

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

Nepal Multi-River Kayak Trip

Day 1: Sat 20th Oct

Arrive Kathmandu and transfer to hotel. Pre-trip meal and trip briefing

Day 2:

Transfer and paddle the Trisuli

Day 3:

Kayak the 2nd day of the Trisuli to Mugling and transfer back to Kathmandu

Day 4:

Kayak the Upper Sun Kosi and overnight at the Last Resort

Day 5:

Kayak the Balephi and transfer back to Kathmandu

Day 6:

Fly to Biratnagar and then drive to Basantapur

Days 7-9:

Trek to the put in of the Tamur at Dobhan

Days 10-14:

Kayak the Tamur

Day 15:

Kayak past the confluence with the Sun Kosi and take out at Chatra. Transfer by plane back to Kathmandu.

Day 16: Sun 4 Nov

Fly home. Or if you prefer a longer trip you can stay on and transfer from Kathmandu to the Marsyandi River with us.

Days 17-18:

Kayak the Marsyandi

Day 19:

Kayak the Marsyandi and transfer to Pokhara

Day 20:

Transfer from Pokhara to Kathmandu

Day 21:

Kayak the Bhote Kosi and overnight at Last Resort

Day 22:

Kayak the Bhote Kosi and transfer back to Kathmandu

Day 23: Sun 11th Nov

Fly back to UK

Holiday Extension 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 – 7 nights in hotels, 12 nights camping, 3 nights safari. 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 23 - 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 – a 3 course meal can be between \$2 -\$6 dependent upon meal and restaurant.

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. 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.

Flights:

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.

For flights to Nepal we suggest that if you are taking your own boat you request a sporting allowance in addition to your normal baggage allowance. This will give you an extra 10kgs (normal allowance 20kg + 7 kg hand luggage) so a nice bit of additional weight for your kit. Please note that the airports are very strict now on allowance and will charge you per kg if you are over - so we do recommend that you travel as light as possible!

Injections:

You should be immunized against 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:

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 but we do recommend a certain level of fitness in order to get the most from this kayak trip. 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. You will find that most of the kit list you have already ie. your regular kayak gear (suggest both shorty and long sleeved cag to cover all weathers) plus shorts and social wear. The best idea is to travel as light as possible anyway for Nepal 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 and traffic 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 will be a fantastic paddling trip and we look forward to seeing you there!