



LOWER EXPRESS / THE GORGE

Please be river ready by your meet up time.

MEET UP TIME: 12:30PM
MEET UP LOCATION:
Camp Lotus, 5461 Bassi Rd., Lotus, Ca










VIDEO PACKAGES AVAILABLE

GENERAL INFORMATION

Start time: 12:30PM
 End time: ~5:00PM
 Class level: 3
 Best for: first timers, athletic first timers, families, youth groups, corporate groups, everyone!
 Age required: 7+
 Lunch included: no

RIVER READY	NO THANK YOU
close-toed shoes	flip-flops
sunscreen	towels
water	valuables

ITINERARY

-  Meet at Camp Lotus at 12:30PM
-  Check in with Lead Guide
-  Get outfitted with lifejackets (PFDs), helmets, & paddles
-  Safety talk
-  Paddle talk
-  Practice paddles strokes with your guide
-  Enjoy an exciting day with lunch on the river
-  Shuttle back to Camp Lotus
-  Return to Camp Lotus between 4PM - 5PM

