

Cataract Canyon Trip Information Packet
4-Night Rowing Trip
Applicable for our 2010 trips

Thank you for choosing Tour West! We are delighted to share the Colorado River and the famed Cataract Canyon with you.

This information packet is for all passengers taking our 4 night rowing trip through Cataract Canyon. If you are on a different trip, please contact our office so we can send you the proper packet.

Please **carefully read this information packet** as it will answer many of the questions you will have about your trip. Keep this information packet as it will also be a guide to you as you prepare and pack for your trip. We also suggest you re-read this packet after you are finished packing.

ITINERARY

For this entire trip you will be on Mountain Standard Time

Your trip assembles in Moab, Utah.

HOW DO I GET TO MOAB, UTAH?

Option #1: Flying into Salt Lake City, Utah OR Grand Junction, Colorado

A. Flying into Salt Lake City, UT. America West now offers daily flights from Salt Lake City, UT into Moab, UT. To book this flight you will need to contact them directly at 1-800-235-9292. Please call early for availability. Please see optional services below for shuttle pricing from airport to Moab.

B. Flying into Grand Junction, CO. Redtail Aviation offers charter flights from Grand Junction, CO into Moab, Ut. You will need to book this flight directly through Redtail aviation. You can contact them at 435-259-7421 or on the web at redtailaviation.com Please see optional services for shuttle pricing from airport to Moab.

Option #2: Driving to Moab, Utah

Moab, Utah is located on highway 191 in Southeastern Utah. If you are coming from the west take highway 191 off of I-70. If you are coming from the east take scenic highway 128 from I-70. You can also go to mapquest.com for specific directions.

We recommend you spend the night before your trip in Moab. You will be meeting in the morning at the Best Western Canyonlands Inn so we recommend you stay there for your convenience. To book your room please call them directly at 435-259-5167 or online at bestwestern.com This motel is located on Main street near a lot of restaurants and shops.

FIRST MORNING OF YOUR TRIP: _____

Meeting Location: Please meet at 9:00 am this morning at the Best Western Canyonlands Inn located at 16 S. Main Street. It is important you are on time for this shuttle. If you have any delay's please contact our office.

At 9:00 a.m. the first morning, Tour West will have a representative to meet you and answer any questions you may have. There will also be a Road Runner Shuttle Representative who will shuttle you to the put- in on the river.

If you are flying back to Moab at the end of your trip, your shuttle driver will follow you to the airport, before shuttling you to the put-in, where you can park your car during your trip. Please notify our office prior to the trip if you need to park your vehicle at the airport.

If you are having your vehicle shuttled to the take-out, your shuttle driver will follow you to our warehouse where you can park your vehicle during your trip. The shuttle company can then shuttle your vehicle to you.

Once you arrive at the put-in you will meet your guides. They will go over all of the procedures you will need to know before launching on the river.

After launching you will enjoy a leisure float through beautiful sandstone canyons. There are times where you will get to stop and enjoy hiking to Indian ruins and other scenic areas. Forty- nine miles down river you will come to the confluence of the Green and Colorado rivers. This is the beginning of Cataract Canyon, which contains some of the most exciting whitewater in the West. Each night is spent camping along the river, sleeping under the stars.

LAST MORNING OF YOUR TRIP: _____

You will arrive at Hite Marina on Lake Powell at approximately 12:00 p.m. Transportation back to Moab is arranged per your request and is an additional cost.

If you choose to fly back to Moab, you will be shuttled to an airstrip where a Redtail Aviation plane will arrive and fly you back to Moab or Grand Junction. Please note: the FAA requires anyone who is 18 + years to present photo ID for this flight. You should arrive at approximately 1:00 a.m. but please **do not schedule any flight arrangements out of Moab or Grand Junction until after 3:00 p.m. this day.**

If you choose to have your car shuttled to Hite, to meet you at the end of your trip your car will be waiting for you upon arrival. These arrangements must be taken care of before your trip. Please see optional services on next page for details.

Tour West Will Supply The Following Gear:

- ◆ Boats – Custom-made, compartmentalized and unsinkable
- ◆ Life Jackets – of special whitewater design
- ◆ Meals – all meals on the river starting with lunch the first day and ending with breakfast the last morning. All meals are expertly prepared and cooked by our guides.
- ◆ Cooking facilities – all cooking items including eating utensils
- ◆ Camping toilet facilities, toilet paper and supplies
- ◆ Beverages – unlimited water, and lemonade. Coffee, tea & hot chocolate in the morning.
- ◆ First Aid Kit
- ◆ Sleeping Bag with sheet
- ◆ Comfortable sleeping pad
- ◆ Cot
- ◆ Tent
- ◆ Waterproof bag – 16” X 33” 108 liters--to put your personal duffel bag into during the trip
- ◆ Small water-resistant bag--9.5”X 20” 22 liters-- (accessible at all times) for personal articles and camera

Also included in your trip is:

- ◆ Transportation to the river from Moab
- ◆ National Park Entrance Fee

Additional arrangements, not included in your trip fare:

You will need to make the following arrangements prior to your trip:

- ◆ Transportation to Moab:
 - a. America West 1-800-235-9292
 - b. Redtail Aviation: 1-435-259-7421 or at www.redtailaviation.com
 - c. Road Runner Shuttle Service: 1-435-259-9402 or roadrunnershuttle.com (airport shuttles)
- ◆ Motel accommodations at the Best Western Canyonlands Inn. Front desk: # 1-435-259-5167.
- ◆ Transportation from Hite (take-out)
 - a. Flight back to Moab: \$115 per person, contact Tour West to book flight
 - b. Vehicle shuttle to Hite: Road Runner Shuttle Service: 1-435-259-9402 or roadrunnershuttle.com

The following page is a checklist for personal gear that you should consider bringing on your raft trip. Though we have tried to be as specific as possible, you should give some consideration to your own personal needs. Even though our weather is somewhat predictable, this is still an outdoor experience with changing weather conditions. The Utah sun can be strong so you need to protect yourself against sunburns. A good hat, chapstick and lots of sunscreen (with a 15 to 30 rating & non-stinging to your eyes) is recommended. With regards to clothes, give some thought to your own personal needs. Are you the first one to get cold or the last? Are you light skinned and need more sun protection or do you go all summer in shorts or swimsuit? Do you need to change clothes often or are you comfortable in the same swimsuit or shorts for a couple of days? What type of shoes would work best for you, given the conditions on the trip? You will need very few warm clothes during the summer months, but don't go on a river trip without a jacket or fleece sweatshirt, rain gear and a long pair of pants. The sun is usually hot and the water will get warmer throughout the summer, which makes it hard to predict what each individual will need. Your best bet is, don't go on the trip without good rain gear and a jacket or fleece sweatshirt! The weather is unpredictable so please be prepared.

PERSONAL GEAR

WHAT YOU WILL NEED TO BRING WITH YOU

The following supply list suggests items you should bring for your trip.

When packing please keep in mind that:

1. You must limit your gear to 25 pounds—required by airline company that fly's from Hite to Moab

2. Your bag should be approximately 25" x 14" x 10" to fit inside our waterproof bag.

- ? Fleece- lined jacket or fleece sweatshirt- (Might not use in mid-summer-but still bring)
- ? Long pants (light-weight, fast-drying material for sun protection)
- ? Shorts- quick drying material
- ? Shirts (at least one long sleeved for sun protection)
- ? Underwear / undergarments
- ? Socks
- ? Swimsuit or fast drying shorts – (At least two pair)
- ? Two pair tennis/athletic shoes OR other river-type sandals—SEE FOOTWEAR SECTION
- ? Quality Two piece Rain Suit with hood
- ? Bandanna-great for keeping your sunglasses clean
- ? Hat- with retention strap- good brim for sun protection
- ? Small towel and washcloth
- ? Toothbrush and toothpaste
- ? Soap and deodorant
- ? Shampoo
- ? Zip lock bags – ½ dozen- gal. size- (For storing wet items & keeping things dry)
- ? Flashlight or Headlamp and spare batteries-Headlamps work best
- ? Fanny pack or small backpack –(optional-but nice to have on hikes and for storing extra things on raft)
- ? Quart plastic water container- with carry strap or belt attachment
- ? Medication or personal first aid items – if needed
- ? Backup pair of prescription glasses – if needed
- ? Sunglasses – with retention strap (Consider bringing a spare pair also)
- ? Insect repellent – small can or one can per family (probably won't be needed)
- ? Chapstick and Sunscreen-(Larger size or more than one) SPF 15+ You need to be prepared for a strong sun
Aloe Vera?
Hand Lotion/Moisturizer/Vaseline-(Large size as the air is very dry)
- ? Shaving Kit & Mirror – optional
- ? Feminine Hygiene products
- ? Small packs of Kleenex
- ? Camera, lots of film and spare batteries and additional waterproof disposable camera for rapid shots
- ? Fishing gear—optional—See Fishing section for more information
- ? Money for gratuities at end of trip, or for small purchases before or after the trip, and possible gas surcharge fee (see p. 3 for details)
- ? Small pillow
- ? Photo I.D.
- ? Baby wipes or Wet wipes –optional
- ? Optional personal items – solar shower, gloves, river guide, book, playing cards, small musical instruments (Call us for guitar information if you want to bring yours), Frisbee, etc.

You must limit your gear to 25 pounds (most need far less). Nylon or other quick drying clothing is preferable.

Special Note: DO NOT bring your suitcases with you on the river trip. For storage options see Section "Luggage Storage". Bring what items you need in a soft duffel like bag or canvas type bag.

ADDITIONAL INFORMATION

WEATHER – Temperatures can vary, but the following chart shows average temperatures and precipitation for the months of April through October. You can also visit our website for current weather information at www.twriver.com

	Average Temperatures and Precipitation						
TEMP	APR	MAY	JUN	JUL	AUG	SEP	OCT
Average High	89	92	101	106	103	96	86
Average Low	56	60	71	79	74	70	59
Precipitation	.38	.22	.38	.78	1.22	.43	.49

Water temperature averages about 50-55 degrees all summer long.

RAIN GEAR – It is important to have a quality 2-piece rain gear with hood. The rain gear is for keeping warm and dry while going through the rapids and occasionally for rainy days. Make sure that your rain gear is waterproof and not just water-resistant. **Don't go on your trip without rain gear!** You can purchase your rain gear on our online store at www.twriver.com.

FOOTWEAR – We encourage you to bring 2 pair of shoes. Shoes need to be worn on the raft and in camp. It's nice to have a dry pair for camp or an extra pair in case of loss or damage. Bring at least one pair of tennis/athletic type shoes. Quality river sandals with heel straps (Texas, Chaco, Alps, Merrill, etc.) are an excellent choice on our river trips as your second pair of shoes. Consider bringing a pair of socks for your sandals, because many people develop sore spots due to abrasive sand and straps rubbing on their feet. All shoes should have good traction, be broken-in, and be comfortable. If you need the added support of hiking boots they are ok to bring along. **Note: Because most hikes are in or around water, hiking boots that cannot get wet are not practical as footwear.**

CLOTHES – **PACK YOUR RIVER GEAR IN A SOFT COLLAPSIBLE GYM TYPE BAG.** Your bag should be approximately 25"x14"x10" to fit inside our waterproof duffle bags. Keep your clothes to a minimum and in colors that will not show dirt easily (avoid black clothes as they get hot during mid-summer). The river and sand may permanently stain some of your clothing. Fast drying nylon shorts and bathing suits are recommended. It is important to have something to cover up with if you start to sunburn or get too hot so be sure to bring along a pair of long pants and a long sleeve shirt in a lightweight nylon or cotton fabric. Also, if it should rain it will turn chilly or cold so bring a fleece-lined jacket or fleece sweater with you. Most people tend to over pack, bringing too many changes of clothes! You do not need a new outfit for every day, as most people wear their clothes more than one day.

PERSONAL ITEMS – Passengers may bring their wallets, credit cards, and airline tickets with them on their trips. They should be stored in zip lock bags in the bottom of your waterproof bags. **Do not bring expensive jewelry, expensive watches, cell or wireless phones, boom boxes or other such items and valuables with you on the river trip.**

CAMERAS – Bring plenty of film and spare batteries for your camera. All cameras should have straps. We recommend keeping your camera in a waterproof case, even when it is in your small water-resistant bag. The waterproof or panoramic disposable cameras are excellent on the river trip.

VIDEOS – As video cameras become smaller and batteries last longer we are seeing more and more on the river. Be aware, there is no place to recharge batteries on our trips so you need to bring extra batteries. As we do not provide a hard case for storage, we recommend that you bring your video cameras in a hard waterproof case.

BEVERAGES – We provide cold lemonade and water all day long on the boat and in camp in the evening. If you wish to have any other beverages (soda, juices, alcohol, etc.) you must supply your own. Hard liquor should be in plastic containers. Soda, beer, and any additional beverages must be in aluminum cans (**NO GLASS**). Your beverages will be stowed away by the guides during the day and available to you in the evenings. You may want to mark your cans on the top with a permanent marker. You can purchase alcoholic beverages in Moab.

FISHING – You may bring a small collapsible fishing rod. You can fish from the shore but not while the boat is underway. You would be fishing mainly for carp & catfish. Utah residents must have a Utah fishing license. Out of state passengers can purchase a fishing license from the Utah Fish and Game. Their number is 801-489-5678. (This should be taken care of in advance.)

GRATUITIES – It is customary upon receiving a satisfactory trip to tip the river crew. It is an acknowledgement of a job well done and greatly appreciated by members of the crew. If you feel a tip is in order, the average runs between 5%-7%. You may leave it with the trip leader and he/she will distribute it among the crew.

PASSENGER INFORMATION FORM – We require that each passenger taking our trip fill out our passenger information form. This form will give us more information on how to better serve you while you are traveling with us. Please make sure to include on this form if there are any special physical or medical condition we should be aware of. This form is attached to the back of this packet.

ACKNOWLEDGEMENT OF RISK FORM-We require that each passenger sign an acknowledgement of risk form. Anyone under 18 must also have the signature of their parent or legal guardian. This form must be returned to our office prior to your trip.

BALANCE DUE – The unpaid balance for your trip is due 90 days prior to your trip date. Balances may be paid in the form of a check, money order, or credit card. We accept Visa, Master Card, Discover or American Express.

CANCELLATION POLICY – A minimum \$200.00 cancellation fee will be assessed for all cancellations. Cancellations received between 60 and 31 days prior to departure forfeit one half the tour cost. Cancellations between 30 days and the day of your trip lose the entire tour cost. No shows lose entire tour cost. **We are firm with this policy and suggest you purchase cancellation insurance.** This would help reimburse you in the event of illness or other unforeseen reasons for cancellations. Forms are available in our office or from your travel agent. This cancellation policy applies per person.

LUGGAGE STORAGE – There is not any luggage storage at the Moab Airport. We do not have any storage facilities in Moab but if you are staying in Moab either before or after your trip many of the hotels there will store your luggage for you.

EMERGENCY INFORMATION – During the season, you may call us after-hours or on weekends at our regular toll free number (1-800-453-9107). The message will give you the numbers of those you can contact or you can leave a message and we will get back to you as soon as possible. Please be aware that getting an emergency message to a guest on our river trips, even in the event of a death in the family, will not be possible. The Park's policy is not to allow the use of helicopters to contact or remove river guests for this type of emergency. Please give our toll free number to family members and have them call us if there is an emergency while you are on the river.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

1. Is the trip strenuous?

Since our trip is an outdoor activity, and with the exposure to the elements, we consider our trips to be mildly strenuous, requiring some effort. You are responsible for carrying your personal bags to your camp and setting up your camp area. Our guides will give instructions the first night on how best to set up the camping equipment we provide. As with all aspects of the trip, we encourage the guests (with no medical restrictions) to participate in as many activities as possible. This includes helping the guides load and unload the rafts at camp. Some of the hikes off the river will require more effort than others. The guides will try and give you a brief overview of the hike. If you would rather not participate on any hikes you may find a comfortable place to stay near the rafts. You will enjoy the trip more if you have prepared with some walking or exercise and are in better physical shape. If you have any medical questions consult your own doctor and call our office so that we may help answer your questions.

2. Who will be our guides?

Tour West feels that we have the best guides in the business. Our guides are all whitewater qualified with an average of fifteen years and hundreds of miles of river experience. Each guide is an accomplished outdoors person with a background in natural history and the ability to make each river trip special and memorable.

3. Where and when will I get my river and camping equipment?

Your waterproof duffle bag, sleeping bag, sleeping pad, sheet, small water-resistant bag and cup will be available at the river orientation. Your cot and tent will be available at the first night's camp. We recommend you only set up a tent if there is a threat of rain. Nothing beats sleeping under the stars!

4. What items will I have access to during the day?

Every morning your waterproof duffle bag containing your sleeping gear and clothing will be loaded on the boat and packed away for the day. Your small water-resistant bag is used to store any of the items that you will need to get to during the day, such as sun screen, hat, camera, water bottle, etc. If you plan to wear tennis shoes on a hike but not on the boat the guide will provide a bag where you can store them.

5. What is the menu like?

We take pride in offering well-rounded meals that are very appetizing with sufficient quantities for everyone. Breakfast items include many traditional favorites from pancakes to omelets, fresh fruits and juices. Lunches are a favorite for many with a variety of deli meats and cheeses, salads, chips and cookies. At the end of the day you are ready for a hardy meal expertly prepared under a western sky. You'll have fresh salads, chicken, steak, meals with an international theme, side dishes, and of course, desserts. All meals include water and lemonade to drink.

NOTE: If you have a special diet or allergies, please inform us of your specific needs so that we can determine how to best accommodate you.

6. What are the toilet facilities on the river?

We take portable toilets, which are clean and comfortable. These facilities are available in the morning and night while in camp. We have a smaller portable toilet that can be used during the day but we do not set-up facilities to urinate during the day. The National Park Service requires us to have guests urinate in the wet sand or in the river. This can be a little more difficult for our female guests so you might consider bringing clothing that will make this easier such as a two-piece swim suit or shorts instead of a one-piece suit.

7. Where will I bathe?

You are allowed to bath in the river. During the spring run off (May and June) the water is cold, although the water tends to warm up in July and August. You may bring a solar shower if you would like but a few things to keep in mind are they can only be used in the main river and wet sand. Since there are few trees by the river someone will have to hold it for you. Please only bring one per family.

8. What about bugs and snakes?

Cataract Canyon is a very friendly place to camp. Being a desert environment, mosquitoes and flying insects are in the area. Snakes and scorpions are seldom seen. Most trips will have the thrill of seeing Desert Big Horn Sheep and many varieties of canyon birds.

9. Can we expect rain?

We never know for sure when it will rain, so even if you are taking a mid-summer trip be sure to bring a two piece rain suit! Ponchos are not recommended.

MAPS/BOOKS- Below is a list of books about the wonders and history of the Grand Canyon. The Belknap Guide book along with other gear for your trip is available on our website at www.twriver.com

1. Cataract Canyon River Guide (waterproof mile by mile map) **HIGHLY RECOMMENDED**

Author: Buz Belknap

2. The Exploration of the Colorado River and its Canyons

Author: John Wesley Powell

3. River Runners of the Grand Canyon—The human story of the Colorado River (VIDEO OR DVD)

To order call: 1-800-580-6863 or write Don Briggs Film & Video PO Box 788 Sausalito, CA 94966

SPECIAL NOTE-IMPORTANT

Tour West, together with selling agents, acts only in the capacity of agent for customers in all matters pertaining to hotel accommodations, sightseeing tours, and transportation whether by railroad, motor car, steamship, boat, airplane, or any other means, and as such is not responsible for any damage expense or inconvenience caused by late train, plane, or ship arrivals or departures, or by any change of schedule or other condition nor from any loss, injury or damage to any person or property from any cause whatsoever, The right is reserved to alter the sequence of sightseeing in any of these tours.

Tour West is proud of its efforts to insure the safety and enjoyment of our passengers. We feel that our customers are safer with us that they are traveling to and from the river. However, no outdoor activity is without the possibility of unforeseen hazards. It is important that each Tour West passenger recognize that there is an element of risk in any adventure or activity associated with the outdoors. Each passenger must be fully aware of the risks and the elements of cold river water, and or loss or damage to personal property. Knowing of the inherent risks, dangers, and rigors of river running, each passenger must decide if he/she is desirous and capable of participating in the river trip experience. Even though losses rarely occur, we recommend that passengers have their own travel insurance to protect personal items. It is also recommended that you have your own health and accident insurance. Each passenger will be required to sign an acknowledgment of risk form prior to the trip.