Trek Curator
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Trishuli River Rafting - 2 Days

Trishuli River Rafting stands out as Nepal’s most popular destination for white water adventures. The river is fed by the pristine waters of Gosainkunda Lake and the surrounding snow-capped Himalayan peaks. Conveniently located between Kathmandu, Pokhara, and Chitwan, it offers easy access from major tourist hubs. The river gets its name from Trishuli, which refers to the trident of Lord Shiva, adding a layer of cultural and mythological significance to the experience. Moreover, Rafting sections range from 600 to 900 meters in altitude, showcasing a mix of calm waters, thrilling rapids, sandy banks, deep gorges, and stunning terraced landscapes. Additionally This river is perfect for both first-time rafters and adrenaline junkies looking for a short yet exhilarating water adventure. It’s also ideal for weekend getaways and quick excursions.

Highlights

- Experience the thrills of white-water rafting on famous rapids like Ladies Delight, Upset, and Monsoon.
- Enjoy riverside camping complete with bonfires, stargazing, and social activities.
- Take in the scenic beauty of lush hills, terraced farms, and the local way of life along the river.
- Relax in peaceful sections perfect for floating, swimming, and unwinding.

Why Choose This Destination?

Trishuli River Rafting is an excellent choice for those seeking a quick adventure close to Kathmandu, as it can easily be paired with activities like jungle safaris in Chitwan or tours in Pokhara. Also, it’s a safe and enjoyable option for first-time rafters without the worries of high altitude or demanding physical challenges. Whether you’re travelling solo, with a partner, as a family, or in a large group, this experience is flexible and accessible. In addition, it’s a fantastic way to explore Nepal beyond trekking or cultural tours, offering budget-friendly packages that include

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meals, transport, and gear, all without the hassle of permits.

Ready for a rafting adventure? Explore Trishuli River rafting trips with expert guides and scenic thrills. Book online today!

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PRICE INCLUDES

- Professional river crew and certified rafting guides
- High-quality rafting gear: rafts, kayaks, paddles, helmets, and jackets
- All necessary safety equipment for a secure adventure
- All meals during the trip: breakfast, lunch, and dinner
- Riverside tented accommodation with basic facilities
- Camping accessories and setups at the riverbank
- Transportation for pick-up and drop-off from Kathmandu via tourist bus
- Evening entertainment such as bonfires and light music
- Comprehensive safety briefing and support throughout the trip

PRICE EXCLUDES

- International and domestic flight tickets
- Travel and medical insurance (strongly recommended)
- Personal expenses like bar bills, snacks, and drinks
- Private vehicle hire or personal transport
- Optional extra activities or side excursions
- Tips and gratuities for guides and staff

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DETAILED ITINERARY

Day 1: Drive to Charaudi (85km), Begin Rafting

Your adventure begins with a scenic drive to Charaudi, the starting point for your rafting journey. Depending on traffic and road conditions, the 85 km trip generally takes about 3 to 4 hours, so it's best to hit the road early to dodge any congestion. As you drive along the Prithvi Highway, you'll be treated to stunning views of hills, rivers, traditional villages, and picturesque landscapes. Upon arriving near Charaudi village around 11:00 AM, you'll receive essential safety briefings from your rafting guide, covering paddling techniques, key commands (like Forward, Stop, Back Paddle, etc.), and emergency procedures. The rafting itself will kick off around 11:30 AM, and you'll spend approximately 3 to 4 hours on the water, with opportunities for swimming and cliff jumping if conditions are suitable. A well-deserved lunch break will happen around 1:30 PM, typically consisting of a packed meal or riverside feast on a sandy beach or safe riverbank. You'll wrap up the rafting experience near Kurintar or Fishling, depending on the water flow and the specific package, between 3:00 and 4:00 PM. In the evening, you'll enjoy an overnight stay at a riverside tented camp or resort, complete with evening snacks, a campfire (if arranged), light music, and dinner.

Day 2: Continued Rafting and Return Drive to Kathmandu

On the second day, rise early around 6:30 or 7:00 AM and savour breakfast at the camp or resort. After packing up and gearing up for another day on the water, you have the option to tackle the second leg of rafting starting at 9:00 AM, lasting roughly 3 hours. (Note: Some packages may skip this, in which case you can enjoy a leisurely morning instead.) The second leg will wrap up around 11:00 AM, followed by a lunch break either

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at the rafting endpoint or during the drive back to Kathmandu. After completing your rafting adventure, you'll head back to Kathmandu, or if you've combined this trip with other tours or trekking adventures, you'll continue on your journey.t.

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