

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

IDAHO

Idaho: A Mother-Daughter Rafting Adventure



July 11 - 17, 2022



IDAHO

Idaho: A Mother-Daughter Rafting Adventure

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
- ▶ Enjoy eating and relaxing around the campfire
- ▶ Learn about wildlife, geology, and Salmon River history and see native American Indian paintings

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1 arrive in Lewiston, welcome dinner
- Day 2 visit Nez Perce National Historical 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

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$3,295

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your adventure
in depth

DAY 1
Monday
7/11/22

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
Hell's Canyon Grand

Meals Included
dinner

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DAY 2
Tuesday
7/12/22

Lewiston to the Lower Salmon

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 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.

After the orientation, enjoy an open-air lunch!

Set Up 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.

Evenings at Camp

Enjoy hors d'oeuvres around 6:00pm, and dinner will be around 7:00pm. Share stories around the campfire this evening.

Accommodations
Camping on the
River
Meals Included
breakfast, lunch,
dinner

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DAY 3
Wednesday
7/13/22

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!

Accommodations
Camping on the
River
Meals Included
breakfast, lunch,
dinner

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DAY 4
Thursday
7/14/22

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 allow it to dive into cold, often turbulent rivers and stream, 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.

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Camping on the
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Meals Included
breakfast, lunch,
dinner

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DAY 5
Friday
7/15/22

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 unstream, so the boats were dismantled and used as lumber. Since the boats never came back to Salmon, the nickname "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 the 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 out to rest, forming lovely beaches!

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Camping on the
River
Meals Included
breakfast, lunch,
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DAY 6
Saturday
7/16/22

Lower Salmon 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!

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 the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations
Hell's Canyon Grand

Meals Included
breakfast, lunch,
dinner

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DAY 7
Sunday
7/17/22

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.

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.

Meals Included
breakfast

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Accommodation Details

Hell's Canyon Grand

Immerse yourself in an exhilarating mix of natural beauty, outdoor adventure, and intriguing culture at Hell's Canyon Grand hotel. 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.

Camping on the River

Your camp will have sleeping tents with a sleeping bag, sleeping bag liner, and self-inflating sleeping pads, and dining tables and chairs. Try your hand at setting up your tent!

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!

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Included:

- ▶ Accommodations as per itinerary 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
- ▶ 2 beers per day on the river/2 glasses of wine at dinner
- ▶ One AdventureWomen Ambassador

Not Included:

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

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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!**

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