

WELCOME TO REO RESORT

REO Rafting & Yoga Resort is located in the Nlaka'pamux Territory, and Indigenous Peoples are native to the land of the Nahatlatch Valley. We have and always will value the relationship we have with our local Indigenous band and the importance of giving them the recognition they deserve. Preserving the Nahatlatch Valley is a principle that we strongly share, and we will continue to work hard to achieve this.

Our founder, Bryan Fogelman, was the first to go whitewater rafting (for recreational purposes) on many rivers in British Columbia before he fell in love with the Nahatlatch River. The exhilarating and continuous rapids paired with its beautiful jade green colour reeled him in. After one glance at the surrounding mountains and forests, he knew he had to share this love for the Nahatlatch Valley.

REO started as a couple of rafts and eventually grew into a stunning and unique river's edge resort. After crossing the Fraser River on a one-vehicle aerial car ferry via a pulley system, driving down the rugged unpaved logging road, and hiking down to a tiny cabin, Bryan met the previous owner of this land, Big Jack. In time, Bryan purchased this riverside property from him and began to build his dream into a reality.

REO's Glamping tents existed long before they became a trend, as guests who didn't have camping tents needed a place to sleep. The Glamping tents have now evolved to provide simple yet stylish comforts in an incredible setting overlooking the river. Our resort is the ideal place to practice yoga, get your adrenaline pumping, eat delicious food, and spend time in a remarkable natural environment.

Our mantra is to share a love of rivers and nature and create memories that will last a lifetime. We are grateful that you have chosen to spend your vacation with us.

Thank you for choosing REO Rafting & Yoga Resort.

Sincerely,
Bryan, Karen, and the REO team
Since 1983

GUEST SERVICES DIRECTORY

Meal Times:

Breakfast - 8:30am

Lunch - 1:15pm

Dinner - 7:15pm

WIFI:

Our WIFI is free and available in public areas.

Hot Tub:

Located near the dining deck. Hours of operation: 12:00pm - 10:00pm.

Campfires:

Nightly controlled campfires are held after dinner. Please note: campfires are not allowed anywhere other than REO's campfire entertainment area, and only a staff member is permitted to lighting the fires.

Smoking Policy:

REO promotes a non-smoking environment due to extreme forest fire risk. The campfire area is the only location where smoking is permitted. A \$300 fine will be issued to all violators

Quiet Hours:

All Glamping tents and campsites are quiet zones after 10:00pm. The campfire, dining deck, and entertainment areas are quiet zones after 12:00am. Violators will be issued a noise complaint fine.

Housekeeping:

If you need fresh towels, more blankets, or have any housekeeping needs, please ask any staff member. Please reuse your towels when possible to help us towards our sustainable efforts and cut back on water and power use.

Laundry Services:

Available for a fee, please inquire at the Guest Services Centre for details.

Retail Store:

The Guest Services Centre carries a variety of souvenirs, snacks, and any essential items you may have forgotten. Cash, Visa, Mastercard and Debit are accepted. The GSC closes at 6:30pm. If you ever need something after hours, please ask a staff member.

Beach Towels:

Beach towels are available at the GSC. A temporary charge will be added to your booking until the towels are returned. Please return the towels by 6:30pm on the day you received them.

Games:

Games are available at the GSC. A temporary charge will be added to your booking until the games and all equipment are returned. Outdoor games include Volleyball, Soccer Ping pong equipment, Spikeball, and Bocce. Boardgames and cards are available for use at any time as well.

Social Hour:

Social Hours are held at the dining deck on Mondays and Wednesdays from 6:30pm to 7:30pm. Come and have some complimentary beverages and snacks!

S'mores Nights:

Who doesn't love roasted marshmallows and melted chocolate on graham crackers? We will provide S'mores packs for those who stay with us on Sunday, Tuesday and Thursday nights. S'mores packs are available for sale in the GSC for all other nights. Vegan options available.

Water:

We have our own water system that is sourced from a natural spring. Potable water is available from the water coolers located on the dining deck, yoga shala, & outside our bathroom/shower facilities. The water from the taps inside our facilities is non-potable.

Power & Lights:

Our power system shuts off at 10:00pm. After this time, solar lights will light up pathways and common areas. We suggest that everyone brings a flashlight or lantern. There is no power in the tents, but there are lights, so you don't have to use your flashlights inside. Lanterns are available for rent at the Guest Services Centre (GSC). There is a charging station next to the kitchen where you can charge your devices. You can also bring your own power bank and charge your devices anywhere you'd like. Open flames and candles are NOT permitted in the tents.

Good Night's Sleep:

The sound of the rushing river puts most people right to sleep. However, if you need complete silence to sleep, come to the GSC and get some complimentary earplugs!

Check-out:

Check-out is at 11:00am*. Please proceed to the Guest Service Centre and bring any rentals you may have, or you will be charged for the items.

*1-Night stays who arrived at 4:00pm will have a 3:00pm checkout.

GUIDED ACTIVITIES

*Visit the Guest Service Centre for more details and pricing.

Rafting Trips:

Try an exciting whitewater trip on one of our favourite rivers.

Nahatlatch River: Exhilarating Class 3-4+, an amazing trip for beginners to advanced paddlers!

Thompson River: High volume Class 3 = big waves! Enjoy swimming in the river in the calm sections between the rapids.

Stein River: Are you an adrenaline junky? Raft down the steepest commercially rafted Class 5 river in Canada!

Scenic River Trip:

Take a scenic rafting trip down the Fraser River with wildlife viewing, waterfall shower & swim. Ages 4+

Lake Kayaking or Paddleboarding:

Practice your paddling skills with a kayak or paddleboarding trip on the beautiful lakes above the Nahatlatch River. Ages 7+

Canyon Hike:

Take a guided hike through the Nahatlatch Canyon and learn about the nature around us. Hikes go out twice a day; 9:30am and 2:30pm. Please sign up at the GSC. Ages 7+

Archery:

Learn to hit the bulls-eye! Guide plus equipment provided. Ages 7+

Kids Camp:

Qualified babysitter, crafts, age-appropriate games, exploring nature, and playing at the beach. Ages 2+

Cliff Jumping:

You'll feel the adrenaline pumping when you take a leap of faith into the jade green water. Available July - August. Ages 9+

Intro to Rock Climbing:

Let the kids try climbing on a real rock face! All safety equipment and guidance provided. Ages 5+

MASSAGE THERAPY

*Visit the Guest Service Centre for more details and pricing.

Deep Tissue

A stronger pressure is used to release muscle tension and muscle spasms while increasing the oxygen supply to the muscle.

Relaxation

The main focus of a relaxation massage is to de-stress, calm and relax the mind and body. This treatment will usually involve flowing strokes and kneading, performed at your chosen pressure.

Pre and Post Natal

Rather than lying face down, your treatment will be done with you laying on your side. Pillows will be given to help better support you and make you feel comfortable. The aim is to help you relax, de-stress, and address any areas of tension or pain.

Rain Drop Therapy

This therapy combines aromatherapy and reflexology to create a healing and cleansing massage. The use of specific antimicrobial oils applied in a particular sequence with various techniques will help reduce the body's inflammations and destroy any viral presence.

Myofascial Cupping

By using silicone cups to compress and suction the skin, a negative pressure is created that brings more blood flow and fluids to the region. It also softens tissues and makes them more flexible and supple.

Craniosacral Therapy

This therapy is a form of bodywork or alternative therapy that uses gentle touch to palpate the synarthrodial joints of the cranium.

Reiki

Reiki is a Japanese form of alternative medicine called energy healing. A technique called palm-healing is used to channel energy through touch, activate the natural healing processes, and restore physical and emotional well-being.

Thai

Also known as Thai yoga massage, this traditional therapy combines acupressure, Indian Ayurvedic principles, and assisted yoga postures. You'll be stretched and twisted into various positions to release tension/pressure.



YOGA & WELLNESS SESSIONS

*Visit the Guest Service Centre for more details and pricing.

Morning Vitality Yoga

Start your day with an invigorating morning flow incorporating core foundations.

Flow Yoga

Flow yoga focuses on synchronizing the breath with fluid movement. Builds off of all levels of yoga.

Yang/Yin Yoga

A great way to finish your day after a fun time out on the waters or on the trails. Begin with a nourishing flow, then finish with some deep meditative stretching.

Restorative Yoga

Peacefully drift off to sleep after this guided meditative practice incorporating slow movement, restorative postures and deep stretching.

Meditation

Meditation classes can focus on different types of breathing, self-awareness and relaxation.

Wellness Workshops

Wellness workshops are interactive programs designed to engage, educate, and motivate you to incorporate wellness into all aspects of your daily lives.

