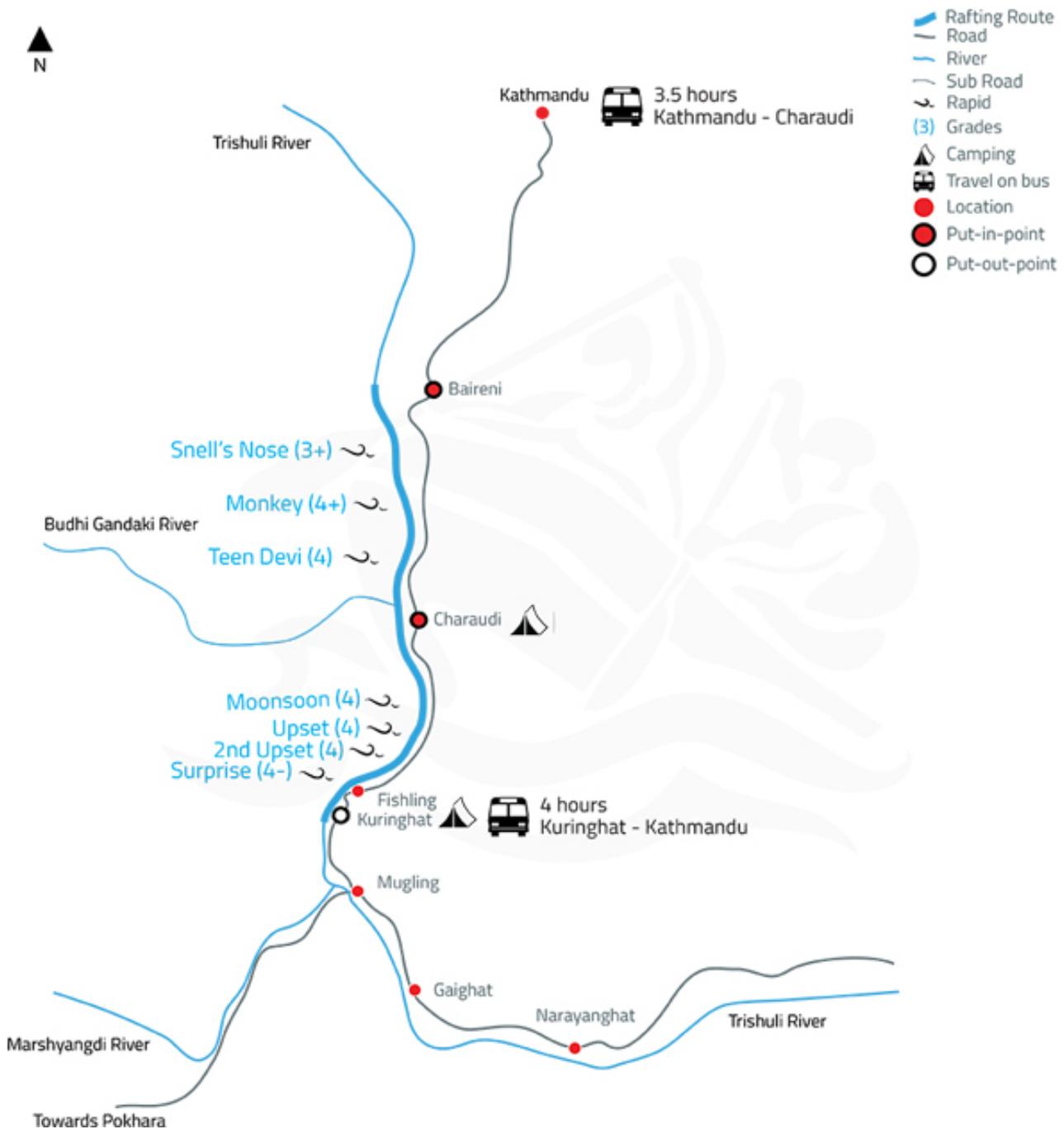


# Trishuli White Water Rafting and Kayaking € 2 Days

Trishuli rafting is one of the most popular rafting trips in Nepal as it is easily accessible, can be easily handled even by a first timer and can be finished even within a day. The rapids encountered at the river are pretty much straightforward throughout the year. The put in point of this rafting trip is Charaudi whereas the take out point is Kuringhat.

As the rapids are straightforward most of the time of the year, the rafting trip is a good option throughout the year, but you can have a much better experience from September to December. This rafting tour is suitable for someone looking for a short trip with exciting rapids and beautiful scenery. The intensity of the rapids increases during monsoon which attracts different set of rafters. Rafting in the Trishuli River gives you a whole of exciting experience even in a short period of time.

## Route Map:



## **Trip Info:**

Duration : 2 Days

Rafting Season : Mar-June, Sep-Nov

Grade : II to IV-

Distance : 53 Kms

## **Itinerary:**

Day 1: We will drive from Kathmandu to either Baireni (put-in point) or Charaudi (3.5 hours), depending on the chosen take-in point for the 2-day rafting package. Professional guides will provide safety and paddling instructions. Throughout the journey, we will encounter various rapids such as Snell's Nose, Monkey, Teen Devi (Baireni Take-in Point) or Twin Rocks, Ladies' Delight, Monsoon, Upset, Surprise, Butterfly, and Bijuli or Lighting (Charaudi Take-in Point). Our destination for the day is Charaudi where we will set up camp.

Day 2: We will start from Charaudi and continue rafting towards either Kuringhat (Baireni Take-in Point) or 5 Kilo or Mugling (Charaudi Take-in Point), navigating through various rapids. At the end of the day, we will have a warm bath, change clothes and have a heartwarming lunch. After lunch, we will have the option to return to Kathmandu, drive to Chitwan or Pokhara.

## **What is Included**

Professionally trained and certified river guides. Professionally trained and certified safety kayakers. Quality rafting and kayaking equipment, including boats, kayaks, helmets, paddles, life jackets, dry bags and pelican boxes.

Accommodation in a camp and all necessary facilities including personal tents, individual mattress and sleeping bag, toilet tents etc. All meals while on the river – breakfast, lunch and dinner. Two way transportation – buses, 4WDs.

River Permits.

## **What is Excluded**

Visas, flights, other taxes etc. Personal items like toiletries, clothing, camera etc. Alcohol and other packed food.

Insurance policy: paddlers need to have their own insurance since we only provide insurance to our crew. Tips for guides – we pay our guides and porters fairly but if you want you can tip them personally.

## **What to Bring**

Shorts / ½ pant

Sport Sandals

Shirts that will dry quickly

Swim suit

Warm layers (fleece, trousers)

Towel

Toiletries

Sunscreen

Sunglasses

Camera and batteries/chargers

Water Bottles

Flashlight

A little cash

Shorts / ½ pant

Sport Sandals

Shirts that will dry quickly

Swim suit

Warm layers (fleece, trousers)

Towel

Toiletries

Sunscreen

Sunglasses

Camera and batteries/chargers

Water Bottles

Flashlight

A little cash