

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

Multi River Kayak Expedition

Nepal's favourite rivers crammed into one spectacular river trip. Starting with the Trisuli and including the Madi Khola, Kali Gandaki, Upper Sun Kosi, Balephi and Bhote Kosi, there is a superb progressive range of grades and challenges in this river expedition. With their own personalities each river will challenge and test you, making it a very rewarding and fulfilling trip. With a chance to relax and unwind in the hilltops of the Last Resort to finish, this expedition definitely ticks all boxes.

Adventure Itinerary

Day 1:

Arrive in Kathmandu. You will be met by your AdventureX guide and transferred to your Hotel. After a hot shower it's out into Thamel to one of the many fine restaurants.
(No Meals Included)

Day 2:

Free time in Kathmandu to explore this amazing city. From observing early morning sessions of prayer wheel turning at the Buddhist Stupa of Bodhnath, to gaining a glimpse of the Living Goddess in Durbar Square, there are endless things to see. Or if you fancy a bit of retail therapy check out the multitude of shops selling branded fleeces and good quality merchandise – and be prepared to bargain! Finish the day with a relaxing cold drink in one of the many terrace cafes whilst the sun starts to go down on the distant snow-capped Himalayan Mountains. We'll meet up with you and have a pre-departure meeting.
(Breakfast included)

Day 3:

An early start sees us travelling by private bus to the put-in point for the Trisuli. A brilliant grade III/III+ river to start with. We stay the night at Brigands Bend, a safari-style camp perched high above the river with wonderful views. Here you encounter rural village life at close quarters. Their only link to the road is a cage on a high wire over the river. An interesting ride for the dare-devils amongst us!

Day 4:

After a superb breakfast we have an hour paddling which takes us to the 'Pinball' rapid set beside our take-out at Mugling. We can either paddle the challenging centre line or use a chicken run working our way left. A bus ride takes us to our hotel in Pokhara and plenty of time to go out on the town!

Day 5:

Today the bus takes us to Kabre Phredi where we gather together porters to help carry our equipment to Lamarkhet, a village set beside the Madi Khola. From here we paddle great class IV whitewater down to our Camp at Bhaise. We spend the night camping on the side of the river with no doubt a glorious campfire, fabulous food and a nice chilled beer or two.

Day 6:

We put-in and paddle the Madi Khola to Karputar. 'Eddy-hopping' heaven with very few portages and awesome views of the Himalayan Mountains. Another great night camping.

Day 7:

Today it's a fairly gentle class II paddle down to Damauli. Time to enjoy the gorgeous valley scenery. Return to Pokhara early evening. Night in a hotel.
(Included: All Meals Day 3 to Lunch Day 7)

Day 8:

Free time in Pokhara for sight seeing, shopping or sitting by the lakeside in the sunshine with a chilled beer! Pokhara is a beautiful town with a multitude of experiences – the best shave you will ever have (if you can get past the fear of the cut throat razor), an endless array of shops selling 'branded' fleeces for about £5 and the occasional decorated sacred cow walking past! There are plenty of restaurants and the food is excellent. Definitely an enjoyable day off.
(No meals included)

Day 9:

Drive to Baglung for the start of the awesome Kali Gandaki (IV-/IV) and put on the river. After 2kms of warm up paddling it's straight into 2 big grade IV rapids – Big Brother and Little Brother. Optional portage for those not wishing to run the rapids.

Days 10-11:

More brilliant whitewater and more playing. We have a lot of spare time on this trip for you to really enjoy and take advantage of these great rivers. Chance to learn new skills and play to your hearts content!

Day 12:

A chilled out paddle down to the take out at the new dam then transfer back to Pokhara for the night.
(Evening meal excluded)

Day 13:

After breakfast we load our bus and head back to Kathmandu giving us time to enjoy a little more of the Kathmandu experience. Check out the shops as you can buy everything and anything at fantastic prices.
(Evening meal excluded)

Day 14:

An early breakfast before our bus heads east giving great views of the snow-capped mountains. The Upper Sun Kosi awaits us with a class III+ paddle – a great river! We spend the night at the quiet Riverside Resort.

Day 15:

We have breakfast overlooking the most beautiful gardens, surrounded by stunning Himalayan hills and mountains. We then take on the low volume, great fun Balephi River. This gorgeous little class III+ river meanders through pretty villages with locals running out to wave us on our way. On completion we then head up and spend the night at the Last Resort. The hot showers, sauna and plunge pool ease away any aches or pains from the last few days!

Day 16:

Today it's kayaking at its very best the class IV+ Bhote Kosi! With rapids such as 'Frog in the Blender', 'Gerbil in the Plumbing', 'Liquid Bliss', and 'Dazed and Confused' you know you're in for quite a ride! For those with energy to burn there would be options to try Canyoning, test drive the new Bungy Swing that was set-up in 2004, go for the 160 metre Bungy Jump above the raging Bhote Kosi river..... or maybe just chill out by the Last Resort bar.
(Included: All Meals Day 9 – 16)

Day 17:

After a lazy morning relaxing with a scrumptious breakfast, we jump back on our bus and its back to Kathmandu.

(Included: Breakfast)

Day 18:

A leisurely breakfast before our bus takes us to the airport in good time for our international flight home.

(Included: Breakfast)

Options

Safari:

3 Days – 2 Nights

Staying at the luxurious Temple Tiger Camp is a great way to finish off your trip. Set in the heart of the Royal Chitwan National Park you have some fantastic opportunities to see the prolific bird life, not to mention occasional sightings of the Royal Bengal Tiger, rhinos and an amazing array of other wildlife. Naturalists are on hand with their seemingly endless supply of knowledge to answer your queries regarding all the species of animal in the park. The lodge is made entirely of local materials and blends in beautifully with the environment. There is a range of activities to enjoy from elephant safaris to jungle walks, to bathing the elephants in the glorious warm water or just relaxing in the serene surroundings of the Lodge. Meals are all-inclusive and are a wonderful combination of Western and Nepali dishes. Accommodation is in spacious safari tents with twin beds and separate hot and cold showers. Since you do have to book in advance we strongly recommend that you try and think how you will feel at the end of the river journey - if returning to Kathmandu will be the option or getting close to nature, bathing elephants and drinking a cool drink whilst overlooking the bewildering fresh green jungle may be better? What a choice!

Trekking:

Another option well worth considering if you are looking for a longer trip is to go trekking. Trekking in Nepal is an intense cultural experience as well as an exploration of one of the world's most hiker-friendly and spectacular environments. Nepal has a staggering number of potential routes for trekkers. These are not just a pathway designed for recreational use, but also a working transportation network for goods and people. While trekking you will see the great diversity of Nepal. Villages embrace many ethnic groups and cultures. The beauty and attraction of the Nepal Himalaya emanates not only from the mountains themselves, but also from their surroundings.

Our experienced guides can take you on easy low level treks, right up to 7,000m + peaks, from 4 days to 33 days. Please visit our website or contact us for more information on trekking in Nepal.

Mountain Biking:

We can offer mountain biking trips for those who wish to extend their stay in Nepal. We offer a Cross Country Nepal trip, starting in Kathmandu, before heading down the Kathmandu Valley and on into Chitwan National Park. The trip then heads off west to take in the Pokhara and Annapurna regions. This is a great way to see what Nepal really has to offer. Trips can be arranged for 7, 10 or 14 days.

We also offer a 2 week Downhill mountain biking trip for those wishing to exert a little less effort. We will ride for 3 days down the Kathmandu Valley before heading to the temple of Goddess Manakamana and the cable car that rises some 1600m up the mountain side. Following on from that we transfer to the Pokhara/Annapurna region and take a flight part way round the Annapurna Circuit Trek and then spend 3 days riding downhill back to Pokhara. This trip is a 14 day trip.

Finally, we are also able to offer Cross Country trips based around Pokhara. These tend to be around 7 days in length but can be run to suit your timescales.

We have a range of high spec (full suspension, disc brakes etc.) Commencal bikes available for hire for those not wishing to take their own bikes to Nepal.
Please contact us for any information about extending your trip with any of the options mentioned here.

The Details

What Is Included?:

- Transfers to and from Kathmandu Airport and the hotel. If you provide us with your arrival details we will meet you at the airport.
- Accommodation – 8 nights in a hotel, 3 nights safari style camp, 6 nights camping on the river. This is based on a share twin basis with someone else on the trip.
- All transfers to and from the rivers.
- All meals from breakfast on Day 3 to to Day 16 – unless stated above.
- All kayak and rafting equipment, including the best in kayaks, buoyancy aids, helmets, cags and spray decks.
- All camping equipment (sleeping bags and thermorests excluded)
- Qualified and experienced guides and safety kayakers.
- All necessary permits and licenses.
- A very cool AdventureX t-shirt.

Please note: Not included are flights, visas, departure taxes, travel insurance, inoculations, sleeping bags, thermarests, DVD of the trip, beer/wine kitty (if applicable) , personal items or gratuities. You will also need to budget for meals in towns (see itinerary) – a 3 course meal can be between \$2 -\$6 dependent upon meal and restaurant.

Getting There:

If you have any queries or need a hand at all in arranging your flight to and from Kathmandu please give us a shout. We will be able to advise on the best deal around to tie in with your trip. But don't leave it too late as this is a very popular location so flights do tend to get booked up quite quickly.

Do I Need A Visa?:

The Nepali Government changes the visa regulations frequently. With this in mind, here is the current situation: Visas are required - \$30 for 1 month, \$60 for 2 months or the equivalent of \$1 per day for short stays. For those who want to get them at the airport, have a passport photo and new crisp US dollars - as they will not accept payment in any other form (including wrinkly notes). The best and easiest way is to just apply to the Nepalese Embassy in London by post – then you have everything before you go. Either way make sure you have at least 6 months validity on your passport prior to departure. Give us a call for more information.

Injections:

The most important and simple thing you can do to prevent illness in Nepal is to arrive properly immunized. You should be immunized against Hepatitis A and B, Typhoid, Meningitis and Polio. Some of these immunizations take some weeks or months to do correctly, so don't leave it to the last minute. Check with your local health department for more detailed information. Make sure that your tetanus shots are current, and a thorough dental check-up is strongly recommended.

Dysentery, either amoebic or bacterial, is the normal ailment that travellers to Nepal are struck with. With this in mind, be careful of where and what you eat in Kathmandu before the trip. Sanitation is a top priority on our trip and must be adhered to.

Malaria has not been completely eradicated in Nepal, though it is only present on the Terai. Without a doubt the most effective deterrent against malaria is to protect against mosquito bites with long, tightly

woven clothing and mosquito repellent. Mosquito repellent should be brought from home. Basically unless you're going to spend time in the game parks (ie Chitwan National Park) in southern Nepal it's a not a huge worry as the rivers are essentially bug free.

If you have any relevant medical conditions please make sure they are listed on your booking form. On all journeys we carry a very comprehensive first aid kit, but if you want to bring your own personal basic first aid kit by all means do.

Exchange Rates:

As a reference the Nepali Rupee currently stands at (time of print) – Nepali Rupee 70.65 to 1\$ and for the British pound it is 129 to £1 – however it changes frequently. To change your currency once in Nepal, use only certified foreign exchange points or alternatively your hotel as there are a lot of people who will jump at the chance to help – this is definitely not recommended! GBP£ and US\$ are the most widely accepted currencies to exchange.

Weather:

One of the most fascinating things about Nepal is that in the space of a hundred miles you can go from the coldest and most bitter conditions on earth to the sweltering heat of the North Indian Plain. In general it's best to plan for sub-tropical to temperate conditions on the rivers. Temperatures in the daytime range from 25-32 degrees centigrade, with evenings being 8 to 10 degrees cooler. A fleece jacket for the evenings is recommended – although most nights you will probably have a campfire to keep the chill out and also cook food. Expect typical northern hemisphere seasons, with the monsoon thrown in. Most people are surprised to find that Nepal is actually the same latitude as Florida or Egypt - the extremes in temperature and climate are all due to altitude variations.

Fitness and Safety:

You don't need to be superman or woman but we do recommend a certain level of fitness in order to get the most from this kayak trip. There will be moments going through a class IV rapid that you'll wish you did a little more. All we ask is that if you have any medical conditions or problems that you do let us know as we take safety very, very seriously and it is our first priority. We employ some of the best kayaking guides in the world. These men and women are whitewater professionals, trained in CPR, emergency wilderness first aid and swift-water rescue. They are highly experienced, and level headed in the most demanding and stressful situations.

Dress Code:

On the river anything goes and with hot temperatures you will of course spend most of your time in your shorts and bathing cosies. However when it comes to the towns you must dress appropriately. Ladies should wear t-shirts/blouses and long skirts or trousers (cut off combats do the trick!) and men should cover up their chests with shirts/t-shirts. The guys can usually get away with shorts but must be prepared to wear trousers when going to temples.

Personal Equipment:

We will send you all the information you need on what to bring and more importantly what not to bring, based on years of experience, so you do not have to worry. You will also find that most of the kit list you have already – very little specialised equipment will need to be bought. The best idea would be to travel as light as possible anyway as almost anything you need can be found in Kathmandu.

More information On Nepal:

Nepal has spawned a plethora of books and articles, some of them excellent and some absolute tripe. David Allardice and Peter Knowles literally wrote the book on rafting and kayaking in Nepal when they published the extremely informative book "White Water Nepal". "Nepal, the Rough Guide" by David Reed is another excellent book. For those not worried about intellectual property rights, there is an abundance of popular and classic novels printed in India and available at very cheap prices in Kathmandu and Pokhara.

Finally:

It is imperative that you realise that you are entering an environment where the rules and realities of life are much different from the West. Certain events such as festivals sometimes delay the itineraries and are just part of everyday life in Asia. It's a big part of what makes Nepal magical, and in our opinion, it is by far outweighed by the brilliance of being able to journey through one of the world's last true frontiers. This is an awesome river expedition and one that you will remember for years to come!