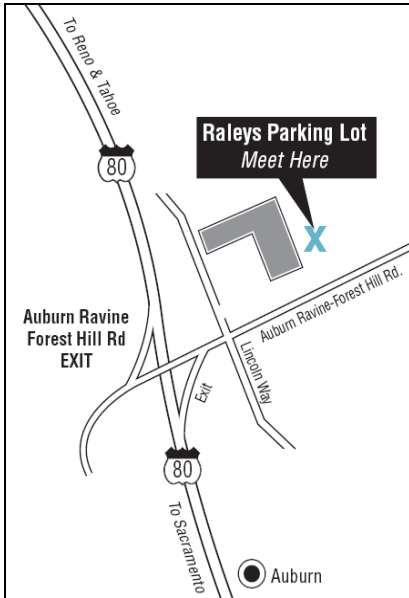


American River Recreation
800-333-7238 ~ www.arring.com

Difficulty: Class IV-V Minimum Age: 14
MF Length: 18 Miles NF Length: 9 Miles
Season: April – June
Average Gradient: 22 Feet per Mile
Swimming ability is a requirement



DIRECTIONS TO MEETING PLACE

From Sacramento:

- Take Interstate 80 East to Auburn
- Exit at Foresthill-Auburn Ravine Road (Exit 121)
- Turn right at the traffic light
- Immediately turn left on Lincoln Way
- Turn right into the * **Raley's Grocery Store** 13384 Lincoln Way Auburn, CA 95603 (park behind the store)

From Reno:

- Take Interstate 80 West to Auburn
- Exit at Foresthill-Auburn Ravine Road (Exit 121)
- Turn left at the traffic light
- Immediately turn left on Lincoln Way
- Turn right into the * **Raley's Grocery Store** 13384 Lincoln Way Auburn, CA 95603 (park behind the store)

***Drive around to the parking lot area behind Raley's.**

Our meeting point is 45 minutes from Sacramento, 2.5 hours from San Francisco and 1.75 hours from North Lake Tahoe.

Middle-North Fork American River ***2-DAY COMBO RIVER TRIP***

Meeting Time and Place

Our trip meets promptly at 9:00 AM at the RALEY'S Grocery Store ~13384 Lincoln Way, Auburn, CA 95603 (parking lot behind store). Everyone must arrive on time: we do not wait for late arrivals. Please check in with a staff member from **American River Recreation** since other rafting companies meet here.

Please follow our directions to the meeting place and arrive 10 minutes early

Trip Logistics

The adventure begins with a scenic shuttle ride to our launching point. Here you will meet your guides, receive the safety talk and paddling instructions before the journey begins. Our first day is filled with excitement as you raft the thrilling Middle Fork. A delicious deli-style lunch buffet is served halfway through the day. When you arrive at our camp in the afternoon, you have time to set up your overnight gear, play volleyball and enjoy hors-d'oeuvres while your guides prepare a delicious dinner. After a hearty breakfast the next morning, you can pack up your camping gear (or wait till the evening) and return it to your vehicle. You have the option of following our guides to Auburn or riding with us to the meeting place. Enjoy the shuttle ride to the launching point where the excitement of the North Fork awaits. On the 2nd day lunch is served halfway through the day. Relax on the shuttle ride back to your cars, where you arrive about 4:00 PM. Please be aware that a variety of factors may cause a trip to end earlier or later than planned. Take this into consideration when making your travel plans.

We Supply

On 2-day trips we provide the following: trained guides, lifejackets, paddles, helmets, 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 for camping, meals, and rental tents may be added for a fee and must reserve and paid in advance.

What to Bring

River attire is very casual and **you will 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:

- **Shorts or Swimsuit**
- **Waterproof Camera/GoPro**
- **Sunscreen (waterproof)**
- **Sunglasses w/Strap**
- **Full Personal Water Bottle**
- **No Flip-Flops, Crocs or Bare Feet Allowed**
- **Sun Hat or Visor**
- **Dry Clothes/Shoes/Towels (leave in the car)**
- **Tennis Shoes/River Sandals (w/heel straps)**
- **Lip balm w/ sunscreen**

Cold-weather clothing is recommended as a precaution during April-May or anytime during the season when rain or cool weather is a possibility:

- **Wetsuit**
- **Neoprene Booties**
- **Rain Jacket**
- **Wool Socks**
- **Wool Hat**
- **Polypro Clothing**
- **Wool Sweater**
- **Wool Gloves**
- **Nylon Windbreaker**

Suggested Overnight Gear (Personal Drinks & Snacks)

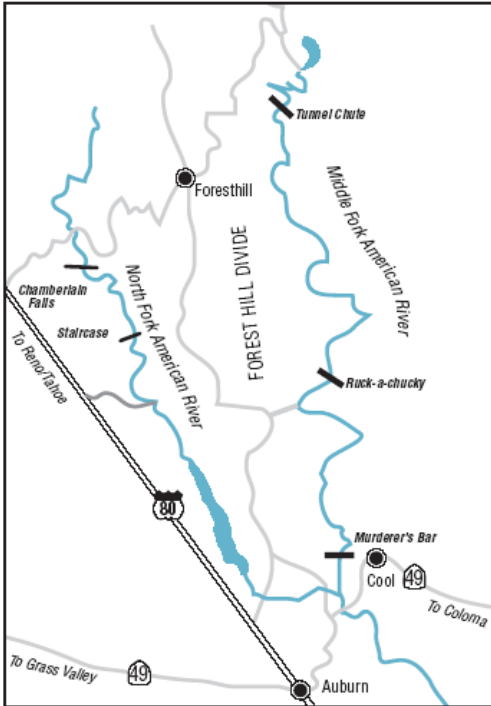
- **Sleeping Bag & Pad**
- **Personal Toiletries**
- **Flashlight / Medications**
- **Light Jacket**
- **Bath Towel/Pillow**
- **Dry Shoes**
- **Insect Repellent**
- **Small Tent & Ground Cloth**
- **Warm & Dry Change of Clothes**

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.

We do not allow pets, fireworks, or firearms. Because of the risk of injury, high-pressure water guns are not allowed on trips. **It is in your best interest to leave valuables behind** (we do not have lockers). You will have the opportunity to purchase photographs of you running key rapids upon the end of your journey. American River Recreation is not affiliated with the photo companies. It is not possible to photograph while running the rapids.

Middle-North Fork American

MIDDLE AND NORTH FORKS AMERICAN RIVER



MIDDLE FORK LODGING:

Located off Interstate 80

- Golden Key – Auburn 530.885.8611
- Quality Inn – 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 complete and sign the Release of Liability Agreement 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 form to the river for Check-In. Release forms are 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 cancellation policy and advise all participants in your party. If you must cancel, all but a reservation fee of \$20.00 per person will be refunded for cancellation made 30 days or more before the trip start date. A 50% trip refund will be issued for cancellations made 15-29 days prior to the trip start. **There are no refunds for cancellations made within two weeks of the trip start date or for 'No Shows'**. Seats are transferrable. In the event of a last-minute cancellation, try to find another person to take the seat. 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. 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 a refund will be made after reviewing the trip details. Guides and other 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 a company officer.

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.

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 service industry.

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.

