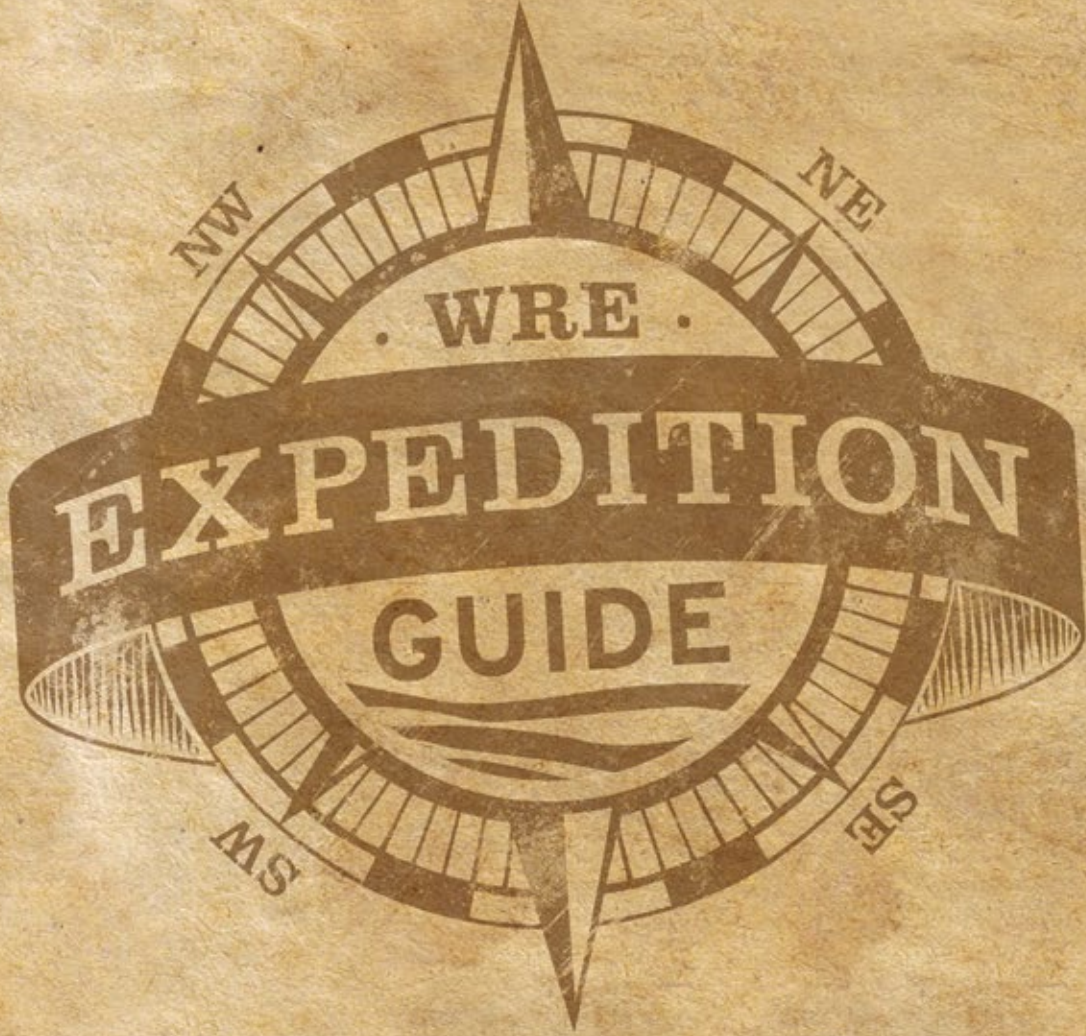


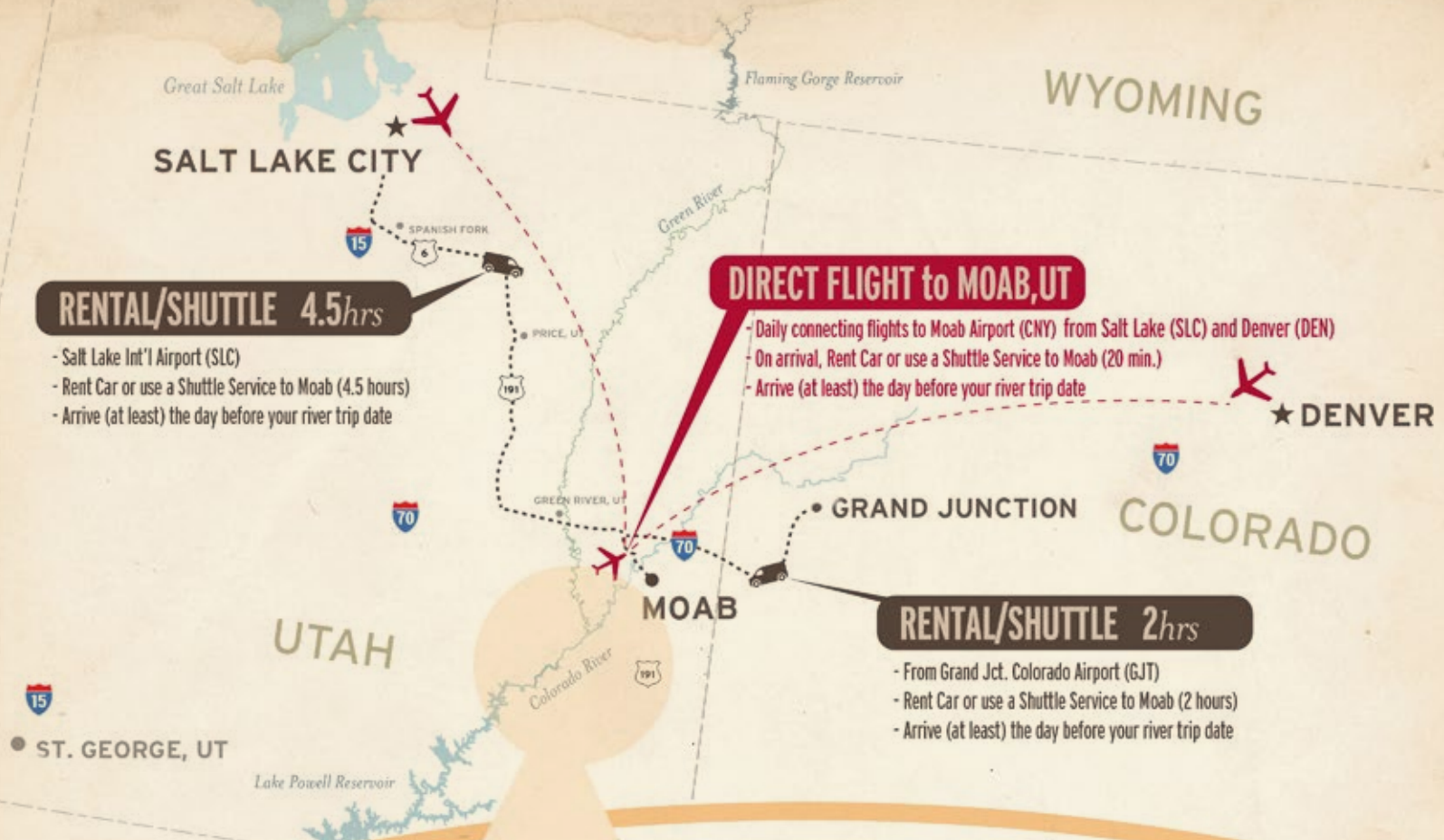


# Cataract Canyon Express

2 DAY EXPEDITION







**SALT LAKE CITY**

WYOMING

**RENTAL/SHUTTLE 4.5hrs**

- Salt Lake Int'l Airport (SLC)
- Rent Car or use a Shuttle Service to Moab (4.5 hours)
- Arrive (at least) the day before your river trip date

**DIRECT FLIGHT to MOAB, UT**

- Daily connecting flights to Moab Airport (CNY) from Salt Lake (SLC) and Denver (DEN)
- On arrival, Rent Car or use a Shuttle Service to Moab (20 min.)
- Arrive (at least) the day before your river trip date

**DENVER**

**RENTAL/SHUTTLE 2hrs**

- From Grand Jct. Colorado Airport (GJT)
- Rent Car or use a Shuttle Service to Moab (2 hours)
- Arrive (at least) the day before your river trip date

**ST. GEORGE, UT**

COLORADO

UTAH

**MOAB**



**SPRINGHILL SUITES<sup>SM</sup> MARRIOTT**

- - - - - To the River
- - - - - From the River
- ~~~~~ On the River



Cataract Canyon 2 Day Express Travel Route



# Cataract Canyon Express

## 2 DAY EXPEDITION

Embark on an unforgettable Colorado River rafting adventure just south of the eclectic town of Moab, Utah. High-speed, custom rafts now allow you to journey through the Colorado River's legendary 100-mile Cataract Canyon in just 2 days—perfect for those with busy schedules yearning for a quick, but refreshing dose of adventure. From surreal scenery to thrilling whitewater, Cataract Canyon is rated as one of the best rafting trips in America. Travel through the heart of Canyonlands National Park on the Colorado River, where postcard-perfect vistas will dazzle you around every bend in the river. Step back in time as you explore ancient Native American habitations and learn of their cultures. Discover the thrill of nearly 30 world-class Colorado River whitewater rapids. Once you reach Lake Powell, you'll be returned to Moab, Utah by ground shuttle. Join us for 2 spectacular days in the great outdoors and reconnect with your sense of adventure. ✨

### Itinerary & Travel Information

**DAY PRIOR** » You may purchase last-minute retail items at Western River's Moab Adventure Center located at 225 South Main Street (sunscreen, clothing items, hats, etc.)

**DAY ONE** » Check out of your hotel, and meet in the lobby of the SpringHill Suites by Marriott, Moab on the morning of your trip. [CONSULT CONFIRMATION FOR EXACT MEETING TIME]. You'll take a short bus ride to the launch site for Cataract Canyon. Enjoy a short morning drive to a calm section of the Colorado River where your rafts await. Within minutes, unmatched geologic wonders will tower all around you providing a complete and welcome escape from the world you left behind. You'll encounter Native American ruins and writings and hike to awe-inspiring vistas atop plateaus. Around mid-day you'll savor a scrumptious buffet lunch at the river's edge. As the canyon deepens to over 2,000 feet, you'll experience the exhilaration of nearly 30 whitewater rapids including Capsize, the Big Drops, the Mile Longs, Little Niagara, Satan's Gut and Repeat. After a full day of unforgettable memories, you'll find the perfect riverside respite as we camp along the Colorado River. Enjoy a delicious sunset dinner, perhaps relax beside a crackling campfire, and star gaze as you're lulled to sleep by the rhythmic sounds of the river.

**DAY TWO** » As you awake to the smell of freshly prepared breakfast, you'll lie in your comfortable cot and marvel as the morning sun paints its warmth across the surrounding canyon walls. After breakfast, you'll set off for one more day of Colorado River rafting adventure. Depending on your camp location, you may experience more thrilling whitewater and you'll definitely have some final time to relax as you float amidst the shadows of striking red rock spires. After reaching Lake Powell, you'll return to Moab by ground shuttle. Expect to arrive in Moab, Utah by approximately 4:00 PM.

Note: This itinerary is provided as a sample. Daily activities and sights will vary based on weather conditions and guide preferences.



### QUICK FACTS

**Cataract Canyon & Canyonlands:**

- 2 days
- 100 miles
- Minimum age: 12

**Begins and Ends:**

SpringHill Suites by Marriott - Moab, Utah

**Travel Time from Nearest Major City:**

- Salt Lake City, UT (4 hr drive)
- Salt Lake City, UT DIRECT FLIGHT (1 hr flight)
- Denver, CO (6 hr drive)
- Denver, CO DIRECT FLIGHT (1 hr flight)



**RAFTING** » Class III-V whitewater combined with calm stretches



**HIKING** » Short walks over moderate terrain (all optional)



**CAMPING** » Cots, tents, sleeping bags, chairs & water-resistant bag



**MEALS** » All meals are prepared for you between departure & return



**TRANSFERS** » Bus transfer to river from Moab, Utah and return.





## WHERE & WHEN TO MEET

### MEET AT SPRINGHILL SUITES BY MARRIOTT - MOAB, UTAH »

Early [check exact departure time on your trip confirmation] on the morning of your river trip, you'll meet in the lobby of SpringHill Suites by Marriott, Moab.

**Location:** 1863 N. Hwy 191, Moab, UT

**Departure Time:** [CONSULT YOUR TRIP CONFIRMATION]

A thirty minute (and scenic) drive will take you to the Potash Boat Ramp on the Colorado River where your trip will begin.

**Return Time:** approximately 4:00 PM

**NOTE:** For those choosing to stay somewhere other than SpringHill Suites, it is your responsibility to arrive at the designated time and place mentioned above.

## Staying at SpringHill Suites

### BLOCK RESERVATIONS AT SPRINGHILL SUITES WITH WESTERN RIVER »

Because this trip departs from the lobby of the SpringHill Suites, it is convenient to book your lodging there at the Western River block rate.

**BOOK HOTEL**

Make hotel block reservations through the link provided on the Travel Planning page (link provided in your trip confirmation email)  
[www.westernriver.com/cataract-canyon-express/travel-planning](http://www.westernriver.com/cataract-canyon-express/travel-planning)

There are additional lodging choices available in Moab. If you choose to stay elsewhere prior to your trip, you MUST make your own arrangements to arrive at SpringHill Suites at the appointed time on your trip confirmation.

### NOTES FROM SPRINGHILL SUITES »

- **COMPLIMENTARY PARKING** for all guests of Western River - even for guests not staying at SpringHill Suites.
- **BAG STORAGE** Guests of SpringHill will receive complimentary storage for up to two bags per room. Additional bags may be stored at the hotel for a fee. Non-SpringHill guest bag storage is also available for a fee
- **HOT BREAKFAST BUFFET** is complimentary only for overnight guests of SpringHill Suites. Other guests may purchase breakfast at the front desk
- **RENTAL CAR CONVENIENCE** When you rent a car with Canyonlands Jeep & Car Rental (Moab Airport), you may leave your rental at the SpringHill parking lot for pickup while you are on the river. Leave keys with front desk, or Western employee at check-in. For discounted rental rate, visit: [www.moabcarrrentals.com/westernriver](http://www.moabcarrrentals.com/westernriver)



*Located 5 miles from Arches National Park and 2.5 miles from downtown Moab, Springhill Suites by Marriott is the meeting location for your expedition. Having your own transportation to grab dinner in town, or last minute items is recommended.*

## Moab Car Rental



Free hotel shuttles are still not available in Moab. Taxis, ubers and shuttle services may be pricey or not fully reliable.

Canyonlands Jeep and Car Rental truly is the easiest and cheapest way to get to town - even if you're leaving first thing in the morning for a rafting trip. Canyonlands will pick your rental up from the Marriott! You just park it at the Marriott, go rafting, and voila!

**NOTE:** The Marriott is 2.5 miles north of town. You will still want a car to grab dinner or last minute items before your river trip in the morning.

Find special rates for Western River guests :  
[www.moabcarrrentals.com/westernriver](http://www.moabcarrrentals.com/westernriver)



## While in Moab...

### HOW MANY NIGHTS SHOULD YOU PLAN TO RESERVE? »

- **Minimum 1 Night Before** - Plan to arrive at least the day before your rafting trip because departure times are early the next morning.
- **Minimum 1 Night After** - Plan to stay at least one night AFTER your river trip. Here's why: a shower. Rafting expeditions change your perspective, which is both exhausting AND refreshing, but so is the fresh shower and night's rest you'll get upon your return to Moab!

### ADDING A FEW MORE DAYS IN MOAB »

You may be surprised at how much more you can pack into your Moab vacation by adding just one or two days before or after your river trip.

## Top Recommendations to Add to Your Stay

Western River created the Moab Adventure Center in the heart of Moab to make ONE STOP for all the day adventures so abundant in Moab, Utah. It's too fun and too convenient to not get excited just suggesting them!

### ARCHES NATIONAL PARK TOUR »

Arches National Park is just three minutes from the Marriott Hotel. You can drive yourself, or take a guided bus tour that will maximize your time (AM and PM departures). In most cases, you can be picked up right from your hotel.

### HUMMER SAFARI »

You may be able to book the "Sunset Safari" the evening before your rafting trip, depending on your arrival time in Moab.

### CANYONEERING »

Morning or afternoon departures take you deep into the landscape, literally. It's a half-day commitment, but worth the bragging rights, for sure. Imagine rappelling into a hidden grotto and then off a giant rock arch. The hike out is a delight.

### ZIP LINE ADVENTURE »

Close to town, but a world away with each zip across the chasms and dunes.

### HOT AIR BALLOONING »

The early morning start of these 3 hour tours may allow time for other adventures in the day.



Western's Moab Adventure Center, 225 South Main.

### BOOK A TOUR

Add to your Moab itinerary with a phone call: 866-904-1163, or book online:

[www.moabadventurecenter.com](http://www.moabadventurecenter.com)



### Glad We Added it!

*My family (2 adults and 2 children) took a Hummer safari into Hells Revenge. Our guide, George, gave us a great ride. He engaged our children with humor and facts about the landscape and made us feel safe throughout the excursion. He also gave us some thrills along the way. I definitely recommend this trip, our excellent guide, and Moab Adventure Center."*

JERRY H. - Alabama





(All distances measured from Colorado River bridge/Lion's Park)

- Arches National Park Entrance < 2.4 miles >
- Canyonlands Field Airport < 16 miles >
- Dead Horse Point State Park < 32 miles >
- Archview Campground Schoolhouse < 11 miles >
- Klondike Bluffs & Brand Trails
- Canyonlands N.P. Overlooks < 44 miles >

- Grandstaff Canyon < 3.2 miles >
- TakeOut Beach < 10.3 miles >
- Red Cliffs Lodge < 15.2 miles >
- Sorrel River Ranch < 18 miles >
- Hauer Ranch < 22.6 miles >
- Hittle Bottom Boat Ramp < 23.4 miles >
- Fisher Towers < 24 miles >
- Westwater Canyon < 72 miles >



### Things to do in Moab:

- Arches National Park Guided Bus/Hiking Tour
- Raft the Colorado River (Full/Half Day)
- Hummer Safari on Hell's Revenge (AM and PM)
- Canyoneering & Climbing (Guided)
- E-Bikes or Mountain Bikes - Take a Tour!
- Early morning Hot Air Ballooning
- Scenic Flights over the Parks
- Ride the Moab Zip Line  Rent a Jeep!
- Jetboat Adventures on Colorado River
- Horseback Rides  Mtn Biking Tours
- Gear up  Ask insider info  Buy souvenirs

**One Stop for Adventure:**  
225 South Main Street | 866-904-1163

- Potash Road Boat Ramp < 20 miles >
- Corona Arch trailhead < 10 miles >
- Canyonlands N.P. (river or 4x4 only)
- Cataract Canyon (river only)

- National Forest < 18 miles >
- LaSal Loop < 60+ miles >
- Needles District, Canyonlands N.P. < 68 miles >
- Monument Valley Tribal Park < 120 miles >
- Mesa Verde National Park < 150 miles >

# Packing List



## DUFFLE BAG

All of your personal items should be packed into a soft-sided duffle bag approximately 12" x 13" x 24" in size.

**Please limit your gear to 20 pounds.**

This 20-pound maximum weight limit does not include beverages.



## DAY BAG

Upon arrival to the river's edge, you will be provided a water-resistant day bag (approximately 7" x 13"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, gloves, sarong, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a simple plastic grocery sack inside your duffle for easy transfer to your day bag at the launch site.



## GEAR BAG

Also upon arrival at the launch site of your trip, you will receive a water-resistant gear bag. This bag will contain your sleeping bag, sheet and ground tarp. You will put your duffle bag inside this bag, roll the top down and clip it securely to avoid getting your personal gear wet. Your personal gear bag will be available in camp each night of your trip.

## CLOTHING ITEMS

- Two-piece rain suit or "paddle gear"** (Not just for rainstorms - offers protection against the cold water and wind-chill when running rapids - especially early in the morning.)
- 1 swimsuit (2-piece swimsuit or quick-dry shorts and sports bra recommended for women)
- 1 quick-drying shirt, (long sleeved sunhoodies are breezy and effective sun protection)
- 1 pair comfortable shorts and underwear for camp
- 1 pair socks for use in case of sunburn or foot injury
- 1 pair quick-drying pants (optional - for sun protection)
- Lightweight fleece top
- Sturdy water sandals or water shoes. Based on the type and condition of your footwear, you may want to consider a backup pair of sandals or shoes in case of any damage.
- Comfortable footwear for camp (some guests prefer to change out of wet sandals or shoes into flip flops or other light weight shoes)
- Hat for sun protection with string or hat clip

» *Water clarity can vary from clear to very silty. Clothing may become discolored. Please pack accordingly.*

## PERSONAL ITEMS

- Personal hygiene products
- Plenty of sunscreen & lip balm
- LavaLava/Sarong coverup (long cloth useful for sun cover, light towel, changing clothes under cover)
- After-sun moisturizing lotion
- Biodegradable soap and shampoo in small bottles
- Sport water bottle with clip or carabiner
- Small towel and wash cloth
- Toothbrush and toothpaste
- Small pack of tissues
- Small headlamp or flashlight with extra batteries
- Insect repellent (small container)
- Sunglasses with safety strap
- Camera - waterproof digital camera with extra batteries and memory. Phones as camera in waterproof cases/sleeves. Charging brick for phones recommended. (Cell service unavailable).
- Small travel pillow
- Medication if needed (cool storage is available)
- Major credit card and photo ID in case of evacuation
- Cash for gratuities (Your guides will make every effort to see that your trip is enjoyable and successful. Gratuities for guides are appropriate, greatly appreciated and at your discretion, as a gesture of thanks for their professionalism and service. A suggested guideline is 10-15% of the trip cost. The common practice is to give the gratuity to the trip leader on the last night. It will later be divided equally with the rest of the crew.)

## COLD WEATHER ITEMS

- Neoprene socks for river - Wool socks for camp
- Stocking cap, fleece or wool gloves
- Thick fleece jacket and/or lightweight down coat
- Lightweight long underwear for sleeping
- Paddler's "Splash Jacket" and/or splash pants

## OPTIONAL PERSONAL ITEMS

- 1 small carabiner for clipping day use bag to ropes
- Disposable moist towelettes
- Mile-by-Mile River Guide Book (purchase through [redrockoutfitters.com](http://redrockoutfitters.com))
- Gloves for protection while gripping holds on the boat





## The morning of your trip:

- Check out of your accommodations & eat a good breakfast.
- Meet in the lobby of Marriott SpringHill Suites. Bus departs at 7:30 AM.
- Complementary parking available at the Marriott during your river trip.
- Come dressed and ready to raft (see diagram below):

### BIG SMILE

A smile is a curve that sets a lot of things straight

### RETENTION DEVICE(S)

River guides invented these in the 1980's for a reason: They work!

### LIFEJACKET / PFD

Available at the river's edge, with the rafts and guides

### LIP BALM & SUNSCREEN

At least 30 SPF - You'll have time to apply before floating

### MEDICATION

If needed

### CAMERA

Or use a waterproof/sandproof case

### QUALITY RAIN GEAR

Good quality rain gear is handy in your day bag for rain or rapids



### HAT FOR SUN PROTECTION

A wide-brimmed hat, a baseball cap, or a visor

### QUICK-DRY SHIRT

Best with UPF for sun protection

### SUNGLASSES

They're not just for Hollywood looks!

### QUICK-DRY SHORTS

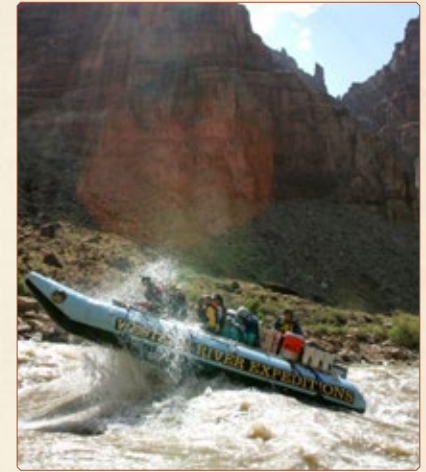
Makes sitting on the raft more comfortable

### WATER BOTTLE WITH A CLIP

Always drink lots of water!

### STURDY WATER SANDALS OR SHOES

No Flip-Flops, Mukluks, spurs, etc.



## Gear provided:

- Large water-resistant gear bag containing a sleeping bag, sheet, and ground tarp. Once you arrive at the river that day, you should pack your personal duffel inside this large rubber bag where you can access it again that night at camp. (Inaccessible during the day).
- Small day bag to hold personal items you need throughout the day (sunscreen, lip balm, rain suit, camera, snacks).
- Lifejacket / PFD will be handed out and proper fitting will be demonstrated by your guides when you meet them at the rafts.
- Rafts: This trip exclusively uses motorized snout rigs with one guide and up to 6 passengers.

## Things to bring:

- Duffel bag (approx. 12"x13"x24"), packed with clothing, toiletries, personal items outlined on the Cataract Canyon packing list
- Extra drinks, if desired. No glass containers. Water and lemonade are provided.
  - Utah State Liquor Store (beer, wine) - 55 West 200 South (closed Sundays)
  - City Market (beer, soda, etc) - 425 South Main Street

Together, packed duffel bag + optional drinks should be 25 lbs or less per person




For a local selection of beer and liquor you can visit the Moab Brewery. - 686 South Main Street, Moab, UT 84532

- Extra snacks, if desired. (Snacks will be provided during the trip).
- Photo ID, a major credit card, and cash for gratuities.
- Camera(s) - Phones as cameras in waterproof cases/sleeves (Cell service may be unavailable)

## Things to leave: (NOT TO BRING ON THE RIVER)

- Car keys can be left at your hotel front desk, or with stored luggage while away
- Unnecessary electronic devices (game devices for kids, etc.)
- Jewelry

## It's an Expedition!

-  River water levels vary throughout the rafting season.
-  Weather is always present on a river trip.... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts!
-  Trip includes calm water sections both before and after the whitewater rapid section of Cataract Canyon.





## Weather

We always hope for good weather but you should be prepared for the possibility of cooler weather and storms. This is applicable to all trips throughout the season. The following chart shows averages for the months of March through October. Temperatures and precipitation will vary. A rain storm or a cool front can happen anytime. You can find current weather forecasts at: [www.westernriver.com/cataract-canyon-express/travel-planning](http://www.westernriver.com/cataract-canyon-express/travel-planning)

TEMPERATURES AND PRECIPITATION - MOAB, UTAH:

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Mean Max. Temperature	64	76	84	98	100	99	86	77
Mean Min. Temperature	33	39	49	58	62	61	50	40
Precipitation (inches)	0.9	1.2	1.1	0.1	1.2	0.8	0.8	1.6

## Be Prepared for Any Weather:

Weather is always present on a river trip... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts! It is wise to come prepared for anything, but we realize there are weight and size limitations for packing. While we cannot predict it all, hopefully we've given you the proper insights and information to prepare you for the adventure of a lifetime!

### Rain Gear vs. Paddle Gear



**Key Feature:** Easy to wear, versatile, best in warmer weather and rain.

**PROS:**

- Keeps you relatively dry without the "sweat chamber effect"
- Blocks wind-chill after rapids
- Versatile purpose/easy to wear
- Best for rain, shields whitewater

**CONS:**

- Not waterproof during large rapids
- Getting cold can be a threat to fun



**Key Feature:** Neoprene rubber "gaskets" around wrists & neck. Best in cold weather & whitewater.

**PROS:**

- Nothing better for staying dry
- Ideal when weather remains cold
- Blocks water from all directions
- Best for whitewater

**CONS:**

- Hot & sweaty in warm weather
- Pullover style can be difficult
- Specialized, lacks versatility
- No hood for rainstorms

## Get Ready in One Order: Red Rock Outfitters

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. Specifically, we've bundled **"The Works"** for him, for her and one for gear in general. For your convenience, you can order all these items online with Western's retail division:

[www.RedRockOutfitters.com](http://www.RedRockOutfitters.com)  
1-888-924-2050

## Moab Adventure Center

A large selection of clothing, footwear and gear is available at Western's Moab Adventure Center. Located conveniently at 225 South Main Street, Moab, Utah. Phone 866-904-1163.





## General Information

**BEVERAGES »** Water and lemonade are available in unlimited quantities on the boats and in camp. Coffee and hot chocolate are available every morning. Western does not provide beer, liquor, or soda pop. If you wish to bring your own alcoholic beverages and soda pop you may do so in moderate amounts. Please avoid glass containers. Plastic bottles and aluminum cans work well. Together, packed duffle bag + optional drinks should be 25 lbs or less per person.

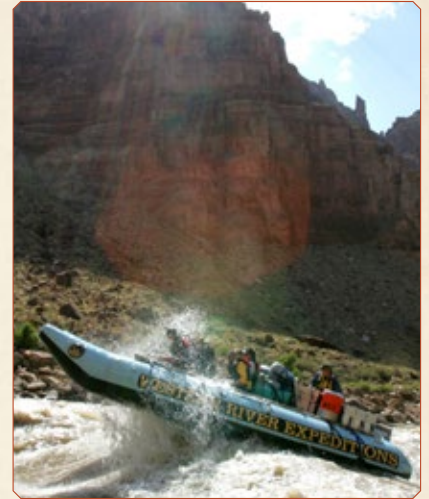
**VALUABLES »** You will want to have photo ID, a major credit card, and some cash for gratuities. All other valuables and jewelry should be left at home or in a safety deposit box at your hotel. In addition, as a safety precaution we suggest that you not wear rings on the river. Also, each year a few of our guests traveling on airlines arrive without luggage. With this in mind, we suggest you carry with you medications, prescription glasses, and anything you may not be able to replace the evening before your trip departs.

**EXTRA LUGGAGE »** Transfer all your personal clothing and gear which you will need on your rafting trip to a small, lightweight duffle bag. Identify duffle bag with label, and leave any extra suitcases or luggage in your vehicle or at the hotel. Marriott SpringHill Suites provides complimentary parking. Luggage storage is available upon request but may require a fee. Please **DO NOT BRING SUITCASES** on your river trip. As part of your camping equipment package, we provide a water-resistant bag in which you will place your duffle bag as well as the sleeping bag that we provide.

**OTHER QUESTIONS »** If you have additional questions, our friendly staff is available Monday - Friday from 8:00 AM to 5:00 PM Mountain Time. Also, visit us online at [westernriver.com](http://westernriver.com) for more information. Be sure to see our "FAQS & POLICIES" section online under each trip.

## Western's Snout Rig

Western's Snout Rig is a custom craft offering the most comfortable and secure ride on the river for express trips through Cataract Canyon. If you're a thrill seeker, you can sit up front where the waves hit hardest, or ride aft for more protection. There are plenty of calm sections along the river where you can move more freely about the boat and trade seating positions throughout the trip.



*This was an incredible trip for our family. We have not stopped talking about how much fun we had and how great the people were that we met. As great as everything was, truly the guides were the key to making this trip so fantastic. They were all absolutely amazing; they were not only expert rafters, but great cooks, funny, outgoing, kind, etc., etc. We all miss them. We have so many wonderful memories. This trip was a true gift. We will treasure it for the rest of our lives. Thank you for a family vacation of a lifetime."*

JEAN - Connecticut







## Camping With Western River Expeditions

Whether you're a veteran camper or experiencing sleeping in the outdoors for the first time, Western makes camping simple. All you need to worry about is packing your personal items in a soft-sided duffle bag. We'll supply the rest:

- » Comfortable cots make sleeping and relaxing on the river easy.
- » Roomy tents are always available and easy to set up. You may be like many of our river guests who prefer to sleep under the vast canopy of stars. If you haven't ever experienced camping in the desert you'll be surprised at how dry and comfortable everything stays when sleeping under the stars.
- » Freshly laundered sleeping bags and sheets provide warmth on cool evenings.
- » Water-resistant bags protect your personal belongings from exposure to sand and water.
- » A personal day-use bag keeps important items handy during the day.
- » Camp chairs offer comfortable seating while in camp.
- » A sturdy vinyl ground cloth keeps your gear and camping areas clean. (not shown below)

### TOILET FACILITIES

Western uses a portable toilet and hand wash system that is set up each day in camp in a secluded location that assures privacy. The toilet is available from the time we pull into camp until we leave the following day. An orientation concerning everything from rapid safety to bathrooms will be given at the beginning of your trip.



*"I still haven't come down from this trip! It was amazing, beautiful, adventurous, fun, exciting & spiritual all at the same time. Having never camped a day in my adult life, I did things I never thought possible. From setting up tents to sleeping under the stars to washing in the river - it was incredible. I am so thankful we had the chance to experience the river."*

**FLORENCE** - New York

## Items provided by Western River Expeditions

- » Transportation from Moab, Utah to the river
- » Professional, licensed guides
- » All meals between trip departure and return
- » All eating utensils and souvenir insulated bottle
- » Unlimited water and lemonade
- » Freshly laundered sleeping bag and sheet
- » Cot (28" x 74")
- » Tent and ground cover
- » Water-resistant dry bag for sleeping gear and personal duffle bag
- » Water-resistant day-use dry bag (7" diameter x 13") for personal items
- » Custom rafts
- » US Coastguard approved whitewater life jackets
- » Wilderness First-Aid kit
- » Sanitary Facilities



## Physical Requirements for Rafting Trips

Our primary concern is participant safety. The nature of an outdoor adventure involves some physical exertion and also possible exposure to weather conditions that can fluctuate greatly due to heat, sun, wind, or rain. We do have experience accommodating persons with a wide range of physical challenges, disabilities, or medical and health conditions. However, we have found that for some people the fact of age, weight, lack of conditioning, heart or other disease, can endanger themselves, other guests or create additional hardship that diminishes the suitability or enjoyment of this type of vacation. Please consider these conditions in making your choice of river adventures. Please check with your physician prior to your trip if you have any medical or health condition or if you are taking any medications, and then notify us of how we can better help you with these conditions. In general, participants will need to meet the following physical requirements:

- » Fit into a Type 5 Life Jacket (maximum chest size is 52") required by the National Park Service
- » Ability to securely grip ropes provided for handholds while running the rapids
- » Enough agility to climb on and off the rafts—this could be as much as a 2-3 foot reach and often on wet and slippery surfaces
- » Ability to navigate uneven terrain on hikes and in camp
- » Carry your own dry bag which will include your 20-pound duffel bag along with the sleeping bag and ground cover we provide

Our principle objective is for you and your fellow guests to have an enjoyable and fulfilling experience. If you are concerned about any of these requirements, please call our friendly staff to further discuss which trip is right for you.

Our Waiver & Acknowledgement of Risks Form will more fully describe some of the inherent risks involved in these activities. We look forward to having you join us on the adventure of a lifetime.

## Payment & Cancellation Policies

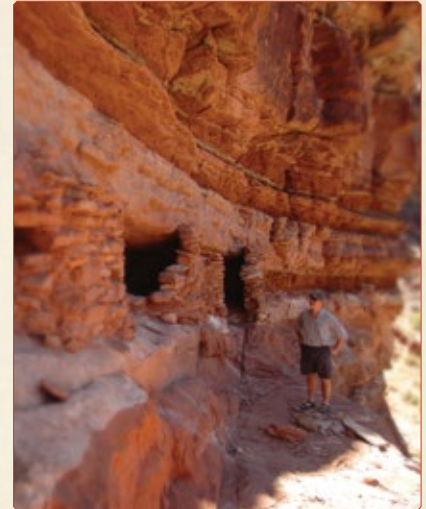
### PAYING YOUR BALANCE

A deposit due at the time of your reservation. Final payment is due 120 days prior to trip departure and may be paid by check (preferably) or by credit card. All payments are non-refundable. We reserve the right to cancel your reservation if full payment is not collected by the due date.

### CANCELLATION & REFUNDS

The cancellation policy applies at the time of deposit. Details regarding cancellations and travel changes for each trip can be found at [WesternRiver.com](http://WesternRiver.com) or on your reservation confirmation. If you must cancel any reservation, the cancellation policy applies in every instance and there will be no exceptions for any reason. Western will not issue any refund for arriving late or leaving a trip early. Western River Expeditions is not responsible for any expenses incurred in preparation for any cancelled trips or for costs incurred due to travel delays, flight cancellations, or illness. If you are concerned about the possibility of having to cancel, you may find information about cancellation coverage and policy details at:

[westernriver.com/cancellation](http://westernriver.com/cancellation)



*"Western helped us determine the best trip for us. Once she learned more about our group, she recommended the Cataract Canyon Express. She was so right!! The information Western sent in advance of our trip was very helpful. We thoroughly enjoyed our trip - it exceeded our expectations.."*

**WENDY** - Washington, USA





## A Typical Day on the River

After meeting your guides you will be given a trip orientation that will include how and where you can sit on the rafts, how to hold on, and safety precautions while on the river.

A typical day will include rafting for a few hours at a time, stopping for scenic side-canyon hikes, bathroom breaks, and lunch. Visiting with new-found friends and learning river lore and geology from our well-trained guides add to the enjoyment of each day.

After a full day of learning and fun we arrive in camp. Guests will be allowed to find their favorite campsite and then return to the rafts for the famous "fire line" - the way we load and unload rafts. Your help in passing the gear off the boat is greatly appreciated; however, if you have physical restrictions or limitations that would prohibit you from participating you are not required to help.

The first evening in camp, the guides will give a demonstration on how to easily assemble the cots and tents and will be available to help you if you need additional assistance. Western River provides cots, tents, sleeping bags, sheets, camp chair and water-proof gear bags for all guests. You'll have no need to worry about bringing any of your own camping equipment.

While you relax at the river's edge, your guides will prepare dinner. Every night is different, but the menu may include items such as grilled chicken breast, steak with sautéed onions, pasta or fresh fish.

At night, whether you choose to sleep in your tent or under the vast canopy of stars, the fresh night air and the rhythm of the river will lull you to sleep.

Each morning, your guides will prepare a delicious breakfast. You'll have a chance to enjoy eating before returning to your campsite to take down your tent and cot and pack up your belongings in your dry bag. After bringing your bag down to the boats, guests participate in the fire line once again and you are off on another fun-filled day of adventure.

## Rafting Trips vs. Other Vacations

The setting and pace of a rafting adventure gives you something you don't find in other vacations. On a Western River Expedition, you will quickly discover why so many are calling this "the best vacation of their lives." It's the combination of drifting over tranquil pools of water under the shadows of towering rock formations, the exhilaration and thrill of rolling waves and crashing whitewater, the exploration of seldom-seen waterfalls and Native American history, the peaceful moments of reflection as you gaze up at the star-studded sky and the fresh feeling of renewal as the morning sun slowly filters through winding canyons. All this provides an indescribable sense of belonging. A sense of oneness with yourself and those around you. A sense of adventure, reflection and renewal. Come discover the difference.



*"Our trip was amazing! I felt like a kid again. The guides were wonderful and really helped make the experience a great one. I would love to do this again!"*

**DONNA**, New York City

*"AMAZING!!! The trip itself was awesome: beautiful scenery, exciting rapids, awesome night skies...but really, it was the people that made the trip what it was! Fellow rafters: an extraordinary group of folks from all over the US, we really melded into a river "family"! The crew: Josh, Mark, Shad and John took such great care of all of us, were knowledgeable about the river, and were entertaining, fun, and funny!! This was definitely a trip to remember. I'm feeling a bit of post-river withdrawals, but thinking back on the great times we all shared, makes me smile all over again! If you're considering doing a raft trip with Western, don't hesitate!! You'll be so glad you did!"*

**QUINN** - Bend, Oregon