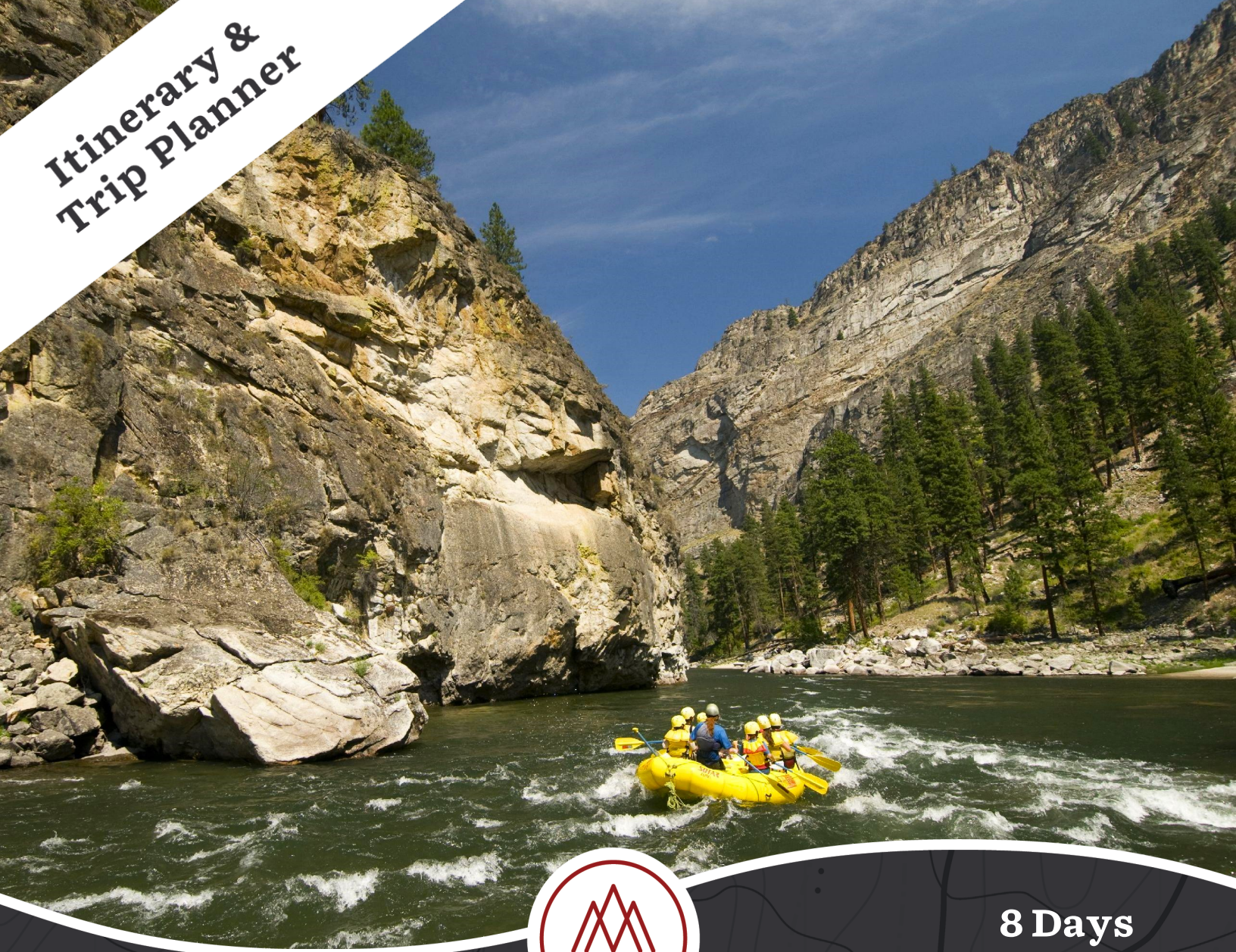


**Itinerary &
Trip Planner**



8 Days

July 24 - July 31, 2025

Idaho Middle Fork of the Salmon River 100-Mile Rafting

Epic Rapids, Historic Trails & Comfortable Camping

Thank you for choosing MT Sobek for your adventure. Please note that this itinerary may be subject to change depending on local conditions, so we recommend being flexible and bringing your spirit of adventure. Be sure to check with us before scheduling your flights.

Contact us at info@mtsobek.com
or call **800-974-0300**

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MT Sobek has been running this expert-led trip for more than 20 years and is an equal opportunity employer, operating under a special use permit within the Salmon-Challis National Forest.

Your Itinerary

Idaho Middle Fork of the Salmon River 100-Mile Rafting

No experience required when you join this epic backcountry adventure, frequently cited as the world's best river trip! Rafting 100 miles down the Middle Fork of the Salmon River in Idaho. The days are filled with a variety of exciting activities from whitewater rafting to swimming, fly fishing, relaxing in natural hot springs, cooling off under refreshing waterfalls, and many optional hikes to stunning views of the canyon. Choose to actively participate on a guide-led paddle boat or sit back and take in the scenery on the oar boat!

8 Days

Start: Boise, Idaho

End: Boise, Idaho

Departing: 2025-07-24

Activities: Rafting & Kayaking, Family Adventure

Lodging: Comfortable Camping, Comfortable Hotels

ACTIVITY:



Daily Itinerary



July 24, 2025

Arrive in Boise, Idaho

Arrive in Boise, Idaho by 1:00 pm today. After a brief orientation, we will fly as a group to Stanley, Idaho, spectacularly set along the banks of the Salmon River at the base of the Sawtooth Mountains. Meet your guides on the back lawn of the Mountain Village Resort for a 6:00 pm welcome orientation meeting followed by a casual picnic dinner. Head back to your hotel to pack up your provided waterproof river bags for the early start the next morning.

ACCOMMODATION: Mountain Village Hotel

MEALS: Dinner

TRANSPORTATION: 45-minute flight



July 25, 2025

Journey to the Put-in at Boundary Creek

Ride the bus to Boundary Creek in the Frank Church-River of No Return Wilderness and meet your team of river guides. Under their expert captainship, you will climb aboard the oar boat or raft, and set off to encounter the first of the Middle Fork's rapids: Sulphur Slide, Velvet Falls, the Chutes, and Powerhouse. In late afternoon, arrive at one of the Middle Fork's beautiful campgrounds with breathtaking views, natural hot springs, or trails to explore. Every night, you will enjoy appetizers and a delicious meal prepared by the guides, followed by hot drinks and a campfire.

ACCOMMODATION: MT Sobek Camp Middle Fork of the Salmon River, Idaho

MEALS: Lunch | Dinner

TRANSPORTATION: 2.5-hour bus transfer (40-minute flight if water levels too high or low)

ACTIVITY: 6 hours/6-15 miles rafting Class II to Class IV rapids



July 26, 2025

Get Started with Pistol Creek Rapid

After breakfast, Class III rapid Pistol Creek provides an exciting jump-start to the day. After lunch, water permitting, inflatable "ducky" kayaks are available for thrill-seekers looking to paddle through the rapids on their own (available on all low-water trips). Make a stop at the Indian Creek Guard Station on the river's left bank to learn a bit about the history of the area, then it's back into the boats to traverse Pongo rapid and coast into camp around 5:00 pm. You have traveled about 15 miles downriver today.

ACCOMMODATION: MT Sobek Camp Middle Fork of the Salmon River, Idaho

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/6-15 miles rafting Class II to Class IV rapids



DAY 04

July 27, 2025

Explore Sunflower/Loon Creek Hot Springs

Marble Falls and Ski Jump rapids start off the day. The calm water that follows makes this a good day to fly-fish or take a refreshing swim. You may also stop at the hot springs at Sunflower or Loon Creek for a relaxing soak while keeping an eye out for mountain goats and bighorn sheep. After lunch, take a short hike to one of the cliffs along the river that showcases Sheepeater pictographs. Enjoy a few more rapids before pulling into camp after about 15 miles on the river.

ACCOMMODATION: MT Sobek Camp Middle Fork of the Salmon River, Idaho

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/6-15 miles rafting Class II to Class IV rapids

DAY 05

July 28, 2025

Ride the River to Tappan Falls

The 15-20 miles you travel today offer some of the Middle Fork's most thrilling rapids, including Tappan I, Tappan Falls, New Tappan, and Aparajo. Look for bighorn sheep grazing along the shore as you paddle by, as well as bald eagles, osprey, herons, river otters, and black bears. You can also see shallow circular depressions in the ground on the riverbanks: the sites of Sheepeater pit dwellings. In the afternoon, pass by Kaufman's Cave, where the Scottish prospector Clarence Kaufman lived for four years.

ACCOMMODATION: MT Sobek Camp Middle Fork of the Salmon River, Idaho

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/6-15 miles rafting Class II to Class IV rapids



July 29, 2025

Coast into the Impassable Canyon

Today brings you into the Impassable Canyon, home to truly spectacular scenery: reddish-gray granite cliffs looming over the water, and sharp rock strata folds-the striking evidence of the canyon's geologically tumultuous past. Get ready to experience some serious whitewater through Driftwood, Haystack, Bernard Creek, Earthquake Jack Creek, and Goalpost rapids. After lunch, make the steep hike to Veil Falls, then back on the river, pass through Weber, Redside and Cliffside rapids and view the 1900s homestead of Earl Parrot. Back at camp, enjoy a special last-night dinner.

ACCOMMODATION: MT Sobek Camp Middle Fork of the Salmon River, Idaho

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/6-15 miles rafting Class II to Class IV rapids



July 30, 2025

Celebrate in Salmon, Idaho

We cap off our adventure by rafting 10 miles of the biggest rapids of the trip: Foreplay, Rubber, Rubber II, and Hancock. After a thrilling morning, reach the confluence of the Middle Fork and the Main Salmon River. Leave your boats behind and board a bus to Salmon for a late-afternoon arrival at the Stagecoach Inn. Enjoy a hot shower, attend a post trip toast and celebration on the back lawn of the hotel, then the opportunity to dine out and explore Salmon on your own this evening.

ACCOMMODATION: Stagecoach Inn

MEALS: Breakfast | Lunch

TRANSPORTATION: 2-3-hour bus transfer

ACTIVITY: 6 hours/6-15 miles rafting Class II to Class IV rapids



July 31, 2025

Fly to Boise, Idaho

An early morning shuttle service will provide transfers from the Stagecoach Inn to the local regional airport for your scheduled flights back to Boise. Salmon is also 3 hours west of Jackson Hole, Wyoming, the gateway to Yellowstone and Grand Teton National Parks if you are looking to extend your adventure in the region.

About This Trip

Awaken Your Mind: A Six-Day Adventure in Presence, Wonder & Wild Beauty with Dr. Dan Siegel — An MT Sobek Retreat Featuring Dr. Dan Siegel

Step into the flow of the river and into a deeper connection with yourself in the flow of your life. Over six extraordinary days, you'll travel 100 miles through remote wilderness, where canyon walls, natural hot springs, and vast starlit skies invite awe and insight. This one-of-a-kind experience combines the thrill of a rafting adventure with the depth of inner exploration, guided by renowned author and neuropsychiatrist Dr. Dan Siegel.

Drawing from his pioneering work in Interpersonal Neurobiology ("IPNB") and his latest book, [*Personality and Wholeness in Therapy*](#), Dan will lead immersive sessions that explore the 9 Patterns of Developmental Pathways ("PDP")—a practical, science-based model for understanding how personality develops from innate temperament, and how integration can unfold with lifelong growth, insight, and possibility.

Whether around the campfire or in quiet moments between rapids, Dan's teachings will illuminate the inner terrain of identity, resilience, and transformation toward freedom in how we live. Through the lens of PDP, an IPNB-informed framework, initially inspired by the Enneagram, Dan will guide participants in discovering how innate tendencies and learned behaviors shape our sense of self, and how these patterns can become pathways to transformation.

In this 6-day exploration, you will learn how your unique personality patterns shape your emotions, relationships, and inner narratives, impacting your life personally and professionally. Through interactive discussions, reflective practices, and experiential exercises, you'll gain tools to deepen awareness and foster wholeness in all areas of life.



Dr. Dan Siegel

About This Trip

This retreat is more than a river trip—it's a journey into presence, connection, and wholeness. With Dan, you'll explore:

Patterns of Personality and Pathways for Growth

- Discover how innate tendencies of temperament and adaptive strategies we construct shape our identity—and how they can be transformed through insight and integration.

Mindful Awareness in Wild Nature

- Experience Dan's renowned Wheel of Awareness practice in an open-air setting, using nature itself to deepen focus, presence, and inner-compassion.

The Neuroscience of Connection

- Learn how relationships, narrative, and neuroplasticity weave together to create a coherent sense of wholeness—and how awe, rest, and reflection support transformation.

Practical Tools for Lasting Change

- Take home strategies for continued personal growth in the river of your life, grounded in science and made accessible through story, reflection, and take-home guided practices.

Retreat Highlights:

Adventure Meets Insight

- From whitewater to hot springs, from stargazing to fireside discussions, this retreat weaves external adventure with deep internal discovery for a life-illuminating journey.

Daily Practices and Evening Teachings

- Enjoy a rhythm of movement and meaning, with mindfulness practices and small-group reflection anchoring each day and the opportunity to deepen inner understanding.

The River as a Metaphor

- Let the ever-changing landscape and the flow of the river mirror your own unfolding—a space where stillness and momentum, uncertainty and trust, meet in harmony.

Dates & Pricing

DATES

- July 24 - July 31, 2025

PRICING

- \$5,495 pp double occupancy (including internal air and park fees)
- Single occupancy supplement +\$275

PAYMENT SCHEDULE

- A 25% deposit is due upon acceptance of services.
- Final payment is due 95 days prior to departure.

CANCELLATIONS & REFUNDS

At the time we receive written notice that you must cancel your trip, the following fees will apply (all dates are from departure date):

- From time of reservation until 95 days prior to trip departure: 25% of land cost
- 94 to 61 days prior to trip departure: 50% of land cost
- 60 days or less prior to trip departure: 100% of land cost
- No refunds will be given for unused hotel rooms, meals, activities, or trek arrangements for any reason whatsoever. Land Cost is quoted as a package and credits are not given for services not used. Extra hotel nights cancelled within 60 days of departure are subject to up to 100% of the hotel cost. Internal Air, once purchased, is non-refundable.
- Cancellation and refund policy applies to the entire Land Cost of trip, including trip cost, internal airfare, park fees, permits, and taxes. We recommend you purchase the Optional Travel Protection Plan to protect your investment.

To view our full Terms and Conditions, please visit www.mtsobek.com/terms

GROUP SIZE

- 10 - 22 guests

MINIMUM AGE

- 13 years

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All rafting and camping equipment for activities as described in the itinerary, including high-quality rafts, personal floatation device (PFD), helmet, waterproof bags for personal items, a 2-person shared tent, sleeping bag, camp chairs, and all equipment required for preparation and serving of incredible meals prepared by your guides
- Round trip transportation from Boise to River start and end locations and back to Boise (includes airfare from Boise to Stanley, ID and Salmon, ID to Boise, ID) (*Discount available if joining the group in Stanley, ID)
- All accommodations as noted in the itinerary (2 nights hotel and 5 nights Camping)
- Breakfasts, lunches and dinners as noted in the itinerary (Dinner Day 1 through Lunch Day 7 - excluding Breakfast Day 2)
- Snacks, water and other beverages between meals
- Comprehensive Trip Planner with detailed pre-trip information
- All gratuities at hotels and restaurants
- Park and other entry fees
- Daily in-person workshops with Dr. Dan Siegel

PRICE DOES NOT INCLUDE

- Transportation to and from our Start and End location: Boise Airport
- Alcoholic beverages (MT Sobek provides a celebratory toast at the end of the trip; guests are welcome to bring their own alcohol)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

Your Trip Planner

This trip planner contains essential information to prepare for your upcoming adventure. Please read it carefully and contact your Adventure Coordinator if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides and emergency contacts in case you are delayed en route.

Arriving & Departing

ARRIVAL: Please arrive in Boise, ID (BOI) by 1:00 pm on Day 1 of the itinerary. Your guide will meet you and your fellow travelers at the airport for a brief welcome before boarding your flight from Boise, ID to Stanley, ID. Upon arrival in Stanley, you will check in to your hotel followed by a casual welcome orientation and dinner.

Consider your first day's activities: Day 1, meet up with the group and guide in Boise airport for your flight to Stanley and hotel check in. Meet at 6:00 pm for a casual welcome orientation and dinner on the back lawn at the hotel. At the 6:00 pm orientation, you will be provided dry bags and helpful packing instructions for your personal items.

DEPARTURE: Day 8 take the hotel shuttle to the airport for your return flight from Salmon, ID to Boise, ID airport. Flights out of Boise can be scheduled anytime after 11:00 am.

Extending Your Stay

Boise, ID offers many different lodging options if you choose to arrive early or stay over after the trip ends. We recommend booking with your favorite hotel brand or choosing a property that appeals to you!

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

On Your Trip

Accommodations

Please refer to your [itinerary](#) and Final Details for the accommodations on your adventure. In general, we use the nicest hotels available, but due to the remote nature of the area we are visiting, our lodging is generally quite simple, and both rooms and beds may be smaller than you are accustomed to.

For your river adventure we will provide you a tent and sleep kit which includes your professionally laundered sleeping bag.

Trip Planner *continued*

Communications

Wi-Fi is only available in Stanley and Salmon and is generally free. While on the river, communication is limited. There are no telephones, internet or cellular service in the backcountry. Your guides have satellite phones and an IN Reach Garmin for use in an emergency.

Electronics

We will not have access to electricity while camping and rafting the river. Please pack additional batteries for your electronics, or consider bringing a personal solar charger.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

BREAKFASTS: Breakfasts include a variety of hot and cold options including cereals, fresh fruit, breakfast meats, egg dishes, pancakes, etc. There will always be tea and plenty of hot coffee.

LUNCHES: Lunches are served buffet style and may include deli style options, a variety of salads, chips, cookies and powdered drink mix.

DINNERS: Dinners are amazing! Our guides love to cook and it shows with multiple courses including meats, fish, pasta, and vegetarian options. Always save room for something wonderfully sweet at the end. Canned flavored seltzer waters are provided in camp.

ALCOHOL OR ADDITIONAL BEVERAGES : You may bring wine, beer and liquor in preferably plastic bottles or cans. Another favorite is soda or coconut waters. These drinks can be purchased when you arrive in Stanley before our 6:00 pm Welcome Orientation and Dinner.

Money

Tipping your adventure guides is a common practice to show appreciation for their hard work and expertise in ensuring you have a great experience. The amount you tip may vary based on factors such as the length of the trip, the level of service, your guide team size, and your overall satisfaction.

On our hiking and rafting adventures in the United States and Canada, we recommend tipping your guide team \$50 - \$70 per day, per guest. On our camping based trips where guides prepare meals and look after accommodations, please consider tipping at the higher end of the range if you received excellent service.

Guides can accept gratuities paid by cash or apps like (Venmo, Zelle, PayPal, etc.). To ensure equitable distribution to the entire guide team, please deliver all gratuities to the trip leader.

Tips for restaurants, activity vendors, and hotel staff are included in your trip price.

Remember gratuities are always optional and at your discretion.

Trip Planner *continued*

What to Pack

Packing for Weather

Idaho weather can be variable. Please come prepared with warm and cold weather clothing. Weather during the daytime is 65-85F and evenings 40-60F, depending on the weather. Early June trips are typically cooler at night. Synthetics are best for layering and keeping you warm in all weather conditions. Good rain gear is perfect for in camp as well as on the boat when getting splashed.

TEMPERATURE (F) - AVERAGE LOWS & HIGHS

July: 55/90

Clothing Notes

DRY BAGS

You will have 3 dry bags for use on the trip. These bags are designed to keep your belongings dry.

The first medium sized dry bag is for personal belongings such as your clothing and items used in camp.

The second medium sized dry bag will include the provided sleeping bag. Each morning these bags are secured to a boat and travel ahead of the group to camp. We commonly refer to this as 'Checked Luggage'. As on a flight checked luggage will be available to you when you land in camp.

The third smaller dry bag is your 'Carry On'. This is the bag you will carry on the boat and have accessible throughout the day. This is a great bag to pack extra layers in the event you get too wet or cold. Rain gear, extra glasses, sunscreen, perhaps a book to read at lunch, snacks or medication that is immediately accessible.

The guides will assist you in mastering the art of packing a Dry Bag.

LAUNDRY

Because this is a camping trip, you will not have access to laundry facilities, so please pack accordingly. The Westslope Cutthroat Trout is a special species of fish which does not allow for bathing or washing laundry directly in the Middle Fork of the Salmon River.

Daypack

Small daypacks are recommended for safer hiking, as hands should be free of bottles and cameras. Small daypacks with integrated hydration systems are a great option.

Footwear

Sturdy, properly fitting footwear is essential. If you're buying new shoes, be sure to completely break them in prior to the trip. All river sandals are required to have a heel strap which ensures they will stay on your feet even if you are in the river. Sandals without heel straps are great for in camp.

We recommend Chacos or Teva Sandals as they function the best on river trips.

Health & Training

Prior to traveling, and before beginning any training routine, please confer with your physician or local healthcare provider. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

Trip Planner *continued*

Please remember that MT Sobek is not a medical authority and can only provide general information, which may not be accurate by the time you travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate health information for use by your guides — especially in the event of a medical emergency. Your guides are responsible for the safety of all trip members, and he or she may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you have to leave the trip. Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing your hands regularly, especially before eating. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

Tips for Getting in Shape

Activity Level 2: Previous rafting experience is not necessary; however, you need to be in good physical condition. This trip occurs in a remote wilderness location, where each day loading and unloading into the raft can be on sandy beaches or uneven rocky shores. It is a necessity that all travelers are stable and sturdy on their feet in uneven terrain.

RAFTING

In general, be in good health and fitness. You don't need to train for the level of rafting we offer, but you should be able to participate in sustained physical activity for 2-3 hours at a time (paddling), with good enough balance and agility to get in and out of boats on moving water. Exercises to improve your core, shoulder, and back strength may also be helpful here.

HIKING

The Middle Fork has many hiking opportunities, offering everything from a short stroll to a long hike. While we generally plan on at least two guided hikes during the trip, there are lots of opportunities to explore the area. All hikes are optional, and you can choose to lie on the beach and take in the rays, sit in a hot spring, or read a book instead.

Please note that you do not need to bring a large backpack, a lightweight daypack for your water bottle and camera on hikes is sufficient. Hiking boots are not needed unless you have a specific foot or ankle problem that necessitates them. Running shoes or river sandals are fine for most people.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?

Trip Planner *continued*

- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.



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