

Women-Only Labyrinth Canyon 5 Day Trip



Labyrinth Canyon

River Trip Information

Labyrinth Canyon is a graceful float through a bounty of southwestern vistas and red sandstone cliffs. Spectacular buttes and mesas rise over 1,500 feet above the river floor.

This 60-mile river journey begins near the town of Green River, Utah, where the Green River flows gracefully into Labyrinth Canyon, the longest stretch of undammed flat water in the Southwest. The river progresses slowly through white, yellow, brown and red canyon walls with hairpin switchbacks accented by towering

buttes and mesas rising 1,500 feet above the river. Labyrinth Canyon's walls are cut with long side canyons, where guests of all skill levels can explore and ponder ancient Indian writings and trapper's inscriptions.

No prior experience is necessary, as touring kayaks are easy to paddle, comfortable to travel in and very stable.

River Kayaking does include inherent risks, including the possibility of a kayak flipping over or a prolonged unplanned swim. Please contact our office for more information about the potential risks of your trip.
800-332-2439

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, sign Assumption of Risk forms, and get a chance to ask last minute questions

Day 1

7:00 AM--Meet at the Sheri Griffith Expeditions office. We then drive to the launch site near Green River, Utah.

8:30 AM After a safety talk and some basic kayak instruction we launch. We will float through an open valley and begin a descent of about a foot and a half every mile. There are no rapids on this portion of

the river, only a few riffles just below the town of Green River.

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. You will be asked to set up your own tents and sleeping gear while the guides work on setting up the kitchen and "living room" and then start dinner. Once camp is set up, you are welcome to play games, go hiking, or relax.

Overview

- Orientation: 5:00 pm on the evening prior to departure
- Meet Time: 7:00 am Sheri Griffith Expeditions
- 5 Full Days: 7:00 am - 5:00 pm
- All Woman Crew and Guests
- Launch Point: Green River State Park
- Take-Out: Mineral Bottom
- No whitewater
- 68 River Miles
- Oarboats, Touring Kayaks

The Sheri Griffith River Expeditions Mission:

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



We'll see so many petroglyphs and inscriptions on this trip!



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
- Travel Pillow
- 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)

Days 2-5

7:00 am- First Coffee Call. Everyone starts working on waking up and then packing up your personal items and breaking camp.

8:00 am- Breakfast is served. After breakfast we will finish breaking camp and load the boats. Your large drybag will be carried on the raft. Only your smaller "ditty bags" will ride in the kayak with you.

10:00 am- Before we leave for the day, the guides will re-check the PFDs, and one guide will go over important safety details that will help keep everyone safe as we continue downstream.

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

4:00 PM-- Arrive at our evening camp site and set up for the night.

Day 5

3:00 PM—We will arrive at the Mineral Bottom Ramp. The guides will load the boats on the trailers and then we will head back to Moab. We will arrive around 5:30 pm.

**The oarboat will motor downstream at different times during the trip so that they can keep pace with the group and not interfere with the peaceful ambiance of the canyon.

**This a sample of how each day will go. Weather conditions, hiking time and group dynamic will all contribute to changes in this schedule.

**The take-out and return times are approximate. Water Conditions, weather and other factors may lead to a later or earlier return time.

Trip Highlights:

- Crystal Geyser
- Trin Alcove
- Anvil Bottom
- Hey Joe Mine
- Keg Spring Canyon
- Julien Inscription
- River Register
- Hell Roaring Canyon
- Bowknot Bend
- Ten Mile Canyon

What to Bring, What to Wear

Each guest will receive three 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 others are smaller dry bags which are 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
- Flashlight or Headlamp—extra batteries are good
- 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 Flip-Flops)
- Sarong—For women AND men
- Toiletry Kit:
 - Toothbrush and Toothpaste
 - Biodegradable Soap and Shampoo
 - Medications—Prescription, and over the counter
 - Comb and/or Brush
 - Small Towel and Washcloth
 - Feminine Hygiene Products
 - Small personal first aid kit

Highly Recommended Items

- Hiking Shoes and socks
- Paddling Gloves
- 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



Touring Kayaks and Oarboats are options on this river stretch, though for this trip, we will also use a motor on the oarboat in order to keep pace with the kayakers. This boat will stay ahead of the group so that the motor doesn't disturb the peaceful atmosphere of the canyon.



More Details

Whitewater

Labyrinth Canyon has a few small riffles on the first day of the trip, but features flat water for the remainder of the trip. The water does have some current, though, so the paddling is not extremely difficult. Afternoon winds can lead to more strenuous afternoon paddling.

Boats

All of our equipment is top quality, state of the art and carefully maintained and serviced. **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. We will have a small motor attached to the oarboat. **Touring Kayaks:** These hard-hulled boats have a keel and rudder, are manned by 1 or 2 guests with their double-bladed paddles and are easily maneuverable in moving water. (Not for whitewater use.) There are no guides in these crafts, so it is up to the guest to maneuver the boat. Kayakers follow instructions from guides in nearby kayakers or rafts. We have both sit-on-top and sit-down-in kayakers as options.

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 60° and 70°. 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 rafting programs are "4-man" tents that we assign as double occupancy. We also provide comfortable sleeping bags and pads. Sleeping bags are professionally laundered prior to each trip.

Food and Drink

Riverside meals, prepared and served by your guides, are delicious and varied. Meals are served buffet style. You may bring your own 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 three 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.



Labyrinth Canyon is home to many Ancient Fremont dwellings, granaries and petroglyph panels. We love to see these places, and we encourage our guests to respect the sacredness of these sites and take only pictures, leave only footprints.

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 \$300 per person deposit to secure your 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.