Rafting tour Nepal

DURATION: 2 DAYS

Trip Facts

Group Size 1-6 Persons

Trip Grade Challenging

Accommodation Hotel-Camping

Max Height 600 Metres

Start From Kathmandu-Pokhara

End At Kathmandu-Pokhara

Transportation Bus-Car -Jeep

Duration 2 Days

Meals included Breakfast-Lunch Days

Best season:
Mar-May+Sep-Nov

Trip Overview

Rafting tours in Nepal offer an adrenaline-pumping adventure along the country's rivers, offering a wide range of rapids and stunning natural landscapes. These tours provide an opportunity to experience the country's rich cultural heritage, allowing participants to interact with friendly locals, observe their traditional way of life, and learn about their customs and rituals. Rafting tour operators in Nepal provide experienced guides who ensure safety, provide instructions on paddling techniques, and are knowledgeable about the rivers and surrounding areas. **Nepal offers a variety of tour options**, ranging from single-day trips to multi-day expeditions, catering to different skill levels and durations. The rivers are well connected by road, making it convenient to combine the rafting adventure with other activities or explore nearby attractions. Rafting tours in Nepal cater to different preferences and experience levels, with a range of rapids classified according to international grading systems.

Rafting tours in Nepal are suitable for both beginners and experienced rafters, as the rivers offer a range of rapids classified according to international grading systems. The tour operators provide the necessary equipment, safety gear, and camping essentials for multi-day tours, prioritizing safety and providing professional guidance throughout the trip. The rivers in Nepal are known for their stunning natural beauty, with breathtaking views of mountains, lush forests, and charming villages along the way. Additionally, many rafting tours also offer the opportunity to explore the **cultural heritage of Nepal through visits to local** temples and villages, adding a unique cultural experience to the adventure.

Trip Itinerary

Day 1: Kathmandu to Charaudi (3-4 hours' drive)

4-5 | Breakfast-Lunch-Dinner | Camping -Resorts | Bus -Car-Jeep | 600 m

- Depart from Kathmandu early in the morning and drive to Charaudi, the starting point of the rafting trip.
- Receive a safety briefing and instruction from the rafting company and guides.
- Rafting days may vary depending on the Chosen River and the duration of the trip.
- Begin the rafting adventure on the Trishuli River, encountering rapids such as "Ladies' Delight" and "Snell's Nose."
- Camp at designated spots along the river, enjoy meals around a campfire, and relax under the stars.
- Continue rafting through scenic landscapes and thrilling rapids.
- Set up camp at a designated riverside location for an overnight stay.
- Enjoy a delicious dinner and relax around a campfire.

Day 2: Rafting and Departure your Destination

3-4 Breakfast-Lunch Hotel Car-Jeep-Bus 600 m

- After breakfast, continue the rafting journey, encountering more exciting rapids along the way.
- Experience the thrill of rapids like "Upset" and "Surprise."
- Raft until the endpoint of the trip, usually at Gaighat or Simaltar.
- Bid farewell to the rafting team and transfer back to Kathmandu or continue your onward journey.
- Depart from Kathmandu or Pokhara to your next destination or home, or extend your stay in Nepal for additional activities or sightseeing.

Cost Includes

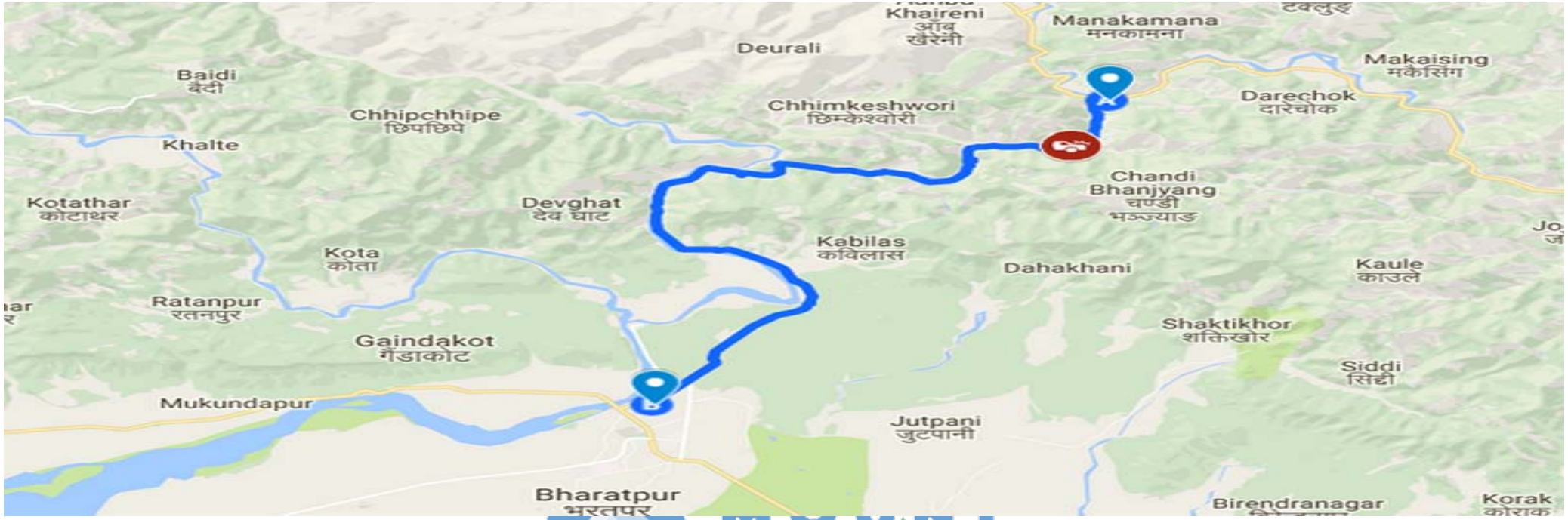
- **Professional river guides:** Experienced guides who accompany you throughout the rafting trip, providing instruction, ensuring safety, and guiding you through the rapids.

- **Rafting equipment:** Provision of necessary rafting equipment, including inflatable rafts, paddles, helmets, life jackets, and safety gear.
- **Meals:** Typically, meals during the rafting trip are included, such as breakfast, lunch, and dinner. Meals are often prepared by the tour operator and served at the riverside or camping locations.
- **Transportation:** Depending on the package, transportation from Kathmandu or other designated meeting points to the starting point of the rafting trip may be included.
- **Accommodation:** For multi-day rafting tours, camping accommodation along the riverside or in designated campsites is usually provided. Tents, sleeping bags, and basic camping facilities may be **included.**
- **Safety measures:** The tour should include safety measures such as safety briefings, rescue equipment, first aid kits, and trained guides to ensure your well-being during the rafting adventure.

Cost Excludes

- **Personal gear:** You will typically be responsible for bringing your own personal gear, such as appropriate clothing (quick-drying clothes, swimwear, etc.), sunscreen, hats, water shoes, or sandals with straps, towels, and any personal medications.
- **Personal expenses:** Any personal expenses, such as additional snacks, beverages, or souvenirs, are generally not included in the package.
- **Travel insurance:** It is recommended to have travel insurance that covers adventure activities, including white water rafting. This is usually not included in the tour package.
- **Gratuities:** Tipping the river guides and support staff is not typically included in the tour cost, so it is customary to tip them based on your satisfaction and the level of service provided.

Trip Map



MOUNT
ADVENTURE HOLIDAYS