful people. Thank you all so much, I had so much fun going down the rapids my sides ached from laughing and I dream of the day I will be able to return. This trip was out of this world and beyond my dreams."

SANDRA - United Kingdom



Western's J-Rig Raft

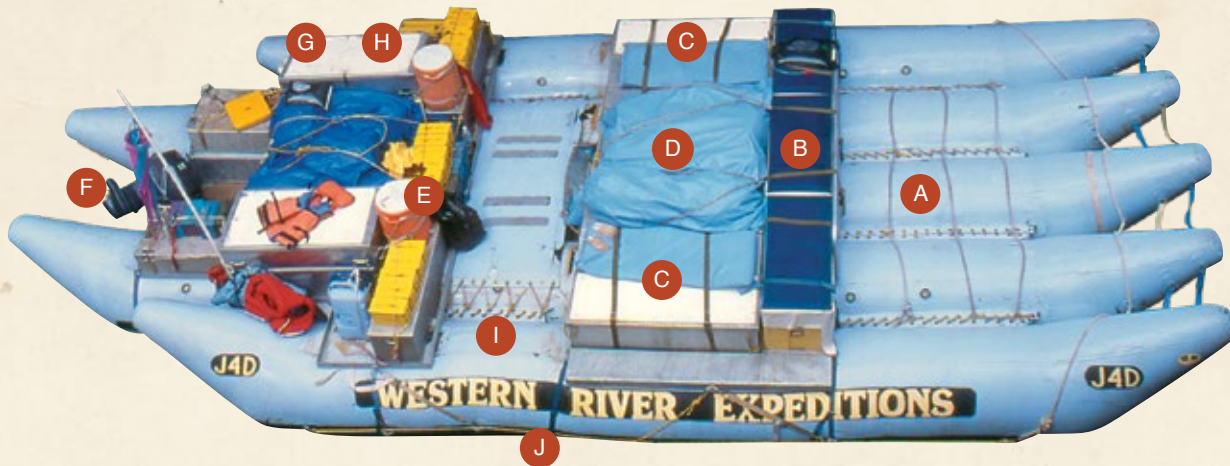
Named after Western's founder, Jack Currey, the "J-Rig" is a patented craft offering the most flexible and comfortable ride on the river. If you're a thrill seeker, you can sit up front where the waves hit hardest, or ride aft for more protection. There are plenty of calm sections along the river where you can move freely around the boat and trade seating positions throughout the trip.

- A** Whitewater "gusto" seating with safety lines
- B** "Adventure" seating atop food coolers
- C** Padded seating atop dry food storage boxes
- D** Storage area for guest luggage and trip equipment
- E** Ice water and lemonade coolers
- F** 4-Cycle outboard motor provides quiet propulsion with low emissions
- G** Extra motors and spare parts
- H** First aid supplies and satellite phone
- I** Compartmented neoprene rubber tubes have 20 separate air chambers and are capable of supporting 66,000 lbs.
- J** Beverage "drag bag" keeps drinks accessible throughout the day



"Your J-Rig and all of the equipment you supplied were top quality. The design of your J-Rig provided both maximum comfort for the less adventuresome and exhilarating thrills for the white water fans."

STUART, MEG, & ERIC - Missouri





A Typical Day on the River

After meeting your guides you will be given a trip orientation that will include how and where you can sit on the rafts, how to hold on, and safety precautions while on the river.

A typical day will include rafting for a few hours at a time, stopping for scenic side-canyon hikes, bathroom breaks, lunch and possible swimming opportunities. Visiting with new-found friends and learning river lore and geology from our well-trained guides adds to the enjoyment of each day.

After a full day of learning and fun we arrive in camp. Guests will be allowed to find their favorite campsite and then return to the rafts for the famous "fire line" - the way we load and unload rafts. Your help in passing the gear off the boat is greatly appreciated; however, if you have physical restrictions or limitations that would prohibit you from participating you are not required to help.

The first evening in camp, the guides will give a demonstration on how to easily assemble the cots and tents and will be available to help you if you need additional assistance. Western River provides cots, tents, sleeping bags, sheets, camp chair and water-proof gear bags for all guests. You'll have no need to worry about bringing any of your own camping equipment.

While you relax at the river's edge, your guides will prepare dinner. Every night is different, but the menu may include items such as grilled chicken breast, steak with sautéed onions, pasta or fresh fish.

At night, whether you choose to sleep in your tent or under the vast canopy of stars, the fresh night air and the rhythm of the river will lull you to sleep.

Each morning, your guides will prepare a delicious breakfast. You'll have a chance to enjoy eating before returning to your campsite to take down your tent and cot and pack up your belongings into your dry bag. After bringing your bag down to the boats, guests participate in the fire line once again and you are off on another fun-filled day of adventure.

Rafting Trips vs. Other Vacations

The setting and pace of a rafting adventure gives you something you don't find in other vacations. On a Western River Expedition, you will quickly discover why so many are calling this "the best vacation of their lives." It's the combination of drifting over tranquil pools of water under the shadows of towering rock formations, the exhilaration and thrill of rolling waves and crashing whitewater, the exploration of seldom-seen waterfalls and Native American history, the peaceful moments of reflection as you gaze up at the star-studded sky and the fresh feeling of renewal as the morning sun slowly filters through winding canyons. All this provides an indescribable sense of belonging. A sense of oneness with yourself and those around you. A sense of adventure, reflection and renewal. Come discover the difference.



"At 13 years old I went down the river with my parents on a Western River Expedition. Over the years many of my memories grew vague, and my dad passed away, but the magic of the canyon stayed with me, and I always knew I'd somehow find my way back. It took me 30 years and I'm sorry I waited so long. I felt like the tomboy little girl I used to be; swimming in icy waterfalls, climbing up rocks, daring myself to sit up front for the big rapids, picking out constellations from a sleeping bag and feeling in sheer awe at what a big, wonderful world we live in. It truly cleanses the soul. I feel as if I've left a piece of my heart down there. Thank you for the trip of a lifetime. We are forever grateful!"

TONI - California