

### Welcome!

Our 8 day Idaho Rowing School promises to be a true adventure! This is a great course for those who want to develop rowing skills for private trips, for those who want a little guidance as they delve into extended wilderness excursions, or for those who just want to row a raft and enjoy eight days in one of the west's most majestic canyons. The Main Salmon offers excellent solitude, camping and hiking, as well as fun and exciting rapids. It is a great place to be and a wonderful place to learn how to row a raft.

Our 8 days will be spent covering over 80 miles of river between Corn Creek and Carey Bar. The Main is a large-volume river with a variety of Class II and III+ rapids. Generally, the rapids are long and wide with big waves and holes although there are some that require more technical maneuvering. Strong eddies and good expanses of smooth current provide valuable time to practice ferrying and eddy-catching techniques. We will take advantage of the warm, late-season flows to practice swimming, self-rescue techniques and righting flipped rafts. We will also have time to enjoy numerous off-river activities including soaking in hot springs, visiting historical sites, and taking adventure hikes. While our primary purpose will be to learn and improve our rowing skills, many students enjoy the off-river aspects of the school as much as the on-river portions; come prepared for a full and fulfilling adventure.



### Meeting Time and Place:

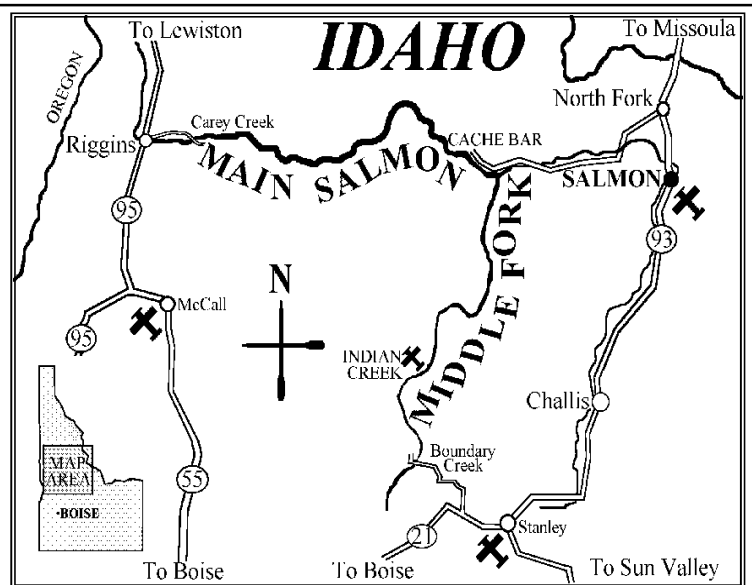
All trip members will meet at 8:00 pm **the evening before the trip begins** at the Stagecoach Inn (208/756-4251) in Salmon, Idaho. The Stagecoach is located at the north end of town, just across the bridge over the Salmon River. At the pre-trip meeting the lead instructor will distribute waterproof dunnage bags, give trip and shuttle information and answer any last-minute questions.

### Transportation:

The school begins in Salmon and ends in McCall. Students who drive may have their cars shuttled to McCall by an independent shuttle service; arrangements can be made at the pre-trip meeting. If you wish to fly, Southwest, United and other major carriers have service into Boise and McCall Aviation (208/634-7137 or mcallaviation.com) offers flights from Boise to Salmon and McCall for around \$190 per person each way. Local motels can provide airport pickup and drop-off. See separate Transportation Options page for more details.

### Accommodations:

Lodging before the trip is good at the Stagecoach Inn (208/756-4251), Super 8 (208/756-8880) or at the Motel DeLuxe (208/756-2231). After the trip, lodging is available in McCall at the Western Mountain Lodge, (208/634-6300), or Hotel McCall (good downtown location, 208/634-8105). For those returning to Boise the evening the trip concludes, accommodations are good at the Best Western Vista Inn (800/528-1234) which is by the airport. Pre- and post-trip accommodations are not included in the trip and all reservations should be made well in advance.



### Itinerary:

**August 16:** Pre-trip meeting at 8:00 pm at the Stagecoach Inn in Salmon.

**Day 1:** We will reconvene at the Stagecoach Inn and travel by van to the launching point on the Main Salmon, (2-3 hours). After a thorough safety orientation, we will head downriver. The first day has a few small rapids (Killum and Gunbarrel) and plenty of places to practice basic skills. We will make camp in the evening, distribute camp chores, and have time for relaxation, exploration or education.

**Days 2 - 7:** We will continue downriver, traveling about 10 miles per day, plenty of distance to work on ferrying, pivoting, and catching eddies. Each day will present new challenges, both in terms of whitewater and instructional topics such as rigging, safety, repair, self-rescue, interpretation and swiftwater swimming. The most difficult rapids (including Split Rock, Big Mallard and Elkhorn) will come on days 5 and 6. As the school progresses, students will take a more active role in the day-to-day logistics and decisions; instructors will offer advice and encouragement and will present challenging scenarios but leadership and judgment will be emphasized.

**Day 8:** We will take-off the Main around mid-day, de-rig, load the trailer and drive to McCall. The school will end with an early evening celebration dinner at a local restaurant. Due to the unpredictable nature of the school and the potential for delays, we recommend spending this last night (August 24th) in McCall.

**After the school:** We are looking for interesting, hard-working people to work for us as guides. If you are qualified and interested, we will give you the opportunity to join ARTA as an Assistant Guide (unpaid position on a commercial crew), to further your training and prepare you for a guiding career.



## Personal Equipment List

**CAMP ITEMS:** These will be packed in your dunnage bag or left in camp and will not be available during the day.

- Sleeping bag, (down or synthetic, rated to 30°)
- Closed-cell foam or self-inflating sleeping pad, (ensolite or Thermarest)
- Lightweight tent, (free-standing is better), and/or tarp or ground cloth
- 2-3 complete changes of clothing including underwear and socks, (versatile pants and shirts, cotton is fine, synthetic fleece is better)
- Camp shoes, (walking/running/cross-training shoes, comfortable enough to walk and hike in)
- Towel and biodegradable soap and shampoo
- Personal hygiene items, medicine (twice the amount needed), insect repellent, skin lotion, etc.
- Warm jacket, (thick fleece is great - will work on-river as well - or durable coat)
- Rain gear, top and bottom, (can double as on river gear)
- Flashlight with extra batteries (headlamps are great)

**RIVER ITEMS:** These will be worn or taken on the river

- 2 - 3 swimsuits or shorts and T-shirts, (nylon quick-drying shorts are best)
- Athletic sandals with heel strap or tennis shoes & fleece socks or hard-soled wetsuit booties  
**(NO FLIP-FLOPS OR SLIP-ONS)**
- Polypropylene pile or fleece top, **(required)**
- Waterproof rainshell, **(required)** and rainpants
- Polypropylene pile or fleece pants (encouraged)
- Brimmed hat, (baseball caps work well)
- Long-sleeved shirt for sun protection (cotton ok)
- Waterproof sunscreen/block (SPF 25), lip balm
- Sunglasses with strap, (maybe not your best)
- Small water bottle, 1 quart, **(required)** - even if its just an empty plastic Gatorade bottle)
- Cycling gloves, fingerless

### OPTIONAL ITEMS:

- Camera
- Small daypack, "dry bag", or ammunition box
- Book, sketch pad, journal, etc.
- Musical instrument or game you enjoy sharing

## Getting the Right Gear

The most important thing you can do to get ready for your school is to obtain the proper personal equipment. Your enjoyment and ability to learn will be greatly increased if you are comfortable and prepared.

**On hot days**, you will want things that will protect you from the sun and dry quickly. On the river you'll wear nylon shorts or a bathing suit, (women will want to wear shorts over their bathing suit), and a T-shirt or lightweight cotton shirt, (along with plenty of sunblock), with your rain gear and fleece nearby. In camp, fleece will be handy in the mornings and evenings.

**On cool days** and some mornings, you'll want to layer your clothing; one or two layers of pile or fleece covered with waterproof, (not just water-repellant), rain gear. During inclement weather, your fleece/raingear outfit will be indispensable, so get something reliable. We recommend that every student have a midweight polypropylene long underwear top and bottom, a thick fleece jacket or pullover, (at least one), and a sturdy rainshell and rain pants. Fleece garments (polartec, pile, or polarfleece), and poly-propylene long underwear are great on river trips; we recommend a variety of thicknesses.

**On your feet**, you will want shoes that will stay on while swimming and be comfortable while hiking. Sport sandals, (Tevas, Chacos, Keen, etc.) work well; look for buckles as opposed to velcro, which isn't as reliable. Old tennis shoes work fine and can be used with fleece socks on cold days.

Finding the right gear is getting easier. Fleece and pile garments are available at most department stores as well as through LLBean, ([www.llbean.com](http://www.llbean.com)), and REI, ([www.rei.com](http://www.rei.com)). Great deals on fleece and rain gear (as well as dinner wear) can also be found a thrift stores, (recycle, reduce, reuse!)

### Rental Equipment:

ARTA has the following gear available for rent during the school:

- 35° Sierra Designs polarguard bag with cotton liner, self-inflating pad and tarp = \$50 each
- Sierra Designs Comet free-standing tent = \$50

Please reserve rental gear well in advance; we have a limited supply.

### Weather:

The weather in late August in the Main Salmon canyon is usually mild; however, like all mountain regions, the area is susceptible to sudden storms. Afternoon thundershowers, can be encountered at any time, and we strongly recommend good rain protection for both day and night. Temperatures range from the 70's to the 90's during the day, dropping into the 50's at night; extremes may be 10 degrees higher or lower. The water on the Main is a pleasant 65 degrees.

### Fishing:

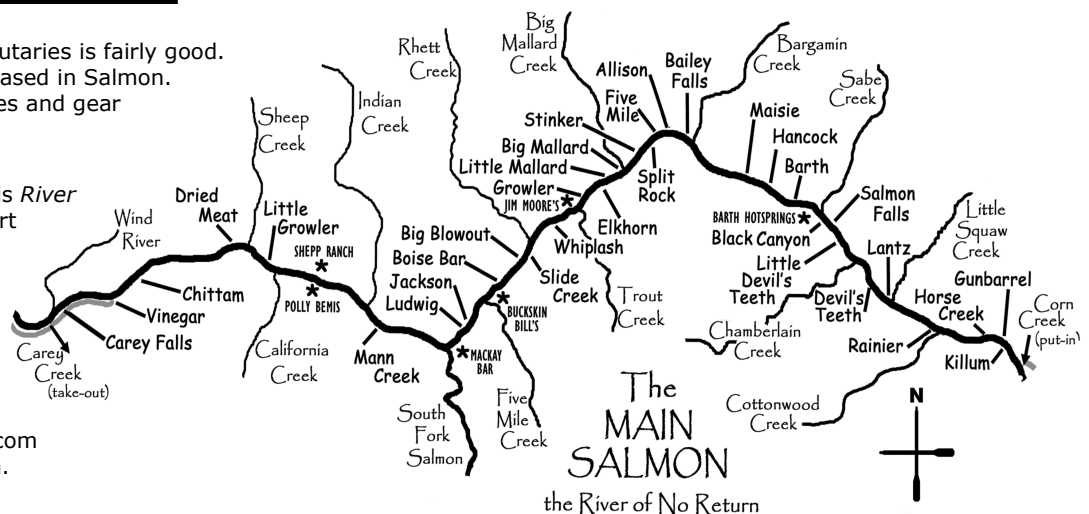
Fishing on the Main Salmon and its tributaries is fairly good. Licenses are required and can be purchased in Salmon. Rods should be protected in sturdy cases and gear should be kept to a minimum.

### Suggested Reading:

A great book to have along on the trip is *River of No Return*, by Johnny Carrey and Cort Conley which is available online. Excellent maps of the Main are available at local shops in Salmon.

### Insurance:

We strongly recommend that you purchase short-term travel insurance prior to your trip. Contact USI Travel Insurance Services ([www.travelinsure.com](http://www.travelinsure.com) or 800-937-1387) for more information.



The  
MAIN  
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