

Trishuli Rafting Trip - 1 day

URL: <https://www.nepalriverrunner.com/river/trishuli-rafting-trip-1-day/>

Duration	Difficulty	Distance
1 Days	II-IV	20 km

Best Seasons

Mar - Jun, Sep - Nov (Also available all year round)

Highlights:

- One day short trip fit for busy professionals
- Impressive and exciting friendly rapids
- Perfect for first time rafters.
- Most popular rafting river in Nepal
- Best seasons - Throughout the year

Trishuli river originates from Gosainkunda Lake and passes gently through Mahabharat Ranges and joins Narayani River at Devghat. Trishuli River is well suited for rafting and, in fact, Trishuli is the most popular rafting river in Nepal, perhaps because it is very easily accessible from Kathmandu—1,400, and Pokhara—895, you do not need prior rafting experience. You can complete your rafting trip in a day and during the length of your trip, you will enjoy diverse Nepali landscapes, cultural heritage and demography.

Trishuli is perfectly suitable for first timers and families. The waters are not very challenging, and you can loosen yourself and enjoy the scenery. The rapids that you will encounter are Twin Rocks (Class 3+), Ladies' Delight (Class 3+), Upset first (Class 3+), Surprise (Class 4-), and Butterfly (Class 3).

If you want, you may take a dip into the waters of Trishuli for swimming or cliff jumping, we will be suggesting you favorable spots. Our starting point will be at Charaudi (412 m) and end point at Kuringhat. Throughout the journey, you get to enjoy impressive gorges, beautiful valleys and typical Nepali villages.

Nepal River Runner has been conducting Trishuli rafting trip for more than 15 years of combined experience. This experience has allowed us to conduct this trip in a way that is most favorable to our customers and clients. Our helpful and professional guides will make sure that your entire trip is safe and entertaining.

Moreover, for this trip, we will provide you, Nepal government licensed river guides, who have completed Red Cross first aid training. Our guides hold rafting certifications from International Rafting Federation

(IRF) and are also trained as Whitewater Rescue Technicians (WRT). Be assured that you will be in our safe hands.

Trip 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 or Pokhara at 5 pm.

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

Important Information:

Departure: Thamel, Kathmandu

Departure Time: 6:30 am

Return Details: Thamel, Kathmandu

Inclusions:

Private rafting guide

Private transport in a car or van

Lunch

Cancellation Policy:

Please note that, if you cancel your trip after booking, you will lose your booking amount - (30% of the trip).

The cancellation date will be the day we receive your written cancellation request.

If you leave a trip voluntarily for any reason, once the trip commences, you will not get any refunds.

Nepal River Runner will not make any refunds for unused facilities/services such as transport, sightseeing, accommodation, meals or other services.

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: Lunch/Hot 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

- Lunch : Bread, Cheese, Salami, Tuna, Sardines, Baked beans, Salads, Fresh fruits and Biscuits

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