



Phone: 800-332-2439  
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Website: [www.GriffithExp.com](http://www.GriffithExp.com)  
Email: [Info@GriffithExp.com](mailto:Info@GriffithExp.com)  
P.O. Box 1324 Moab, UT 84532

*“Adventure With a  
Touch of Class”*

Dear River Traveler,

Thank you for booking your rafting vacation with Sheri Griffith Expeditions. Please take some time to visit the following website [www.travelinsure.com/affiliate/selecthigh.htm?32219](http://www.travelinsure.com/affiliate/selecthigh.htm?32219), which contains information about Travel Insurance.

Sheri Griffith Expeditions has a NO REFUND policy. 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.**

Final payment is due 45 days prior to your departure. Up to this point, you can change trip departure, participant names or rental options with no fee. After the final payment is made, any changes to your reservation will result in a \$25 fee. If you find you are unable to participate in the trip that you booked, but would like to transfer your trip to the following year, there will be a charge of \$300 per participant if the change is made at least 3 weeks prior to your departure date.

Some of the most difficult situations we have had to deal with concern making a “win/win” out of a situation when a guest needs to cancel a few days before a trip due to extenuating circumstances. In these situations, we generally do not have time to refill the space. We have already spent considerable time, money and energy preparing for the trip scheduling vehicles, flights, drivers, guides and equipment, purchasing food, etc.

Because of our short season and very limited number of available seats, we cannot afford the financial loss that cancellations cause. Therefore, in deciding whether or not to buy this insurance, consider the investment you are making in your vacation and whether or not you could afford the loss if you did have to cancel. For about \$5.00 per \$100 of coverage, this Travel Insurance provides reimbursement of all applicable tour costs associated with your cancellation according to policy details.

You can purchase Travel Insurance by calling 1-800-937-1387, or by visiting the above mentioned website. **We strongly recommend that you purchase this insurance to cover the cost of your river vacation in the event of an emergency cancellation.**

Lastly, we welcome you as guests, and look forward to hosting your memorable river vacation.

Sincerely,  
Kristl Johnson  
Guest Services  
Sheri Griffith Expeditions  
*“Adventure with a Touch of Class”*  
PO Box 1324  
Moab UT 84532  
Toll Free: (800) 332-2439  
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**AGREEMENT TO ASSUME ALL RISKS OF  
RIVER RAFTING TOURS, BACKCOUNTRY CAMPING & TRANSPORTATION,  
AND TO RELEASE SHERI GRIFFITH EXPEDITIONS, INC. AND ITS AFFILIATES FROM ANY LIABILITY  
RELATED THERETO**

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**ASSUMPTION OF RISK**

I fully understand that participation in a river rafting trip or tour and the use of related equipment exposes me to certain INHERENT RISKS associated with wilderness travel and with being on and around fast moving water that can cause serious illness, injury or death. I fully understand that these risks include but are not limited to loss or damage to personal property, injury or fatality due to the capsizing of a raft or other vessel, collision with a vehicle, vessel, rock, log, or tree, immersion in water and hypothermia (serious loss of body temperature), or equipment failure, whether or not caused by the negligence of a guide; falling into or from a vessel or while walking on rocky or wet river banks; illness caused by waterborne parasites and bacteria; and exposure to temperature extremes or inclement weather. I further understand the fact that rafting tours are conducted at remote sites far away from medical facilities increases the risk of illness, injury or death. Nevertheless, I wish to engage in this river rafting trip and related activities, and I AM WILLING TO TAKE COMPLETE RESPONSIBILITY FOR MY OWN HEALTH AND SAFETY AND TO ASSUME ALL RISKS OF INJURY, ILLNESS OR DEATH, whether foreseen or unforeseen, that may befall me as a result of my participation in these activities.

**RELEASE AND COVENANT NOT TO SUE**

As consideration for being permitted to participate in this river rafting trip, therefore, I RELEASE SHERI GRIFFITH EXPEDITIONS, INC. AND ITS AFFILIATED OPERATING COMPANIES, whether known or unknown, their agents, employees and representatives, all of which are hereinafter referred to collectively as "SGRE", from, and agree not to sue or make claim against them for, PROPERTY DAMAGE, ILLNESS, PERSONAL INJURY, OR DEATH arising out of my participation in river rafting tour activities, and any activity related thereto, including transportation to and from the river, regardless of whether such property damage, illness, personal injury, or death results from THE NEGLIGENCE OF SGRE (but not its reckless, willful, or fraudulent conduct), and/or from ANY DEFECT IN EQUIPMENT.

**HOLD HARMLESS**

I agree to INDEMNIFY AND HOLD SGRE HARMLESS with respect to any claim made against them by someone else that relates to my participation in river rafting tour activities that would be covered by the above Release and Covenant Not to Sue if made directly by me.

**Photographs**

I agree that all photographs taken by SHERI GRIFFITH EXPEDITIONS representatives may be used in our promotional materials. Please indicate below if you object to the use of your likeness, appearing in a photograph taken during your trip with us, in our Advertising and promotional materials.



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This Agreement shall be interpreted in accordance with the law of the State of Utah.

**I UNDERSTAND THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN ME, SHERI GRIFFITH EXPEDITIONS AND ITS AFFILIATES, AND I SIGN IT OF MY OWN FREE WILL.**

River Trip: \_\_\_\_\_

Date: \_\_\_\_\_

**ADULT GUEST**

Adult Guest **Printed Name:** \_\_\_\_\_

Adult Guest **Signature:** \_\_\_\_\_

**MINOR GUEST**

Minor Guest **Printed Name:** \_\_\_\_\_

The undersigned represents that he or she is the parent or legal guardian of the minor whose name appears immediately above, and agrees to indemnify and to hold SGRE harmless from any loss or expense arising out of any claim made against them on behalf of the above-named minor that would be subject to the above Release and Covenant Not to Sue but for his or her minority.

Minor Guest **Parent or Legal Guardian Printed Name:** \_\_\_\_\_

Minor Guest **Parent or Legal Guardian Signature:** \_\_\_\_\_

Address:	Day Phone: (     )
	Evening Phone: (     )
City:	
State:	
Postal Code:	
Country:	



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# The Best of Moab

Moab's variety of attractions and activities draws visitors from around the globe. Indeed, the area lays claim to unequalled outdoor recreation in and around national and state parks. Here we have compiled a best of list of restaurants, town hikes, shopping opportunities and family activities in the Moab area. We hope this will help make your Moab vacation as **FUN** as possible.

## Best Restaurants

1. **Desert Bistro:** Provides a fine dining experience as good as one would find in places like New York, Chicago, or San Francisco.
  - Costs: \$25+ Location: 92 East Center Street
2. **Bucks Grill:** Offers high quality steaks and fine dining.
  - Costs: \$20+ Location : 1393 N. Highway 191
3. **Moab Brewery:** Fresh ales brewed on-site, along with a wide variety of steaks, sandwiches, salads, soups, and vegetarian dishes.
  - Costs: \$8+ Location: 686 South Main Street
4. **Pasta Jays:** Serves excellent home-style Italian dishes.
  - Costs: \$8+ Location: 4 South Main Street
5. **Fiesta Mexicana:** Authentic Mexican Food. The best Margaritas in Moab made from scratch.
  - Costs: \$10+ Location: 202 South Main Street

## Best Hikes Around Town

1. **Moonflower Canyon:** Short and easy hike of about a mile long with a spring water fall at the end. **Difficulty:** Easy
2. **Mill Creek Walkway:** Great shaded path that stretches from one end of town to the other. **Difficulty:** Easy
3. **Negro Bill Canyon:** One of Moab's most popular hikes flows a spring fed stream and heads in a natural bridge. This trail is about 3 miles round trip and starts along beautiful Hwy 128. **Difficulty:** Moderate
4. **Hidden Valley Trail:** Offers great views of the Moab valley. **Difficulty:** Hard
5. **Courthouse Wash:** Short, but very pretty canyon near the entrance to Arches National Park. The canyon almost always has at least some water in it; consequently it is filled with cottonwoods and willows. **Difficulty:** Moderate

## Best Stores

1. **Tom Till Gallery:** Spectacular Fine Art Prints of landscapes, nature, history, and travel subjects worldwide.
  - Location: 61 North Main Street
2. **Lema's Kokopelli Gallery:** Utah's largest selection of Native American and southwestern art.
  - Location: 70 N Main, Moab
3. **Desert Threads:** Fabulous yarns and natural fibers for knitters, spinners, weavers, and Friendly atmosphere, and helpful staff.
  - Location: 90 East Center St. Square
4. **Lin Ottinger's Rock Shop:** all sorts of rocks and fossils for sale.
  - Location: 600 North Main
5. **Petra Gallery:** The Petra Gallery is Moab's only cooperative art gallery and supports local and regional artists
  - Location: 88 East Center

## Best Family Outings

1. **Matheson Wetland Preserve:** Great bird and wildlife watching
  - Directions: Travel south on State Highway 191 (Main Street) Turn west onto Kane Creek Boulevard, located between McDonalds and Burger King. Travel 3/4 of mile to the Y in the road. Bear left and travel 1/2 mile to the preserve entrance.
2. **Gravel Pit Lanes (Bowling)**
  - Location: 1078 Millcreek Dr 435-259-4748
3. **Moonflower Canyon (Easy Hike)**
  - See Best Hikes.
4. **Butch Cassidy King World Waterpark**
  - Location: 1500 N. Hwy 191
5. **The Rotary Park:** The Mill Creek Park way starts at Rotary Park, a shady, quiet glen equipped with grills, picnic tables and shelters, as well as a children's playground complete with giant xylophones locally known as "free notes"
  - Location: 680 Millcreek Dr



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### GUEST REGISTRATION

Please complete the information below and return to our office as soon as possible.

**RESERVATION NAME:** \_\_\_\_\_ **Trip** \_\_\_\_\_ **Date** \_\_\_\_\_

**TRAVEL ARRANGEMENTS:**

- Driving to Moab--(We have a fenced yard where you can park your vehicle while you are on the trip.)
- Flying into Moab--(Canyonlands Airport (CNY) is 17 miles north of town. Call Roadrunner Shuttle at 435-259-9402 for advance reservations for shuttle transportation to and around Moab.)

**LODGING ARRANGEMENTS:**

Name of motel \_\_\_\_\_  
 Dates of Stay \_\_\_\_\_ Notes \_\_\_\_\_  
 Cell Phone (or Number where you can be reached during your travels) \_\_\_\_\_

**ORIENTATION:** Orientation for multi-day trips is held at our office at 5:00 PM (MDT) the evening before the trip. Will you be able to attend your trip orientation? \_\_\_\_\_ If not, please give us a call to make other arrangements.

**Do you plan on renting camping equipment from us?**  
 YES     NO  
**If yes, please see the Options Order Form.**

**Did you fill out the Beverage Order Form?**  
 YES     NO

Boat Preference (Not Guaranteed)	
<input type="checkbox"/> <b>Oarboat</b>	Your guide maneuvers the raft with a set of oars secured to a frame in the middle of the raft. Considered more stable than the paddleboat
<input type="checkbox"/> <b>Paddleboat</b>	These rafts are manned by the guests. A guide gives instruction and navigates from the back. All must participate. (Minimum 6 people, High Water)
<input type="checkbox"/> <b>Inflatable Kayak</b>	These are supplied for all to share on some trips but can be rented for exclusive use.

Our menus are prepared fresh daily. Please help us accommodate special diets, food restrictions, and allergies with advanced notice. **Special requests must be received 30 days prior to the launch date.**

**GUEST INFORMATION:**

Name: \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_  
 Dietary Restrictions? \_\_\_\_\_  
 Vegetarian? (give details) \_\_\_\_\_  
 Any Medical Concerns or Allergies we need to be aware of? \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_  
 Dietary Restrictions? \_\_\_\_\_  
 Vegetarian? (give details) \_\_\_\_\_  
 Any Medical Concerns or Allergies we need to be aware of? \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_  
 Dietary Restrictions? \_\_\_\_\_  
 Vegetarian? (give details) \_\_\_\_\_  
 Any Medical Concerns or Allergies we need to be aware of? \_\_\_\_\_



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## 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. A link for Travel Insurance is:**

[www.travelinsure.com/affiliate/selecthigh.htm?32219](http://www.travelinsure.com/affiliate/selecthigh.htm?32219).

### 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.



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## Preferred Moab Lodging Guide

We are pleased to recommend the following lodging providers because of the quality of their facilities and services, and for the courtesy they extend to our guests. You can book your lodging directly or, we will gladly book your lodging and add the charge to your rafting invoice. For a complete list of places to stay in and around Moab visit: [www.discovermoab.com](http://www.discovermoab.com)

### Luxury Accommodations

**Moab Property Management**      [www.moabpropertymanagement.com](http://www.moabpropertymanagement.com)      (800) 748-4386      varies

- Large 2 & 3 bedroom/2 bath, in town and golf course condominiums, some with pools and private patios, a central reservation center for major hotels in Moab and the surrounding area.

**Red Cliffs Lodge**      [www.redcliffslodge.com](http://www.redcliffslodge.com)      (866) 812-200      \$169 +

- Beautiful rustic lodge located on the Colorado River on Scenic Byway 128, 16 miles from Moab / Private patios on the Colorado River or Castle Creek.

**Gonzo Inn**      [www.gonzoinn.com](http://www.gonzoinn.com)      (800) 791-4044      \$139 +

- Downtown fun and comfort with splendid quality suites, adjoining rooms and private balconies.

### Deluxe Accommodations

**Moab Valley Inn**      [www.moabvalleyinn.com](http://www.moabvalleyinn.com)      (800) 831-6622      \$90 +

- In town across from Moab's only on-site brew pub and restaurant, indoor/outdoor pool, meeting/banquet facilities

**Big Horn Lodge**      [www.moabbighorn.com](http://www.moabbighorn.com)      (800) 325-6171      \$65 +

- Great in town location near shopping – lodge style décor, on-site steak house restaurant

**Redstone Inn**      [www.moabredstone.com](http://www.moabredstone.com)      (800) 772-1972      \$65 +

- Convenient, cozy and affordable western style near shops and restaurants

**Best Western Canyonlands**      [www.canyonlandsinn.com](http://www.canyonlandsinn.com)      (800) 780 7234      \$110 +

- Exceptional Best Western quality downtown – surrounded by shops, galleries and restaurants

### Bed & Breakfast

**Dream Keeper**      [www.dreamkeeperinn.com](http://www.dreamkeeperinn.com)      (888) 230-3247      \$100 +

- Mature landscape and gardens, private & quiet, many rooms with access to pool patio, 2 blocks from Main Street

**Sunflower Hill**      [www.sunflowerhill.com](http://www.sunflowerhill.com)      (800) 662-2786      \$145 +

- Secluded 4-diamond historic farmhouse and garden cottage, luxurious comfortable décor, 3 blocks from downtown

**Adobe Abode**      [www.adobeabodemoab.com](http://www.adobeabodemoab.com)      (435) 259-7716      \$119 +

- Southwest adobe style on an acre of desert landscape, next to the Colorado River and Matheson Wetlands Preserve, 8 blocks from Main Street

**Cali Cochita**      [www.moabdreaminn.com](http://www.moabdreaminn.com)      (888) 429-8112      \$130 +

- Late 1800's Victorian home secluded from traffic and noise yet 2 blocks from shops and activities.



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## R V P a r k s

**Canyonlands Campground** [www.canyonlandsrv.com](http://www.canyonlandsrv.com) (800) 522-6848

- Shaded downtown park with RV, tent & group sites, air-conditioned cabins, 30 & 50 amp hookups, shade huts, pool, laundry facilities, store, and RV supplies

**Portal RV Park** [www.portalrvresort.com](http://www.portalrvresort.com) (800) 574-2028

- RV, tent and group sites, air conditioned cabins, 20-50 amp service, store, RV supplies, laundry facilities, next to Matheson Wetlands Preserve

**Spanish Trail RV Park** [www.spanishtrailrvpark.com](http://www.spanishtrailrvpark.com) (800) 787-2751

- Near Sheri Griffith Expeditions; RV, tent and group sites, free cable, modem hook-up, store, laundry and handicap facilities.

**Moab KOA** [www.moabkoa.com](http://www.moabkoa.com) (800)562-0372

- 3227 S. Hwy 191 near Sheri Griffith Expeditions; 57 tent site, 65 RV sites, picnic tables, dump station, showers, pool, store and laundry facilities.

**BLM Campgrounds** (435)259-2100

- Big Bend Campground; Hwy 128, 7.4 miles from Hwy 191, 23 tent sites, picnic tables, toilets, fire rings & grill fee, charge
- Goldbar Camping Area; Hwy 279, 10.2 miles from Hwy 191, 10 tent sites, picnic tables, open air toilets, fire ring & grill, fee charge
- Hunters Canyon Area; Kane Creek Rd.(dirt road access) 7.8 miles from Hwy 191, 13 tent sites, open air toilets, fire ring, fee charge

**National Parks** (877) 444-6777

- Arches ~ Devils Garden Campground, end of 18 mile Arches Scenic Drive; 53 tent sites, picnic tables, toilets, fire ring & grill, drinking water, fee charge
- Canyonlands~ Needles Dist. Squaw Flat Campground, Needles District(approx.4 miles from visitor center; 26 tent sites, picnic tables, drinking water, toilets, fire ring & grill, fee charge
- Canyonlands ~ Island in the Sky Willow Flat ,Island in the sky District(near Green River Overlook); 12 tent sites, picnic tables, toilets, fire ring & grill, fee charge

**National Forest** (435)259-7155

- Warner Lake Campground, south on Hwy 191 8 miles, then east on La Sal Loop Rd. for 16 miles(dirt road); 20 tent sites, picnic tables, drinking water, toilets, fee charge

**State Park** (435)259-2614

- Dead Horse Point State Park 9 miles north of Moab on Hwy 191, then 22 miles west on Hwy 313; 21 tents sites, picnic tables, drinking water, toilets, fire ring & grill, fee charge

## OUTDOOR PERSONAL HYGIENE FOR WOMEN



Most of our river trips have female guides on them, and they are available to answer your questions. Our male guides are educated about menstrual cycles and urination differences, and are quite comfortable addressing your concerns. Sometimes, though, they need to be reminded that you may need more "stops" than they might have anticipated.

We carry sanitary porta-potties that are placed in a private area out of sight at the edge of camp. Because of space limitations, handling and weight considerations, porta-potties are used for solid waste only. If you need the porta-potty during the day, ask your guide to set it up. (In certain situations, they may offer different instructions for disposal.) Urination is only acceptable in the wet sand next to the river or in the river itself. The water flows offer continual cleansing and sanitizing of the river and beach areas.

If you are on or expecting your period please bring:

1. plenty of small ziplock bags
2. some extra toilet paper
3. Please dispose of your used napkins/tampons in your ziplock bag and then in the evening dispose of your ziplock baggie in the receptacle next to the porta-potty (**not in the porta-potty**)
4. Keep plenty of extra pads/tampons with your small ziplocks in your daypack at all times during your period.

A helpful hint from past guests--wearing a comfy, wrap-around sarong makes urination much easier because you don't have to pull down your pants. You can wear it over your swimsuit during the day or in the evenings to wash up. Packing a couple of sarongs can be helpful ie: a sun cover (a wet sarong is wonderful in the heat of the day), a skirt or sundress during in the evening or a beautiful beginning to a costume for the last nights party.

Wet Wipes are great to bring on any outdoor expedition but disposing of them can be a problem, if you bring them, please do not dispose of them in the porta-potty, please put them in the garbage in the evenings.

If you have questions, please call our office and speak to any of us. Some of us work indoors, but all of us spend our free time in the outdoors.



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Moab, the only Utah town located on the Colorado River, is in the heart of the Colorado Plateau. Its remote location and unmatched scenery make it the premier multi-sport destination in the United States, and many consider it to be the "Adventure Capital" of the world. The area is a paradise for outdoor enthusiasts as well as a geological wonderland. The town of Moab is nestled in a valley with the 12,000 foot La Sal Mountains on one end and the mighty Colorado River on the other. All of this is surrounded by 1,000 foot red rock cliffs and breathtaking, rugged desert terrain.

### Air Travel to Moab, Utah

You can fly to Salt Lake City and take a connecting flight to Moab with Red Tail Aviation, which provides direct daily flights between Salt Lake City and Moab. From the Moab airport, you can either rent a car with Thrifty Car Rental or book a shuttle with Roadrunner Shuttle for the 16-mile, scenic drive to the town of Moab.

Major airlines also provide daily flights from Denver and Phoenix to Grand Junction, Colorado. Grand Junction is a scenic two-hour drive from Moab. American Spirit offers scheduled daily shuttle service between Grand Junction and Moab.

**Great Lakes Aviation-** [www.greatlakesav.com](http://www.greatlakesav.com) —Direct flights from Denver, Colorado to Moab. \$94 one way with 30 day advanced reservations.

**Red Tail Aviation-** (435) 259-7421 – Direct daily flights between Moab and Salt Lake City

**Slickrock Air Guides** - (435) 259-6216 / [www.slickrockairguides.com](http://www.slickrockairguides.com) – Scenic and charter flights around Moab, Utah and Colorado

### Shuttles and Vehicle Rental

We recommend flying to a major airport and renting a car *or* flying directly to Moab and renting a car here. With so much to see and do in the Moab area it is a good idea to have your own vehicle.

**Big Horn Express** - (888) 655-7433/ [www.bighornexpress.com](http://www.bighornexpress.com) – Daily service between Salt Lake City and Moab

**Thrifty Car Rental** - (800) 847-4389 / [www.thrifty.com](http://www.thrifty.com) – Available at the Moab Airport (Guests of Sheri Griffith Expeditions can leave their vehicles at our Moab office during their time on the river.)

**Roadrunner Shuttle** - (435) 259-9402 / [www.roadrunnershuttle.com](http://www.roadrunnershuttle.com) – On-call airport and city shuttles for the Moab area and Grand Junction

**American Spirit Shuttle-** (970) 523-7662/ [www.americanspiritshuttle.net](http://www.americanspiritshuttle.net) -Shuttle Service from Grand Junction, Colorado to the Moab area

**Nomad Cab-** (435) 260-9986/ [www.moabtaxi.com](http://www.moabtaxi.com) –taxi service from Canyonlands Field Airport and in and around Moab.

*Driving Directions to Moab, Utah*



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 P.O. Box 1324 Moab, UT 84532

*“Adventure With a Touch of Class”*

For more specific driving directions visit [www.mapquest.com](http://www.mapquest.com)

From **Salt Lake City, UT** (4 Hours) – I-15 South to Spanish Fork / US-6 East toward Price/Manti / Continue on US-6 to I-70 / I-70 East toward Green River, UT / Continue to US-191 / US-191 South to Moab

From **Grand Junction, CO** (2 hours) – I-70 West toward Green River, UT / US-191 South to Moab

From **Denver, CO** (7 hours ) – I-70 West toward Grand Junction, CO / Continue to US-191 / US-191 South to Moab

From **Las Vegas, NV** (7 hours) – I-15 North / I-70 East toward Richfield/Denver / US-191 South to Moab

From **Phoenix, AZ** (7 hours) – I-17 North toward Flagstaff / US-89 North to US-160 / US-160 East toward Kayenta / Continue on US-160 East to US-191 North / US-191 North to Moab

### Mileage Chart

Location	Miles from Moab	Average Drive Time ~ hr:min
Albuquerque, NM	387	6:02
Bryce Canyon, UT	281	3:27
Canyonlands N.P. – Island	33	0:33
Canyonlands N.P. – Needles	74	1:07
Capitol Reef N.P.	146	3:00
Denver, CO	355	5:38
Durango, CO	160	2:29
Flagstaff, AZ	319	4:58
Glenwood Springs, CO	199	3:06
Grand Junction, CO	113	1:45
Grand Canyon North Rim	400	6:00
Grand Canyon South Rim	320	5:00
Green River, UT	52	0:50
Lake Powell - Hite	162	3:00
Las Vegas, NV	458	7:05
Los Angeles, CA	727	11:31
Monument Valley, UT	142	2:41
Page, AZ	274	4:42
Phoenix, AZ	467	7:16
Salt Lake City, UT	234	4:00
St. George, UT	339	5:12
Telluride, CO	132	3:00
Vernal, UT	221	3:30



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Available in our Canyon Travelers Store or by phone (800) 332-2439

\*\*Available to rent with advanced notice

\*\*\*We provide wetsuits when conditions require them

## ESSENTIAL ITEMS

- Sleeping bag & pad** \*\*
- Tent** \*\*
- Rain jacket & pants** \* ~ thunderstorms in the desert are very unpredictable!
- Fleece or sweatshirt** ~ nights & mornings are cool; also great under raingear
- Water bottle w/ strap or carabiner** \*
- Sunglasses** with a retainer \*
- Sunscreen ~ SPF 15 or greater** \* ~ a must!
- Lip moisturizer ~ SPF 15 or greater** \*
- Hat or visor** with hat clip to attach to life jacket or shirt \*
- Flashlight** \* or headlamp
- 2 T-shirts** \*
- 2 Swimsuits/sports bras** ~ ladies—a sports top & swim shorts are very convenient!
- 1 pair Lightweight pants** ~ zip-off, convertible pants are great—they're 2 in 1 and save space when packing your dry bag
- 2 pairs Quick dry shorts** ~ swimsuit and shorts all in one!
- Long sleeve cotton shirt** ~ provides sun and insect protection
- Underwear**
- River sandals** or shoes that can get wet, will dry quickly, and will not slip off of your feet

## HIGHLY RECOMMENDED ITEMS

- Hiking shoes & socks** ~ for hiking and wearing around camp
- Moisturizing lotion ~ Aloe Vera**
- Waterproof camera** \*
- Sun umbrella ~ if sensitive to sun
- Binoculars ~ for viewing wildlife
- Books ~ for relaxing in the evening
- Toiletry Kit:**
  - Tooth brush & tooth paste
  - Biodegradable soap & shampoo
  - Feminine hygiene products
  - Small pack of tissue
  - Medications ~ prescription and non-prescription
  - Comb and/or brush
  - Small towel and washcloth

## TIPS FROM THE PROS (Our Guides)

- Disposable moist towelettes**
- Small day or fanny pack**
- Ziploc bags** ~ for extra water protection
- Skirt/sarong** \* ~ 101 uses!
- Travel pillow**
- Garbage bag or stuff sack** ~ keeps wet & dry clothes/items separate
- Area guide or River Map** \*
- Extra snacks** ~ for individuals with particular tastes or who may be diabetic—great for kids too!
- Personal sodas / juices / alcohol** (no glass)
- Journal or notebook** with pen / pencil
- Duct tape** ~ great for quick repairs of almost anything—sandals, sunglasses, luggage, you name it!
- A few **clothespins** and **small piece of rope** for drying clothes
- Goggles** ~ for individuals who wear contact lenses

**NOTES ON PACKING** ~ Pack clothing that you will not mind getting wet and dirty. Fast drying, durable, comfortable clothing is best for rafting. Cotton is recommended for hot weather and synthetic polypropylene or wool clothes for cool weather. All personal items must fit into a 20" x 20" x 27" dry bag. You may pack in an athletic bag for easier access. **Please note trips including a scenic flight have a FAA 25 lbs. baggage limit per person.**



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## Packing Tips

### Handy Items

Ziploc and trash bags are very useful for separating personal items in your dry bag such as medications, shampoo, soap, wet items, and dirty laundry. Wet wipes are great for washing your face, wiping your hands, and cleaning sand or dirt off of personal belongings. Pack a few clothespins and rope to dry clothes while on the river. Remember, on the river it is better to have it and not need it than to need it and not have it! All of these items *can* be invaluable and do not take up much space or add much weight to your luggage.

### Carabiner

Carabiners are very handy in the outdoors as well as back home. Their oval shape and simple gate mechanism allow you to easily clip your water bottle, camera, hat ~ just about anything ~ nearby.

### Extra Snacks

We provide snacks throughout the day, but is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who may be diabetic.

### Beverages

Each boat has an ice cooler for “personal” drinks such as soda, juice, beer, wine, etc. Since there are no stores along the river, we recommend bringing more than you anticipate needing. Please do not bring glass. SGE provides water, available to you all day long, with lemonade, Gatorade, and iced tea mixes.

## COOL WEATHER ITEMS (March, April, May, September October & November)

- |  |   |
|--|---|
| <input type="checkbox"/> Extra set of wool or fleece jacket & pants<br><input type="checkbox"/> Extra wool or fleece socks<br><input type="checkbox"/> Wool gloves<br><input type="checkbox"/> Wool or fleece hat<br><input type="checkbox"/> Polypropylene long underwear | <input type="checkbox"/> Neoprene gloves & booties<br><input type="checkbox"/> Dry suit<br><input type="checkbox"/> Wetsuit ***<br><input type="checkbox"/> Extra shoes<br><input type="checkbox"/> Extra set of warm clothes for evening |
|--|---|

Average Temperatures ~ Moab, Utah

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Avg High	62°	72°	82°	94°	98°	96°	87°	74°
Avg Low	34°	42°	50°	57°	64°	62°	52°	40°
Mean	48°	57°	66°	75°	82°	80°	70°	58°
Avg Precip	0.9 in	1.0 in	0.7 in	0.5 in	0.9 in	0.9 in	0.8 in	1.1 in

Degrees in Fahrenheit

Average Temperatures ~Vernal, Utah

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Avg High	48°	62°	72°	84°	90°	87°	77°	64°
Avg Low	22°	30°	38°	47°	54°	51°	42°	31°
Mean	30°	47°	56°	65°	72°	68°	60°	47°
Avg Precip	0.7 in	0.8 in	0.9 in	0.8 in	0.5 in	0.6 in	0.9 in	1.1 in

Degrees in Fahrenheit

**If you have any questions, please contact us at (800) 332-2439 or [info@GriffithExp.com](mailto:info@GriffithExp.com)**



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**RESERVATION DATE:**

**Email Reservation Form**

**TRIP:** \_\_\_\_\_ **TRIP DATE:** \_\_\_\_\_

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CELL:** \_\_\_\_\_

\_\_\_\_\_ **FAX:** \_\_\_\_\_

\_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**REFERAL SOURCE (Where did you first hear of us?):**

**Why did you choose Sheri Griffith Expeditions over other companies?**

Guest Names	Age	Weight	Diet	Med

**TOTAL GUESTS:**      **A:**      **Y:**      **BOAT REQUEST**

**NOTES**      Oarboat    Paddleboat    Kayaks: Single    Double

<b>TRANSPORTATION</b>		Quantity	Amount
Sand Wash Flight:	\$110		
Hite Flight:	\$110		
Dino Transportation:	\$75		
Vehicle Shuttle:	\$300		
<b>RENTALS</b>		Quantity	Amount
Deluxe Kit	\$40		
Tent	\$35		
Deluxe Pad	\$15		
Sleeping Bag	\$25		
Kayak	\$50		

**ORIENTATION (5:00 PM day before trip)**

Able to attend?      Yes       NO       **TOTAL TRANSPORTATION AND RENTALS**

**CANCELLATION POLICY**

Since you have reserved space for which we have a limited number of seats, our non-refundable policy applies in **EVERY** instance. We highly recommend that you purchase Travel Insurance to protect your vacation investment. A link for Travel Insurance is: [www.travelinsure.com/affiliate/selecthigh.htm?32219](http://www.travelinsure.com/affiliate/selecthigh.htm?32219)

I understand and agree to abide by this policy:      YES       NO

**PAYMENT INFORMATION**

Quantity	Amount	CC#
DEPOSIT:    \$300 x _____ = _____		EXP. DATE:

NAME ON CARD: \_\_\_\_\_

**AUTO CHARGE:**      YES      NO



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**TRIP EVALUATION**

River Trip and Date: \_\_\_\_\_ Guest Name: \_\_\_\_\_

Guide Name(s): \_\_\_\_\_

1 = needs improvement      5 = very positive

1. How would you rate your overall satisfaction with your river vacation? 1 2 3 4 5

Comments? \_\_\_\_\_

2. Are our brochure and/or website realistic and informative? 1 2 3 4 5

Comments? \_\_\_\_\_

3. Trip information: was it informative, enabling you to confidently plan and pack for your trip? 1 2 3 4 5

Comments? \_\_\_\_\_

4. Office staff: friendly, knowledgeable and helpful in answering questions and addressing concerns? 1 2 3 4 5

Comments? \_\_\_\_\_

5. From your perspective, how were the guides': River and boating skills? 1 2 3 4 5

Knowledge and communication of natural and human history of the area? 1 2 3 4 5

Group dynamics and social skills? 1 2 3 4 5

Comments? \_\_\_\_\_

6. What one thing did you like most about your River Journey? \_\_\_\_\_

7. Was there something that didn't work for you? \_\_\_\_\_

8. Where did you *originally* read or hear about us? (National Geographic, Google, MSN, Newspaper, Outside) \_\_\_\_\_

9. Why did you pick our company for your river vacation? \_\_\_\_\_

10. Would you be interested in traveling with us in the future? \_\_\_ YES \_\_\_ NO IF yes, which trips would you be interested in? (Please circle all that apply)

Cataract      Westwater      Family      Green River      Yampa      Gates of Lodore      Women

Luxury

Let your friends know how much fun the outdoors can be. Would you like us to send them a brochure from you? Yes \_\_\_ No \_\_\_ Thank you very much.

Friend's Name: \_\_\_\_\_ Friend's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_