

LOWER MIDDLE FORK AMERICAN/SOUTH FORK AMERICAN RIVER – LOTUS RUN COMBO

Location: Auburn and Coloma, CA

Trip Summary: Class: 2, May – Sept, Elevation: 930 ft

Younger children often have shorter attention spans and energy, so spending a few hours on the river each day may be preferable for a first experience. This combination is a good choice if you are not too sure if a child is going to enjoy a true multi-day vacation river trip. Both these trips are suitable for children from 4-5 years old and are no more than 5 hrs from start to finish. You can book them as ½ day trips, but they can be combined with a stay at our camp in Coloma and the luxury of hot showers and a private riverside camp. We can on occasions provide additional meals in camp, you can bring your own food to BBQ in camp, or you can elect to eat in nearby restaurants.

We suggest you start with an afternoon trip on the [Lower Middle Fork American River](#), which meets in Auburn after lunch. The river flows through the steep, rugged and forested canyons of the Auburn State Recreation Area. There are safe beach areas for picnicking and play, together side hikes up creeks into shady dells with waterfalls. Very few people are seen on this trip, but we often see nesting ducks, deer, heron and fish jumping. Late in the season, we also stop to pick the most incredible juicy black berries. After getting back to your car around 6:00 – 6:30 pm, it is 20 mins to Coloma to camp, or there are plentiful accommodations and restaurants in Auburn.

On the 2nd day, you meet at 10:30 am at our camp in Coloma for a 4 mile run on the [South Fork American](#). We raft the first 4 miles of the South Fork American 'Gorge', which is easy and only contains Class 1 & 2 rapids. The trip finishes back at our camp and we serve lunch. After lunch you are free to continue your journey, or the children can play in camp, visit the nearby Marshall Gold Discovery State Historic Park or take some easy local hikes.



These trips can also be suitable for a diverse family group. We can supply inflatable kayaks on the Lower Middle Fork American for the more adventurous participants, and on the South Fork American run, the trip can be continued after lunch into Class 3 whitewater.

Distances/times for travel:

15 mins/12 miles N. of Placerville,

1 hr/53 miles E. of Sacramento,

1.75 hrs/98 miles N. of Stockton,

1.75 hrs/72 miles W of S. Lake Tahoe,

<2 hrs/114 miles SW. of Reno,

20 mins/15 miles S. of Auburn

45 mins/32 miles E of Folsom

2 hrs/115 miles SE of Chico

1.5 hrs/82 miles SW of Truckee

2.25 hrs/134 miles NE of San Francisco

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