



# Rivers of Wellness

7 NIGHTS | CLARKSTON, WASHINGTON TO PORTLAND, OREGON | OCT 26-NOV 2, 2019

## INCLUDED HIGHLIGHTS

- Special wellness, mindfulness, nutrition, and fitness presentations
- Small group beach and on-deck yoga; walking meditation
- Guided strength training and fitness sessions
- Deschutes river rafting trip
- Narration on board features Lewis & Clark, culture, and natural history
- Jet boat ride into Hells Canyon National Recreation Area
- Private tour and tasting at *Terra Blanca Winery & Estate Vineyard*
- Transit eight locks and tour the Bonneville Dam Visitor Center
- Waterfalls and hikes on both sides of the Cascade Mountains
- Swimming, kayaking, biking, and skiff excursions
- Presentation by a Nez Perce tribal member

## DAY 1 Clarkston, Washington - Embarkation

Met at the airport in Spokane, Washington or Lewiston, Idaho, there's time to sit back and relax on your transfer to the S.S. *Legacy* in Clarkston. Once on board, your captain and crew help you settle in. Then it's all champagne, hors d'oeuvres, and sweeping views—a perfect start to your wellness adventure cruise. (D)

## DAY 2 Hells Canyon

Kick the week off right with morning on deck yoga. With sweeping sun salutations, the history of this area is as rich as the canyon walls are dense. Delve into it! After breakfast, it's a treat when a Nez Perce tribal member comes aboard for a special story, song, and music presentation. Lewis & Clark, Nez Perce, early Pioneers—signs of the past tell tales on your jet boat ride into the canyon. Keep your eyes peeled for sure-footed bighorn sheep, golden eagles, and 7,000-year-old petroglyphs. Hemmed in by vertical cliffs, this free-flowing stretch of the Snake cuts its way through North America's deepest river gorge. Finish your first full day sitting in on a nutrition or wellness talk or soak up the stars from the top deck hot tub. (BLD)

## DAY 3 Snake River / Palouse Falls State Park

A technicolor sunrise and chirping birds—follow one of the most scenic parts of the Snake toward the Palouse River and watch the world wake. Wellness means doing what's right for you. Today's essentials could be kayaks, paddle boards, swimsuits, or hiking shoes—or all of the above. Bring your binocs, too (there's great birding and views). At the only remaining waterfall formed by the ice age-era Missoula Floods, go on a thigh-burning hike above the canyon to view the falls. Vistas and fresh air are good for the soul—and only get better as you climb. Afterwards, skiff out to the kayaks and grab a paddle or go for a swim in the Palouse River. (BLD)



#### **DAY 4 Washington Wine Country / Richland**

Award-winning wines come out of the Red Mountain AVA with dramatic views surrounding *Terra Blanca Winery & Estate Vineyard*. And its owner and winemaker do a good job of keeping you on the task of tasting. Treat yourself—a private tour takes you through the vineyards, to the crush pads and production areas, and into their wine caves. After lunch, soak up the beauty of your surroundings with guided yoga stretches in a Richland park. Or, opt to run, walk, or bike along the Columbia River Trail. While cruising the river this evening, take a moment for mindful meditation, pop into the bridge to chat up the captain, or connect with your wellness host for a one-on-one consultation. Relax on the sun deck with a book and a glass of wine. (BLD)

#### **DAY 5 Deschutes River, Oregon**

River play is on the agenda today—whichever option you pick start with a shallow wet landing on beach. Choose whitewater with a Deschutes high-energy rafting adventure. Class II and III+ rapids come with names like Elevator and Surf City. Rafting guides provide the gear (including optional wetsuits) and expertise; your ship's chef provides the picnic lunch. Stick to dry land and hike or bike in the canyon of Deschutes River State Recreation Area. Take a dip in a lazy section of the river, and let the sunshine dry you up after a swim. Along the river's edge, listen to the rustle of cottonwoods as you practice gentle stretches and yoga or try a "surf-n-turf" beach workout. Swap stories with your shipmates over sunset cocktails and appetizers. (BLD)

#### **DAY 6 Rowena Plateau / Columbia River Gorge**

Lava flows, floods, and volcanic ash deposits shaped the Rowena—sheer cliffs, basalt landforms, wide-stretching plateaus. At Rowena Overlook, it's boots-on-the-ground exploration. Opt for 2-mile round trip hike to the crest of Tom McCall Nature Preserve. Your reward: expansive views in every direction—including the river far below. Or, choose the steeper, 3.6-mile round trip Tom McCall Point trail. On a cloudless day, your effort gaining 1,000 feet of elevation pays off with views of Mt. Adams, Mt. Hood, and the Columbia River. Whichever you choose, pause for a mindful moment of meditation in nature. If there's time, cycle or stroll along the Twin Tunnels Trail—a pedestrian-only section of the historic Columbia River Highway, or tour a Hood River orchard and working farm (that makes a mighty fine cider) and toast to a day of fresh and local treats and empowering activity. (BLD)

#### **DAY 7 Columbia River Gorge National Scenic Area / Multnomah Falls**

Near the Columbia River Gorge entrance, your sleek ship slips through the locks of Bonneville Dam. A private tour of the massive turbines and fish ladders at the visitor center offers a behind-the-scenes peek. Zip off by motor coach to towering Multnomah Falls, the tallest falls in Oregon, for an empowering final hike on a switchback trail. Back on board, sit back for an afternoon of cruising upriver through the spectacular Columbia River Gorge, a river canyon that cuts the only sea level route in the Cascade Mountains. The Captain's Farewell Dinner this evening, followed by reliving the week through photos and reflections hosted by your crew, is the perfect Namaste to your week. (BLD)

#### **DAY 8 Portland, Oregon - disembarkation**

One last fresh scone or omelet. Then wish your travel mates farewell. Your transfer waits to the Portland airport for your flight home." (B)

B=Breakfast, L=Lunch, D=Dinner

*Itineraries are guidelines; variations in itinerary and the order of days may occur to maximize your experience.*

*Passport required (non USA citizens).*



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