



Sunkoshi River Rafting - 8 days

Go on 8 days trip for

\$ per person

Location: Nepal, Asia

Departure point: Kathmandu

Put-in-Point: Dolalghat.

Take-out-Point: Chatara

Outward travel: 3 hours

Grade: IV - V

Best season: Oct – Dec, Mar - May

9 days: Kathmandu-Kathmandu

Overview:

The Sunkoshi 'River of gold' has been rated as one of the top ten rafting trips in the world! It is also in the list of 'must do while in Nepal'. The river rises in Tibet, and flows eastwards in Nepal through the great valley between the Mahabharat Lekh (hills) and the Himalaya. It forms the watershed for most eastern Nepal and gathering strength from tributaries draining the highest mountains in the world it emerges onto the northern plains of India where it joins the Ganges. Our journey takes us 270 km through some of Nepal's most remote area giving you a unique wilderness experience. The first two days are relatively easy and allow time to train you as a team before the bigger rapids arrive. The rapids have acquired manes like Meat Grinder, High Anxiety, Jaws and Big dipper, from previous experiences on expeditions. Say no more! The calmer stretches between rapids give you time to take in the phenomenal views, swim (voluntarily) in warm water and camp on the pristine white sandy beaches.

Day by Day Itinerary:

Day 01: Kathmandu>Dolalghat>Roshi Khola. At 7 am morning meet in indicated place. Office –store baggage and finalize plans a quick breakfast then we leave for Dolalghat. Very fascinating drive, it will provides you a magnificent views of the Himalaya in clear weather. We should unload at Dolalghat, lunch will be served here and your expedition guide will give a full safety talk to you. As mentioned above the first two days is easy paddling. The first greater rapid is you are encountering a grade IV+ "Rotten Cave" where the Roshi Khola mixed up with Sunkoshi. Soon after we the rapid we will choose one of the campsite and unload the gears, pitch the tents, prepared the dinner and enjoy your first camping meal with Rum punch.

Day 02: Roshi Khola>Tamba Koshi confluence. Wake up with hot cup of tea, have breakfast, pack up the gears,

fold the tents up, loaded and rolling down in the river. You will stop some where on the half way for lunch. Today you are encountering Meat Grinder grade IV+ rapid, it is fairly straight rundown the center avoiding holes left and right. A few meters below here the Tamba Koshi joins with Son Koshi, on the left bank of confluence there you find a beach which will be suit for camping. You will be following the camp routines same as previous night. Same as the other rivers this junction also being very important to local peoples and there is a Shiva temple overlooking the two rivers.

Day 03: Tamba Koshi confluence> Harkapur. As it is daily routines are begins, day follow with tea and etc. A few kilometers below Likhu joins with Sun koshi and continuing the rapids, starting with graded III+ 'Pre-Anxiety' and grade IV long 'High Anxiety' with a hole on the left halfway down and series of holes at the bottom, float a whole and then stop for camping.

Day 04: Harkapur> Rasuwaghat. Today we starts with several grade 3+ rapids then a quick stop at khurkot, just in case of if we need to buy some food stuffs or perhaps beer. And then be ready for big and interesting rapids 'Harkapur 2nd and 3rd the hardest rapids on the trip, should be carefully scouted. The camping will be just below the rapids

Day 05: Rasuwaghat>Jaws Rapid. 5-6 km brings you to junction, where the Dudh Kosi joins with Sun Koshi from the left side. After this point river is widens into an arid area of gravel, and then getting some unnamed rapids and will teach you into another aptly named rapid 'Jaws' and then to Camp.

Day 06: Jaws rapid> Cascade team shower place. Today is the most exciting day out of the trip; we will encounter most of grade 4+ rapids named as "Rhino Rock" followed by "Jungle Corridor" a kilometer of continuous white-water and then to the camp, the waterfall makes a great spot for a team shower.

Day 07: These last few days is mainly wave trains if you are interested you can try Kayaks, where our experts will teach you the basic skills needed to maneuver the boats or learn the Eskimo roll.

Day 08: The last stretch of river which will brings you to the last one grade 4+ 'Big Dipper' Rapid, and a series of huge standing waves. A few kilometers later, the mighty Arun River enters from the left gorge and almost immediately after, the Tamur River also adds its water with and becomes as the Sapta Koshi "The seven Rivers". The confluence is called tribenighat; it has an interesting temple to visit if we have time. Now the sapta Koshi is surges onwards, carving a way through its last obstacle of the foothills. 5 kilometers later on the left bank there is another larger Hindu Temple called Baraha Chhetra. On the day of full moon in January every year, thousands of Hindu pilgrims visited here to pay their homage to lord Vishnu. According to legend has it that, once a demon god inhabited this area and troubled the holy men and pilgrims. Hearing of this, Lord Vishnu, preserver of the Universe, he decided to kill the demon, and taking the form of a pig for the purpose, he slated the demon in battle. The annual Barara festival is commemorates this victory and inside the Temple you will see a statue of Baraha, a pig-headed figure of Lord Vishnu. Back into the river and continue floating along the powerful current, and then rounding a corner there is a suspension bridge swoops high over the river and the are hills dramatically give a way to totally flat Terai and northern plains of India. This is the end of our classic and memorable river expedition trip here. Perhaps we will taking-out around 2 pm, and pack up the gears and ready for long 15 hours drive back to Kathmandu or any where else?

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-7553
- **Destination**Nepal
- **Duration**8 days / 7 nights
- **Season**November to April
- **Group Size**Min. 2pax - 12pax +above
- **activities**Sunkoshi River Rafting