

RAFTING EXPEDITION IN NEPAL'S SUN KOSHI RIVER

ITINERARY

Day 01-Namaste!

You will be welcomed by our local representative at the airport of Kathmandu and transferred to your hotel.

Kathmandu is Nepal's largest city as well as its **political and cultural capital**. It's a city where **ancient traditions** mix casually with the **latest technological advances**.

Retaining its **ancient traditions**, Kathmandu is blessed by a Living Goddess and is enriched by **endless ceremonial processions** and events that take to the streets every now and then with throngs of **devotees seeking blessings**.

Overnight in Kathmandu

Day 02-Visit Kathmandu (B,L,D)

Kathmandu stands at an **elevation** of approximately **4,600 ft** in the bowl-shaped Kathmandu Valley of central Nepal. It is surrounded by **four major mountains: Shivapuri, Phulchowki, Nagarjun, and Chandragiri**.

In the morning, rest at the hotel and adjust to the altitude.

In the afternoon, enjoy visiting **several of the city's UNESCO World Heritage Sites:**

Swayambhunath Stupa*:

Resting on a hillock fewer than 2 miles west of Kathmandu, **Swayambhunath Stupa** is one of the **holiest Buddhist Chaityas**** in Nepal. It is said to have evolved spontaneously when the valley was created out of a primordial lake more than 2,000 years ago.

Pashupatinath Temple:

Situated 3 miles east of Kathmandu, **the temple of Lord Shiva** is considered one of the **most sacred Hindu shrines in the world**. The two-tiered **pagoda with golden roofs and silver doors** houses the sacred linga, or phallic symbol, of Lord Shiva. Chronicles indicate the **temple existed before 400 A.D.**

Bouddhanath stupa:

Situated 5 miles to the east of downtown Kathmandu, **Bouddhanath** is one of the most imposing landmarks in Kathmandu, visible as soon as you land at the Tribhuvan International Airport. It is the **largest stupa in the Kathmandu Valley** as well as **the center of Tibetan Buddhism**.

Kathmandu Durbar square:

Situated in the heart of old Kathmandu city at Basantapur, Kathmandu Durbar Square will never cease to impress you with its **ensemble of palaces, courtyards, and temples** built during **the Malla Dynasty**. The Durbar Square includes the **Hanuman Dhoka Royal Palace**, the historic seat of royalty; **the magnificent Taleju Temple** towering more than 40 meters; **Kumari Ghar**, the residence of the Living Goddess, **Kumari**; **Ashok Vinayak**, also called **Kathmandu Ganesh**, a temple without a filial; and **Kal Bhairav**, the God of Wrath. **The capital takes its name from the giant pagoda of Kasthanandap**, which is said to have been built out of a single tree.

Overnight in Kathmandu

***stupa**: a mound-like or semi-hemispherical structure containing Buddhist relics, typically the ashes of Buddhist monks, used by Buddhists as a place of meditation.

****chaityas**: a Buddhist shrine including a stupa

550 Washington St, Suite 641, San Diego, CA 92103
Phone: 415-952-0319 **Email:** contact@zuzulutravel.com

www.zuzulutravel.com

Day 03-Kathmandu → Dolalghat (1968 feet): rafting starting point (B,L,D)

After breakfast, you will hop on our local representative's vehicle, and your private driver will take you to Dolalghat, a 3-hour drive away.

After lunch, you will have a **briefing about the rafting expedition, the safety rules and the rapids of the Sun Koshi River.**

In the afternoon, get ready for your first **3-hour rafting session.**

Your day concludes with dinner and overnight camping on a sandy beach!

Day 4 to Day 9-Your rafting expedition scenario! (B,L,D)

Every day after breakfast, you will pack up your gear, roll down to the river, and get ready for a **4-to 6-hour rafting session.**

Day 4: Grade IV rapids

Day 5: Grade III rapids followed by a big grade IV rapid

Day 6: Grade III rapids

Day 7: Challenging day with grade IV rapids, white water, and waterfalls (shower guaranteed!)

Day 8: Rafters often try kayaking here with the support of our experts

Day 9: Grade IV rapids and huge standing waves

Camping overnight

Day 10-Point Chatara (344 feet) → Biratnagar (B,L,D)

After breakfast, you will head for a final **3-hour rafting run** and reach the exit point Chatara!

After lunch, your private driver will take you to Biratnagar.

Overnight in Biratnagar.

Day 11-Biratnagar → Kathmandu (B,L,D)

After breakfast, you will be transferred to the airport of Biratnagar to Kathmandu.

Then, you will be transferred to your hotel in Kathmandu. Take the afternoon to rest, go shopping, or stroll through the streets of Kathmandu.

Farewell dinner and overnight in Kathmandu.

Day 12-Final Farewells (B)

Have your last Nepali breakfast before being dropped off at the airport to catch your flight back home.

DETAILS

- ❖ **Group Size:** 8 people maximum per raft boat
- ❖ **Start dates:** from mid-February to May and from October to mid-December are the best periods for starting this journey.
- ❖ **Price:** from 2 to 4 participants: \$1500 per person; from 5 to 8 participants: \$1368 per person; 9 or more participants: \$1250 per person
- ❖ **Country and Rafting area:** Nepal - Sun Koshi River
- ❖ **Level of difficulty:** for rafting lovers only; Rapids: Grade III - V
- ❖ **Accommodation:** 7 camping nights and 4 nights in clean and simple hotels
- ❖ **Additional Information:** **For U.S. citizens travelling to Nepal**, a passport and visa are required. Travelers may obtain visas prior to travel from a Nepalese embassy or consulate, or may purchase a fifteen-day multiple-entry visa (\$25), upon arrival at Tribhuvan International Airport in Kathmandu.
http://travel.state.gov/travel/cis_pa_tw/cis/cis_980.html#entry_requirements
- ❖ **What's included:**
 - Domestic air ticket from Biratnagar to Kathmandu
 - Cost of private coach
 - Food and accommodation during the hotel stay in Kathmandu and Biratnagar
 - All rafting equipment
 - Guides and helpers
 - Meals and accommodation (in a two-person tent) during the rafting trip
 - All necessary fees/ government royalties during the trip
- ❖ **What's not included:**
 - Personal travel insurance
 - Tips for the team
 - Food and accommodation cost in case of any unexpected natural accident caused by weather
 - Rescue cost, including helicopter charter
 - International airfare

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