

# Karnali White Water Rafting and Kayaking Expedition 10 Days

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

**Duration**

10 Days

**Difficulty**

III to V

**Distance**

180 km

**Best Seasons**

Mar-June, Sep-Nov

180 kilometers long Karnali River springs straight from Mount Kailash in Tibet and is one of the most preferred rafting destinations by both the guides and rafters as it offers an excellent white water thrilling roller coaster ride. The river flows into remote areas of immaculate jungle with abundant wildlife, birds and fish. The starting point of this rafting track is Dhungeshwor, which is around a 24 hour drive from Kathmandu; whereas the take out point is Chisapani (578 kilometers from Kathmandu).

The combination of some exquisite natural beauty and the magnificent white water canyon makes Karnali rafting one of the best trips available in Nepal. The best seasons to raft in Karnali are October to December and March to May. The 10 days river expedition is ideal for someone who is looking for a more different experience of Nepal with beautiful scenery and a great river action. And the main advantage of this rafting trip is that the take out point is situated ideally for people who want to visit Bardia National Park; and Karnali River itself is a great destination for fishing. Karnali rafting is one of the finest multi day rafting destinations.

## Trip Itinerary

### Day 1

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**

After a filling breakfast in Surkhet, we will continue our journey towards Dhugheshwor, 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**

On the third day, preparations for the rafting journey will begin. 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. After a challenging run through the rapid, we will set up camp on the riverbank for the night.

## **Day 4**

After a fulfilling breakfast, we will begin our rafting journey on the Karnali River. The first day of rafting will bring us through big rapids like Jail house, which will get our adrenaline pumping and provide an exciting start to the trip.

## **Day 5**

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

## **Day 6**

This is a layover day, where we will take a break from rafting and spend the day relaxing and exploring the Seti Beni area. There will be opportunities for hiking, fishing, or simply enjoying the beauty of the surroundings.

## **Day 7**

On the seventh day, we will continue our rafting journey, navigating through smaller rapids and taking in the breathtaking scenery along the way. We will make our way to Jamuna village, where we will set up camp for the night.

## **Day 8**

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.

## Day 9

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 set up camp at some distance above the Bheri Confluence for the night.

## Day 10

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

- 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.
- 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 mattress and sleeping bag, toilet tents, etc.
- Treated drinking water
- Two-way transportation - buses, 4WDs.
- River permits.

- Industry standard first aid kits
- Team photos (photos 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 provide 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, 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.

## **Departure Dates**

- 20 Oct 2024 Sunday
- 5 Nov 2024 Tuesday
- 21 Nov 2024 Thursday
- 9 Dec 2024 Monday

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

## **Address**

**5th Floor, DRS Bhawan, Paknajol-16 Thamel**

P.O Box 19505

Kathmandu, Nepal