



PO Box 410951

San Francisco, CA 94141

415.722.1449

[StepOutAdventures@gmail.com](mailto:StepOutAdventures@gmail.com)

[www.StepOutAdventures.com](http://www.StepOutAdventures.com)

## RED ROCK 'N RIVER

### Hello Boys!

Here is some information about the Red Rock 'N River trip July 8<sup>th</sup> through the 12<sup>th</sup> 2010

### Meeting Time and Place:

We will pick you up from your hotel (or house) between 6 and 630am on Thursday July 8<sup>th</sup>.

Have all of your stuff ready to go so we can get on the road and get down to explore Arches as soon as possible!

---

### Itinerary and what to look forward to: (subject to changes)

#### Thursday:

We will pick you up in Salt Lake (or other agreed upon location) early in the morning. Then we will drive south through the desert down to Moab (if you have never been to the desert it's actually a really beautiful drive). The drive will take us around 4 hours. (I have made it in a lot less time, but we will plan on 4).

We will arrive in Moab around 1pm and drive directly in to Arches National Park. From there we will explore some of the sites Arches has to offer and do some hiking around. It's gonna be hot, but it's the desert!

Arches is a unique landscape of over 2000 unique rock formations and contains the highest density of natural arches in the world. The diversity of plants and animals is also amazing considering, on first impression, how lifeless it appears. The wildlife has adapted many unique ways to survive in such a harsh climate.

If you're looking for some reading: *Desert Solitaire* by Edward Abbey was written about Arches (before it was a National Park) when he lived there in the early 1900's. It is a great all around book that describes what the area was like before it became so well known, its wildlife and history.

That night we will camp out in Arches National Park. If you aren't worn out there are some great places to do stargazing just a short walk from the campground.



## Friday:

Friday we will eat some breakfast and head over to the Colorado River put in. We should have everything we are taking down the river ready to go because from there we will start our trip down the river. (note: depending on how many people we get signed up there is a good chance we will be joining other groups on the Cataract Canyon Rafting trip).

## Friday, Saturday and Sunday Rafting!:

We spend Friday, Saturday and the beginning of Sunday on the Cataract Canyon section of the Colorado River. It's a gorgeous section of river with some big water and nestled between 2000 foot red rock walls.

On this section the famous Colorado River flows freely: undammed and unpredictable. The water level varies from year to year. Remember that nature controls the natural river flow. Most years Cataract hosts some of the biggest and most challenging rapids in the U.S. In July it's usually tapering off, but hopefully with all the rain they've been having the river will be at a good flow.

The rapids start at the confluence of the Colorado and Green Rivers where 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 some of the most notorious: 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.

Our campsites for Friday and Saturday night will be right on the side of the river under an impressive blanket of stars. The Colorado River has it's own raft guide culture. To be a guide on this section of river, you have to know what you are doing and have been around this river for a while so they are usually very knowledgeable about the history, wildlife and plant life of the area. They are all characters in their own right and rarely fail to impress.

Each day we will have the opportunity for a couple hikes. They take us above the river for some great views and in to the desert rocks where we get to see rock formations, petroglyphs, pictographs and wildlife.

Cataract 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 ions of time and left it totally exposed for all to see.

Wildlife is abundant here as well, 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 there's deer, muskrat, coyote and 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. Temperatures during the day are usually from 90 to 100. Brief afternoon showers are also very common. Evenings are very comfortable. It can get chilly. 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.

The last day we'll float out of the canyon and onto the edge of Lake Powell where we will be transported back to Moab.



**Sunday:**

Our van will be waiting for us at the takeout. From there we will drive straight up to Salt Lake. Depending on the river we plan on arriving in the Salt Lake City area around 6 or 7ish (but that is subject to change). We will then take you to your hotel or where you are staying. We'll get cleaned up and then head out for a farewell dinner.

**Monday:**

We will pick you up and take you to the airport making sure you get there in plenty of time. Salt Lake City and Utah have a lot to offer. If you want to stay longer, we are very knowledgeable about the area and would love to help you plan a longer stay.



## Packing List

So we are going in to the desert. The days are going to be hot and the nights are going to be cool. Keep this in mind when you are packing.

River attire is very casual and you should expect to get wet and dress accordingly. Quick-dry clothing is recommended. Anything cotton gets wet stays wet and does not keep you warm. 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.

### What you will need:

- Pack everything you bring in a duffel or backpack. Don't bring really nice luggage. A duffel bag works great for getting in and out of at camp
- We recommend packing things you don't want to get wet in to Ziploc bags (like your camera, meds, etc.)
- Tent (only if you are not renting one from us)
- Sleeping Bag (you can also bring a sleep sheet – it's sometimes nice when it's really hot)
- Sleeping Pad -This makes a big difference when you are sleeping on the ground
- Hiking Shoes
- For the river: Tennis Shoes or Water Sandals – TEVA's, Chacos, but NO flip-flops. Something that straps to your feet (not with Velcro – you will lose them in the river)
- Windbreaker or rain jacket
- A fleece top (something for if it gets cold at night – preferably not cotton)
- Swimsuit
- 1 pair shorts
- 1 pair long pants (preferably not jeans)
- 2 or 3 pairs of underwear and socks
- 1 or 2 refillable water bottles (we highly recommend durable reusable bottles) - A camelback is fine as well.
- Personal Toiletries
- Towel
- Camera (a waterproof camera for the river is recommended)
- Flashlight or Headlamp (working batteries)
- Sunhat
- Sunglasses (with head strap)
- Waterproof sunscreen
- Personal medications
- Book

Feel free to bring whatever else you might need. If you have a questions on any of the gear you own or things you're not sure you want to bring, let us know.

**Last year this was our favorite trip of the year! We can't wait!**

**Mark and Scott**

**Step Out Adventures**

