



PROJECT DOSSIER

WILD WATER OF THE WEST

Karnali Whitewater Expedition

KATHMANDU TO KATHMANDU

12 days

600 kms

including 35kms by foot and 162kms rafting

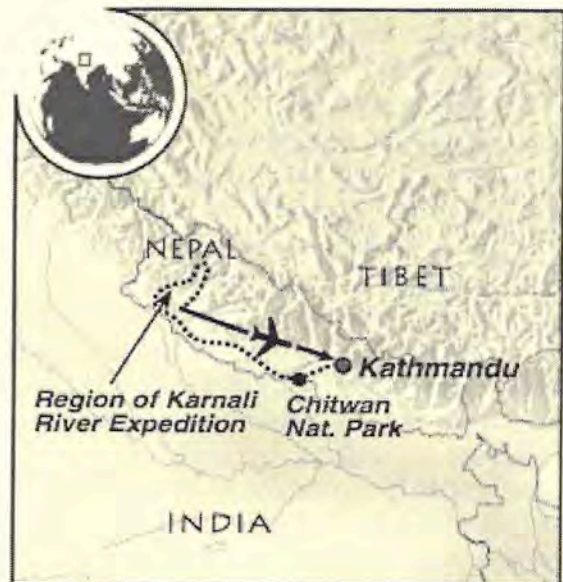
Nepal - Western Region

Itinerary Guideline

FROM KATHMANDU

- Day 1.** Morning departure from Kathmandu to drive to lowlands & westwards through the Terai & Chitwan National Park. Safari Lodge.
- Day 2.** Morning activities in the National Park, Game viewing then drive a short distance to Narayanghat. Basic hotel
- Days 3.** Full day to reach Surket. Camping.
- Days 4 & 5.** Trekking with local porters to the put-in of the Karnali River at Karleghat. Camping.
- Days 6 to 10.** On river, approx. 6 hours rafting each day including stops and breaks. First three days have at least one section of major rapids each day, demanding & fun. Last three days are spent drifting in calm stretches enjoying in the unspoilt scenery. Camping on river beaches.
- Day 11.** Take out. Drive to overnight in a basic Lodge at Bardia National Park.
- Days 12.** Return by domestic flight back to Kathmandu.

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Highlights & Route

We drive westwards out of Kathmandu to the lowlands and through the Terai, to Chitwan National Park where we stay overnight at our jungle hotel following a morning of activities in the wildlife park we spend our second night in Narayanghat. A long days drive will then bring us to Surket, where the road ends and trails lead into the hills. We trek for two days with all our equipment, helped by porters to the put in point of the Karnali River.

The Karnali is the largest and wildest of Nepal's rivers, cutting through remote and beautifully unspoilt countryside of Western Nepal. Our first sight of the river is one of a dizzying experience, from high up in the forbidding valleys we have a birds eye view of the world .

At Karleghat, we have reached our put in point, and the next morning is spent inflating the rafts, going through the safety briefing and loading and securing the equipment to the rafts in preparation for the trip.

On day one of the river journey (day six of the trip), we encounter early grade II and III rapids to give us a feel for this exceptional river and to develop team skills. On day two, we are in utterly remote country, and the river is powering up to include incredible grade IV and grade V rapids. which continues into day three. On day four of the river trip, the river takes a giant Hairpin Turn ('The Western Bend'). This is the river's way of finding a course through these Himalayan foothills, still tumbling and swelled by several large tributaries, the rapids are now calmed, but the journey is through totally unplundered scenery - the most beautiful back of beyond anywhere - the river and the whitewater the only way of being here.

On day five of the river journey, the fast flowing river takes us past speedily on down through dense forest and between towering cliff faces. Yet again our campsite is an idyllic beach.

Our Avon rafts are built to withstand the heaviest of punishment while comfortably accommodating both ourselves and the supplies and equipment. An experienced helmsman pilots from the stern but paddle-power is needed from everyone to position the boat in the correct line for rapids. The 16-foot inflatables takes a maximum of eight people and operate in pairs to provide support, there is always a safety/equipment follow up raft. Lifejackets are worn and safety helmets are also used through the major rapids. It can still happen, through changing river levels and the monsoonal shift of giant boulders, that our senior helmsman may decide that a particular rapid is just too severe for safety; and we may have to carry gear and haul the boats to a point below the maelstrom. But days are usually leisurely. We are under way after breakfast as the sun warms and the morning mists clear.

We pick our campsites on sandy riverbanks towards late afternoon, when there is day light still to build camp and time to relax in our always new surroundings. When possible we make a driftwood fire for good cheer & good company. Cooking, in which members of the group participate is done by gas.

Before midday of day six, the river takes a final turn and the flat plains lie ahead. A giant new suspension bridge spans the river at our take out point of Chisapani. Road transport is here to

meet us and we will drive to an overnight stop at Bardia National Park.. We fly by domestic flight to Kathmandu to complete this wild adventure.

PLEASE NOTE

The ground arrangements for this project are operated by Himalayan Encounters who are our appointed Nepal trekking and white water rafting operator. They are one of the most experienced local operators in Nepal and their services are provided to the highest standard.

GROUP SIZE

18 max. Plus: Rafting crew (1-2 crew, 6-8 group members per raft, up to 3 rafts), Trek staff. (The rafting crew are normally mixed western & Nepali.)

PHYSICAL DEMANDS

This is an active project that demands a sound level of physical fitness & stamina. Previous experience of rafting is recommended. You must be a competent swimmer and unafraid of the water. We cannot accept bookings from non-swimmers.

Rafts are propelled by group paddle power, not by the helmsman with oars. Porters carry our equipment & supplies as well as personal gear on the trek, so all you need to carry is a medium sized day-pack.

THE LOCAL PAYMENT (as in the brochure)

This is the payment made to Himalayan Encounters at the point of departure. This payment must be made paid in US\$ dollars, either in cash notes or recognised Travellers Cheques. This payment completes the total inclusive price of the project. This amount will be utilised by the organisation to cover a proportion but not all of the 'on the ground' running costs of this project. There are no hidden extra payments.

INCLUDED IN PROJECT COST

All transport including the domestic flight back to Kathmandu, food-3 meals a day, accommodation & activities as detailed from Day 1 until morning of Day 12. Services of staff on trek and river. Safety equipment & gear bags on river, Porters for rafting and personal gear on trek. There are no kitties or en route payments.

PROJECT COST DOES NOT COVER

Local Payment, payable in Kathmandu.
International flights between home & Kathmandu, transfers to/from Kathmandu airport

and airport taxes. Vaccinations, visas, personal insurance, malaria prophylaxis, laundry, snacks, drinks, tips to porters, personal clothing/equipment & items of a personal nature. Meals in Kathmandu on the evening of Day 12.

EQUIPMENT SUPPLIED

Buoyancy aids, helmets, waterproof spray jackets & gear bags, bivouac tents, domestic & cooking equipment on river. Waterproof cargo barrels for equipment and baggage. (Waterproof packets to accommodate standard 35mm cameras are also supplied for use inside the cargo barrels. This has always been highly effective but we make no guarantees under extended immersion). 2 person tents, insulite sleeping mats, field first aid kits.

WHAT YOU NEED TO BRING

A warm sleeping bag, water bottle, personal clothing, medicines & toiletries. If you do not already have some of the more specialised clothing or equipment above, a suitable sleeping bag, water-bottle etc. can be hired from local suppliers in Kathmandu at approx. US\$7-10 total per day. Flights in and out of Nepal have a 20kg luggage weight limit.

TRANSPORT

Minibus to river and trek. Inflatable river rafts (paddled mode); on foot for trek section. Domestic flight Nepalganj to Kathmandu.

ACCOMMODATION

Camping: 2 person lightweight tents (8 nights). 1 night in Safari Lodge at Chitwan, 1 night basic hotel at Narayanghat and 1 night in a lodge at Bardia National Park. No shower facilities but frequent opportunity for river or stream bathing on the river. (Your involvement is needed in camp set up, cooking & hygiene while on the river). Reservations in Kathmandu hotels before Day 1 may be made through Encounter, with payment by you directly to hotel on arrival.

MEALS, COOKING & FOOD

All meals from breakfast on Day 1 to evening meal on Day 12. Camp cooked breakfasts & dinners, picnic style lunches on river. Your assistance is needed in cooking & meal preparation while on the river. (Local fresh vegetables, fruit, meat, eggs, cereals, bread, biscuits, cheese, preserves, hot drinks, canned & dried goods). Vegetarians should have no difficulty in maintaining a very adequate diet, but please inform Encounter in advance.

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PASSPORTS & VISAS

You will need a passport that is valid for not less than **6 months** after the end of the project, and which contains not less than **2 blank pages**. All nationalities require visas for Nepal which should preferably be obtained before you leave home. Their costs vary according to your nationality. Encounter or your agent can advise you of up to date visa details & their costs applicable to you. We can also help you in obtaining one.

INSURANCE

You must have personal Travel Insurance to cover Adventure Travel and it must cover all the aspects described on p60 of the brochure. Please bring a copy of your policy with you to the pre-departure meeting. If your policy does not cover this minimum level then Encounter will not accept responsibly for the consequences.

MEDICAL & VACCINATIONS

All vaccination requirements and medical recommendations are detailed in the pre-departure information pack at the time of booking.

PERSONAL SPENDING MONEY

To cover personal day to day expenditure throughout-drinks, snacks and occasional small souvenirs, US\$200 would be quite adequate. (Other than tea or sometimes a cold drink at village tea houses there is little need for money on the river or during the trek. US\$50 would be quite adequate for day to day expenditure-including a customary, though not obligatory, small tip to the river guides). You should budget an additional US\$40 per day that you spend in Kathmandu before & after the project to cover hotel, meals & incidentals. Good buys can include woodcarvings, Hindu deity bronzes & statues, Buddhist prayer wheels, religious items & thankha paintings, jewellery, Tibetan carpets made by refugee villages in Nepal. Small & interesting "treasures" need not cost much at all. Credit cards accepted by most hotels & well-established merchants in Kathmandu only. Other than the above, Encounter has no hidden expenses, funds or kitties to surprise your spending money.

ARRIVING AT START OF THE PROJECT

There will be a pre-departure meeting at our Kathmandu office at 18.00hrs on the evening before departure. This is the latest you can arrive as permits must be obtained and we depart the

next morning. If you are arriving earlier there is still a lot to see & do in the Kathmandu valley: shopping & city bazaars; palaces, museums & outlying temples, interesting cafes, restaurants & bars, nature reserve (45 mins bicycle). Simple bicycles may be hired at small cost from most Kathmandu hotels.

The information in this dossier has been compiled with care and is provided in good faith. However, it is subject to change, and does not form part of the contract between the client and Encounter Overland Ltd.

LEAVING AT END OF THE PROJECT

Arrangements end on arrival back in Kathmandu but we strongly recommend that your outbound international flights are not on this day. International flights are often overbooked, and late or un-reconfirmed check-ins will be denied boarding with little prospect of another flight out for several days.

INTERESTING READING

White Water Nepal (Peter Knowles & David Allardice)
Nepal - Travel Survival Kit (Hugh Finlay, Richard Everist, Tony Wheeler)
Insight Guide to Nepal (Insight Guides)

CLIMATE

October: Hot days/warm nights/occasional rain in late September.
November-February:
Warm days/cool nights/rainfall rare.
March-May:
Hot days/warm nights/little or no rainfall

OTHER COSTS/EXPENSES

- Return International flights.....
- Local Payment.....
- Visas.....
- Vaccinations.....
- Insurance.....
- Personal spending money.....

Total _____