

## Balephi: 1 day

Balephi is centre of Balephi Gaupalika i.e Balephi Rural municipality located in Sindhupalchok District of Province no 3, Nepal. The place is gateway to Jalbire and Jugal Gaupalika.

The town lies on Araniko Highway - the 114 km-long highway which connects the capital city Kathmandu to the Chinese border in the north. There is a temple named Kapileshwor Mahadev named after Hindu god Shiva which is main attraction of the town. It is beautiful town inhabited by people between two koshi tributaries namely Bhotekoshi and Balephi which are very famous tourist hideout for adventure tourism like rafting, kayaking and camping.

### Trip Info:

Duration : 1 Days

Rafting Season : March - June | Sept - Nov

Grade : II-IV

Distance : 11 kms

### Itinerary:

#### Day 1:

We leave for our adventure at 7:00 am from your Hotel, sharp. Please make sure that you are ready well before the departure time.

Tea and coffee stoppage for 20 minutes at Zerokilo (self-pay).

It will take about 1.5 hours to reach Zerokilo from Kathmandu and further 1.5 hours to reach our starting point at Balephi.

It will take approximately 30 minutes for setting up the equipment for our rafting adventure. You'll change into more comfortable clothes if you want, there will be 20 minutes rafting safety briefing before starting on our adventure.

During our trip, we'll come across places where you can go for a swim or experience jumping off cliffs. Our guides will inform you when we reach those areas.

We'll stop to have lunch en route downstream and continue onwards.

We will depart for Kathmandu at 5 pm.

Our journey will end at your Hotel, right where we began.

### What is Included

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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