

Detailed Itineraries and Trip Registration for Women's Trips: Details of each itinerary can be viewed at www.mariahwe.com. We can email you the itineraries and registration forms. You may also call our office 1-800-462-7424 to check on trip availability and to make reservations.

Deposit/Cancellation Policy: Each trip has its own deposit/balance due/cancellation/refund schedule, which are listed on the trip itineraries.

A Note About Prices: Mariah Wilderness Expeditions reserves the right to alter quoted prices for trips at any time to reflect changes in land service, air fares or taxes. Our payment and cancellation policies reflect our obligations to our service providers.

Trip Difficulty Classification System: To help you choose the right trip for your abilities and interest, we give you an idea of the level of the trip's activity. We rate each trip "1-5" with "1" being the easiest and most comfortable and "5" being the most strenuous. The classification takes into consideration the amount and degree of difficulty the activities can present, and where appropriate, the sleeping accommodations, the altitude and climate.

We are members of IGLTA, America Outdoors, California Outdoors, and various Chambers of Commerce. We operate our whitewater rafting trips with permits from BLM, U.S. Forest Service, various Parks & Recreation districts, and the County of El Dorado. Our international outfitters are recognized as leaders in their specialties.

In addition to our Women's Trips, MARIAH runs daily raft trips on seven California rivers for the general public, youth, family, and corporate groups. Gather a group of friends and charter your own trip.



We are friends of
RVing Women



American Airlines, the official airline
of Mariah Wilderness Expeditions

MARIAH
WILDERNESS
EXPEDITIONS
Email: rafting@mariahwe.com
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Multisport

International Adventures

Baja Sea Kayaking

Costa Rica Jungles

California Whitewater Rafting

Small Groups

3/1/06

MARIAH

WILDERNESS EXPEDITIONS

2006-2007 | ACTIVE VACATIONS FOR WOMEN

IN THE BEGINNING...

In 1975 several of my close girlfriends and I decided to organize a rafting trip just for us women. With the help of many people and borrowed equipment, we offered our first two-day trip for thirty adventurous ladies. What a thrilling time we had!

In 1982 when I obtained the permits necessary to offer rafting trips commercially on several California rivers, I realized that, in addition to offering coed, youth, and family oriented trips, I could also offer women the opportunity *to raft with other women!* Thus began Mariah's exciting women's rafting and adventure travel program!



Mariah is one of the largest commercial whitewater rafting companies in California and, out of approximately 60 rafting outfitters Mariah is the only one-woman-owned and woman-operated. Mariah also is the only rafting company that actively reaches out to women. In addition to our women's rafting trips, we have developed over the years a wide variety of international multi-sport adventures for women.

Who travels with us? Women of all ages who prefer active vacations. In addition to meeting other women from around the world, you may meet giant tortoises, dolphins, howler monkeys, and exotic birds. Whether you are a busy soccer mom, a retired teacher, a business woman, or a marathon runner, Mariah is for you.

So, join us for fun, for the opportunity to make new friends, and for the chance to see the world.

DONNA HUNTER, MARIAH'S FOUNDER & PRESIDENT

1-800-462-7424 | WWW.MARIAHWE.COM

SINCE 1982—OVER 105,000 SATISFIED CUSTOMERS

RAFTING | SEA KAYAKING | SNORKELING | BIRDING

WALKING | EXPLORING

COSTA RICA

MULTI-ACTIVITY

Raft warm jungle rivers, explore rainforests, sea kayak and swim in the Caribbean

January 11-20, 2007; \$2,050

10 days, 9 nights, most meals; 18 women

Costa Rica is Central America's special jewel. This trip is especially intended for women searching for an active adventure vacation in Costa Rica. It has a reputation for being an oasis of calm among its turbulent neighbors. The country's natural attractions, wildlife and reputation for enlightened conservation draw tourists from all over the world. Costa Rica is one of the best places to experience the tropics naturally and with minimal impact.

Included is "tropical boating" on Class II-IV rivers with warm water rapids, lush vegetation, wildlife, and pristine isolation. We'll enjoy two of the Class III-IV rivers--the beautiful and beginner-level, Class II-III Sarapiquí, and the incomparable Class IV Pacuare which has waterfalls cascading from 1,500' forested banks. You will overnight in wooden huts near the banks of the river.

On the Caribbean coast, you'll have the opportunity to sea kayak, swim, snorkel and boogie board. You will visit the BriBri Indian reserve, meet a shaman, and learn about the culture of this very remote and undeveloped part of Costa Rica. We will hike the rainforest trails, experience an exciting Rainforest Aerial Walkway, and sleep in bungalows built on stilts where the jungle reaches right down to the sandy beaches.

We have included two days at a Sarapiquí rainforest lodge, a family-owned private retreat located in the lowland tropical rainforest of Costa Rica. All of our guides are women, our tour bus is comfortable, and our outfitter, Rios Tropicales, gives Mariah's annual Women's Trips the highest priority for top quality service.

Mariah is entering our 14th year visiting Costa Rica. Join us for a unique rainforest experience in this friendly and safe Central American country, where almost everyone speaks English, and the water is safe to drink.

Trip Classification based on combination of activities, lodging, climate: IV
(No prior experience is necessary for any of the activities.)



MARIAH'S SUPERB STAFF

The success of an adventure travel company depends on the quality of its guides. It would be hard to find more qualified river guides than Nikki, going into her 16th year as one of Mariah's head guides. Nikki is also leading the Costa Rica trip in 2005. Many of you know Kresta, who will be returning for her fifth season with Mariah, and she also is an important part of Mariah's office. They are just a few of Mariah's loyal staff.

Many of you have already met Robin, one of our commercially-licensed river shuttle drivers who has driven for us for 17 years.

Trudi Angell is the owner of Paddling South, our Baja sea kayaking company for our March and December trips. Mili Sangama has been leading our Peru trips since our first one in 1987.

Wow! SOUNDS LIKE FUN!

How Do I SIGN UP?

To sign up for your dream vacation or to find out more information about a particular trip, please call our office

1-800 MARIAH (1-800-462-7424) or email us at rafting@mariahwe.com

We will gladly mail you a detailed Trip Itinerary of the trip or trips you are interested in or we can email you the information in a PDF file.

Most of the detailed Trip Itineraries can also be viewed online at www.mariahwomen.com

We also are travel planners for the independent traveller to Costa Rica.

1-800-462-7424 | WWW.MARIAHWE.COM

MORE CALIFORNIA RIVER RAFTING



MIDDLE (CLASS II-IV)/SOUTH FORK (CLASS III) AMERICAN RIVER, CLASS II-IV

August 4-5, 2006; \$314 (incl. 5% river use fee);
2 days, 2 nights, 5 meals; 2 rivers, 29 miles; 36 women

We'll raft the entire 18 miles of the Middle Fork American on Friday, and the Chili Bar section of the South Fork American on Saturday. We will camp both Thursday and Friday nights at Mariah's river-front campground on the South Fork American where you can enjoy hot showers, flush toilets, volleyball, and great camping right on the river.

August 3 (Thursday): Please feel free to arrive and set up your camp anytime after 5 P.M. You will be sharing the campground with other Mariah customers.

August 4: Breakfast will be served about 7 A.M., and then it is off to the Middle Fork for a full day of rafting, with a picnic lunch on the river. We will return to our South Fork Campground for showers and dinner. Incl. B,L,D.

August 5: After breakfast we will board our river buses for the 40-minute drive to Chili Bar, the put-in for the South Fork. We will raft down to camp, enjoy a delicious BBQ lunch, and watch a slide show of our two days on the river. You will be ready to leave for home about 3 P.M. Incl. B,L.

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SEA KAYAKING AND MISSION TRAILS, SEA OF CORTEZ, BAJA

Enjoy your dream vacation in Baja. Travel to the mountains and live in a comfortable hacienda, walk historic trails, and learn to make tortillas. Live on sun-drenched beaches, explore islands and the coast by sea kayak.

April 9-16, 2006 COASTAL KAYAK TOUR, AN EASTER CELEBRATION

Expedition-Style (kayak to new camp each afternoon)

8 days, 7 nights, most meals; 10 women. Price \$995

Our adventure begins just south of Loreto in an area dotted with dramatic desert islands. The exact itinerary can change from trip to trip depending on weather, length of trip and other logistical considerations. Flexible itineraries allow time for snorkeling underwater reefs, swimming, exploring beaches and canyons.

Each day, with an early morning start, we kayak 5-10 miles in 2-5 hours. If you are interested in an intense level of kayaking, this trip may not be for you. However, if you enjoy leisurely paddling, camping and relaxing in rugged wilderness, you'll find this trip perfect.

December 27, 2006-January 3, 2007

MOUNTAINS AND BAY – A NEW YEAR'S EVE CELEBRATION

A Mountain Hacienda and
a Beach-Kayaking Base Camp

8 days, 7 nights, most meals; 10 women. Price \$1150

This trip is FUN, fun, fun! For a week live a simpler life in a simpler time. Join us on a trip into the past as we walk and explore along Baja's famous mission trail to 300-year-old gardens in the Sierra de la Giganta mountains. One of the highlights is our stay in a typical hacienda (complete with hot water showers), where we can learn to prepare fresh tortillas, homemade goat cheese and tasty tamales in the rustic kitchen of our ranch senora. The trails we will walk are fascinating, and the desert mountain nights are beautiful.

Then, follow us down to the sea where we set up our base camp on a private beach. For three days we kayak to Isla Danzante, hidden coves, and distant beaches, returning each afternoon to our same camp.



CALIFORNIA RIVER RAFTING

QUICK 1- AND 2-DAY GETAWAYS

Whether you are a beginning or experienced rafter, California's whitewater provides some of the most wonderful opportunities to enter a world which few people realize exists. A journey down a river can be peaceful, awesome, thrilling and fun. You can be assured that you will be in competent hands when you raft with Mariah. Rafting is a way to wake-up to your inner strengths and a way to develop more self-confidence. Come with friends or come alone and meet new ones.

We can customize your trip for you, if one of scheduled women's trips does not meet your time schedule. Come alone or bring a group of friends on one of the following rivers:

South Fork American River, Class III-III+. The season is April through mid-September.

Middle Fork American River, Class II-IV. The season is the end of May through mid-September.

North Fork American River, Class IV. The season is April through early June depending on the amount of snow.

Merced River, Class III+ - IV. The season is May through early July depending on the amount of snow. The season could last as long as mid-late July.

Tuolumne River, Class IV-IV+. The season is May through August.

BUCCANEER'S BAY ON THE SOUTH FORK AMERICAN RIVER

SOUTH FORK AMERICAN RIVER, BUCCANEER'S BAY CLASS III - OUR SECOND ANNUAL TRIP

June 3-4, 2006; \$289 (incl. 5% river use fee)
2 days, 2 nights, 5 meals; 21 miles; 24 women

We have created a new adventure this year on the very popular South Fork American River. We hope you will join us for this very special trip.

The South Fork is California's most popular river trip and flows through the Sierra Nevada's gold country. This river is a favorite for first-time rafters and groups of friends. We have obtained a special permit to camp on BLM (Bureau of Land Management) land, located in a pristine section of the river with no road access, no showers, no electricity.

June 2: Camping is included at our main base-camp on the American River. Feel free to arrive anytime after 5 P.M. Dinner is on your own.

June 3: We will start our trip Saturday morning with breakfast at 8 A.M., put in at Chili Bar, Mile 1, enjoy a picnic lunch on the river, and then raft to our new wilderness digs at Buccaneer's Bay. You will be able to enjoy billions of stars, wide sandy beaches, scrumptious meals, and the thrill of being in the wilderness. We call our NEW WILDERNESS CAMP Buccaneer's Bay, and we think you will love it! Incl. L,D.

June 4: Sunday morning you will be able to wake up leisurely, enjoy the absolutely pristine and quiet morning in this beautiful section of the river canyon. You may want to do some reading, relaxing, hiking, and swimming while we wait for the dam-released water to reach us. We will take out of the river about 3 P.M., drive you back to our main South Fork Campground where your gear awaits you. There will be a short slide show presentation of your two days of rafting. You will be ready to depart for home by 4 P.M. Incl. B,L.

Rent your tent from us and we will set it up for you. Sleep Kits and pads are also available for rent.

