

AMERICAN RIVER RECREATION

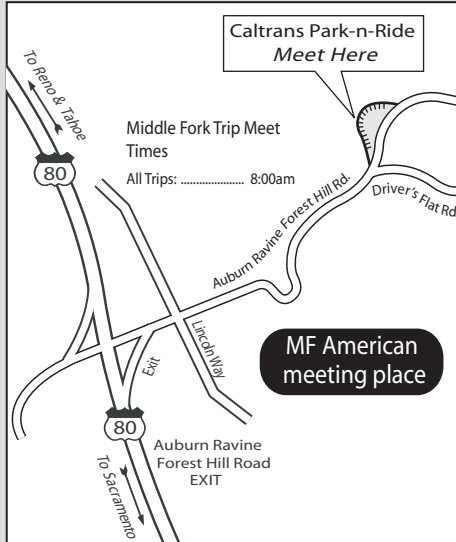
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TRIP INFORMATION

Middle Fork American River - One Day Trip

DIFFICULTY Class III-IV | MINIMUM AGE 13 | SEASON April-October | LENGTH 18 miles | AVERAGE GRADIENT 22 feet per mile



IMPORTANT MESSAGE

Please note new meeting place and time

DIRECTIONS TO MEETING PLACE:

From Sacramento:

Take Interstate 80 East to Auburn. Exit at Auburn Ravine-Forest Hill Road and turn right at the traffic light. Continue on Auburn Ravine-Forest Hill Road for 8.2 miles to the Cal Trans Park n Ride lot on the left hand side of the road, just about 200 yards past Driver's Flat Road. Our staff will be there to greet you. Our meeting point is approximately 45 minutes from Sacramento, 2.5 hours from San Francisco and 1.75 hours from North Lake Tahoe.

Meeting Place and Time

Our trip begins promptly at **8:00 am** at the Cal Trans Park n Ride lot on Auburn Ravine-Forest Hill Road in Auburn. It is important that everyone arrive on time so as not to hold up the entire trip. Please be dressed and ready to depart for your river trip. **NOTE:** Other rafting companies also meet here; please check in with **American River Recreation**.

Trip Logistics

After a scenic bus ride to our launching point, we begin with a safety talk and paddling instructions. Here, you meet your guides and receive your life jackets and paddles. Once on the water, you have a few minutes to practice your paddling skills so that everyone feels comfortable before beginning the adventure. Get ready during the first 2.5 miles of the river for the most intense rapid of the trip, the Tunnel Chute. This exhilarating rapid is sure to thrill even the most experienced whitewater enthusiast.

Throughout the rest of the trip we alternate between big rapids and calm stretches. We serve a delicious deli-style lunch buffet about halfway through the day. In the late afternoon we do a mandatory portage around Ruck-A-Chucky Falls, an unrunnable 20-foot drop through a boulder sieve. Several more exciting rapids thrill you as you continue down to the take-out site where cold beverages await. Enjoy the scenic ride back to your cars, where you arrive about 4:00 pm. *(Please be aware that there are a variety of factors that can cause a trip to end earlier or later than planned. This should be taken into consideration when making your travel plans.)*

We Provide

On 1-day trips we provide trained guides, personal flotation devices, paddles, whitewater rafts, river shuttle, lunch and ice-cold refreshments at the end of the trip. **NOTE:** 1-Day trips do not include camping, rental tents, dinner or breakfast, these items may be added for an additional fee, and must be booked and paid in advance.

What to Bring

River attire is very casual and you should expect to get wet, so dress accordingly. Quick-dry clothing is recommended. Cotton gets wet, stays wet, and does not keep you warm. Following the list below will assure you a comfortable and well-prepared trip:

swimsuit | shorts | sun hat or visor | personal water bottle (optional) | sunscreen (waterproof) | dry clothes (leave in car) | sunglasses | eyeglass retainers | old tennis shoes or river sandals (NO flip-flops)

** For Cool Weather

We recommend the following cool-weather clothing (as a precaution) for April and May, or anytime during the season when rain or cool weather is a possibility:

wetsuit | wool socks | wool sweater | wool hat | wool gloves | neoprene booties | rain jacket | poly pro clothing | nylon windbreaker

Wetsuit with splash jacket can be rented through our office for cool weather conditions. Please call to reserve in advance. Rental fees: 1-day: \$10, 2-days: \$15. Please do not bring any pets, fireworks, or firearms. Because of the great risk of injury, we do not allow the use of any high-pressure water guns on our trips. We urge you to leave your valuables at home. If you wish to bring a camera, please provide a case (preferably waterproof). However, it will not be possible to photograph during the rapids. Professional photographers are positioned along the banks taking photos of us running the rapids. These photos are available for sale at the end of the trip; the companies are in no way associated with American River Recreation.