

Overview

The Lower Salmon River expedition is an exciting mix of beautiful landscapes, sandy inland river beaches, and thrilling whitewater rapids: Demon's Drop, Half and Half, Snow Hole, and Checkerboard. Here you will have the opportunity to escape your usual routine, explore stunning wilderness areas, and enjoy yourself to the fullest. Students will learn and enhance rafting skills while exploring the renowned "River of No Return." The Lower Salmon River is a "pool and drop" river, with class II and III rapids. The white water of narrow canyons is followed by a more reflective 20 miles of rafting the confluence of the Snake and Salmon River. The final phase of the expedition is an outstanding opportunity to enjoy viewing the abundant wildlife, vistas, and dynamic history of the canyons. Wilderness travel can be challenging, but with appropriate pre-course preparation, using tools we provide, adults of various ages and body types can be successful. Arriving as physically fit as possible and excited for the opportunity for personal development will enhance your experience and allow you to take full advantage of the expedition.

Outcomes

Outward Bound promotes character development, leadership, and service in the most engaging classroom possible ... the wilderness. In real time, students experience the effects of their decisions on themselves and the other members of their group as they work to complete difficult tasks necessary for wilderness travel. Instructors challenge students to try new things and step outside their comfort zones. They also provide feedback that students implement on course and when they return to their communities. Adult courses offer a unique opportunity to disconnect from everyday life and reconnect with one's self and others. 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.



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. Your group will travel over 73 river miles, through the Frank Church Wilderness and ending in Hell's Canyon. Students will also explore historical and cultural sites along the Lower Salmon including the saga of the Nez Perce, the lives of Chinese miners from the late 1800's, and stunning 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 III rapids. After lessons in basic river travel and safety, students will learn to read currents, anticipate obstacles, and scout rapids. Students will also learn river hydrology, swimming in currents, and paddle techniques. There may also be an opportunity for short day hikes.

SOLO – In order for profound learning to take place, students spend time reflecting on their experience, and Solo is that opportunity. The Solo experience provides an important break from the rigors of the expedition and gives students the opportunity to reflect on their Outward Bound experience. With sufficient food and equipment, students will set up camp at sites of their own, using the wilderness skills learned during the first portions of the course. The amount of time students spend on Solo is based on course length, weather, student condition, age, and Instructor preference. Solo campsites are chosen to offer as much solitude as possible (yet be within emergency whistle-signaling distance of other group members). Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future. Instructors check on each participant at regular intervals, as safety is always a top priority.

SERVICE – Service to others and to our environment is a core value of Outward Bound and is integrated into each course. While in the wilderness, students are encouraged to practice service to the environment and their team by sharing responsibilities and following Leave No Trace ethics throughout the expedition.

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.

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| 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 |