

## Nepal Whitewater Sun Koshi



The Sun Koshi river runs from Tibet all the way through Nepal before finally flowing into the sea after passing through India. It is often referred to as the river of gold, and rightly so is rated as one of the top ten river expeditions in the World. It is a real once in a life time trip where you will experience Nepal from the best possible vantage point; the river. In Nepal life revolves around the river making it a great place, to experience the culture of this beautiful country. From the river you will enjoy wildlife and scenery which is truly unbeatable, along with world class whitewater!

### **Trip facts:**

River days: 9

Put in – Dolghat (3 hours drive from Kathmandu)

Take out – Chatra

Total distance paddled – 272km

Difficulty - grade 3-4 (5)



**new  
WAVE**  
KAYAKING

# Itinerary:

Below is a day by day guide, please note this may change as conditions require

## Day 1

We will leave the luxuries of Kathmandu and head to the river. We leave early in the morning so an early night the night before is advised. We will enjoy a 3-4 hour drive up the Kathmandu valley hours, stopping for breakfast on route to the river. When we arrive at the river, a team effort of unloading the bus and packing up to begin our trip. After a quick lunch we will paddle down stream for a couple of hours to find a perfect camp spot, where we will set up camp and settle down for the night.



## Day 2-9

You soon fall into a routine, eat sleep paddle. A world away from the hassles of everyday life you can concentrate on your kayaking by day, taking in the scenery as it passes by, sometimes your concentrating on the grade 4 rapids ahead, and others you laying back relaxing chatting to new friends or simply watching the world go by.

Our guides and safety kayakers will do most of the cooking and food preparation but it is always nice when people offer to help!



## Day 9

Our last day on the river will include a short paddle from Tribeni to Chatra, passing some very impressive temples then the river opens into the Indian plains where our trip ends at Chatra. We then load up the buses, and head into Chatra for lunch. After lunch we will board the bus to Birathnagar airport. Arriving in Kathmandu, that evening.





## Frequently asked questions:

### **River sleeping arrangements?**

Each night we will sleep under tarps on sandy beaches, a simple and beautiful way of life! All you need to bring is a sleeping bag and mat. We tend to all sleep under one big tarp. If you would like a little privacy then you are welcome to bring your own.

All your camping gear will be stored in a 100 litre dry bag shared between two. essentials are advised to be stored in another dry bag doubling up to protect from getting wet!

### **Meals on the river?**

All food and drink on the river is provided by us, a team of raft guides will rustle up tasty breakfast, lunches and dinners, with hot drinks and fresh drinkable water (the water is river water that has been treated) please let us know if you have any special dietary requirements

### **What vaccinations will I need?**

You need to book an appointment at your doctors at least 8 weeks prior to travel, or visit a travel vaccination clinic. They will advise what you need. However these websites offer advice:

[http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/nepal.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/nepal.aspx)

[http://www.nathnac.org/ds/c\\_pages/country\\_page\\_NP.htm](http://www.nathnac.org/ds/c_pages/country_page_NP.htm)

### **Can you provide details of good airlines to fly with?**

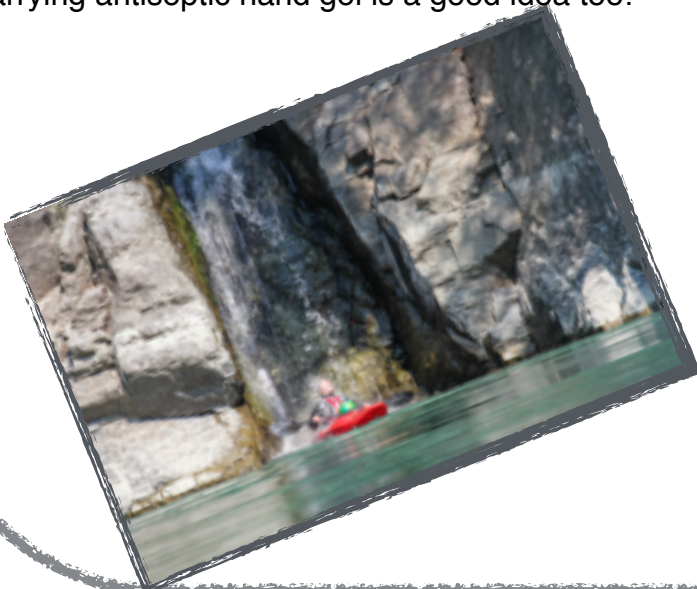
Air India, Turkish Airlines, Jet airways, all offer various good value flights to Kathmandu (if you are bringing a kayak, please confirm with the airline prior to booking that they will take this.

### **Do I need to get a visa?**

For British citizens - You need to pay for a tourist visa on entry to Nepal this costs for 15 days \$25, or 30 days for \$40 and you will require 2 passport photos, please bring cash to pay for this in dollars

### **Hygiene on the river?**

Hygiene is the utmost importance whilst on the river. Our team has a strict hygiene policy to allow you to stay fit and healthy on the water. We advise only eating hot-cooked food, and to drink only bottled water where the seal hasn't been broken. Peeling fruit and carrying antiseptic hand gel is a good idea too!



# Useful Information

## Solitary Exploring?

The Nepalese are friendly and kind people. Whilst it's fun to wonder down the many back streets.

Take the usual care and respect when visiting local venues. Such as Temples and peoples homes. A simple smile will go a long way!

## Local Transport?

Whilst exploring Kathmandu there are many options for quick and seedy travel. The most common being Taxis. Taxi drivers are normally polite and professional. We advise agreeing the fee first before your journey.

## Etiquette and haggling?

Buddhism and Hindu are the popular religions in Nepal. So dressing accordingly when visiting temples and in remote villages. Especially for women, bikinis and crop tops are a little exposed. When in major towns you can become swarmed by traders trying to sell their various items. At first it can be overwhelming but a firm no will often suffice.

## Quick Tip

If it's getting a bit tiring wear dark sunglasses. As shop owners always try to catch your eye. This allows you to peruse very easily!

## Currency

The local currency is the rupee. However US dollars are used for purchases such as hotels or flights. You can exchange dollars for rupees easily in Kathmandu.

## Budgeting

When out and about you could get by with as little as \$20 a day. Eating locally with little shopping. Should you wish to pick up gifts or outdoor gear then the sky is the limit.

## Weather

November is Autumn in Nepal. With an average temperature in Kathmandu ranges from 15-24 degrees C, and in Pokhara 12-23 degrees C Pokhara is at 800m so similar to temperatures you may expect to find on the river, expect it to be a little chilly at night and in early morning before the sun pops up!

## Traditional Nepalese food Dhal Bhat

Dhal Bhat is the most common and classic Nepali recipe. It is the staple daily diet of the majority of the population. It generally consists of dal (lentils), bhat (rice), a vegetable curry/saag, and a chutney.

**Momos** are a traditional snack in Tibet, Bhutan, and Nepal. They are one of the most popular fast foods in these regions. Momos contain a vegetable or meat filling. And can be fried or steamed. If you're looking for a treat we recommend fried much more tasty!



## Nepali Phrases

Hello - Namaste (Nah-mah-stay)

Thank you Dhanyebaad ( Dan-gee-bad)





### Whats included in the price?

- Airport Transfer
- 9 days on the river
- All meals whilst on the river
- Raft support whilst on the river (this means all you have to worry about is you and your boat, your kit is carried for you!)
- Safety cover whilst on the river provided by ourselves and our colleagues at Paddle Nepal
- Full guiding whilst on the river
- Internal Flight returning to Kathmandu

### Whats not included

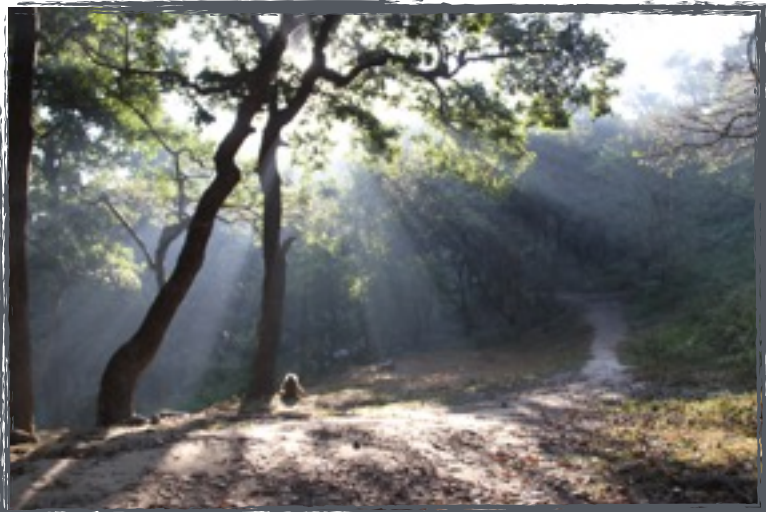
- Alcohol (there maybe opportunities to purchase small amounts of alcohol whilst on the river however not guaranteed, if this floats your boat we recommend you bring some pennies!)
- Snacks
- Flights to and from uk
- All food whilst in Kathmandu
- Tips for our rafting team
- Insurance (all participants must show they have full travel insurance that includes kayaking and provide



### Nepalese Rupee (Rs)

1 beer- 330Rs  
1 coke -180 Rs  
Dahl bat - 200Rs

£1.00- 147Rs



## Kit list for the river:

- Airbags
- Spare bits of foam for outfitting, cable ties, tape
- Paddle
- Paddling kit for during the day (cag, BA, shoes, spraydeck, thermals, shorts etc)
- Lightweight trousers for the evenings on the beach
- Light weight thermal for the evenings off the river
- Down jacket/fleece jacket
- Warm socks
- Sleeping mat
- Sleeping bag
- Warm hat
- Sandals/shoes for beach in the evenings
- Toiletries- all purpose travel wash
  - travel towel
  - tooth brush/paste
  - suncream (we recommend factor 50)
- Dry bags to keep your kit dry
- Head torch
- Sunglasses
- Water bottle
- Safety kit: knife, tape, throwline, whistle
- Personal first aid kit, sterile needles for personal use



### Responsible Tourism

Whitewater kayaking kit is hard to access out in Nepal. Many guides using hand downs from visitors. When planning what gear to bring out. If you have any equipment that you may want to donate at the end of your trip. Then please consider this option. This helps paddlers and guides access training courses and develop their training. Something such as a buoyancy aid with a chest harness, can allow paddlers to participate in rescue training and raft guide training.











