Trishuli River Rafting -1 Day

Trip Overview

Summer and water activities have each other's backs. It is impossible to prevent yourself from jumping into a swimming pool on a hot day. No wonder water parks reach their peaks during the summer and are packed with people of every age. But what about taking the fun activity to another level? What is stopping you from adding rafting to your bucket list this summer?

Maybe you have the fear of fast water but it is definitely worth a try. And who knows you might even lose your fear of the water at the end? If you're a beginner, try giving it a shot in the summer as the water level is not that high and the rapids are less harsh. So, make a team of your friends and dive into this fun outdoor activity and you'll thank yourself for it later.

Orchid Tours and Travels has constructed a one-day Trishuli rafting tour where you will get an adrenaline rush rafting through the Trishuli River along the relaxing atmosphere.

Trishuli River Rafting Suitability

Rafting requires strong physical ability and interest. With that, it is suitable for many people. We have mentioned some factors to consider before going for rafting:

1. **Physical fitness**: You know that rafting is physically draining and you have to be physically fit for the job. You have to handle the paddles and ride the currents for several hours. In case of any medical issues, consult your doctor before planning a rafting trip.
2. **Age**: There is no age restriction for rafting. That said, one must be above 12 years old and in good physical condition.
3. **Experience**: Haven't gone rafting before? No problem at all. Even a beginner can go and have as much fun. Just be aware of the rapids and listen to the guide's instructions properly.
4. **Comfort Level:** Rafting is risky at some levels. So, to complete the adventure successfully, you need to be completely comfortable with the water and put on your safety gear. Remember the more comfortable you feel with the water, the more the journey gets easier.

Rafting Highlights

- Battle thrilling rapids as you navigate the challenges of the fierce water
- Raft along the river while experiencing the luxurious greenery
- Keep an eye out for birds, monkeys and even fish and crocs along the banks

Trip Itinerary

- 7:00 AM - Depart from your hotel in Kathmandu

- 10:00 AM - Arrive at Charaudi. Meet your rafting crew
- 10:30 AM - Begin your rafting adventure on the Trishuli River
- 1:30 PM - Finish the rafting segment at Kuringhat
- 2:30 PM - After lunch, you can either relax by the river
- 3:30 PM - Depart from Kuringhat and drive back to Kathmandu
- 6:30 PM - Arrive back in Kathmandu

Cost Includes & Excludes

Includes:

- Two-way transportation
- Rafting gear (life jacket, helmet, paddle)
- Lunch and snacks
- Professional rafting guide

Excludes:

- Any personal expenses other than the ones mentioned in the package
- Tips for guides and driver
- Travel and personal insurance

FAQs

Is there a clothing requirement for rafting?

There is not a compulsion to wear certain clothes for rafting. That said, wear something that dries quickly, like polyester or nylon. Don’t wear jeans, as they can get heavy. You don’t want to slip and fall while having fun. So, wear sandals with a good grip. Strapless flip-flops and sandals are not meant for times like these.

How can I take care of myself during rafting?

Hydrate your body with lots of water and fruits before rafting and take water bottles with you. Dehydration can be a serious issue during rafting so preventing that is essential. You’ll be in sun exposure so put sunscreen all over your face and body. Not just yourself but you need to take care of the surroundings as well. Do not throw any waste in and around the river. Keeping the surroundings clean is everybody’s responsibility.

What brings change in the price of rafting?

Half-day trips are always cheaper than full-day. If you have a larger group, you are liable to get more discounts. If you’re going rafting during peak seasons, the price may go up. Other than that, different rafting companies have different packages that come with varying prices.