

Karnali White Water Rafting and Kayaking Expedition

â€” 10 Days

180 kilometers long Karnali River springs straight from Mount Kailash in Tibet and is one of the most preferred rafting destinations by both the guides and rafters as it offers an excellent white water thrilling roller coaster ride. The river flows into remote areas of immaculate jungle with abundant wildlife, birds and fish. The starting point of this rafting track is Dhungeshwor, which is around a 24 hour drive from Kathmandu; whereas the take out point is Chisapani (578 kilometers from Kathmandu).

The combination of some exquisite natural beauty and the magnificent white water canyon makes Karnali rafting one of the best trips available in Nepal. The best seasons to raft in Karnali are October to December and March to May. The 10 days river expedition is ideal for someone who is looking for a more different experience of Nepal with beautiful scenery and a great river action. And the main advantage of this rafting trip is that the take out point is situated ideally for people who want to visit Bardia National Park; and Karnali River itself is a great destination for fishing. Karnali rafting is one of the finest multi day rafting destinations.

Route Map:



Trip Info:

Duration : 10 Days

Rafting Season : Mar-June, Sep-Nov

Grade : III to V

Distance : 180 km

Itinerary:

Day 1: Our journey begins with a drive from Kathmandu to Surkhet, a journey of approximately 16 hours. The drive provides stunning views of the Nepalese countryside and is an opportunity to acclimate to the local culture and environment. After reaching Surkhet, we will spend the night there to rest and prepare for the rafting journey ahead.

Day 2: After a filling breakfast in Surkhet, we will continue our journey towards Dhugeshwor, which is a 6 to 7 hours' drive. This drive provides an opportunity to take in the stunning landscapes and rural life in the region, and will give you a glimpse of the adventures that lie ahead.

Day 3: On the third day, preparations for the rafting journey will begin. Our guides and professionals will provide a comprehensive safety and paddling instruction session, ensuring that everyone is prepared for the rapids ahead. We will then make our way to the river, where the first rapid, '1st Inquiry,' awaits. After a challenging run through the rapid, we will set up camp on the riverbank for the night.

Day 4: After a fulfilling breakfast, we will begin our rafting journey on the Karnali River. The first day of rafting will bring us through big rapids like Jail house, which will get our adrenaline pumping and provide an exciting start to the trip.

Day 5: On the fifth day, we will hit more rapids, including God House, Juicer, Flip and Strip. As we navigate down the river, we will reach the confluence of Seti Beni, which will serve as our campsite for the night.

Day 6: This is a layover day, where we will take a break from rafting and spend the day relaxing and exploring the Seti Beni area. There will be opportunities for hiking, fishing, or simply enjoying the beauty of the surroundings.

Day 7: On the seventh day, we will continue our rafting journey, navigating through smaller rapids and taking in the breathtaking scenery along the way. We will make our way to Jamuna village, where we will set up camp for the night.

Day 8: From Jamuna village, we will continue our rafting journey and enjoy a relaxing day on an unspoiled beach. The frequency of rapids will decrease, allowing us to fully take in the stunning surroundings and unwind after a few days of thrilling rafting.

Day 9: We will continue rafting down the Karnali River, taking in the beauty of the region and relaxing throughout the journey. The frequency of rapids will continue to decrease, and we will set up camp at some distance above the Bheri Confluence for the night.

Day 10: On the final day of the rafting trip, we will reach Chisapani. From here, you have the option to drive back to Kathmandu or embark on a 2-day jungle safari in Bardiya National Park. Alternatively, you can fly back to Kathmandu from Nepalgunj.

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