

Trishuli White Water Rafting

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

Starting Point Baireni or Charaudi	Duration 2 Days	Difficulty Class II/ Class III+
Distance 53KM	Best Seasons Autumn and Spring	Activity White water river rafting, kayaking, cliff jumps, etc.
Group Size Minimum 1/ Maximum 14	Maximum Altitude 500m-600m	Ending Point Kathmandu/ Pokhara/ Chitwan

What Makes Trishuli White Water Rafting Unique?

- Trishuli rafting is relatively easy. Hence, it is suitable for beginners or adventurers of all ages.
- The flow of the Trishuli river gets more intense during monsoon season.
- The river level usually decreases during winter season.
- You can experience the best rafting experience on the scenic route in a very short time.
- The riverside camping site is perfect for campfires and safely, securely setting a tent to stay overnight.
- The destination is accessible from Kathmandu, Pokhara, and Chitwan which may make it possible for travelers to go on a multi activity trip.
- If you want to go on a rafting trip with your family, especially during the peak seasons, the Trishuli River rafting is perfect for you.

Overview of Trishuli White Water Rafting

Trishuli White Water Rafting is possibly one of Nepal's most popular trips. The trip is quite accessible, can be easily handled even by a first-timer, and can be finished within a day. The rapids encountered on the river remain straightforward most times of the year, but they may reach up to **Class IV if the river level rises**. The put-in point of this rafting trip is Charaudi, whereas the take-out point is Kuringhat. As the rapids in Trishuli River are straightforward most 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 tour suits someone looking for a short trip with exciting rapids and beautiful scenery. The intensity of the rapids increases during the monsoon, which attracts a different set of rafters. However,

the Class II/ Class III+ rapids provide even expert adventurers with an exciting and somewhat unique experience. Rafting in the Trishuli River gives you an exciting experience, even briefly. You can enjoy this trip with your friends and family, as it is also one of the mildest running rivers among the many rivers popular for rafting.

2 Days Trishuli White Water Rafting Itinerary

Day 01: Kathmandu to Baireni/ Charaudi

We will drive from Kathmandu to either Baireni (put-in point) or Charaudi (3.5 hours), depending on the chosen take-in point for the 2-day rafting package. Professional guides will provide Trishuli with safety tips and paddling instructions for rafting. Throughout the journey, we will encounter various rapids such as Snell's Nose, Monkey, Teen Devi (Baireni Take-in Point), Twin Rocks, Ladies' Delight, Monsoon, Upset, Surprise, Butterfly, and Bijuli or Lightning (Charaudi Take-in Point). Our destination for the day is Charaudi, where we will set up camp.

Day 02: Charaudi to Kathmandu/ Chitwan/ Pokhara

We will start from Charaudi and continue rafting towards either Kuringhat (Baireni Take-in Point), 5 Kilo, or Mugling (Charaudi Take-in Point), navigating various rapids. At the end of the day, in the Trishuli River rafting itinerary, we will have a warm bath, change clothes, and have a heartwarming lunch. After lunch, we will have the option to return to Kathmandu, drive to Chitwan, or drive to Pokhara.

What do you need to bring for Trishuli White 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
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What's Included

- Professional English-speaking licensed guides are 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.
- Accommodation in a camp and all necessary facilities including two-man tents, shelters, simple mattresses and sleeping bags, toilet tents, etc.
- Treated drinking water
- Two-way transportation
- River permits.
- Industry standard first aid kits
- Team photos (photos and videos by our team)
- Included meals
 - Day 1 = Lunch & Dinner
 - Day 2 = Breakfast & Lunch

Types of food provided:

Throughout our expedition, we provided 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 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.

Is Trishuli White Water Rafting Suitable For Beginners?

Yes, Trishuli White Water Rafting can be considered suitable for beginners. It is one of the most popular rafting excursions, and it is close to both Kathmandu and Pokhara. Since many rafting enthusiasts are usually in either of the cities, the Trishuli River rafting is among the most preferred ones in Nepal. This rafting is suitable for experienced rafters and beginners who need a guide to make the most of their 2-day rafting trip in Trishuli.

In order to enjoy your Trishuli river rafting to the maximum, you can first consult with your tour operator about the regulations that will keep you safe. Besides this, you need to keep a checklist of all the things you're going to need in order to complete the rafting journey successfully. You must also train yourself physically and mentally before you begin your journey, especially as a beginner! Doing this will help you avoid any kind of anxiety once you begin your rafting trip. Last but not least, always stay with your group and remain attentive to what your rafting guide has to suggest!

What You Can Expect from Trishuli White Water Rafting?

- **White water rafting:** Trishuli is one of the whitewater rivers in Nepal that allows you to experience rafting. It is popular among those who live in Kathmandu and those who visit from foreign countries. The river rafting is easily accessible in or around the capital city.
- **Kayaking:** Besides the Trishuli river rafting trip, you can also go Kayaking. The water level of the Trishuli River is perfect for beginners. You can always be assured of your safety with the help of a rafting guide.
- **Cliff jumps:** Travelers can also make cliff jumps when they're done with the river fun. You may have to spare another day for this activity. However, if you want to engage in this activity, it can be one of the most fun.
- **Swimming:** The Trishuli River offers swimming opportunities for swimming enthusiasts. If you're not looking to go rafting or have finished rafting on the river and are looking for more interactive activity during the two-day trip, swimming along the Trishuli banks can be an immersive experience.
- **Camping by the river:** Travelers can expect to set a campfire and camp right after rafting on the Trishuli River. If you're not one to camp and would like to stay at a resort, you can do that by booking your stay at the River Fun Beach Resort.

- **Visit Gurung Villages:** If time allows and you're open to more experiences, you can also visit Gurung villages close to the landmarks in your itinerary. The Gurung valley is only a few hours away from Kathmandu, making it possible for travelers to return right after their brief excursion.

FAQs About Trishuli White Water Rafting

Can I complete the Trishuli river rafting adventure in a single day?

Yes, you can complete the Trishuli river rafting adventure in a single day for numerous reasons. The rafting adventure is not too far from either Kathmandu or Pokhara. For maximum convenience, rafters may consider staying at least one night by the Trishuli River in a tent or a resort.

What is the best season to go for Trishuli river rafting?

Spring and autumn are the best seasons to go rafting on the Trishuli River. The autumn season begins in September and ends in November, while the spring season begins in March and ends in May. These are the months when the weather is pleasant, you get the maximum experience of diverse culture along the way, and camping is always fun and hassle-free.

Can I go for the Trishuli river rafting experience without a guide?

No, rafters cannot raft along the Trishuli River without a guide. This is mostly because going on the rafting tour can be dangerous. While the river is mostly calm, rafters won't quite know how to control their paddles or the raft.

What is the difficulty level of the Trisuli river rafting adventure?

The Trishuli River's water levels are ideal, making it suitable for both beginner and moderate-level adventurers, with the rapids ranging from Class II to III+. The difficulty level would be Grade B. The mix of rapids makes for an exciting rafting experience from the beginning to the end.

What age group is suitable for river rafting in Trishuli?

Unlike most other rivers, which do not offer an experience for children, the Trishuli River rafting offers the same for age groups from 8 years and above. With a life jacket, a licensed guide, and a cautious mind, rafting can be completed without hassle, no matter the age of the rafter.

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