Owen Lindqvist

Adventure Guide

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SUMMARY

Adventure guide with 5 years of experience leading whitewater rafting, kayaking and backcountry hiking trips across Central Oregon. Plans routes, meals and gear for day and multi-day trips, runs risk management checks every morning and teaches beginners with patience. Certified Wilderness First Responder and Swiftwater Rescue Technician.

SKILLS

- **Whitewater Rafting**
- **Kayak Instruction**
- **Backcountry Hiking**
- **Trip Planning**
- **Risk Management**
- **Swiftwater Rescue**
- **Wilderness First Aid**
- **Map and Compass Navigation**
- **Leave No Trace**
- **Customer Service**

EXPERIENCE

Adventure Guide 04/2023 - Present
Cascade Trailhead Adventures Bend, OR
Guide for a year-round outfitter offering rafting, kayaking, hiking and snowshoe trips.

- Guide **90+** day and overnight trips a season in rafting, kayaking and hiking for groups of 4-14 guests.
- Handle trip planning for 2-3 day river trips, including meals and gear lists within a $40-per-guest food budget.
- Run risk management checks on river flows and weather each morning, rerouting or cancelling 6 trips in 2025.
- Teach kayak instruction clinics for beginners, moving 85% of students onto Class II water by day two.

Raft Guide 06/2021 - 10/2022
Lower Canyon Raft Co. Maupin, OR
Seasonal guide for a whitewater outfitter running Class III day trips.

- Captained 200+ whitewater rafting trips through Class III rapids with paddle crews of 6-8.
- Performed 15 swiftwater rescue swims and flip recoveries with no guest injuries over 2 seasons.
- Inspected and maintained 12 rafts, 80 life jackets and the shuttle trailer before every launch.
- Shared river ecology and Leave No Trace practices with guests during lunch stops and riverside camps.

Trail Crew Member 06/2019 - 08/2020
High Desert Conservation Corps Bend, OR
Seasonal crew maintaining hiking trails in national forest land during college summers.

- Rebuilt 14 miles of hiking trail with a 6-person crew, including drainage and rock steps.
- Camped 8 days at a time in the backcountry, carrying 50-lb packs and crew tools.
- Navigated off-trail to work sites with map and compass navigation and handheld GPS.

EDUCATION

Bachelor of Science 06/2021
Oregon State University-Cascades Bend, OR
Tourism, Recreation and Adventure Leadership

CERTIFICATES

Wilderness First Responder (WFR)
NOLS Wilderness Medicine
03/2024

Swiftwater Rescue Technician
Rescue 3 International
05/2023

Leave No Trace Trainer
Leave No Trace Center for Outdoor Ethics
06/2022