



MIDDLE FORK & MAIN SALMON RIVER WILDERNESS & TRAVEL MEDICINE CONFERENCE

June 11-17, 2021

This trip has it all! 200 miles in 7 days?! Are you kidding me? It is easy to do as the river is high and flowing fast! The Middle Fork of the Salmon River is the premier wilderness rafting trip in the US. It's gin clear water flows 100 miles of Wild and Scenic free-flowing river, through the largest roadless wilderness area in the US and in a canyon that is deeper than the Grand Canyon. It has half a dozen natural hot springs throughout the canyon, blue ribbon trout fishing, and more than 100+ rapids grade I-III (IV in June). Often called the River of No Return, the Main Stem of the Salmon River is chock full of historic miner's cabins, homesteads and Shoshone Sheepeater and Nez Pierce Indian pictographs and pit houses. The early river runners called the Salmon River the "River of No Return" because the wooden scows run in the early 20th century were scrapped at the end of their journey and used to build many of the cabins you see in the canyon.

On this epic 200 mile adventure in 7 days (average 28.5 miles a day) we bring Oar Rafts and Paddle rafts only. The river is high and is running between 8-12 miles an hour, so we can make the long miles easily and have lots of time for side hikes and exploring the canyon's many sites, vistas, waterfalls and hot springs. The rapids are big and splashy this time of year. The river is cold (45-50F) so we provide wetsuits, waterproof socks and gloves and splash gear tops and bottoms for the daytime. You need to come prepared for cold weather but it is often really nice with air temps in the 70's and even low 80's if it's sunny.

The Middle Fork of the Salmon and the Main Stem of the Salmon is an unspoiled, remote and pristine wilderness much as it was 100 years ago or more. 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 much deeper connection.

Join Middle Fork River Expeditions for a magical Wilderness & Travel Medicine river conference!

ITINERARY

☞ Please **arrive in Stanley, Idaho on June 10**. Stanley is a 45-minute flight or 3-hour drive from Boise or a 1-hour drive from Sun Valley. We have a pre-trip orientation at the MFRE Warehouse at **8:30pm the evening before the trip begins**. The MFRE warehouse is located next door to the Triangle C Cabins on Highway 21 in Stanley. We will get acquainted; answer questions, and have a one-hour orientation to show you how to pack the waterproof gear bags we provide for your personal gear. For rooms we recommend the Triangle C Cabins (208-774-2266) that has clean cabins good for families for the evening before your trip and on Day 6 of your trip. We also have priority pre-season bookings at the Mountain Village Lodge (800) 843-5475 from Oct 1 until Dec 31, after which they open to the public. Please mention you are with MFRE when you book prior to Dec 31 otherwise they will not allow you to book. Another good choice is the Sawtooth Hotel (208-721-2459).
(Overnight in Stanley is not included)

DAYS June 11-15

We meet this morning at 8am at the MFRE warehouse and depart 1-½ hours by bus to the river. You can leave your car parked at the MFRE warehouse in Stanley during the trip. Upon launching our rafts at Boundary Creek, 6000 feet above sea level, you'll enter an enchanted forest of fir and spruce that scents the high mountain air. Sparkling clear waters careen through boulder-choked rapids with names such as Sulphur Slide, The Chutes, Velvet Falls, Powerhouse, Pistol Creek and Tappan Falls. Stops at mountain hot springs and pioneer homesteads provide the perfect balance to the on-river excitement. Evenings find us eating gourmet river meals relaxing by the campfire, playing horseshoes and listening to the river and watching for shooting stars!

As we drop in elevation, the river widens and the spruce forest opens to vistas of pine-studded mountains and we enter Impassible Canyon, where no trails can be cut as the sheer walls go up over 3,000 feet. This section of river is deeper than Grand Canyon. We will navigate fun whitewater such as Haystack, Bernard, Earthquake Rock, Jack Creek, Cutthroat Cove, Redside and Weber rapids. Between rapids, you'll drift quietly over deep pools of transparent water, home to native cutthroat and rainbow trout. Hikes underneath Waterfall Creek and up to Veil Falls are highlights for many of our guests.

The last day on the Middle Fork has some of the best and biggest rapids of the trip, including Hancock and Rubber rapids before reaching the confluence with the Main Salmon. We run Cramer Creek Rapids before wading to the normal Middle Fork take-out and we continue downstream past the normal put-in point for the Main Stem. We will encounter also Killum, Gun Barrel and Alder rapids today, which are all fun class III wave trains. We plan on taking a dip in Barth Hot Springs before heading to camp. This is one of the finest hot springs anywhere with incredible views of the river from above.

June 16

Big rapid day: exciting rapids like Black Creek, Bailey, 5 Mile, Split Rock, Big Mallard, Elkhorn and Growler rapids, historical sites such as Yellowpine Bar, Campbell's Ferry, Buckskin Bill's homestead, Jim Moore's place (maybe you'll find the fortune he buried in the hillside). We may 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. Visit with Sue and Greg Metz at Yellow Pine homestead, Doug and Phyllis Tims at Campbell's Ferry homestead and Five Mile Bar, the home of the river's most famous resident "Buckskin Bill". Hike up Indian Creek to visit very rare 2,000 year old Yew trees, also called the immortal tree, which the Plains Native Americans used to make longbows from the wood.

June 17

We float for ~20 miles this morning and run challenging rapids like Chittam and Vinegar Creek and arrive at the take-out at Carey Creek around 12 noon. We will do lunch at the boat ramp and take a school bus to McCall about 2 hours away. We can drop you off at your vehicle you had shuttled to McCall from Stanley or we can drop you off for a 3pm flight to Boise or back to Stanley thru Sawtooth Flying Service. They can be reached at (512) 657-9115).

If you choose to shuttle your rig and not fly please arrange with River Shuttles to shuttle your vehicle from the MFRE Warehouse to McCall. The cost is ~\$300/car and \$50 gas deposit. Please make the reservation for this immediately after booking your trip to be sure they have enough drivers to do your shuttle. www.rivershuttles.com

What's Included

- ◆ ground transportation by school bus from Stanley to the river and from Carey Creek to McCall after the trip after the trip.
- ◆ meals from lunch Day 1 to lunch Day 7.
- ◆ 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, splash gear tops and bottoms, farmer john wetsuits, and waterproof socks and neoprene gloves (if needed in June/early July).
- ◆ 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 and paddle rafts
- ◆ MFRE mug to use and take home after trip.

What's Not?

Flights to/from Stanley, Idaho; Motel in Stanley for night before the trip; Car Shuttle from Stanley to McCall (www.rivershuttles.com); flight into Indian Creek if needed (~\$130/person); travel insurance (we strongly recommend); optional tipping to guides (10-15%+ of trip cost) depending on level of satisfaction.

Travel to Stanley, Idaho

There is commercial air service to Boise, Idaho. Then you have 3 options to get to Stanley.

- 1) Rent a car and drive (131 miles or 3 hours)
- 2) Shuttle Service with Caldwell Transportation (131 miles or 3 hours)
- 3) Fly (45 minutes) with small 5 and 9-seater airplanes

Drive: Rental cars - Budget, Payless, Alamo, Hertz, Avis. Cost around \$300/week.

Shuttle: Caldwell Transportation- 800-727-9925- departs at 4pm from Boise airport and 7am from Stanley. Reservation must be made 48 hours in advance. Cost is \$85/one way or \$165 roundtrip.

Fly: Sawtooth Flying Services- 800-798-6105 or 208-342-7888. ~\$335 Boise/Stanley per person roundtrip. Please call in advance to reserve these flights.

Sun Valley Option: Another option is flying into Sun Valley (Hailey Airport) and take a taxi (~\$150/van one-way) to Stanley, which is ~1 ½ hours north. It costs more to fly to Hailey than Boise but more convenient. Wood River Taxi in Hailey- 208-788-TAXI.

Orientation

Plan to *arrive in Stanley, Idaho on June 10 for our 8:30pm meeting at the MFRE warehouse*, located ¼ mile west on hwy 21 from the Mountain Village Resort on the left hand side of the street, between the Triangle C Cabins. There are three MFRE wooden oars at the driveway entrance. We will get acquainted and answer questions, and have a 1-hour orientation to show you how to pack the 3 waterproof bags we provide for your personal gear. Please have dinner before the meeting. The next morning we depart at 8am.

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 as guides, all are First Aid and Swiftwater Rescue Certified, and are licensed by the Idaho Outfitters and Guides Licensing Board.

Rapids

Middle Fork rapids are rated 1 to 4+ on a scale of 1 to 6. In our state-of-the-art whitewater rafts, you'll run 100+ rapids with the aid of experienced, professional, licensed guides. River Requirements: Minimum age is 12 in June. Please note, all participants must be able to swim and be in good physical shape.

River Craft Options

MFRE provides oar raft and paddle rafts. Guests rotate into the particular craft based on what they feel like doing that day and also what difficulty the section of river is etc. Most guests ride in our oar powered rafts which is driven by the guide. 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.

Hiking & Hot Springs

There is plenty of time and numerous opportunities to hike and visit hot springs during your trip. All hikes during the day can be done in your river shoes and not hiking boots. The Middle Fork Trail runs 80 miles along the Middle Fork, so there is always the option to hike or run along the trail from most campsites and hiking boots can be used from camp for these hikes. There are half a dozen hot springs in the river corridor and we camp at or near at least one during our trip. Time and logistics permitting we hike to waterfalls, scenic grottos, native Shoshone Sheepeater pictographs, or historic hermit cabins in a given day.

Fishing

Fishing is not ideal but possible in June. The water quality can vary quite a bit. Special fishing regulations protect the Middle Fork and help restore the fish population - (catch-and-release, no live bait, single barbless hooks.) On the Main there is less regulation so you can catch and keep but we don't promote that as we have so much food on the trip already. An Idaho State fishing license is required and may be purchased in Stanley, Idaho before the trip at the Mountain Village Mercantile. The best fishing shop in Stanley is the Stanley Fly Shop (208-721-7151) and you can purchase licenses, flies and all your fishing needs in one professional shop. To get your license in advance, go to <https://id.outdoorcentral.us/>. We will send you a recommended fly fishing tackle list a couple of weeks before the trip or you can request one anytime.

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, small camp pillow and 4-man tents (for 1 or 2 people only). Guests are expected to set up their own tent but guides are always available to help single travellers' or guests that need help. 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 Middle Fork 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 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 too cold in June (40-50F) for swimming, other than a quick plunge if it is hot.

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 non-sugary drinks like La Croix. If you like Coke and Diet Coke you can bring some on the trip if you wish. We provide limited (1-2 glasses/person) 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 70-90F and evenings 40-60F. 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. If it rains at camp we set up large tarps so everyone stays dry and have a roaring fire to keep warm if it’s chilly. During the day, the oar rafts have large umbrellas that can be used in addition to your splash gear.

MFRE Clothing and Equipment List

We Supply

- Large rectangular freshly washed sleeping bag (rated 20F)
- 2” thick “Paco” sleeping pad
- Pillow (this is a camp pillow- 10” x 12”, so if you want a full sized pillow please bring it).
- Splash gear (jacket and pants) for daytime
- 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)
- Farmer John wetsuit
- Waterproof socks and neoprene gloves
- Life Jacket (Type V)

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- Helmets (for paddle raft only)
- All water craft and commissary equipment, including camp chairs
- MFRE coffee mug– a gift for you to take home

You Bring

- Sarong or quick dry towel (good for sun, drying off or changing clothes)
- Water bottle with carabiner
- Personal toiletry items
- Biodegradable soap (no bathing within 100 feet of any water source is allowed)
- Sunscreen lotion and chapstick
- 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 – 2 (1 jeans/1 synthetic- for evenings)
- Shorts – 2 (one cotton for evenings and one synthetic for daytime)
- Underwear – assorted (cotton for evening and silk/synthetic for daytime)
- Rain jacket (we provide splash gear tops and bottoms for daytime but nice to have a dry rain jacket at camp)
- Medium weight fleece or puff ball hoody
- 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
- Headlamp (better than flashlight for getting into dry bags at night!)
- Ski hat
- Camp gloves
- 2 pair synthetic long johns- tops and bottoms
- fleece type pants

Optional

- Ziploc bags - handy for small items or to isolate wet articles from rest of gear
- 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)
- Full sized pillow