

Overview

The Idaho Salmon River Rafting course offers students an opportunity to join with a team of others in challenging themselves while exploring the renowned “River of No Return.” The journey begins the moment you are picked up at the Lewiston airport. You will head straight to the river where the first days of your trip will be spent building a sense of community with your teammates and learning essential rafting and camping skills. This will serve as a foundation and carry over through the remainder of your journey. While on the river, your team will learn paddling methods, river hydrology, raft captaining, and self-rescue techniques. Spend your time adventuring and challenging yourself with other adults while exploring the splendors of the Northwest!

You do not need to have any previous experience. We will teach you the necessary skill sets. In addition to the technical skills, our adult only courses provide unique opportunities to meet other adults seeking to connect and experience an adventure. Each day will offer time for connection with the other members of your group, periods of self-reflection, and appreciation of the surrounding beauty.

From getting up early, packing up, and cooking breakfast to navigating through rapids, swimming in cold water, and paddling into headwinds, traveling in the wilderness is demanding. Additionally, expeditionary travel can pose significant mental and emotional challenges as students must work within a group of diverse individuals, developing their skills as team-members and as leaders. Past students and instructors agree that arriving physically fit and excited for the opportunity for personal development will enhance your experience and ultimately allow you to take full advantage of the expedition.

Course Area

LOWER SALMON RIVER, IDAHO – Starting in Whitebird, Idaho, the Salmon River has created the second deepest river gorge in North America (deeper than the Grand Canyon!) and is also the longest free-flowing river in the United States. Because there are no dams, sand is carried downstream from high creeks and tributaries and deposited in beautiful white sand beaches in the river corridor. The Salmon meanders through the Frank Church Wilderness, the second largest wilderness area in the contiguous United States. Your group will travel over 73 river miles and end on the lower end of the Snake River in Hell’s Canyon, the deepest canyon in the country. This course allows you to explore the many historical and cultural sites along the Lower Salmon including homes of Chinese miners from the late 1800’s and Native American pictographs.



Course Activities

WHITEWATER RAFTING – Students will travel on the river in four to six person paddle rafts, and learn to “captain” (maneuver) their paddle raft team through Class II to IV rapids. After lessons in basic river travel and safety, students will progress into learning to read currents, anticipate obstacles, scout rapids, and negotiate technical portions of the river. Students will also learn river hydrology, swimming in currents, paddle techniques, and expeditionary travel. While on the rafting expedition, there may also be an opportunity for short day hikes.

SOLO – In order for profound learning to take place, there must be time to reflect on the experience. Within course, the solo is that opportunity. It is a chance to experience solitude in the wilderness without distraction while also taking a break from the physical rigors of course. Students experience time away from their group for short periods of time throughout the course. These “mini-solos” are at solo sites chosen by instructors to provide as much solitude as possible (within emergency whistle-signaling distance of other group members). Participants have all necessary equipment, food and water. On this course, solos range from 30 minutes to no more than 24 hours.

SERVICE – Service to others and the environment is a core value of Outward Bound and is integrated into each course. Participants follow Leave No Trace ethics as service to the environment and do acts of service while leading and supporting fellow participants. Students develop a value of service, seeing the impact of their actions firsthand, and transfer this desire to serve their communities back home.

OUTCOMES – This course will introduce students to the ideas of leadership, character development, and service that are integral to Outward Bound. Students will begin to develop these skills in an expedition setting so that they can continue to grow once they return home. Instructors will work to challenge students to try new things and step outside their comfort zones. As a team, each group will work together to complete difficult tasks necessary for backcountry travel. Adult courses offer a unique opportunity to disconnect from the busyness of everyday life and reconnect with self, and other individuals. Regardless of age or life stage, Outward Bound believes that everyone can benefit from opportunities to experience challenge, adventure, and to work within a supportive environment to gain a greater sense of self.

Sample Itinerary

Please note that this is an example of activities that might occur on course, not a specific schedule or guarantee. All itineraries will vary depending on student groups, instructor teams, and environmental factors.

Day 1	Course Start, welcome and introductions, duffle shuffle, course overview
Day 2	Whitewater rafting: Use of PFD, safety topics, captaining a raft, reading water, swim assessment, navigation, and camp-craft skills.



- Day 3 Whitewater rafting: Break down camp, practice with captaining a raft, flip drills, scouting, throw bag drill, swimming activities.
- Day 4-5 Whitewater rafting: Cultural and natural history lessons. Exploration of the Lower Salmon River. Potential solo, depending on length of course and instructor preference
- Day 6 Whitewater rafting: Float the Snake River to course end. Clean and de-issue river gear. Course closing and celebration.
- Day 7 Travel Home