

# Adrenaline Rush

## Nepal 2007

## Herts Canoe Club Multi-River Expedition



*A tall good looking 16 year old with a bulging spot on his forehead climbs out of his sack at the Bhoté Kosi Beach Camp and sums up the Nepal trip, ‘...it’s not the destination that counts so much as the journey.’ Nice one. The journey started with a crazy idea on the Afon Melte and ended with a group of 14 half crazy river rats living it large in Nepal for 12 days with a team of professional white water kayakers called AdventureX.*

**Find out more about them at [www.adventurex.co.uk](http://www.adventurex.co.uk).**

## Tales of Kathmandu

Getting lost leaving Tom and Jerry’s bar and not finding the Hotel Tradition kind of gave us a clue that we would struggle to find our way out of Kathmandu, let alone bump

along a dirt track to the put in on one of the many rivers we paddled. AdventureX guided us along a path that snaked its way around some cool rivers that raised our game. There is no way we could have done this unsupported. To rock on the water in Nepal we needed some like minded people to do all of the stuff that makes things happen.

Now you know how we did it, I’ll show you just how much we achieved in 12 days.

As a team of mixed ability paddlers we worked out the recipe for an adrenaline rush

in Nepal. Split into two groups supported by our river guides: Madan and Binay; and safety kayakers: Ben and Brian. Next take these two groups of white water junkies and push them through f@ck!ng huge wave trains. Wave trains with faces like the buckets on bulldozers, except every now and then these bulldozers step on the gas and surge forward at you. Awesome! But this is just the start, because around the bend you sense there’s more to follow when we scout a rapid named Upset. The journal entry for this reads, ‘Upset on Upset Rapid’. Read on. We scouted on river right and Ben and Jo point out the line, which is to miss two flick @ff big holes and go river centre then right of centre; breaking out in the pool at the



bottom on river right. Sounds straight forward, right? As Ryan (cameraman) sits smugly on a boulder six of us walk like astronauts on a mission back to our kayaks and go through our personal routines. You know the kind of stuff, sponge your kayak dry or lift it up to shake out those last few drops of the wet stuff. Like this is going to really help you here. Brian makes a cross, spectacles – testicles – wallet and watch. Binay worships the river god. We're all good to go. Rock on. Play time on Upset. I hit the centre line and before you can give it fish tourettes (pollocks) I'm through. Happy days, however Upset has other ideas. Why else would she make her holes big enough to swallow a Tata bus? The newly named Verticoils come next and the mother of all holes decides to suck on them like they're boiled sweets in a kid's mouth. If you can't physically keep hold of your paddle or physiologically stay underwater like a Trisuli trout there's only one way out. Upset on Upset rapid happens when a well known non-swimmer takes a plunge. If you've been sucked like a boiled sweet it's kind of okay to feel 'humbug'. Said person smiled (eventually) and came out with something sweet, 'Now I know what adrenaline smells like!' It's carnage all round, the raft goes down for more than a few seconds, the second group need to cool off and have a swim and we've got kit floating down to the second rapid like flotsam. It's all in a days work for our professional boaters and

## Official Swim Count on the rise



As the official Swim Count tallies up we often reflected back on this first cheeky rapid and with the Bhote Kosi finale waiting patiently for us we agreed that the chances are we would now run Upset blind. This is how the AdventureX team supported us as we raised our paddling game. In response, they very kindly raised the stakes. On the

subject of raising the stakes, let's take a quick look at the swim count. 11 out of 14 trip members swim and between them ratchet up a total of 37 swims. 34 of these were swims to be proud of and two were eddy swims to be ashamed of. One swim happened off the water and revealed a new nurse in our midst, Jo. As we all watched on the casualty was cleaned up and had his knee bandaged like the bumper on a tug boat - well he did have to use it for bracing in the bouncy stuff. Finally, there is one other swimmer who I won't mention, however he did come out 'dazed and confused', if you know what I mean Brian.

we're soon safely on our way to the next surprise. Surprise rapid. Another opportunity for our sadistic cameraman to film 'carnage', or as I like to think of it, another adrenaline rush. Rock on.



# HCC

## Hospitality

It's probably swims and the rescue beers mentality that made us enjoy a few beers every evening. Or was it an overwhelming urge to share the hospitality of Herts Canoe Club? Hard to say, but we had as much fun off the water as we did on. Take a typical day in Pokhara. As we lazily strolled down the high street for a spot of lunch in Everest, Cabbage affectionately tickles the ears of a brown cow. As he grows fond of his new four legged friend he starts to stroke her horns. The devil on my shoulder cries go on and as the devil's horns bulge out of my forehead I can't resist the urge to smack the cow across its @rse! Hilarious for everyone except Dave who laughs in relief as the cow charges off down the street instead of into him like an unlucky matador in a bullring. Enough excitement before lunch, we hungrily head off for a quick bite to eat and a photo shoot in front of the new Carlsberg bottle.

There are too many stories to tell in one instalment, so watch this space. Before I sign off it would be rude not to make some introductions. The team from AdventureX comprised: Jo and Ben, Madan (river guide), Binay (river guide), Brian (safety kayaker), Ryan (cameraman), Kamal (oars), Bishnu and Sam (paddles), Biliev (trainee) and Dev (cook). Flotsam and fun were provided by the team from Herts Canoe Club:



The Fergmeister, Matt, Dan, Nutter, Dave, John, big John, Claire, Paul, Tuscany, Fred, Steve (...'hey you guys'), Trevor and Brian.

## Tata

Now to the sign off - if you've ever sat on top of a Tata bus speeding down a mountain road with the wind whistling through your hair, looking down on a jade green river, you'll feel a piece of Nepal curse through your veins right now. Your mind will race back to the time when you put in on a river that was simply awesome and made you fire those guns with all your strength in an uneven battle with nature herself. Adrenaline pumping hard through every vein in your body; this was living life to the full. That's what we did in Nepal, live life to the full. We were living the dream!



