Trek Curator
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Bhotekoshi River Rafting - 2 Days

Ready to dive into an unforgettable adventure? Experience the thrill of Bhotekoshi River Rafting and ride the wild rapids like never before!

Bhotekoshi River Rafting stands out as one of Nepal's steepest and fastest-flowing whitewater adventures. This thrilling experience offers an exhilarating blend of whitewater rafting, breathtaking nature, and cultural immersion. Nestled in the northeast of Kathmandu near the Tibet-Nepal border, the Bhotekoshi River starts at an altitude of around 1,200 meters. Known as the "River of Tibet," it enters Nepal as a powerful, narrow stream. This glacier-fed river flows from the Tibetan plateau and the Langtang Himalayas, as well as the Shishapangma ranges. Famous for its steep gradient, it ranks as the steepest raftable river in Nepal, providing a perfect mix of natural beauty and high-octane adventure. The river is celebrated for its continuous Class III–IV+ rapids, striking gorges, quaint villages, terraced farmlands, and iconic suspension bridges.

Highlights

- Experience thrilling Class III to IV+ rapids like "Frog in a Blender," "The Great Wall," and "Liquid Bliss."
- Enjoy stunning views of the river valley with rocky gorges, hanging bridges, and lush forests.
- Relax at the riverside campsite.
- Capture amazing photos and videos on the big rapids and picturesque landscapes.
- Keep an eye out for occasional wildlife sightings.

Duration, Difficulty, Accommodation & Essentials

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This adventure typically spans two days, with around four hours of actual rafting each day. The Bhotekoshi River features challenging Class III to IV rapids, making it suitable for adventure seekers and those with moderate fitness levels—prior rafting experience is a plus but not a must. Strong swimmers who are comfortable with fast-moving water will find it ideal. Accommodations include riverside tented camps at Sukute or Dolalghat, which come equipped with campfires, toilets, and kitchen facilities.

Permits Needed:

- No trekking permits required
- Local tourism support is sufficient (arranged by rafting companies)

Best Time to Visit:

- Autumn (September–November): Ideal water levels and pleasant weather
- Spring (April–June): Warmer temperatures and good flow
- Avoid the monsoon season (July–August) due to high water levels and safety concerns

Why Choose Bhotekoshi River Rafting

Rafting on the Bhotekoshi is one of the most thrilling and scenic short trips you can take in Nepal. This perfect two-day getaway, just a stone’s throw from Kathmandu, is suitable for both adventurous first-timers (with a bit of courage) and seasoned paddlers. The trip combines technical rafting with stunning natural landscapes and cultural experiences, making it perfect for team-building, group travel, and weekend escapes. Rest assured, the adventure adheres to professional safety standards, with expert guides providing all necessary gear.

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Don’t miss out on this adrenaline-packed journey—book your Bhotekoshi River Rafting adventure today and make memories that will last a lifetime!

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PRICE INCLUDES

- Round-trip transportation between Kathmandu and rafting start/end points (Baseri & Dolalghat/Khadichaur)
- Professional rafting guides and safety gear (helmets, life jackets, paddles)
- Two days of rafting on Class III-IV+ rapids
- Riverside tented camping accommodation (Sukute or Dolalghat) with basic facilities
- All meals during the trip (Day 1 lunch & dinner, Day 2 breakfast & lunch)
- Safety briefing, river orientation, and emergency support
- Local permits and tourism fees
- Use of rafting equipment

PRICE EXCLUDES

- Personal travel insurance (mandatory to arrange before the trip)
- Personal expenses (drinks, snacks, souvenirs)
- Tips for guides and crew (optional but appreciated)
- Additional activities not mentioned in the itinerary
- Flights or transportation to/from Kathmandu
- Any gear rental outside of rafting equipment (e.g., hiking gear)
- Costs related to delays or changes due to weather or unforeseen events

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DETAILED ITINERARY

Day 1: Kathmandu – Bhotekoshi – Rafting & Camping

Get ready for an early departure from Kathmandu to Baseri, your rafting put-in point. During the scenic drive, you'll be treated to stunning views of terraced fields, the Himalayan foothills, and flowing rivers. Upon arrival at Baseri, you'll meet our experienced river guides for a brief orientation where you'll learn about river flow, safety commands, swimming techniques, flipping, and emergency rescue methods. We'll provide you with all the essential safety gear, including ISO-certified helmets, paddles, buoyancy aids, and more. As you embark on your adventure, prepare to tackle exciting rapids ranging from Class III to Class IV+. The key rapids you'll face today are "Frog in a Blender," "Dazed and Confused," "The Great Wall," and "Liquid Bliss." Enjoy the breathtaking scenery of dense forests, rocky gorges, and hanging bridges, all while keeping an eye out for wildlife like monkeys and various bird species. The exhilarating drops and tight technical lines will keep your adrenaline pumping amidst the crystal-clear Himalayan waters. As evening falls, you'll set up camp along the sandy riverbank at either Sukute or Dolalghat, where you can indulge in activities like swimming, beach volleyball, storytelling by the campfire, and stargazing.

Day 2: More Rafting – Return to Kathmandu

Rise and shine for an early breakfast at the camp. After fueling up, join in on some stretching exercises and a gear check to prepare for another thrilling day on the water. Continuing downstream from where you left off on Day 1, you'll navigate technical sections and more continuous rapids like "Dazed and Confused," "Hakuna Matata," and "Jaws." This stretch is perfect for surfing the waves and honing your team paddling skills,

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with plenty of opportunities for photography and videography along the way. You'll pull out near Dolalghat or Khadichaur, where you can change clothes, dry off, and get ready for lunch. Enjoy your meal while reminiscing about the day's rafting adventures. In the afternoon, you'll take the same route back to Kathmandu, ending your thrilling journey.

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