

Family Adventure Package

URL: <https://www.nepalriverrunner.com/river/family-adventure-package/>

Starting Point

Galaundi

Duration

7 Days

Difficulty

Moderately challenging

Best Seasons

Autumn and Spring

Activity

White water river rafting

Group Size

Minimum 1/ Maximum 14

Maximum Altitude

1,750m

Ending Point

Pokhara

Why You'll Love the Family Adventure Package

- Rafting in the Trishuli River is perfect for first-time rafters who want to experience rafting.
- You can go to visit Chitwan National Park, a World Heritage Site.
- Excellent bird watching, elephant riding, and canoeing opportunities.
- You will get an insight into native Tharu culture.
- You can roam around the tourism capital of Nepal, Pokhara.
- Sarangkot (Pokhara) is where you can experience sunrise and view the mountains.

Family Adventure Package Overview

The *family adventure package* offers both *adventure and family-friendly factors in a trip package!* Trishuli River contains some challenging (higher Class) rapids, but rafting over them is unnecessary; we can take a different route and bypass them. The entire trip is not just about rafting; you will visit the famous **Chitwan National Park**, a World Heritage Site, where you can experience many activities such as Jungle Safari, bird watching, canoeing, etc. And, yes, you will also be visiting Pokhara, one of Nepal's most beautiful cities and the tourist capital.

This is a family trip, so we want to make sure that each member of your family enjoys the entire trip. **Trishuli River** contains some challenging (higher Class) rapids, but it is unnecessary to raft over them; we can just take a different route, bypassing these rapids. We will assess the situations very carefully and then make a proper decision. The entire trip is not just about rafting, you will be visiting the famous Chitwan National Park, a World Heritage Site, where you can experience many different activities such as Jungle Safari, bird watching, canoeing, etc. And, yes, you will also be visiting Pokhara, one of Nepal's most beautiful cities and the tourist capital.

7 Days Family Adventure Package Itinerary

Day 1: Charaundi (310m)

After breakfast, early in the morning, we will drive for three hours to reach our put-in point at Galaundi on the first day of our family adventure package itinerary. We will prepare our rafting equipment, and our field staff will instruct you on how to use the equipment. Then, we will start rafting in Trishuli. Initial paddling will be easy, but it gets more complex slowly.

The most popular rapids in this part of the Trishuli are Monkey Rapid (Class IV), Teen Devi (Class IV), and Malekhu (Class IV). As mentioned earlier, we can choose a different path if we assess the rapids as unsafe. We will raft a little further until we reach Charaundi, where we will set up our camp.

Day 2: Fishling

After breakfast, we will start rafting from Charundai to Fishling early in the morning. On our way lie several rapids such as Twin Rock (Class III), Ladies Delight (Class III), Monsoon (Class IV), Upset (Class IV), and Surprise (Class IV). But again, you can choose to use a different route, bypassing these rapids. We will be setting up our camp for that day at Fishling.

You can take your time and roam in and around this ancient village. If you cross the nearby bridge and walk up for a short distance, you will see terraces of land full of vegetables.

Day 3: Chitwan (415m)

In the morning, after breakfast, we will explore the local villages near Fishling. This region looks very beautiful. Please bring your cameras so that you can capture some exceptional snapshots. We will then be rafting for about one and a half hours in Trishuli, and finish at Panch Kilo. On our way, we will encounter two popular rapids, Butterfly (Class IV) and Manakamana (Class IV), which may be avoided for safety reasons. Then, we will be having our lunch at Panch Kilo. After lunch, our private van will pick you up and take you to Chitwan.

In Chitwan, you will get a welcome drink at a hotel of your choice. You will have time to rest, and then we will take you to Sauraha, which is close to the Rapti River, where you can view the beautiful sunset. We will assemble at our hotel once more and then head for the nearby Tharu Culture Center, where you can enjoy the native Tharu culture dance show. We will then return to our hotel, have dinner, and spend the night there.

Day 4: Chitwan

After a filling breakfast, we will go for a traditional wood canoe ride in the Narayani River early in the morning. We canoe for about 45 minutes, and during canoeing, we can view different species of birds. In 2006, bird watchers recorded a total of 543 species of birds in this park alone. Our tour guide will brief you about the bird species. It is always a good idea to bring binoculars with you. However, we can rent them out to you on an availability basis.

We may even see rhinos and/or crocodiles if we are lucky. After canoeing, we will trek through the jungle, seeing many prized animals such as spotted deer, deer boar, Royal Bengal Tiger (if we are lucky), and so on. After the Jungle Trek, we will head to the elephant breeding center and then to the elephant bathing center. Next, after a filling lunch, we will take you on an elephant Jungle safari. Then, we will return to our resort, have dinner, and spend the night.

Day 5: Pokhara (827m)

This will be our last day in Chitwan; we will head to Pokhara next. But before starting our trip to Chitwan, after breakfast, early in the morning, we will take some time to watch birds as they gather around the resorts during this time of the day. After bird watching, we will head to Pokhara on our private vehicle. We will reach Pokhara in about five hours and check into our hotel, where we will spend some time refreshing ourselves.

Then, we will be visiting Tal Barahi Temple, which lies in the middle of Phewa Lake. If, for some reason, such as a delay, we cannot visit this temple the same day, we will do so the next day. It will be evening by then, so we will return to our hotel and spend the night there.

Day 6: Pokhara

After morning tea, we will head to Sarangkot (1,600 m) to catch the early sunrise. Sarangkot is famous for its view of Mt. Machhapuchchhre (6,993 m) and the Annapurna mountain range. We will return to our hotel from Sarangkot for breakfast. We will spend the remaining time of that day in Pokhara. Several sites are worth visiting. We will take you to Davis Falls, the International Mountain Museum, Bat Cave, Mahendra Gufa, etc.

- **Davis Falls:** In Nepali, it is also known as Patale Chango (which means underworld waterfall). This waterfall forms an underground tunnel 100 feet below ground level.
- **International Mountain Museum:** This museum is devoted to the mountains of Nepal. It features displays related to the geology, flora, culture, and history of the Himalayas. Visitors can also see the mountain gear used by mountaineers during different historical periods.
- **Bat Cave:** This cave houses thousands of horseshoe bats hanging from the ceiling of this damp and smelly cave.
- **Mahendra Gufa (cave):** Mahendra Gufa is a limestone cave where you can see the statue of the Hindu lord Shiva. It is named after the Late King
- **Mahendra Bir Bikram Shah Dev.** After roaming around Pokhara as time permits, we will return to our hotel and spend the night there.

Day 7: Kathmandu

After breakfast, we will depart for Kathmandu early in the morning in a private van/car. We will have lunch at Malekhu (446 m). Malekhu is situated roughly between Kathmandu and Narayangadh on the banks of the Trishuli River. It is famous for deep-fried and smoked fresh fish dishes. We suggest you savor the fish dishes here. It will take us about five hours to reach Kathmandu from Pokhara.

- Another option is to fly from Pokhara to Kathmandu, which takes about 35 minutes. Please mention this when booking.
- In the evening, we will have our farewell dinner in Kathmandu at a local restaurant. There, you will also see a Nepali cultural dance. After dinner, we will return you to your hotel.

What to Pack for a Family Adventure 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
- Binoculars

What's Included

- Professional English-speaking licensed guides are 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.
- Gear raft support
- Quality rafting and kayaking equipment, including boats, kayaks, helmets, paddles, PFDs, dry bags, and Pelican boxes.
- Accommodation in a camp and all necessary facilities including two-man tents, shelters, simple mattresses and sleeping bags, toilet tents, etc.
- Treated drinking water
- Two-way transportation (private bus, option to fly from Pokhara to Kathmandu)
- River permits.
- Industry standard first aid kits
- Team photos (photos and videos by our team)
- Included meals
 - Day 1 = Lunch & Dinner
 - Day 2-4 = Breakfast, Lunch & Dinner
 - Day 5-7 = Hotel & Breakfast

Types of food provided:

Throughout our expedition, we provided 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 expedition

- 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.

Which destinations are included in the Family Adventure Package?

Charaundi

Visit Charaundi to experience the fun-filled Charaundi Beach Camp. *You can enjoy the greenery and the peaceful surroundings of the riverside when you're here.* This destination, situated along the Prithvi Highway, also offers WiFi and delicious food. Charaundi is a landmark within the Dhusha Village Development Committee. This is a very popular stop among travelers, making it perfect for stopping as you proceed on your journey.

Fishling

Fishling is the location between Mugling and Narayanghat. It is an exciting destination to drop by during your family adventure trip. You will be thrilled at the many interactions you will have when you are here. Travelers can stop by eateries to interact with the people or observe marketplaces in the rather remote location. Moreover, you can enjoy the sight of suspension bridges and local habitats that have their own authenticity per location, and you can get a glimpse of the typical Nepalese lifestyle.

Chitwan

Chitwan is popular for its Chitwan National Park, which is a national attraction for travelers from all around the world. You can explore the wildlife safely while also getting the chance to interact with the local Tharu culture. When you visit this location, you can also learn about different rare and common wildlife species. The Tharu people will also present the most wholesome performances for you in their Cultural Heritage shows.

Pokhara

Pokhara is one of the most famous places to visit for casual outings from day to night among all types of visitors, including foreigners and Nepalese. You will get to experience Gurung culture and enjoy Western, more modern elements of the destination when you are here. Pokhara is a common destination among tourists worldwide, which increases the beauty and inclusivity of the location throughout the year. You can buy souvenirs from different Nepalese, Tibetan, and Western stores here.

Kathmandu

Kathmandu is the capital city of Nepal. Therefore, you will get to experience the rich ancient culture of the old city. The valley is full of modern amenities, which make your travel as convenient as can be. Traveling here includes going to most of the UNESCO World Heritage Sites. Needless to say, you will be able to witness the beauty of different cultures, including Newari, Chhetri, Brahmin, and even some indigenous communities whose populations have risen in the capital city and have spread their traditions and culture.

Is the Family Adventure Package Family Friendly?

Yes, the family adventure package is suitable for your family. The name itself says it is family-friendly. *Hence, you can be assured that your family will be safe and comfortable and that they will enjoy the trip to the fullest.* The itinerary in this package is designed for families of all kinds. We bet that an active family would not face any hassle during the small group travel. That said, even grandparents and grandkids can enjoy the journey with this package. In addition to this, there won't be locations that are incredibly challenging to travel to in this package. So, stress or anxiety during the trip is less likely.

This package includes adventures designed to suit multigenerational travel. While we have mentioned the nature of the family adventure package, including adventure destinations for families, travelers should remember that family travel can be turned into an action-packed family adventure if they have a sense of adventure. Family vacation packages with activities will also take place in similar locations. Some activities an adventurer can engage in during the trip are biking, nature trips for families, snorkeling, and a whitewater rafting adventure.

FAQs About Family Adventure Package

Can older adults engage in active adventures during the family adventure trip?

Yes, elderly travelers can go on a family adventure trip without difficulty! The adventure is designed for all ages, making it suitable for people above 60 to take on the journey without issue. However, you need to be careful about not letting your elderly family members engage in activities that may trigger certain physical and mental conditions.

Do we need travel specialists to guide us during the family adventure trip?

Yes, you need travel specialists, especially a travel guide, to help you figure out the best itinerary while being convenient and comfortable throughout the trip. This ensures safety among travelers as well. The specialist will always know the right thing to do in certain situations.

Is Nepal good for a family adventure vacation?

Yes, Nepal is a great travel destination for a family adventure vacation. The trip is going to be full of exciting, adventurous experiences. In addition to this, you will also experience the beauty of serenity among the Himalayas as well as amid the local crowd from diverse backgrounds.

Can I customize the itinerary for the family adventure vacation on my own?

This is a common question among family travelers. You can make changes to the itinerary you follow. However, it is made with a standard traveling family in mind and cannot be modified completely. We assure you that your travel will be convenient and simple regardless.

How old must a child be to go on the family adventure trip?

A child has to be at least 8 years old to go on a family adventure trip. This is mostly because children are resistant to adventurous activities. If you've trained your kid enough for a journey like this one at a younger age, then they can enjoy the trip with proper guidance and care.

Address

5th Floor, DRS Bhawan, Paknajol-16 Thamel
P.O Box 19505
Kathmandu, Nepal