# National Park Service U.S. Department of the Interior

## **Oregon Caves National Monument**





### Get Muddy!

Experience the wondrous, wild areas of Oregon Caves National Monument off of the paved trail! Trained guides will teach you caving techniques, cave etiquette, and bring you face-to-face with the marble structure of Oregon Caves.

Head to the dark corners of the cave to scramble over boulders, wriggle around rock, and squeeze yourself through passageways as small as 11x19 inches (29x48 cm).

# Are You Up For The Challenge?

This is a very strenuous adventure through confined spaces and uneven surfaces. Participation is not recommended if you have a history of physical or medical conditions. Those prone to panic attacks, claustrophobia, heart, respiratory, back, shoulder, and/or joint problems may not find the experience suitable.

Those who are pregnant, under 5 feet (152 cm) tall, or under 15 years old may not attend this tour. Other cave tour options include a 90-minute walking tour and a 60-minute Candlelight Tour.

#### Off-Trail Adventure Tour Schedule

Tours are during the summer season only.

Please call or check website for more information.



# Getting Geared Up

### We Provide:

This is a real adventure! We will provide a helmet, headlamp, gloves, coveralls, elbow and kneepads. To protect our bats no outside caving equipment is permitted. To learn more about bat protection, please visit our website at www.nps.gov/orca

#### You Provide:

A sturdy pair of hiking boots. Shoes without proper ankle support are not acceptable and we will turn you away — boots only. Flexible clothing that can get dirty and keep you warm in a  $44^{\circ}F$  ( $7^{\circ}C$ ), damp cave environment. Please see the boot description below.



# Required Footwear







www.nps.gov/orca www.facebook.com/ OregonCavesNPS



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