

## CATARACT CANYON

### Canyonlands National Park

*Never in my life have I spent so many consecutive days in a state of wonderment, disbelief, high excitement and continual laughter. The spirit will remain as an everlasting and dominating memory of a lifetime. What an incredible group of humans came together to raft, row and float Cataract Canyon.*

*Al Hanna, Mortgage Banker, Chicago*

Legendary Cataract Canyon lies buried in the heart of Utah's Canyonlands National Park. Our whitewater rafts offer fun and exciting transportation to side canyon grottos, waterfalls and ancient Pueblo ruins that are otherwise inaccessible. On this river rafting vacation we see the most vivid contrast between serene tranquility and all-out high adventure.

During the first segment of our Colorado river rafting trip the fast-moving current slides us quietly past brilliantly colored cliffs and towering table-top mesas. Here the river conditions both body and soul, giving you time to prepare yourself for the behemoth whitewater rapids awaiting below the confluence of the Green and Colorado rivers.

Nowhere on its entire course does the Colorado River descend more precipitously than through Cataract Canyon. On night three of our river rafting adventure, the Colorado River will not rest. The roar of the cataracts will lull you to sleep, dance in your dreams, only to awaken you the next morning with a new song. Time to batten down the hatches and hold on because this is Cataract Canyon whitewater rafting at its best. Twenty-three BIG ONES, among them Mile Long, Ben Hurt and the grand-daddy of them all, The Big Drops, which is a succession of three heavy-hitters that will leave you laughing and cheering. We move 30 feet closer to sea level in less than a mile. Colorado River Rafting trips through Cataract Canyon begin in May and run through September.

### SAMPLE ITINERARY

One of the advantages of a river trip is the flexibility of the daily itinerary. **It can vary widely from one trip to the next based on group desires, Mother Nature, and courtesy for other groups on the river.** This typical itinerary illustrates a five-day trip through Cataract Canyon. From August to September, we lengthen the Cataract trip by one day and follow this general itinerary.

**Day 1:** Meet group at headquarters in Green River, Utah. After a 1 ½ hour drive to the put-in the river takes you past a collection of tabletop mesas. Short hikes could reveal a variety of ancient artifacts or a petrified forest.

**Day 2:** The River peacefully meanders into the heart of Canyonlands National Park. Quiet beaches, hidden canyons, and refreshing water fights are common through this section of the trip.

**Day 3:** We reach the confluence of the Colorado and Green Rivers. The Ute Indians believe the Confluence to be the center of the universe. Just below the meeting of these two rivers enjoy a view of the Doll House, an appropriately named collection of freestanding, sandstone columns.

**Day 4:** Possible early morning hike into Doll House. Ascend steeply to the canyon rim in the Maze District with red rock formations. After descending to the river, the rapids of Cataract Canyon await. The climax: Big Drop Rapids with Little Niagara and Satan's Gut.

**Day 5:** Begin the journey through majestic Glen Canyon and the former high-water mark for "Lake" Powell. Aided by motorboat "Hayduke" during higher lake levels, you'll finish the trip at Hite Take-out. A two-hour drive brings you back to Green River.

As mentioned earlier, this is a **sample itinerary** and should not be thought of as the trip you will experience. It is intended to give an idea of what the trip will be like. It could also be exactly what you do. Keep an open mind, be flexible, go with the flow, and enjoy!



**We meet for your trip** in Green River, Utah at Holiday River Expeditions headquarters, 8:00 a.m. (Mountain Time) the morning your trip begins. Our headquarters is located 1/4 mile east of the Green River Bridge, across the highway from the Motel 6 and behind the Comfort Inn. If you plan on arriving in Green River by shuttle, bus, Amtrak, or plane, call our office ahead of time (801-266-2087) to make arrangements to have you and your gear transported to our headquarters the morning of the trip. Also please give any last-minute updates to our headquarters directly at (435-564-3273). If you are driving, your car can be left at our headquarters.



**If you are flying**, you can fly to Salt Lake City located 180 miles northwest of Green River, Utah. From there you can rent a car or take a shuttle to Green River. If you need assistance with your travel arrangements, please ask your Holiday River Expedition reservation agent.

**Shuttle Options** include:

Redrock Express	800-259-2869	<a href="http://www.redrockexpress.com">www.redrockexpress.com</a>
Road Runner Shuttles	435-259-9402	<a href="http://www.roadrunnershuttle.com">www.roadrunnershuttle.com</a>

**Lodging** before and after your trip can be booked at one of six locations:



River Terrace Inn	435-564-3401 (locally owned, pool, hot tub, full breakfast, riverside rooms available) <a href="http://www.river-terrace.com">www.river-terrace.com</a> *10% discount
Comfort Inn	435-564-3300 (inside pool, hot tub, continental breakfast – in front of our headquarters) *10% discount <a href="http://www.comfortinn.com/hotel-green_river-utah-UT424">www.comfortinn.com/hotel-green_river-utah-UT424</a>
Holiday Inn Express	435-564-4439 (inside pool, hot tub, continental breakfast – west of our headquarters) <a href="http://www.hiexpress.com">www.hiexpress.com</a>
Super 8	435-564-8888 (inside pool, hot tub, refrigerator, microwave) <a href="http://www.super8.com">www.super8.com</a>
Motel 6	435-564-3436 (pool, kids free, lower rates) <a href="http://www.motel6.com">www.motel6.com</a>
Sleepy Hollow	435-564-8189 (clean with lower rates)

\*When making advance reservations at the River Terrace Inn or Comfort Inn, mention that you are on a Holiday River Expedition trip and you will be extended a discounted rate on your room (*see above*). You will need a trip invoice at check-in.



**BE SURE TO MAKE ADVANCE RESERVATIONS!**

**If you are camping out**, there are two campgrounds in Green River: the Green River State Park (no pool, lower rates and may have mosquitoes - call 435-564-3633 to make reservations), and the KOA Campground (435-564-8195 - across from our headquarters).



**Beginning of the trip:** Upon your arrival at our headquarters (8:00 a.m., Mountain Time), we will issue your waterproof bags. You can buy any last minute items from our accessory's store at this time (see our *packing check list* for a list of items you can find at our store). We will then take a 90-minute van ride to the embarkation point, where we will transfer to the boats.



**If you have any questions** prior to leaving for your trip, we welcome you to call our Salt Lake City office, Monday through Friday at 800-624-6323 (outside Utah) or 801-266-2087 (inside Utah). We're happy to take the time to answer your questions. You may also contact us by email at [holiday@bikeraft.com](mailto:holiday@bikeraft.com).

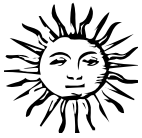
**IN THE EVENT OF EMERGENCY CIRCUMSTANCES THE NIGHT BEFORE THE TRIP, OUR GREEN RIVER HEADQUARTERS NUMBER IS 435-564-3273**



**After the trip:** We will disembark at Hite, Utah. From Hite we will take you back to our headquarters in Green River (2 hour van ride). Our expected time of arrival back at our headquarters is 5:00 to 6:00 p.m.



**The best place to eat** in Green River is Ray's Tavern. Ray's is a true small town bar rich in atmosphere and good food. They serve incredible hamburgers, pork chops, salads and steaks. The Tamarisk Restaurant offers family dining with riverside seating.



**Canyonlands weather:** In the early and late seasons (May to mid-June and late-August to September) the daytime temperatures are 70 to 90 degrees, with nighttime temperatures 50 to 60 degrees. It seldom rains in Canyonlands, but when it does, it can cool temperatures considerably in May and September. From mid-June to mid-August the days are hot, and temperatures average 80 to 100 degrees during the day and 60 to 75 degrees at night. This is the time of year that swimming in the Colorado becomes a popular activity. This may seem hot but remember the humidity is very low. There will be an abundance of sun, so bring a hat and plenty of suntan lotion and/or sunscreen. *\*Please avoid spray on sun-screen for the health and safety of your guide and fellow-guests*



**Bugs, snakes, etc.** are generally no problem. In fact, the lack of pesky insects is one of the reasons wilderness camping on the river is so pleasant. Any river trip, however, is subject to an occasional localized insect hatch. **During these hatches (most common in June to mid-July) mosquitoes can be bothersome. Be sure to bring long sleeve clothing and a generous supply of repellent.** Insect repellents that contain “deet” are by far the most effective during heavy hatches. Citronella-based products work only in light hatches. We rarely see any snakes, but if the thought of them bothers you, try sleeping on the beaches or in a tent instead of rocky or bushy areas.



**Hiking** is a highlight of the trip, however, it is strictly an optional activity. Please be aware that some of the hikes on this trip can be more strenuous due to heat and elevation gain. There are many interesting short hikes available. Hiking can be done in durable sneakers or lightweight hiking boots. Remember that hiking and other activities vary widely pending time, and what other plans are ahead for the day on the river.



**Medical emergencies:** Our guides are trained in first aid and carry first aid supplies only. REMEMBER to bring your own prescription medicines. ALERT our guides to any medical problem you might have such as diabetes or allergic reactions. Wilderness expeditions are a long way from hospitals, doctors, and pain-relieving medicines. Evacuations to modern medical care are uncertain, and protracted. In case of evacuation and/or medical treatment beyond first aid, expenses incurred are the responsibility of the participant.

**NEED  
TO  
KNOW**

**Cancellation Policy:** If cancellations are made prior to 90 days before the trip, monies will be refunded less a \$50.00 service charge per person. If cancellations are made within 90 days and outside of 60 days of the trip date monies will be refunded less a \$100.00 service charge per person. **Cancellations made within 60 days of the trip date are non refundable.** Prior to 60 days to the trip date we will transfer reservations to another trip in the same year with a \$25.00 service charge per person. All policies will be enforced and we strongly recommend trip cancellation insurance. Cancellation of a trip is very unlikely, but we reserve the right to cancel any trip due to river or weather conditions or the lack of sufficient reservations. A full refund will be made if such is the case.



**Insurance:** Medical Evacuation and cancellation insurance on a vacation plan can be obtained from numerous insurance companies. You are responsible for these potential expenses and we strongly encourage all guests to have this coverage. We offer plans by TRAVEL GUARD that cover evacuation, baggage and cancellation claims. Information should be enclosed with this package. It is available to American and Canadian citizens, as well as citizens of another country as long as you have a U.S. address. If you would like a quote or you have questions give us a call. Also, if you are bringing expensive cameras, binoculars, or other items we suggest you have insurance coverage for them (commonly available through Homeowners Policies). In the event of a loss, our insurance will not cover those items.



**Tipping the guides:** From sunup to sundown your guides strive to make your trip unforgettable. It is customary to tip your guides, especially if you feel they have been instrumental in the success of the trip. A suggested gratuity range is from \$20.00 to \$30.00 per guest, per day (about 10% of trip costs). Please direct your gratuity to the trip leader in the form of cash or check made out to the Trip Leader. They will then distribute it evenly to the other crew-members.



**Beverages:** We provide ice water, lemonade, one soda per day per person and ample cooler space. If you choose to bring any specialty sodas and/or alcoholic beverages, we have no problem taking whatever you want to bring - within reason. **Don't** bring beer, wine coolers or sodas in glass containers. Wine packaged in a box is ideal. Mark beverages that you bring so they are packed on your boat. The liquor store in Green River, Utah is located in the back of the West Winds restaurant. **In Utah, wine or liquor is not sold after 7:00 p.m., before 11:00 a.m., or on Sundays and holidays.**



**Things to see in the area:** John Wesley Powell Museum in Green River, Utah. Arches National Park, Dead Horse Point State Park, Canyonlands National Park, Fisher Towers, Colorado National Monument, Goblin Valley State Park, San Rafael Swell, Capitol Reef National Park, Natural Bridges National Monument, and the La Sal and Henry Mountains.



**Reading material, you may enjoy:**

- \* Exploration of the Colorado River Powell..... \$12.95
- \* Canyonlands River Guide Belknap (waterproof) ..... \$19.95
- \* Canyonlands Country Donald L. Baars ..... \$15.95
- \* Life in Stone Christa Sadler..... \$11.95
- \* The Educated Outlaw Harvey Lay Murdock (grandson) ..... \$10.95



**These books can be ordered** online at our e-store, or by sending the appropriate amount listed above plus \$5.60 priority shipping Holiday River Expeditions, 544 East 3900 South, SLC, UT 84107. This is available within the U.S. only. If outside the U.S. additional shipping and handling charges will be added. You can call 801-266-2087 for rates. These books can also be purchased at our headquarters in Green River.

**MAKE SURE TO CHECK OUT THE PACKING CHECKLIST**