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## *Discover*

### W o m e n o n A d v e n t u r e WRITING AND SCULPTING RETREAT: WILD AND SCENIC CATARACT CANYON

*Through the heart of Canyonlands National Park*  
**6 Days / 5 Nights**

As featured in *O Magazine* and *Shape Magazine*

Enjoy the Great Outdoors with competent women guides.

This is an active vacation with lots to do; rafting, hiking, camping, writing, reading, sculpting, and relaxing.

From the beginning of the trip, you will find yourself seduced by the pace of the river while absorbing beautiful scenery, and enjoying the camaraderie of interesting people. Shortly after the confluence of the Colorado and Green Rivers, a series of steep descents and powerful whitewater known as the Mile-Long Rapid begins. Then come the Big Drops: Little Niagara and

Satan's Gut ~ during high water, the waves are gigantic.



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Once again, Page Lambert returns to facilitate a 6-day river-writing journey for women in Utah's beautiful Cataract Canyon on the Colorado River. Whether writing in your personal journal or writing for publication, being submerged in the natural world unleashes powerful creative energy.

Personal writing time is woven into the moments between floating down the Colorado River, hiking at your leisure, or relaxing on shore. Beginning with breakfast, seminar material is presented at the river's edge and continues throughout the day, ending with readings under the stars.

Material includes fiction, creative nonfiction, memoir and poetry. "Women rediscover an important part of themselves in the natural world," Page says. "We move and inspire each other in uniquely feminine ways."

Take time to learn from Roxanne how to tap into your creative side

as you work with a bit of modeling clay to create your own unique piece of art.



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## The Cataract Canyon Experience

### Rafting Cataract Canyon

The expedition begins at 7:30 AM at our office. We then drive a few miles south of Moab and launch into the mighty Colorado. Within a short time we enter the imposing, humbling landscape of Canyonlands National Park. Today you will create your own deli masterpiece for lunch and enjoy a generous and delicious dinner prepared fresh by your guides. Camp is always full of wonder and anticipation of tomorrow's spectacle.

The character of the Colorado River varies with changes in water flow. The river fluctuates dramatically from year to year and month to month depending on the year's snow pack. Cataract Canyon presents some of the biggest and most challenging rapids in the United States from mid-May to mid-June. After June, the water flow decreases and the rapids become more moderate and family friendly.

You don't have to be an experienced whitewater rafter to enjoy the thrill of the exciting rapids in Cataract Canyon. If you have never rafted or camped before, rest assured that we are professionals at making your trip comfortable, fascinating and safe. Our multi-talented guides are extremely good at helping you enjoy your river vacation.

Whitewater

### Camping & Hiking

Each evening we establish camp on the riverbank. While you explore and relax, the guides set up chairs and the kitchen, where they prepare fresh, delicious and abundant meals. The clean air amplifies a vibrant blue sky, creating a perfect environment for hiking and unparalleled photographic opportunities. Time is set aside for hiking to geological and historical sites including Ancient Pueblo ruins and petroglyphs. Each day as evening yields to night, the sun melts from the sky and is replaced by a vivid star show that enhances the evolving conversations you will share with the other guests and the guides.

### About Page

Recipient of two Literary Fellowships from the Wyoming Arts Council, **Page Lambert** was described in *Inside/Outside Southwest Magazine* as one of the most notable women writers of the contemporary West. Her memoir, *In Search of Kinship*, and novel, *Shifting Stars*, continue to draw high praise. She leads workshops, retreats, and gives presentations throughout the U.S. and Canada.

### About Roxanne

Roxanne Swentzell was destined to be a talented artist. She feels that many people are out of touch with their environment and hopes relating to her expressive characters will help them get back in touch with their surroundings and feelings.



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By the end of the second or third day, you will sense the anticipation of the group rising as we near the rapids. The guides take time to teach you how to enjoy the rapids safely, and then the fun begins! Everyone has their place, their instructions, and their camera as the guides focus on what is to come. For the next day or more, you will experience the thrill of a lifetime!

### [Cataract Canyon History](#)

In the 1930's, the Grand Canyon extended 550 miles from Moab to Lake Mead. In the 1960's the Glen Canyon Dam was built to form Lake Powell, and Cataract Canyon was separated from the Grand Canyon. This 100 mile stretch of the Colorado River has some of the most colorful and interesting river history on the entire Colorado River.

Cataract Canyon became part of Canyonlands National Park in 1964. There are numerous secluded Ancient Pueblo sites along the river. You will get a chance to ponder the disappearance of these ancient peoples while exploring their 800 year old dwellings.

Major John Wesley Powell named Cataract Canyon after his monumental 1869 expedition down the Green and Colorado Rivers. You will get a chance to see inscriptions that he and other early river runners left behind while navigating Cataract's challenging rapids.

Canyonlands is also home of many legendary outlaw hideouts. One of the most famous is Robber's Roost where Butch Cassidy and the Wild Bunch would lay low between robberies.

## Journey's End

As we leave the whitewater, the Colorado River slides its way into Lake Powell and we start the outboard motor to scoot across the lake to our take-out. After pulling the rafts and gear from the lake, the guides escort guests up to the landing strip for the return flight to Moab. This is no ordinary flight back, this is a scenic flight over Canyonlands National Park and the river you just rafted ~ the perfect end to the perfect vacation.

## The Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In September and October temperatures generally range between 70° and 80°. The climate here is very dry with little humidity and is not oppressively sweltering. Fall evenings are quite comfortable though they can be cool. Other than an occasional rain cloud, there are few overcast days.

## Geology

There are numerous secluded geological sites along the river. Cataract Canyon is a geologist's paradise. You can see nearly 300 million years of rock history in a single glance. Throughout time the river has sliced through this rock and left it exposed for all to see. These multi-colored layers of rock sparkle in the warm Utah sun, creating spectacular sunsets and photos.



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## The Sheri Griffith Expeditions Difference

*"Adventure with a Touch of Class"*

### **DISCOVER:**

**The Quality** that is offered only on a Sheri Griffith Expeditions trip. From the first call to last meal the SGE team is the friendliest, most competent and fun group of professional travel associates in the business.

### **EXPERIENCE:**

**The Service and Safety** that comes from 38 years of showing guests the wonders of whitewater rafting. Our company's knowledge is passed on to our team through extensive training and workshops. You will see the quality of this training in our equipment, food and staff on each trip.

### **RELAX:**

**In the Comfort** of our cozy chairs, sit-down dining and fabulous meals. Your Vacation is our priority: whether you are a novice camper or a great outdoorsman, our goal is to help each guest enjoy their river vacation.

### **What does "A Touch of Class" mean?"**

It means we provide more amenities and service than any other outfitter. Our goal is to help you feel comfortable in the outdoors. We provide enough civilization for anyone to be comfortable on our river rafting trips. **Great meals, cozy sleeping bags, comfortable chairs and professional service-oriented guides** create a relaxing and comfortable camp setting, complimenting the relaxed pace of the day's river rafting activities.

### **GROUP SIZE**

Sheri Griffith Expeditions believes in protecting the environment and enhancing your vacation. This is why we rarely host trips larger than 25 people. Most of our trips are 10-15 people in size. On our multi-day expeditions there will never be more than 5 guests on each oarboat. With small groups you will get the attention you deserve and the chance to know all the guides and other guests.



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## Our Guest Services Staff

All of us at Sheri Griffith Expeditions know what a deeply rewarding experience a river trip can be. Our Guest Services staff is widely recognized as the most helpful and accommodating in our industry. You can rely on us to facilitate a successful trip. Call us with any questions, requests, or for assistance ~ we are happy to help.

### What Sheri Griffith Expeditions Provides

- Trip orientation
- Rafting, hiking & camping at the highest level
- All rafting and safety equipment including lifejackets and dry bags
- All camping gear: tent, sleeping bag and pad
- Professionally trained and licensed Guides
- Portable toilet and necessities
- All meals starting lunch day 1 through lunch the last day
- Shuttle to launch site
- Iced water, Gatorade and Lemonade on every boat
- Soda, Coffee, Tea and Hot Chocolate in camp
- Full days on the river
- The best customer service from your first phone call to the actual river vacation experience

## Our Women River Guides

Our professional women guides' 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 behavior 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 that know this country, and want to share it with people who want nature to be a part of their life. 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 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.

"As a woman, I am deeply and greatly moved and inspired by experiencing the women in their strength of body and spirit. Your guides offered a model that will not be forgotten. Rather, I will take on that much more because of what I witnessed in them."

***-Susan Johnsen, Atlanta, GA***



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## Orientation

We hold a pre-trip orientation at 5:00 pm the evening before the trip launches. Here you will meet one of your guides, sign your release forms, receive your dry bags (river luggage), learn what to expect and how to prepare, and ask any questions. The orientation is held at our office in Moab, Utah, at 2231 South Highway 191 (the big blue building).

## Custom Trips

We can help you schedule other activities in Moab around any of our river adventures. There are a variety of things to do in the Moab area including skydiving, Hummer/ATV tours, canyoneering, guided hikes, horseback riding, mountain biking, and scenic flights. Along with your river trip, we are available to help with booking the above activities as well as to assist with booking your lodging and transportation needs while in Moab.

## Environmental Awareness

We demonstrate that businesses can be socially and environmentally compatible. Environmental responsibility is an ethic that everyone in the company practices. We recycle and reuse all we can. We are politically involved in, and contribute to, conservation causes and issues. We incorporate earth awareness in our river trips: "take only pictures and leave only footprints."

## Food and Diet Restrictions

We provide and prepare fresh all of the meals while on the river. Our guides are great cooks and take great pride in their meals. They do all of the work of preparing high quality, healthy meals made with fresh ingredients. There are a variety of fruits and vegetables, and meat and non-meat choices. The evening meals are grilled and baked to perfection. We can accommodate a variety of diets and will assist with dietary restrictions as well. We have the ability to accommodate almost any meal restrictions as long as we know before the trip is packed.

**All meats are from a local butcher in Moab, and almost all our vegetables are either locally garden grown or purchased from the local farmer's market.**

**"Our mission is to enhance and enrich people's lives through outstanding outdoor adventures."**

Most of us earn a few valuable days each year that we use to enhance the quality of our lives. We have created rafting vacations to enhance yours, and are grateful for the opportunity to share them.

## **Elevate Your Life!**

**Call (800) 332-2439 or email [Info@griffithexp.com](mailto:Info@griffithexp.com)**

For more information on our **Women on Adventure** vacations visit [www.griffithexp.com/women.htm](http://www.griffithexp.com/women.htm)

**W o m e n o n A d v e n t u r e :**

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