

Trip Notes

Black Canyon Canoe/ Hot Springs

March 26 - 29, 2009



This exciting canoe trip will take us along a spectacular 11-mile stretch of the Colorado River, just south of the Hoover Dam. Known as Black Canyon, this section of the river forms the boundary between Nevada to the west and Arizona on the east. It is surrounded by the high rocky cliffs of the El Dorado Mountains and is replete with naturally-occurring hot springs. Although located in the midst of the Mojave Desert, it has an unexpected abundance of wildlife, including fish, birds, and plants. Native species in the area include desert bighorn sheep and bald eagles.

Our adventure will begin Thursday when we'll meet at Boulder Beach campground in the [Lake Mead National Recreation Area](#). The campground sits along the western shore of the lake, which is formed by the Hoover Dam. We'll set up camp in the early afternoon, then take a short (5-mile) drive to the dam for some afternoon sight-seeing and photos. We'll have an opportunity to drive and walk on the dam, and check out spectacular views of Lake Mead, the Black Canyon, and the [Hoover Dam Bypass Bridge](#) construction project.



Friday morning we'll break camp at Boulder Beach and then drive about 20 miles, crossing the dam to Willow Beach, on the Arizona side of the river. The next two nights will be spent on the river, and we'll have to load our gear on the canoes and carry it to our campsites. From Willow Beach, we'll put our canoes in the water and begin our paddle *up* the river. Water levels and currents of the river are determined by releases from the dam and can vary considerably. Our destination is Arizona Hot Springs, which is a primitive campsite

along the sandy shores of the river, 8 miles up river from Willow Beach. (Pit toilets are available, but there is no water other than the river.) Once we arrive at our destination, hot springs are a welcome treat and are just a short walk from the campsite.

Saturday is a lay-over day. There is a hiking trail leading from the campground, but most campers will probably want to continue the canoe journey exploring more of the river. The dam is only about 3 miles up river from the campsite, but river conditions may be treacherous depending on the currents. If we're lucky, we may be able to get close enough to see the dam. There are also other sights to explore on this stretch of the river, including Sauna Cave as well as Goldstrike Canyon and Boy Scout Canyon, which offer more hot springs and hiking/ rock scrambling.



Sunday we'll have an early morning wake-up call so that we can get an early start. After breakfast and breaking camp, we'll paddle back down river 8 miles to our starting point at Willow Beach.

This trip is strenuous and requires a level of physical fitness and stamina. Much of our paddling on Friday and Saturday will be up the river, against the current. This will require several hours of physical effort to reach our destinations. Please be prepared to discuss your fitness level with trip leaders to determine if this trip is a good fit for you. Given the time of year, weather conditions may vary from warm and sunny to cold and rainy. Average daily highs for this time of year are 73° F; average lows are around 49° F (record high = 90° F; record low = 30° F). Rain is possible but unlikely. The river is often windy. Personal Floation Devices (PFDs, also known as life jackets) will be provided, but participants should know how to swim in the event they go overboard. No pets or un-enrolled friends, please!



Thursday, March 26: Meet at [Boulder Beach Campground, Lake Mead](#) by 3:00pm
Group trip to see the Hoover Dam (late afternoon).
Dinner in camp at Boulder Beach.

Friday, March 27: Wake-up call at 6:30am
Eat breakfast, pack up, and drive to Willow Beach, AZ (20 miles)
Start paddling up the Colorado River!
Camp along the river at Arizona Hot Springs

Saturday, March 28: Lay-over day. Rest at camp *or* continue to paddle more up river.
By canoe we will explore more of the river, including various hot springs and canyons along the way.
If we're lucky, we may get within sight of the Hoover Dam.

Sunday, March 29: Wake-up call at 6:30am
Eat breakfast, pack up, and start paddling back down river.
Arrive at Willow Beach by Noon.
Trip is over! Enjoy the drive home!



Sunrise:
~6:30am PDT



Sunset:
~7:00pm PDT

Equipment List:

Gear:

- Sleeping bag (rated to at least 35° F) and sleeping pad
- Tent
- Duffel bag/backpack
- Personal hygiene items: toothbrush, toothpaste, biodegradable soap (e.g. Ivory or castile soap)
- Sunscreen/lip balm
- Water bottles (2 liters)
- Day pack (large enough to carry food, water, and extra clothing, and on day hikes)
- Pocket knife

Clothing:

- Sunglasses and sun hat or bandana
- Flashlight/ headlamp
- River shoes/ water sandals
- Hiking or walking shoes
- Socks
- Gloves/mittens
- Shorts and long pants
- T-shirts and long sleeve shirts
- Jacket/ fleece pullover
- Warm (wool) cap
- Warm jacket and warm pants
- Rain gear and a wind breaker
- Bathing suit and towel
- SANDALS or water socks

Food:

- 3 Breakfasts
- 3 Lunches
- 3 Dinners
- Snack items
- Water (5 gallons) or a water filter. There is no potable drinking water along the river!
- Eating Utensils - Bowl, mug, spoon, and pocket-knife. Some kind of plastic bowl works best, with an insulated plastic mug. You don't need to buy these items; you can probably find them around your home.

Additional items:

- Camera and extra batteries/ film
- An assortment of plastic (trash) bags and zip-lock bags to keep stuff dry
- Whistle - Just in case you get lost, so we can hear you and stop or back track for you.
- Bundle of firewood

Food for thought... Food & Clothing Suggestions

Clothing (the layered look):

While cotton is a comfortable fabric and it is a natural material, when it gets wet it is slow to dry and causes us to lose body heat very quickly. If you go in the water, and a breeze starts to blow, you could wind up losing a lot of body heat (which leads to hypothermia). Therefore try to avoid cotton, especially on a water trip or when there's a chance of cold and rain. Synthetic materials such as nylon and polyester are highly recommended because they dry quickly and keep you warm when you are wet. (Merino wool is also an excellent natural material, but it is also quite expensive.)

Inner Layer:

- Underwear - As much as you think you will need. (Cotton is suggested for women.)
- Long Underwear (Optional but really helps keep you warm) - A pair of tops and bottoms made of a synthetic material such as poly-propylene. If you don't have long underwear, a pair of sweat pants and a sweat shirt also works.
- T-shirts – Two or three will be plenty. Again, synthetic materials will dry more quickly.

Insulating Layer:

- Socks – One pair made of Wool (Merino wool or *Smartwool*) or a synthetic material.
- Pants - One pair, wool or fleece. If you need to bring cotton, sweats are OK, but bring two pairs.
- Pull-Over/Jacket - Bring two items. Wool or polyester fleece is ideal. An old wool sweater works great, but two cotton sweat shirts will work fine as one item.
- Windproof/ waterproof jacket – most important for water trips
- Gloves - Something warm.
- Hat - Something thick and warm. Wool or fleece. Make this MANDATORY on your list!! You lose 75% of your body heat through your head.

Protective Layer:

- Hiking Boots/Sturdy walking shoes - If you are buying a new pair, make sure that they are adequately worn in by the start of the trip.
- Rain Jacket and Pants or a Poncho - Come rain or snow, we will be there, and you will want to be dry! Make this one Mandatory on your list!!
- Bandanas - These are optional, but serve many purposes. For example, it is great as a hankie for blowing a runny nose, as a washcloth, or for wetting down and putting on your head!

Bring all the above clothing and MORE. If you are unsure about whether or not to bring something, bring it. We can always leave it in the car. Remember, the temperature could be fairly cold at night, so be prepared!!

Remember that you don't need to go out and buy of all these things! If you don't have something, please ask a friend. Most of this can be borrowed or shared!

Suggested Food Menu

Breakfast:

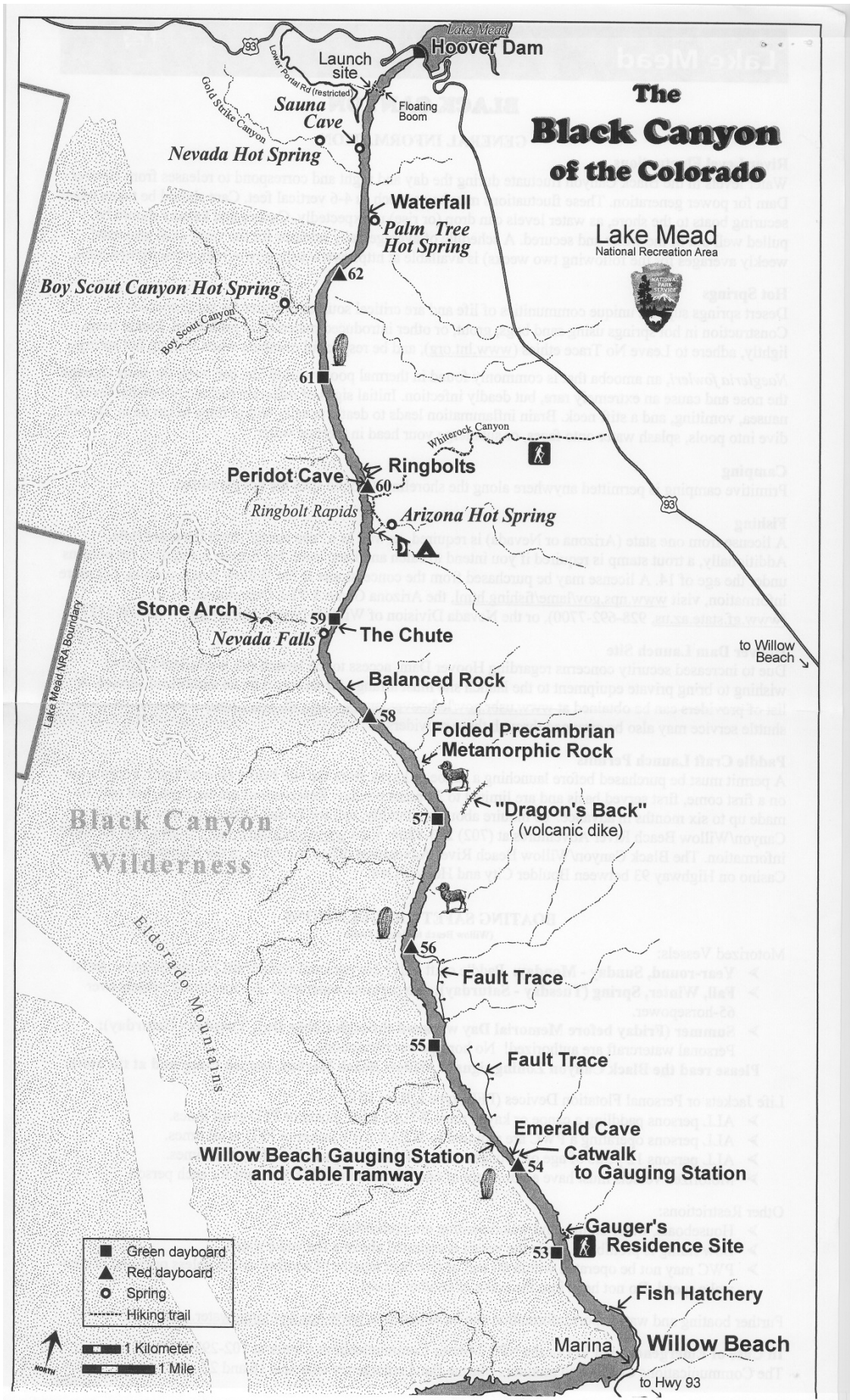
- Instant oatmeal with brown sugar
- Cold cereal, dry or with powdered milk
- Bagels, with cream cheese or jelly
- Dried fruit
- Fresh fruits (pick durable fruits like apples or oranges)
- Breakfast bars
- Hot drinks: coffee, tea, hot chocolate - especially if it's cold

Lunch and Snacks:

- Bring zip-lock bags - not very tasty but great for packaging food.
- Bagels and/or Crackers
- Canned tuna
- Peanut butter and jelly
- Cheese (pick a durable kind like gouda, cheddar, Laughing Cow)
- Hummus
- Granola, trail mix, or nuts
- Tortillas
- Fresh fruits (oranges, apples, and grapefruit all pack well)
- Veggies (baby carrots, celery, green pepper, etc.)
- Candy bars or cookies
- Energy bars (like Power bars or Cliff Bars)
- Powdered drink mix (like Gatorade)

Dinners: (High-carb foods that are easy to prepare)

- Pasta
- 5-minute rice
- Stir fry, curries
- Pre-cooked items that are easy to heat and serve
- Instant mashed potatoes
- Dehydrated soups and foods



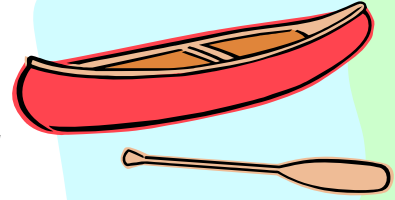
Great Outdoors Camping Trip Registration Form

Black Canyon Canoe/ Hot Springs March 26-29, 2009

Space is limited to 10 participants... Register now!

Send completed registration form and trip fee
(check payable to "Great Outdoors") to:
Great Outdoors, PO Box 21051, Santa Barbara, CA 93121
and please call Kyle at (805) 451-8219 or e-mail
richards.kyle@gmail.com after you send in your check.
Member \$180; Non-Member \$200
(Includes canoe rental, paddles, PFD, & camping fees)

Provide Transportation? # People _____



Name (please print) _____

Street Address _____

City/State/Zip _____

G.O. Member # _____ Chapter _____

Phone _____

E-mail (kept confidential) _____

Emergency Contact _____

Relationship _____ Phone _____

Medical Insurance Carrier _____

Group/Policy _____

Physician Phone _____

Health problems/allergies: It is the responsibility of participants to carry on their person a record of significant allergies, medications, and medical history in the event of a medical emergency.

Waiver of Liability, Medical Release and Assignment

I am aware that my participation in Great Outdoors may include potentially hazardous activities and I am voluntarily participating in these activities with that knowledge and the understanding that I will use my own best judgment to avoid injury to myself and others. I agree to follow the directions of the trip leader and abide by the rules of the facility I am using. I hereby release Great Outdoors, including its officers, trail or trip leaders, agents or other persons working with said organization from any liability for injuries, physical or mental, which I may suffer by reason of any participation in these activities. I recognize in waiving this liability that I am assuming sole responsibility for my actions and cannot blame any other person connected with Great Outdoors Inc. I hereby agree to assume full financial responsibility for any and all bills incurred by me for medical treatment as the result of my participation in the Great Outdoors activity. In the event that I am unable to consent to medical care, I hereby authorize the trip leader to consent surgery, as may be best determined under the circumstances.

Signature _____ Date _____