

Trishuli River Rafting - 1 Day

TRISHULI RIVER RAFTING: THRILLING WHITE WATER RAFTING

Trishuli River rafting stands out as the most popular day excursion from Kathmandu or Pokhara. If you find yourself with a free day and are eager to try white-water rafting, the Trishuli River is the perfect spot for a day of adventure. Nestled between Kathmandu and Pokhara along the Prithvi Highway, this river offers a rafting grade of 3+ to 4, making it a safe choice as long as participants follow the rafting guide's instructions. It is suitable for individuals aged 10 and older, and rafters are required to wear life jackets for their safety and to assist with floating on the river. The adventure begins with a private transport ride from Kathmandu to Charaudi, the rafting starting point, 81 km away and about 3 hours away. Upon arrival, you will meet our guide and crew before proceeding to the Trishuli River, which flows from the sacred Gosaikunda Lake, created by Lord Shiva's trident. After receiving your equipment and boarding the boat, you will start the thrilling rafting experience following a brief safety briefing. The rafting distance is approximately 38 km and lasts around 3 to 4 hours. You can enjoy the excitement of the rapids while taking in the stunning scenery, villages, farmland, and hills. The rafting concludes in Mugling, after which you can take a car back to Kathmandu. If you prefer to head to Pokhara, that option is also available for an additional fee. Reserve your day of Trishuli River rafting from Kathmandu or Pokhara with Shepra Nomad Trek Pvt. Ltd. and experience the best white-water rafting with premium quality service at a reasonable price. Our company is a reputable local business in Nepal, ensuring your safety along with exceptional care, authenticity, and top-tier service.

HIGHLIGHTS OF TRISHULI RIVER RAFTING

- Explore the natural and cultural wonders beyond the Kathmandu Valley.

- Experience the breathtaking snowcapped mountains en route to Charudi, the starting point for rafting.
- Take in the sights of charming villages, lush rice terraces, and picturesque mountain and river valleys.
- Relish a comfortable drive, with the freedom to stop wherever you wish
- Experience grade II and grade III Trishuli River rafting, ideal for both novices and experienced rafters.
- Savor a delicious lunch at the resort and restaurant.
- Receive essential equipment, including a helmet, life jacket, and paddle.
- Engage in the most exhilarating whitewater rafting adventure in Nepal.
- Discover the top rafting destination accessible from Kathmandu.
- Enjoy a premium package that includes private transportation.



DETAILED ITINERARY

Day 1: Embark on a drive from Kathmandu to Charaudi / Fishling, experience the exhilarating rafting, and then return to either Kathmandu or Pokhara.



PRICE INCLUDES

- Pick up from Kathmandu by private transportation and drop off at Charaudi, rafting starting point
- Rafting Tour for 3 hours
- Personal flotation device (PFD/life jacket))
- Helmet
- Paddle
- Lunch at resort
- After the rafting, back to Kathmandu by private transportation.
- Gov Tax
- Driver, fuel, Insurance, and meals

PRICE EXCLUDES

- Nepal visa Fees
- Kathmandu Accommodation
- Travel insurance for clients
- Meals (Breakfast & Dinner)
- Tips for the guide and Driver
- Kathmandu Sightseeing: Cost is USD 90 p/p
- Mt. Everest Flight: USD 220 p/p
- Chitwan safari: 2 nights/ 3 days: USD 180 p/p

EQUIPMENT & GEAR

Clothing

- Quick-drying shirt (avoid cotton)
- Quick-drying shorts or swimsuit
- Lightweight synthetic or wool base layer (if it's cool)
- Splash jacket or rain jacket (if needed)
- Sun hat or cap with a chin strap
- Sunglasses with a retainer strap

Footwear

- Secure water shoes, river sandals, or old sneakers with Good grip
- Avoid flip-flops, as they can easily come off

Safety Gear

- Personal flotation device (PFD/life jacket) (We provided)
- Helmet (We provided)
- Paddle (We provided)

Sun Protection

- Waterproof sunscreen (SPF 30 or higher)
- Lip balm with SPF

Personal Items

- Water bottle
- Small snack

- Dry change of clothes for after the trip
- Towel
- Waterproof bag or dry bag for essentials (if allowed)
- Any necessary medications in a waterproof container

Optional

- Waterproof camera or action camera
- Waterproof phone case
- Lightweight gloves (for cold weather or to prevent blisters)



