



Trishuli white water rafting

URL: <https://naatatravels.com/trip/white-water-rafting-trishuli/>

Duration	Per Person Cost	Difficulty
1 Days	USD 80	Easy
Group Size	arrival_on	Meals
1-5	Kathmandu	Lunch
Departure	Trip Route	
Kathmandu	Trishuli	

Trip Overview

Overview of Trishuli white water rafting

Embark on an exhilarating one-day white water rafting adventure on the Trishuli River, one of Nepal's most iconic and accessible rafting destinations. Nestled amidst the stunning Himalayan foothills, the Trishuli offers a perfect blend of thrilling Class II-III rapids, serene flatwater stretches, and breathtaking scenery, making it an ideal choice for adventure enthusiasts, families, and first-time rafters alike.

Located just a few hours from Kathmandu, Pokhara, or Chitwan, this trip is a convenient yet unforgettable escape into Nepal's natural beauty and vibrant rural culture. As you paddle through rapids with colorful names like Snail's Nose, Ladies Delight, and Surprise, you'll be surrounded by lush green hills, dramatic gorges, terraced farmlands, and glimpses of traditional Nepali villages.

The journey also offers opportunities to spot local wildlife, swim in calm pools, and enjoy panoramic views of the distant snow-capped peaks. Led by experienced, English-speaking guides and equipped with top-quality rafting gear, this package ensures safety, excitement, and a deep connection with Nepal's rugged landscapes. Whether you're seeking an adrenaline rush or a refreshing day in nature, this Trishuli River white water rafting experience promises a memorable adventure tailored to all skill levels.

Itinerary:

- **06:30 AM:** Pickup from your hotel in Kathmandu

- **07:00 AM:** Depart for Charaudi (rafting starting point, ~85 km from Kathmandu, 3-3.5 hour drive) via private vehicle or tourist bus. Enjoy scenic views of lush hills, terraced fields, and villages.
- **10:00 AM:** Arrive at Charaudi. Receive a safety briefing from professional rafting guides, including instructions on paddling, safety protocols, and what to expect. Gear up with provided equipment (life jacket, helmet, paddle, and waterproof bag for valuables).
- **10:30 AM:** Begin white water rafting (2-3 hours, ~15-25 km, depending on water levels). Navigate exciting rapids like Snail's Nose, Ladies Delight, Upset, and Surprise (Class II-III), with calm stretches for swimming or relaxing. Enjoy views of gorges, forests, and the Manakamana Temple cable car.
- **01:00 PM:** Stop for a buffet lunch on a sandy riverbank (includes Nepali dishes like dal bhat, vegetables, chicken curry, rice, and tea/coffee).
- **02:00 PM:** Resume white water rafting for another 1-2 hours, ending at Mugling, Kurintar, or Jabang Khola (depending on the operator and water conditions).
- **04:00 PM:** Change into dry clothes, relax, and prepare for departure.
- **04:30 PM:** Drive back to Kathmandu (3-4 hours)
- **07:00-08:00 PM:** Arrive at your hotel or drop-off point, concluding the trip.

What to bring

- T-shirt, shorts, or swimwear for rafting.
- River sandals or water-draining shoes (no flip-flops).
- Sunscreen, sunglasses (with strap), and a hat.
- Towel and change of clothes for after rafting.
- Water bottle and personal toiletries.
- Small backpack for personal items.
- Camera (waterproof case recommended; operators provide dry bags).
- Warm clothing (fleece/jacket) if rafting in cooler months (December-February).

Best time to raft

Spring (March to May) and Autumn (September to November): This is arguably the best time to raft with clear weather and optimal water levels (Class II- III rapids)

Monsoon (June August): White water Rafting during the monsoon will be more thrilling but potentially riskier with Class III-IV rapids.

Trip Includes

- All ground transportation in private tourist vehicle.
- Professional English-speaking rafting guide and safety kayaker.
- Rafting equipment (Raft, life jacket, helmet, paddle, waterproof bag).
- River permit and safety/medical equipment (first aid kit).
- Buffet lunch (vegetarian and non-vegetarian options).
- Access to changing facilities at the endpoint.

Trip Excludes

- Personal expenses (drinks like soda, beer, or bottled water; snacks).
- Travel insurance (recommended).
- Tips for guides (optional, but appreciated).
- □Additional activities

Address

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Kathmandu, Nepal