Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Kaligandaki River Rafting - 3 Days

Ready for an unforgettable adventure? Dive into Kaligandaki River rafting and experience Nepal like never before.

Kaligandaki River Rafting stands out as one of the most picturesque and culturally vibrant adventures for white-water rafting in Nepal. Named after the revered goddess Kali, the Kaligandaki River flows through the heart of Nepal and is considered one of the holiest rivers. Originating on the high Tibetan plateau, it carves out the world's deepest gorge between the stunning Annapurna and Dhaulagiri mountain ranges. This river offers an exciting blend of sacred significance and thrilling adventure, featuring remote canyons, waterfalls, hanging bridges, and lush jungles.

Renowned for its unspoiled beauty, which remains untouched by commercialization. It presents a rich mix of natural landscapes, cultural encounters, and outdoor excitement. Suitable for both first-time rafters and adrenaline junkies seeking a short expedition. This rafting experience combines exhilarating rapids with calm sections, perfect for soaking in the scenery while drifting past charming Magar and Gurung villages.

Highlights

- Breathtaking views of the Annapurna and Dhaulagiri ranges
- Class II–IV rapids with enticing names like Big Brother, Refund, and Good Morning
- Opportunity to learn rafting techniques, safety practices, self-rescue methods, and river navigation skills
- Enjoy evening campfires, team bonding activities, and stargazing under clear skies

Duration, Difficulty, Accommodation & Essentials

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This rafting adventure lasts about three days, with a total of approximately 10 to 12 hours spent on the river. The rapids range from Class II to IV, placing the difficulty level at moderate. It's well-suited for individuals with a moderate fitness level and a spirit of adventure. While prior rafting experience isn't necessary, basic swimming skills are recommended for comfort in the water. During the entire trip, participants will stay at tented camps set up on scenic sandy riverbanks—though basic, these camps come with communal dining and cozy campfire areas.

Permits Needed:

- No special rafting permits are required
- A General Trekkers' Information Management System (TIMS) card is optional for those combining their trip with treks

Best Time to Visit:

- October–November: Expect clear skies and higher water levels following the monsoon
- March–May: Enjoy pleasant spring temperatures and moderate river flow
- It's best to avoid the monsoon season (June–September) due to potential flooding risks

Why Choose Kaligandaki River Rafting?

Kaligandaki River rafting is ideal for travelers with limited time who want an exciting adventure near Pokhara. It offers both adrenaline-fueled action and immersion in nature within a compact three-day journey. Less commercialized than the Trishuli and Bhote Koshi rivers, Kaligandaki provides a more authentic and tranquil experience. This trip is ideal for group bonding, corporate retreats, or family adventures, creating opportunities to connect through camping, team rafting, and storytelling. With a captivating mix of thrills, stunning scenery, and cultural insights, it's also a fantastic choice for content creators and photographers looking to capture unforgettable moments.

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Don’t miss out—book your Kaligandaki River rafting adventure today and make memories that will last a lifetime!

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PRICE INCLUDES

- Round-trip transport between Pokhara and the rafting start/end points
- Professional rafting guides and all safety gear (helmets, life jackets, paddles, dry bags)
- Riverside tented camps for 2 nights with communal dining and campfire areas
- All meals during rafting days (breakfast, lunch, dinner)
- Rafting instruction, safety briefings, and river navigation training
- Local permits and fees related to rafting
- Basic first aid and safety protocols

PRICE EXCLUDES

- Personal travel insurance (highly recommended)
- Alcoholic drinks, soft drinks, and extra bottled water beyond meals
- Tips for guides, porters, and drivers (optional but appreciated)
- Personal expenses like souvenirs, phone, internet, laundry
- Trekking permits (TIMS card) if combining rafting with trekking
- Personal gear such as swimwear, towels, sunscreen, toiletries, waterproof camera cases

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DETAILED ITINERARY

Day 1: Drive from Pokhara to Maldhunga, Short Rafting Session, Set Up Camp

Your adventure begins with a picturesque drive from Pokhara to Maldhunga, the starting point of your rafting journey. As you travel, you'll pass through scenic hills, lush terraced fields, and charming traditional villages along mostly well-kept roads, although the final stretch might be a bit bumpy. Once you arrive at Maldhunga, you'll dive into a brief rafting session lasting about 1 to 2 hours. Before hitting the water, you'll receive a comprehensive briefing on paddling techniques, safety procedures, and gear distribution, including helmets, life jackets, paddles, dry bags, and waterproof barrels. Your first taste of the Kaligandaki rapids will introduce you to Class II–III challenges, perfect for honing your strokes and commands. Along the way, you'll be treated to stunning views of the Annapurna and Dhaulagiri ranges, enhancing the thrill of your adventure. In the evening, guides will set up your riverside camp on a sandy beach, and you'll have some free time for swimming, beach games, or exploring the area. As night falls, gather around a campfire (weather permitting) for team bonding, storytelling, and a delicious dinner prepared by the guides, all beneath a canopy of stars.

Day 2: Full-Day Rafting

Awakening to the sounds of nature, you'll enjoy breakfast at camp before warming up and prepping for a full day on the water. Expect to spend 5 to 6 hours rafting, including breaks, during which you'll encounter exciting Class III–IV rapids, such as Big Brother and Little Brother, as well as Good Morning. These challenging sections will present strong eddies, whirlpools, and splashes, making the experience both exhilarating and safe with

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your professional guides. During your breaks, you'll indulge in simple yet energizing meals like pasta, rice, or sandwiches, along with fresh fruits and tea or coffee. You will paddle through breathtaking jungle gorges and sacred canyons, passing by hand-bridged waterfalls and perhaps catching a glimpse of langurs, kingfishers, and parrots. Later, you'll set up camp at a riverside beach near Seti Beni village, offering time to swim, relax, or even take a stroll into the village. As night falls, enjoy stargazing away from the city lights.

Day 3: Final Rafting Section to Mirmi, Drive Back to Pokhara

After breakfast, you'll gear up for the last leg of your rafting adventure, which lasts about 2 to 3 hours. Here, you'll encounter more gentle floats with occasional Class II–III rapids, allowing you to unwind and soak in the wonderful scenery as you paddle together as a team. Keep an eye out for the small Magar and Gurung valleys, which are often dotted with suspension bridges, while local villagers watch from the riverbanks. Your rafting journey concludes at Mirmi, near the Kaligandaki Hydropower Dam. Once you finish, you'll pack up your gear and change into comfortable clothes, then enjoy some snacks and tea before heading out. Celebrate the conclusion of your adventure with the crew, after which you'll drive back to Pokhara or, if you have additional trekking or tours planned, continue your journey from Mirmi.

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