



THE RIVER OF GOLD SUN KOSHI EXPEDITION

The Sun Koshi known locally as the “River of Gold”. The Sun Koshi offers an expedition for beginner rafters and intermediate kayakers. It’s features some of Nepal’s largest and most exciting rapids. The powerful sections are balanced by calmer stretches, beautiful landscape, cascading waterfalls, and wide sandy beaches that provide ideal campsite.



Itinerary

Day 1 – Arrival in Kathmandu

Arrive in Kathmandu, our guide will receive you on airport and transferred to your hotel. In the evening, meet the group for dinner and pre-departure briefing by our trip leader.

Day 2 – Drive to the River | Dolalghat

We depart Kathmandu by private vehicle, travelling north east to Dolalghat, the starting point of our journey. Here we prepare equipment, receive a safety briefing, and begin our paddle on the Sun Koshi.

Days 3–9 The Heart of the Sun Koshi

Over the next seven days, first couple of days easy paddling, we journey through one of the world's great river corridors, covering approximately 280 km of whitewater and scenery. Each day brings a new rhythm, passing small villages, experience indigenous culture, scouting and running rapids, swimming beneath waterfalls, and drifting through peaceful canyons. Evenings are spent camping on the white-sandy beaches, sharing stories by the campfire under the stars.

Highlights include the big rapids of Harkapur, the waters of the Dudh Koshi (The river from Everest) and classic sections such as Jaws, Rhino Rock, Jungle corridor and Big Dipper. The final night we spent near the confluence of Arun & Tamur river.

Day 10 – Take out & flight to Kathmandu

A relaxed final float, passing ancient Hindu temples Baraha Chhetra, After taking out at Chatara, packing equipment, thanking our crew, two hour drive to Biratnagar to catch flight to Kathmandu.

Day 11 – Kathmandu Leisure day

Back in Kathmandu, the day is free for rest. In the evening, we gather for a farewell dinner to celebrate the expedition.

Day 12 – Departure

Transfer to the airport for onward travel.

Expedition cost: 2400 USD

Including:

Airport pickup & Drop, 3 night Hotel
River Expedition: Fully supported Expedition as per itinerary, Domestic flights, raft support, River leader, safety boaters, kitchen crew, camping and kitchen equipment, all meals while on the river and our office team for back up.

Excluding: International flights, VISA, personal insurance, tips to guides and support team, Meals in Kathmandu.