



## Arun River Rafting

<b>Trip code</b>	
<b>Package name</b>	Arun River Rafting
<b>Duration</b>	6
<b>Max. elevation</b>	1400 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Domestic flight (kathmandu - Tumlingtar , Biratnagar - kathmandu ).
<b>Accommodation</b>	3***hotel + Camping twin sharing bed basis during the tour.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Tumlingtar - Sabha river - Chatara - Biratnagar - kathmandu.
<b>Cost</b>	USD 1,050 per person

## Highlights

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## Overview

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**Arun river rafting is a wonderful experience for that adventure seeker who wants to raft in this beautiful and most respected river of Nepal. This will be an ideal trip for those seeking real adventure and the thrill of encountering huge rapids in an idyllic setting.**

Arun River is situated in the lower valley in the eastern region of Nepal. It is in parts quite well populated with a wide variety of different tribes. The whole area is relatively unspoilt, and sees only a few trekking groups, mainly taking the Eastern approach to Everest. Arun River is one of the most powerful and respected rivers in Nepal. Cutting through the Himalaya with deep and awesome gorges, lush valleys and superb riverside beaches, this river is one of the suitable rivers for white

water rafting in Nepal. Great rapids and the remote location, make this the best river in Nepal to run the fantastic white water, which is all a part of the adventure. Arun rafting rapids can be challenging and technically complex than other rivers of Nepal. Arun River Rafting is one of the most popular and adventurous water sports in Nepal.

There are two ways to reach to the Arun River. One way is flying from Kathmandu to Tumlingtar which will take around 35 minutes to reach Tumlingtar from Kathmandu. The other way is by road transport. This will be a bit time consuming and might take one and a half day to reach Tumlingtar. After reaching Tumlingtar, you have to trek for couple of days in order to enjoy the rafting tour in Arun River. The adventurous rafting trail takes us along a remote landmark to encounter towards the toughest and fastest water current flowing downstream cutting through high Himalayas and deep gorges. While rafting in this river, powerful current and large water volume ensures huge and impressive rapids are encountered. The turbulent water current and huge water volume become the Arun River site one of the best Rafting site of Nepal. Because of its rapids flow it can be technically challenging which is suitable for intermediate and advance level rafting and Kayaking. It is the first choice for those wanting an expedition into the wilderness. This thrill rafting moves along the unique and remote landmark where you could be able to view splendid scenery encompassing high Himalayas, thick and dense forest including wide species of birds and animals.

## **Trip Itinerary**

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### **Day 1 : Fly Kathmandu to Tumlingtar (35 minutes flight). Upon arrival, set up camp for overnight stay.**

Embarking our rafting tour, we take a pleasant flight from Kathmandu to Tumlingtar. The flight will take around 35 minutes to reach to Tumlingtar. Tumlingtar is a beautiful village situated in the Eastern Region between Arun and Sabha Region of Koshi Zone. It is known to be the deepest valley of Nepal. Tumlingtar is the primary gateway airport for reaching Makalu, the peak being roughly 50km to the north of the city, with the base camp being accessible by trekking routes. Upon arrival at Tumlingtar, walk up to the camp site spot. You can spend your afternoon by visiting this tiny village while our other crew member will set up camp and prepare dinner for overnight.

### **Day 2 : Briefing and trekking tour towards the Sabha River.**

Wake up early and have breakfast prepared by our staffs. After breakfast, pack up your gears and trek for about two hours until you reach Sabha River. Sabha River is very clear because most of the water is collected from land sources, not from the mountains. It is also the source of irrigation and drinking water on its banks. The river is not very long, but is very useful for the local people as it is also a source of fish. The river joins with Arun River at the south of Tumlingtar.

After a gradual and steady walk for a couple of hours, you will reach Sabha River. Then you will be briefed about the next day's rafting and paddling process, safety issues, rescue process, rapids of the river and many other things. As you will start your raft early tomorrow so get the equipment ready on this day.

### **Day 3 : Raft whole day**

Your raft will be started after breakfast at around 9 am. As briefed by our professional guides the day before, you are requested to follow their instructions while rafting. As soon as you get on the river, you feel thrilled out with the waves. However, taking no long time you began to enjoy these rapids ultimately. Today is pretty smooth except for little rough ones of grade III/IV. After rafting, have lunch and take a rest.

### **Day 4 : Raft whole day**

Like in previous day, you will start your raft after breakfast. This day's rafting can be more challenging than the previous day. You come across quite a number of rapids one after another this day. However, rafting experience from previous day will surely help you to overcome with these rapids. You will encounter a left-bend rapid before crossing the suspension bridge at Ranighat. After experiencing numbers of rapid, finally you will experience blithe rapid. Afterwards, camp nearby and stay overnight.

### **Day 5 : Raft half day and overnight stay at Biratnagar.**

On the following day, you will experience pretty smooth and relaxed raft in comparison to the previous days as the rapids are not high. The Arun River now merges with river Sunkoshi to form in to a confluence of river Saptakoshi. Saptakoshi is one of the major rivers of Nepal, which further flows to merge with the famous Ganges in India.

You will raft over the Saptakoshi River for about an hour and reach at the site of a temple in Bara Chettra. This is a Hindu temple dedicated to Lord Vishnu. You can pay your visit while you are here. If not then we will continue to float for another half hour up to Chatara. From Chatara, drive for about an hour to reach Biratnagar. You can spend an overnight at Biratnagar.

### **Day 6 : Fly back from Biratnagar to Kathmandu (40 minutes flight)**

After breakfast, stroll around the town for a while and then transfer to airport for your flight back to Kathmandu.

## Inclusions

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### What is included?

- All meals during the rafting excursion.
- 1 night Accommodation in Kathmandu (bed and breakfast basis)
- Accommodation in tent during the tour.
- Domestic flight from Kathmandu to Tumlingtar and Biratnagar - Kathmandu.
- Rafting permit
- All necessary equipment for rafting
- Experience and certified licensed holder rafting guide
- Kitchen equipment , Tent, sleeping bag, and all other camping equipment.

### What isn't included?

- International Air fare
- Entry Visa fees - at present \$25 for 15 day, US\$ 40 for 30 day, and US\$ 100 for three month visa on entry into Nepal.
- Lunch and Dinner in Kathmandu.
- Bar bills and Personal Expenses.
- Tips for staff and guide (expected)
- Emergency evacuation, things of personal use, client insurance.

### Complimentary