



Cataract Canyon Trip Information Packet 4-Night Oar Trip

Thank you for choosing Tour West! We are delighted to share the Colorado River and the famed Cataract Canyon with you. The Colorado River is one of America's "must raft" rivers. Rafting the Colorado River through Cataract Canyon is a powerful, unforgettable experience. On these trips you will get to travel through the heart of Canyonlands National Park and then cascades through the once-feared Cataract Canyon.

This information packet is for all passengers taking our 4 night 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.

In this packet you will find the following sections:

What to Expect:

- Itinerary
- Typical day
- Rafting & Camping with Tour West
- Age & Physical Recommendations
- Weather

Getting Ready For Your Trip:

- Pre-Trip Travel Information
- Post-Trip Travel Information
- Packing List
- General Information
- Frequently Asked Questions
- Map/Books

Itinerary *All times listed are for the **Mountain Standard Time Zone***

- **Day One:** Your trip will meet at 9:00 am 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 delays please contact our office at 800-453-9107. Outside of the main entrance your shuttle driver will meet you and you will and take you to the 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 and they will get you set and ready to go with all the river gear you will need and give you a quick orientation meeting with all of the safety precautions and procedures you will need to know before launching on the river.

- **Day One-Day Four:** Once you push off from Potash 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.
- **Day Five:** You will arrive at Hite Marina on Lake Powell at approximately 1:00 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 2:00 p.m. but please **do not schedule any flight arrangements out of Moab or Grand Junction until after 4:00 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.

Typical Day

A typical day on the river will include rafting for a few hours at a time, stopping for scenic side-canyon hikes, bathroom breaks, a stop for lunch, and lots of fun, laughter, learning, and excitement in between.

After a full day of river excitement you will arrive in camp. Guests will be given time to find their favorite campsite and then return to the rafts to create a “fire line” which is how we load and unload the rafts. Your help in passing the gear on and off the boat is greatly appreciated and can help you to really feel a part of the whole river experience but if you have physical restrictions or limitations that keep you from participating in this you are not required to.

The first evening in camp your guide will give a demonstration of how to easily assemble your tents and will be available if you need any additional help in setting those up. Tour West provides tents (mostly used only in the case of rain), a paco pad (a thick sleeping pad), cots, sleeping bags, sheets, camp chairs, and water-proof gear bags for all of our guest.

While you relax and take in the beautiful surroundings, your guides will prepare dinner. Every night is different but the menu may include fajitas, BBQ chicken with rice and veggies, lasagna, steak and sautéed mushrooms & onions, and other fresh and scrumptious meals.

At night you will enjoy chatting with the guides and guest until the fresh air and rhythm of the river lull you to sleep.

Each morning your guides will prepare a hearty breakfast. You will have a chance to enjoy eating before returning to your campsite to take down your cot and pack up your belongings into a dry bag. After bringing your bag down to the boats, guest participate in the fire line once again and then you are off on another adventure filled day.

Rafting & Camping with Tour West

Whether you have been rafting and camping for years or this is your first experience, Tour West makes it easy. All you need to do is bring your personal items in a soft-sided duffel bag and we will provide the rest. We supply:

- Transportation from the Best Western Canyonlands to the river
- 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.
- 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
- Tent
- Cot
- Waterproof bag –16”X 33” 108 liters--to put your personal duffel bag into during the trip
- Small water-resistant day bag --9.5”X 20” 22 liters-- (accessible at all times) for personal articles and camera

Toilet Facilities: Tour West uses a portable toilet and hand wash system that is set up in camp each day in a secluded location that assures privacy. The toilet is available shortly after you pull into camp until you leave the following day. An orientation concerning all of this will be given to you at the beginning of your trip.

Age & Physical Recommendations

We are often asked what the age or physical recommendations are of those who want to take our trips. The recommended minimum age for the trip is 8 years old. We do not have a maximum (We have taken people in their 90's!). We have taken people of all different ages and physical conditions and they have a wonderful time. There are a few things that can make the trip more enjoyable for you if you are able to do.

- Being able to firmly grip ropes or handhold provided while running the rapids
- Enough agility to climb on and off the rafts. If you are unable to do this on your own please ask for assistance from a guide.
- Fit into our Class V lifejacket (max 58” chest) required by the Forest Service.
- Ability to navigate some uneven terrain on hikes and in camp.

Our principle objective is for you and your fellow guest to have an enjoyable, safe and fulfilling experience. If you are concerned about any of these recommendations please call our friendly staff and we will be happy to discuss your specific circumstances.

Weather

We always hope for good weather and usually we get it but you should be prepared for cooler weather and storms. The following chart shows averages for the month of June through September.

<u>Temperature & Precipitation</u>	<u>APR</u>	<u>MAY</u>	<u>JUN</u>	<u>JUL</u>	<u>AUG</u>	<u>Sept</u>	<u>OCT</u>
Mean Max Temperature	89	92	101	106	103	96	86
Mean Min. Temperature	56	60	71	79	74	70	59
Precipitation	.38	.22	.38	.78	1.22	.43	.49

Pre-Trip Travel Information

Your trip meets in Moab, Utah. There are several options for getting there.

The following options are not included in your trip price.

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.

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.

Motel Accomodations in Moab:

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.

Post-Trip Travel Information

The river trip will end at Hite Marina on Lake Powell. You will arrive at approximately 1:00 p.m. Transportation back to Moab is arranged per your request and is an additional cost.

Option #1: Flying back to Moab

For an additional cost we can arrange a flight for you from Hite back to Moab. If you would like to use this option please contact our office to arrange this flight. **These arrangements must be made and paid for prior to your trip.** Please note: the FAA requires anyone who is 18 + years to present photo ID for this flight. You should arrive at approximately 2:00 p.m. but please **do not schedule any flight arrangements out of Moab until after 4:00 p.m. this day.**

Option #2: Have your car shuttled to Hite

For an additional cost you can arrange to have your car driven from Moab to Hite to meet you at the end of your trip. Tour West does not provide this service but to make these arrangements please contact the shuttle company directly. The following are companies that provide this service: Coyote Shuttle 435-260-2097 or Road Runner Shuttle 435-259-9402. Please make sure you have contacted these companies prior to your trip and are familiar with all of their policies.

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. 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?

The Colorado River can go from warm to cold rather quickly so please don't go on a river trip without a jacket or fleece sweatshirt, rain gear and a long pair of pants. 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.

Packing List

The following 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 (this is required by the McCall Aviation).
2. Your bag should be a soft side duffel bag that is approximately 12"x13"x24" in order to fit in our 16"x33" dry bag we provide you. Our sleeping bag will also fit into this bigger dry bag with your duffel during the rafting trip.

CLOTHING ITEMS (Water clarity can vary from clear to silty. Clothing can become discolored. Please pack accordingly)

- Two-piece rain suit (Not just for rainstorms.. Quality rain gear offers protection against cold water when running rapids—especially early in the morning.)
- 2 swimsuits (2-piece swimsuit and quick-drying shorts or sports bra and short recommended for women.)
- 2 quick-drying shirts (long sleeve and/or short sleeve)
- 1 pair of lightweight pants/shorts, shirts, and underwear for camp
- 2 pair socks in case of sunburn or foot injury
- 1 pair quick-drying pants (optional for sun-protection)
- 1 sarong or other wrap-around (optional for sun protection)
- Lightweight fleece top
- Sturdy water sandals or multi-sport shoe that can get wet with good tread and support for hikes (Keen, Tevas, or Chacos are examples). It is wise to consider a back-up pair of sandals or shoes in case of damage.
- Comfortable footwear for camp (optional—some guest prefer flip flops or other light weight shoes in camp)
- Hat for sun protection with string or hat clip
- Gloves for protection while gripping ropes
- Neoprene socks
- Stocking Cap
- Mid-weight fleece jacket
- Lightweight long underwear for sleeping

PERSONAL ITEMS

- Personal hygiene products (toothbrush, deodorant, razor, mirror)
- Plenty of sunscreen
- Sunscreen lip balm
- Plenty of after-sun moisturizing body/foot lotion and aloe vera
- Soap and shampoo in small bottles
- Sport water bottle with strap or carabineer
- Small towel and wash cloth
- Tooth brush & toothpaste
- Small pack of tissues or wet towelettes
- Ziploc bags for storing wet items or keeping things dry
- Small headlamp or flashlight with extra batteries
- Bandana
- Sunglasses with safety strap and back-up pair of prescription glasses if needed
- Camera—waterproof digital camera with extra batteries and memory card recommended
- Small travel pillow
- Medication if needed (cool storage is available)
- All guest 18 or older must have photo ID available for trip flights
- Major credit card in case of evacuation or for souvenirs
- Cash for gratuities

OPTIONAL PERSONAL ITEMS:

- 2 large 3"-4" carabineers (for clipping day-use bags and water bottles to ropes)
- Small back-pack for hikes
- Plastic bag for dirty or wet clothing,
- Mile-by-mile river guide book & other books
- Hiking sticks
- Playing cards or other free-time games

General Information

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 beer, wine, and soda in Moab.

VALUABLES: You will want to have photo ID, a major credit card, and some cash for gratuities. All other valuables and jewelry should be left at home or in a safe location.

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 8%-10%. You may leave it with the trip leader and he/she will distribute it among the crew.

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.

CAMERAS & VIDEOS: You are welcome to bring your cameras and video cameras with you on the river to capture some of the beauty you will see. We do not provide and sort of waterproof cases so if you do choose to bring them you will need to provide your own waterproof cases.

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.)

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.

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.

CANCELLATION POLICY – A minimum \$300.00 cancellation fee will be assessed for all cancellations. Cancellations received between 31 and 60 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.

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 Grand Canyon 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.

Frequently Asked Questions

1. Who will our guides be?

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 wilderness first responder training, a background in natural history and the ability to make each river trip special and memorable.

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

Your waterproof duffle bag, sleeping bag, sheet, small water-resistant bag and cup will be available when you meet your guide at the river. Your tent and sleeping pad will be available at the first night's camp.

3. 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.

4. 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, 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.

5. 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.

6. 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.

7. 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.