

WHITE WATER RAFTING (MELT OF EVEREST) NEPAL



0191 903 9936

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KIT LIST

WE WILL PROVIDE

- Helmets
- Buoyancy aids
- Rash vests
- Rescue kits
- Throw lines
- Dry bags
- Tents
- Air mats
- All camping equipment



YOU WILL NEED TO BRING

- Quick drying clothing (shorts, long sleeve t-shirt etc)
- River shoes or old trainers
- Water bottlers (nalgene)
- Sun hat/cap/sunglasses/sun screen
- Personal FA kit
- Warm clothes for camp (long johns, warm jacket)
- Strap for sunglasses/glasses
- Local currency cash
- Sleeping Bag (2/3 season)
- Camping pillow
- Spare clothes for camp (quick drying and light weight)
- Waterproofs
- Dry shoes for camp
- 10/15 litre personal dry bag
- Toiletries
- Personal medication
- Camp towel
- Poop kit
- Ear plugs
- Battery pack/ spare cables
- Waterproof case for phone
- Head torch
- Hand sanitiser
- Spare bag and clothes for KTM (can be left at the hotel)

DISCOVER NEPAL

If you're looking for an adventure, look no further than Nepal. Home to some of the world's best whitewater rafting, **Nepal** is a **true paradise** for travelers who love getting outdoors and exploring.

Starting near the Tibetan border, the Sun Koshi river offers rafters big volume whitewater and a journey down this "river of gold" that impresses any enthusiast. The trip continues through relaxing canyons, refreshing waterfalls, bat caves, interesting temples, and beautiful white sandy beaches before ending at the sacred Ganges River in India.

Whether you're a seasoned pro or a first-time rafter, Nepal is sure to give you an experience you'll never forget. **So what are you waiting for?**

Food on the expedition will be prepared by our experienced cook and staff, and will be of the highest quality. All meals will be included in the price of your trip, so you can just sit back and relax knowing that **everything is taken care of.**

We'll be staying in comfortable camps each night, and there will be plenty of time to explore the local area and learn about the Nepalese way of life.



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NEPAL

ITINERARY

Day by Day Itinerary:

Day 1: Arrive in Kathmandu

Meet the Alexander Adventures team. Hotel and first night meal in the city.

Day 2: Drive to Dolalghat farm town (1,100m) - 02 hrs. Start the rafting - 03 hrs.

Depart from Kathmandu after early breakfast and drive to Dolalghat past Dhulikhel town. After a safety briefing, raft for a few hours and paddle through the Kuire Bhir or Meat Grinder rapids. Stay overnight in a tented camp on the beach, with all of your camping gear provided.

Day 3 - Raft to Khalte Chainpur - 5 hrs

After breakfast, raft downstream and through some grade III rapids. After an exciting day camp on the shore near a small farm village called Khalte Chainpur.

Day 4 - Raft to Likhu Khola - 05 hrs

After a good breakfast, the morning will start by paddling towards a great technical rapid called Chammeray Veer or Bat Cave cliff edge. Stop for a picnic lunch by the riverside, and raft for a few hours downstream to camp near a tributary stream called Likhu Khola.

Day 5 - Raft to Harkapur - 04 hrs

A late start after leaving the camp, raft towards warmer areas. Leave the canyon and paddle through medium size rapids and waves. A strong paddle will lead through mighty IV grade rapids Likhu or High Anxiety to reach a small farm village at Harkapur. Rafters can buy a few necessary items near the campsite after setting the camp at Harkapur farm village.

Day 6 - Rasuwa Ghat - 04 hrs.

Today's rafting allows you to conquer a great II-grade rapid called Harkapur-II. Paddle through a few smaller rapids to reach Rasuwa Ghat for overnight camp.



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ITINERARY

Day 7 - Raft to Jungle Corridor - 05 hrs.

Rafting and paddling today leads towards an exciting rapid called 'Jaw', past few smaller waves, and finally to big rapid of grade III called 'Rhino Rock.' This is close to our overnight camp, which is the start of the "Jungle Corridor."

Day 8 - Raft to Big Digger - 04 hrs

Our adventure leads us further downstream heading towards a warmer area, with tropical vegetation. As the river winds up into a narrow gorge, we will come across continuous rapids with the name 'Cooper Chin' and 'Black Hole.' We will stop for a picnic lunch next to a wonderful waterfall, where one can refresh in the water. Our afternoon float will take you through the gorge as the scenery of landscape changes, and we will head further towards the last rapid of day to conquer 'Big Dipper.' Finally, we will reach our overnight beach campsite.

Day 9 - Triveni Dovan - 05 hrs

We will raft slowly towards the finishing 'put-off point', as morning starts, then head out of the gorge. After a few hours of paddling we will head to the last rapid called 'Big Dipper.' After lunch we will come across smaller rural farm villages on both sides of the river. Our rafting comes to an end on the beach shore, where we will set up our last overnight camp of the adventure.

Day 10 - Drive or Fly to Kathmandu

Today we head back to Kathmandu and stay in a nice, chilled hotel in the city to have a hot shower and some food.

Day 11 - Kathmandu Rest / Tourist Day

A relaxed day to take in the city, with some shopping, before heading to the airport.



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NEPAL

DOCUMENT INFO

Travel Insurance

A copy of the policy is a condition of the trip to make sure you are covered by a medical or personal accident insurance policy that includes repatriation to your home country.

Please use the link below:

<https://www.snowcard.co.uk/>

Please contact us for more details. Please contact us about what policy you have chosen and send up a copy of it, we will need details of the policy name, number and 24 hour medical emergency telephone number of your insurance provider before the start of your trip.

Visa Information

Check your visa entry requirements before expedition.

Vaccine information and Entry Requirements

Please check the GOV.UK (www.gov.uk) website for Covid-19 vaccination information before your trip: Entry Requirements – Nepal Travel Advice – GOV.UK

Additionally, please take into consideration that these requirements may change and it is your responsibility to keep up to date prior to your trip.



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FAQS

Where can I leave my bags?

Bags can be left at the hotel, so you will only need to bring essentials to the camp. Your expedition leaders will go through everything you will need to bring to camp on your first night in Nepal.

Do I need previous white water rafting experience?

No! our expert guides are there to teach you everything you need to know. You just need to be water confident!

What is the camping set-up like?

Two people per tent and camp chefs to prepare all your meals.

Is the weather nice?

Yes! Expect warm days, just like British summer time) with the sun shining and a gentle breeze. At night, the temperature drops off, but you'll be nice and warm in your sleeping bag!

What Safety Measures are in Place?

We provide life jackets, helmets, and experienced guides who are trained in first aid and river rescue techniques. Pre-trip safety briefings are standard.

How Do I get Cash in Nepal?

There are plenty of cash exchanges and cash machines in Kathmandu.



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