

Yoga/ Paddle/ Gourmet Retreat on the Wild and Scenic, John Day River



When:

3 days and 2 nights

June 27-29th

11 spaces

Price: 725.00

If you have a passion for yoga, sustainable food and the outdoors, this is the trip for you! Relax, unplug and find your balance paddling and practicing yoga on Oregon's desert river paradise. Be surrounded by sun-drenched canyons lined with basalt rock faces and sagebrush-dotted hillsides on one of the third longest free flowing rivers in the United States.

Running more than 500 miles, the John Day is the third longest free-flowing river in the contiguous United States. The water is perfect for Stand up Paddle boarding with small, class I and 2 rapids, gentle pools and long stretches of flat water.

Your trip will cover about 24 miles. Start your morning practicing yoga, then enjoy freshly brewed coffee or tea coupled with healthy food to power your morning on the river! While you are floating down the river, enjoy the wildlife, bird watch, fly-fish for small mouth bass or just relax. A designated gear boat with two team members will pack, move camp and have it set up when we arrive in the evening. All meals will be prepared with organic, sustainable food prepared by Chef Kimi Reid.

These overnight journeys provide magical wilderness adventure and campground comforts. All of the camping gear is supplied by Little Creek Outfitters with the exception of your sleeping bags and pillows. When you arrive at camp your tent for the night will be setup, with cot, and sleeping pad and your baggage will be waiting for you.

Register for a trip with Little Creek Outfitters and explore the wild and scenic, John Day River in Oregon.

About your guides: Mia is owner of Little Creek Outfitters and has been guiding outdoor trips since 2003 on the John Day River. She is excited to work with Amie DiGennaro who will be leading yoga practice and Kimi Reid, your gourmet chef. Amie loves the outdoors and has been teaching yoga for over 7 years and paddleboard yoga classes for four. Kimi Reid is a yogi, fly fisherman, chef, and nutritionist for many year. Together, these women have decades of knowledge that will advance your skills in paddling, yoga and eating well.

The use of SUP's, single person pontoon boats, life jackets and fishing gear is included in the price or bring your own SUP, Kayak.

Book your trip today and email: miaflora2@gmail.com or call 541-419-2105

- **Day 1:** Meet at the Condon Café at 7am. We will drive to the river, launch and float 5 miles. Once in camp, relax, swim or go for a hike. In the evening Amie will lead you on a SUP Yoga practice. After yoga, enjoy a sustainable, local organic meal and a glass of wine, enjoying the company of new friends and listening to the sounds of nature.
- **Day 2:** At 7am start the day with a morning practice followed by breakfast, then set out for the day paddling the river while the lead guide boat guides you down river. Lunch will be served streamside. Once in camp, relax, swim and enjoy organic, good food followed by an evening yoga practice and sleeping under the stars.
- **Day 3:** Rejuvenate with morning yoga by the river, breakfast then pack up and float the remaining miles of the river. Lunch will be served streamside and we will be at the take out between 1-2pm.