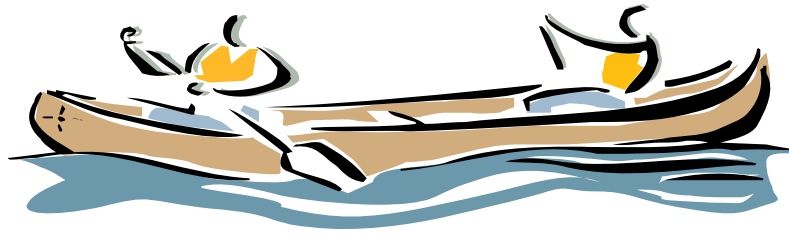


Our Canoe Trips Down The Dolores River

<A Spiritual Journey Through Sacred Canyons>



INTRODUCTION

This summer we will be conducting a few canoe trips down the Dolores River between Slick Rock and Bedrock, Colorado by invitation only. The focus of these trips will be on spiritual renewal and sightseeing. The size of the groups will be limited to no more than six people.

We do not charge for these trips because we consider them to be part of our service to our fellow “two legged” relatives within our Creator's great Sacred Circle Of Life. We also emphasize the fact that we are not a “professional guide service”. We are simply extending an invitation to a few friends and acquaintances to join us as we float the river.

There is no “white water” on the section of the river we float and it is rated for beginners. This section of the river winds it's way through approximately 53 miles of very remote desert and red sandstone walled canyons. This area could be floated in two days; however, we will take four days because we will spend some time exploring and hiking side canyons.

We will take three canoes down the river with two people in each canoe. Those making the trip with us will meet at our home on Medicine Wheel Mesa and we will travel together to Slick Rock where we put in for the float trip. We ask people to arrive at our home on the mesa at least one day early, and we encourage them to stay on Medicine Wheel Mesa at least one full day (more if desired) following the float trip.

The day before the canoe trip, we conduct a Purification Ceremony (some call it a sweat lodge ceremony) for all those participating in the float trip. Then upon returning to the mesa following the trip down the river we all participate in a “completion lodge” ceremony.

All of those participating in the float trip will be given each others e-mail addresses or phone numbers so that they can communicate with one another ahead of time and thus begin to get acquainted prior to arriving at Medicine Wheel Mesa.

All of those driving to the mesa will be given directions concerning how to get to our land. We can pick people up at the airport in Grand Junction, Colorado if they wish to fly. Cars can also be rented at the Grand Junction airport. The Grand Junction airport is approximately 120 miles from our home on Medicine Wheel Mesa.

The friends of people who have previously gone on one of our float trips will be given priority for joining us on a future trip down the river.

RULES AND EXPECTATIONS

The only uncompromising rule we have is that there is no alcohol or drugs allowed on Medicine Wheel Mesa, or on our float trips down the river. In addition, we expect everyone attending a float trip to work together as a team, assisting one another when ever help is needed.

WHAT TO BRING FOR THE FLOAT TRIP

Unlike commercial companies that offer float trips for a fee, we do not charge for our trips. We supply the canoes and paddles, transportation to and from the river, transportation from the Grand Junction airport (as needed) and great friendship. However, you will need to bring your own life vest (and a life vest is a requirement for each person on the trip). You will also need to bring your own sleeping bag and a very small tent (a 1-2 person tent) to sleep in at night in case it rains. In addition, bring bug spray and sun lotion.

CLOTHING

It gets hot during the day and very cool at night in the desert, so we ask you to bring clothing appropriate for a wide range of temperatures. You will need a light jacket for night time use. Also, bring a bathing suit if you plan to swim in the river. In addition, you will need shoes or boots suited for hiking. Keep in mind that there is very limited space in a canoe, so the quantity of clothing taken on the float trip must be kept to a minimum. For the Purification Lodge ceremony, women will need to wear a long skirt and blouse or long dress. Men wear cut offs, sweat pants or swimming trunks.

FOOD

We will cook the morning and evening meals over a campfire. However, lunch will consist of sandwiches, fruit and snacks. All meals will be kept simple because of lack of space. Everyone on the trip will be asked to help supply the food for the trip. As it gets closer to the date of the canoe trip those attending will be contacted either by email or by phone to help plan the simple menu.

FLOAT TRIP AND ACTIVITY SCHEDULE

The number of float trips each summer depends on the amount of water flow down the Dolores River. The river is fed by snow melt high in the mountains. Some winters we get lots of snow and the river can be floated longer into the summer. The Dolores River is a small river but very scenic. We let people know how many trips we will make down the river, and the schedule of those trips, as we approach the float trip season. The earlier in the season the river is floated the more enjoyable the trip because there is more water and the temperature is cooler in the desert.

We ask people to arrive **AT LEAST ONE FULL DAY EARLY** and stay **AT LEAST ONE FULL DAY AFTER** the float trip in order to be a part of the Purification Lodge ceremonies before and following the float trip. If time permits we encourage people to extend their time on Medicine Wheel Mesa following the trip as long as possible to experience the sacredness of the land and other spiritual activities and ceremonies that are often taking place on the mesa.

We will spend part of each day of the float trip hiking and exploring the beautiful desert areas that border the river. We will stop early each afternoon to prepare camp, cook the evening meal and then share our thoughts, and feelings concerning the days events on the river. Each day there will be a "spiritual theme for the day" as we float the river and then that theme will be discussed among the group during the evening around the campfire. There will also be storytelling, drumming and singing and each evening we will conduct a Sacred Medicine Pipe ceremony.

If you are interested in attending one of our river canoe trips please email us at oldbearn@yahoo.com or call our cell phone at (719) 650-3464 and leave a message. We must drive approximately three miles to a higher mesa in order to have cell phone service. Therefore, we check our messages 2-3 times a week and then return all calls and answer all emails.

