



#### Course Overview

The Oregon to India Rafting and Trekking course is an extraordinary expedition that combines beautiful environments and challenging activities in Oregon and India. This expedition begins on the Deschutes River in Oregon where students build their group dynamic, learn rafting skills, dial in personal systems and prepare for an international rafting expedition. After the rafting section, you and your team will transition to the first mountain section of your course and explore the diverse mountain habitats among the volcanoes of the Central Cascade mountain range.

For the second half of this course we will travel to India and be joined by instructors from Outward Bound Himalaya. Once in India we will travel to the Outward Bound Himalaya field base to begin our expedition planning. From there we travel north to begin our exploration of the great Indian Himalaya. The Kuari Pass trek offers amazing views of the Himalaya and a complete immersion into all aspects of mountain culture in the area. After the challenge of the mountains we travel down to embark on the final river expedition. Cutting through the lower Himalayan valleys, we start our river expedition with rafting the two main tributaries of the Ganga River, finishing with rafting the mighty Ganga itself, from Byas Ghat to Rishikesh. The course will end in New Delhi, India, giving you the opportunity to stay in India and travel on your own if you have chosen to do so.

#### 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 to the Columbia River and then on to the Pacific Ocean. The Lower Deschutes is a popular river for both whitewater rafting and fly fishing. The river is spring-fed, which results in an unusually constant water 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 IV, mostly class II-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.





**CENTRAL CASCADES, OREGON** – Volcanoes dot the spine of the Cascade Mountains, rising over 10,000 feet above the forests, lakes, and rivers of the surrounding region. These glaciated peaks run north and south and create perfect mountaineering objectives for you and your team. The Central Cascade Range is home to the Three Sisters, Broken Top, Mt. Washington, three Fingered Jack, and Mt. Jefferson. Four 10,000 foot glaciated volcanoes are present in this course area, with a total of nine major volcanoes. You'll find a unique blend

of dry east side and moist west side weather conditions which allow diverse types of vegetation to flourish. The area has a complex geologic history that continues today. You can find active glaciers methodically carving away the mountain and the dramatic traces of avalanches that altered the landscape. It is these features of the volcanoes that create a challenging playground from which you and your team will learn the more technical aspects of mountaineering and backpacking. Depending upon the peak, your summit attempt may necessitate glacier and roped-team travel.

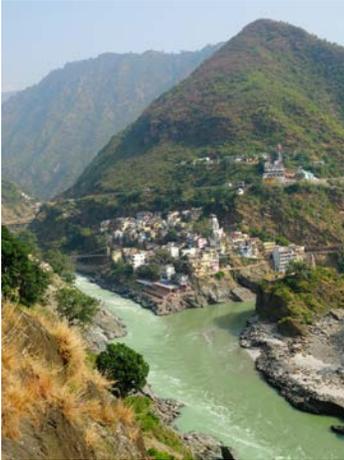
### KUARI PASS TREK, GARHWAL (UTTARANCHAL) INDIA

The Kuari pass trek, a classic route also called 'Curzon's trail' is an amazing trail that wanders through mountain villages, forests of oak and rhododendron, into the deodar belt and onto the high meadows with breathtaking views of the Himalaya. Frank Smythe, who came this way in 1931 en route to Kamet (7,757m/25,443ft), the second highest mountain in this region, summed it up beautifully saying, "We breasted the slope and halted, silent on the path. No words would express our delight. The Himalaya were arrayed before us in a stupendous arc". Some of the mountains seen are Kamet, Nilkanth (7,141m/23,425ft), Dunagiri (7,067m/23,182ft) and Changabang (6,864m/22,516ft), with even Nanda Devi herself visible if you walk along the ridge for a while. The blinding vision of snow peaks make all the effort worthwhile, for it is often said that this is one of the greatest mountain views in the world.





### ALAKNANDA/GANGES RIVER, INDIA



We start our river expedition with rafting the two main tributaries of the Ganges; The Alaknanda River and the Bhagirathi River. Finally, from the confluence of those two tributaries, we raft the actual Ganges River, from Byas Ghat to Rishikesh. Getting a feel of a grand river and her environs, we camp on sandy beaches, check out small villages and look for elusive bird and wildlife as we negotiate the challenges of some great white water. In Hinduism, the river Ganges is considered sacred and is personified as a goddess known as Ganga. It is worshipped by Hindus who believe that bathing in the river causes the remission of sins and facilitates Moksha (liberation from the cycle of life and death). The water of the Ganges is considered very pure. We raft at the headwaters of the river which are made up of clean snow runoff.

### Course Activities

**WHITEWATER 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 IV 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.

**MOUNTAINEERING/TREKKING** – Mountaineering/Trekking courses move through high mountain terrain and focus on preparation for a peak attempt that may require the use of ropes, technical equipment, and possibly rock climbing. During this section of the course, students will start by learning backpacking skills including on and off trail travel, map and compass navigation, and campsite selection. While in India we will embrace the local traditions of large expeditions and use horses and support staff to move through the mountains. This will allow participants to travel with light day packs and enjoy the surroundings without the burden of a heavy pack. Please note that peak attempts are dependent upon variables such as weather, group dynamic, and course outcomes.



**SOLO** – In order for profound learning to take place, students need time to reflect on their experience, and Solo is that opportunity. The Solo experience provides an important break from the rigors of the expedition and gives students the opportunity to reflect on their Outward Bound experience. With sufficient food and equipment, students will set up camp at sites of their own, using the wilderness skills learned during the first portions of the course. The amount of time



students spend on Solo is based on length of course, weather, student condition, age, and Instructor preference. Solo campsites are chosen to offer as much solitude as possible (yet be within emergency whistle-signaling distance of other group members). 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. Instructors check on each participant at regular intervals, as safety is always the top priority.

**SERVICE** – Service to others and to the environment is a core value of Outward Bound and is integrated into each course. Groups follow Leave No Trace ethics as part of their service to the environment and engage in acts of service while leading and supporting fellow participants. Seeing the impact of their actions firsthand, students develop an ingrained appreciation of service and transfer this desire to serve their communities back home.

**CULTURAL IMMERSION/TOWN DAYS** – During this course, “town days” will be provided to explore the local area and take care of any needs. While in Oregon the course will visit the town of Bend. In India there will be an urban navigation exercise in the town of Rishikesh, followed by an opportunity for students to explore the area in small groups. Rishikesh is known as *the gateway* to the Garhwal Himalayas and is the Yoga capital of the world. While in Rishikesh the course will attend the evening ritual worshipping the Ganga. Also, we will have the opportunity to travel south from New Delhi to the town of Agra to see the Taj Mahal. The Taj Mahal is regarded by many as the best example of Mughal architecture and is widely recognized as “the jewel of Muslim art in India.” It is one of the world’s most celebrated structures and a symbol of India’s rich history.

**OUTCOMES** – Outward Bound courses vary in length from 4 to 85 days. On shorter courses, participants will receive an introduction to leadership skills, strength of character and a desire to serve. With longer courses, the same outcomes and benefits are achieved with the opportunity to reach a more profound level of mastery as there are more chances to develop technical skills, receive and implement feedback and further personal development. On the Oregon to India Rafting & Trekking course, students will get to revisit rafting and mountaineering skills learned in Oregon during the international section of the trip.

### Sample Itinerary

The following is an example of what your course itinerary might look like. Your actual course plan will vary according to weather, student skills and abilities and instructor preferences.

Day 1	Course Start, welcome and introductions, duffle shuffle, course overview
Day 2-8	Whitewater Rafting: Travel up to 100 miles on the beautiful Upper and Lower Deschutes River.
Day 9-16	Mountaineering: Travel in mountain environment. Continue to learn and practice both technical and human skills. Opportunity to climb one of the mountains in the course area.



Day 16	Resupply food and gear necessary for the remainder of the mountain section.
Day 17-19	SOLO: Longer courses have the opportunity for a 3 day two night solo. Length of SOLO is up to the discretion of the instructors and will be no longer than a 72 hour period
Day 20-21	Mountaineering: Depending on group cohesion and interest there is an opportunity to climb one of the mountains in the course area.
Day 22	De-issue and clean mountain gear.
Day 23	Town Day: Visit the town of Bend Oregon, opportunity to purchase any gear necessary for the remainder of the course.
Day 24	Final preparations for the international component of the course.
Day 25-27	Travel to India
Day 28-30	Introductions to India, visit the Taj Mahal. Meet Outward Bound Himalaya staff and make preparations for trekking and river sections of course. Opportunity for exploration of Rishikesh.
Day 30-37	Trekking Section: Meet support staff and familiarization of gear and systems that will be used during section. Travel through small villages with opportunities for cultural interactions with local villagers. Move through the foothills of the Himalaya towards the Kuari Pass.
Day 38-40	Cross the Kuari Pass and continue trekking through the Himalaya.
Day 40	Travel to the Alaknanda River. De-issue mountain gear and the re-issuing of river gear.
Day 40-43	River Section: Follow the Alaknanda River to the Ganges River, learning about cultural and natural history along the way.
Day 44	De-issue of river gear, pack to travel back to Delhi.
Day 45	Explore Old Delhi by rickshaw. Course closing and celebration. Course ends at the New Delhi Airport.