



SOUTH FORK AMERICAN RIVER 2-DAY

Itinerary



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| MEETING PLACE: | Mother Lode River Center (6280 Hwy 49)—2.3 miles north of the bridge and opposite County road marker 26.51 |
| GPS LOCATION: | 38.825846, -120.940646 |
| MEETING TIME: | 11:00 AM |
| RETURN TIME: | Approximately 2:00 PM on the second day |
| RIVER RATING: | Class III (Moderate whitewater suitable for first-timers) |
| RIVER PUT-IN: | Mother Lode River Center (Day 1)/ Chili Bar (Day 2) |
| RIVER TAKE-OUT: | Salmon Falls Bridge (Day 1)/ Mother Lode River Center (Day 2) |
| MILES COVERED: | 21 river miles with 26 recognizable rapids |
| AGE LIMIT: | Minimum age is 7 (12 at high water) |
| BOAT OPTIONS: | Paddle raft (Oar rafts may be available upon request) |
| TRIP LENGTH: | 2 Days/1 Night |

Please fill out your Guest Registration form and return it to our office as soon as possible

The American River—flowing through the heart of California's Gold Country—was the birthplace of the state's gold rush in the late 1840s. The grassy foothills of the Sierra Nevada hid a great wealth along their streams and rivers until James Marshall discovered the first gold on the South Fork of the American in 1848. By the end of the following year, hundreds of thousands of hardy souls from all over the world—now known as the "49ers"—flocked to the Sierra foothills to find their fortune.

Today, some gold still remains along the shores of the American, but the main attraction on the South Fork is no longer a precious metal. Adventure lovers discover a different treasure on this stretch of river: a wealth of fun and exciting rapids that have made it California's most popular whitewater run!

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

Water levels sufficient for rafting on the South Fork of the American River during the summer months are a result of releases from hydroelectric facilities located upstream. Such water releases are not subject to the control of El

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Dorado County or commercial rafting companies. It is important for our guests to understand that the water flow on the American is directly related to demand for hydropower. Fortunately, there is a relatively predictable flow schedule in place so we can maximize the whitewater excitement. We run the river in 12- to 14-foot inflatable rafts—each craft under the direction of a professional river guide.

Sample Itinerary

We pride ourselves in running a relaxed and always flexible schedule. Every trip is different depending upon the group, other trips on the water and sometimes the weather. The following is a sample of what your trip might be like:

- Meeting time at the Mother Lode River Center is 11:00 AM. The roads around here are winding, so please be sure to allow for plenty of travel time. From the parking lot, follow our signs to the check-in desk. .
- We'll point you toward our picnic area, where you can dig into our deluxe BBQ lunch. At noon, your guides will present a thorough river orientation and safety talk, and then your adventure begins. After practicing your paddle-strokes with your guide, your day begins with Highway Rapids and plenty of opportunities to go swimming. Beautiful river scenes stretch out around you, with redtail hawks soaring overhead and the occasional river otter frolicking nearby. Several miles of Class II rapids allow you to warm-up before your rafts enter the ever-exciting Gorge.
- The South Fork's Gorge begins at the base of the Lollipop Tree, where the canyon walls constrict the flow of the river and help create a half-dozen enjoyable Class III rapids. Such memorable torrents as Fowler's Rock, Satan's Cesspool and Hospital Bar are sure to get the whole family's pulse racing. Be sure to smile for the photographers' cameras! Rolling waves, boulder gardens and thrilling drops keep you busy paddling as you plunge through rapid after rapid.
- As we reach flat water and Salmon Falls Bridge, your first day draws to a close. From the take-out point, there is a short, steep hill from the river's edge to where your shuttle vehicles wait for you. Although your guides very much appreciate any help in carrying the rafts and other equipment up to the vehicles, it is not required or even encouraged if you are not in good physical condition. Be sure to enjoy a cold soda or juice from the cooler!
- Reaching your campsite at Mother Lode, you'll leave the boats behind for one of the highlights of your trip— evening in camp. Soon you'll be enjoying pleasing hors d'oeuvres and a cold drink—delicious as these treats are, they always taste better after a day on the river! Take a swim or a shower, join a game of volleyball or horseshoes, or sit back with that novel you've wanted to finish as your guides prepare dinner. The evening meal is served between 6:00 and 7:00 PM, and you'll see that your guides aren't only talented in their whitewater skills—their delicious barbecued steak and chicken, Mediterranean pasta or Dutch oven lasagna are always a big hit.
- Rising in the morning to fresh coffee and a hearty breakfast, you're eager to begin a new day. After a 25-minute shuttle ride, you arrive at Chili Bar and the start of Day 2's stretch of river. It doesn't take long for us to reach your first rapid—in less than a mile, Meatgrinder is your initiation to your second day of splashy big-water fun on the South Fork. Racehorse Bend, Triple Threat, and Troublemaker deliver more thrills as you float through golden hills blanketed with greenery.
- Our morning of paddling inspires a hearty appetite, and lunchtime is as welcome as the next exhilarating rapid. Sit in the shade of an oak tree with a deli sandwich piled high with fresh meats, cheeses, and veggies, or perhaps tasty taco salad in a roll-your-own burrito, accompanied by fresh fruit, cookies, cold lemonade, water and other goodies. After feasting and relaxing on the beach, plus some interpretive information on your historical lunch spot from your guides, you're ready to continue your river journey.
- After lunch, you have time to relax as you float down the river until you hit Old Scary, a class II rapid. Again you have a chance to go for a dip and cool off before arriving at Mother Lode, where the cars are parked, and your adventure began.

What's Included?

- Skilled professional guide service
- 1 night catered camping
- Meals from lunch on day 1 through lunch on day 2, with limited beer & wine at dinner
- High-quality inflatable rafts and related river equipment

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- Transfers from the meeting place to the river and back

What's Not Included?

- Pre- and post-trip accommodations
- Wetsuits (available for rent on early season or cold weather trips)
- Items of personal nature (see suggested packing list)
- Insurance of any kind, including travel insurance
- Gratuities
- Sleep kits (available for rent)
- Tents (available for rent)

SOMETHING VOLUNTARY

- In reviewing your statement, you'll notice a \$1/person/day donation to American Rivers, a non-profit conservation organization dedicated to Wild and Scenic Rivers. One-hundred percent of these funds go directly to protecting Wild and Scenic Rivers 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 if that is your choice.*
- 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 to learn more about how your tax deductible donation can change young lives for the better.

TRAVEL ARRANGEMENTS

Rendezvous

- We'll meet you at 11:00 AM at our camp at the Mother Lode River Center located at 6280 Hwy 49 just north of the town Coloma. Please allow plenty of travel time.

Getting to the Mother Lode River Center

By Auto

- **From Sacramento on U.S. Hwy 50:** Follow Hwy 50 east toward Placerville and South Lake Tahoe. Take the Ponderosa Road exit (Exit #37), turn left onto Ponderosa/S Shingle and cross over the freeway. At the second stop, take the first right turn on N. Shingle Road toward Coloma/Lotus. After six miles N. Shingle turns into Lotus Road—continue going straight. Pass through the first stop sign and continue on to a dead end intersection with Hwy 49 (the Sierra Nevada House will be on your right). Turn left onto Hwy 49 North and cross the bridge over the South Fork American. Mother Lode River Center is on the left side of Hwy. 49, **2.3 miles from this bridge** and opposite County road marker 26.51. Our physical address is 6280 Hwy 49.
- **From South Lake Tahoe:** Take Hwy 50 West to Placerville. Turn right on Hwy 49 (North) and follow the directions from Placerville listed below.
- **From Placerville:** Proceed north on Hwy 49 through the town of Coloma. Just past Coloma, cross the bridge over the South Fork of the American. The Mother Lode River Center is located on the left side of Hwy. 49, **2.3 miles from this bridge** and opposite County road marker 26.51. Our physical address is 6280 Hwy 49.
- **From Reno/North Lake Tahoe:** Take Hwy 80 West to Auburn. Take Hwy 49 South from Auburn. Approximately 9 miles past the town of Cool, you will arrive at Mother Lode River Center. Mother Lode is on the right side of the highway, opposite County road marker 26.51. Our physical address is 6280 Hwy 49.

Mileage and Driving Times:

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|-------------------------|-----------|-----------|
| • From San Francisco | 3 hours | 140 miles |
| • From San Jose | 3.5 hours | 175 miles |
| • From Sacramento | 1 hour | 50 miles |
| • From South Lake Tahoe | 2 hours | 62 miles |
| • From North Lake Tahoe | 2 hours | 98 miles |
| • From Reno | 2.5 hours | 130 miles |
| • From Los Angeles | 8 hours | 420 miles |

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By Air

- The closest major airport is in Sacramento (SMF), which is served by most major airlines and car rental companies. Oakland (OAK), San Francisco (SFO) and Reno (RNO) are within a 3-hour drive.

By Van Shuttle from the Sacramento Airport:

- www.folsomlakeexpress.com 916-984-3046
- www.folsomairporter.com 916-983-7257

Pre- and Post-Trip Accommodations

- We recommend that you make reservations well in advance in order to guarantee lodging
- Riverside camping is available with O.A.R.S. at the Mother Lode River Center

Motels

- Gold Country Inn, Placerville (530) 622-3124 www.goldcountryinnplacerville.com
- Mother Lode Motel, Placerville (530) 522-0895 www.placervillmotherlodemotel.com

Bed & Breakfast Inns

- American River Inn, Georgetown (800) 245-6566 www.americanriverinn.com
- The Sierra Nevada House (530) 626-8096 www.sierranevadahouse.com

RV Camping

- Camp Lotus (530) 622-8672
- American River Resort (530) 622-6700

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PACKING FOR YOUR TRIP

Footwear

The best choice is an amphibious shoe that drains water, won't come off in swirling current and protects your toes from stubbing and the tops of your feet from sunburning. An old pair of tennis shoes will work almost as well. Sport sandals with a heel strap are OK. "Water socks" are not a recommended option and flip flops or "Crocs" are not acceptable. For trips in the spring, we recommend wearing shoes along with wool or neoprene socks to keep your feet warm. Wetsuit booties with a reinforced sole are also a good option.

Clothing

We recommend starting with bathing suit/swim trunks and a lightweight synthetic shirt, then adding layers of synthetic long underwear and fleece as needed. It can be cool in the morning even during mid-summer.

Sun Protection

Protecting yourself from the sun should be taken very seriously. A hat, sunscreen, lip balm & sunglasses are a must.

Suggested Packing List

- Sleeping bag, pad, ground cloth
- Small tent
- Flashlight
- Large plastic bag (for dirty or wet clothes)
- Insect repellent
- Sunscreen & lip protection
- Water bottle with securing strap
- Toiletries
- Hand towel & washcloth
- Sunglasses with securing strap
- Tennis shoes or river sandals (on river)
- Dry footwear for camp for early season/high water trips
- Wool, polypro, capilene or fleece socks (for spring and fall trips)
- Sun visor or tie-on hat
- Lightweight, quick drying top and shorts (long board shorts preferable for sun protection)
- T-shirt
- Sweater or jacket
- Swimsuit

Rentals

- **Wetsuits:** With advance notice, wetsuits may be rented for \$10 per person (**only necessary on some early-season trips**). It is important for you to advise the office of your size if you are renting a wetsuit. Please indicate your request on the Guest Registration form. Wetsuit rentals must be paid for prior to your trip. **Wetsuit rentals do not include "wetsuit booties" – please bring your own, or wear wool socks with tennis shoes as a good alternative.**

Reminders

- **ALWAYS BE PREPARED FOR CHANGEABLE WEATHER!** Especially during the months of April, May and early June, California can experience extreme changes in weather.
- **To avoid being cold:** Synthetic long underwear is a must-have on river trips in the spring and fall. It can be worn under shorts, rain gear, T-shirts, etc. and keeps you warm even when wet.
- **Wearing cotton items on a river trip is only appropriate when the weather is hot. Wet cotton will chill your body temperature.**

Commercial Photographs

There are several professional companies taking photos of each raft at some of the South Fork's larger rapids, which provide some great action shots. These companies are not affiliated with O.A.R.S. and you will need to contact them separately to purchase these pictures. Hot Shot Imaging is conveniently based in Lotus; visit them after your South Fork of the American trip at their storefront on Hwy 49 to order pictures: (530) 621-0400

Extra Gear

We recommend that you leave your valuables at home or in your private vehicle and take on the river only what's absolutely necessary. We recommend that you leave dry shoes and clothing in your car as well to ensure a comfortable drive home.

Weather

You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend you check the following web sites: www.weather.com or www.wunderground.com

	<u>Low</u>	<u>High</u>	<u>Water Temperature</u>
April	42	69	58
May	47	77	60
June	52	84	66
July	57	92	68
August	55	90	67
September	53	85	66

Gratuities

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between "Thank you" and 10% of trip cost is a general tipping guideline. If you plan to tip, please remember to bring a personal check or cash, since Mother Lode River Center does not have an ATM.

A Few Important Details

Reservations and Deposits

- A \$60/person deposit is required at the time of reservation. The balance is due 30 days prior to departure.

Cancellations and Refunds

- If you find it necessary to cancel your trip, notify us as soon as possible. All payments are nonrefundable and we regret that we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip cancellation insurance (see Insurance).
- If you transfer from one trip to another, there is a \$15/person charge up until 30 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 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. West, 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.

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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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