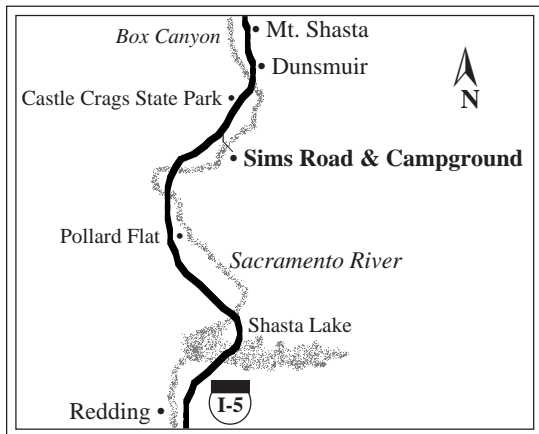


UPPER SACRAMENTO

THE HEADWATERS OF CALIFORNIA'S LARGEST RIVER



MEETING PLACE

We will meet you in the parking area outside of SIMS CAMPGROUND at 9:00 a.m. the first day of your trip.

Sims Campground is about 25 minutes below Mt. Shasta and 40 minutes above Redding. Take Sims Road off of Interstate 5 and follow it down to the river. Cross the railroad tracks and the river. Follow the road around to the small parking area. There are two places to launch from. One is the parking area and the other is just up river on the opposite side. If you don't see us in the parking area, walk across the footbridge to the other side.

GETTING STARTED & SHUTTLE

As soon as everyone arrives, we will begin with introductions and a short orientation and safety talk. In order to return to camp or the put-in we will take our van and as many other vehicles as necessary to the take-out point.

CAMPING

Sims Campground is located at our meeting place and is the best place to camp. If you are on a multi-day trip we will be setting up our camp & kitchen in a central location, so you may choose any campsite. There is an overnight fee per site (up to 8 people & 2 cars).

DRIVING TIME

San Francisco Bay Area...4 hrs.
Sacramento...2.5 hrs. Redding...40 min.

RENTALS

We have the following camping and river equipment available as a rental. Please let us know when you make your reservations if anything is needed.

- tent 4 person \$24.00 per trip
- sleeping bag & pad \$16.00 per trip
- inflatable kayak \$12.00 per day
- wetsuit (farmer john) included
- booties \$4.00 per day

THE RIVER

Our Upper Sacramento trip is on the Sims Flat to Mosquito Creek section of the Sacramento River. It is 14 miles of almost continuous Class 3 whitewater.

In April, as the snow begins to melt on Mt. Shasta, the Upper Sacramento springs to life. Side creeks cascade into the river, spring wildflowers blossom in the warm sun, and animals return to forage along the riverbanks (deer, otter, waterfowl and eagles are often seen). It's the first river we run each season as veteran guides warm up and new guides train in our guide school. An exciting river for novice and experienced rafters alike, this is also one of the premier inflatable kayak runs in California...fast and fun!

PRE-TRIP INFORMATION

- Please call us if you need additional information or rental equipment.
- In planning what to bring, be aware of the possibility of inclement weather.
- Wetsuits are advisable in the spring and required for inflatable kayaking.
- Sodas are provided at the end of each day. If you wish to have extra sodas or alcoholic beverages in the evening, please bring whatever you prefer.

WHAT TO BRING & PACKING

Listed below are the items you will need. On multi-day trips we will be camping near the river at our base camp. During the spring season the weather is very unpredictable. It can be warm and clear one day...cool and rainy the next. Layers of wool or synthetic clothing are best because they dry out quickly and offer options to meet changing weather conditions. Please don't bring cotton clothing for on the river.

ON THE RIVER:

- swimsuit/shorts
- tennis shoes & wool socks or booties
- sunglasses & strap
- sunhat and/or wool hat
- wetsuit (spring)
- sunscreen lotion/lip balm
- paddle jacket or windbreaker
- lightwt. wool or polypro top
- lightwt. rain wear

FOR OVERNIGHT TRIPS:

- tent
- sleeping bag
- sleeping pad
- ground tarp
- personal toilet articles
- change of clothes & shoes
- flashlight

OPTIONAL:

- additional beverages
- binoculars
- wildlife book
- water bottle
- camera
- fishing gear (CA license)
- spare glasses or contacts
- insect repellent
- gloves

GENERAL TRIP INFORMATION

SAFETY • Instruction in river safety procedures is given before your trip. Our guides are certified in first aid and CPR. A wilderness first-aid kit and safety equipment are carried on all trips. Please advise us if you have any food allergies or health problems. All recreational activities involve an element of risk. Our insurance requires that you sign a release of liability before your trip.

MEALS • The preparation and sharing of food is an integral part of our river adventure. Meals are provided from lunch on the first day through lunch on the last. A variety of snacks is available at all times. We strive to maintain a high quality menu, varied and delicious. Cocoa, tea and coffee are served with breakfast and dinner. Water and fruit juice are available at every meal. Please let us know if you have any diet requests.

EQUIPMENT • We use self-bailing rafts with 4 to 6 paddlers and a guide per boat. These smaller boats are highly maneuverable — the perfect boat to take advantage of the Upper Sacramento's technical rapids and continuous action. All accessory equipment is provided including: Coast Guard approved lifejackets, helmets for kayakers, and waterproof boxes for cameras.

TIPPING • You will find that your guides work hard to insure an exceptional river trip. They are skilled professionals who enjoy sharing their love and knowledge of the Upper Sacramento with you. A gratuity is appreciated.

TURTLE RIVER RAFTING COMPANY

PO BOX 313 MT. SHASTA, CA 96067
800-726-3223 FAX: 530-926-3443