

## Kayak Training

Ever thought about running thrilling white water rapids solo? Or you have experience running calmer waters but you want something more challenging? Come join us. Say hello and let us know how interested you are in learning whitewater kayaking. Weâ€™ll then try and create a great course tailor made just for you. Thereâ€™ll be a 3:1 guide ratio, so donâ€™t worry about getting stuck in the kayak after it flips.

Nepal River Runner offers unique kayaking trips to both the first-time novice and amateur kayaker. For professional kayakers we offer kayaking expeditions to almost all runnable rivers. Our selection of trips provides an incredible opportunity to experience exotic beaches, villages, wildlife and gorges.

Come join us and explore class II-III whitewater aboard inflatable kayaks, experiencing some of Nepalâ€™s most spectacular terrain by floating in the thrilling whitewater rapids along the countryâ€™s Himalayan Rivers. All you need is a sense of adventure and fun â€“ you donâ€™t have to be professional paddlers to enjoy kayaking in Nepal. Currently weâ€™re offering 4 day Kayaking clinics in Trishuli River where we teach first timers how to get a grip on a kayak, feel safe in white water and perform a perfect roll in the end.

### Trip Info:

#### 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 â€“ breakfast, lunch and dinner. Two way transportation â€“ 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 â€“ 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