

Overview

The Sun Koshi 'River of Gold' has been rated as one of the top ten rafting trips in the world! It is also in the list of 'must do while in Nepal'. The river rises near Shisha Pangma in Tibet and runs eastwards, draining the highest mountains of the world before emerging on the plains of India, where it joins the Ganges. Our journey takes us 270km through some of Nepal's most remote regions giving you a unique wilderness experience. The first two days are relatively easy and allow time to train you as a team before the bigger rapids arrive. The rapids have acquired names like Meat Grinder, High Anxiety, Jaws and Big Dipper, from previous experiences on expeditions. Say no more! The calmer stretches between rapids give you time to take in the phenomenal views, swim (voluntarily) in warm water and camp on white sandy beaches. This river is a BIG volume HIGH adrenaline expedition!!!

Itinerary Details

Day 01 : At 7 am meet in Ktm. office - store baggage and finalize plans, a quick breakfast then we drive to Dolalghat i.e.

The drive is spectacular with magnificent view of the Himalayan Ranges on a clear day. Upon arrival at sun kosi (Dolalghat), we unload gears, lunch will be served and a full safety briefing will be given by your expedition leader. The first and second days are easy paddling. The big rapid you will encounter on that day is of class 4+ rapid "Rotten Cave". We will choose our beach campsite, where dinner will be served amidst the splendor of the star filled sky.

Day 02 : Have breakfast pack up the gear and start rolling down the river.

Today you will encounter a big class 4+ rapid " Meat grinder". It is fairly straight run down the center avoiding holes left and right. A few meters below here the Tamba Kosi river joins the Sun Kosi on the left with a beach on the confluence. There is another beautiful Shiva temple overlooking the two rivers. We camp here.

Day 03 : Today a few kms below the confluence of the Likhu Khola is a short, class 3+ rapid.

Pre-Anxiety soon followed by a long class 4 rapid High Anxiety with a large hole on the left halfway down and a series of holes at the bottom. Float a while and then camp.

Day 04 : This day starts with several class 3+ rapids then a quick stop for buying food and maybe beer.

Then prepare for a big and interesting one Harkapur 2 and 3 the hardest rapid on the river which should be carefully scouted. Camp

Day 05 : Some km below Harkapur,

Dudh Kosi river joins the Sun Kosi from the left. Below here the river widens into an arid area of gravel. You meet some small rapids and will teach you into another aptly named rapid 'Jaws'. Camp

Day 06 : Today is a hard day as you will be encounter most of the grade 4+ rapids - you are straight into good exciting rapid

"Rhino Rock" which is a grade 4+ followed by "Jungle Corridor" a kilometer of continuous white water. Waterfalls cascade on both sides of the river. One waterfall makes a great spot for a team shower. Camp

Day 07 : Last few days are mainly wave trains

If you are interested you can try kayaking where our experts will teach you the basic skills needed to maneuver the boats or learn the Eskimo roll. Camp

Day 08 : The last stretch of river which brings you to the last class 4+ Big Dipper is a series of huge standing waves.

A few kilometer later Big Arun and Tamur rivers joins together to form the Sapta Kosi. Then you float along on the powerful current , the hills dramatically give way to totally flat Terai and the northern plains of India. This is the end of a classic and memorable river journey. We will finish our trip around 2 pm pack the gear and then drive back to Kathmandu around 4 pm from Chattrra. This takes around 13/14 hours .

Day 09 : to 10: Expeditions you follow the same route as above and start and finish at the same times on the first and last days.

There is an extra day on the 9 day expedition to allow for the fluctuations in the speed of the water. If the water is still flowing fast, you can enjoy a rest day in the middle of the trip to relax, play volleyball or go for a walk. The 10 day expedition gives the extra day rafting to allow for a slightly lower flow of water and a rest day.