



MIDDLE FORK AMERICAN RIVER ONE DAY TRIP INFORMATION



Meeting Time:	7:00 am
Meeting Place:	Whitewater Excitement Camp 6580 Hwy 49, Lotus, CA 95651
GPS Coordinates:	38.817646, -120.928499 (Intermittent GPS/cell service in area)
Return Time:	Approximately 4:30 pm
River Section:	Oxbow to Greenwood (18 miles)
Difficulty:	Class IV suitable for Adventurous beginner to advanced rafter
Age Limit:	Minimum age 14; 12 with previous rafting experience
Season:	May-October

THANK YOU FOR CHOOSING WHITEWATER EXCITEMENT for your river adventure on the Middle Fork of the American River. The Middle Fork is located in a remote canyon surrounded by the beautiful Sierra Nevada Foothills, where we have been known to have sightings of wildlife, like bears, otters, eagles, deer and turtles and the occasional gold miner. It is an 18 mile stretch of beautiful, fun, exhilarating, challenging class III-IV whitewater, guaranteed to test your paddling skills. This hydro-electric dam controlled river has 18 major rapids including Double Dip, Kanaka Falls and the famous Tunnel Chute. The Tunnel Chute is a unique rapid where the gold miners blasted a tunnel diverting the river to glean gold from the dry stream bed! This rapid consists of an approximate 30 foot drop over the course of an 80 foot spillway, then a float through an 85 foot tunnel. **SWIMMING ABILITY IS REQUIRED ON ALL MIDDLE FORK TRIPS.**

Meeting Time and Place

The Middle Fork Trip meets at 7:00 am at the WWE camp store. Please be on time as we only wait a short time for late arrivals. (If you are camping the night before your trip, arrival time for camping is 5:30 pm or after). Please check in with our staff and they will be happy to answer any questions. Once everyone has checked in, we begin your trip with an hour and 15 minute shuttle ride to Oxbow put-in. Your car keys will be kept in a locked location while rafting.

Directions to Whitewater Excitement Camp 6580 Hwy 49, Lotus, CA 95651

Please do not rely on your GPS or phone for directions as only Verizon works in our area.

From Sacramento:

- ◆ Take Hwy 50 east towards Placerville and South Lake Tahoe.
- ◆ Exit Ponderosa Rd (Exit #37) in Shingle Springs. This is 1 mile past the town of Cameron Park.
- ◆ Turn left on Ponderosa Rd and cross over Hwy 50.
- ◆ At the second stop light (**immediately** over the overpass), turn right on North Shingle Rd towards Coloma.
- ◆ Drive 4.5 miles and you'll come to a curve in the road, keep left, this is Lotus Rd. Drive 7 miles on Lotus Rd. Lotus Rd will dead end into Hwy 49. Turn left on Hwy 49 and drive 1.7 miles. Start slowing down at the 1.5 mile mark. Look for the **Whitewater Excitement sign** on the left. Turn left into the driveway, stay to the right and follow the signs to the **WWE parking area**.

From South Lake Tahoe:

- ◆ Take Hwy 50 west to Placerville.
- ◆ Turn right on Hwy 49 (Spring Street, sign to Coloma).
- ◆ Follow Hwy 49 to Coloma. Pass Marshall Gold State Park and you'll cross a bridge over the river. Drive 1.5 miles past the bridge to the **Whitewater Excitement sign** on the left. Turn into the driveway, stay to the right and follow the signs to the **WWE parking area**.

From Auburn:

- ◆ Exit Hwy 49 Southbound towards Placerville/Cool.
- ◆ Follow Hwy 49 down the canyon.
- ◆ At the bottom of the canyon turn right across the bridge and up to the town of Cool.
- ◆ Four miles past Cool is Pilot Hill. Drive 5.5 miles past the town of Pilot Hill and look for **Whitewater Excitement sign** on the right. Turn into the driveway, stay to the right and follow the signs to the **WWE parking area**.

RUNNING LATE/ LOST CALL 530-642-2546

Example Itinerary

Meet at Whitewater Excitement camp store 7:00 am. After everyone has arrived and turned in their Assumption of Risk Forms <http://whitewaterexcitement.com/about/info-forms/disclaimer-form/>, we begin the trip with an hour and 15 minute shuttle ride to our put-in at Oxbow. It's a bit of a windy road, so you may not want to eat too big of a breakfast! Once arriving at the put-in, our staff will fit you with lifejacket (maximum chest size 56 inches), helmet, paddle, safety talk and paddling instructions. Bathrooms are available at the put-in before we get on the river.

Within a few hundred yards we will hit the first rapid of the day, "Good Morning", wakes you right up! We have a short time to get ready to meet one of the river's biggest challenges of the day, "The Tunnel Chute"! After the Tunnel Chute, we encounter some great whitewater with major rapids like Cathedral, Double Dip, Jawbone and Kanaka Falls.

After our encounter with Kanaka Falls we enjoy a more mellow section where the river flattens out, enjoying the scenic beauty and hopefully some wildlife. We will pull over and enjoy a delicious deli lunch

prepared by your guide with an abundance of breads, meats, cheeses, veggies, fruits, chips, cookies, lemonade and water. A primitive bathroom is available if needed.

After you have enjoyed your lunch, we will get back on the river where the class 4 whitewater will begin again! The first rapid is "Chunder" (professional pictures are taken) an 8' abrupt drop which leads us to a 35-foot waterfall, "Ruck-a-Chucky Falls, that is un-runnable, which means you are asked to exit the rafts and walk to the bottom of the falls while the guides maneuver the rafts down this spectacular waterfall. Good shoes are recommended for this trip due to the sharp and slippery landscape of this area.

Once we are back in the rafts, we finish up the trip with another mile and a half of great rapids like Cleavage, Parallel Parking, Guillotine and Texas Chainsaw Mama meets 101st Airborne. As we reach the take-out, the WWE vans will be waiting to take you back to the Whitewater Excitement camp. We usually have you back by 4:30 pm. Once back at camp, your guides will be there to thank you for coming and give you photo coupons to use if you choose to purchase photos at Hot Shot Imaging <http://www.hotshotimaging.com/>

Rafting the Middle Fork of the American River does require that you are in good physical condition, have good swimming ability and are on the adventurous side.

What to Wear/Bring

River clothing is very casual and you should expect to get wet!

- Bathing suit/trunks, light-weight, quick drying top (rash guard works well), light weight windbreaker for cool mornings, sweatshirt for cool evenings
- River sandals (strap on the back) or old tennis shoes work great **(NO FLIP FLOPS OR BARE FEET ALLOWED)**
- Hat (optional under helmet)
- Sunglasses (suggest retaining device so they don't end up in the river)
- Waterproof sunscreen and lip protection
- Bottle of water (drinks provided at lunch and end of the trip)
- Inexpensive waterproof camera (professional pictures are taken at one of the rapids)
- Dry clothes for trip home (to be left in your car).

Prior to Memorial Day weekend, in times of high water, and unseasonably cold weather, wet suits are required. **These are provided to you free of charge from Whitewater Excitement.** Our wetsuits fit those up to 6'4" and/or 260 pounds. Other recommendations in times of cool weather: neoprene/wetsuit booties, wool socks, beanie, wool/polypro long sleeve shirt, rain/windbreaker and gloves. We do not recommend wearing cotton in cool weather as it stays wet and can keep you chilled.

Additional Helpful Trip Planning Information

Trip Payment

Prior to 30 days before your trip a 50% deposit is due to secure your reservation with the balance due 30 days prior to your trip. If booking within 30 days of your trip, full payment is required.

What We Should Know

Please let us know if you have any medical issues or special dietary needs or restrictions that we will need to consider in preparing for your trip.

Cameras/Electronic Devices

We do not recommend that you bring anything in the raft that you do not want to lose in the river! We take no responsibility for cameras, phones, sunglasses, etc... that end up in the river. If you would like to bring a camera, we suggest a disposable waterproof and/or panoramic camera.

Professional Photographs

There are several professional photo companies taking photos of each raft at the Middle Fork's famous Tunnel Chute and Chunder rapid. These companies are not affiliated with Whitewater Excitement; you will need to contact them yourself to purchase your photos. Hot Shot Imaging is one of the companies that can be reached at www.hotshotimaging.com or 530-621-0400.

Gratuities

Your guides will make every effort to see that your trip is safe, enjoyable and exciting. We are often asked if guests should tip their guides and how much. While not mandatory, if you feel your guide did a great job in giving your group a safe and exciting time, then a tip would be greatly appreciated. Tipping is entirely at your discretion, but here are some helpful suggestions: 1 Day Trips - \$5-\$10 per person; 2 Day Trips \$10-\$20 per person.

Weather

Our area can experience extreme changes in weather especially in the months of April, May and June, so please check the weather (www.weather.com) for Coloma, CA prior to your trip.

Average Area Air and Water Temperatures

	Air (Day) °F	Air (Night) °F	Water Temp. °F
May	75-79	50-54	60
June	80-86	54-60	63
July	90-100	60-65	65
August	85-95	58-68	68
September	80-90	55-60	70

Accommodations

Whitewater Excitement has the most beautiful, private, riverside campground on the South Fork of the American River, complete with flush toilets, free hot showers, electricity in the bathrooms, volleyball court, horseshoe pits and camp hosts on site. Camping is \$14.00 adults/\$10.00 youth per person, per night and requires a reservation. Two nights of camping is included in our 2 day trips. Our facilities are tent camping. You can bring your own equipment or see our rental options below.

Camping at the WWE Campground is GROUP camping. We have 5 main camp areas. We arrange groups by size to share the camp areas. Please feel free to make new friends. Each camping area has tables, fire pits and water. Campfires are allowed 99.9% of the time, but please be aware that we can have our fire permit pulled at a moments notice in extremely dry years.

Check-in time for our campground is any time after 5:30 pm the night before your trip. Upon arriving at the WWE Camp Area, please check-in with either our camp hosts or check the WWE Camp assignment board in front of our camp store for your assigned area. Our camp hosts are available until 10:00 pm to help you find your camping area.

Quiet Time is after 10:00 pm. Please turn music down low, or off and keep noise to a minimum for the enjoyment of everyone else camping with us. Many of our guests will be waking early for rafting the next morning.

WWE has a small camp store that is typically stocked with t-shirts, sweatshirts, sunglasses, Chums, waterproof cameras, sunscreen, ice, firewood, personal hygiene items and drinks in case you forgot something from home. We also have a larger grocery store close by.

Suggested camping equipment to bring

- Tent and ground cloth
- Sleeping bag, pad and pillow
- Lawn/camp chairs
- Camp clothes (dry shoes, long pants, shorts, shirt, sweatshirt and/or light jacket)
- Flashlight, lantern, insect repellent
 - Personal Hygiene items (towel, toothbrush and paste, soap, shampoo, etc.)
- Food and drinks, if not provided
- Campfire wood (we have limited supply in our camp store)

Please do not bring pets, fireworks, high-pressure water guns or firearms. Due to the great risk of injury, we do not allow high-pressure water guns on our trips. We suggest you leave your valuables at home.

Rental Options at Whitewater Excitement Campground (In addition to camping cost)

- 2-Person Dome Tent \$15.00 one night; \$25.00 two nights
- 4-Person Dome Tent \$30.00 one night; \$50.00 two nights
- Cabin Tent (includes 4 padded cots) \$60.00 one night; \$100.00 two nights
- Deluxe Cabin Tent (includes queen size bed, sheets, pillows and comforter) \$70.00 one night; \$130.00 two nights
- Sleeping bag with liner and pad \$15.00 one night; \$25.00 two nights

Not into camping..... Here are a few good options in the area

Lodging

Located off Highway 50

Holiday Inn Express - El Dorado Hills	1-888-475-4329	
Quality Inn - Cameron Park	530-677-2203	
Historic Cary House Hotel- Placerville	530-622-4271	http://www.caryhouse.com/

Located off Highway 80

Holiday Inn - Auburn	530-887-8787	http://www.auburnhi.com/ (ask for WWE discount)
Best Western - Auburn	530-885-8611	
Powers Mansion Inn B & B	530-885-1166	http://www.powersmansioninn.com/

Located off Highway 49

Villa Florentina B & B	916-778-0109	http://villaflorentina.net/
Coloma RV Park & Resort	530-621-2267	http://www.colomaresort.com/

Restaurants

Gringo's Mexican Cafe	530-295-0100	http://www.eatatgringos.com/
American River Pizza & Grill	530-887-1969	http://www.americanriverpizza.com/
Sierra Nevada House	530-626-8096	http://www.sierranevadahouse.com/

Another great resource is our Insider's Guide to the American River <http://www.american-river-rafting-guide.com/>

Important Information

Responsibility

All river trips involve some risk and we recognize that accidents and injuries can occur. We assume no responsibility for injury, damage, or loss of your belongings. All participants will be required to sign an Assumption of Risk/Liability Release Form before the trip. Any minor, not being accompanied by their parent, must have this form signed by their parent prior to their trip.

Release Forms available at <http://whitewaterexcitement.com/wp-content/uploads/2014/02/Assumption-of-Risk-Form.pdf>

Completed Assumption of Risk forms are turned into our staff at the time of your rafting trips.

The river is not a place for drugs or alcohol. Drugs and/or alcohol are not allowed before or during your rafting trip. We reserve the right to refuse service to anyone under the influence of such substances and to anyone we feel will jeopardize his or her personal safety or the safety of others on the trip. There are no refunds or credits given for this reason.

Cancellation Policy

If you must cancel your reservation with us, all but a \$25.00 per person cancellation fee will be refunded to you, provided that we receive written notice of your cancellation in our office at least 31 days prior to your trip date. For cancellations made 30 days or less, the entire trip fees are non-refundable, in which case we encourage you to find substitutes for the cancelled space(s). NO trip date changes may be made within 30 days of your booked trip.

Often our trips fill up and we have a limited number of guests we can take down on any one trip, while holding your space we are turning others away. Whitewater Excitement also incurs substantial expenses prior to the trip departure.

We reserve the right to cancel or modify a trip due to weather, water conditions, insufficient reservations or other circumstances beyond our control. In such cases we are only responsible for the trip fees paid to us. Guides and other on-river staff employed by Whitewater Excitement are not authorized to make or promise trip refunds or credits. Such determinations can only be made by the WWE Office Staff. Trip Travel Insurance is strongly suggested to cover such cancellations. Policy information can be found at www.travelinsure.com/select7 Trips depart rain or shine.

Medical

Please advise us if anyone in your group has allergies, special dietary needs or restrictions, or medical conditions that we should be aware of. Women who are pregnant should NOT participate in whitewater rafting activities. Participants with heart conditions should consult with their physician prior to signing up for any rafting trip, especially our class 4 trips.

Any questions, concerns or comments please call 1-800-750-2386 or email fun@whitewaterexcitement.com