

Trishuli White Water Rafting or Kayaking - 1 Day

URL: <https://www.nepalriverrunner.com/river/trishuli-one-day/>

Duration

1

Difficulty

II to IV

Distance

20KM

Best Seasons

Mar-June, Sep-Nov

Trishuli rafting is one of the most popular rafting trips in Nepal as it is easily accessible, can be easily handled even by a first timer and can be finished even within a day. The rapids encountered at the river are pretty much straightforward throughout the year. The put in point of this rafting trip is Charaudi whereas the take out point is Kuringhat.

As the rapids are straightforward most of the time of the year, the rafting trip is a good option throughout the year but you can have a much better experience from September to December. This rafting expedition is suitable for someone looking for a short trip with exciting rapids and beautiful scenery. The intensity of the rapids increases during monsoon which attracts different sets of rafters. Rafting in the Trishuli River gives you a whole of exciting experience even in a short period of time.

Itinerary

Day 1

We will leave for our one day Trishuli Rafting Adventure at 6:30 am sharp, from our office at Thamel, Kathmandu. Please make sure that you arrive at our office well before hand. We will then embark on a 4 hours bus ride to Charaudi.

On our way, we will stop for about 20 minutes for tea and coffee at Malekhu (self-pay). Then, we will continue to drive to Charaudi.

After reaching Charaudi, we'll spend around 30 minutes for setting up our rafting equipment. If you have not filled your pre-departure form, you are required to do so now. We strongly recommend you to change into a more comfortable and water friendly clothes.

Just before entering Trishuli, we will spend another 20 minutes briefing you about rafting safety tips. While riding the waves down Trishuli, we will let you know of the places where you can swim and/or go for cliff jumping.

We will end our trip at Kuringhat and have our (Non-Veg) quick meal consisting of Bread, Cheese, Tuna, Salad, Fruits, Biscuit etc. Then, we will depart for Kathmandu at 5 pm.

The journey will end at our office in Thamel, right where we began.

Cancellation Policy:

- If we receive your cancellation request before 7 days of departure date, there shall be no cancellation fees.
- If we receive cancellation request in between 3 and 6 days before the departure date, there is 50 percent cancellation fees.
- If we receive cancellation request within 2 days of scheduled departure date, then no refunds are made i.e 100% cancellation fees.

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)
- Lunch

Types of food provided:

Throughout the trip, we provide treated stream water for drinking. We employ crews with great culinary abilities and provide lunch 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.

Address

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