



## **Arun River Rafting - 6 days**

**Go on 6 days trip for**

**\$ per person**

**Location:** Nepal, Asia

**Departure point:** Kathmandu.

**Put-in-Point:** Katikeghat.

**Take-out-Point:** Bara Chhetra, Chattara.

**Best season:** Nov-April.

**Distance:** Approximately 84 kms.

**6 Days:** Kathmandu-Kathmandu.

Nepal has four major river systems with more than two hundred fifty sizeable tributaries. The major rivers are the Sapta Kosi in extremely eastern part of Nepal the Narayani in central the Karnali in west and Mahakali is far western part of Nepal. Arun is one of the mighty tributary of Sapta Kosi. Its source is on the Tibetan Plateau, to the north of Kathmandu and it then swings in an easterly arc for some 200 km draining the Northern slopes of Mt. Everest and Makalu before cutting south through the Himalaya and into Nepal. It cuts through the Himalaya in some deep and awesome gorges that have fascinated explorers, travelers, geographers and river runners, and then flows almost directly south to join the Sun kosi shortly before the Indian plain. Besides that Nepal has more than one hundred different dialects speaking ethnic groups and during the rafting meeting people is part of the Adventure too.

## **Day by Day Itinerary:**

**Day 01:** Kathmandu –Tumlingtar –Katikeghat.

**Day 02:** Katikeghat –Savaya Khola:

**Day 03:** Savaya Khola –Megan Besi

**Day 04:** Today is the more challenging than the previous days. We come across quite a number of rapids one after another. The first encounter is a left –bend rapid, just before the suspension bridge at Ranighat. A number of rapids follow after this, continue one after another and we finally camp nearby blithe rapid.

**Day 05:** today, pretty smooth and relaxed compared to last previous days. Now Arun River merges with Sunkosi to form in to a confluence of Saptakosi, one of the major rivers of Nepal, which further flows to merge with the famous Gange in India. Float along Saptakosi for another half an hour and we reach the site of Bara Chhetra a famous Hindu temple dedicated to lord Vishnu. From here, we continue float for another hour to

Chatara, the final destination of rafting and meeting our transport for Kathmandu.

**Day 06:** after long 13/14 hours driving, we arrived in Kathmandu. Option flight from Biratnagar.

### **Kinds of Rafting:**

There are essentially two kinds of rafts available - the oar-powered raft and the paddle raft. The oar-powered raft has a frame either at the back or in the middle where the river-guide sits and does all the paddling and guiding work. The paddleboat requires all participants to do their bit. Depending on the size of the raft, four or eight participants sit on the side tubes and power the boat using long paddles. It involves teamwork and more physical effort than the oar-powered boat. Paddleboats, however, capsize more easily as they are lighter and do not have the rigid structure of the oar-powered boat. On big rivers like the Sun Kosi (Class IV to V) where there are huge rapids, more care is required. In such rivers, we usually use one oar-powered boat and one paddleboat so that one acts as a rescue boat in case the other capsizes. This also gives each participant an opportunity to ride both kinds of rafts - be actively involved in one and relax in the other. Equipment: rafts are inflatable boats made of thick rubber, usually with separate air compartments so that a hole in any part of the tube does not mean that the whole raft will deflate and collapse. Life jackets and helmets are provided as mandatory gear. Paddles may be made of synthetic alloys and fibres which are longer and more maneuverable, or they may be of plain wood coated with synthetic waterproof paint. Wooden oars are slightly heavier but break less easily. On longer trips or more demanding rivers, splash jackets may be provided.

All the gear and food will be packed inside waterproof bags and carried on the raft itself. Your cameras and accessories, stored inside the waterproof barrel, will be available for your use during the DAY. The setting up of camp and cooking will begin as soon as the campsite is reached.

Safety requirements: While on the boat, you may at times take off your helmet and life jacket, or even jump out of the boat to take a dip in the river. Nevertheless, it is of utmost importance to consult your guide before indulging in such activities, as his knowledge of the river will help prevent you from finding yourself unprotected when hitting the rapids.

All our staff, whether guides, cooks or helpers, are trained professionals who look after your safety on the boat and your comfort while at rest. Rely on them to give you the best treat of your holiday.

### **Summer Season**

River	Trip Date	Where to start	Where to end
Chose below	Let us know and book in advance	Depend on River	Depend on River
Trishuli, Seti, Lower Bhote Koshi, Upper Sun Koshi	Whenever you want	Depend on water level	Depend on water level

## **What is included in the price?**

- hotel in Kathmandu bed & breakfast.
- All guided sightseeing tour in Kathmandu and entry fees.

- Rafting Guide & Supporter.
- All rafting equipments such as self-bailing rafts, life jackets and safety equipments.
- Paddle top, helmets and waterproof gear bags.
- Accommodation on twin sharing basis tent camping.
- All national park and rafting permits and fees.
- All meals during the raft trip. (breakfast, lunch and dinner).
- Round trip ground transportation.
- all kitchen and camping equipment, cook and needed staff.
- Safety kayaker.
- Sleeping Bag and mattress (will be provided if needed)

## What is not included in the price?

- Nepal visa
- International flight & all domestic departure tax
- Lunch & dinner during hotel stay in Kathmandu
- During the lodge trek hot shower cost extra
- Personal gears & clothing (available on hire)
- Tips, any expenses incurred in emergency evacuation/road block due to any reason, table drinks, snacks while walking
- Rescue & insurance such as travel, cancellation, accident, health, emergency evacuation and loss.

## Trip Fact

- **Trip code**EHCS-37650
- **Destination**Nepal
- **Duration**6 days / 5 nights
- **Season**November to April
- **Group Size**Min. 2pax - 12pax above
- **activities**Arun River Rafting