

Multi River Expedition Nepal - Epic 13-Day Ultimate Rafting & Kayaking Adventure

URL: <https://www.nepalriverrunner.com/river/multi-river-expedition/>

Starting Point Khadichour	Duration 13 Days	Per Person Cost USD 3540
Difficulty I to IV	Distance 336KM	Best Seasons Mar - Jun, Sep - Dec
Activity White water rafting	Group Size Minimum 1, Maximum 21	Maximum Altitude 1,272 meters
Ending Point Chatara		

Multi river expedition Nepal is the ultimate Himalayan white water adventure combining rafting and kayaking across Sun Koshi, Tamur, and Bhotekoshi rivers over an epic 13-day journey.

What Makes the Multi River Expedition Unique?

- Opportunity to explore four of the best whitewater rivers of Nepal - **Bhotekoshi, Balephi, Sun Koshi, and Tamur**
- Combination of both rafting and kayaking on multiple rivers
- Costs less than carrying an expedition on each river individually
- Explore Nepal's diverse landscapes, from gorges, valleys, riverside settlements, and farms
- For maximum excitement and adrenaline rush
- Beginner kayaking lessons can be taken where you're kayaking

Multi River Expedition Overview

A multi river expedition, **including kayaking and rafting**, that lasts 13 days is for sure one of the most exceptional journeys to make in Nepal. These Himalayan rivers provide some of the best whitewater rafting experiences in the world. You will be experiencing continuous whitewater adventure for several days in a rural Nepali setting. As this trip runs for about thirteen days, you will get a chance to build significant bonds with fellow team members. This trip will also deepen your understanding of the rivers, mountains, and their impact on rural mountain lives. *In this multi river expedition, you will encounter*

hundreds of rapids.

Some of the notable rapids encountered during the expedition include sections of the **Harkapur rapids** on the Sun Koshi River, **Gorge rapid**—where you directly approach the entry waves of **Anil Top** before dropping into the rapid—on the Lower Bhotekoshi / Upper Sun Koshi section, and the famous **Hodson's Sandwich (Class IV+)** on the Tamur River. We are sure these challenging rapids will give you an adrenaline rush to your heart's content. Nepal River Runner guides have in-depth knowledge of the places you will be passing by. Moreover, for this trip, we will provide you with Nepal government-licensed river guides who have completed Red Cross first aid training. Our guides hold rafting certifications from the [International Rafting Federation \(IRF\)](#) and are trained as Whitewater Rescue Technicians (WRT). Be assured that you will be in our safe hands.

Multi River Expedition Itinerary

Day 1: Kathmandu to Khadichour to Sukute

We will leave **Kathmandu** for our put-in point at **Khadichour** early in the morning - a short three-and-a-half-hour drive from Kathmandu. We will leave behind the busy city and head into charming rural areas. Along the way, we will pass by rolling **green hills, rivers, villages, and terrace farms**. Upon reaching Khadichour, our expedition begins immediately after our guides provide a safety briefing and paddling instructions.

We will raft down the **Lower Bhotekoshi River**. The rapids are moderate with strong currents. Along the way, we will navigate several **Class III rapids**, including Landslide, Anil Top/Gorge. There are also small drop sections. Since today is our first day of the expedition, there is no extreme or technical whitewater. After about **16 kilometers of rafting**, we will stop and set up camp at **Sukute (698 m)**. We will camp at the riverside at Sukute for the night.

Day 2: Sukute to Balephi Khola to Dolalghat

After breakfast, we will drive for about 2 hours to reach **Balephi Khola**. Our point of departure in Balephi Khola will be at **Jalbire (1,272 m)**. We will raft on the Balephi Khola until we reach **Dolalghat (967 m)**. We will start with paddling on the **Sun Koshi River**, with moderate **Class II to Class III rapids**. The river narrows and becomes technical as we enter the Balephi Khola.

The Balephi Khola features faster currents with **Class III to IV rapids**. Similarly, there are boulder-filled channels that require strong teamwork and paddling. Then, we will enter **Dolalghat** with calmer stretches and occasional rapids. Dolalghat is a popular picnic spot known for its tasty local fish. At Dolalghat, **Indrawati** joins Sun Koshi. As the night falls, we will set our camp on the white sand beaches of **Sun Koshi**.

Day 3: Dolalghat to Pachuwarghat

In Dolalghat, the lower Bhotekoshi, which is also considered the upper **Sun Koshi River**, meets the

Indrawati and continues as the Sun Koshi River. After breakfast, we will raft on the Sun Koshi (“**the river of gold**” in Nepali). The start will be smooth, with a few rapids to give you some practice and warm up for the ones to come. Towards the end of the day, you will experience the first of many **Class III rapids**. The section is less technical, but we have to paddle continuously, which requires good endurance. Along the way, we can see river valleys, hills, and small riverside settlements.

Flowing down the river, we will occasionally tackle rapids. But overall, it is a smooth paddling experience. We will set up a camp at **Pachuwarghat** for the night’s rest and yummy food. When night falls, we will set up a campfire. While basking in the warmth of the campfire, we will have a little chat. We will share our own stories, and if you are happy to share yours, you can do so too.

Day 4: Pachuwarghat to Chainpur

On this day, we will face a couple of exciting **Class II and Class III rapids** of the **Sun Koshi**. However, as we raft, you must take time to observe the beautiful Nepalese countryside. When we reach the Hindu holy temple, Kusheswor, the **BP Highway** runs parallel to our rafting route. As we continue rafting down the river, you will see **Majhee Gaun** (which means fisher’s village in English). True to its name, the inhabitants of this village make a living by catching fish.

The river flows downstream, and as we get closer to **Chainpur**, the water becomes smoother. It is a relaxing ride. By the time we reach Chainpur, it will be evening, so we will set our camp at Chainpur by the side of the **Sun Koshi River**. As you rest and loosen yourself, our team will prepare tasty food. After our meal, before sleeping, we will have some time for ourselves. We are open to all feasible ideas that entertain or inform us.

Day 5: Chainpur to Jhagare

This will be an exciting day for all of us. After breakfast, we start to paddle down the **Sun Koshi**. Within a short period, you will see **Tama Koshi** joining Sun Koshi, increasing the volume of Sun Koshi. At first, the waters are pretty calm, and paddling is easy, but slowly, the water currents of the Sun Koshi increase, and you have to pay attention to paddling.

The highlights of this day are the exciting and challenging rapids, including **Meat Grinder (Class III)**, **Punch (Class III)**, **Judy (Class III)**, **Pre-anxiety (Class III)**, and **High anxiety (Class III)**. The current becomes more continuous, which requires endurance and good coordination. We will flow downstream, tackling occasional rapids to **Jhagare**. As the evening approaches, we will stop rafting and set our camp at Jhagare.

Day 6: Jhagare to Raighat

Day six will test our team spirit as we encounter the famous **Harkapur II (Class IV) rapids**. After some paddling, you will see the **Dudh Koshi** join the Sun Koshi River. Depending on the season and water levels, the rapids may be runnable. We will make a careful group decision while continuously prioritizing safety. The river takes you past forested hills, riverside settlements, and terrace farms. As you move ahead, the river occasionally widens or narrows.

We will continue paddling through changing currents and rapids. The flowing river takes us downstream towards **Raighat**. Our campsite for the day will be at the beautiful Raighat beach, where we will have a much-needed rest and refreshment. The peaceful riverside atmosphere after a long hour of **paddling** feels rewarding and memorable.

Day 7: Raighat (Rest Day) - Explore Raighat & Local Village

We have allocated this day for much-needed rest. After the morning breakfast at the riverside camp, we will visit local villages. You will learn more about the Rai community and their culture. **Rais** are one of the most ancient **ethnolinguistic groups** in Nepal. For foodies, the exciting part of this day comes later in the evening, as we will enjoy some barbecue.

With the spare time, we can explore around the riverside. It is also possible to swim in the safe sections of the river. In the evening, we will gather at the **campsite** for a barbecue. The relaxing atmosphere, combined with good food and shared stories, makes it a perfect way to recharge before continuing our expedition.

Day 8: Raighat to Rasuwaghat

After breakfast, we will start rafting again on the **Sun Koshi River**. Today, we will meet some exciting rapids, such as Jaws Rapid (Class IV), followed by the notorious **“Dead Man Eddy.”** The main highlight of this day’s rafting is the rapid **“Rhino Rock” (Class IV Legacy rapid)**. Rhino Rock was historically named after a distinctive rock formation resembling a rhinoceros horn. However, the original rock feature was swept away following major flood events and changing river conditions in 2025, significantly altering the rapid’s appearance and flow pattern. Although the rapid no longer resembles its former iconic shape, this section of the Sun Koshi still delivers exciting whitewater, powerful currents, and technical navigation depending on seasonal water levels. How you pass this rapid depends on the water level and the guide’s decision.

As we paddle downstream, the scenery changes from forested hills and riverbanks to remote riverside settlements. Today’s route involves a long, steady paddle to overcome the challenging rapids. As we get closer to **Rasuwaghat**, the paddling becomes more relaxing. We will set up our camp for the night at Rasuwaghat, on the Sun Koshi River. The atmosphere here feels remote and peaceful. We will rest here and prepare for the next day’s adventure.

Day 9: Rasuwaghat to Waterfall

As we continue rafting down the river, we will encounter tropical vegetation. Sun Koshi becomes narrower, and we will pass through a region known as the **“Jungle Corridor,”** which is full of continuous rapids. As we move ahead, we encounter a series of unspoiled and serene waterfalls.

We will pass by **steep riverbanks, remote valleys, and dense vegetation**. It creates an immersive wilderness atmosphere. The river switches between fast-moving whitewater and calm stretches. It keeps us engaging at all times. The final stretch of today’s paddling features engaging and slightly easier rapids. Today’s camp will be near the Waterfall by the side of the Sun Koshi. Surrounded by forests, **the**

sound of falling water, and the river, the atmosphere feels enjoyable.

Day 10: Waterfall to Tribeni

The waters of the Sun Koshi are calmer now. You can relax as you pass through smaller waves. However, on the way, you will come across two exciting rapids – **Big Dipper (followed by Black Hole)**. Soon, **Arun** and **Tamur** mix with Sun Koshi at Tribeni (the confluence of three rivers in Nepal). Seven rivers have joined the Sun Koshi, which is now called **Saptakoshi** (“**seven rivers**” in Nepali).

As we keep paddling forward, the river becomes wider, and the water volume increases. There are a few fast-flowing and technical sections. Paddling downstream, the scenery changes to lower elevations with wider valleys and sandy banks. The combination of exciting rapids and spectacular scenery keeps us excited and immersed. Today, our camp will be at **Tribeni**. It is a confluence point within the greater **Koshi river system**.

Day 11: Chatara to Mulghat

After an hour of paddling on the **Sapta Koshi** and reaching **Chatara**, we will drive to Mulghat, the starting point of the Tamur River section. This transfer allows us to continue our **Multi River Expedition** by adding the exciting **Tamur River** to the journey. The Tamur features continuous, action-packed rapids that make it one of Nepal’s finest whitewater rivers. We will camp for the night at Mulghat beside the Tamur River.

Day 12: Mulghat to Tribeni

After breakfast, we will paddle from Mulghat to reach Tribeni again. This section features thirty exciting continuous rapids, the most notable of which are **Ashram (Class IV+)**, **Hell Hole(Class IV)**, and **Bat Below (Class IV)**. We will paddle into the broader lower river system, where multiple tributaries meet. The river has wide channels, but the current is moderate.

The whitewater is less intense, but the volume and changing channels keep our paddling adventure exciting. More than technique, we need to focus on our coordination and paddling rhythm. We will paddle past **broad valleys, green fields, and scattered settlements**. It marks the transition from the Himalayan terrain towards the **Terai region**. We will set up our camp for that day at Tribeni, on the banks of the Sun Koshi. Today is our final camping night. So, take time to relax, share stories, and relax in the tranquil riverside atmosphere.

Day 13: Tribeni to Chatara, then to Kathmandu

After breakfast, we will raft to the famous **Baraha Temple**. We will spend some time sightseeing, then paddle to **Chatara**. It is our final put-in point. We will have our lunch at a local restaurant. From Chatara, we will take a private bus to **Kathmandu**, a **9 to 10-hour drive**. The drive takes you past rural valleys, towns, and terraced farms. As we enter Kathmandu, the atmosphere becomes more lively. It showcases the clear shift from the quiet river wilderness back into urban life. We will stop our bus for dinner at a

Nepali restaurant.

Alternative option: You can drive from Chatara to Biratnagar and then fly to Kathmandu. It is more convenient and time-efficient. However, you will have to pay an additional cost for the flight ticket and on-road transfer to the airport. If you want to do so, please mention it when booking. We will make the flight and logistics arrangements accordingly.

What to Bring During Multi River Expedition in Nepal

- Quick-dry shorts & t-shirts
- Water sandals/river shoes
- Swimsuit
- Wetsuit
- 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 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, toilet tents, etc.
- Treated drinking water.
- Two-way transportation by local deluxe bus (private bus arranged depending on group size). Optional domestic flight from Biratnagar to Kathmandu and airport transfer are available at an additional cost.
- River permits.
- Industry-standard first aid kits.
- Team photos (photos and videos by our team).
- Included meals

Day 1 = Lunch & Dinner

Day 2-12 = Breakfast, Lunch & Dinner

Day 13 = Breakfast, Lunch

What's Not Included

- Visas, flights, other taxes, etc.
- Personal items like toiletries, clothing, cameras, etc.
- Alcohol and other packaged foods.
- **Insurance policy:** Paddlers need to have their own insurance, as we only provide insurance for our crew.
- **Tips for guides** - we pay our guides and porters fairly, but if you want, you can tip them personally.
- City Hotel Accommodation (can be arranged at an additional cost; however, please let us know your hotel preferences, meal plan requirements, and preferred sharing basis in advance)
- Optional Domestic Flight. (can be arranged at an additional cost)

Which Rafting Destinations are included in Multi River Expeditions?

The major rafting destinations included in multi-river rafting expeditions are the Lower Bhotekoshi, Balephi Khola, Sun Koshi, and Tamur rivers. The rivers are sourced from some of the world's tallest mountains. This trip offers you an insight into the real Nepal. In addition, the multi-day expedition is a fantastic place to go on an adventure of a lifetime and a source of relaxation. If you're tired of living amid the hustle and bustle of urban life, this trip will be worthwhile.

Lower Bhotekoshi River

The Bhotekoshi River originates in Tibet before entering Nepal through the Himalayan valleys. During the Multi River Expedition, you will paddle through the lower section of the Bhotekoshi River, also commonly referred to as the Upper Sun Koshi section (Lamosangu to Dolalghat). Unlike the steep, narrow gorges of the Upper Bhotekoshi, this lower stretch flows through a wider, more open river valley with rolling hills, riverside villages, terraced farms, suspension bridges, and forested landscapes.



The river features fast-moving currents, fun wave trains, and continuous whitewater with rapids generally ranging from Class II to III+, depending on the season and water level. Because the canyon walls gradually disappear downstream, the river becomes less compressed and more accessible compared to the intense upper gorge sections. This creates an exciting yet approachable rafting and kayaking experience suitable for both adventurous beginners and experienced paddlers looking for continuous whitewater action.

Sun Koshi River

The Sun Koshi River is one of the top river expeditions in the world. It is one of the longest commercial rafting expeditions in Nepal. The name Sun Koshi translates to the “River of Gold.” It originates in Tibet and enters Nepal through the Bhotekoshi system. The river’s big-volume whitewater and variety of powerful rapids offer classic expedition-style rafting. It is famous for Class III rapids. [Rafting down the Sun Koshi](#), you will get an opportunity to witness the deep Himalayan valleys, remote villages, dense forests, and sandy beaches.



Balephi Khola River

The Balephi Khola is a small tributary of the Sun Koshi River, but is well known for its steep whitewater and steep gradient. The Mount Dorje Lakpa snowmelt and monsoon-fed streams feed it. The rapids of the Balephi River are continuous and technical, ranging from Class III to IV. Its fast-flowing currents, narrow channels, continuous rapids, and quick drops offer an exhilarating river paddling experience. [Rafting on the Balephi Khola](#) takes you through remote landscapes, lush forests, and rocky riverbeds.

Tamur River

The Tamur River is one of the premier whitewater rivers in Nepal, well-known for its continuous, action-packed rapids and remote wilderness. It originates from the melting snows and massive glaciers of Mount Kanchenjunga in the eastern Himalayas. Rafting down the [Tamur River](#) offers an incredible opportunity to witness deep, isolated jungle gorges, pristine white sand beaches, and traditional riverside settlements that remain entirely untouched by modern roads.



Nepal River Runner team on starting point of Tamur River

During the Multi-River Expedition, this high-energy river serves as our spectacular grand finale after we transfer to Mulghat. The Tamur features powerful, fast-moving currents and a relentless gauntlet of over thirty continuous rapids ranging from Class III to IV+. Heart-pounding signature runs like Ashram and Hell Hole require strong team coordination and sharp paddling rhythm, making it an exhilarating and unforgettable wilderness experience for any adventure seeker.

Custom Expedition Variations (Not Included in Standard Package)

If you want to customize your multi river expedition experience, we offer flexible route modifications. This option is for paddlers who want to explore more remote rivers for a personalized adventure experience. Here are some custom expedition variations that you can add to the itinerary:

Tama Koshi River

The Tama Koshi is a powerful glacier-fed river and a major tributary of the Sun Koshi River. The word Tama refers to copper, so the name Tama Koshi means “Copper River.” Compared to other rivers in Nepal, it is less commercialized and remote. The whitewater is fast-flowing and strong. What’s unique about the Tama Koshi River is its continuous, technical wave trains and deep Himalayan gorge sections. Similarly, its rapids are mostly Class III to IV. The river cuts through rocky Himalayan valleys, offering opportunities to witness remote landscapes, hydropower projects, and remote settlements.

If you’re someone seeking a continuous experience that you will remember for the rest of your life, this is

it! The rafting destinations will take you on a personalized tour with the help of a licensed and professional company. Each destination will let you explore how people in different locations in Nepal, though near or far from each other, follow different traditions and lead interesting lives. The trip will allow you to engage in activities such as rafting, kayaking, etc.

Arun River-The biggest Koshi

The Arun River is one of the mightiest river systems in Nepal, highly respected for its immense water volume and untouched wilderness. It originates high on the Tibetan Plateau and flows from the glacial snowmelts of Mount Makalu before slicing directly through the axis of the Himalayas. Rafting down the Arun offers a pristine, off-the-beaten-path journey through the deep, spectacular Arun Valley, taking you past lush jungle gorges, cascading waterfalls, and traditional riverside communities that remain beautifully unspoiled by modern roads.

When added as a custom extension or run as a standalone wilderness expedition starting from Tumlingtar, this high-energy river provides an exceptional big-water challenge. The Arun features powerful, fast-moving currents and thrilling, continuous rapids ranging from Class III to IV+. Its massive crashing waves and deep, technical canyons require sharp paddling rhythm and strong team synchronization, making it an absolute favorite for true adventure seekers and experienced whitewater kayakers.

Multi River Expedition Vs Single River Adventure

River adventures in Nepal are often either Single River Adventures or Multi River Expeditions. They offer different kinds of adventure, immersion, and intensity. For example, Single River trips offer a quick adrenaline rush in a short duration, while Multi River Expeditions offer deeper, more diverse, and action-packed whitewater paddling experiences. Here is a detailed comparison between these two different styles of river adventures:

Features	Multi River Expedition	Single River Adventure
Duration	Multi-day trip	1-2 days
Adventure level	Action-packed and high adrenaline	Moderate to high, but limited
Rivers	Multiple rivers	Single river
Rapids types	Different types of rapids, ranging in different classes	Repeated style of rapids
Scenery	Diverse landscapes, including different valleys, gorges, and views	Diverse landscapes, but only of a single river valley
Immersion level	Deeply immersive	Short and more activity-focused
Cultural experience	Encounter with multiple communities and cultures	Limited to a single regional culture
Best for	Adventurers, intermediate, and experienced rafters	Beginners, families, and limited-time paddlers

Requirement	Requires good fitness, preparation, and time	Basic fitness, easy to plan, and a short itinerary
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If you are interested in Single River Adventures, check our [Bhotekoshi River Rafting](#).

Accommodation & Food During the Multi River expedition

The accommodations during the 13 days Multi River Expedition are riverside camping. You will mostly spend nights at riverside camps. The tents are set up on the sandy riverbanks. The arrangements are basic, but it is cozy and comfortable. There are facilities for two-person tents, shelters, simple mattresses, and toilet tents.

The Multi River Expedition allows you to camp in the wilderness and sleep under the stars. It gives you access to remote sandy riverbanks that can only be reached by rafting. You will fall asleep and wake up listening to the sound of flowing rivers. The tranquil atmosphere, combined with spectacular views of the surrounding area, makes riverside camping a unique and special experience.

Throughout the Multi River Expedition, you will be provided with 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 at the time of booking so we can arrange accordingly.

Here is a list of sample menus for the expedition:

- **Breakfast:** Tea, Coffee, Hot 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.

Best Time for Multi River Expedition

The best time to do the Multi River Expedition is from March to May and September to December. Here are the reasons why:

March-May (Spring & Early Summer)

It is the most popular season for rafting and kayaking trips, including the Multi River Expedition. The weather is most favorable with clear skies and warm temperatures. Due to the warm temperature, the snow from the Himalayas and glaciers melts. As a result, there is moderate to high water flow, perfect for whitewater rafting. The strong water volume causes exciting rapids, ideal for a thrilling expedition. Similarly, the forest blooms during spring landscapes look lush in summer. As the season progresses, the rivers can get powerful in late May and June. It increases the water intensity, making it more challenging

for paddlers.



September-December (Autumn & Early Winter)

The months from September to December are considered the best overall season for the Multi River Expedition. With the start of September, the monsoon season ends in Nepal. Thus, the sky is clear, and water levels are stable. The temperature is cool and comfortable for paddling on the whitewater rivers. What makes this time of year special is the extremely clear visibility and powerful, yet predictable, rapids. It is also the best time for camping at the riverbanks. You can enjoy cool nights and stargazing. However, as the season progresses to November and December, the mornings and nights start to become colder. The water level also begins to drop gradually.

Multi River Expedition Difficulty Level

The 13 days Multi River Expedition is rated as moderate to challenging in difficulty level. It combines several rivers with technical sections and rapids ranging from Class I to IV. Various factors, such as fitness, season, weather, water level, and prior experience, contribute to the expedition's difficulty.

The main difficulty of the Multi River Expedition is the physical difficulty. During the expedition, you have to paddle for long hours. It is often between 4 and 6 hours on the river, which requires repeated physical effort. They have to navigate rapids and steer through strong currents. Repeated effort can cause fatigue and overexertion. Beginners may especially struggle during the expedition. Hence, paddlers must have good fitness and stamina. They must be able to paddle not just for a few hours but for multiple days across different river sections.

The river's conditions, such as fast currents, wave trains, narrow channels, and technical sections, are undoubtedly what make the Multi River Expedition difficult. To overcome the challenge and have a safe rafting experience, paddlers must stay alert and follow their guide's instructions. In addition to the physical challenges, there is also a mental challenge. Over the 13 days, paddlers have to adapt to the

changing river conditions with consistent focus. Likewise, they have to manage fatigue and be comfortable with remote outdoor camping.

The Multi River Expedition is not overly extreme, but it requires good fitness, endurance, and mental readiness. It also requires proper preparation for an enjoyable and safe experience. The expedition also requires the right gear, a basic understanding of paddling techniques, and an openness to teamwork. With proper preparation, the expedition is accessible to paddlers at all levels, from beginner to experienced.

Addressing Safety Concerns of Multi-River Expedition

The Multi River Expedition is an adventurous trip for any adrenaline seekers. However, it is common for paddlers to have safety concerns. The different water volumes, rapid grades, and long duration are the most concerning factors during the trip. Here's a list of them:

- Every river condition is different, so they behave differently. Some rivers have high-volume, strong-current sections, while others have technical sections with narrow channels and fast drops. The water level also changes daily depending on the snowmelt, rainfall, and seasonal flow changes. It requires a constant route and rapid assessment.
- Trained and certified guides will lead the expedition. They play a crucial role in navigation, safety instruction, and rescue response. Participants have to follow proper safety briefings and communicate any discomfort. Likewise, they must wear proper safety gear such as helmets, life jackets, river clothing, etc.
- There is always the risk of capsizing in whitewater. It refers to the risk of being thrown from the raft into the water. If a raft capsizes, the paddler can fall into the water. In such a case, one must follow proper safety procedures by staying calm, keeping feet pointed downstream, and following the guide's rescue instructions.
- Almost all rivers during the expedition are snow-fed or glacier-fed. Hence, the water can be cold even on warm days, posing a risk of hypothermia and cold shock during long exposure. Thus, participants must wear appropriate clothing and dry-camp attire.
- Fatigue can build up over the long expedition days. It can cause muscle exhaustion, dehydration, and slower reaction time. To avoid this, participants need to hydrate regularly, eat calorie-rich meals, and take rest breaks between rafting days.
- The remote location, lack of infrastructure, and weather-related hazards are also concerns of the Multi River Expedition. Evacuation plans are prepared in advance, and the guides carry comprehensive first-aid kits. To address potential hazards such as lightning, strong winds, heavy rain, and sudden storms, guides will continuously monitor the weather.

If you want to know more about the fixed departure, custom group expedition, or have any other queries, you can reach out to us directly at info@nepalriverrunner.com or WhatsApp [+977 9851188261](https://wa.me/9779851188261)!

FAQs About Multi River Expedition

What are the major challenges of going on the Multi River Expedition of 13 days?

The main challenge of the 13 days Multi River Expedition is the physical and mental demand of continuous travel and rafting with limited rest. You will have to paddle through different rivers with varying difficulties. Rafting journeys on some days can be long, leading to fatigue over time. It can especially be challenging for beginners. The changing river and long days of rafting require strong endurance, mental resilience, and recovery capacity.

What are the pros & cons of a Multi River Expedition of 13 days in Nepal?

The pros of the Multi River Expedition of 13 days in Nepal are that you will get to experience a diverse river system for an unmatched adventure. From technical sections, powerful rapids to calm stretches, you will get a taste of Nepal's true whitewater rafting. Similarly, you will paddle through remote areas, changing scenery, and experience vibrant local culture. The cons of the expedition are the physical and mental challenges that come with it. The long paddling days and limited rest can cause overexertion. Likewise, weather, changes in water levels, and logistics may lead to plan changes. Beginners may find the 13 days expedition overwhelming and challenging.

Is river rafting safe for all ages?

No, river rafting is not safe for all ages. The age limit for river rafters is eight years and above. Similarly, an older adult may not be able to complete the rafting journey as successfully as a young person. The reason behind this is the physical limitations of children and older adults. River rafting safety depends on fitness level, health condition, and the chosen river grade. You always have to be cautious about taking either a child or an older person on a trip like the 13 days Multi River Expedition in Nepal.

Can I camp throughout the rafting trip?

Yes, throughout the rafting trip, you will camp riverside at each destination. These camps are set up on sandy banks with tents and basic facilities. Many riversides have safe riverbanks where you can set up tents and camp for the night. You will get an opportunity to enjoy the tranquil riverside atmosphere in the evenings after a day's rafting. Additionally, you can enjoy stargazing with relaxing river sound in the background.

What happens if I fall in the water?

During the expedition, trained guides will closely monitor the group and respond immediately if you fall into the river. They will use safety and rescue techniques to keep you safe. If you fall in the river, your guide will quickly move and position themselves to reach you quickly. They may

Departure Dates

- 7 Oct 2026 Wednesday
- 21 Oct 2026 Wednesday
- 16 Nov 2026 Monday

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

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