

4 Ways a Float Trip will do You Good

□ Why do so many people love river floating? If you've never taken a trip down a river using only the flow and your own paddle, it's time to find out what you've been missing. Maybe you wonder if you'll be able to manage any rapids in a canoe or kayak, or maybe the word "tubing" is still a little mysterious. The great news is that anyone can take a float trip, under the right conditions and with a little safety advice from the experts. Lovely, scenic rivers offer all kinds of floating experiences here in the Diamond Lakes Region. Once you figure out what kind of trip you want, helpful outfitters can set you up with everything you need and have you safely on the water in a snap.

Here are some reasons why a float trip will make you glad to be alive — and might just end up in your vacation plans every year.



Caddo River



Little Missouri River



Ouachita River

1 NATURE THERAPY

Nothing soothes and refreshes the heart quite like the sights, sounds and sensations of the outdoors. Glide down an aisle of majestic oaks or delicate willows. Admire the unique rock formations as you float around each bend. Relax to the sounds of water as it trickles or rushes along the banks. Marvel at the colorful sprays of wildflowers in the rich greenery, and commune up close with turtles and herons.

2 TIME WITH FRIENDS AND FAMILY

When you set time aside for people who are special to you, everybody escapes the stresses and cares of everyday life. Reserve space for the pure fun of exploring a river and forming new bonds, as you experience unexpected adventures together.

3 UNPLUGGING

Using a cell phone on a river is often not possible — and that's awesome. One of the great gifts of river floating is those hours of blissful peace when you can't check your messages. It's amazing how much calmer you feel after a day or two living in each moment, immersed in the journey, fully present with your companions.

4 ADRENALINE HIGH

Floating comes in every thrill level. Maybe you need a lazy, serene day in a tube where you don't even paddle and just lie back and enjoy. But if you're ready for something wilder, you can get your adrenaline going on these Diamond Rivers. Find anything from Class I to IV rapids at high-water conditions, and for weeks, you'll bask in the afterglow of meeting your own personal challenge. Just be sure to consult an outfitter about what's safe for your experience level, then go for it and have a blast!

In addition to all these rewards, floating is budget-friendly and brings you spectacular photos and memories to share forever. Read on to discover all that the three Diamond Rivers have to offer!