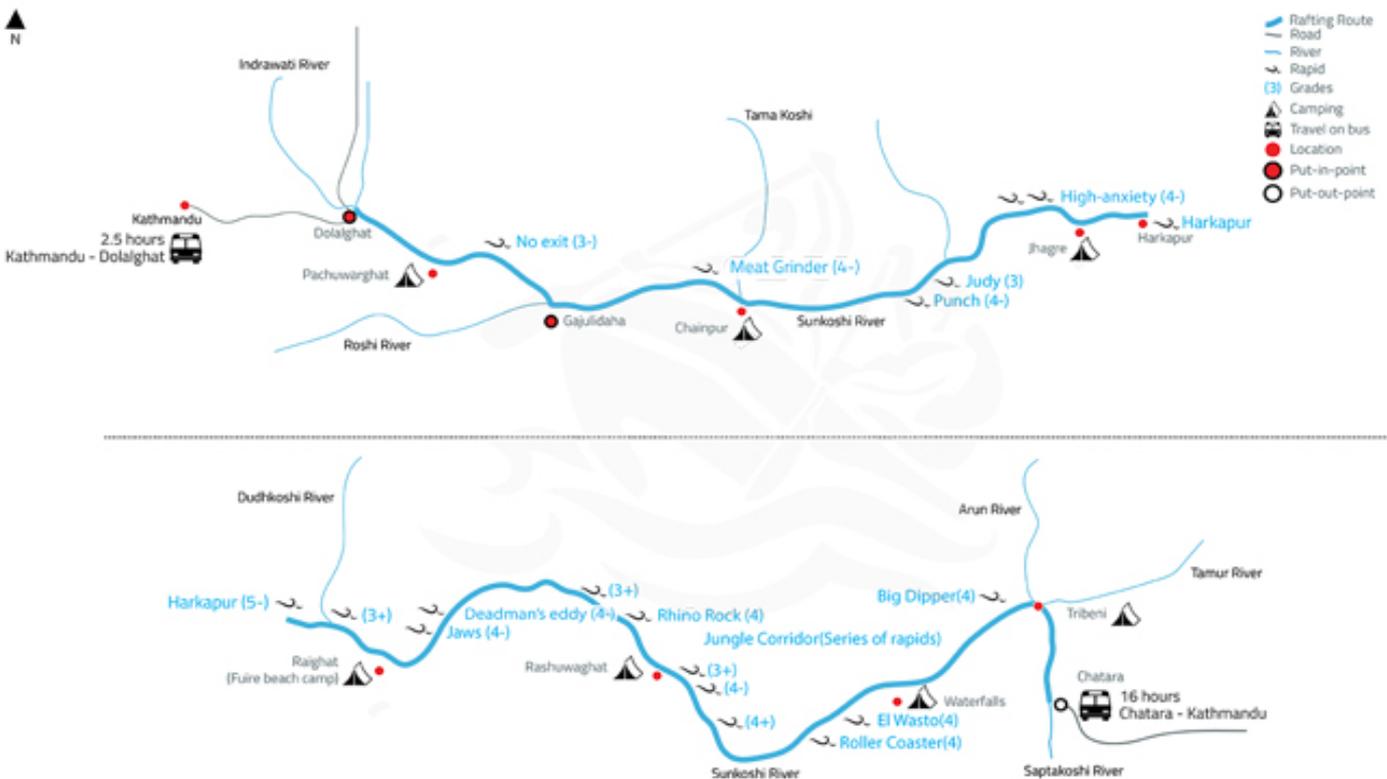


# Sun Koshi Rafting/Kayaking/Expedition

Running the gigantic waves and the intense yet predictable rapids of the crystal clear Sunkoshi (the river of gold) gives you more than just an adrenaline rush; it makes you feel something which can't be simply expressed with words. The starting point of the 270 kilometers long river adventure is Dolalghat or Roshi Khola (Nepalthok), which is a 3 hour drive from Kathmandu valley, and the take out point is Chatara, which is a 16 hour drive from Kathmandu.

From straightforward waves to powerful and intense ones, the rapid of the river changes from class 3 to class 4 as you move further down the river. The best seasons to gain a much thrilling and a safer experience of rafting in Sunkoshi are from September to November and May to June. Sunkoshi doesn't just give you a thrilling rafting experience but also gives you a chance to witness the fascinating beauty of Nepal. During the trip, you will pass many ethnic villages and their culture, various species of birds and other wildlife. The Sunkoshi rafting which starts from between the mountains of Dolalghat unites with 6 other rivers, Tamakoshi, Dudh Koshi (Milk River), Indrawati, Bhote Koshi, Arun and Tamur at the terrain of Chatara. The enthralling expedition of 10 days, away from the busy streets of Kathmandu, might just be the best rafting experience you have had so far.

## Route Map:



## **Trip Info:**

Duration : 8-10 Days

Rafting Season : May-June, Oct-Nov

Grade : III to IV+

Distance : 270 kms

## **Itinerary:**

Day 1: We will pick you up and drive you to the put-in-point, Dolalghat. The rafting equipments will be prepared; and safety and paddling instructions will be provided to each rafter to get you ready for the expedition. Few rapids will be passing through, so paddling will be easy. At the end of the day you will be experience a class 3 rapid. After floating a bit further down the river, we will set up a camp at Packuwarghat.

Day 2: After a couple of class 3 and a class 4, we will reach Chainpur. We will camp there for the night and you can explore roam around the ancient village.Â

Day 3: We will come across the thrilling and long class 4 rapids of Meat Grinder, Punch and Judy, Pre-anxiety and High Anxiety on day 3. The trip will begin with easy paddling and the difficulty will gradually increase as we go further. The campsite for this day will be Jhagre- a village development committee in the eastern Nepal.

Day 4: We will be in need of a good team effort this day since we will come across some big rapids which are known as Harkapur I, II rapids. The rafters will camp at the beautiful Rai Ghat beach.&nbsp;

Day 5: We can stay at the same camp and explore the Rai village nearby, take naps or sunbathe; or we can continue our rafting trip if the rafters want.&nbsp;

Day 6: Jaws of class 4 rapids is followed by the evil &ldquo;Dead Man&rsquo; Eddy&rdquo;, welcomes us on this day. After the notorious evil Eddy come small rapids at the end known as &ldquo;Rhino Rock&rdquo; which are interesting rapids with exciting waves. The campsite for day 6 is Rasuwaghat.

Day 7: The 7th day will begin with continuous rapids of Jungle Corridor and 6 sets of Roller Coaster. After moving further down, we&rsquo;ll come across a series of waterfalls; this is where we set our camp for the night.

Day 8: We&rsquo;ll come across small rapids of Big Dipper followed by Black hole. Sunkoshi joins with other two rivers, Arun and Tamur, giving the name Tribeni. This will be the camp site for the day.&nbsp;

Day 9: On the final day, after rafting for about an hour and a half we&rsquo;ll reach Baraha temple. And rafting for another hour and a half we&rsquo;ll the Saptakoshi, which is the ending point of our alluring trip.&nbsp;

Day 10: After finishing our great Sunkoshi River experience, we will arrive back to Kathmandu in the early morning.

## **What is Included**

Professionally trained and certified river guides. Professionally trained and certified safety kayakers. Quality rafting and kayaking equipment, including boats, kayaks, helmets, paddles, life jackets, dry bags and pelican boxes.

Accommodation in a camp and all necessary facilities including personal tents, individual mattress and sleeping bag, toilet tents etc. All meals while on the river â€“ breakfast, lunch and dinner. Two way transportation â€“ buses, 4WDs.

River Permits.

## **What is Excluded**

Visas, flights, other taxes etc. Personal items like toiletries, clothing, camera etc. Alcohol and other packed food.

Insurance policy: paddlers need to have their own insurance since we only provide insurance to our crew. Tips for guides  
â€“ we pay our guides and porters fairly but if you want you can tip them personally.

### **What to Bring**

Shorts / ½ pant

Sport Sandals

Shirts that will dry quickly

Swim suit

Warm layers (fleece, trousers)

Towel

Toiletries

Sunscreen

Sunglasses

Camera and batteries/chargers

Water Bottles

Flashlight

A little cash