



SunKoshi- White Water River Rafting - Overview

Duration : 9 Days

Destination : Sunkoshi River

Group Size : 1-20

Transportation : Land & Air

Activity : Rafting

Best Season : Sep-Nov & May-June

Accommodation : 2-3 Star Hotel Accommodation in Kathmandu. Camping in river side beach during rafting

Meals : Breakfast/Lunch/Dinner/Snack

SunKoshi- White Water River Rafting - Itinerary

Day 1: Drive from Kathmandu to Dolalghat, the starting point of your rafting adventure.

Begin the rafting trip on the Sunkoshi River, experiencing class III rapids.

Set up camp in a scenic spot along the riverbank for the night.

Day 2: Day 2- Day 8

Continue rafting down the Sunkoshi River, navigating through a series of exhilarating rapids.

- Enjoy the beautiful landscapes, lush forests, and occasional glimpses of wildlife.
- Camp in different locations each night, with the opportunity to relax, swim, and explore the surroundings during breaks.
- Experience thrilling rapids like High Anxiety, Meatgrinder, Jaws, Rhino Rock, and others.
- Learn basic rafting techniques from experienced guides and enjoy the camaraderie of your fellow rafters.
- Enjoy freshly prepared meals at the camp each day.

Day 3: Last day of the package.

- Complete the final stretch of the rafting trip to Chatara.
- Depart from Chatara and drive back to Kathmandu.

- Transfer to your hotel and spend the evening at leisure.
- If time allows, you can explore more of Kathmandu, do some last-minute shopping, or indulge in a traditional Nepali dinner with cultural performances.

SunKoshi- White Water River Rafting - FAQs

1. What are the special features of Sunkoshi river rafting?

A journey down this “river of gold” impresses any rafting or kayaking enthusiast with relaxing canyons, refreshing waterfalls, bat caves, interesting temples, beautiful white sandy beaches for setting up camp.

2. How deep is Sunkoshi river?

The estimated total length of the river with its tributaries is 214km with an average water depth of 1.3m. The width of the sunkoshi and its tributaries is 70m and 53m, respectively, covering approximately 800ha of water area.

3. What is the age limit for rafting in Sunkoshi River?

There is no up age limit! Rafting is adventure for all!

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