

Rafting in **NEPAL**



NEPAL
TOURISM
YEAR **2011**

NATURALLY NEPAL
WHICH IS NOT ENOUGH

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RAFTING IN NEPAL


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RAFTING IN NEPAL'S RIVERS

Nepal has a reputation for being one of the best places in the world for rafting and kayaking, with outstanding river journeys ranging from steep, adrenaline-charged mountain streams to classic big-volume wilderness expeditions.-Lonely Planet 2008.

Nepal is a favorite destination for rafting enthusiasts and experienced river guides who travel the world looking for the best rivers to run. From the fast flowing rivers tumbling down from the mountains to the slow moving waters of the plains (Tarai), there is adventure unlimited. As the course of the river takes one from the cold Himalayan region all the way down to the hot humid plains of the tarai, a vast changing landscape unfolds before the beholder, unraveling the unmatched beauty of Nepal. Snow-capped mountains, terraced hillsides, lush green valleys and delightful little villages form part of the landscape as the boat floats down through narrow gorges and expansive valleys. A kingfisher swoops down to catch fish; an eagle circles high above keeping a sharp eye on prey below; Gharial crocodiles lie still on the river banks while monkeys comb the beaches for food. Such sights are common on a trip down the river. There is much to experience along



the rivers of Nepal. People of many ethnic groups are encountered along the way, some of whom will gather in large groups to watch the rafts full of foreigners pass by their villages.

The rivers of Nepal have their source in the high Himalaya where melting glaciers feed the ever flowing waters. Snow-fed lakes give rise to yet other rivers and some have their origins in the Tibetan plateau. They flow through forests, alpine meadows and the deepest gorges in the world to finally reach the plains from where they go on to merge with the Ganges in India.

Rafting- A Team Sport/ Safety Measures

One does not go rafting on his/her own but in a group along with the river guide and team work is of utmost importance. The river guide's instructions must be taken seriously and each member of the group has an

important part to play when paddling. Safety precautions are to be taken seriously such as wearing a lifejacket and helmet. How the boat is maneuvered through the rapids and how rocks are avoided, depends on how well the team is coordinated in its actions. Paddling according to the guide's instructions averts disasters as he alone knows which way to go. Carelessness on the part of the team members can cause the boat to overturn. However, the guide will give instructions beforehand on how to tackle such a mishap. Spillovers do happen and that's what life jackets and helmets are for.

A typical Rafting Trip

A rafting trip generally begins with a bus ride that takes clients to the put-in point (where the boat is put into the water). This is where the river trip really begins. The length of the drive depends on how far the put-in point is from where the journey began. On

the banks of the river, the special rubber raft (boat) is pumped up full of air and all the equipment to be taken along are loaded. Each client receives a life-jacket, helmet

and a paddle (not all trips use paddles) along with two water-proof bags to put in their belongings. Water-proof bags and containers are also used to keep camping equipment and food for the entire party. These are tied securely to the raft and opened only when the camping site is reached. On the other hand, the smaller personal bags are fastened to ropes on the side so that they are easily accessible during the trip as they may contain cameras, lotions, binoculars, etc. which come in handy during the trip.

When the packing work is completed, the river guide gives safety talk, instructing the clients on what to do and what not to do while on the river. This is followed by instructions on how to use the paddle. During the trip, the guide will shout, "forward" coaxing the people to push the raft forward by paddling furiously one way, or it may be the other way to go around a rock. Similarly the boat may have to be steered left or right with the help of paddles. The idea of having the clients paddle is to add to the fun rather than



have them merely as passengers. On other trips where there are elderly clients and children, the guide takes complete control of the raft by using large oars. Here no paddles are used and the guide is on his own maneuvering the boat through the rapids.

Once the instructions have been given, everyone climbs in and the trip begins. Along the way, guides inform clients on the flora and fauna of the region, pointing out any birds and plants encountered by the riverside. Most rapids have been given names, so before arriving at one, he also shouts out its name. Generally, between 12 noon and 1 pm, a lunch stop is made on a white sandy beach. Nepal is blessed with white sandy beaches which are ideal for campsites. After an hour-long halt, it is time to move on.

Rapids are what make a rafting trip so full of thrills and spills, with exotic names such as 'Frog in a Blender', 'Dazed and Confused', 'Dead Man Eddy' to name a few. The power of the water pushes the boat up over the

crest giving thrill seekers an adrenaline rush that is quite unique. When the boat arrives at a gentle section of the river, everyone can relax and enjoy the peaceful ride and give their muscles a break. Some rivers however, can be quite demanding.

During the river run, depending on the clients' wishes, various stops are made so they can dive down into the river from a high rock or simply take a swim in the rapids. Rafting is not just about plunging down a fast flowing river, there is time to explore the surroundings, interact with local inhabitants and frolic in the water. Occasionally, beautiful waterfalls are encountered where one can stand under the invigorating shower cascading down from above.

The day's trip ends around 2pm when campsite is reached and tents are pitched. Guests often lend a hand in putting up the tents which is fun in itself. Some even help with the preparation of the food adding their personal touches. It's a form of camping after all. Toilet tents are put up; one for guests and one for the staff. The boys start cooking in gas fires and soon tea is served around 4 pm. After tea or coffee, it is time to relax, chat or stroll around

the beach. When twilight comes on the river, it is time for the last meal of the day. Dinner is served under candle light or gas light and winters are special as then a campfire is lit bringing everyone together to enjoy the camaraderie. There is nothing like sitting around a campfire for dinner. During the summer months, sleeping out in the open gazing at the stars is an unforgettable experience. The best weather for this sort of adventure is in October when there are no dew drops in the morning.

There are many great rivers for rafting in Nepal and some trips also include a trek as a means to reach the river put-in point. This greatly adds to the adventure as trekking is one of the most popular tourism attractions. A trek allows a visitor to enjoy the enchanting beauty of Nepal's diverse landscape while rafting is also a fun way to reach various destinations like the National Parks in Chitwan and Bardia. Tourists often take a rafting trip to reach Chit-



wan where they embark on a safari in the well-preserved Chitwan National Park. Similarly, rafting down the Bheri and Karnali rivers in far west Nepal is an exciting means to reach the Bardia National Park.

River trips can last anywhere from a day to ten days depending on how much time one wants to spend on the river and personal interests. Each river is classified on international standards according to how difficult it is to maneuver. Class I is the easiest and Class VI deemed too difficult for rafting.

Things to take on a rafting trip

Most Essential

Sleeping Bag, inner lining for sleeping bag, mattress, towel and an extra set of clothing.

Other Things to Bring Along

Two pairs of polypropylene or polyprop mix athletic socks are recommended.

Cotton underwear: Light weight long sleeved shirt. Two cotton T-shirts.

A fleece jacket preferably polypropylene.

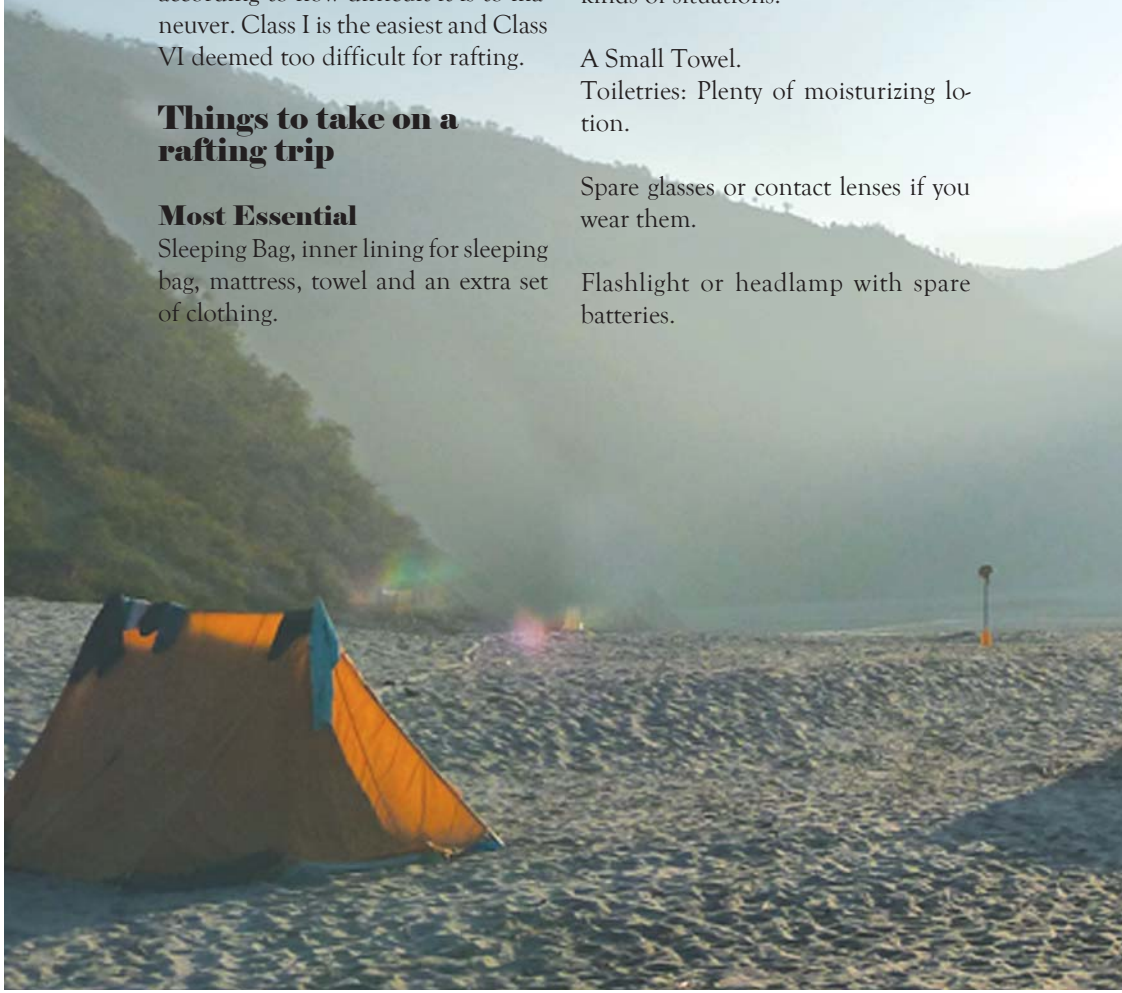
A Gore-Tex or similar material rain jacket to keep warm and dry in all kinds of situations.

A Small Towel.

Toiletries: Plenty of moisturizing lotion.

Spare glasses or contact lenses if you wear them.

Flashlight or headlamp with spare batteries.



Water bottle

Toilet paper – It's good to have one's own spare supply.

River Wear: High quality river sandals should be brought from home. All rafters should have footwear that they can wear in the raft, something that will not come off, if in the water.

Two pairs of good quality river shorts, such as Guide Shorts.

Swimming costume is optional. For women, a sarong can be purchased in Nepal to use as a wrap-around. A baseball style cap and good sunglasses with a string. Sunscreen (SPF 15 or greater and waterproof). Lip Balm.

For trekking: A daypack for the trek to the river put-in point. A medium-volume day pack without a frame that won't take up too much space.

Good quality, lightweight hiking boots are most essential.

Optional: Camera. Spare batteries is good to have.

Small binoculars for wildlife viewing in the national parks. Avid bird watcher may bring the real thing along with a waterproof case.

Pocketknife

Reading and writing material.

Personal first aid kit.

For safari in the parks: light weight, tightly woven pants and a long-sleeved shirt, as well as mosquito repellent.

For winter: waterproof trousers, (fleece jacket, and warm shoes to wear around the campsite).



RIVERS OF NEPAL

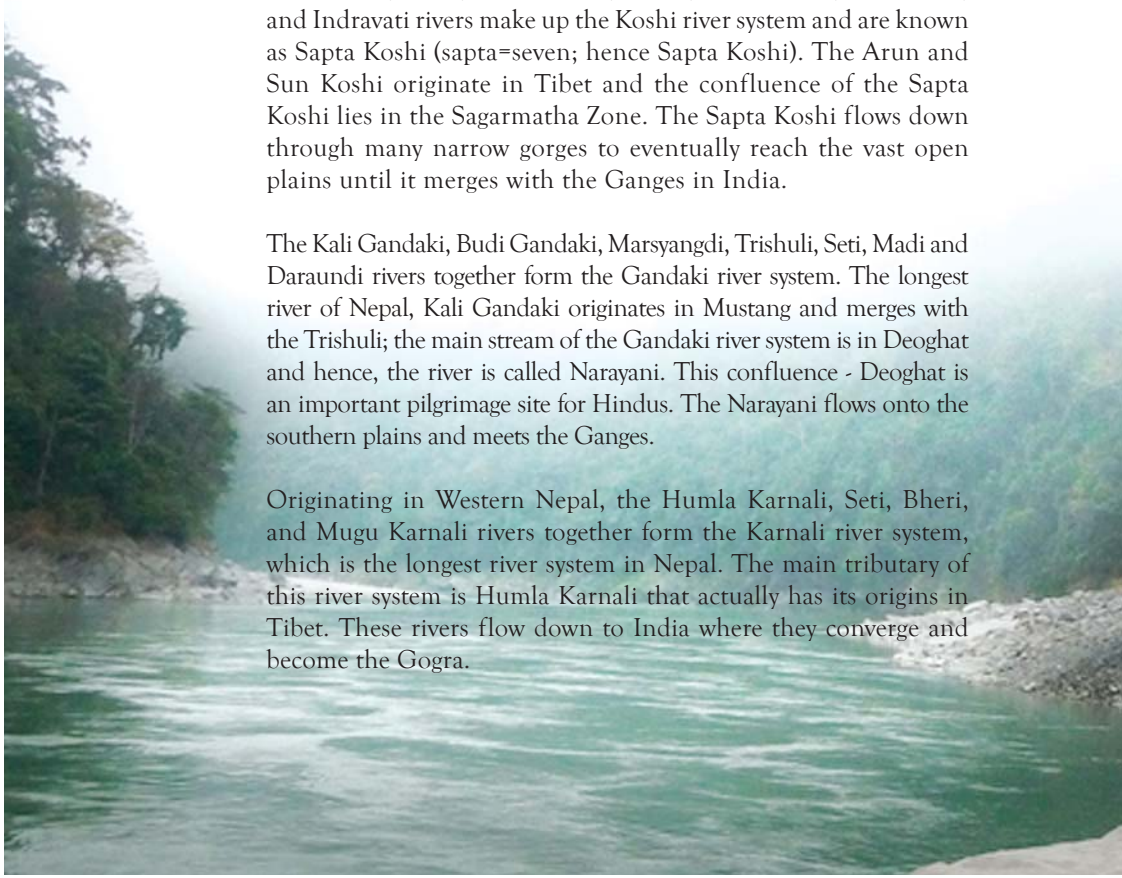
The rivers of Nepal are divided into three categories: Large, Medium and Small (streams and rivulets).

Large: The Koshi, Gandaki and the Karnali fall in this category and are located in the east, central Nepal and the west respectively.

The Tamur, Arun, Dudh Koshi, Likhu, Tama Koshi, Sun Koshi, and Indravati rivers make up the Koshi river system and are known as Sapta Koshi (sapta=seven; hence Sapta Koshi). The Arun and Sun Koshi originate in Tibet and the confluence of the Sapta Koshi lies in the Sagarmatha Zone. The Sapta Koshi flows down through many narrow gorges to eventually reach the vast open plains until it merges with the Ganges in India.

The Kali Gandaki, Budi Gandaki, Marsyangdi, Trishuli, Seti, Madi and Daraundi rivers together form the Gandaki river system. The longest river of Nepal, Kali Gandaki originates in Mustang and merges with the Trishuli; the main stream of the Gandaki river system is in Deoghat and hence, the river is called Narayani. This confluence - Deoghat is an important pilgrimage site for Hindus. The Narayani flows onto the southern plains and meets the Ganges.

Originating in Western Nepal, the Humla Karnali, Seti, Bheri, and Mugu Karnali rivers together form the Karnali river system, which is the longest river system in Nepal. The main tributary of this river system is Humla Karnali that actually has its origins in Tibet. These rivers flow down to India where they converge and become the Gogra.



Trishuli

The river Trishuli was named after the ever-present ‘Trident’ of Lord Shiva, a popular God of the Hindus. Given its easy access from Kathmandu and Pokhara, this river is also Nepal’s most popular for whitewater rafting. Ideal for novices as well as the experienced, the Trishuli flows through fascinating valleys, amazing gorges, rolling rapids, while it also has relaxing sections making the trip a great experience. The usual trip lasts from a day to three days.

Although most rivers are unsuitable for rafting during certain seasons, the Trishuli is open to keen rafters even during peak monsoon. The swollen waters present their own challenges making the Trishuli an exciting trip.

Some of the well-known rapids encountered are: *Snail’s nose*, *Malekhu rapid*, *Ladies Delight*, *Highway*, *Upset*, *Surprise*, *S-Bend* and *Pinball Rapid*.



Two Days on the Trishuli

Day 1 - Charaudi

Soon after breakfast, at about 7.30 am the bus leaves Kathmandu heading for Charaudi, the put-in point. After a 2 ½ hour drive, Charaudi is reached where a crowd of friendly local people eagerly wait to watch the proceedings. The sight of foreigners all geared up for rafting fascinates them. The crew prepares the rafts, after which all head towards the river for Safety Talk and lessons on how to use paddles.

On the first day a number of Class I to Class III rapids are encountered. Ratings are all given on the international rating scale. Two hours down the river is a beach with strange shaped boulders that resemble sculptures and this is the lunch spot. Outdoor lunch by the river is always an enchanting experience. It also gives everyone a break from paddling and time to take in the scenery

and sounds of the natural surroundings. Paddling down after lunch, a large gorge is encountered, the Trishuli gorge, which is narrow and the walls very steep causing the river to accelerate through it. Naturally the rapids here are more ferocious and also more frequent. This is an exciting section and time to hold on tight.

We finally come across a rapid named after a very old suspension bridge, *Jhoolunge Pul*. Looking up one can see a crowd of locals chattering with excitement as they watch the adventurous foreigners tackle the river on rubber boats. One thing to watch for along the riverside, are the geological formations that look intriguing.

At the end of the day, it is time to stop and set up camp at Kuringhat, which is a very popular weekend getaway for



expatriates and locals as well. The crew gets busy pitching up tents and everyone is welcome to help in whatever chores need to get done. A feeling of togetherness is encouraged which adds a lot to the enjoyment of the trip. Dinner is prepared under gas fires and it is also the time to come together and share experiences. Camping out under the brilliant stars on the riverside with the roar of the river as a backdrop is an amazing experience. Campsite dinners can be quite entertaining when people share their personal tales.

Day 2 – Kuringhat

Comparatively, the second day starts at a leisurely pace. Soon after an early breakfast, it is time to move and the wonderful Kuringhat is left behind for yet more adventures on the river.

There are numerous bouncy rapids along this stretch and the views are splendid. Enjoy the sights of emerald hillsides and golden paddy fields of the Nepalese countryside.

One and a half hours down river is the confluence of the Trishuli and the rumbling Marsyangdi. Coming from west Nepal, the Marsyangdi is a very popular river for white water rafting. Being more technical than the Trishuli, it attracts a lot of avid rafters. The trip however, doesn't end here and rafting further down, a place called Tea Pot is reached. The exhilarating river run comes to an end here and guests either drive back to Kathmandu or head on down to Chitwan for a safari in the pristine jungles of the Chitwan National Park, Asia's most well-preserved wildlife habitat.



Kali Gandaki

Named after the Hindu goddess, Kali, incarnation of Goddess Durga, the Kali Gandaki belongs to yet another river system which is a runoff of a good number of mountain peaks in the Himalaya. Carving its way between the gigantic peaks of Dhauligiri and the majestic Annapurna, the river also weaves through the deepest gorge in the world. This is a medium length river and has rapids named *Small Brother, Big Brother and Refund*.

This is a three-day trip combining the great whitewater and its turbulent rapids, amazing scenery, little old villages and along the way are great views of mountains. From the put-in point, through villages and canyons no road crossing is encountered. Interesting fossils are found under water and some hidden beneath the white sandy beach.

The thundering rapids, the incredible view of the Annapurna range and the huge gorges make this a unique experience. Many temples and villages are visited along the way adding to the rafter's cultural experience. The rapids of Kali Gandaki

being technical and continuous, keep the rafters busy paddling through most of the day. The cultural exposure adds much to this exciting trip.

The Three-Day Kali Gandaki Run

Day 1– Naya Pul

Pokhara can be reached by plane or by car taking thirty minutes or five hours respectively. The journey to the river begins early in the morning from Pokhara. The put-in point is 40km away at Naya Pul and the drive takes approximately 2 ½ hours. Mule caravans can be seen coming down to Pokhara and the mountains views are spectacular. After a briefing and preparations, everyone is on the boat. The first day's treat includes a series of Class III and Class IV rapids. Interesting rock formations are seen on the canyon walls as we paddle past. High above the river lie villages perched on hilltops. Birding is a special feature on this trip and such specimens as Red shank, cormorants and kingfishers can be seen along the river. The day ends at the campsite.

Day 2 –Modi Beni

Soon after breakfast the second day's trip begins and there are more Class III and Class IV rapids to maneuver, but as the day progresses, less of these are encountered compared to the

previous day. Going further down, the landscape changes gradually and the valleys become wider. There are more temples along the way and villages mostly inhabited by Brahmins or Magars. Before the jungle corridor is entered, waterfalls are encountered that cascade down stalactite formations. The night halt is on a remote beach.

Day 3 – Purnighat - Mirmi

At the confluence of two rivers (the Modi and Kali) rests the village of Modi Beni. The spot where two rivers meet is considered a holy site by Hindus and a massive boulder here is recognized as an important shrine by the locals. Some small rapids are encountered here and are relatively easy. The valley then widens, and the great gorge is left behind. The river loses its ferocity and the surrounding hills are no longer steep. Back in civilization, farmers can be seen busy in their fields and children wave from a distance. A lunch stop here brings an end to this marvelous three-day river trip. A change of route on the way back to Pokhara makes the journey more interesting as the road leads through rising hills, farmland and charming Gurung Villages. This three-day river trip takes one through the most diverse cultures and landscapes.

Marsyangdi

Marsyangdi, which means “Raging River” in the local language, is considered by the rafting fraternity as one of the best rivers for whitewater rafting in the world. With challenging rapids from Class IV to Class V, the river trip is exhilarating and the astounding views of Manaslu and Annapurna massifs throughout the run make this an outstanding trip. Some of the rapids encountered are *Instant Karma*, *Twinkie* and *Adrenaline*. The put-in point is at Ngadi.

The excursion on the Marsyangdi also includes a day’s trek and the entire trip is four days of continuous adventure walking through villages, mingling with local people and riding a succession of rapids down the river. There is no dearth of spectacular mountain views on this trip as the mountains are visible every morning. The early morning sunlight paints the snow-clad peaks and the sky in deep hues of yellow, red and orange.

Adrenaline Rush on the Marsyangdi

Day 1– Khudi– Bhulbhule

Leaving Kathmandu in the early morning, it's a long eight-hour drive to Khudi. There is no rafting on this day, but the trek is enjoyable with beautiful views and typical Nepali villages along the way. At Khudi, all the gear is unloaded and a short hike follows. Once Bhulbhule is reached, camp is set up at one of the vantage points from where great views of the Himalaya can be had. Sunset views are inspiring.

Day 2–Ngadi

This day starts with a short trek to the put-in point, Ngadi. Sights and sounds on this trek are engaging. Soon after lunch, the action begins as the trip actually starts here. Marsyangdi is full of thrills and spills and any keen rafter will vouch for it. The adventure gets off to a good start as many rapids appear soon after. *Rapids Instant Karma, Twinkie, Adrenaline, and Mama's Big Butt* provide unimaginable thrills. The river is unforgiving; any mistake has to be paid for by a knock down. The first halt on the river banks is at Khudi where the camp is set up.

Day 3– Dam

Each day the river looks bigger. Accordingly, the ride gets bumpier and there is much maneuvering to do. The area is surrounded by lush green jungle and the boat crashes through canyons. After five hours of fun on the rapids and canyons, it is time to stop for lunch on a choice sandy beach. After lunch more adventure follows on the rushing waters of the Marsyangdi which takes the rafters to the camping site before Middle Marsyangdi Hydro Dam, on one of the most beautiful and comfortable sandy beaches.

Day 4– Paundi –Turture

This day begins with a transfer to Paundi which is beyond the Dam. As this concrete structure comes in the way, there is a break in the river journey and everything has to be carried across to a point further down from it. The next put-in point is at Paundi from where another 3 hours of rafting begins encountering Class III rapids. This wonderful trip ends at Turture. However, those wishing to carry on further down have an optional fifth day on the river. This day is an enjoyable scenic float from Turture to Bimalnagar with no rapids to tackle.

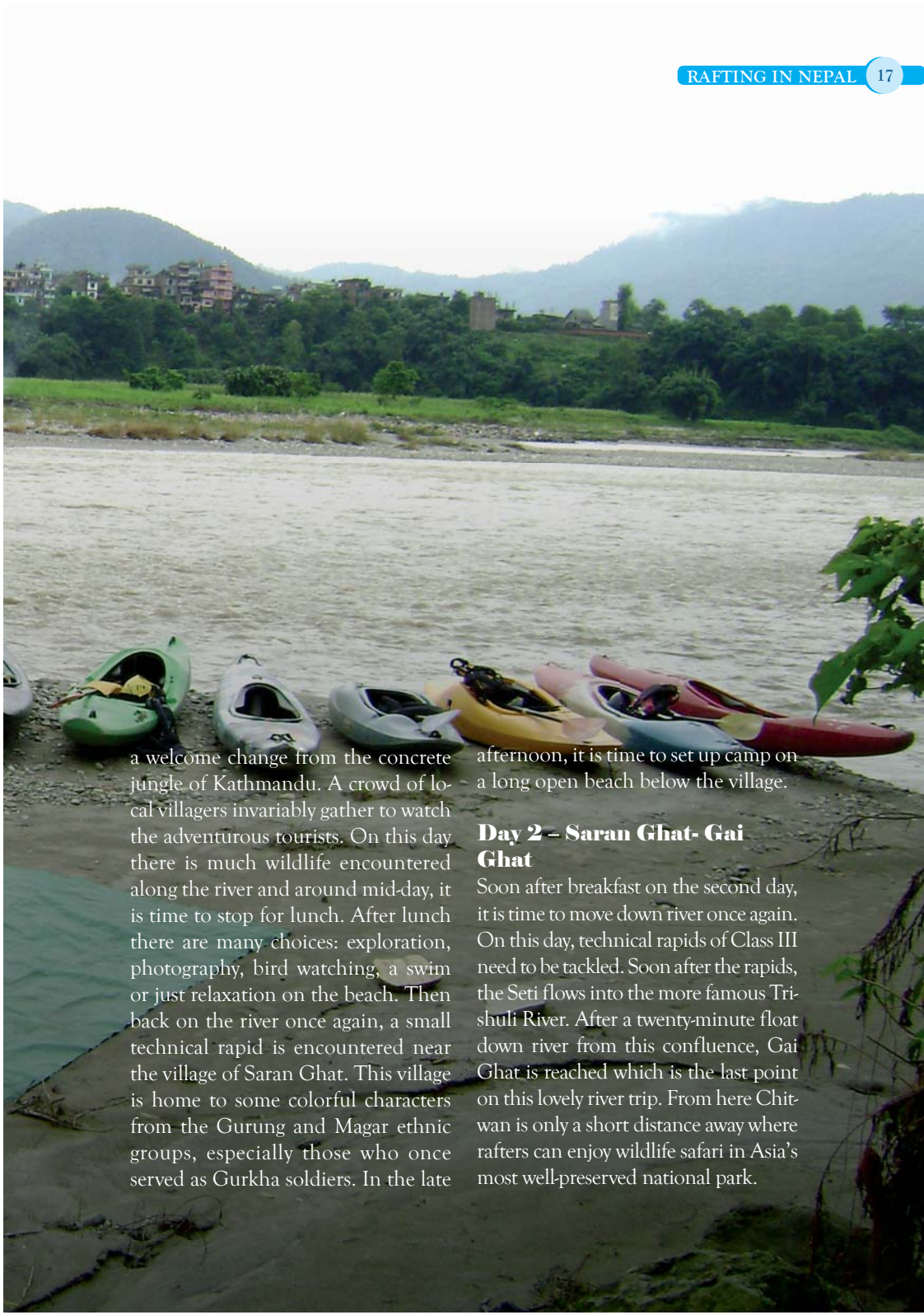
Seti

Flowing down from the mountains between the Annapurna and Manaslu ranges, the Seti is an ideal two-day trip in an isolated region and perfect for family trips. Within easy reach from Kathmandu or Pokhara, the river flows through beautiful jungle and numerous easy rapids. The usual starting point is Damauli on the Kathmandu-Pokhara Highway between Mugling and Pokhara. The two-day journey covers a distance of 32 km ending at the confluence of the Seti and Trishuli rivers. The Seti (actually Seti Gandaki) is one of the warmest rivers of Nepal.

The Seti Run

Day 1- Damauli- Saran Ghat

Drive out of Kathmandu in the early morning to reach Damauli, the put-in point. Soon after safety talk and instructions, the trip down the Seti begins. This section of the river is a lovely forested canyon. The rich green vegetation is



a welcome change from the concrete jungle of Kathmandu. A crowd of local villagers invariably gather to watch the adventurous tourists. On this day there is much wildlife encountered along the river and around mid-day, it is time to stop for lunch. After lunch there are many choices: exploration, photography, bird watching, a swim or just relaxation on the beach. Then back on the river once again, a small technical rapid is encountered near the village of Saran Ghat. This village is home to some colorful characters from the Gurung and Magar ethnic groups, especially those who once served as Gurkha soldiers. In the late

afternoon, it is time to set up camp on a long open beach below the village.

Day 2 – Saran Ghat- Gai Ghat

Soon after breakfast on the second day, it is time to move down river once again. On this day, technical rapids of Class III need to be tackled. Soon after the rapids, the Seti flows into the more famous Trishuli River. After a twenty-minute float down river from this confluence, Gai Ghat is reached which is the last point on this lovely river trip. From here Chitwan is only a short distance away where rafters can enjoy wildlife safari in Asia's most well-preserved national park.

Budi Gandaki

The Budi Gandaki river has its source within Nepal and drains the eastern slopes of Manaslu and the Ganesh Himal before flowing south through a steep-sided valley to join the Trisuli river a little above Mugling. This river has a rather easy gradient down from Arughat Bazaar when compared to some other rivers. It flows through an open valley and allows views of mountains towards the north. Just below Arughat Bazaar is the put-in point on this river.

The Budi Gandaki river trip is an easy class 2 and 3 that can be an alternative starting point for the Trishuli run. This can be combined with a two-day trek in Gorkha, the region where the Shah dynasty of Nepal came from. There are great views of Manaslu and the Ganesh Himal during the trek. The put-in point at Arughat can be reached by driving from Kathmandu via Dharing Besi. The river descends through typical Nepali villages which gives the rafters a good opportunity to get familiar with local cultures.

The Budi Gandaki flows south through a steep-sided valley to join the Trisuli. Most people are familiar with this confluence as it is visible from the highway to Kathmandu. Here the blue waters of the Budi Gandaki join the usually more muddy waters of the Trishuli. The river trip ends at Charaudi.

The best time to go is from October to December or February to April.



Bhote Koshi

Bhote Koshi is yet another popular river for rafting. It flows down from the plateau of Tibet where it originates, to Nepal in the south. Passing through deep gorges, the Bhote Koshi offers a rugged landscape and a great river trip. With its classic rapids of Class III in the lower level and Class IV to V at higher flows, Bhote Koshi offers a terrific trip. Some of the rapids encountered on the trip are: *Frog in a Blender*, *John's Home*, *Gerbil in the Plumbing*, *Liquid Bliss*, *Dazed and Confused*.

After a three-hour drive from Kathmandu along the road to Tibet, one arrives at Bhote Koshi all geared up for the adventure. This is a fast flowing river owing to its steep gradient. With some challenging rapids, this is suited for novices and expert river guides as well. For some, it is the ultimate rush.

Rafting is one of the best means to see the country and its character. While driving to the put-in point, the scenery en route is astounding; the Himalayan mountain ranges such as Langtang, Dorje Lakpa and others come into view. Along the way are some spectacular emerald fields, terraced hillsides, large canyons, roaring waterfalls and the shimmering waters of the Sun Koshi.

One-Day Bhote Koshi Trip

An early start and it's off to the Bhote Koshi put-in point, 96 km away. The river offers real adventure with a roller-coaster ride. The drive to the put-in point is interesting as it passes the town of Thimi, the old city of Bhaktapur and two other towns, Banepa and Dhulikhel along the Arniko Highway that leads to Tibet. After the scenic drive across the countryside, we arrive at our put-in point, which lies below the dam on the Upper Sun Koshi, 40 km south of the Tibetan border. All the gear is then unloaded, and preparations are made for the rafting trip. It is time to get into rafting outfits and considering the strong sunlight, sunscreen lotion is recommended.

On the Bhote Koshi, the rapids appear one after another and are all highly technical. It must be stressed here that

it is very important to listen to the guide's instructions. The paddle must be used following his instructions and a great time can be had by all. This is a great outdoor experience and everyone plays a part. The rapids that are at first encountered are a series of Class III rapids. They are comparatively easy yet mean a lot of adventure. Then it is time to hit upon the real thing: the first Class IV rapid known as *Gerbil in the Plumbing*. This is soon followed by the technical rapid *Frog in a Blender*, which is a lesson in tackling rapids before the boat is caught in a big swirling pool. Then what follows is a long rough ride on what seems like the back of a gigantic dragon. Immediately after this is the lunch stop.

After lunch there are more challenges to face which bring more excitement. The run is now through lovely narrow canyons covered in lush green vegetation while the waters tumble down from great waterfalls to mix into the churning waters of the great Bhote Koshi. Further ahead are more exhilarating rapids that add to the thrill of rafting. The next big challenge is the *Dazed and Confused*, rapids that come in quick succession. There is a choice of take-out points at this juncture; either near Barabise or Lamo Sangu (Long Bridge) Dam. Barabise has much to offer as there are resorts for overnight stays. On the other hand there are only two campsites at Bhote Koshi.



Sun Koshi (Upper)

The Sun Koshi here is clean and blue and the river is known for beautiful scenery. Rafting on this section gives rafters a relaxed easy time with no big rapids which makes it ideal for beginners to wet their appetite. The half day trip takes rafters through forested valleys, lovely white beaches and also allows views of the distant snow-capped mountains. A perfect way to do this trip is to stay overnight at one of the scenic lodges of Dhulikhel enjoying the panoramic view of the Himalaya and a spectacular sunrise the next morning before heading off to the river.

The usual put-in point is the Balefi Bazaar which is a three-hour drive from Kathmandu and a two-hour drive from Dhulikhel. Soon after heading down the river there are wide white beaches and a few class 1 rapids are encountered. However, it's mostly: relax, sit back and enjoy the scenery type of trip. The banks are covered in greenery and sightings of monkeys, mongoose and deer are possible. This most enjoyable trip ends at the famous Dolalghat which is the put-out point. An enjoyable one-day trip could also start from Lamosanghu encountering a whitewater Class III section on the way before winding up at Chehare.

The best time to go is from October to December and from March to May.



Sun Koshi (Lower)

Sun Koshi, the “River of Gold” originates near Shisha Pangma, an eighth-thousander in Tibet and cuts through the Mahabharat range and flows through beautiful valleys on its way to the Ganges in India. It is rated as one of the ten best high water river expeditions. Known for its massive bouncy waves, on Sun Koshi’s rolling mounds of water, even large boats seem to disappear. Along the river are beautiful white sandy beaches for camping and further down, thick vegetation has ensured a rich wildlife presence consisting of monkeys, leopards and a large number of birds. Gharial crocodiles too thrive on this river.

Sun Koshi is one of the popular whitewater rafting rivers and also offers one of the longest trips in Nepal. The river flows 270km through one of Nepal’s remotest areas. So leaving civilization behind, rafters then have to rely on their own supplies. After a three-hour drive from Kathmadu, the put-in point at Dolalghat is reached. The gushing waters of the Sun Koshi tumble down from

the distant mountains and give rise to rapids with exotic names such as *Punch and Judy*, *High Anxiety*, *Rhino Rock* and *Dead Man Eddy*.

The small Class II and Class III rapids which are first encountered prepare the rafters for the bigger challenges that lie ahead. From the third day, the river gets rougher and the adrenaline pumping rapids more frequent. Soon after the monsoon, the waters are high and turbulent, making the Sun Koshi the most exhilarating trip of all. Yet there are calm stretches that allow time for admiring the stunning scenery. About four hundred species of birds reside along this river such as redstarts, dippers, flycatchers, bulbul, fork tail to name a few, and two hundred and fifty different species of orchids have been recorded here.

The Sun Koshi Experience

Day 1 – Dolalghat

After a three-hour drive from Kathmandu, Dolalghat is reached, which is the put-in point on the Sun Koshi River. After the usual briefing and preparations, the trip is on. The river looks deceitfully peaceful and lazy and soon local villagers are encountered. Lunch stop is at a lovely sandy beach. One of the rapids encountered along the way on the first day is *Kooyeh Bhir*. There are villages and temples on the way until campsite is reached a few

kilometers above rapid *Meat Grinder*. While some opt to help the crew to pitch up tents, others can spend time exploring the surroundings.

Day 2 – Khalte Chayenpur

The second day begins more promisingly as two hours down the river lies the first Class III rapid, *Meat Grinder*. The path to choose is straight through the middle avoiding holes on either side. A few kilometers down and the confluence of the Tama Koshi or “River of Copper” and Sun Koshi is encountered. After a lunch stop, there is ample time to explore the landscape and see different ethnic groups along the river. The second camp is set up above the rapid *Punch and Judy*. The day ends with a dinner by campfire.

Day 3 – Likhu Khola

The valley here is always changing in terms of its width. At Bat Cave, the crew takes the rapid seriously. The size of the rapids on this river can surprise you. It is time to stop and scout and eventually decide on the most exciting route through. Here people of the ethnic group called Newars always wait to see the adventurers pass by. Floating down after lunch, the water splashes





across the boat but the waves are no threat. Later, a nice stretch of sandy beach is chosen for the campsite. The monsoon floods deposit large amounts of white sand which seem ideally made for camping.

Day 4 – Harkapur

On day four, the surroundings change noticeably as the canyon gets narrower and the vegetation gets thicker. A number of small to medium sized rapids are encountered. A few kilometers below the confluence of the Likhu Khola a long Class IV rapid named *Likhu Rapid* is encountered. Soon after lunch the ride takes one across interesting rock formations on the walls. The white water gets more exciting and the day ends at a campsite near a small village called Harkapur. For a change it is possible to visit a local tea shop and even shop for wares.

Day 5 – Rasuwa Ghat

On day five there is mounting excitement as the biggest rapid is to be encountered. Everyone is looking forward to it. There are early signs as

the river picks up speed. The rapid *Harkapur II* deserves some respect. After careful scouting, the team faces the challenge and the boat goes through. An hour and a half float downstream, the confluence of the Sun Koshi and Dudh Koshi rivers is encountered. Going further downstream, the river valley broadens to almost 2 kilometers across. In the afternoon run, a number of small rapids are crossed on the way. The next stop is near Rasuwa Khola.

Day 6 – Jungle Corridor

This day is full of thrills as there are many rapids to face today. Beginning with small rapids, they get progressively bigger and longer. One of these is *Jaws*, a challenge with a huge hole at certain levels. Even the smaller ones are fun and the afternoon is full of them until *Rhino Rock*, a Class III rapid is encountered. This lies just above the next bridge and heralds the beginning of the “Jungle Corridor”. It is then time to halt for the night and set up camp.

Day 7 – Big Dipper

The gorge forces the water to flow through a narrow opening which is thickly forested. Along the way are a succession of rapids such as *Cooper Chin* and *Black Hole*, etc. Today there is an opportunity to shower under some waterfalls, an invigorating experience. As the gorge is maneuvered,

rapidly changing scenery unfolds. Camp for the night is set up near a waterfall that drops down from a height of four hundred feet. This site is a few kilometers from the last major rapid, the *Big Dipper*.

Day 8 – Tribeni Dovan

On Day 8, everyone is looking forward to the *Big Dipper*. This rapid is a series of standing waves with holes that can create quite a bit of trouble. This must be inspected carefully and the right strategy adopted to tackle it. Soon the waters ease out and the afternoon float is enjoyable. There are many spectacles today; watching cremations, logging of bamboos or people being ferried across in dugouts. This region has a strong presence of the Rais and Limbus who are collectively known as Kirants, descendants of ancient rulers

of Kathmandu valley. The confluence of the three main rivers of eastern Nepal: Arun, Tamur and Sun Koshi is a good camping spot. The river then becomes part of the Sapta Koshi (the Seven Koshis).

Day 9 – Chatara

The last day on the river starts with a visit to the popular Hindu temple at Barah Chhetra below Tribenighat, which is the meeting place of the three rivers. Full moon here in January brings thousands of Hindus who come to worship at the temple. The pilgrims arrive to celebrate Lord Vishnu's victory over a legendary Demon. After lunch on the beach, the fabulous Sun Koshi river trip ends at Chatara and the drive back begins with fond memories of the nine-day journey through gorges and challenging rapids.



Tamur

The powerful Tamur River is the sixth largest in Nepal and is fed by the waters of Mt. Kanchenjunga, the third highest mountain in the world. The trip starts with a trek through the little known but scenic, eastern part of Nepal to the put-in point. There are excellent beaches for camping and plenty of wildlife. The huge Class IV and Class V rapids are challenging and cause for exhilaration. The large volume of the water ensures fast action and unforgettable adrenaline high.

The Tamur is best suited to those with a sense of adventure and seeking something a little different from the other rivers of Nepal. In addition to the scheduled trips to the Tamur, it is also possible to arrange a special trip to meet your needs. The Tamur is ideally combined with trips to Chitwan National Park or treks in the Kanchenjunga region.

The adventure begins with a flight to Biratnagar, followed by a drive to Hile and then further on to Basantapur the next day. A four-day trek follows, which leads to the put-in point

of the river. The Tamur River trip is a great combination of a trek through lovely countryside, spectacular views of eight thousand meter peaks and a delightful whitewater experience with one rapid leading straight on to the next.

The Long Trip on the Tamur

Day 1- Kathmandu-Basantapur

The adventure starts with a short but scenic flight from Kathmandu to Biratnagar in eastern Nepal. Stop for lunch and drive to the hilltop town of Hile and overnight, at Basantapur. The drive from Hile to Basantapur is along a ridge with superb views.

Day 2 – Basantapur

Enjoy the early morning sounds of a typical Nepalese small town market and if lucky, a beautiful sunrise. After breakfast, take a scenic drive over ridges to another small settlement called Basantapur. This is a busy little town from where the Nepalese porters walk through rhododendron forests carrying the heavy rafts to the river's put-in point.

Day 3-4 – Gopa Pokhara

Early morning breakfast is followed by a trek over a 10,000ft pass above the sacred Gopa Pokhara Lake that has superb views of the eight-thousanders: Kanchenjunga, Makalu and the world's highest, Mt. Everest. A walk

down terraced hillsides leads to the Tamur river below.

Day 5

After the usual safety talk, the much anticipated river trip begins and soon some of the most challenging whitewater is encountered. The river run today is exciting as one rapid leads to the next in quick succession. Later in the afternoon, it is time to set up camp and discuss the day's events.

Day 6

On this day, continuous, powerful rapids are encountered as the river flows through a deep canyon. It then broadens out and small fishing villages are passed along the way. Entertainment comes in the form of monkeys on the prowl along



the river banks. Camp is set up on one of those lovely white sandy beaches.

Day 7

Rest day and everyone is free to spend it the way he wants. The choices are many: just relax, read, go for a swim or take part in an invigorating game of volleyball with the others. The setting is simply beautiful.

Day 8

Another easy day, but with some white-water fun in the water.

Day 9 Sun-Koshi

The ninth day brings a dramatic

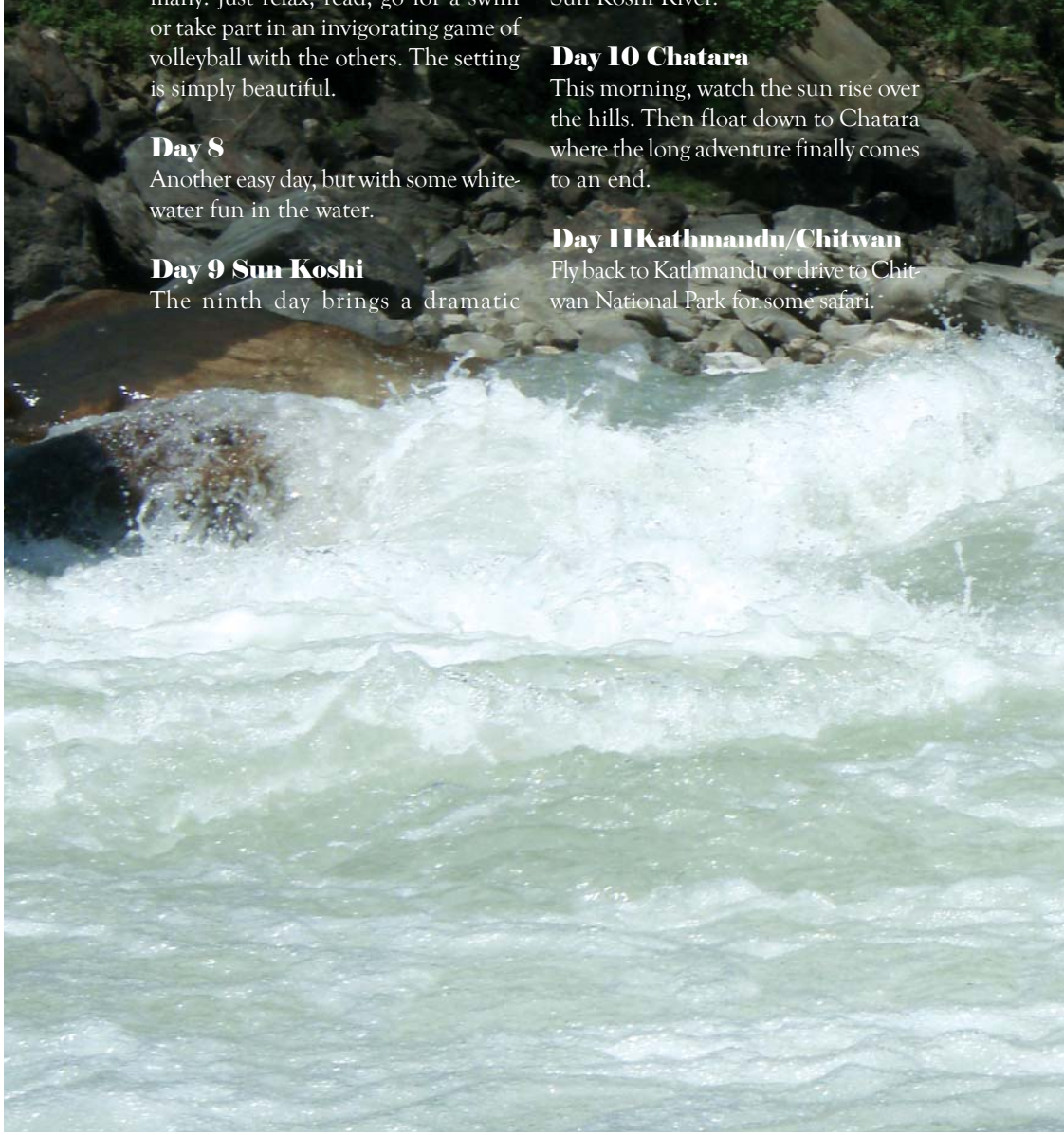
change; massive waves greet the boat and the whitewater action today is exhilarating. Another ride through steep canyon walls ensures there's plenty of action and the rapids keep coming. Finally the river runs into the Sun Koshi River.

Day 10 Chatara

This morning, watch the sun rise over the hills. Then float down to Chatara where the long adventure finally comes to an end.

Day 11 Kathmandu/Chitwan

Fly back to Kathmandu or drive to Chitwan National Park for some safari.



Arun

The Arun is a natural choice for those on the lookout for real adventure. It is also the first choice for those seeking an expedition into the wilderness. The Arun is one of the tributaries of the Sapta Kosi that flows through Eastern Nepal.

The trip begins with a 3-day trek through remote villages of the serene Arun valley; camping out in lush forests with views of the snow-capped Himalayan peaks. It is three days of great white water action and camping on fantastic beaches along the river. Combining trekking around spectacular scenery, great rapids and remote location makes the Arun trip fascinating.

The Upper Arun is one of the most powerful and respected rivers in Nepal. Surrounded by inspiring landscape, it cuts through the Himalaya forging deep gorges and has superb riverside beaches. The powerful current and large volume of water gives rise to huge and impressive

rapids throughout the journey. The rapids can be challenging and technically complex.

Five Days in Eastern Nepal

Day 1 – Tumlingtar

After an hour's flight from Kathmandu, Tumlingtar in eastern Nepal is reached. Since the Tumlingtar flight is usually in the afternoon, camp is set up at Tumlingtar itself. The afternoon can be spent visiting the little village with its tiny teashops and airstrip. A briefing for the next day's adventure follows.

Day 2 – Savaiya Khola

Breakfast at 8:30 am is followed by a trek to Sabiya Khola that takes about two hours at a leisurely pace. Briefing for the next day's schedule follows. On this day all equipment for the trip is arranged in preparation for the river trip the next day.

Day 3 – Megan Besi

An early breakfast and by 9:30 am, it is time to hit the water. Most of the

day, the river is quite smooth except for encounters with little rapids of Class III/IV.

Day 4 – Ranighat

This day brings more challenges than the previous one. Quite a number of rapids are encountered one after the other. The first is a left-bend rapid, before the suspension bridge at Ranighat. A number of rapids follows and at the end of the day, it is time to halt and set up camp.

Day 5 – Chatara

Compared to the previous days, today is pretty smooth and relaxed. The Arun River then merges with the Sun Koshi to form the collective Sapta Koshi, one of the major river systems of Nepal. Floating down the Sapta Kosi for about half an hour and the site of a temple in Bara Chettra, dedicated to lord Vishnu is reached. From here it's another half-hour float to Chatara. The splendid river trip in eastern Nepal ends here and the drive back begins.



Dudh Koshi

The Dudh Koshi flows down from the Everest region. It flows alongside the trail to the Everest Base Camp, so many trekkers and mountaineers are familiar with this river. The Inku and Hongu rivers flowing in changes the flow of the river dramatically but the valley widens out and the gradient drops. Many class 3 and 4 rapids are encountered as the river flows down to Rabuwa. This section involves quite a bit of portage and reportedly quite challenging. Finally it eases down until it reaches the Sun Koshi River which is another good river for rafting.

The Dudh Koshi is a great river with stunning views of the Kumbhu Himal. As the trail follows the river, there are many lodges around here. For commercial rafting, the last 32 km of the river is recommended after which it flows into the Sun Koshi. Hence a combined Dudh Koshi-Sun Koshi river trip is ideal, using the former as the starting point.

The best time to go is from October to December or February to April.



Balephi

The Balephi river is a small tributary of the Sun Koshi and 50 km from Kathmandu. It joins the Sun Koshi a short distance before Dolalghat. It has blue waters and offers good views of mountains. The river has its origins in the southern slopes of Mt. Dorjee Lakpa, which is commonly seen north east of Kathmandu. Running to the east of Helambu, it is a fast flowing river that has steep valley sides. The valley of Balephi is not quite on the trek routes so is unspoilt and one comes across charming little villages and terraced hillsides along the route. This area is inhabited by people of various ethnic groups such as Chhetris, Brahmins, Tamangs, Kamis and Damais.



A 3 ½ -hour bus ride takes one to the put-in point at Jalbire Gaun. Jalbire is the local bazaar. The road goes past Dolalghat and Balephi village turning left at the confluence. From here it is another 14 km through a dirt road to Jalbire. The rafters are given safety talk and instructions on the use of paddles before embarking on the trip.

This is a short trip on a river that is mostly class 3 with encounters with a few class 4 rapids. The river is rocky and technical. It is full of surprises as there are many boulders that obscure

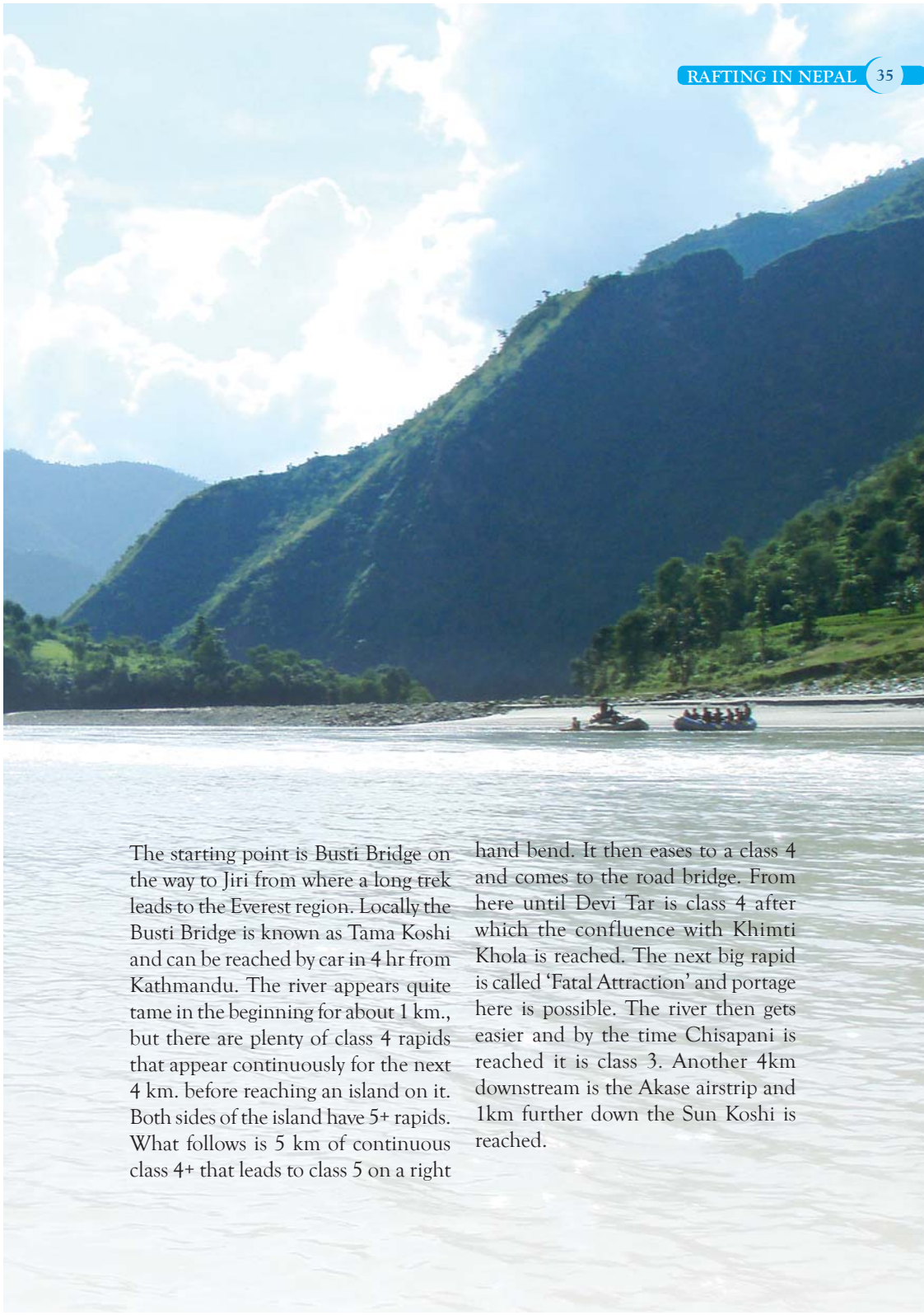
the view up ahead. Only by rafting past the boulders does one see what lies ahead. The river goes through forested areas which are rich in bird life and the tops of distant mountains are also visible. The trip begins around 12 noon from Jalbire. After rafting for 3 to 3 ½ hours past the Balephi bridge, Sukute is reached which is the put-out point. After collecting all the gear the drive back to Kathmandu begins at around 4:00pm.

The best time to go is from October to November.

Tama Koshi

The Tama Koshi is a powerful river and has a volume twice that of the Bhote Koshi. The river has its source in Tibet and drains many high Himalayan peaks such as the Gauri Shanker and glaciers like the Tse Rolpa.. It flows 75 km before it reaches the road at Busti. This is the normal put-in point.

This river is an exhilarating white water challenge that has been recommended only for keen kayakers who are capable of handling the ferocity of the waves. Experts warn that this river should not be taken lightly. “Tama Koshi” means ‘river of copper’ as there were copper mines here.



The starting point is Busti Bridge on the way to Jiri from where a long trek leads to the Everest region. Locally the Busti Bridge is known as Tama Koshi and can be reached by car in 4 hr from Kathmandu. The river appears quite tame in the beginning for about 1 km., but there are plenty of class 4 rapids that appear continuously for the next 4 km. before reaching an island on it. Both sides of the island have 5+ rapids. What follows is 5 km of continuous class 4+ that leads to class 5 on a right

hand bend. It then eases to a class 4 and comes to the road bridge. From here until Devi Tar is class 4 after which the confluence with Khimti Khola is reached. The next big rapid is called 'Fatal Attraction' and portage here is possible. The river then gets easier and by the time Chisapani is reached it is class 3. Another 4km downstream is the Akase airstrip and 1km further down the Sun Koshi is reached.

Karnali

The Karnali River has the distinction of rising from the base of the holy Mt. Kailash in Tibet which is visited by hundreds of thousands of pilgrims each year. The Karnali is also the mightiest and longest river in Nepal. With its milder Class III to spectacular Class V rapids, this is one incredible ride. Rafting here can be combined with fishing and jungle safari which is the ultimate river experience for any adventurer.

Along the Karnali one encounters a number of fabulous gorges, deserted beaches and steep canyons as it cuts through the rugged Himalayan landscape, rushing down towards the forests of low-lying western Nepal. The river's level can rise dramatically after a storm as snow melts faster in the mountains giving rise to a more turbulent whitewater. This is undoubtedly one of the best river trips. Some of the rapids encountered are: *Captivity*, *Flip and Strip*, *God's House*, *Elbow* and *Sweet Well*.



The Karnali trip takes one through wild territory where no civilization is encountered along the river for days on end. The remoteness of the river adds to the sobering experience in the wild. Langur and Rhesus monkeys are a common sight and other wildlife that may be seen are: leopards, bear, martins, deer, crocodiles and gharials. Besides rafting, the Karnali is also famous for its beautiful Golden Mahseer, a most sought after fish. This being one of the best fish habitats in Nepal, giant catfish are also found within its waters besides the many other species of gaming fish.

Karnali has huge rapids and demands to be taken seriously. As the river reaches the lower regions, it flows at a greater gradient allowing for an exciting ride as the rapids become more constricted. The river rewards thrill seekers with a series of rapids along a 7 km roller-coaster ride through the gorge. What's more, the Karnali can be taken on in any season which is unusual for a country with monsoon floods.

The 10 Day Karnali Thriller

Day 1 – Surkhet

An hour long flight from Kathmandu brings guests to Nepalgunj and a drive straight away to Surkhet for a night halt.

Day 2 – Tallo Dhungeshwor

The put-in point on the Karnali is Tallo Dhungeshwor which is reached after a six-hour drive through beautiful sal forests. The village of Sauli is reached after passing through many small villages and the scenery on the way is spectacular.

Day 3 – First Enquiry

Soon after breakfast, it is time for adventure on the river. From the first day on there are exciting wild rapids to face. A lunch stop follows, after which the descent on the Karnali continues until First Inquiry is reached. This is the location chosen for a campsite for the night. Another lovely night is spent by the river.

Day 4 – God's House

The fourth day promises more adventures. The river in this section is made up of wild torrents as the boat enters the 'Jungle Corridor' flowing through a narrow gorge that is surrounded by forest. Here, collective effort is needed to maneuver the boat and the instruction of the guide has to be strictly followed. The whitewater is delightful and a wonderful time is had by all. The long day on the river comes to an end at the superb camping site near God's House, the day's major rapid.

Day 5 – Seti Dovan

This day also proves to be full of action and more fun is guaranteed. The

rapids around this area are tricky and calls for more technical handling. After rapid God's House, there are many challenging rapids until finally the campsite at Seti Dovan is reached.

Day 6 – Jamuna Village

There's a lot of hard paddling to do on this day. There's also much to admire as the landscape seen today is simply marvelous. After a full day of action and fun, the boat arrives at Jamuna village where tents are set up for the night. Campsite is always a great place for conversation which generally hovers around the day's adventures.

Day 7– Campsite

This day is for relaxing and taking in the surrounding lush green vegetation, a visit to a local village and the serene jungle to see wildlife roam free. The camp is on the beach where a good meal ends the day.

Day 8-9 – Bheri Confluence

Once out of the gorge, the rapids slowly ease off and further down at the

confluence of the Bheri and Karnali, the river broadens and the gradient decreases as it meanders through astounding scenery. Finally it comes out onto the plains and flows through the Bardia National Park. Today and the next two days is a good time to admire the countryside and another half day of superb views.

Day 10 – Chisopani

The tenth day is also the last day on the Karnali. It comes to an end in the early afternoon at Chisopani Bridge, the largest suspension bridge in Nepal. The last lunch is enjoyed together by the river, as the Karnali winds its way through the valleys, canyons and deep gorges.

Those seeking more adventure go on to spend a few days in the splendor of nature at the Bardia National Park where safaris take visitors on a grand tour of the forest to catch wildlife in their natural habitat. Others head for Nepalgunj airport and a flight back to Kathmandu. The grandest trip of them all comes to an end.



Seti Karnali

Seti Karnali is called a beautiful and remote river. It has its source in far west Nepal among the Himalaya and flows south and south-east to finally flow into the Lower Karnali. It flows through a remote valley far removed from Kathmandu but it has road access and two airstrips at Dipayal and Chainpur. The river flows through jungle wilderness with plenty of wildlife.

The upper stretches of this river near Talkot is very steep but has a reasonable gradient from Deura downstream. Flowing through some steep gorges and forests, this river is known for excellent beaches for camping and exciting wildlife sightings. Even the mountains are visible in the distance making for a splendid experience. Some have called it the most beautiful river. Class 3+ rapids are encountered on this river that can quite easily be tackled. Rafters have compared the Seti Karnail to the Bheri river but it's definitely more remote and more sightings of wildlife which makes it special.

The Seti Karnali changes character as it goes along its route becoming big and bouncy resembling big water as it approaches the confluence with the Karnali. The river is a day's drive from Nepalgunj which can be reached by air in an hour. But there are other alternatives like flying into Dipayal or Chainpur. Rafting can begin at Deura, which is reached by trekking over a hill from Gopghat encountering beautiful scenery and views of the peaks Api and Saipal which are the source of this enchanting river. Below the road bridge at Dipayal the big class 4+ rapid called "les Assomoirs" gives rafters a thrill. There after the river is class 3+. Along the way are some secluded beaches known as "Panther Beach" and "Tiger Beach". Some rafters have

actually seen pugmarks of a tigress on the beach. Once the Sauli village is crossed there are rapids at every bend. From here on the river journey is the same as the Karnali river trip. The valley's sides are steep often rising 500m up and they are forested. Along this stretch there are some fine beaches for camping. The river gradually gets bigger and then goes into a gorge after which it is class 3+ until the next class 4+ rapid. The river then goes through various phases: tame 1+ with views of 100m waterfalls that are amazing; thereon the valley widens and the river is class 3+ with plenty of fine beaches for camping.

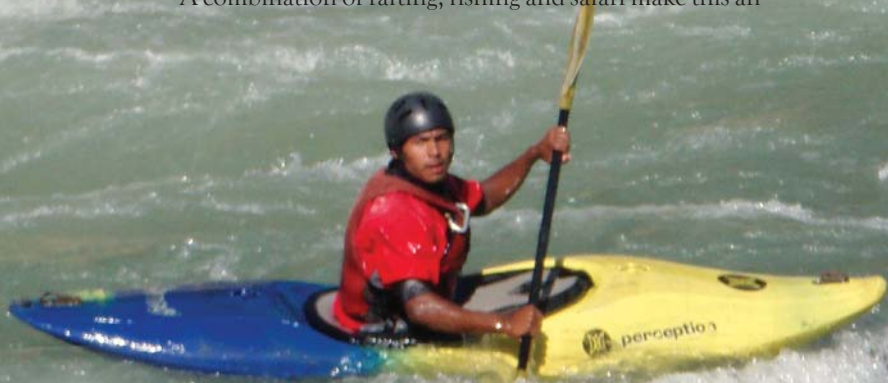
The best time to go is from October to December or February to May.



Bheri

The source of the Bheri River lies in the mountainous region of Dolpo in the north. This river offers one more remarkable opportunity for whitewater rafting in Nepal. It flows through Nepal's far west and is yet to be fully explored, giving it an aura of mystery. The rich vegetation and refreshing landscape make the trip thoroughly enjoyable. The rapids here are however, mild in comparison to rapids one encounters in some of the more ferocious rivers in Nepal. Bheri is graded as easy, but offers an equally thrilling experience as the waters lead through charming small villages that have preserved century-old traditions. The river is also known for good fishing spots.

At Ramnaghat, the two large tributaries, Thuli (big in Nepali) and Sani (Small) converge and give rise to the larger Bheri River. Nepal's white sandy beaches are ideal for night stops and on the Bheri there are plenty of them. The trip generally ends in the Bardia National Park where a jungle safari augments the great adventure. A combination of rafting, fishing and safari make this an



unforgettable experience for all adventurers who choose the Bheri.

Four Days on the Bheri

Day 1 – Samjhi Ghat

The journey begins with an hour-long flight to Nepalgunj in far west Nepal, enjoying the panoramic views of the Himalaya all the way. From Nepalgunj airport the drive to the put-in point in Samjhi Ghat is about 3 to 4 hours. This short drive goes up the lovely Siwalik hills where many little villages are encountered. The first day is relaxed as a tented camp lies waiting at the put-in point for a comfortable night on the banks of the Bheri. Guests enjoy dinner here by a campfire during the cooler months.

Day 2 – Kumal Gau

An early breakfast kick-starts the day and soon after breaking camp the adventure on the Bheri begins. The first sizable rapid is encountered after only 20 minutes on the whitewater and there are plenty more to come. There are many exciting rapids soon after this, as the river here goes through a rough patch with numerous sharp bends.

Around mid-day, a lunch stop is called and after the meal, there is time to explore the surrounding area where gazing at birds is the favored pastime

besides just lying on the beach. The after lunch adventure brings more whitewater until the halt at one of the many sandy beaches.

Day 3 – Jamu

Whenever the river flows through a narrow gorge, there is always prospects of excitement. The Bheri enters such a gorge with vertical cliffs that rise 200 - 300ft on either side giving the rafters a great time. In between there are open valleys where the waters become calm and the boats float past small villages. This section has lovely landscape and many exciting rapids are also encountered. The day ends as usual on a sandy beach where camp is set up for the night.

Day 4 – Bardia National Park

The fourth day is the last on the river and is no less exciting than the previous days with several small rapids that rock the boat on its way. After an hour, the confluence of two great rivers, the Bheri and the Karnali is encountered. The river then flows through yet another gorge that leads to the vast plains of the tarai in southern Nepal. Soon after leaving the gorge, the boat enters the Bardia National Park, a pristine wildlife habitat which plays host to exotic birds and a large variety of wild animals. A small number of Gangetic dolphins, an endangered species, live

in these waters and surface quite often to the delight of visitors. The fabulous trip on the Bheri comes to an end here amid the sound of birds and the rushing river.

Best Time to go Rafting in Nepal

The best time for rafting in Nepal are September to early December, and March to early June. October is one of the most popular times for rafting in Nepal due to warm water and long hot days. Between June and September, the monsoon floods most rivers making them too risky for rafting. During the months of September and early October and between May and June, the river is extremely high. During the winter, the days are short and the water is cold, which calls for shorter trips each day. Two rivers that can be usually run even during the monsoon are the Trishuli and Seti.

Rafting Companies & NARA

There are rafting agents and river outfitters who operate river trips in Nepal. These outfitters could be approached in two ways: one way is through your local agent and the other is to directly book a trip with any of the registered outfitters after arriving in Kathmandu. There are many rafting companies to choose from and rates vary according to the kind of service they deliver. All rafters must go through a registered rafting agency.

The Nepal Association of Rafting Agents (NARA) has an office in Jyatha, Thamel.

Ph: 424 4048 or email: nara@enet.com.np Website: www.raftingassociation.org

For further information, comments or suggestions contact NARA, the umbrella organization for registered rafting agencies of Nepal.





Published by :

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