

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# IDAHO

## Rafting the Middle Fork of the Salmon River



August 29 - September 6, 2019

# IDAHO

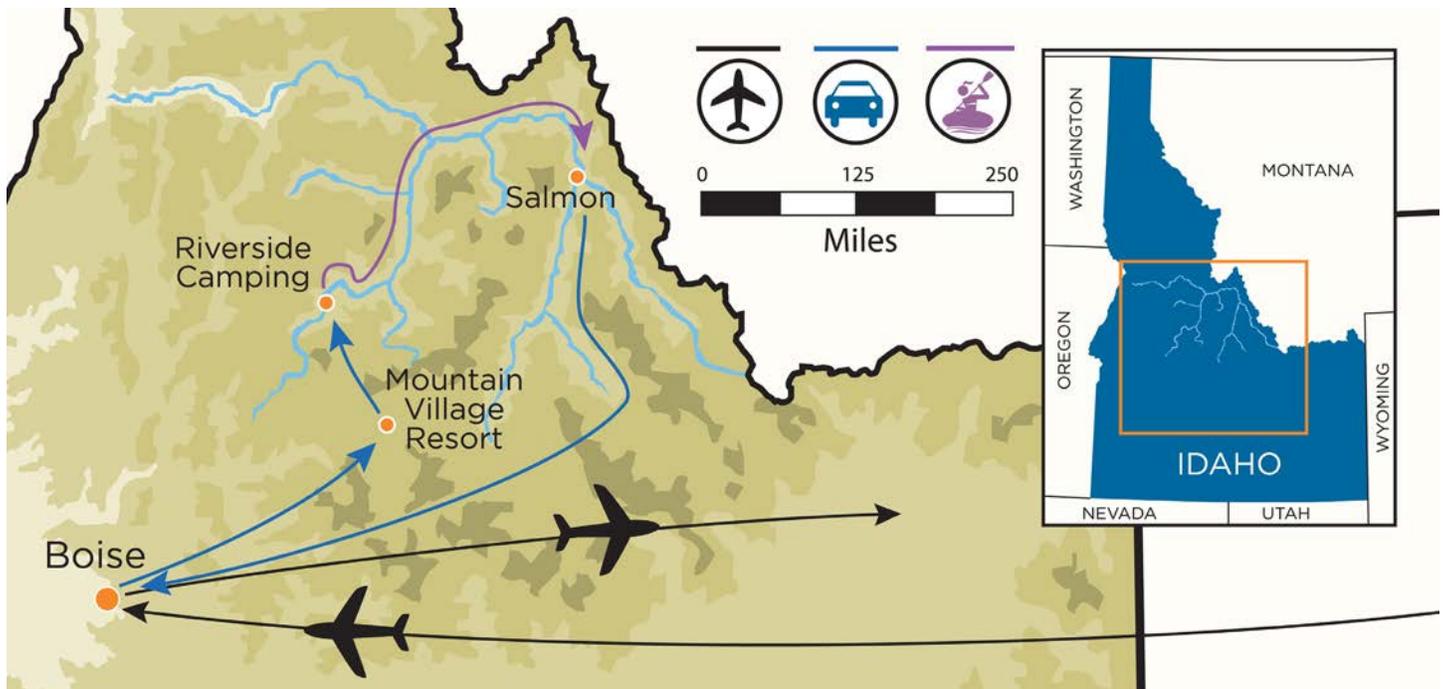
## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

### TRIP HIGHLIGHTS

- ▶ Paddle through more than 100 rapids over this 105-mile stretch of the Salmon River
- ▶ Soak in Idaho's spectacular "River of No Return" wilderness from the raft and your campsites on the river bank
- ▶ Hike or fish before enjoying a campfire meal with your AdventureWomen friends
- ▶ Conquer the Haystack Rapid, the river's most dynamic, at the head of Impassable Canyon - Go AdventureWomen!
- ▶ Bond with your group over your favorite moments as you gaze at the stunning night sky

### TRIP ROUTE



# IDAHO

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August 29 - September 6, 2019

### QUICK VIEW ITINERARY

- Day 1: arrive Boise, take the shuttle to your hotel, rest up for your adventure
- Day 2: transfer to Stanley with your group, welcome dinner and trip orientation
- Day 3: take a short, scenic flight to Indian Creek and start rafting the Salmon!
- Day 4: enjoy exhilarating rapids, view pictographs, hike, fish, or rest at camp
- Day 5: experience another exciting day on the river, run the Tappan Rapids
- Day 6: run the Haystack Rapid today, the most dynamic on the river
- Day 7: hike Waterfall Creek today, continue rafting down the river
- Day 8: last morning of rafting, transfer to Salmon, farewell dinner
- Day 9: transfer to Boise and depart

### TRIP PRICE

Main Trip: \$2,990

Optional Single Accommodations: \$500

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

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### your adventure in depth

**DAY 1**  
Thursday  
8/29/19

### Arrive in Boise

Arrive in Boise, the capital and cultural center of Idaho. The origin of the word “Idaho” is a bit of a mystery. In the early 1860s, when the US Congress was organizing a new territory in the Rocky Mountains, an eccentric lobbyist suggested the name Idaho, claiming that it was derived from a Shoshone term meaning “gem of the mountains.” He later claimed he made it up.

#### Shuttle to Your Hotel

When you land at the airport, take the free shuttle to the Holiday Inn Express & Suites.

#### Evening On Your Own

Enjoy an evening on your own, or meet up with your group in the hotel for a drink and dinner!

### Accommodations

Holiday Inn Express  
& Suites

### Meals Included

meals on your own

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

### DAY 2

Friday  
8/30/19

### Boise to Stanley

Stanley, Idaho, is home to 63 proud permanent residents. The town is nestled in the beautiful Sawtooth Valley, surrounded by jagged mountain peaks, green fields and forests, and plenty of amazing bodies of water, including the Salmon River!

#### Drive to Stanley

After enjoying breakfast with your group, hop on the bus and take in the scenery on the drive to Stanley, Idaho. Enjoy lunch along the way.

#### Stanley

Welcome to pristine Stanley! Settle in, take a walk around town, or schedule some time at private hot spring.

#### Welcome Dinner

Enjoy a welcome dinner at the Mountain Village Resort with your AdventureWomen friends and one of your guides.

#### Trip Orientation

After dinner, have a safety orientation and talk about gear for your rafting trip. Get a good night's sleep - you'll be on the river tomorrow!

### Accommodations

Mountain Village Resort

Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

### your adventure in depth

#### DAY 3

Saturday  
8/31/19

### Stanley to the Salmon River

The Salmon River is also known as The River of No Return. It flows for 425 miles through central Idaho, dropping more than 7,000 feet between its headwaters above the Sawtooth Valley and its confluence with the Snake River. It is one of the largest rivers in the continental United States without a single dam on the main part of the river.

#### Head to Indian Creek

After an early breakfast with your group, you'll take a short, scenic flight over the canyon to Indian Creek, the starting point of your rafting adventure! Enjoy the bird's eye view prior to experiencing the canyon on the river.

#### Choose a Raft!

Choose a spot in a raft and head down the river. The first section of the Middle Fork is fast, and the rapids are steep, narrow, and come in quick succession.

#### Lunch

Enjoy lunch as a group and learn about AdventureWomen's Leave No Trace camping ethics.

#### Afternoon Rafting

The river will continue to be lively and challenging this afternoon. Every few hundred yards, a creek enters the river increasing its flow. Arrive at camp around 4:00pm.

#### Optional Activities

After you settle in at camp, take some time to hike, fish, read, or just relax.

#### Evening at Camp

Enjoy hors d'oeuvres around 6:00pm and dinner around 7:30pm. After dinner, hang out around the camp fire and swap stories with your fellow AdventureWomen.

#### Accommodations

Riverside Camping

#### Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

### DAY 4

Sunday  
9/1/19

### The Salmon River

The Tukudeka, or Mountain Sheepeaters, are a band of the Eastern Shoshone, who traditionally lived in the central Sawtooth Range of Idaho. They were named for the bighorn mountain sheep which they commonly hunted.

**Breakfast** Enjoy freshly brewed coffee and breakfast. Pack up your personal gear (your tents are taken care of!) and hop back in your rafts for an adventure-packed day on the river.

**Natural Hot Springs and Pictographs** As you raft down the river, stop for a soak in Sunflower Flat Hot Springs, where several pools above the river cascade over a rocky cliff to create a natural shower. Later, stop to view pictographs of the Native American Tukudeka, or Mountain Sheepeaters, who lived in the canyon until the 1870s.

**Today's Whitewater** You'll have plenty of fun on today's rapids as the river continues its quick descent.

**Evening in Camp** Take some time to hike, fish, or relax before dinner this evening. Make sure you look at the stars - the night sky is spectacular!

### Accommodations

Riverside Camping

### Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

.....

your adventure  
in depth

### DAY 5

Monday  
9/2/19

## The Salmon River

Keep your eyes peeled for the American Dipper, also known as a water ouzel. The Dipper has the benefit of several unique adaptations such as an inner protective eyelid and an extra layer of downy feathers, which allows it to dive into cold, often turbulent rivers and streams, to swim, and to walk along the bottom of the river. It uses the pressure of water on its wings and tail to help keep it down while it searches for insect larvae and other small animals on which to feed.

### Morning Adventures

Experience another fun day of rapids and incredible Rocky Mountain scenery. Keep an eye out for Bighorn Sheep as you pass several mineral licks. Pass your last hot spring at Hospital Bar, named for early cattlemen who let their stock rest and feed at this large flat.

### Afternoon Rapids

Run the Tappan Rapids, a great opportunity for photos with plenty of splashing and thrills. Enjoy a riverside lunch. Watch for golden eagles and falcons.

### Riverside Camp

The final miles into camp this afternoon give you a chance to lean back and soak in the monumental scenery of the River of No Return Wilderness.

### Accommodations

Riverside Camping

### Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

### DAY 6

Tuesday  
9/3/19

### The Salmon River

The Bighorn Sheep is a species native to this area of North America, and is named for its large horns, which can weigh up to 30 pounds. Imagine carrying that on your head! Look for them as you pass mineral licks on the river banks.

#### Another Day on the River

Enjoy another fun day along the river. This morning, you will run the Haystack Rapid, the most dynamic on the river! Side canyon “blow outs” have changed its course twice in the last few years. Below Haystack Rapids, the canyon narrows and deepens, creating a series of action-packed rapids.

#### Riverside Fun

A riverside lunch allows you to swim and enjoy the cool water of the Salmon before making your way to camp.

### Accommodations

Riverside Camping

### Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

.....

your adventure  
in depth

### DAY 7

Wednesday  
9/4/19

### The Salmon River

Have you wondered why the Salmon is called the River of No Return? When mining was in full swing on the river, wooden, flat-bottomed boats were developed to take supplies and mining machinery from the end of the road at Salmon into the canyon. The boats were capable of carrying several tons in weight. However, the river was too swift to navigate the boats back upstream, so the boats were dismantled and used as lumber. Since the boats never came back to Salmon, and the nickname the "River of No Return" started being used around 1900.

#### Waterfall Creek

A favorite stop today is Waterfall Creek, where a steep trail leads up to the Bighorn Crags. Walk beneath the falls and take a jump into the river!

#### Head Downstream

As you head downstream, the river cuts into the Idaho batholith - the largest monolithic chunk of granite in North America. Further downstream, you'll hike to the base of Veil falls, a magical cavern where you can see pictographs. The scenery today is astounding.

#### Evening at Camp

Enjoy your last night on the riverbank tonight. Soak in the crisp air and make sure to take some time to look at the stars.

### Accommodations

Riverside Camping

### Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

### DAY 8

Thursday  
9/5/19

### The Salmon River to Salmon, Idaho

Salmon is a scenic mountain town on the outskirts of the River of No Return Wilderness. It has its origins in mining, lumber, and family ranches. Over the years it has evolved into a vibrant collection of art galleries, restaurants, and a community of outdoor adventurers.

#### Morning Rafting

The river will take you past the former hideout of Earl Parrot, the Hermit of Impassable Canyon. Savor the excitement of the last few big rapids as you pass through stunning vistas. Enjoy lunch on a sand beach just a few miles from the Middle Fork's confluence with the Main Salmon.

#### Transfer to Salmon

Take out of the river, grab your gear, and hop on the bus for a two-hour ride to Salmon.

#### Farewell Dinner

Enjoy a farewell dinner as a group to toast an amazing trip with your new AdventureWomen friends!

### Accommodations

Stagecoach Inn

### Meals Included

breakfast, lunch, dinner

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

### your adventure in depth

#### DAY 9

Friday  
9/6/19

### Depart Idaho

Head back to Boise to catch your flights home.

#### Transfer to Boise

Have an early breakfast and hop in the bus for the five-hour drive to Boise. You'll be dropped off at the airport where you will say goodbye to your new AdventureWomen friends.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

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### Accommodation Details

#### Holiday Inn Express & Suites - Boise Airport

Enjoy your stay at this clean and comfortable airport hotel. You'll be able to take a free shuttle from the airport and get a good night's sleep before heading out on your rafting adventure.

#### Mountain Village Resort

Mountain Village Resort is a beautiful Idaho resort in Stanley, which acts as a gateway to thousands of adventures and activities such as rafting, hiking, biking, and climbing. Don't miss a chance to try out the private natural hot springs, reserved for guests only. Reserve your time with the front desk upon arrival!

#### Riverside Camping

The cargo raft, along with two crew members, will arrive at camp ahead of you to set up the kitchen (including dining tables and chairs!) as well as your sleeping tents. When you arrive in camp, all you have to do is carry your personal gear to your tent and roll out your sleeping bag, sleeping bag liner, and self-inflating foam sleeping pad (all provided for you).

At camp, you will have a toilet tent with a handwashing system nearby, which will be available from the time you get to camp until you leave the next morning. During the day, a toilet will be available for solid waste. Bring ziplock bags for disposal of feminine hygiene products. Solar showers will be available for use with biodegradable products, but most women feel clean after frequent swimming!

#### Stagecoach Inn

The Stagecoach Inn is nestled in the Bitterroot Mountains along the Salmon River. Enjoy the many comfortable sitting areas where you can relax and enjoy the peaceful sounds of the river.

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Rafting/hiking guides throughout the trip
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ Airfare to and from Idaho
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and staff

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

is this trip right  
for me?

**the important  
stuff**

how do I get  
there?

pack your  
bags!

the fine print

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Rafting Release
- Copy of Flight Information

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before May 31, 2019.

### Money:

Cash and credit cards are the preferred method of payment where needed. There will be limited access to ATMs in the remote locations in which you will be.

### Suggested Gratuities:

- ▶ Tips are appropriate and accepted only if your expectations are exceeded. A suggested range is from 5-10% of your trip cost. Tips can be given to the Head Guide, who will distribute it equally among all of your crew

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

**Arrive:** Arrive in Boise, Idaho (BOI) on August 29, 2019.

**Depart:** Depart Boise, Idaho (BOI) on September 6, 2019  
after 4:00pm.

We are happy to help you make your flight and travel  
arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the  
AdventureWomen trip, we'd be delighted to help you  
arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize  
their plans much closer to departure time than was  
customary in the past. While we try to be as flexible as  
possible booking last-minute registrants, we must release  
hotel rooms two to three months prior to departure! Please  
keep this in mind when making your travel plans.

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

**Packing Considerations:** Weather in Idaho can vary widely day to day on the river. Packing properly for this trip is critical to your enjoyment while on the river. We recommend that you prepare yourself for three basic scenarios:

- ▶ A cool day on the river
- ▶ A warm or hot day on the river
- ▶ Time spent lounging in camp

Weather in the area is unpredictable. You must come prepared for cold/wet weather and hot/sunny weather – sometimes even in the same day! The following information will help you be prepared for the expected as well as the unexpected events of your trip. You may not end up using all of the gear listed below, but we recommend bringing it all.

Clothing layers are your thermostat in the outdoors. All of your on-river clothing should be made from synthetic fabrics like fleece, pile, polypropylene, Capilene™, or polyester. Quick-dry clothing works well on the river. A light cotton button down shirt or t-shirt can be used on hot, sunny days, but cotton clothing is best saved for on-shore camp use.

Your luggage must weigh less than 25lbs and be in a 12" x 13" x 24" soft-sided duffel bag (no hard frames or wheels are permitted). This duffel will be placed inside of a waterproof bag.

### Clothing and Gear On the River:

- Duffel bag - 12" x 13" x 24" with no hard frames or wheels
- 2 short sleeve shirts (quick dry recommended)
- 1 light long sleeve shirt (quick dry, for sun protection)
- 2 light to medium weight long underwear tops
- 2 pairs of shorts (quick dry recommended)
- 1 pair light-weight pants (convertible pants are convenient)
- 2 pairs light to medium weight long underwear bottoms
- 1-2 bathing suits (2 piece suits are more convenient - think bathroom stops!)
- 1 rain jacket

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### On the River Continued:

- 1 pair of rain pants
- 1 mid-weight fleece sweater
- 1 pair of wool or synthetic gloves
- 1 wool or synthetic hat
- 2 pairs wool socks
- 1 pair water shoes or sandals/sneakers that can get wet. Ankle straps are required.

### Clothing and Gear Off-River:

- 2 short sleeve shirts
- 1 pair of pants (light-weight nylon, cotton, or fleece)
- 1 pair of shorts
- 1 mid-weight sweater
- 1 sun dress (optional)
- 1 sarong (optional but has many uses!)
- Underwear and bras
- 4-5 pairs of socks
- Sleepwear
- 1 pair of tennis shoes or walking shoes
- 1 pair of flip flops
- Fishing gear and Idaho fishing license if you plan to fish. Contact us for more information.

### AdventureWomen Essentials:

- Travel documents (identification, airline tickets, money, travel insurance number and information)
- Locks for your suitcase/duffel bag
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional binoculars

### Essentials Continued:

- (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Sunglasses, case, and neck strap (strap is required for the river!)
- Solar charger (optional)
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner
- Camp towel
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

**pack your  
bags!**

the fine print

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

# IDAHO

## Rafting the Middle Fork of the Salmon River

August 29 - September 6, 2019

.....

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a