

TRIP DETAILS

EVERYTHING YOU NEED TO KNOW TO
HAVE THE TIME OF YOUR LIFE ON THE
MIDDLE FORK OF THE SALMON RIVER!

www.middleforkrapidtransit.com | 208-371-1712



Meeting Place: River1 on ID-75 across from The Mountain Village, but down the hill, next to where the highways intersect in Stanley, Idaho

Meeting Time: 6:30 PM on the evening before your launch date

Departure Time: 8 AM on your launch date, at the Mountain Village Resort

YOUR TRIP WITH MIDDLE FORK RAPID TRANSIT STARTS AND STOPS IN STANLEY, IDAHO.

HOW TO GET TO STANLEY, IDAHO

By Car: If you are traveling through Boise, you can reach Stanley via Highway 21 (scenic route.) Or you can get there a little quicker via Highway 55 to Banks then Highway 21 through Lowman. Allow 3 hours.

By Air: If you prefer to fly from Boise to Stanley, call Sawtooth Flying Service at 800-798-6105. Flights usually take about 45 minutes and the cost depends on the number of passengers. If you plan on staying at the Mountain Village Resort, they can pick you up at the Stanley Airport. Call them at 800-843-5475 to arrange.

We will return to Stanley around 5 PM (give or take an hour) on the last day of the trip. Most guests prefer to stay in Stanley on the return date and leave the following morning.

For more detail, go to www.middleforkrapidtransit.com.

CHECKLIST

- Book lodging in Stanley
- Complete online registration and sign Waiver
- Protect your investment and plan for the unexpected with Travel Insurance
- Arrange off-river transport
- Purchase any gear needed
- Final Payment is due 6 mos. before your launch date. No refunds within 6 mos. of launch date.

PROVIDED TRANSPORTATION

Bus transportation from Stanley to the Middle Fork and back to Stanley is included in the cost of your river trip.

TRANSPORTATION OPTIONS (AVAILABLE AT ADDITIONAL EXPENSE)

- Flights into or out of the Middle Fork (shortened trips)
- Flights from Salmon (back to Stanley, McCall or Boise) at the end of the trip

Please call and we can assist you with these arrangements.

IN STANLEY

WHERE TO STAY BEFORE AND AFTER YOUR RIVER TRIP

Please book your room immediately upon confirming your trip with MFRT with The Mountain Village Resort (1-800-843-5475 or www.mountainvillageresort.com), as summers are extremely busy in Stanley and rooms go fast. A parking permit is necessary (approx. \$25 for the week) and can be purchased from the Mountain Village.

The Mountain Village Resort is located on the corner of Highway 21 and Highway 75. There are several great places to eat within walking distance, as well as a grocery store across the street. Also next to the Mountain Village is Riverwear, an outdoor outfitting store that may come in handy should you find yourself in need of last minute gear.

OTHER LODGING OPTIONS NEARBY:

Stanley High Country Inn—208-774-7000

Sawtooth Hotel— 208-721-2459

Valley Creek Lodge—208-774-3606

Meadow Creek Inn and Spa—800-811-5745



STANLEY, IDAHO

Gateway to the Sawtooths

Elevation: 6,400 feet

Population: 65

MOUNTAIN VILLAGE RESORT

*Bus departs 8am morning of launch

PO Box 150 / 200 Eva Falls Ave

1-800-843-5475

info@mountainvillage.com

www.mountainvillage.com

ENJOY STANLEY!

Riverwear (riverwear.com)—Great for outdoor clothing, wetsuit rental, shoes, supplies, souvenirs.

Mountain Village Merc (mountainvillage.com)—Groceries, alcohol and sundry items.

Stanley Fly Shop (stanleyflyshop.com)—Fishing tackle and rentals.

River 1 (river1.com)—Outdoor clothing, accessories and souvenirs. *Orientation 6:30pm night before launch.

Sawtooth Hotel (sawtoothhotel.com)—Vintage Hotel and restaurant serving gourmet cuisine with great views of the Sawtooths.

Kasino Club—Good place for steak, prime rib and fresh salad bar, live music on the weekend “Service with a snarl.”

Stanley Bakery Co (stanleybakingco.com)—Breakfast, Lunch, baked goods and espresso. A local favorite.

Bridge Street Grill (bridgestgrill.com)—Burgers and beer on the river. One mile downstream from Stanley.

Redfish Lake Lodge (redfishlake.com)—Quintessential alpine lake with lodge, restaurant and beautiful sandy beaches. About a 10 minute drive from Stanley.

Rod-N-Gun Saloon (rodngunsaloon.com)—Shuffleboard & pool. Adults only.

Stanley Supper Club (stanleysupperclub.com)—Dinner, offering sides, salads, entrees and desserts.

Peaks and Perks Coffee (peaksandperks.com)— Coffee, milkshakes, bagels, and snacks.

TRIP OUTLINE

ORIENTATION MEETING

The orientation meeting is at River1 on ID-75 across from the Mountain Village Resort at 6:30 on the eve of your launch date. The lead guide will meet with the group to answer questions and hand out waterproof “dry” bags, water bottles, mugs and freshly laundered sleeping bags.

MORNING OF YOUR TRIP

Our crew will pick you up at the Mountain Village Resort at 8 AM on your launch date.

We will travel as a group by bus to the Boundary Creek put-in about 90 minutes away. If low water dictates, we will drive to the Stanley airfield, about 5 minutes away for a 30-minute flight to the Indian Creek put-in. Flights into the MF are not included in the cost of the trip. If flights become necessary, we will arrange for you. Cost of flight from Stanley to Indian Creek is approximately \$175 per person.

Be sure to eat a hearty breakfast before departing.

ON THE RIVER

The pace of your river trip is very dependent on the water level. You will usually spend four to six hours per day on the water. Breakfast is served about 8 AM and we are on the water by about 10 AM. We will stop mid-day for lunch. We will arrive at camp in the late afternoon, allowing time to hike, relax, play beach games—whatever you like! We will serve hors d’oeuvres at 5:30 PM and dinner about 7 PM.



TYPES OF BOATS

MFRT has a variety of self-bailing rafts for you to enjoy. Your choice will depend on the level of activity that you are interested in and the logistics of the trip. Most guests rotate among the different boats throughout the trip.

Paddle Boats (1) are 15 foot boats that are powered by strokes of the paddle crew—usually 4–6 people. The guide will sit in the back and give paddle commands to the team. Guests of all ages enjoy the paddle boat.

Oar Boats (4–5) are 18 foot gear and passenger boats. It is oared by the guide and is the least active option for guests (3–5 guests per boat). Many guests enjoy fly fishing on calm waters from the oar boat.

Inflatable Kayaks “duckies” (2–3) are the ultimate vessel for the active river runner. This is an opportunity to run the MF under your own power and direction. Our guides will give instruction for the duckies before the trip and direction for the rapids while on the water.

THE LAST DAY

On the sixth day, we eat breakfast a little bit earlier. From the take-out, we ride the bus back to Stanley, stopping in the quaint town of North Fork to enjoy a delicious lunch at the North Fork Café (included in trip.) We arrive back at the Mountain Village Resort in Stanley between 4–6 PM that afternoon. Many guests often meet at one of the area restaurants after a luxurious shower. This is a great time to re-cap and exchange contact information.



WHAT TO PACK

The following is a list of items we recommend for your adventure with us. Bring what best suits your needs. Please keep in mind there is a 35 lb pack/person limit when flying into the Middle Fork. Bags heavier than 35 lbs will be charged extra by the airlines. Duffle bags are ideal for putting into our dry bags.

Your comfort and safety depend on being well prepared for the wilderness. Please call or email if you do not understand or cannot find an item on the list.

- Water bottle with 2 Carabiner clips
- Capilene or SmartWool long underwear
- Hats (wool and sun)
- Warm Coat (protection to 40 degrees F)
- Mid-weight fleece
- Bathing suits
- 2-3 pair of quick-dry shorts or skirts
- Rain gear (quality two-piece rain suit)
- 1 pair of wet shoes for the boat (IE: Chaco/Teva)
- 1 pair of dry shoes for camp (tennis/hiking shoes)
- 2 pair long pants
- Plenty of T-shirts
- 1 pair fleece/wool socks
- Long-sleeve shirt
- Towel and washcloth
- Toothbrush and toothpaste
- Flashlight and/or headlamp
- Sunscreen (NO PABA!)
- Insect Repellent (very few bugs on the MF)
- Camera
- Soap
- Shampoo
- Sun Shower (optional)
- 2 or 3 large Ziplock bags for wet gear
- Sunglasses (with Croakies style strap, optional)
- Binoculars (optional)
- Small Pillow
- Cash for guest ranch purchases (optional) and to tip your guides

MFRT WILL PROVIDE:

- Roomy 4 person tents
- Freshly laundered 20 degree sleeping bags
- Deluxe self-inflating sleeping pads with sheet
- Life jackets
- 25" high x 18" diameter Waterproof Dry Bag
- All First Aid Supplies
- All cooking and eating utensils
- MFRT mug to keep
- All rafting equipment
- Comfortable camp chairs
- 15 Liter Dry Bag for daytime access



85 L Dry Bag
25" high x 18" diameter

WE RECOMMEND PACKING YOUR ITEMS IN A DUFFLE BAG (approx. 13x25x11) THAT FITS INSIDE OUR DRY BAG

USE THE "LAYERING" SYSTEM

Bring clothes that can be worn under or on top of others. Layering allows you to adjust quickly to changeable weather by adding or subtracting layers. Loose, fast drying, durable clothing is best for rafting. We recommend polypropylene, capilene and wool or fleece because they are compact and made to keep you warm and comfortable through a range of temperatures.

Cotton should NOT be worn for cold, wet weather since wet cotton lowers body temperature.



The Middle Fork of the Salmon River is a Blue Ribbon Trout Stream. In order to maintain the magnificent fishing, Idaho law mandates a catch and release system with the use of a single barbless hook. For Spin Fishermen, it is not necessary to buy single barbless lures. Treble hooks and lures can be fashioned with pliers carried by the guides.

Waders are not necessary.

DON'T FORGET TO BRING YOUR IDAHO FISHING LICENSE OR YOU CAN PURCHASE ONE IN STANLEY.

RODS AND TACKLE

- Fly rod (bring your favorite Trout Rod)
- Light Spinning Rod
- Light Casting Rod
- Hard Body Case
- Split Shot
- 2.5–3 lb Tapered Leader
- Tip-it 3x-5x
- Dry Fly Dressing
- 4–6 lb test line
- 8–10 size hooks

DRY FLIES

- Elk Hair Caddis
- Royal Wulff
- Renegades
- Irresistibles
- Joe's Hopper
- Grasshoppers
- Double Humpy
- Royal Coachmen
- Club Sandwich
- Chernobly
- Stimulator
- Madam X

LURES

- Mepps Lighting Spinner (Black & Red)
- Panther Martin
- Gold Kastmaster
- Yellow Roostertail
- Gold Z-Ray (Red Spots)
- Super Duper
- Met-L-Fly

WET FLIES

- Wooley Worms
- Muddler Minnows
- Bead Head Nymph



The crystal clear waters of the Middle Fork offer spectacular spin and fly fishing for cutthroat trout, rainbow trout and Dolly Varden. An Idaho fishing license may be purchased in Stanley before departing. You can also purchase one at www.fishandgame.idaho.gov. Single barbless hooks and catch and release regulations apply on the Middle Fork.

Exclusive fall fishing trips are also available with Middle Fork Rapid Transit.

WHAT TO EXPECT

MIDDLE FORK WEATHER

The weather in Idaho can be dramatic and unpredictable. You can expect to experience a range from cold and wet to hot and dry conditions. Your comfort and enjoyment on your trip is dependent on how well you prepare for Idaho's diverse conditions. This can be easy if you pay attention to the information provided and to your own tolerance to the sun and cold weather conditions.

*Watch our packing video here:

<https://middleforkrapidtransit.com/experience/river-101/#river-101-what-to-wear-on-the-river>

and refer to the list on page 4.

June trips are likely to be cooler. Daytime temperatures range from 50–75 degrees and the nights can get to 40. There is a decent chance of rainstorms.

July and August trips are warmer. Daytime temps range from 70–95 degrees and the nights can get to 60. Expect occasional afternoon thunderstorms.

September continues to be warm in the beginning of the month, but the night time temps can get back down to 40.



Vegetarians and medically restricted diets will gladly be accommodated with advance notice. Please be sure to indicate specific requests when registering.

WATER LEVELS

The difficulty of the over 100 whitewater rapids on the Middle Fork varies greatly depending on the water level. Overall, the Middle Fork is considered a Class III+ river. Here is an idea of what to expect:

High Water generally refers to anything over 5.5 feet. Seven feet is our cut off and it's rare to see it this high after the first week of June. The MF moves swiftly with fewer pools between rapids and colder water temperatures. There are numerous class III-IV rapids throughout the trip.

Medium Water generally refers to water levels 3–4.5 feet commonly seen during late June through early August. Rapids are less powerful and become more technical as more rocks and boulders are exposed.

Low Water generally refers to water levels 2.2 feet and lower and is prevalent throughout August and into September. This is an ideal time to fish. Rapids remain fun and technical.

MEALS AND BEVERAGES

MFRT provides all meals on the river, starting with lunch on the first day and concluding with lunch at North Fork on the last day. Our meals surprise and delight our guests. Favorites include Cedar Plank Salmon, Eggs Benedict and Salted Carmel Brownies.

We are proud to feature wine that has been specially paired with each dinner. We provide a glass for each guest per dinner. We also offer 2 cans of beer and pop per guest per day and of course plenty of fresh, clean water. You are welcome to bring your own libations if you prefer. Please let us know so that we can prepare our cargo accordingly.

COMFORTS OF HOME

We strive to make sure you are comfortable on your trip, while keeping an open mind for adventure and discovery. Privacy is important. Our toilet facilities are setup away from the camp with adequate privacy. To protect the river, we carry out all trash and waste. We use no soap in the river. Our guides will instruct you in simple and sanitary procedures that minimize the impact of our group using the Leave No Trace Philosophy. Please call us with any questions.

LAST BUT NOT LEAST...

OUR GUIDES

The secret to a great weeklong river vacation? OUR GUIDES! MFRT guides love the many aspects of their jobs and passing along the fun to our guests. Our guides are expert boatmen, gourmet chefs, savvy outdoorsmen, witty conversationalists and congenial hosts. They are also professionals who take their jobs and your safety seriously. Each summer, our guides return to the job they are passionate about, working with family and friends and enjoying the privilege of bringing magic of the Middle Fork to our guests. Our guests consistently tell us that our guides are the number one reason they return.

Gratuities—MFRT prides itself on our outstanding crew. If you feel our guides have been exceptional, you may wish to leave a gratuity. This can be left in cash, personal check, or credit card at the end of the trip. On average, guests tip about 10–15% the cost of the trip. Thank you.

GUEST RESPONSIBILITIES

Guests are required to sign an Assumption of Risk Agreement (waiver) at the time of registering and will be required to follow the safety policies of MFRT. Completing the online registration ensures we can make necessary accommodations for your group. If there are any medical considerations (allergies, medical conditions, etc.) or dietary restrictions please include those in your online registration form and pack any prescribed medication you may need.

Trip Insurance is highly recommended to protect your financial investment, as well as give you peace of mind should the unexpected occur. This is the responsibility of the guest, call for referral.

EQUIPMENT

MFRT provides roomy four person tents. We suggest two people per tent, which allows plenty of room for you and your personal gear. However, if you are traveling solo or there is an odd number in your group, we allow single occupancy. We will do our best to accommodate families by grouping tents together. You will not be asked to tent with someone you do not know.

MFRT provides boats, life jackets, waterproof dry bags, and everything needed to setup camp. Guests are responsible for adequate clothing based on the information we provide. If wetsuits are deemed necessary, they can be rented at Riverwear in Stanley for additional expense. Please let us know if you are bringing specialized medical equipment or other personal belongings. We recommend you bring your own waterproof case for high value belongings. We will do our best to protect them from weather, water and unintentional harm.

THE EXPERIENCE

A guided raft trip on the Middle Fork is a vacation in one of America's most spectacular playgrounds. Your adventure on the MF sweeps through 2.3 million acres of spectacular, pristine landscape in the heart of Idaho's Frank Church Wilderness area, the largest roadless area in the US, outside of Alaska and the second largest protected wilderness area in the nation. **It is an honor to be your guides for this journey and we look forward to embarking on a trip that will touch your soul, just as it touches ours every time.**



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