

Bhotekoshi and Balephi: 2 days

URL: <https://www.nepalriverrunner.com/river/bhotekoshi-and-balephi-2days/>

Duration

2 Days

Difficulty

II-III+

Distance

22 kms

Best Seasons

March - May | Oct -Nov

Experience the thrill of rafting on the **Bhote Koshi and Balephi rivers** on a 2-day trip with Nepal River Runner. The river offers a wild and thrilling adventure for those looking for an adrenaline rush. Experienced and certified guides ensure a safe and enjoyable experience, and provide all necessary equipment and safety precautions. The Lower Bhote Kosi river features Class III rapids, while the Balephi river features a mix of Class III and Class III+ rapids.

Balephi is a town in the Sindhupalchok district of the Bagmati province of Nepal and the center of the Balephi municipality. A popular gateway to Balephi Gaupalika or the Balephi Rural Urban Area, it is known for its rich cultural heritage, friendly community and natural beauty. Balephi offers a unique blend of natural beauty, cultural heritage and hospitality.

Trip Itinerary

Day 1

We depart the Rafting Tour at 7am from your hotel. Be sure to be in good standby before departure time.

It takes about 1.5 hours to reach Jiro-Kilo from Kathmandu, with a 40-minute tea/coffee stop at Jiro-Kilo (charges apply). The trip will continue for another 1.5 hours to reach our campsite in **Sukute**.

Once we reached Sukute, it took about 30 minutes to set up the gear for our rafting adventure. You will be asked to fill in your details and change into more comfortable and water-friendly clothing. We will then board a transport to our starting point in **Andherii**.

There will be a 20-minute rafting safety briefing before you begin. During the trip, we will go through places where you can swim or jump. Our tour guide will notify you when we reach these areas. Our trip will end at **Sukute**, our campsite.

Lunch will be served at the end of the trip and will include sandwiches, green salad, tuna salad, mayo salad, Tang juice and mineral water. After lunch, we'll wash up and spend time at the beach or swimming, if you like.

At 5:00pm, we will have tea, coffee, popcorn and shrimp crackers followed by camp introduction. We arrange sleeping in quality tents, with three different types available from 2-3 people, 7-10 people and open Raft tents (Salta). Private tents are also available upon request at the time of booking.

In the evening, **light a campfire and serve BBQ (chicken). Tea, coffee and soup** will be served before dinner. Dinner will follow, consisting of spaghetti with tomato sauce, cheese, boiled vegetables and green salad. After that, guests can stay around the bonfire or sleep.

Day 2

Tea and coffee will be served at 7 o'clock. Breakfast will be served at around 08:00 am and consists of bread, jam, honey, hard-boiled eggs and chips.

We are going to Balephi (our next rafting activity) at 10am. The drive to our starting point in **Jalbirey** will take about **1.5 hours** and the route is completely off-road so everyone should be prepared for a bumpy ride.

There will be 20 minutes of rafting safety instruction before we begin, after which we will board the raft and begin paddling. During the journey you will witness peaceful rural villages and wild flora with a glimpse of the mountains to the north.

After 2 hours of sailing, we will stop for lunch. Lunch will be prepared on site and will include fried pasta, bread, lemon salad, cheese, grilled chicken, seasonal fruit, Tang juice and green salad.

After about an hour and a half, we will continue our journey downstream. After rowing for about an hour, we will arrive at our **campsite**. We will rest on the raft and wash up with tea and coffee served.

Then we will pack for the return trip to Kathmandu, which will take about 3 hours. Our trip will end in your accommodation, where we started.

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

What's Included

- Professional English speaking licensed guides highly trained and safety certified to international standards in Whitewater River Guiding, Swift Water Rescue, and Wilderness First Aid
- Professionally trained and certified safety kayakers.
- Quality rafting and kayaking equipment, including boats, kayaks, helmets, paddles, PFDs, dry bags and Pelican boxes.
- Treated drinking water
- Two-way transportation
- River permits.
- Industry standard first aid kits
- Team photos (photos videos by our team)
- Included meals
 - Day 1 = Lunch & Dinner
 - Day 2 = Breakfast, Lunch

Types of food provided:

Throughout our expedition, we provide treated stream water for drinking. We employ crews with great culinary ability and provide breakfast, lunch and dinner during the expedition in a buffet style. So, yes you have the freedom to choose what you like. If you have special dietary needs, please let us know about it at the time of booking, so that we can arrange accordingly.

Sample menu for the trip

- Breakfast: Tea, Coffee, White chocolate, Muesli and Cornflakes, Yogurt. Eggs, Toast, Hashed potatoes, Pancakes, Porridge etc.
- Lunch : Bread, Cheese, Salami, Tuna, Sardines, Baked beans, Salads, Fresh fruits and Biscuits
- Dinner: Pasta, French fries, Curries, Steamed or Fried vegetables. We may provide Nepali Dal, Bhat in rotation for longer trips.

What's Not Included

- 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.

Address

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