IDAHO
Rafting the Salmon River Canyons

July 5 - 11, 2020
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TRIP HIGHLIGHTS

- Five days of whitewater rafting fun paddling the rapids of the Lower Salmon River
- Learn the basics of paddling as a team and how to read the river’s flows from experienced rafting guides
- Join in campfire cooking lessons with camp chefs
- Learn about wildlife, geology, and Salmon River history and see native American Indian paintings

TRIP ROUTE
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July 5 - 11, 2020

QUICK VIEW ITINERARY
Day 1: arrive in Lewiston, welcome dinner
Day 2: visit Nez Perce National Historic Park, start rafting, evening on the river
Day 3: paddle into Green Canyon, peaceful afternoon on the river, watch for wildlife
Day 4: raft through Cougar and Snowhole Canyons, see Chinese pit houses from the 1860s
Day 5: swim a rapid as you pass through Cottonwood Creek, raft through Blue Canyon
Day 6: see the confluence of the Snake and Salmon, drive to Lewiston, farewell dinner
Day 7: depart Idaho

TRIP PRICE
Main Trip: $2,990
Optional Single Accommodations: $500
IDaho
Rafting the Salmon River Canyons
July 5 - 11, 2020

DAY 1
Sunday
7/5/20

Arrive in Lewiston
Whitewater rafting on a big river is exhilarating and AdventureWomen has created the perfect opportunity for women at all levels of experience to hop in and join the fun on the Lower Salmon River in Idaho! The rapids are pure adrenaline-pumping excitement but there will also be plenty of swimming and laid-back lounging, while every evening brings sweet slumber as you drift to sleep in your tent pitched at the river’s edge.

- **Airport Shuttle**
  Take the free airport shuttle from the Lewiston Airport to the Red Lion Hotel.

- **Welcome Dinner**
  Meet at 6:45pm on the patio at MJBarleyhopper’s (in the Red Lion Hotel). Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to get on the water!

- **Pack your Dry Bags**
  You’ll be given dry bags and instructions on what to pack in which bag for tomorrow. Do not plan to bring any valuables or valuable jewelry on the river.

Accommodations
Red Lion Hotel

Meals Included
dinner
IDAHOO
Rafting the Salmon River Canyons
July 5 - 11, 2020

Lewiston to the Salmon River
The Salmon River area has been a home for various groups of people for at least the last 8,000 years. Much of the area was inhabited by several tribes, including the Nez Perce. The river was considered to be sacred ground, and it was a rich source of food for the indigenous people of the area, who relied on the abundant salmon and other wildlife.

- **Nez Perce National Historical Park**: Leave Lewiston after an early breakfast and head out to the rafting trip launch point. On the way, stop at the Nez Perce National Historical Park for an introduction to the native peoples who lived along the Salmon River for thousands of years.

- **Launch the Rafts**: After about two hours, you’ll arrive at your launching point. Before you launch, you’ll be given a thorough safety briefing by one of your guides while the rest of the crew loads the gear onto the rafts. You’ll learn how to paddle, ride, and swim safely in rapids. Pick a paddle or oar boat and hop in!

- **Start Rafting**: Test your paddling skills as you start to raft down the river!

- **Lunch**: Stop for a quick orientation in Leave No Trace ethics, and you’ll learn the proper place to dispose of trash, how to use the bathroom, and where you’ll be able to wash.

- **Set Up Camp**: After the orientation, enjoy an open-air lunch!

- **Evenings at Camp**: Raft until about 4:00pm, when you’ll stop and set up camp. You’ll have a chance to swim, play beach games, read, or just relax.

- **Enjoy hors d’oeuvres around 6:00pm, and dinner will be around 7:30pm. Share stories around the campfire this evening.**
IDAHO
Rafting the Salmon River Canyons
July 5 - 11, 2020

DAY 3
Tuesday
7/7/20

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.

Breakfast
Wake up in camp and enjoy some tea or coffee before breakfast. Pack up, and set off on the boats for more rafting!

Green Canyon
Paddle your way into Green Canyon, which is the home of the famous Demon’s Drop and Wright Way rapids; these rapids are an incredible thrill!

Lunch
Enjoy lunch on a large beach. Take some time to relax, swim, and play some games on the sand.

Afternoon of Quiet Water
This afternoon’s rafting is mostly peaceful with a few small rapids. Take some time to take photos and search for wildlife along the banks.

Evening at Camp
These evenings will soon feel like it’s the way every day should be. Set up camp, go for a dip, and enjoy hors d’oeuvres and dinner with your new friends!
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.

Cougar and Snowhole Canyons
On this thrill-packed whitewater rafting day, make your way through Snowhole Canyon and Cougar Canyon. Hit some larger rapids, including Snowhole, Bodacious Bounce, China, the Gobbler, Bunghole, and Lorna’s Lulu, which are sure to give you some great stories to take back home!

Chinese Pit Houses
Stop along the river to see remnants of Chinese pit houses. Gold was discovered in the area in 1861, and in 1864, the area had been flooded by Chinese coming to seek their fortunes. By 1870, Idaho’s population was 25% Chinese. Using manual labor and archaic hydraulic systems, they moved hundreds of tons of rock and earth looking for gold. They built rock houses that still stand as a monument to these settlements and the endurance of the miners.

Relax at Camp
Play horseshoes, rig the volleyball net, or just take a hike up a nearby hill this evening. Fall asleep to the crackling of the campfire.
IDaho

Rafting the Salmon River Canyons
July 5 - 11, 2020

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, flatbottomed 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.

Cottonwood Creek
Spend another day rafting through gorgeous scenery. For those who are feeling adventurous, you’ll have a chance to swim through a rapid as you pass through Cottonwood Creek. You’ll also have a chance for a rock jump today!

Blue Canyon
After lunch, float to Blue Canyon. The canyon was named because of its dark bluish igneous rock which covers the striking landscape. The river gets narrower at this point and turns into one long stretch of wild rapids. Tear through Eye of the Needle, Checkerboard, Sluice Box, and Devils Slide.

Tonight’s Camp
Camp where the Salmon River merges with the Snake River on a stunning sandy beach. Natural beaches like this one are only seen on undammed rivers where sediment can travel freely down the river and finally come to rest, forming lovely beaches!

Accommodations
Riverside Camping

Meals Included
breakfast, lunch, dinner
IDAHO
Rafting the Salmon River Canyons
July 5-11, 2020

DAY 6
Friday
7/10/20

The Salmon River to Lewiston

Lewiston is the second-largest city in the northern Idaho region, behind Coeur d'Alene, and ninth-largest in the state. The Nimiipuu (Nez Perce) have inhabited the area for thousands of years, and the first people of European ancestry to visit the Lewiston area were members of the David Thompson expedition of 1803. Thompson was looking to establish fur trading posts for the Hudson's Bay Company of British North America (now Canada).

Confluence of the Snake and Salmon Rivers
If you didn’t make it this far yesterday, you’ll see the confluence of the Snake and Salmon Rivers today. There is a powerful energy where the mighty Salmon joins with the Snake at the bottom of Hell’s Canyon. After you join the Snake River, you’ll be pushed by twice as much water!

The Snake River is the boundary between states, so Idaho will be on your right, and Oregon will be on your left!

Take-Out of the Snake River
Enjoy one final riverside lunch. After several more miles of awe-inspiring river, you’ll arrive at the stopping point of your river journey just below the confluence of the Snake and Grande Ronde Rivers.

Drive to Lewiston
It is a quick 45 minute ride back to the town of Lewiston, where you can shower and repack your bags.

Farewell Dinner
Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.
IDAHO
Rafting the Salmon River Canyons
July 5 - 11, 2020

DAY 7
Saturday
7/11/20

Depart Idaho
Enjoy one last morning in Idaho.

Transfer to the Airport
Say goodbye to your new AdventureWomen friends as you transfer to the airport on the free shuttle for your flights home.

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 Salmon River Canyons
July 5 - 11, 2020

Accommodation Details

Red Lion Hotel
Immerse yourself in an exhilarating mix of natural beauty, outdoor adventure, and intriguing culture at Red Lion Hotel Lewiston. Enjoy a relaxing night dining at the on-site restaurant, have a drink at the bar with its own patio, or take a dip in the resort-style tub before retreating to your room.

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 hand-washing 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!
IDAHO
Rafting the Salmon River Canyons
July 5 - 11, 2020

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 Salmon River Canyons
July 5 - 11, 2020

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. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

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 Salmon River Canyons
July 5 - 11, 2020

The deposit for this trip is $800, and is nonrefundable and nontransferable. 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 April 6, 2020.** A maximum of $1,500 per person can be put on a credit card, which includes your deposit.

**Identification:**
You may need to ensure that your driver’s license is REAL ID compliant in order to fly domestically. Please check your home state’s guidelines on whether you should upgrade your ID or plan to travel with a passport instead of a driver’s license.

**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 Salmon River Canyons

July 5 - 11, 2020

Arrive: Arrive in Lewiston, Idaho (LWS) on July 5, 2020 before 6:00pm.

Depart: Depart Lewiston, Idaho (LWS) on July 11, 2020 any time.

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

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.
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.

Typical daytime temperatures can climb into the 80s and 90s, and the water temperature is usually in the 60s or 70s. Blue skies and sunshine are the norm, but it can rain any time, so be prepared with rain gear.

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). You will be provided with a large dry bag to put your duffel in, along with your provided sleeping bag and pillow. You will also be given a smaller dry bag to put a small backpack in.

Clothing and Gear On the River:

- 1-2 bathing suits (2 piece suits are more convenient - think bathroom stops!)
- 1 rain jacket
- 1 pair of rain pants
- 1 mid-weight fleece sweater
- 1 cap, sun hat, or visor
- 1 pair of river sandals - must have an ankle strap
- 1 pair light- to mid-weight long underwear top and bottom
- Sunglasses with retaining strap/cord
- Sunscreen
- Water bottle with carabiner
- Duffel bag - 12” x 13” x 24” with no hard frames or wheels
- Small, soft-sided backpack
- 2 short sleeve shirts (quick dry recommended)
- 1 light long sleeve shirt (quick dry, for sun protection and cool evenings)
- 2 pairs of shorts (quick dry recommended)
- 1 pair light-weight pants (convertible pants are convenient)
**IDAHO**

Rafting the Salmon River Canyons

*July 5 - 11, 2020*

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**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. Gear must be in a protective case and disassembled. Only catch and release fishing with single barbless hooks is allowed.

**Essentials Continued:**
- Spare glasses, contact lenses, cleaner, saline, etc.
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner
- 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
- Assortment of stuff sacks and Ziploc bags
- Garbage bags for separating dirty/wet clothes
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Cards, games, musical instruments

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**AdventureWomen Essentials:**
- Travel documents (identification, money)
- Write down/print out travel insurance number
- Travel alarm clock with spare batteries or waterproof watch
- Headlamp or small flashlight with spare batteries
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Waterproof phone case for taking photos on the river
- Power adapters/power bank
- Sunglasses, case, and strap

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Rafting the Salmon River Canyons
July 5 - 11, 2020

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.
Rafting the Salmon River Canyons
July 5 - 11, 2020

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
Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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!

In this spirit, the successful adventure traveler should be a 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!