



Himalayan Adventure Treks & Tours

Thamel, Marg Kathmandu, info@himalayanadventuretreks.com

WhatsApp +977- 98511 38 875 (Bhagwat Simkhada)

Trishuli River Rafting -Overnight :- 2 Days - USD 175 Per Person

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Highlights

- *Rafting in Trishuli River.*
- *Breakfast at the sandy beach of Trishuli River.*
- *Campfire along the banks of Trishuli River.*
- *Overnight at Riverside Resort.*

Overview

Trishuli River Rafting is an outdoor sport done on the Trishuli river. The river has varying water currents and lush vegetation around its banks. This makes it a perfect place to raft. The starting point of the Trishuli River rafting is Charaudi. We reach this place following 3-4 hours of drive from Kathmandu and Pokhara. A more 2-hour drive from Chitwan will lead us to this place. After we arrive, we put on the rafting gear. It includes a lifejacket, helmet, paddle, and necessary safety equipment. The instructor will then brief us on scenarios and safety issues. Hence, we hop on the raft with our group. Trishuli River has a different water flow according to the season. Thus, we meet various classes of rapids according to the flow of water. On the first day, we meet class 2 to class 3 rapids along the trip. At first, we raft over a rapid called “Ladise” delight. Then after we stop for lunch and follow the trip with overcoming rapids called “Upset” and rightly named “Surprise”. All along the trip, Lush vegetation surrounds us. There are sandy beaches on either side of the river. Later in the evening, we overnight at River...

Itinerary

Outline Itinerary:

Day 01: Reach the rafting starting point:

Capital city Kathmandu to approx. 3 hours drive by private vehicle and 4 hours drive by bus we can reach the starting point Charaudi which is 85 km. This trip hitting a few classes 2 or 3 rapids called “LADISE DELIGHT” on the Trishuli River for 3-4 hours and stop for the lunch. After lunch, white water (not in monsoon) hit a class 2 to 3 rapid called “UPSET” and “SURPRISE” After this trip, we stop at the nice resort on the Trishuli riverside where you can enjoy the amazing river view and great hospitality. we will have hot Tea/Coffee with snacks. Evening we will have dinner at a camp.

Day 02: Explore the area/ Rafting and drive back:



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Early morning wake up with Tea/coffee, amazing view of the Trishuli river and its beautiful sounds. Raft's guide explores the local village for about 2 hours where you can see typical local people and their lifestyle. After the trip, we back to the resort then having breakfast. After breakfast we drive drive to Kathmandu / Pokhara / Chitwan by Public bus/ Private vehicle.

Note: Private vehicles also available at extra cost.

What's included?

- *A bottle of drinking water with snacks.*
- *NRS world-class Expedition series Rafting Boat.*
- *Safety Kayak, Lifejacket, Helmet, Paddle.*
- *Both ways Transportation by bus.*
- *Through bag, waterproof dry bag, safety drum.*
- *More than 16 years of experience as a river leader with the necessary guide.*
- *Free rafting Photo / Video (Collect from guide directly).*
- *Team building & Water activities.*
- *Buffet non-veg Hot Lunch, Buffet non-veg Dinner, and Breakfast.*
- *Accommodation Eco-Deluxe Safari Tent or Regular Tent.*
- *Unlimited swimming at the modern & Treated swimming pool.*
- *Each morning 2 hrs hiking at Buttar Village.*
- *Free WIFI Zone.*
- *Beach volleyball/ Badminton/ Carom board/ Swing etc.*
- *Hot/cold shower.*

What's excluded?

- *All Ground Transportation.*
- *All bar & beverage.*
- *Extra meal order.*
- *A/C Deluxe Room.*
- *Travelers insurance.*

Equipment

What do you need to bring on the Trip?

- *T-shirt.*
- *Swimming wear for on the river.*
- *Warm clothing for the evenings including a fleece or a pullover.*
- *Sunscreen and lip protector.*
- *Sunglasses (with retaining device) and/or a cap.*
- *Towel and Toiletries (environmentally friendly is best).*
- *Personal medication.*



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- *Flashlight.*
- *Footwear.*
- *Reading book.*
- *Fishing hook (you can fishing in the River).*

Trip Notes

About Country

Popularly recognized worldwide for its majestic sky-dominating peaks, Nepal is one of the most sought-after nations for trekking and other adventure activities. This tiny Himalayan nation is home to eight of the world's tallest peaks, including Mt. Everest (8848.86m)- the highest mountain in the world. Moreover, the rugged and rural trekking trails to the massifs along the dense forest which is filled with exotic floras and faunas instills excitement and adventures to the travelers. However, traveling to Nepal is not only about the mountains and natural beauty. Unraveling the beauty that lies in the old monuments, palaces, and temples. Nepal has a diverse array of cultures, traditions, languages, and history which are reflected in the lifestyle of the people.

Key Facts

Location: Nepal is located in South Asia; between two great giants the Republic of China to the north and India to the south, east, and west.

Geography: A landlocked country, Nepal is divided into three geographical regions, namely, the Himalayas, the Hills, and the Terai.

Capital: The capital city of Nepal is Kathmandu.

Area: The total area of Nepal is 147,181sq km.

Population: The current population of Nepal is 29 million.

Political system: Nepal is a federal republic country with a multi-party system.

Major religion: Nepal is a secular state but the majority of people follow Hinduism, followed by Buddhism and Christianity.

Time zone: The time zone of Nepal is GMT +5:45.

Official Language: The official language of Nepal is Nepali.

Working hours: The working hours in Nepal are from 10 am to 5 pm.

Electricity: Currently, all the major cities have electricity while electricity supply in some rural areas is



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limited. The standard voltage of electricity in Nepal is 220V.

Visa Information

All tourists visiting Nepal except tourists from India should have a valid passport and visa. An On-Arrival visa to enter can be obtained at the Tribhuvan International Airport or any other land entry/exit points at the Nepal-Tibet and Nepal-India border. During the peak season, there will be a long line of tourists here trying to get their visas. So, to avoid the endless waiting you should visit the nearest Nepalese diplomatic missions stationed in your country before your arrival.

An On-Arrival Tourist Visa costs USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days. Find more information regarding the updated visa fees at <http://www.nepalimmigration.gov.np/post/notice-regarding-visa-fee-updates>.

You can also extend your visa within a valid period which will cost you USD 3 per day. However, if you are visiting Nepal from SAARC countries you don't have to pay visa fees as gratis fee or free visa is applicable for 100 days. Regarding information about tourist visas, you can head to the information on the official website of the Department of Immigration at <http://www.nepalimmigration.gov.np/page/tourist-visa>.

How to reach the country

Nepal is very well accessible via air, rail, and road. Tribhuvan International Airport is the only international airport and the entry point for those arriving by air. Nepal Airlines is the main operator in the nation. Other international airlines here are Air Arabia, Air Asia, Etihad airlines, Fly Dubai, Jet Airways, Malaysia Airlines, Qatar Airways, Silk Air, and Thai air. The rail and road service can only be used by those arriving from India.

In terms of land transport, there are several land entry/exit points at the Nepal-Tibet and Nepal-India borders. Kerung and Kodari are the entry/exit points at the Nepal-Tibet border whereas

Janakpur-Jainagar railway is the sole railway that connects Nepal with India, several buses connect Delhi and Kathmandu.

Popular destinations to visit

There are many places you can visit in Nepal. Nepal is not only gifted with natural beauty but it is also culturally rich which means there are many heritages and sites you can visit. Kathmandu Valley is the first and foremost destination that you should not miss out on. The seven UNESCO world heritage sites in the valley, namely, Patan Durbar Square, Bhaktapur Durbar Square, Kathmandu Durbar Square, Pashupatinath, Swayambhunath, Boudhanath, and Changunarayan.

Other places you must visit while in Nepal are Pokhara, Chitwan, and Lumbini. Pokhara is a scenic lake city, located 6 hours' drive away from Kathmandu city. There you will be able to enjoy the serene and peaceful nature with the Annapurna ranges in the backdrop. Lumbini, the birthplace of Lord Buddha, is a historic destination whereas the Chitwan National Park is a natural haven for exotic



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flora and fauna. Both of these are also enlisted as world heritage sites by UNESCO. Palpa, Bandipur, Bardia National Park, and Ilam are some of the popular destinations.

As for trekking and mountaineering activities, Annapurna, Everest, Langtang, Manaslu, Upper Mustang, and Dolpo regions are some of the most popular ones in Nepal.

Internet and Communication in the country

You do not have to worry about not getting communication service or Internet service in Nepal. In recent years, the internet and communication services have drastically progressed and developed. While in the major cities and tourist destinations, you can use free Wi-Fi including many of the cafes and restaurants. Similarly, almost every hotel and some public areas provide Wi-Fi services. However, Wi-Fi is not always available in remote areas in the Himalayas and rural Hilly regions.

In such situations, a cellular connection is the best option for both Internet access and communication. NTC and Ncell at two of the biggest telecommunication corporations and offer sim cards with various packages at a reasonable price. These service providers have a wide reach over many parts of Nepal. You will easily be able to purchase any sim card with your passport or identity card.

Local currency and foreign exchange

While in Nepal, you should use Nepali rupees (NRs) which is also the official currency of Nepal. You can easily exchange your currency into the Nepalese Rupee at the Tribhuvan International Airport or the exchange counters and banks around the major cities. Also, the major cities like Kathmandu, Pokhara, Chitwan, and Lumbini have a great availability of banks and ATMs. However, their availability becomes quite scarce when you head to the Himalayas and remote areas.

So, it is best if the travelers perform all their money-related activities while they are in the major cities.

Weather and climate

The climate in Nepal varies according to altitude and the current season. The lowland of the Terai region in the southern part of the country is very hot and humid during the summer. The temperature there can get as high as 45 degrees Celsius. The middle part is also known as the hilly region has a pleasant and bearable climate all year long. However, in winter the nights and early mornings can get quite chilly. The Himalayan region is the northernmost part of the country and is above 3300m. This region usually has alpine climatic conditions and during the winter season, it experiences adverse weather conditions.

Nepal generally has four seasons, namely, spring, summer, autumn, and winter. The spring here means every part of the country has flowers blooming and summer means a lot of humidity and rainfall. While the autumn is neither too hot nor too cold and the skies are always clear. The winter season brings snow in the Himalayan region and some parts of the hilly region as well. Finally, during the monsoon season, the entire country experiences heavy rainfall except in the rain shadow areas of Upper Dolpo and Mustang.



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People, culture, and festivals

Nepalese are known to be one of the kindest people all over the world. With a smile on everyone's face, you will be warmly welcomed and greeted. The word "Namaste" is used while they join their hands together which means a respectful greeting. Nepal is a culturally rich country with many different castes, languages, and traditions. The diverse culture and tradition result in many different festivals celebrated all around the nation. The major festivals celebrated are Dashain, Tihar, Holi, Sonam Losar, Gyalpo Losar, and many more. Especially in Newari settlements, people celebrate many colorful and radiant festivals. You will be able to experience wonderful and lifelong memory if you visit Nepal during the time of festivals.