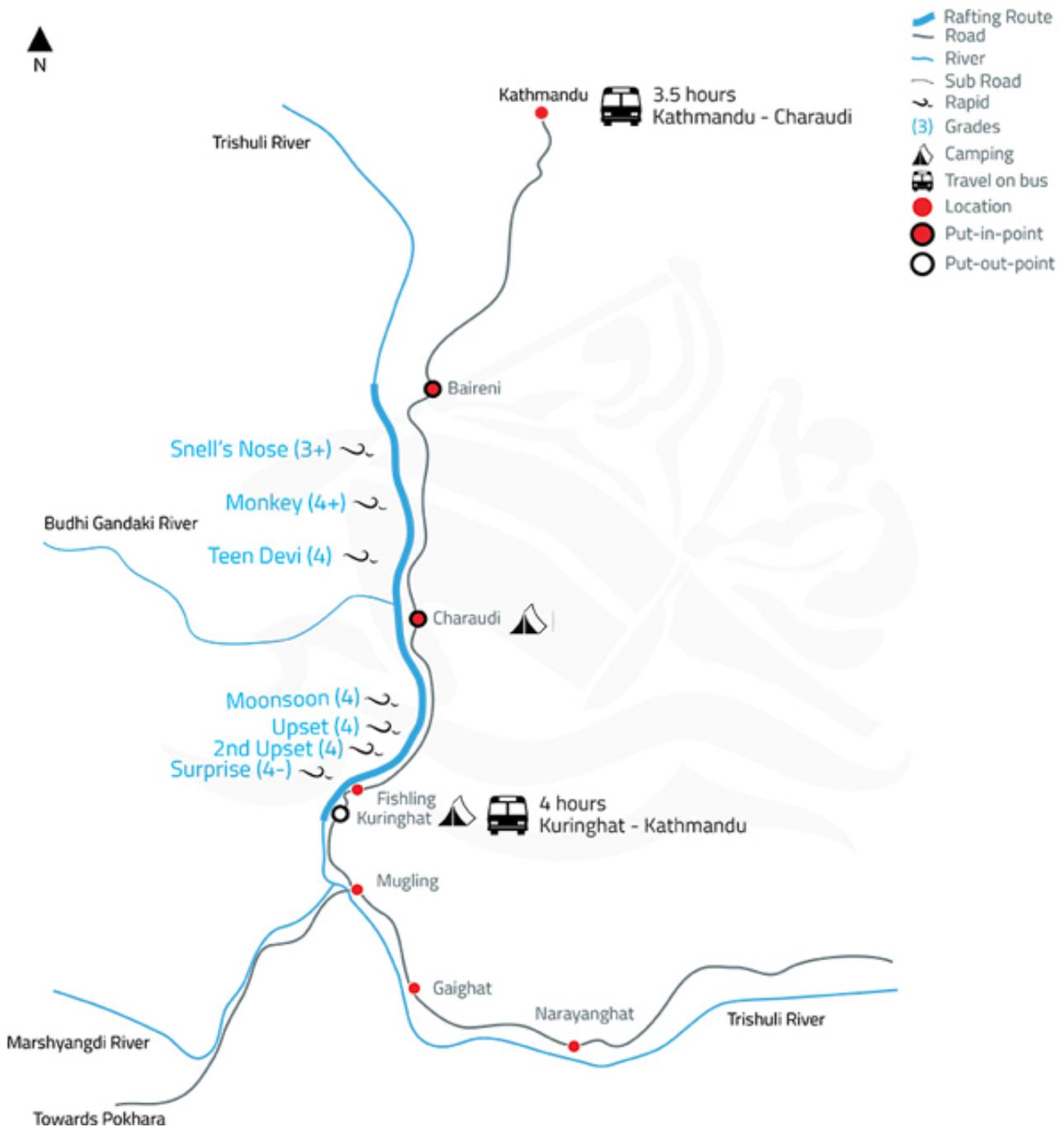


# Trishuli White Water Rafting or Kayaking - 1 Day

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 expedition 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 sets 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 : 1 Days

Rafting Season : Mar-June, Sep-Nov

Grade : II to IV-

Distance : 53 Kms

## **Itinerary:**

Day 1: We will leave for our one day Trishuli Rafting Adventure &nbsp;at 6:30 am sharp, from our office at Thamel, Kathmandu. Please make sure that you arrive at our office well before hand. We will then embark on a 4 hours bus ride to &nbsp;Charaudi.&nbsp;

On our way, we will stop for about 20 minutes for tea and coffee at Malekhu (self-pay). Then, we will continue to drive to Charaudi.

After reaching Charaudi, we&rsquo;ll spend around 30 minutes for setting up our rafting equipment. If you have not filled your pre-departure form, you are required to do so now. We strongly recommend you to change into a more comfortable and water friendly clothes.&nbsp;

Just before entering Trishuli, we will spend another 20 minutes briefing you about rafting safety tips. While riding the waves down Trishuli, we will let you know of the places where you can swim and/or go for cliff jumping.&nbsp;

We will end our trip at Kuringhat and have our (Non-Veg) quick meal consisting of Bread, Cheese, Tuna, Salad, Fruits, Biscuit etc. Then, we will depart for Kathmandu at 5 pm.

The journey will end at our office in Thamel, right where we began.

### **Day 1: Cancellation Policy:**

If we receive your cancellation request before 7 days of departure date, there shall be no cancellation fees.

If we receive cancellation request in between 3 and 6 days before the departure date, there is 50 percent cancellation fees.

If we receive cancellation request within 2 days of scheduled departure date, then no refunds are made i.e 100% cancellation fees.

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## **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. All meals while on the river &€“ breakfast, lunch or 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