



Itinerary:
Moab Adventure Vacation
4 Days/ 3 Nights

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On The Colorado River

Overview of Moab Adventure Vacation

Meeting Place: [Sheri Griffith Expeditions Office](#), 2231 South Highway 191, Moab Utah
Meeting Time: 7:00 AM (MDT)
Rapid Rating: Class III-IV (water level dependent)
of Rapids: 16 **River Miles:** 17
Put in: Westwater Ranger Station **Take-out:** Cisco Boat Ramp
Trip Length: 4 Days/ 3 Nights **Raft Type(s):** Oarboat, Paddle Boat
Age Limit: Minimum Age is 8 years old (depending on water)
Activities t: Sunset Hummer Tour, Mountain Biking, Canyoneering
1 Day Westwater Canyon

What makes this trip special?

If you're looking for a vacation that takes care of all the details, this is your trip. All your hotels, and meals are cover in the **All-Inclusive** packaged tour of Moab. Stay at top class resorts and get the full "Moab Experience."

Moab, Utah offers some of the best variety of outdoor activities in the world. Choose from horseback riding in country made famous by John Wayne or mountain biking on legendary slickrock. You want to experience the exciting sport of canyoneering, or relax on a scenic Hummer tour of the Canyon country.

On our **4 days/ 3 nights** Moab Adventure Vacation you spend three nights in the heart of Moab Utah at Best Western Canyonlands. Activities include an **evening hummer tour**, a **mountain biking** adventure, **rafting** in the wild Westwater Canyon, and **Canyoneering** through a beautiful side canyon.

This is the ultimate no hassle vacation for you and your family!

Sample Itinerary: 4 Day Moab Adventure Vacation

Day 1

Welcome to Moab Utah!

After settling into your room at the Best Western Canyonlands, enjoy dining at the Moab Brewery. Here you will find authentic Fresh ales brewed on-site, along with a wide variety of steaks, sandwiches, salads, soups, and vegetarian dishes.

After dinner, you get to experience a sunset on one of Moab's famous slickrock trails. Moab's slickrock trails are a great place to see what Hummers can really do. This is easy fun for the whole family. This adventure features visits to breathtaking vistas and fun climbs and descents as you explore Moab's beautiful backcountry.

Day 2

Westwater Canyon Rafting: This trip is designed for adventure seekers and canyon lovers, for those looking for great rapids on a remote and regulated river. The number of people allowed in this canyon each day is strictly controlled. That means you will encounter almost no one else on the river during your trip. We use oarboats here, but paddleboats are available for the experienced by advance request. An oarboat is an 18 foot inflatable raft maneuvered by a guide with a set of oars secured in the middle of the raft. A paddleboat is a 16 foot inflatable raft manned by passengers and their paddles, with the guide navigating from the back of the raft.

There will be chance to swim and enjoy the river as you float out of Westwater Canyon. 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).

Dinner is again provided at one of Moab's wide variety of Restaurants.

Day 3

Mountain Biking: Meet your Solfun Mountain Biking guide in the lobby of your hotel. They will take you to the Klondike Bluffs Ride which is a 10-15 mile half day ride with moderate climbs and varied terrain. This ride offers bikers a good introduction to Moab's famous slickrock terrain. We'll also view dinosaur tracks along our route. At the half way point a short walk will take us into Arches National Park and to breathtaking views of the red bluffs and arches below.

This afternoon you are free to explore the wonders of **Arches National Park** or **Canyonlands National Park**. Both these parks are minutes away from your hotel. You won't believe your eyes as you tour this one-of-a-kind place where over 2,000 natural sandstone arches and towering red rock formations blanket the landscape. Dinner tonight is at another one of Moab's most popular local restaurants.

Day 4

A Cliffs and Canyons Guide will meet you in the hotel Lobby for your guided canyoneering adventure at 7:00 AM. Ephedra's Grotto begins as we hike across ancient petrified sand dunes which lead us into a dry rock wash. Quickly the wash turns into a dry waterfall that seems to almost disappear into the tightest, deepest rain gutter imaginable. "We go down there?!" is the usual question after peering over the edge, and indeed we do. This exquisite rappel is the first obstacle in reaching the entrance to the amazing and not-at-all-famous Grotto.

Now, enveloped in a small stone room, whose floor rarely sees the light of day, we exit to find our next challenge... a jaw-dropping rappel into the alluring green canyon below via an enormous natural stone bridge! A cool spring-fed stream accompanies us for the rest of this outstanding hike.

Day One: Sunset Hummer Tour

Evening Activity	Sunset Hummer Tour
Start Location	Highpoint Hummer (281 North Main Street, Moab, UT)
Start Time	Varies with sunset time. 6-8Pm
Approx. End Time	9-10
Dinner	Moab Brewery (686 South Main Street, Moab, UT) Gift Certificates are in your welcome packet at Gonzo Inn's front desk.
Evening Accommodations	Best Western Canyonlands (16 S Main Street, Moab, UT)
Check in	4:00 Pm

- Hummer Tour:**
How to dress, what to bring:
- ❖ Hat
 - ❖ Sunglasses
 - ❖ Sunscreen
 - ❖ Camera * (optional)
 - ❖ Water Bottle

Day Two, Whitewater Rafting

Breakfast	Best Western Canyonlands
All Day Activity	Whitewater Rafting
Start Location	Best Western Canyonlands
Start Time	7:15am (Subject to change)
Lunch	Provided by Sheri Griffith Expeditions
Dinner	Pasta Jays
Evening Accommodations	Best Western Canyonlands (16 S Main Street, Moab, UT)

- Westwater Canyon:**
How to dress, what to bring:
- ❖ Hat
 - ❖ Sunglasses
 - ❖ Sunscreen
 - ❖ Camera * (optional)
 - ❖ Swimming suits
 - ❖ Water Bottle

Day Three- Mountain Biking

Breakfast	Best Western Canyonlands
Morning Activity	Mountain Biking
Start Location	Best Western Canyonlands
Start Time	7:00am (may change with season..)
Approx. End Time	Noon
Lunch	Pantele's Deli
Dinner	Zax's Pizzeria

- Mountain Biking:**
How to dress, what to bring:
- ❖ Hat
 - ❖ Sunglasses
 - ❖ Closed toe shoes
 - ❖ Sunscreen
 - ❖ Camera * (optional)

Day Four, Canyoneering

Breakfast	Best Western Canyonlands
Morning Activity	Canyoneering
Start Location	Best Western Canyonlands
Start Time	7:15am (Subject to change)
Lunch	On your own

Canyoneering: How to dress, what to bring:

- ❖ Hat
- ❖ Sunglasses
- ❖ Sunscreen
- ❖ Camera * (optional)
- ❖ Long Pants
- ❖ Water Bottle

Additional Activities Available (May have added charge)		
Item	Quantity	Date of Activity
Canyoneering		
Sunset Hummer Tour		
Horseback Riding		
Mountain Biking		
Guided Hike		
ATV Tour		
Canyonlands by Night		
Scenic Flight		

The Sheri Griffith River Expeditions **Difference:**

Enhance to People's Lives through Outstanding Outdoor Adventures.

Sheri Griffith River Expeditions is the rafting outfitter offering "[A Touch of Class](#)" to all our adventures since 1971. We have received numerous awards for business ethics and community involvement. Including the prestigious "Best of State Award" for River Outfitter and is the only Moab based outfitter to be recognized by *National Geographic* as one of the "Best Outfitters on Earth."

More Trip Details

Activities

Guided Hike Unwind while viewing the magnificent Canyon landscape and exploring secret amphitheaters, arches, and Indian ruins.

Canyoneering The most spectacular aspects of the desert are hidden within its vast canyon networks. Canyoneering adventures offer you not only the rare chance to be inside these remarkable creations, but also the adventure of rappelling.

Hummer Tour Moab's slickrock trails are a great place to see what Hummers can really do. This is easy fun for the whole family. This adventure features visits to secluded canyons, ancient rock art and breathtaking vistas!

Horseback Ride The day after you return from the river, you will join a carefree guided horseback trail ride. The trail winds up Castle Creek Canyon to a perfect viewing area of Castle Valley and the renowned Castle Rock. You may recognize this area from many John Wayne western movies.

Scenic Flight By airplane you soar over the Colorado River past Island in the Sky, Dead Horse Point and The Maze, (hideout of famous outlaws Butch Cassidy and the Sundance Kid)

Mountain Bike Ride Moab offers some of the very best mountain biking in the world. The trails are half day rides with moderate climbs and varied terrain. Each ride offers bikers a good introduction to Moab's famous slickrock terrain

Meals and Lodging

All meals and Lodging is included in this trip. Enjoy the comfort and convince of the Best Western Canyonlands Inn, center in the heart of Moab Utah. Explore the riverpark way and charm of Moab's Downtown with lots of shops.

All your meals are provided at great local restaurants. From the Moab Brewery which features great salads and handcrafted ales to Pasta Jays that offers great Italian fare walking distance from you hotel.

Whitewater

Depending on snow pack and time of year, Colorado River water levels will vary dramatically, creating diverse rafting conditions. Some rapids are more challenging at high water, while others require greater skill at low water. Different flows have their appeal, and we provide specific watercraft that will make the most of each water level. Westwater Canyon rapids are rated II-IV

Boats

All of our equipment is top quality, state of the art and carefully maintained and serviced. Our Wild Westwater Canyon are run with Oarboats and Paddleboats with requests. **Oarboats:** These are inflatable rafts (approx. 17 - 18 feet in length) with guides that maneuver them with a set of oars secured to a frame in the middle of the raft.

Paddleboats: These are inflatable rafts (approx. 15 - 16 feet in length) manned by guests and their paddles. The guide gives instruction and navigates from the back of the boat.

Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In April through June, high temperatures range between 70^o and 90^o. July and August high temperatures typically range between 90^o and 100^o, with September and October temperatures ranging between 70^o and 80^o. 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. Great Lakes Aviation offers direct flights from Denver, Colorado 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.

Vehicles and Valuables

We have a locked and gated facility for your vehicles while you are on the river. We recommend that you leave your valuables at home. For personal items like wallets, purses, keys, and cell phones, we have a locked safe area for storage while you are on the river.

Extra Luggage

If you do have extra luggage that you need to store, we can store it in our locked office facility.

Time Zones

Utah operates on Mountain Standard Time (Note Arizona does not have Day Light Savings time)

At 9:00 am in Utah, it is: 11:00 am the same day in New York 10:00 am the same day in Chicago 8:00 am the same day in Los Angeles –

Photography

Generally, when travelling, you'll want to bring all the film, camera batteries and other equipment you will need, as supplies may be intermittent. If you plan to travel with digital photographic and/or video equipment, make certain to pack the specific charging apparatus for each piece of equipment. We also suggest that you take into account the amount of data storage of each unit when determining the amount (if any) of additional memory discs to pack.

Bring a protective sports pouch to protect it from water. Participants will be able to store cameras in a shared "dry box." If you are bringing a variety of lenses, please have a waterproof container of your own. Keep in mind we cannot take responsibility for the safety of your personal property. An old river adage is "don't bring it on a river unless you can afford to lose it." Waterproof/disposable cameras are a great idea.

Sheri Griffith Expeditions provides a camera to the guides to photograph the trip. A CD can be purchased at the end of the trip for \$30. If you do not want to risk your camera you are more than welcome to take photos with ours.

Recommended Reading for the Colorado River

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

General Information

CANCELLATION POLICY

We require full payment to confirm your 1 day rafting trip. 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.**

SAFETY, ASSUMPTION OF RISK AND, INSURANCE: We maintain an excellent safety record, since 1971. 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. However, It is several hours to the nearest medical center. 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 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.

GRATUITIES

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between 15% and 20% of the trip cost is a general tipping guideline. If you plan to tip, remember to bring a personal check or cash—ATM's are hard to find in the backcountry! PLEASE, do not make out checks to Sheri Griffith Expeditions. If you are writing check please make it out to the Trip Leader. NOTE: we cannot take credit card gratuities.