

Multi River Expedition - Kayaking & Rafting - 13 Days

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

Duration	Difficulty	Distance
13 Days	I to V	336 kms

Best Seasons

Mar - Jun, Sep - Dec

Highlights

- Opportunity to explore four of the best white-water rivers of Nepal - Bhotekoshi, Balephi, Sun Koshi and Tamur
- Combination of both Kayaking and Rafting
- Costs less than carrying expedition on each river individually.
- Total length of rivers to raft - 336 kilometers
- For maximum excitement and adrenaline rush
- Best seasons - Sep -Nov, Mar - Jun

These Himalayan rivers provide some of the best white water rafting experience in the world. You will be experiencing continuous white-water adventure for several days in rural Nepali setting. As this trip runs for about thirteen days, you will get a chance to build significant bonds between fellow team members. This trip will also deepen your understanding about the rivers, mountains and their impact on rural mountain lives. Oh, by the way do not forget to bring your cameras, you will not want to miss capturing spectacular views of mountains, flora and fauna. If you are seeking for a continuous white-water expedition that lasts for several days in a rural Nepali setting, this package is for you.

In this multi river expedition, you will be encountering hundreds of rapids - some famous ones are Harkapur I and II—Class V-,rapids in Sun Koshi, Gorge—Class IV,in Bhotekoshi and Hodson's Sandwich—Class IV+,in Tamur. We are sure that these challenging rapids will give you adrenaline rush to your heart's content.

Nepal River Runner guides have in depth knowledge of places, you will be passing by. Along the way our guides will be suggesting you to visit significant local places and will also be sharing interesting stories/folklore related to places and rivers you visit.

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: Khadichour (741 m)

Early in the morning, after a healthy breakfast, we'll leave for our put-in-point at Khadichour - a short three and half hours' drive from Kathmandu. Our expedition starts immediately after our guides brief you about safety and paddling instructions. You may either raft or kayak down Lower Bhotekoshi river. On your way, you will be passing through several Class III rapids - such as Landslide, Anil Top and Gorge. After rafting for around 16 kilometers, we will stop and set up our camps at Sukute (698 m).

Day 2: Sukute to Balephi Khola

On this day, after breakfast, we will drive for about two hours until we reach Balephi Khola. Our put in point in Balephi Khola will be at Jalbire (1,272 m). We will raft on Balephi Khola until we reach Dolalghat (967 m). Dolalghat is a popular picnic spot and it is also known for its tasty local fish. At Dolalghat, Balephi joins Sun Koshi. As the night falls, we will set our camp on the white sand beaches of Sun Koshi.

Day 3: Dolalghat to Pachuwarghat

In Dolalghat, lower Bhotekoshi meets Indrawati and forms the Sun Koshi River. After breakfast, we will start to raft on Sun Koshi ("the river of gold" in Nepali). The start will be smooth with few rapids, which will give you some practice and warm up for the rapids to come. Towards the end of the day, you will experience the first of many Class III rapids. We will set up a camp at Pachuwarghat for the night's rest and yummy food. When the night falls we will be setting up campfire. While basking on the warmth of the campfire, we will have little chit chats. We will share our own stories and if you are happy with sharing your own stories, you can do so too.

Day 4: Pachuwarghat to Chainpur

On this day, we will be facing couple of exciting Class II and Class III rapids of Sun Koshi. However, as we raft, you must take your time and observe the beautiful Nepalese countryside. When we reach the Hindu holy temple Kusheswor, the BP Highway starts to run parallel to our rafting route. As we continue rafting down the river, you will see Majhee Gaun (which means fisher's village in English). True to its name, the inhabitants of this village make a living by catching fish. By the time we reach Chainpur, it will be evening so we will set our camp at Chainpur by the side of Sun Koshi river. As you rest and loosen yourself, our team will be prepare tasty food. After our meal, before sleeping, we will have some time for

ourselves. We are open to all feasible ideas - that entertain or inform us.

Day 5: Chainpur to Jhagare

This will be an exciting day for all of us. After breakfast, we start to paddle down Sun Koshi. Within short period of time, you will see Tama Koshi joining Sun Koshi, increasing the volume of Sun Koshi. At first, the waters are quite calm and paddling is easy but slowly the water currents of Sun Koshi increase, and you have to pay your attention to paddling. The highlights for this day are the exciting and challenging rapids, that include Meat Grinder (Class IV-), Punch (Class IV-), Judy (Class III), Pre-anxiety (Class III) and High-anxiety (Class IV-). As the evening approaches, we will stop rafting and set our camp at Jhagare.

Day 6: Jhagare to Raighat (268 m)

Day six will test our team spirit as we will come across the famous Harkapur I and II (Class V-) rapids. After some paddling, you will see Dudh Koshi, join the Sun Koshi. Depending on the season and 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.

Day 7: Raighat

We have allocated this day for much needed rest, so we will be visiting local villages. You will get an opportunity to learn more about the Rai community and their culture. Rais are one of the most ancient ethnolinguistic groups of Nepal. For the foodies, the exciting part of this day comes later in the evening, as we will be enjoying some barbecue.

Day 8: Raighat to Rasuwaghat

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 rapid). True to its name, this rapid looks like the horn of a rhinoceros. The way you 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.

Day 9: Rasuwaghat to Waterfall

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 - unspoilt and serene. This day's camp will be near to Waterfall by the side of Sun Koshi.

Day 10: Waterfall to Tribeni

The waters of Sun Koshi are calmer now. You can relax as you pass through smaller waves. However, on the way, you 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 (which in Nepali means seven rivers). Our camp at that day will be at Tribeni.

Day 11: Chatara (153 m) to Mulghat (417 m)

After an hour long paddling at Sapta Koshi, we will reach Chatara. From Chatara, we will be driving to Mulghat to get to Tamur River in order to extend the rafting trip. This section of Tamur is full of continuous rapids that you would not want to miss. Hence, we have included Tamur as a part of this expedition. Overnight camp by the Tamur riverside.

Day 12: Mulghat Tamur to Tribeni

We paddle on Tamur River to reach Tribeni, one more time. We will be passing through thirty exciting continuous rapids on this section, the most notable ones are - Ashram (Class IV+), Hell Hole (Class IV) and Bat Below (Class IV). We will be setting up our camp for that day at Tribeni, by the side of Sun Koshi.

Day 13: Tribeni to Chatara then to Kathmandu

After breakfast, we will raft for some time until we reach the famous Baraha Temple. We will spend some time sightseeing, then we will paddle to Chatara - our final put out point. We will have our lunch at a local restaurant. From Chatara, we will take a private bus and drive for about 14 to 15 hours to reach Kathmandu. We will stop our bus on the way for dinner at a Nepali restaurant. You can choose to stop at Chitwan National Park to enjoy the wildlife. There is one more option, you may go to Biratnagar from Chatara and then fly to Kathmandu. If you want to do so, please mention it during the time of booking.

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)
- Hotel cost is included on a BB, twin sharing basis.
- Included meals
 - Day 1 = Lunch & Dinner
 - Day 2-12 = Breakfast, Lunch & Dinner
 - Day 13 = Breakfast, Lunch

Types of food provided:

Throughout our expedition, we provide treated stream water for drinking. We employ crews with great culinary ability. We will 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.
- Optional Domestic Flight

Departure Dates

- 21 Oct 2024 Monday
- 31 Oct 2024 Thursday
- 13 Nov 2024 Wednesday
- 29 Nov 2024 Friday

You can also choose any date that you want from our booking page.

Address

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