

Trishuli River Rafting

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

Starting Point Charaudi	Duration 1 day	Difficulty Moderately challenging
Distance 20KM	Best Seasons Mar - Jun, Sep - Nov (Also available all year round)	Activity White water rafting and kayaking
Group Size Minimum 1, Maximum 14	Maximum Altitude 400-600 meters	Ending Point Kuringhat

What makes the Trishuli River Rafting Unique?

- The Trishuli rafting trip is a one-day, short journey that is suitable for busy professionals.
- You can enjoy rafting in rapids with fun names, including “Ladies’ Delight” and “Upset”.
- A variety of Class II and Class III rapids adds excitement to your rafting trip while still not making it challenging to complete.
- Rafters will pass by Malekhu, which is a famous stop for enjoying fish delights.
- The Trishuli rafting trip of 1 day is a simpler rafting journey that is perfect for first-time rafters.
- Not only is this trip the most popular for rafting in Nepal, it is also accessible all year round.

Trishuli River Rafting Overview

Trishuli River Rafting is a 1-day journey that will stay with you even once it’s completed, no joke! The river begins from Tibet’s Kyirong Tsangpo and Lende Khola and converges near Rasuwa district. Trishuli River is easily accessible from Kathmandu at 1,400 and Pokhara at 895. You can complete your rafting trip in a day, and during your trip, you will enjoy diverse Nepali landscapes, cultural heritage, and demographics. 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, dip into the waters of Trishuli for swimming or cliff jumping; we will suggest favorable spots. Our starting point will be Charaudi (412 m), and the endpoint will be Kuringhat. You enjoy impressive gorges, beautiful valleys, and typical Nepali villages throughout the journey. Nepal River Runner has been conducting Trishuli rafting trips for more than 15 years of combined experience. This experience has allowed us to make this trip most favorable for our customers and clients. Our helpful and

professional guides, who are trained in Wilderness First Aid and Swift Water Rescue, will ensure your journey is safe and entertaining.

Trishuli River Rafting Day Trip Itinerary

Day 1: Activity Day

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 beforehand. We will then begin on a 4-hour bus ride to Charaudi. 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 setting up our rafting equipment. You must do so now if you have not completed your pre-departure form.

We strongly recommend you change into 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 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, biscuits, etc. Then, we will depart for Kathmandu or Pokhara at 5 pm. The journey will end at our office in Thamel, where we began.

Important Information

- Departure: Thamel, Kathmandu
- Departure Time: 6:30 am
- Return Details: Thamel, Kathmandu

Cancellation Policy

- Please note that if you cancel your trip after booking, you will lose 30% of the trip amount.
- 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 receive a refund.
- Nepal River Runner will not refund unused facilities/services such as transport, sightseeing, accommodation, meals, or other services.

What to Bring During Trishuli 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: 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.

Why Choose Trishuli River Rafting Day Trip?

Easy access from Kathmandu and Pokhara

Whether you're in Kathmandu or Pokhara, you can get easy access to the Trishuli River. You will reach your destination in 3 or 4 hours from either of the destinations. Hence, you can begin your trip to either of the destinations before or after your Trishuli rafting adventure. Even if you're in Chitwan, reaching the rafting destination will not be a hassle.

Perfect and safe for beginners

If you've not rafted before and are concerned about how you will do when in Trishuli, you can worry less! Trishuli river rafting is one of Nepal's simplest day trips. In addition to this, you will also be accompanied by a dependable and licensed guide from our company throughout the adventure. The one-day trip won't stress you excessively, physically or mentally.

Opportunity for kayaking

Once you have completed rafting in Trishuli, you can take a short break and get on your kayak board for a multi-activity adventure. Anyone wondering whether they can still enjoy the journey as a beginner-level adventurer can worry less! Kayaking in the Trishuli River is simple and safe, as a guide will also guide you. Also, experiencing two activities in a single trip is worthwhile for all kinds of travelers.

Scenic landscapes

The Trishuli rafting day trip will take you through plenty of picturesque landscapes. You can get glimpses of the Himalayas, terraced fields, lush forests, and gorges. The river itself is a beautiful natural element to relish. While it may sound dramatic, even the boulders you will see on the rafting trip may seem artistic at a glance. And from afar, you can also get a glimpse of the cable cars going towards Manakamana Temple.

Cultural immersion

During the Trishuli rafting trip, travelers can visit traditional Nepali villages. They will likely meet people from different backgrounds, including Brahmin, Chhetri, Tamang, Newar, Magar, etc. You may even witness some age-old farming practices along the way. Moreover, another cultural aspect that you will experience is that the Trishuli River is believed to have been formed from Lord Shiva's trident, hence the name. Therefore, you can also soak in the spiritual energy while you're in and around the water body.

Wildlife exploration

You may see some rare wildlife species if you're lucky during the one-day Trishuli rafting trip. The river has also been popular among birdwatchers, who've found joy in watching flocks of birds flying in

harmony above the ever-flowing river. Some of the bird species you may see in the region include eagle, kingfisher, heron, etc. Someone who is as passionate about learning and observing bird species as he is about a river adventure can most benefit from this journey.

Religious significance

While the Trishuli River holds much significance in Hinduism, it has also been mentioned several times in religious texts. The Uttargaya and Devighat sections of the river are the most famous religious and spiritual sites on the river, and rafters often frequent them as well. Besides these religious factors, you can also get blessings from the Manakamana temple from a distance.

Perfect for a year-round trip

The Trishuli river rafting trip is not the most challenging. In fact, it has been known to facilitate a day of adventure for those who have never experienced rafting. The mild flow of the river is one of the main reasons not just for the rafting trip being beginner-friendly but also for it being suitable for trips all year round.

What is the cost of a Trishuli River Rafting?

Trishuli River Rafting costs around **NPR 1500 to NPR 3000 for a Nepali national**. If you are from India, the cost is going to be around NPR 2900 to NPR 3900. Foreign travelers, likewise, are likely to pay NPR 2500 to NPR 4500 per person for rafting day trips to Trishuli.

The basic package includes equipment and gear, safety essentials, guides, etc. You can enjoy food, pickup, and drop-off transportation facilities, along with other additional facilities in a more advanced package. You can expect to pay less for a basic package than a customized or advanced one. Rafters can request our team to include photography, cliff jumping, etc., as a part of their package by getting in touch with us for the same before their rafting trip.

FAQs About Trishuli River Rafting

How safe is the Trishuli rafting trip?

Yes, it is safe to go on the Trishuli rafting trip. The gear and safety essentials we provide you on the journey will keep you safe and secure. Just make sure to follow everything our guide and representatives recommend!

Is it possible to combine the Trishuli rafting tour with other activities?

Yes, it is possible to combine the Trishuli rafting tour with other adventurous or peaceful activities like bungee jumping, kayaking, and cultural tours, respectively. All you have to do is inform us about the same when you're booking your rafting trip.

Are there any health restrictions for rafters going on the Trishuli rafting trip of 1 day?

While there aren't many restrictions for the rafters, you should always be cautious about your health. You need to have at least a basic level of good health. If you are suffering from heart conditions, asthma, or a medical condition that may trigger your bodily and mental being during the trip, then it would be best to reconsider the trip or get in touch with your doctor for special recommendations.

What level of rafting is the Trishuli River?

The Trishuli River's rafting is moderately challenging. The river normally has rapids of Class II and Class III, but the rapids can go up to Class IV. The former two rapids are more common, which makes this rafting trip easier to complete compared to many other rafting trips in Nepal, which have higher-grade rapids and different natural features.

Can we wear jeans for river rafting?

No, it would be best to avoid wearing jeans when you're river rafting. River rafting requires you to loosen your bodily muscles and make them as flexible as possible. When you wear tight jeans, you tend to suffocate your muscles, which may lead to minor to major cramps in your thigh area when you're in action during the trip.

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