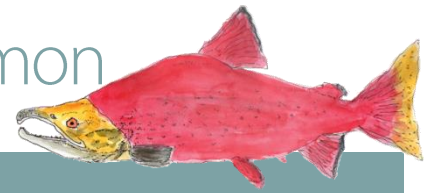




river trips

Idaho's majestic Middle Fork of the Salmon



6 day rafting trip

5

best things about the Middle Fork

- 100 miles of wilderness
- World-class whitewater
- Hot springs
- Blue-ribbon trout fishing
- Veil Falls

SPECIFICS

Length in days: 6

Length in miles: 100 (75 in August)

Overall difficulty: IV-

Highest difficulty (#): IV (6)

Rapids/day: ~20

Gradient: 27 feet/mile

Signature Rapids:

Pistol, Redside, Rubber

Types of boats:

Oar, paddle & inflatable kayak

Minimum recommended age:

12 in June, 10 in July, 8 in August

- Rapids: ★★★★★
- Scenery: ★★★★★
- Wilderness: ★★★★★
- Swimming: ★★★★★
- Hiking: ★★★★★
- Campsites: ★★★★★
- Wildlife: ★★★★★
- Fishing: ★★★★★+

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



100 miles of awesome

The Middle Fork of the Salmon is the classic alpine mountain river. For 100 pristine miles in the heart of the Idaho backcountry, the river cuts through a canyon of remarkable history, beauty, and solitude, providing the setting for one of the finest wilderness whitewater vacations available.

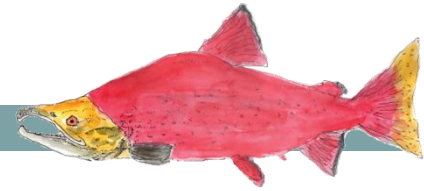
The Middle Fork is diverse and unpredictable. The upper stretch, (which we run on May, June and most July trips), is intricate and intimate, as the creek-like stream cascades over rocky ledges and winds through an evergreen forest. The middle section, (where we begin our August and September trips), is more open and arid with longer vistas of expansive hillsides and isolated stands of giant pines. The lower stretch is awe-inspiring as the river cuts through the impressive rock walls of Impassible Canyon. All along the way, the river provides plenty of excitement with rapids that range from short abrupt drops to long, technical boulderfields. Velvet Falls, Powerhouse, Haystack, Redside, Rubber and Hancock are a few of the river's better known rapids.

But whitewater is only one of the Middle Fork's special attractions. The canyon boasts an abundance of natural phenomena as well as occasional reminders of the area's interesting human history. We will stand beneath shimmering waterfalls, soak in miraculous hot springs, and swim in water too clear to believe. We will also marvel at the pictographs of the Sheepeater Indians, and smile at the legends and leftovers of the Middle Fork's early pioneers. There will be time to hike, explore, fish, relax, and thoroughly enjoy this amazing canyon.

Thank you so much for an experience that each and every one of us will remember for the rest of our lives. We all think of our time together on the river with a warm glow!
Nina Pillard



Middle Fork Salmon ~ logistics



6 day rafting trip

Meeting Place

River 1 Store
Stanley, ID
208/774-2270

Meeting Time

8:00 pm the day before your launch date.

Return Time

Between 7:00 and 8:00 pm on the last day of your trip.

Pre-trip checklist

- **Complete on-line registration**
(follow the directions and link that came with your original reservation)
- **Reserve pre- & post-trip lodging**
(most people stay at The Mountain Village Lodge; other options are listed to the right).
- **Plan for the unexpected**
(purchase Travel Insurance through [USI Travel Insurance](#)).
- **Gather and pack your gear**
(there is a complete list on the Equipment page; call if you have any questions).

What we provide

- Round trip ground or air transportation from Stanley to the river and back.
- Friendly, entertaining and professional guide service.
- All meals from lunch on the first day to lunch on the last day.
- All taxes and government access fees.
- Waterproof bags, lifejackets, and other specialized river touring equipment for the trip.

What you are responsible for

- Transportation to Stanley.
- Meals and lodging before and after your trip.
- Personal clothing and toiletries (see Equipment page).
- Camping gear (see Equipment page for information on renting equipment from ARTA).
- Soda, wine, alcoholic beverages (see Details page).
- Guide gratuities (see Details page).

Where and when to meet

We'll meet you at 8:00 pm the evening before the trip begins at the River 1 store in Stanley, Idaho (208/774-2270). Stanley is a small town and River 1 is 100 yards north of the Mountain Village Lodge and the junction of Highways 21 and 75. At the pre-trip meeting we will give you your waterproof bags, go over equipment and packing procedures, make any special transportation arrangements and answer any last minute questions.

How to get there

Your trip will begin and end in Stanley, Idaho.

Driving: Stanley is located on Highway 21, 3 hours northeast of Boise. Vehicles will be left in Stanley during the trip.

Flying: You can fly into Boise and either:

- Rent a car and drive to and from Stanley (3 hours each way) or
- Catch the daily van shuttle to Stanley (Caldwell Transportation - 800/727-9925; advance reservations required; \$200 per person round trip; departs from the Boise airport at 4:00 pm; return van departs Stanley at 7:00 am) or
- Arrange a charter flight from Boise to Stanley (Gem Air – 208/756-7382; advance reservations required; \$360 per person round trip; flexible schedule).

Other: We can drop you off in Salmon at the end of your trip. If you are on an extended road trip, you can have your car shuttled from Stanley to Salmon during the trip and not return to Stanley (\$110 per vehicle; arrange at pre-trip meeting) or if you prefer to fly back to Boise from Salmon after the trip, you can arrange a flight with Gem Air (\$180 per person; advance reservations required; flexible schedule).

Where to stay

Lodging in Stanley is good at the Mountain Village Lodge, (208/774-3661) which is a short walk from River 1. The Lodge fills up quickly and we advise that you make reservations well in advance. Other lodging includes the Triangle C Ranch (208/774-2266), McGowens's Cabins (208/774-2290) and the Sawtooth Hotel (208/721-2459).

Itinerary

Day 1: We will convene at the Mountain Village Lodge in the morning and be transported either to the launch site at Boundary Creek, (1½-2 hours, May through mid-July trips), or to the airport in Stanley for the 30 minute flight to Indian Creek, (August and September trips). After a safety briefing and trip orientation, we will launch around noon.

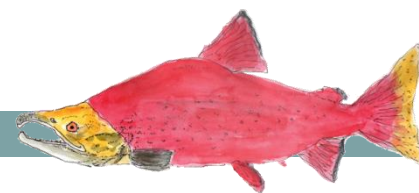
Days 2 - 5: Although there is no such thing, a typical day on the Middle Fork starts with coffee and a hearty breakfast before we pack our bags and load on to the rafts. We will float an average of 15 - 18 miles, (5 - 6 hours), each day, stopping for a picnic lunch and perhaps to take a short hike, soak in a hot springs, or explore an historical site. Camp will be made in the late afternoon with early evening available for hiking, fishing, swimming or relaxing.

Day 6: An early morning prepares us for some of the Middle Fork's biggest rapids as we finish the Impassible Canyon and float on to our take out at the confluence with the Main Salmon. Here we'll say goodbye to the river and load the bus for the drive to Stanley. We'll make a quick stop in North Fork to change, re-pack and say goodbye to the lead guide before continuing on to Stanley for a late evening arrival (7:00 pm).

Local Attractions

Within a day's drive of Salmon are Glacier, Yellowstone, and Grand Teton National Parks, as well as Sun Valley resort and numerous western guest ranches.

Middle Fork Salmon ~ details



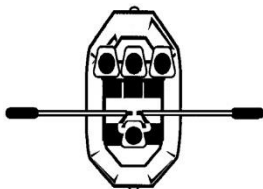
6 day rafting trip

Types of boats

On the Middle Fork of the Salmon we usually have three types of boats in which to ride:



Paddle rafts are 14 feet long and carry 6 or 7 paddlers who actively paddle through the rapids and down the river. Everyone has a paddle, sits on the outer tube of the raft, and follows the instructions of the paddle captain who sits in the back.



Oar rafts are 18 feet long, carry all of the overnight gear and up to 5 guests. They are rowed by a guide using oars attached to a metal frame. Guests ride in the front, hang on through the rapids and relax in the calm stretches.



Inflatable kayaks are 10 - 12 feet long and are paddled by 1 or 2 people using double-bladed paddles. They are fairly stable, require no previous experience and allow you to feel the thrill of independently paddling the river.

The number and type of boats that we bring depends on the water levels and the size of the trip. We usually have 2 paddle rafts and no inflatable kayaks in May, June and July, and 1 paddle raft and 4 to 6 inflatable kayaks in August. Please note that we do not guarantee space in paddle rafts or inflatable kayaks. If there are more people who wish to ride in these boats than there are spaces, we will rotate so that everyone gets a chance to participate.

Meals and drinks

Our meals are well-balanced and consist of fresh, high-quality meats, fruits, vegetables, and breads. Our guides double as camp chefs and the menu includes a wide variety of dishes. Lunches are served riverside and vary from deli spreads to salads to wraps. Dinners and breakfasts are hearty and healthy and often include a tasty Dutch Oven baked treat. If you have any specific dietary requirements or are celebrating a special event during the trip, please let us know in advance. If you would like soda, beer, wine, or liquor with your dinner, please bring your own, (beer and soda in cans; wine in boxes or bags. Hard liquor in glass bottles is fine).

Camping

Camping will be at beautiful riverside beaches or flat benches along the river with spectacular views of the canyon. Our guides will set up a central area with chairs, a snack and beverage area, and a complete kitchen. You will pick out a spot nearby to pitch your tent or lay out your sleeping bag (our guides are happy to help). Camp activities vary from hiking and exploring the area, to relaxing along the river with a good book, to playing "koob" (you will learn). If you enjoy helping out in camp, you are welcome to pitch in as much as you want. A portable toilet will be set up away from camp. "The Groover", a sturdy metal box with a comfortable toilet seat and minimal odor, and a hand-wash station will be set up in an isolated (and usually beautiful) location; going to the bathroom in the wilderness is surprisingly pleasant.

Weather

The weather in the mountains of Idaho is difficult to predict; we have encountered snowstorms in August and heatwaves in May, so please read the equipment list and come well prepared for a variety of conditions. Rain, usually in the form of spectacular, afternoon thunderstorms, is common; good rain gear and a reliable tent are essential. Generally, summer temperatures range from 65 to 75 degrees on the upper reaches of the river up to 90 degrees in the lower canyon. Nighttime temperatures can dip into the 30's, particularly in June. The water temperature of the river is about 50 degrees early in the season and 60 degrees by the end of the season.

Wildlife

We will be traveling through the heart of the Frank Church River of No Return Wilderness and visiting the home of a variety of wild animals. On the Middle Fork it is common to see otters, deer, and bighorn sheep as well as osprey, eagles, and other birds. Occasionally we'll see elk and bears but they are generally shy and stay in the higher elevations during the summer.

Fishing

The fishing on the Middle Fork is excellent, with an abundance of 12 - 16 inch cutthroat trout. This is a "catch and release" river, so only single, barbless hooks are allowed, and all fish must be released alive. Fishing is better after the water level drops in mid-July. Poles should be protected in sturdy cases and only a small amount of tackle is needed, (no waders, nets, or big tackle boxes; vests and lumbar packs work well). Dry flies, (Caddis, Stimulators, and Grasshoppers, size 12 to 18), and small spinners, (Mepps and Panther Martins) work well. If you want to fish you must have a valid Idaho State Fishing License. Fishing gear, licenses, rental rods, and good advice are available from [The Stanley Fly Shop](http://TheStanleyFlyShop.com), 208/721-7151, which is open 7 days a week.

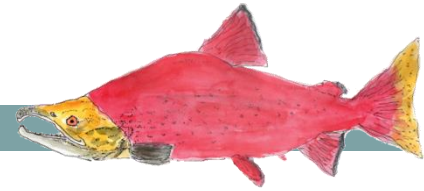
Suggested Reading

The Middle Fork, A Guide by Johnny Carrey and Cort Conley is an interesting book about the river and the history of the area. It is available in Stanley or online through amazon.com. The Forest Service has a handy map which is available in Stanley or directly from the Forest Service (208/879-5204) and there is also a good map-guide combo available in Stanley or at mattlphoto.com.

Tipping

We want you to feel like a guest in our home. Tips are never expected, but are always appreciated when given in recognition of outstanding service. Our guides have gotten tips ranging from gifts of prized river gear to 5% to 15% of the trip cost, all of which were greatly appreciated (and always put to good use).

Middle Fork Salmon ~ equipment



6 day rafting trip

Get ready!

One of the joys of life on the river is how simple it is. We will be carrying everything we need into the wilderness with us and leaving a lot of stuff behind; bringing the proper gear will make your trip much more enjoyable. The basic rule of packing is: **the right stuff, not more stuff**. One synthetic fleece pullover is much more compact and versatile than six cotton sweatshirts; a good raincoat is better than twenty ponchos. You should be able to find most of the gear you need in your closet, garage or neighbor's basement and what you can't find or borrow, you can rent from us. Your guides will help you make last-minute decisions at the pre-trip meeting, but please feel free to call us if you have any questions as you go through this list; we want you to have the best trip possible.

PERSONAL EQUIPMENT LIST

This list has everything we can think of for a trip in May OR August.

You can adjust it to fit your departure date (more and thicker fleece early in the season), but you probably shouldn't skip anything.

CAMP ITEMS: These will be packed in your dry bag and will generally not be accessible during the day.

- *Compact sleeping bag, (down or synthetic, rated to 35°)
- *Closed-cell foam or self-inflating sleeping pad, (ensolite, Thermarest, or air mattress)
- *Sleeping bag liner or flat bed-sheet (perfect for hot nights and will add warmth on cold nights)
- *Small tarp or groundcloth
- *Compact, lightweight tent, (free-standing work better; tents will be packed in a separate communal bag)
- Your favorite pillow (an extra pillow-case is handy for organizing stuff in your bag)
- 2 complete changes of clothing (versatile pants and shirts, cotton is fine - something exciting for dinner is welcome!)
- Extra swimsuit or shorts and T-shirts for on the river and in camp
- Extra socks, (wool or fleece are best), and underwear
- Camp shoes, (flip-flops, trail running shoes, tennis shoes; something you can walk and hike in comfortably)
- Small towel, soap and shampoo (Campsuds & Dr. Bronner's are the most environmentally friendly, Ivory is fine)
- Personal hygiene items, including medicine, insect repellent, dry-skin lotion, etc. **Please bring twice the amount needed of any essential medicine.**
- Warm jacket, (thick fleece is great - will work on-river as well or compact/down coat)
- Rain gear, (can double as on-river gear); top is essential, bottoms are advised before July 1
- Small flashlight with extra batteries, (headlamps are great)
- Book, sketch pad, journal, etc.

RIVER ITEMS: These will be worn or packed in your personal semi-dry day bag and WILL be accessible during the day.

- Sandals with heel strap (Chaco, Teva) or old running shoes
NO FLIP FLOPS OR SLIP-ONS
- Swimsuit or shorts and T-shirt, (nylon, quick-drying shorts and synthetic "tech-dry" type shirts are best - women often prefer to wear shorts over their swimsuits)
- Polypropylene pile or synthetic fleece top (essential)
- Polypropylene pile or synthetic fleece pants (encouraged)
- Waterproof rainshell (essential) and rainpants
- Brimmed hat, (baseball-style or visors work well; inflatable kayakers and others at certain water levels will wear helmets)
- Lightweight cotton clothing, (synthetic long-sleeved or old cotton dress shirts) for sun protection
- Waterproof sunscreen/block (SPF 30+), lip balm
- Sunglasses with strap, (maybe not your best pair)
- Small water bottle, 1 quart, (essential - even if it's just an empty plastic Gatorade bottle)
- OPTIONAL ITEMS: These are not absolutely necessary, but you are welcome to bring them.**
- Waterproof camera, (if you want to bring your cell phone to use as a camera, we strongly recommend getting a sturdy case such as an Otter Box or EscapeCapsule)
- Beer, wine, liquor, or soda in unbreakable containers
- Fishing gear, (compact, lightweight, rods protected in a case)
- Biking/Sailing gloves for inflatable kayakers
- Locking carabiner, handy for securing your day-bag
- 1 or 2 plastic garbage bags & gallon size zip-lock bags for organizing gear

* These items are available to rent from ARTA and can be reserved when you fill out your on-line registration.

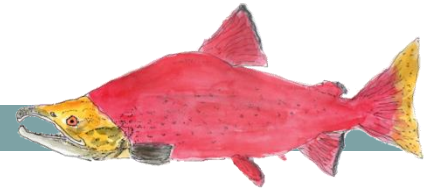
Underlined items are the preferred choice of our professional river guides!

ARTA WILL PROVIDE: a chair, cup, plate and eating utensils for each guest.

PLEASE DO NOT BRING: Valuable jewelry, radios, guns, accordions or any irreplaceable items!

Extra luggage can be stored at The Mountain Village Lodge during the trip.

Middle Fork Salmon ~ life on the river



6 day rafting trip

Professional Tips

Our **dry-bags** are great for keeping things dry but are somewhat awkward for packing and living out of, (they are tall and narrow with a small opening at the top). Compact sleeping bags are much more convenient, and small stuff sacks or zip-lock bags are helpful for dividing up your stuff inside the bag. Trying to put your entire duffel bag or rolling luggage into the dry-bag never seems to work.

Our guides say that one of the most versatile things to bring on a trip is a **sarong**. Comfortable and colorful, sarongs get used for quick clothing changes, beach throws, sun screens and dinner celebrations.

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.

"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. Any polypropylene long underwear will work; heavy-weight is the most versatile.

Parents will want to make sure that their kids have at least **two fleece tops and a waterproof rainshell**. Fleece pants and a fleece hat are also recommended. Children get cold more easily, (and wet more often), than adults. Remember, if you don't bring it for them, they will use yours!

A day on the river

Every day is full. Every day is different. We encourage you to leave your watch behind and find the natural rhythm of life on the river. Mornings will begin with our revered "COFFEE" call, your invitation to join us for a hot breakfast and warm conversation. After breakfast, we'll gather, plan the day, then head downriver for an adventure. Generally we'll spend about 5 hours "on the water" each day with stops for a hike, a swim, or a visit to an historical site, as well as a break for a healthy picnic lunch. Throughout, we'll make sure to tell you what's coming up so that you can find yourself in the appropriate boat. We usually arrive at camp in the late afternoon and have some unstructured time for relaxing, hiking, or fishing before we serve scrumptious early evening appetizers and a wonderful riverside dinner. Evenings are magical, with campfires, stories and anticipation of another day on the river. You'll drift off to sleep to the enchanting sound of the river.

How to dress

On hot days you will want clothing that dries quickly (nylon shorts and bathing suits) and something to shield you from the sun, (a high-tech SPF long-sleeved shirt, an old cotton dress shirt and maybe even lightweight long pants or capris).

On cool days you will want a thick, synthetic fleece top, (pullover is best; "polartec" or similar) and a sturdy, fully-waterproof rainshell. You may also want fleece pants or polypropylene long underwear bottoms and rainpants, particularly before mid-July. Don't bring a cotton sweatshirt and a windbreaker; cotton is worthless when wet and won't work for on-river insulation and you need something waterproof over your fleece.

On your feet you will want shoes that stay on if you go for a swim and are comfortable for hiking. Sport sandals with heel straps (Tevas, Chacos) work well, (buckles are better than velcro). Old running shoes work well and are easy to find. Neoprene, wool or fleece socks will add a bit of insulation. Wetsuit booties work but can be a bit clammy after a full day.

In camp you will want practical walking/hiking shoes, (flip-flops or trail running shoes), and versatile clothing, (T-shirts, warm shirts, shorts, jeans or sweats, extra fleece, etc). Cotton is o.k. for camp stuff, but because it is worthless for keeping you warm on the river, many people bring two sets of fleece - one for the river and one for camp.

How to pack

Camp items will go in a watertight dunnage bag provided by ARTA, (one per person). These are generally not accessible during the day. The bags are roughly 17 inches in diameter and 24 inches tall, (the size of a large duffel bag; plenty big, but you should try to limit all of your gear to about 25 pounds). Plastic garbage bags, zip-locks, stuff sacks, and pillow cases are good for keeping track of small and/or wet things inside your bigger dry bag. Tents will be packed in a separate, communal dry bag.

River items will go in a semi-watertight, personal dry-bag provided by ARTA, (one per person). These bags are 9 inches in diameter and 12 inches tall, perfect for rain gear, fleece, sunblock, and other things you want to keep handy during the day. The bags are marginally waterproof so for expensive cameras or other things that must stay dry we recommend a Pelican Box which can be found online and at outdoor stores. If you want to bring your cell phone to use as a camera, please get a sturdy waterproof case.

How to find it

Bring it: Local mountaineering or sporting goods stores should have everything you need. Great selections of river gear are also available on-line through REI and Patagonia.

Rent it: We have good equipment available to rent. Reserve and pay for it in advance, pick it up at the pre-trip meeting, leave it behind when you're done. Simple.

Sleep Kits (polarguard bag, liner, self-inflating pad & tarp) are about \$10 per day.

Tents (two-person, free-standing, comfortable) are also about \$10 per day.

Call us or reserve your rental gear when you register on-line.