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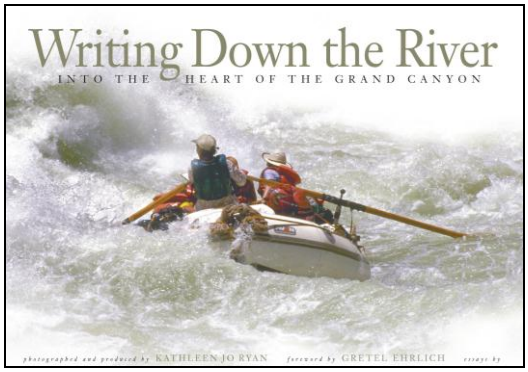

Page Lambert's 15th Annual
River Writing Journey
Cataract Canyon
on the Colorado River

Through the heart of Canyonlands National Park

Contributor to Kathleen Jo Ryan's award-winning book
Writing Down the River: Into the Heart of the Grand Canyon

5 Days & 4 Nights by Oarboat

Overview of Cataract Canyon for 6 days

Meeting Place: Sheri Griffith Expeditions Office, 2231 South Highway 191, Moab Utah
Meeting Time: 7:30 AM (MDT) the day of the trip (confirmed at Orientation, 5:00pm the day before)
Rapid Rating: Class III-V
Put in: Potash Boat Ramp
Take-out location: Hite Marina on Lake Powell
Trip Length: 5 days
Raft Type(s): Oarboats (jet boat first half of Day One)
River Miles: 96
Number of rapids: 29 depending on Lake Powell's elevation
Orientation time: 5 PM (MDT) the day before your trip starts Orientation: The evening before the trip, we meet at our office in Moab for a trip orientation. Here you will meet Page and one of your guides, learn what to expect and prepare for, receive your dry bags, sign release forms, and ask questions. The orientation is followed by a no-host dinner with Page.

THE CATARACT CANYON ITINERARY

Arrival Day

Special guest Sheri Griffith will be joining Page and the guests for a 15th Annual Celebration "no-host" dinner after the orientation (held at 5:00 PM the evening before departure at the SGE office). This will be the beginning of the creative portion of the adventure!

Day 1

We will meet at the Sheri Griffith Expeditions office and then drive to Tex's Riverways, the jet-boat company we will travel to Lathrop Canyon with. We will then travel to the river, where we will load gear on the jet-boat and head downstream to Lathrop Canyon. Lathrup Canyon is home to amazing rock art and ancient granaries. We will hike the canyon and have a short visit with Page and Sheri. We'll return to the beach for a great lunch, after which those returning to Moab will catch the jet-boat back up-river, and the rest of the group will continue down river. Within a short time we enter the spectacular landscape of Canyonlands National Park. We'll have a quiet afternoon on the river. Camp is on a remote beach, with time to reflect, write and meet with Page. The guides prepare a hearty balanced dinner.

Days 2 and 3

We board the rafts each morning after breakfast and float deeper into the canyon.

Page will work with us individually and collectively as we float down the river, and will continue her program in camp each evening.

There's ample time for writing, working with Page one-on-one and sharing stories, but we will also take some time each day to hike and explore the beautiful canyons of the Colorado River.

Day 4

After a hearty breakfast, we push-off. The guides take time to teach you how to enjoy the big rapids safely. Then the fun really begins. The focus is on the rapids, our journals stowed in waterproof boxes for now. Here are the incredible rapids you have been waiting for: Capsize, North Sea's, Little Niagara, Satan's Gut and Ben Hurt. As we continue downstream we enter the Big Drops--the steepest descent on the Colorado River. We pull off to camp and write about the experience while the emotions are fresh and vibrant.

Day 5

We will view 2,000-foot cliffs and explore some lost side canyons no longer under Lake Powell. After pulling the rafts and gear from the lake, the guides will escort us up to a landing strip for the return flight to Moab. This is no ordinary flight back; this is a scenic flight over Canyonlands National Park and the river on which we spent the last 6 days. We will return to the SGE office between 6:00 PM and 6:30 PM.

***Note: This is an example itinerary and may change due to weather, water level, camp availability etc.**

Packing List

*Available in our Canyon Travelers Store or by phone (800) 332-2439
**Available to rent with advanced notice
***We provide wetsuits when conditions require them

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 *
- ❑ **Sunscreen ~ SPF 15 or greater *** ~ a must!
- ❑ **Lip moisturizer ~ SPF 15 or greater ***
- ❑ **Hat or visor** with hat clip to attach to life jacket or shirt *
- ❑ **Flashlight * or headlamp**
- ❑ 2-3 **T-shirts ***
- ❑ 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
- ❑ **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**
- ❑ **Skirt/sarong *** ~ 101 uses!
- ❑ **Travel pillow**
- ❑ **Garbage bag or stuff sack** ~ keeps wet & dry clothes/items separate
- ❑ **Area guide or River Map ***
- ❑ **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

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. All personal items must fit into a 20" x 20" x 27" dry bag. You may pack in an athletic bag for easier access. **Please note trips including a scenic flight have a FAA 25 lbs. baggage limit per person.**

Packing Tips

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.

Carabiner
Carabiners 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 is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who may be 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.

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

What Sheri Griffith Expeditions Provides

FULL DAYS ON THE RIVER ~ We begin early the first day and return the last day at day's end.

ALL RAFTING and SAFETY EQUIPMENT ~ Rafts and related equipment, life jackets, safety equipment, sleeping bag, sleeping pad, tent, personal dry bags for your gear, kitchen, dining and toilet equipment.

ALL MEALS ~ Beginning with lunch the first day through lunch the last day. Our menus are healthy, creative and are prepared fresh daily by your guides. Many of our fruits and vegetables are locally grown. Dinners always begin with hors d'oeuvres. Breakfast and lunch are equally tasty with varieties of foods to choose from. Every meal is balanced and there is always plenty. **We can accommodate most diets and food restrictions with advanced notice.**

HIGHLY EXPERIENCED, LICENSED GUIDES ~ Trained in the art of river running, all of our guides have Emergency Medical Response and CPR certification, as well as hours of river rescue and river specific training. We are one of the few companies that train our guide this extensively. Your river journey will be guided by extensively trained and highly personable river women who know this country, and want to share it with people who want nature to be a part of their life. Many people no longer speak the language of the land. It takes someone special to be able to do that. Our guides are professional, exceptional people with outstanding talents and are eager to share their knowledge, experiences and enjoyment of life in the outdoors. They continually strive to perfect their understanding of wilderness and its secrets. It's their way of life, and their passion is to share this adventurous way of life.

TRANSPORTATION ~ We provide transportation from Moab to the river launch. Transportation costs for the return from Hite Marina to Moab are listed separately on your statement. **Passengers that choose the scenic flight option back to Moab at the end of the Cataract Canyon trip are limited by the FAA to 25 pounds of luggage per person.**

BEVERAGES ~ Iced water, Gatorade, lemonade, and iced tea are on every boat. Coffee, hot tea and cocoa are provided at camp. There is also an iced cooler available for additional beverages you may wish to bring, i.e. beer, wine and soda.

What You Provide

- ***Personal Beverages ~ soda, beer, wine, etc. Please limit glass. We are available to purchase your personal beverages for you. Note: in the sate of Utah the liquor stores are closed on Sunday. The grocery and convenience stores carry 3.2% beer and no wine.***
- ***Transportation to Moab and our office***
- ***Lodging before and after your rafting trip***
- ***Guide Gratuity are appreciated***

Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In April through June, high temperatures range between 70° and 90°. July and August high temperatures typically range between 90° and 100°, with September and October temperatures ranging between 70° and 80°. The climate here is very dry with little humidity and not oppressively sweltering. Summer evenings are quite comfortable though cool in spring and fall. Other than an occasional rain cloud, there are few overcast days, however, always pack your raingear! No matter the weather, you will find your visit to be fascinating and unforgettable.

Getting to Moab

Moab, Utah, is located on Highway 191 about 30 miles south of Interstate 70. It is approximately a two hour drive from Grand Junction, Colorado and a four hour drive from Salt Lake City. Both cities have commercial airports with rental cars and vans as well as shuttle companies. USAir offers direct flights from Salt Lake City to Moab. If you are driving to Moab or renting a vehicle upon arrival in Moab, you may park in our locked, gated property adjacent to our office while you are on the river.

Moab Stores

The grocery store is open late so you can pick up any last minute items you may have forgotten. The liquor store is open from 11 AM to 9 PM in the summer (May through October). The bookstores in town carry an excellent assortment of books about the rivers and the Colorado Plateau.

Restaurants

There are numerous restaurants in Moab to choose from that accommodate various culinary tastes. Most are open late in the evening and early in the morning. Our guest services staff can help assist you with what restaurants are closest to your hotel.

Books about Cataract Canyon and the Moab Area

Exploration of the Colorado River and Its Canyons ~ John Wesley Powell

Canyonlands River Guide ~ Bill Belknap

Cataract Canyon: A Human and Environmental History of the Rivers in Canyonlands ~ Robert H. Webb

The Doing of the Thing: The Brief, Brilliant Whitewater Career of Buzz Holmstrom ~ Vince Welch

Legacy on Stone: Rock Art of the Colorado Plateau and Four Corners Region ~ Sally J. Cole

IMPORTANT DETAILS

CANCELLATION POLICY

The initial $250 per person DEPOSIT is non-refundable. The FINAL PAYMENT, due 45 days prior to departure is also non-refundable. (This includes cancellation of the river trip, rental equipment, lodging, and vehicle reservations.) Since you have reserved space for which we have a limited number of seats, **our non-refundable policy applies in every instance, so we highly recommend that you purchase Travel Insurance to protect your vacation investment.**

RESERVATION DETAILS

Moab has a wide variety of lodging facilities, from primitive camping to full service inns and condominiums. Most are within walking distance of restaurants. Prices typically range from $85 to $169 per room. Our Guest Services Staff is personally committed to helping you plan your vacation. We are available to assist with your lodging reservations as well as reservations for rental cars, shuttles, and charter flights.

RESPONSIBILITY

For airplane flights and any other non-rafting activity for Sheri Griffith Expeditions river trips, whether included in the trip package or booked as an option, Sheri Griffith Expeditions acts solely as an agent of the provider.

SAFETY, ASSUMPTION OF RISK AND, INSURANCE: We maintain a 41-year excellent safety record. However, all outdoor experiences involve risk and we all must recognize that accidents or illnesses may occur. We cannot guarantee your safety. We place final responsibility for your safety firmly on your shoulders where it belongs. You have to pay attention to what you are doing. Mother Nature controls the water level, the weather and, the elements, so there is a risk involved in rafting and camping. Before your trip departs, you will be asked to sign an **Assumption of Risk and Release** Form. If you have questions regarding this document or would like to see one ahead of time, please feel free to request it. We assume no responsibility for injury to trip members, their personal belongings, or for time and expense incurred. **We strongly recommend Travel Insurance, which covers vacation losses and accidents and provides a refund if you have to cancel your trip.**

NON-PERFORMANCE

We make every effort to follow through on our plans. However, we reserve the right to make changes in the itinerary or possibly cancel a trip if necessary including but not limited to weather conditions, water fluctuations, insufficient reservations, changes in international relations, or other factors beyond our control. If cancellation on our part is necessary, your money will be refunded. Our financial liability shall be limited to the amount actually paid and shall not be extended to cover any other costs incurred by the trip member.

HEALTH ISSUES

If you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying any of our trips. It's not necessary to be an athlete to participate in a river expedition. It is several hours to the nearest medical center however. If you take medication you should bring a good supply and inform your guide of all medication that you are taking. When you meet your guide, you should discretely explain any medical conditions you may have or be concerned about including allergies to bee stings, etc. Each guide carries a first aid kit and will need to know if specific medications should be stored. It is also helpful to know about other health issues when planning activities for the day. Pregnant women and anyone with heart trouble should have their physician's approval before taking a river trip.