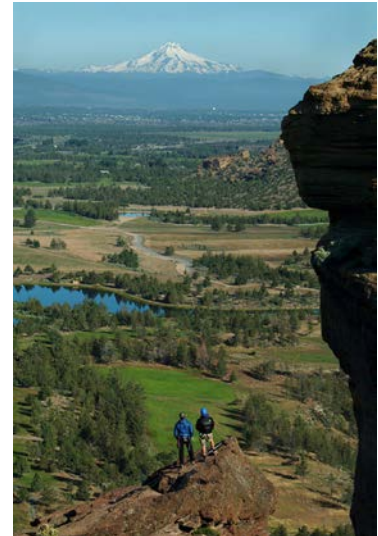


## Overview

The Oregon Rafting & Rock Climbing course offers students an opportunity to join a team of others in challenging themselves physically and mentally, while exploring some of Oregon's most renowned wilderness areas. The journey begins the moment you are picked up at the Redmond Airport. Whether you begin on the rocks or on the river, the first days of your trip will be spent building critical skills in teamwork and outdoor skills. This learning will serve as a foundation and carry over through the remainder of your journey. While exploring the world famous Smith Rock State Park, you will learn climbing techniques, as well as the basic gear, knots, and rope systems that keep you safe amidst the grandeur of towering geologic formations. The wild and scenic Deschutes River will offer your team the chance to learn paddling methods, river hydrology, raft captaining, and self-rescue techniques.



You do not need to have any previous experience. We will teach you the necessary skill sets for each activity and each course area. The course also includes an emphasis on leadership, character development, and an ethic of service.

Outdoor travel is demanding. It can take every waking moment to get from point A to point B. Rock climbing and rafting include numerous challenges, such as navigating through rapids, swimming in cold water, paddling into headwinds, hiking long distances to reach climbs, keeping calm when exposed to great heights, and more. Additionally, expeditionary travel can pose significant mental and emotional challenges as students must work within a group of diverse individuals, developing their skills as team-members and as leaders. Past students and instructors agree that arriving physically fit and excited for the opportunity for personal development will enhance your experience and ability to do well on the course, and, ultimately allow you to take full advantage of the expedition.

## Course Area

**DESCHUTES RIVER, OREGON** – The Deschutes River is part of the national Wild & Scenic Rivers System. The river flows north from the Oregon Cascades into the Columbia River and ultimately flows on to the Pacific Ocean. The Lower Deschutes is a popular river for whitewater rafting, since the river is spring-fed, which results in an unusually constant flow and cold water. Excellent geologic evidence is present all around this area. Courses generally travel anywhere from fifty to one hundred miles along the Lower Deschutes. The rapids on the Deschutes are rated to Class III, and are excellent for learning paddling skills and teamwork. The group camps each night along the banks of the river. The Deschutes region has a colorful human history, and a railroad borders much of the length of the Lower Deschutes.

SMITH ROCK STATE PARK, OREGON – Smith Rock is a world-renowned climbing destination that attracts climbers of every ability level. It is widely considered to be one of the top sport climbing areas in the country. Smith Rock is a uniquely beautiful area that commonly graces postcards and calendars. The Crooked River lazily winds its way through the canyon, cutting a path through the cliffs and spires. To the west, the snow-capped volcanoes of the Cascade Range rise on the horizon, above the flat checkerboard of irrigated plains. One of the most striking features is a prominent spire, Monkey Face. Given the dry and temperate climate, rock climbing is feasible most of the year.



### Course Activities

**RAFTING** – Students will travel on the river in four to six person paddle rafts, and learn to “captain” (maneuver) their paddle raft team through Class II to III rapids. After lessons in basic river travel and safety, students will progress into learning to read currents, anticipate obstacles, scout rapids, and negotiate technical portions of the river. Students will also learn river hydrology, swimming in currents, paddle techniques, and expeditionary travel. While on the rafting expedition, there may also be an opportunity for short day hikes.



**ROCK CLIMBING** – Students will receive individual instruction and test their skills against vertical cracks, steep faces and boulders. Camping will be in a front country site near Smith Rock State Park among the multicolored cliffs and spires. Students will learn about basic climbing equipment, rope management, wearing harnesses, tying knots, belaying and rappelling techniques, and movement on rock.

**SOLO** – In order for profound learning to take place, there must be time to reflect on the experience. The Solo Experience provides this opportunity to reflect, rest and practice the campcraft skills you have been learning throughout the course. Solo length is based on length of course, weather, student condition, age and instructor preference. You will not travel during this time and your instructors will check on you occasionally, but you will be mostly alone for the duration of your solo. Instructors will choose your solo site to offer as much solitude as possible, within a safe distance for emergency contact with them, and you will be provided with sufficient water, food, and equipment. Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future.

**SERVICE** – Service to others and the environment is a core value of Outward Bound and is integrated into each course. Participants follow Leave No Trace ethics as service to the environment and do acts of service while leading and supporting fellow participants. Students develop a value of service, seeing the impact of their actions firsthand, and transfer this desire to serve their communities back home.

**FINAL CHALLENGE EVENT** – We typically end our courses with a Final Challenge Event—an individual final physical push. This typically takes the form of an endurance run or triathlon-style challenge.

**OUTCOMES** – This course provides an opportunity for students to learn and practice the ideas of leadership, character development, and service that are integral to Outward Bound. Students will develop and apply these skills in an expedition setting so that they can continue to grow once they return home. As a team, each group will work together to complete difficult tasks necessary for backcountry travel and expedition living. Instructors will work to challenge each student to try new things and step outside their comfort zones, as well as provide feedback that can be acted upon before course end.

## Sample Itinerary

*Please note that this is an example of activities that might occur on course, not a specific schedule or guarantee. All itineraries will vary depending on student groups, instructor teams, and environmental factors.*

Day 1	Course Start, welcome and introductions, duffle shuffle, course overview
Day 2-3	Whitewater Rafting: Fitting and use of PFD, safety topics, captaining a raft, reading water, swim assessment, navigation, and camp-craft skills. Practice with captaining a raft, flip drills, scouting, throw bag drill, swimming activities.
Day 4	Opportunity for a day hike, rock jump, rock climbing, rappelling. These activities are dependent on student and instructor outcomes for the course.
Day 5	Whitewater Rafting: Day run through the town of Maupin. Largest concentration of rapids.
Day 6	Whitewater Rafting: Exploration of the Lower Deschutes River. Continue to practice skills learned on the upper section. More opportunities for student captained boats and running class II and III whitewater
Day 7	Take out at Deschutes State Park after traveling 96 miles on the Deschutes River. De-issue river gear and receive food and gear for the mountains. River closing and celebration.
Day 8-9	Rock Climbing: Introduction to rock climbing systems. Movement on rock, belaying, top roping and lowering. Development of group culture and personal goals. Potential for a small SOLO experience depending on group and course outcomes.
Day 10-12	Rock Climbing: Development of climbing technique. Experience various types of rock climbs and difficulties. Continue to work on belaying and supporting other climbers.



- Day 13      Personal challenge event, de-issue gear, de-brief, course end celebration and graduation.
- Day 14      Transport home