

## Gore Canyon Trip Description and Guidelines

### Trip Description:

Gore Canyon is the ultimate Class IV+ to V- (Advanced/Expert) whitewater rafting section in the state of Colorado. Close to the Vail area, this trip is for athletic adrenaline seekers who are looking to raft an intense and exciting stretch of river. Timberline Tours was the first company to begin running the Gore Canyon stretch of the Colorado River commercially in the early 1990s, and we're excited to share this thrilling adventure with you. Please review the Gore Canyon Guidelines Questionnaire to ensure that this trip is a good fit. Those who raft Gore Canyon must be strong swimmers and be in excellent physical condition; previous rafting experience highly recommended.

Once you've entered Gore Canyon, you'll paddle through five miles of intense whitewater rapids, including several rapids with technical drops, and one 12-foot waterfall with multiple challenging maneuvers. Within the Gore Canyon section of the Colorado River, you'll encounter two Class V (Expert) rapids that may or may not be run based on guides' discretion. Paddling skills, whitewater swimming techniques, and river safety will be taught during the trip. All participants will be required to demonstrate their whitewater swimming ability.

Those who whitewater raft Gore Canyon should have no medical conditions that may inhibit or be affected by participation in physical activity. Portaging, scrambling, and scouting over steep and uneven terrain that lacks a trail is required. Whitewater rafting the Gore Canyon section of the Colorado River will require you to be agile and physically able to move and paddle aggressively. While you need not be an athlete to participate, good endurance and physical condition are naturally required. Gore Canyon rafters typically jog, play tennis, ski, swim, do aerobics, bicycle, backpack, or engage in other high-intensity physical activity on a regular basis in order to maintain their good physical condition. In other words, exercise must be a regular part of your overall lifestyle if you plan to whitewater raft Gore Canyon.

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***SAFETY IS OUR FIRST CONCERN AT TIMBERLINE TOURS, AND IT SHOULD BE YOURS, TOO. THEREFORE, WE HAVE DEVELOPED SOME GUIDELINES AND A QUESTIONNAIRE FOR YOU TO CONSIDER WHEN DETERMINING WHETHER WHITEWATER RAFTING GORE CANYON IS A GOOD FIT FOR YOU.***

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### **GUIDELINES:**

Answering YES to the following questions can help you determine whether or not you have met the general physical and mental fitness guidelines required for participation in the Class IV+ to V- (Advanced/Expert) Gore Canyon rafting trip:

- Can you do 10 push-ups and 10 sit-ups?
- Can you run a mile?

- Can you swim 10 laps?
- Is high-intensity exercise a regular part of your lifestyle?
- Do you have experience in Class III-IV rafting or another similar high-intensity sport?
- Do you have good ability to follow instructions?
- Are you able to calm yourself in physically and mentally stressful situations?
- Are you at an ideal weight for your body type, or less than 20 pounds overweight?
- Do you weigh less than 250 pounds? (Maximum weight of 250 pounds is required due to limits of personal floatation devices)

Additional questions to ask yourself before booking a Gore Canyon Trip:

If you are deciding whether or not Gore Canyon is a good fit for you, we suggest you consider the answers to these three important questions:

1. Do I want to go or is someone in my group pushing me to be a part of this trip?
2. Am I personally physically fit according to the standards outlined above?
3. Can I follow instructions and an active part of a team?
4. Am I willing to confront the mental and physical challenges outlined above in the trip's description?

Individuals that can answer YES to the above questions are those we would like to have as whitewater rafting participants on Gore Canyon.