



A RIVER OF ONE'S OWN
A HEROINE'S JOURNEY INTO THE WORLD OF STORY
FEATURING ELLEN MCLAUGHLIN
PAGE LAMBERT'S 17TH ANNUAL RIVER WRITING JOURNEY
CATARACT CANYON ON THE COLORADO RIVER

Through the heart of Canyonlands National Park

August 10-16, 2014, 6 Days & 5 Nights by Oarboat

Overview of Cataract Canyon for 6 days

Meeting Place: Sheri Griffith Expeditions Office, 2231 South Highway 191, Moab Utah

Meeting Time: 7:30 AM (MDT) the day of the trip (confirmed at Orientation, 5:00pm the day before)

Rapid Rating: Class III-V

Put in: Potash Boat Ramp

Take-out location: Hite Marina on Lake Powell

Trip Length: 5 nights, 6 days

Raft Type(s): Oarboats

River Miles: 96

Number of rapids: 29 depending on Lake Powell's elevation.

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

Orientation: The evening before the trip, we meet at our office in Moab for a trip orientation. Here you will meet Page, featured guest Ellen McLaughlin, and one of your guides, learn what to expect and prepare for, receive your dry bags, sign release forms, and ask questions. The orientation is followed by a no-host dinner with Page, Ellen, and Sheri Griffith to kick off the creative adventure.

The Cataract Canyon Itinerary

Arrival Day

At 5 pm (MDT) the day BEFORE the departure we meet at our office just outside of Moab Utah for a pre-trip meeting. 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.

If you cannot make the meeting, please let us know beforehand. That way we can drop off your dry bags and any last minute instructions at your hotel.

Day 1

This morning you will be transported from the Sheri Griffith Expeditions office to the Potash Boat Ramp on the Colorado River. You may catch a glimpse of petroglyphs on the cliff walls, dinosaur tracks on some of the roadside boulders or fossils in the rocks surrounding the boat ramp.

Once on the river we settle into the boats and begin our journey down river through the heart of Canyonlands National Park. This morning guests may visit a petrified wood bed and will pass the Pyramid Butte.

The canyon walls are a beautiful, deep red which contrasts beautifully with the pristine blue sky that will be your ceiling for the next 5 days. After lunch, we settle back onto the boats and continue downstream, where we will pass Tex's Grotto, where a Grand Piano is set up for concerts during the Moab Music Festival, and Dead Horse Point, where the movies Mission Impossible 2 and Thelma and Louise were filmed.

We will pull off the river to camp for the night. Guests can sit back and relax or hike the canyons while their guides setup the kitchen and dining areas. Swimming is also an option. Dinner prepared for you by your river guides. Meals are wonderful combinations that fit well into the atmosphere of your canyon dining room.

Note: Meals are served from a set daily menu, but you are welcome to request, in advance, special dishes or tell us if there are particular things you would prefer not to have.

Potential Hiking Opportunities: Tex's Grotto, Little Bridges, Petrified Wood.

Day 2

Wake to the smells of fresh coffee and a delicious breakfast cooking in the morning after you eat, we will assist you in taking down your tent and in preparing for the day's journey if you need.

This morning we will pass Lockhart Canyon, where Butch Cassidy and the Sundance Kid used to hide their stolen cattle until they could move them to market. We will also see Indian Ruins at Lathrop Canyon.

We'll pull off river for a healthy lunch and possibly a short hike. Vegetarian option is available with advance notice.

This afternoon we will see picturesque Airport Tower, which rises nearly 1200 Feet above the canyon rim, and is long enough to land an airplane on. We will also see the Coffee Pot Ruin and the "Racing Stripe," a bright white stripe of Gypsum suspended midst the deep red sandstone that makes up the rest of the canyon.

We will pull off river for another evening of big sandy beaches, exploration, contemplation and beautiful starry skies. After we assemble our River Side Oasis, you are welcome to sit back and relax or take a short hike up Indian Creek Canyon to see the waterfalls (spring trips only). Spend the evening in warm camaraderie as you relax and enjoy the desert wonders around you.

Potential Hiking Opportunities: Lathrop Canyon or Indian Creek Canyon

Days 3 and 4

Breakfast is served in your canyon dining room. Breakfast offerings will vary throughout your rafting expedition. Hot coffee, tea and chocolate are always available, as are juices, and fresh fruit. After breakfast, clients will board the boats and we will head down river.

We may take the opportunity to participate in the Loop Hike, which takes us to the top of the ridge around which the Colorado River takes a four mile bend onto itself. You will be able to see both sides of the ridge from nearly 1000 feet above the river! Enjoy another healthy and delicious Lunch, served as you visit a large sandy beach alongside the river.

This afternoon we will reach the Confluence of the Green and Colorado Rivers. We now enter the true heart of Canyonlands National Park as we near the Confluence. If it has rained recently, the mixing of the rivers will be defined in brilliant swirls of red and green. We will lay-over near Brown Betty, a beautiful river-side beach.

Potential Hiking Opportunities: The Loop Hike or The Dolls House

Day 5

This morning's fare is complimented by the sound of rushing water and the anticipation of a great day of running the famous rapids of Cataract Canyon. We will load everything back onto the boats and prepare ourselves for the exciting day at hand.

This morning we will run some of the biggest whitewater in the Western United States (on trips during May and June, later season trips ~July and August~ have smaller rapids). Rapids whose names are almost as intimidating as the whitewater itself: Big Drop 2, North Seas and Capsize. Everyone will be thoroughly soaked as we take a break at midday for lunch and to catch our breath.

Stop for Lunch and for some "Land Time". While the guides prepare lunch, guests are welcome to explore the canyon a bit or watch as others run the big rapids they have just been through.

Once we have finished with lunch, we get back on the boats and head into the big whitewater. This afternoon we will navigate through more intimidating rapids, including Big Drop 3, Satan's Gut and Little Niagara. There may be stops along the way as the guide scouts the rapids to find the best route through the churning whitewater.

We will pull off the river. After we recreate our riverside oasis, guests are welcome to kick back, relax and relive the day's adventures over and over again as the evening deepens and a bright canopy of stars replaces the blue sky.

Though every trip has its own unique "last night," traditionally the last night on the river is a "Dress Up" night. Anything goes, from formal wear to clown outfits with floppy hats. Guests are not required to

participate, but are welcome to use their imagination and help celebrate an amazing trip.

Day 6

Your final day of rafting begins with hot coffee, tea or hot chocolate followed by a delicious breakfast, prepared by your guides.

This morning we will pass through the final rapids. We may have some opportunities for hiking in some of the canyons previously lost to Lake Powell's waters, but accessible now that the waters in the lake have dropped. Clearwater Canyon and Dark Canyon are guide favorites.

We'll climb back aboard the boats and follow the Colorado River as it pushes its way into the calm waters of Lake Powell. Here we'll be in the deepest part of the canyon, surrounded by nearly 2,000 foot cliffs. We'll see the Dirty Devil River and Piano Leg Arch.

We will motor off of the lake and pull off near what used to be the Hite Marina on Lake Powell. You will be escorted to the landing strip for your return flight to Moab. As you take this scenic flight, watch for the Henry Mountains, the White Rim, the Abajo Mountains, the La Sal Mountains and nearly the entire Colorado Plateau. You will be met at the Moab airport and transferred back to Moab and the Sheri Griffith Expeditions office where your journey ends.

Potential Hiking Opportunities: Clearwater Canyon, Bowdie Canyon, Dark Canyon



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, sleeping bag, sleeping pad, tent, personal dry bags 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. 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 guide this extensively. Your river journey will be guided by extensively trained and highly personable river women who 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 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.

TRANSPORTATION ~ We provide transportation from Moab to the river launch. Transportation costs for the return from Hite Marina to Moab are listed separately on your statement. **Passengers who choose the scenic flight option back to Moab at**

the end of the Cataract Canyon trip are limited by the FAA to 25 pounds of luggage per person.

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 You Provide

- **Personal Beverages ~ soda, beer, wine, etc.**
Please limit glass. We are available to purchase your personal beverages for you.
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 Moab and our office**
- **Lodging before and after your rafting trip**
- **Guide Gratuity are appreciated**



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, 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.

Books about Cataract Canyon and the Moab Area

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

[Canyonlands River Guide](#) ~ Bill Belknap

[Cataract Canyon: A Human and Environmental History of the Rivers in Canyonlands](#) ~ Robert H. Webb

[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



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, 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 \$85 to \$200 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 42-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 on our part 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.