

Karnali River Rafting Tour

10 Days

9 Nights

From \$ 250/-

Highlights

- ✓ Conquer Nepal's challenging Karnali River on a 10-day rafting expedition.
- ✓ Enjoy stunning scenery, remote villages, and interact with locals.
- ✓ Get your adrenaline pumping as you navigate the Karnali River's rapids.
- ✓ Expert rafting guides providing safety measures and equipment for a safe and enjoyable experience
- ✓ Immerse yourself in Nepal's natural beauty on a 10-day adventure.
- ✓ Learn local customs and traditions in visited villages



Best Season : All year round!

Min-Age : 9 years

Group Size : 2-15 pax

River Rating : Class IV - V

Start Point : Surkhet

End Point: Nepalgunj

Download Pdf Itinerary

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The Complete Guide to Karnali River Rafting Tour

The Karnali River rafting expedition also provides a unique opportunity to explore the culture and customs of Nepal's local communities. Along the way, you'll interact with the friendly locals and learn about their way of life. This cultural exchange is an enriching experience that will broaden your perspective and deepen your understanding of the world.

Expedition is led by experienced guides who are passionate about providing you with a safe and unforgettable adventure. They'll ensure that you're equipped with the necessary skills and knowledge to navigate the river and stay safe throughout the trip.

Book your Karnali River rafting expedition today and get ready to embark on the adventure of a lifetime!

Itinerary

DAY 1 - ARRIVAL IN KATHMANDU, NEPAL

Upon your arrival in Kathmandu, you will be welcomed by our representative who will transfer you to your hotel. You can spend the rest of the day exploring the city and getting to know your fellow travelers.

DAY 1 - DRIVE TO SURKHET

After breakfast, we will take a scenic drive to Surkhet, which will take approximately 14 hours. During the drive, you will have a chance to see the beautiful landscape of Nepal

and interact with the locals.

○ DAY 3 - DRIVE TO KARNALI RIVER

After breakfast, we will continue our drive to the Karnali River, which will take about 4-5 hours. Upon arrival, we will set up our campsite and prepare for the rafting expedition.

○ DAY 4-8 - RAFTING EXPEDITION

Over the next five days, we will be rafting down the Karnali River, which is one of the longest and most challenging rivers in Nepal. During this time, you will have a chance to experience some of the most breathtaking scenery in Nepal, as well as challenge yourself physically and mentally. We will also make stops along the way to explore the local villages and interact with the local people.

○ DAY 9 - RAFTING ENDS, DRIVE TO NEPALGUNJ

On this day, we will complete our rafting expedition and drive to Nepalgunj, a bustling city in western Nepal. Here, we will spend the night in a hotel and enjoy some well-deserved rest and relaxation.

○ DAY 10 - FLY BACK TO KATHMANDU

After breakfast, we will take a short flight back to Kathmandu, where you can spend the rest of the day exploring the city or relaxing in your hotel. In the evening, we will have a farewell dinner to celebrate the end of our amazing journey.

○ TRIP ENDS HERE!

Guide's Equipments

- ✓ Medical and First-Aid Kit
- ✓ Knife and Carabiner
- ✓ Flip-Line
- ✓ Throw-Bag (Rope inside, in case of rescue operations)

What's Included

- ✓ All staff, including highly qualified & licensed Guides and professional Safety Kayakers all fluent in English and holding up to date First Aid Qualifications.
- ✓ All camping equipment including toilet tents, shelters, mattresses, sleeping bags, tarps, personal tents etc. No additional charge for sleeping bag hire.
- ✓ All meals and water whilst on the river. Tea, coffee, hot chocolate and juice will also be provided.
- ✓ Transportation to and from the river by bus.
- ✓ All equipment, including PFD's, helmets, dry tops, throw bags, dry bags, pelican boxes, wetsuits, paddles, etc all at international standards and regularly checked.
- ✓ If you are kayaking with us, kayak hire is also included in the cost. See which kayaks we have here.
- ✓ Porters.
- ✓ River permits.
- ✓ Gear Raft support.
- ✓ Extensive medical kit.
- ✓ Trip photos *make sure you bring a USB stick along with you.

✕ What's Not Included



- ✕ Alcohol and additional snacks.
- ✕ Personal Expenses
- ✕ Personal insurance.
- ✕ Travel Insurance

Things To Pack




- › Swimsuit or shorts
- › Extra T-shirts
- › Sunglasses with a strap
- › river sandals that attach securely to your feet
- › Sunscreen
- › You might want to bring along rain gear and a sweater or jacket.

- › Extra Cash is handy for souvenirs and refreshments.
- › Small Towel

Mandatory Documents

-  Identification document
-  Booking Receipt, if Booked Online (PDF will work)

Cancellation Policy

-  More than 30-days prior to departure - 50% refund.
-  In Between 15-30-days prior to departure - 25% refund.
-  Less than 15-days prior to departure - No Refund.

Frequently Asked question

DO I NEED TO KNOW HOW TO SWIM TO GO RAFTING? —

While basic swimming skills are recommended, they are not required. All participants are required to wear a life jacket, and our guides will teach you the necessary safety skills to enjoy the trip.

CAN I BRING A CAMERA OR PHONE ON THE RAFT? —

We recommend leaving electronic devices in a safe, dry location as they may be damaged or lost during the rafting trip. Our guides will take photos and videos of your adventure, which you can purchase after the trip.

CAN I BRING MY OWN FOOD AND DRINKS ON THE RAFT? —

We provide snacks and water on the trip, but you are welcome to bring your own food and drinks if desired. Please let us know in advance if you have any dietary restrictions or preferences.

HOW FAR IN ADVANCE SHOULD I BOOK ? —

We recommend booking as far in advance as possible. We run at capacity for most of the summer and many trips will sell out well over a month in advance.

ARE THERE AGE OR WEIGHT RESTRICTIONS FOR RAFTING? —

Age and weight restrictions may vary depending on the trip's difficulty level and location. Please contact us for more information and to determine the appropriate trip for your group.

CAN I REQUEST A PRIVATE RAFTING TRIP? —

Yes, we offer private rafting trips for groups of all sizes. Please contact us for more information and to schedule your private trip.

DOES THE TRIPPY FROG PROVIDE INSURANCE? —

Unfortunately, there is currently no third-party insurance system available for Nepal's whitewater industry, meaning that we are unable to provide insurance coverage for participants. To ensure the safety of all our clients, we require that they have appropriate emergency medical and evacuation insurance that is suitable for the activity and adventure level they are undertaking.

ADDRESS

THE TRIPPY FROG

MAKALBARI , KATHMANDU

NEPAL (ZIP - 44600)

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