



Rafting and Kayaking

Url: <https://www.glorioushimalaya.com/trip/rafting-and-kayaking/>

Duration

6

Difficulty

Easy

Group Size

1+ pax

Transport

Bus, Car

Meals

Breakfast, Lunch, Dinner

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Hotel

Overview

Nepal is not only popular for its legendary Himalayas, but also for the rivers that originate from these snow massifs. Rafting and kayaking across the mighty Himalayan rivers just are one of the many thrills that Nepal offers to adventure enthusiasts. Many of our clients in the past have had us design a trekking itinerary with two-three days of rafting in between. Nepal is one of the best destinations in the world for White water rafting. Trishuli and Bhotekoshi is the best for white water rafting among the other. Rafting and Kayaking are the adventures and thriller sports outdoor activities in Nepal. If you have a short duration to visit Nepal and you want adventure activity in your short stay in Nepal, thus, White water rafting and Kayaking are a good idea for you.

There are several rivers, big and small, in Nepal which offer equal thrills of river running. The rapids of each river is different allowing both amateurs and experts to choose the kind of adventure they want. An experienced and professional guide will provide you the instruction and idea before you start and you will need to be physically fit and fine to do this kind of adventure activities. Many of our clients participated in this program after finished their trek to gain the experience of adventure outdoor activities here in Nepal. The rivers of Nepal have their source in the high Himalayas where melting glaciers feed the ever-flowing waters. Snow-fed lakes give rise to yet other rivers and some have their origins in the Tibetan plateau. They flow through forests, alpine meadows, and the deepest gorge in the world to finally reach the plains from where they go on to merge with the Ganges in India.

We conduct rafting and kayaking trips across the following Himalayan rivers:

- [Sun Kosi](#)
- [Karnali](#)
- [Marshyangdi](#)
- [Kali Gandaki \(Lower\)](#)
- [Kali Gandaki \(Upper\)](#)
- [Tamur](#)
- [Seti](#)
- [Bhote Koshi](#)
- [Trishuli](#)

Itinerary

Day 01: Arrival in Kathmandu 1335m and transfer to the hotel, Bed & Breakfast{BB}

You will be warm welcomed at airport by our office representative and then transfer to hotel. Our staff will give brief explanation about your program. This day you can stay within the hotel or enjoy night at Thamel. Bed & breakfast {BB}

Day 02: Drive to Charaudi (3 hrs) and 4 hrs Rafting and drive to Chitwan

After having your breakfast in the morning, we take about 3 hours drive towards rafting point. And then rafting guide will give briefing about the safety and river. After two hours enjoying with the waves of Trishuli river and then we take a break for lunch at bank of the river and again start our raft 2 hour further. And take our drive to Chitwan for Jungle activities. Overnight at hotel inclusive full board meals. (Breakfast/Lunch/Dinner)

Day 03: Chitwan - Jungle Safari, nature walk, culture program

Today after breakfast in the morning, we explore Chitwan National Park with Jungle safari, Canoe ride, Elephant bath, Jungle walk and Tharu culture dance in the evening time. Overnight at hotel with full board meals.

Day 04: Drive Back to Kathmandu - (6 hrs)

After breakfast drive back to Kathmandu along the bank of the river about 6 hours. And transfer to hotel for overnight. We will have together Nepali cousin dinner program at restaurant.

Day 05: Sightseeing in Kathmandu

Today, you will visit some of the cultural heritage site of Kathmandu valley, which includes Pashupatinath, Swyambhunath, Kathmandu Durbar Square, Bouddhanath stupa and Bhaktapur Durbar Square. You can do shopping various Nepalese cultural stuffs in this day. And Back to HOTEL for overnight inclusive B/B.

Day 06: Departure Day

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

Trip Includes

- Airport Pick up and Drop by private car/van.
- An experienced and helpful tour guide for the entire tour.
- 3 nights of hotel accommodation in Kathmandu at a 3-star category inclusive of breakfast.
- 1-day river rafting in Trishuli River.
- 2 nights hotel accommodations in Chitwan inclusive of full board meals.
- Chitwan National Park entry permits.
- All the jungle activities including jungle safari.
- 1-day sightseeing tour in Kathmandu by private car.
- Private car transport from Kathmandu to the rafting point and then to Chitwan.
- Tourist bus transport from Chitwan to Kathmandu.
- All Government taxes.

Trip Exclude

- International airfare.
- Nepal travels visa fees.
- Alcoholic beverages, bottled mineral and hot/boiled water, soft drinks, and snack foods
- Lunch and dinner in Kathmandu hotel.
- Heritage sites entrance fees for Kathmandu sightseeing tour.
- Any others expenses which are not mentioned in Price Includes section.

Contact Us, Head Office

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