

Whitewater getaway

An relaxing getaway or an adventurous white water escape?

Three hours away from Vancouver the Kumsheen Rafting Resort offers white water power and paddleboat adventures on the breathtaking Thompson River.

Named after the area where the mighty green Thompson River joins the murky, silt-filled Fraser, the Kumsheen Resort is

surrounded by historical significance, including the CN Rail line running parallel to the Thompson and remnants of the Chinese rail-worker camps that accompanied the building of the line at the turn of the century.

The Fraser River gold rush also took place nearby in 1858, some prospectors were even reeled in by fool's gold (iron pyrite) deposits on the Thompson's own

riverbanks.

The Kumsheen river guides have a story for every bend, rapid and mountain on the Thompson and the history lesson is just a bonus.

Each section of rapids has its own name – Hell's Gate, the Devil's Gorge and the ever frightening Mother-in-Law. As the names may strike fear into the hearts of even the bravest extreme vacationers, the rapids them-

selves are too exciting to live up to all the fright.

Because of the high water levels, regular white water dangers are few and far between. Depending on the time of year the river guide may even let you swim a rapid or two with the safety of a lifejacket and boat line.

The Kumsheen crew also runs powerboats down the 43-kilometre river stretch allowing people with disabilities or physical ailments to take in the adventure.

The resort itself is the perfect compliment to the river raft adventure. With a poolside bar and hot tub, the amenities provide a great atmosphere for unwinding after a day of paddling the river. The tent rooms provide a soft bed to rest (and you will need to rest) while staying true to the natural feel of the Kumsheen experience.

With great staff and



- submitted photo

The Kumsheen trip leaders take you on a 43-kilometre trip down the beautiful and historic Thompson.

something for everyone on the menu, the Cutting Board Restaurant is bound to please even the pickiest of eaters and the most dedicated vegetarians.

For a break from the river adventure, there is also volleyball, disc golf, basketball and a firepit.

With its natural beauty and tight-knit staff, there

is no wonder as to why visitors come back year after year.

With an impeccable safety record and over 200,000 satisfied visitors, making your way to the Kumsheen Resort could be one of the easiest decisions to make, but leaving could very well be the hardest.

- John Pigeon, 24 hours



- submitted photo

Tackling the Thompson River's big, friendly green rapids is a great way to become better acquainted with white water sports while avoiding the more serious dangers.