



splore
open for adventure



CANOEING ADVENTURE PACKET





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CANOEING

HISTORY OF CANOEING

Although canoeing is now considered a sport, canoes have been used primarily for transportation throughout history. In North America, many indigenous peoples built bark canoes. They were usually skinned with birch bark over a light wooden frame, but other types could be used if birch was scarce. At a typical length of 14 feet and weight of 50 lbs, the canoes were light enough to be portaged, yet could carry a lot of cargo, even in shallow water. Native American groups of the Pacific Northwest made dugout canoes in a number of styles for different purposes, from western red-cedar or yellow-cedar, depending on availability.

As soon as European explorers came to North America, they found canoes quite handy and started using them. In fact, the Europeans were amazed with the advanced engineering skills that the Native Americans used to design sophisticated canoes.

Throughout history — even over the last century — the canoe has evolved from those made of logs to modern canoes made with canvas on a wood frame, then to aluminum. Most modern canoes are made of molded plastic or composites such as fiberglass. Until the mid-1800s the canoe was still an important means of transport, but then transitioned to recreational and sporting use. Canoeing has been part of the Olympics since 1936. In places where the canoe played a key role in history, such as the northern United States, Canada, and New Zealand, the canoe remains an important theme in popular culture.

PARTS OF A CANOE

Before your trip, you should know the following parts of a canoe:

- Gunwale (pronounced gunnel): top edge extending around the canoe from bow to stern
- Bow: front of the canoe
- Stern: back of the canoe
- Hull: body of canoe
- Thwart: crosswise supports between gunwales which help the canoe maintain the shape/climber's fall.



ADVENTURE LOCATIONS

Spend the day canoeing in some of Utah's most beautiful spots. With multiple scenic locations to choose from, we will customize an adventure to fit your group's needs.

JORDAN RIVER

Infused with water from Utah Lake and several mountain streams, the Jordan River flows through the entire Salt Lake Valley before it empties into the vast wetlands of the Great Salt Lake. The river is home to many different species of native wildlife including deer, beaver, fox, and many more varieties of mammals, amphibians, reptiles, fish, and birds. Together with the Great Salt Lake and Utah Lake, the Jordan River provides a critical resting area for migratory birds as they travel from Canada to Central America across the Central North American Migratory Bird Flyway.

GREAT SALT LAKE

Great Salt Lake is a terminal lake with no outlet. Lake levels and salinity change dramatically depending on the level and quality of freshwater inputs from the Bear, Weber and Jordan River systems in tandem with seasonal evaporation rates. The geography of the lake combined with man-made causeways, create a diversity of lake environments varying from the extremely salty North arm (almost 28%), to the nearly freshwater Farmington Bay. Such diverse water environments create excellent habitats for innumerable plants, invertebrates, reptiles, amphibians, mammals and birds.

LITTLE DELL RESERVOIR

Tucked into Parleys canyon, just east of Salt Lake City, you'll find Little Dell reservoir. Surrounded by the Wasatch Mountains, Little Dell is a small picturesque reservoir in the Salt Lake City watershed. Due to watershed regulations, there is no swimming or wading at Little Dell.

JORDANELLE RESERVOIR – Rock Cliff area

Jordanelle Reservoir is a reservoir in Wasatch County, just east of Park City and about forty minutes east of Salt Lake City. Jordanelle Reservoir is fed and drained primarily by the Provo River. In 1995 as the reservoir filled, the towns of Keetley and Hailstone were submerged. The destination has become a popular place for boaters, SUPers, campers, and fishermen.



SAMPLE ITINERARY

- You will meet the Splore guides at your trip location.
- Once everyone has arrived, we will start our trip with an opening circle in which we get to know everyone's names and goals for the day.
- After introductions, we will provide a safety briefing, in which we lay down some general rules to keep the group safe and how to properly use the gear. Then we will pass out gear and make sure everyone is fitted appropriately.
- Next, we will teach specific paddling techniques. We will practice by going through a skills progression, using games and drills. We will make sure everyone is comfortable before we get started.
- Once on the water, your group will continue to improve paddling skills, build on some of the basics, and challenge yourselves with different activities and games.
- At the end of the trip, we will gather once again for a closing circle, during which we'll share highlights and lessons learned from the trip.

**This is a sample itinerary. Your trip may vary per your goals and requests.*





WHAT TO EXPECT AS YOU PREPARE FOR THE TRIP

If you have any other questions that are not addressed in this section or the FAQ section, please call (801) 484-4128 or email info@splore.org.

AFTER BOOKING

After you have paid your deposit, we will send you a link to fill out your paperwork electronically. If you're unable to fill out the forms electronically, please contact our office for other arrangements. Paperwork must be completed for everyone on the trip.

TWO WEEKS BEFORE THE TRIP

If your numbers have changed, please contact our office at least two weeks prior to your trip so you are not charged for extra people, or if you want to add people, to ensure that we can accommodate additional people on your trip.

If you, or a member of your group, has experienced a change in health or experienced a recent injury, please contact the Splore office so we can make necessary accommodations.

THE DAY OF

You will meet Splore staff at the designated time and location on your trip confirmation. Have fun!

AFTER THE TRIP

Within a week after your trip, a Splore staff member will be checking in with you to see how your trip went and if there is anything we can improve upon for next year. These surveys assist us in improving our programming, and in getting grants that provide scholarship funds. We appreciate your participation.



PACKING LIST

WHAT SPLORE PROVIDES

Splore will provide canoes, paddles, and personal flotation devices. We require everyone to use Splore's equipment—please do not bring your own.

DRESSING FOR WATER SPORTS

Summer months can be very hot, while spring and fall months can be unpredictable. It is important to dress in loose fitting clothing which is cooler. Wearing long sleeves and long pants can be a good way to protect your skin from sun and bugs, but make sure it is lightweight and loose fitting. Avoid tight jeans, overly baggy clothing, and skirts. Additionally, rainstorms can happen unexpectedly in the summer so it is also important to bring along a waterproof jacket and a warmer layer with you. To protect feet we require all participants to wear shoes that have straps across the heel. Please do not wear flip flops.

WHAT YOU SHOULD BRING

- Warm sweater or fleece, in event of a rainstorm or cooler weather
- Rain Jacket
- Clothing that is comfortable and can get wet
- Old tennis shoes or sandals with a heel strap (no flip flops please!)
- Hat with a visor, and ideally a chin strap (in case of wind)
- Snacks or lunch, if needed
- Water bottle
- Sunscreen & Sunglasses
- Bug Spray

NOT INCLUDED

- The cost of emergency evacuation and medical care beyond first-aid
- Gratuity for guides

WHAT NOT TO BRING

- Weapons
- Drugs
- Alcohol
- Pets



OTHER CONSIDERATIONS

EMERGENCIES

Our guides are capable of handling emergencies as they arise (although they are generally few and far between). Trip leaders and guides are certified in Wilderness First Aid and CPR. Our emergency equipment includes wilderness oriented first aid kits and satellite communications systems. We are able to call for medical assistance or evacuation if necessary. If an evacuation is necessary, you will be evacuated to the nearest medical center. The cost associated with evacuation and subsequent medical treatment is the financial responsibility of the ill or injured person.

CLIMATE

You can visit www.noaa.gov for a weather information.

Summer in Salt Lake can be hot in the valley, with temperatures frequently reaching 100°F. Nearby canyons and mountains provide a refreshing break from the heat (mountain areas and canyons can be as much as 20° cooler).

Spring and fall weather are unpredictable. Be prepared for sudden changes in the weather. May and October can be some of the driest months, although rogue snowstorms have been known to occur.



FREQUENTLY ASKED QUESTIONS

Q: How young can you be to go on a Splore trip?

A: Splore requires participants to be at least 5 years old and, for river trips, weigh at least 50 pounds in order to fit into a youth PFD (life jacket).

Q: What is the minimum number of people that can go on a trip?

A: There is no minimum, however the more people you bring on a trip, the cheaper the price per person. Please refer to our Dates & Rates page on our website www.splore.org.

Q: Do I need to bring my own food?

A: Our Salt Lake City day trips do not provide meals. All overnight trips include meals, as well as Moab day trips.

Q: Do you provide transportation?

A: If you need transportation, please call the Splore office at (801) 484-4128. We charge \$250 for round trip transportation in the Salt Lake City area. Moab area rates vary.

Q: I have a disability that limits my ability to take care of my own personal needs. Will Splore guides be able to assist me?

A: Splore guides are trained in transfers and assisting participants in getting around camp, they are not trained personal care attendants. If you need assistance with any of the following: toileting, eating, taking medication, dressing, and getting in/out of bed, then you will need to bring a personal care attendant with you. There is no additional cost for one attendant to accompany you.

Q: What if I can't afford the full cost of the trip?

A: Splore staff work tirelessly to get grants to underwrite the cost of our trips for low-income individuals and families. If you need a scholarship, please contact the office or visit the scholarship page on our website. Please keep in mind that everyone must contribute at least 10% of their trip cost.

Q: Is there anyone you won't take on a trip?

A: It is Splore's mission to get everyone outside to experience amazing adventures, however, we do have some criteria that participants need to meet to be able to go on trips with us. See page 9 for Essential Eligibility Criteria.



ESSENTIAL ELIGIBILITY CRITERIA

In order to participate on a Splore trip, each individual must meet the following essential eligibility criteria. Participants must:

1. Be 18 years or older, or be accompanied by an adult;
2. Be able to manage all personal care and mobility independently or with the assistance of a companion (friend or family member);
3. Be able to breathe independently, not require medical devices to sustain breathing;
4. Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance;
5. If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a companion;
6. Be able to travel in a physically demanding, remote backcountry environment for the uninterrupted period of the trip length, which can range from one to six days. Trip conditions may vary from cold (below 32 degrees F) to hot (above 90 degrees F) depending on trip location and season and may include, but are not limited to, rain, snow, hail, uninterrupted sun, wind. The remoteness is such that it may require at minimum an hour, but perhaps in excess of 2 days travel, to reach the nearest road and advanced medical care;
7. Be able to move about the campsite independently or with the assistance of a companion, on trips that include overnight camping;
8. Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite; and
9. Be able to wear all safety equipment correctly such as, but not limited to, helmet, harness, or personal flotation device.
10. Get in and out of a boat independently or with the assistance of a companion or guide;
11. Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket);
12. Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter;
13. Exit a capsized boat, grab on to another boat or rope for rescue purposes and/or perform self rescue or cooperate with assisted rescue.; and
14. Remain seated and balanced in a floating raft or canoe with the use of adaptive equipment, if necessary. Adaptive equipment cannot impede or lessen the effectiveness of the safety procedures or equipment. No one may be strapped or belted into a watercraft.



DIRECTIONS TO ADVENTURE LOCATIONS

The following directions are from Salt Lake City.

If you get lost, you can call the Splore Office at 801-484-4128. If the office is closed, please leave a voicemail at extension 504 – the guides will periodically check it for messages and will get back in touch with you.

JORDANELLE RESERVOIR ROCK CLIFF RECREATION AREA

1. Take I-80 East towards Cheyenne.
2. Take Hwy 40 South towards Heber.
3. At light, turn left onto State Route 32.
4. Drive east 7.5 miles.
5. Turn left into Rock Cliff Recreation Area.
6. If someone is at the booth, tell them you are with Splore.
7. Drive straight to boat ramp.

LITTLE DELL RESERVOIR

1. Take I-80 East towards Cheyenne.
2. Take Exit 134 (East Canyon).
3. Turn left at the stop sign.
4. Continue past the golf course and up the hill.
5. Turn right into the entrance.
6. Tell the guard you are with Splore.

GREAT SALT LAKE STATE MARINA

1. Take I-80 West towards Tooele.
2. Take Exit 104 (Saltair Drive).
3. Turn right and then an immediate left onto frontage road.
4. We'll meet you at the entrance to the marina.

JORDAN RIVER

We'll plan on meeting you at the take out, unless otherwise arranged.

Winchester Section Take Out (4800 South & 600 West):

1. Head west on 4800 South.
2. The parking area is on the north side of 4800 South, past Riverside Drive.
3. Access the take-out area via the Jordan River parkway (runs under 4800 South). Walk west on 4800 South to a beach on the south side of the river (approximately 50 yards south of the main park).

Seven Peaks Section Take Out (225 South & 1200 West):

1. Go north on 900 West to 300 South.
2. Turn left onto 300 South to 1100 West.
3. Turn right onto 1100 West to 200 South.
4. Turn left onto 200 South and follow the road around the corner.
5. Park your vehicle in the cul-de-sac.

North Temple Section Take Out (1700 North & Redwood Road):

1. Head north on Redwood Road.
2. The parking area is on the left hand side just past North Western Middle School.
3. Park in the lot.

Center Street Take Out (3300 North, just west of Legacy Preparatory School):

1. Head north on Redwood Road.
2. Cross over I-215.
3. Turn left on Center Street—there is a Maverik on the northwest corner.
4. Continue on Center Street over Legacy Parkway.
5. Pass the Legacy Preparatory School. There are two pull outs on each side of the road. Park in either one.
6. If you cross the Jordan River, or reach a sharp bend in the road you have gone too far.



OTHER MEETING LOCATIONS

The following are used if Splore is providing transportation:

REI IN MILLCREEK

1. Take I-80 East and merge onto I-215 South.
2. Take Exit 3, 3300 South.
3. Turn right off the exit ramp and head west on 3300 South.
4. Go past the first traffic light.
5. At the second traffic light turn right.
6. Turn right into the parking lot and head towards the REI.
7. Splore will be waiting behind the car wash.

3900 PARK & RIDE

1. Take I-80 East and Merge onto I-215 South.
2. Take Exit 3, 3300 South.
3. Turn left off the exit ramp and cross over the interstate.
4. Turn left onto Wasatch Blvd.
5. Follow the road past one traffic light.
6. Turn right into the Park & Ride located across from Wells Fargo.
7. Splore will meet you there.

6200 PARK & RIDE

1. Take I-80 East and merge onto I-215 South.
2. Take Exit 6, 6200 South.
3. Turn left onto 6200 South.
4. Follow up the hill and at the traffic light at the Wasatch Blvd intersection turn left.
5. Follow till the entrance to the Park & Ride.
6. Splore will meet you at the south end of the Park & Ride.



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