Rafting In Nepal : Himalayan Glacial Rivers Adventure for Women

Rafting In Nepal

Trip Facts

DURATION	DIFFICULTY
3 Days	**Moderate**
ACTIVITY	START/END POINT
Tour	**Kathmandu-Kathmandu**
GROUP SIZE	TRANSPORTATION
2-30	**Private Vehicle**

Group Prices and Discounts

USD 55 per person

No. of travellers	Price per person
1–20 Pax	USD 55

Overview

River Rafting in Nepal provides excellent adventures and exciting thrills on the best **River Rafting Spots in Nepal** where all visitors to Nepal can enjoy river rafting in Nepal with easy and leisurely floats to challenging white waters. Nepal's glacial rivers provide some of the best spots for river rafting, along with opportunities for kayaking and canoeing. Networks of all the rivers in Nepal are fed by the glaciers of the mighty **Himalayan Mountains**. It flows downstream and winds through the high hills to join the major rivers around the lowland of Gangetic plains. It is known as the Terai belts, and the most popular rafting rivers start from the mid-hills of warmer climates. Rafters can enjoy the thrills of rafting sports, paddling through bouncy waves and exciting rapids, enhancing their overall adventure in Nepal.

River rafting in Nepal offers thrilling white-water adventures and scenic floats, with most rafting rivers located in the eastern and mid-western regions of the country. Trisuli and the Sun Koshi are the main, and **popular rafting rivers in Nepal** to enjoy soothing and relaxing rafting as well as paddling through the hair-raising roller coaster rides, full of fun and exciting moments. For travelers planning multi-sport experiences, combining rafting with activities like canyoning in Nepal, bikepacking Nepal can enrich the overall Nepal trip.

All the Rafting Rivers in Nepal flow from the Himalayas downstream towards the warmer south, enjoying an exhilarating experience, along with the captivating scenery of Nepal's beautiful country landscapes of the valley and deep gorges between the Mid-Himalayan ranges. The charm of rafting in Nepal is the thrills of paddling the Himalayan Rivers and camping at sandy beaches as well as staying in lovely River Resorts with the rhythm of a river flow.

You will have time to explore the rural farm to observe the local cultures. Rafting in Nepal's Himalayan rivers offers a wide selection of options, delivering a thrilling adventure filled with excitement and delightful moments, especially for women travelers seeking the best rafting in Nepal or combining river adventures with treks supported by a trusted women trekking guide agency.

Rafting: Scenic and Rapid Floats

01. Bhote Koshi or Upper Sun Koshi (1 day to 2 days).

This rafting program is for people with limited time or for those who are keen for a dose of an adrenaline overload.) Bhote Koshi, also known as the Upper Sun Koshi, is the torrential white water river of Bhote Koshi which flows from the mighty Himalayas of Tibet and Nepal, with countless tributaries from the Himalayan glacial lakes and ponds.

02. Trisuli River from bouncy waves and white water rapids (1 day to 2 days or more).

The river flows from **Ganesh and Langtang Himal** heading downstream to the lower warm Gangetic plains of the Terai belt. Trisuli, is a popular rafting river, as it flows along the main highway and provides excellent thrills of rafting. Experience the thrill and excitement of white water rapids combined with a scenic float, all while enjoying stunning views of the landscape, flora, and fauna.

Trisuli River with friendly rapids is an ideal trip for beginners, family, and birdwatchers. Rafting in this river is the ultimate way of reaching the jungle with a surge of adrenaline with scenic float.

Whitewater Expeditions

01: Sun Koshi River Expeditions (8 to 10 Days)

8 to 10 days of exciting thrills on "The River of Gold" is listed as the world's top Ten Rafting Rivers. It is located a few hour's drive east of Kathmandu Valley to reach the put-in-point of rafting at Dhulikhel Town. Begin your adventure in Nepal with gentle waves and rapids in the initial days, building paddling skills and enthusiasm. Gradually, prepare to tackle the mighty roller-coaster rapids before floating downstream toward the fertile Ganges Plains. Located in the South Far East Nepal, it is just a few a few hours' drive to Biratnagar city, where you can enjoy the scenic flights back to Kathmandu.

02: Masrsyangdi: The Raging River: 2-3 Days Rafting.

The most thrilling and challenging white-water rivers in the mid-west of Nepal. The rafting involves a few days' treks to reach the put-in point, at the foothills of the snow-capped giant of Mt. Manaslu, Annapurna II, and Lamjung, as the turbulent river

churns and bubbles below. The river section, from the starting point, gives more than the double exhilarating white water rapids with a technical rafting test of our ability and teamwork as we float on the exciting, raging river Masrsyangdi, making it a highlight for anyone seeking an intense adventure in Nepal.

03: Karnali: The Big Bend: 10-12 Days Rafting.

The mightiest river known as the Big Bend, is located around remote parts of western Nepal. The Karnali River origins from the glaciers of holy Mt. Kailash in Tibet, China as well as many tributaries of the western Nepal snow-capped mountains, which join to make the mighty Karnali River. Karnali River Rafting involves a few days of trekking with dozens of porters to carry the rafting and camping equipment. You will be reaching the remote and isolated corners of Western Nepal mid-hills to start the Rafting adventure. Then paddling through a series of magnificent gorges, tropical jungles, deserted beaches, and rural farm villages. Enjoy the thrills and frills, in this exceptional rafting through the white water rapids on Karnali River, the Big Bend.

04: Classic Kali-Gandaki. 4-5 Days of rafting thrills.

The Kali-Gandaki River is a classic river, flowing from the mountains of Upper Mustang Himal. It flows downstream through the world's deepest ravine between the towering peaks of Annapurna and Dhaulagiri Himalayas. Kali-Gandaki offers great mighty waves and sandy beaches for overnight camping. The rapids with interesting names like the 'Leopards Jump' and 'Devils Shake', with more exciting white water thrills as you paddle downstream. The Rafting trip starts with a drive from the scenic city Pokhara, to Seti Dovan, the pace of this trip which is supplemented with abrupt drops, with spectacular village farm terraces with a sorrel of Himalayan backdrop. For travelers staying in the region, pairing this adventure with Pokhara rafting or white water rafting Pokhara enhances the overall Himalayan experience.

05: Seti River Rafting the Milky Way of 2 Days, calm and exciting rafting.

White warm water meanders through limestone gorges giving Seti (white) the name. A trip of short duration away from the hustle and bustle of the main highway traffic. Seti River has friendly rapids and is an ideal trip for, beginners, family, and birdwatchers. Overnight camping on a sandy beach close to the small farm village of Saran-Ghat. The Seti River eventually joins the Trisuli River after two and a half days of rafting.

06: Fly / Trek / River Tamur Expedition. 08 to 10 Days.

The full Tamur - NEWLY OPENED rafting destination. Fly from Kathmandu to Biratnagar and commence on a stunning tea house trek. The Journey takes toward the Kanchenjunga region with porters to Doban, and conclude the adventure with an exhilarating Tamur River rafting experience, ending in the Terai at the Gangetic plains. The best of Far Eastern Nepal Rafting

on Tamur River to join the Sun-Koshi River at the end of Rafting Adventures.

Note: From July till mid-September, at these times it will be high flows, expect to be more challenging.... The best time for scenic floats and whiter water is from October to May (although some of these periods the water volume can be low).

For more about this trip, see https://womanadventures.com/packages/rafting-in-nepal-himalayan-glacial-rivers

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