

Seti White Water Rafting and Kayaking - 2 Days

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

Duration

2 Days

Difficulty

II to III

Distance

35 km

Best Seasons

Mar-June, Sep-Nov

Popular among the 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 35 kilometers only 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 rapids of class 2 and 3. The intensity of the rapid increases during the monsoon months, so if you're looking for a much gentler and warmer rafting experience October to December and March to June are the perfect seasons for you. It is an ideal trip for someone who wants to experience the exquisite scenery of Nepali landscapes with local villages, terrace 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 travelling to Chitwan from Pokhara on a bus. It is one of the best rivers to learn kayaking.

Trip Itinerary

Day 1

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

Day 2

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

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.
- 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.

Address

5th Floor, DRS Bhawan, Paknajol-16 Thamel

P.O Box 19505

Kathmandu, Nepal