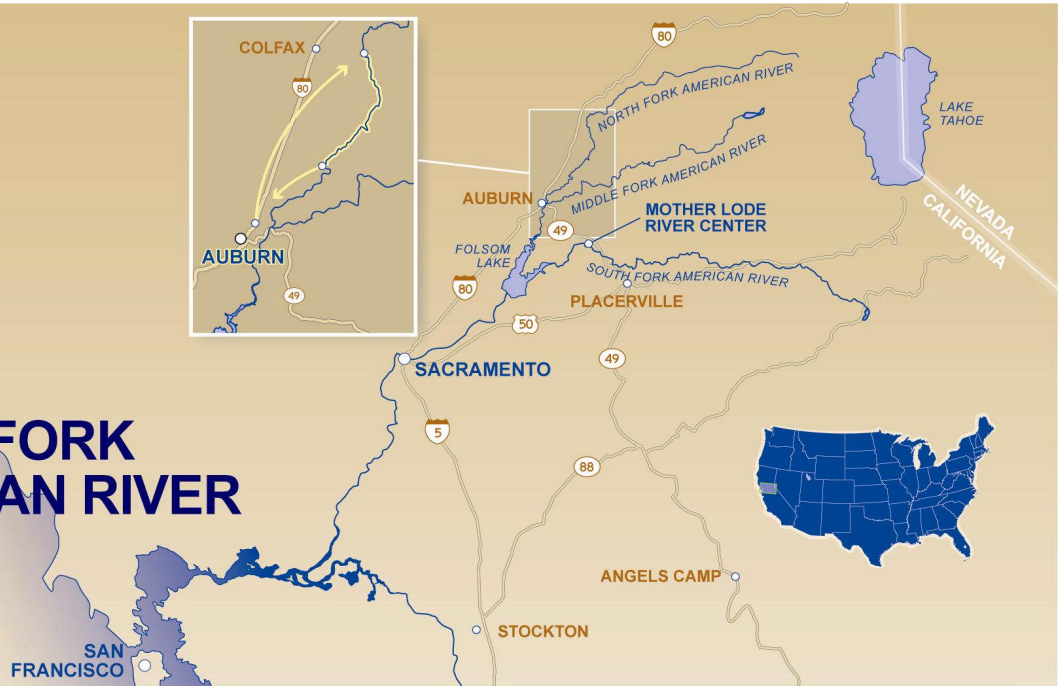




NORTH FORK AMERICAN RIVER

Itinerary



MEETING PLACE: Raley's, 13384 Lincoln Way, Auburn
MEETING TIME: Varies, see note below
RETURN TIME: Trip lasts approximately 5 hours or similar
RIVER RATING: Class IV (Suitable for aggressive beginners to intermediate)
SECTION: Chamberlain Run
RIVER PUT-IN: Bridge on Colfax-Iowa Hill Rd
RIVER TAKE-OUT: Upper Lake Clementine
MILES COVERED: 10 river miles with 8 recognizable rapids
AGE LIMIT: Minimum age is 14 (16 at high water)
BOAT OPTIONS: Paddle raft (Oar rafts may be available upon request)

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

The North Fork holds many distinctions among the three sections of the American River. It is the most challenging fork of the American River—rapid after Class IV rapid delivers a 5-mile run packed with nearly non-stop, white-knuckling whitewater, followed by a stretch of more gentle Class II-III rapids. Intricate boulder gardens, rushing falls, and staircase drops promise intense paddling and plenty of adrenaline-inspiring thrills.

The Regulating Agency for the North Fork is the Department of Parks & Recreation. **They assign launches at 20-minute intervals, from 8:00 AM until 2:00 PM.** This means the trip start and end times will vary, though each trip covers the same amount of river miles. When you book your North Fork American trip, we will inform you of your exact meeting time. We strongly recommend staying overnight in a motel near Auburn. **Please note that lunch may be served prior to or after the trip, depending on your launch time.**

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

The Chamberlain Run section starts out plunging through a narrow gorge. Big rapids follow in quick succession for most of the next five miles. At moderate and high flows eddies become scarce and hard to catch, and boats must negotiate some big holes—especially at Chamberlain Falls and Staircase rapids. Below Staircase the river eases a bit, but a couple of unnamed class III rapids may surprise the unwary boater.

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:

- We'll meet at the designated time at Raley's in Auburn. Please be prompt; our designated launch time requires that we arrive at the put-in within a specific window. Once everyone's arrived, we'll take a 40-minute shuttle ride to our put-in at the Colfax-Iowa Hill Bridge, where our boats and the rest of our O.A.R.S. crew await us. Our guides will present a thorough safety talk, then our adventure begins.
- Less than half a mile in, the much-anticipated stretch of Class IV whitewater begins as we enter the Chamberlain Falls Gorge. Slaughter's Sluice is a lengthy series of boulder-choked rapids that leads to one of the river's most formidable challenges: Chamberlain Falls, a crashing 8-foot drop.
- Zig-Zag, Achilles Heal, and Bogus Thunder are among the continuous steep drops and boulder slaloms that we negotiate. After several miles of aggressive paddling through tumultuous whitewater, we near the end of the Class IV section—but not before facing Staircase, the river's most infamous rapid and our right of passage as conquerors of the North Fork.
- Lunchtime comes and we pull off the water for a delicious picnic. Knowing that a morning of hard paddling inspires a very hearty appetite, we make sure that our lunches are always abundant and satisfying. Lounge on the side of the river with a deli sandwich piled high with fresh cold cuts, cheese and veggies or perhaps tasty taco salad, plus icy lemonade, water, fresh fruit and cookies. After feasting and relaxing on shore, we resume our journey.
- Back on the water, we find ourselves floating through an absolutely breathtaking exhibit of the Sierra Nevada's striking scenery. 2000-foot canyon walls tower around us, creating an intimate gorge of polished granite, clear water, spring-green grasses, deep woods and brightly colored wildflowers.
- As we reach our take-out point on Upper Lake Clementine, our river trip draws to a close. An O.A.R.S. shuttle will be waiting to give us a 30-minute ride back to Auburn and our vehicles.

What's Included?

- Skilled professional guide service
- Delicious deli lunch
- High-quality inflatable rafts and related river equipment including paddle and helmet, splash jacket and personal flotation device
- Transfers from the meeting place to the river and back

What's Not Included?

- Pre- and post-trip accommodations
- Wetsuits (available for rent)
- Items of personal nature (see suggested packing list)
- Insurance of any kind, including travel insurance
- Gratuities

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.*

- 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

The meeting point for O.A.R.S.' North Fork of the American trips is at Raley's, 13384 Lincoln Way, Auburn, CA.

- To get to the meeting place, take Interstate 80 East towards Reno. About 2 miles east of Auburn, take the Auburn Ravine/Forest Hill Road exit. Turn right onto Forest Hill Road, and almost immediately left onto Lincoln Way. Raley's is on the right hand side after you turn onto Lincoln Way (northeast corner of Lincoln and Forest Hill). Continue on into the rear of the parking area where you will see an O.A.R.S. representative. Please be prompt, have all your gear ready and be dressed for the river.

Driving Distances and Times:

San Francisco	2-1/4 hours	120 miles
San Jose	3 hours	159 miles
Sacramento	40 minutes	36 miles
Los Angeles	8 hour	420 miles
Reno	1-3/4 hours	130 miles
South Lake Tahoe	2 hours	62 miles

These are approximate mileage and driving times and do not take into account any delays. Please allow yourself extra time. Additional maps of the area can be found at: www.mapquest.com, www.yahoomaps.com, or in some cases www.nps.gov.

Pre- and Post-Trip Accommodations

We recommend that you make reservations well in advance in order to guarantee lodging—Auburn is a popular destination. We recommend the facilities listed below, please mention that you are rafting with O.A.R.S. All are fine establishments: well maintained, clean and comfortable. (Pre- and post-trip lodging is not included in the trip cost).

Lodging

- Best Western Golden Key (530) 885-8611
- Holiday Inn (530) 887-8787 www.auburnhi.com (ask for OARS discount)
- Rocklin Park Hotel & Spa (916) 630-9400 www.rocklinpark.com (ask for OARS discount)
- Flower Farm Inn (916) 652-4200 www.flowerfarminn.com

Camping

- Bear River Campground (530) 886-4901
- Long Ravine Campground (530) 346-6166
- Auburn State Recreation Area (530) 885-4527

Restaurants

- Please visit www.auburnchamber.net for a listing of Auburn's numerous restaurants or call (530) 885-5616.

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

- Sunscreen & lip protection: waterproof and SPF 30 or higher
- Water bottle with securing clip
- Shade hat/visor
- Sunglasses (preferably polarized) with securing strap
- Bathing suit
- Shorts (long board shorts preferable for sun protection) and quick drying top
- River/tennis shoes or river sandals with heel strap
- Wetsuit (for April – early June trips only)

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.**

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 Temp</u>
April	39	66	53
May	44	74	55
June	49	81	60

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, remember to bring a personal check or cash—ATM's are hard to find in the backcountry!

A Few Important Details

Reservations and Deposits

- A \$30/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. 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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