

# Fishing Trip - Sunkoshi: 5 Days

URL: <https://www.nepalriverrunner.com/river/fishing-trip-sunkoshi-5-days/>

## Duration

5 Days

## Difficulty

II-IV

## Distance

270 kms

## Best Seasons

March - June | Sept -Nov

Sun Koshi in Nepali means “River of gold”. This name might have stuck with this river because small quantities of gold is panned from its sand. The rapids in this river, except for few cases, gradually become more complex. Hence, it is suitable for the first time rafters and for those who want to brush up their rafting/kayaking skills. The river itself starts from Tibetan border, passes through high mountains and valleys down, to the plains of Nepal and into the mighty Ganges in India.

Moreover, for this trip, we will provide you Nepal Government licensed river guides, who have completed Red Cross first aid training. Our guides hold rafting certifications from International Rafting Federation (IRF) and are also trained as Whitewater Rescue Technicians (WRT). Be assured that you will be in our safe hands.

## Trip Itinerary

### Day 1: Fewrey Camp (268 m)

We drive to put in point from Kathmandu along with the raft, crew and luggage. Cold lunch shall be prepared and served at the Put in point. Setup equipment and start rafting. We will come across the famous Harkapur I and II (Class V-) rapids. After some paddling, we will see Dudh Koshi, join Sun Koshi (the confluence). Depending on the water levels, the rapids may or may not be runnable. We'll make a careful group decision, as we always put safety first. Our camp site for the day will be at the beautiful Raighat beach for a much-needed rest and refreshment. Snacks and Dinner will be served accordingly.

### Day 2: Rasuwaghat (501 m)

After breakfast, we will start rafting again and we will meet some exciting rapids such as Jaws Rapid

(Class IV-) followed by the notorious “Dead Man Eddy”. The main highlight of this day’s rafting is the rapid “Rhino Rock” (Class IV). True to its name, this rapid looks like the horn of a rhinoceros. The way we pass this rapid depends on level of water and decision by the guide. We will set up our camp for the night at Rasuwaghat by the Sun Koshi riverside. Fishing shall commence 3pm onwards (depends on the weather and distance covered).

### **Day 3: Waterfall**

Breakfast. Pack up. Start Rafting. Cold lunch served on the way. As we continue rafting down the river, we will enter tropical vegetation. Sun Koshi becomes narrower, and we will be passing through a region referred as “Jungle Corridor” which is full of continuous rapids. As we move ahead, we come across a series of waterfalls - un-spoilt and serene. This day’s camp will be near to Waterfall by the side of Sun Koshi. Fishing shall commence 3pm onwards (depends on the weather and distance covered).

### **Day 4: Tribeni**

Breakfast. Pack up. Start Rafting. Cold lunch served on the way. The waters of Sun Koshi are calmer now. We can relax as we pass through smaller waves. However, on the way, we will come across two exciting rapids - Big Dipper (Class IV) followed by Black hole (Class III). Soon, Arun and Tamor mix with Sun Koshi at Tribeni (which means confluence of three rivers in Nepali). A total of seven rivers have now joined Sun Koshi and it is now called Sapta Koshi. Our camp for the day will be at Tribeni. This area has a nice beach and isolated from nearby village. Also a great fishing spot. Fishing shall commence 3pm onwards depends on the weather and distance covered).

### **Day 5: Chatara (153 m) to Kathmandu**

Breakfast. After breakfast, we will paddle to Chatara (approx. 45 mins - 1 hour) - our final put out point. From Chatara, your crew will head towards Biratnagar. Rafts and crew come back to KTM on their own.

## **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 while going, public bus on return, option to fly from Biratnagar - Kathmandu)
- River permits.
- Industry standard first aid kits
- Team photos (photos videos by our team)
- Included meals
  - Day 1 = Lunch & Dinner
  - Day 2- 4 = Breakfast, Lunch & Dinner
  - Day 5 = Breakfast, Lunch
- **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**

**5th Floor, DRS Bhawan, Paknajol-16 Thamel**

P.O Box 19505

Kathmandu, Nepal