



river trips

South Fork American River

1 day streamline rafting trips



5

best things about a

South Fork Streamline trip

10 miles of fun, lively rapids

Everyone gets to paddle

Suitable for a variety of thrill levels

Incredibly delicious & amazing food!

Price

SPECIFICS

Length in days: 1

Length in miles: 10

Overall difficulty: III

Highest difficulty (#): III+ (4)

Rapids/day: ~20

Gradient: 23 feet/mile

Signature Rapids:

Troublemaker or Satan's Cesspool

Types of boats:

Paddle rafts

Minimum recommended age:

12 before May 31, 9 in June, 6 after July 1

Rapids: ★★★★★

Scenery: ★★★★★

Wilderness: ★★

Swimming: ★★★

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



This is fun!

Our one day Streamline trips on the South Fork of the American River are exciting journeys through the rolling foothills of California's Mother Lode country. Our one day trips run **the best stretch of the river** (the Gorge), during **the best time of the day** (afternoon), when **the river is least crowded** (after the morning rush). We will cover 10 miles of river and tackle over 20 rapids, from small riffles to big drops. This is a really fun adventure for everyone.

We'll meet you right at the launch site at beautiful Camp Lotus where you will meet your guides, get your gear, and receive a thorough safety and orientation briefing before getting in the rafts for some on-river paddling practice. The river starts off gently, allowing everyone to get comfortable on the river and gain confidence in the rafts. We'll warm up and cool off in gentle Class II rapids and peaceful calm stretches and maybe jump in the river, swim through the rapids, and play around on the boats. At some point we'll pull over at a peaceful spot, stretch our legs, and enjoy a riverside picnic lunch (which you provide, along with lunch for our guides, one of us for each six of you). The "big rapids" come after lunch when we pass *The Lollipop Tree* and enter the famous "American River Gorge". Fun rapids with classic names like Satan's Cesspool, Lost Lunch, and Surprise provide plenty of thrills. The highlight of The Gorge is Hospital Bar, everyone's favorite. At the end of the day, we'll take you back to Camp Lotus where you can shower, change, and grab something to eat.

Our one-day South Fork American River trips are great for first-time rafters yet still lots of fun for seasoned veterans.

"I cannot think of one minute I didn't have a smile on my face."
Kimberley Ryan



South Fork Streamline~ organizer details



1 day rafting trips

Welcome!

Thank you for organizing a one day Streamline Trip on the South Fork of the American! We're excited to have you join us. Here are some details you need to know as well as some hints and suggestions for making the most of your day on the river. It's pretty easy and straightforward, but don't be afraid to call if you need any help.

Your responsibilities:

Three things: paperwork, food, transportation. Delegate if you can.

1. **Distribute** an Assumption of Risk Agreement Form to each person on your trip. This form (1 page) should have come as an attachment with your original reservation and is also included in this pdf.
2. **Collect** the completed forms. Make sure they are signed. If you have anyone under the age of 18 on your trip, make sure their form is signed by a parent or legal guardian.
3. **Enter** the basic information for your group using your on-line Trip Registration Form. Knowing the general makeup of your group and any medical restrictions before the trip will help us be prepared for your group, (lifejackets, boat sizes, etc.).
4. **Bring the signed Release Forms** with you to the river and give them to your Lead Guide, (we'll have extra blank ones at the river, but getting a signature for an unaccompanied minor can sometimes be a problem).
5. **Organize and bring food** for your group and for our guides (one of us for each six of you).
6. **Get everyone to the meeting place** on time and ready for a day on the river. Giving each person in your group a copy of the Trip Member Details (next page) works well.

Coming up early?

Camp Lotus is a great place to camp before or after your trip. They have nice campsites (and cabins!) which are available with advance reservations (530/622-8672). The campground is right on the river, has lots of shade, hot showers, and a small store.

Got a wild idea?

We have done Streamline trips for everything from wedding receptions to merit badges; if you have a situation that calls for some customization, give us a call and we'll see what we can do. Educational groups often combine a South Fork trip with an visit to the Gold Discovery State Park in Coloma or a visit to the State Capitol in Sacramento. Also, two-day Coop trips run a different stretch of river each day and are twice as much fun!

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. In the spring, (April, May and early June), it is generally cooler and there is a greater chance of rain. A fleece top and a good rainshell are advised during the early part of the season. The water on the South Fork is a chilly 60 to 65 degrees most of the year.

Water levels

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 hydroelectric 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.*

Paperwork Hints

- Set deadlines
- Don't forget to bring the forms
- Keep a waiting list

Food Hints

- Food will get packed into our small coolers and soft waterproof bags at Camp Lotus in the morning; pre-organizing it into zip-locks, Tupperware, garbage bags, etc. makes it easy to sort and adds another level of water resistance.
- Keep glass to a minimum.
- We will have 3 gallon drink jugs and water for concentrated juices, (simpler and more economical than cases of canned soda). Bring your own cups and ice, (blocks work best).
- Our guides are simple eaters and have had everything from bologna sandwiches to 12 inch turkey and avocado paninis. They like fruit, whole grain bread and anything homemade.
- You'll be a hero if you whip out a bag of trail mix, some granola bars or even fun-size Snickers Bars at the end of the day.

Transportation Hints

- Try the three C's:
Car pool, Caravan, Cell phones.
- Leave early and drive carefully
- If you are arriving in one or two vehicles with drivers who won't be going on the river (vans or bus charters), call our office for special arrangements; we can often meet you at the actual launch site or have you picked up at the actual take-out point which could save you some travel time.

South Fork Streamline~ trip member details



1 day rafting trips

Meeting Place

Camp Lotus
5461 Bassi Road, Lotus, CA 95651
530/622-8672

Meeting Time

11:00 am

Return Time

Between 5:00 and 6:00 pm.

How to get there

Camp Lotus is located 1 hour east of Sacramento between Highways 50 and 80. Driving time from San Francisco is about 3 hours, from Los Angeles it is about 8 hours.

Coming from the west (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.

Coming from the east (South Tahoe):

Take Highway 50 west to Placerville and then take Highway 49 north through the Gold Discovery State Park in Coloma. Turn left on Lotus Road, (just before the bridge across the river) and go 1 mile to Bassi Road. Turn right on Bassi Road and go 1 mile to Camp Lotus.

Coming from the north (North Tahoe):

Take Highway 80 west to Auburn and then take Highway 49 south through the town of Cool to Coloma. After crossing the river in Coloma, turn right and go 1 mile to Bassi Road. Turn right on Bassi Road and go 1 mile to Camp Lotus.

Flying: The nearest airport with commercial service is Sacramento, (1½ hours west of Camp Lotus). If you fly, we recommend renting a car and driving to Camp Lotus. Due to potential delays, please do not schedule a flight out of Sacramento on the day of your trip.

Welcome!

We're glad you can join us for a trip on the South Fork of the American. Our 1 day Streamline trips run 10 miles of river, either the upper stretch from Chili Bar to Lotus (Meatgrinder and Troublemaker) or the lower stretch from Lotus to Folsom Reservoir, (Satan's Cesspool and Hospital Bar). Both sections have numerous exciting rapids but require no previous experience. Everyone will be in a paddle raft, which means sitting on the side of the raft and actively participating in getting the raft through the rapids.

Get ready

Come prepared for a fun 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 waterproof shell (not just water-repellent).

During the summer, it is usually warm and sunny on the South 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)

If you get cold easily or if you are going in the spring, (as late as June 15th), you should bring rain gear and some extra insulation. You may also want to rent a 3mm "farmer-john" style wetsuit (sleeveless) and a waterproof splash jacket (non-insulated) from The River Store (530/626-3435) which is 1 mile from Camp Lotus. **In addition** to the items listed above, you should bring:

WHAT TO ALSO BRING IN THE SPRING AND FALL

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 River Store, 530/626-3435 or Sierra Nevada Sales, 530/401-0088)
- Fleece cap, gloves, and socks, wetsuit booties

This is a release. Please read it carefully, sign below, and bring it to the river with you.

This release essentially says that I am going on a whitewater rafting trip - not a Disneyland ride or to an air-conditioned shopping mall. If I die, get hurt, or damage my belongings, I will not make a claim, sue, or expect AMERICAN RIVER TOURING ASSOCIATION, INC. its owners, operators, agents, employees, directors, and associates (hereinafter referred to as ARTA), to be legally responsible or pay for any damages.

I, the undersigned, hereby acknowledge that I have voluntarily chosen to go on this whitewater rafting trip with ARTA. I know and fully understand that a whitewater rafting trip, whether on a raft, an oar boat, a kayak or any other type of vessel, is an outdoor adventure activity with inherent risks and hazards where serious accidents can occur, participants can die, sustain injuries and property damage. I acknowledge and willingly assume all risks and hazards in whitewater rafting and river related camping, including but not limited to loss of control of the raft, collision with other participants, rocks, trees, and any portion of the interior of the raft, other rafts, and any other manmade or natural obstacles, whether they are obvious or not; submersion in water, drowning, encounters with animals, wildlife and insects, exposure to extreme temperatures and inclement weather, wilderness terrain and unavailability of immediate medical attention in case of injury.

I further understand and acknowledge that ARTA provides foot cups in some of its boats to assist participants in stabilizing themselves. Although foot cups assist participants from falling out of a boat, their use may present an increased risk of knee, ankle, or other injuries because of their restrictive nature. Use of foot cups is totally voluntary. Finally, I understand that Class IV and V represent the most difficult and dangerous levels of whitewater and recognize that the risks associated with whitewater rafting are increased. My participation in this activity is purely voluntary and I elect to do so at my own risk.

In consideration for ARTA allowing me to participate on this trip, I voluntarily agree to release, discharge, and hold-harmless ARTA and their owners, officers, agents, Directors, and employees for any and all claims of liability arising out of their negligence, recklessness, strict liability, breach of contract, or any other act or omission which causes the undersigned illness, injury, death, and damages of any nature in any way connected with my participation in this activity. I also expressly agree to release and discharge ARTA their owners, officers, Directors, agents, and employees from any act or omission of negligence in rendering or failing to render any type of emergency or medical services. *In signing this document, I fully recognize and understand that if I, (or any minor on whose behalf I am signing this release), am hurt, die, or my property is damaged, I am giving up my right to make a claim or file a lawsuit against ARTA and all other parties and affiliates named herein even if they negligently or by some other act of omission cause the injury or damage.*

ARTA reserves the right to accept or deny service to any person. I hereby agree to follow all rules, regulations, and instructions of ARTA while on this trip. I also certify that I and any minor on whose behalf I am signing, are physically and mentally capable of participating in these activities. I hereby agree that ARTA may use film or photographic records of this rafting trip for its promotional and or commercial purposes. The venue of any dispute that may arise out of this agreement or otherwise between the parties to which ARTA or its agents is a party shall be the County Superior Court in Tuolumne County.

As parent or legal guardian of a participant under 18 years of age, I have read and voluntarily agreed that said minor may participate in this whitewater rafting trip, and I sign this release on their behalf. In addition, I give ARTA its agents, employees, and associates permission to treat said minor in case of illness, injury, emergency, or accident. Should emergency medical services become necessary, for the undersigned participant or minor, the expenses are the sole responsibility of the participant and not that of ARTA. Personal medical and travel insurance is strongly advised.

I HAVE READ THIS DOCUMENT. I UNDERSTAND THAT IT IS A RELEASE OF ALL CLAIMS WHICH IS BINDING ON MYSELF, MY HEIRS, MEMBERS OF MY FAMILY, PERSONAL REPRESENTATIVES, AND ASSIGNS. I UNDERSTAND THAT I AM ASSUMING ALL THE RISKS INHERENT IN WHITewater RAFTING. I AGREE TO THE TERMS OF SALE AND CANCELLATION POLICY. I VOLUNTARILY SIGN MY NAME AS EVIDENCE OF MY ACCEPTANCE OF THE ABOVE PROVISIONS.

Trip: South Fork American Date of Trip: _____

Trip Member's Name: _____ Today's Date: _____

Trip Member's Signature: _____ Trip Member's Age: _____

PARENT OR GUARDIAN MUST SIGN FOR ANYONE UNDER 18 YEARS OF AGE

If you would like to receive post-trip e-mails about photos, evaluations and special offers, please give us your e-mail address (we won't give it to anyone else):

E-mail address: _____