

2019 NCA Western Regional in Redmond Or.

August 31 to September 2



The Oregon Grotto (<https://www.oregongrotto.com/>) and the **Oregon High Desert Grotto** (<http://ohdgrotto.caves.org/>) welcome you as we host this year's western regional bringing cavers together from across the Northwest and beyond for three days of fun, caving and education. Central Oregon is home to hundreds of Lava tubes resulting in the highest concentration of caves in the state. Caving excursions will include desert and mountain caves with walking-crawling passage, vertical, fissures, historical sites, private caves, and self-guided. Please fill out the questionnaire below and send it in with your registration so we can better tailor the trips to your liking. The temperatures should be comfortably warm with nights cooling off for pleasant sleeping. Be sure to decon your gear before coming. We will have a decon station for your use at the Expo Center. A variety of cave related presentations will be held in the High Desert building during the evenings.



Camping



You must make your own reservations for camping!

There is RV and Tent camping at the Expo Center.

Expo Center RV & Tent sites:

Next to the High Desert Building, the activity center.

\$38.78 per day per RV. Includes full service:

Electricity, Showers, Sewer and water.

Contact The Expo Center RV Park:

Online Registration and video preview of site:

<https://expo.deschutes.org/rv>

Or Call: 541-585-1569

Tent camping

10 sites are available **in the RV park** with full services.

Cost: \$24.38 per day.

Dry Tent Camping

Tents on the grass around the High Desert Building are

Free! No pre-registration necessary. Showers available.

Meal Options for NCA Regional Event



CHOICES MUST BE INCLUDED WITH YOUR REGISTRATION FORM!

The following menus will be prepared at the expo center by their kitchen chefs. The two dinners come with your registration. Breakfast and lunch are optional. There are restaurants nearby but eating meals at the expo may be preferred.

NOTE: You may purchase 2 breakfasts & 3 lunches for an extra cost. Prices below are per meal.

Breakfast: \$16.00 Adult/\$10.62 Age 2-8

Scrambled Eggs

O'Brien Potatoes

Link Sausage

Baking Powder Biscuits

Cut Fruit, Coffee, Tea, and Water



Lunch: Traditional Box Lunch \$15.00

To keep the price the same, they will box the lunches in the kitchen and have them ready each day.

Dinner Options: Designate two of these options on registration form.

#1 Pulled Pork Sandwich, Cole Slaw, Baked Beans, Kettle Chips, Brownie.

#2 Pasta Bar: Fettuccini, Meat Sauce, Marinara Sauce, Chopped Romaine, Caesar dressing, Croutons, Tomatoes, Green Beans, Garlic Bread Stix, Lemon Bar.

#3: Taco Bar Taco Meat, Flour Tortilla, Shredded Cheddar, Shredded Lettuce, Black Olives, Diced Tomatoes, Pico De Gallo, Diced Onions, Salsa and Sour Cream, Spanish Rice, Frijoles, Salad Greens, Ranch Dressing, Tomatoes, Cucumbers, Chocolate Chip Cookie. All Dinners come with Coffee, Tea, Lemonade and Ice Water.

Expo Center in Redmond Oregon

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Expo Center

NCA Western Regional Caving

Contact Information

Deschutes County Fair and Expo Center
 3800 SW Airport Way
 Redmond, Oregon 97756
 (541) 548-2711
 Fax: (541) 923-1652
 8am - 5pm weekdays

[View Full Contact Details](#)

Calendar Date:
 Saturday, August 31, 2019 (All day) to Monday, September 2, 2019 (All day)

Add to your calendar: Outlook (iCal) - Google

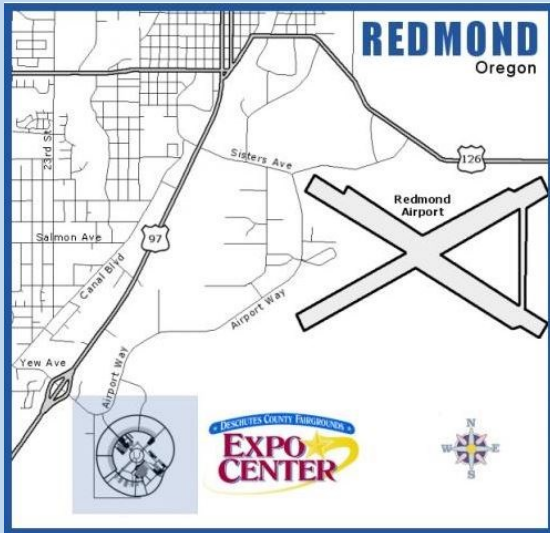
[Back to calendar](#)



Northwest Caving Association

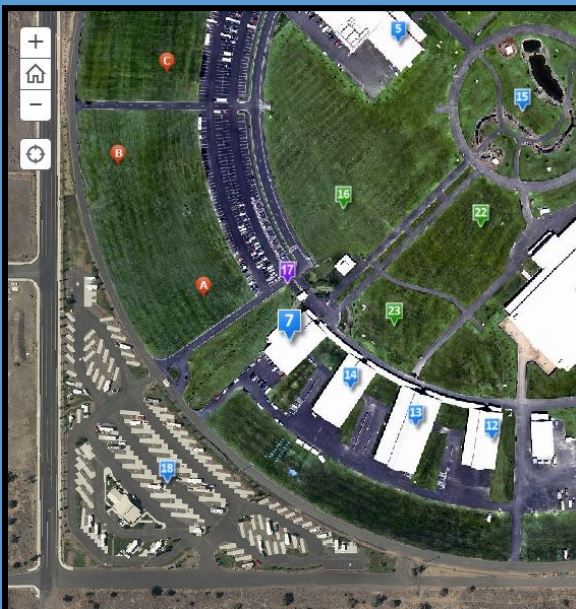
August 31-September 2, 2019

Contact: Brent McGreagor 541-549-1584



Travel distance / time from metropolitan areas

City	Mileage	Drive Time
Portland, OR	175 miles	3 hrs. 15 min.
Medford, OR	178 miles	3 hrs. 40 min.
Seattle, WA	328 miles	6 hrs. 10 min.
Olympia, WA	297 miles	5 hrs. 10 min.
Boise, ID	318 miles	6 hrs. 20 min.
San Francisco, CA	492 miles	8 hrs. 25 min.
Los Angeles, CA	821 miles	12 hrs. 55 min.



Building 7 is the High Desert Building: our headquarters.

18 is the RV Park.

The grass adjacent building 7 is available for dry tenting. Beautiful clean facilities in close proximity.

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Registration Form August 31—Sept. 2

NAME: _____ GROTTO AFFILIATION: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

CONTACT PHONE: (____) _____ EMERGENCY CONTACT: _____

FAMILY MEMBERS ATTENDING: _____

Registration Fee includes 3 days of **\$60.00/ Adult** _____
the High Desert Building, **\$54.00 / age 2—8** _____
2 dinners, field trips, presentations.

Guide Book **\$30** _____

Oregon High Desert Grotto Patch **\$3.50** _____

Oregon Grotto Patch **\$2.50** _____

Event T Shirt **\$15 (Quantity & sizes)** _____

Dinners (Comes with Registration) **Choose 2 dinner options: #** _____

Breakfast (see meal options) **Specify # of adult & kids** _____

Lunch (see meal options) **All lunches same price** _____

Mail this registration form and your check (payable to OHDG) to:

Oregon High Desert Grotto c/o Kara Mickaelson 69219 Lariat, Sisters, Or. 97759.

Or use Pay Pal @ <http://ohdgrotto.caves.org/> Click on donate button.

Cave Trips... Questionnaire ...Cave Trips

I am interested in:

Please read the following and check which cave trips you want.

Mark boxes you are interested in

Easy walking passage caves:

Caves that require little physical effort with few obstacles.

Crawly caves

Caves with hands and knees to tight crawls.

Vertical caves

Caves with vertical drops of 40' to 100' requiring ascending & descending.

Hiking to caves

You are willing to hike up to one or two miles to the cave.

OHDG grotto member, and NCRC regional coordinator and instructor Eddy Cartaya is offering a 4 to 6 hour Alpine SRT workshop at the NSS / NCRC alpine caving tower complex just 15 minutes from the fairgrounds. This is an incredible cave techniques facility, designed to teach cave SRT, rescue techniques, and simulate extreme cave environments. Workshop can / will have 3 sections you can rotate through at will. 1. A basic SRT section, for those just needing to learn how to get off the ground. 2. An intermediate rope course for practicing rebelays, deviations, J hangs, off-set rappels and climbs, knot passes, difficult lips, etc. 3. Several of the vertical pipe "pits" can be made into "wet pits" with simulated waterfalls and showers, so if you want to practice rope work in a wet pit, with the safety of knowing it can be turned off if you get in trouble, this is the place. We also have low airspace water crawls, formation avoidance crawls, etc. It is a virtual caving and vertical workshop playground for cavers. Space is limited to 24 participants due to safety ratios required for instructors. May be possible to bump this to 30 if I get a couple more instructors.