

Young Alumni Multi-Sport Adventure in Idaho

July 2 – 7, 2011

TRIP HIGHLIGHTS

- 5 nights at the Little Salmon Lodge
- 4 full days of outdoor adventure activities
- All meals and non-alcoholic beverages
- Transportation to/from Boise, Idaho
- All adventure equipment
- Professional & experienced adventure guides
- Explore Hells Canyon, the Salmon River and surrounding mountain area by rafting, hiking, horseback riding, mountain biking and more
- Lodging at the beautiful riverside Little Salmon Lodge
- Specially for Miami Young Alumni, ages 21 and up



Dear Miami Young Alumni & Friends,

We are excited to announce a new Miami Young Alumni outdoor adventure. For the first time, we are offering a special multi-sport adventure in Idaho exclusively for our Young Alumni. Experience some of Idaho's most stunning regions, including Hells Canyon, the famous Salmon River, the Seven Devils Mountains and the Nez Perce National Forest all while participating in a variety of outdoor adventures

For five nights, you will be based at the Little Salmon Lodge, on the banks of the Little Salmon River in Pollock, Idaho. Each day, you can choose different activities, such as white-water rafting, kayaking, hiking, horseback riding and mountain biking. Each evening, you will return to the lodge for a delicious meal served by the lodge's private cook.

Our outfitter for this adventure is Northwest Voyageurs, a travel company with 31 years experience in running the highest quality outdoor adventures. Northwest Voyageurs offers exceptional customer service, highly experienced and professional guide staff, and a commitment to providing Miami alumni, friends and family with the best outdoor adventure vacations anywhere. Please feel free to call them at (800) 727-9977 for more information.

We hope you will join us on this outstanding outdoor adventure. We do recommend early reservations as space is very limited on this journey.

In the spirit of adventure,



Catherine Miller Greene '72
Director, Travel Programs

Difficulty Rating

The Idaho Multi-Sport Adventure is rated EASY to CHALLENGING. We tailor the activity level to your ability and desire.

Types of Water Craft NWV Offers:

Oar Rafts: In these boats, the guide sits in the middle of the boat with oars and has complete control of the raft. You can paddle if you wish, but paddling is optional at all times. In oar boats, you can sit back, enjoy the scenery and let the guide do all the work if you wish. This is our most relaxing and least participative option.

Paddle-Assist Rafts: In paddle-assist boats, the guide has oars (typically mounted in the back of the boat) but needs paddling help during rapids and occasionally during some of the flat water. This is the most popular boat for people who wish to paddle during their trip.

Paddle Rafts: Our paddle boats have a guide in the back with a paddle (no oars) and the guide steers, but provides no power. Paddling is required the entire day. Due to the nature of our rivers being big volume pool and drop rivers (very different from small volume technical East Coast & California rivers), and the tendency for upstream wind, this option is only appropriate for people who **really** want to paddle **all day** long. We have found that most people who request paddle rafts are actually happier in paddle-assist rafts.

Inflatable Kayaks: Thrill-seekers can brave our biggest rapids on their own in one of our single or double "duckies." In smaller rapids and calmer waters, the kayaks are great for anybody (including younger kids) who wants to get a little closer to the action. They do not require experience or knowledge of how to "Eskimo-roll". If you flip the kayak, you fall out and swim, we come rescue you and everyone is happy!

Weather

The weather in Idaho in the summer is beautiful! Most summer days are hot and dry, with temperatures ranging from the 80's to occasional 100 or more, with very low humidity. Fortunately we have our rivers to cool off in. The nights are perfect for camping, with clear skies, brilliant stars and pleasant temperatures. We do have the occasional afternoon thunderstorm, but they usually dissipate within an hour or two. Most importantly, our river canyons have no mosquitoes to harass us!

The spring is typically warm as well, but there can be occasional days of chilly weather or rain. The fall is a beautiful time here with mild temperatures in the 60s and 70s. Winter in the immediate area is mild and rarely falls below freezing. Up in the mountains, we receive many feet of snow in the winter that offer great recreation opportunities and help supply our rivers with melt water come springtime.

Detailed Trip Itinerary

Day 1: Please arrive at the Boise airport by 4 p.m. where we will pick you up and take you to the Little Salmon Lodge to start your adventure.

Nestled on the banks of the Little Salmon River, the Little Salmon Lodge features a beer and wine bar, riverside hot tub, swimming hole, and good fishing just out the back door. The Lodge is the perfect base for our week of adventure and exploration. Once we have settled into our rooms, we will enjoy a welcome reception and orientation, followed by a delicious dinner prepared by the Lodge's private cook.

Days 2-7: Each day you can choose from a variety of activities including whitewater rafting and kayaking, mountain biking, hiking, and horseback riding. After breakfast at the lodge, we meet our guides and prepare for that day's activity. Lunch is served during your day's activity while in the mountains or on the river. Each afternoon, we return to the lodge with time to relax and enjoy a beverage before dinner.

Day 8: After breakfast, transportation is provided to the Boise Airport. **Please arrange your flights to depart after 1:00 pm.**

Daily Activities Available:

Whitewater Rafting

Rafting on the Salmon River is one of the principle reasons people visit Idaho. Up to three days of rafting different sections of the Salmon are available, including the possibility of an overnight trip with one night of camping on a beautiful white-sand beach. The rapids are Class III and are appropriate for children ages 7 and up, and for both beginners and experienced rafters.

Horseback Riding

Our one-day horseback ride is on top of the Salmon River canyon, with spectacular views of the Seven Devils Wilderness Area, Gospel Hump Wilderness Area and the Salmon River canyon. The trail ride on experienced dude stock is fun and challenging, but is still appropriate for beginners and children ages 8 and up.

Hiking

Hiking trips of various lengths and difficulty are available in the Seven Devils Wilderness Area and along Rapid River in the Nez Perce National Forest. You can enjoy short hikes to scenic overlooks, or a challenging all-day hike along steep terrain. All hikes offer beautiful scenery and guides who will lead the hike at your pace.

Kayaking

If you have an adventurous spirit, you can spend the day on the Salmon River in your own boat. Our inflatable kayaks do not require any experience, and you will follow a guide through each rapid. A safety raft travels with the group in case kayakers get tired or need to be rescued after a swim.

Mountain Biking

We'll visit Brundage Mountain Ski Resort to experience lift-assisted mountain biking. Using the ski lifts to get to the top of the mountain, a wide variety of trails from easy to difficult are available for self-guided mountain biking. Enjoy leisurely cruise riding along the rim of the mountains and slowly working your way down the slopes; or embark on any number of steep descents that will get your adrenaline flowing!

About the Little Salmon Lodge

Nestled on the banks of the Little Salmon River, lies the Little Salmon Lodge, home of Northwest Voyageurs. The Lodge runs as a full bed & breakfast, featuring 12 guest rooms with private baths, a beautifully hand carved beer and wine bar, river side hot tub, great room, and the most hospitable staff around.

Lodge Amenities

Beer and wine bar: We serve a variety of beer, wine and non-alcoholic beverages. The bar is a perfect place to enjoy a drink and meet other guests who may be on your trip with you.

Jacuzzi: The jacuzzi is located adjacent to the bar. The jacuzzi overlooks the Little Salmon River; a perfect place to unwind after your day's activity.

TV and Movies: Each room has a TV/VCR for movie watching. We have an extensive collection of videos to borrow during your stay. Also, in the main lodge room, there is a TV with Satellite reception if you crave news or sports.

Swimming & Fishing: Cool off in the swimming hole or practice your spin cast. We are very lucky to have one of the best swimming and fishing holes on the Little Salmon River right next to our lodge. The area can be accessed from a small park by the river, at the north end of the property.

Trip Cost

Starting from \$1149 per person

- Shared Bunk Room Accommodations: \$1149 per person
- Quadruple Occupancy: \$1199 per person
- Double or Triple Occupancy: \$1299 per person
- Single Occupancy: \$1799 per person subject to availability

What's Included

- 5 nights at the Little Salmon Lodge
- 4 full days of outdoor adventure activities
- All meals and non-alcoholic beverages
- Transportation to/from Boise, Idaho
- All adventure equipment
- Professional & experienced adventure guides

What's Not Included

- Airfare to/from Boise, Idaho
- Applicable taxes
- Optional gratuities

Gratuities are not required, but are customary and very much appreciated. On our multi-sport trips, a variety of people will assist you including our guides, drivers, chef, housekeeper and lodge staff.

Our recommendation is to leave one gratuity for the entire staff with the owners or lodge manager. We pay attention to which guides and staff spent most of their time with you and tip them appropriately. And additionally, we make sure to "tip out" those behind the scenes like the housekeeper, drivers and staff. If you prefer, you may of course tip whomever you choose directly. While any and all amounts are appreciated, we recommend a tip of \$25-50 per guest per day.

Why Northwest Voyageurs

Safety: The most important part of any outdoor adventure is safety. Safety comes first and foremost from having experienced, well trained guides who know how to avoid dangerous situations and minimize risk. All outdoor adventures have inherent risks associated with them. Our job as your outfitter is to minimize that risk as much as possible. In 25 years of guiding whitewater trips, we have never had a serious injury. Our safety record is impeccable and speaks for itself.

Exceptional People: When we consider hiring anyone in our company, we want to ensure first and foremost that the person is extraordinary. Maybe we are selfish - we like to surround ourselves with inspiring people! We know we can teach almost anyone the skills to row a boat, or work at our front desk. But we can't teach people to understand people and how to exceed their expectations. This trait is inborn and we search long and hard to find these people.

Experience: Experienced guides bring more to the table than a safe trip. They bring deep knowledge of our rivers and destinations - and they also know how to maximize the fun-factor while minimizing risk. We boast some of the most experienced guides in the industry, as evidenced by a fair amount of white and grey hair in our guide staff. We also boast a very high level of education in our guides and staff in a variety of fields.

Service: Our owners have extremely high expectations of themselves and our staff. We differentiate ourselves on providing an extraordinarily high level of service on our trips and in our lodge. Our goal is to solve your problems and issues before you have them and to smile the entire time. Ultimately, it's our passion for sharing the outdoors with people who may be out of their element that drives us to provide this level of service. It makes your experience that much more rewarding - and makes you want to come back again and again.

Professionalism: While our guides are fun-loving and relaxed, they are also professionals. They've been trained in customer service and are able to handle difficult situations with grace and poise.

Delicious Gourmet Food: One of the elements of our trips that stay with our guests the longest is our amazing food. People are in awe of what we can create at our Lodge and in the middle of the wilderness. Dutch-oven cooking, fresh baked desserts, lots of variety, and often a bit too much food! We can also accommodate any special dietary requests with advanced notice to ensure your enjoyment of our meals. A sample of what you may enjoy on your journey may include:

Breakfast: Made-to-order omelets, banana walnut pancakes, home-made "Egg McMuffins," fresh fruit salad, and only the finest gourmet coffee - we are coffee snobs!

Lunch: New York Style Deli spread, smoked salmon and bagels, chicken salad on fresh croissants, taco salad, all with a selection of fresh fruit, veggies and dip, chips and our renowned homemade cookies.

Dinner: Lime-dill salmon grilled to perfection with sautéed garlic asparagus, juicy steaks with giant Idaho potatoes and all the trimmings, chicken pesto fettuccine with roasted red peppers, freshly baked breads, fresh green salads.

Dessert: Pineapple upside-down cake, fresh picked blackberry cobbler, fudge brownies, strawberry shortcake or even a birthday cake - all baked fresh on the river.

Getting Here

You should plan to arrive into the Boise airport no later than 4 p.m. Our Northwest Voyageurs shuttle driver will pick you up at the airport and drive you to the Little Salmon Lodge, approximately 3 hours.

What to Bring

Summer Activities

In late June, July and August, the weather in Idaho is typically warm and beautiful, with only a slight chance of precipitation. Average highs are in the 90s and average lows in the high 50s to 60s. We do have a week or two that can be considerably hotter, with daytime highs exceeding 100F.

In normal summer conditions, we recommend quick dry shorts or bathing suits, cotton t-shirts, a long sleeve cotton shirt and long light weight pants for sun protection, hat and sunglasses for sun protection. **IMPORTANT:** Cotton clothing IS RECOMMENDED for very hot weather and it stays wet and helps cool your body temperature. However, cotton is not recommended for cooler weather, so you should bring some non-cotton layers even in the summer to be prepared for cooler weather. Our detailed packing list includes gear for rare cool summer weather. Even though we hope to never use it, it is very important to bring it along.

In the raft and kayak, you should wear shoes that will not fall off your feet and that you don't mind getting and staying wet. River sandals with heel

straps (for instance Teva or Chaco sandals) are ideal, as are water shoes like those made by Keen. Tennis shoes work, but will get wet and tend to stay wet throughout the day.

Lastly, if you choose to participate in our overnight river camp, when in camp, you will want to have dry shoes to change into. Some people prefer tennis shoes, some sandals. During camp, we will have opportunity to do some short hikes. Tennis shoes or sandals are typically fine for our short hikes, but some people may prefer to bring light weight hiking shoes or boots for longer hikes.

Fishing

If you choose to fish while at the lodge during your multi-sport adventure, we recommend you bring your own spinning and fly fishing gear. Here is a list of recommended gear:

Fly fishing gear:

- 5-6 weight fly rod
- 5-6 weight floating line w/ medium to fast sinking tip
- Bass flies: Varies. Try purple, green and white poppers. Streamer patterns.
- Trout flies: Caddis patterns, midges.

Spinning gear:

- Average sized trout rod with light tackle. Ultralight rods can also be used.
- 2-4 pound test line
- Lures: Spinners, meps, spoons, jigs.

Recommended Reading List

General:

Indian Creek Chronicles Pete Fromm

River Tales of Idaho Darcy Williams

Water – The Fate of Our Most Precious Resource Marq De Villiers

Roadside Geology of Idaho David Alt

Myths of Idaho Indians Deward Walker Jr.

Salmon River:

River of No Return Johnny Carrey and Cort Conley

Spirits of the Salmon River Kathy Deinhart Hill

Last of the Mountain Men Harold Peterson and Sylvan Hart

The Lower Salmon Sourcebook: A Guide's Guide Caroline Tan

Emergencies

Should your friends or family have an emergency, please ask them to contact us directly at the lodge at (208) 628-3021. We will do our best to get any appropriate message to you. It is often exceedingly difficult for us to reach our trips with a message, as we are often in remote, roadless wilderness areas. You will be responsible for any cost associated with retrieving you early from a trip or getting a message to you. So please be sure to let your friends and family know that they should be very clear with us the urgency of the message.

Payment and Cancellation Policy

Northwest Voyageurs requires a non-refundable \$400 deposit from each person to secure your reservation on this trip. Final payments are due no later than 90 days prior to the departure date. If you find you must cancel your trip, please notify Northwest Voyageurs in writing as soon as possible. If we have not received your final payment by the due date, and if we have not received written notification of your need to cancel your reservation, Northwest Voyageurs may at its sole discretion charge the remaining invoice balance to your credit card on file or consider the reservation cancelled and release your spaces.

All payments are non-refundable. However, if you notify us in writing of your need to cancel your trip at least 90 days prior to your departure, we will hold payments on your account less the initial deposit for a period of one year. If you notify us less than 90 days prior to your departure, all payments will be forfeited. Please understand that once you sign up, we lose the right to sell your space to another individual. Therefore, we regretfully cannot make exceptions to our cancellation policies. Northwest Voyageurs and the Miami Alumni Association **STRONGLY** recommend purchasing travel insurance for all multi-day reservations. Your Miami Alumni Association will send information on purchasing travel insurance once your reservation is received.

Travel Insurance

Travel insurance can cover unforeseen costs or problems such as lost baggage, cancelled flights, and the costs of canceling your trip due to illness or injury. Northwest Voyageurs and the Miami Alumni Association **STRONGLY** recommend purchasing travel insurance for this trip. The Miami Alumni Association will forward you information on purchasing travel insurance after you have made your reservation. It is very important to consider purchasing your insurance within 15 days of making your reservation, as there are additional benefits included in the policy including a waiver of pre-existing medical conditions.

Other Questions

If you have any further questions, please feel free to contact us by email at info@voyageurs.com or by phone at (800) 727-9977 and we will be more than happy to assist you in any way that we can.

Summer Detailed Packing List:

Gear & Equipment List

- Sandals with heel strap or water shoes
- Sneakers or cross-trainers for short hikes and biking
- Boots (for hiking and horseback riding)
- Camera & film (disposable waterproof cameras available in our shop)*
- Sunglasses with retainer straps *
- Waterproof sunscreen* and lip balm/chapstick*
- Personal items
- Water bottle*
- Fanny pack or small day pack

Clothing

- 2-3 Short-sleeve t-shirts*
- 1-2 Long-sleeve t-shirts or old dress shirts (for sun protection)
- 1-2 Pair shorts
- Jeans for horseback riding
- Bathing suit / nylon shorts
- Athletic socks
- Personal undergarments
- 1 Warm top (non-cotton such as fleece)
- 1 Pair lightweight pants for evening
- Floppy hat, baseball hat, or visor for sun protection*
- Good quality rain jacket and pants

Optional Items to Bring:

- Fishing rod and tackle (fly or spinning)
- Golf clubs (if you wish to play)
- Camcorder or musical instrument

Additional Items For Optional Overnight Rafting Trip

- Flashlight or headlamp
- Light-weight duffel bag for clothes – used to put into our dry bags

Northwest Voyageurs Provides:

- Life jackets, waterproof dry bags and wet Suits (if necessary)
- Tents, sleeping bags and pads for overnight trip
- First aid supplies
- All meals and non-alcoholic beverages

Spring and Fall Additional Clothing Items:

- Pack for layering: Non-cotton warm layers, poly-propylene underwear, fleece, a warm coat, etc.
- Warm Goretex/waterproof jacket and pants or good quality rain jacket and pants (we can provide splash jackets and pants if needed)
- 2-3 warm tops (fleece or wool)
- 2-3 pair pants (jeans, fleece, carhartts, for in camp.)
- 1-2 sets long underwear (synthetic, quick dry fabrics like polypropylene, capilene, and polyester fleece)
- 2-3 pairs wool or synthetic socks
- Non-cotton winter hat and gloves

Where can I buy these items?

Asterisked items in the above list are available for purchase when you arrive at our headquarters, the Little Salmon Lodge. Many of the other items can be purchased from a variety of general stores or local sporting goods stores. For specialty river or camping items including synthetic clothing, some of the many vendors to consider are:

Northwest River Supply: www.nrsweb.com

REI: www.rei.com

EMS (Eastern Mountain Sports): www.ems.com