



San Juan Lower 4 Day

Glen Canyon National Recreation Area

The first time I went down the San Juan was with a group of boatmen. It was hard to read the map because the scenery was so amazing . . . the water was moving so fast. It made us dizzy because our heads were busy snapping from one side of the river to the other to see the next scenic attraction.

Dee Holladay, Holiday River's 1975 Reconnaissance Trip

SAMPLE ITINERARY: 4-DAY LOWER SAN JUAN

One of the advantages of our San Juan River trip is the flexibility of the daily itinerary. **It can vary widely from one trip to the next based on group desires, seasonal water flows, weather, campsite availability, and courtesy for other groups on the river.** This sample itinerary illustrates a 4-day trip on the San Juan River. For specifics about your trip, please ask your reservationist.

Day 1: Your rafting adventure on the San Juan River begins with the group meeting in Blanding, Utah, at **7 a.m. Mountain Time**. From there, it's a one-hour scenic ride to the put-in near the small town of Mexican Hat, Utah. Our first stop on the river could be an optional hike to the cabin built in 1894 by prospector Walter Mendenhall, one of many whose dreams of riches were dashed by the San Juan. We'll descend into the famed Goosenecks of the San Juan, watching for the great blue herons that seem to lead the way into the labyrinth.

Day 2: Start the day with an invigorating hike along the Honaker Trail, a relic of the 1892 gold rush. The reward for those who put forth this 1200-foot vertical effort is an unforgettable view of Monument Valley. We'll push off into the swift current and meander along with the river through the layered canyon rocks, play in good, clean mud, and run through Ross Rapid.

Day 3: Today we'll watch out for the Government Bird Rock, perched on the canyon wall, our signal that Government Rapid is approaching. Later in the day we'll wander up Slickhorn Gulch to a hidden grotto and swimming hole. Make certain to scrub off in the river before hiking to the pool—sunscreen and other chemicals on our skin disrupt the fragile ecosystem of the freshwater pool. We'll make camp and enjoy one last river dinner at the mouth of one of the iconic side canyons along the lower river.

Day 4: Golden morning light reflecting on sandstone walls will usher us downstream, past Ojeto Wash and into the sandbar-studded upper reaches of Lake Powell. We'll dodge and weave our way to the take out at Clay Hills Crossing, soaking up the last precious moments of river time. We'll load up the boats and gear and our vans will carry you the final two hours back to Blanding, Utah. Our expected time of arrival in Blanding is between **4:00 and 5:00 p.m.**

Please keep in mind that this is a **sample itinerary** and should not be thought of as the exact trip you will experience. It is intended to give an idea of what the trip will be like. It could also be exactly what you do. Keep an open mind, be flexible, go with the flow, and enjoy!

Getting Here...

We meet for your trip in Blanding, Utah. If you are driving, your car can be left at the Super 8 in Blanding. Departure time is 7:00 a.m., and so it is important that you attend our **8:00 PM pre-trip orientation** the night before your trip.

Flying: While most of our guests fly into Salt Lake City International Airport and rent a car, there are a few options to consider.

- **Salt Lake City to Blanding** Salt Lake City located 308 northwest of Blanding, Utah (about a 5 hour drive). Most guests rent a car from any of the major rental agencies at the airport and drive to our headquarters.
- **Grand Junction to Blanding:** Grand Junction is located 187 northeast of Blanding (about a 3 hour drive). Delta, United and American Airlines all service Grand Junction Airport. Rental option from GJ Airport include: Alamo, Hertz, Budget, Enterprise and National.
- **Moab to Blanding:** Moab Airport is located 93 miles North of Blanding. They now offers one flight a day in and out operated by [United Airlines/ SkyWest Airlines connecting through Denver](#). Moab has rental car service through [Enterprise](#)

*** While rental cars are typically the best transportation option, in rare instances, including large groups, shuttles may become a reasonable alternative:

Shuttle Service from Salt Lake City, Grand Junction or Moab airport to Green River include:

- Moab Express Shuttles 435-260-2389 www.moabexpress.com
- Redrock Express 800-259-2869 www.redrockexpress.com
- Road Runner Shuttles 435-259-9402 www.roadrunnershuttle.com

Lodging before and after your trip can be booked at:

BLANDING

- Super 8 435-678-3880 (indoor hot tub) www.super8.com
Stone Lizard Lodging 435-678-3323 (locally owned, suites available) <http://www.stonelizardlodging.com/>
Four Corners Inn 435-678-3257 (continental breakfast) www.fourcornersinn.com
Gateway Inn Motel 435-678-2278 (locally owned, outdoor pool, continental breakfast) www.gatewayinnblanding.com

BE SURE TO MAKE ADVANCE RESERVATIONS!

If you are camping out, there is one campground in Blanding: the Kampark Campground (RV with full hookups & tent sites — 435-678-2770). There are also four Forest Service campgrounds in the Abajo Mountains 15 to 30 miles north of Blanding.

Before You Go...

When you arrive in Blanding the day before your trip, there will be a pre-trip orientation meeting at **8:00 p.m. (Mountain Time)**. We will meet you in the parking lot just outside the Super 8. Your trip leader and other members of the crew will give you a short orientation on all aspects of river travel. At this time we will issue your waterproof bags and answer any questions you may have.

After the trip: We will disembark at Clay Hills Crossing where you will travel by van back to Blanding, Utah. Our expected time of arrival back at the Super 8 is **4:00 to 5:00 p.m.**

Packing The waterproof bags provided will contain all of your belongings except for your tent, poles and if you rented sleeping gear, your pad. Your larger waterproof bag (16" X 2' high) which will hold your sleeping bag, pillow, & most of your clothing/ toiletries for morning and evening use. If you brought you own sleeping pad it will also fit into this large bag. We suggest packing your clothing etc in the bottom of your bag, that way at camp you can empty your sleeping equipment into your tent and not have to unpack the majority of your belongings. The smaller "day bag" (8" X 20" high) will hold anything you need access to during the course of the day on the river: Sunscreen, chapstick, a mug, your favorite book, a rain jacket, maybe a pair of hiking shoes etc. Your tent (rental or owned) will go into a "tent bag" and your tent-poles in a mesh "pole bag". This ensures our water-proof bags are soft, & easy to pack.

Weather: In May, June and July the daytime temperatures are 80 to 100 degrees, with nighttime temperatures 50 to 75 degrees. This is the time of year that swimming in the river becomes a popular activity. This seems hot, but remember the humidity is very low. There will be an abundance of sun, so bring a hat and plenty of suntan lotion and/or sunscreens. **Please avoid spray on sunscreen for the health and safety of your guide and fellow-guests*

Bugs, snakes, etc. are generally no problem. In fact, the lack of pesky insects is one of the reasons wilderness camping on the river is so pleasant. Any river trip, however, is subject to an occasional localized insect hatch. **During these hatches (most common in June to mid-July) mosquitoes can be bothersome. Be sure to bring long sleeve clothing and a generous supply of repellent.** Insect repellents that contain "deet" are by far the most effective during heavy hatches. Citronella-based products work only in light hatches. We rarely see any snakes, but if the thought of them bothers you, try sleeping on the beaches or in a tent instead of rocky or bushy areas.

Hiking is a highlight of the trip, however, it is strictly an optional activity. Please be aware that some of the hikes on this trip can be more strenuous due to heat and elevation gain. There are many interesting short hikes available. Hiking can be done in durable sneakers or lightweight hiking boots. Remember that hiking and other activities vary widely pending time, and what other plans are ahead for the day on the river.

Bathing: You can bathe directly in the river using biodegradable soap (like Dr. Bronners or Campsuds). Humans have a big impact on smaller side streams therefore please refrain from bathing in these sensitive areas. Alternately, disposable antibacterial towelettes like baby wipes are a great for cooler weather trips.

Electronics: Often times the best part about the trip is 'unplugging'. The use of electronic devices can often take away from the 'wildness' of your trip. Therefore we ask that you please be mindful of their impact on others and yourself and consider instead truly disconnecting. However, some of our guests travel with their smartphone even though there is no cell service. There is always a risk of water damage to these and other electronic devices, even when they are stowed in a dry bag. We ask that you bring headphones if you intend to listen to music. And remember, were in the back-country and cannot provide a power source.

Beverages: We provide ice water, lemonade, one soda per day per person and ample cooler space. If you choose to bring any specialty sodas and/or alcoholic beverages, we have no problem taking whatever you want to bring – within reason. **Don't** bring beer, wine coolers or sodas in glass containers. Wine packaged in a box is ideal. Mark beverages that you bring so they are packed on your boat. The liquor store in Green River, Utah is located in the back of the West Winds restaurant. **In Utah, wine or liquor is not sold after 7:00 p.m., before 11:00 a.m., or on Sundays and holidays.**

Medical emergencies: Our guides are trained in first aid and carry first aid supplies only. REMEMBER to bring your own prescription medicines. ALERT our guides to any medical problems you might have such as diabetes or allergic reactions. Wilderness expeditions are a long way from hospitals, doctors, and pain-relieving medicines. Evacuations to modern medical care are uncertain, and protracted. In case of evacuation and/or medical treatment beyond first aid, expenses incurred are the responsibility of the participant.

Cancellation Policy: If cancellations are made prior to 90 days before the trip, monies will be refunded less a \$50.00 service charge per person. If cancellations are made within 90 days and outside of 60 days of the trip date monies will be refunded less a \$100.00 service charge per person. **Cancellations made within 60 days of the trip date are non refundable.** Prior to 60 days to the trip date we will transfer reservations to another trip in the same year with a \$25.00 service charge per person. All policies will be enforced and we strongly recommend trip cancellation insurance. Cancellation of a trip is very unlikely, but we reserve the right to cancel any trip due to river or weather conditions or the lack of sufficient reservations. A full refund will be made if such is the case.

Insurance: Medical Evacuation and cancellation insurance on vacation plans can be obtained from numerous insurance companies. You are responsible for these potential expenses and we strongly encourage all guests to have this coverage. We offer plans by TRAVEL GUARD that cover evacuation, baggage and cancellation claims. Information should be enclosed with this package. It is available to American and Canadian citizens, as well as citizens of another country as long as you have a U.S. address. If you would like a quote or you have questions give us a call. Also, if you are bringing expensive cameras, binoculars, or other items we suggest you have insurance coverage for them (commonly available through Homeowners Policies). In the event of a loss, our insurance will not cover those items.

Tipping the guides: From sunup to sundown your guides strive to make your trip unforgettable. It is customary to tip your guides, especially if you feel they have been instrumental in the success of the trip. A suggested gratuity range is from \$20.00 to \$30.00 per guest, per day (about 10% of trip costs). Please direct your gratuity to the trip leader in the form of cash or check made out to the Trip Leader. They will then distribute it evenly to the other crew-members.

Things to see in the area: John Wesley Powell Museum in Green River, Utah. Arches National Park, Dead Horse Point State Park, Canyonlands National Park, Fisher Towers, Colorado National Monument, Goblin Valley State Park, San Rafael Swell, Capitol Reef National Park, Natural Bridges National Monument, and the La Sal and Henry Mountains.

MAKE SURE TO CHECK OUT THE PACKING CHECKLIST!

IN THE EVENT OF EMERGENCY CIRCUMSTANCES THE NIGHT BEFORE THE TRIP, OUR GREEN RIVER HEADQUARTERS NUMBER IS 435-564-3273