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# Marshyangdi River Rafting - 2 Days

**Get ready to conquer the wild waters of the Marshyangdi River—Nepal's ultimate whitewater rafting adventure awaits!**

Marshyangdi River Rafting stands out as one of Nepal's top white-water rafting experiences, seamlessly combining heart-pounding excitement with stunning natural beauty and rich cultural encounters in a compact adventure. Flowing through central Nepal in the Annapurna region, the Marsyangdi River runs at altitudes between approximately 1,000 to 2,000 meters. It starts from the glacial waters near the Manang area, moving southeast before joining the Trishuli River. This rafting trip is renowned for its steep gradients and thrilling white-water rapids, which range from Class III to IV+. The journey meanders through lush canyons, terraced hills, and traditional Gurung villages, providing breathtaking views of majestic peaks like Manaslu and Annapurna. Considered one of Nepal's most demanding commercial rafting rivers, it offers a unique blend of cultural immersion and adrenaline-fueled adventure.

## Highlights:

- Continuous Class III to IV+ rapids with exhilarating names such as "Good Morning," "Twinkle," and "Instant Karma"
- Stunning Himalayan vistas featuring the Annapurna and Manaslu ranges
- Riverside camping complete with bonfires, team games, and storytelling sessions
- Deep green canyon walls, cascading waterfalls, and crystal-clear glacial waters
- Opportunities for swimming, cliff jumping, and capturing incredible photos

## Duration, Difficulty, Accommodation & Essentials:

The rafting adventure spans over two days, with optional extensions to Pokhara or Bandipur. Given the Class III to IV+ rapids, technical maneuvering is key; thus, this journey is best suited for

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adventurous beginners with strong guides or experienced rafters who have good stamina and swimming skills. While prior rafting experience is recommended, it is not essential. Accommodation consists of overnight tented camping on serene riverside beaches, complete with eco-toilets and basic meals prepared by our support staff.

**Permits Needed:**

– No specific permit required for rafting.

– Travel and medical insurance are highly recommended.

**Best Time to Visit:**

- October–November: Post-monsoon season, offering excellent flow and visibility.
- March–May: Pre-monsoon season, with warm temperatures and stable water levels.
- It’s best to avoid the monsoon season (June–September) due to hazardous water levels.

## Why Choose Marshyangdi River Rafting?

Marshyangdi River rafting is one of Nepal’s most exhilarating and challenging rafting rivers, blending thrilling adventure with natural peace. It serves as an ideal short getaway for travelers, backpackers, and weekend warriors. This destination is less crowded and commercial than Trishuli River rafting, making it a great pick for photographers, nature enthusiasts, and adrenaline seekers alike. Here, you’ll create memorable team experiences filled with bonding activities and stunning camping. Plus, it’s easily accessible from both Kathmandu and Pokhara, whether for short trips or extended adventures.

**"Book your Marshyangdi River rafting trip today and experience Nepal’s most thrilling whitewater adventure!"**

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## PRICE INCLUDES

- All rafting equipment (helmet, lifejacket, paddle, waterproof bags)
- Professional rafting guides and safety briefings
- Transportation Kathmandu → Besisahar → Ngadi (rafting start) and Bimalnagar → Kathmandu or Pokhara
- Riverside tented camping (eco-toilets included)
- Meals: Dinner on Day 1, Breakfast and Lunch on Day 2
- Support staff and camp setup
- Basic first aid and kayak safety support
- Local permits for rafting

## PRICE EXCLUDES

- Travel and medical insurance (highly recommended, but not provided)
- Personal expenses (snacks, drinks beyond safe drinking water, tips)
- Extensions or accommodations in Kathmandu, Pokhara, or Bandipur outside the rafting trip
- Any extra activities outside the itinerary (e.g., trekking, sightseeing beyond rafting route)
- Flight tickets to/from Nepal

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# DETAILED ITINERARY

### Day 1: Kathmandu → Besisahar → Ngadi → Start Rafting

Begin your adventure early in the morning with a private jeep or tourist bus ride from Kathmandu to Besi Shahar. As you travel, soak in the stunning views of towering mountains and lush river valleys, witness the confluence of the Trishuli and Marsyangdi Rivers, and pass through typical Nepali roadside towns nestled among terraced farms. Upon reaching Besisahar, you'll meet your local rafting crew and guides who will provide an overview of the rafting experience and safety protocols. After a gear check, you'll be equipped with essential safety gear, including a helmet, lifejacket, paddle, and waterproof dry bags. In the afternoon, hop back into the jeep for a short ride to Ngadi, the launching point for your rafting journey. As you set off, you'll navigate through initial rapids ranging from Class II to III+, allowing you to warm up and get a feel for the river. Surround yourself with the beauty of green canyon walls and crystal-clear glacial waters, while keeping an eye out for water birds, playful monkeys, and the occasional mountain goat. As the day winds down, enjoy a cosy riverside campfire near Bahundanda. If the weather cooperates, you can engage in evening activities like storytelling and team bonding over the warmth of the bonfire.

### Day 2: Full Day Rafting → Bimalnagar → Return

Awake to the soothing sounds of the river and the breathtaking sunrise over the Himalayas. After a hearty breakfast, take some time to stretch and warm up as you prepare for the day ahead. Your rafting journey continues for 5 to 6 hours, where you'll face continuous Class IV and IV+ rapids that are both technical and challenging. Encounter thrilling key rapids with names like Good Morning, Twinkle, Instant Karma,

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and The Wall. Kayak safety support will be on hand, with constant briefings provided before tackling each major rapid, ensuring that helmets and life jackets are strictly enforced for your safety. Around midday, stop for lunch at a peaceful sandy beach or shaded area. Take advantage of this break to swim in the calmer sections of the river, engage in riverbank games, or simply relax while capturing some memorable photos with your team. In the afternoon, the rafting wraps up as you make your way to Bimalnagar, where the river widens and the rapids become less frequent. Enjoy distant views of the majestic Manaslu and Annapurna ranges as you navigate the final stretch. By late afternoon, you'll conclude your rafting adventure, change out of your wet gear, and pack everything up for the return journey. You can opt for a drive back to Kathmandu (~5–6 hours) or take a shorter route to Pokhara (~2 hours), with the option to stop for a quick visit or even an overnight stay in the charming town of Bandipur.

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