

# Gates of Lodore 5 Day Trip

## Page Lambert Writing Adventure



The Gates of Lodore on the Green River

### River Trip Information

**The Gates of Lodore through the Dinosaur National Monument has it all!** The Gates of Lodore on the Green River has all the elements of a classic river trip: great hikes, exciting whitewater, beautiful beaches and colorful history.

The Green River has cut into the Uintah Mountains to form two enormous cliffs on either side of the river. Here are the "Gates of Lodore," two 1000-foot cliffs that rise out of the valley. This is one of the most beautiful and awe-inspiring views on any river.

### Sample Itinerary

**Pre-Trip Orientation: 6:30 pm the day BEFORE departure:** We will meet at the Microtel Inn (located at 1041 S 1500 E) in **Naples, Utah** for a pre-trip meeting. Here you will meet your trip leader and 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. There will be a small store available with last minute items.

#### Day 1

**7:00 AM--** We meet at the **Microtel Inn**, where we will board a shuttle to the launch site

**9:30 am--**We will arrive at the Gates of Lodore Boat Ramp, where we will meet the rest of the crew, 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"

The scenery is a combination of Rocky Mountain trees and plants, then drifting down into the desert canyon country.

On this trip, we will celebrate a River of Kindness, as we honor Chickasaw writer Linda Hogan and her newest book of poetry, and the animals and natural world that have always informed her work.

We will have ample time for journaling, thought and discussion as we traverse the canyons of the Green River through the Gates of Lodore.

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.

#### Day 2-3

**7:00 AM--**Wake each morning to the smell of coffee. After a hearty breakfast, we pack our gear, re-load the boats and push off.

**Mid-Day--**Lunch will again be on a nice river side beach.

**4:00 PM--**We will pull over and camp in the late afternoon. While you find a spot to pitch your tents, the guides prepare dinner.

**We will have a layover camp for days 2 and 3.**

### Overview

- Orientation: 6:30 pm on the evening prior to departure
- 4 Full Days: 7:00 am - 5:00 pm
- Class II – IV whitewater (water level dependent)
- 45 River Miles
- 11 Named Rapids
- Oarboats, Inflatable Kayaks and Paddleboats (Water Level Dependent)
- Tents, sleeping bags, sleeping pads and chairs are all included

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. 800-332-2439

### **The Sheri Griffith River Expeditions Mission:**

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



Try your hand at kayaking in the Gates of Lodore.

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
- 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)

### Day 4

**7:00 am-** We will eat another hearty breakfast and then raft to the confluence of the Yampa and Green Rivers at Echo Park.

**Mid-Day**—We will stop for lunch and a possible hike to Jones' Hole.

**4:00 PM**—We'll pull into our last camp for the trip. This evening is our Party Night! Come "dressed" for dinner tonight. The party is an anything goes celebration of an amazing adventure.

Creative discussions will happen at the river's edge and throughout the day and as we "circle up" each evening.

### Possible Hiking Opportunities

Triplet Falls  
Winnie's Grotto  
Rippling Brook

Whispering Cave/Echo Park  
Jones' Hole  
Island Park

## 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
- Flashlight or Headlamp—extra batteries are good
- T-Shirts or Lightweight Shirts
- Swimsuits—We suggest two-piece suit 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\*These items should be unscented

### Highly Recommended Items

- Hiking Shoes and socks
- Moisturizing Lotion
- Waterproof Camera
- 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

**Day 5**

**7:00 AM**—Wake to your final coffee call. After a delicious breakfast, we will prepare for a fun day of rapids as we traverse Split Mountain.

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

**3:00 PM\*\***--Arrive at the Split Mountain boat ramp. Guests will collect their bags and board the shuttle back to the Microtel Inn in Naples. The drive takes about 45 minutes.

**4:00 PM\*\***--Arrive at the Microtel Inn in Naples.

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



Oarboats, Inflatable Kayaks and Paddleboats are options on this river stretch



## Whitewater

Depending on snow pack and time of year, the Gates of Lodore 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. The Gates of Lodore rapids are rated II-IV

## Boats

All of our equipment is top quality, state of the art and carefully maintained and serviced. Our Gates of Lodore trips are run with Oarboats and Paddleboats by request.

**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. **Inflatable Kayaks** are also available upon request.

**Weather**

You can expect warm, sunny, delightful days in Eastern 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. Nights can be chilly, so please plan accordingly.

## Getting to Vernal

Vernal is located along Highways 191 and 40 in the northeast corner of Utah. It is approximately a three-hour drive from Grand Junction, Colorado or a three-hour drive from Salt Lake City, Utah. Both cities have commercial airports with rental cars and vans.

## More Details

### River Camping

The private camps in which you'll stay are mobile-tented river camps. After 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 roomy and easy to put up. 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 in the river. If you choose to bring your own soap/shampoo, we suggest they be **unscented**, 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.



The Gates of Lodore on the Green River is dam controlled below Flaming Gorge Reservoir. We generally have plenty of water for excellent rafting trips on the Green River.

## **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 and Colorado operate on Mountain Standard Time (Note: Arizona does not use 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 consult their physician before taking a river trip.

### **Cancellation Policy**

We require a 20% deposit to secure your seat. The remaining balance is due 45 days prior to departure. 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](http://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.