

# White Water Rafting

**Duration:** 1 Day Days

**Destination:** Nepal

**Trip Grade:** Easy

**Best Season:** All Year

## Trip Overview

Do you fancy an adventure in Nepal but want something different from trekking? Then why not experience the mountains from a different level and get down in the water!

White water rafting is one of the most famous and exciting adventures that Nepal has to offer. With varying degrees of rapid and length of the trip, we have a wide range of rafting packages so we can be confident that we have the right trip to suit you.

Nepal has many rivers for adventure seekers to explore, including the Trishuli, Seti, Bhoté Koshi, Kali Gandaki, Marsyandi, Sun Koshi, Arun, Karnali, and Tamur Rivers. We have trips that range from 1 day up to 11 – and whichever one you choose we can ensure that you are in for an adventure. The beginning of your trip will start with a thorough safety briefing and then you will be kitted up and assigned a raft and qualified guide.

At points on the trip, you can take it easy, paddle with your team, and take in the breathtaking scenery around you as you've never seen it before, from the quiet depths of the waters – away from the traffic, pollution, and general hustle and bustle that the road so frequently guarantees. Then at other times you will be required to paddle hard and battle against the rapids as your boat is put in a spin and you come face to face with the water's tumultuous cascades. Be prepared to get wet, get thrown around, and have the time of your life.

If you opt for one of our shorter trips then it's a great alternative to get from A-B and avoid the traffic. If you opt for one of our longer trips then you are taking a unique tour of Nepal – with the chance to camp by the river under the stars and shadow of the mountains that tower around you. Depending on which trip you choose you can also have the chance to kayak and face the rapids on one. All of our trips are customizable so just let us know what you desire and we'll make sure we do what we can to include it in your adventure.

Throughout your trip, you will have safety guides following you in canoes so you can be confident that no matter how thrilling the journey becomes, you are always in safe hands. For any queries you have about the packages we offer, the white water rafting cost, or the white water rafting difficulty level – then please feel free to contact a member of our friendly team. Or if you would like

to read about what it's like to take part in this adventure, then check out our white water rafting blog below.

## **Detailed Itinerary**

### Itinerary and Need to Know

We offer a range of trips, across a number of days:

Trishuli River (white water rafting for 1 up to 3 days),

Seti River (white water rafting trip 2 days),

Bhote Koshi River (white water rafting 2 days),

Kali Gandaki River (white water rafting 3 days),

Marsyandi River (rafting/kayaking 4 days),

Sun Koshi River (white water rafting 7 to 9 days),

Arun River (rafting adventure 9 days),

Karnali River (white water rafting 10 days),

Tamur River (rafting adventure 11 days).

### What to bring:

Please bring with you shorts and a T-shirt or swimwear for when you are on the river, suitable footwear for wearing in the raft, warm clothing for the evenings, a towel, sun block and your camera. A flashlight is also useful.

### What you need to tell us:

Please tell us if you are a non-swimmer, or not very confident in the water. Also it is essential that you inform us of any medical conditions that may affect your well-being on the trip. And don't forget to request vegetarian / vegan meals if required – or let us know if you have any allergies that we should be aware of.

### Location, Transportation and Timetable:

We arrange private or tourist bus transportation to the starting point. (This may differ for longer/shorter trips and depends on the season). Transportation from the end point of the rafting river trip is also arranged to whatever your next destination is.

### Safety:

We take the safety of our clients very seriously. All our guides are licensed, with many years of experience on the rivers of Nepal as well as various European countries. All are trained in CPR, First Aid and advanced river rescue techniques.

### Equipment:

All our equipment is of the highest quality, clean and well maintained.

## **What's included**

- High quality self-bailing rafts, helmets, plastic paddles, wetsuits, lifejackets, and first aid kit.
- Plentiful, healthy and hygienically prepared food and drinks.
- Tents and sleeping mats are also provided. Sleeping bags can be supplied upon request.

## **What's not included**

- Personal Insurance
- Personal expense e.g. soft and alcohol drinks, gifts

## **Contact Us**

### **Contact Us :**

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