



Cataract Canyon Women's Rafting Adventure

7 Days



The Adventure Company | EST. 1969


MT + SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Cataract Canyon Women's Rafting Adventure

Enjoy unwinding with yoga, massages, paddle boarding and dining on sandy beaches in Canyonlands National Park, on this women's focused adventure in the red-rock wonder of Cataract Canyon. Rejuvenate mind and spirit as you raft exhilarating rapids and enjoy the camaraderie of this week-long women's getaway. Meet in Moab, Utah's adventure hub, and tackle Class I to IV rapids over 96 miles. Six days on the river are topped with relaxing riverside camping, where you can bond and unplug under star-speckled desert skies.

Details

Arrive:	Moab, Utah
Depart:	Moab, Utah
Duration:	7 Days
Group Size:	8-20 Guests
Minimum Age:	16 Years Old
Activity Level:	

Testimonials

"MT Sobek took care of everything for our extended family vacation. Not a hiccup in the planning, the itinerary, the lodging or the guide. Everything in life should be so easy."

Kathy J.

"I've taken six MT Sobek trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my "go to" adventure travel company!"

Margaret I.

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Why Take This Trip With Us?

REASON #01

MT Sobek has been rafting the world's greatest rivers since 1973 and is a trusted river operator with special permits to run the Colorado River.

REASON #02

Our women's focused trip is specialty catered for you with yoga, massage and enjoying the outdoors in spectacular canyon country.

REASON #03

We offer a selection of ways to enjoy the Cataract Canyon, including the option to plan a private departure!

What to Expect



ACTIVITIES

Rafting Class I to IV rapids (depending on season), scenic hikes, stand-up paddle boarding, swimming, and fun games and feasts at camp.



LODGING

A full-service hotel in Moab to kick off the adventure, followed by five nights at riverside camps.



CLIMATE

Dry desert environment with spring/fall temps from 65°-85°F and 55°F at night. Summer temps from 85°-100°F and 65°F at night.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Pauly has been guiding on rivers across the country for over 18 seasons, he has run over 40,000 miles on the Rivers of Alaska, Arizona, Utah, West Virginia, Idaho, Colorado, and Canada. He is an avid outdoorsman who loves snowboarding, hiking, and biking - almost as much as he loves playing music, as guests can expect him to play his guitar on every trip. When he is not on the river, you can find him at his home in Moab enjoying his friends, listening to and making music, paddle boarding, hiking, mountain biking, talking about Philly sports and enjoying all opportunities to be outside.

Pauly Borichevsky

Christa Sadler is an author, geologist, educator, and guide from Flagstaff, Arizona. She has worked as a guide on rivers throughout the Southwest and Alaska, and in Ecuador since 1986. She works as a naturalist and educator in Mexico, Alaska, and the Colorado Plateau. Her research in archeology, geology, and paleontology has included several ridiculously hot summers searching for dinosaurs in the badlands of Montana, fighting off dust storms and overly curious camels in the Gobi Desert in Mongolia, and steering clear of annoyed marine iguanas in the Galapagos Islands. Her articles and photographs have appeared in many prominent publications over the years and her immense knowledge and strong leadership make her

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Itinerary

DAY 1

ARRIVE IN MOAB

Arrive in in Moab, Utah's lively adventure hub. Enjoy the afternoon exploring this vibrant little downtown with eateries, legendary bookstores and local artisan's shops. In the late afternoon, meet your MT Sobek guide at the hotel for a celebratory welcome and orientation to the trip. Get to know the fantastic group of women you'll be traveling with over an evening of festivities.

Meals: D

DAY 2

START THE JOURNEY DOWN THE COLORADO RIVER

After a delightful morning of yoga by the creek near the hotel, we'll gather for a short drive to the Colorado River, just downstream of Moab. Meet the rest of your guides by the river and receive a safety briefing before the journey begins. Adjust to the pace of the warm Colorado River as you paddle past spectacular scenery. Upon arrival at camp, join the guides in setting up tents or relax riverside with a celebratory drink. After dinner, watch the sunset with new friends and share stories of the day's adventure.

Activity: 5 hours/11 miles rafting & optional canyon hiking

Meals: B, L, D

DAY 3

TRY PADDLE BOARDING & EXPLORE SLOT CANYONS

Wake up to the delightful sounds of the river, and the opportunity for sunrise yoga to start the day. After breakfast, pack up your bags and continue the journey downriver. Spend the afternoon over fun water-based activities in the warm Colorado River. Try stand-up paddle boarding or grab inflatable kayaks for a spot of paddling. Stop to explore Native American ruins and learn about the flora and fauna of this fragile desert environment. Arrive at camp, and enjoy a relaxed guided meditation and/or yoga on the banks of the river, followed by optional river games like horseshoes and bocce ball. This evening at the riverside campsite, count the stars on the bright desert sky up above as you have the option to sleep outside under the stars.

Activity: 5 hours/16 miles rafting & optional canyon hiking

Meals: B, L, D

DAY 4

MORNING YOGA & SWIM AT THE CONFLUENCE

Start the day at a leisurely pace, enjoying the canyon's solitude with a morning extended yoga session. After a tasty brunch, we'll load up the rafts and head downriver. Shortly, we'll head out on the Loop Hike — a short, steep 1-mile trek (800 vertical feet) with majestic vistas. Meanwhile, the rafts continue downriver to prepare your

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post-hike lunch by the river. Float past the confluence of the Green and the Colorado Rivers, an iconic spot where two great rivers meet. This evening, camp on a sandy beach and let the guides surprise you with festivities.

Activity: 5 hours/20 miles rafting & 2 hours/1 mile canyon hike with 800' elevation gain & loss

Meals: B, L, D

DAY 5

SUNRISE TREK TO THE DOLLHOUSE & WHITEWATER RAFTING

Start with a sunrise hike to the Dollhouse in the heart of the Maze District of Canyonlands National Park — a 2,000-ft vertical trek to remember. Enjoy the breathtaking vistas and take perfect yoga photos with the desert landscape spread out beyond. By mid-morning, get some thrills in Cataract Canyon with rides over 15 rapids, including Brown Betty and Mile Long. Hear your laughter echoing off the canyon walls as you scout the rapids and feel the rush of riding over. Make camp on a sandy beach this afternoon, in time to watch the sunset while chatting with friends over appetizers and drinks, then let the river sounds lull you to sleep.

Activity: 5 hours/18 miles rafting Class III-IV rapids & 3 hours/4 mile canyon hike with 1200' elevation gain/loss

Meals: B, L, D

DAY 6

RAFT CATARACT CANYON'S BIG DROP RAPIDS

Rise to face some of the best rapids in the world! Known as "the Big Drops," these classic rapids include Satin's Gut and Little Niagara Falls — and provide a serious adrenaline rush. Do a few hikes first to scout the rapids, so the guides can assess the safest and best ride down the white-water waves. On this last night on the river, wrap up the incredible adventure with a special feast for the whole crew.

Activity: 5 hours/18 miles rafting Class III-IV rapids

Meals: B, L, D

DAY 7

FLOAT TOWARDS THE GRAND CANYON & SCENIC FLIGHT TO MOAB

Awake for your last day on the river, which features only a half-day of rafting — about 15 miles on the river through one of the most spectacular canyon stretches. Practice your yoga handstands, then get on the river and journey through one of the most spectacular canyon stretches. The towering walls rise higher as you get deeper and approach Lake Powell, just upstream of the Grand Canyon. At the take-out, you'll say goodbye to the Colorado River and transfer to the Hite Airstrip, where a charter flight whisks you up and over Canyonlands

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National Park retracing the river you just rafted! Upon landing, a vehicle is waiting to transport your group back to Moab.

Activity: 4 hours/15 miles rafting

Meals: B

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Dates

May 27 - Jun 2, 2019

Jul 28 - Aug 3, 2019

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 2,595 per person

Additional Cost

\$ 225 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your river guide(s)
- All necessary camping, rafting, kayaking and paddle boarding gear
- All group activities and ground transportation

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your river guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers
- Optional travel protection

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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

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Awards



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