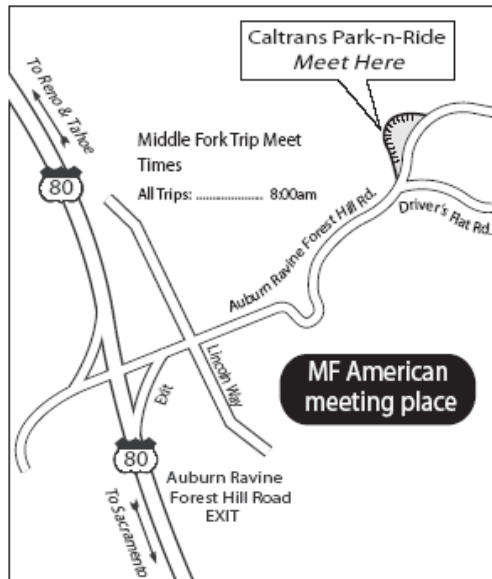


Difficulty: Class III-IV **Minimum Age:** 16
MF Length: 18 Miles **NF Length:** 13 Miles
Season: April – June
Average Gradient: 22 Feet per Mile



Meeting Time and Place

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 (we do not wait for late arrivals). Please check in with our staff and they'll be happy to answer any of your questions. **Note:** Other rafting companies also meet here, please check in with **American River Recreation**. **It is imperative that you follow our driving directions. GPS, MapQuest, Google, and other navigation searches are unable to get you to our exact location.*

Trip Logistics

After a bus ride to put-in, we begin with a safety talk and paddling instructions. You'll meet your guides and receive your lifejacket and paddle. Once on the water, we'll take some time to practice our paddling skills so that everyone feels comfortable before beginning.

The first day is filled with excitement as you raft the thrilling Middle Fork. A delicious deli-style lunch buffet is served about halfway through the day. When you arrive at our camp in the afternoon, you have the opportunity to set up your overnight gear, play volleyball and snack on hors-d'oeuvres while your guides prepare a delicious dinner.

After a hearty breakfast the next morning, pack your camping gear and return it to your vehicle. You have the option of following our guides back to Auburn or riding with us. From there, we transport you to the launching point where the excitement of the North Fork awaits. Again, lunch is served halfway through the day and the trip ends with cold refreshments. Relax as you enjoy the scenic ride back to your cars, where you arrive about 4:00pm. (Please note: a variety of factors can cause a trip to end earlier or later than planned. This should be taken into consideration when making your travel plans).

DIRECTIONS TO MEETING PLACE

From Sacramento:

- Take Interstate 80 East to Auburn
- Exit at Auburn Ravine-Forest Hill Road
- Turn right at the traffic light
- Continue on Auburn Ravine-Forest Hill Road for 8.2 miles
- Turn Left into the **Cal Trans Park n Ride Lot**, just about 200 yards past Driver's Flat Road.

From Reno:

- Take Interstate 80 West to Auburn
- Exit at Auburn Ravine-Forest Hill Road
- Turn left at the traffic light
- Continue on Auburn Ravine-Forest Hill Road for 8.2 miles
- Turn Left into the **Cal Trans Park n Ride Lot**, 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.

We Supply

On 2-day trips we provide trained guides, lifejackets, paddles, whitewater rafts, river shuttle service and camping for one night. Meals include lunch and dinner the 1st day, breakfast and lunch on the 2nd, with cold refreshments at the end of the trip.

Note: Additional nights camping, meals, and rental tents may be added for a fee, and must be booked and paid for prior to your trip date.

What to Bring

River attire is very casual and you should expect to get wet, so dress accordingly. Quick-dry clothing is recommended. Cotton stays wet and does not keep you warm.

Following the list below will assure you a comfortable and well-prepared trip:

- | | |
|--------------------------|---|
| • Swimsuit | • Shorts |
| • Waterproof Camera | • Sun hat or visor |
| • Sunscreen (waterproof) | • Dry clothes (leave in car) |
| • Sunglasses w/Strap | • Old tennis shoes or river sandals (no flip-flops) |

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 |
| • Neoprene Booties | • Wool Hat | • Wool Gloves |
| • Rain Jacket | • Polypro Clothing | • Nylon Windbreaker |

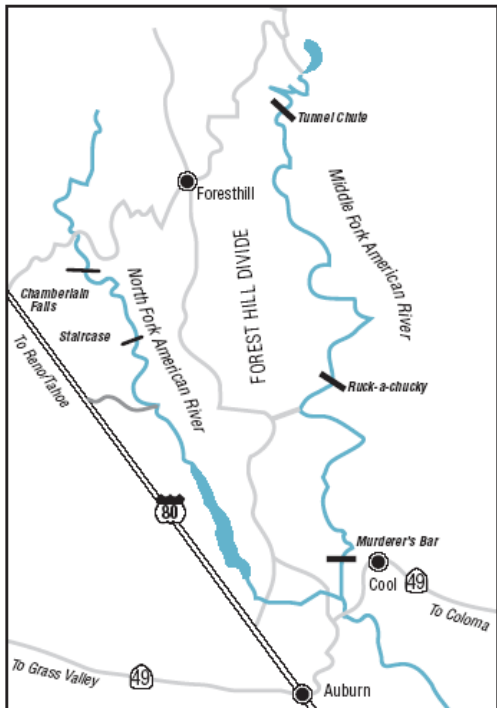
Suggested Overnight Gear

- | | | |
|-----------------------|----------------|-----------------------------|
| • Sleeping bag & pad | • Light Jacket | • Insect Repellent |
| • Personal toiletries | • Towel | • Small Tent & Ground Cloth |
| • Flashlight | • Dry Shoes | • Warm Change of Clothes |

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 pets, fireworks, or firearms. Because of the great risk of injury, we do not allow high-pressure water guns on our trips. We urge you to leave your valuables at home. It is not possible to photograph while running 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.

MIDDLE AND NORTH FORKS AMERICAN RIVER



MIDDLE FORK LODGING OPTIONS:

Located off Interstate 80

- Golden Key – Auburn 530.885.8611
- Travel Lodge – Auburn 530.885.7025
- Comfort Inn – Auburn 530.885.1800
- Holiday Inn – Auburn 530.887.8787
- Motel 6 – Auburn 530.888.7829
- Super 8 – Auburn 530.888.8808
- Rocklin Park Hotel – Rocklin 916.630.9400

CAMPGROUNDS:

- Auburn Gold Country RV 530.885.0990
- Long Ravine Campground 530.346.6166

B&B:

- Monte Verde Inn - Foresthill 530.888.8123
- Powers Mansion Inn – Auburn 530.885.1166

Responsibility

All river trips involve some risk and we recognize that accidents or illness can occur. We assume no responsibility for injury, damage or loss of your personal property, or for time and expense incurred. All participants are required to sign and complete the Assumption of Risk/Liability Release form before the rafting trip begins. Minors participating in a trip without a legal guardian present are required to bring a pre-signed form by his/her legal guardian. Please bring completed Release Form to the river for Check-In the morning of the trip. *Release Forms available at www.rafting.com/waiverform.pdf.

We ask that each participant be both physically and mentally prepared for the rafting trip. Each participant must notify us prior to a trip of any medical conditions, i.e., life threatening allergic reactions and prescribed medications for severe physical conditions, etc. We reserve the right to turn away anyone we feel will jeopardize his or her own safety or the safety of other passengers and guides. The river is not a place for drugs or alcohol. We reserve the right to refuse service to anyone under the influence of such substances that will hinder his or her performance and jeopardize personal safety or safety of others. There are no refunds for cancellations made for this reason.

Cancellation Policy

Please read our policy and advise other trip members. If you must cancel, all but a reservation fee of \$20.00 per person will be refunded up to four weeks before the trip. We will refund 50% of the trip cost for cancellations made up to two weeks prior to the trip start. There are no refunds for cancellations made within two weeks of the trip start date. Seats are transferrable. In the event of a last-minute cancellation, try to find another person to take the place. The reason for this strict policy is that we have a limited amount of seats we can sell. Often our trips fill up and we have to turn others away. Also, substantial commitments and expenses must be incurred by American River Recreation before a trip departs. It is sometimes necessary to cancel or modify a trip because of unusual circumstances. We reserve the right to cancel or modify any trip due to weather, water conditions, insufficient reservations or other circumstances beyond our control. In such cases, we cannot be responsible for expenses other than refunding all or part of the fees paid to American River Recreation. We are not responsible for any other expenses incurred by the individuals. The determination of refunds will be made after reviewing trip details. Guides and other on-river personnel employed by American River Recreation are not authorized to make or promise trip refunds or trip credits. Such determination can only be made by company officers.

Travel Insurance

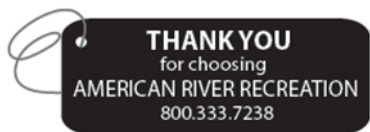
Unforeseen circumstances may result in last-minute cancellations and could cause significant financial loss to our guests. For this reason we strongly recommend short-term travel insurance. Policy information is available on our website at <http://www.rafting.com/travelins.pdf>.

Gratuities

Clients often ask us if tipping the guides is appropriate. Although our staff is well compensated for their services, if you feel they went that extra distance to make your trip special, a tip is a great way of showing your appreciation, as in any other service industry. Tips are generally around 5% of the trip cost.

About the Middle Fork

The Middle Fork of the American is a legendary Gold Rush river. In the nineteenth century mining towns sprang up along its banks, and Forty-niners worked claims that covered almost every foot of the river. More gold is said to have been found in the Middle Fork canyon than in any other in the California gold country. In many places miners diverted the Middle Fork completely out of its bed. The most dramatic example is at Horseshoe Bend, where the river once flowed in a circuitous loop three quarters of a mile long around a steep granite ridge. The miners blasted a short tunnel through the ridge, diverted the river through the tunnel then gleaned gold from the dry stream bed. This is how Tunnel Chute Rapid was born.



Bring completed form to the river for Check-In the morning of the trip

*One name per release form. Extra copies of the Release Form are available @ www.rafting.com

ASSUMPTION OF RISK AND RELEASE OF LIABILITY AGREEMENT RE: WHITEWATER RAFTING WITH AMERICAN RIVER RECREATION, INC.

In consideration of the services of American River Recreation, Inc., The State of California, it's Department of Parks and Recreation, U.S. Bureau of Reclamation, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as **A.R.R.**) I hereby agree to release and discharge **A.R.R.**, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that rafting on rivers entails known and unanticipated risks, which could result in physical or emotional injured, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: whitewater rapids will be encountered. I can be jolted, jarred, bounce, thrown to and fro and shaken about during rides through some of these rapids. It is possible that I could be injured if I come in contact with food boxes, other storage containers, or other fixed equipment necessary to the operation of the expedition and the outfitting of the raft. Rafts could turn over or I could be 'washed' overboard. I can slip or fall during a hike, resulting in damage to equipment or personal injury. Accidents can occur getting on and off the raft. Rafts are slippery when wet. Exposure to the natural elements can be uncomfortable and/or harmful. I am aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps. Also prolonged exposure to cold water can result in hypothermia and in extreme cases death and accidental drowning is also a possibility.

Furthermore, **A.R.R.** guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in the activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless **A.R.R.** from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of **A.R.R.** equipment or facilities, **including any such Claims which allege negligent acts or omissions of A.R.R.**

4. Should **A.R.R.** or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions, which could interfere with my safety in this activity, or else I am willing to assume-and bear the costs of-all risks that may be created, directly or indirectly, by any such condition.

6. In the event that I file a lawsuit against **A.R.R.**, I agree to do so solely in the state of California, and I further agree that the substantive law of the state shall apply in that action without regard to the conflict of law rules of that state.

7. I hereby grant permission to **A.R.R.** and any person or entity action on its behalf to take photographs or movies of this trip for any purpose, including commercial or advertising purposes.

8. I understand **A.R.R.** is not responsible for actions or injuries caused by participants upon other participants.

9. I understand and agreed (explained by phone or mailed) to the terms and conditions of the cancellation policy set forth by **A.R.R.** Also, No refunds for 'No Shows'. I authorize **A.R.R.** to charge my credit card for any incidental fees related to my rafting trip (extra night camp fees, meals, rental tents, etc.) These optional items are an additional cost to the client and **are not** included in the rafting package.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in the activity, I may be found by a court of law to have waived my right to maintain a lawsuit against **A.R.R.** on the basis of any claim from which I have released him or her herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Name (please print)		Participant's Signature	
Home Street Address (print)		Apt #	City (print)
State	Zip Code	Raft Trip Date	Email Address (print)

Parent or Guardian Indemnification (Complete for minor participating under the age of 18)

In consideration of _____ (print Minor's name) being permitted by **A.R.R.** to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless **A.R.R.** from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent/Guardian Signature _____ Print Name _____ Date _____