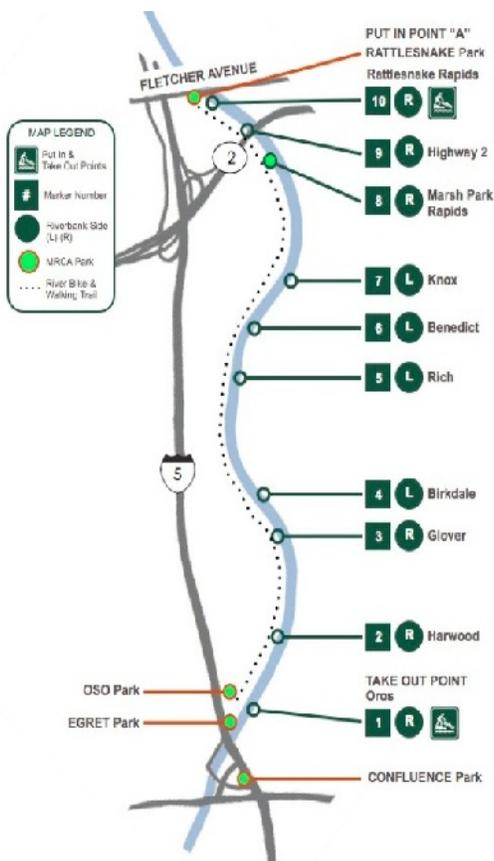


Trip Narrative, Sequence, Maps, What to Bring, Notes for children and older adults, Safety Notes.

Trip Narrative:

This is a sporty and adventuresome LA River experience. The trip is far more exciting than many imagine. You will encounter mild rapids, “lazy river” stretches, rocky sections and as well as lots of flora and fauna. Review the route map at http://www.lariverrecreation.org/LA_River_Recreation/map.html. This map will help you understand the basics of the trip. We know the routes in detail and have additional information garnered from our many trips. We guide you through the 2.5 mile route, using a buddy system alongside the support of our guides. We provide all equipment, instruction and logistics. We also work closely with the rangers of the Mountains Recreation and Conservation Authority (MRCA) to make your trip a safe and fun one.



Requirements for Patrons:

This is a fairly strenuous trip that involves moving boats up and down the concrete embankment, navigating several small rapids, and the occasional portage (getting out of your boat to move it.)

We have successfully guided people of all levels of physical conditioning but this trip is recommended for individuals who engage in ongoing and regular exercise. Older folks who exercise are quite able to take the trip. Young people 10-18 years old have been very successful and quickly pick up the necessary skills. (See further details later in this document.)

We have a strict weight limit of 210lbs. If you are near or over this weight or are overweight for your height, this trip is not for you. We are not discriminatory but such individuals have difficulty balancing the boat which can result in capsizing or damage to the boats. Please take an honest and truthful assessment of your weight. If you are a group make sure to inform all persons in your party of these limits.

Be aware you will get wet. If you have fear of water, LA River kayaking is not recommended. Being good-spirited is the most important criteria for your enjoyment of the trip.

Parking:

Parking is limited in Elysian Valley. You must park on Riverside Dr. North of Oso Park which is at the corner of Oros St. and Riverside Dr. Do Not park on the streets interior to Elysian Valley as parking is limited there and for residents.

At Oso Park you will see our brown truck with our logo on the side. At the park we provide you river cruiser bikes. You will bike from Oso Park (near the TAKE OUT POINT) to the PUT IN POINT “A”, which is a pleasant 15-20 minute ride along the improved LA River Bike and Walking trail. When you arrive at the PUT IN POINT, you will be provided, kayak, safety gear, paddle, instruction and historical and ecological information to prepare you for your trip. After a briefing your guides will help you enter the river and travel 2.5 miles down stream. After the high point of the trip (kayaking) you may be a bit wet and tired but we will require your assistance to move the gear up to the pathway and then to our truck at Oso Park.

Trip Sequence:

*Be on time or forfeit your trip without refund. We have specific put in times as a condition of our permit.
We cannot wait for those who are late.*

1. Park north of Oso Park on Riverside Dr. Do not park on streets interior to Elysian Valley.
2. Walk to the white loading zone in Oso Park where you will see our truck with logo on the side.
3. Sign required waivers. Receive river cruiser bike and map to take LA River bike path to start point of kayaking.
4. Bicycle 2.5 miles to PUT IN POINT, receive gear and instruction. PUT IN POINT is just South of Fletcher Drive bridge. You will see red kayaks and equipment at path's edge.
5. Move kayaks to water's edge with guides' assistance. Enter river. Kayak 2.5 miles. Take kayaks out of water with guides' assistance and load into truck.
6. Celebrate - you are one of the few who have kayaked Elysian Valley in the last 80 years!

Your Preparations:

Overall, please travel light on your kayak. Backpacks, snacks, electronics, towels are NOT encouraged. Leave them in the car if possible. The lighter you travel the easier it will be for you. We highly encourage you to leave your phone behind and enjoy an urban nature experience free from intrusion. Assume that whatever you carry can and will get wet. We cannot carry your personal items. Protect valuables in waterproof container or bag. Better yet, lock them in your trunk or have a member of your party carry a "dry bag" built to protect items from damage during water sports (REI or Sport Chalet.)

What to Bring on your kayak:

1. Shoes that can be used in water (old tennis shoes or water shoes.) Closed toed shoes are preferred to protect feet from rocks. Flip flops ARE NOT allowed. If you show up with flip flops we cannot take you along on the trip. Your ticket will not be refunded.
2. Clothing that dries easily. *Jeans are not recommended.* Fast drying synthetic materials are preferable. If you decide to wear swim suit or shorts be aware that we kayak around rocks. While shorts are comfortable they are less protective than other clothing.
3. Water in reusable bottle with screw on top that can be hooked onto your boat.



What not to Bring :

1. Alcoholic beverages are not allowed in the Recreation Zone per the rules of the Mountains Recreation and Conservation Authority (MRCA.)
2. Other drugs, including marijuana. There is no smoking of any kind in the Recreation Zone per MRCA rules. Because our permit can be revoked if we break any rules we cannot make any exceptions to these rules, even for those with medicinal marijuana prescriptions.
3. Single use water bottles. We cannot allow such bottles because they cannot be attached to your boat and invariably end up in the river! We are all about river stewardship and can't let this happen.
4. Phones personal belongings that are damaged by water. Such things must either be in waterproof case or left behind.
5. Backpacks or heavy items of any sort. These can affect the balance of your boat and cause it to capsize more easily.

What you May Bring but only in a waterproof case or “dry bag” :

1. Personal items such as cell phone or wallet.
2. Cameras.
3. Medicines.

Special notes for children and older persons:

1. We do take kids down the river who are over 10 years old and in the company of a responsible adult who is either the parent or has written permission from the parent to accompany the child on the river safari. We only allow 4 children per trip, except by special arrangement. Email to arrange.

Note: after several experiences with kids we are actually very encouraging of their participation. They have a great time and do great on the river. However, we must make special arrangements for more than 4 children as our bikes cannot accommodate a full group of 12 kids. We are willing to work with you and make special arrangements for groups that book a full trip involving children.

2. Children who have some water experience (swimming or boating) and are at ease with water as well as reasonably athletic will be fine to complete this journey. Children who do not meet these criteria should not be taken on the trip. If you have trouble deciding, please email us and we can assist.
3. For older adults (seniors) we also want to support your trip down the river. Be aware the trip is strenuous and will include some portions where you must pull along a 38 lbs kayak. We assist you as much as possible but you should expect at times to get wet and possibly even fall out of your kayak. Your personal floatation device will buoy you if in deeper water and we will assist you. If you are a person who consistently exercises, is able to climb the concrete embankment while carrying a kayak with another person, and is not fearful of water you should be fine. Your good attitude is very important. If you have any questions, visit Elysian Valley ahead of time to take a look at the concrete embankment and river zone to assist you evaluating whether this trip is for you. Email if you have further questions.

Note: after touring several seniors we have found some quite able to do the trip but others struggled. As stated before, if you do not exercise consistently; are over 210lbs, and have any fear of water, this trip is not recommended for you. If you do not have the core strength to lift yourself out of the boat from sitting numerous times during the trip, this will be too strenuous for you.

For any who do not feel up to the full trip (due to the above cautions) we have open paddle evenings starting in July that involve paddling an open ponded area of the river. This is something that anyone can do. Check back at lariverkayaksafari.org/booking.html for further updates.

Safety Notes:

1. All patrons wear appropriate PFDs (personal flotation device) and approved kayak helmets. We disinfect our helmets daily.
2. We have been trained in First Aid and other life-saving techniques.
3. We carry throw ropes to assist rescue.
4. All of our PFDs (Personal Flotation Devices- “life vests”) are nearly new and certified for their intended purposes.
5. We carry a first aid kit.
6. We carry walkie-talkies tuned to a frequency to communicate with the rangers if necessary for emergency purposes or to receive notifications about river conditions, weather etc.
7. Please inform LA River Kayak Safari if you have any medical condition that might affect your ability to undertake this outdoor activity or which might require our special attention.

If you'd like to take a look at the google map we are developing see:

<http://maps.google.com/maps/ms?i.e.=UTF&ma=0&mid=216909884130015102404.0004dda6dc4399f6fedad>

Below see a clip from the map, note Home Depot "A" (parking) and Oso Park (start point.)

