

# Arun River Rafting in Nepal

<https://www.nectravels.com/package/arun-river-rafting/>

Nepal has four chief river systems with more than two- hundred fifty considerable branches. The major rivers are:- The Sapta Kosi in the eastern Nepal, the Narayani in central Nepal, the Karnali in the western Nepal and the Mahakali in remote western Nepal. Arun River belongs to Koshi river system that flows in the Eastern Nepal. The easiest way to get to the river is to fly to Tumlingtar. Alternatively one can drive for one & half days and then trek for three days. Besides being the only Hindu country in the world with all the myths and mysterious characters. Nepal has more than one hundred different languages speaking people belonging to various cultural groups. Meeting different ethnic groups of people for the period of rafting. Great rapids and remote location makes Arun the best river to run. The fantastic white water rafting trip in Nepal is all a part of adventure.

## Itinerary

**Day 01: Fly to Tumlingtar for 45 minutes or 19 hrs drive to Basantapur by bus (B,L,D).**

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**Day 02: Arrival at Hille Bazaar, after lunch a short trek and overnight camping. (B,L,D).**

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**Day 03: Full day trekking and overnight camping. (B,L,D).**

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**Day 04: Full day trekking and camping on the bank of Arun river near Tumlingtar. (B,L,D).**

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**Day 05: Rafting and camping on the beach at Andherighat. (B,L,D).**

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**Day 06: Rafting and camping on the river bank at Barachhetra. (B,L,D).**

Rafting and camping on the river bank at Barachhetra. (B,L,D).

**Day 07: Rafting to Chatara, lunch and then drive to Dharan, continue by night bus back to Kathmandu. (B,L,D).**

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