

# Tamur White Water Rafting and Kayaking Expedition - 12 Days

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

<b>Duration</b>	<b>Difficulty</b>	<b>Distance</b>
12 Days	III to V (-)	131 km

**Best Seasons**  
Mar-June, Sep-Nov

The newly opened rafting route, Tamur, is 131 kilometers long making it the sixth largest river in Nepal. Rafting in Tamur River involves the combination of trekking and rafting providing a chance to experience the best of both worlds. The put in point of this rafting trip is Basantapur (18 hours' drive from Kathmandu) whereas the take out point is Chatara, from where it takes 17 hours to reach Kathmandu.

From the starting point of the trek to the take out point of the rafting, the alluring sceneries witnessed are something that cannot be easily forgotten. And since the area is less populated, the rafting route offers a view of the untouched country side of Nepal while hitting 130 rapids altogether. Camping and relaxing on sandy beaches at the end of each day add a little extra fun and excitement to the adrenaline charging expedition. This expedition is perfect for someone who is looking for a wilderness experience along with the excitement of playing along the white water.

## Trip Itinerary

### Day 1

You can either fly to Biratnagar or drive up to Basantapur which takes around 18 hours from Kathmandu.

### Day 2

Our rafting journey will begin with a trek from Basantapur to Chauki which will take around 4 to 5 hours. We will spend the night there.

### **Day 3**

From Chauki we will trek to Gupha Pokhari for about 4 to 5 hours. The trek will give us an opportunity to witness the majestic Mount Kanchanjunga and Mount Everest along with hundreds of rhododendron flowering all over the place and we will get to see the typical life style of a normal Nepali person.

### **Day 4**

Our journey continues with trekking to Gorja from Gupha Pokhari, where you will witness various kinds of flora and fauna.

### **Day 5**

From Gorja we will walk down hill towards Dovan.

### **Day 6**

After 4 days of trekking, the water expedition will start on the 6th day. We will go to our starting point, Kabeli Khola, from Dovan. We will prepare all the gears necessary for rafting at Kabeli and the professional rafters will brief you on the safety measures. We will encounter some challenging white water rapids like House Rock, Pariah Dog, Hodson's Sandwich while paddling around 25 kilometers in Kabeli Khola. We will camp at a beach by Kabeli for the day.

### **Day 7**

We raft to Hinwa Khola from Kabeli. The rapids become more challenging right from the beginning but the rapids decrease in frequency once we cross the Limbu bridge.

### **Day 8**

Our expedition continues with rafting to Limbhu Khola from Hinwa Khola. We will encounter only a few rapids this day.

### **Day 9**

From Lumbini Khola we raft to Mulghat. We will get some good rapids today and further down the river we will get a good float. The camp site of the day will be Mulghat.

## Day 10

There will be dramatic changes in the waves of the white water. We will face numerous rapids of Ashram, Hell Hole, Bat Below while rafting towards the joint of Sunkoshi call Tribeni. We will camp at a beach by Tribeni today.

## Day 11

We continue our white water expedition by starting the day witnessing the gorgeous sun rise from among the hills. We float down to Chatara this day and reach the hidden temple, Baraha which is the take out point of our rafting journey.

## Day 12

After the rafting expedition comes to an end, you can either go to Chitwan by bus and back to Kathmandu from there or fly back to Biratnagar and then to Kathmandu.

## 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, option to fly from Biratnagar - Kathmandu)
- River permits.
- Industry standard first aid kits
- Team photos (photos videos by our team)

## **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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