

Sunkoshi River Rafting in Nepal

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

Sun Koshi means “River of gold “ perhaps named after the gold that is sometimes panned from the river gravels or alternatively it refers to the orange colour of the water in the monsoon when it is thick with alluvial silt.

The Sun Koshi flows from the Himalaya to eastwards in Nepal through the great valley between the Mahabharat Lekh Mountains. It forms the watershed for most of eastern Nepal and gathering strength from tributaries draining the highest mountains in the world it emerges onto the northern plains of India where it joins the Ganges.

Rafting trips start right here from Dolalghat. Since the Banepa-Bardibas highway is now in operation. It is possible to arrange a trip from Dumjabesi. One of the nice things about the Sun Koshi is with the exception of a few big rapids like Harkapur the general standard of the river gets progressively harder as you descend it.

So there is time to loosen up and practice your skills on easy water before you reach the more interesting bigger and more challenging rapids lower down the river. You will be pleasantly surprised and flattered by how much your skills improve by the end of the trip.

Itinerary

Day 01: Breakfast at 7am / drive to Sukute Beach (lunch) / safety briefing / raft upper Sun Koshi / Bhote Koshi continuous grade 4 rapids / overnight camp.
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Day 02: Breakfast / load rafts / lunch / departure.

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Day 03: Big grade 4+ rapids "No exit" and "Meatgrinder". The Tama Koshi joins the Sun Koshi at this point, doubling the volume of water. Camp located near a beautiful Shiva temple overlooking the confluence / overnight camp. .

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Day 04: Few kilometres below the confluence of the Likhu Khola, encounter a series of rapids known collectively as "Anxiety" including / pre / post and "High Anxiety". scout river / overnight camp.
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Day 05: Harkapur. Prepare to run one of the largest and most difficult rapids of this river. Harkapur II. Camp beyond the confluence of the Sun Koshi and Dudh Koshi which drain Mt Everest / overnight camp.
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Day 06: Rest day trek or relax at camp.

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Day 07: "Jaws" I, II & III and Rhino Rock rapids are negotiated today / camp above the Jungle Corridor.
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Day 08: The "Jungle Corridor" contains several kilometres of continuous white water, and waterfalls cascade down both sides of the canyon. It is a remote and wild place demanding commitment / overnight camp.

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Day 09: A relaxing morning floating through stunning landscapes soaking up the sun and watching the world go by. The Big Dipper provides a fitting finale to this incredible journey,
A relaxing morning floating through stunning landscapes soaking up the sun and watching the world go by. The Big Dipper provides a fitting finale to this incredible journey, huge standing waves and a giant hole separate you from the Himalaya and the northern plains of India. After the confluence of the Arun Rivers the foothills dramatically give way to flat lands of the Terai / take out point at Chatra.

Day 10: Drive (15 hours) back to Kathmandu or drive to Biratnagar / fly to Kathmandu.

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