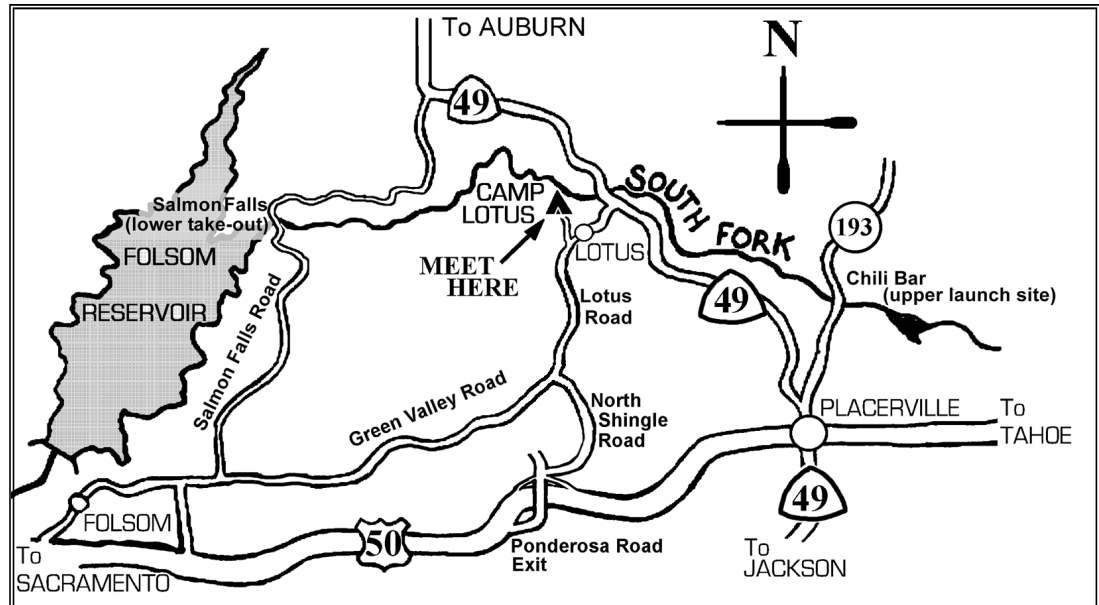


#### Welcome!

The South Fork of the American River is located in the rolling foothills of California's Mother Lode Gold Country and provides an ideal combination of history, scenery, and whitewater. The 20 miles of river between Chili Bar and Folsom Reservoir contain over 50 rapids ranging in difficulty from Class II to Class III+, including Meatgrinder, Troublemaker, Satan's Cesspool and the numerous rapids of the American River Gorge.

#### Meeting Time and Place:

All trip members will meet an ARTA guide at 10:00 am the morning the trip starts in the parking lot at Camp Lotus, (530/622-8672) which is located on the South Fork of the American River near the town of Lotus, (5461 Bassi Rd. Lotus, CA 95651). Obtain a parking permit from the campground attendant, park in the main lot, and look for an ARTA representative in the parking area near the river. Upon arrival we will take care of any last minute paperwork and help you pack your lunch before heading off to the river.



**From Sacramento:** Take Highway 50 east 30 miles to the Ponderosa Road exit in Shingle Springs. Cross over the Highway and turn right onto North Shingle Road. Continue for 12 miles following the signs to Coloma and Lotus. Turn left at Bassi Road (stop sign just before entering the town of Lotus), and go one mile to Camp Lotus.

**From Placerville:** Take Highway 49 north through the Gold Discovery State Park in Coloma. Turn left on Lotus Road, (just before the bridge across the South Fork of the American) and go 1 mile to Bassi Road. Turn right on Bassi Road and go one mile to Camp Lotus.

#### Pre- and Post-trip Accommodations:

Camping and cabins are available with advance reservations at Camp Lotus (530/622-8672), which has hot showers and a small store. The Cameron Park Best Western (530/677-2203) is on Highway 50, about 2 miles before the Shingle Springs exit. There are numerous motels in Placerville, 25 minutes away. Please make reservations well in advance!

#### Being Prepared:

Come ready for a day on the river which means you will be in the sun and getting wet. A water bottle, sunscreen and a hat are valuable, (you will be wearing a helmet, but a baseball-style cap or visor will fit underneath). A synthetic fleece top ("Polartec" or similar - NOT COTTON) is nice if you get cold easily. Early season trips (before mid-June) may have higher water and a wetter ride; everyone should have a heavy synthetic fleece top AND a water-proof shell (not just water-repellent).

**NOTE:** El Dorado County requires that we print the following notice: *Water flows in the South Fork of the American River result from releases from hydro-electric facilities located upstream. Such water releases are not subject to the control of El Dorado County or commercial companies operating under permits from the county of El Dorado.*

#### Personal Equipment List

##### CAMP ITEMS - Not accessible during the day.

- Sturdy plate, cup and silverware
- Compact sleeping bag, (rated to 40°) and pad/air mattress
- Ground cloth, tarp or small tent
- One complete change of clothes, including shoes, for camp
- Warm sweater or compact jacket
- Personal hygiene items and medicine
- Small towel
- Small flashlight or headlamp

##### RIVER ITEMS:

- Tennis shoes or sandals with heel strap (**must stay on when swimming, NO FLIP FLOPS OR SLIP-ONS!**)
- Swimsuit or shorts and a t-shirt
- Baseball-style hat or visor to wear under helmet
- Waterproof sunscreen/block (SPF 15), lip balm
- Sunglasses with strap, (maybe not your best)
- Small water bottle to take on raft

##### OTHER ITEMS:

- Long-sleeved, lightweight clothes for sun-sensitive skin
- Synthetic fleece ("Polartec") top for spring trips, (**required**)
- Waterproof rainshell for spring trips, (**required**)