

EARTHTREK EXPEDITIONS

South Fork American River

1 day Lower Gorge Run weekend rafting adventure

Class III, 13 miles



Welcome to EarthTrek Expeditions whitewater rafting trip on the American River. We hope you have a wonderful time. Please read through this information carefully as it will better prepare you for your exciting trip and if you have any additional questions simply contact EarthTrek Expeditions and we will be happy to answer them.

Meeting Time: 9:30 AM at EarthTrek Expeditions American River Camp (see map)

Please don't be late. Allow plenty of driving time. We suggest that you plan on arriving at least 30 minutes prior to allow time to change clothes, use the restroom, visit our camp store, etc.

Be begin at 9:30 AM with our trip orientation meeting. After the meeting will launch the rafts to begin our journey down the Lower Gorge of the South Fork American River. At first we float a swift but mellow section of the river allowing everyone to perfect their paddling skills in preparation for the challenging rapids downstream. Half-way down the river we stop for a delicious "deli-style" lunch. After lunch the canyon narrows as we enter the Gorge where in quick succession we will bounce, yell, get wet and laugh as we run Fowler's Rock, Satan's Cesspool, Haystack Canyon, Bouncing Rock and Hospital Bar Rapids. Our journey ends on the warm waters of Folsom Lake, where we shuttle you back to our meeting place at our American River Camp. Our trip concludes at about 4:30-5 PM.

CAMPING: As an option, you may camp the night before your trip at the EarthTrek Campground. The cost is \$10 per person. For reservations call EarthTrek Expeditions at (800) 229-8735.

Additional Information

WEATHER: During the summer months you can expect warm, sunny days with temperatures from the 80's to the low 100's. Summer evenings cool to the low 60's (expect night time temperatures in the 40's or 50's during the Spring or Fall. While rain is not expected it is always a possibility anytime during the year. During the Spring and Fall we can normally expect higher water flows and cooler air temperatures so pack accordingly.

CAMERAS: Cameras are OK to bring but we do not recommend taking them on the rafts unless they are a waterproof type. Inexpensive one-time use waterproof cameras are best and we have these available at our camp store. You will have the opportunity to purchase a photograph, taken by a professional photographer, of you running the biggest rapids.

GRATUITIES: Our guides work very hard to see that your trip is a memorable experience and they are compensated for their services. If you feel your guide went the extra mile to make your trip special, a gratuity would be very much appreciated. As a guideline, 5-10% of the trip cost per person would be very generous and greatly appreciated.

Plan your vacation around the American River

The American River is located in the beautiful foothills of the Sierra Nevada Mountains, located close to many scenic and interesting places to visit including Lake Tahoe, Yosemite, Napa Valley, Gold Rush towns and San Francisco. Check out the wineries in El Dorado and Amador Counties, or visit the train museum, Sutter's Fort or the capitol building in Sacramento. It's all here, close to the American River. As an option, you can extend your stay at EarthTrek Expeditions by booking additional nights camping and use our camp as a base for exploring our beautiful part of California. Call EarthTrek for info.



Permits EarthTrek Expeditions operates under permits issued by the U.S. Forest Service, U.S. Bureau of Land Management, California State Parks and El Dorado County. An El Dorado County ordinance requires the following notice: "Water flows in the South Fork American result from releases from facilities located upstream. Such water releases are not subject to the controls of El Dorado County or commercial rafting companies operating under permits from El Dorado County".

Cancellation Policy

Please understand that when a reservation is made with EarthTrek Expeditions it is a commitment for us to hold space for you and possibly turn others away from that particular trip date. If you decide to cancel, it can be difficult for us to rebook a trip, especially cancellations close to the departure date. With this in mind the following cancellation/refund policy must be strictly adhered to. If you must cancel your reservation more than 60 days prior to the trip departure date, you will receive a refund less a \$25 per person cancellation charge. If you cancel from 31-60 days prior to the trip departure date, you will receive a refund less a \$50 per person cancellation charge. If you cancel from 30-8 days prior to trip departure you will receive a refund of 50% of the trip cost. For cancellations 7 days or less prior to the trip departure date, all trip fees are forfeited. You may substitute another person with no penalty.

www.EarthTrekExpeditions.com

800-229-8735

PO Box 1010, Lotus, CA 95651

EMAIL: raft.et@live.com

FAX: (530) 642-1976

EARTHTREK EXPEDITIONS

Driving Directions to the American River



All EarthTrek Expeditions trips on the South Fork, Middle Fork and North Fork of the American River meet at our camp in Lotus. Below are directions to our camp.

From Southern California (approximately 7 hours driving time): Take I-5 north to Sacramento and follow the directions below from Sacramento.

From the San Francisco Bay Area (approx. 2-3 hours driving time): Take I-80 east to Sacramento and the directions below from Sacramento.

From Redding and the Sacramento Airport: Take I-5 south to Hwy 50 east (freeway sign on I-5 directs you to Fresno/Placerville) and follow the directions below from Sacramento.

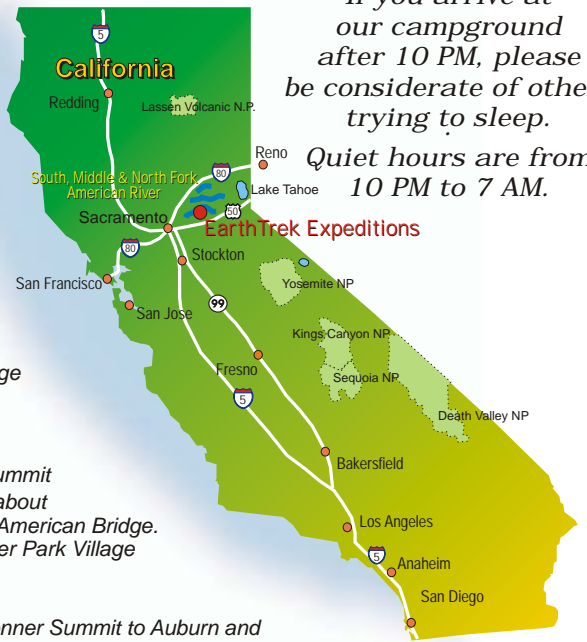
From Sacramento (1 hour driving time): Take Hwy 50 east towards Placerville/Lake Tahoe. Drive 34 miles and exit at Ponderosa Road (exit 37). At the freeway off ramp stop light, turn LEFT and cross over the freeway to the second stop light. Turn RIGHT on North Shingle Road. Continue about 11.5 miles until the road dead ends at Hwy 49. Turn LEFT on Hwy 49 and immediately cross over the South Fork American. Past the bridge turn left at the first left turn lane (second drive on left) into and through River Park Village to our gravel parking lot (see below).

From South Lake Tahoe (1.5 hours driving time): Take Hwy 50 west over Echo Summit to Placerville. In Placerville, turn right (north) on Hwy 49 (Spring St.). Stay on Hwy 49 for about 9 miles through the historic gold discovery community of Coloma and over the South Fork American Bridge. Just past the bridge turn left at the first left turn lane (second drive on left) into and thru River Park Village to our gravel parking lot (see below).

From Reno or North Lake Tahoe (2 hours driving time): Take I-80 west over Donner Summit to Auburn and take Hwy 49 south towards Placerville. You will cross the North Fork American and then climb to the community of Cool. Continue on Hwy 49 about 10 miles to River Park Village, which will be on your right. Drive through River Park Village to our gravel parking lot (see below).

The EarthTrek Parking Lot is located directly behind River Park Village. When you pass through the entrance gate to our lot, turn left. The entrance to our camp is located at the far left end of the parking lot. There are several other rafting companies that share the general area. Please do not park in their lots.

PLEASE NOTE: If you have a motorhome you are welcome to park in our lot and sleep in your vehicle but DO NOT USE YOUR GENERATOR from 10 PM to 7 AM.



If you arrive at our campground after 10 PM, please be considerate of others trying to sleep.

Quiet hours are from 10 PM to 7 AM.

EARTHTREK CAMP GPS Coordinates: 38° 48' 27.0" N 120° 54' 11.0" W

If you are delayed or lost, call the EarthTrek Office at (800) 229-8735



EARTHTREK EXPEDITIONS

Checklist of What to Bring and Optional Rental Camping Gear



✓ Checklist of what to bring

Following is a list of suggested items to bring on your rafting trip. On overnight trips all of your gear will remain at our South Fork Base Camp. Because gear is never carried on the rafts you are welcome to bring as much as you feel you need.

While on the river

- Swim suit or shorts*
- Proper foot wear that protects your feet just in case you swim. Tennis shoes or wet suit booties** are best. Teva® style sandals* that securely strap on your feet are OK but they do not give you the best foot protection. Flip-flops or bare feet are not allowed on the river.
- Cap* or visor* with chin strap
- Sunglasses* with secure headstrap such as Croakies.® *
- Sunscreen* and lip ointment*. Warning: do not put sunscreen on forehead or back of legs.

If cool or inclement weather is a possibility we recommend the following items

- Wetsuit** and booties**.
- Polypropylene, wool, capilene or synthetic fleece clothing that will insulate even when wet.
- Wool socks, hat* and gloves*.
- Waterproof rain gear* or paddle jacket**.

REMEMBER: Do not wear cotton as it will make you colder when wet.

Camp items on overnight trips

- Sleeping Bag**, cot** or foam sleeping pad**
- Tent **(small backpacking style best)
- Lantern** or Flashlight* with extra batteries
- Extra dry clothes for after rafting (souvenir EarthTrek T-shirt*)
- Sweater or jacket
- Towel*
- Toiletries (soap*, tooth brush*, toothpaste*, etc.)

Optional items on overnight trips

- Musical instrument, games, books, etc. No loud radios or tape players please.
- Fishing gear with California license.
- Folding camp chairs**
- Pillow*

Note: Items marked with an asterisk can be rented ** from EarthTrek (see below) or purchased * at the EarthTrek Camp Store.

CABIN TENTS

Our large cabin tents on trex® deck floors have single and double bunk beds sleeping from 2-12 people. You can choose a STANDARD or DELUXE Cabin Tent. Our deluxe cabin tents have a covered terrace and table where you can enjoy a view of the river. Bring or rent a sleeping bag or bring your own linens and blankets and pillows.

Rental Rates	Standard Cabin Tent	Deluxe Cabin Tent
Small Cabin Tent (sleeps 1-6)	\$40 per night	\$60 per night
Large Cabin tent (sleeps 1-10)	\$50 per night	\$70 per night

Refer to our website for more information about our cabin tents.



Wetsuit Rentals

To keep you warm on cool or inclement days

We have wetsuits, spray jackets and wetsuit booties available for rent at our South Fork Camp. We have a large selection available so they do not need to be reserved in advance. Items can be rented individually or we have a package rate that includes all three items.

Cost per person	1 day	2 days
Wetsuit	\$10.00	\$15.00
Spray jacket	\$5.00	\$7.50
Wetsuit booties	\$5.00	\$7.50
Package (all 3 items)	\$15.00	\$20.00

DOMES TENTS, SLEEPING BAGS, FOAM SLEEPING PADS, COTS

Our roomy dome tents are set up when you arrive and each sleep 1-4 people in 2 available sizes. Our foam sleeping pads or large cots will provide you a comfortable nights sleep. Our sleeping bags come with a freshly laundered zip-in cloth liner.



NEW Deluxe dome tents on a raised deck at the rivers edge giving you a spectacular and private view of the American River. Includes 2 comfortable extra large futon sleeping pads.

Rates are per night.

Large 1-2 person dome tent	\$10 per night per tent
Extra-Large 3-4 person dome tent	\$15 per night per tent
Deluxe Dome Tent on deck	\$40 per night per tent
Foam Sleeping Pad	\$5 per night per pad
Cot	\$5 per night per cot
Sleeping Bag with liner	\$10 per night per sleeping bag

Lawn chairs, lanterns and hammock rentals are also available in our camp store.

Note: Cabin tents, dome tents, cots, foam pads and sleeping bags must be reserved and paid for prior to arrival. Credit cards accepted. Call the EarthTrek Office to reserve and pay for rental items.

EarthTrek Expeditions

Whitewater Rafting Adventures

PO Box 1010, 7308 Highway 49, Lotus, CA 95651
(530) 642-1900 (800) 229-8735 FAX (530) 642-1976

IMPORTANT Please fill out and return this form to **EarthTrek Expeditions**. This information is very helpful to us so please have everyone in your party complete this form. Thank you.

PLEASE PRINT CLEARLY

River _____ Trip Date _____

Name _____ Group Organizer Name _____

Address _____ City _____ Zip _____

Evening Phone (include area code) _____ Day Phone _____

Cell Phone # _____ Email _____

Age* _____ Weight** _____ Height** _____

*Required information for minors, optional for adults

**This information is important to assure proper floatation device sizes and wet suit sizes when weather and water conditions warrant their use.

Additional Information

MEDICAL INFORMATION Please describe any medical or physical condition which might affect your health, safety or ability to participate.

Are you allergic to bee stings, foods or medications? _____ If yes, describe _____

In case of emergency, contact _____

DIETARY INFORMATION Do you have any dietary restrictions or concerns. If yes, describe _____

OTHER INFORMATION Do you have any other considerations, such as guide requests, birthdays in your group, etc.? _____

CANCELLATIONS and REFUNDS

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If you must cancel your reservation more than 60 days prior to trip departure you will receive a refund of 50% of the required trip deposit. If you must cancel your reservation more than 60 days prior to the trip departure date, you will receive a refund less a \$25 per person cancellation charge. If you cancel from 31-60 days prior to the trip departure date, you will receive a refund less a \$50 per person cancellation charge. For cancellations 7 days or less prior to trip departure, all trip fees are forfeited. You may substitute another person with no penalty.

Short term trip cancellation insurance will protect you in case you need to cancel due to illness or a medical emergency. Insurance applications are available on line at www.travelguard.com

PLEASE READ AND SIGN OTHER SIDE

EarthTrek Expeditions

Whitewater Rafting Adventures

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EARTHTREK EXPEDITIONS, INC.

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

This is a release. Read it carefully and sign below. This release essentially says that I know I am going on a whitewater rafting trip - not an amusement park ride. If I die, get hurt, or damage my belongings, I will not make a claim, sue or expect EARTHTREK EXPEDITIONS, INC, its owners, operators, agents, employees, and associates including the State of California, its Department of Parks and Recreation, the United States Bureau of Reclamation, El Dorado County, Pacific Gas & Electric Company, Placer County Water Agency and Sacramento Municipal Utility District, herein referred to as releasees, 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 EARTHTREK EXPEDITIONS, INC. I know and fully understand that a whitewater rafting trip, whether on a paddle raft, an oar raft, 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, included 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 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 understand that Class 4 and 5 represent the most difficult and dangerous levels of whitewater and recognize that the risks associated with whitewater rafting are increased. I further understand and acknowledge that EARTHTREK EXPEDITIONS, INC. provides foot cups in some of its boats to assist participants in stabilizing themselves. Although foot cups assist participants from falling out of the boat, the use of foot cups may present an increased risk of knee, ankle, or other injuries because of their restrictive nature. Use of foot cups is totally voluntary. My participation in this activity is purely voluntary and I elect to do so at my own risk.

In consideration for EARTHTREK EXPEDITIONS, INC. allowing me to participate on this trip, I voluntarily agree to release, discharge, and hold harmless EARTHTREK EXPEDITIONS, INC and the releasees, their owners, officers, agents 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 EARTHTREK EXPEDITIONS, INC and the releasees, their owners, officers, 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 damaged, I am giving up my right to make a claim or file a lawsuit against EARTHTREK EXPEDITIONS, INC. and all other parties and affiliates named herein even if they negligently or by some other act or omission cause the injury or damage.

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 EARTHTREK EXPEDITIONS, INC., the State of California, its Department of Parks and Recreation, the United States Bureau of Reclamation, El Dorado County, Pacific Gas & Electric Company, Placer County Water Agency and Sacramento Municipal Utility District 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 EARTHTREK EXPEDITIONS, INC. nor its releasees. Personal medical and travel insurance is strongly advised.

The venue of any dispute that may arise out of this agreement or otherwise between the parties to which EARTHTREK EXPEDITIONS, INC. or its agents is a party shall be either the city of Placerville, California or the County or Supreme Court in El Dorado County, California.

EARTHTREK EXPEDITIONS, INC. reserves the right to accept or deny service to any person. I hereby agree to follow all rules, regulations, and instructions of EARTHTREK EXPEDITIONS, INC. 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 EARTHTREK EXPEDITIONS, INC. may use film or photographic records of this rafting trip for its promotional and/or commercial purposes.

I HAVE READ THIS DOCUMENT. I UNDERSTAND THAT THIS IS A RELEASE OF ALL CLAIMS. I UNDERSTAND THAT I AM ASSUMING ALL THE RISKS INHERENT IN WHITEWATER RAFTING. I VOLUNTARILY SIGN MY NAME AS EVIDENCE OF MY ACCEPTANCE OF THE ABOVE PROVISIONS.

Please print name _____ River _____ Date of Trip _____

Signature _____
signature of participant or legal guardian if participant is under 18 years of age.

PLEASE FILL OUT THE APPLICATION FORM ON THE OTHER SIDE