

Epic 10-Day Golden Sunkoshi River Rafting - Unforgettable Himalayan Adventure

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

Starting Point Dolalghat or Sukute	Duration 10 Days	Per Person Cost USD 2455
Difficulty Class III/ IV/ IV+	Distance 270KM	Best Seasons March-June, Sep-Dec
Activity White water river rafting	Group Size Minimum 1/ Maximum 28	Maximum Altitude 1206m
Ending Point Chatara		

What makes the Sunkoshi River Rafting Unique?

- Sunkoshi is Nepal's longest river expedition and is considered one of the top ten river expeditions in the world.
- Sunkoshi gets its name as the "river of gold," given that small quantities of gold pan out from the sand in this river.
- Flow through high mountain gorges, dense jungle, lush valleys, and remote villages.
- Battle through intense white water rapid Class III to IV+, such as Meat Grinder, Punch, High-Anxiety, Harkapur I (Legacy 5- rapid), Harkapur II, Dead Man Eddy, and more.
- The river trip offers you one of the most amazing camping experiences by the river.
- Travelers can complete the entire trip within only 10 days when they follow the standard Sun Koshi River Rafting itinerary.

Sunkoshi River Rafting Overview

The Sunkoshi White Water rafting and kayaking expedition is one of the top 10 exciting white water rafting rivers in the world, according to Lonely Planet. Nicknamed the "River of Gold," the Class IV-V rapids of the Sun Koshi are the most complex. Hence, it suits first-time rafters and those wanting to brush up on their rafting/kayaking skills. The river itself starts from the Tibetan border, passes through high mountains and valleys, down to the plains of Nepal, and into the mighty Ganges in India. To add to

the excitement, rapids may appear and disappear according to the seasons.

This is a perfect match for rafters who want to raft to their heart's content, as this river is a whopping 270 kilometers long. To add to the excitement, [rapids](#) may appear and disappear according to the seasons. Some of the most interesting, challenging, and popular rapids that you will be passing are **Harkapur II (Class IV)**, **Dead Man Eddy (IV+)**, **Rhino Rock (IV)**, **Meat Grinder (Class IV-)**, **Punch (Class IV-)**, **Judy (Class III)**, **Pre-anxiety (Class III)** and **High-anxiety (Class IV-)**. During your trip, you will be surrounded by outstanding scenery, remote villages, and white sandy beaches.

10 Days Sunkoshi River Rafting Itinerary

Day 1: Dolalghat to Pachuwarghat. (~600 m)

After breakfast, early in the morning, we will leave for our put-in point, Dolalghat. Before the rafting starts, our guides will give you instructions on how to use the equipment and tips on how to remain safe. In Dolalghat, the lower Bhotekoshi, which is also considered the upper Sun Koshi River, meets the Indrawati and continues as the Sun Koshi River. The start will be smooth with a few rapids, which will give us some practice and warm-up for the rapids that are yet to come. Towards the end of the day, you will experience the first of many Class III rapids. We will set up our camp at Pachuwarghat for the night's rest.

When the night falls, we will set up a campfire. While basking in the warmth of the campfire, we will have little chit-chat. We will share our own stories, and if you are happy with sharing your own stories, you can do so, too.

Day 2: Pachuwarghat to Chainpur (~500 m)

After breakfast, early in the morning, we will start from Pachuwarghat and reach Chainpur. We will face a couple of exciting Class II and Class III Sun Koshi rapids. 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 runs parallel to our rafting route. As we continue rafting down the river, you will see Majhee Gaun (which means fisher's village in Nepali).

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 the Sun Koshi River. As you rest and loosen yourself, our team will 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 3: Chainpur to Jhagare (~400 m)

This will be another exciting day for us. After breakfast, we start to paddle down the Sun Koshi. Within a short period of time, we will see Tama Koshi joining Sun Koshi, increasing its volume. At first, the waters were quite calm, and paddling was easy, but slowly, the water currents of the Sun Koshi increased, and we had to pay attention to paddling. As the evening approaches, we will stop rafting and set a camp at

Jhagare.

Day 4: Jhagare to Raighat (308m)

Day four of the Sun Koshi Rafting itinerary will test our team spirit as we encounter the famous Harkapur II (Class IV) rapids. After some paddling, we will see Dudh Koshi and join 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 prioritize safety. Our Sun Koshi River camping site for the day would be the beautiful Raighat beach, where you can rest and refresh.

Day 5: Raighat to Rasuwaghat (~250 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 rhinoceros horn looks like a rapid. How we pass this rapid depends on the level of water and the guide's decision. We will set up our camp for the night at Rasuwaghat by the Sun Koshi riverside.

Day 6: Rasuwaghat to Waterfall

As we continue rafting down the river, we will encounter tropical vegetation. Sun Koshi becomes narrower, and we will pass through a region referred to as the "Jungle Corridor," which is full of continuous rapids. As we move ahead, we come across a series of unspoiled and serene waterfalls. Today's camp will be near the Waterfall by the side of the Sun Koshi.

Day 7: Waterfall to Tribeni (~120 m)

The waters of the 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 and Black Hole (Class III). Soon, Arun and Tamor mixed with Sun Koshi at Tribeni (which means the confluence of three rivers in Nepal). A total of seven rivers have now joined Sun Koshi, and it is now called Sapta (which in Nepali means seven) Koshi. Our camp on that day will be at Tribeni.

Day 8: Tribeni to Chatara (105 m) - Return 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-in 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.

Day 9: Kathmandu Leisure & Farewell Dinner

Today, you will have the opportunity to spend leisure time in Kathmandu. After breakfast at your hotel, you can freely explore around the city and shop for souvenirs to take with you back home. In the evening, we will host a farewell dinner at a traditional Nepali restaurant. You will feast on traditional Nepalese cuisine. During the dinner, you can reflect on the adventure and the memorable time you had during the expedition. You can also provide us with your feedback. After the dinner, you can head back to your hotel or enjoy Kathmandu's nightlife.

Day 10: Departure

A representative from our agency will drop you off at Tribhuvan International Airport two to three hours prior to your scheduled departure time. We hope you enjoyed your time with us.

If you want to explore more of Nepal, you can also extend your stay. You can always ask us for additional trips. We offer a wide range of white water rafting trips, multi-day expeditions, and family adventure packages.

Note:

Due to a massive landslide and flood in the last monsoon, many rapids have dispersed, and new ones have been created. The Sun Koshi River is ever-changing, making every expedition a unique and unpredictable adventure!

What to pack for Sunkoshi River Rafting?

- Shorts / ½ pants
- Sport Sandals
- Shirts that will dry quickly
- Swimsuit
- Wetsuit
- Warm layers (fleece, trousers)
- Towel
- Toiletries
- Sunscreen
- Sunglasses
- Camera and batteries/chargers
- Water Bottles
- Flashlight
- A little cash

What's Included

- Expert Team: Professional English-speaking guides with certifications in Swift Water Rescue and Wilderness First Aid.
- Top-Tier Equipment: High-quality rafting/kayaking gear, including helmets, PFDs, paddles, dry bags, and safety kayaks.
- Professionally trained and certified safety kayakers.
- Premium Camping Setup: Comfortable two-person tents, toilet tents, and kitchen facilities.
- Drinking Water: Treated stream water throughout the trip.
- Logistics & Transportation: Two-way transportation by local deluxe bus (private bus arranged depending on group size). Optional domestic flight from Biratnagar to Kathmandu and airport transfer are available at additional cost.
- Photography & Memories: Team photos and videos to relive your adventure.
- Insurance: Crew insurance (participants must have their own travel insurance).
- All applicable government taxes, including VAT.
- Industry standard first aid kits.
- Included meals

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

- Visa, flight cost and other taxes.
- Personal items like toiletries, clothing, camera, etc.
- Alcoholic beverages and packaged snacks.
- Insurance **we provide insurance for our crew - but participants will require to be suitably insured through an emergency medical travel plan (you'll be required to provide a copy of your insurance policy)**

How Difficult is Sunkoshi Rafting?

Sun Koshi rafting is considered challenging and very interesting. The 270-kilometer journey is perfect for those who love to test their adrenaline. That being said, if you are not an experienced rafter and are unsure about going on this adventure, you may want to reconsider rafting on the river. You will be passing different rapids like Meat Grinder (Class IV-), Punch (Class IV-), Judy (Class III), Dead Man Eddy (IV+), Rhino Rock (IV), Harkapur II (Class IV), Pre-anxiety (Class III), and High-anxiety (Class IV-).

The rafting location can be considered rather remote, especially compared to the more tame destination like the Trishuli River. However, with caution and carefulness throughout your journey, it won't be very challenging for a moderate-level adventurer to complete this journey. Beginners might want to consider avoiding independent activities of any kind in the river at all times. Our guides are licensed professionals who will help you throughout your journey. Hence, this is the last thing you'd have to worry about. Likewise, rafters are encouraged not to go on solo rafting trips because of the dangers associated with it.

Safety Tips and Precautions for Sunkoshi Rafting?

- **Wear proper fittings:** You must ensure that all the gear you're wearing is properly fitted. Sun Koshi rafters should determine whether the safety of the equipment and gear used is guaranteed.
- **Always use personal flotation devices and life jackets:** Though mandatory, this is a reminder of how important a PFD or personal flotation device and a life jacket can be when you're rafting. You need to stay aware and cautious about dangers or unexpected events in the water, and these gears help you with just that!
- **Don't forget your helmet:** Protecting your head during just about any adventure is a requisite. And there is no exception regarding Sun Koshi rafting safety, either!
- **Know how to use the paddle properly:** You must know how to best hold the paddle. Using it in a way that's not appropriate may cause accidents.
- **Properly position yourself in the raft:** You need to position yourself properly when you're rafting. Staying cautious throughout your journey will do the work for you. Be sure not to be too close to the edge of the raft or sit in a compromising manner.
- **Always follow your guide:** Rafters must follow everything their guides say. If they don't, they may face severe repercussions.

Why Choose Us?

- **Over a Decade of Experience:** We have been operating in the Sun Koshi for over ten years, guiding thousands of adventurers safely.
- **Certified & Licensed Guides:** Our guides are Nepal Government-licensed, IRF-certified, and trained as Whitewater Rescue Technicians (WRT).
- **Unmatched Safety Standards:** We provide top-tier safety gear and follow international whitewater safety protocols.
- **Premium Service & Support:** From quality equipment to gourmet meals, we ensure a hassle-free and enriching rafting experience.

FAQs About SunKoshi River Rafting

How long does the Sunkoshi River rafting in Nepal typically last?

The duration of the Sunkoshi River rafting in Nepal lasts for 10 days. However, the duration of some journeys may vary as the itinerary can be customized. If you follow a standard itinerary, then the journey won't take you more than a week or a day longer to complete, and smoothly at that!

What is the best time to go for Sunkoshi river rafting?

The best time to go for Sunkoshi river rafting is during the autumn and spring seasons. The autumn months begin from September to November, and the spring season is from March to May. These are the times when the sky is clear, the weather is mild, and the river conditions are just as favorable for rafting and kayaking adventures.

What kind of accommodation can be expected during the Sunkoshi River rafting?

Travelers can expect to stay at a camp during their Sunkoshi River rafting journey. Your tour agent will help you set up a secure and comfortable tent where you can spend the night. In addition to this, you will be eating in the camp itself. After your rafting trip has ended, you can choose to stay at a comfortable lodge.

What kinds of documents do I need during the Sunkoshi River rafting journey?

You will need a photocopy of your passport and a visa for the Sunkoshi River rafting journey. There won't be a need for any additional documents during this journey. Just in case, you can also carry a few passport-size pictures and an identity card when you travel.

Do I need to learn swimming for the Sunkoshi River Rafting and Kayaking journey?

Yes, it is always a plus point for a rafter to know how to swim if he/she is going to raft the Sunkoshi River or kayak there. There may be low-key hazards associated with your journey, which are completely avoidable when you are confident about swimming. In a guided trip, the dangers are least likely, but swimming skills are still a plus point.

Book Your Adventure Today!

Whether you're an adrenaline junkie or a nature lover, the Sun Koshi White Water Rafting & Kayaking Expedition promises an unforgettable journey through Nepal's wildest riverscapes.

✉ **Email us at:** info@nepalriverrunner.com

☐ **Call/WhatsApp:** +977-9851188261

☐ Visit our website: www.nepalriverrunner.com

Dare to take on the Sun Koshi? Adventure awaits!

Departure Dates

- 14 Sep 2026 Monday
- 24 Sep 2026 Thursday
- 1 Oct 2026 Thursday
- 9 Oct 2026 Friday
- 20 Oct 2026 Tuesday
- 24 Oct 2026 Saturday
- 1 Nov 2026 Sunday
- 18 Dec 2026 Friday

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

Address

5th Floor, DRS Bhawan, Paknajol-16 Thamel
P.O Box 19505
Kathmandu, Nepal