



## THE MAIN SALMON RIVER- IDAHO

Idaho's rivers access some of the most pristine terrain in the country. They are home to abundant flora and fauna, an impressive network of hiking trails, and some of the country's best whitewater. No river displays all these characteristics quite like the Main Salmon. The Main Salmon is the longest undammed river in the U.S., and also boasts the second deepest canyon. The Main Salmon offers free-flowing Class III whitewater that's great for any age and experience level, big sandy beaches perfect for camping and playing, beautiful mountain scenery, abundant wildlife, and a natural hot spring are all hallmarks of the Main. Perhaps inappropriately dubbed the "River of No Return" by early river runners, the Salmon is in fact a river you'll want to return to again and again.

Middle Fork River Expeditions, licensed and bonded outfitter, has run safe and well-managed river trips on the Middle Fork of the Salmon River in Idaho and are celebrating our 30<sup>th</sup> Anniversary in 2010 by offering this new exciting destination on the Main Salmon. Trips are 5 days of exciting river rafting, wilderness camping, fine fishing, and adventure travel. Our equipment is specially designed for wilderness whitewater rafting, and offers mild and wild boat choices (oar boats, paddle boats, inflatable kayaks and stand up paddling surf boards!). Our river guides are seasoned professionals, licensed by the state of Idaho and First Aid Certified. They are expert river runners, magnificent cooks, great storytellers, and knowledgeable, helpful outdoorsmen.

Join Middle Fork River Expeditions for a magical wilderness river vacation this summer!

**MEETING PLACE: Stagecoach Inn, Salmon, Idaho**

**MEETING TIME: 7:30 PM, the evening before your trip**

**RETURN PLACE & TIME: ~3-4:00 PM in McCall or 6-7:00 PM in Boise, Idaho**

**RIVER RATING: Class III**

**RIVER MILES: 82 river miles**

**PUT-IN: Corn Creek**

**TAKE-OUT: Carey Creek**

**AGE LIMIT: Minimum age is 5 (12 at high water)**

**TRIP LENGTH: 5 days**

## ITINERARY

☞ Please *arrive in Salmon, Idaho the night before the trip begins*. Salmon is an hour flight from Boise, which costs approximately \$190/person and can be arranged through Sawtooth Flying Service (800-798-6105). We have a pre-trip orientation at the Stagecoach Inn (208-756-2919) at 7:30pm the evening before the trip begins. We will get acquainted, answer questions, and have a short orientation to show you

Middle Fork River Expeditions, Box 70, Stanley, ID 83278  
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how to pack the waterproof gear bags we provide for your personal gear. *Please note flight from Boise to Salmon and lodging at the Stagecoach Inn is arranged on your own.*

### **DAYS 1 ~ 4**

Upon launching our rafts at Corn Creek, 3200 feet above sea level, we journey into the pristine heart of the Frank Church Wilderness, each day brings new discoveries: exciting rapids like Salmon Falls, Big Mallard and Growler, historical sites such as Buckskin Bill's homestead and Jim Moore's place (maybe you'll find the fortune he buried in the hillside!), and the much anticipated Barth Hot Springs. Avid hikers may enjoy a challenging climb to Rabbit Point, where the beautiful views are well worth the effort of getting there. The fishing is excellent during these days, and on trips in July and August, warm air and water temperatures encourage frequent refreshing dips in the river. Evenings find us relaxing by the campfire, playing horseshoes and listening to the river and watching for shooting stars!

### **DAY 5**

Today, as the Salmon River begins to parallel the forest service road, we conclude our adventure. Bidding farewell to the river and our guides, we'll take a 2 hour drive to McCall and then a 3 hour drive to Boise, arriving between 6:00 – 7:00 PM and drop you off at the airport or the Best Western Vista Inn (800-727-5006), located next to the Boise airport. If you would like we can also drop you off in McCall at the Super 8 Motel (208-634-4637) and overnight to meet your shuttled car or you can fly back to Salmon with Sawtooth Fly Service the next morning.

*(overnight at Super 8 Motel in McCall or Best Western Vista Inn in Boise not included)*

## **Dates (same dates every year)**

June 19-23

June 27- July 1

July 5-9

July 13-17

July 21-25

July 29-August 2

August 6-10

August 14-18

August 22-26

August 30- Sept 3

Sept 7-11

Steelhead fishing dates available late October, please call.

## **COST**

\$1500 (Kids Go Free 5-7, and \$750 for kids 8-11- limit 2 per family)\*

\* plus 3% USFS user fee & \$4.00 per day USFS fee demo

### **What's Included**

- ◆ ground transportation from Salmon, Idaho, to the river and to McCall, Idaho after the trip.
- ◆ meals from lunch Day 1 to lunch Day 5.
- ◆ expert leadership with seasoned professional river guides
- ◆ all camping equipment including 4-Man tents for 1-2 people & 2 dry bags, one for clothing and sleeping equipment and the other for smaller items to have access to during the day.
- ◆ sleeping bag, 2 pads (one 1" Ridgerest and one 1 ½" Therma-a rest), pillow & rain gear tops and bottoms.
- ◆ wetsuits or various sizes for June and early July trips.
- ◆ all commissary equipment for meals and camp.

- ◆ all rafting equipment, including oar boats, paddle raft, inflatable kayaks and inflatable stand up paddling boards (when river levels permit).

### What's Not

Flights to/from Salmon, Idaho; Motel in Salmon for night before the trip and night the trip ends in McCall; insurance (we strongly recommend you purchase Travelex trip insurance offered by Middle Fork River Expeditions, which includes trip cancellation insurance); optional tipping to guides (10-15%+ of trip cost) depending on level of satisfaction.

### Payments

Deposit: \$500.00 per person, required for confirmed reservation.

Balance: Payable 90 days prior to launch date.

### Cancellation Policy

Deposits and final payments are refundable (less \$150.00 service charge per person) if written notice is received 90 days prior to your departure date. With less than 90 days notice your monies are nonrefundable. If Middle Fork River Expeditions must cancel a trip due to water levels, weather conditions, wildfires or other circumstances, your payment will be forwarded to a future date and not refunded. Custom trips and groups of ten or more have a separate payment and cancellation policy.

### Travel to Salmon, Idaho

There is commercial air service to Boise, Idaho. You can then fly (1 hour) to Salmon, Idaho, where our trips begins.

Flight Boise to Salmon: Sawtooth Flying Services- 800-798-6105 or 208-342-7888. The cost is ~\$190 Boise/Salmon per person one way.

*Driving Option:* You can also drive to Salmon (6 hours from Boise or 3 hours from Missoula) and have your car shuttled to McCall. Cost for shuttle is ~\$260 plus ~\$60 in gas. River Shuttles - 800-831-8942.

\* Please note we will provide transportation from Salmon to the river put-in point on Day 1 and from the take-out point to McCall (3-4PM) or the Boise Airport (6-7pm) on Day 5.

### Lodging

Lodging is needed before and after your trip. We recommend:

Pre trip lodging - the Stage Coach Inn, Salmon, Idaho (208-756-2919) ***the day before your trip.***

Post trip lodging- Super 8 in McCall (208-634-4637) or the Best Western Vista Inn in Boise (800-727-5006) on Day 5.

*Please call them directly after you decide on a trip date or call us for help.*

### Orientation

Plan to arrive in Salmon, Idaho by early evening the day before your trip for our 7:30pm meeting at the Stagecoach Inn. We will get acquainted and answer questions, and have a short orientation to show you how to pack the waterproof bags (one large for sleeping kit and camp clothes and one small one for on-river gear) we provide for your personal gear.

## WHAT TO EXPECT

### Expert Leaders

Middle Fork River Expeditions attracts gifted guides for whom leading trips is their passion. Middle Fork River Expeditions guides positively elevate your experience by being educators, companions, and the best of friends. Most MFRE guides have 10 or more years experience on rivers and all are First Aid Certified and licensed by the Idaho Outfitters and Guides Licensing Board.

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## Boats & Rapids

The Middle Salmon rapids are rated 1 to 3 on a scale of 1 to 6. You'll run these rapids with the aid of experienced, professional, licensed guides. Most guests ride in our oar powered self-bailing rafts. For the more adventurous we run a paddle boat, no experience required as your boatman steers at the stern while you and your newfound friends paddle. And when water levels permit (usually in July and August only) you can try out our single or 2 man inflatable kayaks. This year we are bringing along an inflatable stand up paddle board to try around camp and in some of the flatwater sections.

River Requirements: Minimum age is 12 in June, and 5 in July and August. Please note, all participants must be able to swim, be in good physical shape and be able to self rescue.

## Hiking & Hot Springs

There is plenty of time and numerous opportunities to hike during your trip. Among the river's points of interest are the Golden Eagles nestled in the ledges above Little Squaw Creek; Barth Hot Springs where the early scow captains soaked their tired muscles; Campbells Ferry Pack Bridge; Jim Moore's Place an early day prospector and trader; Lemhi China Bar where from 1882 to 1884 oriental miners worked this bar extensively and Five Mile Bar the home of the river's most famous resident, "Buckskin Bill".

## Fishing

The Main Salmon has some great fishing opportunities. Fishing is for Cutthroat Trout, Rainbows and Small Mouth Bass. An Idaho State fishing license is required and may be purchased in Salmon, Idaho before the trip. Kids 14 and under can fish without a license.

## Fishing Dates

Please call and ask about our Steelhead Salmon fishing dates in late October.

## Camping

This is one of the best parts of the trip, to be lulled to sleep by the sound of the river. We provide all camping gear for you, including sleeping bag, 2 pads, pillow, 4-man tent, rain gear tops and bottoms and all camp equipment. In the evening, we set up a camp and have chairs to relax in for meals. We bring along a wilderness porta-potty and place it in a private place with stunning views. We practice Leave No Trace camping ethics, so you are sure to learn a lot about this on the trip and be able to take some of these new skills home with you. The Main Salmon is a very pristine river and there is no bathing allowed in the river and must be done above the high water mark with biodegradable soap. We do bring along a couple of sun showers for you to use if you wish.

## Food

We provide healthy and delicious meals, accompanied with lots of salads, fresh fruits and vegetables. We also use as much organic produce/products as is available in central Idaho. Our goal is to have you eat healthy meals so that you feel good and refreshed during the day with lots of energy for fun in this remote wilderness setting. If you would like a copy of our menu please call us. Vegetarian's welcome and meat eaters alike! There are also always snacks available during the day.

## Eco Focus

MFRE carbon offsets all our river trips through the purchase of Green Tags, which accounts for transportation to/from the river, as well as how much charcoal we burn. We also recycle everything from the trips (glass, plastic, aluminum etc.), including food waste which is fed to pigs at a local farm and/or composted or used in worm bins. We also recently purchased a 60 gallon vegetable oil tank to burn used cooking oil from the Mountain Village Restaurant in Stanley in our Ford F350 Diesel truck used to transport our equipment to/from the river. We also follow Leave No Trace Ethics and purchase all guest households a yearly membership to Idaho Rivers United, a non-profit organization whose focus is Salmon Recovery on the Salmon River.

## Weather

Idaho weather can be variable and vigorous. So come prepared with **warm and cold weather** clothing. There is no such thing as bad weather if you bring the right clothing. Synthetics are best for layering and keeping you warm in all weather conditions. Weather during the daytime is 75-95F and evenings 40-60F, depending on the weather. All June and Sept trips are typically cooler at night and you must bring warm gloves, ski hat and long underwear synthetic bottoms.

## Packing List

- Sleeping bag\*
- Thermarest sleeping pad\*
- Pillow\*
- Raingear (sturdy jacket and pants)\*
- Towel & personal toiletry items
- Biodegradable soap
- Sunscreen lotion
- Sunglasses with retainer & sun hat
- Bathing suit
- Wool or polypro socks - 2 pair
- T-shirts – 2 (one cotton for evenings and one synthetic for daytime)
- Long sleeved shirts – 2 (one cotton for evenings and one synthetic for daytime)
- Long pants – 2 (one cotton for evenings and one synthetic for daytime)
- Shorts – 2 (one cotton for evenings and one synthetic for daytime)
- Underwear – assorted (cotton and synthetic)
- Cold weather jacket & fleece sweater
- Shoes - one pair for camp & hiking
- Shoes - one pair for boat (tennis shoes or river sandals)
- Shoes- Flip Flops (optional- for drying out feet at camp)
- Fishing gear (rod in sturdy hard case)
- Fishing license (buy in Stanley at Mercantile)
- Camera
- Flashlight or headlamp
- Water bottle with carabiner to attach to raft
- Ziplock bags - handy for small items  
(isolate wet articles from rest of gear)
- Olay face wipes or other brand for cleaning face (optional)

\* We provide tents (4 man tents for 1-2 people), a sleeping kit (sleeping bag, 2 pads and a pillow) and rain gear (tops and bottoms) for all participants.