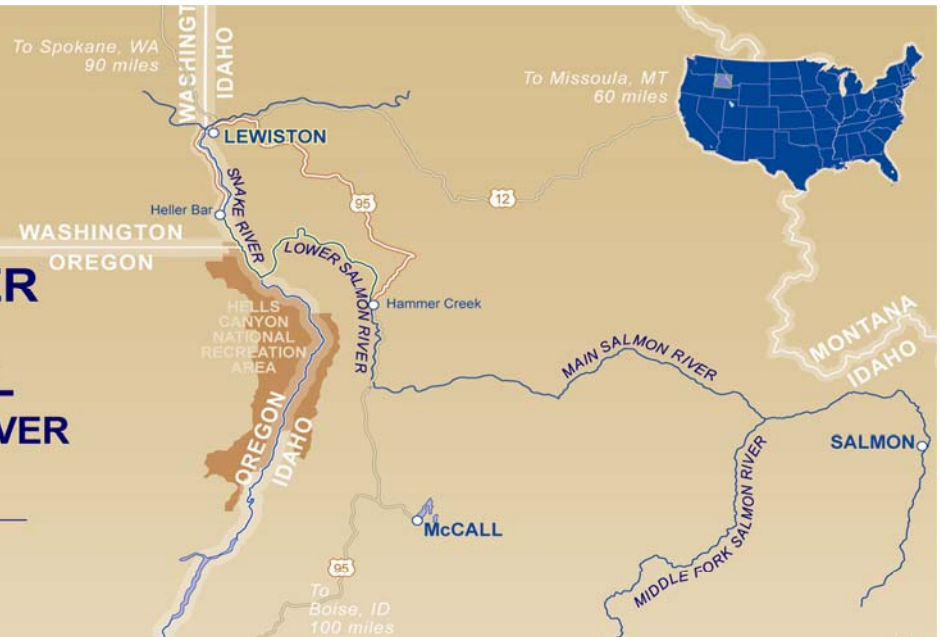




## 7-DAY BEGINNER WHITewater KAYAK SCHOOL LOWER SALMON RIVER

### *Itinerary*



<b>MEETING PLACE:</b>	Red Lion Hotel, Lewiston, Idaho
<b>MEETING TIME:</b>	7:00 PM, the evening before your trip
<b>RETURN TIME:</b>	Approximately 4:00-6:00 PM
<b>RIVER RATING:</b>	Class III
<b>RIVER MILES:</b>	73
<b>PUT-IN:</b>	Hammer Creek
<b>TAKE-OUT:</b>	Heller Bar
<b>AGE LIMIT:</b>	Minimum age is 16 (Younger children may be considered on an individual basis)
<b>TRIP LENGTH:</b>	7 Days / 6 Nights
<b>BOAT TYPE:</b>	Whitewater kayak

This introductory course for beginning kayakers provides two days of flat-water instruction to familiarize you with equipment and technique, followed by a 73-mile journey down the Salmon River. During this 7-day program you'll learn the essential skills necessary to enjoy safe, pleasurable boating. Those who excel at the basics are encouraged to develop play-boating techniques as well.

Expect to gain knowledge of whitewater dynamics including holes, pillows, tongues, eddies, and pour-overs. You'll also learn how to recognize and avoid hazards such as strainers and undercuts using ferry angles, eddies, and other tricks of the trade. We also cover proper swimming and self-rescue techniques.

In addition to being an educational experience, this is a physically demanding class that can yield high rewards. You won't have to be in perfect shape, but if you're not currently active, you'll want to prepare yourself with both aerobic and strength-building exercises.

### **AWARD-WINNING NATURE-BASED ADVENTURES SINCE 1969**

O.A.R.S. has been in business for over 40 years and that is no accident. Great trips on some of the world's best rivers and coastlines are the recipe for this success. Always focused on our clients and their vacations, it is our genuine belief that river trips and nature-based adventures are extremely valuable life experiences. With that as our foundation, we have committed ourselves over the years to providing the best trips available, always with an eye on improvement.

## **WHITEWATER**

- If you're seeking a low-intensity whitewater adventure, this trip will really float your boat! Plenty of fun Class III rapids alternate with long stretches of calm, glassy water that provide the perfect opportunity to lean back, have a quiet conversation, and marvel at the gorgeous scenery.

### **Sample Itinerary**

We pride ourselves in operating relaxed and flexible schedules. Every class varies a little due to the interests of the group, other people on the water, and sometimes the weather. The following is a sample itinerary to give you an idea of our Beginning Wild River Kayak School on the Lower Salmon.

### **The Day before Your Trip**

- We will meet at the Red Lion Hotel at 7:00 PM for a pre-trip orientation the evening you arrive. Introductions and a group discussion to determine goals for the week will be covered. We will fit you to your kayaks on the lawn this evening.

### **Day 1**

- At 8:00 AM we'll depart the Red Lion, head out to the Salmon River, and let the fun begin! Day 1's primary focus is on the basics. Your instructors will introduce you to the language of paddling, rivers, whitewater, moves, and techniques in common terms. Time is spent just paddling about, familiarizing yourself with this new toy. By the end of Day 1, students generally have a solid flat-water roll. That evening we'll stay at the Salmon Rapids Lodge in Riggins.

### **Day 2**

- After a brief review of the previous day and a few minutes of stretching it's back in the water! Your instructors help you perfect the techniques learned the previous day, and slowly introduce additional subtleties. Day 2 concludes over dinner and a full night's rest at the lodge in preparation for the next day's downriver adventure!

### **Day 3**

- Whitewater action begins right after we launch, with Rollercoaster Rapids, a long string of big fun waves. You'll have ample opportunities to perfect your combat roll and adjust to the feel of the current. Support rafts carry our gear, giving us the advantage of kayaks unencumbered by additional weight.

### **Day 4**

- Surrounded by Green Canyon, your skills are beginning to shine. You've got a solid combat roll, and are ready to start surfing. Highlights for today include Wright-Way Drop, Demons Drop, and Pine Bar rapids. The adventurous may decide to try their hand at surfing some of the bigger waves and holes.

### **Days 5-6**

- You are simply an extension of your boat. Everything is fluid and you're loving it. The fun continues with Zig-Zag, Lorna's Lulu, and Bodacious Bounce. We travel through Cougar Canyon and enter Snow Hole Canyon to challenge the biggest drops: Half and Half, Snow Hole, and China rapids.

### **Day 7**

- Slide Rapid marks the entrance to Blue Canyon, the most spectacular of all the canyons. We join the Snake River below Hells Canyon and the river widens. After passing through the confluence with the Grande Ronde, we arrive at our take-out, Heller Bar, and conclude our class. A 45-minute van ride brings us back to civilization and hot showers. Since arrival time is uncertain, we suggest you plan to spend the night in Lewiston and travel the next day.

### **What's Included?**

- 7 days of kayak instruction with skilled professional ACA (American Canoe Association) certified instructors
- 2 nights lodging and 4 nights catered camping
- Meals from lunch on day 1 through lunch on the last day
- Expedition equipment including 2-person shared tent, sleeping bag with liner, sleeping pad, pillow, pillowcase, ground tarp and waterproof bags
- High quality kayaks, equipment including paddle, helmet, personal flotation device (PFD), spray skirt, and splash jacket
- Raft support for the downriver portion of your class
- Transfers from the meeting place to the river and back

### **What's Not Included?**

- Flights or transportation to and from Lewiston, Idaho
- Pre- and post-trip accommodations and meals
- Single supplement hotel (\$150 plus tax)
- Single supplement tent (\$30 plus tax)
- Insurance of any kind, including travel insurance
- Items of a personal nature (an equipment list will be provided)
- Gratuities

### **SOMETHING VOLUNTARY**

- In reviewing your statement, you'll notice a \$1/person/day donation to Hells Canyon Preservation Council (HCPC), a non-profit conservation organization dedicated to protecting and restoring the inspiring wildlands and pure waters of the Hells Canyon-Wallowa ecosystem. One-hundred percent of these funds go directly to HCPC and your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. *Please notify our office to delete the donation from your balance.*
- The O.A.R.S. Foundation is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for young people to experience the magic of a river trip. Visit [www.oarsfoundation.org](http://www.oarsfoundation.org) to learn more about how your tax deductible donation can change young lives for the better.

### **Terms & Conditions**

#### **Reservations and Deposits**

- A \$250/person deposit is required at the time of reservation. The balance is due 60 days prior to departure.

#### **Cancellations and Refunds**

- If you find it necessary to cancel your trip, please notify us as soon as possible. The cancellation fee after you've made your deposit can range up to the entire trip cost, based upon the number of days prior to your trip that we receive your cancellation notice. We regret we cannot make exceptions for personal emergencies. For this reason, **we strongly urge you to investigate trip insurance** (see Insurance).
- Cancellations 60 days or more prior to your trip earn a full refund less a \$100/person fee. Cancellations 59 days or less prior to your trip are not refundable.
- If you transfer from one trip to another, there is a \$50/person charge up until 60 days before the trip. Transfers made after this time will be treated as cancellations.

**Medical**

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying an O.A.R.S. trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

**Insurance**

- Although every effort is made to insure a safe trip for all, we strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury. Trip participants should realize that in the event of illness or injury on an adventure travel trip, evacuation can be prolonged, difficult and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and O.A.R.S. accepts no responsibility for lost, damaged, delayed or stolen property.

**Liability Waiver**

- Everyone is required to sign a standard release form before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form and return it to our office before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with O.A.R.S. cancellation policy, there will be no refund of the trip fees at that time.

**Responsibility – An Important Notice**

- O.A.R.S. Dories, Inc. and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings, (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" and "float-it-out" without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.

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