

Arun White Water Rafting and Kayaking Expedition - 7 Days

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

Duration

7 Days

Difficulty

III to V

Distance

70 km

Best Seasons

Mar-June, Sep-Nov

The magnificent Arun River that springs out from the famous Mt. Makalu, which is 8463 meters above sea level, is one of the tributaries of the Saptakoshi (union of seven rivers). And along the river path lie some spectacular view of Mt. Kanchenjunga, Makalu and Everest, remote villages and valleys and cozy beaches.

The put in point of the 70 kilometers long river is Katikeghat and the take out point is Chatara. This river rages with some class 3 and class 4 rapids making it a thrilling rafting experience. Camping at sedate beaches along the river give you plenty of time to relax and get to know your fellow rafters. The best seasons to choose this rafting journey are from October to December and March to May. Rafting at Arun River, is an ideal option for someone who is more into thrill and is looking for a wilderness experience.

Trip Itinerary

Day 1

Today we'll drive to Dharan from Kathmandu, which takes around 14 hours.

Day 2

And from Dharan we'll drive to Tumlingtar, which will take another 10 hours. We will drive to Katikeghat from Tumlingtar and set up a camp by a river bank.

Day 3

Our rafting journey begins with safety and paddling instructions from the professional guides. We will raft down to Tumlingtar and enjoy a peaceful and serene view.

Day 4

From Tumlingtar we continue our expedition to Kewa Khola, the camp site for the day.

Day 5

On the 4th day, we paddle to Sabha Khola. We will hit three rapids of class 3 and class 4 just before reaching the suspension bridge of Raighat. The camp site for the day will be Raighat, where you can spend a cozy night at the beach.

Day 6

The 5th is also known as the “Green Day” as we will be rafting among the greener side of Nepal. We will raft to Tribeni (union of three rivers) from Raighat and hit continuous rapids throughout the journey.

Day 7

After rafting for around an hour and half, we will reach our take out point, i.e. Chatara, from Tribeni and the 6 days of awesome expedition comes to an end. You can either drive back to Kathmandu from Chatara or fly back to Kathmandu from Biratnagar, which is an hour and a half drive from Chatara.

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

What's Included

- Professional English speaking licensed guides 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 mattress and sleeping bag, toilet tents, etc.
- Treated drinking water
- Two-way transportation (private bus, option to fly from Biratnagar - Kathmandu),
- River permits.
- Industry standard first aid kits
- Team photos (photos videos by our team)
- Included meals breakfast,lunch &dinner during rafting

Types of food provided:

Throughout our expedition, we provide 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 it 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.

Address

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Kathmandu, Nepal