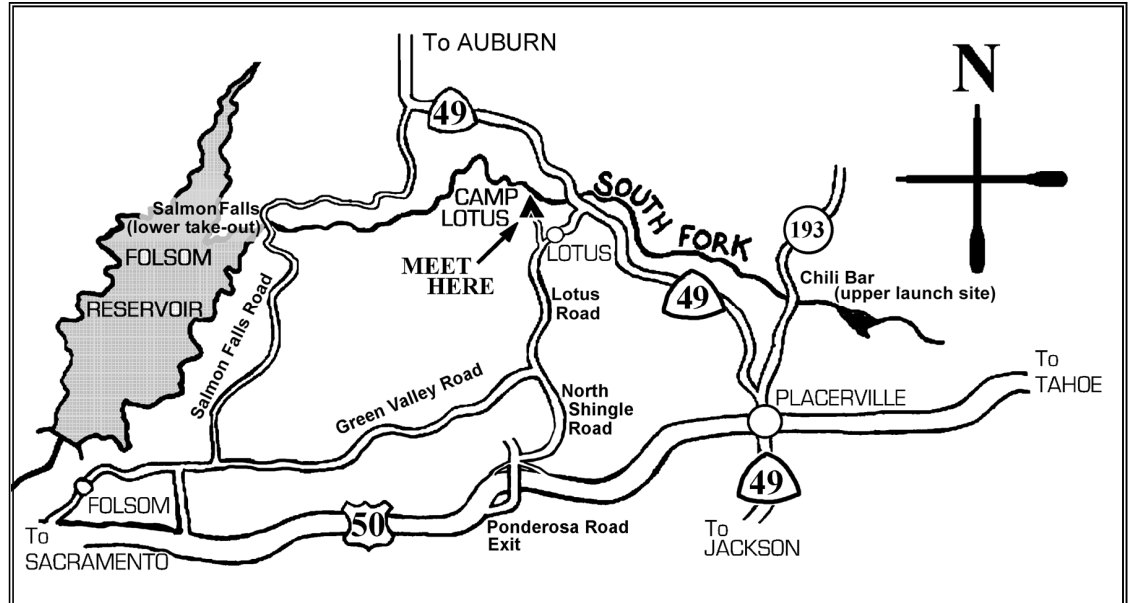


#### Welcome!

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, Trouble-maker, 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; a synthetic "fleece" top (NOT COTTON) is nice if you get cold easily. Early season trips (before mid-June) may have high water which means more excitement and a wetter ride; make sure everyone has a heavy "fleece" top AND a waterproof shell (not 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
- Visored hat with strap
- 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
- Wool or pile sweater for Spring trips, (**required**)
- Waterproof rainshell for Spring trips, (**required**)

#### **The Cooperative Spirit:**

ARTA's Cooperative Trips, (formerly known as River Classrooms), are designed to provide low-cost, participation oriented, river centered experiences for groups who wish to take a more active role in their trip. Trips are run on a charter-only basis with the chartering group planning, purchasing, and preparing their own food, and assisting in logistics and trip organization.

Because of the group nature, level of involvement and cost, these trips are very popular with schools, Scout groups, Church groups, family reunions, athletic teams and other groups who are used to doing things together. Trip members are active in all phases of the trip, from paddling in the rafts to helping out in the kitchen. As a result, these trips are educational and unifying experiences for groups of all ages and have a unique and energetic spirit which provides great moments and lifelong memories.

#### **The Cooperative Rivers:**

**SOUTH FORK OF THE AMERICAN, Class III, 1 or 2 days:** *The South Fork is an active river with over 50 rapids in a twenty mile stretch. The outstanding historical importance of the river, (it was the site of James Marshall's Gold Discovery in 1848), and its ability to handle large groups, makes the South Fork our most popular Cooperative Trip. The 1 day trips cover 10 miles of river while the 2 day trips cover 20 miles and camp at car-accessible Camp Lotus on the banks of the river. Prices range from \$50 to \$80 per person per day.*

**MERCED, Class IV, 1 day:** *The Merced is a Spring runoff river which has challenging whitewater. Highlighted by large, roller-coaster like waves and big hydraulics, the Merced is a nice follow-up to the South Fork or a vigorous first-time excursion. The Merced is only a half hour's drive from Yosemite Valley and is a great addition to a trip to the Park. The 1 day trips cover 12 - 16 miles of river. Prices range from \$60 to \$80 per person per day.*

**TUOLUMNE, Class IV+, 1 day:** *The Tuolumne is the measuring stick against which all other rivers are compared. "Is it as hard as the Tuolumne?" "Is it as remote as the Tuolumne?" "Is it as pretty as the Tuolumne?" It has world class whitewater, exceptional scenery and offers a superb wilderness experience. Yosemite National Park is a short drive away and makes a nice destination for before or after the trip. The 1 day trip covers 18 miles of river. Prices range from \$90 to \$120 per person per day.*

#### **Other Rivers:**

ARTA offers standard guided river trips on 14 different rivers in the West. While we don't have a formal Cooperative Program on each of these, custom trips can be arranged on almost all of them, (usually off-peak season). We have offered longer Cooperative Trips on the Lower Klamath in California, the Rogue in Oregon; the Main Salmon in Idaho; and the Green and Yampa in Utah. If you have a group that is experienced in organizing trips and purchasing and preparing food and you want a new adventure, give us a call.

#### **Your responsibilities:**

It isn't hard to put together one of these trips (and it is easier the second time) but you do need to pay attention to some details.

1. You need to make sure that each person on the trip turns in a signed **Release of Liability and Acknowledgement of Risk Agreement** before they go rafting. We prefer to get these in advance to help us plan AND to make sure there are no disappointments at the launch site. **Youths under the age of 18 must have an Agreement signed by a parent or guardian, so it is vitally important to distribute, collect and return the forms well in advance of the trip.**
2. You need to bring food for your group **and** for our guides (one of us for every six of you).
3. You need to get everyone in your group to the meeting place on time and ready for a day on the river, (this is sometimes the biggest challenge). Use our maps and packing lists and double check.

That's it! Have Fun!

#### **Special Requests/Itineraries:**

We have done wedding receptions, birthday parties, merit badges, team-building and pretty much every other kind of event you can imagine. If you have a situation that calls for a little more customization, give us a call, we'll see what we can do.

**Meals:**

The chartering group is responsible for all meals from lunch on the first day of the trip through lunch on the last day of the trip. **Please keep in mind that you are responsible for feeding the guides as well as yourselves: for every six people in your group, please bring enough additional food for one more person.** Some of the food, especially the lunches, can get battered about, so buy firm bread and keep glass to a minimum. Our camp kitchen has some basic spices and condiments, but please bring your own beverages like coffee, hot cocoa, and drink mix.



For the most part, meals will be cooked over ARTA's camp stove (think: "2 burners") or barbequed over an open fire and your choice of meals should reflect this, (simpler is better). ARTA will provide a river commissary with a variety of pots and pans for your group to use during the trip as well as a firepit with grate and wood, (bring your own charcoal!). We also have a Dutch Oven which is an exciting way to bake and can be incorporated into your plans, (ie birthday cake). If you are not sure about something, please call our office - nothing is worse than a dinner disaster after a day on the river.

**Menu Suggestions:**

Here are some tried and true menu suggestions, simple but reliable.

**BREAKFAST**

French Toast  
Pancakes  
Omelettes or scrambled eggs  
with cheese and vegetables  
Hot and cold cereal  
Bacon, sausage, ham  
Fresh fruit or melon  
Juice from concentrate  
Yogurt  
Milk, tea, coffee, cocoa

**LUNCH**

Make-your-own sandwich  
deli, tuna, peanut butter  
and jelly, BLT, etc.  
Cold fried chicken  
Cheese, crackers, & salami  
Fruit, (apples and oranges)  
Cookies  
Powdered or concentrated  
juice drinks  
Trail mix

**DINNER**

Barbequed hamburgers or  
chicken  
Spaghetti  
Burritos with refried beans,  
Mexican rice, etc.  
Stir-fry with rice  
Salad: green, pasta or potato  
Dessert: cake mix, brownies  
Marshmallows, chocolate  
bars, graham crackers

**Food Packing:**

ARTA will provide large waterproof containers, (coolers, rubber bags, etc.) for food that has to go on the river, (lunches). It should be sorted into zip-lock bags or other fairly watertight containers, (tupperware, large garbage bags, etc.) and should be reasonably durable. Glass should be kept to a minimum, (look for squeeze type condiments). We will have 3 gallon drink jugs and water for concentrated juices, (bring your own ice - blocks work best). Food that isn't going on the river, (dinner and breakfasts on overnight South Fork trips), should be packed in your own coolers or boxes and will be left in your vehicles in camp. Don't forget ice!

**More Information:**

The actual details for each specific Cooperative Trip, (where to meet, how to get there, what to bring, etc.) are contained in the Trip Details sheet for each trip. The Trip Details for the specific trip are sent with each reservation. If you have reserved a Cooperative Trip and have not received the Trip Details for that trip, please call our office immediately.

