

Signature Kathmandu Helambu Trek and Bhotekoshi Rafting Adventure - 5 Days Himalayan Trek & River Trip

URL: <https://www.nepalriverrunner.com/helambu-trek-bhotekoshi-balephi-rafting/>

Starting Point Kathmandu	Duration 5	Difficulty Trekking Difficulty: Moderate, Bhotekoshi: II-III+ Balephi: II-III
Best Seasons Mar-May, Sep-Nov	Activity Trekking, White Water Rafting	Group Size Minimum 4, Maximum 28
Maximum Altitude 3,690 m (Tharepati)	Ending Point Kathmandu	

Helambu Trek Bhotekoshi Balephi Rafting Overview

The **Kathmandu-Helambu Trek and Bhotekoshi-Balephi Rafting Adventure** is a short multi-activity itinerary combining Himalayan ridge trekking with white water rafting in Sindhupalchok District.

The trekking section follows the **Sundarijal-Chisapani-Kutumsang-Tharepati-Melamchi Gaun route**, a classic Helambu trekking corridor known for forested ridges, Tamang and Hyolmo settlements, and panoramic Himalayan viewpoints. The trek reaches **Tharepati Pass (3,690 m)**, the highest point of the itinerary.

After trekking, the trip continues by road to the **Bhotekoshi corridor near Sukute** for rafting on the **Bhotekoshi and Balephi rivers**, which offer **Grade II-III+ rapids** suitable for beginners with professional guides.

This itinerary is ideal for travelers seeking a **short Himalayan trek combined with river adventure close to Kathmandu**. The Helambu region is recognized by the [Nepal Tourism Board](#) as one of the closest trekking destinations from Kathmandu.

Detailed Itinerary for Kathmandu Helambu Trek and Rafting

Day 1: Kathmandu to Helambu Trek

Drive Duration: ~1 hour

Trekking Duration: 5-6 hours

Overnight: Chisapani

Drive from Kathmandu to **Sundarikal**, the entry point to Shivapuri Nagarjun National Park. The trail ascends through forested hills and stone staircases, passing Mulkharka village before reaching **Chisapani**, a ridge-top settlement with views over Kathmandu Valley and the Langtang Himalayan range.

Day 2: Helambu Trekking Route

Trekking Duration: 5-6 hours

Overnight: Kutumsang

The trek continues through terraced farmland, pine and rhododendron forests, and rural settlements such as Pati Bhanjyang and Chipling. **Kutumsang** is a traditional mountain village inhabited mainly by Tamang and Sherpa communities and serves as an important stop on the Helambu trekking route.

Day 3: Drive to Bhotekoshi

Trekking Duration: 7-8 hours

Overnight: Melamchi Gaun

This is the highest and most scenic day of the trek. The trail climbs through dense forests to **Tharepati Pass (3,690 m)**, offering panoramic views of the **Langtang, Ganesh Himal, and Jugal Himalayan ranges**.

After crossing the ridge, the trail descends to **Melamchi Gaun**, a culturally rich Hyolmo village known for traditional architecture and Buddhist heritage.

Day 4: Bhotekoshi Rafting

Drive Duration: 3-4 hours

Rafting Duration: 2-3 hours

Rafting Grade: II-III+

Overnight: Riverside lodge or camp

After early morning breakfast, drive to the **Bhotekoshi corridor near Sukute in Sindhupalchok District**. Upon arrival, receive a safety briefing and professional rafting equipment before rafting on the **Bhotekoshi River**, known for continuous Himalayan rapids and steep gradient.

Day 5: Balephi Rafting and Return

Rafting Duration: 2-3 hours

Rafting Grade: II-III

Drive Duration: ~3-4 hours

Raft on the **Balephi River**, a tributary of the Bhotekoshi, offering fun and splashy rapids suitable for beginners. After rafting, drive back to Kathmandu via Araniko Highway.

What to pack for Trekking-cum-Rafting trip?

- Shorts / ½ pants
- 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

What's Included?

- Licensed trekking and rafting guide
- Rafting equipment (helmet, life jacket, paddle)
- Shivapuri and Langtang National Park permits
- Accommodation during trekking and rafting days
- Ground transportation as per itinerary
- Meals during trekking and rafting activities
- First aid kit and emergency support
- All applicable government taxes, including VAT.

What's Not Included

- International flights and visa fees
- Travel insurance (mandatory)
- Personal expenses and alcoholic beverages
- Tips for staff
- Personal trekking and rafting gear
- Extra meals not mentioned in itinerary

Permits and Entry Requirements

- **Shivapuri Nagarjun National Park Permit** (Sundarikal-Chisapani section)
- **Langtang National Park Entry Permit** (Kutumsang, Tharepati, Melamchi Gaun)

FAQ - Kathmandu Helambu Trek and Bhotekoshi Rafting

Is this trek suitable for beginners?

Yes. The Helambu trekking route is considered moderate and suitable for beginners with good physical fitness.

What is the highest altitude on this trip?

The highest point is **Tharepati Pass at 3,690 meters**.

Is rafting on Bhotekoshi and Balephi safe?

Yes. The commercial sections are **Grade II-III+** and guided by professional rafting guides with safety equipment.

Do I need previous rafting experience?

No prior rafting experience is required. Training and safety briefings are provided before rafting.

What is the best season for this trip?

Spring (March–May) and Autumn (September–November) are the best seasons. Monsoon has high water levels but reduced visibility.

How far is the Bhotekoshi corridor from Melamchi Gaun?

The drive typically takes **3-4 hours**, depending on road and weather conditions.

What permits are required?

Shivapuri Nagarjun National Park Permit and Langtang National Park Entry Permit are required.

Can this trip be customized?

Yes. The itinerary can be customized for private groups, corporate trips, and educational tours.

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