

Highlights

- Non-stop adrenaline rush of class III-/IV rapids in just 90 minutes
- Stunning views of the Annapurna with its suspension bridge and prayer flags
- Expert raiting guides providing safety measures and equipment for a safe and enjoyable experience
- Opportunity to learn about the local flora and fauna from your knowledgeable guide
- Delicious local Nepalese cuisine for lunch after the rafting adventure
- Easy access from Pokhara's Lakeside area, making it a convenient and exciting half-day trip



■ Best Season: All year round! ■ Min-Age: 9 years ■ Group Size: 2-15 pax ▲ River Rating: Class III - IV ■ Start Point: Bamboo Bridge ⊕ End Point: Dam ■ Download Pdf Itinerary BOOK NOW SEND ENQUIRY

■ The Complete Guide to Seti River Rafting Tour

A thrilling rafting adventure awaits just a short distance away from the popular tourist spot, Pokhara's Lakeside. The Upper Seti River offers a 90-minute adrenaline-packed journey through class III+/IV rapids with stunning views of the Annapurna mountains. Decorated with a suspension bridge and prayer flags, the beautiful gorge adds to the experience. This halfday trip is a favorite among our crew, and we offer two trips a day so you can easily combine it with other activities in Pokhara, known as the adventure capital of Nepal.

12 Itinerary

O SETI RIVER RAFTING ADVENTURE

8:00 AM: Meet your expert rafting guide at the designated meeting point in Pokhara's Lakeside area.

8:30 AM: Depart for the Upper Seti River, a short distance away from Pokhara.

9:00 AM: Arrive at the put-in point and receive a safety briefing and instructions on rafting techniques.

9:30 AM: Begin the 90-minute rafting adventure through the class III+/IV rapids of the Seti River. Enjoy stunning views of the Annapurna mountains and the beautiful gorge with its suspension bridge and prayer flags.

11:00 AM: Finish the rafting trip and change into dry clothes.

11:30 AM: Enjoy a delicious lunch of local Nepalese cuisine at a nearby restaurant.

12:30 PM: Return to Pokhara's Lakeside area, where your tour ends.

O 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. Read our FAQ to see what tasty treats we will serve you.
- 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.
- 3 Travel Insurance

I 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)

(ancellation Policy

E Less than 15-days prior to departure - No Refund.

© Frequently Asked question

DO I NEED TO KNOW HOW TO SWIM TO GO RAFTING?	+
CAN I BRING A CAMERA OR PHONE ON THE RAFT?	+
CAN I BRING MY OWN FOOD AND DRINKS ON THE RAFT?	+
HOW FAR IN ADVANCE SHOULD I BOOK ?	+
ARE THERE AGE OR WEIGHT RESTRICTIONS FOR RAFTING?	+
CAN I REQUEST A PRIVATE RAFTING TRIP?	+
DOES THE TRIPPY FROG PROVIDE INSURANCE?	+

