



river trips

# Middle Fork American River

1 day rafting trips



## 5

### best things about the Middle Fork

16 miles of exciting, dynamic rapids

Small, lively paddle rafts

Remote, rugged, scenic canyon

Close to Lake Tahoe

Tunnel Chute!

### SPECIFICS

Length in days: 1

Length in miles: 16

Overall difficulty: IV

Highest difficulty (#): IV+ (1)

Rapids/day: ~15

Gradient: 22 feet/mile

#### Signature Rapids:

Tunnel Chute, Kanaka, Ruck-a-Chucky

#### Types of boats:

Paddle rafts

#### Minimum recommended age:

14

Rapids: ★★★★★

Scenery: ★★★★★

Wilderness: ★★★

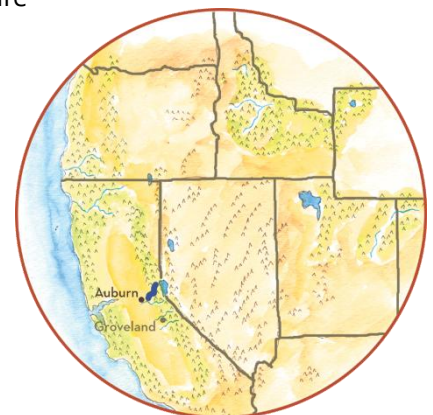
Fishing: ★★★



## Every trip is an adventure...

Nowhere else do we launch in the tailway of a hydroelectric powerhouse. Nowhere else do we shove our unmanned rafts over a waterfall and then walk around. Nowhere else do we run a man-made slot through the bedrock. Nowhere else do we float through a tunnel. A tunnel! That's a lot of distinction. The whitewater is a bit unusual too. There are some really challenging and edgy rapids and there are some long stretches of small riffles and calm pools and there's not a lot in between. Hot or cold; wild or mild. The canyon is much more rugged and isolated than the South Fork, no houses, no campgrounds, no roads and for most people, therefore, prettier.

The Middle Fork is the American's most remote fork. Our 1 day trips cover 16 miles of clear, cold river through a deep wilderness canyon that is full of natural and human history and exciting whitewater. There are some very intense rapids, including Tunnel Chute where the river drops over 15 feet through a man-made slot in the bedrock and then goes through a tunnel, and Ruck-A-Chucky Falls where the river plunges 30 feet over house sized boulders. We recommend that everyone has previous paddling experience and are prepared for a demanding trip. For those who have experienced the South Fork and the Tuolumne and who want another adventure, the Middle Fork awaits!



*"Even though it was just for a day, your guides were like part of our family."*  
Andy Guillen

## 5

### best things about ARTA

Friendly, fun & gracious guides

Active, engaging & informal style

Steadfast commitment to safety

Over 50 years of experience on the west's most iconic rivers

We donate our profits back to protecting the environment

# Middle Fork American~logistics



## 1 day rafting trips

### Meeting Place

Raley's Parking Lot  
13384 Lincoln Way, Auburn, CA

### Meeting Time

8:00 am

### Return Time

Between 5:00 and 6:00 pm.

### What we provide

- Transportation from Raley's to the river and back
- Friendly, professional guide service.
- Fresh and hearty picnic lunch
- All taxes and government access fees
- Lifejackets, helmets and other specialized river touring equipment for the trip

### What you are responsible for

- Transportation to Auburn
- Meals and lodging before and after your trip
- Trip cancellation insurance (optional) available from [USI Travel Insurance](#)
- Guide gratuities (optional) Tips customarily range from 5 to 15 percent of the trip cost

### Where and when to meet

We'll meet you at 8:00 am on the morning the trip begins in the parking lot behind Raley's in 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.

### How to get there

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.

**Coming from the west (Sacramento):** Take Highway 80 east 30 miles to the Auburn Ravine Road exit in Auburn. Turn right on Auburn Ravine, then left on Lincoln Way and look for Raley's immediately on your right. Cars will be left here during the trip.

**Coming from the east (North Lake Tahoe):** Take Highway 80 west to Auburn and take the Auburn Ravine/Foresthill Road exit. Cross over the freeway, turn left on Lincoln Way and look for Raley's immediately on your right. Cars will be left here during the trip.

**Flying:** The nearest airport with commercial service is Sacramento, (1 1/2 hours west of Auburn). If you fly, we recommend renting a car and driving to the meeting place. Due to potential delays, please do not schedule a flight out of Sacramento any earlier than 11:00 pm on the day of your trip.

### Where to stay

There are numerous motels in Auburn. 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).

### Boats

On the Middle Fork we use 14 foot self-bailing paddle rafts which are powered by 4 to 6 paddlers plus a guide. You will be sitting along the outside of the raft and actively paddling through the rapids.



### Weather

The California Foothills enjoy warm to hot temperatures for most of the summer with very little rain. Summertime highs can reach the 100's, however, it is usually cooler along the river. The Middle Fork run is immediately below Ralston Powerhouse and the water is always cold and clear. A fleece top and a good rainshell are advised if you get cold easily and wool socks or neoprene wetsuit booties are helpful.



# Middle Fork American~ gear



## 1 day rafting trips

During the summer, it is usually warm and sunny on the Middle Fork so you won't need much. You will be getting wet and the water is cold (60 degrees) so things that dry quickly work best. Proper footwear is critical and a water bottle is handy. We will have a small, communal drybag available for odds and ends. Here is what you should wear:

### WHAT TO WEAR IN THE SUMMER

- Sandals with heel strap (Chaco, Teva, Keen, etc.) or old running shoes.  
**NO FLIP FLOPS OR SLIP-ONS!**
- Swimsuit or shorts. Synthetic, quick-drying shorts are best. Women often prefer to wear shorts over their swimsuit.
- Lightweight fleece top (if you get cold easily) or T-shirt or dry-tech style synthetic shirt (if you want extra sun protection)
- Brimmed hat for under helmet (baseball-style or visor)
- Sunglasses with strap, (maybe not your best pair)
- Small water bottle, 1 quart, (essential - even if it's just an empty Gatorade bottle)
- Waterproof sunscreen/block (SPF 30+)
- Waterproof camera, (if you want to bring your cell phone to use as a camera, we strongly recommend getting a sturdy case such as a waterproof Otter Box )

During the early part of the season, (as late as July 1<sup>st</sup>), the air and water temperatures are colder. We recommend a 3mm "farmer-john" style wetsuit (sleeveless) and a waterproof splash jacket (non-insulated). Wetsuits and splash jackets can be rented at Sierra Outdoor Center in Auburn (530/885-1844).

In addition to the items listed above, you should bring:

### WHAT TO ALSO BRING IN THE SPRING AND FALL

(or if you get cold easily)

#### Required

- Synthetic fleece or polypropylene pile pullover or jacket ("polartec", "polarfleece", etc. NOT COTTON)
- Waterproof rainshell or dry-top (coated nylon, gore-tex, etc. NOT WATER-REPELLENT)

#### Optional

- Neoprene wetsuit (rent from Sierra Outdoor Center in Auburn (530/885-1844))
- Fleece cap, gloves, and socks, wetsuit booties

### Professional Tips

**Proper footwear** will make your day much more enjoyable. You should wear shoes or sandals that won't come off if you go swimming. Old running shoes are fine; outdoor sandals with a heel strap (Chacos, Tevas, Keens, etc) also work well; wearing wool, fleece or neoprene socks (not cotton) under them will help keep your feet warm. Wetsuit booties keep your feet the warmest, but can get a bit clammy after a full day on the river. Aqua shoes are great for the water park, not so good for walking on rocks.

You will be wearing a helmet that doesn't have a visor, so a **baseball cap** (without the button on top) or a **visor** is nice (and will work better than a big floppy sunhat).

Our guides all wear **sunglasses** (and they keep them all summer by using a Chums **strap**).

**"Fleece"** is a generic term for a spun, polyester fabric developed for outdoor use. It is thick and fluffy and does not absorb water, making it ideal insulation on a river trip. It is commonly called Polartec or Polarfleece. "Polypropylene" is a thinner, stretchier, woven variation used predominately for long underwear. A fleece pullover is the most versatile insulating layer you can bring on a river trip.

**Layering your clothing** is an effective way to adjust to the daily weather changes that you will encounter. A light polypropylene layer under a heavy fleece top under a rainshell will get you going on the chilliest of mornings and allow you to shed layers as the day warms up.

