

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

The Tamur

*A spectacular short trek with intense whitewater
- A true Himalayan Descent*

No visit to the Himalayas would be complete without trekking and it is no accident that one of the world's finest rivers starts with one of Nepal's most scenic treks. This is possibly the best combination trip in Nepal. Starting with a 3 day trek across the beautiful unspoilt valleys you are then straight into some of the most intense whitewater imaginable.

With an initial flight to Biratnagar our trek follows a ridge up to a 10,000ft pass above the sacred lake at Gupha Pokhari with magnificent views of Kanchenjunga, Makalu and Everest, before dropping into the lush villages of the Tamur valley. With porters carrying our equipment, staff preparing hearty meals and Sherpa guides to lead the way, this is a truly memorable approach to this classic Himalayan whitewater descent.

From Dobhan we have a breathtaking river journey of 120km through the heart of eastern Nepal. With over 100 class III and IV+ rapids, the Tamur offers a unique 6 day experience. The first rapids are powerful and continuous, allowing limited time for warm up. Hemmed in by steep canyon walls the Pariah Dog is encountered soon enough followed by House Rock, with additional excitement provided by the Kabelli Khola. The middle section allows us to breath a little easier as the valley widens and changes in character with the addition of beautiful white beaches. Small fishermen's villages line the confluence of every major tributary, while wild monkeys watch from the jungle as we drift past.

The last few days 'muscle up' again to provide the perfect end to an awesome journey. For people who want a trip that combines a spectacular short trek with intense whitewater, the Tamur is without a doubt the river to run.

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:

Free time in Kathmandu to explore this amazing city. From observing early morning sessions of prayer wheel turning at the Buddhist Stupa of Bodhnath, to gaining a glimpse of the Living Goddess in Durbar Square, there are endless things to see. Or if you fancy a bit of retail therapy check out the multitude of shops selling branded fleeces and good quality merchandise – and be prepared to bargain! Finish the day with a relaxing cold drink in one of the many terrace cafes whilst the sun starts to go down on the distant snow-capped Himalayan Mountains. We'll meet up and have a pre-departure meeting and meal together.
(Breakfast included)

Day 3:

After a hearty breakfast it's time to head off to the airport for a 55-minute flight to Biratnagar. On a clear day the views of the Himalayas and Mount Everest are incredible. At Biratnagar we meet up with the rafting bus and drive up through the bustling market town of Hile and onto the end of the road at Basantapur where we camp.

Days 4 - 6:

At Basantapur our Sirdhar (head porter) will be there with a crew to carry all the expedition gear to the river. Gear is divided up and these stout-hearted men and boys then pick up loads and head on up the trail. It's quite a sight to watch a 60-kilo man in his mid thirties trudge up a steep mountain trail with a 70-kilo raft hanging off a strap across his forehead - it's enough to make you want to join a health club. This part of Nepal sees very little tourism and the villages and farms you see along the trail are much the way rural Nepal has been for hundreds of years. Our 3-day trek follows a ridge up to a 10,000 ft pass above the sacred lake at Gupha Pokhari with breathtaking scenes over the Kanchenjunga, Makalu and the Everest massif, before descending into the Tamur valley. Days are long and the trail can be difficult in places, but with Porters carrying the gear and Sherpa guides paving the way it is a wonderful and fulfilling experience. We will arrive at Dobhan where the river expedition starts. It is highly recommended that you sample the local Thungba (Millet wine)

Days 7 - 10:

The Tamur and its tributaries drain the snows of Kanchenjunga, third highest peak in the world. Constrained by steep valley walls, it becomes Nepal's sixth largest river and one of the world's remotest whitewater river expeditions. At our put in point we sort equipment, inflate the rafts and pad the kayaks.

Our river guides spend time explaining the finer points on how to paddle through whitewater and stay in the raft as it bucks and contorts through rapids. They will also teach you what they look out for when they run a river and how to move the raft using the water and rocks. Whitewater rafts are amazingly versatile and stable crafts, and in the care of an expert raft guide it is possible to run challenging lines safely and confidently. Your guide is a professional, someone who has devoted their life to learning and running rivers. Under his or her careful indoctrination the raft crew learns how to work as a team, practicing on the numerous smaller rapids we encounter on the first 2 days of the river.

From Dobhan we have 120 kms of breathtaking river journey through the heart of eastern Nepal. With over 100 class III and IV+ rapids, the Tamur offers a unique 6 days of whitewater with plenty of time to explore hidden side valleys and visit remote villages.

Camping on the Tamur is awesome. The massive floods of the monsoon deposit huge tracks of pure white sand along the river creating ideal campsites surrounded by lush forest and terraced hillsides. We will have at least 1 layover day where we stay at the same river camp for 2 nights. HELLO BEACH PARTY!!! Volleyball, sand sculpture, foot bag, Frisbee, sun bathing or just relaxing on a warm beach with a good book are favourite activities for the layover day. You can also take advantage of the layover day to trek to a peak or nearby village, or take part in the kayak workshop the safety boaters offer. Evenings are spent around the campfire, drinking hot-spiced rum and getting to know the people on the trip. Food is communally prepared with the crew helping with the creation of sumptuous meals. The kitchen becomes one of the main social points on the trip, and without a doubt the best place to catch up on the latest gossip or get to know someone better.

Day 11:

The Lower Tamur is a steep and continuous mountain river section; a unique combination of exceptionally fun and challenging rapids. It's sort of like being flushed down a huge open-air toilet, but there are no worries! Emerald green fields are terraced high above the river on precipitous slopes. Curious villagers lining suspension bridges are amazed as we plunge through cascading waves and chutes of foam.

(Included: All meals Day 3 – Day 11)

Day 12:

The Tamur / Sun Kosi confluence is called Tribeni Ghat and has an interesting temple to visit. Before emerging onto the flatland Terai, there is another larger Hindi Temple called Baraha Chhetra. Every year on the day of the full moon in January, thousands of Hindu pilgrims mass here to pay homage to Lord Vishnu. Legend has it that once a demon god inhabited this area and troubled the villagers, holy men and pilgrims. Hearing of this, Lord Vishnu, preserver of the universe, took the form of a pig and slayed the demon in battle. Inside the temple is a pig headed figure of Lord Vishnu, and the annual

Braha festival commemorates the victory. Just a little further downstream lays India and all its semi functional chaos.

The final day we raft the Sun Kosi to Chatra and then return to Kathmandu. From the takeout it is a short 2 hours drive then a 55 minute flight back to Kathmandu and a welcome hot shower. The mountain views on a clear day are outstanding as the flight goes right along the main Himalayas. (Included: All meals except evening meal in Kathmandu)

Day 13:

An extra day for last-minute sight-seeing, retail therapy and a chilled beer in the sun!
(Included: Breakfast)

Day 14:

A very relaxed breakfast is in order and then we take you back to the airport for your return flight home.
(Included: Breakfast)

Or there's always the option for an extension – maybe stay a few days longer and go on a spectacular Safari at Chitwan National Park.

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. If you provide us with your arrival details we will meet you at the airport.
- Accommodation – the 2 nights before and after the river trip. This is based on a share twin basis with someone else on the trip.
- All tented accommodation.
- Transfers to and from the rivers, including local flights.
- All meals from breakfast on Day 3 to lunch on Day 12 – unless stated above.
- All kayak and rafting 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/woman but we do recommend a certain level of fitness in order to get the most from any trip. There will be moments going through a class IV rapid that you'll wish you did a little more. 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 rafting guides in the world. 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 and have devoted their lives to the navigation and understanding of whitewater rivers.

Dress Code:

On the river anything goes and with hot temperatures you will of course spend most of your time in your shorts and bathing cosies. However when it comes to the towns you must dress appropriately. Ladies should wear t-shirts/blouses and knee-length skirts or 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 and more importantly what not to bring, based on years of experience, so you do not have to worry. You will also find that most of the kit list you have already – very little specialised equipment will need to be bought. The best idea would be to travel as light as possible anyway as almost anything you need can be found in Kathmandu.

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 an awesome river expedition and one that you will remember for years to come!