

# WELCOME TO REO RESORT

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REO Rafting & Yoga Resort is located on the traditional territory of the Nlaka'pamux Nation, and we acknowledge that Indigenous Peoples are the original stewards of the Nahatlatch Valley. We deeply value our ongoing relationship with the local Indigenous bands and are committed to honouring their history, culture, and continued presence. Preserving the natural beauty and spirit of the Nahatlatch Valley is a principle we share and work hard to uphold.

Our founder, Bryan Fogelman, was among the first to explore whitewater rafting recreationally on many rivers across British Columbia. But it was the Nahatlatch River—with its continuous, exhilarating rapids and striking jade-green waters—that captured his heart. One look at the surrounding mountains and forests, and he knew he had to share his love for this extraordinary place.

REO began with just a couple of rafts and a dream. After crossing the Fraser River on a one-vehicle aerial car ferry via a pulley system, driving down a rugged unpaved logging road, and hiking to a tiny riverside cabin, Bryan met the land's previous owner, Big Jack. Over time, Bryan purchased the property and began transforming it into the one-of-a-kind resort REO is today.

Our glamping tents were born out of necessity—guests needed a place to sleep if they didn't have camping gear. Long before “glamping” became a trend, our tents provided a cozy haven by the river. Today, they offer stylish simplicity and comfort, immersed in a stunning natural setting.

Whether you're here to practice yoga, experience the thrill of whitewater rafting, enjoy nourishing food, or simply relax in nature, our resort offers a meaningful escape.

Our mantra is to share a love of rivers and wilderness—and to create memories that last a lifetime. We're honoured that you've chosen to spend your time with us.

Thank you for choosing REO Rafting & Yoga Resort.

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Bryan, Karen, and the REO team

Since 1983

# GUEST SERVICES DIRECTORY

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## Meal Times:

Breakfast - 8:15am

Lunch - 1:15pm

Dinner - 7:00pm

## WIFI:

Our WIFI is free and available in public areas.

## Hot Tub:

Hours of operation: 5:00pm - 10:00pm

The hot tub will also be open from 12:00pm - 2:00pm when there are morning rafters.

## 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 light 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 \$500 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 to 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 7:00pm. If you ever need something after hours, please ask a staff member.

## Beach Towels:

Beach towels are available based on demand. Please inquire 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:

You are welcome to borrow any of the games available in the GSC. Please put the game back in their designated spot when you are finished using it. A temporary charge may be added to your booking until the games and equipment are returned.

## 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 can provide S'mores ingredients for those who stay with us on Sunday-Thursday nights. Please inquire for Vegan and dairy-free options.

## Water:

We have our own water system that is sourced from a natural spring. Potable filtered water is available from the tap next to the charging station / dining deck. There are also various water coolers around the resort with potable water. 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. While there is no power in the tents, one lantern per tent is available upon check-in 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. Please note: open flames and candles are NOT permitted anywhere on-site.

### **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 arrive 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!

**Nahatlatch Tubing:** If the Nahatlatch gets too low to raft (usually mid August - early Sept), we switch to an exciting river tubing trip!

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

### **Scenic River Trip:**

Take a scenic rafting trip down the Fraser River or meandering Nahatlatch Lakes with wildlife viewing, games & swimming. Ages 4+

### **Lake Kayaking:**

Put your paddling skills to the test with a relaxing kayaking trip on the beautiful lakes above the Nahatlatch River. Ages 4+

### **Canyon Hike:**

Take a guided hike through the Nahatlatch Canyon and learn about the nature around us. See your map for your designated hike time. Please sign up at the GSC. Ages 7+

### **Archery:**

Learn to hit the bulls-eye! Guide plus equipment provided. Ages 5+

### **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+

### **Lake Paddleboarding:**

Practice your balance by enjoying a scenic paddleboarding trip on the jade-green lakes feed the Nahatlatch River. Ages 7+

# YOGA & WELLNESS SESSIONS

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

## Morning Energizing Yoga

Start your day with purposeful movement by participating in a morning flow class that incorporates core foundations and get's your body ready for the day.

## Vinyasa (Flow) Yoga

Flow yoga focuses on synchronizing the breath with fluid movement and builds off of all levels of yoga. These classes can be catered to focus on different areas of the body, increase mental and physical energy, and help you heal and recover from any aches and pains.

## Yin Yoga

Yin Yoga is a slow, meditative practice where poses are held for several minutes to gently stretch deep connective tissues. It promotes flexibility, stillness, and relaxation—perfect for unwinding and restoring balance.

## Restorative Yoga

Peacefully drift off to sleep after this guided, meditative practice focused on deep relaxation. Using supportive props, you'll settle into restful restorative postures designed to calm the nervous system, release tension, and gently restore balance to body and mind.

## 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. Available for yoga retreat attendees.

## Yoga Class Schedule:

7:00am - Morning Energizing Yoga Class

11:00am - Curated Wellness Workshop

5:30pm - Afternoon Yoga Class

8:30pm - Evening Restorative/Yin Yoga

\*The 11:00am session is for retreat attendees.



# MASSAGE THERAPY

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

## Thai Massage

Thai Massage is a dynamic, therapeutic practice that combines acupressure, assisted stretching, and rhythmic compression to release tension and restore balance. Our skilled masseuse, Aran, specializes in Thai Massage and tailors each session to your body's unique needs—offering deep relaxation, improved flexibility, and powerful stress relief. Ideal for both body and mind rejuvenation.

## 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. Please inquire in the guest services centre for availability.

## Massage Preference

Please let us know your preferred massage style in advance so we can prepare the massage space accordingly. Traditional Thai Massage is performed on a comfortable, cushioned mat set up in a serene and well-appointed room, while other massage styles are offered on a massage table. Let us know your preference so we can ensure the perfect setup for your session.

## Aromatherapy

Aromatherapy massages combine the power of essential oils with massage therapy, benefitting both the mind and the body. During an aromatherapy massage, fragrant essential oils are applied to the skin with the massage oil. These essential oils offer a range of amazing effects for your mind and body.

## 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.

## Deep Tissue

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

