



**Itinerary:**  
**Women Only Escapes: Sights of Cataract Canyon:**  
**5 Days 4 nights**

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**Through Canyonlands National Park**

**Overview of 5 day Women Only Escapes: Cataract**

**Meeting Place:** [Sheri Griffith Expeditions Office](#), 2231 South Highway 191, Moab Utah  
**Meeting Time:** **5 pm (MDT)** The evening before your trip  
**Orientation:** **5 pm (MDT) the day BEFORE departure** 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 last minute questions.  
**Morning Place:** [Sheri Griffith Expeditions Office](#), 2231 South Highway 191, Moab Utah  
**Morning Time:** 8:00 AM (MDT)  
**Return Time:** Approximately 4:00 - 6:00 PM  
**Rapid Rating:** Class (water level dependent)  
**# of Rapids:** 30  
**River Miles:** 96  
**Put in:** Potash Boat Ramp  
**Take-out:** Hite Marina, Lake Powell  
**Trip Length:** 5 Days/ 4 Nights  
**Raft Type(s):** Oarboats & Inflatable Kayak (depending on water)  
**Age Limit:** Minimum Age is 10 years old (depending on water)

**What makes this trip special?**

Experience an **adventurous sojourn** into nature. Every sense comes alive: the smell of flowers, sage, and the earth after a desert rain. The smells, sights, sounds and touches of the river and her canyons offer up the ultimate sense: the **sense of Self**.

**Cataract Canyon** through Canyonlands National Park is a journey into a spectacular, remote wilderness. This quality multi-faceted adventure is the ideal balance of serenity, fascination, and exhilaration – it *will* elevate your life

All of the guides on our Women Only Escapes are strong women who love what they do, and who share their passion for the outdoors with everyone they meet

**The Sheri Griffith River Expeditions Difference:**

*Enhance 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." We provide an all-inclusive trip and add 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, clean tents, 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.

## Sample Itinerary: 5 Day Women Only Escapes: Sights of Cataract Canyon

### **Day 0**

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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 so that we can drop off your dry bags and any last minute instructions at your hotel.

### **Day 1**

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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 their 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**

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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.

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 Lathrup 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 amidst 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: Lathrup Canyon or Indian Creek Canyon**

### **Day 3**

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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.

After the Confluence, we will experience the first of the Cataract Canyon rapids, numbers 1 through 10. By now the river has doubled in size and force. The rapids are not huge, but will suffice in getting everyone good and wet before we pull off for the night. We may take a side hike to the top of the Dolls House.

We will pull off river for an afternoon of hiking, swimming and yard games such as horseshoes or bocce. The crew will set up the camp as guests relax.

Dinner will be served with the sound of whitewater in the background and blue skies overhead. Guides will tell stories of early explorers and of more recent experiences in the rapids that you will face the next day. Tonight we will experience a night of peaceful camping and quiet anticipation. Fall asleep to the quiet sounds of river music: quiet splashing accompanied by the high tones of crickets and the low tones of nearby owls.

### **Potential Hiking Opportunities: The Loop Hike or The Dolls House**

#### **Day 4**

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

#### **Day 5**

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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**

## **River specific Information**

### **The Women Only Experience**

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The Sheri Griffith Expeditions Women Only trips present some of the world's finest wild areas, in comfort, with great food, and some of the finest people you will ever meet. If you have never camped before, rest assured that we are professional at making your trip comfortable, fascinating and fun. Sheri Griffith Expeditions brings the experience of being in outdoor recreation industry since 1971 to the "Women on Adventure " trip.

[Our women guides](#) are professional, exceptional people with outstanding talents, who are eager to share their knowledge, experience, and enjoyment of life in the outdoors. This group of guides is by far the best on the river. They continually strive to perfect their understanding of our wilderness and its secrets. This is their way of life, and their passion is to share this adventurous way of life with you. Our expert and multi-talented guides are extremely good at making your river vacation relaxing and fun. Our 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 as well as their expectations of you. They are Red Cross First Aid and CPR certified and have completed river rescue training. They are required to complete hours of training on each river stretch before they can "guide" our guests. If you are like most people, you will marvel at the quality of their work, while feeling as if you have just made a new friend.

### **Whitewater**

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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!

## **Boats**

All of our equipment is top quality, state of the art and carefully maintained and serviced. Our Sights of Cataract Canyon trips are run with oarboats and a few inflatable kayaks to play in if the water levels are low enough. . **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. **Inflatable Kayak:** There are no guides in these crafts. The IK's are a great way to get up close and personal with the whitewater.

## **Mosquito Warning**

One certain fact of life on or near the River: Mosquitoes. Cataract Canyon has very few mosquitoes, but some stops may require that clients be prepared with bug spray, long sleeves, pants and possibly even a netted hat.

## **Recommended Reading for the Colorado River**

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

# *Packing List*

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

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

### What to pack:

To maximize the versatility of your travel wardrobe, we recommend packing lightweight clothing that can be worn in layers and one warm sweater or fleece jacket. Casual clothing that is comfortable and practical is appropriate for travel in the American Southwest. All hotels and restaurants are accustomed to informally dressed travelers, and in camp, dress is entirely casual.

It is especially important that you pack clothing that you do not mind getting wet. Synthetic fabrics have the advantage of being quick to dry because they don't retain water. Pile and fleece made of polyester or nylon work well as insulation. Cotton sweatshirts and jeans are not recommended as river wear as they are usually made of heavier fabric and take a long time to dry when wet.

If you wear prescription glasses or contact lenses, we recommend that you bring an extra pair. A strap for your glasses is essential. If you wear contact lenses, wraparound sunglasses are recommended, as are goggles during the rapids.

## **ESSENTIAL ITEMS**

- 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 \*(2 pairs)
- Sunscreen ~ SPF 15 or greater** \* ~ a must!
- Lip moisturizer ~ SPF 15 or greater** \*
- 2 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
- Cash for Gratuities**

### **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
- 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.

## Packing Tips

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### **Waterproof Bags:**

Each guest will get two water proof dry bays at orientation. The overnight bag is evening items goes into a 20" x 20" x 27" dry bag. **Your sleeping bag will come already packed in this bag also.** You may pack in an athletic bag for easier access. You will also receive a day bag which are 9.5" Dia x 20" H

**Please note that this trip includes a scenic flight and will have a FAA 25 lbs. baggage limit per person.**

### **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.

### **Carabineer**

Carabineers 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.

### **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.

## 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

## More Trip Details

### 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. 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.

### 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.

### 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 – Eastern Standard Time
- 10:00 am the same day in Chicago – Central Standard Time
- 8:00 am the same day in Los Angeles – Pacific Standard Time

### 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 \$40. If you do not want to risk your camera you are more than welcome to take photos with ours.

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## **River Camping**

The private camps in which you'll stay are mobile-tented river camps. They are set up to host you and your fellow travellers exclusively. After you depart, the entire camp is broken down and the campsite returns to untenanted wilderness again. Many aficionados of the true camping experience vastly prefer mobile camping, which is truer to the traditional, romantic camping atmosphere. You will not only be very comfortable in camp, you will also enjoy absolute privacy in your own pristine corner of the wild. Your guides, camp staff and travelling companions are likely to be the only other people you see.

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## **Camping Equipment**

We provide top quality tents that sleep two or three persons comfortably. The tents used on the rafting programs are large enough to stand-up in (10' x 10' x 6'). We also provide comfortable sleeping bags and pads. To keep tents cool and airy there are two "doors" and a mesh, open top with a nylon rain fly. Sleeping bags are cozy and professionally laundered prior to each trip.

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## **Food and Drink**

Riverside meals, prepared and served by camp staff trained in outdoor cuisine, are delicious and varied. Meals are served buffet style. You may bring your own beer, wine or hard liquor and we will be happy to store it and keep it chilled. Please avoid bringing glass. Bring beer in aluminium cans and transfer hard liquor into plastic containers.

**Please note:** Please remember we are in remote areas, usually in a mixed group, and far from medical assistance. We trust our guests will not endanger themselves, offend others, or evoke a guides' intervention by over drinking.

If you have a **special dietary requirement**, please advise Sheri Griffith Expeditions of your needs at least six weeks prior to departure. Every effort will be made to comply with your request.

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## **Bathing and Toilets Facilities**

In camp, there are separate shared bathroom facilities for men and women. Due to environmental impact issues, bathing facilities are limited to areas in, or directly adjacent to the river. If you choose to bring your own soap/shampoo, we suggest they be biodegradable products.

Sanitary facilities throughout the American West need to be in compliance with the strict standards set by the land management agencies and local, state, and federal guidelines. We provide top of the line portable toilets that offer privacy and are designed to be stable and comfortable. The most widely used system is a sealed container with a regular toilet seat attached. Hand washing stations will always be located near toilet and dining areas and all guests are encouraged to use them regularly.

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## **Electrical Power**

There is no electrical power in the pitched camps along the rivers. It is suggested that you carry a supply of additional batteries for your camera and any battery-operated appliances you are taking along. On a trip of this nature, items such as curling irons and hair dryers are NOT recommended. Mechanical or electronic devices that are noisy and which may disturb other guests "wilderness experience" are discouraged.

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## **Entertainment**

Your campsite will also include a library of books and information about the river and surrounding area as well as a variety of games and activities such as horseshoes, bocce and volleyball. Singing and telling stories around the campfire are nightly occurrences.

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## **Communications**

You will be visiting some of the most remote areas of the United States, you should be aware that radio contact is not often possible while travelling in river canyons. Additionally, cellular phones do not operate in river canyons.

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## **General Information**

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

## RESERVATION DETAILS

A \$300/person deposit is required at the time of reservation. The balance is due 45 days prior to departure. After making your reservation you will receive a reservation packet that will include a packing list, helpful travel hints, travel insurance information, a beverage request 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 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.

### What is Included

- SKILLED, PROFESSIONAL AND FUN GUIDES:
- FULL DAYS ON THE RIVER ~ We begin early the first day and return the last day at day's end.
- ALL RAFTING, CAMPING and SAFETY EQUIPMENT ~ Rafts & related equipment, life jackets, safety equipment, sleeping bag, sleeping pad, tent, personal dry bags for your gear, kitchen, dining & toilet equipment.
  - Some companies make you "rent" camping gear from them, others will even make you buy a cup (we give you one free.) We include everything you need to go camping.
- ALL MEALS ~ Beginning with lunch the first day through lunch the last day. Our menus are healthy and 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: Transportation to the launch point from the Sheri Griffith Expeditions Office the morning of the trip and from the take out back to the office. The scenic flight is limited by the FAA to 25 pounds of luggage per person.
  - Some companies make you pay extra for the flights and land transportation. This is all included in our prices.

- **ORIENTATION:** The day before your trip we will meet at 5:00 PM at the Sheri Griffith Expeditions offices for a pre-trip meeting. Your trip leader will provide a thorough trip orientation and pass out your waterproof bags so that you can pack your belongings that evening. The trip leader will also reconfirm the meeting time for the following morning and give you an opportunity to ask any last-minute questions.
- **BEVERAGES** ~ Iced water, Gatorade, lemonade, and iced tea are on every boat. Soda, coffee, Wine, hot tea and cocoa are provided in 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

- **TRANSPORTATION TO MOAB AND OUR OFFICES:**
- **GRATUITIES:** by no means required but always appreciated by our guides(15-20% of your trip price is the suggested gratuity)
- **PERSONAL ITEMS:** See packing list.
- **LODGING:** We recommend spending a night before and after the trip in Moab. Our reservationist can get you a list of quality hotels and campgrounds in the area.
- **TAX and Government User fees.** About 6% of the trip cost.

