

Bhotekoshi River Rafting

URL: <https://www.nepalriverrunner.com/river/bhotekoshi-river-rafting/>

Starting Point Kathmandu	Duration 1 Day	Difficulty Moderately challenging
Distance 10km	Best Seasons Mar – Jun, Sep – Nov	Activity White water rafting and kayaking
Group Size Minimum 1, Maximum 14	Maximum Altitude 1400m	Ending Point Kathmandu

Why You'll Love Bhotekoshi River Rafting

- One day short trip is **fit for busy professionals**.
- Impressive, exciting, and challenging rapids.
- Very accessible, a short drive from Kathmandu.
- Impressive Himalayan view along with green landscapes and gorges.
- An exciting rafting trip with fun and challenging Class III and IV rapids, just three hours from Kathmandu.

Bhotekoshi River Rafting Overview

Bhotekoshi river rafting for 1 day is one of Nepal's most popular rafting activities. The Bhotekoshi River originates from the melting snows of Zhangzanbo (8,012 m) Glacier in Tibet. The river is extremely wild, and its gradient is the steepest in Nepal. You can finish rafting in the Bhotekoshi River in a single day. So, if you are short of time yet crave an extreme adrenaline rush, this package is for you. The river is very challenging, and even looking down at the river will make most people feel dizzy. This is the river for you if you are seeking a one-day adventure that provides extreme thrills.

We will raft and kayak in the lower Bhotekoshi—Upper Sunkoshi—for a single-day trip. *The river is full of class 3 rapids, so the journey will be exciting.* The gradient of this river is 15 meters per kilometer. Rafters need little experience, but this river is only for experienced kayakers. The river passes through narrow canyons that are full of rich vegetation. Nepal River Runner has been conducting Bhotekoshi White Water Rafting and Kayaking trips since 2011 A.D. Our experience helps us perform this trip most favorably for our customers and clients.

Bhotekoshi River Rafting Itinerary

Day 1: Drive from Kathmandu to Bhotekoshi and return to Kathmandu the same day

We will leave for our one-day rafting adventure on Bhote Koshi at **6:30 am sharp from our office at Thamel**, Kathmandu, following the Bhote Koshi river rafting itinerary. We will drive to Khadichaur (741 m), which takes about three hours. After driving for about 1.5 hours, we will reach Keraghaari Organic Coffee and Lassi shop, where we will stop for tea and coffee (self-pay) for 20 minutes. Then, we will drive for another 1.5 hours to reach our put in point at Khadichaur. After reaching Khadichaur, we will set up our equipment for the trip. It'll take approximately 30 minutes.

If you have not completed your pre-departure form, you must do so now. Before entering Bhote Koshi, we will brief you about safety tips, which will take another 20 minutes. We will then start rafting, and during our entire trip, we will let you know where you can swim and/or go cliff jumping. We will end our journey at Sukute (698 m) and have our (Non-Veg) cold meal consisting of Bread, Cheese, Tuna, Salad, Fruits, Biscuits, etc. Then, we will depart for Kathmandu at 5 pm. Our journey will end at our office in Thamel, where we began.

Important Information

- **Departure:** Thamel, Kathmandu
- **Departure Time:** 6:30 am
- **Return Details:** Thamel, Kathmandu

Cancellation Policy

- Please note that if you cancel your trip after booking, **you will lose 30% of the trip amount.**
- The cancellation date will be the day we receive your written cancellation request.
- **If you leave a trip voluntarily for any reason once the journey commences**, you will not receive a refund.
- Nepal River Runner will not make any refunds for unused facilities/services such as transport, sightseeing, accommodation, meals, or other services.

What to Bring During this 1 Day Trip

- 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: Lunch/Hot 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

- Lunch : Bread, Cheese, Salami, Tuna, Sardines, Baked beans, Salads, Fresh fruits and Biscuits

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.

What happens to Upper bhotekoshi rafting?

Bhote Koshi River

Steep, adrenaline-packed river (~15 m/km gradient) with continuous technical rapids. [Check here](#)

How to prepare for Bhotekoshi Rafting?

Physical and mental preparedness

You must be adequately prepared before beginning your Bhotekoshi rafting journey. Keeping yourself physically active with mild exercises like cardio or jogging can help make you physically capable for the trip. Likewise, you must learn about the rafting features, challenges, etc., for mental preparation. When we talk about mental and physical preparedness, you cannot leave out the fact that you should be very confident.

Get all the gear necessary from your side

Rafters must prepare all the necessary gear and equipment for their rafting trip. While most essential gear will be made available through us, you need to tick everything in the checklist we've provided below. In addition to this, you should not neglect the importance of wearing safety gear like helmets and life jackets, as they will protect you in the most unimaginable situations and will also create a sense of security as you enjoy the journey. Also, make sure to follow your guide's instructions throughout your trip!

Learn to hold the paddle properly

Be sure to hold the paddle properly. You can get a brief introduction about the paddles and how to keep them to ensure safety and comfort throughout the journey. Rafters will be given pre rafting guidance that will help them know how to hold the shaft correctly, position the blade, and paddle together with your rafting group. Following the tips with attention will help you avoid any kind of accidents or injuries.

Don't drink and raft

Be careful about not drinking and rafting. Keep in mind that these two activities don't go together. In fact, even a sip may cause you to become tipsy and fall into something unfortunate along the way. When you drink and raft, chances are, you may trip or fall off the raft, or even worse, meet with an accident in some way. There is also an increased possibility of delayed responses to what your instructor says after having been drunk.

Why Bhote Koshi should be on the Bucket List for

Rafting?

The Bhotekoshi rafting experience is preferable, mostly because of its duration. *Also, Bhotekoshi is one of the major tributaries of the Sapta Koshi River.* Hence, it makes for a great whitewater river rafting experience. In addition to this, the destination is very close to Kathmandu, from where you'll begin your journey, which means the road trip won't tire you either.

You can experience the adventure of a lifetime with **Class III to Class IV/ V rapids**. And, since the rapids are higher in this river, adrenaline junkies may prefer the Bhotekoshi rafting tour over another rafting destination at Trishuli, which is also quite close to Pokhara. As you go from Kathmandu to the Tibetan Border, you will be able to witness variations of culture from one point to another. Moreover, rafters can also raft through green forests and cliffs, beautifying the rafting location.

FAQs About Bhotekoshi River Rafting

What is Bhotekoshi famous for?

Bhotekoshi is famous for rafting trips. In recent times, especially with the growth in the number of adventure lovers in Nepal and those who come to Nepal for such outdoor activities, bungee jumping over Bhote Koshi has been just as popular. You can also kayak when you're in the river.

Is bungee jumping done in the Bhotekoshi River?

Yes, bungee jumping in Nepal is done in many destinations, but the most popular is the Bhote Koshi River. If you haven't already known, the Bhote Koshi River is Nepal's first bungee jumping destination. You will reach the location after only 3 hours of driving from the capital city. You can pair the bungee jumping experience with the Bhote Koshi rafting tour.

What is the difficulty level of the Bhotekoshi White Water Rafting?

Rafters can expect Class III, Class IV, and Class V rapids. However, listening to your guide and following practical measures as a rafter will make the difficulty manageable. Overall, the difficulty level can be considered moderately difficult, if not easy, for fit beginners.

How old do you have to be for the Bhotekoshi rafting tour?

You must be at least 15 years old to complete the Bhote Koshi rafting tour successfully. The average age a person has to be for rafting journeys of rapid Grade II or Grade III is 8 years old. But the rapids in Bhote Koshi are much higher. An older rafter can better enjoy the trip.

Do you need an expert rafter for the Bhotekoshi rafting experience?

You don't necessarily have to be an expert rafter for the Bhote Koshi rafting experience. Even a beginner rafter with good enough physical fitness and mental preparedness, knowledge of paddling, and a licensed guide is suited for the Bhote Koshi river adventure.

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