

Seti River Rafting

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

Starting Point

Damauli

Duration

2 Days

Difficulty

Moderately easy

Distance

35KM

Best Seasons

Mar-June, Sep-Nov

Activity

White water rafting and kayaking

Group Size

Minimum 1, Maximum 14

Maximum Altitude

1400m

Ending Point

Gai Ghat

What Makes the Seti River Rafting Unique?

- This unique rafting trip offers the most beautiful scenery of the remote region.
- The Seti River is surrounded by green forests and wild nature, making your trip truly enjoyable.
- The rapids range from Class II to III, so the trip is quite safe. Adventure lovers just need to follow basic safety rules.
- Diverse communities live around the Seti River region. When you're enjoying Seti Whitewater Rafting experiences, you will witness the beauty and unique cultures of these communities.

Overview of the Seti River Rafting

The Seti River Rafting are more popular among **first time rafters**. Seti River provides a pleasant water temperature and is the safest river to learn rafting and kayaking. This rafting route is one of the shortest, as its distance is only 35 kilometers, and is appropriate for a family trip. The put in point of this expedition is Damauli (5 hours from Kathmandu and an hour's drive from Pokhara), whereas the take out point is Gai Ghat.

The gentle Seti River has plenty of small **class 2 and 3 rapids**. The intensity of the rapid increases during the monsoon months. It is an ideal trip for someone who wants to experience the exquisite scenery of Nepali landscapes with local villages, terraced fields, and beautiful sandy beaches to camp during the warm, starry night without having to face challenging rapids. This rafting trip finishes at Chitwan National Park, which makes it easier for someone who wants to spend a few days in the peaceful valley of Chitwan and/or for someone who wants to avoid traveling to Chitwan from Pokhara on a bus. It is one of the best rivers to learn kayaking.

2 Days Seti River Rafting Itinerary

Day 1: Kathmandu to Damauli and raft to Sarang Ghat

Per our Seti River rafting itinerary, we will drive to Damauli, which will take around 5 hours from Kathmandu. The river guides will help you pack the requirements in dry bags, and you'll have plenty of time to change. The guides will brief you on the safety and paddle instructions.

Our rafting journey will start with leisure paddling along the beautiful scenery; you can watch various species of birds and take pictures until we reach Sarang Ghat, our campsite for the day. You can explore the place, take photos, or relax at the beach at the end of the day.

Day 2: Raft from Sarang Ghat to Gai Ghat. Drive back to Kathmandu or Pokhara.

After a fulfilling breakfast, we get on our rafts, face a few class 3 rapids, and reach the famous Trishuli River. Paddling further down the river, we reach our take-out point, Gai Ghat, about 20 minutes from Trishuli. You can choose your destination from here; you can drive back to Kathmandu, which takes 4 hours, or Pokhara (4 hours), or Chitwan (1 hour).

What to Bring During Seti River Rafting

- 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.
- 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, Porridg 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.

Why is the Seti River perfect for Rafting and Kayaking?

For numerous reasons, the Seti River is perfect for whitewater river rafting and kayaking. Since the rapids of this river are not very fast and intense, with the gradient ranging between 0.5% and 0.8%, even beginners can easily complete this trip without much issue. In addition, you can enjoy the Seti white

water rafting and kayaking with your family because there aren't many risks associated with the journey. Also, you will be very comfortable throughout your Seti River adventure sports trip as the day set aside for the adventure is 2 days.

There will be adequate time for rest as well. Moreover, if you're traveling to the Seti River from either Kathmandu or Pokhara, you won't have to spend too much time on the road. The journey from Kathmandu to your destination takes only around 5 hours. And since the destination is not very far from the capital city, you can explore the habitats around the Seti River and landmarks in the Kathmandu Valley on the same trip.

How to Prepare for the Seti River Rafting?

- **Wear appropriate clothing:** You must wear moisture wicking clothing and select comfortable shoes for the Seti River rafting trip.
- **Don't wear valuables:** Make sure not to wear anything worth a significant monetary value. You don't want to lose them in the water.
- **Tighten your lifejacket:** As you're on an adventurous trip, you must tighten your lifejacket to remain safe.
- Be careful about how you hold your paddle. Practice properly holding your paddle and keeping your grip tight on it throughout your journey.
- **Learn how to swim:** Though you are least likely to meet with a dangerous accident on the rafting trip, it is best to have a swimming experience to go on this trip fully prepared.
- Follow your guide's suggestions. Listening to your guide will help you overcome many problems. Try to remain as attentive as you can on the trip.

FAQs About Seti River Rafting

How old do you have to be to raft in the Seti River?

You must be at least 8 years old to go on the rafting trip to the Seti River. Anyone under the age of one is not suitable for this trip. In addition, children under the age of 15 should be guided by a guardian or a parent throughout the journey.

What is the best season for adventure rafting in the Seti River?

Spring and autumn are the best seasons for adventure rafting in the Seti River. These are the seasons when the weather is neither hot nor cold. You can perfectly enjoy the scenery in the surroundings without any disturbance, and the water remains tame enough to ensure safety at all times.

What is the difficulty grade of the Seti River rafting Expedition?

The difficulty grade of the Seti River is moderately easy to complete. Since the river rapids range from Class II to Class III, you won't have to be bothered by the intensity of the river. And, with guidance, any beginner can easily enjoy and complete the trip.

Why is the Seti River called the white water river?

Seti River is a whitewater river because it has an increased gradient. You will also see bubbles in the river, which accentuate the whitish look of the water. Most of all, the frothiness of the river is what gives it its name.

Can I wear jeans during the Seti River rafting trip?

No, even though the trip is easier in Nepal, wearing jeans is the last clothing decision a rafter should consider making! Jeans will prevent you from enjoying your trip to the fullest extent, and you can't move comfortably either.

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