



KK International Travel & Tours Pvt. Ltd.

Trishuli River Rafting

Experience the thrill of white-water rafting on the Trishuli River, Nepal's most popular rafting destination. Flowing from the Himalayas, the river offers an exciting mix of exhilarating rapids, scenic valleys, lush forests, and picturesque riverside villages. Conveniently located between Kathmandu, Pokhara, and Chitwan, Trishuli River rafting is the perfect adventure for beginners, families, and experienced rafters seeking an unforgettable journey through Nepal's spectacular natural landscapes.





Overview

Discover the excitement of Trishuli River Rafting, one of Nepal's most popular and accessible white-water adventures. Located conveniently between Kathmandu,

Pokhara, and Chitwan, the Trishuli River offers an ideal combination of thrilling rapids, stunning natural scenery, and unforgettable outdoor experiences. Featuring Grade II–IV rapids, the river is suitable for both beginners and experienced rafters, providing the perfect balance of adventure and fun. As you navigate the river, you'll pass through lush green hills, dramatic gorges, sandy beaches, and traditional riverside villages, making every moment as scenic as it is exciting.

Led by experienced, certified river guides and equipped with high-quality safety gear, the rafting trip ensures a safe and enjoyable experience for all participants. Whether you're seeking an adrenaline rush, a refreshing escape into nature, or an exciting group activity, Trishuli River Rafting offers an unforgettable journey through the heart of Nepal's spectacular landscapes.

Essential Information–Trishuli River Rafting

Before embarking on your Trishuli River Rafting adventure, take a moment to review the essential trip information below. From the best season to visit and trip duration to safety standards, recommended clothing, fitness requirements, and packing essentials, these practical details are designed to help you enjoy a safe, comfortable, and unforgettable white-water rafting experience. Being well prepared allows you to fully embrace the excitement, breathtaking scenery, and adventure that Nepal's iconic Trishuli River has to offer.



Activity Highlights

- Enjoy thrilling Grade II–IV white-water rapids.
- Admire spectacular views of green hills, river valleys, and traditional villages.
- Experience a perfect blend of adventure and scenic beauty.
- Professional, licensed rafting guides ensure a safe and enjoyable trip.
- Convenient location between Kathmandu, Pokhara, and Chitwan.
- Suitable for first-time rafters as well as experienced adventurers.
- Excellent opportunity for photography and outdoor fun.

Best Time to Visit

- **September–November (Autumn):** Clear skies, pleasant temperatures, and ideal river conditions.
- **March–May (Spring):** Warm weather and exciting rapids.
- Rafting is available throughout most of the year, subject to weather and river conditions.

Duration

3-4 hrs

Safety Information

- Professional safety briefing before the trip.
- International-standard life jackets, helmets, paddles, and rafting equipment provided.
- Experienced and certified rafting guides accompany every trip.
- Rescue support is available when required.
- Participants should be in good physical health and follow all safety instructions.
- Children may participate on selected sections, depending on age, water conditions, and operator policies.



Package Includes

- Professional licensed rafting guide.
- Rafting boat and complete safety equipment.
- Life jacket, helmet, and paddle.
- Safety briefing before departure.
- Transportation (if included in your selected package).
- Lunch (for full-day rafting packages).
- First-aid support.
- Government taxes and applicable service charges.

Note: We also offer a 1 Night / 2 Days package that includes lunch, dinner, accommodation, and pick-up & drop-off transportation for a comfortable and hassle-free experience.

Package Excludes

- Personal travel insurance.
- Personal expenses.
- Alcoholic and soft drinks.
- Hotel accommodation.
- Hotel pickup and drop-off (unless specifically mentioned).
- Personal clothing, towels, and toiletries.
- Tips and gratuities for guides and support staff.
- Any services not specifically mentioned under Package Includes.

Whether you're seeking your first rafting adventure or an exciting day on Nepal's rivers, Trishuli River Rafting offers the perfect balance of adrenaline, natural beauty, and unforgettable memories. Paddle through exhilarating rapids, soak in breathtaking landscapes, and experience one of Nepal's most iconic outdoor adventures.