



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

LOWER SOUTH FORK AMERICAN RIVER

