

Step Out Adventures
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August 6 – 8, 2010

Hello Boys!

Here is some information about River Bear Retreat on August 6th through the 8th of 2010.

Meeting Time and Place:

You will need to be at the campground at 8am on the morning of August 7th.

Friday night camping (August 6) is included in the trip, but you don't have to be there to join the rafting. You can show up any time after 2pm. There will be a group there Thursday night and we may have to wait for them to clear out before having the campground to ourselves which will probably be around 5pm.

If you arrive early, we highly recommend Coloma. It is an interesting town with a couple of restaurants and scenic areas to hang out. This is where the Gold Rush began! (<http://www.coloma.com/visitor/food.php>) The Sierra Nevada House is a great restaurant with a deck to hang out, eat and have a few beers while waiting for us to ready the campground.

The **address of the campground is 7170 Hwy 49, Coloma**. It is approximately 50 minutes east of Sacramento on Hwy 49, about 3 hours from the Bay area. We have made it in two hours without traffic. Friday rush hour traffic can take a VERY LONG time, so be prepared for that.

Directions from San Francisco:

Take Hwy I-80 to Sacramento. Shortly after entering Sacramento take Hwy 50 east towards Placerville/So Lake Tahoe. (We will have River Bear Retreat signs everywhere to lead you to our campground). After about 30 miles, exit at Ponderosa Road. Turn left over the freeway and make an immediate right onto North Shingle Road. At mile 4.5 that becomes Lotus Rd which you follow until it dead ends at Hwy 49 (mile 11.3). Turn left and go 2 miles to the Mariah Wilderness Expeditions sign at 6500 Hwy 49 on your left. Turn into the gate and follow the signs to our meeting area. Just follow the dirt road and there will be a parking area on your left. For those of you returning from last year, the campground this year is next door to the left.

If you are bringing your own tent, please keep in mind that we are expecting over 100 guys to show up. We do have a large campground but please DO NOT bring a large tent for only one or two people. We ask that you have at least half the number of people for which the tent is rated. We do reserve the right to remove any tent not meeting this requirement. We have 2 person dome tent rentals at \$25 for the whole weekend.

Itinerary: (subject to changes)

Friday:

2 pm to 5 pm - Early Arrivals - Hang out at the river and get to know other Bears and meet some new friends. **Official Check-in** is any time **after 5 pm**. Set up your campsite and enjoy the evening.

You may wish to eat before reaching camp as **dinner is NOT included the first evening**. Grab some food on the way up and bring it to camp with you or eat on the way up (Nugget Market is AMAZING, exit 30A off of US 50, in El Dorado Hills).

7pm to 9pm - Board Shorts and Tie Social - Wear your fanciest board shorts and a tie. Don't worry; we'll have a few ties to lend out if you forget one. This is just a little get-together for everyone to meet.

Try and get some sleep, the next morning your trip begins with breakfast and check-in at **8 a.m.** You will not need to pack your camping gear as we return to this same camp at the end of the day.

Saturday:

Wake up and enjoy a homemade breakfast at 8am. Yes, there will be plenty of coffee. After breakfast we gather for orientation, safety information and head for the river where you will receive your paddle and life jacket. We then launch our boats, practice paddling skills with our guides and start out with some easy rapids to build confidence before the real excitement begins. Lunch will be served along the river or at camp. Everyone should be finished rafting for the day between 4:30 and 5:00.

When we return to camp we'll have the afternoon to relax, play some horseshoes and volleyball or prepare your tents for the **Parade of Homes Contest**. Dress up your tent and win some fun prizes.

That night everyone will enjoy the peace of the river over light hors d'oeuvres at 5:30 with wine tasting from local wineries of El Dorado Canyon., a great BBQ dinner (including steak, chicken, salmon, soda, wine & **beer**), followed by a slide show of the day's events and movie night! Movie title and attire to be announced.

Sunday:

Again we will eat a delicious breakfast around 8 am and then shuttle to the top of the river for another day of exciting rapids, which include Meatgrinder, Triple Threat and the infamous Troublemaker (sections of river may be run in reverse or on different stretches depending on actual group size). You will end up back at camp where your trip will conclude with a big BBQ

lunch. Everyone should be heading back home around 4:30-5:00 if not sooner.

Other useful information:

Photos & Tips:

We have our own professional photographer this year and everyone will receive a River Bear Retreat 2010 photo CD with hundreds of pictures taken during the whole event, including pictures from the campground and on the River. Feel free to bring your cameras as well!

We are frequently asked if it is customary to tip the raft guides. Our guides' goal is to provide you with a fun and safe river trip. Although a tip is not required, they do enjoy a token of your appreciation of a job especially well done. \$20 per guide is a nice tip.

Water Flow Notice:

Water flows in the South Fork American River result from releases from hydroelectric facilities upstream. Such water releases are not subject to the control of El Dorado County or commercial rafting companies operating under permits from the County of El Dorado.

Cancellation Policy:

Although it is highly unlikely, we reserve the right to cancel a trip due to weather, water conditions or other cause beyond our control. Should this occur, your trip fees will be fully credited towards another trip. All refunds and credits shall be limited to amounts actually paid to Step Out Adventures. As of this date, July 6, 2010, no refunds will be given for any participants cancelling event between now and trip date, August 6, 2010. However, substitutions can be made by participant with written notification to Stepoutadventures@gmail.com.

Packing List:

River attire is very casual and you should expect to get wet and dress accordingly. Remember, the weather will probably be warm, if not hot. If you want to stay wet/cool, wear cotton, as it will take longer to dry. If you want to stay dry, cotton is not the best, wear a synthetic quick dry material.

Following this list will assure you a comfortable and well-prepared trip. If you don't have everything on this list, don't worry. We can help you rent it or purchase it. There are a lot of options out there and we are here to walk you through the process. Call or email us with any questions.

We provide:

- Rafting Gear
- Food (Saturday and Sunday)
- Utensils
- Shuttle from river to campsite
- Refreshments at end of day (you are welcome to bring more – but please don't go overboard)

You will need:

- Tent (if you did not rent one) – We have 2 person tents available. Tent rental is \$25 for a two-person tent for the weekend. If you want to rent one, go to the page you booked the trip from: http://www.stepoutadventures.com/buy/rbr_store.html. There you will find a link for tent rental.
- Sleeping Bag or blankets – It will probably be warm but you never know. (We can arrange to rent these if you need – just contact us)
- Sleeping Pad or blowup mattress that fits in your tent– This makes a big difference when you are sleeping on the ground. (We can rent these as well – contact us)
- Tennis Shoes or Water Sandals – TEVA's, Chacos, but **NO flip-flops** (they don't stay on your feet).
- Flashlight or Headlamp (working batteries)
- Sunhat
- Sunglasses (with head strap)
- Windbreaker
- Waterproof sunscreen
- Swimsuit
- Shorts and long pants
- Dry clothes for wearing around the campground (might get a little chilly at night)
- Washcloth
- Personal Toiletries
- Dry shoes
- Camp chair (optional)

We urge you to leave your valuables at home. If you wish to bring a camera, please bring a case (preferably waterproof). Waterproof, disposable cameras are available for purchase at the Camp Store. It will not be possible to photograph during rapids (you should be paddling!). Professional photographers are positioned along the banks taking photos of us running the rapids.

We are really looking forward to this one! It should be a lot of fun.

Mark and Scott

Step Out Adventures