

## Trip Facts

**Duration:** 8 Days

**Trip Difficulty:** 4

**Rafting Distance:** 270km

**Start/End:** Kathmandu

**Transportation:** Bus/Jeep/Car

**Group Size:** Min 1 / Max 16

**Best Season:** all year-round

**Rafting Package:** Standard

## Trip Overview

With its big flow, the Sunkoshi River (The River of Gold) is considered one of the world's ten best rivers on the planet. Graded as 4 to 5 and running for 270 km this Gold River is the longest. It takes 5 to 7 days to complete the white water rafting. Starting from Dolalghat, about 3 3-hour scenic drive from Kathmandu to Chatra in Dharan, Sun Koshi flows eastwards filled with fun and excitement with dozens of adrenaline rapids. The elevation change throughout the trip makes each day unique and each day on the river offers a wide variety of experiences. Known for its dramatic canyons and whitewater rapids, the Sunkoshi River is a vital source of water for agriculture and irrigation in the eastern part of the country.

**(If you want to fly, please let us know during the time of your trip booking. we will do as your requirement, flight fare has to be paid by the client themselves)**

Himalayan High Path Adventure takes the safety of its clients very seriously. All our guides are licensed, with many years of experience on the rivers of Nepal. All are trained in CPR, First Aid, and advanced river rescue techniques. We provide the best rafts, lifejackets,

helmets, flotation devices, dry bags for gears, tents, paddles, and camera barrels. The most advanced and reliable equipment.

## **What's Included In The Cost**

- Airport pick up and Drop by private Car/Van/Bus.
- Accommodation in Kathmandu twin sharing with Breakfast basis (BB)
- All Grounded transportation during the Rafting rakhnay
- Rafting permit and other necessary fees
- All Rafting equipment as necessary (self-bailing rafts, helmets, life jackets, kayaks, plastic paddles, and spray jackets)
- Experienced rafting guides, cooks, and other helper Crew
- Camping and cooking equipment (tents, mattresses & kitchen gear)
- Meals (Breakfast, Lunch & Dinner)during the rafting
- Accommodation twin-sharing intent

## **What's Not Included In The Cost**

- Lunch and Dinner in Kathmandu
- International/domestic airfare
- Nepal visa, Travel Insurance
- Personal Nature expenses -Hard drinks, Beverages, Cold Drinks, Snacks, etc.
- Tips for guide, driver, and other rafting Crew
- Extra accommodation and meals which is not on the itinerary
- Personal gear & clothing (available on hire)

## Trip Itinerary

Day 1 : Drive Kathmandu to Dolalghat put in point & and raft to Kuhebhira and camp.

After breakfast, we will leave for our put-in point Dolalghat. Before the rafting starts, our guides will give you instructions on how to use equipment and tips on how to remain safe. In Dolalghat, lower Bhotekoshi meets Indrawati and forms the Sun Koshi River. 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 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 be setting up a camp re. Accommodation: Tent/guesthouse, Meals: Breakfast/Lunch/Dinner

Day 2 : Raft Kuhebhira to Purtighat for overnight camp.

After, we will start from Pachuwarghat to reach Chainpur. We will be facing 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 starts to run parallel to our rafting route. As we continue rafting down the river, you will see Majhee Gaun (which means Sher's village in Nepali). True to its name, the inhabitants of this village make a living by catching sh. 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. Accommodation: Tent/guesthouse, Meals: Breakfast/Lunch/Dinner

Day 3 : Raft Purtighat to Dhanighat for overnight camp.

After breakfast, we start to paddle down Sun Koshi. Within a short period, we 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 we have

to pay attention to paddling. The highlights for this day are the exciting and challenging rapids, which include Meat

Grinder (Class IV-), Punch (Class IV-), Judy (Class III), Preanxiety (Class III), and High-anxiety (Class IV-). Accommodation: Tent/guesthouse, Meals:

Breakfast/Lunch/Dinner

Day 4 : Raft Dhanighat to Harkapur and camp.

After breakfast, we will come across the famous Harkapur I and II (Class V-) rapids. After some paddling, we will see Dudh Koshi, 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 put safety first. Our campsite for the day will be at the beautiful Raighat beach for a much-needed rest and refreshment. Accommodation: Tent/guesthouse, Meals:

Breakfast/Lunch/Dinner

Day 5 : Raft Harkapur to Raighat and camp.

After breakfast, we will start rafting and 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 rapid looks like the horn of a rhinoceros. The way we pass this rapid depends on the level of water and the decision by the guide. We will set up our camp for the night at Rasuwaghat Accommodation:

Tent/guesthouse, Meals: Breakfast/Lunch/Dinner

Day 6 : Raft Raighat to Rasuwaghat and camp.

As usual, we continue rafting down the river, we will enter tropical vegetation. Sun Koshi becomes narrower, and we will be passing through a region referred to as "Jungle Corridor"

which is full of continuous rapids. As we move ahead, come across a series of waterfalls – un-spoilt and serene.

This day's camp will be near the Waterfall by the side.

Accommodation: Tent/guesthouse, Meals: Breakfast/Lunch/Dinner

Day 7 : Raft Rasuwaghat to Ranighat and camp.

the waters of 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(Class IV) followed by Black Hole (Class III). Soon, Arun and Tamor mix with Sun Koshi at Tribeni (which means the con uence of three rivers in Nepali). A total of seven rivers have now joined Sun Koshi and it is now called Sapta(which means seven in Nepali)Koshi.Our camp at Tribeni.

Accommodation: Tent/guesthouse, Meals: Breakfast/Lunch/Dinner

Day 8 : Raft Ranighat to Triveni ghat and camp.

After breakfast, we will raft for some time until we reach the famous Baraha temple. We will spend some time sightseeing, then paddle to Chatara, the nal put-out point. We will have our lunch at a local restaurant. From Chatara, we take a private bus and drive for about 13/14 hours to reach Kathmandu. We will stop the bus on the way for dinner at a restaurant. There is another option, you can go chatara to Biratnagar by vehicle and then y to Kathmandu. Accommodation: Hotel, Meals: Breakfast/Lunch/Dinner

## **What To Bring For Rafting?**

- Half Pants
- Shirts That Will Dry Quickly
- Swimsuit
- Towel and Toiletries (Environmentally Friendly Is Best).

- Sport Sandals
- Sunscreen and Lip Protector.
- Sunglasses (With Retaining Device) and/or A Cap
- Personal Medication
- Water Bottles
- Camera And Batteries/Chargers