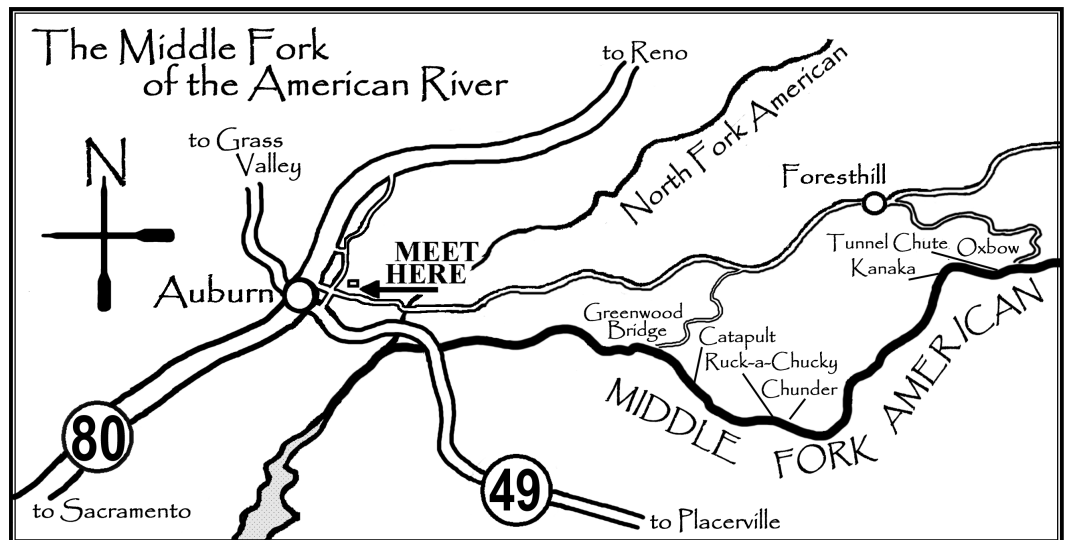


The Middle Fork is the American's most remote fork and every trip is an adventure. Our 2 day trip covers over 20 miles of clear, cold river through a near wilderness setting which is full of natural and human history, wildlife and exciting whitewater. The river has some very intense rapids, including Tunnel Chute, (where the river drops 25 feet through a 100 foot long man-made slot in the bedrock before flowing through a 200 yard tunnel through the ridge) and Ruck-A-Chucky, where the river plunges 30 feet over house sized boulders. We will be walking around Ruck-A-Chucky, but we still recommend that all trip members have previous paddling experience and are prepared for a demanding trip.

Overall, the Middle Fork includes stretches of scenic beauty and enjoyable Class II and III whitewater, separated by intense, wild rapids which are exhilarating and memorable events. For those who have experienced the South Fork and the Tuolumne and who want another adventure, the Middle Fork awaits!

Meeting Time and Place:

All trip members will meet at 8:00 am on the morning the trip begins at the Auburn Ravine Shopping Center parking lot, (look for Raley's). To get to the Auburn Ravine Shopping center, take the Foresthill Exit off of Highway 80 in Auburn and bear east towards Foresthill. Turn left onto Lincoln Way and turn right into the Shopping Center. Coming north on Highway 49, go all the way to Highway 80 and head east to the Foresthill exit. Meet our bus in the parking area behind the Raleys store. Please be ready to go at 8:00; we have an assigned launch time and we cannot launch if we are late.



Transportation:

Most trip members arrive by car at the meeting place and vehicles will be left in the parking lot for the duration of the trip. Driving time from Sacramento is about 1 hour, from San Francisco about 2 1/2 hours and from Los Angeles about 8 hours. If you are flying, Sacramento is the nearest airport and cars can be rented for the drive to Auburn. Due to potential delays, we do not recommend flying out of Sacramento before 11:00 pm the night the trip concludes.

Shuttle Plan:

ARTA will meet you in Auburn and shuttle you to the actual launching point, (about a 1 hour drive). At the conclusion of the trip, ARTA will transport you back to your vehicles in Auburn. Arrival time back at your vehicles may be as late as 7:30 in the evening.

Accommodations and camping:

In Auburn, the Comfort Inn (530/885-1800) or the Holiday Inn (530-887-8787) are good motel choices. The most convenient place to camp the night before or after your trip is Camp Lotus, which is located on the South Fork of the American River, 20 miles (30 minutes) south of Auburn on Highway 49 (5461 Bassi Rd. Lotus, CA. 530/622-8672).



Personal Equipment List

CAMP ITEMS: These will not be available during the day; please pack lightly!

- Sturdy cup, plate and silverware
- Compact** sleeping bag, rated to 40°
- Thermarest pad or closed cell foam pad (ensolite)
- Small lightweight tent, and/or ground cloth
- 1 change of clothing, (versatile pants & shirts, cotton is ok)
- Fleece sweater or jacket, (will work on-river as well)
- Extra socks and underwear
- Shoes for camp, (tennis shoes or light boots)
- Towel and biodegradable soap and shampoo
- Personal hygiene items & medicine
- Small flashlight, (headlamps work well)

RIVER ITEMS:

- Tennis shoes or sandals **with heel strap** (must stay on when swimming) **NO FLIP FLOPS OR SLIP ON!**
- Swimsuit or shorts & T-shirt, (quick-drying clothing is best)
- Brimmed hat, with strap, (baseball caps work well, you will be wearing a helmet)
- Lightweight cotton or synthetic clothing for sun protection
- Waterproof sunscreen/block (SPF 25), lip balm
- Sunglasses with strap, (maybe not your best pair)
- Water bottle, 1 quart, (**required** - even if its just an empty plastic Gatorade bottle)
- Cold water gear, March-June trips (see "Being Prepared")

OPTIONAL ITEMS:

- Camera and film
- Beer or liquor in unbreakable containers, (minimal amount)
- Bandana, (for environmental reasons we do not provide paper napkins or plates, a bandana is handy at lunch).

Being Prepared:

You don't need a lot and we will help you to pack light, but showing up with appropriate gear is important. On hot, sunny days (the bulk of the summer) you will want clothing that dries quickly and protects you from the sun. In the early part of the season (before mid-June) we **require** that each group member have at least a synthetic fleece top/pullover **and** a waterproof rainshell. A farmer-john type wetsuit is also advised and can be rented with advance notice in Auburn from The Confluence, (530/885-1844). Fleece (also called polartec, pile, polypropylene etc.) is an excellent insulator, even when wet, and will help keep you warm. Cotton, on the other hand, is worthless when wet and should not be worn on the river for insulation. A mid-weight top is a valuable thing to have no matter when you go.

Equipment Packing:

We will be packing all of the overnight gear into small waterproof bags and onto oar rafts and carrying it into the canyon to a remote camping site, so it is essential that you keep your personal gear to a minimum. After mid-June, tents, bulky sleeping bags, and lots of clothes are unnecessary. We will have a small community day dry-bag for miscellaneous items that you want during the day. Also, keep in mind that you will be wearing a helmet and hats with big brims may not fit underneath - visors and visored caps without a button on top work the best.



Weather:

The California Foothills enjoy warm to hot temperatures for most of the summer with very little rain. High temperatures can reach into the 100's, however, it is usually cooler along the river. The Middle Fork run is immediately downstream of Ralston Powerhouse and the water is always cold and clear.

Insurance:

We recommend that you purchase short-term travel insurance prior to your trip. Contact USI Travel Insurance Services (www.travelinsure.com or 800-937-1387) for more information.

Included:

The trip fee includes all meals from lunch on the first day through lunch on the second day, van shuttle from Auburn to the actual launching point and from the take-out point back to Auburn as well as all guides, cooks, helpers and the use of all river touring equipment for the duration of the trip. Gratuities for your guide are not included and are always appreciated when given in recognition of outstanding service.