

Words and Clay: Women Create

6 Days/5 Nights with Page Lambert
and Featured Guest Roxanne Swentzell



Cataract Canyon

River Trip Information

Cataract Canyon through **Canyonlands National Park** is a journey into a spectacular, remote wilderness. This quality multi-faceted adventure is the ideal balance of serenity, fascination, and exhilaration.

While Cataract Canyon has some of the biggest and most challenging whitewater in the United States during the spring, Page's special late-season trips offer a slower pace and include a lay-over day to allow more time for creative exploration. Page is thrilled that her good friend Roxanne Swentzell (a recipient of New

Mexico's Living Treasure Award) will once again be her featured guest on the river. Journals, water-resistant pouches, clay and sculpting tools, are provided. At the end of each day, private beaches are transformed into a home-away-from home. After a delicious dinner, everyone gathers under the stars to visit about the day and "pass the story stick," a tradition Page began 24 years ago on her first river writing journey for women.

The trip concludes with a scenic flight over majestic Canyonlands National Park, where you will have an eagle eye's view of the winding river down which you floated.

Sample Itinerary

Pre-Trip Orientation: 5:00 pm the day BEFORE departure: We will meet at the Sheri Griffith Expeditions Office, located at **2231 South Highway 191 in Moab**. Here you will learn what to expect and prepare for, receive your dry bags, confirm that you have signed Assumption of Risk forms, and get a chance to ask additional questions.

Day 1

7:30 AM--Meet at Sheri Griffith Expeditions Office **2231 South Highway 191** in Moab. Your bags will be loaded onto the boats, your cars will be parked safely in our fenced and gated yard, and your valuable will be safely stored before you load into the van or bus for the ride to the put-in.

8:00 am--Depart for Cataract Canyon. There is

a 45-minute drive from Moab to the Potash Boat Ramp, where we will start our river journey.

8:30 am--We will arrive at the Potash Boat Ramp, where we will put on and size the PFDs (Personal Floatation Devices). We will have a brief safety discussion and then board the boats and start our journey.

Mid-day--We will stop for a "Build Your Own" Sandwich Buffet lunch at one of the beaches along the river.

4:00 pm--We'll pull over for the evening and set up camp. Guests will set up their own tents and sleeping gear while the guides work on setting up the kitchen and "living room" and then start dinner. Creative facilitation, using words and clay as our raw materials and the wild landscape as our inspiration, will be woven into each day.

Overview

- Orientation: 5:00 pm on the evening prior to departure
- 6 Full Days: 8:00 am - 5:00 pm
- Class III - V whitewater (water level dependent)
- 96 River Miles
- 30 Named Rapids
- Oarboats
- Tents, sleeping bags, sleeping pads and chairs are all included
- All Women Guides, All Women Guests

Whitewater Rafting does include inherent risks, including the possibility of a boat flipping over or a prolonged unplanned swim. Please contact our office for more information about the potential risks of your trip.

The Sheri Griffith River Expeditions Mission:

Enhance and Enrich People's Lives through Outstanding Outdoor Adventures.



Cataract Canyon offers some of the most Challenging Whitewater in the Western United States!

Meals are healthy and plentiful!



Tips From the Pros:

Packing for a river trip can be daunting. Here are some items that our guides highly recommend:

- Disposable Moist Towelettes
- Small Day Pack or Fanny Pack
- Skirt or Sarong
- Garbage Bag or Stuff Sack—for soiled clothing
- Journal or Notebook with Pen or Pencil
- Goggles—if you wear contacts
- Personal Alcohol (Please Limit Glass)

Other Handy Items:

- Ziplock and Trash Bags
 - Useful for separating personal items such as medications, shampoo, soap, wet items and dirty laundry
- Extra Snacks
 - We Provide snacks throughout the day, but it is a good idea to bring extra snacks for children, for individuals who have snack preferences or for those who are diabetic.
- Wet Wipes
 - Great for washing your face, wiping your hands and cleaning dirt and sand off of personal items.
- Rain Gear
 - Not just for rain! When riding through the rapids, rain gear can provide extra protection and warmth when being splashed by cold water.
- Carabiners
 - Very handy in the outdoors and at home. Easily clip personal items nearby.

Sample Itinerary (Continued)

Day 2-6

7:00 am- First Coffee Call. Everyone starts working on waking up and then packing up your personal items. Guests will start to break camp while the guides prepare a delicious breakfast.

8:00 am- Breakfast is served. After breakfast we will finish breaking camp and load the boats.

Mid-Day- We'll stop for a delicious lunch and possibly a hike or two.

4:00 PM--** Arrive at camp. Guests will set up camp while the guides start dinner. When your tent is set up, you are welcome to relax or explore as you like.

Day 5

Today will be a full day of whitewater excitement! We will run rapids with names like Big Drops, Satan's Gut and Little Niagara. This evening we'll celebrate with an anything goes "Dress Up" Party.

Possible Hiking Opportunities

Lathrup Canyon

Indian Creek Canyon

The Loop

The Doll's House

Clearwater Canyon

Dark Canyon

What to Bring, What to Wear

Each guest will receive two water proof dry bags at the orientation. One bag is approximately 20" x 20" x 27". **Your sleeping bag will come already packed in this bag.** You may want to pack your items in an athletic bag for easier access. The second is a smaller dry bag which is approximately 10" Dia x 20" H and should be used for day-use items.

The Essentials

- Rain Jacket and Pants—Not just for rain
- Fleece or Sweatshirt—For cool mornings and evenings
- Water Bottle with Strap or Carabiner
- Sunglasses
- Chums—or other Sunglasses retainer
- Sunscreen—SPF 30 or greater
- Chapstick—SPF 15 or greater
- Hat or Visor
- Hat Clip-to keep you hat from flying or washing away
- T-Shirts or Lightweight Shirts
- Swimsuits—We suggest two piece for women
- Lightweight Pants—Zip-off pants are GREAT!
- Quick Dry Shorts
- Long Sleeve Shirt—to keep the sun and bugs off
- Underwear
- River Sandals—Or other shoes that can get wet (No FlipFlops)
- Sarong—For women AND men
- Toiletry Kit:
 - Toothbrush and Toothpaste
 - Biodegradable Soap and Shampoo
 - Medications—Prescription, and over the counter
 - Comb and/or Brush
 - Feminine Hygiene Products
 - Small personal first aid kit

Highly Recommended Items

- Hiking Shoes and socks
- Moisturizing Lotion
- Waterproof Camera
- Sun Umbrella
- Binoculars
- Books
- Bandanas—prevents PFD Chafe

Cool Weather Items**

- Wool or Fleece Jacket and Pants (2 sets)
- Wool or Fleece Hat
- Extra Wool or Fleece Socks
- Wool Gloves
- Polypropylene Long Underwear
- Neoprene Gloves and Booties
- Extra Shoes
- Extra Set of Warm Clothing for the Evenings

**Cool Weather trips can happen in March, April, early May, Late September and October. Please plan accordingly.



Oarboats are the boat of choice on this river trip.



Whitewater

Depending on snow pack and time of year, Colorado River water levels will vary dramatically, creating diverse rafting conditions. Some rapids are more challenging at high water, while others require greater skill at low water. Different flows have their appeal, and we provide specific watercraft that will make the most of each water level. Cataract Canyon rapids are rated II-IV

Boats

All of our equipment is top quality, state of the art and carefully maintained and serviced. Our Cataract Canyon trips are run with J-Rigs, Oarboats and Paddleboats by request. **J-RIG RAFTS:** These inflatable rafts (23 feet in length) are motorized and move faster down river. The guide operates the motor from the rear of the raft.

Oarboats: These are inflatable rafts (approx. 18 feet in length) with guides that maneuver them with a set of oars secured to a frame in the middle of the raft. **Paddleboats:** These are inflatable rafts (approx. 16 feet in length) manned by guests and their paddles. The guide gives instruction and navigates from the back of the boat.

Weather

You can expect warm, sunny, delightful days in Southeastern Utah. In April through June, high temperatures range between 70° and 90°. July and August high temperatures typically range between 90° and 100°, with September and October temperatures ranging between 70° and 80°. The climate here is very dry with little humidity.

Getting to Moab

Moab, Utah, is located on Highway 191 about 30 miles south of Interstate 70. It is approximately a two hour drive from Grand Junction, Colorado and a four hour drive from Salt Lake City, Utah. Both cities have commercial airports with rental cars and vans as well as shuttle companies.

More Details

River Camping

The private camps in which you'll stay are mobile-tented river camps. Before you depart, the entire camp is broken down and the campsite returns to untenanted wilderness again.

Camping Equipment

We provide top quality tents that sleep two or three persons comfortably. The tents used on the luxury rafting programs are "4-Man" tents that we assign as double occupancy. We also provide comfortable sleeping bags, cots and pads. Sleeping bags are professionally laundered prior to each trip.

Food and Drink

Riverside meals, prepared by the chef and served by your guides, are delicious and varied. Meals are served at linen clad tables. You may bring additional beer, wine or hard liquor and we will be happy to store it and keep it chilled. Please avoid bringing glass. Bring beer in aluminium cans and transfer hard liquor and wine into plastic containers. **Please note:** Please remember we are in remote areas, usually in a mixed group, and far from medical assistance. We trust our guests will not endanger themselves, offend others, or evoke a guides' intervention by over drinking.

If you have a **special dietary requirement**, please advise Sheri Griffith Expeditions of your needs at least two weeks prior to departure. Every effort will be made to comply with your request.

Bathing and Toilets Facilities

In camp, there are shared bathroom facilities for men and women. Due to environmental impact issues, bathing facilities are limited to areas in, or directly adjacent to the river. If you choose to bring your own soap/shampoo, we suggest they be biodegradable products.

Our Sanitary system is a sealed container with a regular toilet seat attached. Hand washing stations will always be located near toilet and dining areas and all guests are encouraged to use them regularly.

Electrical Power

There is no electrical power in the camps along the rivers. It is suggested that you carry a supply of additional batteries for your camera and any battery-operated appliances you are taking along. Mechanical or electronic devices that are noisy and which may disturb other guests "wilderness experience" are discouraged. NO drones are allowed on our trips.



Our amazing guides have trained many hours to be able to safely maneuver through the rapids of Cataract Canyon on the Colorado River.

Page Lambert

An advisor for the Rocky Mountain Land Library and member of the International League of Conservation Writers, Page Lambert has been writing about the western landscape and leading nature retreats in the West for twenty years. Founding member of Women Writing the West, member of Wyoming Writers and Colorado Authors' League, Lambert's writing can be found inside monumental sculptures at the Denver Art Museum, online at Huffington Post, and inside the pages of dozens of anthologies. Page designs and teaches graduate writing courses for the University of Denver's University College.

Page has been leading writing journeys with Sheri Griffith Expeditions for 24 years. She is wonderful at connecting women and words with the beautiful natural landscapes of the river.



Roxanne Swentzell

Roxanne Swentzell, Native American clay & bronze sculptor and contemporary pueblo artist with a gallery located near Santa Fe New Mexico. Her figures represent a full range of emotions and irrepressible moods. Roxanne Swentzell focuses a lot on interpretative female portraits attempting to bring back the balance of power between the male and female, inherently recognized in her own culture. Additionally, she increasingly uses a powerful sense of humor to communicate. Though steeped in her own culture, Roxanne's work demonstrates an astounding universality, speaking to people of all cultures.

"I sculpt to reach out to you, hoping to catch a moment of direct connection between your soul and mine."



SAFETY, ASSUMPTION OF RISK AND, INSURANCE:

Safety is our number one priority. However, all outdoor experiences involve risk and we all must recognize that accidents or illnesses may occur. We cannot guarantee your safety. **We place final responsibility for your safety firmly on your shoulders where it belongs. You have to pay attention to what you are doing.** Mother Nature controls the water level, the weather and the elements, so there is a risk involved in rafting and camping. Before your trip departs, **you will be asked to sign an Assumption of Risk and Release Form.** If you have questions regarding this document or would like to see one ahead of time, please feel free to request it. We assume no responsibility for injury to trip members, their personal belongings or, for time and expense incurred. **We strongly recommend Travel Insurance, which covers vacation losses and accidents and provides a refund if you have to cancel your trip.**

Time Zones

Utah operates on Mountain Standard Time (Note Arizona does not have Day Light Savings time)



Some Final Notes and Details Regarding Your Trip

HEALTH ISSUES

If you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying any of our trips. It's not necessary to be an athlete to participate in a river expedition. However, it is several hours to the nearest medical center. If you take medication you should bring a good supply and inform your guide of all medication that you are taking. When you meet your guide, you should discretely explain any medical conditions you may have or be concerned about including allergies to bee stings, etc. Each guide carries a first aid kit and will need to know if specific medicines should be stored. It's also helpful to know about other health issues when planning activities for the day. Pregnant women and anyone with heart trouble should have their physician's approval before taking a river trip. If you have concerns about your suitability for this trip, please contact your physician.

Cancellation Policy

We require a deposit of \$300 per person to confirm your 5 day rafting trip. Since you have reserved space for which we have a limited number of seats, **our non-refundable policy applies in every instance. There are no exceptions for any reason, so we highly recommend that you purchase Travel Insurance to protect your vacation investment. A link for Travel Insurance is:** www.travelinsure.com/affiliate/selectthigh.htm?32219.

We make every effort to follow through on our plans. However, we reserve the right to make changes in the itinerary or possibly cancel a trip if necessary including but not limited to weather conditions, water fluctuations, insufficient reservations, changes in international relations, or other factors beyond our control. If cancellation is necessary, your money will be refunded. Our financial liability shall be limited to the amount actually paid and shall not be extended to cover any other costs incurred by the trip member.

Photography

Generally, when travelling, you'll want to bring all the film, camera batteries and other equipment you will need. If you plan to travel with digital photographic and/or video equipment, make certain to pack extra energy banks, as there are no outlets on the river. We also suggest that you take into account the amount of data storage of each unit when determining the amount (if any) of additional memory cards to pack.

Bring a protective sports pouch to protect it from water. Participants will be able to store cameras in a shared drybag. If you are bringing a variety of lenses, please have a waterproof container of your own. Keep in mind we cannot take responsibility for the safety of your personal property. An old river adage is "don't bring it on a river unless you can afford to lose it."

Waterproof/disposable cameras are a great idea.

GRATUITIES

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided an excellent outdoor experience, a gratuity may be left with the trip leader and will be shared among the crew. The customary gratuity is between 15% and 20% of the trip cost. Gratuities can be paid in cash, by check or by credit card.