

# Trishuli White Water Rafting and Kayaking - 2 Days

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

## Duration

2 Days

## Difficulty

II to IV-

## Distance

53 Kms

## 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 tour 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 set of rafters. Rafting in the Trishuli River gives you a whole of exciting experience even in a short period of time.

## Trip Itinerary

### Day 1

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 safety and paddling instructions. Throughout the journey, we will encounter various rapids such as Snell's Nose, Monkey, Teen Devi (Baireni Take-in Point) or Twin Rocks, Ladies' Delight, Monsoon, Upset, Surprise, Butterfly, and Bijuli or Lighting (Charaudi Take-in Point). Our destination for the day is Charaudi where we will set up camp.

## Day 2

We will start from Charaudi and continue rafting towards either Kuringhat (Baireni Take-in Point) or 5 Kilo or Mugling (Charaudi Take-in Point), navigating through various rapids. At the end of the day, 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 Pokhara.

## 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
- Shorts / ½ pant
- Sport Sandals
- Shirts that will dry quickly
- Swim suit
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- 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.
- Accommodation in a camp and all necessary facilities including two man tents, shelters, simple mattress and sleeping bag, toilet tents, etc.
- 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 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