

Karnali River Rafting

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

Starting Point

Dhugeshwor

Duration

10

Per Person Cost

USD 2275

Difficulty

III to IV

Distance

180KM

Best Seasons

Mar-June, Sep-Nov

Activity

White River Rafting

Group Size

Minimum 3, Maximum 21

Maximum Altitude

1,300m

Ending Point

Chisapani

Karnali White Water Rafting Highlights

- Experience the adrenaline rush of rafting through fast-flowing water with exciting Class II-IV rapids.
- Enjoy stunning river scenery ranging from pristine water to lush riverbanks and remote wilderness.
- Encounter diverse birdlife, fish, and other wildlife along the river corridor.
- Feel the excitement of navigating sharp bends, wave trains, and dynamic river features.
- Capture unforgettable moments filled with action, exploration, and adventure.
- Create lasting memories through a unique combination of adventure, nature, and wilderness travel.

Karnali River Rafting Overview

Karnali White Water Rafting is an exciting expedition along Nepal's longest and largest river, stretching approximately 507 kilometers. The river originates near **Mount Kailash** in Tibet and is widely regarded as one of the premier rafting destinations in Nepal, offering a thrilling whitewater journey through remote and untouched landscapes.

The river flows through isolated regions of pristine jungle, rich in wildlife, bird species, and aquatic life. The rafting expedition typically begins at **Dhungeshwor**, which requires a long overland journey from Kathmandu, and concludes at **Chisapani**. The first section of the river delivers continuous and powerful rapids in Nepal's remote western region, often referred to as the "Wild West," while the later section transitions into more moderate and manageable river conditions.

The combination of dramatic canyon scenery, remote wilderness, and consistent whitewater action makes **Karnali White Water Rafting** one of the finest multi-day rafting expeditions available in Nepal. The best seasons for rafting on the Karnali River are typically **October to December** and **March to May**, when river levels provide optimal conditions for expedition rafting.

A typical **10-day Karnali River rafting expedition** is ideal for travelers seeking a true wilderness adventure in Nepal, combining scenic landscapes with world-class river action. One of the key advantages of this expedition is that the take-out point at **Chisapani** provides convenient access to **Bardia National Park**, making it possible to combine rafting with wildlife safaris. The Karnali River is also recognized as an excellent destination for freshwater fishing and remote river exploration.

Karnali River Rafting Itinerary

Day 1: Drive from Kathmandu to Surkhet

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: Drive from Surkhet to Dhugeshwor

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: Rafting Begins - First Rapids Encounter!

After a hearty breakfast, we will begin our first rafting journey on the Karnali River. 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.

The first day of rafting will bring us through big and powerful rapids, which will get our adrenaline pumping. After an eventful and thrilling adventure day, we will camp by the riverside in the evening. You can enjoy a delicious meal on the sandy beaches and under the stars.

Day 4: Big Water Adventure Begins!

On this day, we will raft through big water and waves, such as Jail House (a challenging Class IV rapid). As we navigate down the river, a more exciting rollercoaster whitewater experience awaits us. In the evening, we will spend the night at our riverside campsite.

Day 5: Rapids Galore & Confluence of Seti Beni

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 the Seti Beni, which will serve as our campsite for the night.

Day 6: Rest & Exploration at Seti Beni

Today is set as a rest day after a back-to-back rafting adventure. After breakfast, you can participate in various activities, such as hiking, fishing, or swimming. You will have a day to explore the Seti Beni area. The leisure day will leave you relaxed and recharged for the next day's rafting section. Tonight you will stay overnight at the same camp as Seti Beni.

Day 7: Rafting from Seti Dovan to Jamuna Village

We will have breakfast at our campsite, and we will continue our rafting journey. Today, we will navigate moderate but exciting rapids through towering cliffs and untouched forests. We will make our way to Jamuna village, where we will set up camp for the night.

Day 8: Relaxing Float & Enjoy Scenic Beauty

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. The water is calmer and the rapids are gentler. You will set up a camp at an unspoiled beach for the night. In the evening, you will enjoy a campfire and storytelling night.

Day 9: Towards the Bheri Confluence

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 enjoy slower-paced rafting, with beautiful scenery. In the evening, we will set up camp at some distance above the Bheri Confluence for the night.

Day 10: Final Rafting Stretch & Trip Ends at Chisapani

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 to Bring?

- Sport Sandals or water shoes
- Lightweight quick-dry clothing
- Swimsuit
- Wetsuit
- Warm layers (fleece, trousers)
- Towel
- Toiletries
- Sunscreen
- Sunglasses
- Camera and batteries/chargers
- Water bottle & Flashlight
- A little cash

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 - buses, 4WDs.
- River permits.
- Industry standard first aid kits
- Team photos (photos and videos by our team)
- Included meals
 - Day 1 = Lunch & Dinner
 - Day 2-9 = Breakfast, Lunch & Dinner
 - Day 10 = Breakfast, Lunch

- **Types of food provided:**

Throughout our expedition, we provided treated stream water for drinking. We employ crews with great culinary ability. We will provide breakfast, lunch, and dinner during the expedition in a buffet style. So, you have the freedom to choose what you like. If you have special dietary needs, please let us know about them 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 expenses (alcohol, snacks, packed food, souvenirs, etc.).
- 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.

Why Karnali River Rafting is a Must-Do Adventure?

Wildest and Longest River of Nepal

Karnali is Nepal's longest and wildest river, with a length of 507 km (315 mi). Originating from the sacred Mount Kailash in Tibet, the river flows through deep gorges, lush forests, and remote villages. Thus, the river offers a thrilling experience, making it one of the finest rafting destinations. Unlike other rivers in Nepal, which are often dammed or diverted, the Karnali River flows freely, offering a raw and powerful rafting experience while adding excitement, making it a must-do adventure for thrill seekers.

Undisturbed and Remote Environment

Another special aspect of the Karnali River rafting is its undisturbed and remote environment. The river flows through some remote parts, far from busy city areas and modern disturbance. Thus, rafters will be surrounded by pure nature with no traffic, no sound of any horns of vehicles, no noise, and no crowd. The expedition only offers the sound of flowing water and birds, offering a unique chance to experience Nepal's wilderness at its finest.

World Class Rapids

Karnali River rafting is world-famous for its world-class whitewater rapids and thrills. The river has a mix of grade III to V rapids, making it an exciting adventure. The river's famous rapids include Captivity, Flip and Strip, God's House, Elbow, and Sweet Well, each offering a feeling of fluttering heart. The changing nature of the river makes the river truly an exciting and must-do adventure.

Wildlife Encounter

The Karnali River's rafting is also an amazing chance to encounter wildlife, and it is more than just an expedition. The river lies near Bardia National Park. Thus, the journey offers a chance to witness the

wildlife of the protected area. Rafters have a chance to witness elephants, deer, rhinos, and wild boars alongside the riverbank and a variety of fish on the river during the adventure.

Multi-day Expeditions

Another reason the journey is a must-do is the multi-day expedition. The trip lasts 10 days, allowing rafters an enchanting experience with nature. Each day of the journey brings a new experience, offering rafters the opportunity to experience new excitement daily. Unlike other shorter rafting trips, the Karnali White Water rafting allows travelers to connect with nature.

Best Time for Karnali River Rafting

The best times for Karnali River Rafting are September to Early December (post-monsoon) and March to May (pre-monsoon) when the river levels are ideal and the weather is pleasant. In contrast, avoid rafting in the monsoon season (June to August) as heavy rainfall during that time makes rafting dangerous. Similarly, avoid rafting in the winter season (January to February) as the water level drops during that time, making the rafting experience less enjoyable.

Pre-Monsoon (Spring)

Pre-monsoon from March to May is an excellent time for Karnali River Rafting. It falls under the spring season, with stable water levels, warm weather, and beautiful surroundings. Likewise, the rapids of water level are exciting during the time, yet less intense than in the post-monsoon.

Post Monsoon (Autumn)

The autumn season, which lasts from September to early December, is another ideal time for rafting expeditions in the Karnali River. The season follows the monsoon, keeping the river water at high levels and providing thrilling rapids and stunning scenery. Likewise, the season offers pleasant weather with mild temperatures, making outdoor activities like rafting perfect.

Book Your Adventure With Us Today!

This 10-day Karnali expedition is a once-in-a-lifetime adventure! Book now and let the river guide you through the ultimate adrenaline-filled experience!

✉ Email us at: info@nepalriverrunner.com

☎ Call/WhatsApp: +977-9851188261

🌐 Visit our website: www.nepalriverrunner.com

FAQs for Karnali River Rafting

How is Karnali River rafting unique compared to other river rafting in Nepal?

Unlike other popular rafting destinations, the Karnali River offers more remoteness, powerful rapids, stunning landscapes, and wildlife encounters. Likewise, it provides a more untouched and ultimate rafting experience, offering a deep connection with nature.

Is Karnali River safe for beginner rafting?

Yes, the Karnali River is safe for beginner rafting, but with conditions. The River rafting is safe for beginners only if they are physically fit, accompanied by an expert guide, and choose the right season and gear. Still, we recommend that beginners choose dry times (October to May) because the water level is lower during that time, making the rapids manageable and beginner-friendly.

Are there professional guides provided during rafting in the Karnali River?

Yes, professional guides are provided throughout the rafting in the Karnali River. Our guides ensure the rafter's safety, manage risks, navigate rapids, teach rafting techniques, and boost the rafter's confidence.

Is Karnali River rafting a camping trip?

Yes, Karnali River rafting is a multi-day camping trip that offers an authentic river experience. Nepal River Runner provides all the facilities and gear required for camping, including two-man tents, shelters, simple mattresses, sleeping bags, toilet tents, and other necessary gear.

Do I need a permit for Karnali River Rafting?

Yes, specific government permission is necessary for foreigners to go rafting on the Karnali River. Rafters should obtain a "Rafting Permit" from the Nepal Tourism Board (NTB) or the Department of Immigration for Karnali River Rafting. Yet, we arrange the permit for our client's smooth and hassle-free expedition.

Departure Dates

- 19 Oct 2026 Monday
- 2 Nov 2026 Monday
- 18 Dec 2026 Friday

You can also choose any date that you want from our booking page.

Address

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