Trek Curator
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Seti River Rafting - 2 Days

Ready for the adventure of a lifetime? Start your Seti River rafting journey today!

Seti River Rafting offers an exciting blend of adventure, natural beauty, and cultural experiences. Nestled in Nepal's western region, the Seti River springs from the Annapurna range, presenting a pristine, warm-water oasis that's perfect for a thrilling yet short rafting journey. The river is famous for its gentle rapids and secluded, jungle-lined gorges, allowing paddlers to navigate through remote Magar villages, lush jungles, terraced hills, and limestone canyons. This adventure features Class II–III rapids and suits families, beginners, and those with some experience . The white sandy beaches, vibrant greenery, and inviting swimming spots along the Seti add to its allure. With fewer crowds compared to rivers like Trishuli, it promises a more peaceful and intimate experience.

Highlights

- Navigate through gentle rapids, ideal for every skill level
- Enjoy riverside camping under a starlit sky with cozy bonfires and music
- Try cliff jumping and swimming in calm river pools
- Witness a breathtaking sunrise over the Seti River on Day 2—a truly serene experience
- A tranquil, less commercial route that fosters a deep connection with nature

Duration, Difficulty, Accommodation & Essentials

This rafting adventure spans two days, with approximately six hours of drive time each way from Kathmandu. The Class II to III rapids present a fun yet manageable challenge, making it accessible for all ages (8 years and older) without requiring prior rafting experience. You'll camp on riverside beaches in tents, complete with sleeping bags and mats, and enjoy fresh meals prepared by our support crew, offering both vegetarian and non-vegetarian options.

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Permits Needed: No rafting permits are required as they are included in the tour packages.

Best Time to Visit:

- Spring (March–May): Warm weather with ideal river flow
- Autumn (Sept–Nov): Clear skies, stunning scenery, and comfortable temperatures
- Avoid monsoon (June–Aug): High river levels pose safety concerns

Why Choose This Rafting Adventure

This two-day adventure is short and sweet, minimizing travel hassle from Kathmandu. It combines mild excitement with spectacular scenery and cultural exploration, making it perfect for first-time rafters or anyone seeking a scenic river adventure. You can look forward to a well-rounded experience that includes camping, rafting, and relaxation amidst nature. With fewer crowds compared to commercial rivers like Trishuli, you'll be able to immerse yourself in the serenity of the surroundings. The entire experience is guided by professionals dedicated to high safety standards, ensuring you have a fun and memorable time. Additionally, there's an option to extend your trip with a Chitwan Jungle Safari or a trek in Pokhara, allowing for more adventure or leisurely lake time.

Don't miss out on this unforgettable adventure—book your Seti River rafting experience now and ride the rapids!

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PRICE INCLUDES

- Private round-trip transportation Kathmandu ↔ Damauli & back
- Professional, certified rafting guides and support crew
- Safety briefing and rafting instructions
- All rafting gear: helmet, life jacket, paddle
- Riverside camping equipment: tents, sleeping bags, mats
- All meals during the trip (vegetarian and non-vegetarian options)
- Drinking water and snacks on the river
- Permits, taxes, and government fees
- Optional cliff jumping, swimming, and riverside activities
- Evening campfire with music and entertainment

PRICE EXCLUDES

- Personal travel insurance (strongly recommended)
- Personal expenses such as beverages, souvenirs, or extra snacks
- Tips for guides and support staff
- Accommodation before or after the trip in Kathmandu
- Optional extensions like the Chitwan Jungle Safari or the Pokhara trek
- Any airfare to/from Nepal

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DETAILED ITINERARY

Day 1: Kathmandu → Damauli → Rafting Begins

Kick off your adventure early in the morning with a scenic drive of around 150 km from Kathmandu to Damauli. The journey, taking about 5–6 hours along the Prithvi Highway, offers breathtaking views of the Himalayan foothills, the Marsyangdi and Trishuli rivers, terraced farms, and quaint rural villages. Upon reaching Damauli, you'll meet your rafting crew and trip leader, who will go over essential safety guidelines, including paddling commands (like forward, stop, and back), rescue techniques, team coordination, and a gear check. Once the briefing wraps up, it's time to hit the water. You'll embark on a rafting journey of approximately 15 to 20 km, lasting around 2.5 to 3.5 hours. The initial stretch features calm waters, making it perfect for warm-up and beginners. As you navigate through Class II to III rapids, excitement builds, yet the course remains suitable for all skill levels. You'll also have a few serene spots where you can indulge in cliff jumping, swimming, or just relaxing by the riverside. In the evening, settle down for riverside camping at a picturesque beach (typically near Saranghat or a similar location). Enjoy free time to explore, swim, or engage in games like volleyball. If the weather permits, you can gather around a campfire, share stories, listen to music, and gaze at the stars. Overnight accommodations include tents, sleeping bags, and mats.

Day 2: Rafting Continues → Gaighat → Return to Kathmandu

Awaken early to catch the stunning sunrise over the river. After breakfast, you'll pack up your tents and gear for day two of your rafting adventure. Once everything is ready, you'll continue paddling toward Gaighat. Here, the river widens, and the flow becomes a

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bit faster, bringing more challenging rapids along the Serti River. As you navigate through limestone gorges, picturesque waterfalls, and small canyons bordered by lush jungle, keep an eye out for local wildlife. Feel free to stop for photo opportunities or for some optional cliff diving. Your river journey will wrap up after about three hours at the takeout point near Gaighat, where you'll have a chance to change into dry clothes. Enjoy a satisfying hot lunch prepared by the support crew and take part in a short feedback session with your rafting team. In the afternoon, you'll drive back to Kathmandu, or if you prefer, you can opt for a drop-off in Chitwan (Sauraha) for a jungle safari extension, or continue west to Pokhara for more adventure.

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