



# Himalayan Adventure Treks & Tours

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## *Trishuli River Rafting -Day Tour :- Day Tour - USD 120 Per Person*

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## **Highlights**

- *A scenic drive from Kathmandu to Trishuli.*
- *Thrilling rafting in Trishuli river up to Mugling.*
- *Enjoy lunch at the riverside with beautiful views of hills and rivers.*

## **Overview**

*Trishuli River Rafting day tour is a famous rafting trip in Nepal that attracts locals and foreign tourists alike. The Trishuli River is filled with thrill and exciting rapids which are perfect for beginners as well as experts. You raft from Charaudi and continue down to Mugling. Thus, the rafting trip is the perfect getaway from mundane life as you embrace the delights of nature. Early morning, you'll have breakfast and begin the drive from Kathmandu. After three hours of drive, you'll reach Charaudi which is the starting point of rafting. The rafting guide will give necessary information about rafting and its techniques. Then, you get on a rafting boat and kick-start the trip. You will indulge in around 4 hours of unlimited fun. Under guidance, you can swim in some areas of the river that are not dangerous. You'll come across many rapids and the guide will instruct you continuously while on the adventure. In addition, high-speed water gives you more thrill and adds to the adventure. After you finish rafting, you'll freshen up and have lunch. You enjoy the view from the riverside and take a rest. Lastly, you'll depart to your next destination or drive back to...*

## **Itinerary**

*06:00 – Breakfast at the hotel.*

*07:00 – After breakfast, we catch the tourist bus in Sorekhutte. By Tourist, the bus takes take about 3 hours to reach the starting point called Charaudi. Once you arrived their rafting guide will come to pick up you on the bus. The Rafting guide gives you all the information regarding rafting.*

*10:00– Around 10 am rafting starts and will go for ¾ hours in Trishuli River.*

*02:00-After finishing the rafting refreshment and having Lunch at the riverside enjoying the view of high mountains and deep valleys.*

*3:00-Then Departure to the next destination by Local bus. (Kathmandu, Pokhara, or Chitwan ).*

*Note: Private vehicles also available at extra cost.*

*Note: Time may change due to weather & Traffic.*



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## *What's included?*

- *Professional English-speaking licensed guides highly trained and safety certified to international standards in Whitewater River Guiding, Swift Water Rescue, and Wilderness First Aid.*
- *Professional safety kayakers.*
- *Rafting equipment including helmets, PFDs, paddles, splash jackets, and wetsuits.*
- *Lunch.*
- *Round trip transportation by tourist and local bus.*
- *River permits.*
- *Industry-standard first aid kits*

## *What's excluded?*

- *Unrelated transportation, accommodation, visas, travel documents, departure taxes, etc...*
- *Footwear.*
- *Items of a personal nature including swimwear, towel, and toiletries.*
- *Insurance.*
- *we provide insurance for our crew – but participants must be properly insured through an emergency medical travel plan.*

## *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) or a cap.*
- *Towel and Toiletries (environmentally friendly is best).*
- *Personal medication.*
- *Footwear.*

## *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*



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*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 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*



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*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 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*



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*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.*

## *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.*