

# Sunkoshi and Tamur Multi River Expedition

URL: <https://www.nepalriverrunner.com/river/sunkoshi-and-tamur-multi-river-expedition/>

## Duration

21 Days

## Trip Itinerary

### Day 1

Arrive Pick up from Tribhuvan International Airport and Drop to the Hotel.

### Day 2

Half day sightseeing, pre-departure meeting and check the equipment and prepare for next day.

### Day 3

Pick up from Hotel and Drive 4/5 hours to Sunkoshi River and rafting briefing and float down to Maringhat.

### Day 4

Maringhat to keraghari

### Day 5

Keraghari to Raighat

### Day 6

Raighat to Rasuwagaht

## **Day 7**

Rasuwaghat to Waterfall

## **Day 8**

Waterfall to Tribeni

## **Day 9**

Tribeni to Chatara lunch at Hotel and Drive to Basantapur and stay at Hotel.

## **Day 10**

From Basantapur, our Trip start for Tamur River and Trek to Chauki around 4/5 hours.

## **Day 11**

Chauki to Gupha pokhari 4/5 hour Treks.

## **Day 12**

Guphapokhari to Gorja

## **Day 13**

Groja to Dovan stay at camp

## **Day 14**

From Dovan we start the rafting and flow town to Kabeli

## **Day 15**

Kabeli to Hinwa Khola

## **Day 16**

Hinwa Khola to Limbu Khola

## **Day 17**

Limbukhola to Mulghat

## **Day 18**

Mulghat to Tribeni

## **Day 19**

Tribeni to visit Baraha Temple and float down to chatara and lunch at hotel and frive back to ktm around 14/15 hours or Fly back to ktm around 45 min.

## **Day 20**

Arrive at ktm in morning and stay Hotel and Dinner programme at night

## **Day 21**

Departure or you can stay more

## **What to Bring**

## **What's Included**

## **What's Not Included**

## **Address**

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

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