

# Thuli Bheri Cata-kayak Expedition

URL: <https://www.nepalriverrunner.com/river/thuli-bheri-cata-kayak-expedition/>

<b>Starting Point</b> Juphal	<b>Duration</b> 14 Days	<b>Difficulty</b> Moderately challenging
<b>Distance</b> 70KM	<b>Best Seasons</b> Nov - Dec	<b>Activity</b> White water rafting and kayaking
<b>Group Size</b> Minimum 1, Maximum 14	<b>Maximum Altitude</b> 2,537m	<b>Ending Point</b> Sallibazaar

## Thuli Bheri Cata-kayak Expedition Highlights

- On the Thuli Bheri cata-Kayak expedition, which includes Thuli Bheri whitewater sports, you experience many natural elements, including the ever-flowing whitewater river, lush greenery, and remote villages, which add to nature's beauty.
- If you are an expert kayaker and wish to go on another adventure that will engage you to the fullest extent amid the Class IV rapids, the Thuli Bheri Cata Kayak expedition is the one for you.
- You can interact with the local culture in the Thuli Bheri Cata-Kayak expedition. Since they have to spend at least 14 days in the pathways, you can interact with the Gurung and Magar cultures from one end to another.
- While the Thuli Bheri Cata-Kayak expedition is not quite ideal for beginner-level adventurers, you will love the journey if you're an experienced adrenaline junkie type of adventurer.

## Overview of Thuli Bheri Cata-kayak Expedition

The Thuli Bheri Cata-kayak Expedition has recently been in high demand. Not only is the Thuli Bheri one of Nepal's standout long multiday trips, but even expert kayakers consider it to be one of the most rewarding multiday trips. This isn't an exaggeration - the brilliant blue water of the Thuli flows from the remote district of **Dolpa in western Nepal**, and the scenery alone is worth the trip. For kayakers, though, this river's unique combination of classic, moderately challenging, and continuous whitewater for over 100 km with almost no portaging makes it such an outstanding Cata-kayak adventure. Anyone who has ever been will surely sing the same tune.

The majority of the whitewater on the Thuli is in the **class IV-IV+ range**. Though there is a relatively

small amount of Class V, with one 3-4 km Class V+ gorge that is usually portaged anyway, you wouldn't want to make this trip with class IV skills due to the relentless stack up of rapids. There is 100+ km of continuous whitewater in the river's upper reaches, followed by another 100 km of easier rapids in the paddle out. Relative to the Humla Karnali, western Nepal's other classic multiday trek, it is less of a mission in almost every way. They are both fantastic trips, but for different reasons.

## **14 Days Thuli Bheri Cata-kayak Expedition Itinerary**

### **Day 01: Drive or fly to Nepalgunj**

Per our Thuli Bheri kayak expedition itinerary, we will either drive or fly to Nepalgunj from Kathmandu and stay overnight there. The distance between these locations is 494 kilometers. You can reach Nepalgunj from Tribhuvan International Airport in around 40 to 50 minutes. After you've reached there, you can go on a brief excursion around Nepalgunj. However, you won't raft or kayak on the first day. After you've had your dinner either at the hotel or in the town, you can spend the night at a hotel.

### **Day 02: Fly to Juphal and Trek to Dunai**

The next morning, we will fly to Juphal Airport, leaving Nepalgunj. The journey will be scenic and short. Then, after reaching Juphal, we will start trekking up to Dunai, which will take around 2.5 - 3 hours to reach. We will set our camp there at Dunai. You can soak in the beauty of the surroundings at your campsite till evening and have a campfire as well. While the brief trek will serve as an adventure still, you won't kayak on this day either.

### **Day 03: Trek to Tarakot**

The next day, we will continue our trek to Tarakot and set up our second camp there. The trek will become an adventure, given the plenty of ascending and descending along with an altitude gain. As you journey, you will see lush rhododendron and pine forests, Gurung and Magar villages, etc. Once you reach Tarakot, you can relish freshly campfire-prepared meals in the camp and stay overnight under the night sky and stars.

### **Day 04: Kayak to Dunai**

We will start our kayaking expedition this morning, flow down to Dunai, and set our first water camp at the bank of the river. The river has a grade of Class II-III. After a few hours of kayaking, you will camp at Tibrikot, a quiet riverside where herders graze their goats. You can then campfire, explore the surroundings, and have hot, freshly prepared food and drinks there.

## **Day 05: Kayak from Tibrikot**

On this day, you will warm up your kayaking paddles in the Class II-III river rapids. The steep river side will give you a good warmup and you can relax while still not being deprived of a wholesome adventure. Through some normal rapids, we will continue to kayak through the secluded riverside and canyon walls. Some instant distance above the Tibrikot, we will spend another night(camping) under the night sky.

## **Day 06: Set camp at Sirbinde**

Then comes Golden Canyon Rapids (a Series of continuous rapids). The rapid being up to Class IV, this days' adventure makes for a worthwhile memory in your entire trip. We will scout three rapids among them. Some of the places require portaging the kayak and the cargo through the mule's path. At Sirbinde, we will set up another camp. You will spend overnight hearing the serene rapid flow of the river and sleeping peacefully under the night sky.

## **Day 07: Kayak from Sirbinde**

Through some 5+ rapids, kayaking down from Sirbinde will provide some beautiful high-class rapids, some of which also need scouting and portaging. Compared to the kayaking adventures on days earlier, you will find yourself immersing in a challenging trip in the water on this day. At around 3.5 hours, we will reach Chugad, another camping site for that day. While the river keeps widening, you will find yourself in continued peaceful surroundings.

## **Day 08: Kayak to Awulgurta**

Starting from Chugad and scouting some rapids, we continuously kayaked down the rapids to Awulgurta, where we set up our next-day camp. Awulgurta is another quiet location which is in the meadows of the Himalayas. Travelers can engage in other activities like birdwatching writing in a journal or simply embracing the beauty of your natural surrounding after kayaking, since you will have plenty of time before you go to sleep for the same.

## **Day 09: Kayak and Camp in Tallobagar**

You will bypass a gorge as you continue rafting down the narrow footpaths for up to one hour on this day. We have to portage for about 2.5 hours. We will then set up another camp here at Tallobagar near the Helicopter pad. Likewise, since the location is far from the city, you will only be transported to the world outside the natural one here if there are any emergencies.

## **Day 10: Kayak from Tallobagar to Radijula**

From Tallobagar to Radijula, we will scout rapids, then portage and kayak down some high-class rapids for about 4 hours. You will take on the journey across rock corridors. In addition to this, you can also enjoy the Himalayan lifestyle. Then, we will stay another night in Radijula. As you camp in the terraced

riverside, you can enjoy the panoramic, undisturbed view of the ridgelines.

### **Day 11: Kayak from Radijula to Sallibazar**

On this day, we will start from Radijula. This is the final day of your kayaking adventure. Kayaking will be much smoother and simpler on this day as compared to the days before. After scouting one rapid there, we will continue to flow down to Sallibazar, our camping site for today. Kayakers can enjoy warm tea alongside the river with fire and sound of the natural tranquility.

### **Day 12: Enjoy extra activities**

This is the layover day. We will experience extra activities like real Sona Bath, which is actually effective for removing colds from the body. Sona Bath is taken to relax the body from soreness and fever and is made with herbal essence. If time allows and if you're interested in doing so, you will also get the chance to interact with the villagers. We will stay overnight there.

### **Day 13: Go from Sallibazaar to Nepalbazaar**

From Sallibazaar, we will return to Nepalgunj in around 10 hours and stay overnight there. You will have enough time to relax, or you can also choose to explore the marketplace if the time allows, or if you're not too tired from the journey. Travelers can get the perfect chance to interact with locals on this day. You can also enjoy the local cuisine while roaming the marketplace.

### **Day 14: Go from Nepalgunj to Kathmandu**

From Nepalgunj, we will return to Kathmandu by bus or airplane. This is the day we end our Thulibheri Kayaking Expeditions tour. If you're going to Kathmandu by airplane, you will be able to visit the marketplace, especially since you will stay in your hotel either in Thamel or in a hotel in the big city. This day makes for the perfect time to shop for souvenirs and relish in different types of cuisines. You deserve it, after a long yet fruitful journey to Thuli Bheri Cata!

## **What to Bring During Thuli Bheri Cata-kayak Expedition**

- Kayak and raft gear (spray skirt, PFD)
- Paddling a dry suit
- Paddling gloves
- Neoprene booties
- Multiple dry bags
- Throw bag including rescue gear

- Sunhat
- Moisture-friendly base layers
- Fleece layers
- Waterproof shell
- Thermal leggings or pants
- Neck gaiter/ beanie
- Insulated sleeping pad
- Camping pillow
- Headlamp
- Insect repellent and tick spray
- Water purification tablets
- Water bottle
- Maps
- Powerbank
- Journal
- Permits and travel insurance

## 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 2-13 = Breakfast, Lunch & Dinner
  - Day 14 = 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.

## What can you expect from the Thuli Bheri Cata-kayak Expedition?

You can expect an exciting adventure, challenging routes, and a great sense of achievement during the Thuli Bheri Cata-kayak Expedition. And we're only mentioning your experience in a gist when we say this! There aren't as many adventures as the **Thuli Bheri 14-day-long cata-kayak expedition**, even in Nepal. Hence, you will be involved in a journey that includes continuous whitewater kayaking Thuli Bheri experiences. Each day will feel strenuous yet exciting because of the raw and remote nature of the locations you will pass by!

Listening to your tour operator and guide will help you remain safe throughout the adventure. Hence, you can also expect a sense of safety, given that you are careful enough about your conduct. In addition to this, the Thuli Bheri Kayak Expedition combines rafting with trekking and kayaking. Therefore, it becomes the most adventurously packed journey, allowing you to indulge in remote Nepal's natural, cultural, and adventurous aspects and some elements of the urban regions.

## What are the challenges of the Thuli Bheri Cata-kayak Expedition?

- **Remote destination:** Each day, you will travel to a very remote destination. Travelers must stay prepared for the many challenges that await them along the pathway. You may have difficulty completing the trip if you have not gone on a rigorous journey.
- **Class IV and IV+ rapids:** The Class IV and IV+ rapids in the Thuli Bheri River are challenging for beginners to cross and complete. While an expert rafter and a kayaker may have it easy to raft or kayak through the rapids, the trip may not be suitable for all adventurers.
- **Weather unpredictability:** The weather in the Thuli Bheri River is quite difficult to predict. It may

either rain heavily or the sun may shine brightly, mostly depending on the season. To remain on the safer side, you must always check the weather forecast.

- **Logistic difficulties:** The Thuli Bheri Cata trip will challenge you logistically since it is a remote destination. You will have to trek, raft, or kayak more than once along the itinerary.

**Limited Rescue or Medical Facilities:** When you're going to a remote location like Thuli Bheri Cata, you won't find many rescue or medical facilities. You may have to take first aid kit and medications accordingly.

## **FAQs About Thuli Bheri Cata-kayak Expedition**

### **What is the best time of year to go on the Thuli Bheri Cata Kayak expedition?**

The best time of the year to go on the Thuli Bheri Cata Kayak expedition would be spring and autumn. These are the seasons when the river's flow is tamer, and it is easy to raft and kayak over. In addition, you will also enjoy the beauty of nature all the more during these seasons.

### **How challenging is the Thuli Bheri Cata Kayak expedition?**

The Thuli Bheri Cata Kayak expedition can be considered moderately challenging. If you know white water river rafting and kayaking, then you may not have to worry too much about failing in the activities when you're in the river. Otherwise, the journey may not suit you if you come unprepared.

### **Is the Thuli Bheri River expedition suitable for beginners?**

No, the Thuli Bheri River expedition is not very suitable for beginners. However, if a beginner-level adventurer has gotten enough experience in outdoor activities, not necessarily rafting or kayaking, he or she may still enjoy the expedition without issue, provided he or she follows the guide's guidelines.

### **How old do you have to be for the Thuli Bheri river expedition?**

You have to be above the age of 18 to go on the Thuli Bheri River expedition. If you are under 18, you can still consider the journey you've experienced enough on the same. Typically, a Class II or Class III rafting journey is suitable for ages above 8, but the Thuli River's rapids are Class IV and Class IV+.

### **What kind of scenery can I expect along the river?**

Along the Thuli Bheri River, you can expect scenery: canyons, blue and white river water, lush forests, and terraced fields. Moreover, travelers can expect to get the best possible view of traditional villages, as there are plenty of them in the Thuli Bheri expedition trails.

## **Address**

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