



## COURSE DESCRIPTION

### VETERANS WHITEWATER RAFTING EXPEDITION – 6 DAYS

**In General** – You hear “ALL FORWARD!” shouted above the roar of the rapids by the captain of your raft (that could be you). Next thing you know, you’re digging your paddle blade in deep to meet some of the biggest and best whitewater of the West. You’re in for an unforgettable experience. You don’t need to have previous rafting experience to fully embrace this extraordinary expedition which combines beautiful environments and exciting activities with an emphasis on connecting and reconnecting with other military veterans. On the river, you will learn both the basics and the fine points of managing a paddle raft through some of the best whitewater in the West, as well as camping underneath the pristine night skies of Southern Utah while caring for the landscape you’re moving through. You will paddle a raft, descending through a canyon reminiscent of the Grand Canyon filled with both calm and wild water, taking in the exquisite natural beauty, and often stop to explore many awe-inspiring viewpoints.



Your instructors are highly-qualified river runners and dedicated educators. They will serve as teachers, trainers, and mentors as you learn the skills required for wilderness travel. Through daily discussions, they will also help you and your group to discover the larger lessons to be uncovered in these activities. You will discover much about yourself: how you adapt to change and deal with challenge, how you work with others, and the ever-present community traveling along with you.

Wilderness travel is demanding. This course may have very challenging aspects; you should be aware of what you’re getting into and excited about tackling the challenges. It can literally take every waking moment to get from point A to point B. From getting up early to pack your dry bags and cook breakfast, to paddling a raft for miles in windy conditions or through turbulent rapids, traveling in the wilderness can be hard. Past veterans agree that arriving physically fit and mentally prepared to take on challenges will enhance your experience and ability to do well on course, ultimately allowing you to take full advantage of your expedition.

#### VETERANS COURSES WITH OUTWARD BOUND

Through generous funding from private donors, corporations, and grants we are happy to offer these fully funded Outward Bound courses as a sincere thank you for your service to our country. Our goals include helping participating Veterans build a supportive community with other Veterans; facilitating discussions on readjustment and transition challenges; and re-energizing and reinvigorating our Veterans' spirits with adventures and challenges in the stunning wilderness areas that our nation offers.



## COURSE AREA

### Cataract Canyon of the Colorado River

One of the most rugged and beautiful canyons in the West, Cataract Canyon takes you through the heart of Canyonlands National Park. You will learn how to guide a whitewater raft as you float past natural wonders and ancient ruins to the confluence of the Colorado and Green Rivers while preparing for what awaits downstream. The Colorado River roars through 29 exciting rapids that rate with those of the Grand Canyon in power and difficulty, including the famous Mile Long Rapids and “the Big Drops.” In the nearby canyons, fantastic rock shapes carved by the whimsical forces of nature await you as your group ventures off-river to jaw-dropping views.



## COURSE ACTIVITIES

Each course is as unique as the individuals who form the community. Your course itinerary may vary depending on weather and the skill levels of your group.

**Rafting** – While on the river, each day is spent learning to recognize and navigate various obstacles and hazards in the river, and how to anticipate the forces of the current from far enough upstream. You and your companions will work to become a team, coordinating your spacing, and paddle strokes. You will have an opportunity to be the captain of your crew and put to use what you’ve learned as you maneuver your raft through Class II – IV rapids. Interspersed between the rapids are flat-water sections where there is a current, but no whitewater. At times, you will take advantage of this calm water to hone your skills and enjoy the view. Time in a raft is ideal for getting to know each other and form boat pride, laughing your way downriver as you relax into the graceful simplicity of river life.



In places, the canyon rims rise thousands of feet above, enclosing you in a remote world of rushing water, delicate ecosystems, and unbelievable beauty. During your course, your instructors will introduce you to the most important elements of the river life: reading whitewater currents, paddling, whitewater captaining, geology of the canyon, environmental stewardship, outdoor cooking, first aid, natural history of the river canyons, and of course, those beautiful star-studded night skies.



**Day Hiking** – As you travel down the river, you will stop along the way to explore side trails, canyons, and historic or geologic points of interest. These hikes will take you through rough terrain to incredible, remote places that are only accessible from the river. You may witness blazing sunrises or find yourself leaping into crystal clear creeks. The hikes are always well worth the effort to see ancient artifacts as well as stunning natural beauty.

### SAMPLE ITINERARY

The following is an example of what your 6-day itinerary **may** look like. Your actual course plan will vary according to weather, student skills and abilities, and instructor preferences.

- Day 1**                      Course Start, River Launch
- Day 2-5**                 Whitewater Rafting, day hikes, possible mini-solo
- Day 6**                      Course end and transportation home





## TRAVEL INFORMATION Southwest Rafting for Veterans – 6 Days

CUVB-922: 09/23/2019 – 09/28/2019

### MEETING PLACE

Clarion Inn – Grand Junction, CO  
755 Horizon Dr.  
Grand Junction, CO 81506  
(970) 243-6790

### **COURSE START:**

Please meet your course in the lobby of the Clarion Inn no later than **9:00 AM** on the first day of the course. You will need to stay overnight in Grand Junction the night before your course start in order to make this time. There are free shuttles available between the Grand Junction Airport and the Clarion Inn. An Outward Bound Instructor will meet the group in the front lobby of the Clarion Inn. Keep an eye out for your fellow participants and your instructor. We will do a role call to ensure all participants are located. Participants not fully approved by their Course Advisor will not be allowed on the bus. The bus will leave promptly. Do not miss the bus as there is no other way to the course start.

### **COURSE END:**

The charter bus or van is scheduled to arrive back at the Walker Field/Grand Junction Airport (GJT) by 12:00 PM (noon). **We cannot guarantee that you will be able to make a flight out before 1:00 PM, so plan your itinerary accordingly.**

**Do not** buy travel tickets until your medical form and all other forms have been returned and approved by our student services department, your course status has been confirmed, and you know that the course is running. We cannot guarantee your spot on a course until this has been done. Flight and accommodations are included at no charge **if booked through our travel agent. We will give you contact information for our travel agent when you are approved for course.** Other costs related to travel are not included such as meals, baggage fees, etc.

### **TRAVEL PROBLEMS:**

If you encounter problems with your travel plans that will delay your arrival to Grand Junction, we can help troubleshoot solutions so that you can get to your course start. Call us at 720. 381.6589 and press option #2 (emergencies) and continue to follow the directions for a travel emergency on a Utah course. Make certain to **leave your name, course, and call-back number** if you are leaving a voice-message so that we will be able to assist you.

