



LOWER EXPRESS / THE GORGE

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

Please be river ready by your meet up time.

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

