



### Nepal Tamur Multi Day

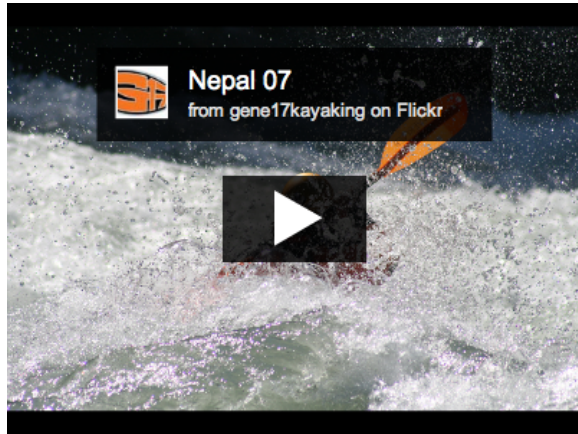
The Himalayan Kingdom of Nepal is home to mythical legends old & new, outstanding natural beauty and rivers abound for every paddler

Numerous multi day possibilities on several different rivers, gives this location its reputation as an adventure paddlers paradise

Also home of some of the best Trekking in Nepal, we use these trails for access to Golden river runs found down through the famous Himalayan Range

This trip is those paddlers who wish to see Nepal from a natural passage, down the rivers that flow of the Great Himalaya

:: 7/21 November 2010



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#### Summary

River living on the roof of the world, the fable Kingdom of Nepal, has for a long time been the Autumn destination for whitewater paddlers. With seemingly endless possibilities for paddling adventures. Nepal is home to some of the best multi day kayaking in the world. Coupled with its unique culture with its vibrant colours and fascinating folklore make it a must for adventure travellers

#### Programme

**Day 1** Arrive in Kathmandu, and relocate to a choice hotel to settle in with a gear review and boat outfitting

**Day 2** Depart for Trisuli, warm up paddle on Trisuli

**Day 3** Kayak Trisuli to Mugling, bus back to Kathmandu

**Day 4** Rest in Kathmandu, prepare supplies, and pack, Overnight bus

**Day 5** Continue drive to Basantapur. Stay at trekking lodge

**Day 6** Trek the wooded trails on to the ridge. Stay at a trekking lodge

**Day 7** Trek Views of Kanchenjunga & Makalu on a ridgeline

**Day 8** Continue trekking down of the ridge through paddy fields to Dobhan campsite

**Day 9** Start Tamur Robver Trip, Class III/IV with riverside camping

**Day 10** Second day on the Tamur, Class II/III

**Day 11** Thrid day on the Tamur, Class II/III

**Day 12** Final day on the Tamur, Class IV and the night bus to Katmandu

**Day 13** R&R in Kathmandu for shopping, plus we'll eat out at Bhojan Griha Traditional Food and Dance

**Day 14** Day of Departure Kathmandu

*NOTE: At any time prior or during the course this programme may be changed to accommodate the range of participates, water levels or river access.*

#### Details

**COSTS:** 2250€

#### Including:

The price includes guiding and instruction, full accommodation and catering in luxury locations and full logisitcs. It doesn't cover your flights, personal and health insurance, alcohol or boat and paddling equipment hire

#### Staff

This trip is going to be staffed by Matt Tidy

#### Flights

We recommend that you either fly with Qatar Airways into Kathmandu, or voa India and then onwards to Kathmandu, with Jetairways

#### Accommodation & Catering

You don't need to rough it to get the Aisan experience. We'll be staying in first rate accommodation and all the food will be fresh and hygienically prepared. During our multi-day we'll stay on sandy riverside beaches

#### Your Paddling Equipment:

- A whitewater river running boat
- Dry paddle top, paddle, Whitewater PFD, good spraydeck and helmet
- Solid footwear for hiking the ridge line to the Tamur putin
- Suitable gear for travelling in a developing country light cotton clothing, approach shoes, a sun hat and a comprehensive personal first aid kit
- You should get appropriate medication please consult your GP
- Please keep your luxury items to a minimum

#### Equipment

Suitable gear for travelling in a developing country is required. This should include some outdoor equipment for a cold & hot weather environment, an excellent personal first aid kit, please keep luxury items limited to avoid any unwanted attention

#### Online Deposit Payment



Nepal Deposit  
750€

Pay the Deposit





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