



ASPEN SUMMER WORDS WRITING RETREAT

WESTWATER CANYON

Featuring Author Page Lambert
Contributor to

Writing Down the River: Into the Heart of the Grand Canyon

3 Days & 2 Nights on the Mighty Colorado River

Overview of Westwater Canyon for 3 Days

Meeting Place: Grand Junction, Colorado

Orientation time: 5 PM (MDT) the day before your trip starts

Orientation: The evening before the trip, we will meet for a no-host dinner and pre-trip orientation with Page.

River Departure: 9:00 AM (MDT) the day of the trip

Rapid Rating: Class III-IV

Put in: Loma Boat Ramp (subject to change)

Take-out location: Cisco Boat Ramp (subject to change)

Trip Length: 3 days / 2 nights

Raft Type(s): Oarboats

River Miles: 41 (subject to change)

Number of rapids: 15

The Westwater Canyon Itinerary

Day 1

We will depart Grand Junction, CO, with Page (via a Sheri Griffith Expeditions' van and driver) for the 45 minute drive to the launch site on the Colorado River where the river guides and rafts will be waiting. After introductions and a second orientation by the guides, we will load the boats and head down stream.

The first part of this adventure places us in the midst of stark and dramatic desert landscapes. The day will be a creative mix of rafting and writing as we float this wild and free-flowing stretch of the Colorado past red-walled cliffs and deeper into our own free-flowing creativity.

We will reach camp by early evening. Camp is on a remote beach, with time to reflect, write and meet with Page. We will enjoy a generous, delicious dinner prepared fresh by our guides.

Day 2

We'll wake up to fresh brewed coffee, herbal teas, juice and a healthy breakfast. Today a more in-depth exploration of our creative, inner

landscapes evolves as we float deeper into the canyon, which narrows as we pass through beautiful, 1.7 billion-year-old black schist rock walls. An off-river hike will slow the pace, allowing for journaling time while gazing down at the river from high up the canyon walls. Then the pace will pick up again as we brave the rapids, ending the exhilarating day with more creative facilitation under the stars.

Traditionally, the last night of the river trip is “**Dress-up**” night. *Anything* goes—use your imagination! This is a great way to celebrate the trip, the new friends you have made, and the near completion of your Mighty Colorado River adventure.

Day 3

Our final morning on the river we'll float past more red rock cliffs as the canyon walls widen, have more glimpses of wildlife, and gain more insights into our own creative processes as we prepare to bid the river a temporary goodbye so that we can return to Grand Junction, and then on to Aspen.

What Sheri Griffith Expeditions Provides

FULL DAYS ON THE RIVER ~ We begin early the first day and return the last day at day's end.

ALL RAFTING and SAFETY EQUIPMENT ~ Rafts and related equipment, life jackets, safety equipment, personal dry bags and boxes for your gear, kitchen, dining and toilet equipment.

ALL MEALS ~ Beginning with lunch the first day through lunch the last day. Our menus are healthy, creative and are prepared fresh daily by your guides. Dinners always begin with hors d'oeuvres. Breakfast and lunch are equally tasty with a variety of foods to choose from. Every meal is balanced and there is always plenty. **We can accommodate most diets and food restrictions with advanced notice.**

HIGHLY EXPERIENCED, LICENSED GUIDES
Trained in the art of river running, all of our guides have Emergency Medical Response and CPR certification, as well as hours of river rescue and river specific training. We are one of the few companies that train our guides this extensively.

TRANSPORTATION ~ We provide transportation from Grand Junction to the river launch and back.

BEVERAGES ~ Iced water, Gatorade, lemonade, and iced tea are on every boat. Coffee, hot tea and cocoa are provided at camp. There is also an iced cooler available for additional beverages you may wish to bring, i.e. beer, wine and soda.

Our Women River Guides

Our professional guide's objective is to help you have fun. However, you can rest assured that your safety is their top priority and you will observe this in their behaviors and their expectations of you. They are Red Cross First

Aid and CPR certified, and have completed river rescue training. Furthermore, they are required to complete hours of training on each river stretch before they can "guide" our guests.

Your river journey will be guided by extensively trained and highly personable river women who know this country and want to share it with you. Many people no longer speak the language of the land. It takes someone special to be able to do that. Our guides are professional, exceptional people with outstanding talents and are eager to share their knowledge, experiences and enjoyment of life in the outdoors. They continually strive to perfect their understanding of wilderness and its secrets. It's their way of life, and their passion is to share this adventurous way of life.

What You Provide

GUIDE GRATUITY ~ the recommend guideline is \$15-\$25/per person in your group per day

PERSONAL BEVERAGES ~ soda, beer, wine, etc. (Please limit glass.) We are available to purchase your personal beverages for you. Please contact our Guest Services Staff to obtain a Beverage Order Form. **Note:** in the sate of Utah the liquor stores are closed on Sunday. The grocery and convenience stores carry 3.2% beer and no wine.

TRANSPORTATION ~ to Grand Junction, CO.

LODGING ~ before and after your rafting trip.

The Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In April through June, high temperatures range between 70° and 90°. July and August high temperatures typically range between 90° and 100°, with September and October temperatures ranging between 70° and 80°. The climate here is very dry with little

humidity and not oppressively sweltering. Summer evenings are quite comfortable though cool in spring and fall. Other than an occasional rain cloud, there are few overcast days. No matter the weather, you will find your visit to be fascinating and unforgettable. We suggest you bring raingear even in July. We feel if you bring it then it won't rain so...raingear and lots of sunscreen!

Books about Westwater Canyon and the Moab Area

Writing Down the River: Into the Heart of the Grand Canyon

Westwater Lost and Found ~ Mike Milligan

Canyonlands River Guide ~ Bill Belknap

Desert Solitaire ~ Edward Abbey

Ancient Ruins of the Southwest: An Archaeological Guide ~ David Grant Noble, Brad Melton

Legacy on Stone: Rock Art of the Colorado Plateau and Four Corners Region ~ Sally J. Cole

Stone Desert: A Naturalist's Exploration of Canyonlands National Park ~ Craig Childs



IMPORTANT DETAILS

CANCELLATION POLICY

The initial \$250 per person DEPOSIT is non-refundable. The FINAL PAYMENT, due 45 days prior to departure is also non-refundable. (This includes cancellation of the river trip, rental equipment, lodging, and vehicle reservations.) Since you have reserved space for which we have a limited number of seats, **our non-refundable policy applies in every instance. There are no exceptions for any reason, so we highly recommend that you purchase Travel Insurance to protect your vacation investment.**

RESERVATION DETAILS

Moab has a wide variety of lodging facilities, from primitive camping to full service inns and condominiums. Most are within walking distance of restaurants. Prices typically range from \$65 to \$169 per room. Our Guest Services Staff is personally committed to helping you plan your vacation. We are available to assist with your lodging reservations as well as reservations for rental cars, shuttles, and charter flights.

RESPONSIBILITY

For airplane flights and any other non-rafting activity for Sheri Griffith Expeditions river trips, whether included in the trip package or booked as an option, Sheri Griffith Expeditions acts solely as an agent of the provider.

SAFETY, ASSUMPTION OF RISK AND, INSURANCE: We maintain a 35-year excellent safety record. However, all outdoor experiences involve risk and we all must recognize that accidents or illnesses may occur. We cannot guarantee your safety. We place final responsibility for your safety firmly on your shoulders where it belongs. You have to pay attention to what you are doing. Mother Nature controls the water level, the weather and, the elements, so there is a risk involved in rafting and camping. Before your trip departs, you will be asked to sign an Assumption of Risk and Release Form. If you have questions regarding this document or would like to see one ahead of time, please feel free to request it. We assume no responsibility for injury to trip members, their personal belongings, or for time and expense incurred. **We strongly recommend Travel Insurance, which covers vacation losses and accidents and provides a refund if you have to cancel your trip.**

NON-PERFORMANCE

We make every effort to follow through on our plans. However, we reserve the right to make changes in the itinerary or possibly cancel a trip if necessary including but not limited to weather conditions, water fluctuations, insufficient reservations, changes in international relations, or other factors beyond our control. If cancellation is necessary, your money will be refunded. Our financial liability shall be limited to the amount actually paid and shall not be extended to cover any other costs incurred by the trip member.

HEALTH ISSUES

If you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying any of our trips. It's not necessary to be an athlete to participate in a river expedition. It is several hours to the nearest medical center however. If you take medication you should bring a good supply and inform your guide of all medication that you are taking. When you meet your guide, you should discretely explain any medical conditions you may have or be concerned about including allergies to bee stings, etc. Each guide carries a first aid kit and will need to know if specific medications should be stored. It is also helpful to know about other health issues when planning activities for the day. Pregnant women and anyone with heart trouble should have their physician's approval before taking a river trip.