

LOWER MIDDLE FORK AMERICAN RIVER

Class: 2, 7miles, ½ day, May-October , Elevation: 900 ft
Location: Meeting in Auburn, off I-80, between Sacramento and Truckee

The Lower Middle Fork American River is a beautiful, almost wilderness rafting trip located in the Gold Country near Auburn. It is a great choice for the younger or more timid child, and kids as young as 4 years can participate. It is also a great trip to bring the grand parents on. Inflatable kayaks are often supplied for some added adventure for the older youths and adults to share, so the trip can accommodate a diverse group quite happily.

It is more relaxed, mellower, and much less traveled than the nearby South Fork American River. It is close to civilization, yet it is possible to feel that you are really getting away from it all. Though the trip is a little gem, few outfitters offer this raft trip and group sizes are usually small. 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.

On this river, water releases are minimal over night and increased in the morning. Due to the fact that the water takes several hours to reach our put-in location, we can only offer this raft trip as an afternoon ½ day. We usually meet after lunch around 1:45 pm in Auburn, and transport the group from here to the river, which requires driving down a spectacular, winding and steep dirt road into the river canyon. We suggest you bring a snack for the kids to have if we stop on the river, as we will usually not be back in Auburn until about 6:30 pm. We do provide refreshments at take-out.



Distances/Times for travel:

¾ hr E. of Sacramento (36 miles),
1 hr W. of Truckee (67 miles),
1 ¾ hrs SW of Reno (95 miles),
2 hrs SE of Chico (96 miles),
2 ¼ hrs NE of San Francisco (120 miles),
2 ½ hrs NE of San Jose (149 miles),
2 hrs W of South Lake Tahoe (87 miles),
1 ½ hrs N of Stockton (82 miles)

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