



ARUN & TAMUR RIVERS EXPEDITION

The Arun and Tamur River Expedition is a true wilderness adventure for those seeking continuous whitewater, hidden Himalayan landscapes. These rivers carve through deep, canyons, carrying crystal-clear water through long stretches of continuous Class III–IV rapids. Snowcapped Mountains above the 8000m such as Makalu and Kanchenjunga, while days pass without roads or settlements provide you the experience of complete wilderness. This is an ideal expedition for adventurous travelers!



Itinerary

Day 1 – Arrival in Kathmandu

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

Day 2 – Explore Kathmandu Valley

Expedition crew & Equipment Departure. A full day to explore Kathmandu's rich culture and historic sites. Final preparations.

Day 3 – Fly to Biratnagar & Drive to Leguwa ghat

Morning flight to Biratnagar. Meet the expedition crew and drive approximately four hours to the put-in point on the Arun River. During the drive, enjoy views of Makalu and Kanchenjunga, over 8,000 meters mountains. Upon arrival, pack rafts and equipment, safety brief then paddle a short stretch downstream to the first camp.

Day 4 – Whitewater day

A big day on the Arun with continuous Class III–IV rapids. Several larger rapids require scouting. Paddle through deep gorges and remote wilderness.

Day 5 – Wilderness section

Another full whitewater day with powerful rapids, stunning canyon scenery, and complete wilderness. Overnight at langur monkey beach Camp.

Day 6 – Paddle to Chatara & Drive to Dharan

Short paddle to Chatara, the take-out point on the Arun. Pack equipment and drive to Dharan for an overnight stay.

Day 7 – Travel to the Tamur River

A full travel day to reach the Tamur River. Late arrival at the riverside campsite, surrounded by steep hillsides.

Day 8 – Tamur River Expedition

After packing rafts paddle the Tamur River. Tackle some of the most challenging and exciting rapids, a true whitewater delight, with one rapid flowing seamlessly into the next.

Day 9 – Tamur River Canyons

Steep canyon walls close in as the river delivers powerful, continuous rapids. As the valley opens, pass small fishing villages and watch wild monkeys along the river banks.

Day 10 – Relaxed Paddling & Scenic Floats

A more relaxed day on the water, fun, playful rapids and time to soak in the scenery.

Day 11 – Tamur to Sun Kosi Confluence

An outstanding final whitewater day. Technicals and big wave trains, steep canyon walls before the Tamur finally cascades into the Sun Koshi.

Day 12 – Final float & Fly to Kathmandu

Final paddle to the take-out at Chatara. During the paddle, stay away from the motor boat! At the take out, Pack equipment and transfer to Biratnagar, followed by an afternoon flight to Kathmandu.

Day 13 – Leisure Day in Kathmandu

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

Day 14 – Departure

Transfer to the airport for onward travel.

Expedition cost: 2800 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.