



Phone: 800-332-2439
 Fax: 435-259-2226
 Website: www.GriffithExp.com
 Email: Info@GriffithExp.com
 P.O. Box 1324 Moab, UT 84532

“Adventure With a
 Touch of Class”

WOMEN WRITER’S RETREAT WILD WESTWATER CANYON ON THE COLORADO RIVER

Featuring Author Page Lambert

5 Days & 4 Nights by Oarboat

TRIP ITINERARY

Congratulations! You have signed up for an adventure on the Colorado River through Cataract Canyon and Canyonlands National Park. This is your basic itinerary along with helpful hints and a packing list. Our trips are relaxed and on a flexible schedule. Every trip we run is different depending on the group, other trips on the water, the water levels and sometimes the weather. This is a sample of what your trip might be like.

O v e r v i e w

Meeting Place:	Sheri Griffith Expeditions Office, 2231 South Highway 191, Moab Utah
Meeting Time:	7:30 AM (MST) the day of the trip
Rapid Rating:	Class III-IV
Put in:	Westwater Ranger Station (subject to change)
Take-out:	Cisco Boat Ramp
Trip Length:	5 days/ 4 nights
Raft Type(s):	Oarboats and Paddleboats by request
River Miles:	45 miles depending on water levels
Number of rapids:	13

Orientation: The evening before the trip we meet at our office (2231 South Highway 191) at **5 pm (MDT)** in Moab for a trip orientation. Here you will learn what to expect and prepare for, receive your dry bags, sign Assumption of Risk forms, and get a chance to ask any last minute questions.

ITINERARY AT A GLANCE... Legend: B = Breakfast, L = Lunch, D = Diner

ORIENTATION:

- ❖ Meet at SGRE office (2231 South HWY 191) in Moab for your orientation at 5pm

DAY 1 -2WESTWATER CANYON RAFTING (L, D)

- ❖ Meet at the SGRE office at 7:30.
- ❖ Load all the bags and drive 1 hour and 45 minutes to the boat ramp
- ❖ Learn about the Colorado River and it’s history
- ❖ Options for several hikes throughout the day.
- ❖ Travel between 15-25 miles
- ❖ Camps are amazing with great riverside views.
- ❖ Each day we have time to work with Page and Roxanne as we explore our creative side.

DAYS 3 -4 WESTWATER CANYON RAFTING (B,L,D)

- ❖ Time is set aside to journal and learn from Page and Roxanne.
- ❖ Plenty of bird watching throughout the day
- ❖ Get whitewater safety instruction from your Guides
- ❖ Most of today’s rapids are Class II

DAY 5 WESTWATER CANYON RAFTING (B, L)

- ❖ Westwater Canyon Rafting
- ❖ Run the largest rapids
- ❖ Most of today’s rapids are Class III with one Class IV
- ❖ Return to Moab around 6:30pm



Phone: 800-332-2439
Fax: 435-259-2226
Website: www.GriffithExp.com
Email: Info@GriffithExp.com
P.O. Box 1324 Moab, UT 84532

*“Adventure With a
Touch of Class”*

THE SIGHTS OF CATARACT CANYON ITINERARY

Arrival Day

There will be a “no-host” dinner after the orientation (held at 5:00 PM the evening before departure at the SGE office). Page and the guides will join everyone for dinner. Page will 'set the stage' for the trip and will give a reading from her writings.

Day 1

We meet early the morning of departure at the Sheri Griffith Expeditions office. We then drive two hours to Colorado to the launch site on the Colorado River, load the boats and head down stream. Once on the Colorado River, you will receive a river orientation and meet your other guides and fellows guests.

The first part of this adventure places you in the midst of stark and dramatic desert landscapes. Today is a lazy day on the river as you adjust to the relaxed pace. You'll stop to hike as well as for lunch where you'll create your own deli masterpiece.

You will reach camp by early evening and enjoy a generous, delicious dinner prepared fresh by your guides. The camps on this stretch are large and offer a variety of great hikes.

Camp is on a remote beach, with time to reflect, write and meet with Page. The guides prepare a hearty balanced dinner.

Days 2 & 3

We board the rafts after breakfast and float deeper into the canyon.

These first few days provide opportunities for extraordinary exploration.

Page will work with us individually and collectively as we float down the river, and will continue her program at camp that evening.

We will have a “layover” camp, where we stay in the same camp for 2 nights. There's ample time for writing, working with Page one-on-one and of course hiking, and sharing stories.

Day 4

After a hearty breakfast, we push-off. The guides take time to teach you how to enjoy the big rapids safely. Then the fun really begins. The focus is on the rapids, our journals stowed in waterproof boxes for now. Here are the incredible rapids you have been waiting for: Little Hummer, Funnel Falls, Last Chance Rapid, and of course, the infamous Skull Rapid. We pull off to camp and write about the experience while the emotions are fresh and vibrant.

Day 5

There will be chance to swim and enjoy the river as you float out of Westwater Canyon. Lunch is a fresh buffet on the riverbank.

The ride back to Moab will be filled with Stories of the hole in 'Sock-It-To-Me' and the beautiful sunset the night before. The van returns you to Moab around 6-6:30 PM (MDT).



Phone: 800-332-2439
Fax: 435-259-2226
Website: www.GriffithExp.com
Email: Info@GriffithExp.com
P.O. Box 1324 Moab, UT 84532

“Adventure With a
Touch of Class”

What is Included

- **FULL DAYS ON THE RIVER** ~ We begin early the first day & return the last day at day's end.
- **ALL RAFTING, CAMPING and SAFETY EQUIPMENT** ~ Rafts, kayaks & related equipment, life jackets, safety equipment, sleeping bag, sleeping pad, tent, personal dry bags for your gear, kitchen, dining & 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. Many of our fruits and vegetables are locally grown. Dinners always begin with hors d'oeuvres. Breakfast and lunch are equally tasty with varieties 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 Moab to the river launch, and back to Moab again.
- **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.

What is not included

- **Personal Beverages** ~ soda, beer, wine, etc. We are available to purchase your personal beverages for you. Please contact our Guest Services Staff to obtain a **Beverage Order Form** if you would like us to do so. Note: in the state of Utah the liquor stores are closed on Sunday. The grocery and convenience stores carry 3.2% beer and no wine.
- **Transportation to Moab** (see our Moab Transportations Options for ideas)
- **Lodging** before and after your rafting trip (see our Moab Lodging Guide for recommendations)
- **Gratuities** by no means required but always appreciated by our guides



Phone: 800-332-2439
Fax: 435-259-2226
Website: www.GriffithExp.com
Email: Info@GriffithExp.com
P.O. Box 1324 Moab, UT 84532

“Adventure With a
Touch of Class”

Packing List

*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** ** (included in price)
- Tent** ** (included in price)
- 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
- T-shirts** * (one per day)
- 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
- 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
- Area guide or River Map** *

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.**



Phone: 800-332-2439
 Fax: 435-259-2226
 Website: www.GriffithExp.com
 Email: Info@GriffithExp.com
 P.O. Box 1324 Moab, UT 84532

*“Adventure With a
 Touch of Class”*

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 it is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who are 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)

- Extra set of wool or fleece jacket & pants
- Extra wool or fleece socks
- Wool gloves
- Wool or fleece hat
- Polypropylene long underwear
- Neoprene gloves & booties
- Dry suit
- Wetsuit ***
- Extra shoes
- 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



Phone: 800-332-2439
Fax: 435-259-2226
Website: www.GriffithExp.com
Email: Info@GriffithExp.com
P.O. Box 1324 Moab, UT 84532

*“Adventure With a
Touch of Class”*

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 spring and fall evenings can be cool. Other than an occasional rain cloud, there are few overcast days, however, always pack your raingear! No matter the weather, you will find your visit to be fascinating and unforgettable.

Getting to Moab

Moab, Utah is located on Highway 191 about 30 miles south of Interstate 70. It is approximately a two hour drive from Grand Junction, Colorado, and a four hour drive from Salt Lake City. Both cities have commercial airports with rental cars and vans as well as shuttle companies. USAir offers direct flights from Salt Lake City to Moab. If you are driving to Moab or renting a vehicle upon arrival in Moab, you may park in our locked, gated property adjacent to our office while you are on the river.

Moab Stores

The grocery store is open late so you can pick up any last minute items you may have forgotten. The liquor store is open from 11 AM to 9 PM in the summer (May through October). The bookstores in town carry an excellent assortment of books about the rivers and the Colorado Plateau.

Restaurants

There are numerous restaurants in Moab to choose from that accommodate various culinary tastes. Most are open late in the evening and early in the morning. Our guest services staff can help assist you with what restaurants are closest to your hotel.

Recommend Reading

[Exploration of the Colorado River and Its Canyons](#) ~ John Wesley Powell

[Canyonlands River Guide](#) ~ Bill Belknap

[The Doing of the Thing: The Brief, Brilliant Whitewater Career of Buzz Holmstrom](#) ~ Vince Welch

[Legacy on Stone: Rock Art of the Colorado Plateau and Four Corners Region](#) ~ Sally J. Cole



Phone: 800-332-2439
Fax: 435-259-2226
Website: www.GriffithExp.com
Email: Info@GriffithExp.com
P.O. Box 1324 Moab, UT 84532

“Adventure With a
Touch of Class”

Important Details

CANCELLATION POLICY

The initial \$300 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.**

RESERVATION DETAILS

After making your reservation you will receive a reservation packet that will include a packing list, helpful travel hints, travel insurance information, a beverage order form, and a guest registration form. Please fill out the guest registration form and send or fax back quickly.

SAFETY, ASSUMPTION OF RISK AND, INSURANCE: We maintain a 36-year excellent safety record. However, all outdoor experiences involve risk and we all must recognize that accidents or illnesses may occur. 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 we will need to know if specific medicines should be stored. It's 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.