

# Cataract Canyon On The Colorado River

## Canyonlands National Park

*as Featured in Outside Magazine and The Washington Post*

**5 Days/4 Nights or 4 Days/3 Nights**

**What's Special:** Multi-sport adventure: Incredible Rafting, Beautiful Riverside Camping, Outstanding Hiking plus Native American (Anasazi) Ruins, Awesome Red Rock Canyons, Scenic Airplane Flight over Canyonlands National Park (Suggested option for the return).

**Mindset:** Adventurous, active, variety of experiences.

**Rapids:** Class III - V (depending on water levels)

**Hikes:** Easy to Strenuous, (you choose)

**Ages:** 10 years and up

**Rafts:** Oarboats on the 5-day trips  
Motorized J-rigs on the 4-day trips

*To experience a River Journey in Cataract Canyon is to Take your Life to a New Level*

**Take A Ride on the Wild Side!** Cataract Canyon through Canyonlands National Park is spectacular. The rafts are your mode of transportation into the 7th Wonder of the World: the Canyons of the Colorado River.

The variety of activities is unlimited. *River rafting, hiking, exploring, swimming, and sunbathing.* Any day, you can do it all.

The perfect balance between serene floating and fast moving rapids. Our professional river guides lead you through rapids, surrounded by spectacular rock formations with the look of the Grand Canyon. **Cataract Canyon hosts some of the biggest and most challenging rapids in the United States in high water** (generally mid-May to mid-June). From July on, the volume of water in the river drops and the rapids become more moderate. The rapids are still exciting just not heart pounding.

*Great Fun, Spectacular Scenery, and An Adventure that Begins Where Civilization*

**Ends.** The Great Southwest is one of the few places that remains uninhabited by modern man. The canyons have been carefully isolated from modern civilization: no roads, no traffic jams, no power lines, no phones and of course, no clocks. The clean air that magnifies the crystal blue sky also turns the night into a spectacular show of stars. The canyons remain as they have for millions of years, slowly eroding into the mighty rivers.

### ***Get the most from your vacation***

Experienced naturalist guides conduct the entire expedition. They know and love this country and will be sharing their experiences, skills and background.

There is a guide for every 5 people to provide personal attention throughout every aspect of the trip. Also the number of people is limited. The crew sets up each campsite, prepares all the meals, and arranges the day's events. Your time is spent playing in nature, learning from her and sharing the experiences with old and new friends.

On the river, the body naturally slows down to a peaceful rhythm, moving with the flow of the water. A few days in these remote canyons rejuvenates your mind and spirit. You'll take the peace and serenity of the canyons back with you to your daily life.

***Never Rafted or Camped Before?*** Those new to the river and first-time campers are encouraged to join us. Our campsites along the riverbank are rustic. However, we bring everything we need with us on the rafts and set up a new camp and kitchen each evening. We take care of you and make it easy. The guides prepare fresh meals while you relax and enjoy hors d'oeuvres. We'll teach you about living in the outdoors, setting up camp and moving at the pace of the river. We're at home in the outdoors: it's the job we live for.

### ***Is this Trip for Me?***

It's a total vacation. Every day includes time for hiking, exploring, swimming and relaxing. There are one to two

days of whitewater (depending on trip length), the remainder is floating through this outstanding National Park and enjoying activities along the way. During high water, May and June, this is a thrill seeker's rafting trip, calling out to the adventurous, to those wanting the exploding white water rapids. For a more moderate river adventure, join us in July and August when the rapids are just big rolling fun waves.

**Trip Lengths:** We offer 4 and 5-day adventures, covering the same 96 miles. The 4-day trip gives you time to really see and experience the canyons, and for our guides to show you the secrets of Cataract. 5-day trips are more leisurely oar-powered trips with lots of time to hike and explore the side canyons. It is also more adventurous as the rafts are smaller so the action of the rapids becomes bigger.

**Type of Rafts:** All of our equipment is top quality, state of the art and carefully maintained and serviced. The 4-day trips are with motorized J-rig rafts, while the 5-day trips are with oar rafts. If you paddled other rivers and ready to 'go for the gusto', we have paddleboats available at certain water levels by advance reservations only.

## ***Everyday You'll Enjoy :***

**The River** *There are no rapids until we reach the Confluence of the Colorado and Green Rivers.* Here the river doubles in size and the rapids begin. They continue for 15 miles and, depending on water level and lake level, include 24 or more rapids. Here are the notorious ones: first is Mile-Long Rapid, a series of sheer drops and powerful whitewater. Then come a series of rapids affectionately named the Big Drops: Little Niagara and Satan's Gut. In high water, the waves are gigantic and in quick succession. The last day you'll float out of the canyon and onto the edge of Lake Powell and climb aboard a small aircraft for a spectacular flight over this magnificent canyon country.

**Hiking and Walking** Time is set aside to walk to historical and archeological sites. We explore the wonders of these canyons, including Ancient Indian ruins and petroglyphs.

**Learning and Interpretive Time** Our guides are Naturalists with great depths of knowledge about these Canyons, the history, the geology, the wildlife, and the

legends. They know the 'secret' places that only exploration and experience reveals.

**Dinner Time and Camp Time** Camp along the riverbank, deep within the Canyon walls. A portable kitchen and dining area is set up, where abundant and tasty dinners are prepared fresh by the crew as you relax by the river's edge. Stargazing is a favorite evening activity as the clean air and remote setting provide a star show usually reserved for astronomers and their telescopes. Remote campsites and hiking trails offer unparalleled photographic opportunities.

**Motion Picture History:** The Moab and Monument Valley area is the motion picture capitol of the great Southwest. From John Wayne to Indiana Jones, from Thelma and Louise to Billy Crystal, the stars have played out their escapades here. Over 50 movies have left wagon wheel to starship tracks here on the red sand and slickrock.

**Historical Features:** This spectacular Canyon and its surrounding cliffs and canyons became Canyonlands National Park in 1964. There are numerous 700 to 1,500 year old Indian Anasazi sites along the Colorado River. We'll take you to their granaries tucked under ledges in the canyon walls above the river. We'll share with you what we do know of their ancient lifestyles.

Back in the 1930's, the Colorado River from Moab, Utah to Lake Mead was all considered the Grand Canyon: 550 miles of endless canyons and free flowing river. When Glen Canyon Dam was built, Lake Powell was born and the Grand Canyon was divided. The name Cataract Canyon was used to denote the upper 100-mile stretch of river. The name Grand Canyon was reserved for the stretch below Lake Powell. Whether above the Lake in Cataract Canyon or below in the Grand, the canyons stand majestic and vast.

**Geological Features:** Cataract Canyon is a geologist's paradise. You can see 300 million years of rock history in one glance. The river has sliced through the rock over eons of time and left it totally exposed for all to see.

**Wildlife** is abundant here, though it takes an observant eye to see it. Because of its many climatic environments, an extraordinary diversity of plants and animals live here. Plants range from water storing cacti to fragile wildflowers.

This area hosts the largest herd of Desert Big Horn Sheep in the West. In the heat of the day you'll see eagles and hawks float along the canyon walls on the thermal airstreams. Early morning and evening you'll see deer, muskrat, coyote and the great blue heron moving along the river's edge. Too warm for trout, the Colorado River supports the endangered Colorado Squawfish and the Humpback Chub.

**Weather:** is usually warm and sunny and very user friendly. In May and June the day temperatures are in the 90's, with days in the high 90's and low 100's common in July and August. Brief afternoon showers are very common. Summer evenings are very comfortable, though cool in the Spring and Fall. It is a very dry climate, so the heat is not the sweltering kind. Besides, the best part about being too warm is getting into the river to cool off.

### ***What is Included:***

**Orientation:** The evening before the river trip.

**Full Days on the River:** We begin early the first day and return you the last day at day's end.

**Experienced Licensed Guides** trained in the art of river running and to customer service. All of our guides have Emergency Medical Response, CPR and river rescue training. We are one of the few companies that train this extensively.

**All Rafting and Safety Equipment:** Rafts and related equipment, dry bags and boxes, lifejackets, kitchen, dining and toilet equipment.

**All Meals** beginning with lunch the first day through lunch the last day and are prepared fresh daily. Many of our fruits and vegetables are locally grown. Hors d'oeuvres are served nightly. Every meal is balanced and there is always plenty. We can accommodate different diets and food restrictions, and make special plans for birthdays, anniversaries, etc. Just let us know in advance.

**Scenic Air Flight** over Canyonlands National Park back to Moab. (Suggested return option. Priced separately. Other options are available also.)

**Transportation** is provided from Moab to the river and from the airport back to Moab.

***Our Office Staff*** Each member is personally committed to helping you plan your river vacation to meet all your desires and expectations. Michelle, our Director of Guest Services, has arranged guests' vacations throughout the western United States for years.

### ***Itinerary:***

**Day 1:** The expedition begins at our river complex in Moab, Utah. We'll drive to the river launch site, load gear on the rafts, have a talk about safety and "river time" and we're off. We'll walk to historical and geological sites. (The longer trips have more time to explore the wonders of this spectacular canyon.) Your guide prepares fresh buffet lunch, deluxe dinner.

**Day 2 and on:** Guides prepare breakfast. Spend the days rafting, with 1 ½ to 2 days spent in the rapids. Hike to Indian ruins or take a swim in the river. Remote, primitive camping on the riverbank.

**Last Day:** Motor onto Lake Powell for your return to Moab. (The scenic airplane flight is the suggested option for the return.)

**Water Levels:** The character of a river varies with each change in the water flow. *Cataract Canyon hosts some of the biggest and most challenging rapids in the United States in high water* (generally mid-May to mid-June). From July on, the volume of water in the river drops and the rapids become more moderate and certainly appropriate for first timers. Depending on mountain snow pack this river fluctuates dramatically from month to month as well as year to year. This significantly changes the class of the rapids (III to V on scale of I-VI.) Since the river is free flowing we cannot always anticipate flow fluctuations. That's what makes it an expedition. Bring your sense of adventure and discovery!

**Our Guides:** Our service professionals take your safety seriously while they offer you fun and excitement. Cataract guides have years of experience on the river, in the outdoors and with people. Each is literally a 'jack-of-all-trades.' They are skilled enough and strong enough to safely navigate the rapids; have Emergency Medical Response and CPR certification and river rescue training; know how to prepare great meals in Dutch ovens and on grills; and are well-versed in the ecology, geology and history of the Canyon. Most of all they want to show this country to you, and share with you what they have discovered here. After all, this is their backyard.

***We'll make your family comfortable in the wilderness:***

- ◆ Your safety & comfort are our #1 priority.
- ◆ Your days are filled with the nature exploration.
- ◆ Exciting and challenging rapids.
- ◆ You'll be with compatible people.
- ◆ You'll learn something new.

- ◆ Portable bathrooms to alleviate concerns of personal hygiene, cleanliness, and privacy.
- ◆ You can bathe in the warm river.
- ◆ We'll teach you everything you need to know to be 'at home' in this natural setting.
- ◆ This National Park is very remote: no roads, no phones, and of course, no faxes. The only sign of civilization is the occasional jet crossing the sky.

***Environmental Awareness:  
We have Proven that Businesses Can Be  
Socially and Environmentally Responsible***

Environmental responsibility is an ethic that everyone in the company believes in and adheres to. We recycle and reuse all that we can and use recycled products wherever possible. We make our voices heard politically and contribute financial support to many conservation causes. We volunteer for many community boards and service programs. Sheri Griffith is actively involved in a number of Conservation Boards, donating hundreds of hours yearly to

environmental issues. We incorporate Earth awareness in all our river trips and "take only pictures and leave only footprints."

***What makes the Difference?***

Professionalism and dedication to excellence. *We are committed to making a difference in your life.* It's your vacation, those valuable days that you dedicate to improve the quality of your life. We are grateful for the opportunity to share them with you.

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