



*Welcome to O.A.R.S.'*  
**BEGINNING WILD RIVER  
KAYAK SCHOOL ON THE LOWER SALMON**

<b>MEETING PLACE:</b>	<b>Red Lion Hotel, Lewiston, Idaho</b>
<b>MEETING TIME:</b>	<b>7:00 PM the evening before your trip</b>
<b>RETURN TIME:</b>	<b>Approximately 4:00-6:00 PM, Red Lion Hotel, Lewiston, Idaho</b>
<b>RIVER RATING:</b>	<b>Class III</b>
<b>RIVER MILES:</b>	<b>16 river miles</b>
<b>PUT-IN:</b>	<b>Salmon Rapids Lodge, Riggins</b>
<b>TAKE-OUT:</b>	<b>Pine Bar</b>
<b>AGE LIMIT:</b>	<b>Minimum age is 16 (Younger children will be considered on an individual basis.)</b>
<b>TRIP LENGTH:</b>	<b>4 Days</b>

This introductory course for beginning kayakers provides two days of flat-water instruction to familiarize you with equipment and technique, followed by a 16-mile journey down the Lower Salmon River. During this 4-day program we will introduce you to 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 cover proper swimming and self-rescue technique.

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.

### **Why O.A.R.S. Kayak School on the Lower Salmon?**

Our low instructor to client ratio of 1:4 ensures very personalized training during this course. Our certified kayak instructors teach techniques for reading whitewater, navigating rapids, and recognizing play spots. Here are just a few more reasons why you'll love the Lower Salmon:

#### **WHITEWATER**

- If you're seeking a low-intensity whitewater adventure, this trip will really float your boat! Plenty of fun and challenging Class II and 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.

#### **BEACHES**

- Beach lovers are in heaven on the Lower Salmon. Because of its free-flowing state, this river has created an unusual number of huge sand bars along its shores. The Lower Salmon's numerous white sand beaches make for ideal campsites and venues for horseshoes, volleyball, and soaking up the warm sunshine.

#### **NATIONAL WILD & SCENIC RIVER**

- The Salmon River received federal protection in 1968 with the passage of the National Wild and Scenic Rivers Act. This legislation recognized the Salmon as having "unusual scientific, aesthetic

and recreational value” and mandated that it “should be allowed to remain in a free-flowing state and natural setting without manmade alteration.” It was one of the original eight rivers to be granted this designation, and thankfully, its crowning attributes are preserved to this day.

## **HISTORY**

- For those interested in history, the Lower Salmon is a veritable treasure chest of intriguing stories and relics from the past. Known human history dates back to a mind-boggling 10,000 years ago, when the first humans inhabited the river canyon. For thousands of years, Native Americans lived along the river, some in semi-subterranean pit houses, remnants of which still exist today. Many centuries later, the Nez Perce tribe made its home on the Lower Salmon, leaving a wealth of tangible and intangible history in its wake. Native American rock art, mostly in the form of pictographs, decorates the Lower Salmon canyon and dates back to prehistoric times. There is also plenty of mining, boating and other Old West history captured in this fascinating canyon.

## **Sample Itinerary**

We pride ourselves in running 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 Salmon River Kayak Instruction.

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

- We will meet at the Red Lion Hotel for a pre-trip orientation the evening you arrive. We will fit you to your kayak on the lawn that evening. Introductions and a group discussion to determine goals for the will be covered.

### **Day 1**

- At 8:00 AM we'll depart the Red Lion, head out to the Salmon River and let the fun begin! Day one'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 ourselves 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**

- We begin at 8:00 AM. 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**

- Today we travel 9 river miles to Lyons Bar. This first day in the current is essentially flat water, giving you time to perfect your combat roll, and adjust to the feel of the water. Support rafts carry our gear, giving us the advantage of kayaks unencumbered by additional weight. We camp on the river tonight.

### **Day 4**

- This is it! The climax of your 4-day introduction to kayaking takes you through Green Canyon. The adventurous may decide to try their hand at surfing some of the bigger waves and holes as we travel through Rollercoaster, Wright Way, Demon's Drop and Pine Bar rapids. After a late lunch, the shuttle bus will meet us at Pine Bar for the 2-3 hour drive back to Lewiston. Since arrival time is uncertain, we suggest you plan to spend the night and fly out the next day.

### What's Included?

- 2 nights lodging and 1 night camping
- 4 days of kayak instruction with skilled professional ACA (American Canoe Association) certified instructors
- Delightful meals from lunch on Day 1 through lunch on Day 4
- Personal flotation device (must be worn on river at all times in compliance with Forest Service regulations)
- Kayak (model based on individual size and experience, can state your preference) and paddle
- Helmet and spray skirt
- Splash jacket
- Raft support for the downriver portion of your class
- Sleeping bag with sheet, sleeping pad, and ground cloth
- 2-person tents on a shared basis (There is a \$30 charge for a private tent.)
- Waterproof bags for your personal belongings

### What's Not Included?

- Transportation to Lewiston and back
- Pre- and post-trip accommodations and meals
- Items of a personal nature (an equipment list will be provided)

### Why Visit Idaho?

When Meriwether Lewis and William Clark first arrived in Idaho in 1805, they found a nearly impenetrable wilderness of mountains, forests and formidable waters, a beautiful but inhospitable land. With the help of local Native Americans, the explorers found buffalo-hunting trails and navigable rivers that led them through areas rich in wildlife and innumerable plant species. The maps and journals that they created on their journey to the Pacific initially enlightened America, at that time bordered to the west by the Mississippi River, to the beauty and possibilities of the unabashed, yet intriguing, Wild West.

Today's visitors to Idaho find a much more welcoming and negotiable land than that which greeted the Lewis and Clark expedition. However, some things haven't changed a bit in 200 years. Even today, Idaho's wilderness areas are among our nation's most rugged and remote lands. All the more reason to visit this spectacular state: its peaceful, pristine wilderness regions offer a breath of fresh air—literally and figuratively—to the weary city dweller.

Here are just a few more reasons to visit Idaho:

- Mountains are the centerpieces of the state, and awe-inspiring ranges such as the **Sawtooth** and **Seven Devils** offer panoramas unmatched in the entire world. They're also a Mecca for skiing, climbing, hiking, mountain biking, and more.
- **National forests**, including the Sawtooth, Clearwater, and Payette, and **protected wilderness areas**, such as the Frank Church River of No Return and the Selway-Bitterroot, also offer a host of outdoor activities.
- **Craters of the Moon National Monument** displays a fascinating natural exhibit of basaltic volcanic formations. The resident lava fields, covered with cinder cones, so resemble the craters of the moon that astronaut Alan Shepard and his crew trained here for their lunar landing.

- Scenic **Coeur d’Alene** is a mountain resort town; its recreational center, Lake Coeur d’Alene, was once named one of the five most beautiful lakes in the world by *National Geographic*. The lake offers ample boating and fishing opportunities and the town’s surrounding areas are the only place outside of India where the star garnet can be found.
- Idaho’s capital **Boise** is a great base for excursions into the state’s more rural areas. In addition to offering a wide selection of accommodations and restaurants, Boise is home to museums, botanical gardens, and a notable orchestra and opera. One of the city’s particularly interesting museums is the **World Center for Birds of Prey**, where live eagles and falcons are viewable, as well as other exhibits on biology, ecology, and conservation.
- A popular health resort, **Lava Hot Springs**, features mineral springs that have likely remained the same temperature—110 degrees Fahrenheit—for 50 million years. A soak in these steaming pools in a great way to invigorate yourself after an active day of hiking or biking, which are also offered at the resort.
- Idaho’s rivers, streams, and lakes are renowned for their excellent **trout, salmon and steelhead fishing**.
- **Hells Canyon**, which straddles the border of Idaho and Oregon, is the deepest gorge in North America. It is home to an abundance of wildlife – elk, mountain goats, bighorn sheep, cougars, bear, and various birds, to name a few. The tremendous **Hells Canyon National Recreation Area** protects over 650,000 acres of this region, from the Snake River through Hells Canyon to the alpine lakes of the Seven Devils. Outdoor activities, such as hiking, fishing, and boating on the warm waters of the Snake, abound in this federally protected area.

### Why O.A.R.S.?

O.A.R.S. has been in business since 1969 and that is no accident. Great trips on some of the world’s best rivers, coastlines and mountains are the recipe for this success. Always focused on our clients and their vacations, it is our genuine—if not biased—belief that river trips and wilderness vacations are extremely valuable life experiences. That said, we have committed ourselves over the years to providing the best trips available, always with an eye on improvement. Here are a few things we believe set our trips apart:

### **EXPERIENCE**

- In 1969, O.A.R.S. became the first small-raft, oar-powered rafting outfitter to offer river trips through the Grand Canyon. The immediate success of these trips inspired founder and president George Wendt to expand his business into the largest and most geographically diverse rafting company in the West. With trips on over 35 rivers, coastlines and mountains, over 3 decades of experience in the industry, and staff members who have been with us from the very beginning, O.A.R.S. is one of the most accomplished and respected companies in the outdoors.

### **STAFF**

- As anyone who has been on an O.A.R.S. trip can tell you, our guides and support staff are the best in the business. Their knowledge, skills, demeanor, and attitude are qualities we are very proud of. From our professional, well-informed Adventure Consultants to those behind the scenes, to the guides on your trip, our entire staff always strives to exceed your expectations. Your guides are fantastic chefs, entertainers, and teachers all rolled into one—and so good at their jobs you’d think they were born leading outdoor adventures. Guides on your trip offer individual, different perspectives on the locale and why they’ve made it their workplace, their home, their passion. Our

employees are the number one reason O.A.R.S. has repeat customers—take a trip with us and you’ll see why.

## **MEALS**

- The meals we serve are hearty and sumptuous, complete with fresh fruits and vegetables. Our menu spares no expense in order to bring you fine foods in a wilderness atmosphere. Wake up to pancakes, omelets or eggs cooked to order, complemented by bacon or sausage, toast, juice and plenty of coffee or tea. Sate your appetite at lunch with a delicious spread of cold cuts and cheese on assorted breads, with hummus and veggies in soft pitas, or tasty taco salad in roll-your-own burritos; don’t forget a cookie or six for dessert, or a fruit salad and a cool drink. At the dinner table, our guides’ cooking skills truly shine. Snack on hors d’oeuvres while you wait for fresh green salads, vegetables, and the main course: steak, grilled salmon or perhaps Dutch oven lasagna. Vegetarian options are available if you tell us of your preference ahead of time. If you can find room, there will always be something for dessert—possibly even a freshly baked cake or cobbler.

## **EQUIPMENT**

- O.A.R.S.’ boats and equipment are top-of-the-line and rigorously maintained. Rest assured knowing that we use only the best and most reliable. All river-related gear is included and we offer many accessories to ensure your comfort on dry land as well. To give your camp by the river most of the comforts of home we either provide or rent sturdy tents, warm sleeping bags and thick sleeping pads. Please check with your Adventure Consultant or refer to your catalog for details regarding what will be included on your trip.
- For a detailed packing list please call us at **1-800-346-6277** or email us at [info@oars.com](mailto:info@oars.com) for our Gorges of the Lower Salmon Beginning Kayak School Trip Planner. You can also shop online for all your adventure travel needs at [www.oars.com](http://www.oars.com) in the **OARStore**.

## **How Do I Get to the Lower Salmon?**

- Lewiston, Idaho is the meeting and ending point of your Lower Salmon trip.
- Lewiston is served by Horizon Air, (which is affiliated with Alaska and Northwest Airlines) and Delta Airlines. Flights connect through Boise, Seattle, and Portland.
- Spokane, Washington is served by Southwest, Northwest, Alaska, United and Delta Airlines and is approximately a two-hour drive (100 miles) from Lewiston. Rental cars and limited bus service are available between Spokane and Lewiston.
- Driving times to Lewiston from:

Spokane, WA	2 hours
Coeur d’Alene, ID	2 hours
Boise, ID	5 hours
Seattle, WA	6 ½ hours
Portland, OR	6 ½ hours
Glacier National Park	7-8 hours
Missoula, MT	5 hours

## **A Few Important Details**

### **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 heart trouble and pregnant women should have their 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, 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. Please be advised our U.S. Coast Guard approved personal flotation devices (PFD) are rated to accommodate persons no heavier than 260 pounds and with a chest size no larger than 56 inches. 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. 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. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.

### **Contact Information:**

- For more information on this or any of our over 75 rafting, sea kayaking or multi-sport adventures, please call us at **1-800-346-6277** or email us at [info@oars.com](mailto:info@oars.com) and one of our knowledgeable Adventure Consultants will be happy to help you.