

Arun River Rafting

URL: <https://www.nepalriverrunner.com/river/arun-river-rafting/>

Starting Point Tumlingtar	Duration 7 Days	Difficulty Moderately challenging
Distance 70 km	Best Seasons Mar-June, Sep-Nov	Activity White water rafting and kayaking
Group Size Minimum 1, Maximum 14	Maximum Altitude 1,837m	Ending Point Chatara

Why You'll Love Arun River Rafting

- **Natural scenery:** The Arun River rafting trip will give you the perfect glimpse of Eastern Nepal.
- **Rugged path:** You will pass through rugged pathways, even if you're rafting with one of the Arun River rafting packages. We mostly say this because the more visited pathways are less rugged.
- **Thrilling rapids:** The rapids in the Arun River are rather thrilling than tame. Arun River rapids range from Class III to Class IV, which is enough to trigger your adrenaline, and in the best possible way if you enjoy exciting journeys outdoors!
- **Wildlife exploration:** The Arun River rafting trip is rich in wildlife exploration. The most popular wildlife species you may see during your journey include Hanuman langurs, bark deer, etc., while the bird species are eagles and kingfishers.
- **Multi-day expedition:** If you're looking to get away from the hustle and bustle of city life for once, then the Arun River rafting trip is perfect for you. This trip allows you to explore the beauty of each element along the Arun River.
- **Cultural exploration:** The Arun River region mainly includes people from the Rai and Tibetan origin communities. Hence, you can learn about these communities during this trip.

Overview of Arun River Rafting

The Arun River rafting trip is one of the most exciting outdoor adventures you can enjoy in Nepal. The Arun River begins its journey from the base of Mt. Makalu, which stands tall at 8,463 meters. This powerful river is one of the main branches of the Saptakoshi, a system where seven rivers come together.

The put-in point of the **70-kilometer-long river is Katikeghat**, and the take-out point is Chatara. This

river rages with class 3 and class 4 rapids, making it a thrilling rafting experience. Camping at sedate beaches along the river gives you plenty of time to relax and get to know your fellow rafters. The best seasons for this rafting journey are October to December and March to May. Rafting on the Arun River is an ideal option for someone who is more into thrills and is looking for a wilderness experience.

Arun River Rafting Itinerary

Day 1: Drive From Kathmandu to Dharan

On the first day of our Arun River rafting itinerary, we'll drive to Dharan from Kathmandu, which takes around 14 hours. Today, there won't be too many activities that you'll be involved in. However, you will see the transition from the capital, more urbanized Kathmandu city, to Dharan. You will stay overnight at a hotel in Dharan.

Day 2: Drive From Dharan to Tumlingtar to Katikeghat

From Dharan, we'll drive to Tumlingtar, which will take another 3-4 Hours. From Tumlingtar, we will drive to Katikeghat and set up camp by a riverbank. You can enjoy nature while the camp is being set up. After your rafting journey, you can have hot meals prepared by our team and then head towards Katikeghat, where you'll be spending the night.

Day 3: Raft to Tumlingtar

Our rafting journey begins with safety and paddling instructions from professional guides. We will raft from Katikeghat back to Tumlingtar and enjoy a peaceful and serene view. This day is going to be very enjoyable as Tumlingtar is mostly nature. You will enjoy the adrenaline rush going from one end to another in a raft. You will spend the night in the location itself.

Day 4: Raft From Tumlingtar to Kewa Khola

From Tumlingtar, we continue our day's expedition to Kewa Khola, the campsite. During this day, you can explore both rivers to the greatest extent. The Kewa Khola is just as amazing for exploration. You will spend the night at a camp by Kewa Khola. Travelers will spend the night surrounded by beautiful and lush natural scenery.

Day 5: Raft From Kewa Khola to Sabha Khola to Raighat

On the fifth day, we paddle to Sabha Khola. Just before reaching the suspension bridge of Raighat, we hit three class 3 and class 4 rapids. You will also get the perfect experience of rafting and traveling through Nepal's lush, green beauty. The campsite for the day is Raighat, where you can spend a cozy night at the picturesque beach.

Day 6: Raft From Raighat to Tribeni

The 6th day of the trip is also known as the “Green Day,” as we will be rafting on the greener side of Nepal. We will raft to Tribeni, the confluence of three rivers, from Raighat, and encounter continuous rapids throughout the journey. You will spend the day traversing the beauty of lush forests in Nepal, where the three rivers collide in a rather peaceful rafting trip.

Day 7: Raft from Tribeni to Chatara, then return to Kathmandu

After rafting for around an hour and a half, we will reach our take-out point, Chatara, from Tribeni, marking the end of the six-day extraordinary expedition. You can either drive back to Kathmandu from Chatara or fly back to Kathmandu from Biratnagar, which is approximately a one and a half hour drive from Chatara.

What to pack for Arun Rafting

- Paddle shorts or boardshorts
- Rash guard or quick dry long-sleeved shirt
- Synthetic base layers, top and bottom
- Swimsuit
- Rain jacket
- Insulated jacket
- Quick dry pants or leggings
- Camp t shirts
- Sports bras and moisture-wicking underwear
- Neoprene booties or rafting shoes
- River sandals with a heel strap
- Lightweight camp shoes or sneakers
- Microfiber towel
- Biodegradable toiletries
- Sunscreen
- SPF lip balm
- Insect repellent
- Toilet paper in a ziplock
- Hand sanitizer
- Sleeping bag
- Sleeping pad
- Headlamp with extra batteries
- Dry bags
- Travel pillow
- Waterproof day pack
- Carabiners
- Whistle

- Personal first aid kit
- Duct tape or gear repair tape
- GoPro or waterproof camera
- Power bank or solar charger
- Notebook and pen
- Snacks or energy bars
- Water bottles
- Cash
- Passport copy and permits
- Travel insurance info

What's Included

- Professional English-speaking licensed guides are highly trained and safety certified to international standards in Whitewater River Guiding, Swift Water Rescue, and Wilderness First Aid
- Professionally trained and certified safety kayakers.
- Gear raft support
- Quality rafting and kayaking equipment, including boats, kayaks, helmets, paddles, PFDs, dry bags, and Pelican boxes.
- Accommodation in a camp and all necessary facilities including two-man tents, shelters, simple mattresses and sleeping bags, toilet tents, etc.
- Treated drinking water
- Two-way transportation (private bus, option to fly from Biratnagar to Kathmandu),
- River permits.
- Industry standard first aid kits
- Team photos (photos and videos by our team)
- Included meals: breakfast, lunch & dinner during rafting

Types of food provided:

Throughout our expedition, we provided treated stream water for drinking. We employ crews with great culinary ability and provide breakfast, lunch, and dinner during the expedition in a buffet style. So, yes, you have the freedom to choose what you like. If you have special dietary needs, please let us know about them at the time of booking, so that we can arrange accordingly.

Sample menu for the expedition

- Breakfast: Tea, Coffee, White chocolate, Muesli and Cornflakes, Yogurt. Eggs, Toast, Hashed potatoes, Pancakes, Porridge, etc.
- Lunch: Bread, Cheese, Salami, Tuna, Sardines, Baked beans, Salads, Fresh fruits, and Biscuits
- Dinner: Pasta, French fries, Curries, Steamed or Fried vegetables. We may provide Nepali Dal, Bhat in rotation for longer trips.

What's Not Included

- 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 – we pay our guides and porters fairly but if you want you can tip them personally.

Rapids and Challenges in Arun River Rafting

The rapids in the Arun River are much higher than in just about any other trip. Hence, you must be familiar with this before you begin your journey. Likewise, the powerful current during the Arun river rafting trip may not suit the liking of many adventurers who have not had as many experiences like this. The Arun river rafting trip involves large water volumes, which are fascinating yet challenging from beginning to end.

Since this is a multi-day trip to Nepal's remote location, you have to spend more on this rafting trip than on other trips where you won't have to pay as much. The journey cannot necessarily be considered beginner-friendly for more than one reason! You have to know more than just the basics of rafting. Though a dependable guide will guide you, the journey may seem more challenging than rafting trips with the lesser class of rapids and tamer water currents.

Why Arun River rafting should be on your bucket list?

Arun River rafting should be on your bucket list for numerous reasons. It has been popular among adrenaline junkies who are in Nepal or those visiting Nepal. Since the river current is not as tame and slow as a few other popular rafting rivers, you may want to experience the thrill of this river. The difficulty grade would be moderately challenging, as not all beginners may find this rafting journey to be the easiest. However, if you are enthusiastic about going on a **memorable rafting trip that is also jumpy and adventurous, this one's a perfect choice.**

During the same rafting journey, you will experience several rapids ranging from **Class III to Class IV**. Also, since this is a multi-day trip, you can have a smooth and relaxed escape, especially on the final days, which are less physically engaging than the previous days. Busy individuals who also want to experience a thrill away from their sedentary lives would appreciate the Arun River rafting trip.

FAQs About Arun River Rafting

What is the best season to go on the Arun River adventure?

Spring and Autumn are the best seasons to go on the Arun River rafting trip. Springtime is usually

pleasant, and you will see more environmental blooms. With fresh air, visitors get more opportunities to explore the beauty of the surroundings even while engaged in the rafting trip. The favorable weather and river conditions make Autumn just as pleasant for the journey.

How do you remain safe throughout the Arun River rafting trip?

You can remain safe throughout the Arun River rafting trip by starting the journey with reliable gear. In addition to this, listening to your rafting guide throughout the trip will be of great help. And, you always need to be prepared both physically and mentally before you take on the trip.

Is Arun's white water rafting trip suitable for beginners?

Not quite! You need at least some skills as a rafter if you're looking to go on the Arun white water rafting trip. Beginners may want to go on a river rafting trip with the rapids ranging from Class II to Class III. While the rapid is a minimum of Class III in the Arun river rafting adventure, it may still exceed and go up to Class IV, which is rather challenging.

What age group should consider going on the Arun River rafting trip?

While it is recommended that rafters above 18 years make the rafting trip to the Arun River, it is all about your expertise and confidence as a rafter who will decide for you. However, you must remember that you must be at least 18, and anyone under the age may not be suited for the trip.

Is kayaking in the Arun River possible?

Yes, kayaking in the Arun River is possible. However, the journey does not immensely facilitate slow water currents, which makes even kayaking slightly more difficult than in most tamer rivers. If you're a kayaker, be careful about your bodily conduct while engaging in the Arun River rafting adventure activity.

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