



## THE RIVER OF NO RETURN- IDAHO'S WILD AND SCENIC SALMON RIVER

Idaho's River of No Return accesses the most pristine and untouched terrain in the US, slicing through the 4.7 million acre Frank Church River of No Return Wilderness Area, the largest road-less area in the country. The River of No Return is famous for its large sandy beaches for camping, warm water for swimming, great trout fishing, fun and easy whitewater, and the best hot spring in the Pacific Northwest. No river displays all these characteristics quite like the Salmon's River of No Return. The River of No Return has recently become famous as the best stand-up paddle board river trip in the world for its warm water and fun wave trains.

Often called the River of History, the river corridor is chock full of historic miner's cabins, homesteads and Shoshone Sheepeater and Nez Pierce Indian pictographs. The early river runners called the Salmon River the "River of No Return" because the wooden scows run in the late 19<sup>th</sup> and early 20<sup>th</sup> century were scrapped at the end of their journey and used to build many of the cabins you see in the canyon. But the truth be told the Salmon is in fact a river you'll want to return to time and time again, and in fact not want to return home at the end of your adventure.

### AWARD-WINNING RIVER ADVENTURES SINCE 1953

Middle Fork River Expeditions has been in business for over 60 years and that is no coincidence. MFRE was chosen as one of the top 3 river outfitters in the world by National Geographic Adventure magazine in 2008 and 2009. We focus on our guests experience to not just see the river from a distance, but to experience it intimately with the leadership of experienced guides. With over 70% of our guests as past clients or referrals from past river travellers we guarantee a world-class river adventure. Our mission is to allow river travellers the opportunity to unplug from modern society and reconnect to oneself, family, and friends through nature's lens. This adventure allows you to have a digital detox from technology and reconnect to a more simple and fulfilling pace of life. There is no Wi-Fi in the wilderness, but we promise you will find a better connection.

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 paddle boards). We also bring along a historic wooden handmade river dory on most departures. Our river guides are seasoned professionals, licensed by the state of Idaho and First Aid and Swiftwater Rescue V certified. They are expert river runners, magnificent cooks, great storytellers, and knowledgeable, helpful outdoorsmen and friends.

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

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# ITINERARY

☞ Please *arrive in Salmon, Idaho the night before the trip begins*. Salmon is a 5-hour drive from Boise and a 2-hour drive from Missoula. 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 how to pack the waterproof gear bags we provide for your personal gear. *Please arrange with River Shuttles (208-756-4188) to shuttle your vehicle from the Stagecoach Inn to Carey Creek, which is the take-out for the river. Please note lodging at the Stagecoach Inn is arranged on your own.*

## **DAY 1**

We meet at 7:30am at the Stagecoach Inn for a 2-hour bus ride to the Corn Creek put-in for the Salmon River of No Return. We will stop after 45 minutes to get last minute items (fishing licenses, beer, sunscreen etc.) at the North Fork Store. Upon launching our rafts at Corn Creek, 3200 feet above sea level, we journey into the pristine heart of the Frank Church River of No Return Wilderness Area. We will encounter Killum and Gun Barrel rapids today, which are both easy class III wave trains. This river calls to adventure seekers, who can choose between the paddle raft, inflatable kayaks or stand-up paddle boards. Or you can ride comfortably on an oar raft in our luxurious “Queen of Sheeba Paco Pad Couch” and take in the scenery. The fishing is excellent for novice and experienced anglers alike. 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, listening to the guides sing and play guitar and watching for shooting stars.

## **DAYS 2 ~ 5**

Each day brings new discoveries: exciting rapids like Black Creek, Big Mallard, Bailey, 5 Mile, Split Rock, Elkhorn and Growler rapids, 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 hikes to Rabbit Point or Indian Creek, where the beautiful views are well worth the effort of getting there. We will stop and visit with several families that live along the river year round and they will share their stories of living “off the grid” in the wilderness and take us on a tour of their homesteads. We may get the chance to try on bear, bobcat and wolf head dresses at our stop at Yellow Pine homestead.

## **DAY 6**

We float for 5-6 miles this morning after running challenging rapids like Chittam and Vinegar Creek and arrive at the take-out at Carey Creek around 9-10am. Please have your car shuttled from the Stagecoach Inn in Salmon to Carey Creek with River Shuttles (208-756-4188). The cost is ~\$360 plus \$50 gas. The drive from Carey Creek to Boise or Missoula takes 5-6 hours. Do not schedule any flights before 7pm this evening. A good option is to drive 2 hours and overnight in McCall, and drive the remaining 3 hours the next morning to Boise for flights after 1pm. The Super 8 in McCall (208) 634-4637 has clean rooms or the Hotel McCall (866-800-1183) is more expensive and a very nice small luxury hotel in heart of town.

**Dates & Pricing\*** (Go to MFRE website for current availability)

**June 27- July 2**

**July 5-10**

**July 13-18**

**July 21-26**

**July 29- Aug 3**

**Aug 6-11**

**Aug 14-19**

**Aug 22-27**

**Aug 30-Sept 4**

**Sept 7-12**

**+ We can offer private trips (12 or more people) at any time in May, June and Sept and October.**

\* Children 6-16 years old get a \$200 discount. Groups of 8 or more receive a 10% discount.

\* \$4.00 per day Forest Service Recreation Enhancement Act and 3% Forest Service Fees included

### What's Included

- ◆ ground transportation by bus from Salmon to the river Day 1.
- ◆ meals from lunch Day 1 to lunch Day 6.
- ◆ expert leadership with seasoned professional river guides who are Wilderness First Aid and Swiftwater Rescue certified.
- ◆ all camping equipment including 4-man tents for 1 or 2 people, large rectangular 20F sleeping bag, 2" sleeping pad and camp pillow.
- ◆ 3 dry bags: one for camp clothing, one for sleeping kit (pillow & sleeping bag) and one small dry bag for items to have access to during the day like sunscreen, rain gear, camera etc.
- ◆ all commissary equipment for meals and camp.
- ◆ all rafting equipment (life jackets, helmets, paddles etc.)
- ◆ all water craft including oar boats, paddle raft, inflatable kayaks and inflatable stand up paddle board (when river levels permit).
- ◆ MFRE mug and water bottle with carabineer to use and take home after trip.

### What's Not?

Getting to Salmon, Idaho; Stagecoach Inn in Salmon for night before the trip; car shuttle from Stagecoach Inn to Carey Creek take-out (~\$360/car plus \$50 gas); recommended travel insurance (see below); 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 120 days prior to launch date.

### Cancellation Policy

Deposits are refundable (less \$150.00 service charge per person) if written notice is received 120 days prior to your departure date. With less than 120 days notice from your departure date your monies are nonrefundable. If Middle Fork River Expeditions must cancel a trip due to water levels, weather conditions, wildfires or any other circumstances, your trip will be refunded or re-scheduled for the same date the next summer. ***We highly recommend all participants to purchase Travel Insurance (see below).*** Custom trips and groups of ten or more have a separate payment and cancellation policy.

### Travel Insurance Recommended

We highly recommend trip insurance for your trip, which must be purchased at least 21 days after we receive your deposit. Go to the "Dates and Prices" section of the MFRE website and click on the TravelEx logo and it will take you to the site to sign up. You can also choose other Travel Insurance products.

### Travel to Salmon, Idaho

There is commercial air service to Boise, Idaho or Missoula, Montana. Then rent a car and drive to Salmon (5 hours from Boise or 2 hours from Missoula). *Please arrange with River Shuttles (208-756-4188) to shuttle your vehicle from the Stagecoach Inn in Salmon to Carey Creek, which is the take-out for the river. Please note lodging at the Stagecoach Inn (208-756-2919) is arranged on your own.*

\* Please note we will provide transportation from Salmon to the river put-in point on Day 1.

## Lodging

Lodging is needed the night before your trip in Salmon. We will meet at the Stagecoach Inn (208-756-2919) at 7:30pm the night before your trip begins. At the end of the trip, the Super 8 in McCall (208) 634-4637 has clean rooms or the Hotel McCall (866-800-1183) is a more expensive and a very nice hotel. *Please call them directly after you have signed up for the trip.*

## 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, answer questions, and have a short orientation to show you how to pack the waterproof bags (one large for sleeping kit, one for 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.

### River Craft Options

MFRE prides itself in offering more river craft options than any other company on the river. We rotate guests into various river craft depending on your desire for the day. Most guests ride in our oar powered rafts. For the more adventurous we run a paddle raft, no experience required as your guide steers at the stern while you and other guests paddle up front. When water levels permit (usually July thru Sept only) you can try out our single inflatable kayaks or an inflatable stand up paddle board for thrill seekers.

River Requirements: Minimum age is 12 in May/June, and 6 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. Visit Barth Hot Springs, known as the best hot spring in the Pacific Northwest; Sue and Greg Metz at Yellow Pine homestead, Doug and Phyllis Tims at Campbells Ferry homestead; 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 River of No Return 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. Spinners or Fly Rods work. It is not catch and release so we can eat the fish if you wish. Kids 14 and under can fish with no license. To get your license in advance, go to <https://id.outdoorcentral.us/>.

### 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 a large rectangular sleeping bag, 2" Paco sleeping pad, camp pillow, 4-man tent (for 1 or 2 people only), and all camp equipment. In the evening, we have chairs to relax in for meals and around the campfire. 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.

## Bathing and Swimming

The River of No Return is a very pristine river and there is no bathing allowed in the river and all bathing must be done above the high water mark, at least 100 feet from any water source and with biodegradable soap. We bring along a couple of sun showers for you to use if you wish. We also have collapsible buckets that you can fill with hot spring water after soaking and can lather up away from the hot spring and have a friend gently pour it on your head. There are some great swimming holes and rock jumps on the river that are always optional. No diving is allowed and life jackets must be worn at all times when swimming. As this is a free flowing snowmelt river drainage, the water temperature is cold in May/June (45-55F) for swimming, refreshing in July (65-75F), and comfortable in August (75+F).

## 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. Vegetarians, Gluten Free and Paleo diets welcome and meat eaters alike. There are also always snacks available during the day. Our past guests rave about our menu and dutch oven delights.

## Drinks

We offer drinking water at all times as each raft has a water cooler as well as electrolyte crystals during lunch. For evening we provide soda such as Coke, Diet Coke, Izze and San Pellegrino. We provide limited (1-2 glasses) red and white wine in the evenings. We do not provide beer and you are free to bring some, just make sure **beer is in cans only**. For those who want more than a couple of glasses of wine at night, you can bring more wine if you wish and glass is ok. Hard liquor can be brought in glass as well.

## 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 70-95F and evenings 50-60F. The easiest way to think of river trip clothing is having both daytime "river" clothes which are synthetic and dry camp clothes which are cotton and more comfortable. The daytime clothes will be wet and your camp clothes will be dry. Have a back up set for both and you will be very well prepared. Below is our recommended clothing and equipment list. If you bring what's on the list you will be all set for the trip.

## Clothing and Equipment List

### We Supply

- Large rectangular sleeping bag (rated 20F)
- 2" thick sleeping pad
- Pillow (this is a camp pillow- 10" x 12", so if you want a full sized pillow please bring it).
- 3 Dry Bags (1 for sleep kit, 1 for evening gear, 1 small for daytime gear)
- Kelty Gunnison 4.1 tents (4 man tents for 1-2 people)
- Life Jacket
- Helmets (for inflatable kayaks, paddle raft and stand up paddle board only)
- All water craft and commissary equipment, including camp chairs
- MFRE coffee mug and water bottle with carabineer– a gift for you to take home

## You Bring

- Towel or sarong (good for sun or drying off)
- Personal toiletry items
- Biodegradable soap (no bathing within 100 feet of any water source is allowed)
- Sunscreen lotion and chap stick
- Sunglasses with retainer
- Sun hat (baseball hat ok, but larger full brim better with chin strap is better)
- Bathing suit
- Socks - 4 pair (2 cotton for camp, 2 synthetic for hiking)
- T-shirts – 3 (two cotton for evenings and one synthetic for daytime)
- Long sleeved shirts – 2 (one cotton for evenings and one synthetic SPF sun shirt for daytime)
- Long pants – 1 (jeans for evening)
- Shorts – 2 (one cotton for evenings and one synthetic for daytime)
- Underwear – assorted (cotton for evening and silk/synthetic for daytime)
- Rain jacket
- Medium weight fleece or sweater
- Shoes – dry shoes for camp (lightweight hiking boots or tennis shoes)
- Shoes – river shoes (Tekstra or Keens with toe coverage is best but Teva's will work too)
- Camera and spare battery
- Flashlight or headlamp (way better for getting into dry bags at night!)

## Optional

- Ziploc bags - handy for small items or to isolate wet articles from rest of gear
- Rain pants
- Olay face wipes or other brand for cleaning face
- Fishing fly rod in sturdy hard case
- Fishing license (only if you are fishing)
- Shoes- flip flop sandals (for drying out feet at camp)
- May/June & Sept/Oct trips- bring a ski hat and camp gloves, 1 pair of synthetic long john top and bottoms.