



Trip Details –The Rogue River *One Of
The World's Great Summer Wilderness River Trips.*

Rogue Wilderness River Trips

Our trip will run through 50 miles of the famous and beautiful Wild and Scenic Rogue River canyon. The Rogue River was designated wild and scenic by congress in 1968 and is one of the first rivers to receive this designation. It is a stunning wilderness playground that is home to a staggering amount of wildlife and abundant whitewater. There are narrow canyons of polished rock, cool grotto's draped in ferns, heavily forested hillsides, big sandy beaches, some of the best swimming holes anywhere, cascading waterfalls, and hikes up tumbling side streams. It is common to see bald eagles, osprey, otter, and black bear.

The Rogue is one of the world's classic wilderness river trips. It is a place to recharge, relax, and live simply.

Excited about your trip?
Share it with your friends on Facebook:



Thanks for booking your trip with Momentum River Expeditions!

We're excited to show you the beautiful Wild and Scenic Rogue River.

Included in this packet:

1. [A list of important Trip Details](#)
2. [Packing Information \(Very Important\)](#)
3. [An "On the River" section and sample itinerary](#)
4. [Boat and Activity Options](#)
5. [A River Location Map and Information on Getting here and away](#)
6. [Pre and Post Trip accommodations](#)
7. [Travel Info on Ashland Oregon](#)
8. [Other things to do in the area](#)
9. A liability waiver

Please read the first two sections (the Trip Details and Packing Information) carefully and call if you have any questions.

See you on the river!

www.MomentumRiverExpeditions.com

541 488 2525

*Enjoy world-class rivers in small groups with unparalleled personal service,
organic meals, and guides with 8+ years of experience leading trips around the
world.*

Become a Fan of Momentum Rafting on Facebook
(<http://tinyurl.com/cr3afh>)



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3195 East Main #2, Ashland, OR 97520

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Trip Details

Meeting Information:

You should be at the Galice Resort in Merlin, Oregon at 8:30 am on the first day of your trip (your trip start date is on your invoice). Make sure you have had some breakfast.

The trip will finish back at the Resort around 5 in the afternoon on the last day of your trip. If you are continuing on to the coast after the trip you may want to make arrangements with Galice Resort to shuttle your car to the take-out (we can help with that on the morning of the trip). Cost for a car shuttle is \$85 to \$110 depending on the route and the Take-out is about 30 minutes from the coast. See the getting here and away section for more details.

Emergency Contact Info:

Momentum River Expeditions: 541-488-2525

For last minute emergencies:

On the Morning of:

Galice Resort: 541-476-3818 (say you are on a Momentum Rafting Trip)

Trip Insurance:

We highly recommend trip cancellation insurance. It is inexpensive and will cover all trip costs including airfare if you were to need to change plans or cancel.

We have found Travelex to be high quality and competitively priced:

- [Browse All Plans – Travelex](#)
- [Purchase the “Basic” Plan - Travelex](#)

Note: Many plans need to be purchased within a certain time from booking your trip or before final payment is made.

Filling out Participant Details online:

For overnight trips we need a little more info about the participants - whether you need camping gear, dietary restrictions, boat choices, etc. Your confirmation email contains a link to fill this information out online.

Please do not forget to fill this information out online at least 3 weeks before the trip.

Or if you wish feel free to call us and we can go over it on the phone – 541-488-2525

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Other Important Details:

Dietary Request/Restrictions:

We pride ourselves on our food and special dietary restrictions are no problem! Please indicate when filling out your Participation Details online if you have specific dietary restrictions or food allergies.

Itinerary Changes:

We always strive to provide the best and safest experience possible. We do this in the wonderfully unpredictable natural environment. Because of this we do from time to time have to make itinerary adjustments.

Gratuities for Guides:

Tips for guides are never expected but always appreciated. We are extremely proud of our guides. They are some of the most experienced anywhere and are they are what truly set Momentum trips apart. If you feel your guides did an outstanding job and you wish to thank them a gratuity of between 10% and 20% is customary.

Being Off the Grid – No Cell Phones, Emails, Laptops, etc:

All of us are becoming more and more connected – email, Facebook, smart phones, tablets, web access anywhere... It is a positive and a negative, a blessing and a curse. One of the joys of our river trips is for the most part they are completely off the grid. No cell phone service, no email, no Facebook. For many this can be a little disconcerting in the beginning (it is a BIG change☺), but in the end most will find it amazing and very relaxing

So before you leave you might want to call, text, email, Facebook, or Twitter your friends, family, pets, and coworkers because you probably will not get to reach them again until it is time to tell the stories of your adventure on your return...



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Packing For Your Trip

What We Provide:

All Rafting, Camping, and Safety Equipment:

Rafts, Inflatable Kayaks, and related equipment, dry bags, and personal floatation devices (PFD's). Our camps include all kitchen equipment, chairs, firepans, toilet equipment, river library and games, etc. Our river camps are fully stocked with amenities!

Meals:

We love food! For some of us, cooking is our second passion. Our food is homemade, diverse, and served with a combination of style and wilderness practicality. Whenever possible we use local and organic produce and free-range meats. We can safely say we serve the best food in the area. Meals start with lunch on the first day through lunch on the last day. Appetizers are served nightly followed by delicious dinners and desserts. Every meal is balanced and there is always a ton to eat. We can accommodate different diets and food restrictions, and enjoy making special plans for anniversaries, birthdays or any special occasion. Please indicate when completing the trip registration if you have specific dietary restrictions or food allergies.

Beverages / Alcohol:

Coffee, tea, and hot chocolate are available each morning and in the evenings. Orange juice is served with breakfast and local wines are served before dinner. Water is available at all times.

Personal Beverages and Alcohol: For those who wish to bring personal beverages such as sodas, beer, and spirits, we provide iced coolers to keep them cold. Most people will find that a beer or drink is a perfect complement to a relaxing afternoon in camp. While most people are amazed by what we can bring down the river there are some space limits. **Glass bottles are fine for wine and spirits, but if possible please bring beer and sodas in cans.** Luckily with beer there are a lot of great craft beers that are canned now. Caldera Beer – brewed in our hometown of Ashland is a great option!

Please Note: For your safety and the safety of others alcoholic beverages are limited to camp and may not be consumed before or during boating.

Personal Camping Gear:

If needed we will provide large tents that sleep two (or larger family-sized tents), sleeping pads, and sleeping bags. Our pads are 3" thick with a pillow area - very comfortable! Many people find it easiest to bring their own sleeping bag and have us supply the pad and tent.

Note: Make sure that if you need camping gear you indicate that when completing the Participant Details online or notify the office.



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What to Pack:

Space considerations:

People are many times shocked by what we can bring down river, but there is a limit☺. A good way to judge how you are doing is to grab a normal size paper grocery bag at your local grocery store - **All your “At Camp” personal items except your sleeping bag and drinks should be able to fit in a large size paper grocery bag.** The exceptions will have their own spots. For summer trips most people find that they bring too much.

Packing Checklist:

If you have any questions or are unable to obtain items listed below, please feel free to contact our office for additional information.

On the river:

Recommended

Swimsuit
Quick-drying shorts
Long sleeve shirt for sun protection
Secure footwear: old sneakers, water shoes, sandals
with ankle strap - no flip flops
Visor, cap or sun cap
Sunscreen

Water bottle

At Camp:

Sunglasses with strap
A waterproof camera is nice to have to take pictures
from the raft.
Prudent personal medication: epi pen, inhalers, heart
meds, etc.

Spring/Fall Trips Only:

A fleece top and synthetic long underwear top and bottom.

You may find it convenient to pack your camp gear in a small duffel bag that can be put right in your dry bag. However, this is not a requirement. Remember that all your “At Camp” personal items except your sleeping bag, pad, tent, (or our camping gear) and drinks should be able to fit in a large size paper grocery bag.

Recommended

Sleeping bag/pad/ Tent (we will provide if needed -
Make sure that if you need us to provide camping gear
you indicate that when completing the
Participant Details online or notify the office)

T-Shirts / Underwear / socks

Hiking shorts

Long pants/long-sleeve shirt

Warm Sweatshirt, sweater, or fleece top

Light Raincoat

Sneakers or light hikers (sneakers are fine for hiking).

You don't need anything special; comfort is key.

Plenty of quality hand lotion and chap stick.

Toiletries and personal First Aid (Band Aids,

Ibuprofen, personal medications, etc)

Insect Repellent

Flashlight or headlamp with extra batteries.

Spring/Fall Trips Only:

Wool or fleece hat

Long Underwear top and bottom

A packable synthetic or down “puffy” jacket

Optional

- Baby Wipes – a favorite of our female guides – great for a quick clean.
- Flip Flops for camp (another guide favorite) •
- Sarong – for changing and sun protection
- Book, journal, sketch pad, cards, small games •
- Musical instruments
- Binoculars
- Small pillow

- One or two trash bags/large Ziplocks for packing wet gear
- Personal beer, wine, spirits, or sodas - **Glass bottles are fine for wine and spirits, but if possible please bring beer and sodas in cans.** Luckily with beer there are a lot of great craft beers that are canned now. Caldera Beer – brewed in our hometown of Ashland is a great option!

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On The River

When You Arrive:

Your guide will go over all of the following when you meet, but for those who want an idea ahead of time...

What to wear on Arrival:

Once everyone arrives we will do a quick introduction and orientation before packing and getting on the river. So having at least the first layer of your “on the river attire” is helpful

Packing your “At camp” personal items in the Dry Bag:

We provide small waterproof bags to put your personal gear in that you will not use on the river. Unfortunately hard travel luggage will not fit in these bags. At home you may find it convenient to pack your “At camp” gear in a small duffel bag that can be put right in your dry bag. However, this is not a requirement. Many folks just transfer their gear from their travel luggage directly into the dry bag (and leave their luggage in their car).

Keep in mind - once this bag is packed on the boat it is generally very difficult to access until camp so make sure to keep anything out you might need on the river.

The “Day Bag”:

Your guide will supply a small easily accessible day bag for items you might need on the river – sunscreen, extra layers, etc.

The Weather

In the summer the weather is amazing! Temperatures range from daytime highs in the 80's or low 90's to evening lows in the 60's. It rarely rains in the summer.

In the spring and fall it is usually quite warm during the day and cool in the evening. Temperatures typically range from the mid 50's to the low 80's. However, rain is not uncommon and it is important to be prepared for cold rainy conditions.

In Camp (Info for First Time River Runners):

Life on the river is a bit different from “real life” and there lies a lot of its appeal! While our camping trips are far from “roughing it” there are a few things that are done differently and for first timers this can cause some nervousness in the beginning (or before the trip). Here are a few answers to some of the questions you may be wondering about...

Camp Life:

Upon arrival at camp the first afternoon one of the guides will give the group a quick “Camp Orientation”. This will give you an idea of how camp works: the kitchen, water and drinks, tent areas, the bathroom, hand wash, library, games, etc. We can also help you choose a tent and walk you through getting situated for the first time. After that it's time to kick back, relax and enjoy while the guides prepare appetizers and a big meal. For many people the relaxed time in camp in the afternoons and mornings is a trip highlight.

How does the bathroom work?

Understandably this is often one of the biggest questions for many first time river runners. We use a “port-a-potty” system that is clean, comfortable and very private. It is easy to use and one of our guides will give a humorous yet sensitive orientation on how it works when we arrive in camp. We always try to place it in the spot with the best view - so when nature calls it is always good to bring your camera. There is also a camp hand wash system that your guides will show you how to use during the camp orientation.

How does bathing work?

Another common question and concern. Swimming each day greatly reduces the need for bathing but there are other options to stay clean. One option is a quick and very refreshing river bath. Biodegradable soaps and shampoos are needed as all liquids go directly into the river - if you have any questions about this give us a call or an email. Another option is to pack a small package of baby wipes. These work great and are a quick and easy way to feel clean and refreshed. We will also do a “shower evening” where one of the guides will set up a portable shower.

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Sample Itinerary

Please Note: Our river trips take place in the wonderfully unpredictable natural environment. Because of this our itineraries are always flexible to accommodate water levels, weather, and our guest's needs and interests. We also do many custom itineraries. If you are on a custom trip it may be different from the one below.

Day 1:

Our trip starts near Grants Pass, Oregon at the Galice Resort, located along the banks of the Rogue River. Here we will help you pack your dry bags and get any last minute “must haves” at the resort. We then head to the river, meet the crew, and do a thorough orientation talk. After loading our gear and ourselves into the boats we push off and head into the Rogue River Canyon. For four days we will float the Rogue as it cuts through the remote and wild Siskiyou Mountain Range. The canyon is home to abundant wildlife including bear, river otter, deer, bald eagles, and osprey.

The first day includes Rainy falls, and a hike to the historic Whiskey Creek miner's cabin. Each night we will camp along the river on sandy beaches or grassy flats. The first afternoon we will have a “camp talk” and go over everything you need to know about our comfortable wilderness camping. In the evening we will enjoy our first dinner and a night under the stars.

Day 2:

After a hearty breakfast and plenty of time for a second cup of coffee we will break camp and head down river. Day 2 includes windy and Kelsey Creek Canyons, some beautiful side creeks with great swimming options, and for inflatable kayakers one of the best days of rapids. The side streams of the Rogue are almost unmatched in there frequency, beauty, and pristine state – we will take time every day to visit at least one. We also may stop at historic Battle Bar or Zane Grays Cabin. There is a wide variety of camping options for night two depending on water levels and the length of our day on the river. After another big dinner (we are well known and proud of our meals!) we will get a good night's sleep in preparation for a big day three.

Day 3:

On day three we float through Horseshoe bend and head into the narrow and spectacular Mule Creek Canyon. Mule Creek Canyon is one of the most unique canyons in the world, and for many it the highlight of the trip. For a short part of the canyon you can float in only a life jacket through its calm swirling waters – there are very few sensations like it. The infamous and feared Blossom Bar rapid follows. Blossom Bar was dynamited in the early 1900's to allow boats passage. It is still an impressive rapid but with the proper guiding it is enjoyed by generations of friends and family. After Blossom we will float lazily through the beautiful Huggins canyon before spending our last night on the river.

Day 4:

Morning comes once again with coffee, tea and the sound of birds in the canyon. Our third day includes yet another scenic inner gorge, beautiful side canyons and swimming holes, some great jumping rocks, and a bald eagle rookery. We will also have some of the best opportunities to see Black Bear. We reach the end of our river trip in the early afternoon. You then either load up in our van to make the drive back over beautiful Bear Camp road to Galice Resort or make the short half hour trip to the Oregon coast to continue your vacation.

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Boat and Activity Options

There are raft options and the river is also perfect for inflatable kayaking. There are both mellow and epic hiking options as well as fishing options.

Please make sure to tell us what you are interested in when filling out the Participation Info online.

“Boat” Options:

Rafts:

The rafts are always backbone of our trips. On the Rogue we generally have large “gear” rafts that haul all our gear to camp each day and “Stern Mount Rafts” that have a guide in the back with oars and guests paddling up front. Participation can range from just hanging out (and hanging on) and enjoying the ride to some heavy paddling. Generally people divide up into the rafts by how mellow or exciting they want the ride to be.

The rafts are amazing for people 7 to 70+ and the adventure level depends on how we run the rapids.

Inflatable Kayaks – High Adventure Option:

The Rogue is perfect for Inflatable kayaking. It's just you, your kayak, rapids at "face" level, and guides leading the way giving you tips, encouragement, and a helping hand when needed. Navigating your own inflatable kayak is a unique and very exciting way to experience rivers and it adds a whole new dimension and sense of adventure to a trip. You are free to explore in a small and maneuverable craft, to feel the rapids up close and personal, and ultimately to test your new river running skills.

You can reserve a Kayak for the entire trip (note: there is one section that is not kayak-able) or just try it out a few times. To kayak the entire trip you do need to be in reasonable physical condition, but you do not need to have any previous rafting or kayaking experience. The inflatable kayaks have a quick learning curve and we start with a dry land session where you learn basic river hydrology, how to read rapids, and basic paddle skills. The odds of tipping over at least once are over 90% - but the Rogue is perfect for this! ☺

There will also always be more mellow areas of the river where even the most intrepid paddler can give the kayak a try and we always bring a few extra. Please note your interest in Inflatable Kayaking when you fill out the Participation Info online.

Activity options:

The options below are in addition to the normal camp, and swimming activities that the Rogue is famous for.

Hiking / Trail Running:

The Rogue is followed by the famous Rogue River Trail and there are hiking/running options from mellow to big.

Canyon History:

The Rogue River Canyon has a long history full of big personalities, characters (think Zane Grey), and stories.

Fishing:

The fishing on the Rogue is best during the fall months when we run our Rogue Fishing trips and the Steelhead and Salmon are heading upriver. However, there are fishing options every evening and morning in camp and we encourage people to bring their rods and tackle.

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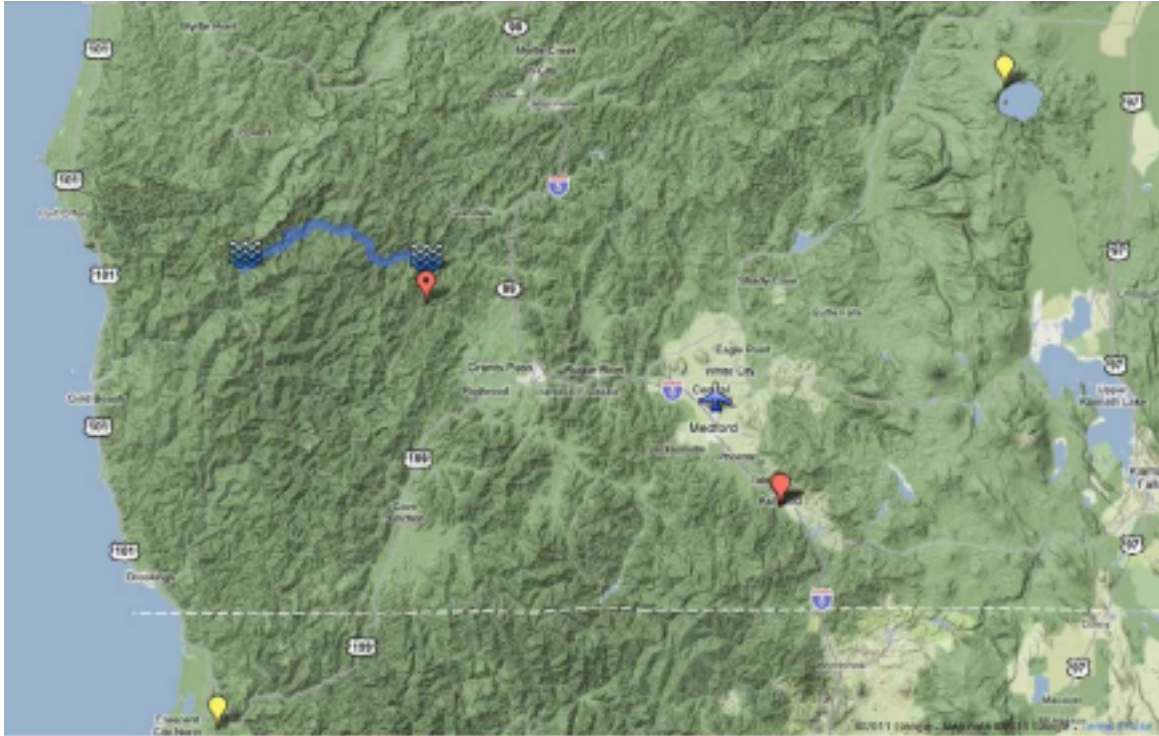
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Getting Here and Away / Trip Location

River Location Map



[Go to our Rogue River Rafting Map on Google Maps](#)

[Directions to Galice Resort on Google Maps](#)

Driving

North on I-5 (from Ashland, Medford Oregon (Airport) and California)

- Take exit 61.
- Turn left at the end of the ramp.
- Go straight through the stoplight towards Merlin (you will be on the Merlin Galice Road).
- The road follows the Rogue River closely starting a few miles west of Merlin. After crossing over the high bridge in Hellgate Canyon, stay on the main road and keep the river on your right. The Galice Resort is on your right (and pretty difficult to miss).

South on I-5 (from Portland, Etc)

- Take exit 61.
- Turn left at the stop light towards Merlin (you will be on the Merlin Galice Road).
- The road follows the Rogue River closely starting a few miles west of Merlin. After crossing over the high bridge in Hellgate Canyon, stay on the main road and keep the river on your right. The Galice Resort is on your right (and pretty difficult to miss).

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Flying:

The Rogue Valley International-Medford Airport (MFR):

You can fly to major airports in San Francisco, Sacramento, or Portland and then drive. However, it is much more convenient to fly into

our own Medford Airport. It is small, friendly, easy to get around, and has a fancy new terminal. Horizon Air, United Express, Delta Connection, Sky West, and Allegiant Air service the airport. These carriers offer approximately 60 flights daily direct to and from San Francisco, Portland, Eugene, Seattle, Los Angeles, Phoenix, Denver, Las Vegas, and Salt Lake City. New flights and cheap fares are being added all the time - It is hard to believe that over 500,000 people fly in and out every year!

Allegiant Air has amazing deals on flights from Los Angeles, Las Vegas and Phoenix into Medford on certain days. You can find more information at their website at <http://www.allegiantair.com/aalindex.php>.

Transportation to and from the Airport: The airport is about 5 minutes from Downtown Medford, 20 minutes from Downtown Ashland, and a 1 hour drive to the Galice Resort.

- Rental Cars: There are a number of rental car companies at the airport including Avis, Budget, Enterprise, and Hertz. -
Shuttles and taxis: A number of hotels offer shuttle service. There is also"

o Shuttles to Galice Resort: Galice Resort at (541) 476-3818 or Affordable Shuttles at (866) 484-4467. o

Transportation to Ashland:

▪ Cascade Airport Shuttle – Ashland: Really nice and know about rafting. They will meet you inside the terminal. (541) 488-1998 or cell (541) 890-8080.

▪ Shuttle Bug – Ashland: Also Very nice people and will meet people inside the terminal. Cell (541) 482-3500

▪ Taxis: Valley Cab (541) 772-1818, Rogue Valley Town Car (541) 772-3472

o For custom and group trips we also may be able to help with transportation.

Bizarre Rogue Valley Airport Fact:

They transformed an empty room in the terminal into a room that looks just like the Oval Office at the White House! It can be rented out for meetings and if you ask nicely they might just let you take a peak. <http://www.co.jackson.or.us/sectionindex.asp?sectionid=5>



The Portland Airport: (PDX)

The Portland airport is about 5 hours from Ashland. The drive is pretty, and many of our guests take an extra day or more to visit other places in Oregon. Crater Lake is between Portland and Ashland, and the beautiful Oregon coast is about 25 miles from our take-out.

Car Shuttles to the Coast

If you are continuing on to the coast after the trip you may want to make arrangements with Galice Resort to shuttle your car to the take-out rather than returning with us. The Oregon coast is an amazing place to visit and explore - continue your adventure to where the Rogue meets the sea!

Personal Car Shuttle

If you would like your car shuttled to take out, we can arrange for that the morning of your trip. We will meet you at the Galice Resort at 8:30am and can help set up the shuttle with the resort. Car shuttles are \$85-110 per car. The Galice Resort has an excellent reputation but it is always a good idea to bring an extra set of keys. Make sure that you have your insurance information, driver's license, etc.

Rental Car Shuttle

If you would like a rental car shuttled, the rental car company and the Galice Resort will need information ahead of time. When you pick up your rental car, call the Galice Resort and have them fax a copy of the shuttle driver's information to your rental car company. Galice will need your personal and rental car information for the shuttle as well. The Galice Resort's number is 1-541-476-3818. Rental car shuttles are \$85-110 per car.

Please Note: Many rental car companies are making this more and more difficult to do – be sure to ask when you are renting.

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Pre and Post trip Accommodations

Merlin and Grants Pass, Oregon:

Hotels/Motels

[Galice Resort \(meeting location\)](#) - Rustic Cabins with a nice lodge, restaurant, lounge, fuel, and store. Larger groups can rent the entire lodge (8 bedrooms) or one of the houses (3 to 5 bedrooms) available at or near the resort. The owner is very nice and this is the "hub" of before trip activity for the Rogue, but the cabins are rustic – it is not club med©. (541) 476-3818

[Morrison's Rogue River Lodge](#) – Upscale riverside lodge with an amazing location and an excellent restaurant about 5 minutes from Galice (They also provide a shuttle to Galice). This place is an Icon in the area. (541) 476-3825.

Rogue Forest Bed & Breakfast - Quiet and intimate. The owners are amazing and very involved in the community and protecting the Rogue. Walking distance to Galice. (541) 472-1052

[The River House on the Rogue](#) – Run by the owners of Rogue Forest Bed and Breakfast this is an amazing place for families and groups. A lodge and rustic cabins right on the river! 541-472-1052.

Holiday Inn Express - Grants Pass, OR. 30 minutes from Galice - 800-838-7666 or 541-471-6144

Accommodations in Ashland Oregon:

Ashland is home to the Oregon Shakespeare Festival (and Momentum) and is a great little town to visit. There are a ton of great restaurants and places to stay. It is about 1.5 hours from Galice Resort. There is more info on Ashland attached.

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Travel to Ashland Oregon

"Our home and one of our favorite places anywhere"

Ashland Oregon is a northwest cultural center surrounded by national forests, beautiful mountains, and rushing streams. The town is home to the Oregon Shakespeare Festival, Wineries, amazing food, incredible whitewater rafting, and to Momentum River Expeditions.

Below are some of our recommendations for places to stay, places to eat, and things to see and do.

Places to stay

During the high season (June – September) many hotels fill quickly and prices do go up. Please call us if you have any issues and book way ahead if possible.

Ashland Hotels:

Ashland Springs Hotel: \$\$\$+ Reviews: ☐ ☐

Phone: 1-888-795-4545

[Yelp!](#) [Trip Advisor](#)

Address: 212 East Main St - [Google Map it](#)

An Historic Ashland icon located in the heart of downtown and just a half a block away from the Oregon Shakespeare Festival. Smaller rooms (it is historic), but they are very nice and the hotel has great service. One of our guides even got married here! The concierge, GiGi is extremely friendly and a wealth of knowledge. Call the hotel and ask for her, she is awesome!

The Plaza Inn and Suites: \$\$\$+ Reviews: ☐ ☐

Phone: 541-488-8900

[Yelp!](#) [Trip Advisor](#)

Address: 98 Central Avenue - [Google Map it](#)

The Plaza Inn is located on Ashland Creek, one block from the Plaza and two blocks from the Oregon Shakespeare Festival. The rooms are really nice, they serve milk and cookies in the evening, and the location is hard to beat. Great place.

Ashland Creek Inn: \$\$\$ Reviews: ☐ ☐

Phone: 541-482-3315

[Yelp!](#) [Trip Advisor](#)

Address: 70 Water Street - [Google Map it](#)

This is a really unique place. It is located right on the creek and half a block from the heart of downtown. It feels very much like a very small European boutique hotel. This is one of the nicest places around.

The Peerless Hotel: \$\$\$ Reviews: ☐ ☐

Phone: 541-488-1082

[Yelp!](#) [Trip Advisor](#)

Address: 265 Fourth Street - [Google Map it](#)

A small historic hotel in the railroad district (next door to our favorite coffee house!). They have a beautiful garden and provide great service. It was featured in the book "A Thousand Places to see before you die" and it has a really nice restaurant.

The Palm: \$\$ - Reviews: ☐ ☐

Phone: 541-482-2636 **Address:** 1065 Siskiyou Blvd - [Google Map it](#) [Yelp!](#) [Trip Advisor](#)

An old renovated motel with unique and beautiful gardens. It is located about a mile from downtown, still within walking distance. An Ashland favorite with very reasonable rates – it books VERY FAST.

Columbia Hotel: \$\$ - Reviews: ☐ ☐

Phone: 541-482-2636

[Yelp!](#) [Trip Advisor](#)

Address: 262 1/2 East Main - [Google Map it](#)

Sister property of the Palm the Columbia is on the second floor in the middle of downtown. It is quirky, hip, European, and reasonably priced. Note: It has shared bathrooms – if you are ok with that you will love it!

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Address: 1193 Siskiyou Boulevard - [Google Map it](#)

[The Flagship Inn](#): \$\$ - Reviews: **Phone:** 541-201-8153

[Yelp!](#) [Trip Advisor](#)

The Flagship Inn is a 15 minute walk from the plaza has a friendly staff and reasonable rates. It is more of a budget style motel.

[The Manor Motel](#): \$\$ - Reviews:

Phone: 541-482-6435; 1-866-261-9733 **Address:** 476 N. Main Street - [Google Map it](#)

[Yelp!](#) [Trip Advisor](#)

Located a few blocks from the Plaza, the Manor offers an affordable option for the low maintenance traveler. Rooms with kitchenettes and full kitchens are provided.

[The Greenspring Inn](#): \$\$ Reviews:

Phone: 541-890-6435

30 minute drive time)

Address: 11470 Highway 66 - [Google Map it](#)

[Trip Advisor](#)

Note: (Distance from Ashland: 15 miles on mountain roads, approx.

The Green Springs Inn is located in a mountainous setting off of Highway 66. The facility offers both rooms in the lodge and private cabins suited for family gatherings.

Ashland B & B's:

There are many other B & B's in Ashland – Ask if you would like more choices!

[Country Willows Bed & Breakfast](#): \$\$\$ Reviews:

Phone: 541-488-1590; 1-800-945-5697 **Address:** 1313 Clay Street - [Google Map it](#)

[Yelp!](#) [Trip Advisor](#)

This is a beautiful 1896 farmhouse on 5 acres, just 2 miles from town. The views are amazing and the area is quiet. The Willows also has a heated pool, Jacuzzi, bicycles, and hiking trails leading from the property.

[Winchester Inn and Restaurant](#): \$\$\$ Reviews:

Phone: 1-800-972-4991

[Yelp!](#) [Trip Advisor](#)

Address: 35 South Second Street - [Google Map it](#)

A beautiful Victorian located in the heart of downtown, only one block off of Main Street and 2 blocks from the Shakespeare Festival. It has an award winning restaurant and offers a two course gourmet breakfast and afternoon pastry treats delivered to the room.

[The Oak Street Station B & B](#): \$\$ Reviews:

Phone: 541-482-1726; 1-800-482-1726 **Address:** 239 Oak Street - [Google Map it](#)

[Yelp!](#)

The house is located in the Railroad District, just two blocks from downtown. This B & B is making a reputation for having amazing breakfasts, and for happily accommodating special dietary needs. The owners John and Sue are awesome!

Group and Family Accommodations:

A number of the Hotels listed above also have family options.

[Ashland Commons](#): Reviews:

Phone: 541-482-6753 or (Cell) 541-292-4484.

kitchen. Very friendly owners.

Address: 437 Williamson Way - [Google Map it](#)

[Trip Advisor](#)

A wonderful place for groups and families and includes a



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Places to eat

Ashland is an amazing place to eat out. These are a few of our favorites (in no particular order):

Agave Taco: \$-\$\$

Phone: 541-488-1770 Reviews: [Yelp!](#)

Address: 92 North Main Street - [Google Map it](#)

Delicious Baja Style tacos and tamales as well as a mean margarita. Very laid back and we serve their carnitas on multi-day trips!



Amuse Restaurant: \$\$\$

Phone: 541-488-9000 Reviews: [Yelp!](#)

Address: 15 North First Street - [Google Map it](#)

Delicious "Northwest / French" cuisine and excellent service - Amuse wins our vote for favorite "fancy" place. chocolate truffle

cake! **Kobe: \$\$\$**



Phone: 541-488-8058 Reviews: [Yelp!](#)

Address: 96 North Main Street (downstairs) - [Google Map it](#)

Great sushi and a deck overlooking Ashland creek! Happy hour prices from 5-6 and 9-10 pm provide very affordable menu options.

Pangea: \$-\$\$



Phone: 541-552-1630 Reviews: [Yelp!](#)

Address: 272 East Main Street - [Google Map it](#)

Yummy Panini's and wraps and perhaps the best soup in town – great lunch stop!

Morning Glory: \$\$

Phone: 541-488-8636 Reviews: [Yelp!](#)

Address: 1149 Siskiyou Boulevard - [Google Map it](#)

An Ashland institution and one of our favorite places to enjoy breakfast. There is usually a wait list but be patient, it's worth it!



Mix Sweet Shop: \$

Phone: 541-488-9885 Reviews:

Address: 57 North Main Street (on the Plaza) - [Google Map it](#)

Great coffee, pastries, chocolates, and most importantly...home made Ice cream!



[Yelp!](#)

Pasta Piatti: \$\$

Phone: 541-488-5493 Reviews: [Yelp!](#)

Address: 358 East Main Street - [Google Map it](#)

Contemporary Italian food that is reasonably priced. Dinner can be enjoyed from their wonderful outdoor seating area in downtown.



The Dragonfly: \$\$ ☐

Phone: 541-488-4855 **Reviews:** [Yelp!](#)

Address: 241 Hargadine Street - [Google Map it](#)

"Latin Asian Fusion" Cuisine and a garden patio. Pete's favorite breakfast spot!

Wiley's World: \$-\$\$ ☐

Phone: 541-488-0285 **Reviews:** [Yelp!](#)

Address: 1606 Ashland Street - [Google Map it](#)

Another Ashland institution - They specialize in fresh, homemade, organic pasta. We serve their raviolis on our four day trips.

Creekside Pizza Bistro: \$ ☐

Phone: 541-482-4131 **Reviews:** [Yelp!](#)

Address: 92 ½ North Main Street - [Google Map it](#)

A locals favorite, not know for their speedy or friendly service. None the less, the Creekside has good pizza!

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Noble Coffee Roasting: \$ ☐

Phone: 541-488-3288 **Reviews:** [Yelp!](#)

Address: 281 Fourth Street - [Google Map it](#)

They have a very strong environmental and social ethic and the coffee is award winning. A city feel in the heart of the Ashland's Railroad District they appeal to the local coffee lover as well as the urban one and is currently "the place to be seen." We serve Noble Coffee on all of our trips!

New Sammy's Cowboy Bistro: \$\$\$ ☐

Phone: 541-535-2779 **Reviews:** [Yelp!](#)

Address: 2210 South Pacific Highway, Talent - [Google Map it](#)

This may be the most famous foodie place in town – very quirky. Plan ahead - Reservations are essential!

Martolli's Pizza: \$ ☐

Phone: 541-482-1918 **Reviews:** [Yelp!](#)

Address: 38 East Main Street - [Google Map it](#)

Located near the plaza, Martolli's is Ashland's newest pizza . This is a great choice for families and a very popular place.

The Peerless Restaurant and Bar: \$\$\$ ☐

Phone: 541-488-6067 **Reviews:**

[Yelp!](#)

Address: 265 Fourth Street - [Google Map it](#)

Located in the Peerless Hotel, the restaurant is great for early evening drink and appetizer, a delicious dinner, or dessert and a night cap. Parents of one of our guides hang out there almost every Friday evening – kind of like a fancier Ashland version of Cheers!

The Standing Stone Brewing Company: \$\$ ☐

Phone: 541-482-2448 **Reviews:** [Yelp!](#)

Address: 101 Oak Street - [Google Map it](#)

A local institution with local and organic brewery food and craft beer. We love Stone's on-going efforts to operate a "green" business and maintain their standing as one of the 100 best companies to work for.

Coquina: \$\$\$ ☐

Phone: 541-482-0521 **Reviews:** [Yelp!](#)

Address: 542 A Street - [Google Map it](#)

Brand new, and amazing food! Given time, Coquina may rival Amuse for Momentum's favorite "fancy" dinner option.

Farm to Fork: \$\$\$\$

Phone: 503-473-3952

Location Varies – See Schedule

Support local farmers, wineries and organizations that support small farms while enjoying a dinner made from products grown and produced locally. Each event also includes a tour of the hosting farm. This is an amazing experience!!

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Things to do in the Area

The area is a playground of natural wonders and is becoming a northwest hub for ecotourism. Not only is the area rich with environmentally diversity, it is also teeming with cultural activities.

The Oregon Shakespeare Festival:

Ticket Office Phone: 1-800-219-8161

Ticket Office Address: 15 S. Pioneer Street - [Google Map it](#)

Named "one of America's top five regional theaters" by *Time* magazine, the Oregon Shakespeare Festival draws visitors from around the world. If there is a play that you are set on seeing, please plan ahead because many performances sell out. Even if you are not a big Shakespeare fan they have contemporary plays and the outdoor theatre is an amazing experience in itself.

Lithia Park:

Address: 59 Winburn Way - [Google Map it](#)

Covering 93 acres and located right off the Plaza of downtown Ashland, it was established in 1908 at the request of the women of Ashland. Lithia is a great place for a quiet walk or jog and to relax and enjoy Ashland Creek. We challenge you to spot the resident Screech Owl that makes it's home near the playground. It's easy to forget that you're right in the middle of town.

Local Wineries:

This area is becoming famous for its wines. Southern Oregon Wineries Association provides a comprehensive list with links to each one. For additional information, also see [Southern Oregon Wine Blog](#).

Local Art Galleries:

The area is alive with artists. If you've planned your trip for the beginning of the month, join the locals for [First Friday Art Walk](#), an "after hours" social event that occurs from 5-8pm the first Friday of each month. Not going to be here at the beginning of a month – no worries! Most galleries are open during normal business hours or can be contacted directly to set up an appointment for a showing.

Mountain Biking:

Ashland is famous for its mountain biking. There are miles of trails in the area, many of which can be accessed right from town. If downhill is more your style, contact [Ashland Mountain Adventures](#) for a shuttle ride to Mount Ashland. For mountain bike rentals and trail maps contact [Siskiyou Cyclery](#).

Hiking and Trail Running:

Ashland has become a mecca for ultra-marathoners and now is home for some of the world's best long distance runners (think "Born to Run"). There are miles of trails leaving right from town. For more information about trail running, visit [Rogue Valley Runners](#) in downtown. If you have more time, there are many options within a short drive's distance. We recommend [Grizzly Peak](#) for wildflowers, [Pilot Rock](#) to escape the heat, or the section of the [Pacific Crest Trail](#) that passes through the area.

Britt Music Festival:

Phone: 541-773-6077

Address: Jacksonville, OR - [Google Map it](#) (Distance from Ashland: 20 miles)

Operating for over 40 years, the Britt Festivals has become the Pacific Northwest's premiere outdoor summer performing arts festival. Located in the historic 1850s gold-rush town of Jacksonville, Oregon, Britt presents dozens of summer concerts, featuring world-class artists in classical music, dance, jazz, blues, folk, bluegrass, world, pop, and country music. Bring a picnic dinner and wine!

Rogue Creamery:

Phone: 541-664-1537

Address: 311 North Front Street (HWY 99), Central Point, OR - [Google Map it](#)

The best Blue cheese is not made in France – it comes from the Rogue Valley! Take a tour of the home of Rogue River Blue, the world's finest blue cheese – and do lots of tasting☺.

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Crater Lake National Park:

Phone: 541-594-3000

Address: [Google Map it](#) (Distance from Ashland: 90 miles)

A six-mile-wide caldera created by the eruption and collapse of Mt. Mazama around 7,000 years ago, the indescribably blue Crater Lake is the deepest in the United States and is the centerpiece for the nation's fifth-oldest national park. It a beautiful place!

Redwood National Park:

Phone: 707-464-6101

Address: [Google Map it](#) (Distance from Ashland: 150 miles)

Home to some of the world's tallest trees, Redwood National Park's most imposing feature is most certainly its old-growth coast redwoods, which can live to be 2,000 years old and grow to over 300 feet tall. Standing at the foot of one of these ancient giants is both a humbling and awe-inspiring experience.

Oregon Caves National Monument:

Phone: 541-592-2100

Address: [Google Map it](#) (Distance from Ashland: 85 miles)

Small in size (480 acres) but rich in diversity, Oregon Caves National Monument features an active marble cave created by natural forces over hundreds of thousands of years in one of the world's most diverse geologic realms. Above ground, the monument encompasses a remnant old-growth coniferous forest featuring a fantastic array of plants and a Douglas-fir tree with the widest known girth in Oregon. Take a cave tour, hike on any of the loop trails, or see a ranger program.

Smith River/Jedediah Smith State Park / Stout Grove Road Through Redwoods:

Phone: 707-458-3018

Address: [Google Map it](#) (Distance from Ashland: about 2 hours)

The Smith is spectacular and has beautiful swimming holes in the summer. Ask the park rangers or a local in Crescent City for directions to Stout Grove Road – one of the coolest drives anywhere!

Oregon Coast:

The above website is amazing! (Distance from Ashland to Coos Bay is about 180 miles)

Accessible from the Pacific Coast Scenic Byway, US Highway 101, the Oregon Coast offers lush evergreen forests, picturesque coastal scenery, rugged cliffs, impressive sand dunes and vast sandy beaches. The coast abounds with recreational opportunities such as fishing, cycling, flying kites on the beach, scuba diving, hiking through old-growth forests, windsurfing and surfing, beachcombing, whale and bird watching.

Mount Shasta, CA:

Address: [Google Map it](#) (Distance from Ashland: about 75 miles)

The second highest volcano in the United States and a major peak of the Cascade range, Mt Shasta is surrounded by natural beauty. The area offers plenty of recreational activities for outdoor enthusiasts, including exceptional skiing, snowboarding, fishing, golfing, mountain biking, rock climbing, hiking, and mountaineering. However, if you plan to venture onto the mountain, be sure to stop at a local crystal shop so you'll be prepared if you happen to encounter any [Lemurians](#).

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RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

Please read the following release form carefully before signing. By signing this form you are essentially saying that you understand that you are participating in an adventure travel activity in a wilderness/outdoor environment, not an amusement park ride, and that you do so voluntarily and of your own free will knowing that there are inherent risks involved. These risks include the possibility of damaged belongings, injury, or even death to you or the minor's you are signing for. By signing this form you agree not make a claim, sue, or expect Momentum River Expeditions Incorporated, DBA Momentum River Expeditions, it's shareholders, agents, associates, employees, and successors in interest, the United States Government, U.S. Bureau of Land Management, U.S. Forest Service, and the States of California and Oregon (hereafter collectively referred to as MOMENTUM RIVER EXPEDITIONS) to be legally responsible or pay for any damages.

CLIENT RESPONSIBILITY

MOMENTUM RIVER EXPEDITIONS and cooperating agencies act only in the capacity of agent for all matters relating to transportation and/or all other related travel services and assume no responsibility whatsoever for any injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from: acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, thefts, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulation, discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made at the discretion of the trip operator. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice due to currency fluctuations and/or other causes.

RELEASE OF LIABILITY AND ASSUMPTION OF THE RISK

In consideration of being accepted for the adventure vacation that I am participating in under the auspices of MOMENTUM RIVER EXPEDITIONS I hereby agree as follows: **I have been informed and am aware that adventure travel can be**

dangerous and includes certain risks and dangers including but not limited to; the hazards of traveling by raft, by vehicle, by air, on foot, or any other means, accident or illness in remote places without medical facilities, dangers of wild animals, forces of nature, extreme weather conditions, physical exertion for which I may not be prepared, and evacuation difficulties should I be injured or disabled. I have been informed of and am aware that these risks could lead to property damage, personal injury, or death. **I accept the inherent risks** of the proposed trip and acknowledge that the enjoyment of adventuring beyond the normal safety of home and work is in part the reason for my participation in this trip.

I HEREBY RELEASE, WAIVE, INDEMNIFY and AGREE NOT TO SUE MOMENTUM RIVER EXPEDITIONS for any and all liability to the undersigned, his/her personal representatives, heirs, assigns, and next of kin for any and all losses, damages, illness, injury or death resulting from their negligence, fault, recklessness, or any other act or omission in any way connected to my participation in this trip. I further agree that I assume the risk of and release MOMENTUM RIVER EXPEDITIONS of all liability from any act or omission of negligence in rendering or failing to render any type of rescue, emergency, or medical services. I AGREE that if I am injured or become ill, MOMENTUM RIVER EXPEDITIONS may, at my own cost, arrange or supply medical treatment, evacuation or any other emergency services on my behalf as they deem essential for my safety and well-being.

As parent or legal guardian of a participant under 18 years of age, I voluntarily agree that said minor may participate in this trip and I sign this release on their behalf.

I hereby agree that Momentum River Expeditions may use any photographic record of this trip for promotional purposes.

| | | | |
|---------------------------|---|---------------------------------|-----------------------|
| Name: Please Print | | Phone #: | Date of Birth: |
| Email: | | | |
| Address: | | | |
| | | | |
| Trip Date: | Emergency Contact: Phone #: | | |
| Signature: | Signature of Parent or Guardian: | Guardian's Printed Name: | |

Please bring this form to the river with you the day of the trip