

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

Nepal Kayak School

As well as having some of the finest rivers in the world, Nepal is the perfect place to learn and develop your kayaking. Whether you're a complete beginner or someone who just wants to brush up on their whitewater skills, this trip covers everything and more.

Situated right on the edge of the Trisuli River, our Beach Camp is a superb place to base our first couple of days coaching. From basic strokes, ferry gliding and Eskimo rolls, to reading the rivers and picking your lines, you will have intense coaching and supervision by BCU qualified instructors based on your ability – to ensure that you really get the most from it.

Starting with a couple of single day trips on the Trisuli followed by a Whitewater Safety & Rescue day, we then progress onto 2 fully supervised Multi-days trips. The magnificent Budi Ghandaki and the warm blue water of the Seti Khola are the perfect introduction to real whitewater kayaking. Each with their own characteristics, these rivers will allow you to test your new skills and technique and offer a fabulous trip for both beginners and novice paddlers alike.

With a chilled beer around the campfire in the evenings, a multitude of stories and we guarantee lots of hilarity – this really will be a trip to remember and the perfect introduction to whitewater kayaking!

Adventure Itinerary

Day 1:

Arrive in Kathmandu. You will be met by an AdventureX Guide and escorted to your hotel. Time to relax and change and then we'll head off to one of the many fine restaurants.
(No meals included)

Day 2:

After a hearty breakfast we will transfer to the Beach Camp perched on the banks of the Trisuli River. This is an amazing set-up with a beach, volleyball pitch, bar and showers on the riverside. In the afternoon we will kit you out in the kayaks and introduce you to the Trisuli River – learning and practising basic skills and strokes, ferry glides, eddying in /out and other techniques. We will guide you according to your level. The evening is spent at the Beach camp with a chilled beer and no doubt a gorgeous warm evening.
(Included: All meals)

Day 3:

Today we drive 10km upstream and kayak down the Trisuli back to the Beach camp. With a few small rapids, this stretch of water allows us to develop and progress our kayaking skills, and is a good introduction to moving water. You also have the chance to learn and practice Eskimo rolls. With the camp being right on the riverside there will be ample chance to continue practising after we have run today's section if you choose.

Day 4:

We paddle the 10km section downstream from camp today. This section is like a giant wave train buffeting you along. With 3 main rapids including the lovely 'Ladies Delight', your skills will be tested and we guarantee you'll have a fantastic and very rewarding day kayaking. We take-out at Upset rapid and head back to the Beach Camp.

Day 5:

Whitewater Rescue Day. Our guides will run through and teach you Whitewater Rescue techniques today. From rope work, rescue and swimming, you will learn all the required elements by BCU qualified instructors to give you full confidence in whitewater.

Day 6:

After a hearty breakfast we board our transport and set off for our 4 day river journey on the unspoilt river of Budi Ghandaki. This is a fantastic river. Its gentle flow is interspersed with some great rapids making it an ideal place to work on our river reading and running skills, as well as to put into practice all the things we have learnt over the previous days on the water.
We reach the put-in and set up camp.

Days 7-8:

This morning we take to the water, scouting and running the rapids, all the time becoming more confident and comfortable with our kayaks. We drift the flatter sections, taking in the amazing surroundings and magnificent views of the Langtang mountain range.
Nights are spent camping on beautiful riverside sandy beaches, whilst the evenings spent relaxing around a campfire swapping stories and no doubt many laughs as we enjoy a cold beer or two!
(Included: All meals Day 3 – 8)

Day 9:

Our last day paddling the Budi Gandaki River. We transfer back to the Beach Camp and then onto Pokhara for the evening for a well-deserved rest!
(Evening meal excluded)

Day 10:

Free time in Pokhara for sight seeing, shopping or sitting by the lakeside in the sunshine. 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. Options for a half day paragliding flight over the Annapurna mountains.
(No meals included)

Days 11-13:

We board our transport again and today we head for Damauli bridge to the put in for the Seti Khola. The Seti is a really warm, clear blue low volume grade III+ river – different in character to the Budi Ghandaki that we kayaked previously. Again we travel down the river camping on its beaches in the evenings until we reach our 'get out' at the confluence with the Trisuli River. We then load up the bus and head back to the Beach Camp for a nice shower and relax ready for tomorrow's finale!
(All meals included)

Day 14:

This is your big day – the chance to put together all the skills that you have learnt, and paddle some of the big rapids of the Trisuli river. This 18km section will take us over 'Ladies Delight' (which will by now be an absolute breeze!), through 'Upset' rapid and 'Surprise' before our take out at Brigends Bend/Manakamana. Transport back to Kathmandu for our final night and a celebratory meal and drink together.
(Evening Meal in Kathmandu excluded)

Day 15:

A leisurely breakfast and the bus takes us to the airport for the international flights home. Alternatively extend your trip with one of the following options.
(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.
- Accommodation – 4 nights in hotels, 10 nights camping. This is based on a share twin basis with someone else on the trip.
- All tented accommodation
- Transfers to and from the rivers
- All meals from breakfast on Day 2 to breakfast Day 15 - apart from meals in Pokhara and Kathmandu.
- All kayak 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. AdventureX have teamed up with KE Travel – fully ABTA (J1763) and ATOL (2808) bonded so your flights can now be booked easily and professionally. Our service is extremely competitive on price and your seat can be held in most cases by just a deposit. Please note though that Nepal is becoming a very popular destination so flights do tend to get booked up quite quickly.

Do I Need A Visa?:

The best and easiest way to get your visa is to apply to the Nepalese Embassy in London by post before you leave. The cost is currently £20 for 60 days (single entry). Just send your passport, photo plus application form (downloadable from website) plus £20 cheque and your visa will be with you within 2 weeks. For full information, visit http://www.nepembassy.org.uk/visa_information.html .

Alternatively you can get visas at Kathmandu airport. If you choose to do this you must have a passport photo and new crisp US dollars - as they will not accept payment in any other form (including wrinkly notes). However be prepared for long queues!

Either way please make sure you have at least 6 months validity on your passport prior to departure. Give us a call for more information.

Injections:

We recommend that you contact your Medical centre for professional advice. As a guide you will be looking at Hepatitis A and B, Typhoid and Polio and have an up-to-date Tetanus shot. Some of these immunizations take weeks or months to do correctly, so don't leave it to the last minute and do check with your local health department for more detailed information. A thorough dental check-up is also strongly recommended before you leave.

Dysentery 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 at all times.

Malaria has not been completely eradicated in Nepal, though it is only present on the Terai (southern Nepal). Basically unless you are going to spend considerable time in the game parks in southern Nepal (Chitwan National Park etc) it's not a huge worry as the rivers are essentially bug free. 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.

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 for Rupees.

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 fleecy top for the evenings is recommended – although most nights you will probably have a campfire to keep the chill out. Expect typical northern hemisphere seasons.

Fitness and Safety:

You don't need to be superman or woman for this trip – just keen to learn! 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 kayak guides in the world and 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, bathing cosies and kayak gear. However when it comes to the towns you must dress appropriately. Ladies should wear t-shirts and knee length skirts / 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, based on our experience. You will find that most of the kit list you have already. And of course we will be providing all your kayak gear – the best helmets, buoyancy aids, spraydecks and waterproof tops. The best idea would be to travel as light as possible anyway as almost anything you need can be found 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 a fantastic opportunity to learn to kayak and develop your skills in the gorgeous warm, relaxed setting of Nepal. You will remember this trip for years to come – we can guarantee that. See you there!