

Marshyangdi River Rafting

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

Starting Point

Bulbule

Duration

2 days

Difficulty

Moderately challenging

Distance

47KM

Best Seasons

October to December

Activity

White water rafting and kayaking

Group Size

Minimum 1, Maximum 14

Maximum Altitude

1000m

Ending Point

Torture

Why You'll Love Marshyangdi River Rafting

- **Exciting white water rafting experience:** You can get the most exciting white water rafting experience when you're in Marshyangdi. Moreover, the water's current is thrilling enough to keep your adrenaline flowing while being timid enough for beginners.
- **Steep and continuous rapids:** You will flow through steep waterways, and the rapids remain continuous. This river feature challenges you to tackle it in the most adventurous way possible.
- **Close to Bandipur:** Bandipur is one of the most beautiful locations to visit, with its vibrant habitats. You can also visit Bandipur during the Marshyangdi whitewater rafting and kayaking trip.
- **Scenic attractions:** This journey gives you the perfect view of mountains like Mount Manaslu and Mount Annapurna. Also, the scenery will make for great photographic opportunities with the rocks, green landscapes, and valleys.

Marshyangdi River Rafting Overview

Marshyangdi River rafting is one of the best adventures you can go on when in Nepal. The 47-kilometer river, Marshyangdi (locally known as the raging river of Nepal), is said to be the most magnificent class 5 rafting and kayaking river in the world. The river rises from the northern slopes of the Annapurna, flows east through the valley of Manang, and joins the Trishuli River at Mungling. Unlike other high-volume rivers like Karnali and Sun Koshi, the rapids of this river are technical and require a different approach.

This river is one of the steepest rivers in Nepal, combined with a captivating natural setting and a stunning view of Manaslu and Annapurna. The Marshyangdi River rafting season is from October to December. Join this intense and extreme rafting trip. Recently opened for commercialized rafting, the

Marshyangdi is one of the best rafting routes in Nepal, with continuous rapids of class 4 and 5. With a thrilling rafting experience and magnificent scenery, Marshyangdi rafting is the perfect option for those seeking an adventurous trip.

Marshyangdi River Rafting Itinerary

Day 1: Drive from Kathmandu to Bulbule (5-6 Hours) to Paundi

Our Marsyangdi rafting expedition started from Bulbule in Lamjung District, about **183 km from Kathmandu**. The drive to Bhulbhule takes about 5-6 hours. Upon arrival, your exciting rafting experience begins from Bourbourle to the Marsyangdi Hydroelectric Power Station. The rapids along the trail are fierce, with level IV-V rapids providing a thrilling ride.

Surrounded by green forests and raging rivers, you can enjoy breathtaking views. The experience promises to be an unforgettable adventure, allowing you to escape the hustle and bustle of city life and immerse yourself in the region's natural beauty. After a short rest by the river, we will drive to Paundi from the dam. We will spend the night in the city of Paundi.

Day 2: Raft From Paundi to Turture. Return to Kathmandu or Pokhara

On the final day of our rafting journey, we will return to the raft from our **next put-in point**, Paundi, and head towards our final take-out point, Turture. As compared to your first day of rafting, this day's trip is going to be slightly more tame, yet very fun. You will be rafting through Gurung and Magar settlements. From Turture, you can go back to Kathmandu or drive to Pokhara if interested.

What should I pack for Marshyangdi River Rafting?

- Shorts / ½ pant
- Sport Sandals
- Shirts that will dry qquickly
- 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.

What Makes the Marshyangdi River a Top Rafting Destination?

While it has not been long since the Marshyangdi River became famous as a rafting destination, it is doubtlessly one of the best destinations. The river gets its reputation as a raging one, given its rapids range from Class IV and Class V. Some of the common rapids you will experience are Instant Karma, Twinkle, Mama's Big Butt, and Adrenaline. Hence, if you're an adrenaline junkie and are looking for an adventure to remember for a lifetime, then this is the one.

If travelers have the will, they can take a brief trekking journey and go rafting on the Marshyangdi River. There are plenty of green landscapes to explore when in this area. Further, the kayaking experience is simply top-notch on the Marshyangdi whitewater trip. Besides the terrific views of Mount Annapurna and Mount Manaslu, you will also see the beauty of gorges and canyons while you're here. Lastly, if you've gone rafting to many of Nepal's rafting destinations, this one could make for a fresh experience since it has been made commercially recently.

What is the Rapid and Difficulty Level of the Marshyangdi River?

Rapid

The rapidness of the Marshyangdi River rapids ranges between Class IV and Class V. The upper section offers Class IV and Class V+ rapids, whereas the lower section offers Class III and Class IV rapids. Rafter will be able to traverse the Marshyangdi White Water rafting itinerary successfully with teamwork and resilience through this two-day journey. That said, it can get quite tricky for a rafter who is not seasoned enough for the rafting trip to complete the journey.

Difficulty level

Though it is a **Class IV and Class V** rapids river trip, the Marshyangdi river journey can be challenging yet not as brutal as many even thrilling rafting trips like the Tamur River, with rapids ranging from Class V to Class VI. The multiday wilderness, whatever, makes your journey somewhat challenging, and you need to have at least some amount of experience with Class III and Class IV rapids beforehand. You may still need some expertise in making rafting trips to go on this journey.

FAQs About Marshyangdi River Rafting

What is the best time for the Marshyangdi white water rafting and kayaking trip?

October and December are the best times for the Marshyangdi whitewater rafting and kayaking trip. During these two seasons, you won't have to suffer from unpredictable weather conditions like you usually do during the summer or monsoon. Also, it is neither too hot nor too cold during both seasons.

Can a first-time rafter go on the Marshyangdi white water rafting and kayaking trip?

Depends! If you're a first-time rafter who knows how to swim and is an outdoor person, go on this journey. Otherwise, a person not as skilled in outdoor activities, who does not know how to swim, and has not rafted before, may not be fit for the trip.

How safe is the Marshyangdi white water rafting trip?

The Marshyangdi whitewater rafting trip is relatively safe. However, you may have to be cautious about accidents that may occur if you're not careful enough. There should also be no risk of fatalities. Being mindful is the way to go!

What is the minimum age limit for the Marshyangdi white water rafting and kayaking trip?

The maximum age limit for the Marshyangdi white water rafting and kayaking trip is 18. Given this age limit, you have to be just as skilled and familiar with ways of rafting, kayaking, and even swimming to stay safe about your safety throughout the trip. Anyone under the maximum age limit should consider simpler trips.

What is the weight limit for the Marshyangdi white water rafting trip?

The weight limit for the Marshyangdi whitewater rafting trip is 170.1 kilograms. A rafting boat is solid enough to hold many rafters at a time. You need not worry about being fit in the raft, as our representatives and licensed guide will manage the trip safely.

Address

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