

River Rafting in Nepal

When you think of Nepal what do you think of? The Himalayas, Hindu Temples, and Trekking? However as a result of these tremendous mountains and glaciers there are breathtaking waterfalls leading into kholas and modis (rivers) which offer some of the best rafting in the world. The combination of mountain scenery, exhilarating rapids, warm water, and fascinating



cultural opportunities make Nepal one of the premier places to go white water rafting. Zen Adventure Nepal offers fun and exciting rafting trips on the best rivers in Nepal. The best time for rafting in Nepal is usually September to early December and March to June. This is when the weather is best and the water is the warmest.

Zen Adventure Nepal runs two different types of river trips depending on how long you want your trip to be and what river you want to raft. The first type is a day trip on the river. We provide transportation to and from the river as well as a full day of rafting. This is the perfect trip for anyone who

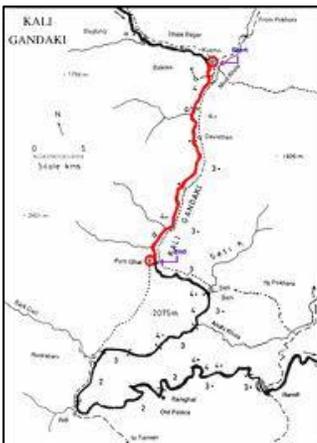
wants to get a feel for white water rafting or doesn't have time for an overnight trip. Generally we run most of our day trips on the Trishuli and Bhoté Koshi rivers.

Our second type of trip consists of several days of rafting while camping overnight next to the river. This gives you plenty of time to swim and relax on some of the white sand beaches on the river. We have porters to set up camp and a personal cook who will prepare your meals. Camping trips require a minimum of 6 to 8 clients in a group. During high season we have many trips leaving several times a week so it isn't hard to find a group. And like every Zen Adventure Nepal trip, we want to provide you with the vacation of a lifetime so tell us what you want. We can combine rafting, trekking and jungle adventures (or both if you wish.)

River Rating System

You can choose the intensity of the trip. We can go from rafting to pure white water rafting. We use a rating scale of 1 (easier) to 6 (most difficult). A number 1 rating is a relaxing river, easy, winding and no obstacles; a number 5 river however has prolonged sections of rapids and drops which require strong paddling and preferably some rafting experience. Rafting in Nepal is fast becoming one of the most popular adventure trips in Nepal. It is a paradise for river runners and beginners alike.

Kali Gandaki Trip: This is a fun and challenging river. It is considered to be one of the holiest rivers in all of Nepal. Many villages and temples can be found along the entire trip; offering you a wonderful cultural view of rural Nepal. It is a class 3/4 river which is a bit more challenging and continuous than the Trishuli. The Kali Gandaki trip begins in Nayapul (Pokhara) and returns from Pokhara. Kali Gandaki rafting offers you some of the best white-water experiences in Nepal and it is 3 days of perfect white-water runs. Our guides are experienced rafters who have run all the rivers we offer and have the skills to provide you with a safe and enjoyable trip. There will always be a guide in every boat who will give instructions on paddling and pick out the safest route on the river. There will also be added safety precautions taken; each and every trip is followed by a Safety-Kayak acting as chase boat.



Highlights: Any day departure, 3 Day trip, Class3/4 River, Best Oct-May, Nayapul to Mirmi Dam (see map), Tented Campsite. Transportation to/from Kathmandu: Tourist Bus or Flight per your request.

Trishuli Rafting Trip: The Trishuli River runs just west of Kathmandu which makes it an ideal place for day trips. It is generally a class 2-3 river which has fun rapids and good swimming. It is possible to have 2 day camping trip also. White-water rafting on this river can be organized as side trip after or before a trek or tour of Nepal. It will allow you to test the true magic of the Himalayan 'flow' with a complete retreat for body, mind and soul. Along this short river rafting trip you will also have many good cultural experiences of the countryside of Nepal.

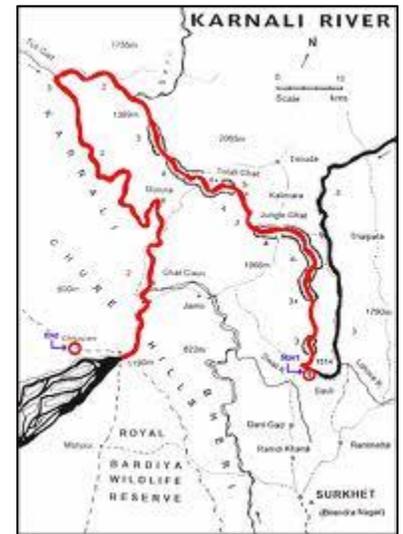
Highlights: Any day departure, 1/3 days choice, all age groups and levels of experience, best Sept-May, Class2/3. Starts from Charaudi Village, Dhading District, Ends along Pokhara/Kathmandu main road.



Karnali Rafting: This trip is considered to be the most beautiful and enjoyable trip in all Nepal. There is a great mix of jungle scenery and lowland forests. It is the also Nepal's longest one river journey in the 'Wild West' having some challenging rapids and beautiful landscape sceneries. The river lies far west of Kathmandu in a very rural area that has recently been opened to foreigners. It is a class 4 river that takes a week to run.

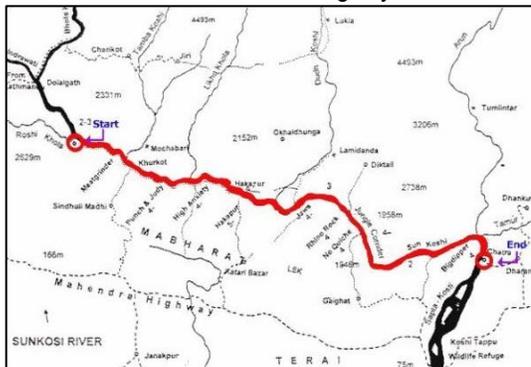


There is also the option to visit Bardia National Park and explore the jungle at the end of the trip (see jungle adventures). Total journey on this river covers 7 days and the rest is 3 days traveling. Our guides are experienced rafters who have run all the rivers we offer and have the skills to provide you with a safe and enjoyable trip. A Safety-Kayak will act as chase.



Highlights: 10 Days, High-Adrenaline, 4/5 class expedition, best Sept.-May, Put-in Dugeswor, Terminus Chisapani. Tented Camping. Transportation Tourist Bus or Private Transport (per your request).

Sun Koshi Trip: This River is the longest in all Nepal. This 8/10 day trip gives you class 3/4 rapids followed by exciting class 5 runs that are sure to get your adrenaline flowing. This is a classic camping trip which gives you a chance to paddle



all the way from the far north of Nepal to the southern border. It is also one of the top 10 river journeys in the world. Every day



enjoying different scenery while camping. A Safety-Kayak will act as a chase boat.

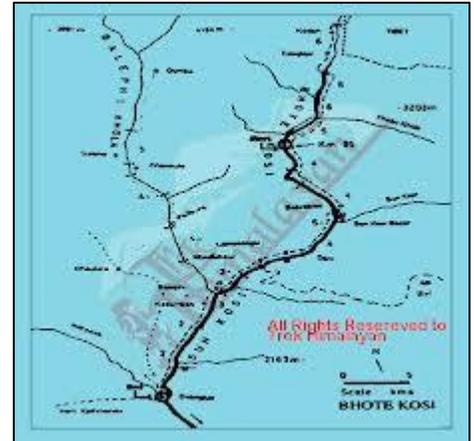
Highlights: 8/10 day, fast flowing, expedition type 4/5, best Sept-May. Put-in Dolaghat (Friendship Highway), terminus Chatara. Tented camping. Round trip transportation of your choice (see supplements).

Bhote Koshi (Fast and Furious)

This is a short 1 or 2 (2 is much better) day trip but it is not lacking in excitement. This is the steepest river run in Nepal that provides a total white water experience. It is an adrenaline river with a lot of class 3/5 rapids. It is located 3 hrs. outside of Kathmandu and is a great day trip. It is also possible to spend a night on the river camp. Simply put this short river journey lets you run some of the best technically challenging rapids available. World class rafters practice here. The Bhote Koshi River is a down flow from Tibet and it is locally known as Bhot, hence the name, BHOTE KOSHI.



Highlights:Runs every day, very popular, tented camping, put-in and terminus on Friendship Highway with Tibet. Best Sept.-May, total white-water! Are you ready? It's a full-on commitment today. **A Safety-Kayak will act as a chase vehicle for the entire run.**



Seti River Rafting The Seti River is a smooth water rafting journey with warm pleasant water. This trip is a highly suitable trip for families with children. It is also one of the best kayak Clinic Rivers for beginners. It has a moderate flow and small rapids. Seti River rafting also can be run during the summer season because during this time river volume goes up and the rapids can become more challenging (take your pick). It is always a suggested beginner rafting trip in Nepal and also for those who like a calm flow. This river has beautiful jungle corridor scenery and many 'locals' to visit with along the way.



Highlights: Everyday on request, 2 days, smooth flow, 2/3 class. Tented camping, great family fun, relaxing, beautiful scenery. Best Sept-May. Put-in at Damauli, terminus at Gaighat. Transportation type (to and from launches) per your request.

Special Note: Generally rafting trips start every day after breakfast from the camp site, lunch breaks are on the way and finally we will stop at the next campsite in time to prepare properly according to daylight conditions or activity level demands. A one (1) day trip typically starts by noon and ends by 3pm in order to transfer back to point of origin.